

22 September 2022, Volume 15

ST PETER'S NEWS

CHALLENGING OUR STUDENTS THROUGH A FOCUS ON EXCELLENCE



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MESSAGE FROM THE PRINCIPAL

It is at this time each year that our Year 12 students arrive at the end of their schooling journey. It is a time of mixed emotions for all of us as these students who have been a part of community for the last six years prepare to leave us to move on to the next stage of their lives.

I am always amazed at how quickly the years go by. The current Year 12 students started at St Peter's the same day that I did back in 2017. They are the first group of students that I have journeyed with throughout their entire secondary schooling. It was this same year that we wrote our St Peter's Graduate Statement, the document that articulates the skills and dispositions that we aspire to develop in students at St Peter's by the time they leave the school.

According to our Graduate statement, St Peter's students are active contributors to both church and society, they embrace learning through a willingness to challenge themselves and they understand that every setback is an opportunity for growth. St Peter's graduates understand that the pursuit of excellence demands high standards and diligence in all that they do, and it is always important to take care of themselves and everyone around them. Our graduates foster an inclusive culture, and they are respectful in their thoughts and actions.

I truly believe that this description accurately reflects our Year 12 cohort. I pray that our Year 12 graduates understand that they are well equipped to take on the challenges of the world beyond school.

I thank them for their contributions, and I wish them every success for their futures.

To all of our students, thank you for another great term. We have witnessed some amazing



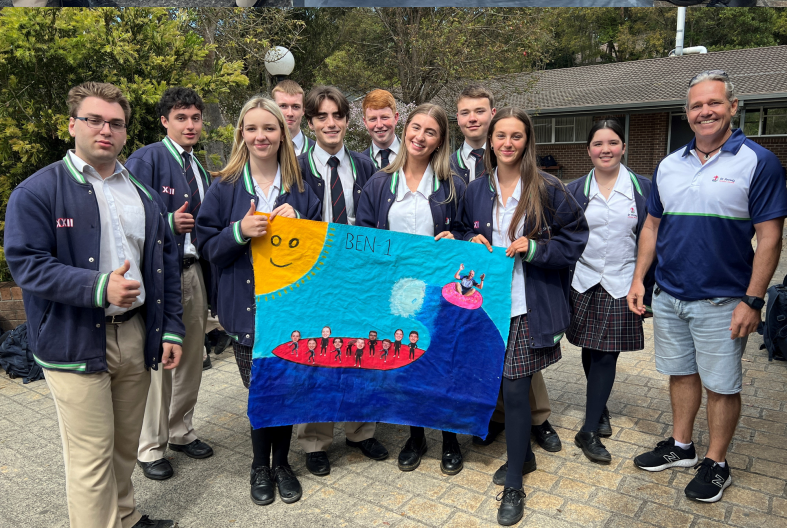
community spirit this term through events such as St Peter's day, house days, Cabaret Night, sporting events, fundraising and community service and of course through the dedication and hard work demonstrated in the classroom every day. I hope that all our families have a restful holiday and can find the opportunity to spend some quality time with each other.

Best wishes to all

Tim Hildebrandt

Principal





FROM THE ASSISTANT PRINCIPAL

Farewell Year 12

We bid farewell to the class of 2022 this week and we do so with the knowledge that great things are to come from them. Our vision statement is centred on creating young people who will make a difference in the world in which they move, and I can say that we have young women and men ready to contribute to society in the arts, in education, science, technology, health and in a myriad of industries and fields. To us it is not where they go to succeed but more importantly about the way they succeed! We believe that they will be true disciples of great character with an eye for social justice and the capacity to be great citizens. Our graduation mass and ceremony will be a fitting farewell for them.

My deep gratitude is extended to Mr Beavis their mentor and guide, to Mr Stretton his assistant, the homeroom teachers and all of those who have contributed to the growth of these young men and women. Mrs Haines must also be acknowledged for her work behind the scenes. Our journey will be celebrated this Wednesday at 4.30 p.m.

Parking and Use of Kiefer's Lane

A few of our neighbours in the streets behind St Peter's have complained about driveways being blocked, people parking incorrectly, some reckless driving and some damage to nature strips and gardens.

I understand that these complaints are subjective and not necessarily confined to our community, but I wanted to share them as I know the rangers and the council have been contacted.

Caring for our environment

Recently we have seen a dramatic increase in the amount of mess and litter around the College. Our groundsman are spending two - three hours a day picking up chip packets, removing litter from gardens or removing chewing gum. I am going to be out on the yard this week and next term with the intention of improving our environment and holding groups accountable for the condition of their respective areas.

Attendance

As we return to normality post Covid 19 we need to focus on a few areas pertaining to attendance. 'Every Day Counts' is the official line of CSBB Broken Bay because every day is five hours of learning.

Education is like a piece of chain – it is interlinked, strong if connected and useless if too many links are missing. Sickness, essential travel, and genuine interruptions are a part of life as were isolation periods.

Our concern is that 'soft absences' such as days off that could be avoided or regular lateness can attribute to hundreds of hours of lost education per year. Recently we have interviewed several families to assist them with getting students to school and in improving their attendance rates. If you require assistance, please contact me via email – steven.hopley@dbb.catholic.edu.au

Steven Hopley

Assistant Principal - Evangelisation & Catechesis



WELLBEING @ ST PETER'S

Sleep

How the school terms have flown this year, as we enter another school holiday period, I ask that students and their adults be mindful in keeping good sleep and eating habits over the break. Unstructured days can lead to sleeping and eating too little of too much.

Research shows that adolescents and young adults need at least seven to nine hours of sleep a night. A good sleeping routine will help you get the hours you need on a regular basis.

Let's start with the basics:

- Stick to a routine of setting your alarm for the same time each morning and going to bed at the same time each night.
- Lay off the alcohol, cigarettes and caffeine before bed, as they can make it harder to get to sleep or may disrupt your sleep.
- Keep calm, but yes, you need to turn off your television, mobile phone and laptop or tablet at least 30 minutes before bed. The light from these devices can trick your brain into thinking it's still daytime.
- Practise relaxation and meditation techniques to help you switch off your mind in the evenings. [Smiling Mind](#) is a free, modern meditation program with exercises that can help you reduce stress and relax.
- Try not to nap during the day.
- Exercise first thing in the morning, outdoors. Sunlight can help reset your body clock

For more tips on achieving a good nights sleep go to [How to get a good night's sleep | Sleep | ReachOut Australia](#)

For Mental Health support during the holidays:

[Beyond Blue](#) aims to increase awareness of [depression](#) and [anxiety](#) and [reduce stigma](#). Call 1300 22 4636, 24 hours/7 days a week, chat online or email.

[Blue Knot Foundation Helpline](#) is the National Centre of Excellence for Complex Trauma. It provides support, education and resources for the families and communities of adult survivors of [childhood trauma and abuse](#). Call 1300 657 380, Monday – Sunday between 9am – 5pm AEST or via email helpline@blueknot.org.au.

[Butterfly Foundation's National Helpline](#) is a free, confidential service that provides information, counselling and treatment referral for [people with eating disorders](#), and [body image](#) and related issues. Call 1800 33 4673, 8am-midnight AEST / 7 days a week, chat online or email.

[ehespace](#) provides free online and telephone support and counselling to young people 12 – 25 and their families and friends. Call 1800 650 890, 9am – 1am AEST / 7 days a week, chat online or email.

[FriendLine](#) supports anyone who's feeling lonely, needs to reconnect or just wants a chat. You can call them 7 days a week on 1800 424 287, or chat online with one of their trained volunteers. All conversations with FriendLine are anonymous.

[Kids Helpline](#) is Australia's only free 24/7 confidential and private counselling service specifically for children and young people aged 5 – 25. Call 1800 55 1800.

[Lifeline](#) provides 24-hour crisis counselling, support groups and suicide prevention services. Call 13 11 14, text on 0477 13 11 14 (12pm to midnight AEST) or chat online.

[MensLine Australia](#) is a professional telephone and online counselling service offering support to [Australian men](#). Call 1300 78 99 78, 24 hours/7 days a week, chat online or organise a video chat.

[MindSpot](#) is a free telephone and online service for people with anxiety, [stress](#), low mood or depression. It provides online assessment and treatment for anxiety and depression. MindSpot is not an emergency or instant response service. Call 1800 61 44 34.

[QLife](#) provides nationwide telephone and web-based services for lesbian peer support and referral for people wanting to talk about a range of issues including sexuality, identity, gender, bodies, feelings or relationships. Call 1800 184 527, 3pm – 12am (midnight) AEST/7 days a week.

[PANDA](#) (Perinatal Anxiety & Depression Australia) supports women, men and families across Australia affected by anxiety and depression during pregnancy and in the first year of parenthood. Call 1300 726 306, 9am – 7:30pm AEST (Mon-Fri).

[SANE Australia](#) provides support to anyone in Australia affected by complex [mental health issues](#), as well as their friends, family members and health professionals. Call 1800 18 7263, 10am – 10pm AEST (Mon – Fri), or chat online.

[Suicide Call Back Service](#) provides 24/7 support if you or someone you know is feeling suicidal. Call 1300 659 467.

[Open Arms – Veterans and Families Counselling](#) provides 24/7 free and confidential counselling to anyone who has served at least one day in the ADF, their partners and families. Call 1800 011 046.

[Head to Health](#) provides free advice, assessment, and referral into local mental health services. Call 1800 595 212 between 8:30am to 5pm on weekdays (public holidays excluded).

Regards

Candice Little and Owen
Director of Wellbeing



24/7 Mental Health Services




Is it an emergency?

If you or someone you know is at immediate risk of harm, call **triple zero (000)**

Suicide Call Back Service

Anyone thinking about suicide


 suicidecallbackservice.org.au

 1300 659 467

Lifeline


Anyone having a personal crisis


 lifeline.org.au

 13 11 14

Beyond Blue

Anyone feeling anxious or depressed


 beyondblue.org.au

 1300 22 4636

Kids Helpline

Counselling for young people aged 5 to 25


 kidshelpline.com.au

 1800 55 1800

MensLine Australia

Men with emotional or relationship concerns


 mensline.org.au

 1300 78 99 78

Open Arms

Veterans and families counselling

 openarms.gov.au

 1800 011 046

SAFEGUARDING MONTH *families*

SEPTEMBER 2022



CATHOLIC
DIOCESE OF
BROKEN BAY

BUILDING MEANINGFUL CONNECTIONS IN EVERY FAMILY

The Diocese of Broken Bay promotes awareness of Safeguarding each September.

We invite all families to share with us your experiences of how you connect as a family in the form of a story, a video or a photo during Safeguarding Month of September.

Some suggestions might include exercising together, bushwalking, baking or play a game.

Scan for
more
activity
ideas



bbcatholic.org.au/safeguarding/engaging-with-your-family

The most creative and inspirational entries will be showcased on our Diocesan Safeguarding Month webpage.



SCAN
TO
ENTER



Entries will be open September 1 to September 30.

*Submission of entries will be taken as consent to share

bbcatholic.org.au/safeguardingmonth2022

YEAR 8 NEWS AND UPDATES

Congratulations to Year 8 on another successful term! Students have been busy working, completing Assessment Tasks, competing in many sporting events, and taking up numerous opportunities the College has offered.

Behaviour Reminder

As we near the end of the term, students are to be reminded of the behaviour and expectations of the classroom as well as on the playground. Students are to be respectful at all times; to themselves, their peers, and teachers. This is in line with one of the College Guiding Principles 'show respect.' Students are not to have their phones out during their lessons (unless specifically told by their teacher). If you are required to contact your child, it is to be done through the College administration office.

Sporting Success

Athletics

Congratulations to Dante M who represented the College at NSWCCC Athletics on Monday. Dante came 3rd in the 13 years 200m in a time of 26.23 sec and 7th in the 13 years 100m in a time of 12.88 sec. Congratulations Dante, a great effort. Well done!

AFL

Congratulations to the Boys Junior AFL teams that played in the Broken Bay Gala Day at EDSACC Oval last week. The Junior boys' teams went through undefeated, beating St Edwards in the final. The boys represented the College well and displayed great teamwork and skill. Congratulations to all of the students involved. A fantastic effort!

Netball Gala Day

On Friday 16 September, several Year 8 students volunteered to participate in the Primary Schools Netball Gala Day as a referee. By all accounts, the girls did a fantastic job, with very little breaks during the day. Students are to be commended on their participation and assistance in the running of the day, as well as being great representatives of the College.

Term 4

We hope all the students have a restful break and come back ready for Term 4! A reminder that students will come back to the College in summer uniform on Tuesday 11 October 2022.

Czes Lawicki and Megan Smith

Leaders of Wellbeing - Year 8



+ HAPPY +
HOLIDAYS +

YEAR 10 NEWS AND UPDATES

Cabaret Night

What a wonderful success this night was! The show was outstanding with singing, dancing, and music on display. Some of our wonderful Year 10 students performed amazingly on the evening showcasing all their wonderful talents. Congratulations to Chloe M for her lyrical dance, Jacinta J for her acrobatic routine, and Lily H and Chloe L for their musical theatre numbers. More congratulations go out to the Year 10 Music class band who put on an entertaining performance: Tinson H, Campbell R, Rhys J, Zahra R and Ryan H.

Sport Stars

Congratulations to Tristan B who represented the College at NSWCCC Athletics on Monday 12 August. Tristan came 14th in the 16 years 1500m in a time of 5:04.61- a huge effort at that level. Special mention also goes out to the Intermediate AFL team that played in the Broken Bay Gala Day at EDSACC Oval last week. They went through undefeated, beating St Edwards in the final, displaying great skill, teamwork, and spirit on the day.

Next term

And just like that, Term 3 is over! It's flown by for us, and we just want to say a huge congratulations to you all on getting through this term and all the exams you've had the last weeks. Keep that drive and attitude up for next term as well- you will still have some assessments early on.

Next term see's your last term of Year 10 begins. We encourage you to maintain that same positive attitude and demeanour you've had all year into that last term before you step into Year 11 and fully embrace yourselves as leaders in our school.

Don't forget, summer uniform next term! Enjoy your holidays, we'll see you when we return on Tuesday 11 October 2022.

Aidan Taylor and Jessica Moroney

Leaders of Wellbeing - Year 10



YEAR 12 NEWS AND UPDATES

All the best Year 12

So we begin the final week of Year 12 2022. Each of you should be immensely proud of yourselves in getting to this point in your schooling career. Your senior years of school have been turbulent and uncertain, but you have pulled together and given 100%. Whilst this week is one of celebration, it is also a time to reflect on how far you have come, and the goals achieved. Enjoy this time with your friends and take care of each other as you approach your final HSC examinations. Now is the time to apply everything you have learnt and revised and sit these exams with confidence in yourself and your abilities.

Before exams begin here are a few last reminders:

- go to bed early each night
- eat nutritious food that will sustain you throughout your exam
- drink plenty of water (maybe not right before your exam)
- cheer on your mates and support them, revise with them, quiz them and laugh with them
- celebrate after each exam and feel proud of what you have achieved

Remember, these exams don't define you, just do your best and be proud of your achievements! We wish every student all the best in each of their examinations and we uplift each of you in prayer. We can't wait to celebrate with you when the HSC comes to a close.

HSC PROTOCOLS

Please ensure you have read the letter distributed by the Director of Studies (Mrs Haines) later this week. It contains all the important protocols for your examinations. If at any time you are unsure or have questions, please contact Mrs Haines.

ABSENCE FROM AN HSC EXAM

If a Year 12 student is unwell and not able to sit the exam due to illness or some event of misadventure, they will need to make contact with the College prior to the exam.

Please call Mr Hopley directly on **0457 815 114** or the College office.

A student missing any exam will need to complete the NESA Misadventure form which can be accessed through NESA. Hard copies of these forms will be supplied by Mrs Haines or Mrs McCann, the presiding HSC officer. All sections of the form must be completed by the student, medical practitioner, NESA supervising officer and signed off by the principal.

Adam Beavis and Scott Stretton

Leaders of Wellbeing - Year 12



YEAR 12 VISUAL ART BODY OF WORK

A huge congratulations goes out to our Year 12 Visual Arts Students.

Over the past three terms they have refined their conceptual ideas and material practice to create some beautiful, clever and thought provoking Bodies of Work. Students have developed their skills over many hours of experimentation. They have proven their resilience by overcoming technical challenges and adopting constructive feedback. What our students have learned through their experiences, is to be brave, take risks and ultimately go with their strengths.

On Thursday 15 September students had the opportunity to showcase their major work's with family and friends. It was a wonderful afternoon and their presence was greatly appreciated.

Well done!!

Nicola Oram and Amanda Purnell
Visual Art Department



VET / CAREERS AND PATHWAYS

Year 12

Congratulations to Year 12 for achieving the end of 13 years of formal school. What an exciting time and although you have yet to complete your Higher School Certificate Examinations life beyond school is looking bright. I have seen thousands of students make the transition out of school to the real world and I am always impressed at how well our St Peter's students navigate this progression. We will miss you Year 12.

Congratulation to Jake Y who recently received a regional award from Skilled Engineer for Vocational Education and Training for his skills in Entertainment as recognised by his workplace employer.

Congratulations also to Jade H for being a finalist for Young Volunteer of the Year Central Coast from the Cerebral Palsy Alliance. The award ceremony to announce the winner is during the holidays.

Congratulations to all Year 12 students who have taken the steps in securing apprenticeships/traineeships and jobs post school and have been offered early entry to University and scholarships. Good luck with your exams and life beyond school. Come back and visit from time to time.

Year 11

Year 11 are also coming to the end of their Preliminary course. Students are already

discussing their subject options for Year 12 (Term 4) with me, and we will guide the students through this process early next term after they have received their Preliminary results.

Next term VET student will continue to engaged in some truly authentic learning through the Diocesan Battle of the Business Assistants and Battle of the Builders and the regional WorldSkills for Business Services, Construction and Hospitality with most of these events taking place at our industry standard Trade Training Centre.

Year 10 Subject Selections

One-on-one interviews regarding courses for Year 11 2023 continue as students think more carefully about their futures and the many opportunities available to them, e.g. TVET or School Based Apprenticeships and Traineeships (SBAT) please contact me, also if you are willing to take on an SBAT in your business.

Next Term Year 10 will participate in their Senior First Aid Certificate to assist with some of their Year 11 courses as well as community service.

At St Peters we are committed to acknowledging there are multiple pathways to success and that alternative pathways, other than direct entry to university, offer excellent prospects and Year 10 have embraced their pathways options.

Have a restful holiday everyone.

Pauline Dibb

Leader of Learning - VET/Careers & Pathways



CLEAN4SHORE SURE WAS FUN!!

This group of 8 highly dedicated kids worked for hours scouring 400meters of the coast at Magenta shore at The Entrance. In total 720kg of rubbish was removed and taken to the tip. Some students (Aidan and James) dragged larger items that we found to the barge (treated timber logs, tyres, plastic chairs, drums, signs, boggie boards, signs) and the rest of the group filled bag after bag with polystyrene, soft plastics, plastic bottles, fishing gear, balls, glass bottles, several shoes including TNS, crocs and Haviannas.

A big congratulations to our environment leaders Alexandra Fraser and Bethany Worrall who got this going because of thier passion and dedication to the environment and they lead a team who all showed great school spirit.

Nicole Worrall

HSIE Teacher



NEWS FROM THE STP WORLD OF SPORT

NSW InterSchools Equestrian

On behalf of Mrs Hill and the Equestrian team, a big congratulations to Apryl M of Year 10 and her gorgeous Australian Stock Horse Wally.

The pair represented St Peter's Catholic College in the NSW InterSchools Equestrian event at Arndell Anglican College in Sydney last weekend.

Riding up against some very stiff competition from the NSW region she placed in 2 out of 3 rings, a great achievement.

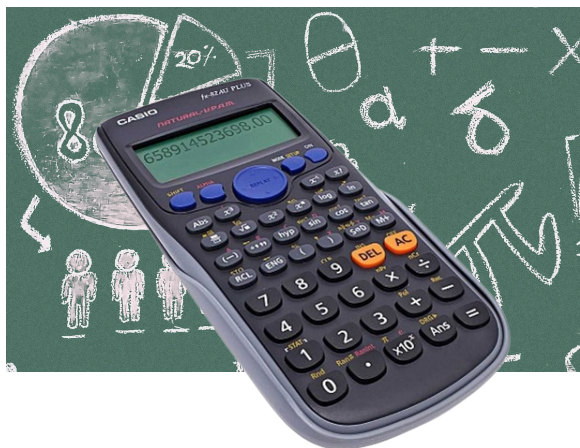
Well done to Apryl and Wally!

Robyn Hill

Equestrian Team Mentor



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

Monday 10 October	Staff Development Day/Pupil Free Day
Tuesday 11 October	First day of Term 4
Wednesday 12 October	HSC Examinations commence
Monday 24 October	BBSSA Under 13's Boys & Girls Touch Football
Monday 31 October	Vinnies Christmas Appeal Launch
Tuesday 1 November	Preliminary End of Year Awards Presentation
Monday 7 November	HSC Examinations conclude
Monday 7 November	Year 12 Graduation Ball
Friday 11 November	Year 8 Reflection Day
Monday 14 November	VET Work Placement Week commences
Friday 18 November	Year 10 Reflection Day
Friday 25 November	Mega Maths Day
Monday 28 November	Year 7 2023 Orientation Day
Tuesday 13 December	Year 7 to 10 Presentation Night
Wednesday 14 December	Last day of formal classes for 2022