



**Principal:** Mrs Ida Pinese  
**Deputy Principal:** Mr Simon Vaughan  
**Assistant Principal Religious Education:** Miss Janai Sugars  
**Assistant Principal Administration:** Mr Rohan Priestly  
**Business Manager:** Mr Hadyn Flynn  
**College Leader Pastoral Care:** Mr Matthew Draper



## Students Shine at Lions Youth of the Year!



Left: David Bin. Above:  
Lauren Davis and David  
Bin. Right: David Bin  
with Mareeba lions Club  
President, Denis McKinley.

Lions  
youth  
of the year



Last Saturday evening, David Bin and Lauren Davis, along with five other students from the Tablelands area, competed in the Zone Judging of the Lions Youth of the Year contest, with David named as the overall winner. Both students are to be congratulated for the moving delivery of their presentations and their composure during the impromptu speeches. In progressing to the next stage of judging, David is following in the footsteps of former St Stephen's students, Kai Priestly (2013) and Kate Wilcox (2016). The St Stephen's community wishes him the very best in Townsville on 24 March.

# NOTICES



## UPCOMING EVENTS:

### Monday 19 March

Exam week commences

### Monday 26 March to Wednesday 28 March

Year 12 Retreat

### Thursday 29 March

Inter-House Cross Country

Easter Liturgy

Term one ends

### Monday 16 April

Student Free Day

### Tuesday 17 April

Term two commences

### Wednesday 18 April

Parent/Teacher Interviews

## Wanted! Golf Equipment

Old or unused Golf equipment. We are building up our golf equipment in the HPE Department but could use some assistance. If there are golf clubs and/or golf balls collecting dust in a garage and are no longer required, a donation would be greatly appreciated. Please contact Mr Luff at the College.

## Students Requiring Medication

If your child requires medication to be taken during school hours, please contact Mrs Rhonda Smith to discuss the requirements of the College.

## CHESS CLUB

with Mr Harnischfeger (Mr H)

**Room: S5 - Every day during Recess 2.**

**EVERYONE IS WELCOME!**



## TERM DATES 2018

Term 1 ends: Thursday 29 March

Term 2: 17 April to 29 June

Term 3: 16 July to 21 September

Term 4 : 8 October to 30 November

Year 12 - 16 November

**Student Free Days 2018**

16 April and 22 October

## CELEBRATING SUCCESS!

Please inform the college if your child has achieved success in an extra-curricular activity not directly related to school, so that the college community can celebrate these achievements.

Please email Mrs Pinese ([principal@sscc.qld.edu.au](mailto:principal@sscc.qld.edu.au)) with any information and photos.

## ABSENTEE E-MAIL

If your child is absent, please email [absentee@sscc.qld.edu.au](mailto:absentee@sscc.qld.edu.au)

## Maths Tutoring Available

Tuesday and Thursday

Recess 2 - MCR

(all students welcome)

Wednesday

3.00 pm - 4.00 pm - Library

Years 10 -12 only



## CHANGE OF EMAIL ADDRESS?

To ensure communication is received, please advise the college if you have changed your email address. Please email the office [office@sscc.qld.edu.au](mailto:office@sscc.qld.edu.au) or phone 4086 2500.

## FROM THE PRINCIPAL

Dear Parents and Friends of St Stephen's

**“Bullying is an ongoing misuse of power in relationships through repeated verbal, physical and/or social behaviour that causes physical and/or psychological harm. It can involve an individual or a group misusing their power over one or more persons. Bullying can happen in person or online, and it can be obvious (overt) or hidden (covert).”**

(National definition of bullying for all schools)



Last Friday was the National Day of Action against Bullying and Violence (NDA) when all Australian students were encouraged to stand united against bullying and violence in the classroom, in schools and beyond. Bullying is prevalent in all student age groups, with one in four year four to year nine Australian students (27%) reporting that they have been bullied every few weeks during the previous school term. (Information Kit on bullying) While our college fosters the valuing of individual differences between students, it is often characteristics which set the students apart from their peer group that places them at a greater risk of being bullied. The goal of NDA is to promote respect for all, regardless of their differences. This is also the ethos of St Stephen's, widely encouraged and modelled by teachers and non-teaching staff.

Despite the positive pastoral care policy of the college and the quick response to instances of bullying, failure to report makes it difficult for teachers and pastoral leaders to address issues of bullying. It is important that a culture of reporting any instances of bullying becomes the standard practice, so that the harmful effects of such behaviour can be minimised. At the adolescent level, it is most likely that a student's peers are the first to be informed. These peers are often reluctant to intervene for fear of losing their social status. The incidence of online bullying outside of the school context is also rising, with the fall-out being experienced when students return to school the next day. Parents are urged to monitor their children's online activities at home and to report incidences of cyberbullying to the authorities. Only by having a whole-school approach, which is also supported by parents at home, can a positive result be achieved.

There is a myriad of activities occurring at recess time which provide students with opportunities to make new friends and to achieve a sense of belonging. I commend the efforts of our senior students last Friday in fostering positive interactions among students. Our pastoral leaders of years seven to twelve and our college counsellor, Mrs Hall, are proactive in reducing the incidence of bullying by assisting students to form positive relationships and become more resilient, while feeling safe in the school environment.

Pope Francis also has a message for Lent which focuses on the dignity of the individual. He asks us to:

***“Fast from hurting words and say kind words. Fast from sadness and be filled with gratitude. Fast from anger and be filled with patience. Fast from pessimism and be filled with hope. Fast from worries and have trust in God. Fast from complaints and contemplate simplicity. Fast from selfishness and be compassionate to others. Fast from grudges and be reconciled. Fast from words and be silent so you can listen.”***

In living this message, the incidence of treating others disrespectfully should be reduced. It is not only students who engage in bullying tactics. On some occasions, communication between adults, especially with emails, can fall into this category.



## FROM THE PRINCIPAL

I ask that all parents and carers be respectful in their communications with our staff and that the Code of Conduct for Parents and Volunteers, as outlined by Catholic Education Services in our diocese, be respected. While it is easy to pen an email and press the send button, often a face-to-face conversation is more effective and respects the viewpoints of both parties.

There are many instances of students at our college behaving in a positive manner, respecting others and trying their best at all times. The St Stephen's Swimming Team is to be congratulated for achieving third place in a close contest with other secondary schools last Wednesday. Our students performed well by achieving overall champion status in their respective age groups and breaking long held records. At the Lions Youth of the Year judging in Mareeba last Saturday, two of our students, (David Bin and Lauren Davis), gave stellar performances, with David Bin, the overall winner, now advancing to the next round in Townsville on 24 March.

In making St Stephen's an even safer environment for our students, we need to embrace the words of Mother Teresa of Calcutta:

***"You can do what I cannot do. I can do what you cannot do. Together we can do great things."***

With Trust in the Lord

**Mrs Ida Pinese | Principal**  
[principal@sscc.qld.edu.au](mailto:principal@sscc.qld.edu.au)



**Don't let parenting worries keep you up at night!**

The results from Triple P's annual parenting survey are in! Encouraging kids to be healthy, managing screen time and dealing with kids' emotions are the three biggest worries keeping Queensland parents up at night right now.

Triple P founder Professor Matt Sanders says the best thing parents can do to encourage positive behaviour is to lead by example. Kids who grow up with positive parenting do better at school and in life. Parents who do Triple P are also less stressed and depressed. Triple P is free in Queensland – do it online, in seminars or groups, or one-on-one. Visit [www.triplep-parenting.net](http://www.triplep-parenting.net)



## FROM THE ASSISTANT PRINCIPAL RELIGIOUS EDUCATION

The Mother of Good Counsel Parish community (North Cairns) extends an invitation to young people to join them for a special Mass celebrating the Year of Youth at 5:30 pm, Sunday 18 March. Join us for Eucharist with contemporary music and a welcoming atmosphere, and afterwards, we will share some pizza and sushi. Special diets will be catered for upon request. For more info please contact the Diocesan Youth Ministry Coordinator, Anne Chellingworth, on 0407 716 430 or via email: [achellingw@ Cairns.catholic.org.au](mailto:achellingw@ Cairns.catholic.org.au)



At the closing mass of 2017, St Stephen's Catholic College donated a trailer that was constructed by students with the assistance of Mr McLennan, to the St Vincent de Paul Society Queensland. Ms Davina Dansie from the Society has provided us with an update of how the trailer has been put to use:

*"Since receiving the trailer, it has been used in various conference works that include transporting donated items to the homes of those whom we assist, and moving Society assets across the Diocese.*



*However, the one activity that we felt the College needed to know about was the delivery of Drought Relief Assistance to communities and pastoral families in the Gulf Savannah. Earlier this week, Deacon Peter de Haas, FNQ Diocesan Central Council Spiritual Advisor, with the assistance of St Teresa's Conference Members and Vinnies volunteers, provided material assistance to families and communities in the Gulf Savannah that have continuing struggles due to the ongoing drought. The amount and level of material assistance provided would not have been possible without the use of the donated trailer.*

*We feel it is important that the College is aware of the resonating effect of the creative and generous donation the students and staff so passionately worked on. The College has essentially helped families beyond its geographic location and in ways that enabled the families to know that there are communities and individuals elsewhere who are more than willing to help in the most imaginative ways. On behalf of the Society, FNQ Diocesan Central Council and the Membership, thank you for the great support of our works".*

**Miss Janai Sugars**  
Assistant Principal Religious Education  
[jsugars2@scc.qld.edu.au](mailto:jsugars2@scc.qld.edu.au)



The Social Justice Committee: Lauren Davis,  
Mackenzie Elms, Taylah Phelan and Paulina  
Bernhardi.



# FROM THE MIDDLE LEADER HEALTH AND PHYSICAL EDUCATION

## Year 9 HPE with Queensland Cricket



## Year 10 HPE - Golf Lessons with Mr Luff



## Year 11 Recreation at Essential Fitness - Mareeba



# FROM THE MIDDLE LEADER HEALTH AND PHYSICAL EDUCATION

## Year 11 and 12 Hospitality Practices with Mrs Bernardi



## FROM THE MIDDLE LEADER SOCIAL SCIENCE

The Social Science Department has started the year by providing opportunities for students to be challenged and extended. This is occurring through a variety of thought-provoking activities, guest speakers, competitions, and fieldwork. Upcoming and completed opportunities for this semester include the Australian History Competition, Australian Geography Competition, talks by Kim Forde (Mt Emerald Wind Farm) and Peter Holden (Department of Agriculture and Fisheries), We Will Remember forum, and Junior and Senior Geography field trips.



Year eight Geography students recently braved the rain on an excursion to the Barron River catchment. Rod Marti, Coordinator of Barron Catchment Care, lead the students along a revegetation site at Bonadio's Farm on the Barron River to demonstrate how replanting the riparian vegetation has reduced the amount of valuable topsoil entering the river. Students then compared this to a series of water detention basins in Tolga which 'slow the flow' in an urban setting to reduce the flooding of nearby houses. Thank you to Mr Marti for sharing his expertise with our geography students who all had a great day learning about their local area.

Geography students in years seven to ten have had the opportunity to participate in topic-focused discussion relating to the construction of the wind turbines at the Mt Emerald Wind Farm. Community Engagement Facilitator, Kim Forde, has shared lots of interesting stories relating to the processes involved in construction and the extensive efforts that have been undertaken to preserve the indigenous and native heritage of the area. She has also been able to answer a few hundred questions relating to all aspects of student curiosity.

Year twelve Geography students will be completing a field trip after the Easter holiday to examine ways people can be 'connected to place'. This will involve fieldwork in Atherton, with presentations from representatives of the Queensland Police Service, Tablelands Regional Council, and an Atherton hotel. Students will examine strategies and make recommendations to revitalise the Atherton CBD to make it more vibrant and family-friendly after dark.

**Mr Dwayne Miller**  
**Middle Leader Social Science**  
[dmiller2@sscc.qld.edu.au](mailto:dmiller2@sscc.qld.edu.au)



Above left: Year eight Geography on their excursion to the Barron River Catchment and above right: Kim Forde, from the Mt Emerald Wind Farm, addressing students on the construction of the wind farm.

## CHESS NEWS

Sixteen students from St Stephen's Catholic College attended the first round of Gardiner's Interschool Chess Competition which was held at Trinity Anglican School, White Rock in Cairns on Thursday 1 March.



St Stephen's 1 team (Caleb Shorey, Milan Bagic, Iago Roche-Maxwell and Gordon Yates) finished in second place in the Secondary A Division behind St Augustine's 1. Iago Roche-Maxwell (5 points), Milan Bagic (5 points) and Gordon Yates (4.5 points) received merit ribbons for achieving over 4.5 wins from seven games and they finished in fifth, sixth and eighth place respectively in the individual standings. In the Secondary B Division, St Stephen's 4 (James Dixon-Mills, Sam Jackson, Bailie Olufson and Dakota Santarossa) also finished in second place behind St Augustine's. James Dixon-Mills (year seven) received the silver medal for his second place finish in the overall individual standings for the Secondary B Division.

The first round was a record for attendance with over 110 students and 31 teams competing in the secondary competition. The next round of the FNQ Interschool chess competition will be held in Cairns on Thursday 31 May. A full list of results can be found on the Gardiner Chess website: <https://gardinerchess.com.au/inter-school-competition/interschool-chess-results/>

Thank you to Mr Fenner for supervising the students at the competition and to Mr Harnischfeger for coaching the students this term. Chess club is on every day at second recess in S5 and on Tuesday's during lesson four (permission form required for this session from Mr Ellison).

**Mr Christopher Ellison**  
Chess Coordinator  
[cellison1@sscc.qld.edu.au](mailto:cellison1@sscc.qld.edu.au)



From left to right: Secondary A Division Team: Gordon Yates, Caleb Shorey, Iago Roche-Maxwell and Milan Bagic and Secondary B Division: Bailie Olufson, Dakota Santarossa, James Dixon-Mills and Sam Jackson.

## FROM THE MIDDLE LEADER YEAR 7

It is hard to believe that 116 year seven students have now completed seven weeks of high school. Many of the students began the year with mixed feelings and emotions. Students were a little nervous and excited when the year started as, it was the fear of the unknown.

It did not take long for the apprehension to ease and the year seven's settled into first term. Students have adapted to new subjects, different classmates and new friendships groups and handled the new challenges of secondary school and their new environment with maturity and confidence. Year seven students have also mastered their timetables, locks and lockers, are more organised for each lesson and can now find their way around the school. Well done year seven!

Students are now in full-swing of assessment. Assignments and tests may cause a little stress and anxiety. It is very important that students discuss any issues with their classroom teacher during class time or via email, have an organised SRB and term planner and, of course eat, and sleep well. The new challenges of high school, especially in term one, can be somewhat overwhelming at first; however as the year progresses, students will be able to handle life as a secondary student. Being organised is the key and taking home the necessary books to revise and study is paramount. Students should make studying a part of their everyday school routine and do not be limited to 'cramming' for exams and tests.

### Study Tips for Students

1. Establish a routine.
2. Create a study environment.
3. Set a timetable.
4. Look after yourself.
5. Reward yourself for studying.
6. Have variety in your study program.
7. Avoid interrupting your concentration.
8. Test yourself on what you have studied.
9. Don't panic at exam time.
10. Ask your teachers for guidance.

As it is assessment time, it is essential that students and parents are familiar with the assessment policy and the procedures for submitting tasks by the due date.

This document can be found on the school web-site under policies and procedures. It clearly outlines the procedures for submitting tasks and states what is expected if a student is absent on the day assessment is due.



A big thank you to the year seven home form teachers who have assisted and guided the youngest members of our St Stephen's community. Home form teachers also check that students have their SRB signed each week, and by parents checking the SRB, you can keep up to date with your child's homework and upcoming assessment and events.

Congratulations to the year seven students for their great enthusiasm and excitement at the swimming carnival and stepping out of their comfort zone, with many students achieving personal goals. I look forward to seeing the same zest and excitement for the cross-country on the last Thursday of term.

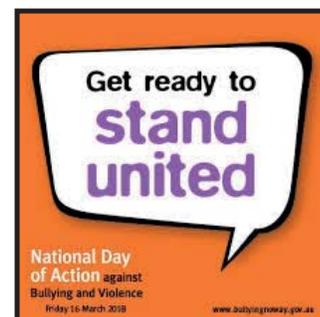
As the term is coming to an end, I would like to take this opportunity to wish you all a safe and enjoyable break and I hope families are able to spend quality time together appreciating the company of their loved ones. I know the year seven students truly deserve the break as term two will be jam-packed. As a reminder, camp will be in week three of term two. I look forward to seeing all year seven students refreshed and ready to tackle term two.

Please take time to read over the 'Tips for Students and Parents' on the "Bullying! No Way!" document.

**Mrs Jayarani Salerno**

**Middle Leader Year 7**

[jsalerno@sccc.qld.edu.au](mailto:jsalerno@sccc.qld.edu.au)



## FROM THE MIDDLE LEADER YEAR 8

The year eight students have settled back into high school with ease and confidence. Many students are now more confident with St Stephen's routines, using lockers, being organised for each lesson and taking responsibility for their own learning. Some of the year eight students have assisted our new year seven students by showing them the ropes, directing last year seven's to their classes and providing friendship and care for our newest members of the St Stephen's community. Year eight's are developing positive cross-age relationships by contributing positively to the year seven's and demonstrating the school culture by being positive role models.



Now that week eight has arrived with a bang, the workload has increased. It is still important to assist your child with their learning and time management skills. With help, your child will be able to juggle other commitments and interests efficiently and establish good habits. Students need to use their SRB effectively, writing subjects in each week and up-coming assessment. Setting a priority against each task is important in helping your child to achieve goals, rather than being overwhelmed.

It is essential that their SRB goes home every night with up-to-date information recorded. Please take time to check your child's SRB and sign it each week. If your child needs help in planning their time, or they feel that all their commitments are getting on top of them, please seek advice from their teachers, myself or speak with our Guidance Counsellor, Mrs Hall.

### Quick tips for students – Time Management

1. Create a daily 'to do list'.
2. List goals and set priorities.
3. Do 'A's' first (most important things).
4. Do it now.
5. Ask yourself "What is the best use of my time right now"?
6. Be realistic: New habits take time to develop.
7. Reward yourself for small steps of progress towards your goals each week.

### Organisational Matters

- Familiarise yourself with the uniform policy (SRB or school website).
- Any uniform infringements require a signed note from parent/carer.
- SRB's need to be checked and signed on a weekly basis ready for Home Form (NOT in advance).

I look forward to another fantastic year with many goals achieved through working together. Enjoy the upcoming Easter break with your family.

Please take time to read over the 'Tips for Students and Parents' on the "Bullying! No Way!" document.

**Mrs Jayarani Salerno**  
Middle Leader Year 8  
[jsalerno@sscc.qld.edu.au](mailto:jsalerno@sscc.qld.edu.au)

GOALS  
+ PLANS  
= SUCCESS

***Bullying is an ongoing misuse of power in relationships through repeated verbal, physical and/or social behaviour that causes physical and/or psychological harm. It can involve an individual or a group misusing their power over one or more persons. Bullying can happen in person or online, and it can be obvious (overt) or hidden (covert). Bullying of any form or for any reason can have long-term effects on those involved, including bystanders. Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying.*** Source: Bullying. No Way!

### ***Taking A Stand Together***

*“Bullying can make us feel unsafe and unhappy. It stops us from being who we want to be and can make it hard to learn and be with other people.”*

*“If you are being bullied or you see bullying happening, do something!*

*If you are bullying others, take the first step to stopping by getting help.”*

*“If bullying isn’t challenged, it can create an environment where bullying is accepted and where everyone feels powerless to stop it.”*

The above extracts are taken from the website “Bullying. No Way!” They are just some of the messages being revisited this week across the school as part of this Friday’s “National Day of Action Against Bullying and Violence.” College staff are committed to providing an environment in which all students (and staff) feel safe and respected. Parents/carers are encouraged to report to college staff instances where their children report feeling unsafe or bullied.

**A Reminder On How Parents And Carers Can Respond**  
Children and young people need to know that they are being heard, that their feelings matter and that their issue will be investigated respectfully. Bullying should be taken seriously.

- **Listen calmly and get the full story:** Your calm response is important to allow your child to tell you all about the situation. After they’ve told you their story, ask questions to get more details if you need to: who, what, where, when.
- **Your first response when a child tells you of a concern can make a difference to the outcome.** Although you may feel some strong emotions about your child’s experience, try to keep calm to avoid more distress to your child.

- **Reassure your child they are not to blame.** You could say things like, ‘That sounds really hard to deal with. No one should have to put up with that.’ or ‘I’m so glad you told me. You should be able to feel safe at school; that’s not fair at all’.
- **Ask your child what they want to do and what they want you to do.** A critical part of your response is to avoid jumping in to solve the problem. While it is natural to want to protect your child, helping them to find their own solution is a better option. It helps them feel they have some power in the situation.
- **Learn some strategies to talk about with your child**
- **Contact the school.** Your child may be reluctant for you to do this, so discuss the idea and reassure them that the school would want to know and is able to help.
- **Check in regularly with your child.** Keep the conversation going. It can take time to resolve issues, so check in regularly with your child about their experiences and their feelings. Your ongoing support is important.



Other helpful information is available from the “Bullying. No Way!” website. I thoroughly recommend exploring this website for helpful tips on responding to bullying and empowering your child to Take A Stand!

Congratulations and all the best to: Tyler Ius for his involvement in the Commonwealth Games Baton Relay and Sara Donovan for competing at the Queensland Swimming Titles in Brisbane.

**Assessment:** A reminder to stay in contact with teachers, (if necessary), regarding any assessment concerns. Assessment can often be a source of worry and stress for both students and their parents at this time of each term.

All the best for the week ahead.

**Mr Paul MacCallum**  
**Middle Leader Years 9 and 10**  
[pmaccallum@sscc.qld.edu.au](mailto:pmaccallum@sscc.qld.edu.au)

## If your child talks to you about bullying:

1. **Listen** calmly and get the full story.
2. **Reassure** your child that they are not to blame.
3. **Ask** your child what they want to do about it and how you can help.
4. **Visit** [www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au) to find some strategies.
5. **Contact** the school.
6. **Check in** regularly with your child.

BULLYING. NO WAY!

150088

[www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au)

BULLYING. NO WAY!  
TAKE A STAND  
TOGETHER

# tips for students...

## Bullying – what can you do?

### If it happens in person:

- ignore them
- tell them to stop and then walk away
- pretend you don't care
- go somewhere safe
- get support from your friends.

### If it happens online:

- avoid responding to the bullying
- block and report anyone who is bullying online
- protect yourself online – use privacy settings and keep records.

### If you see someone being bullied:

- leave negative online conversations – don't join in
- support others being bullied.

### If it doesn't stop:

- talk to an adult (parent, teacher) who can help stop the bullying
- keep asking for support until the bullying stops.



## need help?

Kids Helpline [www.kidshelp.com.au](http://www.kidshelp.com.au) 1800 551 800  
headspace [www.headspace.org.au](http://www.headspace.org.au) 1800 650 890  
Online bullying [www.esafety.gov.au](http://www.esafety.gov.au)



National Day  
of Action against  
Bullying and Violence

Friday 16 March 2018  
[www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au)

BULLYING. NO WAY!

TAKE A STAND TOGETHER

# tips for parents...



## If your child talks to you about bullying:

1. Listen calmly and get the full story.
2. Reassure your child that they are not to blame.
3. Ask your child what they want to do about it and how you can help.
4. Visit [www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au) to find some strategies.
5. Contact the school.
6. Check in regularly with your child.

# free apps...



### Take a Stand Together

*Take a Stand Together* is a free app that has tips and advice for students about bullying. It includes short animated stories about bullying, and students can choose what to do from a range of responses. Students can also create their own avatar and choose a positive anti-bullying message.



### The Allen Adventure

Teaching children about social skills and getting on with others is important. As parents and educators, we have a crucial role in providing our children with opportunities to use and practise social skills.

*The Allen Adventure* app is a great way to start the conversation with young children. It's an interactive and engaging way to help young children develop social and emotional skills, make friends and get on with others.



National Day  
of Action against  
Bullying and Violence

Friday 16 March 2018  
[www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au)

## FROM THE MIDDLE LEADER YEAR 11

Welcome back to a new school year, a year which is undoubtedly one of the biggest in your child's schooling. While some of our year eleven's may be beginning their first senior year with graduation at the end of year twelve in mind, it is important for them to remember that the transition from year ten to eleven can be a challenging one as the rigour of senior study is something unfamiliar to a lot of students. It may be timely, therefore, to remind our families of the support available here at the college, from classroom teachers and curriculum leaders to myself as the Pastoral Leader and Mrs Michelle Hall, the Guidance Counsellor. We are all here to support your children on this wonderful, short journey through the last two years of their school life.



As we approach the end of term one, it is critical that students begin to organise their busy lives to ensure adequate time is devoted to their studies. As we adults all know, balancing work and family commitments can be a challenge, so when you throw school, sport and other extra-curricular activities into the mix, it's no wonder that our young people often struggle to prioritise their time. Mrs Hall and I are available to assist students with compiling a study schedule, but a few other tips to help students maintain a healthy mind and body include: regular exercise; eating a healthy and varied diet; getting a good night's sleep (recommendation for teenagers is a minimum of nine hours per night); allocating time to family and friends; minimising part-time work (recommendation is no more than ten hours per week); prioritising school work; and working ahead (not procrastinating). If our students can effectively balance all the commitments in their lives now, they are setting themselves up for a happy, positive and successful life as an adult.

The year eleven's began this year on a literal high, as they travelled to Cairns on the Skyrail as part of their Community Day, sailing over the rainforest with a bird's eye view of our picturesque landscape. A great day was had by all, and I especially loved watching students fight for their "food" as they tried their hand at spear and boomerang throwing at Tjapukai. After a scrumptious buffet lunch, the year eleven's then visited the Australian Armour and Artillery Museum, exploring all the tanks, playing soldiers, and starting to understand the gruelling conditions of war. They are to be commended on their exemplary behaviour on our excursion, and I thank their home form teachers for their assistance.

**Mrs Stacey Crockford**  
**Middle Leader Year 11**

[scrockford@sscc.qld.edu.au](mailto:scrockford@sscc.qld.edu.au)



## FROM THE MIDDLE LEADER YEAR 12

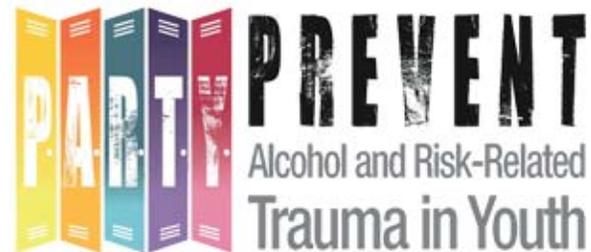
Year twelve student leaders recently attended the P.A.R.T.Y Program at the Cairns Hospital. The program title can be a little deceptive, as there certainly wasn't any partying on the day! P.A.R.T.Y stands for Prevent Alcohol and Risk-related Trauma in Youth and is an initiative of Queensland Health.



Students participated in a number of sessions throughout the day, beginning with presentations from emergency department doctors and nurses and paramedics from Queensland Ambulance Service in the morning. The afternoon took us on a tour of the hospital, visiting the emergency department, undertaking physical therapy as a quadriplegic, practising basic life skills as a recent amputee with the occupational therapist, and trying the liquid diet of a trauma victim in the speech therapy unit. However, the most confronting session of the day was undoubtedly the surprise simulations of both the emergency department and intensive care unit, where students were charged with the roles of emergency personnel in a real-life training simulation.

There were laughs, tears and grimaces, but the day was a resounding success, with both teachers and students marvelling at how realistic and confronting the program was. As the P.A.R.T.Y Program states, "In Australia, traumatic injury is the leading cause of death in people under the age of 45. Young people in this age group are grossly over represented in injury and trauma statistics, both in terms of death and long-term disability. Road trauma is still one of the most common causes of mortality and catastrophic injury in youth." The aim of the day was for our school leaders to see the true impact of alcohol, drugs and risky behaviour, and how easily trauma can be prevented, with the hope that they will impart their experiences to their peers and, if we can prevent even one injury, then the program has achieved its goal.

**Mrs Stacey Crockford**  
Middle Leader Year 12  
[scrockford@sscc.qld.edu.au](mailto:scrockford@sscc.qld.edu.au)





# VET News

Our newest School-based trainee is Lauren Brown who is studying a Certificate III in Business at Marama Jewellers. Lauren is pictured with Mrs Goleby, VET Officer.



## Apprenticeships and traineeships

Apprenticeships and traineeships combine structured training (eg: through TAFE or another Registered Training Organisation) with practical experience working for an employer. You are paid for your work and when you complete your training you receive a nationally accredited qualification. The term 'apprenticeship' is used for skilled trade areas such as electrical, plumbing, carpentry, cabinet-making, automotive, etc. 'Traineeship' is used for vocational areas such as office administration, information technology, tourism, hospitality, beauty therapy, etc. Apprenticeships and traineeships can be full-time, part-time or school-based. A school-based apprenticeship or traineeship allows you to start your training while you are still at school. It will contribute credit towards your Queensland Certificate of Education.



## The Queensland Training Awards celebrate the state's top training achievers.

These awards recognise individuals and organisations that strive for and have achieved success, best practice and innovation in vocational education and training (VET). Nominate **NOW** for the School-based Trainee or Apprentice of the Year.

Be quick! Nominations close 16 March 2018!

**5 easy steps**

Nominate #QTA2018

- 1. Start early**  
Refer to examples, check criteria, answer every question.
- 2. Stand out**  
Tell your story, use examples to show your strengths.
- 3. Proofread**  
Remember to check spelling, word count and ask a friend to review.
- 4. Apply online**  
Create an online account, copy and paste responses.
- 5. Attach evidence**  
Up to 5 attachments, quality over quantity, check file size limit.

### Contact us

Help is available! Contact your regional or state office:  
1800 660 207  
qldtrainingawards@det.qld.gov.au

# DISTRICT SWIMMING CARNIVAL

The District Swimming Carnival was held at the Atherton Pool on Wednesday 7 March. Thank you to the college staff who attended the carnival and supported our students. The scores were close, with St Stephen's in third placed behind Mareeba State High School (first place) and Malanda State High School (second place). Congratulations to the swimming team for the great effort and to the many students who either received age champion or came second or third in their age group.



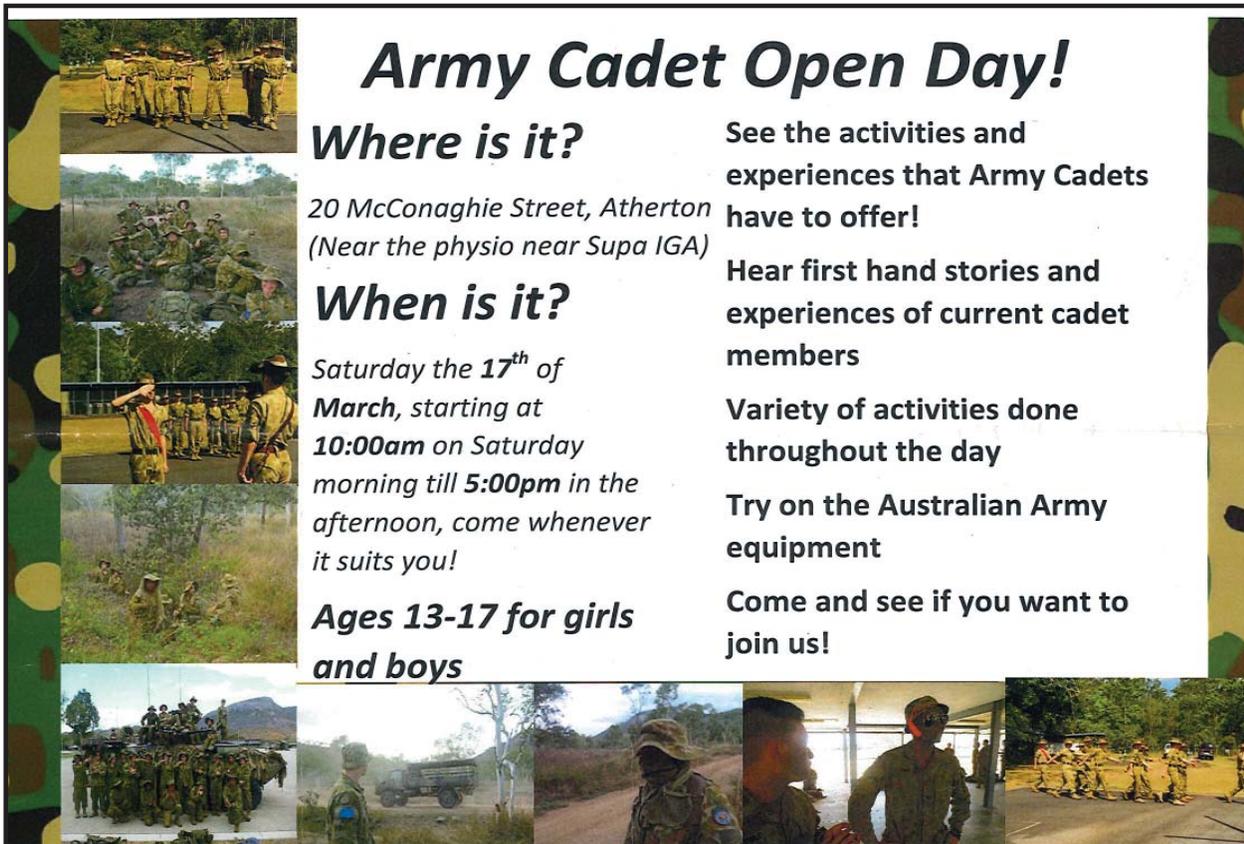
# MUSIC UPDATE



The new Music Room is officially open for business. It is proving to be a popular place to be, even attracting year twelve students to form a boys' choir. Instrumental lessons are well underway and new equipment is arriving to add the finishing touches to the new room.



## COMMUNITY NOTICES



# Army Cadet Open Day!

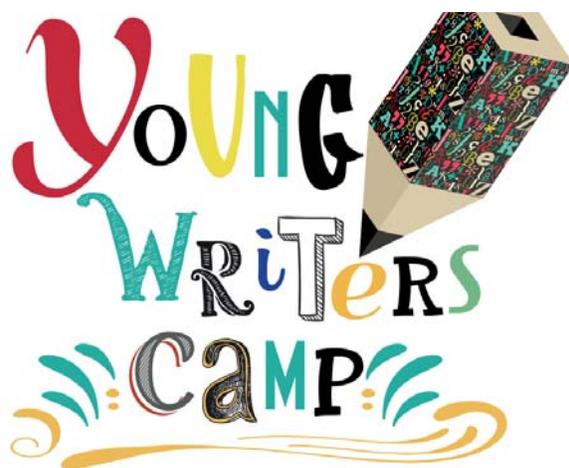
**Where is it?**  
20 McConaghie Street, Atherton  
(Near the physio near Supa IGA)

**When is it?**  
Saturday the 17<sup>th</sup> of  
**March**, starting at  
**10:00am** on Saturday  
morning till **5:00pm** in the  
afternoon, come whenever  
it suits you!

**Ages 13-17 for girls  
and boys**

See the activities and experiences that Army Cadets have to offer!  
Hear first hand stories and experiences of current cadet members  
Variety of activities done throughout the day  
Try on the Australian Army equipment  
Come and see if you want to join us!

## COMMUNITY NOTICES



A three day creative writing workshop

Led by a team of professional writers, this specialised program will develop your skills, expand your creativity and identify opportunities to get your writing out into the world. For ages 15-17.

at

**Kuranda Library**  
9-11 April 2018



For more information phone 40864735

and supportive learning environment

The Young Writers camp is a series of workshops, provided by the State Library of Queensland, for up to 20 young people aged 15 - 17 to explore creative writing and storytelling techniques across three full days. The workshops will be guided by professional writers and creative practitioners, they are FREE and will run from Kuranda Library on Monday 9<sup>th</sup> April - Wednesday 11<sup>th</sup> April inclusive, from 9am - 4pm each day.

**WHAT:** 3 Day Young Writers Camp

**WHO:** Young People Aged 15 - 17

**WHERE:** Kuranda Library

**WHEN:** Monday 9<sup>th</sup> April - Wednesday 11<sup>th</sup> April from 9am - 4pm

**MORE INFORMATION:** Kellie 4086 4735 or Kuranda Library 4093 9185

**BOOKINGS:** By Monday 26<sup>th</sup> March by telephoning Kellie on 4086 4735

*NOTE: Young People who would like to participate must be able to commit to attending the full three-day program and must arrange their own transport to and from the Kuranda Community Precinct.*

# TRIVIA NIGHT

Tuesday 20<sup>th</sup> March 2018

@ Rising Sun Lounge, Mareeba RSL

## ALL PROCEEDS TO MAREEBA HOSPITAL

Doors Open 6.30 p.m.

Teams of six.

Bookings: R.S.L. - Tracey

Cost: \$8 per person.

The Bistro will be open @ 6 pm to serve meals.

Coffee, tea and biscuits will be served at the interval.

Please support this evening of fun and frivolity by organising a team of six.

Thanks to our sponsors who made this evening possible

**R.S.L.**    **4AM,**    **KIKfm**    **CoffeeWorks**

**O'Donnells,**    **TablelandsAdvertiser.**

**COME ALONG. HAVE A GOOD LAUGH AND WIN THE TROPHY  
FOR THE SMARTEST BRAINS IN MAREEBA.**

# ST STEPHEN'S CATHOLIC COLLEGE

# ENROL NOW

# FOR 2019

## SCHOLARSHIP APPLICATIONS NOW OPEN!

Scholarship applications for academic, sporting and cultural for Year 7 in 2019, are now available. Application forms are available from the college website or from the college office.

**Closing date: Thursday 29 March 2018**

Families intending to enrol students for 2019 must collect an enrolment package from the college or download a copy from our website. The following steps outline the process:

1. Complete the application for enrolment documentation.
2. Attach the necessary documentation as per the checklist in the enrolment package.
3. Return the application with \$100.00 enrolment fee in person or by mail and all applications must be received by 29 March 2018.
4. Once the enrolment application has been received, you will be contacted for an interview. Your enrolment interview may occur in terms one or two.
5. Confirmation of your child's enrolment will occur in term two, when you will be sent a confirmation of enrolment package to complete. This package must be returned to the college for processing.



*Lot 3, McIver Road Mareeba  
PO Box 624 Mareeba Qld 4880*

*Phone: (07) 4086 2500  
Email: [office@sscc.qld.edu.au](mailto:office@sscc.qld.edu.au)  
[www.sscc.qld.edu.au](http://www.sscc.qld.edu.au)*