

ST PETER'S NEWS

CHALLENGING OUR STUDENTS THROUGH A FOCUS ON EXCELLENCE



WHAT'S INSIDE:

Message from
the Principal - 3

St Peter's World
of Sports News - 7

Physics Kickstart
Excursion Recap - 8

Upcoming Events and
Important Dates - 10

ANNOUNCEMENT



**WE HAVE A
NEW PHONE
NUMBER**

St Peter's phone system is currently being upgraded to a cloud-based phone system, resulting in a change to our phone number.

Calls coming through the current school phone number will be redirected to the new number for a short period of time before the number is cancelled at a later date.

St Peter's contact details will be updated in all school communication channels over the coming weeks.

We encourage you to update the school contact details in your devices as soon as possible to avoid confusion. We appreciate your support as we transition to this new phone system.

7256 2125

MESSAGE FROM THE PRINCIPAL

Dear Parents, Carers and Students

The use of mobile phones and technology in schools has been a highly debated topic in recent times, both in Australia and overseas. In NSW, many schools have implemented full bans on mobile phones both during class and break times, while still allowing students to carry phones to and from school. Schools are reporting varied levels of success in managing these bans both in class and on school grounds with some schools finding the increased workload in policing the bans unmanageable.

At St Peter's the issue of mobile phones in class has been raised and talked about significantly, especially since returning from COVID lockdowns. We are aware that most of the inappropriate usage of phones is occurring outside school hours, and so full bans at school will not help with this. However, phones can also be a major distraction from learning within the classroom if allowed to be used freely.

Studies have shown the positive impacts of mobile phone bans in schools. One study conducted in 2016, found that banning mobile phones led to an increase in student performance, with test scores improving by 6.4% of a standard deviation. Similar studies from Spain and Norway also supported these findings.

It is the in-class usage that distracts students from learning that we focus on at St Peter's. Phones are banned in our classrooms, unless the teacher has a valid and beneficial educational reason for asking students to use their phone. We have a very clear mobile phone policy which states:

"3.1.3 Mobile phones are not to be used by students during class time unless the supervising teacher gives permission to do so."

SchoolTV Suggestion

SPECIAL REPORT: Mobile Phone Separation Anxiety

https://stpetersdbb.catholic.schooltv.me/wellbeing_news/special-report-mobile-phone-separation-anxiety

It is crucial to acknowledge the issue of mobile phone separation and engage in open discussions about the negative effects of phone addiction. Parents and caregivers can use various strategies to help minimise the impact of such bans whilst safeguarding their child's mental health and wellbeing. Maintaining open communication with your school is essential.

We have not been as focused on break times as we are not seeing significant issues in the playground with phones.

This month SchoolTV has published a special report on mobile phone anxiety which is becoming more prevalent as students are asked to turn phones off and put them away.

For parents concerned about mobile phone separation anxiety in their children, it is important to acknowledge it as a real issue and discuss the negative effects of phone addiction, such as sleep problems and mental health issues. Gradually introducing phone-free periods at home, setting clear expectations and boundaries and modelling healthy behaviours can help your child cope. It is also crucial to establish a support network and seek professional help if needed. Implementing mobile phone bans in schools allows for better focus on teaching and learning, minimising distractions and interruptions.

This Special Report will help address mobile phone separation anxiety and provide guidance on supporting your child's wellbeing as they try to reduce their reliance on mobile phones. We are still monitoring playground time and we will extend our policy to cover the playground if we deem the risk of harm to students is increasing. For now, we welcome any feedback you may have regarding mobile phone usage at school.

Tim Hildebrandt
Principal



TUNING IN TO TEENS

Parenting Program

A FREE six week program for parents and carers of young people aged 10-18 years old.

Tuning in to Teens helps parents teach their teenage children to control, understand and express their emotions in healthy ways.

The program offers tools to recognise, understand and respond to teenage emotions, and helps parents manage their own.

REGISTER YOUR INTEREST

When: Thursdays 10am to 12pm
20 July to 31 August 2023
(6 weeks)

Where: St Peter's Catholic College
84 Gavenlock Road
TUGGERAH NSW 2259

For more information and to register:

Email: stpeters@dbb.catholic.edu.au
Phone: 7256 2125



STAGE 5 NEWS - YEAR 10 SUBJECT SELECTION AWAITS

Well, we're well and truly in the thick of this term now. Week 8 already!

We want to say a massive well done to you all for powering through the business of this term. There's a huge step up when it comes to assessments and class materials in Year 10, and while a lot of you have been feeling the pressure, you're doing a great job of handling it.

Only a few weeks to go now until you get a well-earned break, so keep persevering. We remind you that starting the day right and properly prepared puts you in a good headspace for learning- if you get the little things right, the other things will come easier. So, let's make sure your uniform is correct and that you have all the materials you need to get through your learning every day.

As always, if you need anything, our door is always open.

Subject Selections

Hopefully our Zoom session was able to give an introduction to the process of selecting subjects for next year. The expectations and processes of Stage 6 can certainly be complicated, so we wanted to ensure that this kicks off well and eases everyone into it without too much pressure and angst.

It's a great idea for our Year 10 students to start to narrow down the types of subjects they're thinking of taking in Year 11 and 12. We encourage you all to speak to your teachers and parents around the pattern of study you're thinking of taking.

There will also be a 'Subject Selection Showcase Evening' here at school on the 19th of June from 4.30pm-6.30pm. This will give our faculties a chance to show off their subjects and give an insight into what to expect when our students take them. This will give you all a chance to ask any questions you still have and keep assisting you in choosing the right subjects for your success in Stage 6.

Subject choices will be due early next term so make sure you can get a lot out of these experiences!

End of Term

With the end of term fast approaching, St Peter's Day will be held on Thursday 29 June.

The usual festivities will take place and the day is sure to be a success.

Don't forget to contribute to the St Vinnie's Winter Appeal- check the Compass notification for any items that you could donate to those who are struggling this winter.

Andrew Lomax & Jessica Moroney



STAGE 6 NEWS - WELCOME BACK MRS O'KEEFFE

Another busy and industrious fortnight in the senior end of the school. First and format we welcome back Mrs Michelle O'Keeffe from Maternity Leave. Mrs O'Keeffe has returned to her previous role as Year 12 Leader of Wellbeing. Welcome back!

We also welcome the newly appointed College Careers Advisor Mr Scott Stretton. Mr Stretton is a very trusted and familiar face to all Senior students and has already started interviewing every single stage 6 student. Welcome Mr Stretton.

Finally, we also welcome the newly appointed VET Co-ordinator Mrs Amy Taylor. Mrs Taylor has recently started maternity leave so we wish her luck and while she is away Mr Blake Richardson will be acting in her stead.

A flurry of activity has seen much sporting competition. Our opens Boys Rugby League Team, Our Opens Girls AFL Team, our Opens Boys AFL team have all seen success. Opens teams have also competed in Basketball and Cross Country. It really is marvellous to see the incredible success our senior students are enjoying.

Senior students are always doing their best to maintain a healthy work life balance. The challenge is to try and come to grips with the increasing rigour of academic expectation. In the past we have had Table Trivia and Hand Ball competitions. This term has seen the emergence of Ping Pong. The inaugural St Peters Ping Pong Competition! A gold coin donation sees entrants take part in the match play. Over 25 contestants (staff and students) have taken to the table and done their best. Highlights include the play of the peerless Jade R, the gentle nonchalance of Rosie D and the dancing feet of Mr Paul Bowe who has turned back the clock and is revisiting his glory years around the table. We are in the middle of our preliminary rounds and finals will take place later in the week.

Finally, by the time you read this the annual Battle of the Chefs will have been and gone. Congratulations to Anthony I, Liz P and Emily B who took on the crème de la crème of Central Coast Schools on Wednesday. I'm sure you will join me in celebrating a wonderful win.

Congratulations to all senior students. The level of commitment and school spirit shown daily always astounds me. See you out on the playground!

*Michelle O'Keeffe, Adam Beavis
& Mitchell Dryden*



SPORTS NEWS

It's been a busy couple of days for our colleges sporting teams and following the trend of 2023 we again are seeing success.

Stage 4 Soccer

On Tuesday 6 June our 7/8 soccer teams travelled south for the Broken Bay Championships. Our girls lost in the semi finals, but our boys have walked away champions of Broken Bay! Massive thank you to Miss Nakhoul and Mr Dennis for coaching these teams and thank you to Mr Little for the work he has put in organising the Rose Academy to run workshops with this age group.

Under 14 Boys Rugby League

On Wednesday 7 June our Under 14s Rugby League team competed in the Cochrane Cup. Winning all their games the boys have not only qualified for the Central Coast Final, which is to be played on Thursday 15 June, but qualify as the top ranked Broken Bay school. This will now see them progress in the competition, playing in Coffs Harbour against the top teams in the state. Thank you to Mr Lynch and Mr Little for spending countless hours with these boys. The proof is in the pudding.

STAGE 5 JAPANESE CULTURE, CRAFT & COOKING - SOMERSBY FALLS 'FOREST BATHING' (SHINRIN YOKU) EXCURSION.

The students thoroughly enjoyed their trip to the Somersby Waterfalls, relishing in the breathtaking beauty of nature. One of the highlights of their excursion was the opportunity to engage in the practice of 'forest bathing', a Japanese meditation tradition called 'shinrin yoku'. As they immersed themselves in the serene ambiance of the lush forest, they found a sense of tranquillity and relaxation washing over them. The gentle rustling of leaves, the soothing sounds of running water, and the fresh, invigorating scent of the forest created a serene atmosphere that allowed them to unwind and rejuvenate. The experience of 'forest bathing' became a memorable and cherished moment for the students, providing them with a much-needed break from their everyday routines and leaving them with a profound appreciation for the therapeutic power of nature. Some even had a meeting of sorts with local bush turkeys. A great morning had by all. A huge thanks to Mr Bates for driving the second mini-van, and to the students themselves for being such enthusiastic shinrin yoku participants.

Jenni Dowdell

Stage 4 Girls Touch Football

Also on Wednesday 7 June the 7/8 Girl Touch Football side travelled to Wallsend to compete in the Central Coast/Hunter Competition. After finishing with a for and against of +29 in their pool, the girls were looking like early favourites. After progressing through to the quarter and then semi finals they unfortunately lost 1-0 just missing out on qualification for the State Finals.

NSW All Schools Swimming Championships

Bodi B of Year 8 swam brilliantly at the NSW All Schools Swimming Championships at SOPAC on June 1st and 2nd, breaking many PBs. He came 2nd in the 12-14 Year 100m Backstroke, 4th in the 14 Year 50m Backstroke, 5th in the 12-14 Year 200m Backstroke, 5th in the 12-14 Year 200m IM and 5th in the 200m Freestyle and 8th in the 200m Freestyle. Congratulations Bodi on an outstanding achievement.

Bodi will now compete at the School Sport Australia National Swimming Championships at SOPAC on 21 to 26 August in the 100m Backstroke. Good Luck Bodi.

This term has been a very busy one for sport. Thank you to all staff that have been involved. Not only is it great to see successful St Peter's Teams, but great to see kids excited to represent their college.

Duncan Little & Jacob Hawkins



YEAR 12 PHYSICS KICKSTART EXCURSION

On the morning of Friday the 2nd of June, a group of enthusiastic senior Physics students embarked on a memorable excursion to the University of Sydney. The objective of this enlightening trip was to foster a spirit of experimentation and collaboration in Physics by joining forces with other schools in our Diocese and pooling our knowledge to take part in a number of exciting Physics workshops.

At the School of Physics at Sydney University, our students were treated with hands-on activities, each one carefully designed to directly relate to their Physics syllabus. From determining the width of a human hair with lasers to building functioning models of transformers and electrical motors, every experiment allowed us to apply theoretical concepts to tangible phenomena. Working alongside students from other schools, we embraced the power of collaboration, exchanging ideas and learning from each other's unique perspectives.

The highlight of the excursion was undoubtedly the opportunity to witness mind-boggling demonstrations by renowned members of the university. We watched in awe as liquid nitrogen was used to demonstrate superconductivity in magnets and interactive sessions were utilised to widen our understanding of special relativity.

Beyond the scientific experiments, the experience of visiting the University of Sydney campus gave our students a brief glimpse into their possible not-too-distant future. We extend our deepest gratitude to the dedicated teachers who attended on the day and the University of Sydney for organizing this unforgettable excursion. Can't wait till next year!

Jack Townsend



2023

RELIGIOUS CREATIVE



COMPETITION

WORKS TO BE INSPIRED BY THIS YEAR'S
THEME...

Compassion

“... be like-minded, be sympathetic, love one another, be compassionate and humble.”

1 Peter 3:8



MARY MAC'S
PLACE

**PROUDLY SUPPORTING THE
WORK OF MARY MAC'S PLACE**

Join us for the ultimate celebration of creativity and talent at Catholic Schools Broken Bay's highly anticipated competition. Open to all students from Kindergarten to Year 10, this event features five exciting categories, including visual arts, dance, drama, music, and short film. Finalists will have the opportunity to perform or display their work at a special 'Showcase' performance evening, with industry performers and judges in attendance. Don't miss out on this incredible chance to showcase your creative talent!

- Stage 1 - Competition closes 18 August 2023.
- Stage 2 - Finalists judging 7 September 2023.
- Stage 3 - Finalists showcase evening 24th October 2023.

Register your interest at your school and mark the important dates on your calendar. Get ready to make your mark in the world of art and entertainment!

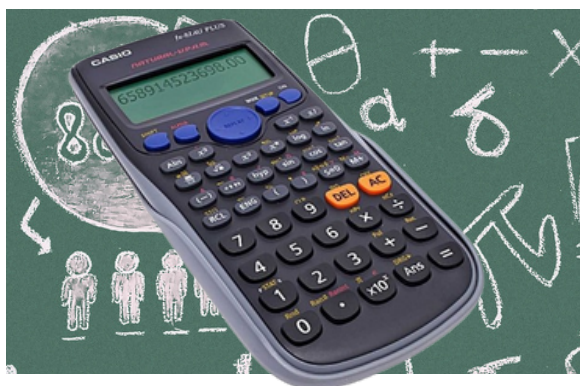
MORE INFO

Entries Close 18 August 2023



CATHOLIC SCHOOLS
Broken Bay

MATHS HELP EVERY 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 Mitchell 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 Mitchell

Leader of Learning - Mathematics



TUNING IN TO TEENS

Parenting Program



St Peter's Catholic College is offering a program that aims to help you and your adolescent manage the many emotional challenges of this stage of life. "Tuning In To Teens" is a six-week parenting program run once a week for two hours.

The program will teach you how to manage your own and adolescent's emotions in way that will help you to remain close and keep communicating. By learning these skills, you are less likely to have as much conflict within your family and your teen is more likely to talk to you about the challenging issues they face. These are factors that have been found to reduce the risk of mental health and substance abuse problems.

Our face-to-face Tuning In To Teens program will run in Term 3 for 6 weeks from Thursday 20 July to Thursday 31 August 10am to 12pm on the College campus. Limited places are available, priority will be given to those parents that register first. Please note that to get the most benefit out of the program, we recommend you commit to attend each week. If this is not possible for you at this point in time, we would appreciate if you could consider registering for a program at the later date.

Please register your interest for the Term 3 Tuning into Teens program by email to stpeters@dbb.catholic.edu.au. For more information, please School Counsellors on 7256 2125.

Tamara Goldrick & Tajana Domazet

UPCOMING EVENTS @ ST PETER'S

Friday 16 June	•	YPathways Session - Digital Enablement/IT Traineeships
Monday 19 June	•	Year 10 into 11 Subject Selection Showcase
Monday 19 June	•	HSC Drama Enrichment Day
Monday 19 June	•	VET Week 9 Work Placement commences
Tuesday 20 June	•	Interschool Chess Competition - Local Heat
Thursday 22 June	•	Year 9/10 & Open Oz Tag Competition
Thursday 22 June	•	Stage 5 Visual Art Gosford Regional Gallery Workshop
Thursday 22 June	•	Year 11 RYDA Safe Driver Program
Friday 23 June	•	Numeracy Gala Day
Friday 23 June	•	VET Week 9 Work Placement concludes
Monday 26 June	•	School Photo Catch-Up Day
Thursday 29 June	•	St Peter's Day
Thursday 29 June	•	Last Day of Term 2
Friday 30 June	•	Staff Development Day/Pupil Free Day
Term 3	•	
Monday 17 July	•	First Day of Term 3 - All staff and students return
Tuesday 18 July	•	Stage 5 Philosophy Sydney Jewish Museum Excursion
Tuesday 18 July	•	Hospitality Christmas in July Function
Tuesday 18 July	•	Under 14s Rugby League Competition, Coffs Harbour
Wednesday 19 July	•	Under 14s Rugby League Competition, Coffs Harbour
Thursday 20 July	•	Stage 4 and 5 Half Yearly Awards Assembly