



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



Let's celebrate, with cake and good times!



Celebrate Good Times, Come On! was the tune of the day last Monday. The song made famous by K.O.O.L, the Gang, was the bell-tone to mark the return of the year eleven and twelve students.

A celebratory cake was shared at first recess.

Our College Captains, have shared their recent isolation experiences with us, see page nine to hear how they got through!

NOTICES

UPCOMING EVENTS:



Unfortunately, due to responses to the COVID-19 precautions, events have been postponed for the foreseeable future.



Keep up-to-date with COVID-19 updates, by clicking on the link above.

TERM DATES 2020

Term 2: 20 April - 26 June

Term 3: 13 July - 18 September

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

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



Welcome back to live school! It was with great excitement we welcomed back our year eleven and twelve students on Monday. We have ensured that students had time at the start of the week to re-establish their social connections and class routine as we recognised the importance of school routines to return to feelings of normality, we celebrated with cake at morning tea and an alternative school "bell". Our young adults quickly settled back into the rhythm of classes, face to face learning and interaction with our St Stephen's family. Many commented that they were glad to be back but found the earlier starts a bit difficult after six weeks of sleep ins! Their pragmatic approach is indicative of their resilience and positivity in making the best of the situation. Whilst some are enjoying the relative peace and quiet of the playground, we are all looking forward to welcoming the rest of the school back on May 25.

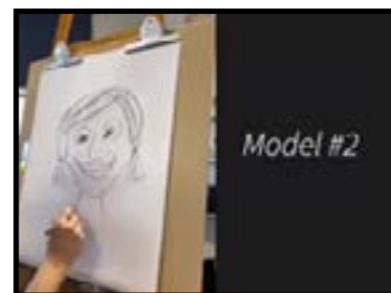
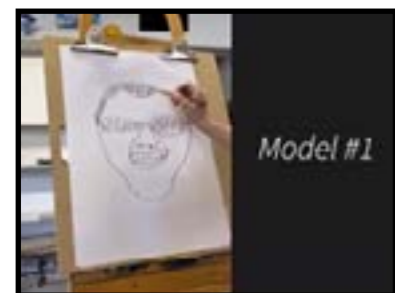
As a school, we are well-planned for the next phase of return with many new learning opportunities and exciting activities ahead. We have finalized our detailed return to school considerations that build on our term one preparations and keep us in line with the expert advice from the Health Authorities, the Queensland Government and the roadmap for easing restrictions. In amongst these times of change, I also welcome some members of our Community, in a staged return as an online presence - Mr Morley and Mr Bassano and our pre-service teachers Mrs Paolacci and Ms Debel. I would also like to reiterate the sincere thanks from students for our teaching staff, who have thrown themselves into delivering quality home based learning experiences.

Over the last two months I have spoken of the importance of connection, it is the social connections as a community that keep us afloat in difficult times. I would like to thank Ms Sugars and Mr Priestly for spearheading the Friday Variety Concerts. I also extend heartfelt gratitude to the myriad of other staff who have shared their talents by participating in these concerts. Students, staff and I believe several parents, have been eagerly awaiting the next instalment. We could not have asked for a better way to celebrate the joy and nurturing of the community here at St Stephen's. I know I am looking forward to another episode! In a community where we are called to serve others, surely one of the simplest ways to serve is to bring the joy of life to others. So this week, I would ask that as we eagerly await the lockdown measures to be lifted we reflect on ways in which we can have eyes and hearts open to experience the Divine, whether that be in nature, ourselves or the light of another's laughter.

I came across a reflection by Joan Chittister in her latest newsletter, Vision and Viewpoint, that made me look upon the last few weeks with new eyes:

"We are steeped in God, but it takes so long to realise that the God we make in our own image is too small a God on which to waste our lives. God is the energy of the universe, the light in every soul, the eternal kaleidoscope of possibility that surrounds us in nature. The face of God is imprinted on the face of everyone we see. God is not one of them, and God is more than all of them, but without them, we miss all the tiny glimpses of God we're being given on way. 'How easy it is to forget and disregard the divine beauty and light within ourselves and in the other,' wrote Deborah Chu-Lan Lee. It's a simple insight, but the very ground of the spiritual life, I think. I have seen God's mercy and justice, felt God's love, and heard God's voice – but always in the other. And all of them have grown me beyond myself. I'm not so sure that it's 'easy to forget' the Divine in the other. I think, given our formation in the potential pitfalls and essential weakness of matter, that is more likely to be impossible to see it at all. But once we do, once we realise that we are surrounded by fragments of the Divine, life becomes luminous." ~ from Called to Question: A spiritual Memoir by Joan Chittister (Sheed and Ward)

SNIPPETS FROM VARIETY SHOW - EPISODE 2



FROM THE PRINCIPAL

May your next fortnight provide many opportunities to witness the fragments of the Divine. I know we will see, feel and hear many examples with students as they return. I hope this search and observation will create a life that is luminous for you.

May God bless you and keep you safe as you go gently into the next few ever-changeable weeks.

Ms Kerry Manders

Principal

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



COLLEGE FEES FOR TERM TWO

Term two fees will be emailed out mid-May 2020. Due to the COVID-19, we have made several reductions to levies.

1. No general purpose levy will be charged for term two 2020.
2. Term two, the bus levy will be billed pro-rata to match actual travel.
3. Term one - week ten, bus levy fees will be credited back to your balance as no students travelled.

Any families that paid the fees up-front at the start of the year will receive a credit for the above amounts on their statements later in the term. If your circumstances have changed as a result of COVID-19, please see our fee relief options. Further forms can be found for a Health Care/Pensioner Card Concession or a Financial Hardship Concession by visiting this link: <https://www.cns.catholic.edu.au/enrolling/fees-and-discounts/>

If you have any questions or queries about fees please don't hesitate to contact Mrs Pina Menniti on 40862500 or gmenniti@cns.catholic.edu.au

Mr Hadyn Flynn

Business Manager

email: hflynn@cns.catholic.edu.au



FROM THE ASSISTANT PRINCIPAL ADMINISTRATION

There has been an inordinate amount of change to our regular schedule for teaching and learning. The current situation across Australia has also resulted in changes that have affected our school calendar with many regular school events cancelled or postponed.

As you would know, our Parent/Teacher interviews, the school Anzac Ceremony and Cross Country have been cancelled. For some students the cancellation of NAPLAN is not a great loss. The Wheelbarrow race is not happening this year and that is a disappointment for our keen runners.

The good or bad news is that we have postponed the year ten immunisations and we will wait and see what happens with the athletics carnival.

I would like to thank the students, parents and the whole school staff for their patience, flexibility and diligence with the many changes that we have faced. I hope that all members of our community stay in good health.

Mr Rohan Priestly

Assistant Principal Administration

email: rpriestly@cns.catholic.edu.au



SOCKTOBER CHALLENGE 2019



During October 2019, year seven's were given their own personal mission to raise money and awareness of Catholic Mission's work in their own communities. They did an amazing job, raising over \$549.00 in total, with a special congratulations going to Alyssa Bale, who raised over \$270 on her own. Alyssa recently received a gift from Catholic Mission for her fundraising efforts, she is pictured with Ms Janai Sugars.

COLLEGE LEADER PASTORAL CARE

Welcome back!

It has been a breath of fresh air to see the return of our year eleven and twelve students. We look forward to having the full school back once again on site, with the year seven to ten students joining us on May 25.



Interestingly, like so many of life's experiences it is the people that you interact with that make something memorable. Our school site is just a site without the life and joy of students and staff and community coming together. Returning to a full school on site is truly a celebration of community.

Uniform and Grooming expectations

With the return of students on site so too is the return of expectations around uniform, grooming and mobile phone use. Given that learning has taken place off site for several weeks it is a good time to refresh college expectations.

Formal Uniform is to be worn every day except for designated pastoral house uniform days. Please include a note with your student regarding any variation to the uniform for extenuating circumstances.

The Student's Record Book (SRB) page eight, details the full school uniform. This term for boys in years ten to twelve, it includes the wearing of ties.

Hair

Girls - just a reminder that hair longer than shoulder length, should be tied back using, white, beige, or navy-blue hair restraints.

Boys - just a reminder that boy's hair must be above the collar, tidy and worn off the face; hair ties not permitted. Undercuts are not to be visible. Students are not permitted to have shorter than a "number two" clip. Boys must be clean shaven.

Extenuating circumstances – Uniform and Grooming

Please include a note with your student regarding any variation to uniform for extenuating circumstances. In the event that extenuating circumstances prevent grooming matters brought to your students' attention being attended to, please contact the appropriate pastoral leader to communicate this.

Mobile Phones

Mobile phones are to be stored in lockers and switched off. The college will contact parents, on a student's behalf, if a call needs to be made during the school day. Mobile phones will be confiscated and retained for safe keeping in the office for a week, if found being used or carried at school.

Thank you for your continued support of our college's expectations regarding uniform and grooming and mobile phone storage.

Mr Matthew Draper

College Leader Pastoral Care

email: mdraper@cns.catholic.edu.au

NCCD UPDATE



Dear parents, guardians and carers

Re: Nationally Consistent Collection of Data on School Students with Disability (NCCD)

Every year, all schools in Australia participate in the Nationally Consistent Collection of Data on School Students with Disability (NCCD). The NCCD process requires schools to identify information already available in the school about supports provided to students with disability. These relate to legislative requirements under the Disability Discrimination Act 1992 and the Disability Standards for Education 2005, in line with the NCCD guidelines (2019). Information provided about students to the Australian Government for the NCCD includes:

- year of schooling
- category of disability: physical, cognitive, sensory or social/emotional
- level of adjustment provided: support provided within quality differentiated teaching practice, supplementary, substantial or extensive.

This information assists schools to:

- formally recognise the supports and adjustments provided to students with disability in schools
- consider how they can strengthen the support of students with disability in schools
- develop shared practices so that they can review their learning programs in order to improve educational outcomes for students with disability.

The NCCD provides state and federal governments with the information they need to plan more broadly for the support of students with disability.

The NCCD will have no direct impact on your child and your child will not be involved in any testing process. The school will provide data to the Australian Government in such a way that no individual student will be able to be identified – the privacy and confidentiality of all students is ensured. All information is protected by privacy laws that regulate the collection, storage and disclosure of personal information. To find out more about these matters, please refer to the [Australian Government's Privacy Policy](https://www.education.gov.au/privacy-policy) (<https://www.education.gov.au/privacy-policy>).

Further information about the NCCD can be found on the [NCCD Portal](https://www.nccd.edu.au) (<https://www.nccd.edu.au>).

If you have any questions about the NCCD, please contact the school.

Kind regards
Ms K Manders

COUNSELLING SUPPORT DURING COVID-19

Ms Murat is available to provide remote support to students during this challenging time. We recognise that social distancing measures and remote learning may have had significant impacts on student wellbeing and so have adapted our methods of support. While it is wonderful to see so many students demonstrating flexibility and resilience in adapting to this new mode of learning, some students still require extra support and so telehealth counselling via ZOOM, phone calls or emails is being provided, along with consultations with parents and school staff. Please email Ms Murat at hmuratmaks@cns.catholic.edu.au if you would like to set up a phone/zoom appointment or call the College on 40862500. For students returning to school, in-person appointments can be made by emailing Ms Murat with an appointment request.



If a young person experiences a mental health emergency outside of school hours, it is recommended that students or parents call the emergency services on 000 or present at the hospital emergency department. If you need to speak with a professional urgently outside of school hours, please contact one of the following organisations to seek support and guidance.

- KidsHelpline (for ages 5-25): 1800 55 1800
- eHeadspace: 1800 650 890
- Beyondblue Support Service: 1300 224 636
- Parentline (open until midnight): 13 22 89

Apps for your Phone/Tablet

- Smiling Mind – Mindfulness programs and mediation
- Calm – Meditation, sleep stories, and relaxation music
- Headspace - Mindfulness programs and mediation
- Down Dog – Yoga sequences at home
- Insight Timer – Meditation timer and programs
- Reach Out Breathe - Practice deep breathing.
- Mood Kit - Learn how to change how you think and develop self-awareness and healthy attitudes.
- Mind Shift - For teens and young adults with anxiety. Helps to change thinking about anxiety.

Relaxation/Grounding Practices

Progressive Muscle Relaxation Training: <https://www.youtube.com/watch?v=ih002wUzgkc>

Sheetali Pranayama – Cooling Breath: Roll tongue into a tube (if you can't then place tip of tongue behind front teeth) and breath in slowly through the mouth. Close mouth and breathe out slowly through the nostrils.

<https://www.youtube.com/watch?v=iXEIbCLh7fU>

Anuloma Viloma Pranayama - Alternate Nostril Breathing: Curl index and middle finger of left hand to palm. Close your eyes. Press ring finger to close right nostril and breath out (count to 4) and then in (count to 4) through left nostril. Press thumb to close left nostril and breathe in and out through right nostril (count to 4). Keep swapping nostrils. <https://www.youtube.com/watch?v=Xbbr6Udg1UA>

Anxiety Breathing – lazy eight breathing <https://www.youtube.com/watch?v=n0Fv2NnqF5o> and <https://www.youtube.com/watch?v=wLIDm9-yLOk>

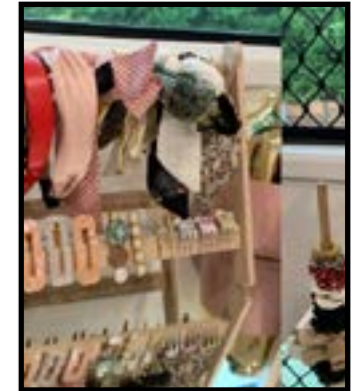
Complete mindful colouring online: <https://colormandala.com/>

COLLEGE CAPTAINS

Hello St Stephen's Community!

We are so thrilled to be back at school and can't wait for the return of years seven to ten. We have thoroughly missed our physical role as College Captains and being able to personally connect with our fellow students during such unnatural times. It has felt strange being unable to sing the college song with you all in assembly and to ask you face to face how everything is going!

However, on a more exciting note we have been collaborating together, along with the greatly appreciated help of Ms Sugars to create our very own school Canvas page called 'Isolation Station' to share our isolation activities. Make sure to check it out if you haven't already! Below are a few snippets of what students/staff have gotten up to in the last few weeks:



For us, and I'm sure many others, isolation has really put into perspective how important the people in our lives are and how much we cherish them. We cannot thank our incredible teaching and non-teaching staff enough who have continued to go above and beyond to support and guide us during these times! For us, the light amongst the darkness during the past few weeks has been taking the time to stop and truly value every single person within our lives. We are blessed with such incredible family, friends and teachers that make up our St Stephen's family. From attempting to do the 'cup song' in sync in homeform to playing 'two truths and lie' over Zoom in chemistry, the true essence of our community has shown through. We all know as students, parents and teachers that the next few months may be a challenge. However, as long as we keep doing what we do best - sticking together as a family - we will conquer anything! So stay strong, build a veggie patch, cook up a storm and take a moment to cherish the small things in life while we have the perfect opportunity to.

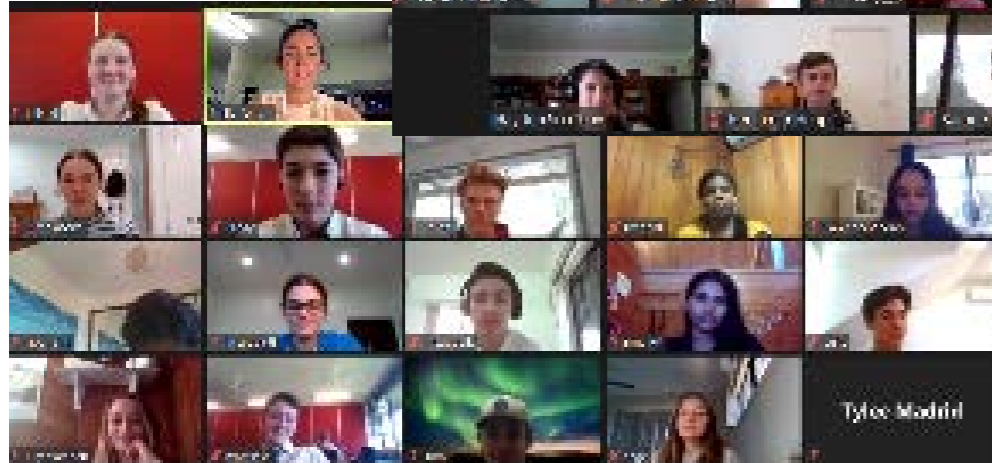
On Monday we had our first official day back as year eleven and twelve students and it's safe to say we have never seen the teachers so excited for us all to arrive! We think teachers and especially students have discovered a newfound appreciation for our school life and each other. We began class with a very new and exciting bell that sang "**Ceeeelebrattee good times, come on!**". It is truly heartwarming to witness such a beautiful by-product of these difficult circumstances, and we are so excited to have the rest of the College back with us soon!

With many happy smiles, from your friendly and supportive College Captains, Andrew, Aarin, Ethan and Jenna.



SOCIAL SCIENCE AND BUSINESS

Term two has seen our faculty adjust to many changes in the way we not only deliver our curriculum but how students engage and learn from home. Staff and students (and parents) have risen to this challenge wonderfully, and although there have been some setbacks, we have found and developed some fantastic new tools that will continue to be used once students return to school. Here are some 'classroom' photos from Ms Bool's year nine Civics, Mrs Paolacci's year seven History and Ms Pensini's year ten History zoom meetings this week:



SOCIAL SCIENCE AND BUSINESS

Week four has also seen the year eleven and twelve classes return to school. Mr Miller's year twelve Geography class were straight back out in the field...but not too far. An excursion to the paddocks and areas that surround St Stephen's saw students conduct a field study to investigate the area's land changes that included looking at invasive species and the revegetation of the site. Their unit, 'responding to land cover transformations', requires students to develop solutions that contribute to the successful management of introduced species including the re-establishment of mature open eucalypt forest.



Finally, we would like to take this opportunity to thank Ms Susan Morrow for taking a range of our junior classes last term.

This term we have welcomed two pre-service teachers who are both in their final placement at St Stephen's Catholic College. Mrs Ambre Paolacci and Miss Julia Debel are currently teaching a range of classes here at the college, and it is hoped that both ladies will continue working at our school, and within our faculty, next semester.

Have a wonderful rest of term two.

Mrs Prue Vaughan and Ms Emily Pensini
Middle Leaders Social Science and Business
 email: pvaughan@cns.catholic.edu.au
 email: epensini@cns.catholic.edu.au





MONDAY

Fried Rice - \$5.00

TUESDAY

Pasta (with dinner roll) - \$5.50

WEDNESDAY

Teriyaki Chicken Noodles - \$7.00

THURSDAY

Pizza - \$7.00

(Hawaiian / Supreme / BBQ Chicken / Vegetarian)

FRIDAY

Chicken Parmy Meal Deal - \$7.00

(Original / Hawaiian / Meat Lovers)

Served with Side Winders

TERM 2 - 2020