

Especean

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Principal

Dear Parents, Students, Staff and Friends of St Patrick's College,

On 28 January 2019 I read a disturbing article in the Sydney Morning Herald. The piece, by Kate Aubusson, was based on a recently released Lancet report and informed that the three biggest threats to humanity are undernutrition, obesity, and climate change. The three are linked. With almost two in three Australian adults and one in four children being obese, it is obvious that we need to do something about food production and indeed our food consumption.

The sad irony of this is that so many of us have an almost obscene excess of food and we consume it, while there are so many millions of people in the world who are malnourished. The injustice is much more than inconvenient. I am not qualified to provide any of the answers on the matter, but clearly our *methods* of food production need to change and equally we need to change our lifestyle. The article's author goes on to point out that a lack of willingness of policymakers to act on these three threats to humanity as well as a lack of demand from us, the public, simply leads to more inaction.

So, what can we do individually and collectively? If we consult the Edmund Rice Education Charter, and look to the Touchstone of Justice and Solidarity, the following opening statement provides us with a place to start:

We are committed to justice and peace for all, grounded in a spirituality of action and reflection that calls us to stand in solidarity with those who are marginalised and the Earth itself.

As parents we can inculcate and encourage in our children the need to be acutely aware of what we eat, how much we eat, and where our food comes from. We can also commit ourselves to working for others and putting ourselves at the centre of someone else's life and plight. We are never too young to develop an empathy and understanding for those on the margins.

Practically, we can also insist that our children do not lead sedentary lives. At St Patrick's College we urge our boys to join a team sport. The rewards of regular exercise as well as the ability to work together with others in pursuit of a common goal, are as obvious as they are beneficial to a boy's physical and mental health as well as his social interactions. The intersection of the formal curriculum and the offerings of the co-curriculum are complementary. We persist in providing a six-day-a-week offering to our boys because we firmly believe that it goes some way to producing healthy, well-rounded young men. Please do not allow your boy to become a couch potato. In late 2018, new research was released claiming that there are links between low wellbeing and high amounts of screen time. While there are differing views and research studies on this matter, there appears to be an emerging body of research that supports limiting the amount of screen time of children and adolescents.



I was taught that it is okay to do most things in moderation. If we adopt a balanced perspective, then we accept that children (and adults) spend time in front of screens every day, and that we do like to chill out and sometimes even waste time. We need to ensure that we participate in regular exercise and engage actively with our peers and family members. If we "get off our own cases" and do something that actively seeks to make the world a better place, I suggest we might just have a healthier sense of our own self-worth. Blessed Edmund Rice said it best: "Were we to know the merit and value of only going from one street to another to serve a neighbour for the love of God, we should prize it more than silver and gold."

Our task as educators in a Catholic school is to bring our students to God, daily. We do this through our prayer, reflection, liturgical celebrations, our formal religious education program, and through the action and witness that we give to them. The relationships we form with our students and with each other as adults (staff and parents) is a powerful example for our young, impressionable minds.

Working for justice is difficult and complicated work. It can often feel like we are not making much progress in this arena. However, this must not deter us. The offer of service that our boys will make and their commitment to standing in solidarity with the poor is as good a place as any to start.

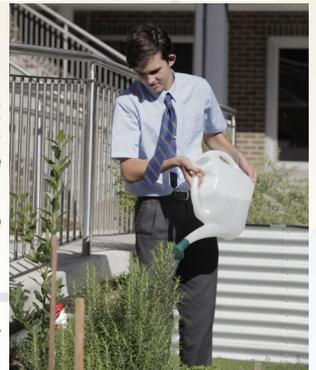
Live Jesus in our Hearts, Forever.


Craig Wattam
Principal



CONDOLENCES

Please pray for Vic Marando (Year 8) and his family as they mourn the loss of his grandfather Saverio Pirrottina. Please also pray for the family of Dan Dillon who was a former member of staff and the grandfather of Oscar Dillon (Year 5) and father of Gerard from the Class of 1993 and Brendan from the Class of 1991. Eternal rest grant unto them O Lord and let perpetual light shine upon them. May they rest in peace.



JUNIOR SCHOOL

I offer a very warm welcome to all families in the Junior School, most especially those who are new to the College community! As continuing families will know, it can be a significant transition from a parish primary school to the big, strange world of St Patrick's. I assure you that in time, it will make sense (mostly) to you and your sons (probably him before you, to be honest). As I discovered last year, the difference between a boy at the beginning and at the end of Year 5 is remarkable.

As a group of professional learners, the Junior School staff and I have come up with the question "WHAT MATTERS?" to animate our work this year. In all things, we will look with critical eyes and ask ourselves "What are we doing? Why are we doing this? Does it MATTER for our sense of community? Does it MATTER for student learning? How do we know how well we're doing?" I am very pleased to be working with such a group of dedicated professionals as the Junior School teachers as we undertake this task together.

There are a couple of big events coming up from a Junior School perspective. Please check your son's diary or the College calendar through the website, and pay attention for notes and email communication to ensure we are all on the same page. Information about each occasion has been or will be shared at the right time for each event.

Opening Mass and High Achievers' Assembly
Meet the Teacher evening (Year 5—5.00pm & Year 6—6.00pm)
Year 5 Belonging Day
Year 5 Welcome Mass and Junior School Family Dinner

Friday 8 February
Tuesday 12 February
Thursday 21 February
Friday 1 March

Throughout the year I hope you will feel comfortable to be in touch by phone through College Reception or via email ben.munday@spc.nsw.edu.au if you have any questions, complaints or suggestions I might be able to help with.

God bless, and all the best for a great year.

Ben Munday—Director of Junior School

JUNIOR SCHOOL SPORT

Another summer season is upon us and the whirlwind of trials and gradings is almost behind us. We finally get the chance to run out on the field or court and represent the College once more.

I would ask all Junior School parents and boys to read Mr Fochesato's article about the expectations for Co-curricular sport. In addition to this, it is expected that all Junior School boys wear the correct uniform this weekend. Please click on this link <https://www.spc.nsw.edu.au/wp-content/uploads/2019/01/Uniform-Shop-Price-List-30.1.19.pdf> for pricing for Junior School summer sport uniform for the various sports. Could you please make sure you visit the uniform shop on either Thursday or Friday to purchase the sport uniforms. Please be aware that new Basketball singlets will not be available this weekend while numbers are placed on them. Boys will play in their BLACK SUPPORTERS SHIRT if they don't have a singlet.

I wish all the teams the best of luck this summer season and look forward to seeing our first round of results.

John Locke—Junior School Coordinator of Co-curricular

UNIFORM SHOP NEWS

The Uniform Shop would like to welcome the College Community to 2019 and thank you for your patience and support while patiently waiting to be served.

Size 14
Supporters Polo's
are now in stock.

If you wish your son to make a purchase with a credit card from the Uniform Shop, it would be helpful and appreciated if you phone prior to Recess (11.00am) and Lunch (1.25pm). This will assist us to process your order when your son arrives to be fitted and collect the items. When leaving a message please ensure that you leave your name and phone number, so that we are able to contact you if needed. You do not need to phone ahead if your son is paying by cash.

Reminder:

New Uniform Shop Trading Hours

Monday: 8.00am—5.00pm

Tuesday: Closed

Wednesday: Closed

Thursday: 8.00am—5.00pm

Friday: 8.00am—12.00pm

Saturday: Limited Trading—Will be advertised on the Uniform Shop page and in the Especean.

Teresa Briglia—Uniform Shop Manager

Congratulations to leading industrial lawyer and SPC Old Boy Gerard Phillips ('80) who, on 23 January 2019, was appointed President of the Workers Compensation Commission (WCC) and NSW District Court judge.

With over 30 years of legal experience, Mr Phillips has been consistently recognised as one of Australia's top industrial lawyers representing clients in Royal Commissions, the State Crime Commission and the Independent Commission Against Corruption whilst also providing pro bono services to several community organisations.

As a community, we applaud Mr Phillips's appointment and wish him all the best as he undertakes this prestigious role.

McGLADE LIBRARY HOMEWORK CLUB RE-OPENS

I am pleased to advise parents and boys that the McGlade Library will re-open and be supervised from **3.30pm to 4.45pm Monday to Friday from Monday 11 February**. The Homework Club will provide an environment that is quiet and supervised by staff members available to assist the boys with developing good study habits, techniques, timetables and the like.

Students will be expected to sign in and sign out at the commencement and conclusion of their homework session and are not compelled to stay for the full duration of the above-mentioned time. They should however make their parents aware as to what period of time they will be using this facility in order to arrange travel home.

Those students availing themselves of this service are encouraged to bring some snacks and refreshments which can be consumed between 3.10pm and 3.30pm. Please note that the McGlade library will cater to a maximum of 60 boys any afternoon.

Clearly, there will be expectations placed on those attending these after school Homework Club sessions, not least of all; **students are not to use their devices to play games and** they are to remain on task and respect the privacy of others by working quietly.

The College is hopeful that a number of families will benefit from this service. Any queries in relation to this matter should be directed to me in the first instance.

Steve Fochesato—Director of Co-curricular

CURRICULUM

Elective Subject Changes for Years 9 and 11

Achieving academic success begins with the selection of courses suited to each student's capabilities and interests. The College recognises this fact. That is why an extensive process of subject selection is put in place each year where both parents and their sons of Years 8 and 10 are given information sessions, prospectuses and the opportunity to discuss and research their choices for Years 9 and 11 respectively.

The choices made last year formed the basis of the 2019 College Timetable. Therefore as a consequence, change to elective subjects in the new academic year are not automatic and are limited by timetable constraints, staffing and class numbers. Many requests to change may not be possible.

A few changes were made in the first few days of this term primarily to correct anomalies and accommodate changes from Advanced to Standard level courses in Year 11 English and Mathematics.

Boys in Years 9 and 11 now wishing to change elective subjects need to see Mr Cutrupi from Monday 18 February through to Wednesday 20 February inclusive to collect a subject change application form. After Wednesday 20 February no more application forms will be issued.

Completed subject change forms, including a parent signature, must be returned to Mr Cutrupi by no later than 3.30pm Friday 22 February. After that, applications will close and those received will be ignored.

For Year 11, depending on the nature of the requested subject change, a parent and son interview with Mr Cutrupi may be required to approve an application.

It is important to note that although no further changes will be ordinarily considered after Friday 22 February, requests to change from Advanced to Standard level courses in Year 11 English and Mathematics may be considered.

In consolidating a program of study for Year 12 in 2019, discontinuation of subjects to a minimum of 10 units cannot occur until the commencement of the HSC course in fourth term of Year 11.

Michael Cutrupi—Director of Curriculum

CO-CURRICULAR INFORMATION

It is with great pleasure that I welcome back members of the College community and in particular, the new boys to the College and their respective parents. I trust that all those engaged in the College's Co-curricular Program, be it as a participant or spectator, will enjoy the opportunities and experiences coming their way in 2019.

In order to assist both parents and boys, I draw your attention to the following details:

CO-CURRICULAR INJURIES AND UNIFORM

As we resume the summer season of 2018/19, unfortunately but inevitably there is an increase in the number of students who may be injured playing sport here at the College and in their outside ventures. I would like to impress upon all parents that students being out of normal full College uniform when injured should very much be the exception and not the rule. Students are required to be in their full College uniform even if injured.

There are only two exceptions to this. Firstly, if the student is physically unable to put their uniform on. Students in "moonboots" or with casts or in slings should still be in uniform unless this is physically impossible. Secondly, if wearing the uniform presents a real risk of harm for the student. Students who are unable to wear a shoe due to a sprain etc. and are on crutches should be in full College uniform with a black sock rather than their school shoe on the injured foot. In the rare case that a student needs to be out of uniform, students must wear their FULL College tracksuit, College (crested) shorts and the supporter's shirt. Please note that no SPC "tour gear" is to be worn.

Any student who arrives out of uniform needs to present a note from their parents to their Year Coordinator explaining the need to be out of uniform.

CO-CURRICULAR UNIFORM—TRAVELLING ON PUBLIC TRANSPORT

Students were recently reminded of expectations in relation to the attire worn by our boys while making **their way home on Public Transport at the conclusion of an** afternoon's training session. Below, parents will find relevant information so that they too are aware and as such can assist the College in ensuring our students' presentation on public transport is both exemplary and consistent.

Boys are permitted to wear the following College attire after training:

Full Summer or Winter College Uniform depending on the season as per current expectation

Or

The College Supporter's shirt, **College Crested** Black shorts, white socks and runners/sandshoes.

The College Tracksuit is optional yet highly recommended to be worn during the winter season.

Boys have been informed of the consequences should they not adhere to the above-mentioned criteria. These conditions also apply to those boys who travel to school by public transport to attend their **morning training sessions**.

PARKING—HYDEBRAE STREET

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. **Ordinarily, the College tennis courts will be available for some on-site parking on a 'first come, first served' basis at events such Parent—Teacher nights, Winter Home Sporting Rounds and Presentation evenings.** 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.

EXPRESSIONS OF INTEREST—WINTER COACHES

The College is interested in hearing from any parent or Old Boy who would be available to assist with coaching over the coming Winter Season. Coaches are sought for Rugby and Football in both the Junior and Senior Schools. Preference will be given to those who have coaching qualifications and have had previous experience in coaching boys. Interested parties ought to direct their expressions of interest to Mr Calavassy (Head of Senior School Sport), Mr Locke (Junior School Co-curricular Coordinator) or me via phone ((9763 1000) or email by Monday 11 March.

Steve Fochesato—Director of Co-curricular

SPORTS FIXTURES — SATURDAY 9 FEBRUARY 2019

SENIOR SPORT

CRICKET

1st XI	v	Central Coast Grammar	10.00	Breen Oval
2nd XI	v	St Greg's	10.00	St Gregory's College 1
3rd XI	v	Oxley	10.00	Hudson Park
4th XI	v	Barker 4th	1.00	Strathfield Park 1
16A	v	Barker 3rd	1.30	Rosewood A
15A	v	Barker 16B	1.30	Mimosa Oval
14 Black	v	Gladesville RSL	8.00	Doyle Park 1
14 Gold	v	West Ryde	8.00	Doyle Park 2
13A	v	Epping District Blue	8.00	Robin Thomas Reserve
13B	v	PHHP Swashbucklers	8.00	Mason Park 2
7 Blue	v	7 White	1.30	Phillips Park 2
7 Black	v	7 Red	1.30	Phillips Park 3
7 Gold	v	Barker D	1.30	Taylor Field

BASEBALL

1st IX	v	Westboomers	11.00	Major's Bay
16s	v	Macquarie (Friday Night)	6.30pm	Major's Bay
14s	v	Five Dock	11.00	Timbrell Park

BASKETBALL

1st V	v	Oakhill	11.00	Oakhill Gym (CSC) 1
17A	v	Oakhill	9.00	Oakhill Gym (CSC) 1
17B	v	St Andrew's	2.00	Syd Uni Sport & Aquatic Centre Ct1
17C	v	Oakhill Gold	8.00	Oakhill Gym (CSC) 2
17D	v	St Andrew's	1.00	Syd Uni Sport & Aquatic Centre Ct2
17 Black	v	Oakhill Yellow	11.00	SPC Gym
15A	v	Oakhill	10.00	Oakhill Gym (CSC) 1
15B	v	St Andrew's	1.00	Syd Uni Sport & Aquatic Centre Ct1
15C	v	Oakhill Gold	10.00	Benildus Hall (Oakhill)
15D	v	St Andrew's	12.00	Syd Uni Sport & Aquatic Centre Ct1
14A	v	Oakhill	10.00	Oakhill Gym (CSC) 2
14B	v	St Andrew's	11.00	Syd Uni Sport & Aquatic Centre Ct2
14C	v	Oakhill Gold	9.00	Benildus Hall (Oakhill)
14D	v	St Andrew's	8.00	Syd Uni Sport & Aquatic Centre Ct2
14 Black	v	Oakhill Green	10.00	SPC Gym
13A	v	Oakhill	9.00	Oakhill Gym (CSC) 2
13B	v	St Andrew's	11.00	Syd Uni Sport & Aquatic Centre Ct1
13C	v	Oakhill Gold	8.00	Benildus Hall (Oakhill)
13D	v	St Andrew's	8.00	Syd Uni Sport & Aquatic Centre Ct1
13 Black	v	Oakhill Green	9.00	SPC Gym
13 Gold	v	Kings K	8.00	SPC Gym

JUNIOR SPORT

BASKETBALL

Prep A	v	Scots	Auburn 1	9.00am
Prep B	v	Scots	Auburn 1	8.00am
Prep C	v	Scots	Auburn 2	9.00am
Prep D	v	Scots	Auburn 2	8.00am
Prep E	v	Scots	Auburn 3	9.00am
Prep F	v	Scots	Auburn 3	8.00am
Prep G	v	Scots	Prep Court 1	10.30am
Prep H	v	Scots	Prep Court 1	9.40am
Prep I	v	Scots	Prep Court 1	8.50am
Prep J	v	Scots	Prep Court 1	8.00am
Prep K	v	Scots	Prep Court 3	10.30am
Prep L	v	Scots	Prep Court 3	9.45am

CRICKET

Prep 1 st XI	v	St Aloysius	Anderson Park	7.30am
Prep 2 nd XI	v	St Aloysius	TBA	8.00am
6 C1	v	St Aloysius	Phillips Park 2	8.00am
6 C2	v	Newington (Lin)	Koola Park	7.30am
5A	v	Scots	Lough Park 1	8.00am
5B	v	Scots	Lough Park 2	8.00am
5 C1	v	Cranbrook White	Phillips 1	8.00am
5 C2	v	Waverley	Rudd Park 3	8.00am

SOFTBALL

Prep A	v	Trinity Jnr School	Breen Oval	8.00am
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TENNIS

Tennis A	v	Waverley	SPC Courts	8.00am
Tennis B	v	Scots Gold	SPC Courts	9.30am

JUNIOR SPORT VENUES

Auburn Basketball Centre: Wyatt Park, Church St, Lidcombe
Breen Oval: Edgar St, Strathfield
Phillips Park: Nicholas St, Auburn
Rudd Park: Cnr Clarence & Varidel St, Belfield
SPC Courts: Edgar St, Strathfield

HEAD OF SECONDARY SPORT

CONGRATULATIONS

Congratulations to Daniel Bosnich and James Khoury of Year 10 who represented NSW in the U14s and U15s Futsal teams competing at the FFA National Championships last January. Special mention to Daniel and his U14s team who won the Grand Final 6-1 against Queensland. Well done Daniel and James.

We also extend our congratulations to Ryan Littlechild of Year 11 who competed in the Australian National Sailing Championships and Youth National Sailing Championships in Hobart in January. Ryan and his crew won the titles of Australian Champions and Australian Youth Champions. As a result Ryan and his crew have been selected to be a part of the Australian Sailing Youth Team and will represent Australia in 2019 World Youth Championships in Gdynia, Poland in July.

Anthony Calavassy—Head of Secondary Sport



ST PATRICK'S COLLEGE STRATHFIELD OPENING MASS & HSC CLASS OF 2018 HIGH ACHIEVERS' ASSEMBLY

FRIDAY 8 FEBRUARY 2019

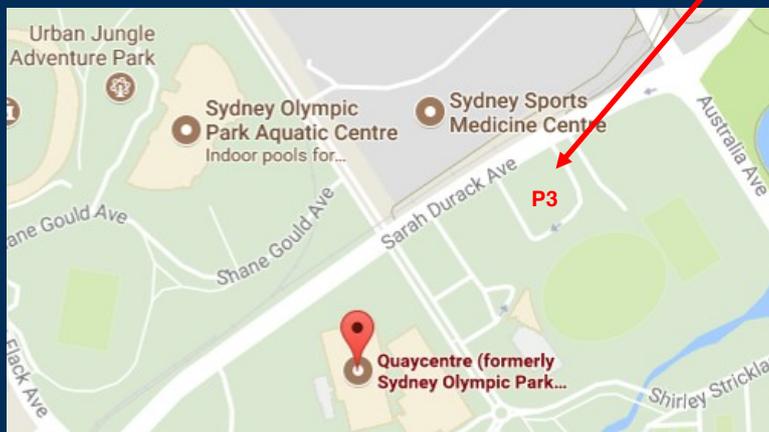
QUAYCENTRE SYDNEY OLYMPIC PARK

Attendance in College summer uniform is compulsory for every student, (Year 12 with Blazers). *Please be seated for Opening Mass by 9.45am for 10.00am start. For High Achievers' Assembly please be seated by 1.00pm for 1.15pm start.*

PARKING & ROAD CLOSURES

Parking at Sydney Olympic Park Quaycentre Homebush (formally known as Sydney Olympic Park Sports Centre) for Opening Mass & High Achiever's Assembly will be available in the **P3 parking area only**.

The cost will be \$5.00 per hour, with a maximum cost of \$25.00. The parking station available to the College is indicated with an arrow on the map.



This link will direct you to Sydney Olympic Park map and road closures. <https://www.sydneyolympicpark.com.au/map/>

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.