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

17th Sunday in Ordinary Time –
“...Jesus feeds five thousand...” (Jn 6 1-15)

Dear Parents, Guardians, Care Givers, Grandparents and Students,
This Sunday’s gospel about the feeding of the 5 000 people is spoken about in all of the four gospels. As this Gospel is read it always reminds me of some of the efforts our community makes here at St Leo’s. Some people suggest that the real miracle of the feeding of the multitude was not so much a multiplication of meagre resources by Jesus but rather a personal response by individuals within the crowd. It is suggested that upon seeing the willingness of Jesus (and the small boy whose food it was) to share the small amount of food available, everyone dug into their pockets and pulled out the small amount of food they also had and shared it with one another. The miracle was a breaking through from selfishness and isolation to a spirit of sharing and community.

This sharing and valuing our community (not just the Leo’s community) has been evident most recently in the parent run – “The Dish” and our last two social justice experiences to Outback NSW and the Kiribati Islands. We can of course not forget another two regular “routines” here at St Leo’s – our unique Community Tutoring program and Friday evening Vinnie’s Van. In these initiatives, there are hundreds of people involved – comprising students, parents, staff and members of our community – both far and wide! We have examples of people breaking through selfishness to supporting and valuing our community in many ways. Fine role models for some members of our community who are on different stages of their faith journey. Just another view of feeding of the 5 000.

Diary Dates

Monday 27th July
Year 12 Trial HSC Examinations commence

Friday 31st July
Ignatius of Loyola Feast Day

Friday 31st July
Vinnie’s Van

Monday 3rd August
GP’s in Schools - Year 11

Thursday 6th August
Semester 1 Assembly of Excellence - Years 7 to 10

Thursday 6th August
Parent Involvement and Information Evening - Exam prep, study skills and essay writing 7pm College Library

Friday 4th September
Father’s Day Mass and Breakfast, 7.30am College Chapel
During the first Tuesday evening of the holidays “The Dish” crew were rostered to feed those less fortunate than ourselves on a cold evening. This was the perfect scene to publicly acknowledge our co-ordinator of the “The Dish” – Ms Connie Klimko. Connie has been co-ordinator since we first started the initiative at St Leo’s in 2011.

I brought the invitation to a Board meeting and after a very short discussion – it was accepted and adopted! Connie (also a Board member and parent at that stage) gladly took on the role and from there it has grown to a volunteer list of over 70 parents and friends of St Leo’s. Connie is moving to the US for work and will be sorely missed. Connie is a dynamo, creative and very generous person – who saw a need and simply did something about it – bringing many others on board through her organisation, keen sense of social justice and commitment.

Mr Phil Ledlin (RECOLOR) Sarah Szacsvay, the original dish co-ordinator (from parish of St John’s), Allison Stewart, Debra Innis and myself presented Connie with a plaque and some flowers as a small token of our appreciation. I heard the next week that Connie later gave some of her flowers to her friends – the people she serves. To me this action speaks volumes of not only reflecting Sunday’s Gospel but also of her generosity and her respect for others.

Thank you Connie for your leadership, coordination, recruitment and the modelling you have given us over the four years.

I have included an excerpt from an email I received from one of the many “The Dish” reports.

“…Having been a part of the wonderful St Leo’s team for some time now, I was amazed that this was the first shift where there were more people I didn’t know than I knew. One woman had only been to one Friday and this was her second Dish meal, the other has been three times. What really brought it back to me as to why we do this, is that that both newcomers asked me why people are so kind and do this? I responded that most people are like we are, and we never know when situations change and we might be in need at some point. The appreciation was shared, I think, by most of the people that were there.

This email came from Mr Chris DeGraaf one of our parents who also is a member of our College Board and has been working very closely with Connie over the years as a shift supervisor. Chris has taken on Connie’s role as the St Leo’s Dish Co-ordinator. I am sure Chris will have the support that Connie enjoyed. We are blessed here at St Leo’s to have such great role models who are putting their faith into action!
Welcome Back
Welcome back to both our student body, staff and parents for Term III. Our Academic prize winners for Semester One will be highlighted at our Assembly on Thursday 6th August. Further details will be provided by Mr Mahoney.

A special welcome back to our Kiribati Immersion group. They arrived back in Sydney last Thursday. The initial comments and feedback I have had from parents, staff and students has been outstanding. We will hear as a community from their unique experience at our Assembly in Week 4. I have attached at the end of my report, a letter I received from the Principal of Sacred Heart College in Bikenibeu, Kiribati. It speaks for itself about our staff and students. Again – people putting their faith into action.

Staff Spirituality Day
On the Friday of last term (day after our Parent/Teacher/Student conferences) we conducted the Staff Spirituality Day around the streets in Sydney. We highlighted “...putting our faith into action...” In the morning the staff were divided into groups visiting/toured the following locations with various guest speakers:

* Year 10 Street Retreat venues (that many of our students currently do) eg back of Waterloo; Matthew Talbot Hotel; Kings Cross Police Station and St Canice’s Parish Church.
* The Jewish Museum, Darlinghurst
* Mary MacKillop Place and St Mary’s Cathedral
* Edmund Rice Centre at Homebush
* An Aboriginal Spirituality Walk

In the afternoon we all met back at St Mary’s Cathedral for lunch where we were joined by Fr David and we reflected on our experiences, through meditation (by none other than Ralph Kershler) and led in prayer and reflection by some wise words by Fr David.

A very worthwhile experience for all staff. Thank you to Mr Sadler for all his efforts in both the organisation and experiences had by all staff.
VET – Congratulations

There are many students in Years 11 and 12 who undertake as part of their studies – VET courses. As part of these vocational courses, great emphasis is given to work placements. One of the courses we offer is Hospitality. Below is an excerpt from a letter I received about one of our Year 11 students – Ryan Macri who undertook work placement at the Swissotel Sydney.

“...If you guys do recommendations or some sort of recognition, he ticks all the boxes. The team loved him including senior managers who he came in contact with, his work ethic was way beyond years that I have seen and at his age. Was on time, well presented, very articulate, confident, and got right into it from day. The team did not even feel that he was a student, neither did the guests for that matter.

We even went as far and offer him work when he finishes school if he was still keen. Certainly a student worth noting and certainly remembered for all the right reasons The words from our Director Of Food and Beverage were “I would employ him in a heartbeat” pretty much should tell you how well and quickly he fitted in...”

Congratulations Ryan on a great work placement!

Music – Congratulations

Our talented vocalists have won more plaudits, this time at the Ryde Eisteddfod. Bel Canto placed 2nd in the secondary competition and 2nd in the championship that Max 12 entered. Congratulations to the students, Mrs. McFarlane and Mrs Gaucci.

College Board Retreat

This Saturday we have our Annual Board Retreat at the College. We commence with Mass in the Cathedral followed by a series of workshops all aimed at the purpose of the Board – ie to ensure the mission of the College (to develop confident, competent, Catholic young women and men of conscious) is alive, nourished and is at the centre of all we do. Please keep us with our deliberations in your prayers.

Year 12 Trial Exams

We remember in our prayers and thoughts our Year 12 students who undertake their HSC Trial Exams from next Monday. These Trial exams mirror the content, timings and venues of the HSC exams so our students are comfortable as they can be when they come to these exams early next term. From all reports – our students are ready in all aspects for these exams.
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 cheeses 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. This workshop will be presented by Mrs Melissa McMahon and Mr Nathan Smith. 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.

In the next edition of The Pride, I will highlight the Review process which will be gathering momentum as we move through Term III. This review will ensure that the College is doing the best in terms of improving the outcomes of our students.

**Mr AF Gleeson**
**Principal**

“...Little did either of us dream what was to spring from so small a beginning...”
*St Mary of the Cross Mackillop (1891)*
16th July 2015

The Principal,
St. Leo’s College,
16 Woolcott Avenue
Wahroonga
NSW 2176

I write to thank you for sending such a wonderful group of students to us for their first visit to our school. From the moment they stepped off the plane to our final farewell at the airport this morning we have loved having them with us. Their enthusiasm to listen and learn and to participate in all we had to offer was a marvellous experience for own students, who became very confident in their ability to speak idiomatic English, when they were in their “buddy” partnerships. Your students, in the limited time they were with us, gained a good insight into the process of what happens when a predominantly rural culture is being transformed into an urban culture.

I was impressed with the way both groups of students genuinely enjoyed each other’s company, sharing jokes, playing games and telling stories. I also wish to thank Jamie and Nathan who made the visit such a success. They had an excellent rapport with their students. We (Helena and I) also enjoyed their company very much. Helena, who knew John from before, when he was a volunteer here, also had many tales to share. John was an excellent facilitator.

Finally I must thank you from the bottom of my heart for the generous cash donation your school has given us. We receive no funding for the maintenance of our school from the Diocese, so I had been praying for a miracle that we would find some funds to help us convert an old classroom into a new senior laboratory, re-roof one of our class room blocks and buy two more water tanks. Your school is the miracle, an answer to prayer.

Please let your students know that they are part of the miracle of how God’s work gets done on earth. They are helping in the spread of the Gospel and make God’s Kingdom a reality here on earth. Even though they may not be physically here, they are with us in spirit. Without your generous gift it would take us many years to achieve what needs to be done. Their generosity has made it possible for our students to have better educational and career opportunities, so I thank your students, your staff and yourself from the bottom of our heart.

Yours faithfully,

Susan Ryan
PRINCIPAL
Assistant Principal

Reports
The Year 7 – 10 Semester 1 Reports and Parent Student Teacher Interviews at the end of last term provided feedback about student achievement and efforts throughout Semester 1. I am sure that the discussions at home over the holidays provided the opportunity to praise efforts and acknowledge achievements, while also providing a focus for goals in Semester 2.

If you have any questions about the reports or would like further information about your son/daughter’s progress please contact the relevant teacher at the College at any time.

Year 7 – 10 Semester 1 Academic Awards Ceremony
The College will be holding a Year 7 – 10 Academic Awards Ceremony on Thursday 6th August (Week 4) from 11am until approximately 12:40pm. We will be acknowledging our top achieving students throughout Semester 1, and students who have worked with diligence to achieve their own personal best. We welcome any members of our parent community who would like to join us for this occasion. Parents and Caregivers of award winners will receive an invitation to the awards ceremony over the coming week.

Year 12 Trial HSC Examinations
The Year 12 Trial HSC examinations commence this coming Monday 27th July and conclude on Monday 10th August. I would ask you to keep Year 12 in your prayers during this significant assessment period.

All students have been given their Examination Timetable. I would ask parents to work with students to ensure they know the correct location and time for each of the examinations. If your son/daughter is sick and unable to attend any examination during this time it is vital that you notify the College and that upon return they complete the illness/misadventure process properly.

Year 9 Camp
Year 9 will be setting off on camp from Wednesday 19th to Friday 21st August (Week 6). The College Camp program is an important part of the development of the ‘whole person’. It certainly provides opportunities for students to grow in confidence as members of the Leo’s community. I thank Mrs Moran and her team for their hard work in preparing for this significant event.

Subject Selection
I have been very impressed with the way both Year 10 and Year 8 have maturely engaged in the process of Subject Selection. A reminder that Subject Selection Nomination Forms are due to be handed in Friday 31st July (Week 3).

Cars in the College grounds
The safety of students at the College is our highest priority. In order to ensure a safe environment for all students, staff and visitors to the College, I would ask all parents to take careful note of the procedures outlined below.
Since the roadways through the College are thoroughfares for students moving to classes or entering or leaving the College grounds, vehicle access to the College is restricted to essential traffic (deliveries, staff parking, visitors during the day) only. There is no access for parents along driveways to pick up or drop off their children. Students need to disembark from cars near the Unwin Road or Woolcott Avenue gateways. Parents are also asked not to park across gateways while students disembark.

Please note there is no access through the school from Woolcott Ave to Unwin Rd.

Owing to the narrow roadways, cars delivering students to the top (Woolcott Avenue) area of the College should travel in a clockwise direction (40 km per hour maximum) continuing along Windarra Crescent to meet Woolcott Avenue at the gate near the College Library (not turning right into Woolcott Avenue at the first intersection). This is shown in the diagram below.

![Diagram showing traffic directions in and around the College grounds.]

Often the College is quite congested at the end of the school day. I would encourage parents who are picking up their child to arrange a pick up point in Woolcott Avenue, Yardley Avenue or Unwin Road. This is a strategy that can save time and reduce congestion.

Parents are requested to drive with great caution around these streets, as there are many excited students around this time – from not just our own school – but also schools nearby.

Anthony Mahoney
Assistant Principal
Catholic Life and Mission

Kiribati 2015
On the 8th of July, 11 students, 2 teachers and a Catholic Mission facilitator boarded a plane and headed for Tarawa, Kiribati. We didn't really know what this trip was going to be like but we knew it would be an adventure (and it was).

We met amazing people, experienced a wonderful culture, saw much beauty and so much poverty.

Some of the highlights of the trip included having a buddy from the Sacred Heart School, seeing the different living conditions and experiencing this style of living, visiting the villages and seeing the smiling faces everywhere we went. We had the opportunity to visit a women's refuge where we met the Sisters doing fabulous work with families in need. We donated money, clothing and books to the centre and they were sincerely grateful.

We stayed at a centre run by the OLSH Sisters and Good Samaritans. They do work with families affected by alcohol through educational courses. We donated hammocks, money, mosquito nets and sleeping mats to this facility. They were amazing ladies to spend time with.

Overall it was an amazing experience for all involved in this immersion. We are looking forward to making this trip an annual event for St Leo's.

Jamie Stimson and Nathan Smith
Outback Pilgrimage 2015 (19-26 June)

The Outback Pilgrimage will be an experience that seventeen Year 11 students from St Leo’s will remember forever. In just eight days they travelled over 3,750km by bus around outback NSW, often with 5.30am starts! The six boys and eleven girls were led by Aboriginal Education Consultant Dave Ella, from the Yün mob on the NSW South Coast, and Kelly Goddard, of the Darug from western Sydney. The trip was organised by Ms Beattie and Mr Trainer and they were accompanied by Mr Gomez, Youth Ministry Coordinator, as well as by Fr Paul Finucane, parish priest of Chatswood. “From this trip I’ve learnt how beautiful Australia is and how grateful I am to live here,” reflects Giaan Wilson.

The eight hour drive northwest to the mining town of Cobar on the first day set the pace for the trip. The group also visited the opal mines at White Cliffs; staying in an underground hotel; explored the beautiful and ancient landscapes of Mutawintji National Park near Broken Hill; and celebrated a liturgy on the awe-inspiring sand dunes of Lake Mungo, home to Mungo Man, the oldest human remains found in Australia. “A highlight for me was visiting the indigenous paintings and initiation sites and learning about the history behind them. They have been preserved for thousands of years, passing on ancient stories and teachings,” reports Mark Rogers. “Having the liturgy on the peak of the sand dunes was absolutely breathtaking because we were able to have a true, strong connection with the land and with God,” declares Georgina Simpson.

The students also spent time with indigenous students who attend the K-12 school at Lake Menindee. With an enrolment of under 100 students, this school shuts down when it rains as the access roads turn to mud and no one can get there. Helena Dare says: “I really enjoyed visiting the school, seeing the excitement that the kids had to learn and their enthusiasm. There was a much stronger sense of community, they all interacted and helped each other out, everyone was so friendly. I have learned so much. I have a deeper understanding of Aboriginal spirituality outside of the textbook.”

This Outback Pilgrimage is run by St Leo’s every second year with the aim of helping students develop an understanding of life in rural NSW and gain an appreciation of our indigenous history and spirituality. Liam Matthew sums up: “Words can’t express the experience, even the photos don’t do it justice, you have to do it yourself.”
Curriculum News

Study Skills

Why students need to turn off devices an hour before sleep
Artificial light from electronic and other devices generally emit a blue light (it may not actually look blue, but that is the underlying light). Blue light, along with ultraviolet light is a type of non-visible light at a very short wavelength. You can see an image of the spectrum here: [http://www.bluelightexposed.com/#what-is-blue-light](http://www.bluelightexposed.com/#what-is-blue-light).

What does blue light do to the human body?
Non-visible light has a lot of energy and studies show that a lot of exposure to this type of light can do damage to your eyes and also impair your sleep cycle. During sleep lots of essential physical processes take place and it is also when learning from the day is consolidated in memory. So getting enough sleep is essential for students.

Blue light is naturally generated only during the day, from sunlight. When it gets dark, naturally occurring blue light ceases, signalling the body to produce melatonin, the hormone associated with sleep. Using artificial lighting and devices which emit a blue light at night confuses the body-clock (the body’s natural sleep-wake cycle) by stopping the body from producing melatonin. This can result in disrupted sleep patterns including difficulty in falling asleep and staying asleep and shortened sleep duration.

Those at greatest risk from night-time exposure to blue light are those with existing sleep disorders and adolescents who often experience delayed sleep patterns as a result of biological changes.

What can I do to limit my exposure to blue light at night?
Some suggestions include:
- Be exposed to sunlight during the day to assist in accurately setting your body clock.
- Stop using all electronic devices preferably at least 2 hours before bed.
- Turn off all artificial lighting 1-2 hours before bed.
- Get a red or orange reading lamp, which does not emit blue light.
- Use blue light blocking glasses at night.
- Install a program or app on your computer or device to change the type of light it emits. A variety of programs are available including F.lux, EasyEyez, Night Filter, Zzz iPhone filter, Bluelight and Twilight
- Invert the colours on your iPhone or iPad.
- Turn the brightness down on your device for a few hours before bed (not perfect, but better than nothing!).

You can learn more about how to optimise your performance as a student at [www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au)

Username: leos
Password: community
If you have any questions or require further information, please contact Mr Angelo Solomonides angelo.solomonides@dbb.catholic.edu.au
\textbf{Geography Competition 2015}

This competition takes the form of a multiple choice map and graph reading test. Students draw on their general knowledge about the world in order to complete the test. It is a comprehensive test of the skills of geography.

This year, 18 students from Year 9 and Year 10 sat the test. The results were very pleasing. One third of the group were in the top 10\% of the national competition for their age group.

Congratulations to all those who participated. It is so good to have students with enquiring minds and a logical approach to problem solving have an opportunity to shine.

Mrs. L. Champ, Geography Teacher

\textbf{Around the Grounds}

\textbf{BBSSSA Netball - Juniors}

The junior girls had a tough day out at the Broken Bay Gala Day, pitted against extremely well-oiled representative players from MSB, Mater Maria, Joey’s and Mercy College.

The girls lost each of their 5 games, however, they improved considerably throughout the day and they all maintained a very positive attitude, encouraging every good pass, defensive intercept or shot. By the last game, the girls were playing much more effectively as a team and they managed to really keep the goals scored by the opposition to a minimum. The day highlighted the importance of consistent training and I am confident that the girls will go from strength-to-strength when they are all playing together regularly.

The sportsmanship and smiles made them a delight to coach on the day.

It was wonderful to see them proudly sporting the new Leo’s uniforms.

\textbf{BBSSSA U13 & U15 Soccer}

Unfortunately due to the wet weather the day has been postponed once again. A new date has not yet been confirmed.

Students will be advised and an alert will be sent via the College App about the new date.
**All-Schools Cross Country**
In the last edition of the Pride you would have heard about Harvey Timms and the team taking on a V8 at the NSWCCC Cross Country Championships. Harvey found this too easy so he has stepped up a level and attended the All-Schools Cross Country Championships representing his school and NSWCCC.

The event was held on Friday 17th July, what a wet day it was. A very heavy track and some would arguably say a ‘true’ cross country course.

Harvey performed outstandingly considering the condition of the track to finish 23rd in the State. This is such a great performance, beating 3 quarters of the State in his division.

We are all very proud of you, well done!

**Sport for Life Program**
Term 3 has now begin, students have now rotated to new sport choices for this term.

Students have the opportunity to accumulate House points throughout the year through their achievements in the Sport For Life Program. Who will be the Championship House of 2015?

For further information regarding the sport program for this term please see the College App or the Sport website.

**Year 7 Swim & Survival Program**
This term, Year 7 will be engaging in our mandatory swim and survival program. This has been a program run by the College for a very long time.

The program allows students to be graded into their different swimming abilities to form smaller groups. Teachers will work together with their group to build confidence around the water, improve swimming technique/abilities, enhance awareness and safety around water and learn survival techniques needed in a rescue situation. This program will also allow students to work towards meeting the requirements set by the government so that they can be around water safely and confidently. This will allow students to participate in a broad range of water based activities at the College.

**The Dress Code**
Students will be required to meet a dress code set by Barker College Pool. Females will need a one-piece swimming costume and males will need to wear either speedos or skins. No 2-piece costumes, board shorts or football shorts allowed.

For more information regarding the Swim & Survival Program please read the note available on the College App.
**The College Sport Website**
The College Sport website opened in Term 1 to give parents and students a gateway to gain quick information on sport as well as acknowledge the achievements of some of our sporting people.

I would encourage all parents to take a look at the site and keep up to date with information regarding sport.

The website is accessible via the College App or at [www.SLCCSport.com](http://www.SLCCSport.com)

**New Broken Bay Sport Website**
The Broken Bay Secondary Sports Association (BBSSSA) have been working on a new website which is to reflect the NSWCCC website.

The website will give you all the necessary information regarding sport our College is involved in within the Diocese of Broken Bay. The website will provide a calendar of events, upcoming events, closing dates, registration, results, pathway information and much more.

**Broken Bay is proud to present our new website:** [www.brokenbaysport.org.au](http://www.brokenbaysport.org.au)

Please take a look!

**NSWCCC Sport Information**
For all your sporting information at a NSWCCC level including event dates, registration for an event, closing dates, calendar of events, results, qualification process and any other information please visit their website on:


**Need to Register for a NSWCCC event?**
All sporting events in NSWCCC and All-Schools require parents to register and approve their child online.

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’
Share My Journey From Danger

Hear a first-hand account of the refugee journey from a young Afghan asylum seeker who escaped the Taliban.

There will also be a talk by Phil Glendenning
- Director of the Edmund Rice Centre
& President of the Refugee Council of Australia.

There will be time for questions.

WHEN: Wednesday 29th July,
7.30pm (tea/coffee) for 8pm (start)
WHERE: Fr Patrick McMaugh Hall, St Patrick's School
1 Royston Pde Asquith

All Welcome
Enquires: Phone Clare on 0403711949