

ST PETER'S NEWS

CHALLENGING OUR STUDENTS THROUGH A FOCUS ON EXCELLENCE



CBCA BOOK WEEK

20-26 August 2022

Dreaming
with eyes
open...



#CBCA2022

WHAT'S INSIDE:

Principals
Update - 2

Student Leader
Annoucement - 3

Library
News - 9

Upcoming Events
Calendar - 13

MESSAGE FROM THE PRINCIPAL

In our last newsletter I introduced you to our new College Leaders for 2023. Since then, our leaders have been away on a three-day retreat where they spent time learning about leadership, getting to know the strengths of their new team and very importantly reflecting on themselves, the values that influence their daily lives, and the type of leader they wish to be. The time was very productive and so many innovative ideas emerged from the discussions that were held.

On the final morning the team held an election to decide who was going to lead the team in the roles of College Captains for 2023 and this was followed by a rigorous process to negotiate the portfolio roles that each leader would undertake. While not an easy or quick task, the team did achieve an outcome, and there was significant learning for the group in undertaking this process.

Today I am pleased to announce that our College Captains for 2023 are Eden Mungovan and Anthony Iacovazzi. Our College Vice-Captains for 2023 are Ellouise Ham and Meyer Hodgson.

Turn to the next page to see the portfolio roles for 2023.

I wish to congratulate the entire team on their willingness to commit to leadership over the next year, for their contributions to the group while away on retreat and for the maturity, trust and sense of service that they have demonstrated as a team so far. I am confident this team will make a significant contribution and have a positive influence on The College over the next 12 months.

Tell Them from Me

In the coming weeks we will be inviting students, teachers and parents to provide feedback on their experience of our school using an online survey. The surveys are an important part of our whole school evaluation and planning process.



We would like to invite you to complete the Tell Them From Me (TTFM) Partners in Learning survey. As we value the role of parents and carers within our school community we would greatly appreciate your feedback. The information you provide will be used to maintain our commitment to working together in partnership to further improve student learning and wellbeing at St Peter's Catholic College, Tuggerah.

The survey is anonymous and will take approximately 20 minutes to complete. You are able to access the parent survey on your computer or mobile device by using the URL below:

www.tellthemfromme.com/stpeters

Tim Hildebrandt

Principal



Tell Them From Me

2022/23 STUDENT LEADER PORTFOLIO ANNOUNCEMENT

College Captains



Anthony Iacovazzi



Eden Mungovan



Ellouise Ham



Meyer Hodgson

College Vice Captains

PORTFOLIO LEADERS

Creative Arts Leaders



Amelia Greeff



Raya Smith

Environmental Leaders



Joshua Donovan



Meyer Hodgson

Learning Leaders



Charlotte Hogerzeil



Rebecca Lott

Social & Publicity Leaders



Dhruv Malik



Shalton Sibanda Jnr

Wellbeing Leaders



Tahlia Deane



Ashleigh Vickery

Youth Ministry Leaders



Hannah Armstrong



Ellouise Ham

HOUSE LEADERS

Benedict Leaders



Desiree Herden



Gemma McDonald

Francis Leaders



Will Hartley



Dani Lawicki

Patrick Leaders



Luke Sim



Georgia-Rose Smith

Vincent Leaders



Zane Chaffer



Rosie Duffy

WELLBEING @ ST PETER'S

Movie Ticket Prizes

Positive learning behaviours in the classroom creates productive learning environments for all students. These behaviours include being in correct uniform, prepared and on time for class, positively engaging with the learning activities and being socially responsible in class and in the playground. These behaviours are reflected in our guiding principles:

- Live as a Disciple of Christ
- Embrace Learning
- Pursue Excellence
- Show Respect
- Care for Myself and Others

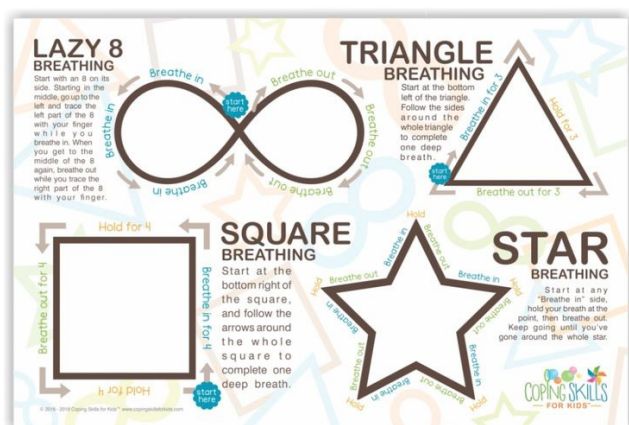
For those students who come to school ready to learn each day WE SEE YOU and THANK YOU. Our Leaders of Wellbeing want to acknowledge and celebrate you. Each fortnight during your Year Assemblies students who have received positive referrals from their teachers will be placed in a draw to win a movie ticket to Greater Union Westfield Tuggerah. I encourage students to ask your teachers for that positive referral on Compass when you know you have deserved one.

Good luck in the draw!

Stress Busting Tips

As the HSC Examinations approaches for Year 12, End of Year Exams for Year 11 and final assessments and exams our junior years it is important to manage stress effectively.

1. **Get into Nature** – Did you know that going outside and sitting or walking in nature for 10 minutes can do wonders for your health? Growing research supports how nature can reduce signs of depression and increase wellbeing.



2. **Drink Water** – Given our bodies are nearly 70% water, it makes sense that we replenish lost water from throughout the day. Leave a bottle on your desk and sip slowly throughout the day. This is more replenishing than drinking a whole bottle in one mouthful.
3. **Breathe** – I don't have to tell you that breathing is important, but what we forget is to breathe deeply. Having a mindful moment that focuses on our breath is the quickest and easiest way to calm, reconnect and reflect on what my body needs right now. Too often people shallow breathe which doesn't allow enough Co2 out and O2 in.
4. **Exercise** – When we move our body, we shift toxins, repair and build cells and cleanse our energy system. Getting our heart rate up through physical exertion like running has many benefits for both the brain and the body, but so does stretching like yoga or Pilates. Moving is also the easiest way to shift our moods, clear our head and refresh our energy.
5. **Rest** – In the busyness of a school day it might seem silly to mention the word rest, but did you know that resting the mind with some mindfulness exercises can actually restore wellbeing? Take a moment when walking from class to class to walk mindfully, noticing each step you take. When on the playground, notice the noises, colours and movements as if you were a bird observing from above. Practice mindfulness by being present for 1 minute at a time. Notice how it feels, breathe it in. It's the little things that can make a big difference.
6. **Let it go** – We all know the song but do we do it ourselves? With so much change, there will often be things that don't go our way or people who unintentionally create drama around us. People are often doing the best they can with the resources they have, so it is important to forgive and let it go where possible. Sometimes it is good to step back from a situation and ask "Do I have all the information?". People generally want to do the right thing but messages can get misinterpreted. It's ok to be frustrated, cranky, or annoyed, but we also need to find ways to process these emotions in healthy ways.

To help understand our feelings here is a link to a downloadable book *The Inside Story: Understanding Power of Feelings*. HeartMath Institute is an organisation that creates scientifically-based tools to explain the connection between heart and mind. They have many free resources for adults and teens.

Regards

Candice Little and Owen
Director of Wellbeing

YEAR 8 NEWS AND UPDATES

St Peter's Day & Book Week

This Friday we will be having our postponed St Peter's Day celebrations, as well as our Book Week Dress Up Parade.

Keep an eye out on Compass for the Book Week activities as they unfold this week and get thinking about those costumes- this year's theme is "Dreaming with Eyes Open". Embrace this week where we celebrate all things books, stories, and imagination.

St Peter's Day is an annual tradition and we're glad it's been able to run. There will be a gold coin donation for your mufti/dress up that day and don't forget some money to buy your tickets for the One World Day Lunch. There will be activities, competitions, a student vs teacher basketball game, and the much-anticipated Talen Quest to finish off the day. We can't wait to see you all participate in this day and have a wonderful time.

Year 9 2023 Elective Subject Selections

Just a small reminder that students need to submit their subject selection preferences through Edval by this coming Friday.

Duke of Edinburgh Information Night

The Duke of Edinburgh information night was held on Tuesday 23 August for parents and carers of students who are interested in joining the Duke of Ed program. If you missed the info night and would like more information please contact Miss Yasmin Rooney, Duke of Ed Co-ordinator via the front office.

Cabaret Night

The biannual St Peter's Cabaret Night is coming up on Wednesday 31 August. Doors open at 6:30pm with the show starting at 7.00pm. Tickets are only \$10 each and we are encouraging the audience to dress up, bring a feast and enjoy a night of spectacular talent! To purchase tickets please head to:

<https://www.trybooking.com/BZJTJ>

Catch Up Immunisations

Next week, the NSW Health Immunisation Clinic will be back on campus for the next round of immunisations for Year 7. Any Year 8 students who have missed out on their previous HPV does will also have their immunisations.

The clinic will be held on Thursday 1 September.

Czes Lawicki and Megan Smith

Leaders of Wellbeing - Year 8



YEAR 10 NEWS AND UPDATES

bstreetsmart

On Tuesday 2 August, Year 10 travelled to Sydney Olympic Park's Qudos Bank Arena to attend "bstreetsmart" 2022 along with many other schools from the Central Coast and Sydney region. bstreetsmart is Australia's largest educational event on road safety that gave year 10 the opportunity to gain first-hand experiences on understanding our responsibilities as a both a driver and a passenger, information, and strategies on how to avoid serious injuries and casualties, and also how to reduce risk taking behaviour on the roads. To begin the day, we observed a scenario of an accident and were able to understand the impact of dangerous and distracted driving, along with the consequences for those both directly and indirectly involved. Witnessing the scenario and hearing victim's experiences was a real eye opener for us to see not only the impact on the victims, but the impact on the victim's families and the first response officers who are called to tend to the victims in a life or death situation. bstreetsmart was an inspiring initiative from the Trauma Service at Westmead Hospital. Overall, the experience was very informative and confronting which ensures that we can all be more cautious as we come to get our licenses and learn to be more aware as we drive.

Chloe Mackillop



St Peter's Day and Book Week

This Friday we will be having our postponed St Peter's Day celebrations, as well as our Book Week Dress Up Parade.

Keep an eye out on Compass for the Book Week activities as they unfold this week and get thinking about those costumes- this year's theme is "Dreaming with Eyes Open". Embrace this week where we celebrate all things books, stories, and imagination.

St Peter's Day is an annual tradition and we're glad it's been able to run. There will be a gold coin donation for your mufti/dress up that day and don't forget some money to buy your tickets for the One World Day Lunch. There will be activities, competitions, a student vs teacher basketball game, and the much-anticipated Talen Quest to finish off the day. We can't wait to see you all participate in this day and have a wonderful time.

Reminders

As per usual, if there's anything you need to talk to us about you know where to find us. We are getting so much positive praise about you as a year group so let's keep that ball rolling.

Aidan Taylor and Jessica Moroney

Leaders of Wellbeing - Year 10



YEAR 12 NEWS AND UPDATES

I have been impressed with the way the Class of 2022 have conducted themselves over the past few weeks. Year 12 demonstrated focus and discipline throughout the Trial Examination period and are to be congratulated for their mature approach.

Although trials are done, there is still crucial time before the HSC for students to gain additional feedback and consolidate their understanding of course content. Students are reminded to continue their well-balanced approach to exams and the upcoming HSC by gaining plenty of exercise, sleeping and eating well and checking in on their peers. Utilising each other and collaborating to refine knowledge will be extremely beneficial. Although most have worked hard and consistently, there are a few who still need to lift their attitude toward study and revision. Whilst keeping these exams in perspective, we still aim for each student to achieve their personal best and this requires time and effort in each subject.

As we near the end of official schooling for Year 12, I am looking forward to celebrating this amazing cohort. Let's continue the standard that we have set for these past five and a half years and finish well!

Early Entry University Offers

I would like to congratulate a number of students who received early entry offers to university in the last fortnight.

This is a momentous achievement and one each student should feel extremely proud of. I look forward to hearing about the post school endeavours of each of these students in the years to come.

Major Work Submissions

A big congratulations is extended to those students who submitted major works over the past two weeks. We know how much time, effort and late nights go into producing such wonderful pieces of work.. Well done!

Library Study Nights

The library is a space that I encourage all students to utilise effectively again this term. It will be open Wednesday and Thursday after school hours for revision.

University of Newcastle

The University Of Newcastle attended St Peter's on 17 August to meet with students and discuss university life as well as varying pathways to university. Personal meetings were held to guide individuals on courses of interest and strategies to create a successful application. Having spoken to students who booked interviews, I know many found this a very worthwhile experience.

Important Dates

Friday 9 Sept	Bush Dance (6pm – 9pm)
Monday 19 Sept	PJ Day
Tuesday 20 Sept	Last day of formal classes
Wednesday 21 Sept	Graduation Mass (4:30pm) Supper (5:30pm) Graduation (7:00pm)

Adam Beavis and Scott Stretton

Leaders of Wellbeing - Year 12



2022 Bishop's Art Prize Competition

The 2022 Bishop's Art Prize competition is on again for the 9th year running.

The competition is open to all Kindergarten to Year 10 Catholic Schools Broken Bay students.

The newly named Religious Creative Arts Competition comprises of 5 categories including:

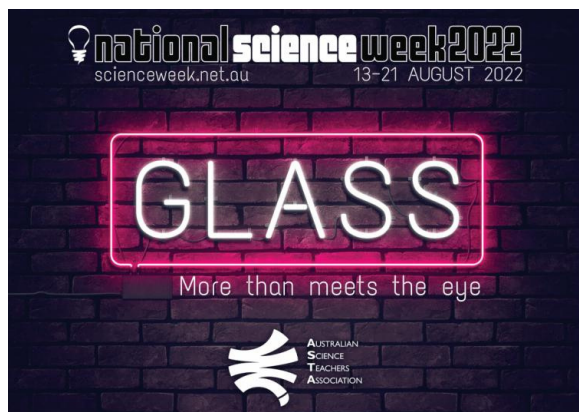
- visual arts
- dance
- drama
- music
- short film

Students will start to plan and work on their creative pieces into term 3. Submissions close Week 5 of Term 3.

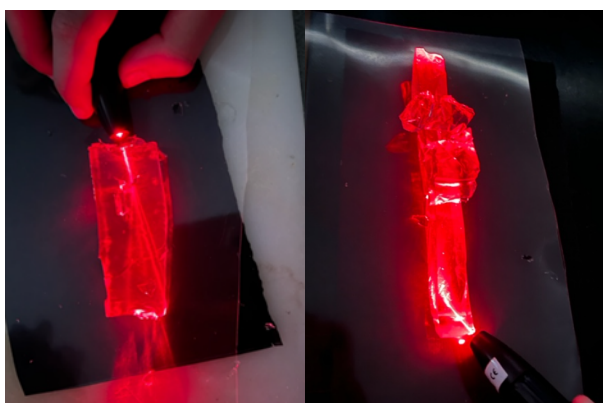
Local judging will form finalists who will go through to a Showcase Night, held at the Light of Christ Centre at 6:30pm on Tuesday 18 October 2022.

For more information click link below:
<https://dbbau.sharepoint.com/.../Religious-Creative-Arts...>

NATIONAL SCIENCE WEEK 2022



Last week, our school community celebrated National Science Week with the Science Faculty running a host of science-terrific activities! This year's theme was Glass: more than meets the eye. Students in Years 7-10 enjoyed exploring a range of fun Science activities including Escape Rooms, Kahoot quizzes and even making their own Fibre Optic Glass! Miss McMahon's Year 8G1 class made their own 'gelatine glass' and successfully demonstrated the refraction of light through a glass medium using lasers – it looked pretty spectacular!



Year 7 Science

Term 3 has seen our enthusiastic Year 7 students launch into a new topic - Chemical World. The topic explores the properties of elements, compounds and mixtures as well as exploring the properties and behaviour of matter, theories about the motion and the arrangement of particles.

In their recent experiments students were investigating the states of matter, with the non-Newtonian substance of Oobleck.

Year 11 Biology

At the start of August, our Year 11 Biologists engaged in an interactive program developed by the Australian Museum, the Botanic Gardens Greater Sydney and Taronga Zoo.

The study day, led by educators from the museum, gardens and zoo allowed students to examine fossils, specimens, live animals and plants to understand biological diversity, through the relationships between a range of organisms, their habitats and the evolution of species.

The study day was a fantastic way for students to further understand their Biological Diversity module for their preliminary course whilst spending time in the beautiful surrounds of Mt Annan Botanic Gardens.



ST PETER'S LIBRARY NEWS

We are excited to be celebrating Book Week this week (Week 6) and are looking forward to seeing all the students dressed up for St Peter's Day in their book-flavoured costumes!

The theme this year is "Dreaming with eyes open", which can be interpreted in many ways. Perhaps we will spot some scientific book characters and magical creatures? The imagination can run free with this year's theme. The student(s) who is awarded "Best Dressed" to the theme will take away a special prize.

There are also numerous competitions held during Book Week, including (but not limited to), Kahoots, short story writing, book trailer creation, find Wally, matching teachers with their favourite books, and the all-time favourite "guess how many lollies in the jar" competition.

We all look forward to a wonderful week!

Book Week Competitions:

- Dress up parade on Friday 26 August on St Peter's Day!
- Short Story Writing Competition (online - open Weeks 5,6 and 7)
- Book Trailer Competition (online - open Weeks 5, 6 and 7)
- How many lollies in the jar? Guessing Competition (all week in the Library)
- "Match Teachers with their favourite book" Quiz (online all week - check CCompass for the link)
- Micro writing competition - Friday 26 August
- Book Cover Competition - (online - open Weeks 5, 6 and 7)
- Book-themed Kahoots every day during Break 1 in the Library
- Book Balancing Race - outside the Library Friday 26 August
- Book Week HMR challenge - play a bookish Kahoot with your HMR.
- Find all the Where's Wally characters (on dress-up day), and collect their codes to win a prize on Friday 26 August
- **Details on Compass**

Library Resources - Quality over quantity How to deal with information overload

We all have a plethora of information available at our fingertips. Our mobile phones are never far away and with a few quick swipes and presses, we can "Google", "YouTube", and "TikTok" anything! But sometimes the old saying still stands: "What comes easy won't last, and what lasts won't come easy."

When it comes to finding quality information, we recommend that our students use quality resources that have been reviewed and



JSTOR- Academic Research Database

<http://jstor.org>
Username: saintpeters
Password: tiggerah (case sensitive)

ClickView - films, documentaries, tv shows

Username: your school email address
No need for a password - you will be prompted to sign in with your CEnet credentials



Jacaranda eLibrary - suite of digital textbooks



English, Maths, Science, History, Geography, Art, PDHPE, Economics, Business Studies, Commerce, Biology, Physics, Chemistry, Civics and Citizenship, Food Tech, Atlas, Psychology.
www.jacplus.com.au
Username: your school email address
Password: stpeters

Wheeler's eBooks and Audiobooks

<https://sspctlibrary.wheelers.co>
Click on "sign-in" - you will be prompted to login with your CEnet username and password.

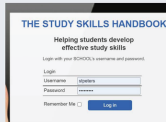


MyON - digital fiction and non-fiction books

<https://myon.com>
type in St Peter's Catholic College
Sign in with your school email as your username and password "stpeters"

Destiny - Library Catalogue

<https://destiny.dbb.org.au>
Click on "St Peter's Catholic College"
Sign in with your CEnet username and password
Search the catalogue, see your current loans, put books on hold.



Study Skills Handbook - Learn how to study

<https://www.studyskillshandbook.com.au>
Username: stpeters
Password: 84success

DIGITAL RESOURCES 2022-2023

published. For this reason, the Library subscribes to a number of reputable databases and learning platforms, as well as keeping a comprehensive print collection.

See the image above for login details to our digital resources.

When collecting information for a project, an assessment or a research task, JSTOR is the perfect companion. JSTOR is a database with thousands of peer-reviewed journal articles and book chapters.

ClickView is also a great resource for learning everything from "how to write an essay" to "what it means to be multicultural". ClickView offers a range of videos and films that are linked to the curriculum.

The Study Skills Handbook can help you with "Mastering Middle School", "Starting senior school", "Overcoming procrastination" and much more.

Please check out our Digital Library!

Marit Skarstein
Head Librarian

YEAR 10 GEOGRAPHY FIELD TESTING EXPERIENCE

This term, our Year 10 students visited the Central Coast Wetlands to do a full day of fieldwork at Pioneer Dairy as part of their compulsory Geography course

Students collected primary data about the water birds, macro-invertebrates (water bugs), water quality, soil types, plant species and weather conditions on the day.

They performed tests just like real environmentalists and enjoyed a great day in the outdoors. We were also lucky enough to see some pelicans, black swans and other rare birds and even sighted a sleepy snake.

It was a fantastic way for the students to get a hands on learning experience outside of the classroom.

Nicole Worrall

HSIE Department



YEAR 7 AND 9 NATIONAL TREE DAY

Recently ten of our students from Year 7 and 9 helped the Central Coast Wetlands to plant over 60 plants of 6 different species to restore habitat on this local crown land site as part of a Local Land Council Planting event.

Students were spoken to about the environmental value of the site and heard about the plight of the Regent Honeyeater and Swift Parrot. They got to take real action to remedy land clearing by helping to creating new resilient native habitats right around the corner from school.

The team planted a range of plants that produce fruits and nectars that are food sources for the gliders and birds in the area.

Students came away from the event engaged and empowered by this experience.



HSIE Habitat Garden breaks ground

The environment group and selected Geography classes have started to prepare the soil in our new garden beds ready for our native garden project. The gardens will be developed by the students to create bird, bug and bee habitat. This will allow us to see Bush Tucker plants establish here also.

Calls for Support for Garden and landscape projects

We are keen to know if any parents have relevant skills or contacts with nurseries or landscape supply places who may be willing to donate or support the ongoing projects of this nature. If we can get the resources we are keen to build bird and possum homes, native bee homes, bug hotels, stepping stones for our garden, compost bins, worm farms, food plant gardens, native plant labels and more. If you have the ability to donate or help with any of these things please contact Richard Miles the Leader of Learning -HSIE via the front office.

Nicole Worrall

HSIE Department

ST PETER'S/MACKILLOP RUGBY LEAGUE CHALLENGE

On Monday our students involved in our Stage 5 Targeted Rugby League Program travelled to Morry Breen Oval to compete in the inaugural St Peters-Mackillop Rugby League Challenge.

After two terms of developing their skills in Rugby League and competing in their respective Gala days, players from both the boys & girls teams were looking forward to this game to complete the Rugby League program.

The girls kicked off the day and competed in a very physical and grinding type match. Mackillop were a much bigger side, but the St Peter's girls kept turning up defensively and made play after play. Eventually the girls finished the game on top, winning 16-12.

The standouts for St Peters were Leah M & Eva M who were so strong though the middle of the field and Brooke T who scored two tries and was named the 'Olivia Kernick Player of the Match';

an award which has been named after a former student of St Peter's who this year received Women's State of Origin Honours.

A special mention to both Morgan K and Ayden P who both played up 3 age divisions to play in this match and who both played well above their age.

After a couple of late line up changes, the boys were itching to kick off and start the match. This match was also a very physical affair, with St Peter's dominating the pace of the game early through some tenacious and aggressive defence.

The way in which they played the game was almost flawless running away with a 22-0 victory. St Peter's best were Harley O whose carries of the ball were unbelievable, as well as Jed H who was dangerous from the back all game. Brock M was presented with the Player of the Match award off the back of his intimidating defence and skill with the ball in the back row.

A clean sweep for 2022 and looking forward to the success our Targeted Rugby League Program can bring to the college in 2023.

Jacob Hawkins

Assistant Sports Co-ordinator



Comedy for a Cause

FRIDAY 2ND SEPTEMBER 2022

Doors: 6:30pm / Show: 7pm / 18+

Featuring comedians from
**Sydney & Melbourne
International
Comedy Festivals**

comedyforacause.net/SP

 **St Peter's Catholic College**
84 Gavenlock Road,
Tuggerah

 **BOOK
ONLINE**

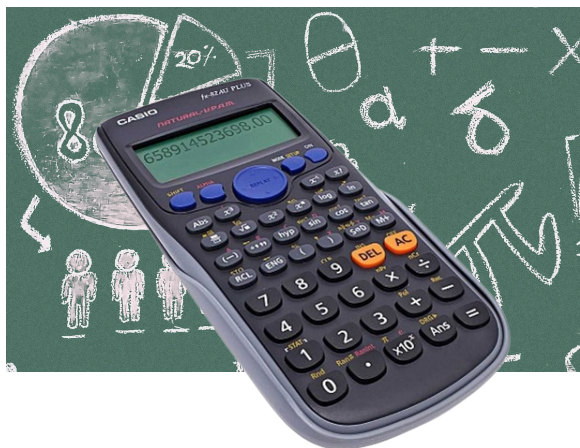
Adults:
\$30
Students:
\$25



In Support of:
**ST PETER'S
STUDENTS IGNITE
CONFERENCE**



MATHS HELP AVAILABLE TUESDAY



Maths support is available every Tuesday during Break 1 in the Explore Zone of the Library.

If your child is struggling with concepts or particular topics we encourage them to come along and discuss with Ms Michell and her team of Maths whizzes.

Calculators are also available for daily hire from the College Library, for more information please see Ms Skarstein & the Library Staff.

Teresa Michell

Leader of Learning - Mathematics

ST PETER'S CAREERS WEBSITE



St Peter's Careers Website

The St Peter's Careers website is a valuable resource for all parents, carers and students. Information is regularly updated includes a weekly STP careers newsletter that contains exciting career development opportunities for students across a wide variety of industries and pathways.

The website explores post school options, provides key information for senior school students including UAC information, minimum standards, HSC information and USIs.

Why not visit <https://stpeterscareers.com> today to discover how we can assist you and your child in their post school options.

Pauline Dibb

Leader of Learning - VET/Careers and Pathways

UPCOMING EVENTS @ ST PETER'S

Friday 26 August
 Friday 26 August
 Wednesday 31 August
 Thursday 1 September
 Friday 2 September
 Friday 2 September
 Monday 5 September
 Tuesday 6 September
 Wednesday 7 September
 Thursday 8 September
 Thursday 8 September
 Thursday 8 September
 Friday 9 September
 Monday 12 September

Book Week Costume Parade
 St Peter's Day (rescheduled date)
 Cabaret Night
 Year 7 NSW Health Immunisation Clinic
 Year 9 Reflection Day
 Comedy for a Cause
 Year 10 Exams commence
 2022/23 Student Leader Induction
 Vincent House Day
 Catch Up School Photo Day
 RU OK Day
 Year 12 Visual Art Body of Works exhibit
 Year 12 Bush Dance
 Year 11 Exams commence