

St Stephen's
Catholic College



St Stephen's News

Issue 11 - Term 3 - Week 2

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

Assembly in the Holy Spirit Centre!



Term three started with our first whole college assembly in the Holy Spirit Centre. Ms Manders spoke about the year thus far and how we should challenge ourselves for the journey ahead. Deacon Pastoral House leaders as well as Home Form representatives received their trophies from the Colour Games.

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:



Wednesday 29 July

Subject Selection Evening

Tuesday 11 August

P and F Meeting

Saturday 29 August

Year 12 Formal

Thursday 3 to Monday 14 September

Year 12 Mock Exams

Friday 4 September

Student Free Day

Friday 18 September

St Stephen's Day

REMINDER: The lifting of some COVID-19 restrictions has allowed some return to "normal". Whilst we can have whole College assemblies, please remember that any adults onsite must adhere to social distancing requirements and COVID safe regimes, washing hands, avoid touching our faces, keep a safe distance (1.5 meters), sneeze and cough into the elbow and if unwell, stay home and follow the Queensland Government recommendations to have a COVID-19 test.



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

CHESS CLUB

with Mr Harnischfeger (Mr H)

Room: MCR - during Recess 2

EVERYONE IS WELCOME!



TERM DATES 2020

Term 3: 13 July - 18 September

Term 4 : 5 October to 27 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.

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.

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



Welcome back!

We opened semester two with our first whole school assembly since March. It was historic - our first assembly together in the Holy Spirit Centre. What an amazing facility! As I stood there looking at our massed staff and students, I was intensely grateful for the wisdom of those who have gone before me. The planning and insight have been worthwhile. It made me reflect that we stand on the shoulders of the ones that went before us. Next week we celebrate 175 years of Catholic Education in Queensland and I am very proud to be part of that legacy. On a personal note, I celebrate three generations of my family having been able to access an excellent Catholic education and another staff member, Mrs Gillies, celebrates four generations.

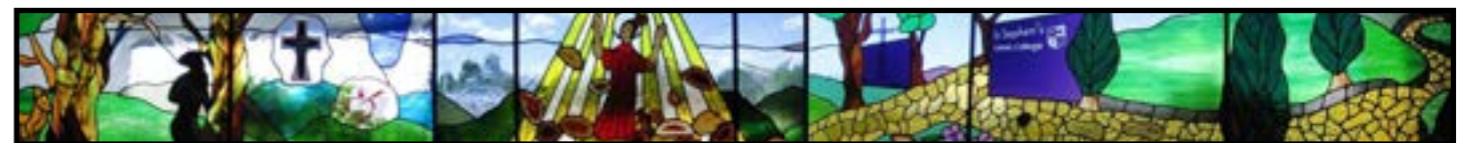


The legacy of a quality Catholic Education is longstanding. To mark this significant milestone, we will celebrate Catholic Education Week in several ways. Firstly, through prayer at the whole College assembly and half day retreats for year eight and nine. Secondly, be rewarding and congratulating those students who have sought excellence with Student Recognition Lunches and a focus on our core business, learning, with subject selection displays. We will also begin our work with year eleven students for Leadership 2021.

A key feature of Catholic education is summarized in the Catholic Education Services Mission Statement which is a call to relationships and community - "in the spirit of Christ we undertake our work through life-giving relationships founded on collaboration, communication, integrity and respect. We look to the future with enduring hope that the human potential for growth and goodness will be realized". It is in this hope that our search for excellence is born; this search begins with high expectations. At St Stephen's we have high expectations for every individual and it is through these expectations and accountability that we strive to achieve excellence. We expect that each community member displays their commitment to the College and the Mission through high levels of self-regulation and pride in the College, their search to continually improve their learning and do their personal best, and their care and concern for others. For students this is about being prepared for class, wearing their uniform correctly, completing tasks as requested, attending school every day and always thinking of the feelings of others.

In all areas of life, personal best is not a destination. It is a journey towards excellence. It is life long and life wide, this means for all life and in all facets of life - sport, academic and community commitments,. Catherine McAuley (founder of the Sisters of Mercy) advised her congregation in the 1800's "The simplest and most practical lesson I know...is to resolve to be good today, but better tomorrow. Let us take one day only in hands, at a time, merely making a resolve for tomorrow, thus we may hope to get on taking short, careful steps, not great strides."

Sometimes, these small actions take great courage. Certainly, it is often simpler to take the easiest path, but it is neither worthwhile nor fulfilling. Perseverance and courage are the actions of faith and a hope-filled mindset, a calling each of us has to be more like Christ, in whose image we have been created. These actions are underpinned by a trust in the Lord that courageous actions through adversity and suffering will be rewarded, it is having life and living it to the full (John 10:10).



FROM THE PRINCIPAL

We can take the lead from our College namesake, St Stephen. He was a man full of the Spirit and courage. He modelled his behaviour and actions on Christ and his actions were to bring people to know Christ. As we begin the second half of the year, let us move towards our journey of personal best. I invite you to follow the lead of St Stephen and the Venerable Catherine McAuley to make courageous choices to be better in all respects tomorrow than you are today.

Some students have thrown themselves into this journey and we saw this at the Parent Teacher Interviews. I would like to thank those parents and students who attended the interviews, it was a wonderful opportunity to meet parents and to hear the ongoing search for personal best from students. I look forward to hearing more stories of personal best as the Semester unfolds.

May the faith and courage of Christ be with you always.

God Bless.

Ms Kerry Manders
Principal

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

IMPORTANT BUS INFORMATION

Please be advised that the weekly family threshold for semester two - 2020, (travel from July to December 2020) will increase to \$30.00 (\$25.00 for concession card holders).

Please refer to the Non State Schools Transport Assistance Scheme: <https://SchoolTransport.com.au>

Mr Hadyn Flynn
Business Manager
Email: hflynn@cns.catholic.edu.au



DEPUTY PRINCIPAL

Welcome back to term three - I sincerely hope that all families were able to get away after the restrictions were eased. You really don't know what you have until you lose it and this was definitely the case during the height of the Covid-19 pandemic. This term brings many events for several year levels and it signals a start to the planning for 2021.



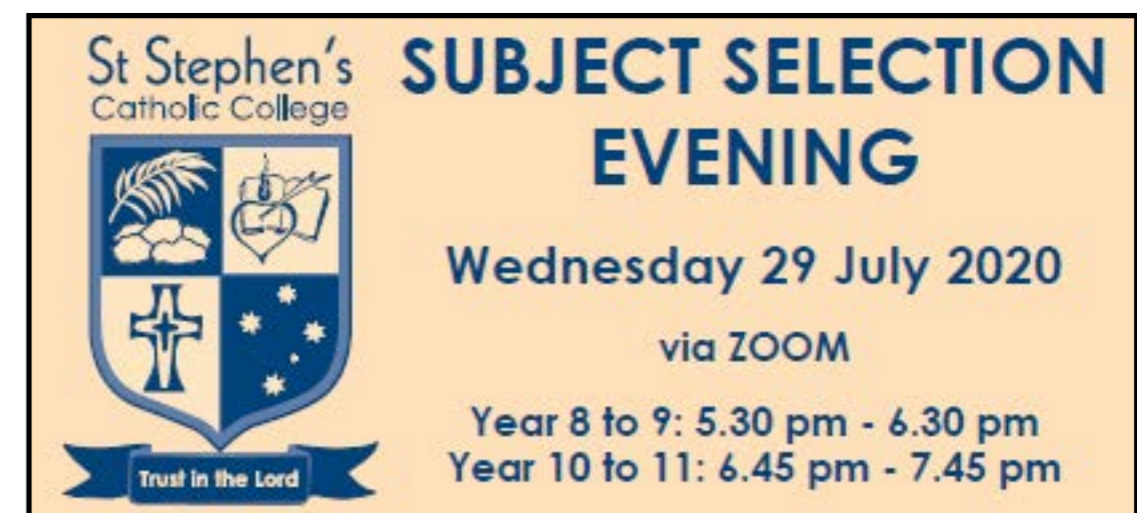
Year eight and ten students will start their subject selection process next week with presentations beginning on Wednesday 29 July and subject displays occurring everyday next week in the foyer of the Holy Spirit Centre. This is an exciting time as students start to formulate the pathways they are looking to enter once leaving school. Information about the Subject Selection Night has already been sent out and I would encourage as many parents as possible to join the online presentation next week. There will also be presentations available on the parent portal created by each of the Middle Leaders to support the information contained in the Subject Handbook.

Year nine students will also have an opportunity to choose their electives for 2021. This process does not entail an information night, however I would encourage parents to discuss possible options with their child. All subject selections will be conducted online and again information will be sent to students and parents regarding this process.

Year twelve students are getting close to finishing with close to a term left before the External Exams in October. Students have been informed of a Mock External Exam Block beginning in week eight and this will prepare students well for the rigors of the actual external exams. Before then however, students who are looking to enter university in 2021, will go through a QTAC preference process with many universities rolling out early entry programs. There will be a QTAC Presentation at the college on Monday 24 August. I would encourage students to constantly check with potential universities to see what is being offered for enrolment for 2021.

I encourage students to focus on their study regimes and patterns early in the term so course requirements are met. With the disruptions earlier this year, the sooner students move back into normal routines, the better outcomes students will experience. I look forward to seeing many of you at the different events throughout the term.

Mr Simon Vaughan
Deputy Principal
Email: svaughan@cns.catholic.edu.au



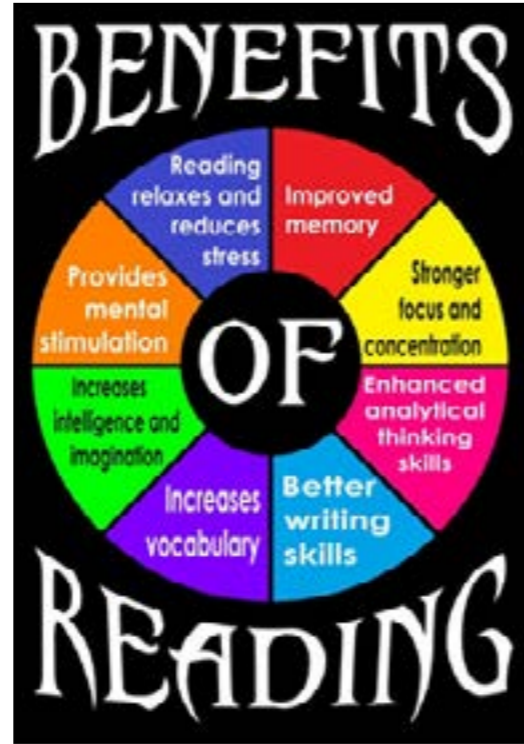
In a world where digital tools have significantly changed the way we learn and process information, the importance of reading, other than social media posts, remains critical.

At St Stephen’s Catholic College, novels are selected for English classes based on syllabus requirements, but also to engage students and provide insights into the past, as well as to stimulate conversation and analysis of timeless issues and universal themes. Currently, students in year ten are studying Harper Lee’s classic novel, *To Kill a Mockingbird*, which has sold over 40 million copies since it was first published in 1960. This novel sensitively conveys themes of race and class, innocence and injustice, hypocrisy and heroism, and tradition and transformation, so it is highly relevant for today’s students.

Students in year eleven General English are preparing to write a narrative inspired by a more contemporary title, *The Messenger*, by Markus Zusak. When his story begins, the main protagonist is directionless, with a pessimistic view of life and very little belief in his own potential. Eventually, through helping others in extraordinary circumstances, he realises that, “maybe everyone can live beyond what they’re capable of.” This novel provokes thought about self-esteem, relationships and the meaning of life – ideas worthy of discussion with teenagers.

Reading a wide range of texts regularly, in class and beyond, is strongly recommended for students and adults alike!

Mrs Tamara Schincariol
Middle Leader English
 Email: tschncari@cns.catholic.edu.au



While school is getting back to the new normal here at St Stephen’s Catholic College, there may still be people in our community suffering from COVID-inspired anxiety. This is especially true in light of the second-wave of infections in Victoria. The following article from the Black Dog Institute (www.blackdoginstitute.org.au) gives us some helpful tips for managing this anxiety and moving forward:



Channel your anxious energy into action: get informed, plan, and prepare

We often feel anxious when events feel out of our control, and when we think we don’t have the capacity, skills or ability to cope. Anxiety tricks us into thinking about the worst-case scenarios in vivid and frightening detail. Instead of worrying, try your best to focus on what’s under your control. Equip yourself with the facts about COVID-19 from trusted sources. Follow government advice and make a plan about what you and your family will do if you need to be in isolation, or quarantine.

Limit or avoid unhelpful media and misinformation

Being exposed to constant, alarming, anxiety-inducing stories convinces us that there is something to panic about, and further perpetuates myths, rumours, misinformation, uncertainty and anxiety. The more we read and hear about it, the more frightening it becomes, and the less chance we have to distract ourselves and do things that can take our minds off it. Although it might be tempting to keep informed, or difficult to escape, limiting your exposure to media, news, and social media about coronavirus will help quell the panic.

Cut down or stop the behaviours that are fuelling your anxiety

There are certain actions, when performed frequently, that can fuel anxiety about health, and germ-phobia. Focusing too much on bodily symptoms, and relying on “Dr Google”, can consume one with anxious thoughts and panic. Being aware of these behaviours, understanding how they’re making you feel, and replacing them with more helpful coping strategies can alleviate disproportionate feelings of anxiety.

Stay focused on the here and now, taking each day step by step

Try to focus on the here and now - not the past and not the future. Live in the moment and take one day at a time.

Be aware of negative thoughts and don’t give them too much power

Just because we’re thinking something, doesn’t always mean it’s true. When you notice yourself worrying a lot, take a step back, and try to let worries pass by without focussing on them too much.

Look after your body

Get enough sleep, exercise, eat well, avoid smoking, excessive alcohol and drugs. This will help protect your mental health and immune system.

Stay connected with others

It can make a huge difference when we share our worries with others, and connect with other people who are supportive. Try to stay connected to supportive people in your life so you feel less isolated and lonely. You might need try new ways of connecting that you haven’t before.



COUNSELLING NEWS



Help other people, be kind, and compassionate

When we help other people, it can also make us feel better. We are all in this together so let's try our best to be kind and compassionate to each other.

Take a breath

When you feel overwhelmed take a few slow, deep breaths to help you calm down. If there are other things that help you relax (eg: a walk or listening to music) you could try these too.

If you're feeling like you're not coping, get professional advice

It's ok to ask for help. If you're feeling overwhelmed by anxiety, seek professional support. Psychological therapies can be done online, or remotely via phone or videoconferencing, and are an excellent option if you're in self-isolation, or worried about going to a clinic.

Importantly, be assured that for most people, the anxiety will be temporary, and will reduce over time, especially once the virus has been contained.

Mrs Havva Murat-Maksuti
Counsellor

Email: hmuratmaks@cns.catholic.edu.au

MOUNT ST BERNARD CELEBRATIONS

MOUNT ST BERNARD COLLEGE CENTENNIAL CELEBRATIONS

SAVE THE DATE – We look forward to you joining us at these celebrations in 2021

Friday 5th February 2021
Centenary Year Commencement Mass and Commissioning of
2021 School Leaders

Friday 24th September – Sunday 26th September 2021
Centenary Weekend – More details coming soon



YEAR 8

It is fantastic to start off the term with stability and face to face teaching and learning. The year eight students have become more independent and responsible for their own learning. It is a great idea if your child takes time to reflect on their semester one results. Many students have performed very well so much so that we have fifty year eight students invited to the Special Recognition Luncheon next Friday. All students should be commended for their efforts.



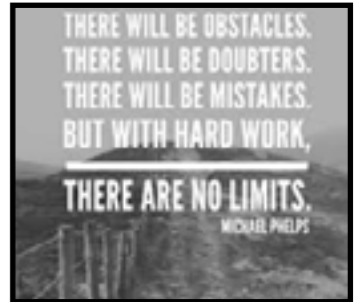
In week three, Curriculum Leaders will be available to year eight students at lunchtime to discuss the different elective subjects available in 2021. When making these decisions, students may consider their interests, what they're good at, their past performance and future career options. The Subject Selection evening will be held via Zoom this year with parents and students invited to engage in this meeting next Wednesday 29 July at 5:30 pm. Please check emails for the details of this event.

As this is a new term, please have your child check their stationery supplies to ensure that they have the correct supplies for each lesson. Being organised and prepared is an essential part of learning. It is important for students to develop good work habits early. Please contact the classroom teacher or me if you have any concerns.

Students engaged wholeheartedly in the colour games at the end of term two and there are some wonderful photos below.

I look forward to another great term with all year eight students.

Mrs Jayarani Salerno
Middle Leader Pastoral Year 7 and 8
Email: jsalerno@cns.catholic.edu.au



Year eight students at the colour games on the last day of term two.

YEAR 8



Some of the year seven and year eight students Special Recognition Luncheon awardees for 2020.

EMMASON NAGY - YEAR 7

Congratulations to year seven student, Emmason Nagy, who won a golf tournament in Atherton during the school holidays. She won the best Nett total in the Novice Girls section.



YEAR 10

Welcome back for term three. I hope everyone had an enjoyable and relaxing break from school and is ready for another busy term.



Parent-Teacher Interviews:

Thank you to all the parents/carers who made times to see their child's teacher last week. Parent teacher interviews are just one way to share your child's learning, to report to you about their progress and to set future goals for each student, with participation from you, the student and the teacher. If you were unable to attend last week's interviews and would like to make a time to meet with your child's teacher, please feel free to do so by contacting them directly and arranging a time that is suitable for both of you.

Subject Selection Evening:

Year ten students have been reminded and encouraged on a number of occasions of the benefits of attending the Subject Selection displays at the Holy Spirit Centre in week three. Choosing a course of study for next year or even planning for the next couple of years is both exciting and challenging. In the early stages of high school there was a broad curriculum where every student was encouraged to learn as many subject areas as possible. Now at the senior end of the school, students are invited to specialise and to pursue the subjects that interest them most.

Work Experience:

Many of our year ten students will undertake work experience over the next break. The opportunity to try various areas of work cannot be understated at this stage of secondary education. If you have not already returned work experience forms, please do so as soon as possible so we can facilitate this process.

SET Plans:

The coming term will see our year ten students continue their journey across the senior phase of learning as they complete their Student Education and Training (SET) Plans. The SET Plans will involve students actively working with their parents and school staff to further explore realistic career options and possible learning/training pathways. Additional information regarding this important process will be provided to students and parents over the coming weeks.

I hope the year ten students enjoy term three. Please feel free to contact me to discuss any matters of concern.

Ms Sonya Barnes

Middle Leader Pastoral Year 10

Email: sbarnes2@cns.catholic.edu.au

SIENNA ALBA - YEAR 10



Congratulations to year ten student, Sienna Alba, for securing an apprenticeship at the Beef Joint in Mareeba.

Well done Sienna!

She is pictured with the owner, Brodi Neal, full-time apprentice, Michael Able and Manager, Ayden Sue.

Photo (C) The Express Newspaper: Monday 13 July 2020

VET AND VOCATIONAL LEARNING

I take this opportunity to introduce myself as the new VET and Vocation Learning Middle Leader, taking over from Mrs Carol Hoult. A vast and very important area, I look forward to working closely with students, parents, staff and the wider community to assist students with their life journey beyond secondary schooling. Please feel free to email or ring me if and when you have any questions around your child's future pathway. I am easily contacted by email on pmacallum@cns.catholic.edu.au or by phone 4086 2500.



Year Ten Work Experience - September Holidays

Please be aware whilst forms were initially due on Monday 20 July, forms may still be considered. However you run the risk of missing out due to someone else already securing a placement.

Subject Selection – Year Ten into Year Eleven 2021

Parents have been notified of this event. Please check your emails to find more information.

Year Ten SET Plans

(Senior Education and Training Plan)

SET plan interviews are occurring during week six (10-14 August), so keep an eye out for these dates. This is an important opportunity to plan and discuss subject choices for year ten students moving forward into years eleven and twelve.

Congratulations!!

Congratulations to Tyler Ius (year twelve) and Sienna Alba (year ten) who recently commenced school-based apprenticeships. Tyler commenced his with Priceless Automotive (motor mechanic) while Sienna started at The Beef Joint (butchery). We wish both students the very best with their new employment ventures and thank these two local businesses for supporting our local young people despite the difficult economic times many businesses are experiencing.



UNIVERSITY VIRTUAL OPEN DAYS

- 1 and 15 August - Central Queensland University
- 2 August - University of Queensland
- 18 August - Southern Cross University
- 20 and 22 August - James Cook University
- 29 August - Australian Catholic University
- 29 and 30 August - Queensland University of Technology
- 5 and 12 September - Australian Catholic University
- 5 September - University of Southern Queensland

What's the difference between QCE and ATAR?

QTAC states that the Queensland Certificate of Education (QCE) and the ATAR (Australian Tertiary Admission Rank) are different and have a different purpose. QCE certifies learning, shows a student's academic achieved and at what standard they achieved during senior schooling. It may be considered by employers and the general community. ATAR indicates a student's position (or ranking) compared to all other students in the state. The only intended purpose for the ATAR is to assist with selecting applicants for tertiary study. For more information about QCE contact [Queensland Curriculum and Assessment Authority \(QCAA\)](#) and for ATAR information contact [QTAC](#).

Looking For An Apprenticeship?

Visit the [Australian Apprenticeships Pathways website](#) where you can search by industry group (Arts, Culture and Performance, Automotive and Boating, Building and Construction, Business etc.) to find out what a particular apprenticeships and traineeships qualification is all about, the training required and jobs you can apply for with the qualification. Not sure what you are looking for? Check several out and see which you are most drawn to. Create the future that you love!