



AQUINAS CATHOLIC COLLEGE MENAI

NEWSLETTER

28th August, 2017

Vol.25.No.24

FROM THE PRINCIPAL

21st Week of Ordinary Time

As the Aquinas Community would by now be well aware, we are mourning the loss of Mrs Jean Buttlng who has been teaching at Aquinas for the last 15 years. Jean's unique personality made her a larger than life figure to many of her students and this has echoed with ex-students and colleagues who have been in contact to offer her family and Aquinas their support at this difficult time. The formal celebration of Jean's life will be marked this Friday 1st September at 3pm at the South Chapel of Woronora Memorial Park, Sutherland. As a result, the school day will conclude for Years 7 – 10 at 2pm on Friday [half an hour early] to allow staff to attend Jean's funeral. Students and their families are welcome and I would ask students who are attending the funeral to do so in full winter uniform as a mark of respect for Jean. Due to time constraints sport will not be held this Friday [it is a representative training round]. Years 7 – 10 will instead have lunch as usual followed by a lesson [Thursday B, Period 5], Year Assembly and then be dismissed at 2pm. As is usual, supervision will be provided for those students who need to wait for their school special buses for the journey home at the normal time on a Friday.

May she rest in peace

We also keep all of our Year 12s in our thoughts and prayers as they receive important feedback from their HSC Trial exams. The last four weeks of their formal schooling are before them and they all need our care and backing as the HSC exams loom. There is however, no substitute for being present in class with your subject teacher and peers in preparation for these most significant exams and I ask that parents support the College in helping their daughters and sons be at school in a timely manner, having eaten a healthy breakfast to tide them over until recess.

A number of noteworthy benchmarks have been reached for the HSC Class of 2017 as their academic year races along. Most recently has been the conclusion or near conclusion of the major projects component of a number of courses. The Drama students have their group performances, and monologues, the Industrial Technology [Timber] and Design and Technology students have submitted their projects and folios, the Visual Arts major works are due in today and the Music students are putting the finishing touches on their performance pieces. I would like to acknowledge the significant efforts of the teachers of those classes and their faculty colleagues who have all contributed not only their expertise to our students, but a significant amount of their own time to ensure the students were able to present fabulous examples of their applied learning. Thanks to Miss Cooper our Drama teacher, Mr Broady the IT Timber teacher, Mrs Martin the Design & Technology teacher, Mrs Tennant and Mrs van Eijk our Art teachers and Mrs Bosi our Music teacher for their presence and unstinting efforts. We wish all these students and teachers all the best for their endeavours over the coming weeks.

Congratulations to Tayisha Smith [Year 7] who has just returned from the National Snowsports Championships, held in the Perisher Valley, she won a gold medal in the Multiclass Giant Slalom. Well done Tayisha!! Two Sutherland Shire CCC grand finals were held over until last Friday and I am pleased to report that both sides won! Well done to:

Year 10 Boys Football – coached by Mr Tsambalas Premiers

Year 7 Girls Football – coached by Mrs Dagher Premiers

Please keep the Regan family in your thoughts and prayers as Jaicy's [Year 9] grandfather recently passed away.

**Eternal rest grant unto him, O Lord, and let perpetual light shine upon him.
May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.**

James Corcoran
Principal



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Celebrating 25 Years of being 'Enlivened by the Spirit'



Assistant Principal

Dear Parents and Caregivers,

On **Wednesday 13 September**, the Sutherland Police Youth Liaison Officer will be coming to Aquinas. The topic of conversation will be Staying Safe Online. Senior Constable Katherine Dodd will be speaking to Years 7, 8 and 9 during the day, and at 6.00pm to any adults in our community who would like some strategies to encourage the responsible use of technology in their children.

More information about this event will be available in future newsletters.

This Week	
Event	Date
NSWCCC Junior Boys Football - S/F	Tuesday 29 August
Year 10 HSIE Excursion - Cronulla Fieldwork	
Year 7 Reflection Day	
NSWCCC Junior Boys Football - G/F	Wednesday 30 August
Aquinas Year 11 Mass - 8.20am	
Year 9, 2018 - Subject Selection Evening - 7pm	
Music Night - JP11 Hall 7.00pm	Thursday 31 August
Years 7-10 Early Finish - 2:00pm	Friday 1 September
Year 11 Incursion - UTurn the Wheel	
Mrs Jean Buttlings' Funeral - 3.00pm Woronora Memorial Park, South Chapel	
Next Week	
Event	Date
Year 9 Commerce - Running a Business (Lunchtime)	Monday 4 September
2017 Higher School Certificate Design and Technology Practical Examination Marking	Tuesday 5 September
2017 Higher School Certificate Music Practical Examination Marking	
HSC Symposium	
Aquinas Year 10 Mass - 8.20am	Wednesday 6 September
Aquinas Whole School Assembly	Thursday 7 September
Year 12 Drama Showcase - 6:30pm	
Archbishop of Sydney Awards for Student Excellence	Friday 8 September

Damien Kerr
Assistant Principal

Learning and Curriculum Matters

This Week's Assessment Tasks

Year	Subject	Date
10	Food Technology	28.08.17

7 – 9 Assessment Reminder

Please read below a reminder of the assessment rules for Years 7 - 9 students. Of late, too many students have been absent on the date of an assessment task. Assessment dates can be found on the whole school calendar and students receive detailed notifications of formal tasks two weeks prior to the date of the task. Please avoid making any appointments on the date of an in-school assessment and make arrangements for **on time submission** of tasks should they fall on the date of an absence.

Submission of formal assessment tasks

1. Assessment tasks should be submitted at the start of the lesson on the day that the assessment is due unless indicated otherwise in writing.
2. All assessment tasks are to be submitted by the due date.
3. When a task is not submitted on the due day, the task must be submitted the next day but it will attract a penalty (see below). A student may be asked to complete the task as part of a Wednesday detention.
4. Penalty for late submission of work:
 - ◇ 20% first day late
 - ◇ 40% if two days late
 - ◇ A zero mark will be awarded if the task is not submitted after this time. (See note below if there are extenuating circumstances)
5. Parents/caregivers will be informed in writing of the non-submission of a task and the penalty incurred.
6. All tasks must be a student's own work. Plagiarism, whether from another student or from a source of information such as a book or the internet, will automatically incur a zero mark.
7. Students must keep back-up copies of all work and should email themselves copies of work in progress as technological issues will not always be a valid reason for non-submission of a task.

Illness and Misadventure: A note from parent/caregiver is to be submitted to the class teacher with the task on the morning of return to school. Failure to sit for an examination without a valid reason will incur a zero mark. A note from a parent/caregiver must explain the reason for the absence. This note must be submitted as soon as the student arrives back at school. Students must sit for the examination on return from absence in order to meet the outcomes of the course.

Any student who knows in advance that he/she will be absent on the day of an assessment task should speak to their teacher before the due date. In these cases, the teacher will liaise with the subject coordinator and the Leader of Teaching and Learning to make other arrangements to complete the task.

Malpractice/Appeals Students should read the Malpractice Policy and the Appeals Policy before attempting any formal assessment tasks. Both of these policies can be found in the documents section of SEQTA.

STAGE 5 2018/19 SUBJECT SELECTION EVENING for CURRENT YEAR 8 STUDENTS

The Elective Subject Selection Evening will be held on **Wednesday August 30th** in the John Paul II Hall at 7pm. All Year 8 students are to attend, in full school uniform, with a parent. The evening will finish at 8.15pm. Students will receive their handbook on the night and teachers will be available to answer subject specific questions. Subject selections will be made online after the night.

HSC/UAC Educational Access Schemes (EAS)

Most of UAC's participating institutions have Educational Access Schemes (EAS) to help HSC students who have experienced long-term educational disadvantage gain admission to tertiary study.

To be eligible for EAS consideration, your **educational performance must have been seriously affected**, normally for a period of **at least six months** during Year 11 and/or 12 or equivalent, due to circumstances beyond your control and choosing. If you believe that you might qualify for EAS, please visit <http://www.uac.edu.au/documents/eas/EAS-disadvantage-tables.pdf> and see if your circumstance fits into one of the categories of disadvantage. If this is the case and you plan on applying to university, you can collect an EAS application from my office. Please ensure that all applications are returned to me no later than the end of Week 8.

HSC – Where to from here?

HSC students will hear, this week, how they can resurrect disappointing results and improve on their final subject marks by utilising the time that remains in class and engaged in collaborative and individual study, prior to their final examinations.

Now that formal internal assessment has concluded, students should work together, sharing resources and sample responses, in order to improve the whole cohort's potential to achieve in the external HSC examinations. Individual and group improvement across this time can have a significant impact on individual students' results.

Please ask your son/daughter what they learnt from the HSC seminar they will attend, at school, this week.

Lisa Mirabello
Leader of Teaching and Learning

Growth Mindset and our College

As part of our commitment to challenging the way we think in education, our College has been engaged in support and training for both students and teachers around the concept of Growth Mindset.

Coined by Dr Carol Dweck, Fixed Mindset and Growth Mindset describes the fundamental belief that we all hold regarding our intelligence and ability to learn new things. Based on 30 years of research, Dweck would argue that when students have a Growth Mindset, they believe they can get smarter through effort and persistence. Therefore, through cultivating a Growth Mindset students are more likely to put in extra time and effort which generally will lead to higher achievement. Fixed Mindset would be the opposite of this, that is, students feel that no matter how hard they try, their level of intelligence is fixed - so what's the point of trying?

Obviously, here at the College we are determined to raise the bar on both understanding and maintaining a Growth Mindset.

To this end, we will be initiating a new series of awards. These will be known as Growth Mindset Awards and will link in with the support of these concepts that has been ongoing in the College.

The criteria for these Awards will be a student who:

- **Displays an ACTIVE and positive approach to classroom learning** - these students often ask/answer questions and show an ability to work with enthusiasm as they embrace the challenges of classroom learning.
- **Regularly seeks FEEDBACK from teachers regarding any aspect of learning** - these students show a desire to implement this advice to improve
- **Is ASPIRATIONAL, clearly goal oriented and self motivated** - these students seem intent on achieving their personal best and have articulated these goals to their teachers

These significant awards will be separate to any Assessment Task marks or achievement and will be nominated by classroom teachers.

If you have any questions please contact me at the College, or if you would like to know more about Growth Mindset please click on the [LINK](#).

Mr David Bulmer
Leader of Teaching and Learning (Pedagogy)
david.bulmer@syd.catholic.edu.au



Aquinas Catholic College
2017 HSC 'High Flyers' Symposium

Creating a
'WE CAN' attitude
towards the HSC

An afternoon of redefining goals, maximizing study strategies and inspiring each other to aim high as we approach the final weeks of the 2017 HSC!!!

Tuesday 5th September, 2017

Mackillop Learning Common

3.15pm – 6pm



Check emails to RSVP

NAPLAN SUMMARY 2017

Mrs Kate Wilson (Literacy Facilitator)

NAPLAN results arrived at the College last week and an ongoing analysis of these results will be carried out this term with appropriate strategies put in place for individual students and whole KLAS.

The comparison of mean scores for the College and State for Literacy and Numeracy are indicated in the table below. Results for each cohort are again commendable, with students in Year 7 and Year 9 scoring above the State mean in all aspects of literacy and numeracy. A detailed analysis of NAPLAN will highlight areas of strength, as well as areas needing further investigation and intervention.

NAPLAN RESULTS 2017 COMPARISON OF MEAN SCORES

	YEAR 9			YEAR 7		
	AQUINAS	STATE	REGION	AQUINAS	STATE	REGION
READING	597.2	587.5	596.3	550.2	547.6	551.8
WRITING	585.2	558.6	585.0	526.7	516.8	533.5
SPELLING	598.8	590.8	601.8	562.0	558.4	571.5
GRAMMAR & PUNCTUATION	593.9	581.6	594.3	552.2	545.3	554.5
NUMERACY	615.1	600.0	609.0	569.3	558.5	565.8

Year 9 - Aquinas sits above the State in all test elements. Aquinas sits above the region in Reading, Writing and Numeracy

Year 7 - Aquinas sits above the State in all test elements. Aquinas sits above the region in Numeracy

St Vincent De Paul Winter Appeal Week 6



Last week the College undertook two fundraising efforts for St Vincent De Paul's Winter Appeal. All funds raised will be donated to the local branch (Menai) so that they can continue their supportive and crucial assistance within the local community to those in need.

Firstly, there was a mufti day on Tuesday 22nd August 2017, where students were asked to make a gold coin donation for the privilege of wearing informal clothing. The College raised an amazing \$1100 on this day and I thank all the families who generously supported this endeavour.

Secondly, 80 of our Year 12 students 'sleep out' in the JP11 Hall last Friday night. Once again, thank you to all the generous Aquinas families and staff that provided donations of noodles, boxes or prizes. The students had the option to purchase pizzas (as an additional fundraiser) or noodles for their dinner. They were also able to buy hot chocolates or sweets as well. Before leaving at 7am, students were able to purchase a juice or sausage sandwich if they wanted.

The Year 12 students embraced this evening with their usual enthusiasm and played trivia, card games and board games throughout the night. Working in small groups, they were challenged to make an outfit out of newspaper and then participate in a fashion parade. Robert van den Noulwelant (President of the local St Vincent De Paul conference) came and spoke to us about the important work that they do in the community and we thank him for joining us. The students organised a very competitive handball game and Mr Smith & Mr Kerr represented the staff very capably. We also watched a couple of DVD's and a majority of the students were asleep by 3.30am!

A HUGE thank you to the staff that came along and provided invaluable assistance throughout the night: **Mrs Fensom, Ms Malandra, Mrs Halliday, Ms Small, Mrs Gulisano, Mrs D'Astoli, Mr Smith & Mr Kerr.** Special mention also to **MR LILLIS** (Year 12 Coordinator) who also 'slept' out and provided on-going supervision and support throughout the night.

Thank you
Denise Martin, Social Justice Coordinator

Dear Parents, Carers and Students,

It is common knowledge, of which medical professionals attest to the validity of the belief, that healthy sleeping habits makes for a happier, more attentive and engaged person. This week I have included some wonderful practical information from [Headspace](#). Sleep is a really important part of our life. It helps us to feel well, focused and happy. Most people experience a bad night's sleep now and again, but if you regularly don't get enough sleep it can really affect how you feel and what you can get done during the day.

[Headspace sleep research](#) suggests that a teenager needs between eight and ten hours of sleep every night. This is more than the amount a child or an adult needs. Yet most adolescents only get about seven or eight hours. Some get less.

Causes of sleep deprivation Some of the reasons why many teenagers regularly do not get enough sleep include:

- Hormonal time shift – puberty hormones shift the teenager's body clock forward by about one or two hours, making them sleepier one to two hours later. Yet, while the teenager falls asleep later, early school starts don't allow them to sleep in. This nightly 'sleep debt' leads to chronic sleep deprivation.
- Hectic after-school schedule – homework, sport, part-time work and social commitments can cut into a teenager's sleeping time.
- Light exposure – light cues the brain to stay awake. In the evening, lights from televisions, mobile phones and computers can prevent adequate production of melatonin, the brain chemical (neurotransmitter) responsible for sleep.

Effects of sleep deprivation

The developing brain of a teenager needs between eight and ten hours of sleep every night. The effects of chronic (ongoing) sleep deprivation may include:

- Concentration difficulties
- Mentally 'drifting off' in class
- Shortened attention span
- Memory impairment
- Poor decision making
- Lack of enthusiasm
- Moodiness and aggression
- Reduced academic performance
- Increased number of sick days from school because of tiredness



Preventing sleep deprivation – tips for parents

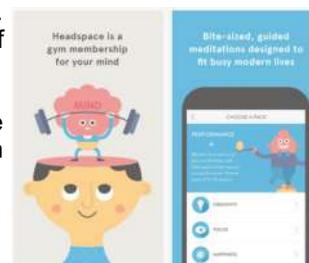
Try not to argue with your teenager about bedtime. Instead, discuss the issue with them. Together, brainstorm ways to increase their nightly quota of sleep.

Suggestions include:

- Allow your child to sleep in on the weekends.
- Encourage an early night every Sunday. A late night on Sunday followed by an early Monday morning will make your child drowsy for the start of the school week.
- Decide together on appropriate time limits for any stimulating activity such as homework, television or computer games. Encourage restful activities during the evening, such as reading.
- Help your child to better schedule their after-school commitments to free up time for rest and sleep. Learn to meditate and live mindfully
- Meditation has been shown to help people stress less, focus more and even sleep better. [Headspace is meditation](#) made simple. We'll teach you the life-changing skills of meditation and mindfulness in just a few minutes a day.

If you find it hard to fall or stay asleep, or you feel tired a lot of the time, a healthcare professional may be able to help. In a first instance try contacting headspace or get in touch with your GP.

Dominic Ritchie
Pastoral Care Coordinator



Unity: After School Coding and Game Development Workshop

Our **SECOND** lesson is this Wednesday the 30th of August

Lessons will begin at 3:05 and finish at 5:15pm. Students will be given a short break around 4pm so it would be a good idea to bring some afternoon tea. Students will need to bring their laptop to each lesson, if the battery life is short it's advisable to bring a charger too.



If you have any questions please see or email Mrs Fraser at: jessica.fraser@syd.catholic.edu.au



The Premier's Reading Challenge closed on **Friday the 25th of August** (midnight) for **students**. **Congratulations** to the following students who successfully participated this year:



Year 7	Year 8	Year 9
Aimee Smith Brendan Smith Chloe Robinson Paris Paranomos	Jack Wijesekera Tyler Rowles	Sasha Jackson



Please see the [Aquinas Catholic College website](http://aquinasmenai.catholic.edu.au) for the updated **2018 BYODD (Bring Your Own Designated Device) policy and information:**

<http://aquinasmenai.catholic.edu.au/assets/files/Service-Box/2018BYODD.pdf>

Jessica Fraser
Librarian (Information and Innovation Coordinator)

DUKE OF EDINBURGH

Silver Qualifying Journey 2017

Bright and early on Saturday 19th August two Year 11 and twenty-three Year 10 students left behind the comforts of home to venture into the great outdoors for a three-day adventurous hike for their Silver Duke of Ed; involving hiking, kayaking, mountain biking, mapping and setting up a campsite.

Day one involved a bus ride to Glenworth Valley, kayaking down Popran Creek and navigational activities before setting up our campsite. We cooked dinner before the sun went down and then spent the evening by the campfire telling stories, gazing at the stars and chatting amongst ourselves.

After a cold night, we woke to a windy day but luckily the skies were clear. My group set off for a day of mountain biking. As it was only my second time ever mountain biking, it was a great experience and although there were many tumbles and stacks there were many laughs and lots of assistance from friends.

After having a much better sleep on Sunday night (we were all exhausted from the previous day!) we were ready for the challenges that faced us on our last day - a hike up to Mount Olive! This was physically challenging but extremely rewarding as the view from the top was breathtaking. This activity was a valuable experience as we tested our mapping and navigational skills; something that we could use again if we were to ever get lost in the bush.

Our Duke of Ed Silver Adventurous Journey was an amazing experience. Thank you to both Mrs Finnerty and Mrs Lyons for sacrificing their weekend to take us on our hike. We appreciate you leaving your families to allow us to have such a wonderful experience and the opportunity to learn new skills.

Benjamin Capovilla
10 RED



Congratulations to the following students for successfully completing their Duke of Edinburgh Silver Qualifying Journey:

Student	Year		Student	Year
Ethan Babilis	10		Jackson Hunter	10
Kieran Bowmer	10		Matthew Jurinario	10
Halle Cambey	10		Mitchell Karadinovski	10
Benjamin Capovilla	10		Joshua Lane	10
Nikita Cosgrove	11		Harrison Moenting	10
Grace Donnelly	10		Keziah Netto	10
Grace Edgar	10		Lewis Roberts	10
Kalina Englezos	11		Faith Savellis	10
Benjamin Ferraro	10		James Stevenson	10
Matthew Fulton	10		Bailey Turner	10
Jack Harris	10		Lily Wells	10
Emma Higgins	10		Nathan Young	10
Nathan Huff	10			



These students are well on their way to completing their Duke of Edinburgh Silver Award, a highly prestigious international award. Well done.

Elyse Finnerty, Helen Lyons and Kirstin Wright
Duke of Edinburgh Award Leaders

Uniform shop will be open on

THURSDAY

31 AUGUST

8:00am—9:00am

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

The Uniform Shop now has Eftpos facilities

The Rosary

'The Rosary & Prayer Intentions' will be held every Tuesday @ lunch...
Room 25



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CANTEEN ROSTER TERM 3

TIME: MONDAY-THURSDAY 10:00-1:35, FRIDAY 10:00-12:45

MONDAY	28/8	ANITA MORTON
TUESDAY	29/8	MARIA TINNING
WEDNESDAY	30/8	ANN-MARIE WALKER
THURSDAY	31/8	LINDA KIRGAN
FRIDAY	1/9	LORETTA HERAGHTY, LISA ALLEN, LAURA HAMILTON, ANGELA ODELLI
MONDAY	4/9	
TUESDAY	5/9	ROBYN GRAHAM
WEDNESDAY	6/9	JULIANNE LANE, LEANNE SWALES, KAREN BRADSHAW
THURSDAY	7/9	KERRIE HARRINGTON
FRIDAY	8/9	KARINA MICHAEL, ARISTEA MARAKAS