Our Theme - “The Joy of the Gospel-Putting our Faith in to action”

11th Sunday in Ordinary Time –
“...The mustard seed, the smallest of all the seeds, grows into the biggest shrub of all...”
(Mk 4: 26-34)

Dear Parents, Guardians, Care Givers, Grandparents and Students,

I would imagine most of us have heard of the mustard seed parable. It is a very popular parable. It very much reminds me of the advertisement on TV – “From little things, big things grow”, symbolised by the two hands in the shape of a heart. From this mustard seed comes a fully grown plant that may be harvested. We know that plants need to be fed, watered, weeded and nurtured to ensure their proper growth. The Kingdom of God works in a similar way – if we feed it and nurture it, the kingdom will produce a great harvest. Even if we don’t pay attention, the kingdom is present and acting on our world.

The students (and staff) who are participating in the two Immersion trips (Kiribati Islands and our bi annual Outback NSW Pilgrimage) in the upcoming holidays – are doing more than “putting their faith into action”, they are nurturing their faith in many different ways, interacting with people and communities they do not know; experiencing the differences between their lifestyle and that of others; witnessing other expressions of faith and praying together in light of these differences.

I commend these students and staff who have volunteered for these two immersions.

This does not mean the rest of us are left out – we have opportunities for example – the Vinnies Winter Appeal and The Dish, staffing of the Vinnies Van. Don't forget the many daily opportunities where we can grow our faith, our interaction with our friends and family and being people of hope! A daily challenge for us all.
First Place – McDonald’s Sydney Eisteddfod:
News filtered through late last week of the College’s outstanding performance in the coveted 2015 McDonald’s Sydney Eisteddfod. The Sydney Eisteddfod is an opportunity to test our musicians skills before industry recognised, highly qualified adjudicators. Performing in public amongst many schools builds confidence and offers our students a significant (and fun!) learning experience. St Leo’s Stage Band (under our conductor – Ms Lemin Luu) gained First Place in the Secondary School Intermediate Stage Band. Below is the excerpt from the Sydney Eisteddfod Website listed below (Yes “Brookvale” needs to be changed):

Winner ~ 3 St Leo's Catholic College Stage Band (Brookvale)
2nd ~ 11 Turramurra High School Junior Stage Band (Normanhurst)
3rd ~ 13 Killarney Heights High School Big Band (Killarney Heights)
H/C ~ 4 Knox Grammar School Yr 8 Jazz Orchestra (Wahroonga)
H/C ~ 5 Knox Grammar School Stage Band (Wahroonga)
H/C ~ 9 Fort Street High School Big Band (Petersham)

The adjudicator said of the Stage band performance last Wednesday:

“...Congratulations on a great, unique and interesting performance that really showcased your band’s strengths. There were 16 in your category and so many great performances. You and your students should be really proud! That last tune especially...just loved it...”

Last year this same band was given “Highly Awarded”. A huge achievement by our musicians and a great improvement from 2014.

On Tuesday of this week 23 students competed in the Mixed Vocal section of the McDonald’s Sydney Eisteddfod. They achieved 3rd place. Congratulations to Mrs Olivia Gauci and the students.

Winner ~ 2 Australian Performing Arts Grammar School (Glebe)
2nd ~ 3 Inaburra School Senior A Capella Choir (Bangor)
3rd ~ 5 St Leo's Catholic College Vocal Group (Wahroonga)
H/C ~ 1 Killara High School Vocal Ensemble (Killara)

Fantastic results like this do not come easily. The time for rehearsals (twice a week), the weekend music workshop camp (conducted at Galston Gorge earlier this month), tour (Northern Territory at the end of last year) coupled with many public performances means that the students are given not only many opportunities but also gain confidence in their specific talents with the expertise of the staff and tutors.
Ms Ellen Kirkwood a local jazz/fusion trumpeter conducts our Senior Stage Band and Ms Lemin Luu (amazing music educator and performer) conducts our Symphonic Band. Both ladies continue to develop and extend our instrumentalists - they are both exceptional.

Last Tuesday evening parents, relatives and friends were treated to another public performance at the St Leo’s Café/PAWS Evening. There were over 100 guests present and they enjoyed the evening immensely.
Congratulations to our Cultural and Environmental Prefects:
Last Friday the whole College was very much involved in the launch of the Vinnies Winter Appeal and to celebrate National Reconciliation Week. Each student was asked to wear clothing of a specific colour so they could all combine to represent a rainbow serpent. The Prefects organised the day themselves and were rewarded with the whole College backing their plans up with money collected for Reconciliation Australia. Many, many bags of clothing for donation for Vinnies and hopefully a deeper understanding of these two very important issues.

Save the Date – Parent Workshop:
The Principal's Update and Parent Workshop (based on the “Assessment Task”) will be conducted on August 6 commencing with wine and cheeses from 7pm. I can assure you that as a parent you will walk out of this workshop with a greater understanding and important skills to assist your daughter/son in their Assessment Tasks. Further details later! This evening is part of the continuing program of “St Leo's - Parents In Partnership” – to assist in improving the outcomes of our students.

Marriage Debate – What Can You Do?
As you may be aware, the question of Same Sex Marriage has taken on a certain urgency recently. This question is not something that should only be left for Parliamentarians to decide, based solely on the views of lobbyists and pressure groups. We all have a responsibility and a voice to make clear that a change in the definition of marriage will impact our local communities in very real and immediate ways. To assist you in being well informed, a number of resource and information materials are available on the Diocesan website www.dbb.org.au including a Draft letter to Members of Parliament and contacts for those representatives in Broken Bay. To find out more about what you can do, please contact the Diocesan Communications Office on 9847 0724 / news@dbb.org.au.

Mr AF Gleeson
Principal

“...Live in charity and peace...”
St Mary of the Cross Mackillop (20/8/1886)
Assistant Principal
Boxercise Program
The College has launched its new Boxercise program with free Boxercise classes provided for staff and students each Monday and Thursday after school. The classes run in the Berg Hall after school until approximately 4:30pm. The classes are being run by a qualified personal trainer Martin Scheib.

There is no need for students to book. They just need to show up on the day and change into appropriate exercise clothes. Students should bring a towel and water bottle. I would encourage all students to come along and make use of this free program designed to improve physical and mental health and well-being.

Parent/Student/Teacher Interviews
The Year 7 – 10 Parent Student Teacher Interviews will be held on Thursday 25th June (Week 10) from 8:35am until 8:30pm. Interviews will be held in the bottom floor of the Science Building and A Block. There are no classes on this day, however, the College will remain open and minimal supervision will be provided between 8.20am and 3.10pm. The College canteen will NOT be open and no students will be permitted to leave the College grounds once they are signed in for the day. If you would like your son/daughter to attend school on the day please contact the College reception so appropriate arrangements can be made.

Each interview will be of five minutes duration. Student reports will be available for collection in the College Library. We encourage parents to arrive 20 minutes before their first interview to allow time to collect and look through your child’s report before the interviews commence. It is important that students are present at these interviews in full school uniform so that we can continue the partnership of learning between students, parents and the College.

Parents are able to book interviews online through the Parent Teacher Organiser (PTO) system from 9am on Monday 15th June. Please note that interview time slots are limited and that the earlier you can open the website and book – the more options you will have. An email was sent to all Year 7 – 10 parents earlier this week providing details about how to make interviews.

The following day will be a Staff Spirituality Day, which means that the last day of classes for Term 2 will be Wednesday 24th June.

Working Bee - Sunday 21st June
The College will be holding a Working Bee on Sunday June 21st from 10am until 1pm. I would invite all parents to come along, meet some new people and support the College in improving the school grounds. Please bring gardening gloves, sunscreen, hat, water and tools. Morning tea is provided.

School Bags
Students are still expected to use their College backpack when travelling to and from school or while on excursions.
To assist students in getting used to this important change to routines, students this year will have the option of carrying their bags to Periods 5 and 6.
Uniform
As the cold weather sets in I would ask parents to ensure that their son/ daughter's jumper and tracksuit tops fit correctly. A reminder that students who are without their correct uniform on a day should have a note from their parents and should see their Year Leader for a uniform pass. Students who are out of uniform without a uniform pass will have a note recorded in the uniform log in their diary. Three entries in the uniform log leads to a Friday afternoon uniform detention. Please note that any students wearing ‘hoodies’ or other jumpers and jackets either under or over their uniforms will have them confiscated and returned at the end of the day. A reminder that students should be carrying the College backpack to and from school.

Building Works
We are getting closer to opening the new Senior Outdoor Recreation area and new girls bathrooms. The College Prefects have now held a forum with Year 11 and 12 students about the possible option and we will be presenting their final ideas soon.

SAVE THE DATE!
St Leo’s Catholic College
Working Bee
Sunday 21st June
10am - 1pm

Join us for a fun morning- all welcome!
Meet new people while helping make our school grounds even better.
Please bring gardening gloves, sunscreen, hat, water and tools.
Meet in the Quadrangle under the shade sails.
Morning Tea provided - please RSVP using the link below:
Stay tuned for more details.
Catholic Life and Mission

It’s great to see the efforts of our students to help those in need being recognised by the local community. This week, the North Shore Times and The Hornsby Advocate ran the following article on our regular support of St Vincent de Paul's Vinnie’s Van. For more information on Vinnie’s Van at St Leo’s, or for Year 11’s who wish to volunteer, please contact Mr Gomez. (Please note that we have amended the photographs from those featured in the article).

Sydney Night Patrol takes St Leo’s College students to help feed the homeless

CARYN METCALFE NORTH SHORE TIMES JUNE 08, 2015 3.00PM

WITH nights becoming colder, many people living on the streets enjoy a hot drink and a visit from the Sydney Night Patrol.

Once a month, eight Year 11 students from St Leo’s Catholic College Wahroonga join the night patrol, run by St Vincent de Paul, to help hand out hot food and drinks as well as distributing blankets and sleeping bags when they are available.

Youth ministry co-ordinator Adrian Gomez said it was also about building connections with the people, showing respect and giving dignity.

“It’s seeing a side of Sydney most of these students have never experienced before,” he said.

“It’s such a foreign place going to speak to homeless you don’t normally notice.

“What we want to tell the students is it’s about unconditional acceptance. Some of them with mental health issues may be telling wild stories, but we accept them.”
Mr Gomez said the school had been working with the Sydney Night Patrol for about 18 years.

“Our leadership students will go out several times,” he said.

“There will usually be two experienced ones each night and six who haven’t been before.

“Some will find a passion for helping those in need, for others it’s an eye-opening experience to take away.”

On Friday night, Carmen Maatouka, 17, and Nadya Shurman, 16, were the returning team leaders.

“We have to make sure everyone is acting appropriately, we don’t want them to be distanced because they’re interacting with homeless people,” Carmen said.

“We want them to be friendly and happy.

“You have the homeless stereotype, you think they’re going to look pretty trashy, or be rude, aggressive or on drugs, but I’d say 98 per cent or more are just really kind people at heart and just made a mistake in life and it stuck with them and they can’t go back.”

Nadya said she did not know what to expect the first time she went.

“It’s interesting to see how different they all are from what you normally expect.

“You just talk about normal stuff like how was your day. It’s like how you would talk to your friend, just leave out the personal information.”

For more information on Sydney Night Patrol, call 9518 0303 or email nightpatrol@sydneyvinnies.org
Co-Curricular News
The NSW Da Vinci Decathlon 2015

This year, 5 teams from Years 7-11 represented the College at the 2015 Da Vinci Decathlon on 26-27 May. This is a challenging academic competition with over 50 schools competing in each of the Year 7-10 categories and 27 schools in the Year 11 category. Students collaborated in teams of 8 to solve problems and create in multiple disciplines, including: mathematics, art and poetry, chess, philosophy, cartography, drama, engineering and general knowledge. Schools like Knox, James Ruse, Sydney Girls High, Abbotsleigh, Pymble Ladies College and Loreto Kirribilli traditionally take out the top spots.

This year, St. Leo’s students took out three of the top spots over two days. The St. Leo’s Year 7 team came 2nd in Philosophy and 3rd in Cartography and the Year 11’s took 1st place in Engineering. Year 10 also came 8th in Cartography. A special mention to Annabelle Ferguson in Year 7 who singlehandedly completed the Philosophy paper, and to Cameron Neville, Wilson Murphy and Camille Chin who put together a fantastic model of a building that is adaptive to varying water levels.

The Da Vinci Decathlon is a unique opportunity for students to challenge themselves academically in a collaborative environment. What started out as a local competition in 2005, has turned into an international brand a decade later, with National and the International Da Vinci Decathlon, taking place in Paris and London later this year. A total of 248 and 1984 students competed over the two high school NSW days – Years 7-11!
The days began at 8.15am for registration, and by 9am teams were ready to tackle their first set of challenges: Science, English and Philosophy. After a brief morning tea, in session 2 beginning at 10.30am, students applied their problem solving and creative thinking to Art and Poetry, Mathematics, Engineering and Cartography. At one point during the day, a smaller group of Creative Producers was rostered to separate from their team and go off to create and rehearse a short drama performance based on a brief and stimulus. After a satisfying pizza lunch, the teams reconvened for Code Breaking and General Knowledge. The competition ended at 2.30pm, and students listened to some performances from Knox singers, while they waited for results.

**Year 7:** Annabelle Ferguson, Xavier Smith, Cameron Hose, Andrew Somerville, Adam O’Brien, Anthony Domtchenko, James Bellamy and Jamie Smith.

**Year 8:** Damien Ioffrida, Justin Chou, Matei Lomaca, Marion Bajar, Veronica Smith, Lucinda Grout, Pearlyn John Britto and Luke Birrell.

**Year 9:** Camille Chin, Angela Leech, Caleb Cull, Thomas Treloar, Lucas Stodart, Max McKern, Pocholo Bajar and Trevor Martin.

**Year 10:** Sophia Groundwater, Jenny Nguyen, Rohan Knight, Isaak Smith, Mark Tobin, Anthony Kelly, Adam Stibilj and Sarah Dever.

**Year 11:** Daniel Hose, Wilson Murphy, Lachlan Conway, Jessica Funk, Alexandra Hurden, Cameron Neville, Brandon Leslie and Liam Matthews.

Overall, this is an intense and deeply satisfying experience for students. Well done to all the students who took part in the 2015 NSW Da Vinci Decathlon!
The **Metropolitan Secondary Schools Competition** is a weekly teams competition for secondary schools in the Sydney Metropolitan area, the Central Coast and the Blue Mountains. This term, two teams from St. Leo’s have been competing in the junior divisions within the Metropolitan North Region. They have played seven rounds so far on a home and away basis every Friday afternoon, versusing teams from Marist Eastwood, Knox Grammar, Abbotsleigh, Killara and Barker and St. Pius X Chatswood. The last round will be this Friday afternoon at Normanhurst Boys’.

**St. Leo’s year 8 team:** Ryan Arliss Bongloy, Matei Lomaca, Luke Birrell, Justin Chou and Adam Dalli

**St. Leo’s year 7 team:** Mina Shenoda, Nathan Sequeira, Eammon Coppola, Sebastian Briceno

I want to congratulate the boys on being good sports, putting in effort to develop their skills in chess and representing the College this term! A special thank you to the parents of these students for assisting with transport for Away games.
Curriculum News

On Monday 1st June, Dr Prue Salter from Enhanced Learning Educational Services (www.enhanced-learning.net) facilitated a very practical and yet dynamic study skills evening with Year 8 & 9 parents and students. The aim of the evening was to help families identify and discuss strategies they could implement at home to help Year 8 & 9 students achieve their personal academic best at school.

Students had the opportunity to reflect on their individual home study environment, including how they organise and manage their resources. They were then given advice on how to work effectively at home, how to deal with distractions and how to manage the assessment workload in high school. The session concluded with tips on effective studying in high school: following the 3 step process of:

- making study notes
- learning the notes through personal testing, and
- doing as much practice as possible.

It is essential that in Year 8 & 9, students start to establish habits that help them to be efficient and effective in their learning.

Parents are encouraged to review and discuss the handout from the session with students and use the action plan they created during the evening to identify and follow up on practical changes they can make to improve students’ approaches to their learning. The Study Skills Tips for Parents blog by Dr Prue Salter (http://studyskillstoptipsparents.com) provides additional advice for parents needing more information. Information for downloading the slides and follow-up material from the evening (from www.enhanced-learning.net) are available on the front of the parent handout from the night.

Angelo Solomonides
Leader of Academic Care
**Which Mathematics course should I Choose for my HSC?**

This is an important decision coming up for Year 10 and for many students it will involve making a decision between Mathematics General or Mathematics 2 Unit. Attached at the end of this article is a guide to help with making this choice.

Most universities have discontinued their Mathematics bridging courses in the summer before university starts, choosing to now make students delay their first year studies. For more useful information be sure to read the guide below.


The Mathematics Association of NSW is presenting a community information event for HSC students and their parents to assist students making the very important choice of mathematics course for Years 11 and 12.

**Guest Speakers:**
- Dr Mary Coupland – Senior Lecturer, Mathematical and Physical Sciences UTS
- President, Australian Assoc. of Mathematics Teachers
- Doctor Leanne Rylands – Associate Professor, School of Mathematics UWS
- Stuart Palmer – Mathematics Teacher and Teacher In Service provider, MANSW Project Officer

**When:** 6:00 - 7:30 pm

**Where:** The Duchess Room, Level 1, The Coronation Club
86 Burwood Road
BURWOOD

**Date:** Wednesday 24 June.

**Cost:** $2 / head payable at the door.

Glen Charlier
Leader of Mathematics
STUDYING MATHEMATICS FOR THE HSC AND BEYOND

Information for Students and Parents

The Mathematical Association of NSW (MANSW) is the not-for-profit professional body for mathematics educators of students of all ages. MANSW has compiled the following information to assist students in making the very important choice of mathematics course for Years 11 and 12.

Mathematics forms part of a ‘well-rounded’ education. It is not compulsory in Years 11 and 12, but MANSW believes that the study of mathematics at any level provides people with skills that can be applied to numerous situations.

Students are advised to choose a mathematics course that is appropriate to their interests and abilities and will provide a solid foundation on which to enter the workforce or further education.

The current options are:

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<th>Year 12 (HSC)</th>
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Students who are intending to go to university to study finance or any kind of STEM degree (Science-Technology-Engineering-Mathematics) should choose at least Mathematics 2 Unit and possibly include Mathematics Extension 1 in Years 11 and 12.

Mathematics General will not prepare you for a Science, Medicine, Engineering or Mathematics degree.

Some universities offer mathematics bridging courses or Foundation Mathematics for students who have not studied enough mathematics at school. These courses are advertised on the websites of the universities and are typically completed in the first year of university. Students who do bridging or foundation courses in their first year accrue extra fees, spend additional years at university and consequently may suffer a loss of income.

Students who complete Mathematics 2 Unit or Mathematics Extension 1 in Years 11 and 12 are better equipped to deal with university courses with mathematical requirements.

Students should consult their teachers, parents and /or careers advisor before choosing options for Years 11 and 12.

Students are advised to refer to the University Admission Centre (UAC) guide to ascertain the ‘assumed knowledge’ and ‘recommended studies’ for the university courses they are considering.

PO Box 343 Leichhardt NSW 2040    ABN: 31 164 921 721
Phone: (02) 9715 5800    Email: admin@mansw.nsw.edu.au    Web: www.mansw.nsw.edu.au
Around the Grounds
You Find Out, Life Is a Game of Inches

On Tuesday 9th of June at the Northern Beaches District All Schools Rugby League Gala Day, our under 14’s boys rugby league team proved that rugby will be very strong at St Leo’s in the years to come.

It was an unreal day for football with not a cloud in the sky and having rested over the long weekend it was time to get down and play hard football. The day ran in a round robin format with the top two teams from each pool progressing to the semi final. The schools contesting the gala day included Mater Maria, Forest HS, Barrenjoey, St Ives, Balgowlah Boys, Narrabeen Sports High, Cromer, Davidson and Killarney Heights.

**Game 1:** St Leo’s 14 Barrenjoey 6.

**Game 2:** St Leo’s 16 Forest 0
Tries: Reg Townsend, Mitchell MacDonald, and Aiden Brophy.
Conversions: Matt Losanno, Aiden Brophy, and Mitchell MacDonald

**Game 3:** Mater Maria 16 St Leo’s 0

**Game 4:** St Leo’s 16 St Ives 0
Tries: Reg Townsend, Aiden Brophy, and Nathan James
Conversions: Aiden Brophy, Mitchell Macdonald
Three wins from four games is a really strong effort.

Big Plays:

Luca Persechino made a few great tackles close to our try line in a few very crucial moments and had some great runs up the middle of the park.

Mitchell MacDonald's full field tries really setting a light our game in the early stages of the day. Ray Habkouk another try saving tackle close to our line.

Making big metres Jamie Payne, Reg Townsend and Joshua Christy.

Semi Final:

Narrabeen Sports High 16 St Leo’s 6 – Try Reg Townsend

In this semi final it came down to a case of, other team wanted it more than us. Out enthused by a more desperate Narrabeen Sports High team to win this game and progress.

Player of the day: Reg Townsend

Even though we lost in the semi, the NRL development officers see the potential this team has and has invited us to represent north shore district at the next gala day. Well done boys, very well deserved and back to the drawing board to prepare for the next stage.

Regards

Andrew Privett

Bill Turner Cup Success

After a 3-2 victory against Holy Cross Ryde in extra time, the St Leo’s U14 boys team moves into the quarter finals of the Bill Turner Cup against Knox Grammar.

Congratulations to the team and their coach Mr Kember.

Girls Rugby 7’s State Championships

Our Intertermediate girls rugby team have been selected to represent our district in the Rugby 7’s State Championships on Wednesday, 10th June 2015 due to their proven track record at the previous gala days. They have won regional gala days and have also defended their title on numerous occasions to once again attain it. These state championships will be a true test of their character and team. We wish the girls the best of luck and look forward to hearing about their success regardless of result.
**All-Schools Touch Championships**

Our Intermediate boys & girls touch teams have been selected to compete in the upcoming NSW All-Schools Touch Championships at Penrith on Friday, 12th June 2015.

The team has been training hard all year thanks to Mr Privett, Mr Smith, Shannon O’Keeffe and Meg Fletcher.

We wish you all the best at these Championships and know you will represent the College with great Pride and Spirit.

**Broken Bay Soccer Gala Day**

The St Leo’s College U13 and U15 soccer teams have been training hard since the end of last term for their moment to shine and represent the College at the Broken Bay Junior Soccer Championships on Thursday, 18th June 2015.

Our teams are looking in fine form under the guidance of Mr Kember, Harry McAllister and Jack Penny. In fact many of our juniors are exceptionally talented that some of them represented in our Open team.

We wish all our teams the best of luck and look forward to hearing about some fantastic results.

**NSWCCC Cross Country Championships**

Wishing our qualifying athletes the best of luck as part of the Broken Bay team at the NSWCCC Cross Country Championships this Friday, 12th June 2015.

**Team Members:** Caleb Cull, Felix Holm, Joshua McLeod, Kieran Mooney and Harvey Timms

**Annual Track & Field Carnival**

What a successful 2015 College Track & Field Carnival we had. I put it up there as one of the best we have hosted at the College. The atmosphere was phenomenal, the weather was great and the participation of our students in both novelties or championship events was of high standard.

It was very impressive to see our House Captains step up as leaders and really shine. They did a fantastic job in motivating their teams to participate and be part of the whole team atmosphere in the spirit of the day.

Last year our Championship House was Loyola. This years Championship House will be announced at our assembly next week and will be published in the next edition of the Pride.

Congratulations to all students on their achievements whether they won or lost. There was something to gain and achieve for everyone by participating in an event. The Sportsmanship and Sportswomanship displayed throughout the day was something to be proud about as a College community.

The excitement was not only limited to the track or field events during the course of the day. The atmosphere was created by our Year 12 wanna-be DJ’s that gave Mr Trotz the boot because his music style was too old fashioned. We had an impressive show of fashion during our traditional Year 12 House Parade.
Congratulations to everyone in attendance. A special mention to our teachers, Year 12 Leaders and Year 10 helpers who did an unbelievable job in contributing to the fantastic day. Thank you to the parents/caregivers that took the time to come and support the day, we hope you enjoyed it as much as our students.

Stay tuned for the next edition of the Pride where we will announce the Champion House and our Age Champions for 2015!

**Need to register for NSWCC?**

All sporting events in NSWCCC and All-Schools require parents to register and approve their child online. For information on your chosen sport including closing dates, upcoming events, calendar of events and registration please visit the NSWCCC website on: [https://www.csss.nsw.edu.au/nswccc-home.aspx](https://www.csss.nsw.edu.au/nswccc-home.aspx)

To register your child for a particular sport for the first time you will need to be allocated a username and password. This can be done by clicking the login button. Following this you will need to click the links below and then follow the prompts:

- ‘What’s my password?’
- ‘I am a parent /guardian of a student’
- ‘Secondary school student’
- ‘I am having trouble logging in’

**Sport Website**
For all your sporting information please refer to the College Sports Website.

**How do we access the website?**
Option 1: Log onto the St Leo’s College website and on the front page click sport and then click on the link provided.
Option 2: Access the College App and click the St Leo’s Sport Website Link.
Community News

PARENT FORUMS
Understanding your TEENAGER

Ku-ring-gai Council and KYDS invite parents of teens to a series of forums.

Forums are held from 6.30pm - 8.30pm
(registration from 6.15pm)
Ku-ring-gai Council Chambers, Level 3, 818 Pacific Highway, Gordon

$5 ENTRY

FORUM TOPICS

MONDAY 15 JUNE: TRAINING THE BLACK DOG – HELP YOUR TEENAGER DEAL WITH HARD TIMES
Dianne Fletcher from Lifeline will share insights from her decades of experience in the mental health field, providing an overview of the signs to look out for and how to help those who are struggling. Kym Carlson, Clinical Services Manager at KYDS will speak on self-harming issues and strategies – including concerns around the copycat effect and the influence of social media.

MONDAY 23 MARCH: 5 STRATEGIES FOR TALKING WITH YOUR TEENAGER
Discover how to bridge the communication gap with your teenager. Tracy Tresidder, Senior Principal at www.coaching4teenagers.com.au will provide practical insights on how personality styles can affect parent-child relationships.

MONDAY 3 AUGUST: ANXIETY AND ADOLESCENCE
Sue Carlson, psychologist and member of the Australian Psychological Society, has worked as a school counsellor and psychologist in private practice for three decades. She will deliver an informative presentation on the ways anxiety can affect teenagers and what action to take.
PATS
(PAYING ATTENTION TO SELF)

SOCIAL GROUP FOR 12-18 YEAR OLDS WHO HAVE A FAMILY MEMBER WITH A MENTAL HEALTH ISSUE

- Fun and interactive
- Have a voice
- Hear from others in similar situations
- Find out more about mental health issues
- Hosted by teen-friendly KYDS staff
- Free food and drinks
- Ends with a celebration

RUNS OVER 8 WEEKS STARTING 21ST JULY-8TH SEPTEMBER 5:30-7:30PM
FREE TRANSPORT AVAILABLE

LOCATION: KYDS (REAR 265 PACIFIC HWY, LINDFIELD, 2070)

TO JOIN OR FOR MORE INFORMATION PLEASE CONTACT US:
9416 9824 OR KYDS1@BIGPOND.COM

FACEBOOK.COM/KYDSYOUTHDEVELOPMENTSERVICE
Stressing out about assignments & exams?

Having trouble sorting out priorities & staying focused?

Pre-exam jitters keeping you awake at night or making you feel ill on the day?

KYDS is running a half-day study stress workshop on July 8 (10am-1pm).

It’s all about achieving balance in senior high school, maintaining a healthy lifestyle, and learning techniques that help you stay calm, productive and focused when you’re studying, but enable you to ‘let go’ of your worries when you take a break from the books.

Includes morning tea and all materials needed on the day, and numbers are limited. $20 per person to help cover our costs.

Enquiries / bookings to: 9416 9824 or kyds1@bigpond.com

KYDS Youth Development Service is a non profit organization providing adolescent mental health and counseling services to the community. For more information: www.kyds.org.au
Waitara Family Centre’s

FAMILY
FUN DAY

SUNDAY
21ST JUNE 2015
FROM 11:00AM TILL 2:00PM
29 YARDLEY AVE, WAITARA

IN THE EVENT OF RAIN THE FAMILY DAY WILL BE CANCELLED

Catholic Care
Diocese of Broken Bay
Parenting Programs
Child & Adolescent Parenting

WHAT'S ON IN TERM 3 - COURSES/WORKSHOPS FOR PARENTS/CARERS

Tuning in to Teens Course
Skills to communicate with your teenagers so that you understand each other better & are able to build positive relationships.

* Understanding teenagers today & communication skills
* Emotional intelligence skills
* How to prevent behaviour problems & conflict resolution

Chatswood 5 wks/2.5hrs (30/7 - 27/8, 7.00-9.30pm)

Dealing with Teen’s Backchat Workshop

* Learn how to restore a respectful & positive relationship with your teenager
* Understand what it is like being a teenager today
* Learn how to talk so that they listen & how to listen so that they talk to you

Chatswood (23/7, 7.00-9.30pm)

Tuning in to Kids Course - Chatswood (27/7 - 24/8)

Triple P Seminars - Chatswood (5/8, 12/8 & 19/8)

Communicating with Kids Workshop (based on PET) - Chatswood (31/8)

WORKSHOPS ON REQUEST FOR PARENTS/CARERS OFTEENS - 9887 5830

* Dealing with Teen's Back Chat
* Transition to High School
* Triple P Seminar Series (Teens)
* Resilient Kids
* Bully Busting Workshop

OTHER WORKSHOPS ON REQUEST (2-2.5 hours)

* Understanding Your Toddler/Discipline & Tantrums
* Tucker without Tantrums/Toilet Training
* Speech & Language Development/Sleep
* Triple P (PPP) Seminar Series (1-12 years)
* Older Sibling - New Baby
* Transition to School
* Grand Parenting
* Communicating with Kids

Enquiries: Child & Adolescent Parenting 9887 5830

Health
Northern Sydney
Local Health District