Our Theme - “The Joy of the Gospel-Putting our Faith in to action”
13th Sunday in Ordinary Time –
“…Young girl, I say to you, arise…” (Mk 5: 21-43)

Dear Parents, Guardians, Care Givers, Grandparents and Students,
This Sunday’s Gospel – we have a “double header” in terms of miracles. A woman who has been ostracized from her community – for being judged by the Jewish people as “unclean” from her long term illness, with Jesus curing her as she touches his robe. Secondly Jesus travelling a little further in this same journey raises a 12 year old girl back to life. The common thread through both these miracles is faith. The sick woman and the father of the child both had tremendous faith and in return they received life.

Over the past week and the coming holidays – St Leo’s Catholic College has two groups putting their faith into action; our College theme for this year.

The NSW Outback Pilgrimage returns on Friday after being to Broken Hill, Wilcannia and Menindee surrounds. From my conversations with staff and looking at the many photos of the trip – not only have they had a fantastic time but they have appreciated their own friendships a little more, have a greater respect for our land and the environment and have widened their view of others. With Fr Paul Finucane (Parish Priest of Chatswood) on board – celebrating the Eucharist with the group – it is a great opportunity to not only put their faith into action – but also nurturing their own faith.

The second group; the Kiribati Immersion, will fly out of Sydney next week to one of the poorest places in the world, in the Pacific Islands. The group of 12 students and two staff (Mrs Stimson and Mr Smith) will have the opportunity to work directly with children from the local school and spend some time assisting those associated with a Women’s Refuge. The group will return in Week 1, Term 3. I am sure these young people will have a very unique experience and will be putting their faith into action.

Diary Dates

Tuesday 14th July
Students return for Term 3

Friday 17th July
Year 8 Brainstorm Productions - Cyberia

Tuesday 21st July
Year 11 (6.30pm) and Year 9 (7.45pm) (2016) Subject Selection Evening - The Light of Christ Centre, OLR side

Wednesday 22nd to Friday 24th July
Year 11 Abbey Retreat - Jamberoo

Saturday 25th July
Vinnie’s Winter Sleep Out, The Light of Christ Centre

Monday 27th July
Year 12 Trial HSC Examinations commence
I am looking forward to hearing of the many experiences these groups will have faced, and listening to the differences they made.

Farewell to Mr Dean Lomaca

At our College Assembly last week we farewelled Mr Dean Lomaca our Director of Learning and Teaching. Mr Lomaca and his family (his son Matei, here in Year 8) are moving to Germany to live and work. Dean commenced here in 2000 as a teacher of Science. Throughout the years he has passionately fulfilled the role of Leader of Science and most recently Director of Learning and Teaching.

Below is part of my Farewell speech for Dean delivered at last week’s Assembly:

“Throughout his time as Leader of Science and Director of Learning/Teaching – he has been highly regarded for his teaching, his mentoring of staff and his teaching expertise in Chemistry. Within the Diocese of Broken Bay – he would be regarded as the No 1 Science teacher. He has been called upon to chair many meetings about the Diocesan Science results as well as being called upon to review science departments in many other schools.

To me when you mention Dean Lomaca – the first word that comes to mind is “passion”.

Most recently he has developed the Critical Thinking course as an elective course in Stage 5. Just two weeks ago he was jointly responsible for the Inaugural Teaching for Thinking Conference here at the College in which over 70 teachers from across a large number of schools attended. However the highlight of the evening was not Dean’s presentation or the other three expert presenters – it was the presentation by 3 of Dean’s students who presented what they have learned from their 6 months in the Critical Thinking Course. A true testament to you Dean.

On behalf of the College I wish Dean, his lovely wife Silvia and his son, Matei in Year 8 here all the best for their new chapter in their book as they move to Franconian International School in Erlangen, Germany.”
Aerobics – State Champions!

Last Sunday evening I had the pleasure of witnessing our 7 teams compete at the State School Aerobics competition at Sutherland Entertainment Centre. Five of the seven teams received either a Gold or a Silver medal. These five teams were selected to compete at the Nationals on the Gold Coast in August. Our medal tally for the State Championships – 2 Gold and 3 Silver!

Personally I see our girls as having a great team of female role models as their coaches. These coaches (all past students) not only coach them in the finer aspects of aerobics, but are true examples of competent, confident young Catholic women of conscience.

The College has a long tradition of Aerobics and the teams train between two and three times a week. They are a committed team of students and coaches with support from dedicated teachers leading to this successful, and ever growing sporting program at the College.

Year 12 – Term Two Stuvac

Over these coming holidays our Year 12 students will have a great opportunity to “down tools” for a period of time – but they are also given the benefit of a Winter Holiday Course Program here at St Leo’s in preparation for the upcoming Trial HSC. sixteen teachers are giving up some of their holiday to take classes in their particular subject area. Out of the 14 day holiday – classes/workshops will be held on 12 of those days! Thank you to those teachers and I am sure the students will be not only better prepared but also appreciative of your time, expertise and effort.

College Uniform Shop

From Term 3, the College Uniform Shop will be outsourced to Cowan & Lewis. The Diocese has had a long and successful history with this company. They have been in successful operation since 1976. They provide an excellent level of service – both personally (through their retail shop) and through 24/7 online ordering. The outsourcing will give time poor parents access to online ordering and delivery (either to school or home delivery). Within our Diocese there are 6 schools currently with Cowan & Lewis as well as a number of Sydney Diocesan secondary schools. With this level of experience, we are confident Cowan & Lewis can deliver quality items at a reasonable price.

The outsourcing process has been expedited due to our building works. The works now require the current Uniform Shop to be moved as soon as possible due to a new staircase and footings to be established for a new building in the future.

To minimise any inconvenience to parents, we are anticipating there will be only 1 normal trading day loss – our last week of trading in the existing Uniform Shop – will be Tuesday and Thursday of Week 1 Term 3 (July 14th and 16th July 2015). Further details will be on the College website.
Reminder - Save the Date – Parent Workshop
The Principal’s Update and Parent Workshop (based on the “Assessment Task”) will be conducted on **Thursday 6 August** commencing with wine and cheese from 7pm. I can assure you that as a parent you will walk out of this workshop with a greater understanding and some more 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.

I wish all members of our community a safe break, particularly for those that are travelling. Please spend some time recharging your batteries for a very busy and productive Term 3.

**Mr AF Gleeson**  
Principal

“...God’s love for us is best shown in times of aridity...”  
*St Mary of the Cross Mackillop (25/3/1870)*
Assistant Principal

Term 3 starts for students on **Tuesday 14th July (Day 2)**. The way students wear their uniform is so important as it is an outward sign of their pride in their school. I have had a number of comments from members of the public lately indicating how impressed they are with the pride students are taking in their uniform. Here is an excerpt from an email I received this week:

> I am just writing to say, that as a past student at the College, I am so impressed with the way students at St Leo’s are presenting themselves. I regularly catch the train in the afternoon from Waitara Station and of all the schools that I see on the train St Leo’s students wear their uniform the best. As a past student this gives me a great sense of pride.

The two weeks of the school holidays provides an opportunity to have uniforms cleaned and repaired, hem lengths on the skirts and tunics checked and lowered if needed, school jumpers found again and appropriate sports and school shoes purchased or repaired where needed. I would ask parents to ensure that their son/daughter’s jumper and tracksuit tops fit correctly and to have a close look at their shirts/blouses to ensure that if they are not able to do up their top button that a new shirt/blouse is purchased.

As students get used to the new arrangements with lockers, I would ask parents to ensure that students have an appropriate alternative to carrying their school bag to and from classes. Students have the option of carrying books in a large pencil case or small bag. Please note that this does not include a hand bag, and that any carry bag should be no larger than 40cm tall or wide.

**Boxercise Program**

We have had great attendance at our new free Boxercise program. These free classes are designed to improve physical and mental health and well-being and will continue next term. The classes are run by Martin Scheib, a qualified personal trainer each Monday and Thursday from 3:30pm until 4:30pm in the Berg Hall.
Parent/Student/Teacher Interviews
The Year 7 – 10 Parent/ Student/ Teacher interviews provided an opportunity for parents to talk with teachers about your son/ daughters strengths and areas for improvement. These interviews, combined with the Semester 1 Reports provide a wealth of information about student effort and progress. I would encourage all parents to make the time to sit down with your son/ daughter over the holidays and help them to reflect on their achievements in Semester 1 as well as examine ways in which they may be able to improve in Semester 2.

Working Bee - Sunday 21st June
A big thank you to the 22 people who came along to the College Working Bee last Sunday. Much work was done, a few good laughs were had and the College grounds were certainly improved.

Building Works
We will be opening the new Senior Student Outdoor Recreation area and the new Senior and Junior girls bathrooms at the start of next term. We now look forward to the next stage of the Building works program with the opening of the new College Library expected towards the end of Term 3 and the Administration Building for the start of 2015.

Outdoor Space
The new outdoor space will be available to Year 11 and 12 students only at recess and lunchtime.

School Zones
A reminder that school zones remain in place for the safety of our children and families. School zones operate on all gazetted school days, which are all days the school is open, even pupil free days.

Anthony Mahoney
Assistant Principal
The Catholic Life and Mission
The Expression of Faith During Term 2

Week Ten draws to a close a term that has been heavily embedded in the Catholic ethos of the school. Initially the term saw both Year 11 and Year 12 deepen their spiritual growth through participation in a three and two day retreat respectively at Stanwell Tops. Both these retreats focused on developing and examining the students’ understanding of faith that they will carry with them well beyond their schooling lives.

Furthermore, Years 7 and 8 were able to gain a stronger sense of the religious heritage of the College through participating in the Blessed Edmund Rice Mass, where they were treated to an outline of the life of Edmund Rice by Brother John Henry Thornber, a member of the Christian Brothers. Year 8 also had the experience of participating in a Reflection day that focused on allowing students to examine their understanding of God and their relationship with God. This Reflection day was led and coordinated by the Sydney Youth Ministry team, who approached students in a fun and energetic manner.

The College was able to use the religious platform of liturgy to emphasise the importance of, and celebrate the amazing influence that mothers have on the lives of all member of St Leo’s through the Mother’s Day Mass. This Mass also allowed those present to reflect on the Catholic emphasis on the role of Mother Mary in our lives.

Liturgy also gave access to developing a relationship between students and their wider world, both past and present. Students in Chanel House participated in the St Chanel liturgy with students gaining a deeper understanding of their Patron Saint. The Indigenous community was also honoured through the expression of Aboriginal Spirituality highlighted during Reconciliation Week, through a short school liturgy and culminating with students creating a Rainbow Serpent on the College oval. The College’s connection with our indigenous community and spirituality is currently being enhanced through a small group of teachers and students taking part in the Outback Pilgrimage, where students will be visiting a variety of sacred sites.

Unfortunately this term our College has lost one of its formal weekly expressions of faith. For years, St Leo’s has been privileged with having the celebration of the Eucharist every Tuesday morning and Friday at lunchtime in the chapel. Outside restrictions on parishes have resulted in the associated priests being unavailable to attend the Tuesday morning Mass. But like all negatives, we are attempting to draw a positive and are still keeping the Tuesday morning time slot as a time for sacred expression. Tuesday mornings are now, and will particularly develop deeper into, time for prayer. The teaching staff are dedicating their time to prepare and participate in prayer services. The hope is eventually that students, particularly those involved in Youth Ministry will lead the school in prayer. Please note that all parents, staff and students are welcome to morning prayer.

Term 2 will come to an end with the teaching staff participating in the Staff Spirituality day, where staff will have a choice of a variety of activities that will allow them opportunities to either put their faith into action, or view how it is being put into action by others and the affect it is having on the wider society. I look forward to Term 3 being just as spiritually strong in faith formation for students, staff and parents alike.

Ashley Sadler, Acting REC
Information for Parents and Students:

Great news!

St. Leo’s Catholic College has subscribed to the ELES Online Study Skills Handbook.

The ELES Online Study Skills Handbook provides a comprehensive and interactive online guide for the College community (students, parents and teachers) as to the study skills needed for success in high school studies. This approach taps into students’ affinity with technology to create a new and effective way to improve students’ study skills.

This is a great online resource for parents and students to address all their study skills issues and concerns and enable students to learn new ways to improve their results at school. The handbook has a huge amount of information for both students and parents as well as a large number of interactive activities.

To access the handbook, go to www.studyskillshandbook.com.au and login as a subscriber with these details:

Username: leos
Password: community

We encourage all parents and students to take advantage of this opportunity to further develop their students’ study skills abilities through this online resource.

The topics currently covered by the handbook are:

AT HOME
1. Home Study Environment
2. Organisation and Filing
3. Time Management Skills
4. Managing Workload
5. Dealing with Distractions
6. Overcoming Procrastination
7. Developing Motivation
8. Goal Setting
9. Lifestyle and Balance
10. Managing Stress

AT SCHOOL
1. Will we ever use this?
2. Using Classtime
3. Asking for Help
4. Dealing with Conflict
5. Groupwork Skills

SPECIFIC SKILLS
1. Reading Skills
2. Writing Skills
3. Mathematical Skills
4. Language Skills
5. Research Skills
6. Presentation Skills
7. Science Skills
8. Assignment Skills

TESTS AND EXAMS

Please note:
The above user name and password is for the use of the secondary school parents and students AT OUR SCHOOL ONLY. Please do not pass our school’s details onto students or parents from other schools or other individuals or organisations as this is a prosecutable breach of copyright and also will result in frequent password changes for our school. Please also ensure you read through the terms of use the first time you access the handbook.
Kiribati Immersion
From the 8th to the 16th of July, twelve Year 10 students will travel to Kiribati to engage with the local people, key community leaders and church groups.

This immersion is run by Catholic Mission and will give the students the opportunity to gain an insight into the realities of life for the people of Kiribati. It is an amazing opportunity to witness the work of the Church as it meets the material, pastoral and spiritual needs of the local communities.

The itinerary will include time spent with The Sacred Heart School and a local Women's Refuge as well as visiting local and isolated communities. The immersion group is looking forward to this experience and have been preparing thoroughly with sessions exploring the cultural expectations, local issues, language and ways to put our faith into action.

We look forward to sharing our experiences on our return in Term 3.

Mr Nathan Smith and Ms Jamie Stimson
Curriculum News

Subject Selection Information Evening Year 11, 2016
An information evening for parents and students will take place on Tuesday 21st July 2015. The evening will commence at 5.30pm in various locations within Science Block and the Library. A plenary session will follow at 6.30pm in the Light of Christ Centre. Subject-specific information will be provided by KLA Leaders and teachers and will afford parents and students the opportunity to talk about the subjects offered and what they entail.

The aim of this evening is to explain to all parents/caregivers and students Preliminary and HSC course information, the requirements for attainment of the HSC and the College’s subject selection process. A letter providing more detailed information has been sent out via the St Leo’s App.

Poetry Lessons from Luka Lesson
On Wednesday 10th June, Year 10 students were treated to a performance from Australian spoken word poet and hip hop artist, Luka Lesson. Luka challenged the students to see that poetry isn’t simply the domain of an elite minority. He presented an array of personal and social poems that commented on themes such as racism, love, acceptance, conflict and mortality. Some highlights for the students were when Luka accepted the challenge to improvise for the students and also when he recited well known rap artists. Luka shared his journey to Australian poetry slam champion and gave our aspiring writers many fabulous tips for their own writing. The students were absolutely mesmerised and we look forward to Luka entertaining us again in the near future.

Drama News
On Thursday 16th July, the Year 12 drama students will be performing their HSC group performances and monologues for family and friends in the Drama Hall. The performance will start at 6.30pm so come along and support year 12 if you can.
**Year 12 News**

The Trial Higher School Certificate timetable is available for viewing on the College website.

The Year 12 Winter Holiday Course Program can be found below:

### Year 12 Winter Holiday Course Program for 2015

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Community Tutoring Program

For over 4 years now, St Leo’s has been running a program of learning support with students receiving additional support in literacy and numeracy, with one-on-one tutoring from a group of around 50 dedicated volunteers, guided by a specialist Literacy Co-ordinator.

The program has been successful in two ways. Firstly, in our annual NAPLAN results students who have received support have improved significantly. Secondly, our volunteers gain a great deal of personal satisfaction from their contribution to the school community, and the appreciation of their students.

Some volunteers assist regularly on one or two days per week, while others are available when their work commitments allow, and step in when regulars are temporarily unavailable. As our volunteers drop out due to changed work commitments or family circumstances, we need to find new recruits to fill their places. As this term ends, we are at the point where the pool of ‘spares’ has run low, and we may find ourselves having to cancel tutoring sessions due to a lack of tutors.

We are looking for at least three new tutors from the beginning of Term 3; more will always be welcome, and the bigger the pool of tutors, the more students can receive tutoring. At the moment we particularly need assistance on Monday afternoons (1:25 to 3:10pm) and Thursday mornings (8:35 to 9:30 and 10:55 to 11:50am).

NO teaching experience is required, and all tutors are given training and guidance by the Literacy Co-ordinator.

If you can spare as little as one period a fortnight, please consider being involved.

Sarah Szacsvay
Community Tutoring Program Co-ordinator.

Phone 9875 2843
Mobile 0421 082 909
sbuttfield@hotmail.com
**Co-Curricular News**

**Music**

What an exciting 2 weeks it has been for all the students involved in music.

It all kicked off on Friday 29th May with a band workshop at school with Stella Maris College. The rehearsals were led by our conductor, Lemin Luu and their conductor, Jessica Maker. Students played through their Sydney Eisteddfod repertoire and enjoyed a pizza lunch break to get to know each other.

That day, they also participated in a workshop led by our singing tutor, Katie Wighton. Going over harmonies, and polishing their technique for performance.

That evening, over 70 students met at Galston Gorge Conference Centre to start their band camp weekend. A weekend full of rehearsals and tutorials. Each day students headed to either vocal or band rehearsals, enjoyed meal times together and relaxed with a game of ping pong or chess in their down time.
The results of their work during workshops and band camp have certainly paid off! Stage Band won the Intermediate secondary school stage band category at the Sydney Eisteddfod. Our select choir came 3rd in the youth mix choir section. The Symphonic Band competed against the top schools from NSW in the Premier section and received great comments. Congratulations to all the music students involved!

Our award winning stage band and choir performed at Cafe de Leo, accompanied by our jazz band. A great night thanks to Year 11 Hospitality led by Carlie Deppeler, Jenny Marshall and Sarah Hasman.

Many thanks to Ellen Kirkwood, Ms Gauci and Ms McFarlane for their hard work in preparing the musical items.

It’s been an exciting end of term for music thanks to all the instrumentalists and vocalists for their excellent commitment to rehearsals and performances, as well as the many music teachers involved to get the students ready.
Around the Grounds

Interschool’s Equestrian

On Saturday 13th June, Year 10 student Jessica Richards represented St Leo’s College at the Arndal Showjumping & Derby Inter Schools Equestrian Carnival held at Dural. Jessica completed two individual rounds, Cross Country and Show jumping.

Cross Country equestrian jumping is an endurance test and the object of the endurance test is to prove the speed, endurance and jumping ability of horse and rider. Jessica had been training for months with her horse, Apples – Royal Gala.

Show jumping is where horse and rider are required to complete a course of 10 to 13 jumps, the objective of which is to test the combination’s skill, accuracy and training. The aim is always to jump the course in the designed sequence with no mistakes.

The winner of the competition is the horse and rider combination that incurs the least number of penalties, completes the course in the fastest time or gains the highest number of points depending on the type of competition.

In each phase there were 12 competitors in the age division and Jessica placed 3rd in the Cross Country phase and 6th in Show jumping with an overall place and very commendable 4th.

On Thursday 18th June, Jessica competed for St Leo’s at the Interschool’s State Championship at the Sydney International Equestrian Centre. This competition is held over 3 days and over 100 schools compete in this competition. This year it was the largest competition ever held at SIEC other than the Olympics.

All disciplines of riding were held at this event and Jessica competed in Combined Training – 60cm which includes Dressage and Show jumping.

In Dressage competition, horse and rider are expected to perform from memory a series of predetermined movements, known as ‘figures’.

Jessica was very excited to place 5th in the state.

If you are interested in competing in upcoming Equestrian Events contact Jessica Richards – Year 10.
SchoolAerobics State Championships
On Sunday 21st June, seven St Leo's teams took the stage at the SchoolAerobics State Championships at Sutherland Entertainment Centre.

It was an incredible day that saw a huge effort and tough fight from all students who competed, with five teams qualifying for the National Championships. Results as follows:

Stage 1 "Intensify" - 2nd Place (Nationals Qualifier)
Stage 1 "Dynamite" - 1st Place (Nationals Qualifier)
Stage 2 "Activate" - 6th Place
Stage 2 "Terminate" - 4th Place
Secondary Aerobics "Vivacious" - 2nd Place (Nationals Qualifier)
Open B "Blitz" - 1st Place (Nationals Qualifier)
Open B "Fortius" - 2nd Place (Nationals Qualifier)

The Australian National SchoolAerobics Championships will be held on the Gold Coast on the 16th of August.

A big thanks to Mr Gleeson, Mr Kember, Miss Watts, Mrs Frykberg and all the parents for coming down to support the girls and ensuring St Leo's had the biggest cheer squad!

A thank you also to Monica Gonzalez (Year 12), who filled in for an injury at the last minute and did a fantastic job.

Ms Stimson, Miss Beattie and all the coaches are incredibly proud of the squad and can't wait to get training for Nationals.
Rugby League Northern Sydney Secondary Schools Championships
Our U14 and U16’s participated in the Rugby League Championships and did so in style with both teams making Semi-Finals in contention for the Championship Cup.

The U14’s fought strong and let the other teams know that we were not here for a day off school. We meant business. Unfortunately after winning many of our games we were defeated in the Semi Final to finish in 3rd place on the day.

The U16’s team were fighting many injuries due to weekend commitments so our numbers were down. Nevertheless we were here to play strong and would not give up. Defensively we were arguably the best team on the paddock but unfortunately due to minor ball handling errors we had incomplete sets which did not get us over the line in time in attack to win. We finished in 3rd place on the day, being eliminated in the semi-final by a decision that cost us the game in the dying minutes.

Mr Privett and I are very proud of how both teams performed and know that they are capable of so much more. So look out for them in the future.

The U14’s have qualified for the State All-School Finals next term as representatives of North Sydney. Stay tuned for further results of how they will perform in this event.

NSWCCC Touch Championships
What a privilege and what an experience it was for Keeley Bowen and Brittany Wells who were selected into the Broken Bay Open Touch Team.

Both students are only in year 10 and had the opportunity to play touch against the best in the State at NSWCCC in Port Macquarie.

I personally had the honour of being a coach for one of our Broken Bay touch teams in Port Macquarie and had the opportunity to see both Keeley and Brittany play.

Being one of the youngest players on the team, both of them held their own and proved to be an asset to the team contributing to the success. The boys opens team finished in 3rd place being eliminated in the semi final and the girls finished in 2nd place unfortunately going down in the final. Next year moving forward these two individuals will carry experience into the team where we can expect some more incredible results. Well done!
**NSWCCC Cross Country Championships**

How fast, how smooth, how efficient? The 2.4 litre V8 engine. Very high rotational speed, up to 15,000 revolutions per minute.

No I am not talking about the racing car, I am talking about our exceptional team of athletes here at St Leo’s College who represented Broken Bay at the **NSWCCC Cross Country Championships on Friday, 12th June 2015.**

Reports back to me indicate that our team were very successful at the Championships. Some would compare our runners to a racing car. They were fast, they were smooth and they were efficient!

Congratulations to all our runners, and in particular Harvey Timms who finished in 9th position out of all the Catholic Schools in the State. Harvey will now be competing in the All-Schools event next term.

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

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**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. I am pleased to announce this year’s Championship House is once again **LOYOLA!**
26TH JUNE 2015

Not to take away from the achievement of Loyola but special mention needs to go to Chanel. Chanel accomplished some outstanding results gaining the highest ranking for novelty points and bonus points during the Carnival. Their House Captains led with determination and spirit to engage all members of their House team. They really united as one on the day, thus achieving a great result as runners-up.

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. We had Pat La Torraca (Year 12) challenge one of our new staff members - Alex Stanuga in the tug-o-war. Pat's strength proved too powerful and put him in front to win quite convincingly. This caused a bit of stress and self-doubt amongst the staff leading up to the relay. Staff had to come back strong. Our last chance was in the relay. Sure enough on the fire of the pistol, the students and staff did their final battle out on the track in the 4 x 100 metre Relay. And the winner was ‘Staff!’ How sweet was the victory. Once again staff gained victory over the youth of today. Next year with age not on our side it could be a completely different story.

### CHAMPIONSHIP HOUSE 2015

<table>
<thead>
<tr>
<th>HOUSE</th>
<th>CHAMPIONSHIP EVENTS</th>
<th>NOVELTIES / BONUS</th>
<th>TOTAL POINTS</th>
<th>PLACE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aquinas</td>
<td>543</td>
<td>260</td>
<td>803</td>
<td>3rd</td>
</tr>
<tr>
<td>Chanel</td>
<td>576</td>
<td>325</td>
<td>901</td>
<td>2nd</td>
</tr>
<tr>
<td>Loyola</td>
<td>805</td>
<td>280</td>
<td>1085</td>
<td>1st</td>
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<tr>
<td>Xavier</td>
<td>393</td>
<td>175</td>
<td>568</td>
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### AGE CHAMPIONS 2015

<table>
<thead>
<tr>
<th>AGE</th>
<th>BOYS</th>
<th>GIRLS</th>
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</thead>
<tbody>
<tr>
<td>U/12</td>
<td>Hamish McFaden</td>
<td>Madeline Davey</td>
</tr>
<tr>
<td>U/13</td>
<td>Mitchell MacDonald</td>
<td>Charlotte Moffat</td>
</tr>
<tr>
<td>U/14</td>
<td>Jacob Stewart</td>
<td>Olivia Jenkins</td>
</tr>
<tr>
<td>U/15</td>
<td>Jack Dempsey</td>
<td>Sarah Dever</td>
</tr>
<tr>
<td>U/16</td>
<td>Lachlan Cosgrove</td>
<td>Gabriella Chan</td>
</tr>
<tr>
<td>Open</td>
<td>Griffin Carroll</td>
<td>Jacklyn Ansah</td>
</tr>
</tbody>
</table>
Once again congratulations to everyone in attendance. A very 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.

**Leo’s helping out in the Sporting Community**

We are very fortunate enough to have so many fantastic students from all walks of life who are willing to give so much to not only their school community but outside of school too.

During the course of the Peninsula Cup Netball competition Tegan Reed gave up her afternoons until about 6pm every Tuesday to umpire for our girls team.

Courtney Hickman, Amy Supple, Amy Irving, Tegan Reed, Maisie Punt, Jessica Pennings & Orla Poole all volunteered their time to umpire at a netball gala day for our local primary schools.

Alec Arnold put up his hand to help out at the NSWCCC Touch Championships in Port Macquarie as a referee. What an experience it was for him. He represented our school, displayed leadership and met new people.

The Bill Turner Cup & Peninsula Cup Soccer Competition saw students like Nick McMillan, Tom Nowland & Justin Hardy referee numerous matches against other schools in their own time.

Well done to all individuals, keep up the great work!

**Need to register for NSWCCC**

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

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’

Luke Trotz, Leader of Sport
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

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.
WINTER HOLIDAYS @ AWOL YOUTH HUB
799 PACIFIC HIGHWAY, GORDON

Friends Marathon
Tuesday 30 June 9am-4pm
“We’ll be there for you” these school holidays! Come down to AWOL and enjoy our TV Marathon of “FRIENDS” while chilling out in our very own youth lounge room. There will be popcorn and hot chocolates provided!

AWOL Giant Games Bonanza
Thursday 2 July 9am-4pm
Don’t sit on the lounge these school holidays come down to AWOL for our games day. Ping pong table, foosball, PS4, GIANT GAMES and more!

Modern Family Marathon
Tuesday 7 July 9am-4pm
“Need a little time out”, what better way to get it then coming and hanging out in AWOL’s youth lounge room and escape into the life of a “Modern family”! There will be popcorn and hot chocolates provided!

AWOL Giant Games Bonanza
Thursday 9 July 9am-4pm
Spend a day hanging out with friends making use of AWOL’s games day. Enjoy a day of ping pong, foosball, PS4, GIANT GAMES and more!

FOOD NIGHTS @ THE FITZ YOUTH CENTRE!
St Ives Community Hall
Memorial Ave, St Ives

Burgers @ The Fitz
Friday 3 July - 6pm-9pm
Feeling hungry? Need something to do this Friday night? Why not come and hang out at our Fitz Youth Centre for some burgers and enjoy our movie night!

Pizza Night @ The Fitz
Friday 10 July - 6pm-9pm
Don’t sit on the lounge for your last Friday of the school holidays, come down and enjoy the fun! Make our own pizza and have your try at our Ping pong table, foosball, PS3, GIANT GAMES and more!

Bookings: 9424 0981 youth@kmc.nsw.gov.au kmc.nsw.gov.au/youth kcyouthservices
Parenting Programs
Child & Adolescent Parenting

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

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 PRT) - Chatswood (31/8)

WORKSHOPS ON REQUEST FOR PARENTS/CAREGIVERS OF TEENS - 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
* Older Sibling - New Baby
* Transition to School
* Grand Parenting
* Communicating with Kids

Enquiries: Child & Adolescent Parenting 9887 5830

Health
Northern Sydney
Local Health District
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