

St Stephen's
Catholic College



St Stephen's News

Issue 3 - Term 1 - Week 6

Principal: Ms Kerry Manders
Deputy Principal: Mr Simon Vaughan
Assistant Principal Religious Education: Ms Janai Sugars
Assistant Principal Administration: Mr Rohan Priestly
Business Manager: Mr Hadyn Flynn
College Leader Pastoral Care: Mr Matthew Draper

 FOLLOW US ON FACEBOOK

Deacon takes the first win for 2020!



Lot 3, McIver Road, Mareeba
PO Box 624 Mareeba Qld 4880
Office Hours: 7.45 am - 3.45 pm Monday - Friday
ABN: 42 498 340 094

Telephone: (07) 4086 2500
Fax: (07) 4092 4333
Email: ssm.office@cns.catholic.edu.au
Website: www.sccc.qld.edu.au

NOTICES



UPCOMING EVENTS:

Monday 16 March
Student Free Day

Thursday 19 March
Open Evening

Monday 30 March – Friday 3 April
Year 7 Camp

Thursday 2 April
Year 10 Real Talk

Friday 3 April
Year 12 PARTY Program

Friday 3 April
Easter Liturgy

Monday 20 April
Term 2 commences

Thursday 23 April
Cross Country

Friday 24 April
ANZAC Ceremony

Thursday 30 April
Parent Teacher Interviews

STUDENT FREE DAY

Monday 16 March 2020

CHESS CLUB

with Mr Harnischfeger (Mr H)

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



TERM DATES 2020

Term 1: 28 January - 3 April

Term 2: 20 April - 26 June

Term 3: 13 July - 18 September

Term 4 : 5 October to 27 November
Year 12 - 20 November

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 the principal (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

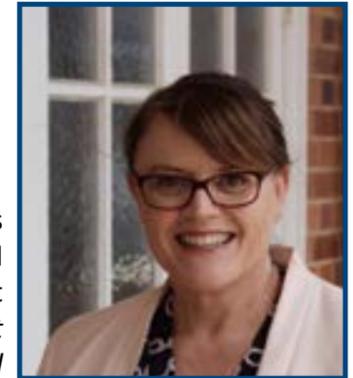
Years 10 -12 only



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, Carers and Friends of the St Stephen's community

Welcome to week six. We are now into Lent and on our way to Easter. Lent is an important time of renewal. Last week, Ms Janai Sugars - Assistant Principal Religious Education, explained to the College during the Ash Wednesday liturgy that *"Lent invites us to clean up our lives, throw out the rubbish, and reclaim the spirit within that appreciates being alive, in love with family and friends and engaged with neighbours. Lent always poises us between temptation and transfiguration, inviting us to identify what trivialises or demeans us and to set our sights on what awakens our spirits..... Lent calls us to wake up our lives to new life and cultivate deeper consciousness of God's love at our fingertips."*

As such, Lent is a time to consider where we are and how we are living. A time to consider our actions in light of the promise we made whilst receiving our ashes. *"Be faithful to the gospel"*. On reflecting what this would mean, I came across a news article on Pope Francis' call to Catholics in his Ash Wednesday sermon. He suggested that we give up trolling people online for lent, *"We live in an atmosphere polluted by too much verbal violence, too many offensive harmful words which are amplified by the internet ... lent is a time to disconnect from mobile phones and connect to the gospel."*

So we were being urged to connect to the gospel, to live by those gospel values. I started to reflect on how to understand what we are called to do when we live by gospel values. I thought it might be timely to consider some examples of those gospel values and the resulting actions we can all take to make gospel values part of our lives:

- **Awe** - take time to marvel at the complexity and beauty of the natural world.
- **Common Good** – act in a way that considers others in the community; do something for others, not to them.
- **Compassion** – find a way to be sensitive and concerned for the wellbeing of others.
- **Family** – show your love, commitment and some self-sacrifice for your family.
- **Humanity** – take an action that liberates others to live with dignity and freedom from oppression (including online oppression).
- **Hospitality** – find a way to be open, understanding and welcoming to all others.
- **Hope** - devote time and energy to living and growing a spirit of optimism and joy with a faith where we trust in the Lord, a spirit of Hope.

<https://www.abc.net.au/news/2020-02-27/pope-francis-urges-catholics-to-log-off-for-lent/12008152> accessed 03/03/2020

As we make our lenten promises, I encourage everyone to make at least one promise to search for ways to be the living gospel for those around us.



FROM THE PRINCIPAL

Prayers

I would ask that you keep all members of our community in your prayers this week. Please pray for Mr Kieran Morley - Middle Leader Sport and Activities, as he recovers from serious injuries sustained in a motor vehicle accident last week.

I would like to thank all members of the community (in particular the staff and students), for their incredible love, care and support of each other this week and ask that you hold the Eales family with great love in your heart, as they navigate this difficult time.

May the peace of Christ be with you.

Ms Kerry Manders

Principal

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

St Stephen's Catholic College

- Congratulations -

On behalf of the St Stephen's Catholic College community, congratulations to the 2019 cohort for their outstanding results.

34.4% received an OP between 1 and 5

🎓🎓🎓 = 3 OP 1's

100% received QCE, QCIA or Vocational Qualifications

We wish the graduating class of 2019 all the very best for the years ahead!

ASSISTANT PRINCIPAL ADMINISTRATION

Schools amaze me - at St Stephen's Catholic College, we have about 700 personalities focused on learning or supporting learning. When the bell rings for a change of class our intersection in the centre of the school is like a busy intersection in a city. Every student and every teacher has a schedule to follow, a place to be and things to do. The support staff also have jobs to get completed often with deadlines. It is a busy place with a clear focus on learning.



After the successful swimming carnival, we have a break from major school sporting events. The next school sporting event is the cross country in week one, term two. The school athletics carnival is also in term two, week ten.

By the time you read this the first round of immunisations will have occurred for the year seven students. There will be another round later in the year in term four, week three.

Please keep in mind that March 16 is a Student Free Day.

Mr Rohan Priestly

Assistant Principal Administration

Email: rpriestly@cns.catholic.edu.au

LENT HAS COMMENCED



Above: The Social Justice Committee, along with Ms Murat, took the opportunity to sell pancakes at the Swimming Carnival last week.

Below: Students attended Ash Wednesday liturgy.



GUIDANCE COUNSELLOR

Last week I attended a workshop entitled “This Digital Life: Screens, Addiction and Beyond” by Dr Tania McMahon. The workshop explained the way games and apps feed our primitive reward circuits: need for love/friendship, thrill of winning/learning/finding resources, thirst for novelty and thirst for achievement/mastering skills. When accessing these games/apps people receive a dopamine hit more powerful than the hit they receive from natural reinforcers like food and activity. Important psychological needs such as achievement, empowerment and belonging can sometimes also be met more fully in an online environment and so the lure can be hard to resist. It is always important to consider what we are taking away from a young person when we feel the urge to ban screen time entirely and for us to take a moderate approach in our censorship of their online time. While we don’t want screen activities to be the sole focus of life so that young people stop exercising, having other hobbies and socializing, we don’t and can’t completely ignore the online world altogether. It is important as adults that we can determine between healthy and unhealthy screen time. The lists below give examples of both:



Healthy Screen Time

- Moderate amount (1-2 hours a day)
- Shared with others (friends/family)
- Balanced with other activities, eg: sport, music, reading etc
- Getting up and moving around every 20 minutes
- Using a variety of apps/websites to learn skills/gain new knowledge, eg: YouTube, Wikipedia, Google

Unhealthy Screen Time

- Too much – 2 or more hours a day
- Always watching screens alone
- The main source of entertainment with other forms (eg: sport, socialising, music, reading) being neglected
- Playing mostly highly addicting games while online, eg: Fortnite, League of Legends, World of Warcraft
- Sitting in the same position for hours without moving around

While it is now common knowledge that blue light from screens disrupts melatonin production and sleep patterns, and that screen stimulation produces cortisol and keeps the brain awake, there are things we can do to minimize interference from screens, including:

- Setting screens to greyscale in the evening to make them less enticing
- Installing blue light filters on screens where possible
- Switching wifi off in the house after a certain hour eg: 7.00 pm
- Using parental control apps on screens such as Ourpact
- Creating tech-free zones in the home where no screens are allowed, eg: meal times in the kitchen, time in bedrooms and at family/social gatherings
- Adults modelling good manners and kindness online and having tech-free times with their family
- Helping young people learn ways to calm down that don’t include turning on a screen, eg: reading, meditating, singing, talking to trusted others
- Collecting phones at night and charging in a communal area away from the bedrooms.

By using these tips we can ensure that our young people get the benefits of the online world while avoiding some of the pitfalls.

Ms Havva Murat

Guidance Counsellor

Email: hmuratmaks@cns.catholic.edu.au

GUIDANCE COUNSELLOR



St Stephen’s Kindness Club

First Tuesday of each month, Recess 2 in S8. Check notices.

St Stephen’s Yoga Club

Every Wednesday, Recess 2 in the Drama Room

St Stephen’s Wellbeing Club

Every Friday, Recess 2 in the chapel

Email or see Ms Murat to join any of the clubs.

hmuratmaks@cns.catholic.edu.au



SPORT AND ACTIVITIES: SWIMMING CARNIVAL



Deacon 847



Muluridji 794



McAuley 783



Augustine 539



Deacon kept up their winning ways at this year's Interhouse Swimming Carnival. Team spirit was on display with pastoral house themes and decorations adorning the house areas. Dance battles and cheering for the competitors in the pool was heard loud and clear all day. The participation and talent was outstanding this year with many records being broken. Special mention must go to Chloe Donovan, Marlon Bellerio, Ned Donovan and Sara Donovan who each broke school records in their respective age groups.

The Pastoral House Captains are to be commended for their organisation in the lead up to the carnival and on the day. Augustine House showed their true spirit winning the House Spirit Award with their remarkable participation and dancing skills. The attitude shown by nearly every competitor fostered a wonderful atmosphere at the event. I congratulate our new record holders, age champions and the battlers who all gave 100%.

Age Champions

12 Girls	Giulia Hughes and Violet Kitto	12 Boys	Lane Hatfield
13 Girls	Chloe Donovan	13 Boys	Marlon Bellerio
14 Girls	Kiara Ramscar	14 Boys	Nate Mitchell
15 Girls	Rachel Close	15 Boys	Ned Donovan
16 Girls	Tonia-Marie Rantucci	16 Boys	Beau Hatfield
Open Girls	Sara Donovan	Open Boys	Thomas Jackson



From left to right: Sara Donovan, Thomas Jackson, Tonia-Marie Rantucci, Beau Hatfield, Rachel Close, Ned Donovan, Kiara Ramscar, Nate Mitchell, Marlon Bellerio, Chloe Donovan, Lane Hatfield, Violet Kitto and Giulia Hughes.

SPORT AND ACTIVITIES: SWIMMING CARNIVAL

New School Records

New Record

13 Year Old Girls 50m Butterfly Chloe Donovan 35.52
 13 Year Old Boys 50m Butterfly Marlon Bellerio 34.37
 13 Year Old Girls 50m Breaststroke Chloe Donovan 40.24
 13 Year Old Boys 50m Freestyle Marlon Bellerio 29.27
 15 Year Old Boys 50m Backstroke Ned Donovan 32.55
 15 Year Old Boys 50m Butterfly Ned Donovan 29.33
 15 Year Old Boys 50m Breaststroke Ned Donovan 35.71
 15 Year Old Boys 50m Freestyle Ned Donovan 27.20
 15 Year Old Boys 4 x 50m Relay Deacon 1.59.40
 Open Girls 50m Breaststroke Sara Donovan 39.55

Old Record

Nadia Falvo (2014) 37.34
 Jack Petersen (2010) 35.37
 Sara Donovan (2016) 43.38
 Ned Donovan (2018) 29.78
 Jake Priestly (2016) 32.58
 Jake Priestly (2016) 30.47
 Brendan Keeling (2010) 37.05
 Jake Priestly (2016) 27.89
 McAuley (2016) 2.16.91
 Nadia Falvo (2018) 40.99

Thank you to all those who helped out, the tuckshop staff for the catering, the Mareeba Swimming Pool and Mrs June Cotter, for the use of their facilities and the professional college staff.

Special thanks must go to all the parents and friends who came to support the students and in particular the staff who helped make the event such a success.

Mr Kieran Morley

Middle Leader Sport and Activities

Email: kmorley1@cns.catholic.edu.au



Record Holders, from left to right: Sara Donovan, Ned Donovan, Chloe Donovan and Marlon Bellerio.

MIDDLE LEADER PASTORAL - YEARS 11 AND 12

Week six already - it's hard to believe that we are now halfway through Term one. In general, students have established positive routines at school, settling into the rigour of senior schooling. Year eleven and twelve does bring increased demands on students, so I remind parents and carers to be extra vigilant of their teens and follow up on any concerning changes in behaviour that could be linked with underlying stressors like assessment deadlines, relationship troubles, health matters and demands of part time work, to mention a few.



As is always the case, I remind parents and carers to make contact with relevant school staff to raise and discuss any questions or concerns you may have regarding your child's progress at school. Similarly, students are often reminded at school to seek assistance when required.

What to look out for: Although, generally, teens may not have to worry about paying bills, managing a household or demanding work commitments, they can experience different sources of stress. Many deal with issues like peer pressure and academic demands which can be very stressful. Signs and symptoms of a stressed teen can include: headaches and stomach aches; changes in sleep patterns; academic and educational problems; increased irritability; changes in social group; frequent illness; negative changes in behaviour; difficulty concentrating; negative self-talk; and, a general sense of worry. Please contact college staff if you are concerned about any of these signs in your child. Without appropriate support, stressed-out teens may be at a higher risk for mental health problems, academic problems, and health issues.

Who Can I Contact? A good starting point is me as their Pastoral Leader, particularly in cases of pastoral, social, emotional, wellbeing and behavioural concerns. I will always direct you to other more relevant staff if necessary. Curriculum matters can be directed to subject teachers or the subject Middle Leader (the head of that department) or Mr Simon Vaughan - Deputy Principal as the leader of College curriculum, Vocational questions can be directed to Mr Vaughan and also Mrs Carol Hoult, who can assist students with traineeships, apprenticeships, tertiary options and vocational pathways. Our Guidance Counsellor - Ms Havva Murat, is also available for contact regarding social, emotional, organisational and general guidance matters for parents/carers and students. The front office and student services staff, are also more than willing and able to direct your concerns and questions to relevant staff. Staff emails are available from the college website.

Student Drivers: Students driving to and from school in their own vehicles are reminded that the college has a policy and expectations in place to help ensure, essentially, driver safety. Students must complete a Student Driver form, available from Student Services, before being permitted to park on school grounds. The policy outlines expectations and consequences of breaches of the policy, which will be discussed with parents/carer's, if necessary.

Keeping It Uniform: I have been generally pleased with the standard of uniform among senior students of the college. The college uniform is outlined in the Student Record Book and I thank parents/carers for their support of the expectation of a correctly and neatly worn college uniform. In cases of incorrect uniform, students may be issued a ten minute uniform and grooming detention at recess two, with repeat concerns attracting increased penalties. Areas of concern of late have been around: unshaven; hair length and being worn off the face; number and type of ear rings. Please do not hesitate to contact me if you have any queries or concerns regarding your child's uniform.

MIDDLE LEADER PASTORAL - YEARS 11 AND 12

Coming up and/or happening now (in brief):

- Wheelbarrow Race preparation (15-17 May)
- Year Twelve Formal (13 June)
- Year Twelve Student Leaders attending the Party Program in Cairns (Friday 3 April)

Until next time, take care.

Mr Paul MacCallum

Middle Leader Pastoral - Years 11 and 12

Email: pmaccallum@cns.catholic.edu.au

MIDDLE LEADER PASTORAL - YEAR 9

As we enter the middle of the term one, I want to extend a warm welcome to year nine students and their families. As the Middle Leader, I especially welcome new students and families to the college community. I hope the start to the school year has been positive and productive. I consider open home-school communication to be an important part of each child's education, so please do not hesitate to contact your child's home form teacher and/or me when you have any questions or concerns about school life. From time to time, I will send out a group email to parents/carers of all year nine students, so please ensure your email details are up-to-date. As a Middle Leader (pastoral care) for year nine, I am often asked about my role - my duties include:



- Monitoring the general welfare of students including regular meetings with home form teachers, College Guidance Counsellor, and the College Leader Pastoral Care (Mr Matt Draper);
- Offering support to students when needed, including referral to other key staff when required;
- Monitoring standards of behaviour, appearance and dress amongst students;
- Communicating relevant information about students to teachers and appropriate administrative staff.

Please also feel free to advise me on student achievement and success (or the home form teacher) of any activities your child has engaged in outside school hours. It is always good to hear what students have been up to outside regular school activities (eg: the arts, sport, community events, etc) and this is another means of creating positive student-teacher relationships.

Uniform and Grooming - I draw attention to page nine of the Student Diary (or "SRB" - Student Record Book) where expectations of the college uniform are outlined. Thankfully, only a small number of students are having to be reminded about college expectations. Of particular note has been boys with hair either across their face, or over their collar, or both, and girls wearing more than the prescribed number of earrings. I thank you in advance of your support of college expectations around uniform and grooming.

On a final note assessment calendars have also been distributed to students. Your assistance with the monitoring of assessment is appreciated.

All the best for the fortnight ahead.

Mrs Samantha Malcolm

Middle Leader Pastoral - Year 9

Email: smalcolm@cns.catholic.edu.au

Times Table Challenge 2020

The school wide Times Table Challenge is on again for 2020. The challenge is to complete as many times tables problems as possible in two minutes in the Education Perfect task which has been set for all students. Students have 99 attempts at the challenge which will run until the end of term two. The aim of the challenge is to create a fun and engaging way to improve speed and accuracy of students’ mental computation which are critical to students’ success in understanding higher mathematical concepts.



The Director of the National Centre for Excellence in the Teaching of Mathematics, Charlie Stripp, wrote in a 2015 article that students not knowing their times tables is “seriously inhibiting their progress, preventing them from using Maths to solve problems” and strongly encourages students to improve automaticity, saying “the confidence this gives them in tackling other areas of mathematics and in solving mathematical problems empowers them and enables them to really enjoy Maths.”

In 2019, over 300 students from across all year levels competed in the challenge with the fastest few students answering over 120 questions in the two minutes, which equates to one question per second (the school average was three seconds per question). The challenge is on this year to see who will take out the Times Table Trophy!

MULTIPLICATION TABLE

×	1	2	3	4	5	6	7	8	9	10
1	1	2	3	4	5	6	7	8	9	10
2	2	4	6	8	10	12	14	16	18	20
3	3	6	9	12	15	18	21	24	27	30
4	4	8	12	16	20	24	28	32	36	40
5	5	10	15	20	25	30	35	40	45	50
6	6	12	18	24	30	36	42	48	54	60
7	7	14	21	28	35	42	49	56	63	70
8	8	16	24	32	40	48	56	64	72	80
9	9	18	27	36	45	54	63	72	81	90
10	10	20	30	40	50	60	70	80	90	100

Education Perfect Practice Tests

This year, students in years seven to nine will be completing regular online quizzes through Education Perfect as part of both formative and summative assessment. Students are set practice quizzes twice per term with each student receiving four attempts per practice quiz. Education Perfect then set students remedial work based on the areas they have found difficult. Students will then complete a quiz in class which is based on the same bank of questions drawn from the practice quizzes. It is strongly encouraged that students complete all four attempts and the remedial lessons.

Maths Tutoring

Maths tutoring is available to all students on Tuesdays and Thursdays at second recess in the MCR. After school tutoring is also available on Wednesdays from 3.00 pm to 4.00 pm in the library (years ten to twelve only).

Maths dates for 2020

- World Pi Day – 14 March
- Year Seven and Eight QAMT Maths Quiz – August
- ICAS Maths Competition - from 31 August to 4 September
- Australian Maths Competition – 30 July
- Year 9 Tablelands Maths Enrichment Camp – TBA (usually early in term three)

Mr Christopher Ellison

Middle Leader Mathematics

Email: cellison1@cns.catholic.edu.au

Harmony Day
Thursday 19 March
Recess 2
Tables outside Tuckshop
JOIN THE SJC FOR ACTIVITIES TO PROMOTE HARMONY IN THE SCHOOL AND CELEBRATE OUR DIFFERENCES.

COMMUNITY NOTICES

Πανεπιστήμιο Σερρών
PO BOX 183
Athens 4113

POSTAGE
PAID
AUSTRALIA

Patient address sticker/label

FREE dental treatment to all children age 0-17 years old **YOUR** child can access this service.

Children **MUST** hold a **Medicare Card** to be eligible.

To make your child an appointment, please call us on **1300 300 850**.

Hours of operation are 8am -4pm Monday – Friday.

Queensland Government

Our school dental clinics and dental vans are located across the Cairns and Hinterland Hospital and Health Service District

Keep Your Child Smiling with
FREE Dental Care

1300 300 850



Queensland Government

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

Mareeba Hospital – Thursday 26th March 2020
Ph: 4092 9311

Service includes Cervical Screening Tests (Pap Smears), Sexual Health Screening, Breast Awareness, also info on Contraception, Continence, Menopause, Lifestyle Issues, Bowel Health, Domestic Violence, etc. All services are provided by a specially trained Women's Health Nurse.

COMMUNITY NOTICES



Join us for an insightful evening with
PROFESSOR BR DAVID HALL

St Andrew's All Saints' Theatre

Tuesday 10 March 2020

7pm-8:30pm

Refreshments from 6pm

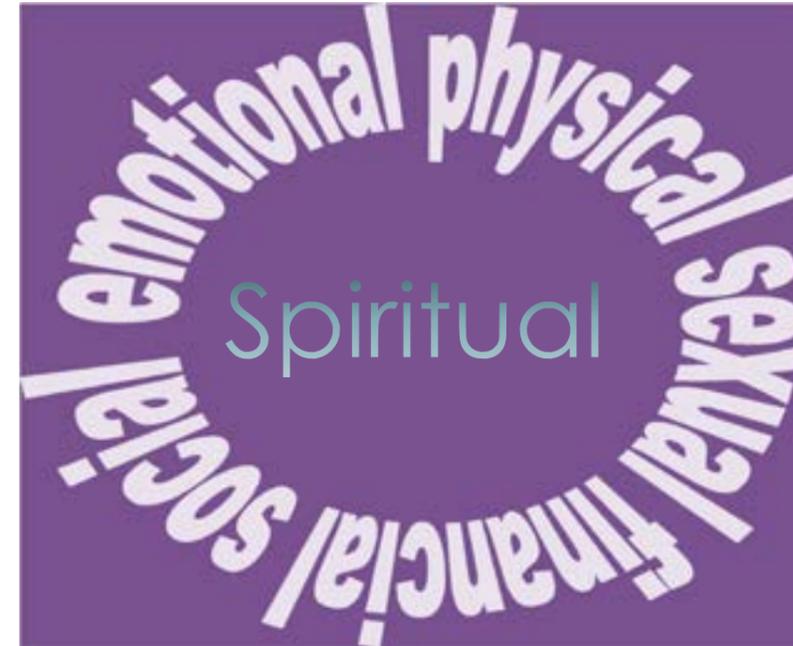
Free childminding available

Register by 6/3/20
eventbrite.com.au/e/96253349359
Gold Coin Donation on Entry



**6 WEEKS OZTAG MODULE
OPEN MIXED GRADE
ALL AGES
ALL SKILL LEVELS
MAKE A FAMILY/FRIENDS
TEAM, WORK TEAM, OR
REGISTER AND WE CAN HELP
YOU FIND A TEAM.
COME EXPERIENCE A FAMILY
FRIENDLY FUN SPORT FOR ALL.
"GET TAGGED YOU'LL LOVE IT"**

**Annual Membership Rego - \$22
Player Fee - \$40
Oztag Shorts - \$25
To Register Your Team /Player go
to:
<https://2020-autumn-season-mareeba.mysportsedge.com.au/>
Each player **MUST** register online.
More info Contact Arnold:
0434052615**



**RESPONDING TO
DOMESTIC & FAMILY
VIOLENCE**

**Training Event designed for Clergy,
Chaplains, Pastoral Carers, Church Leaders,
Youth Leaders, Students and Lay Workers**

Sessions include: What is Domestic and Family Violence;
Influences and development of values;
Understanding perpetrators; Theological implications.
Participants receive a copy of "Questions women ask about
Domestic Violence and Christian beliefs" and lots of
take-home resources.



Registration Please register for
Cairns workshop: www.dfvcairns.eventbrite.com.au
Atherton workshop:
www.dfvatherton.eventbrite.com.au
Or contact QCT
email: admin@qct.org.au Tel. 07 3369 6792

Friday 6 March

9.00am-3pm
Seville Mercy
Conference Centre
35 Bauhinia Av
Earlville, Cairns

Saturday 7 March

9.00am-3pm
St Joseph's Church
28 Mabel St
Atherton

\$45 (Including
Morning Tea and
light lunch)

Joint Churches
Domestic Violence
Prevention Project
(JCDVPP)

A Commission of
Queensland Churches
Together (QCT)
formed in recognition
that Domestic and
Family Violence is just
as prevalent in the
Church community as
in the community at
large



NINJA FAMILY FUN

Saturday 21st March

8.30am – 9.15am

\$15.00 per family

Come along and try out our
Ninja Circuit

Bookings are appreciated
but not essential

P; 4091 2114

E:info@momentumgymnastics.com.au



Students from all primary schools entering Year 7 in 2021 and beyond!

- Display of specialist areas
- Information about the college culture, curriculum and expectations
- Enrolment handbook
- Self-guided tour of facilities
- Scholarship information



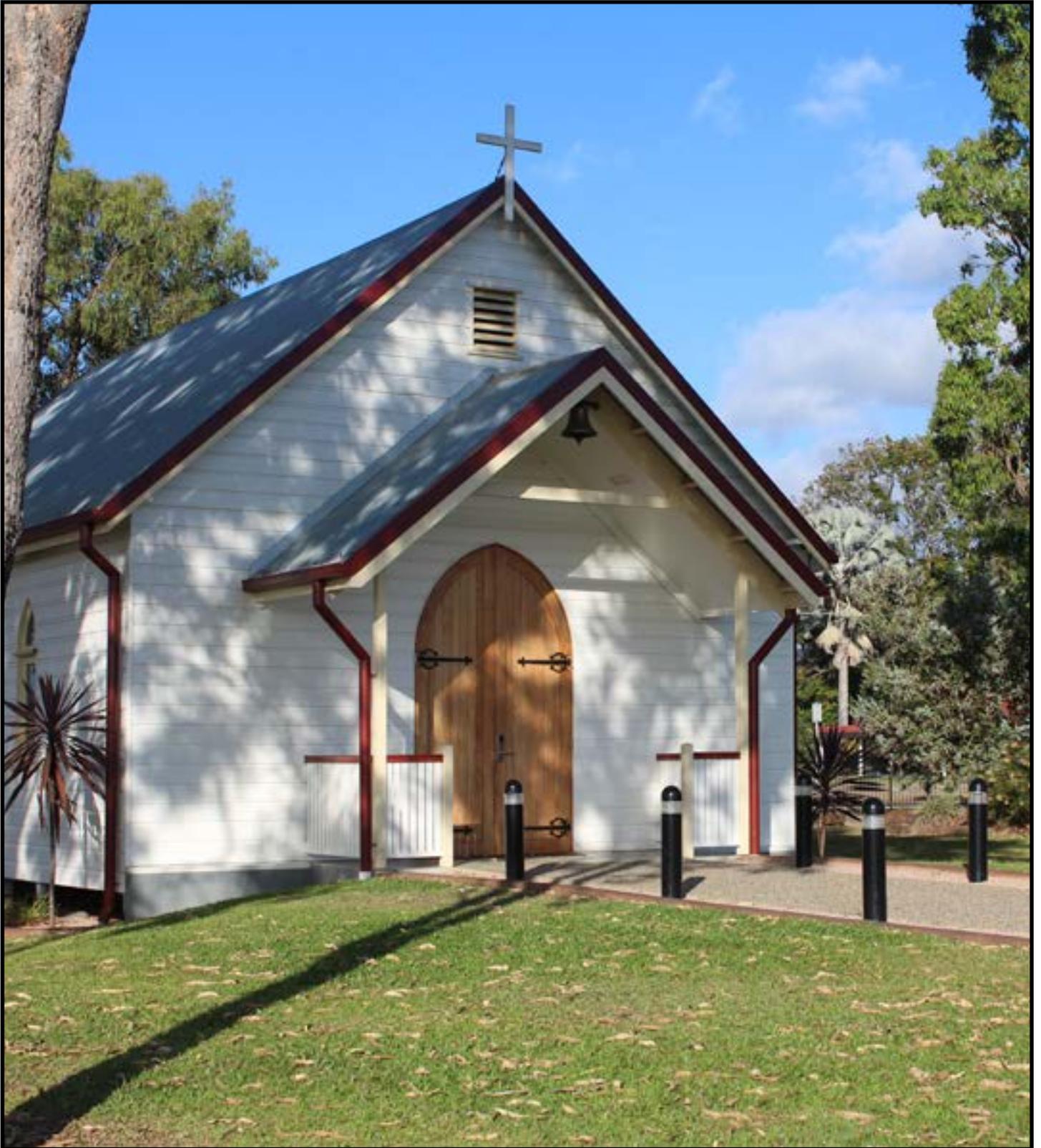
College Captains for 2020: Aarin Ryan, Andrew Gallo, Ethan Backshall and Jenna Kerswell.

Lot 3 McIver Road, Mareeba QLD 4880

Telephone: 4086 2500

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

Website: www.sccc.qld.edu.au



- Celebrating 15 years of Quality Catholic Secondary Education -