



# Especean

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## Deputy Principal

Dear Parents, Carers and Friends of St Patrick's,

According to the window in the bike shop at Concord (I'm sure many of you know the one I mean!), there are only 18 weeks until Christmas! Now at the halfway point of Term 3, Year 12 come back this week to normal classes after their Trial HSC exams and all other boys should be in the rhythm of the term.

As the year races by, it is a good time to stop and reflect on goals. I am sure that you, like me, make goals on New Year's Eve for the year ahead, often to be fitter, lose weight or spend more time with the family. In fact, according to a [University of Scranton study](#) in 2014, only 8% of people who set out to achieve their New Year's goals, actually achieve them. Sixty-four percent stick it out past one month, 46% past 6 months, and only a tiny 8% make it through the end to long-term achievement.

Did you make a goal? If so, how are you going with it?

So what is your goal? Some of us might be working towards getting fitter, some might want to improve our work/life balance, some might want to lose weight, some might want to build better relationships or want a better relationship with God. Whatever it is, goals help us get to the finish line.

SMART goals (Specific, Measurable, Attainable, Relevant, Time Bound) are a good way to get started. What exactly do I want to achieve? Where? How? When? With whom? What are the conditions and limitations? Why exactly do I want to reach this goal? What are possible alternative ways of achieving the same?

The staff at the College all have professional goals they work towards throughout the year. At the start of the year they meet with their line manager and set their goals for the year to help in their professional practice. We have a mid-year check and discussion and then at the end of the year evaluate to see how we have travelled.

Our boys also have goals to achieve. It could be to improve for the next assessment or to perhaps make a higher grade sporting team in the summer season. We encourage them to use the SMART goals to determine what is achievable and realistic.

In four weeks I will be running the Blackmores Sydney Marathon. I knew that it would take me a long time to get to this goal, so I broke it down to shorter goals and timeframes. First I started training, went on a diet, began running 2km and then entered a 10km race, completed that, then did a 21km race. Now I have completed two and have gradually increased the kilometres to achieve my long term goal of doing the marathon. By building up my fitness and kilometres I have ticked off a number of short term goals to hopefully achieve the long term goal.

Goals help us move in the right direction but we need to share our goals with someone, like a running partner or a friend. This helps us stay on track and keeps us accountable. As the statistics tell us, it is hard work and we need resilience and persistence. When we don't reach a milestone on our journey, we might need to find another path to reach our goal.

Have a goal, make a plan, talk to someone about your goal, check in with people and be honest with yourself.

### Cyber safety

Thank you to the parents who attended the Cyberbullying forum last Tuesday at the College. The two Police Liaison officers presented a stimulating and informative talk which prompted some great discussion points for parents. If you missed the forum but would like some information please see the links below.

<https://esafety.gov.au/>

<https://esafety.gov.au/education-resources/iparent>

<https://www.thinkuknow.org.au/>

### Complaints and Grievances

Our Complaints and Grievances policy and brochure is on the College website and also available at Reception. If you have a complaint or grievance please familiarise yourself with the process in the policy and brochure.

*Live Jesus in our Hearts, Forever.*

  
Damian Chase  
Deputy Principal

## ANNUAL PERFORMING ARTS SHOWCASE CONCERT 2018

A warm invitation is extended to the College community to come and enjoy an evening of entertainment. This year's Showcase Performing Arts Concert will be staged in the College Gymnasium Thursday evening 23 August commencing at 6.00pm.



## JUNIOR SCHOOL

Book Week is a favourite time of the year for many primary school teachers. It will not surprise you to learn that a comfortable majority of us LOVE to read, LOVE books, and LOVE getting kids interested in reading.

This year's theme "Find Your Treasure" resulted in some fantastic costumes at our character parade. My favourites, of course, are the home made, cobbled together, thoughtful costumes. I love to get out in the playground or into classes and ask students who they are and why they chose that character. A person's favourite book or character can tell you a lot about their own personality.

Research into the effectiveness of homework in the primary school years has revealed mixed findings—some studies indicate it is beneficial, others say it is less beneficial. What the evidence is clear about though, is that DAILY INDEPENDENT READING as part of homework definitely is beneficial. So this week, please encourage your boys to read, read, read! And have a conversation with them about what they are reading. Share what you are reading too! Happy Book Week!

**Ben Munday—Director of Junior School**



## JUNIOR SCHOOL SPORT

The winter sporting season proved to be a successful one for many of the Junior School teams. No fewer than 11 sides went through the season recording only one loss the entire season. An amazing effort, especially as some of these single losses were against other SPC sides. A further 4 teams managed to go through the winter season undefeated. Congratulations to the AFL side, 10C2 Football, 10A Football and the 11A2 Football sides. A truly exceptional effort to keep a clean sheet this season. Not only were these sides successful on the pitch, but off it as well. All the reports I have received about these four sides have been about how hard they have worked at each and every training session, how polite and well-mannered they have been to coaches and parents and how well they have displayed good sportsmanship on the field.

Our debaters had another successful afternoon, arguing against the local foe, Trinity Grammar. Arguing that "Graffiti should be Legal", the SPC boys were able to come away with a win for both teams. We wish them all the best of luck as they complete their season against PLC Sydney, next Friday 31 August.

Our athletes stepped out onto the track for the first time this season. The boys performed solidly, with many bringing home ribbons from the day. A great start as they have jumped into the season without a break from the winter competition. The boys will back-up again this weekend at the Newington Invitational Carnival on Saturday and then into the IPSHA Carnival the following Wednesday.

Congratulations to all the Junior School winter teams for 2018.

**John Locke—Junior School Coordinator of Co-curricular**

## ELECTIVE MUSIC!

Over the last year and a half, Year 10 Music have been composing, listening, performing, and discussing. We have engaged with music from genres including Jazz, Reggae, and Music for Film, Radio, and Television. One of the main experiences that elective music classes have is performing for a soiree twice a year on our chosen instrument. Even though a soiree is a formal assessment, the atmosphere on the night is unique as it perfectly combines the drive of examination with the enjoyment of performance, motivating us to work hard so that our friends, parents, and teachers enjoy the performances. Having two terms between each soiree creates an environment perfect for nurturing our musical talents as well as giving us time to develop life skills that extend into all areas of our lives such as co-ordination and confidence. The feedback we receive in the lead-up and after the soiree gives us new perspectives and provides us with focused areas where we can improve. Being in a class where we can see our peers practising and performing is enjoyable as well as motivating. After a soiree performance there is always a sense of achievement that our hard work has paid off.

We all agree that we are fortunate our families recognise Music as a subject which gives us unique opportunities and encourage us to pursue our interests in a supportive environment, something which is rewarding in itself. Our parents particularly appreciate the opportunity to hear us perform in the soiree and they are a great space to develop musical skills as some of us have performed our own arrangements of pieces. As a class we have explored our creativity and developed our thinking skills, making connections between music and cultural contexts which may not initially present themselves.

While Music as a subject may not initially seem essential, it is indeed a vital ingredient towards providing a holistic education, proven to enhance one's memory and cognitive skills. Music may also reduce stress and anxiety while cultivating discipline and patience. "I've never known a musician who regretted being one. Whatever deceptions life may have in store for you, music itself is not going to let you down" - Virgil Tomson

**Madeleine Hanrahan-Tan—Music Teacher & Year 10 Music Class**

## DROUGHT APPEAL

A big thank-you to the community for your generosity with the drought appeal in recent weeks. The following amounts will be donated to Rural Aid to assist with the immediate needs of farmers:

P & F Collection at sport—approx. \$2,600 (special thanks to the Rugby fraternity for their support on this day)

College Mufti Day—approx. \$7,400

\$10,000 will go a long way to easing some burden. In conjunction with this, we keep all those on the land in our prayers.

Thank-you, **Gillian Daley—Director of Identity**

## WELLBEING

Parents are asked to remind their sons that if they arrive late to school but prior to Period commencing, they should move directly to their homeroom to have their name recorded on the Official Roll. Students can then ask their homeroom teachers

permission to go to their locker. If a student arrives after homeroom has ended then they should sign it at Reception.

This week the College's 'Hands Of' Rule will be available to view on the College website for parents. The Rule outlines the College's position on actions and behaviours that impact on the safety and dignity of students enrolled at the College, as well as an overview on possible consequences. Parent may contact the College if they wish further clarification.

In the coming weeks, staff and students will be asked to provide the College's Pastoral Care Team with feedback on the progress of students in Semester Two classes. Staff will be given the opportunity to identify students who are causing concern in their classes despite strategies to modify and improve behaviour. Similarly, students will be able to provide anonymous feedback on peers who are disrupting their learning. Year Coordinators will be in contact with parents to discuss their son's progress and make arrangements for an interview, if necessary, in early Term 4.

The recent P&F meeting provided parents an excellent opportunity to hear from local Police Schools Liaison Officers about various matters relating to responsible use of social media and the internet. On a number of occasions the officers referenced the Federal Government's eSafety Commission. Parents are encouraged to visit the links below to find out more about cybersafety and responsible use of technology:



<https://www.esafety.gov.au/iparent>

<https://esafety.gov.au/about-the-office/resource-centre/brochure-parents-guide-to-online-safety>

I would also like to mention that there are lots of great resources available to parents in helping their sons navigate adolescence. Two resources that I have found useful are from the Generation Next organisation: the books "**Growing Happy, Healthy Young Minds**" and "**Nurturing Young Minds**". They have collated material from past presenters at the Generation Next Conference into an anthology of chapters focusing on a variety of wellbeing strands.

Finally I would like to share some recent podcasts that I have listened to relating to student wellbeing:

Understanding Why Boys and Young Men Disengage—Maggie Hamilton at <https://www.podbean.com/media/share/pb-sxfv6-6b2594>

Healthy Media Consumption—Practical Strategies—Dr Glenn Cupit at <https://www.podbean.com/media/share/pb-46ri4-8ebadb>

**Robert Simpson—Director of Wellbeing**

## VP DAY COMMEMORATIVE SERVICE

On Wednesday 15 August, I had the privilege of attending the 73<sup>rd</sup> Victory in the Pacific (VP) Day Commemorative Service, at the Kokoda Track Memorial Walkway in

Concord, along with twelve other Year 11 students, accompanied by Mr Newman. VP Day each year marks the surrender of Imperial Japan to the Allied forces, which brought about the end of the Second World War in 1945, after six years of global hostility and the threat of Australian invasion. Throughout the service, we paid tribute to all the brave veterans and fallen servicemen who fought during WWII, where over 27,000 Australians were killed, and many others battled under conditions of extreme hardship defending our nation. In particular, this was a chance for us to reflect on the 22 Old Boys who lost their lives, for whose service and bravery the College Chapel is dedicated, and whose names are displayed in remembrance on the plaque in the College vestibule.

Various dignitaries took part in the service, including former Governor of NSW, Prof. Marie Bashir, and we heard from Mr John Haines (Chairman of the Kokoda Track Memorial Walkway) and Councillor Marian Parnaby (the Deputy Mayor of Canada Bay and a College parent). The service included a solemn wreath-laying ceremony, time for prayer and quiet reflection, the recitation of the Ode, the Last Post and a minute's silence. A key moment of the service was when we observed a video about the "War at Sea," featuring the attack on Sydney Harbour by Japanese mini-submarines in 1942. This was particularly striking, as it showed us just how real the threat of the war was at that time, had it not been for those who courageously fought for our country's freedom and security.

At the conclusion, the Year 11 students were invited on stage to lead the singing of the National Anthem, which was a very proud moment for all of us, appropriate to the major focus of the service, the 'youth'. Whilst we were there, we had the fortunate opportunity to meet two remarkable Kokoda Track veterans, Ray Gentles and Roy Dockery, both in their nineties, who provided us with an eye-opening insight into some of their first-hand experiences. This again allowed us to reflect on the inconceivable challenges they endured, but also their inspiring sense of comradeship and friendship. It was an unforgettable experience for all of us involved, and we all left truly realising how grateful we are for their courage, and all those who sacrificed their lives in affording us with a better way of life and a more peaceful world.

**Christopher Hanzek—Year 11 Student**

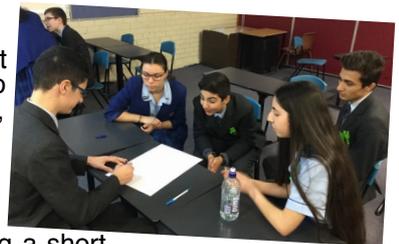
## YEAR 10 ITALIAN

At the end of Term 3, the Year 10 Italian students finally got to meet their pen pals face to face (after nearly two years of writing letters to each other!) at an Italian Language day hosted by Cerdon College, Merrylands. We were filled with a mix of excitement and trepidation!!

On the day, we were grouped with our pen pals and were required to communicate ONLY in Italian and if we spoke English each group would lose points. The activities required us to apply our knowledge of and understanding of the language into real life scenarios and conversations with each other and the girls. The activities included: creating and performing a short skit in Italian, Celebrity Heads, Pictionary and 4 Corners (where we agreed or disagreed with a statement and had to explain our reasoning). We were definitely challenged but thoroughly enjoyed the activities.

At the end of the day, we watched the best skits from each group (most were comedies) and after a good laugh, we voted for the best act. Before going home we reflected on the day and our learning. Overall, the experience was very enjoyable allowing us to be with other students who are learning Italian and facing the same challenges.

**Joshua Cosgrove—Year 10 Student**



# WHAT ARE YEAR 9 PHILOSOPHY LEARNING ABOUT?

This term Year 9 Philosophy students have been learning about inductive and deductive arguments. They are now able to write an argument in its standard form and identify various fallacies in arguments.

Students have also begun a study of knowledge, known more formally as Epistemology. They can be seen in the photo attached doing a series of activities on how our senses perceive things, after which they discussed the role of perception in knowing. In this unit students will also investigate the various theories of knowledge and the work of philosophers on rationalism and empiricism. The boys are looking forward to a number of community of inquiry lessons discussing these questions and others: How do we know when we know something? What are the responsibilities of knowing? Is there a limit to what we can know? It could lead me to question as the teacher, how will I know if they know anything?



**Janine Timillero—HSIE Teacher**

## YEAR 8 SKILLS FOR LEARNING

Over the last couple of weeks the Year 8 students have been involved in a series of workshops to assist them in their learning. The boys took part in a Mathematics workshop titled 'Patterns, Puzzles and Problems' run by a group called Inquisitive Minds. They also attended workshops on Memory Techniques and Critical Thinking. These sessions all served to give the boys some strategies for various aspects of their learning. Whether it was different ideas for approaching a Mathematics problem, techniques for improving memory or ways to adopt an inquiry approach to their learning and the word around them.



Adriano Garigliano and Matteo Guerra at the Mathematics Workshop.

The students' engagement over the days was excellent and it is hoped that they will reflect on various aspects of their learning, even the importance of having resilience in learning.

One student's reflection on the Mathematics workshop is included below:

*'The Maths session on the Year 8 Study Skills Day further improved my knowledge on problem solving. There were problems that varied in difficulty and we had a specified time limit to complete them. It was a different experience of Maths because it taught us how to work cooperatively with a partner and work under pressure. I really enjoyed the way it was set out and gave everybody the chance to win a prize for either coming first or solving a problem with increased difficulty. The people running the session gave all the boys new ways to approach Maths problems which really helped myself and others. I really enjoyed the day and wouldn't mind doing something similar in the near future.'*  
Gianluca Fania (Year 8)

**Janine Timillero—Diverse Learning Coordinator**

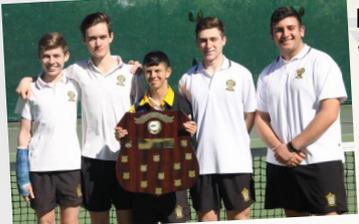


# SCIENCE WEEK



# SPORTS FIXTURES — SATURDAY 25 AUGUST 2018

## HEAD OF SECONDARY SPORT



**ISA Tennis**—Tennis Finals took place at Barker College last Saturday with resounding success. Of the nine finals SPC contested, we were victorious in six. Congratulations to Divisions 1, 3, 6, 7, 9 and 10 on their well-deserved victories. Well done also to Divisions 2, 4 and 8 who finished as ISA runners up. Special mention must be made of the Division 1 side who won the ISA Division 1 Championship Shield for the first time since 2003. Well done to Sean Cliff, Philip De Pasquale, James Stathak, Vince Pirina and Joseph Cliff.

**ISA Football**—ISA Football Finals will take place this weekend with the 1<sup>st</sup> XI, 2<sup>nd</sup> XI, 4<sup>th</sup> XI, 16A, 16B, 15A, 15B, 14A, 14B, 13B, 13C and 13D all victorious last weekend and thus fighting for their respective premierships this Saturday. All finals will take place at Oakhill College. Good luck to all of the above teams.

**ISA Rugby**—Congratulations to all teams that finished the season strongly against St Augustine's College on Saturday. Across the board, it was a season filled with some outstanding results against many GPS and CAS heavy weights during the trial period before the ISA season commenced. Our players improved significantly as the season progressed and I look forward to the 2019 season.

**Athletics**—The Athletics season begins this week with the first of three Invitational Carnivals at Sydney Olympic Park Athletic Centre. The programme for all three carnivals will be the same and can be found on Team App under the "Documents" tab. Boys who are still involved with Football finals should continue to meet their commitments to Football as a priority until next week.

### Athletics Carnival Dates:

- Saturday 25 August**—Invitation Athletics Carnival 1 at SOPAC
- Saturday 1 September**—Invitation Athletics Carnival 2 at SOPAC
- Saturday 8 September**—Invitation Athletics Carnival 3 at SOPAC
- Tuesday 11 September**—ISA Athletics Championships at SOPAC

**Summer Sport Sign-ups** will take place this Thursday and Friday during lunch time. Boys are asked to check the daily announcements and Team App for further details. Remember these sign-ups represent a binding commitment to the entire season.

NDJCA Cricket and RHBL Baseball fixtures will commence in September, while ISA Basketball and Cricket fixtures will commence in Term 4.

Congratulations to Alexander Micallef (Year 11) who won Gold Medals in the Individual Time Trial and Criterium at the NSW Junior Road Cycling Championships held in Wollongong on 11-12 August 2018. Alexander has also performed extremely well throughout the season, winning all four Cycling NSW Junior Tours (Goulburn, Sydney, Port Macquarie, Hunter), and also leads the National Junior Road Series for NSW. Based on these performances, he has been selected to represent NSW at the National Junior Road Cycling Championships being held in Bunbury, WA from 21 to 23 September 2018.

**Anthony Calavassy**—Head of Secondary Sport

## ISA FOOTBALL FINALS

Saturday 25 August will see a large number of St Patrick's teams take part in their respective Football finals at Oakhill College. Given that, the students taking part in these finals would welcome positive support from the College community. In terms of presentation, boys are to be dressed in their full College tracksuit/College Tour tracksuit and Supporter's shirt or their full winter College uniform. Students in Year 12 may wear their Year 12 jersey with the College tracksuit. Under no circumstance are they to wear it with their College winter uniform. Boys who are inappropriately dressed will have consequences put in place for next week and they may also be sent home on the day. A reminder that all spectators are to adhere to the College's and ISA's Codes of Conduct and should remain off the playing fields at all times. Players and supporters are advised that there will be large numbers at Oakhill College for the duration of the day and there are only limited parking spaces. Please ensure that you allow for extra travelling time in order to get to the venue on time.

## SENIOR SCHOOL DEBATING & PUBLIC SPEAKING PRESENTATION EVENING

Parents and boys are reminded that the Debating and Public Speaking Presentation Evening will be held on Wednesday 22 August in the Robson Auditorium. Parents and boys are asked to arrive by no later than 7.00pm for a 7.15pm start. Boys are to ensure that they wear their full College winter uniform and have their school shoes polished. **Attendance by students involved with this activity is mandatory.**

The College kindly requests that no car park in Hydebrae Street (which runs at ninety degrees from Francis Street and the Senior Library) at any time. Its narrowness makes resident parking difficult and non-resident parking can present a safety risk by preventing the access of emergency vehicles. **The College tennis courts will be available for some on-site parking on a 'first come, first served' basis. Entrance to the tennis courts is from the driveway in Fraser Street and motorists are asked to park their vehicle next to another vehicle in a close fashion so that we can make available the greatest possible number of parking spaces.**

**Steve Fochesato**—Director of Co-curricular

### FOOTBALL

1st XI	v	St Spyridon	2.15	Hermann Oval
2nd XI	v	St Pius	1.00	Lawrence Oval
4th XI	v	St Spyridon	2.15	Lawrence Oval
16A	v	Oakhill	1.00	Hermann Oval
16B	v	Oakhill	11.45	Lawrence Oval
15A	v	St Andrew's	11.45	Hermann Oval
15B	v	St Pius	10.30	Lawrence Oval
14A	v	St Pius	10.30	Hermann Oval
14B	v	St Pius	9.15	Lawrence Oval
13B	v	St Pius	8.00	Hermann Oval
13C	v	SPC C	8.00	Lawrence Oval
13D	v	SPC D	8.00	Lawrence Oval

## JUNIOR SPORT FIXTURES

The Junior School Athletics team will be competing in the Newington Invitational Carnival at SOPAC Warm Up Track this Saturday.

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 or via the Team App.

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