



# Especean

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## Principal

*Two are better than one . . . for if they fall, one will lift up the other.*  
(Ecclesiastes 4:9-10)

Dear Parents, Students, Staff and Friends of St Patrick's College, Welcome back to Term Four. I trust that parents and all boys have had some time to relax and refresh during the last two weeks. This is a short term that is jam-packed with Retreats, Camps, Leaders' Workshops, our Artist in Residence programme, end of year exams, HSC exams and much more!

The time for boys to start studying is not the week prior to exams, or even two weeks prior, it is actually now. So, instead of writing about study in preparation for exams in week 5 or 6 of this term, it is best placed here and now!

Like training our muscles, our brain needs to be trained in the lead-up to examinations, where the revisiting of key concepts and skills is a regular and consistent exercise. This will allow the information and the knowledge to become stored in our long-term, rather than our short-term memory.

School teachers are often asked "how much study should my son do?" This is not always an easy question to answer, because it will differ according to individual needs, interests and personal circumstance. Quality is better than quantity though. Focused study without other distractions, with good levels of concentration during study periods, will bring about better results. Getting out of the study chair and having a five minute walk around, taking a drink of water, and clearing the head refreshes sufficiently so that the next hour of study can also be maximised in terms of quality. Even as an adult who has studied most of my professional life, I find I cannot sit in the same chair staring at a computer screen or textbook for hours on end without taking a short break, just to give my eyes a rest if nothing else.



Merely reading through notes is not the most effective form of study. Practice essays, worked examples and attempting timed responses is often much more effective. Making summary notes (taken by hand), and then creating effective ways of organising this information is also helpful. I have often found that making audio recordings of notes is also helpful. Playing them back to myself over time becomes like learning the lyrics of a song. The more the track is played, the more I am likely to remember the information and be able to predict what comes next. It is a useful, simple tool for courses where there is a lot of content to be recalled and applied.

The reluctant student will often procrastinate and engage in avoidance tactics to give the appearance of doing study, but in reality will be achieving little. For students who find study and school difficult, slowly building the amount of study is the best



way of achieving this. Again, ensuring a quiet place to study with little distraction is the most helpful. For some boys this means removing the phone and even the computer. The internet can be too much of a temptation for some boys.

Regardless of your son's abilities and desire to do well, the discipline of settling down to study will stand him in good stead for his senior years at school, where good study habits are essential if he is to achieve and improve in his learning. Boys who give of their best are usually rewarded with improved results. A mediocre performance (with respect to one's personal best) is usually the consequence of a lackadaisical approach to preparation. Study is not magic, it is simply consistent, disciplined hard work. That never hurt anyone. If you have not had a conversation about study practices and habits, perhaps now is the time to do so. Some boys study well with others where they bounce ideas around. This is helpful at times but should not be the only form of study. Not having any homework to do does not mean there is not study to do. Unless there are any geniuses with photographic memories in the house, then we all need to commit to some revision of key concepts, skills, knowledge and understanding. Happy studying in preparation for the end of year examinations. Your time starts NOW!

*Live Jesus in our Hearts, Forever.*

Craig Wattam  
Principal



**Time to return  
the Library  
Books.**

### REMINDER:

All Library loans to students are now due for return please.



**SCHOOLS  
CHALLENGE**

**IMPRO AUSTRALia**  
THE HOME OF THEATRESPORTS®

For the first time ever the SPC Year 5 Theatresports team, the 4<sup>th</sup> five and half will be competing in an interschool's competition hosted by SPC.

**WHERE:** Robson Auditorium  
**DATE:** Wednesday 18 October  
**WHEN:** 6.00pm—7.30pm  
**TICKETS:** at door \$5 Students  
\$10 Adults

## Junior School

School holidays are a time for families to recharge the batteries, regroup and perhaps provide an opportunity to reflect on and experience the world around them. Students have a break from the routines and demands of school life in such varied ways. Some families travel, either domestically or internationally, whilst some stay locally and work around their commitments at home and work. The first few days back this term sees so many experiences retold, adventures explained and a chance to listen and absorb peoples excitement and happiness of how they spent their holidays. As we commence the final term of the school year, I get the sense that the final two months will challenge and provide many opportunities for our students to consolidate their learning, demonstrate the strength of their character as well as encourage their confidence across all areas of College life. It will be both a busy and rewarding term for all.

On behalf of the Junior School, I would like to extend congratulations to Mr John Bachmann who returns this term a married man. Many congratulations to John & Mel on their very special day and many happy blessings for your married life together.

*Dan Fields—Acting Director of Junior School*

## Junior School Sport

Welcome back to all students in what will be a very quick and exciting term. I hope all families had an enjoyable and restful break. Good luck to all teams this weekend in the return of the summer season. There have been a few changes to the original draw this weekend so please make sure when and where you are playing. Congratulations to Dylan Parks who in the holidays placed 2<sup>nd</sup> at the NSW State Bouldering Titles .

If any parent would like to donate a gift or sporting memorabilia to the major raffle, could you please get in contact with Mr Andrews at the College via email. We already have some fantastic prizes. All proceeds from that raffle will contribute to the Junior School fundraising towards Chetanalaya.

Last term we had the Sydney Kings come out to the school and do a small clinic for the whole Junior School. Part of that was for our boys to go and support them in their home match against the Illawarra Hawks at Qudos Arena on Sunday 15 October. We have been given a special password – STPATS for reduced tickets. Tickets available at Ticketek. If any family would like to attend it is not too late.

*Grant Andrews—Junior School Sportsmaster*

## Year 6 German Incursion

On 19 September, 6 Black, 6 Red and 6 White went to the hall for a German Incursion led by Ms Williams. The point of the day was to celebrate Oktoberfest which is an annual festival held in Munich.

We started the day by refreshing our minds on Oktoberfest, before jumping straight into gingerbread decorating. At Oktoberfest, Lebkuchenherzen (gingerbread hearts) are given to loved ones with special messages written on them. Each boy got a plain Lebkuchenherzen and started decorating it with German phrases and pictures.

After everybody had finished decorating their gingerbread, Ms Williams taught all of us a German song. We learnt some dance moves to the song and got to play around, it was a blast. After that we learnt another song, but this one was a traditional Oktoberfest song and it was a bit more complicated. With Ms Williams great skills we eventually learnt the song! To finish off this part of the morning, we had a quick quiz about Oktoberfest and Germany.



Soon after, Ms Williams told us to find some space because we were about to do a traditional German dance, the Schuhplattler. It was much harder than it looked, so we had to learn a modified version that Ms Williams created. Surprisingly, she was a very good German dancer. It took a lot of work, but eventually we all managed to learn the dance. When we had all mastered it, we went into one circle and performed the dance the way they do in Germany. When we finished the very tiring but fun German dance we finally had the chance to eat our Lebkuchenherzen. After everyone had scoffed theirs down, we all received a traditional German pretzel, it was huge!

We would like to say a big thank you to Ms Williams for organising the event, it was a BLAST!

*Alessandro Romeo & Matthew Younan (6 Black)*

## PDHPE

The focus of the PDHPE faculty has always been to suitably educate our boys on health matters which affect our community and to prepare them for a prosperous future.

Recently, First Aid Accreditation was awarded to 63 of our Year 11 students as part of their Preliminary PDHPE Course. We should feel comforted by the knowledge that we have so many boys in our midst with the ability to assist in all manner of basic to emergency first aid. This has been a very popular course for boys at St Pat's with a long history of strong results. As the HSC Course begins this week, these same boys will broaden their knowledge on a wide range of health concerns. This course prepares your sons for the future, educating them on the key health concerns impacting on them as they age and helping them to make valuable life choices. We constantly hear about obesity, drugs and nutrition and their impact on our health. PDHPE gives your sons the opportunity to weigh up factors and make good health choices which will benefit them throughout their lifetime.

Fostering the health of our youth is a cornerstone in the education process. We have long felt that PDHPE is the most important faculty as the skills learned in this course will definitely have value in the future. The College supports the health process as a priority and this is evident in its desire to constantly improve food options in the Canteen and in its guidance when distributing food to the boys on special occasions such as Founder's Day. Its guidance is also evident in the upgrade of our weight training facility. Rest assured that the PDHPE faculty is fully supportive of these endeavours and encourages all boys to support these healthy life choices. Whether it be analysing our fitness levels annually, teaching passionately about the horrors of drug use and abuse, supporting the maintenance of mental health in our boys, or instructing in life saving, we will continue to always strive towards the development of the whole being; physical, mental, spiritual, emotional and social.

*Mark Newbury—PE Coordinator*

## Invitation: Artist in Residence Talk

Students, Parents and Friends are warmly invited to hear 2018 SPC Artist in Residence Loribelle Spirovski discuss her practice and life as an artist.

**Venue:** Robson Auditorium  
**Time:** 6.00 – 7.00pm  
**Date:** Thursday 12 October

Guests will be given the opportunity to view works by Loribelle including her progressing Artist in Residence artwork, a portrait of three St Patrick's students. This is a fantastic opportunity to hear firsthand the realities of living and working in the arts and the often 'mysterious' complexities that go into the development and creation of an artwork.



Artist Loribelle Spirovski  
Image courtesy of the artists' website  
[www.loribellespirovski.com](http://www.loribellespirovski.com)

## Faith Formation at the College – Term Four

Welcome back to another term at St Patrick's. In the coming weeks we have many opportunities for faith formation to continue for all members of the College community. All that we offer works in conjunction with the foundation of a student's faith life that comes from home.

Everybody is very welcome to attend Friday Masses at 8.15am in the Chapel. The Masses for this term will be led by the following groups:

- 13 October** – Year 9
- 20 October** – Year 7
- 27 October** – Year 5
- 3 November** – Year 10
- 10 November** – SRC
- 17 November** – Year 8
- 24 November** – SJAG (Social Justice Action Group)
- 1 December** – Year 11

On Wednesday 22 November we will celebrate our annual Festival of Carols & Readings which is always a beautiful evening! All of Year 7 will be in attendance and everybody else is welcome.

Other major liturgies include the Thank-you Mass for Parent Volunteers on Friday 10 November, the Junior School Mission Mass for students on Friday 3 November and the final Year 6 Mass for the students and their parents on Tuesday 28 November. It is important also for us to remember that October is the month of the Rosary – all are invited to say the Rosary every Wednesday at 1.30pm in the Chapel, and everybody is also welcome for the Divine Mercy Chaplet each Friday at 12.50pm in the Chapel. November is the month of Remembrance for those who have died. You are invited to have a name added to the College's Memorial Book by filling out a form that can be taken from Reception. (If you have already handed one in in the past you do NOT need to complete another form).

In terms of spiritual and religious growth and reflection the Senior Retreat for all Year 11 students will take place next week from Sunday to Saturday, and the Year 10 Reflection Programme will be held on Tuesday 7 and Wednesday 8 November. Year 7 will also have a Spirituality Starter & Justice Partnership Day on Thursday 26 October with details to come.

The whole College will once again be asked to create hampers for specific families in need through our Christmas Appeal to be finalised by 24 November.

God bless you all for the term ahead. May it be a fruitful, passionate and a peaceful one!

*Gillian Daley—Director of Identity*



### YEAR 11 BLACK TIE LITURGY 2017



### PREFECT INDUCTION DAY 2017



# Sports Draw - SATURDAY 14 OCTOBER 2017



CRICKET				
1st XI	v	SPC	10.00	Breen Oval
2nd XI	v	SPC	10.00	Breen Oval
3rd XI	v	KING'S 4th XI	9.00	Old Boys 1 (King's)
16A	v	KING'S 3rd XI	9.00	SPC 2
15A	v	North Ryde RSLYC	8.30	North Ryde RSL
15B	v	NEWINGTON 15C	12.00	SPC 4
14A	v	Concord Briars	8.30	Curtis Oval
14B	v	West Epping	8.30	Rydalmere Park
13A	v	Oakhill College	8.30	Pidding Park
13B	v	West Epping	8.30	Strathfield Park 1

BASEBALL				
1st IX	v	STEALERS LIONS	8.30	Major's Bay Reserve 1
2nd IX	v	STEALERS KNOX	11.00	Major's Bay Reserve 1
16A FRIDAY	v	RIVERVIEW BLUE	20.15	Major's Bay Reserve 1
14A	v	BYE		

BASKETBALL				
1st V	v	OAKHILL TOURNAMENT	9.00	Oakhill Courts
17A	v	NO GAME		
17B	v	NO GAME		
17C	v	NO GAME		
17D	v	NO GAME		
17Black	v	NO GAME		
15A	v	NO GAME		
15B	v	NO GAME		
15C	v	NO GAME		
15D	v	NO GAME		
14A	v	NO GAME		
14B	v	NO GAME		
14C	v	NO GAME		
14D	v	NO GAME		
14 Black	v	NO GAME		
13A	v	NO GAME		
13B	v	NO GAME		
13C	v	NO GAME		
13D	v	NO GAME		
13 Gold	v	NO GAME		
13 Black	v	NO GAME		

## JUNIOR SCHOOL SPORT WEEKLY DRAW SUMMER ROUND SEVEN 14/10/ 2017

CRICKET	OPPOSITION	VENUE	TIME
TRAD 6A	Cranbrook	Dangar 1	8.00am
TRAD 6B	Cranbrook	Dangar 2	8.00am
SUPER 8'S 6A	Trinity	Rudd Park	8.00am
SUPER 8'S 6B	Newington Wyvern	Rudd Park	9.30am
SUPER 8'S 6C	Newington Wyvern	Johnson South	9.30am
SUPER 8'S 6D	BYE		
TRAD 5A	Grammar St Ives	Cooke Park	8.00am
TRAD 5B	Knox C	SPC No 4	8.00am
SUPER 8'S 5A	Waverley	Phillips Park	9.30am
SUPER 8'S 5B	St Aloysius	Phillips Park	8.00am

BASKETBALL			
TEAM A	BYE	BYE	
TEAM B	Scots	Auburn 1	8.00am
TEAM C	Scots	Auburn 2	9.00am
TEAM D	Scots	Auburn 2	8.00am
TEAM E	Scots	Auburn 3	9.00am
TEAM F	Scots	Auburn 3	8.00am
TEAM G	Scots	TSC 2	10.30am
TEAM H	Scots	TSC 2	9.40am
TEAM I	Scots	TSC 2	8.50am
TEAM J	Scots	TSC 2	8.00am
TEAM K	Scots	TSC 3	10.45am
TEAM L	Scots	TSC 3	10.00am

TENNIS			
TEAM A	Shore	River Rd Lane Cove	8.00am
TEAM B	St Aloysius	52 Fuller's Rd	9.30am

SOFTBALL			
TEAM Black	Tudor House	SPC No 2 or SPC No 3	9.00am

### VENUES:

Auburn Basketball Centre: Wyatt Park, Church St, Lidcombe  
 Cooke Park: Madeline St, Belfield  
 SPC Courts, No 3, No 4: Edgar St, Strathfield  
 Phillips Park - Nicholas St, Lidcombe  
 Rudd Park: Cnr Clarence & Varidel Strs, Belfield  
 Fullers Rd Courts: 52 Fullers Road, Chatswood  
 TSC: Mansion Rd, Bellevue Hill  
 River Rd Courts: River Rd, Lane Cove  
 Johnson North: Stanmore Rd, Stanmore inside school grounds.  
 Dangar: Kent Rd, Rose Bay

## Summer Sport

Welcome back to Term Four where the summer season gets into full swing. The Cricket season is under way and our NDJCA teams have already played one fixture and will recommence this weekend. Our 1<sup>st</sup> & 2<sup>nd</sup> XI will play a friendly trial on Breen Oval this weekend, whilst our 16 A's will have one final trial before commencing their season within the GPS ranks next week. This weekend the 1<sup>st</sup> V Basketball team will take part in the pre-season challenge at Oakhill College and the Baseball season will be back in action for all teams. All other teams will start their season on Saturday 21 October. Good luck to all.

## Summer Uniforms

As of next weekend, 21 October, all summer sport competitions will have commenced and boys are expected to be wearing the correct College attire in accordance with their sport. Specific to Basketball, team selections have been made and individual player singlet numbers have been allocated. Boys who have not purchased their singlet and organised their number from the uniform shop, must do so before the first competition round on 21 October. Allocated numbers can be obtained from the Basketball Noticeboard or the uniform shop. Boys are reminded that they must be dressed in College sporting attire or College uniform when supporting their siblings and or friends irrespective of whether they played earlier in the day. Failure to meet with this well-known expectation will result in boys being asked to leave the fixture along with further consequences.

## Cricket Holiday Success

During the holiday break the Opens Cricket squads took part in competitive trial games against St Bede's Christchurch, Trinity Grammar, The King's School and Waverley College. The annual fixture against Waverley is always a competitive clash, with this year being no different. Bowling first on Breen Oval, the 1<sup>st</sup> XI were able to restrict Waverley to 175, with bowlers Jack Abraham, Anthony Redman and Harry Brooks each capturing 3 wickets. A middle order collapse during SPC's chase had the 1sts teetering on a loss before youngsters Patrick Braithwaite (21), Owen Turner (21) and Anthony Redman (19\*) combined with Harry Brooks (25\*) to steer the side home with 8-179. The victory meant that the College retained the Berg-Murphy Shield for another year.

*Patrick Hilgendorf—Acting Assistant Sportsmaster*

## House Branded Swimming Trunks

Parents and boys are advised of a Year 12, 2017 initiative whereby the College is now in a position to provide our students with an alternative to the "speedo type" swimmers the boys have worn for numerous years. Students will be able to order/purchase these new swimming trunks with the House Crest and House Name emblazoned on the side panels as of the commencement of Term Four, 2017.



Leada Swimwear, the suppliers, have been manufacturing swimwear in Australia for more than 30 years. Their garments have been developed after much consultation with world champion swimmers and triathletes. They are made from the highest quality chlorine resistant fabric which has also been treated with a silicone water repellent.

Parents and boys are reminded that the traditional "speedo type" swimmers will still be available for purchase.

*Steve Fochesato—Director of Co-curricular*

FIXTURES AND GROUND LOCATIONS are published live online (includes cancellations):

Go to <http://www.spc.nsw.edu.au/co-curricular/sporting/> or visit the College website and select Sports Fixtures on the Quick Links menu

WET WEATHER UPDATES: call 02 9763 1000 and follow the prompts; Twitter at <http://twitter.com/SPCSeniorSport>; or on the Fixtures Pages above.