

St Stephen's  
Catholic College



# St Stephen's News

Issue 7 - Term 2 - Wednesday 15 May 2019

**Principal:** Mrs Ida Pinese

**Deputy Principal:** Mr Simon Vaughan

**Assistant Principal Religious Education:** Mrs Laura Gilbert & Miss Janai Sugars

**Assistant Principal Administration:** Mr Rohan Priestly

**Business Manager:** Mr Hadyn Flynn

**College Leader Pastoral Care:** Mr Matthew Draper



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## Deacon wins the Interhouse Athletics Carnival!



Congratulations to Pastoral House Deacon for winning the 2019 Interhouse Athletics Carnival. All students who participated deserve to be congratulated for their commitment and hard work. The Interhouse Athletics Carnival was a resounding success with students enjoying the friendly competition and striving to help their team to victory. Age Champions will be presented with their medals at assembly next week (more photos on pages eight to twelve).

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**Website:** [www.sccc.qld.edu.au](http://www.sccc.qld.edu.au)

# NOTICES

## UPCOMING EVENTS:



**Friday 17 to Sunday 19 May**  
Great Wheelbarrow Race

**Thursday 23 and Friday 24 May**  
Tablelands Athletics Carnival at St Stephen's

**Monday 27 May**  
Questacon Science Circus

**Tuesday 28 May**  
Chess Competition

**Wednesday 29 May**  
Year 10 Immunisations

**Wednesday 29 to Friday 31 May**  
Year 11 Block Exams

**Friday 31 May**  
Year 12 PARTY Program

**Tuesday 4 June**  
Real Talk Parent Evening 6.30 pm

**Wednesday 5 June**  
Australian History Competition  
Real Talk - Year 10

**Thursday 13 June**  
Year 11 Geography Fieldwork

**Friday 14 June**  
Readers Cup

**Wednesday 19 to Friday 21 June**  
Year 12 Block Exams

## CHESS CLUB

with Mr Harnischfeger (Mr H)  
**Room: S4 - Every day during Recess 2.**  
**EVERYONE IS WELCOME!**



## TERM DATES 2019

Term 2: 23 April to 28 June  
Term 3: 15 July to 20 September  
Term 4 : 8 October to 29 November  
Year 12 - 15 November

**Student Free Days 2019**  
Monday 21 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 ([ssm.principal@cns.catholic.edu.au](mailto:ssm.principal@cns.catholic.edu.au)) with any information and photos.

## ABSENTEE EMAIL

If your child is absent, please email:  
[ssm.absentee@cns.catholic.edu.au](mailto:ssm.absentee@cns.catholic.edu.au)

## Maths Tutoring Available

**Tuesday and Thursday**

Recess 2 - S5

(all students welcome)

**Wednesday**

3.00 pm - 4.00 pm - Library

Years 10 -12 only



## Change of Details

To ensure communication is received, please advise the college if you have changed your email address. Please email the office: [ssm.office@cns.catholic.edu.au](mailto:ssm.office@cns.catholic.edu.au) or telephone: 4086 2500. This also applies to any other contact details.

## FROM THE PRINCIPAL

Dear Parents and Friends of St Stephen's

*"Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid."* (Albert Einstein)

It is important that schools have a strong sense of who they are (culture) and where they are going (strategic direction).



*"Like the larger social culture, a school culture results from both conscious and unconscious perspectives, values, interactions and practices, and it is heavily shaped by a school's particular institutional history. Students, parents, teachers, administrators and other staff members all contribute to their school's culture, as do other influences such as the community in which the school is located, the policies that govern how it operates or the principles upon which the school was founded. "(Great Schools Partnership 2013)*

A school's culture is its DNA. At St Stephen's this culture is based on the values of perseverance, respect, integrity, dignity and excellence in a faith-based environment where all members of the college community have an awareness and appreciation of God's presence in their lives. These values are the foundation for enhancing cohesion and performance. The greatest challenge faced by teachers occurs when some students and their families have values which do not align with those of the college. While it is healthy to have people with diverse perspectives, acceptance of enrolment at the college translates to respect for its policies and procedures regarding uniform and grooming, attendance, assessment, engagement with learning, general conduct and the fact that St Stephen's is a Catholic school where teaching the Catholic faith is an integral part of the students' experience.

This culture enables the fulfilment of our **strategic directions** for the next three years:

- Christ-centred inspired and engaged student-focus learning
- Imaginative and sustainable stewardship of resources
- Active culture of service inspired by the traditions of St Stephen's
- A welcoming community committed to the well-being and inclusion of all

The improvement agenda for 2019 is about improving student outcomes and their well-being through:

- Analysis and discussion of data
- Expert teaching team
- Celebrated and lived Catholic Identity

Improvement will be different for each student and the goal is to move them forward by focusing on their strengths and supporting them to progress in those areas which they find challenging. As in the opening quote, it is important that one formula is not used for all students, but that differentiation occurs to cater for their specific needs. Our teachers work very hard to ensure this happens and I commend them for their efforts in this area. I thank parents who attended the parent/teacher interviews on Thursday 2 May, as positive conversations about students' performance can only be beneficial for an improvement in outcomes.





## FROM THE PRINCIPAL

### Updates:

- NAPLAN test for years 7 and 9 from 14 to 16 May: Best wishes to all students. While this test is a snap shot of a point in time, it provides valuable information for the college about literacy and numeracy.
- Great Wheelbarrow Race: 17 to 19 May: the college is once again entering a team comprised of year 12 students, while other students are doing a duo or are a part of a local team not associated with the school. All runners are to be commended for their resilience and commitment to this local event.
- District Athletics Carnival: St Stephen's is the host location for this event on 23 and 24 May. A small committee of teachers from various schools has been working very hard to ensure that this carnival is a success. For the very first time, the carnival will include students aged 10 to 19. This means that there could be forty schools participating. Normal lessons will run for students on these days, so attendance is compulsory. Only athletes will be involved in competing in their events at the designated times. Parents are most welcome to attend, and I thank those who have generously volunteered to assist us on these two very busy days. The reason the carnival is being held earlier than in previous years is due to the nationals being held in Darwin in August this year.
- The construction of the hall and auditorium is progressing at a good rate and we are very excited about the addition of this facility to the existing capital resources
- In term three, on 4 June, there will be a second year eleven information evening about the implications of the new QCE (Queensland Certificate of Education) system. Not only will parents and students be reminded of the changes, but there will also be a discussion about the timing of signature events such as the senior formal and senior graduation. As external exams commence in week three of term four, these events will need to occur at an earlier time.

Effective communication between home and school is essential for students' well-being. I thank parents for honouring our policies and processes and providing unconditional support for their children. As always, constructive feedback (via email, in person or by phone to me) is very welcome.

With Trust in the Lord

**Mrs Ida Pinese | Principal**

[ssm.principal@cns.catholic.edu.au](mailto:ssm.principal@cns.catholic.edu.au)

## FROM THE ASSISTANT PRINCIPAL ADMINISTRATION

The busy term continues! We are now in the middle of NAPLAN tests (May 14-16) and at the publication of the newsletter, day one and day two should be complete with just the third day to go.

The day after NAPLAN, a keen group of year twelve students will be heading to Dimbulah pushing a wheelbarrow as fast as possible. Many students will be participating in the race, which is a wonderful event for the district. Saturday is the Dimbulah to Almaden leg, followed by the Almaden to Chillagoe leg. A very hard weekend for the participants and the support crews.

Week five will be dominated by the district athletics carnival on Thursday and Friday. The weather has been kind to us as I write this, so I hope that it continues. Add to the busy term we have the block exams for year eleven students in week six. We may have two quieter weeks, seven and eight, then week nine will be the block exams for senior students.

A least the rain has eased up. Have a great term.

**Mr Rohan Priestly**

**Assistant Principal Administration**



## FROM THE COUNSELLOR

Following on from the Random Acts of Kindness Promotion we held here at St Stephen's in week seven of term one, we have now started the St Stephen's Kindness Club. Students of the college were invited to attend the first meeting of the club on the 30 April and were given a list of kindness challenges that they are to complete during the month both in and outside of the college.



Kindness challenges will be issued to the students at monthly meetings and will involve tasks like giving compliments, helping out around the school and home, calling someone they have not seen in a while and emailing people to thank them. Students are also asked to come up with their own act of kindness each month. Interested students who missed the first meeting are encouraged to email or see me if they would like to join and watch the morning notices for updates. The club will meet on the last Tuesday of each month at recess two in the MCR.

Acts of kindness have been shown to increase feelings of happiness and wellbeing, combat and reduce bullying, increase resilience, improve existing friendships and create new ones. It is our hope that through the St Stephen's Kindness Club we can grow the culture of kindness in our school and the wider community.

**Ms Havva Murat**

**Counsellor**

[hmuratmaks@cns.catholic.edu.au](mailto:hmuratmaks@cns.catholic.edu.au)



Pictured at the first meeting of the Kindness Club are Miss Zazzi, Isabelle Jennings, Carla Fassio, Riley Bloore, Alyssa Bale, Grace Pillar, Ms Murat, Ricki Lee Fraser and Jarek Sprecher.

### Managing Your Child's Anxiety by Michael Grose

#### **Explain anxiety**

If your child is anxious he may struggle to explain how he feels. An important first step in anxiety self-management is explaining to your child how anxiety works.

- Teach your child that the part of the brain that protects them from danger (the amygdala – pronounced ahh-mig-dah-la), is always on high alert when they are anxious
- Explain that the amygdala sees danger where there is none, but the body prepares to fight for life or flee from danger as if it's protecting them from a hungry lion
- Discuss that the amygdala can't differentiate between a hungry lion and public speaking or some other task they must face
- Talk about the changes that happen in their body to power them up to fight or flee, including increased heart and breathing rates and the pumping of the blood from the stomach to the arms and legs, which can cause nausea and even vomiting for some

#### **Respond with empathy**

When your child feels anxious, the part of the brain that controls rational thinking, decision-making and concentration temporarily goes offline. They can feel easily overwhelmed by simple, everyday events and situations. Rather than protecting your child by allowing them to avoid meeting these challenges, or dismissing them as trivial, validate their feelings with statements such as:

- "I can see you're feeling worried about going to camp without your brother."
- "Thanks for telling me you feel nervous about the test. It's understandable."
- "I see you're really anxious about this right now. I know it's hard for you."

Resist the temptation to rescue or fix a situation. Respond with empathy and understanding to your child's concerns.

#### **Manage anxious moments**

Help your child develop the tools to regulate and push their anxious feelings to the background. Practise these anxiety management tools when your child is feeling calm, and it will be easier for them to practise when they are nervous. These include:

- Taking some deep breaths: Deep belly breathing from the diaphragm calms the amygdala, reducing feelings of anxiousness
- Bringing their attention back to the present: Use their senses to bring their attention to the present moment and away from their worries – "Tell me five things you see, four things you hear and something you smell."
- Getting them moving: Physical exercise is not only a great distraction but it releases feel-good endorphins that help children and young people feel better and more optimistic about the future.
- Defusing their thoughts: Anxious thoughts can get stuck, refusing to budge no matter how unwanted they are. Help your child to distance themselves from their thoughts by placing distancing statements in front of their thoughts. Replace "I'm going to fail the test" with "I had a thought that I'm going to fail the test." Rather than changing their thinking, assist your child distance themselves from unhelpful thoughts.

#### **Get the fundamentals right**

Sufficient sleep, good nutrition and exercise are essential for anxious kids. Support your child to adhere to their optimal bedtime so they wake naturally each morning, reduce sugar, take care of their gut health through good nutrition and encourage regular exercise for optimal mental health.

Retrieved from: <https://www.parentingideas.com.au>

The Cairns Careers Expo is coming to the Cairns Showgrounds on Tuesday 28 May. I would encourage parents of students in years ten to twelve to attend. It is a great opportunity to start looking at study and work options available and talk to the people in the know.



#### **Looking for information about apprenticeships and traineeships?**

[Apprenticeship Central](#) is a job search site where apprentices and employers can connect, specifically dedicated to apprenticeships and traineeships in Australia. Its aim is to provide a space for users to search for opportunities and also connects job seekers with employers. If you are looking for an apprenticeship or traineeship you can register and be notified of current vacancies. The website allows you to complete a career quiz and register to use the free Resume Builder. For more information, talk with your school Guidance Counsellor/Officer and/or VET Coordinator.

#### **Career Exploration – where to start?**

The [Western Australian Government, Jobs and Skills WA](#) has put together a great website where you can find information, resources and tools specific to Career Exploration. Visit their website and scroll down to the Information and Resources section and check out:

- [Finding out more about career planning](#)
- [Interactive tools to help you along](#)
- [Read about how Anita, a young Aboriginal woman and how she made it happen](#)
- [Fact sheets to help with career planning](#)

As they state on their website, career development is the continual process of managing your learning, leisure and work to progress through your life. It includes gaining and using the skills and knowledge you need to plan and make informed decisions about education, training and work. Check out this excellent resource to start or continue your journey today!

#### **A Winning Resume**

What makes a winning resume? It's got to be succinct, achievement-focused, well formatted, keyword optimised, grammatically correct and... this list could go on, but who's got time for that? There is no one right answer/format for writing a winning resume but [Seek Career Advice](#) have developed and provided a free, professionally designed [resume template](#) to help get you started.

Even if you are not ready for a part time job yet, it's a good idea to get your resume done so it is ready for when that 'great' opportunity comes along.

I have a number of resume templates for students to access and am more than happy to assist them in putting together their winning resume.

**Mrs Carol Hoult**

**Middle Leader VET and Vocational Learning**

[choult@cns.catholic.edu.au](mailto:choult@cns.catholic.edu.au)



# INTERHOUSE ATHLETICS CARNIVAL



Augustine Leaders: Parmjot Mally and Gemaley Evans Madrid.



Deacon Leaders: Shelby Devine and Lleyton Phillips.



McAuley Leaders: Kate Schincariol and Alexander Fogale.



Muluridji Leaders: Chelsey Manitta and Anthony Long.

# INTERHOUSE ATHLETICS CARNIVAL



Above and below: Year seven students enjoying their first Interhouse Athletics Carnival at St Stephen's Catholic College.





## INTERHOUSE ATHLETICS CARNIVAL



The year twelve cohort came together at the end of the day to celebrate their last Interhouse Athletics Carnival.



Students line the track to cheer on the competitors.



## INTERHOUSE ATHLETICS CARNIVAL



The fastest girls from each age group competed against each other for the title of fastest girl at St Stephen's Catholic College. From left to right: Olivia Soncin, Emma Raciti, Tonia-Marie Rantucci, Hazel Dye, Mashayla Yunkaporta and Nimala Clarke, with Olivia Soncin being awarded the title.



The fastest boys from each age group also competed against each other for the title of fastest boy at St Stephen's Catholic College. From left to right: Luke McLennan, Jake Priestly, Jasper Cole, Ryan Johnston, Luke Rantucci and Marlon Bellero, with Luke Rantucci being awarded the title.



## INTERHOUSE ATHLETICS CARNIVAL



Left: Year twelve student Liam Pozzebon and right: year seven students Alyssa Bale and Capri Flegler. Below: Zhiaz Garcia from year seven.



## FROM THE MIDDLE LEADER - YEARS 9 AND 10

The term is progressing well. Despite a disrupted start to the term with public holidays and a pupil free day, students appear to have settled positively into term two. It has once again been encouraging to see a variety of students from years nine and ten involving themselves in both academic and extra-curricular activities including athletics, ANZAC Day ceremonies (both school and community) choir and Rostrum.



### Uniform Matters

A reminder that ALL students are expected to be in the correct uniform, each day. It is both expected and appreciated when students present with a note from home explaining any incorrect uniform items. The SRB (student diary) is where this type of correspondence can be written, or alternatively on a separate piece of paper.

**Winter Jumper:** With some cooler days upon us, it is necessary to remind students of the correct wearing of jumpers. Only the royal blue college jumper is allowed to be worn. This is available from Tina's Fashion at 209 Byrnes Street, Mareeba. Please see page eight of the current Student Diary (SRB) for all other uniform requirements.

### Assessment Schedules

Students have been reminded of the importance of maintaining focus as units of work and assessment pieces are encountered. Along with students, parents are encouraged to be mindful of due dates for assessment and assist their children in managing what can often be trying and unsettling times. If this is the case, please do not hesitate to speak with relevant college staff about any assessment concerns. Please continue to advise the college if any absences from the college are being planned.

### Year 9 NAPLAN

Congratulations to year nine students who are currently undertaking NAPLAN testing. While this type of testing is known for its anxiety-producing behaviours, the results are valuable to the college (and state), not to mention the students themselves, as they form part of a suite of tools that guide academic planning for all students and staff.

### Year 10 Subject and Careers Meetings

As part of subject selections for year eleven, year ten students have been meeting with Mrs Hoult regarding career thoughts and subsequent subject choices for their senior schooling. While career choices can be unknown at this stage, it is still important to consider wisely a path of study for years eleven and twelve. Subject selections will be confirmed later in the year with a process known as SET Planning.

### Coming Up for Years 9 and 10

- 16 May Lessons 3 and 4: Defence Force information session for years ten and eleven
- 17 May: Peninsula Cross Country
- 23-24 May: Tableland District Athletics
- 29 May: Year ten Immunisations
- 4 June: Real Talk parent evening.

Please do not hesitate to contact me if any of the above requires clarification.

**Mr Paul MacCallum**

**Middle Leader - Years 9 and 10**

[pmacallum@cns.catholic.edu.au](mailto:pmacallum@cns.catholic.edu.au)



# 2019 Tablelands District Athletics Carnival

## Host School:



Thursday 23 and Friday 24 May

Thursday - 9.45 am to 2.00 pm

Friday - 10.00 am - 1.00 pm

with presentations from 1.30 pm to 2.00 pm

Tuck Shop will be open all day; however there will be  
no access from these times:

10.35 am to 11.00 am

12.35 pm to 1.15 pm

Tea and Coffee will be available  
for visiting school officials and parents

On Friday 3 May, Isabel Morris attended the Innisfail Eisteddfod hosted by the Innisfail and District Ballet and Dance Society. Isabel has been performing solo routines at North Queensland Eisteddfods since the age of six. However, this year was the first time dancing on pointe. She was the youngest competitor this year to do so. Isabel placed third at Innisfail and is now looking forward to the Cairns Eisteddfod in July. Congratulations Isabel!



## CATHOLIC FAITH IN ACTION



Year eleven students, Marina Prince and Patrick Thiele recently donated home-baked cookies to Rosies - Friends on the Street. Well done Marina and Patrick.







## Parents in Touch

presents

### An Evening with Mr Isaiah Dawe

**Isaiah Dawe** is a 24 year old Butchulla and Gawara Salt Water Murri Aboriginal man.

Isaiah grew up within the foster care system in New South Wales from the age of 2 months old until he was 18 years. Whilst being disadvantaged daily and having no contact with his biological family, he went through 17 different placements.



He has now turned his negative experiences into a positive and founded the first Aboriginal mentoring organisation to support Aboriginal youth in Out of Home Care. **ID. Know Yourself** is a not-for-profit organisation funded by *Family and Community Services* and *Their Futures Matter*.

The mission for **ID. Know Yourself** is to ensure young people can become strong and proud in their Aboriginal culture. It supports them in finding their purpose and healing in life, so the Out of Home Care cycle stops with them.

Isaiah was named the 2017 NSW TAFE Student of the Year (the first Indigenous person to receive this award); was part of the 1st Indigenous Sydney to Hobart Yacht Race in 2016 and most recently, a finalist in the NSW/ACT Young Achievers Award.

I know the community will find Isaiah's presentation inspiring, confronting and heart-warming and I look forward to parents supporting this event.

Mr Matthew Brennan, Principal

#### WHEN

Wednesday 22 May 2019  
7:00pm - 8:00pm

#### WHERE

Lennon Hall  
St Augustine's College  
(enter via the Severin Street gate)

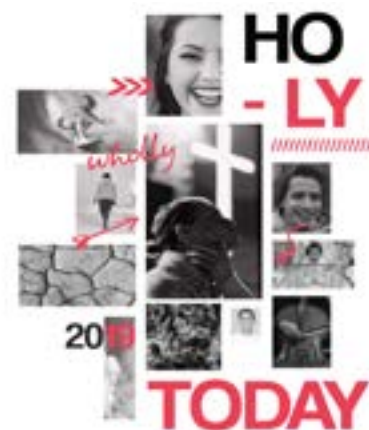
#### WHO

Parent/Carers/Teachers  
This is a Parents Only Event

#### THIS IS A FREE EVENT

#### RSVP

To the College Office by  
Monday 20 May 2019  
T: 4051 5555  
E: [reception@sac.qld.edu.au](mailto:reception@sac.qld.edu.au)



WE LIFT OUR EYES TO THE MOUNTAIN



St Michael's School, Gordonvale will be 100 years old in 2023; just under 5 years' time! The school is interested in hearing from you if you would like to share your knowledge about your connection with the school and the roots in which it was founded.

The school will begin meetings at St Michael's School hall on the third week of each month, starting on 18 June, from 9.50 am to 10.50 am. Snacks and drinks will be provided and all are welcome.

For further information, contact Justine at St Michael's on [secretary.gordonvale@cns.catholic.edu.au](mailto:secretary.gordonvale@cns.catholic.edu.au)

## QUEENSLAND HEALTH - WELL WOMEN'S CLINICS



### Well Women's Clinics (These clinics are available to Medicare eligible clients)

Mareeba Hospital – Thursday 23 May 2019

Ph: 4092 9311

All services are provided by a specially trained Women's Health Nurse.



QUEENSLAND  
**CATHOLIC**  
EDUCATION WEEK  
28 JULY – 3 AUGUST 2019

# Creative Arts Collective

Many Voices.  
One Spirit.

## What

The **Creative Arts Collective** highlights the amazing and creative artwork by students at Catholic primary and secondary schools in the Cairns Diocese.

Students are invited to submit an art piece which may include:



artwork



photography



sculpture



music



film

Along with the art piece, students are to submit a 50-100-word response on what **'Many Voices. One Spirit'** means to them (see submission form on page 2).

As a linking activity for Catholic Education Week, it would be wonderful to receive at least one item from each school.

Chosen art works will be published in the Diocese and beyond and will also be exhibited during Catholic Education Week.

## Why

The Creative Arts Collective will visualise and celebrate our Catholic Identity through our students' creativity.

Selected works may be purchased by Catholic Education, if agreed to by the student.

## How

Art pieces with accompanying submission forms are to be delivered to Catholic Education Services by **Monday 15th July**.

Judges (including the Executive Director) will select art works for exhibition during Catholic Education Week.

☆ 130 Lake St (Cnr Minnie St), Cairns  
sokeeffe@cns.catholic.edu.au  
Ph 4050 9720



**Catholic Education**  
Diocese of Cairns  
*Learning with Faith and Vision*

## Creative Arts Collective

### Submission/Entry Form

#### Student Details:

Student Name:

Email Address:

Year level:  Teacher Name:

Parent Name:

Parent Signature:

#### School/College Details:

School/College:

Address:

Suburb:  Postcode:

Principal/Delegate Signature:

#### 'Many Voices. One Spirit' – Citation 50-100 Words

(What does Catholic Education Week 2019 theme **Many Voices. One Spirit** mean to you).

#### Participation Conditions

All students in Catholic schools in the Diocese of Cairns are invited to participate. Entries must be original work and must not contain any copyrighted material or any intellectual property belonging to others, and not infringe on any third party right of privacy. This is including, but not limited to photographs, trademarks or logos.

#### Criteria for creative designs and concepts

All entries must contain positive messages and images. Submitted work must not contain any offensive or defamatory material or images. There is no limit to the number of entries a student may submit. Each entry must be clearly marked with an accompanying Entry Form.

#### Deadlines

Competition design entries must be received at Catholic Education Services, 130 Lake St (Cnr Minnie St) Cairns, by **Monday 15th July**.

#### Judging Process

A fair and impartial judging panel will judge the entries and select winners, based on creativity, design, originality, and effectiveness in conveying the theme. The decision of the panel is final and no discussion will be entered into.

#### Winning entries

Six winning designs will be chosen.

#### Prizes

All selected student designs will receive a Catholic Education Diocese of Cairns CEW Certificate and will have their art piece exhibited.

#### Announcement of Winners

Winners will be informed by email by Friday 19th July 2019. For further information contact CES Director Identity and Outreach, Sharon O'Keefe on 4050 9720 or email [sokeeffe@cns.catholic.edu.au](mailto:sokeeffe@cns.catholic.edu.au)



2019 WHEELBARROW RACE

far north queensland  
hospital  
foundation



MAREEBA  
**Mazda**



**Harleys**  
The Educational Super Store



North Queensland  
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& Mareeba Glass**

**4092 4896**

Security, Glass  
& Glazing



[www.northqueenslandsecurityfitters.com](http://www.northqueenslandsecurityfitters.com)

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**BIG PETE'S PLUMBING**