



# AQUINAS

## CATHOLIC COLLEGE

### NEWSLETTER



5 MARCH 2018 / NO. 5

## FROM THE PRINCIPAL



Sydney Catholic Schools

*Celebrating* CATHOLIC SCHOOLS WEEK

[HOME](#) • [ABOUT US](#) • [RE ONLINE](#) • [PARENTS](#) • [TEACHERS](#) • [EMPLOYMENT](#) • [CONTACT US](#) • [STAFF INTRANET](#)

## *Celebrating* CATHOLIC SCHOOLS WEEK 4-10 MARCH

Discover open days and events  
at your local Catholic school

Primary

Secondary



Proudly supported by  
AUSTRALIAN  
CATHOLIC  
SUPERANNUATION  
RETIREMENT FUND

This week marks Catholic Schools' Week being celebrated throughout New South Wales and the Australian Capital Territory. The key happening at Aquinas will be our Open Night on Wednesday 7 March, 2018 starting at 6:30pm in the John Paul II Hall, followed by guided tours of the campus. We look forward to welcoming future students and their families on what is a wonderful showcase of what the College has to offer. As was the case last year, we are now in the Archdiocesan pattern of enrolling Year 5 students into Year 7 2020. Families wishing to enrol students for Year 7 2019 are urged to contact the College Office as a matter of urgency.

Our first College Assembly will also be held this week on Wednesday at 12 noon and along with the SSCCC Rugby League (today), Year 7 Peer Support Wednesday and Winter Sports Trials on Friday making for another packed week @ Aquinas. I would like to extend an invitation for any parents to attend this and ensuing College Assemblies to come and join us to see what their daughters and sons have been up to at school. Due to a number of wellbeing and organisational aspects I would ask that parents attending assemblies to please 'sign in' at the College Office prior to entering the hall, prior to 11:50am. We look forward to seeing parents regularly attend these significant community gatherings. Of particular interest at the assembly will be the announcement of the College swimming carnival results for age champions and the sought after Champion House Swimming trophy.

• WHOLENESS • HOPE • JUSTICE • REVELATION •

*Enlivened by the Spirit*

E: [info@aquinasmennai.catholic.edu.au](mailto:info@aquinasmennai.catholic.edu.au) / P: (02) 9543 0188 / F: (02) 9541 0398

As the College assessment schedule becomes more populated I would like to remind students and parents to make use of the online College Calendar. It is available, for the whole year, on the College website. The calendar button is the fifth tab on the left hand side bar and has an all-inclusive synopsis of all College events for the year and is updated regularly. Clicking on an event provides more detail in regards to timing or more specific information. I would ask that this resource is used prior to making any plans to ensure that clashes with College events, especially assessment tasks are avoided.



Aquinas students continue to shine in all sorts of activities, Congratulations to;

- Taylor Ramsay (Nagle House, Year 7), Emily Searle (Rice House, Year 7), Caitlin Monk (La Salle House, Year 9), Kate Donovan (MacKillop House, Year 10), Jack Harris (Nagle House, Year 11) and Michael Monk (La Salle House, Year 12) who all have been selected to be part of Sydney Catholic School's (SCS) CaSPA Ensemble for 2018. This intensive creative arts program will see them rehearse each week @ Southern Cross Catholic College Burwood and perform at various Archdiocesan and SCS events across 2018. Well done!!
- Arabella Harper (Rice House, Year 7), Tamara Talevski (Rice House, Year 8) and Aimee Smith (La Salle House, Year 8) who have all won through to the CSDA Zone finals in public speaking to be held @ Aquinas on Friday. Best wishes girls for that evening's competition!! The competition begins @ 7pm and all are most welcome to watch some fantastic and engaging



I would also like to thank those students and staff families who have donated clean second-hand clothing for our drive to support Fijian families still suffering from the after the devastating effects of Cyclone Winston that hit the islands just over a year ago. A number of schools are just in the final stages of rebuilding and we have been able to donate some furniture to fit out staff areas and the remainder of the cargo container is being filled with clothing items. It is not too late, especially in this **Lenten Season**, to drop clothes, preferably in plastic bags to the Front Office (either foyer) so we can fill the container to capacity. The container is one of over 40 that St Catherine Laboure, Gymea Parish, have sent to Fiji over a number of years.

**JAMES CORCORAN**  
**PRINCIPAL**

*Enlivened by the Spirit*

• WHOLENESS • HOPE • JUSTICE • REVELATION •

# FROM THE ASSISTANT PRINCIPAL

The following events are mirrored in the Aquinas Catholic College publicly available calendar.

## TERM 1 IMPORTANT DATES

### Week 6

Monday, 5 March 2018  
SSCCC Rugby League Trials - Opens  
SSCC Rugby League Trials - Under 15

Tuesday, 6 March 2018  
Year 12 Video Conference - Physics

Wednesday, 7 March 2018  
Aquinas Whole School Assembly  
College Open Night - 6.30 pm

Thursday, 8 March 2018  
Year 11 and 12 - Study Skills Seminars

Friday, 9 March 2018  
Aquinas - Winter Sport Trials  
CSDA Public Speaking - Zone Final

### Week 7

Monday, 12 March 2018  
Year 7 Camp

Tuesday, 13 March 2018  
Year 7 Camp  
Year 9 Reflection Day  
Year 11 Excursion - Geography

Wednesday, 14 March 2018  
Year 7 Camp  
SSCCC Swimming Carnival

Thursday, 15 March 2018  
Year 7 Excursion - History

Friday, 16 March 2018  
Year 7 Excursion - History  
CASDA Public Speaking - Grand Final

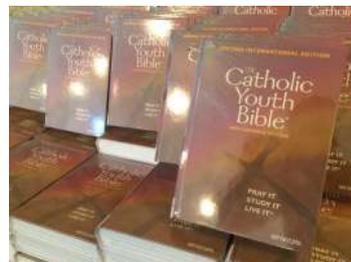
**DAMIEN KERR**  
**ASSISTANT PRINCIPAL**

## RELIGIOUS EDUCATION

### YEAR 7 MASS & A NEW TIME FOR MORNING MASS

Last week all students in Year 7 attended the Parish Mass at Holy Family and received bibles as part of their initiation into the College. The bibles were blessed by Fr Daniel before being distributed to every student. The bibles are a gift from Sydney Catholic Schools.

With the new pastoral system in place students will now attend Morning Mass with the parish during period one classes instead of before school. The aim will be to send each student once a term to join with the parish at the 9:15am Mass on Tuesday, Wednesday or Thursday.



*Enlivened by the Spirit*

• WHOLENESS • HOPE • JUSTICE • REVELATION •

# RELIGIOUS EDUCATION CONT.

## YEAR OF YOUTH:

FR ROB GALEA AT CHAMPAGNAT CATHOLIC COLLEGE  
PAGEWOOD

After the swimming carnival on Friday night a select dedicated few headed out to Champagnat Catholic College in Pagewood for the second Year of Youth event to take place this year. Fr Rob Galea was the headline act mixing his positive message of hope between song and story. Of course the hope comes from knowing and loving Jesus! Bishop Richard Umbers was on hand to lead the gathering in adoration. Students also had the chance to receive the sacrament of reconciliation. I would like to thank all the students who came along but especially Clare and Molly from Year 12 who helped transport our contingent to the Eastern Suburbs!



**STEVE O'CONNOR**  
**RELIGIOUS EDUCATION**

*Enlivened by the Spirit*

• WHOLENESS • HOPE • JUSTICE • REVELATION •

# PASTORAL CARE

Dear Parents, Carers and Students,

You might remember that in last week's newsletter I focused on the aggregation of marginal gains 'the one percent margin of improvement in everything you do'. In this article, I would like to reinforce the importance of goal setting, set out in the College Diary on page 133. Goal setting draws teachers, parents and students into closer, more focused conversations centering on the goals, strategies and progress that will guide and inform the learning growth of the students.

For example:

<b>ENGLISH:</b>	<b>Academic target</b>	<b>at a c, wants to get a b</b>
	<b>Strategy</b>	<ul style="list-style-type: none"><li>• pay attention in class - (don't sit with chatty friends)</li><li>• follow through on all tasks</li><li>• revise class work and ask for feedback.</li></ul>
	<b>Academic target</b>	<ul style="list-style-type: none"><li>• move from a C grade to a <b>B grade</b> report mark.</li><li>• focus on ATAR result (91% )</li></ul>

"By recording your dreams and goals on paper, you set in motion the process of becoming the person you most want to be. Put your future in good hands—your own." - Mark Victor Hansen.

As teachers our quest for the students of Aquinas Catholic College is to ensure that they feel valued and connected, help them to be confident and resilient; indeed, they need to be well - physically, mentally and emotionally. To care for others and be appreciative of the opportunities in their lives. This is why, at Aquinas, there is a strong connection between learning and pastoral care.

We also instill in students the well researched and empowering approach to learning, growth mindset, which advocates that every person has tremendous potential to learn, grow and continually improve.

Carol Dweck and her team from Stanford University demonstrated that students who possess a growth mindset are generally more resilient, take disappointments in their stride and see setbacks as a normal part of learning and life. As a result, they are less anxious and able to bounce back more readily when they face disappointments. Fostering a growth a mindsets sees teachers encouraging students to strive for "personal best" even in the face of very challenging problems.

The highly successful [Cool Kids Program](#) at Macquarie University is a program to help adolescents face every day challenges and support them to achieve their personal best. The program provides parents with effective tools and strategies to assist their child and provide participants with the tools to cope and manage their symptoms.

[Emmanuel's story](#) is a about a young man who not only has a growth mindset, he has not let personal adversity set him back.



**DOMINIC RITCHIE**  
**PASTORAL CARE COORDINATOR**

*Enlivened by the Spirit*

• WHOLENESS • HOPE • JUSTICE • REVELATION •

# LEARNING AND CURRICULUM MATTERS

## This Week's Assessment Tasks

Year	Subject	Date
12	Fitness	This week
12	Food Technology (Practical)	05.03.18
11	Sport Coaching	This week
11	SLR	This week
10	PDHPE	This week
10	PASS	This week
9	PDHPE	This week
9	Visual Arts	05.03.18
11	Marine Studies	07.03.18
12	Food Technology (Theory)	08.03.18
10	Mathematics	08.03.18
9	Multimedia	08.03.18
7	Mathematics	08.03.18

## Study Skills Website

Just to remind you that our school is a subscriber to the study skills website [www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au)

This is a website that will help you develop essential skills for academic success. There are units of work on topics such as improving time management skills, how to study, research skills, summarizing, technology use, brain and memory. Basically everything you need to know about getting good marks at school can be found on this site. For example, learn how the colour of your room affects your ability to study, what the best study techniques are for your type of brain, how to improve your handwriting and useful software and apps to block yourself from technology distractions.

You will also see lots of useful handouts, grids and planners at the bottom of the THINGS TO PRINT page.

To access the handbook, go to [www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au) and **login** with these details:

username: **Aquinas** password: **10success**

The more of this website you can work through the more you will set yourself up for academic success.

## Year 11 and 12 Study Skills Seminar - 8<sup>th</sup> March

This Thursday, Prue Salter, the director of Enhanced Learning and the Study Skills Handbook, will conduct a seminar with Year 11 in Periods 1 and 2 and with Year 12 in Period 3. The Year 12 seminar will focus on moving towards achieving your personal best in a stress-free way for your last year of school, while Year 11 will consider how to work efficiently and effectively in the final years of school.

## LISA MIRABELLO LEADER OF TEACHING AND LEARNING

*Enlivened by the Spirit*

• WHOLENESS • HOPE • JUSTICE • REVELATION •

# SOCIAL JUSTICE

## PROJECT COMPASSION

### FOR A JUST FUTURE

Week 5 was another busy week for Social Justice at Aquinas. A BIG thank you to Mrs Kerri Rundle and students of RICE 4, who ran a soft drink stall at lunch on Thursday and raised another \$262.30 for Project Compassion. Thank you also to all the students and staff who supported this stall.

**Nagle 10 & Mrs Parker will be running a pizza and soft drink stall on Thursday the 8th March at lunch.**

Students are asked to continue to place any loose coins or donations into the blue bottles that are available in each pastoral each morning as well to continue to raise funds for Project compassion.

The totals (so far) for each house are as follows:

Nagle -	\$288.44
Rice -	\$533.60
Mackillop -	\$267.14
La Salle -	\$311.14
<b>SUB TOTAL =</b>	<b>\$1400.32</b>

Project Compassion will run until Easter. Caritas Australia's work in developing countries goes to facilitating and maintaining programs that allow the local population to care for themselves. As can be shown in the example of Bayan from Jordan. More information can be found at [www.caritas.org.au/projectcompassion](http://www.caritas.org.au/projectcompassion).

Thank you for your support and consideration of these programs.

**DENISE MARTIN**  
**SOCIAL JUSTICE COORDINATOR**



#### BAYAN, JORDAN

Bayan is a young Syrian girl in Jordan who struggled to overcome the trauma of living in a conflict zone, facing the prospect of missing out on school. With Caritas Australia's support, Bayan is excelling in her studies, with ambitions to become an ophthalmologist.

#### What your donations can do



**\$70**

can buy education materials for a young Syrian refugee so they can attend school in Jordan.

 JORDAN

*Enlivened by the Spirit*

• WHOLENESS • HOPE • JUSTICE • REVELATION •



## Unwanted Clothing & Sporting equipment for FIJI



In conjunction with St Catherine's at GyMEA, Aquinas is trying to support some Fijian country communities that are still feeling the affects of their most recent cyclone.

Aquinas will be donating the teacher's desks from the old staff room towards this cause. Currently the container is only  $\frac{3}{4}$  full. We need to try and fill the remaining space with clothes and sporting equipment that is no longer worn or used. We would like to encourage all families to look through their wardrobes & homes for any items that could be donated. All clothing needs to be in wearable condition and can be suitable for hot or cold weather. Unfortunately we can not send shoes or footy boots as they may have traces of soil which can not be transported overseas safely. Any sporting equipment that you no longer use would also be greatly appreciated. For example tennis rackets and any sort of balls and bats.

All items need to be brought to school in a plastic bag and left at the front office. As soon as the container is full, it will be able to be sent to Fiji to help those a little less privileged. Thank you once again, for your support in all our social justice endeavours.

## MATHS

### Denise Martin & the Aquinas Social Justice Group

This year, Year 8 Maths 1 and Maths 2 were assigned to participate in The Scale Project. The aim of this activity was to increase or decrease the dimensions of any chosen object by any chosen scale. There were many amazing designs such as 52 playing cards, a Milo tin, a downsized surfboard and a Chupa Chup lollipop, just to name a few! All creations were simply astonishing and were filled with the students' hard work and dedication. We were given three weeks to complete the task and during this time we were also asked to create our own unique poster including the details of every individual student project which was presented to our classmates. From speaking to others, we all found this project very enjoyable and fun!

Melania Wehbe & Ayden Cosgrove



*Enlivened by the Spirit*

• WHOLENESS • HOPE • JUSTICE • REVELATION •

# INFORMATION AND INNOVATION

Dear Parents and Carers,

On Compass, you now have access to log your child's absences. If they have been away from school, you can explain their absence via Compass online or in the app, rather than sending in a handwritten note or phoning the office. **Please note that any planned leave still requires you to fill out an Application for Leave Form which is available on our website under the forms tab or from the school office.**

Some important things to note:

- **Only add an absent note for FULL DAY absences.** Any half day absences will be logged by the school office when your child arrives late to school or leaves school early.
- If your child is not at school because they are representing Aquinas Catholic College in a sporting event or other organised school activity, they are not considered absent. Please don't enter an absent note for this. Your child's class teacher will note their participation in this event for that day.
- When filling out an online absence, it will ask you to select a date. **This date is the date of absence, not the date you are filling out the online form (unless you are filling out the form on the day they are absent).**
- **Please ensure you check the selected date and times BEFORE you save the note as once it's saved it can't be edited.** You will need to contact the school to have the incorrect note removed.

Below are the steps outlining the simple process to log online absences:

## Logging a Student Absence on Compass

1. Log into Compass using your unique Username and Password. <https://aquinasmennai.nsw.compass.education/>
2. Once inside Compass and at your Home Screen, click 'Add Attendance Note/Approval' beside the photo of your child (see image below).

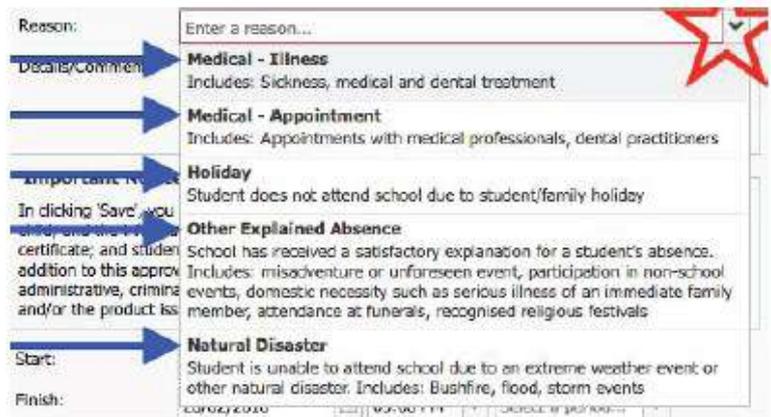


*Enlivened by the Spirit*

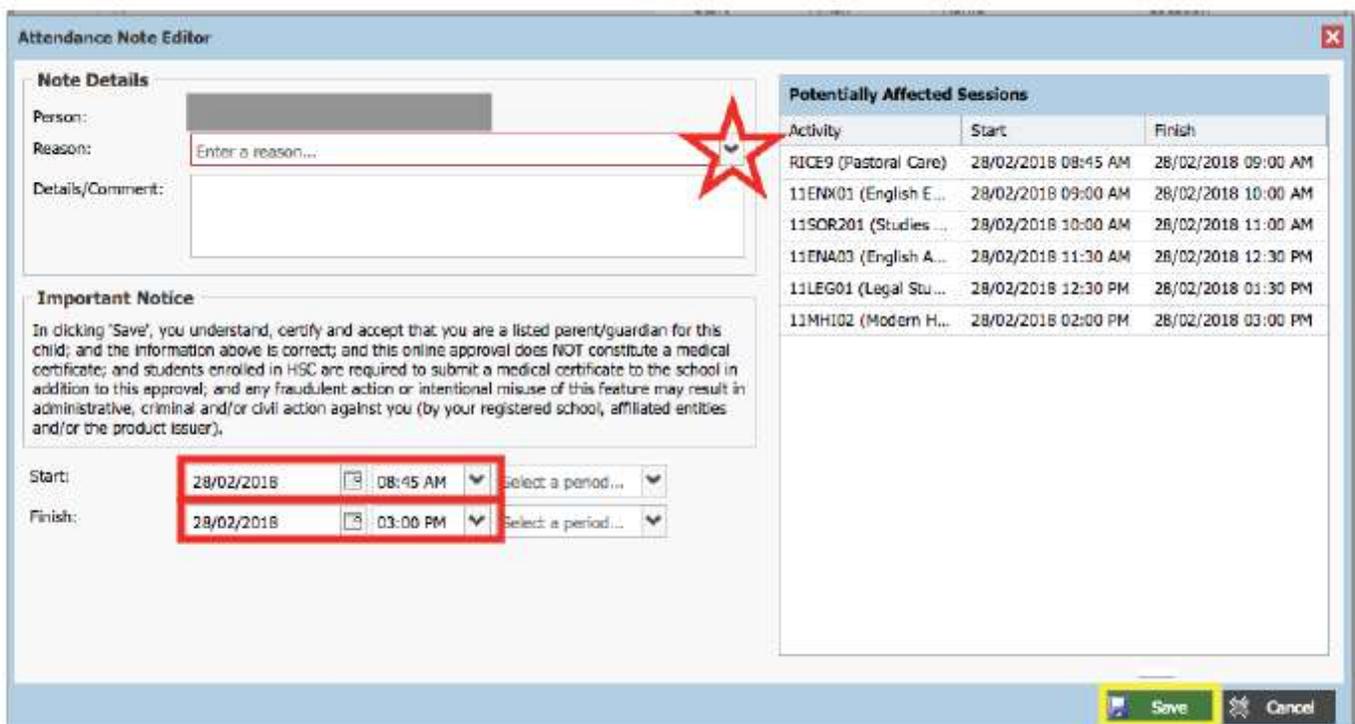
• WHOLENESS • HOPE • JUSTICE • REVELATION •

3. Fill in the required details when the prompt screen appears. Please ensure that the details are accurate as this information will appear on your child's class roll and is a legal document. **Be sure to check that you have selected the correct date and time** (noting again that it is the date and time of the absence, not the date and time that you are completing the form). The start and finish time for the absence will automatically appear on Compass as 08:00AM and 5:00PM. **Please change the start time to 8:45AM and the end time to 3:00PM.** You need to select a reason for the absence from the drop down menu. Only the drop down reasons will be accepted by Compass:

- Medical - Illness
- Medical - Appointment
- Holiday
- Other Explained Absence
- Natural Disaster



You cannot create your own reasons. The details/comments section is optional. Only add information here if you feel it is necessary. Select 'Save' once you are finished.



**JESSICA FRASER**  
**INFORMATION AND INNOVATION COORDINATOR**

*Enlivened by the Spirit*

• WHOLENESS • HOPE • JUSTICE • REVELATION •

# PUBLIC SPEAKING

## Catholic Schools Debating Association (CSDA) Public Speaking Competition & Debating

Last Friday 2 March 2018, nine students from Aquinas Catholic College competed in Round 1 of the CSDA Public Speaking competition at All Saints Catholic College in Liverpool. Our team competed against students from ten other schools, while five other schools were simultaneously hosting Round 1, with a total of 70 schools competing in this prestigious competition.

The students had to prepare speeches ranging from 3-8 minutes, based on a list of topics including: -Select, don't settle, -It gets better, -Just make it work, -It's all just a little bit of history repeating, -Be not afraid. The Aquinas team used these topics to delve into insightful discussions on refugees, mental health, history and bullying.

Well done to each of the students who competed in Round 1:

Year 7: Abby Wijesekera (LaSalle) and Arabella Harper (Rice)  
Year 8: Tamara Talevski (Rice) and Aimee Smith (LaSalle)  
Year 9: Brock Wilson (Nagle) and Jasmine Dean (Mackillop)  
Year 10: Joel Johnson (LaSalle)  
Senior: Benjamin Capovilla (Rice) and Joshua Lane (Rice)



Congratulations to the following students who made it through to Round 2:

Year 7: Arabella Harper (Rice)  
Year 8: Tamara Talevski (Rice) and Aimee Smith (LaSalle)

We wish them all the best in Round 2!

Thank you to Mrs Capovilla who has been assisting with coaching these students and to Mrs Fensom who adjudicated on Friday.

## Round 2

Round 2 of the competition will be held here at the College this Friday 9 March from 6.30pm. All students in the Public Speaking team are expected to attend and support their fellow students.

**\*\*\*Call for volunteers to help out at Public Speaking on Friday evening\*\*\***

If any students are interested in volunteering to be a timekeeper or usher for Public Speaking on

**DANIELLE COOPER**  
**PUBLIC SPEAKING TEACHER**

*Enlivened by the Spirit*

• WHOLENESS • HOPE • JUSTICE • REVELATION •

Rosary & Prayer Group - Starting next week for 2018. The rosary and prayer group will be starting back again for 2018 from next week.

It will be held weekly every **TUESDAY** at **RECESS in ROOM 5.**

Everyone is welcome.

### **World Youth Day 2019.**

Any Year 10 or 11 student that missed out on the WYD19 meeting, you can pick the WYD19 information pack from the front office with all forms required to fill in for the next step.

Any questions/queries please email Miss Kilzi.  
[catherine.kilzi@syd.catholic.edu.au](mailto:catherine.kilzi@syd.catholic.edu.au)



## PEER SUPPORT

### WEEK 4: PERSEVERANCE



Up until this point in Peer Support, students have been encouraged to respond with open thoughts to challenges and be optimistic about pursuing positive outcomes. This kind of thinking allows them to believe that new skills and strategies are beneficial and can make a difference to the outcome. Over the new few weeks students will discuss and practice a range of skills and strategies they can adopt when inevitable setbacks occur. This week we discussed reflection as a way of taking responsibility for our actions and considering how we might alter them in the future. Students are reminded that perseverance is not a case of doing the same thing over and over. Persevering in any situation requires much effort, constant reflection and sometimes a number of strategies.

**Miss Wilson and Mrs Wells - Peer Support Facilitators**



*Enlivened by the Spirit*

• WHOLENESS • HOPE • JUSTICE • REVELATION •

## UNIFORM SHOP

**THURSDAY 8 March**

**8:00am - 9:00am**

**Please note the Uniform Shop only sells Sports Uniforms and School bags**

**The Uniform Shop now has Eftpos facilities**

## CANTEEN NEWS

**No meat or chicken products available on Fridays during LENT**

Hash Browns	\$1.00
Mini Spring Rolls pkt 3 with sweet & sour sauce	\$2.00
Cheese & Tomato pizza slabs will be available	\$3.00
Cheese & Spinach Triangles	\$4.00
Small Ricotta & Spinach Rolls	\$2.50
Oriental Noodle Cups	\$2.50
Greek Salad & Garden Salad	\$3.50
Falafel Wrap (lettuce, tomato and hommus)	\$4.50
Salad Sandwiches / rolls Tuna / Salmon / Egg / Cheese also available	
Cheese & Bacon rolls will be replaced	

## CANTEEN NEWS

Please note that there is a price increase in drinks due to the 'Return & Earn' Scheme

### STATIONS OF THE CROSS

*Each Friday during Lent in the Church (starting 16 February)*

*7:00pm (English) 7:30pm (Italian)*

*Come and spend some time with Jesus*

### CANTEEN ROSTER TERM 1

**TIME: MONDAY-THURSDAY 10:30-14:00, FRIDAY 10.00-12:30**

MONDAY	5/3	NICOLE MCKENNA
TUESDAY	6/3	DANIELLE BROWN
WEDNESDAY	7/3	SIMONE ASSEN-LEITE, CELINE KEHOE
THURSDAY	8/3	MELINDA HUMPHRY
FRIDAY	9/3	JENNY KNOKE, LOUISE BRYANT, REBECCA HARRIS, MICHELLE TURNER, EVELYN IOAKIM
MONDAY	12/3	MONICA HOWARD
TUESDAY	13/3	SILVANA PIGNATELLI, KATE KARPENKO
WEDNESDAY	14/3	BELINDA SELBY, CLAIRE ABDULLAH
THURSDAY	15/3	LISA TUDEHOPE
FRIDAY	16/3	LORETTA HERAGHTY, LISA ALLEN, LAURA HAMILTON, ANGELA ODELLI

*Enlivened by the Spirit*

• WHOLENESS • HOPE • JUSTICE • REVELATION •