St Stephen's College Captains meet
St Thomas of Villanova Prep Students!

The St Stephen’s College Captains recently visited St Thomas of Villanova, to have some photos taken with the prep students as part of Catholic Education Week. The preps were very excited to see the Captains and decided they should have a go on the slippery slide. Seated from top to bottom are: Kyrah Johnston, Deborah Hermanus, Jonah Williams and Jake Priestly. The prep students include, from left to right: Bentley Posma, Cooper Mete, Lainey Hudson and Niamh Wolff.
Dear Parents and Friends of St Stephen’s

“Gracious God, through your son, Jesus, you show us how to live in harmony with others. Help us to be examples of acceptance, tolerance and forgiveness united by the Holy Spirit.

We make our prayer through Christ, Our Lord. Amen”

Welcome back to term three which is, traditionally, a busy term containing a myriad of events including parent/teacher interviews, Catholic Education Week celebrations, subject selection evening, Senior Education and Training plans, the Queensland Core Skills test and St Stephen’s Day. In 2019, the theme of Catholic Education Week (28 July to 3 August) , when we have the opportunity in all 306 Catholic schools in Queensland to celebrate and promote their distinctive mission and ethos, is “Many Voices. One Spirit.”

The above prayer captures the essence of our Catholic education and reinforces aspects of the college’s Mission Statement which is based on respect and acceptance of others, regardless of their faith, socio-economic status or ethnic origins. At the first assembly for term three, students were encouraged to embrace this attitude in their interactions with their peers, college staff and visitors. While the core business of the college revolves around curriculum, our moral imperative is also to ensure the well-being of all students. In partnership with parents and carers, the college strives to achieve this aim.

While numbers attending the parent/teacher interviews were not as high as in previous years, I emphasise the importance of having positive relationships between the school and home. Evenings such as parent/teacher interviews are an opportune time for our teachers to provide constructive feedback to parents on students’ progress, as well as obtaining relevant information from parents about their children. I encourage parents to email me if the timing of these interviews has an impact on attendance, as changes can be made for the future. The low attendance can be interpreted in two ways; communication with our teachers has been occurring throughout the semester which means that there is not a need to attend the interviews or the timing is not suitable in the busyness of families’ lives.

During the months of July and August, the college staff are informing years eight and ten students about subjects offered for study in years nine and eleven. As there are significant changes to senior schooling, it is very important that parents attend the subject selection evening on 30 July for years eight and ten, and with regards to year ten, the SET (Senior Education Training) plan interviews in August. The education scene is changing rapidly, and these events are opportunities to receive up-to-date information.

In the spirit of the Catholic Education Week theme, our students continue to shine in a variety of contexts. Reading the students’ reports was a great privilege, as many students have attained outstanding results and are working conscientiously to achieve their personal best. Attendance, however, remains a concern, as some students are missing a significant amount of schooling which of course impacts on their learning. If a student misses three days per week, over thirteen years from prep to year twelve, this equates to five years of schooling. The college has a supportive team of educators, including the school counsellor, available to assist and support students who find school challenging. I encourage parents to use this support system and to work with us to increase their children’s attendance, if this is an issue.
FROM THE PRINCIPAL

I was privileged, along with Mrs Carlile, to attend the state finals of Rostrum where Alannah Falvo represented the college with distinction. One of the year eight students, Caitlin Wadley, presented her speech about the Anzac tradition to the Chief of the Army in Canberra in the last week of term two. While being one of the youngest speakers, her speech was so impressive that she has been invited back to Canberra for a further presentation. In the sporting arena, several students participated in the State Cross Country Championships this week. These are just some instances of students living up to the theme of “Many Voices. One Spirit.”

The biggest capital project to date is the construction of the multi-purpose centre which has a completion date of mid-December. I am very grateful to our Business Manager, Mr Flynn, for his supervision of this facility’s construction. It will be a distinctive feature of the college, value adding the college’s existing resources.

I thank parents for ensuring that their children were properly attired and neatly groomed for the start of term three. With a strong relationship between the school and the home, teachers and parents can work effectively to assist and support students to achieve their personal best.

With Trust in the Lord

Mrs Ida Pinese | Principal
Email: ssm.principal@cns.catholic.edu.au

FROM THE DEPUTY PRINCIPAL

Welcome to term three. I hope that families were able to spend some quality time together and reflect on the semester that has just passed. Reports were also delivered over the holiday period and I am sure these would have been a topic of conversation with your student. This means reflecting on their achievement levels from last semester and starting to create achievable goals for the next two terms. It is also important that students feel they can have a “trusting conversation” with their teachers to know exactly what is required of them to improve and reach specific targets. The latest round of parent/teacher interviews was a terrific opportunity for parents to discuss with teachers the progress of their student’s academic outcomes.

We are now six (6) months into the new QCE system and students in year eleven are experiencing a number of changes, particularly the way in which the points for the QCE are calculated. In year eleven, unit one and unit two require a C- or higher to receive a point for each unit. In units three and four, students must be successful in passing these to obtain a further two (2) points for their QCE.

One of the other substantial changes has been the change of Special Provisions to Access Arrangements and Reasonable Adjustments. Students who require assessment changes will need to have provided current medical documentation to support their adjustments, particularly for units three and four. There is a year eleven Information Night on Tuesday 6 August where these topics will be explored in more detail.

Term three is a very busy term for many year levels across the college. This term will see some year twelve students undertake the QCS Test on Tuesday 3 and Wednesday 4 September, as well as all year twelve’s undertaking block exams. The year eight and year ten students have their subject selection evening on Tuesday 30 July, with year ten students and their parents also involved in SET Plans over two days on the 14 and 16 August; a letter has gone home regarding the process for this.

As always, if you would like to discuss your student’s academic progress, please make an appointment through the Curriculum Office with Mrs Rantucci by phoning the school office on 40862500 or via email rraggianor@cns.catholic.edu.au

Mr Simon Vaughan | Deputy Principal
Email: svaughan@cns.catholic.edu.au
Leonard Sax (MD, PhD) provides an excellent resource for growing resilience and instilling responsibility in young people. While his book is titled "The Collapse of Parenting: How we hurt our kids when we treat them like grown-ups" (Basic Books, 2016), there are many lessons that can be applied across both the home and school environment. Some of his recommendations include:

1. Be an authority figure in the life of children. It’s okay to command and decide in a child’s best interest and is part of the duty of care. Not everything has to be open to negotiation.
2. Eat dinner with your kids – at a real table, no phones and no TV in the background. This can also be applied at school as we reinforce our policy of no devices during recess and ensuring students interact face-to-face and develop social skills. Sax quotes research that shows young people who eat more meals with parents have less emotional and behavioural problems. Sax also suggests that we don’t allow headphones in the car and that families talk to each other enjoy time together. This can be reinforced at school by not allowing headphones and music in our classrooms.
3. Kids need a robust child-parent relationship that is unconditional. Parent opinions should come first and be valued more than the opinions of peers. Parents must display unconditional love and acceptance of their child to reinforce the importance of this relationship. Peer interactions, while highly valued by young people, are fragile and conditional and can lead to low self-esteem if used as a marker for self-evaluation. It sounds like a big ask, but to establish value in the parent-child relationship, Sax suggests scheduling family holidays/activities just for the family and saying no when your child asks to bring along a friend. You can also create rituals such as a weekly parent-child visit to a café, a movie, a sports activity or even a walk. Prioritise your extended family and other adult friends in the life of your child. Find opportunities for your child to connect with aunts/uncles/grandparents in order to give them a different perspective on life. Any of these activities provide opportunities to strengthen bonds and provide the unconditional acceptance young people crave and need to battle the growing epidemic of youth anxiety and depression. This kind of validation cannot be found on snapchat or Instagram. Teachers and support staff can also aim to provide this kind of acceptance of students also.
4. Conscientiousness is more important in securing happiness and success than intelligence scores or grades. Conscientious individuals earn and save more money, have less health problems and live happier lives. Teens who are more conscientious engage in less risky behaviours. The marker of conscientiousness is self-control and this can be taught by delaying rewards. Teach children to wait at home and school for the rewards of their efforts. Make young people earn their rewards. Model self-control to young people by being organized, controlling your impulses and engaging in positive practices: nutrition, exercise, sleep and screen use.
5. Teach your child self-acceptance and humility. The culture of self-esteem leads to a culture of resentment where every individual thinks they are more important than others and so becomes resentful when things do not go their way. The culture of humility leads to gratitude and appreciation of all the good things that come into an individual’s life and results in contentment. Teach children to accept their shortcomings and disappointments, strive to be better and celebrate their successes along with the successes of others. Teach young people gratitude and humility before disappointment arrives. To inspire humility, give young people responsibilities: jobs/tasks/chores. Limit social media use. Turn off devices and take your child camping or swimming.

This advice sounds like common-sense but is becoming less prevalent in an increasingly fast-paced, technological world where instant gratification is demanded.

Mrs Havva Murat-Maksut
Counsellor
Email: hmuratmaks@cns.catholic.edu.au

St Stephen’s Kindness Club
Last Tuesday of each month, Recess 2 in the MCR. Check notices.

St Stephen’s Yoga Club
Every Friday, Recess 2 in the Drama Room
Email or see Ms Murat to join any of the clubs.
### FROM THE MIDDLE LEADER - YEARS 7 AND 8

Term three has started off well with the year eight students becoming more independent and responsible for their own learning. This term students are in full swing of year eight life and are displaying maturity in most areas. Students have now received their first-semester report card and should take time to reflect on their results and effort. Many students have performed very well and are working towards achieving their best and deserve to be commended for their efforts.

Next Tuesday (30 July), students will have the opportunity to nominate their elective subjects for year nine. When making these decisions, students may consider their interests, what they are good at, their past performance and future career options. The Subject Selection evening is also an opportunity to meet with the Curriculum Leaders in each elective subject to gain a more thorough understanding of the subject choices that may be undertaken for 2020. Please check parent slip for the details of this event.

This year we have over 33% of the year eight cohort attending the Special Recognition Luncheon next Friday. This is an awesome number of students that display high academic rigour and work ethic within core subjects.

Here are a few tips to help students to keep on track with their learning:

- Prioritise their life: Doing their personal best in school should be one of their top priority.
- Study: There is no substitute.
- Always attend class.
- Do all of the homework and assigned reading.
- Develop self-discipline.
- Manage your time.
- Allow plenty of time for revision
- Make learning more fun.

It is important for students to develop good work habits early. Please contact the classroom teacher or myself if you have any concerns.

I look forward to another successful and positive term.

Mrs Jayarani Salerno  
Middle Leader - Year 7 and 8  
Email: jsalerno@cns.catholic.edu.au

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### FROM THE MIDDLE LEADER - YEARS 9 AND 10

Welcome to term three. It did not seem that long ago when I welcomed you to the start of the school year. I hope that all year nine and ten students had many opportunities for both relaxation and recharging for the term ahead.

#### Parent-Teacher Interviews

The parent-teacher interviews conducted last week provided students, staff and parents the opportunity for feedback and discussion about semester one results. I hope that all students have honestly reflected upon their academic performance and progress and have now considered goals for semester two. I encourage all parents to follow up with any necessary and ongoing discussions with relevant staff and remind you that, according to academic research, a key predictor of student success is the extent to which families encourage learning at home and involve themselves in their child’s education (education.qld.gov.au).

#### Subject Selection Evening - Year Ten to Year Eleven

Year ten students have been reminded and encouraged on a number of occasions of the benefits of attending the Subject Selection Evening on Tuesday 30 July. The evening will comprise two sections – year eight into year nine from 5.30 pm - 6.30 pm, and year ten into year eleven from 7.00 pm - 8.30 pm. During each session, parents and students will receive general information about subject selection, prior to visiting displays of the different subject areas and speaking to teachers about subjects on offer in 2020. Tertiary Education providers have been invited for the evening and will be available to answer questions between 5.30 pm and 7.30 pm. The P and F have generously donated their time to cater for the evening with a complimentary BBQ available from 6.15 pm.

#### Work Experience for Year Ten Students

It was good to see a number of year ten students engaging in work experience over the recent school vacation period. The opportunity to try various areas of work cannot be understated at this stage of secondary education. The college once again thanks those businesses who assisted with the provision of work experience.

#### SET Planning

As outlined in earlier newsletters, students in year ten will, this term, engage in their SET Planning (Senior Education and Training Plan) and subject selection for year eleven. Attendance at the Subject Selection Evening on 30 July can assist with this process.

#### Try A Trade Day

Mareeba – Wednesday 31 July: All the best to year ten students participating in a trade day organized by Construction Skills Queensland. Information has been distributed to interested students with limited spaces available.

#### Year Nine Maths Enrichment Camp

Congratulations to Joshua Snell, Henry Wilson, Sam Jackson, Alannah Falvo, Sage Stevens and Tiahna Maloberti, who this week attended a Maths Enrichment Camp from Monday to Wednesday. It is great to see students take up this opportunity to extend themselves in this way.

#### Winter Uniform – Jumper

A reminder for all students and parents that during these cooler days the navy blue college jumper is the only jumper permitted to be worn as part of the college uniform.

Finally, as usual, please do not hesitate to contact me or other relevant staff should you have any questions or concerns about any aspect of your child’s education.

God bless  
Mr Paul MacCallum  
Middle Leader - Years 9 and 10  
Email: pmaccallum@cns.catholic.edu.au
On Wednesday 24 June, the St Stephen’s Catholic College choir competed for the very first time in the 2019 JCU Cairns Eisteddfod. This is a district wide competition that attracts choirs from the community, as well as other schools in the area. The competition was of an extremely high calibre, with some groups having upwards of 70 members!

After competing in two sections, our choir walked away with a Highly Commended and some truly lovely comments from the adjudicator. The students involved gave their all and were a credit to their school. The many lunchtime rehearsals in the lead up to the big day all paid off!

A massive thank you to each student involved, their parents – especially those who came down to Cairns to watch the performance, Ms Ledlin for joining us and Mrs Livingstone for her tireless efforts in every rehearsal to date.

If you would like to join our fabulous group, please come and see Ms Kitchiner in the Music Block during recess two on Fridays.

Our next performance will be at the Mareeba Multicultural Festival, so make sure to come along and show your support!

Ms Emily Kitchiner
Music Teacher
Email: ekitchiner@cns.catholic.edu.au

I would like to congratulate the year ten students who participated in work experience during the holidays. The feedback from employers was very positive and students certainly did themselves proud. Well done! Some photos are featured in this newsletter with others to follow. We are very fortunate to have so many supportive businesses in our community who are only too willing to offer our students work experience - Thank you!

Year ten students start the term with their SET Planning (Senior Education and Training Plan) and making subject choices. Representatives from JCU, CQU, TAFE and Busy at Work will be present at our subject selection evening to discuss options that they have available to students so please come along and speak with them – Tuesday 30 July from 5.30 pm.

Try A Trade Day – Mareeba – Wednesday 31 July. Year ten students interested in a trade pathway have the option of participating in a trade day organized by Construction Skills Queensland. Information has been distributed through parent slips. Limited spaces are available.

The Rural Experience Program: Experience a rural career. Students in years ten to twelve are invited to join “The Rural Experience” by spending a week in a rural region to discover what life and work is like beyond the city. Students can choose from four different work observation options:

- Health Care Services
- Professional and Administrative Services
- Tourism and Hospitality
- Agriculture and Agribusiness

Program participants will hear from local people, visit local workplaces and have a chance to enjoy some of the local tourism activities. Rural careers are changing and are part of Australia’s future growth potential. The Longreach Program will give high school students first-hand experience and a real insight in the next generation of rural career opportunities. The Longreach Program will run between Sunday 22 and Saturday 28 September 2019. See The Rural Experience website for more information and click here to contact organisers.

Agriculture and Farming industry - how much do you know? Did you know:

- Each Australian farmer produces enough food to feed 600 people, 150 at home and 450 overseas. Australian farmers produce almost 93 percent of Australia’s daily domestic food supply. As of 2010-11, there are 307,000 people employed in Australian agriculture.
- The complete agricultural supply chain, including the affiliated food and fibre industries, provide over 1.6 million jobs to the Australian economy.
- The agricultural sector, at farm-gate, contributes three percent to Australia’s total gross domestic product (GDP). The gross value of Australian farm production in 2010-11 was $48.7 billion.

Click here to find out about agricultural jobs including: Agronomy, beef production, cotton growing dairy farming, grain crops, horse breeding, poultry farming, wool and more.

Mrs Carol Hoult
Middle Leader - VET and Vocational Learning
Email: choult@cns.catholic.edu.au
YEAR TEN - WORK EXPERIENCE

Above left: Cassie Bale at the Mareeba Shire Council.
Above right: Wade Powderham at Performance Motors.
Left: Grace Pillar at Girle’s Sign Shop, Mareeba.
Right: Isaac Williams at MAF Mareeba.
Below left: Amyrosa Enderlin at Kent Duffield Vet, Mareeba.
Below right: Paige Kolijn at the Kuranda Veterinary Surgery.

STUDENT SUCCESS: JAMIE AND OLIVIA HEWITT-TOMS

Jamie and Olivia Hewitt-Toms recently competed at the State Interschool Championships in Maryborough. Both girls were very successful, Jamie is the State 110 cm Showjumping Champion and placed third overall in the 120 cm. Olivia is the 90 cm Reserve Champion and fourth overall in the 100 cm. They have both now made the State Team. They will represent Queensland at the National Interschool Championships in Sydney in September.

STUDENT SUCCESS: CAITLIN WADLEY

Caitlin Wadley recently presented her speech to a number of very high ranking army personnel and had a tour of ADFA, The Royal Military Collage and the Australian War Memorial. She also laid a wreath at the tomb of the unknown soldier at the Last Post Ceremony at the Australian War Memorial.

The Major who was Caitlin’s chaperone invited Caitlin to come back to Canberra to present her speech to open the Army Leadership Seminar on Wednesday 31 July. The audience for this seminar is 300 people including the Chief of Army and Corporate Industry. COMDT RMC BRIG Rupert Hoskin was particularly impressed with Caitlin and invited her to open the Inaugural Army Leadership Seminar.
I would like to thank you for providing Giulia and myself the incredible opportunity of partaking in the four-day Griffith STEM Horizons Camp in Brisbane. The abundance of new information we learned, alongside the countless memories and friendships formed, made for a truly special four days. During our VIP Student Day at GRIDD and our time at the School of Pharmacy in the Gold Coast, we had the unbelievable opportunity of being educated by numerous experts and researchers in their chosen fields. We had the privilege of completing two days of learning in two state-of-the-art working laboratories at Griffith University. Some of my favourite new facts include:

- By donating your faeces (if you have a healthy microbiome) for the purpose of faecal transplant, one can earn around $10,000 – $15,000 a year.
- Atorvastatin is the world’s most prescribed drug, used to reduce bad cholesterol which could simply be avoided by maintaining a good diet and exercising regularly.
- It is possible for a person to take the drug Codeine and an active enzyme within such drug removes a carbon from the chemical configuration and thus turns the drug into Morphine – a much more powerful drug.
- A trigger that causes the human body to regrow teeth has mistakenly been discovered.
- Factors that affect the state of one’s microbiome include; early skin to skin contact with mother, being breastfed rather than bottle fed, and eating solids sooner rather than later.

I cannot express my gratitude enough for being able to be a part of such a remarkable program. It has immensely broadened my perspective on possible future careers I may wish to pursue and has enabled me to link my current knowledge and education to ‘real world’ careers and research.

Aarin Ryan  
Year Eleven

Students from St Stephen’s participated in MTB Challenge in the last week of term two. With only one (1) rider having competed in a mountain bike race previously, the team did exceptionally well. The race format was a “pony express style” where only one rider is racing at a time. All other junior teams had four (4) riders per team, whereas our teams consisted of a trio and a duo.

Aarin Ryan

Year Eleven
**VICKI WILSON CUP**

Two teams represented St Stephen’s Catholic College at the Vicki Wilson Cup, held in Cairns during the last week of term two.

The senior team won three of their six games within their draw on the day. The junior team Juniors won all their games and made it to the semi finals against Tully, narrowly missing out on the grand final.

Congratulations to all participants, as it was a great day in Cairns with plenty of team cohesiveness and spirit. Our thanks also to Nataliah Lopez and Shelby Devine for giving of their time and energy to support the girls in refereeing on the day.

*Ms Naomi Torres and Ms Leah Bool*

**Coaches**

**Junior Team**

Back row, from left to right: Imogen Devine, Alyssa Shorey, Saskia Booth and Jessica Reedman.

Front row, from left to right: Thecla Yow-Yeh, Capri Flegler, Tia Moss-Archer and Savannah Sprecher.

**Senior Team**

Back row, from left to right: Taijana Goleby, Megan Crane and Rhyanna Yow-Yeh.

Front row, from left to right: Ella McCombie, Tahlia De Lai, Jenna Kerswell, Deborah Hermanus and Mackenzie Simms.

**SECONDARY SCHOOL SURF LEAGUE**

St Stephen’s Catholic College attended the Secondary School Surf League competition during the last week of term two. The surf sports team did really well in the adverse conditions – it was windy and rough.

Kallum Ramscar was not so keen to paddle the board out due to the conditions, but did it because it was a team event and he did not want to let them down.

Brady Hughes did his first non-pool swim and was really nervous, but tackled the rough weather like a champion.

Jasper Cole cleaned up in the heats for the beach sprints, but slipped at the start in the final. He came second in the beach flags at his first attempt ever.

Thomas Byrne was the experienced campaigner and settled everyone down and had his usual smile all day.

Ryan Johnson gave his best in all of the events, both on the beach and in the water.

It was a great day at the beach.

*Mr Rohan Priestly*

*Surf Coach*
TERM THREE SPECIALS - TUCKSHOP

MONDAY
Chicken Fillet Burger - $4.50

TUESDAY
Pasta - $4.50

WEDNESDAY
Pumpkin Soup - $5.00
(With dinner roll)

THURSDAY
Pizza - $6.50
Supreme/Hawaiian/BBQ Chicken

FRIDAY
BBQ Burger - $5.50

TERM 3-2019

TANKS ART EXHIBITION

Our Journeys
Homelessness to Housing Exhibition

Fri 26 Jul - Sun 18 Aug 2019
Launch: 10am Wed 7 Aug

This exhibition displays the work of artists with a lived experience of homelessness, depicting their stories and their journeys to housing.

Launch: 10am - 2pm Wednesday 7 August
Cost: Free
Venue: Tank 4
Open: 9.00am - 4.30 pm weekdays, 10.00am - 2.30 pm weekends
Info: www.tanksartscentre.com