



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



Celebrating Excellence



St Stephen's Catholic College held its annual Awards Presentation last night. Congratulations to year twelve students: Megan Crane - College Dux, Jake Priestly - Rotary All Rounder and Makala Meaney - Sr Mary Stephen Memorial Shield.

Above left: Megan Crane - College Dux.

Above right: Jake Priestly - Rotary All Rounder.

Right: Makala Meaney - Sr Mary Stephen Memorial Shield.



NOTICES

UPCOMING EVENTS:



Monday 4 to Friday 8 November
Year 12 Block Exams

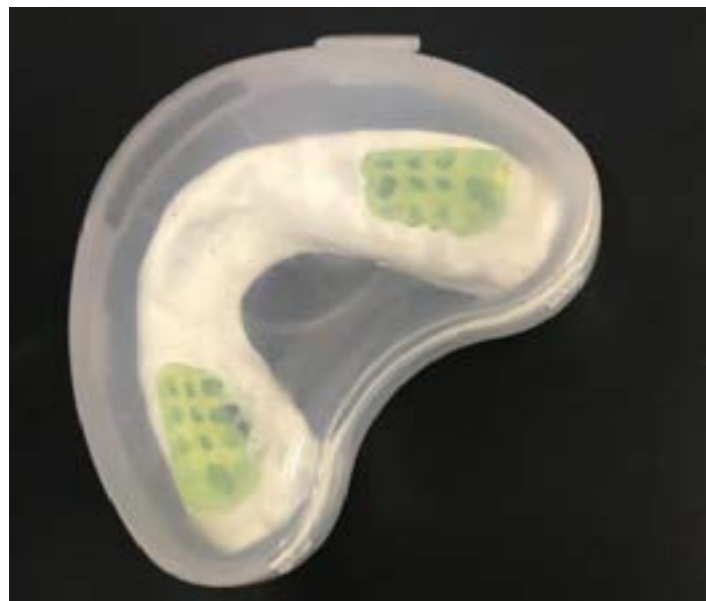
Monday 11 November
Remembrance Day

Tuesday 12 November
P & F Meeting at 5.30 pm

Friday 15 November
Year 12 Graduation (Assembly and Mass)

Monday 29 November 2019
Term four ends

Wednesday 4 December 2019
2020 Year 7 Transition Day



FOUND: This mouth guard has been found, please see Student Services if this belongs to your child.

CHESS CLUB

with Mr Harnischfeger (Mr H)

Room: S4 - Every day during Recess 2.
EVERYONE IS WELCOME!



TERM DATES 2019

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) with any information and photos.

ABSENTEE EMAIL

If your child is absent, please email:
ssm.absentee@cns.catholic.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 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 or telephone: 4086 2500. This also applies to any other contact details.

FROM THE PRINCIPAL

Dear Parents and Friends of St Stephen's



Over the past three weeks, students have been involved in several social, extra-curricular and academic events which have enhanced their experience of school. These have included the Senior Formal, the Chess Championships in Brisbane, the Quest Brainways competition at JCU in Townsville, the Arts Exhibition and our annual Awards Night.

With the theme of "Enchanted Forest", the year twelve cohort of 2019 looked amazing on the evening of 19 October and I thank the Formal Committee, parents and staff for their contribution to a successful event. While the year twelve students enjoyed tripping the light fantastic at their formal, teams of other students competed in enrichment activities. Congratulations are extended to the chess team that competed in Brisbane to secure second place, narrowly missing out on the top prize. Also receiving accolades were the teams that attended the Quest Brainways competition, with two teams attaining second and third place. I would like to acknowledge and thank the parents who accompanied their students to this event in Townsville.

The annual Awards Night, held on 30 October, was an evening of celebration of student success in a variety of fields. Not only were students recognised for their academic, sporting and cultural prowess, but there were several awards related to service to the community, leadership and teamwork. I congratulate all students who received awards and those who performed at this prestigious event. It is also a time to thank our many sponsors for their generosity in donating scholarships, bursaries and gifts to our students. This support is greatly appreciated. It was great to witness the diversity of talent on show at the Arts Exhibition on 25 October where students are able to shine in the areas of music, art and drama.

The remaining signature events include year twelve graduation on 15 November, final examinations in week eight for years seven to ten and the end-of-year thanksgiving mass. It is important the all students attend school each day for the remainder of the term, as missed days will have a negative impact on students' outcomes. The last day for attendance is Friday 29 November at 3.00 pm, after which students commence their lengthy summer break before returning on 28 January 2020. I thank parents in advance for ensuring that students are at school until the very last day.

In preparation for the transition process, the new principal for 2020, Ms Kerry Manders, visited St Stephen's on 17 October and will return for another visit on 4 December. As this coincides with the orientation day for those students entering year seven in 2020, it will be an opportune time for Ms Manders to meet this cohort.

I thank all parents for their continued support of our college and welcome constructive feedback, so that we can improve our processes and the educational experiences of your children.

With Trust in the Lord

Mrs Ida Pinese | Principal

Email: ssm.principal@cns.catholic.edu.au



ASSISTANT PRINCIPAL ADMINISTRATION

The year is rapidly coming to an end, but there is plenty to do for students and staff before we get there. This past week, we had the last immunisation session with Queensland Health which is a relief for our year seven and ten students. We also had the year eleven block exams, Natural Fertility Services and the absolutely wonderful Arts Exhibition, and by the time this newsletter is published, we will have had the Awards Night.

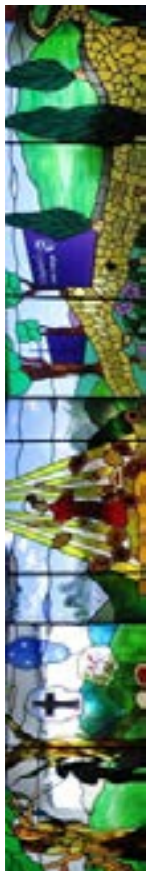


In week five, there will be the last block exams for the year twelve students. I am sure that you will hear a big sigh of relief on Friday from all of the students. The exams will be followed by a week of less stressful activities culminating in the Graduation Mass.

I would like to thank the year twelve students for their efforts over the five years at St Stephen's. The cohort were the first 'preppies', they were the last year seven class in primary school and now the last 'OP' students. I wish them well for the future.

Mr Rohan Priestly
Assistant Principal Administration
Email: rpriestly@cns.catholic.edu.au

THANKSGIVING MASS FOR 2019: INVITATION



In honour of Mrs Ida Pinese's service to secondary education and upon her retirement as Principal of St Stephen's Catholic College, parents, friends and alumni are invited to attend a Mass of Thanksgiving

Location: St Stephen's Catholic College
Date: Friday 29 November 2019
Time: 10:50 am for a 11.00 am start

RSVP by 15 November 2019 to:
Mrs P Szerstuk
Phone: 4086 2500
Email: PSzerstuk@sscc.qld.edu.au

STUDENT DIVERSITY

As part of my role this year, I have had the privilege of working with many students across all year levels. Accompanying Mrs Schincariol and Ms Carlile to the Rostrum Speaking competition earlier this year, introduced me to the talents of some of our students in the public speaking forum.



In October, some of these same students formed part of the team of twelve (12) students from years seven to ten, who represented St Stephen's Catholic College at a competition for High Potential Learners in Townsville, at James Cook University, called 'The Quest'.

Two (2) of our four (4) teams progressed through to the state finals for this competition and will compete against their peers from across the state, which will be held at The University of Queensland in November.

We wish Isabel and Amelia Morris, Caitlin Wadley, Eloise Bertola, Alannah Falvo and Linda Emmerick much luck and enjoyment in Brisbane, and thank all students and families involved in the Townsville component of this competition (Rylan Srhoj, Campbell Palmer, Alexander McAuliffe, Nate Mitchell, Nicholas Brammer and Angus Ford).

The Quest competition develops students' understanding in Mathematics, Science and Humanities, bringing these disciplines together for students to work collaboratively and creatively to solve challenges. The overall theme for The Quest was 'Order in Randomness'. The idea of imaginary numbers was introduced and one challenge in the humanities area, appreciated by many participants, considered what a modern-day trial would be like for Macbeth.

Neuroscience was an area of learning for these young people that many of them had not been exposed to before. If it is something you are looking to know more about, I would recommend reading '*Harnessing the incredible potential of the adolescent brain*' (Schwartz, 2015), which discusses why adolescents take more risks with thrill-seeking behaviour and what we, as adults with a better developed prefrontal cortex, can do to help our young people get through these troublesome times, that now span roughly fifteen (15) years of a young person's life (as puberty is happening earlier (around ten (10) years old) and people are not taking on 'adult roles [until] later in life' (at near to 25 years old)).

Mrs Trudy Pretorius
Middle Leader Student Diversity
email: tpretorius@cns.catholic.edu.au

Harnessing the Incredible Learning Potential of the Adolescent Brain

By KATHIA SCHWARTZ | Dec 23, 2015



Schwartz, K. (2015). *Harnessing the incredible potential of the adolescent brain*. Retrieved August, 2019 from: <http://tiny.cc/d614ez>

MOSSMAN 7'S: NETBALL

Under 13 Netball - Ms Naomi Torres

The girls faced some fierce competition, but played hard to win all three of their preliminary games. They then versed Innisfail in the semi-final, who were winners of the alternate pool. The girls struggled to find their rhythm in the first half, but came back to win in the second half.

The grand final saw them up against the home team, Mossman, with an incredibly tight defensive game that resulted in a tie of 3-3 on the whistle. The game went to 'golden point' with Mossman winning the centre pass. The atmosphere in the Mossman High Indoor Sports Centre was electric, with Mossman fans cheering on their girls. Within several minutes, the ball changed hands four times, with Mossman missing a winning goal. Finally, the girls worked tirelessly to get the ball down our end, and Jessica Reedman scored the winning goal!

A huge congratulations to our winning junior team who played as a cohesive, diligent team the entire day. The girls demonstrated a high level of netball prowess, team spirit and persistence, in never giving up and supporting one another. A second congratulations to our amazing goal defence, Capri Flegler, who received a special trophy on the day being selected as 'Player of the Tournament' for the U13 age bracket. Great work Capri!

We look forward to these talented players representing our College again in 2020.

Under 15 Netball - Mrs Regina Holden

The U15's finished as leaders of the Pool B; however, they were defeated in the semi-final by Redlynch State School. All of the girls played extremely well and should be commended on their team work and skill shown throughout the tournament.



Back row: Holly Prien, Willow Cole, Eliza Kuik, Jessica Reedman, Hannah Schiesser and Tayah Harris. Front row: Binda Yow-Yeh and Capri Flegler. Right: Player of the Tournament, Capri Flegler.

MOSSMAN 7'S: RUGBY LEAGUE



St Stephen's Catholic College travelled to Mossman with the Under 13's and Under 15's rugby league teams to the Mossman 7's this year.

Although not winning any games, the Under 13's matches were all close and the boys showed plenty of fight and spirit.

The Under 15's record for the day was: played four - won two, drew one and lost one. The boys only just missed out on the finals but played exciting, expansive rugby league. Special mention to Thomas Cuda who was voted player of the tournament by the referees.

2020 - TERM DATES / PUBLIC HOLIDAYS / STUDENT FREE DAYS

Term 1

Tuesday 28 January to Friday 3 April (10 Weeks)

Term 2

Tuesday 20 April to Friday 26 June (10 Weeks)

Term 3

Monday 13 July to Friday 18 September (10 Weeks)

Term 4

Tuesday 6 October to Friday 27 November (8 Weeks)
(Year 12 Finish: Friday 20 November)

Public Holidays and Student Free Days

Monday 27 January - Australia Day Public Holiday

Monday 16 March - Student Free Day

Friday 10 April - Good Friday

Monday 13 April - Easter Monday

Saturday 25 April - ANZAC Day

Monday 4 May - Labour Day

Friday 17 July - Cairns Show

Friday 4 September - Student Free Day

Monday 5 October - Queen's Birthday



STUDENT SUCCESS: LOGAN ACHA



Logan Acha (year eleven) competing at the state trials for high jump recently.



STUDENT SUCCESS: GYMNASTICS

Mareeba Gymnastics Club is very proud to have the following students from your school, who represented us at the Gymnastics Australia National Club Championships on the Gold Coast, where Brydie Genge, Kaitlin Carusi and Dayna Pearce competed. Dayna also competed at the Queensland Gymnastics Junior State Championships in Brisbane. Both competitions were held during the September school holidays. These students have been training up to nine (9) hours per week to attain the skills and requirements to achieve the qualifying score for their respective level of competition. We would like to share with you in congratulating them on their success.



STUDENT SUCCESS: JAMIE AND OLIVIA HEWITT-TOMS

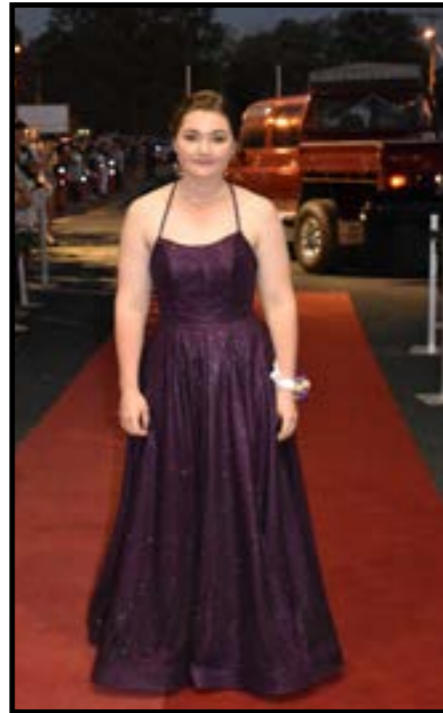
Jamie and Olivia Hewitt-Toms recently competed at the State Interschool Championships in Maryborough.

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 represented Queensland at the National Interschool Championships in Sydney in September.



YEAR 12 FORMAL: ENCHANTED FOREST



YEAR 12 FORMAL: ENCHANTED FOREST



AWARDS NIGHT



Samuel Jennings with Mr Matthew Kleyn (Trade Training Centre Award) and Finley Green with Mrs Maryanne Tranter (Vocational Student of the Year).



Councillor Tom Gilmore, Mayor of Mareeba Shire presented the sports awards. From left to right: Emalina Fogale (Junior Sportswoman), Ned Donovan (Junior Sportsman), Tonia-Marie Rantucci (Senior Sportswoman) and Jake Priestly (Senior Sportsman), tied with Thomas Cuda, who was unable to attend the awards.



From left to right: Isabel Rose with Mrs Michelle Bryce (Amaroo Medical Bursary), Kate Schincariol with Mr Robert Cater (Claude Cater Mensland Business/Law Studies Bursary), Jake Priestly, Chelsey Manitta and Lucia Puglisi with Mrs Fay McGrath (Evan and Fay McGrath Education Bursary).

AWARDS NIGHT



From left to right: Coleman Doyle with Mrs Eva Arena (Mareeba Chamber of Commerce Business Encouragement Award), Angelo Musso with Ms Daniela Parlapiano (Robert Fabris Trust - STEM Bursary) and Holly Bryce with Mr Ken Cotterill (A Community Theatre Drama Award) (Cultural Award).



From left to right: Brendan Wright with Mrs Theresa Higgins (Cultural Award), Samarah Casey and James Steele with Mrs Toni Baker (James Cook University Academic Encouragement Awards), Sophie Schrale and Alexander Fogale with Corporal Mitchell Corser and Corporal Christopher Campbell (Australian Defence Force Leadership Awards). to and



From left to right: Jenna Kerswell with Mrs Glenys Pilat (P and F Association Award for Citizenship), Deborah Hermanus with Mrs Ann-Maree Zugno (Mareeba and Dimbulah Community Bank Award for Citizenship) and Alannah Falvo with Mrs Lyn Dyer (Public Speaking Award).



Mrs Dora Luxton (Director of School Effectiveness - Catholic Education Services) had the pleasure of presenting the Academic Medals, from left to right: Isabel Morris (year seven), Caitlin Wadley (year eight), Alannah Falvo (year nine), Tahlia Spena (year ten) and Aarin Ryan (year eleven).



Runner-up to the Dux, Mikaela Millerd with Mrs Dora Luxton.

Awards Night 2019



Good morning again. You know, looking at you, all aged somewhere between 12 and 18, I realize that I am looking at the future, at the generation which in 10, 20, 30, 40 years time will shape the future, wherever your life's journey takes you. That makes me ask: What will you bring to it? A good number of you will go to University, to qualify for a profession; others will learn a trade or a skill, work on the farm, while others again will just get a job, and maybe get to face the school of hard knocks.

Whatever you do, it still faces you with the question: What will you bring to the future? What are the principles that you've learnt here that will help you to make this a better world; values that will help you to shape the communities of which you are part - into a community that can fruitfully live and work together.

I would hope that the example of St. Stephen would be one of the principles you look to. Remember that St. Stephen was a Jew, probably very much part of that culture and all that went with it. It is possible that he may have heard Jesus once or twice before Jesus was crucified, but it is also possible that he was a stranger in Jerusalem, who had come there for one of the feasts of pilgrimage.

Whatever the case, in becoming a follower of Jesus he had to make the decision to leave many of his Jewish ways behind and fall in with the values which Jesus taught and lived. I am sure that it didn't make life easier for him, but it gave him direction. So much so, that when the call went out for seven of his fellow Christians to take on the task of caring for the needs of poverty-stricken fellow Christians, he was one of the first to put up his hand.

He did that with gusto, but he also had the courage to publicly stand up for the values and principles Jesus had taught, and to face the Jewish authorities who were determined to crush that first Christian community before it could get a foothold. It led to him being stoned to death as we heard in our first reading, - the first of the followers of Jesus to pay with his life for what he had come to believe.

It's a challenge that faces each one of you, for we live in a world that is more interested in power, gaining wealth and possessions and making a name for one-self, than living in the self-giving way which Jesus has taught and shown us.

What is the strength of character that you will bring to that challenge? Will you accept that challenge and try to do it alone, or will you do it as part of a community that is supportive of your efforts and that continues to nourish what is best in you, as happens when we come together as followers of Christ in church and at Mass.

As with St. Stephen, let Jesus, true Son of God, become real for you, the one you know and will follow, whose presence you recognise within you, and whose values will guide you through the challenges that life brings.

As we heard Jesus himself say in that Gospel reading; "No one has greater love than this: to lay down one's life for one's friends."

Can you bring yourselves to do that too, in helping to shape the future after the example of Christ?



Empowering students to navigate their life journeys with courage, clarity and conviction.

Five Ways Tech Causes Stress

Digital media is a two-edged sword. It has the ability to enrich our life or impoverish it. Have you ever wished you could get away from technology, even for a brief time? It's not an uncommon thought. Some people even go on 'media fasts' to promote more meaningful social interaction, create less stress and achieve better sleep. Try unplugging, even fleetingly, and experience the freedom, health and wellbeing benefits it provides. I am not trying to go back to some pre-tech era. Technology clearly has incredible benefits. But here are five ways our digital lives are hindering, more than helping, us.

1. Digital Dump

We live in a time where we are drowning in information, swamped by other people's opinions and immersed in strangers' points of view. But at the same time, we are starving for truth. We have a tonne of knowledge, but a trickle of wisdom. Mitchell Kaper said, "Getting information off the internet is like taking a drink from a fire hydrant." How much is really getting in? Creativity used to be found when people went deep, like a scuba diver in an ocean, and gained valuable insight. In the modern era, we surf the web, flitting across the surface but never really diving deep. We are busy and in constant motion on the surface but unproductive underneath. Herbert Simon, an American political scientist and professor at the Carnegie Mellon University, noted, "Information consumes the attention of its recipients. Hence a wealth of information creates a poverty of attention." The digital dump minimises our attention and has us wired for constant interference, forever chasing another hyperlink.

2. Digital Distraction

Have you ever felt yourself yanked in different directions to the point where you felt like your mind was being tortured? The art of self-creation – the ability to form and develop one's identity – proves to be an impossible task when bombarded by constant external inputs. I remember as a child staring out the car window for thirty minutes while my parents drove to a relative's house. Those times I spent gazing at nothing in particular were often the moments I spent planning my future or thinking about who I really was or wanted to be. Now every waking moment is taken up by another distracting 'like', 'tweet' or 'tag' which leaves us with little time for introspection.

3. Digital Depression

Professor Jean Twenge points to a growing body of evidence that extensive smartphone use amongst teens is driving today's younger generation to "the brink of a mental health crisis". One study indicated that eighth graders who are heavy users of social media are 27% more likely to develop depression. In Silicon Valley, the main goal in developing a killer app is to eliminate 'friction'. Uber did this for millions of people trying to get a taxi. While these modern-day niceties are clearly beneficial, does living a totally friction-free life help us develop resilience? For instance, to develop strength in a muscle, a marriage or a person, it must undergo resistance and grow through tension. When you are working out in a gym, does your muscle grow most

on the first rep or the tenth? Most people would say the tenth, but the real answer is the eleventh. At the point of fatigue when you are just about to give up, is when your muscle will grow the most. Living 'frictionlessly', to me, is living mindlessly. Engagement, not escape, should be the goal of a meaningful life. Another reason digital depression is on the rise is because the last thing 31% of Australians do before they go to bed at night is check their phone. Numerous studies indicate that checking your phone within thirty minutes of going to bed is linked to sleep disturbance. Unsurprisingly, one of the most consistent symptoms associated with depressive disorders is sleep disturbance.

4. Digital Dependency

Many people today exhibit obsessive tendencies when it comes to their digital gadgets, be it through an inability to maintain focused concentration on a task, or the sense of disorientation and distress that accompanies the removal of their smart device. For instance, have you ever lost your phone, and then lost it? I mean lost your mind? And then screamed, "Has anyone seen my phone?" I know we own these smart devices, but sometimes I feel they own us. Have you ever been scrolling a bottomless feed and found yourself not even paying attention – as if you were hypnotised? For some, online activity has become a means of escape. The internal dialogue might sound like, I don't want to be here right now thinking about what I need to be doing. I want to be somewhere else. But if you get used to not being here right now and dealing with the current situation, there may come a time when you can't pay attention or be present anymore. Ramett Chawla a major player in the global technology scene said, "It's our generation's crack cocaine. People are addicted. We experience withdrawals. We are so driven by this drug, getting one hit elicits truly peculiar reactions. I'm talking about 'Likes'. They've inconspicuously emerged as the first digital drug to dominate our culture."

5. Digital Dementia

Digital Dementia is a term coined by neuroscientist Manfred Spitzer. This term is used to describe how overindulging in digital technologies breaks down our cognitive abilities. Our short-term memory starts to deteriorate because we outsource our memory to our smartphone. As a child, I could remember and recall at least forty phone numbers of friends and family members. Today I can barely remember my own phone number. I have not committed another phone number to memory for about twenty years – this kind of information is now outsourced to our phones. The ability to remember street names and be guided by landmarks is all superfluous because my GPS can handle all that information. The problem is, our brain is like a muscle – either we use it, or we lose it. Oliver Sacks, a British neurologist, said, "Whether it is by learning a new language, traveling to a new place, developing a passion for beekeeping or simply thinking about an old problem in a new way, all of us can find ways to stimulate our brains to grow. Just as physical activity is essential to maintaining a healthy body, challenging our brain, keeping it active, engaged, flexible and playful is not only fun, it is essential to cognitive fitness." Keep your mind active and alive. Allow room for deep contemplation and reflection. Immerse yourself in a creative project. Use your hands to engage in the world around you and do more things that make you forget about your smart device. The solution to all five of these digital stresses is digital dexterity. The ability to manoeuvre our way skilfully through a maze of online madness by practising mindfulness, selective attention and developing the discipline required to not respond to every digital mandate instantly. Want more? These ideas are discussed comprehensively in our Brilliant Young Mind Seminar – Learning in the Age of Digital Distraction.

VET AND VOCATIONAL LEARNING

The school year is racing to the end and year twelve students need to be ready. I have circulated a year twelve leaving checklist for all students, to ensure that they have completed what they need and are ready for the new chapter in their lives. [A copy is also on our web page.](#)

Also, to assist students looking to enter the workforce, I have included a link to a range of resources that they may find helpful. View the job search resources here: <https://myfuture.edu.au/footer/assist-others/job-search-resources>



Throughout the year, I have included exerts from the [Career Options Bulletin](#) the school receives each fortnight. The link to the latest, may also assist students with decision making.

For 2020, TAFE still have vacancies in the following TAFE in Schools programs in Cairns. These courses run on a Thursday at TAFE Cairns for the whole year and there is no cost to students who have not used their VETiS funding by undertaking another Certificate II course offered by an external provider. If you are unsure of your eligibility, please see Mrs Hoult:

- Cert II in Light Automotive Vocational Prep
- Cert I in Construction
- Cert II in Furniture Making
- Cert II in Plumbing
- Cert II in Health Support Services
- Cert II in Salon Assistant
- Cert II in Retail Cosmetics – also available at Atherton TAFE on Tuesdays
- Cert II in Tourism
- Cert II in Hospitality

All TAFE at School Programs for Cairns will commence on **Thursday 6 February 2020** at the Cairns TAFE Campus.

Mrs Carol Hoult
Middle Leader VET and Vocational Learning
email: choult@cns.catholic.edu.au



Students undertaking work experience recently include (above): Valentine Marnane at Bolwarra Enterprises and (left): Daniel Cross at Boycey's Custom Engineering.

ST MONICA'S COLLEGE: CELEBRATING 130 YEARS

St Monica's College
Celebrating 130 Years

Tickets available on Trybooking.com
& at St Monica's College Office

Alumni Christmas Gathering

Join our SMC Alumni for a glass of Christmas cheer and find out what we have planned for our 130 Year Celebrations in 2020

Tickets \$20.00
Price includes a custom celebratory flute, filled with champagne. Nibbles provided.

Extra Drinks \$5.00.
Extra Champagne Flutes available for purchase

Date - Friday 22nd November
Time 5.30-7.00 pm
St Monicas College, Dungarvan Learning Centre

All past students, staff and families are welcome to attend.

Everyone Welcome



HOLY CROSS CHRISTMAS FAIR

Rides & Slides, Sideshow Alley (tickets available on the night)
Games & Entertainment
Market Stalls
Food & Drink
Firework Finale

Santa's Magical Grotto



SATURDAY
16TH NOVEMBER
4 - 8PM