

St Stephen's
Catholic College



St Stephen's News

Issues 8 and 9 - Friday 11 June 2021

Principal: Ms Kerry Manders
Deputy Principal: Mr Simon Vaughan
Assistant Principal Religious Education: Ms Janai Sugars
Assistant Principal Students: Mrs Jayarani Salerno
Business Manager: Mr Hadyn Flynn



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NAIDOC Week at St Stephen's Catholic College



HEAL
COUNTRY!
4-13 JULY 2021



Last week we celebrated our inaugural NAIDOC WEEK and flag raising ceremony. NAIDOC Week is usually held in the second week in July, unfortunately for us this is during the school holidays, we decided to hold our NAIDOC week a little earlier.

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:



- Friday 11 June**
Vinnies Sleepout
- Monday 21 June**
Year 10 to Year 12 PARTY Program
- Tuesday 22 June**
Year 10 to Year 12 Certificate I - Construction
- Wednesday 23 June**
Interschool NAIDOC Challenge
Una Voce - Cairns Eisteddfod
- Friday 25 June**
SSCC Athletics Carnival
- Monday 12 July**
Term 3 commences

TERM DATES 2021

Term 1: 27-1-2021 to 1-4-2021
Term 2: 19-4-2021 to 25-6-2021
Term 3: 12-7-2021 to 17-9-2021
Term 4: 5-10-2021 to 26-11-2021

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

FROM THE PRINCIPAL

NAIDOC WEEK



This celebratory week is about beginning the journey of reconciliation with First Nations people. Our first step was to create a dedicated St Stephen's Catholic College Acknowledgement of Country. "An Acknowledgement of Country is an opportunity to show respect to the original custodians of this land. Acknowledging Country shows we accept and understand that no matter where we are across this nation, we are on Aboriginal and Torres Strait Islander lands. Where Aboriginal and Torres Strait Islander peoples have stewarded, nurtured and cared for Australia's diverse environment and waterways for over 60,000 years. And we know that we are all the stewards of God's creation, our country".

I must applaud three of our First Nations students, Maddison Baldwin, Tyler Martin and Thecla Yow-Yeh for their work in creating our own Acknowledgement of Country to be used across the College.

"We are honoured to be here today as we gather on the traditional land of the Muluridji people. We acknowledge and pay our respects to the elders and their families both past, present and emerging.

Unique from our own Country, yet unified. With traditions that have been passed down through generations, we bring our own values, knowledge and beliefs of land and people. Together, on this land of the Muluridji people, we come to a place where we have the privilege of learning with each other and from each other. To grow together to unite our people."

The 2021 NAIDOC week theme is Heal Country! This theme calls for all of us on the reconciliation journey to continue to seek greater protections for the lands, waterways, sacred sites and cultural heritage of our First Nations peoples. Country is more than a place; it is inherent to identity and is spoken about like a person. Country sustains lives in every aspect. We are the stewards of creation, and it is a sign of respect for the creator of all things when we look to heal country. We cannot love God without loving the country that provides us with all sustenance. It is important to take action to heal our relationships with country.

Relationships are at the heart of our reconciliation journey. Reconciliation lives in the hearts, minds and actions of all community members. We all have a role to collectively build sacramental and loving relationships within our community that values First Nations peoples, histories, cultures, and futures, this is our reconciliation journey. This way we create a stronger and safer community for all.

The drive for reconciliation grows out of our belief that everyone is made in the image and likeness of God. Each one of us is different in our own unique way. There will never be another you or another me... ever! Pope Francis puts it this way in Laudato Si 65: "We were conceived in the heart of God, and for this reason each of us is the result of a thought of God. Each of us is willed, each of us is loved, each of us is necessary." From this we can see the primacy of love; We are loved! We pass on this love as love of God, love of self, love of others and love of the country. As a community we need to find ways to live out this love. To love another requires an active response.



FROM THE PRINCIPAL

As a community we are called to show the spirit of reconciliation in action, and action always takes courage! The spirit of reconciliation begins by asking "How can I help?". Yes, we are all called to help. The actions of reconciliation are simple, they require each one of us to do our very best. Firstly, to create a culturally safe place, where each member of our community feels safe to be themselves. We must know and respect ourselves, be reflective and aware of our own values and attitudes and the impact of these values on others. Ask - do I have an unconscious bias or discrimination? If yes, take responsibility to address bias and provide constant reminders to others of the unconditional love of God. Secondly, work towards growing knowledge and respect for the diversity of First Nations peoples, communities and cultures. Being open to learn, listen to understand and build quality relationships, take action to call out any behaviours that diminish the light of others, address any actions that reduce the value of another person.

Once we know ourselves and each other better, we can do better, each day a step further on the transformative journey of reconciliation together.

We had many opportunities across NAIDOC week to come together to Heal Country and heal our nation. I would like to thank Mrs Cummings and Ms Sugars and our First Nations students for their contributions to the planning, organising and leading activities that made this week a very special one for the College community.

May the peace and grace of Jesus be with you always.

God Bless

Ms Kerry Manders | Principal

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



Ms Manders accepting the Acknowledgment of Country from Maddison Baldwin.

SUBJECT SELECTION EVENING



SUBJECT SELECTION EVENING

Thursday 22 July 2021

Holy Spirit Centre

*Tertiary Providers will be available to speak with
any current student of
St Stephen's Catholic College*



Ph: 4086 2500
Mclver Road, Mareeba
www.sscq.edu.au

LEADERSHIP PRESENTATIONS AT THE SUBJECT SELECTION EVENING:

Year 8 to 9: 5.30 pm - 6.30 pm

Year 10 to 11: 7.00 pm to 8.30 pm

CURRICULUM NOTICES

Report cards will be issued after 5.00 pm on **Thursday 24 June 2021** via the Parent Portal.

Instructions on how to access the Portal are attached to the email sent with the newsletter link.

Parent / Teacher interviews will be held on **Wednesday 14 July 2021**. The PTO site will open on Friday 5 June 2021 at 9.00 am and will close Monday 12 July 2021 at 4.00 pm. An email will be sent out to parents/carers about the login process during week ten.

ASSISTANT PRINCIPAL RELIGIOUS EDUCATION

On Monday 24th May, three student representatives from St Stephen's Catholic College, Charlie Fittler, Abby Howard and Imogen Oiderman, attended the Diocesan celebration of the 200 Years of Catholic Education and were accompanied by Ms Manders and me.

A National Mass was celebrated simultaneously across Australia at this time and students from all over the Cairns Diocese came together at St Monica's Cathedral in Cairns to commemorate the bicentenary of the first Catholic school being opened in Australia.

This school was founded in October 1820 in Parramatta by Irish Catholic priest Fr John Therry and run by convict and lay person George Marley. The school, which Catholic historians believe was in Hunter Street, Parramatta, taught 31 students. By 1833, there were 10 Catholic schools in the colony. Over 200 years, Catholic schools have grown to include 777,000 students in 1,755 schools across the country and employing over 100,000 teachers and staff.

The theme for the celebration of 200 Years of Catholic Education, "Faith in the Future" reflects the core purpose of Catholic education to form students in their faith, and to provide an education that enables our graduates to make a meaningful contribution to the world. Students from St Stephen's own Una Voce ensemble contributed to a video performance of the National Song "Faith in the Future" which can be viewed online (<https://www.youtube.com/watch?v=L4bFOGCEz-I>). We are so proud of the contribution these students made and of their exemplary conduct during the recording process. They should be commended for their efforts.

Ms Janai Sugars
Assistant Principal Religious Education
Email: jsugars2@cns.catholic.edu.au



ASSISTANT PRINCIPAL STUDENTS

Term two has been another action-packed term. Students have been working hard to be committed to their schoolwork and engage in various extra-curricular activities. They have a well-rounded education while still having a sense of engagement, belonging and student's voice.

Our Pastoral House Leaders have stepped up and shown authentic leadership and courage with running House Assemblies for all house members. They actively demonstrate, promote and encourage involvement in creating a positive house spirit. Furthermore, the Pastoral House Leaders are busy organising skits and themes for the upcoming sports day on the last day of this term. In preparation for this school event, the year twelve leaders engaged in a planning meeting with fellow Pastoral House representatives in week eight.



Thank you to all the Pastoral House Leaders for their determination and dedication to developing house spirit.

Uniforms and attendance is our focus for term two. Please make sure our high standards at St Stephen's are followed. Take time to review our school uniform and grooming expectations.



YEARS 7, 8 and 9

Hair and Jewellery: The College uniform reflects the conservative nature of the school. Hair and Jewellery fashion change regularly, our standards DO NOT. The uniform and grooming policy is expected to be met in spirit and specifics. Final decisions regarding appropriate hairstyles is at the Principal's discretion.

Hair: Students are expected to have a natural single colour or shade. Hairstyles are to be compatible with the uniform. Undercuts are not to be visible. Students are not permitted to have shorter than a 'number 2' clip. Hair is to be kept neat and tidy. Girls with hair longer than shoulder length should have their hair tied back using white, beige or navy blue hair restraints. Long hair is to be restrained and not to fall across the face. Boys' hair must be a conservative cut, above the collar, tidy and not to fall across the face; hair ties/restraints are not permitted. Boys must be clean-shaven.

Jewellery: Girls may wear up to two plain silver or gold sleepers, or studs less than 5mm in diameter (may contain a small birthstone in each ear). Boys may wear one small sleeper or stud. A plain fine metal neck chain with a Christian religious medal or crucifix attached, a watch (smart watches prohibited) and a medic alert are allowable. Other visible body jewellery, including piercings covered by band aids, is not acceptable. No visible tattoos are permissible. A maximum of 2 earrings in each ear, worn in the lowest holes in the ear lobe.

Sport Shorts Length: The length of the sport shorts are to mid-thigh.

Skirt Length: Skirt length must be below the knee and as students grow the hem line must be adjusted to ensure the appropriate length.

Hats: College hats are to be worn at all times outside the classroom.

Uniform Supplier: Tina's Fashion - 209 Byrnes Street, Mareeba

Telephone 4092 4096

YEARS 10, 11 and 12



For a school to run effectively communication is the key. Please remember to contact the teachers, if the school can assist and support your child to be the very best they can be.

Mrs Jayarani Salerno

Assistant Principal Students

Email: jsalerno@cns.catholic.edu.au

Go confidently
in the direction of
your dreams!
Live the life you've imagined.

Working together because

Attendance MATTERS ✓

Attendance Matters (why it's important)

- ✓ A bright future for your child starts with good school attendance every day, all day
- ✓ Good attendance doesn't guarantee positive outcomes for students, however, positive outcomes are unlikely to occur without good attendance.

Every day counts

- ✓ A day here or there may not seem like much, but your child missing one day a fortnight will miss four weeks in a year, and nearly 1½ years of school by Year 12.
- ✓ If your child misses 3 weeks of school a year, that's a year of school by the end of Year 12.

Every minute matters

- ✓ Being just ten minutes late every day adds up to nearly half a year of lost schooling from Prep to Year 12.
- ✓ Good time keeping means making sure that your child is at school and ready to learn before the school bell rings.

Good habits start early

- ✓ It is important that children develop regular attendance habits (over 95%) at an early age. The pattern of attendance in Year 1 is highly predictive of what patterns of attendance will be in subsequent years.

Let's work together

- ✓ Our attendance goal is 90% or more of students attending 90% or more of the time and 0% unexplained absences.

The main reasons for absence and what we can do

- ✓ **Sickness** – Naturally there are times when students need to miss school, such as when they're ill. It's vital that they're only away on the days they are genuinely sick, and setting good sleep patterns, eating well and exercising regularly can make a big difference.
- ✓ **Holidays** – It is vital that holidays are planned during school holidays where possible, and not during the term if it can be avoided.
- ✓ **'Day off'** – Think twice before letting your child have a 'day off' as they could fall behind their classmates – every day counts.
- ✓ **Tuancy** – This is when students choose not to go to school without their parent's permission. There can be many reasons for truancy and the best way to address this is for schools and parents to work together.

If you're having attendance issues with your child, contact your classroom/pastoral teacher so we can work together to get your child to school every day.



MIDDLE LEADER MATHEMATICS

Upcoming assessment

All students in years seven to ten have exams over the next two weeks. Students should be working on revising for these exams and taking advantage of the tutorial sessions which are available on Tuesdays and Thursdays at recess two in MCR or Wednesday afternoons in the library 3.00 pm to 4.00 pm (for year ten to twelve students only).



Year Ten Subject Selection

Year ten students will be making their subject selections for their senior years over the next few months as they enter SET (Senior Education and Training) plans and receive information at Subject Selection evening (which is on Thursday 22 July). It is important that students in year ten are aware of the options that are available to them in senior and the implications of their selection on their pathway after school.

At St Stephen's we offer four senior subjects – Essential Mathematics, General Mathematics, Mathematical Methods and Specialist Mathematics. Students have been given information about these subjects during classes and at Year Level Meetings and further information will be provided at the Subject Selection evening early next term. However, students and parents should be aware of our expectations regarding recommended level of achievement in year ten. We recommend that students who wish to undertake Specialist Mathematics should be receiving a A- or higher. Specialist Mathematics one of the highest scaling subjects towards an ATAR and is the most challenging of the mathematics subjects. Students who wish to choose Specialist Mathematics will also need to be undertaking Mathematical Methods.

In semester two, year ten students will either undertake one of three courses; Preparation for Mathematical Methods, Preparation for General Mathematics or the Numeracy Short course. It is recommended that students who wish to undertake Mathematical Methods in senior should be receiving a B- or higher by the end of year ten in the Preparation for Mathematical Methods course. Students who wish to do General Mathematics in year eleven and twelve should be receiving a C level or higher in the Preparation for General Mathematics course. Students who receive lower than a C or who undertake the Numeracy Short course in semester two of year ten are recommended to select Essential Mathematics. Please either talk to your teacher or me if you want any further information about senior mathematics subject selections.

Australian Mathematics Competition

The Australian Mathematics Competition will be held Wednesday 4 to Friday 6 August. Please send me an email cellison1@cns.catholic.edu.au if you are interested in participating. Students have been sent an email with links to some preparation quizzes which have been developed by the Australian Mathematics Trust through the new site **Problemo**.

The links for the practice quizzes are given below:

Year 7 and 8 Quiz 1 - <https://app.problemo.edu.au/token/04e01da385ed>

Year 9 and 10 Quiz 1 - <https://app.problemo.edu.au/token/29ee12d13898>

Year 11 and 12 Quiz 1 - <https://app.problemo.edu.au/token/1b13f1156425>

Mr Christopher Ellison

Middle Leader Mathematics

Email: cellison1@cns.catholic.edu.au



MIDDLE LEADER STUDENT DIVERSITY

Congratulations to Mrs Debbie Cummings and her support crew, particularly our First Nations students, who put their passion and understanding together to create St Stephen's Catholic College students' Acknowledgement of Country. We are so proud of our First Nations students and grateful to Mrs Cummings who has coordinated multiple individuals and agencies to celebrate and commemorate our Indigenous cultures with events, including Monday's Flag Raising Ceremony, sporting, eating and yarnning circle events across the week.



Cairns Disability Expo

The Cairns Disability Expo is back on for this year at the Cairns Colonial Club. Please see the flyer on the next page.

Who is it for?

Anyone with a disability, medical condition, or injury and their parents/carers. Over 50 exhibitors will be covering employment and training, further study, lifestyle support, allied health, NDIS, advocacy, assistive technology and more!



This term we have started to prepare teams for the Opti-MINDS Creative Sustainability Challenge that will be held in Cairns on Sunday 29 August. Teams of between 4 to 7 members are challenged to work together to think, create and communicate innovative solutions to conundrums that demand they 'think outside the box'. Opti-MINDS challenge categories are Language Literature, Media Communication, Science Engineering and Social Science. More information will be shared as teams are confirmed and trial challenges are attempted.

Mrs Trudy Pretorius

Middle Leader Student Diversity

Email: tpretorius@cns.catholic.edu.au



SAVE THE DATE FOR...

CAIRNS DISABILITY EXPO 2021



- **Employment, Study and Lifestyle supports and options**
- **NDIS including non-NDIS services**
- **Explore assistive technology and equipment**
- **Connect with advocacy, supports and services for people with disability, injury or health conditions.**

**THURSDAY
15TH JULY**

**FREE ENTRY
MORNING 09:00-1:00PM
EVENING 3:00-7:00PM**

**CAIRNS COLONIAL CLUB
ENTRY VIA BEHAN ST.**

More Details: www.cairnsdisability.net.au @CairnsDisability

I recently read "Anxiety Rx" by Dr Russell Kennedy (2020, Awaken Village Press) about treating anxiety and chronic worry. Dr Russell talks about "foreground alarm" (the fight-or-flight reaction) and background alarm "a remnant of old, unresolved trauma, typically from childhood ... stored away as energy in the body" (p105). Foreground alarm can be activated by our background alarm, trapping us in an alarm-anxiety cycle even when there is no immediate threat to our safety. Dr Russell uses the A.L.A.R.M.S. acronym (pp 167-168) to explain things that can happen to us in childhood to cause this background alarm:



- A - ABUSE (physical, emotional, or sexual)
- L - LOSS (family members or pets, anything overwhelming)
- A - ABANDONMENT (physical or emotional i.e., no emotional connection between parent and child)
- R - REJECTION (by family or peers i.e., bullying)
- M - MATURE TOO EARLY (becoming a caregiver to parents/siblings, drugs/alcohol/sexual activity too early)
- S - SHAME (anything the child perceives as shameful)

Dr Russell suggests that the only way to heal this alarm stored in the body is to bring it to the surface and address it. He uses the ABCDE process to do this (p 217, pp 229-231):

- A AWARENESS AND ACCEPTANCE – become aware of your anxiety and alarm in your body.
- B BODY AND BREATH – move into your body and connect with the sensations of alarm. Put your hand over where you feel it and connect. Focus on your breath, close your eyes, put your hand on your chest and focus on the rising and falling. You can also pat your shoulders, arms and face or tap the place where you feel the alarm in your body to connect to it.
- C CONNECTION AND COMPASSION – once grounded in your body think of something you like about yourself or a person/pet/place that brings you joy and focus on that emotion.
- D DISCIPLINE – continue to practice this process when you feel alarm.
- E EGO – realise that your ego thinks it is protecting you by stopping you from trying new things (causing alarm in the body) but it is in fact stopping you from growing.

Anyone interested in reading more about this process can buy the book from Amazon here:
<https://www.amazon.com.au/Anxiety-Rx-Russell-Kennedy/dp/1734426543>

SchoolTV has a number of articles and videos on trauma that can be accessed here:
<https://sscc.qld.schooltv.me/newsletter/trauma>

SchoolTV also has a series of articles and videos on youth anxiety that can be accessed here:
<https://sscc.qld.schooltv.me/newsletter/youth-anxiety>

Mrs Havva Murat-Maksuti
Guidance Counsellor
Email: hmuratmaks@cns.catholic.edu.au



NEWS FROM THE LIBRARY



Students Need School Libraries

- Did you know... that your school library supports your child to engage with a diverse range of books to extend their imagination and develop a lifelong love of reading?
- Did you know... that school libraries are responsive and collaborative learning spaces that provide students with access to a wide range of resources that are relevant and appropriate to their learning needs?
- Did you know... that school libraries support your child to reach their potential by teaching them how to become capable researchers and to navigate the world of online information and fake news?
- Did you know... that teacher librarians hold specialised qualifications as both a teacher and a librarian? Quality library staff are trained to support keen and reluctant, successful, and struggling learners.

How can we help your student?



On Wednesday 9 June, these two teams travelled to Cairns to compete in the regional Readers Cup competition. There were 24 teams in this year's event and our two teams tied for fourth place. Half a point separated them from third, and only 3 questions separated the teams from first place. It was a very tightly contested competition this year. For the last ten, weeks these dedicated students have been reading and rereading a total of five books. They have met once a week in the library to discuss the books and ask one another questions about the books. They are to be commended for their diligence and hard work. Though truthfully – reading is never hard work!

I would like to thank the students for their commitment to the competition and to each other. A great day was had by all.

Mrs Simone Gillies
Teacher Librarian

Email: sgillies@cns.catholic.edu.au

Mrs Suzanne Assenheim
Library Assistant

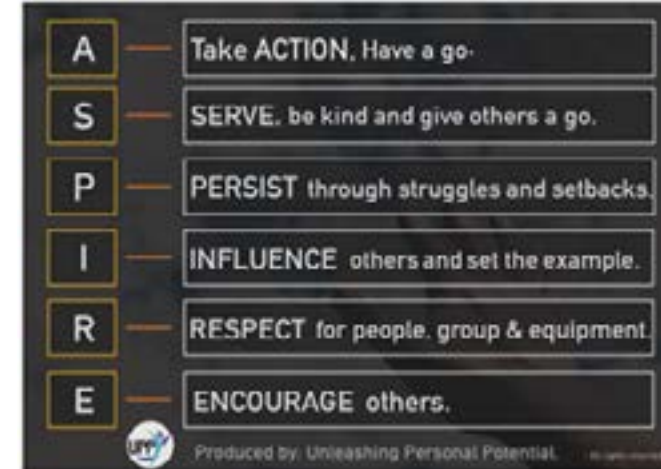
Email: sassenheim@cns.catholic.edu.au



LEFT: Year 7 from left to right - Niv Cotter, Charlotte Agnew, Lilly Lennon and Thomas Fenner. RIGHT: Year 8 from left to right: Claire Schrale, Georgina Weiss, Jack Wearne and Ewan Hall-Matthews.

MIDDLE LEADER YEARS 8 AND 9

On the 4th and 5th of May this term, our year eight and year nine students participated in their community days held in the Holy Spirit Centre. The focus of a community day is to foster friendships, build relationships and develop rapport between students in the same year level, as well as their home form teachers. This year the community days were facilitated by two presenters, Maddie and Pete, from a company called UPP (Unleashing Personal Potential).



Both year levels were involved in an engaging day of presentations, plus many fun practical activities to teach them all about the relevant ASPIRE model.

Students worked individually, in pairs, groups, in home forms and in their whole year cohort to gain an awareness of their leadership and team building qualities, working together to build growth mindsets, grit, wellbeing, healthy relationship skills and leadership skills.

It was so wonderful to see them not only drawing closer in their cohorts, but also branching out and interacting with students different to their usual friendship peer groups.

Both cohorts shared in a fantastic, relevant, informative and enjoyable day with the college provided morning tea and barbecue lunch proving to also be very popular!

"THINK YOU KNOW" ONLINE SAFETY PRESENTATION

On Friday the 7th of May, our Mareeba based community police officer, Senior Constable Matt Mitchell from the Mareeba SBPO, visited with year eight and year nine students. Matt delivered a "Think You Know Presentation" which is a 50-minute session developed by the Federal Police and aimed at discussing the social, legal and ethical implications of online interactions and gives students the tools to overcome challenges within these interactions. Students became aware of the dangers of sharing inappropriate information online whether it was created by themselves or passed on to them from others.

They were also shown the eSafety Commissioner's website: www.esafety.com.au where there is some excellent information and even training available to help guide both parents and their children through keeping safe in their online interactions. ESafety is an independent government agency committed to keeping Australian citizens safer online. It also has powers relating to cyberbullying, image-based abuse, and illegal and harmful online content. If your child is experiencing issues with their online interactions, this is where help can be found, and reports can be made.



YEAR NINE'S LAST NAPLAN!

Year nine underwent their very last NAPLAN testing on Wednesday 12th, Thursday 13th and Monday 17th of May. Even though it was the last time they will be completing NAPLAN testing, it was also the first time they have undertaken the test online, rather than it being handwritten. All of year seven and year nine students were placed together in the Holy Spirit Centre Hall and it all went relatively smoothly.

Mrs Nola Nunes

Middle Leader Years 8 and 9

Email: nnunes@cns.catholic.edu.au

MIDDLE LEADER YEARS 8 AND 9



MIDDLE LEADER YEARS 8 AND 9



VICKI WILSON CUP

The Vicki Wilson netball competition held last week was a huge success. The two teams that went from St Stephen's Catholic College had a great time playing some good competition. It was an enjoyable day for all. Thank You to Mrs Pretorius and Mrs Bale for all the hard work in organising for the teams to go.

Taijana Goleby

Back row: Amelia Sciani, Willow Cole, Saskia Booth, Capri Flegler and Hannah Schiesser.

Front row: Myla Davis-Fowler, Isabelle Simms, Sophie Blain and Tahlia Gannon.



Back row: Anne Vermaak, Tayah Harris, Taijana Goleby and Jessica Reedman.

Front row: Tayla Nastasi, Holly Prien, Thecla Yow-Yeh and Binda Yow-Yeh.

MENU FOR SPORTS CARNIVAL - AVAILABLE ON FLEXISCHOOLS

2021 Athletics Day Tuckshop menu

Pasta	\$5.00
Curry and rice	\$5.00
Crumbed chicken wrap	\$5.00
Pies	Plain
	Pea
	Curry
	\$6.00
Sausage roll – sml	\$2.00
	lrg
	\$4.00



Variety of drinks



Pre orders welcome

Tuckshop will be open from 8.30am to 1.30pm

DISTRICT AND PENINSULA CROSS COUNTRY

Congratulations to the following Students who all placed at the District Cross Country:

Harrison Roos - 12 years boys
 Brayden Thomson - 13 years boys
 Ewan Hall-Matthews - 13 years boys
 Marcus Stallan-Caamano - 14 years boys
 Dominic Serafini - 14 years boys
 Lachlan Gannon - 15 years boys
 Cayden Gauci - 15 years boys
 Nate Mitchell - 15 years boys
 Ned Donovan - 16 years boys
 Nicholas Fogale - 17 years boys
 Joshua Snell - 17 years boys
 Madeline Radcliffe - 13 years girls
 Chloe Donovan - 14 years girls
 Emalina Fogale - 15 years girls
 Natalie Millerd - 15 years girls
 Madison Stansby - 15 years girls
 Michala Thomson 16 years girls
 Kyla Jones - 16 years girls
 Tonia-Marie Rantucci - 17 years girls
 Jane Close - 17 years girls



Ewan Hall-Matthews



Brayden Thomson



Chloe Donovan



Marcus Stallan



Emalina Fogale



Lachlan Gannon



Jane Close



Tonia-Marie Rantucci



Michala Thomson



Ned Donovan



Nicholas Fogale

All place getters progressed onto the Peninsula Cross Country, held in Cairns last Friday. Congratulations to the following students who placed at the Peninsula Cross Country!

13 years boys - Brayden Thomson - 6th
 15 years boys - Nate Mitchell - 10th
 16 years boys - Ned Donovan - 1st
 17 years boys - Nicholas Fogale - 5th and Joshua Snell - 7th
 15 years girls - Emalina Fogale - 3rd
 16 years girls - Michala Thomson - 9th
 18-19 years girls - Jane Close - 2nd



ROTARY FNQ FIELD DAYS



The College Ambassadors, as well as year eleven student Maddison Baldwin, attended the Rotary FNQ Field Days. Ms Manders, Mrs Crockford, Mr MacCallum and support staff, Mrs Morrow, Mrs Smith and Mrs Bagic assisted with the college stall.

Maddison was given an opportunity to work with the Media Team at the Field Days, taking photos and using Adobe Lightroom to edit photos used for media coverage of the event.

The Ambassadors were out and about promoting St Stephen's Catholic College, as well as assisting at the stall.

Attending the Field Days was a great opportunity for St Stephen's to be a part of this iconic event.



MEET APRIL WILSON - MCAULEY PASTORAL LEADER



Name: April Wilson
 Age: 17
 Favourite food: Sushi
 Dream occupation now vs when you were 5: I wanted to be a princess, but now I would like to be a lawyer (although if I was given the opportunity to live out my Barbie movie dreams I totally would).
 Favourite class: Legal Studies
 Favourite place: Mandurah (near Perth) because I was born in Perth and I get to see my family.
 Family: I have one younger brother, an older brother and an older sister. I also have two dogs and two guinea pigs.



This is to certify

Tonia-Marie Rantucci

was selected in the

2021

Queensland School Sport

16-19 Years Girls Football Merit Team

Dr Keith Graham OAM
Chair Queensland School Sport



One thing I notice when presenting sessions to parents at schools around the country is how worried they are about their child's use of technology. That's no surprise. There's been research suggesting some children feel that they can't live a day without their screens. And the pandemic made everyone a little more glued to their device when stuck at home. But what often surprises me is how many parents feel completely hamstrung about the child's school-issued computer. Some feel they don't have any right to remove it or monitor their child's use. Many children are clever enough to push this idea. If a parent tells their child to get off their computer, it's easy for the child to be a bit resourceful. They might suggest they have homework to do and find a quiet spot and turn down the sound. This will make the parent oblivious to the fact their child is playing a game or conversing with their friends rather than working on their essay. The important point to remember is that it is always your house and your rules. Here's some rules for their school computer - or any screen - that I'd suggest.

Limit their time on it

Sure, they might have to do their homework on it, but most schools tell you how much homework students should be doing every day in each year level. This is a guide to how long they should be on it for homework. Monitor their use by ensuring they are in a central location, particularly when they are young and less focussed.

Give them a reward

Link their rights with their responsibilities and have them complete their homework to get some access to fun time on a screen such as a bit of gaming or TV. This will help them develop self-regulation skills of doing the annoying stuff first to get the fun stuff.

They are responsible for it

If your child has an expensive habit of breaking their computer, they really should be bearing some of the cost of fixing it. Give them a few extra chores to 'pay' for a share of the repair cost so that they have some inconvenience and are less likely to be lackadaisical with it in future. Likewise, if they leave it at home, don't bring it up to school for them. They need to bear some inconvenience of being disorganised and you shouldn't be solving the problems of their failure to remember what to pack every day. A consequence will make them more likely to remember the next time.

Respect trumps everything

When your child is rude to you, it's essential to give them a consequence, such as taking away their computer and phone for a period of time until they have done additional work for you. Their protests about 'must-do' schoolwork shouldn't deter you from this consequence. Remember in this, they have the chance to quickly do the extra chore, get their computer back and complete their school responsibilities. Don't fall for their hype. Your child's respect for you is far more important than one piece of schoolwork and schools tell me they feel the same. More importantly, you are teaching them how to treat you and all other attachment figures in their life. If they are regularly rude to you, without consequence, it doesn't bode well for their respect and consideration for future friends and partners. You should be teaching them to be courteous, as well as how to have a balanced life without too much screen reliance. Try to ensure that these are good daily lessons they are learning from you.

Takeaway for parents

Some other technology rules to keep in mind.

- There is nothing good that happens when screens are in bedrooms - for children OR adults in the family. All screens should be returned to you before bed.
- Don't give them a new screen or screen privilege, such as social media, without proving their responsibility prior by taking on more accountabilities such as more chores or earning part of the cost of a new gaming device.
- You should be able to get them off a screen at any time, for any reason. If you can't, work on developing their compliance and get professional help soon.

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