



Especean

Vol 32, No 03—13 February 2019

Principal

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

When I was a ten-year-old boy I loved to read *Peanuts*. The misfortunes of Charlie Brown often struck me as sometimes sad, and sometimes tinged with pathos. Yet the sheer delight of Snoopy eagerly awaiting supertime and sleeping on top of his dog house never failed to amuse me. I have to say Schroder was a favourite; maybe because I wanted to be like him and maybe because I was always so impressed that he could really play Beethoven on his toy piano and he didn't care what anyone else thought. Lucy though, always eluded me. She could be so mean, and she was so competitive. She never failed to make a fool out of Linus and to trick Charlie Brown. One of my favourite strips is the one where Lucy asks Charlie to trust her while she holds the football for him. Past experience would suggest to Charlie that she will deceive him and pull the football away and he will land flat on his backside. Gullible Charlie Brown falls for her tricks every single time. He wrestles with his inner voice and then decides the right thing to do is to trust. Once again, Charlie Brown is foiled by Lucy and she pulls the ball away. Charlie Brown falls over, and Lucy is seen to "win". Her competitive streak appears to know no bounds. Her success, whether it is with Charlie, or whether it is with her brother, or Patty or Violet, is bitter-sweet, because it nearly always relies on the other to be seen as something less, or in fact, a failure.



When we think about what we want for our boys throughout their adolescence and into their adult lives it often revolves around them feeling a sense of success. What success means to some is very different to others. For example, in terms of wealth, I am not nearly as successful as some other members of my family. However, in terms of job satisfaction, I dare to say that I am extremely successful in the career choices I have made, because I love what I do for a living. How we measure our success depends on what it is that we value. Naturally, I hope that our boys achieve material success once they enter their professional lives, yet I hope that their successes amount to more than money.

Someone once said to me that life is a competition. I guess that depends on what it is that we are competing in and for. If the preoccupation is with building up stores of money and material goods, the competition of life then becomes about *having more*. I would much prefer our boys to be concentrating on *becoming more*. If we seek to 'become', we accept that we are a work in progress and our efforts and energies can be concentrated on the other rather than ourselves. Part of the human condition is to fail and to miss the mark from time to time. We deny ourselves our humanity if we do not understand that. This does not excuse us from trying again, or seeking forgiveness when it is needed, but it does allow us to be ourselves. In teaching our boys that membership of the Catholic faith is about our actions and our words in service of others, we are being faithful to our charism as members of an Edmund Rice school. We are continuing the work of the Christian Brothers who selflessly gave their lives to the education of the young and in service of the Church. As lay people we can continue to do as Edmund did and seize opportunities—that are plentiful—to work for others.

Imagine if we had an Olympics where good works constituted the nature of the competition. Those who do the work selflessly, continuously and in good faith are the winners. The only difference being there would be no medals and no fanfare at the end. The rewards can only be redeemed on the inside: the good feeling we get when we know we have done the right thing for the right reasons, with the right attitude. There are so many ways our boys at St Patrick's can help others. At the simplest level, they can start by being good to each other – being kind, being gentle and holding out the hand of friendship, and refraining from saying and doing things that diminish the other. This is often a tall order for a young man, but it is certainly not impossible. There are countless other opportunities on offer for our boys to engage in charitable works and justice activity.

When I was a boy, I sometimes used to wish Charlie Brown would seek revenge on Lucy for what she did to him. He never did. I learnt a lot from Charlie, indeed he was a "good man, Charlie Brown". Success can be measured in goodness. And we do not have to compete to win on this score.

Live Jesus in our Hearts, Forever.

Craig Wattam
Principal



CONDOLENCES

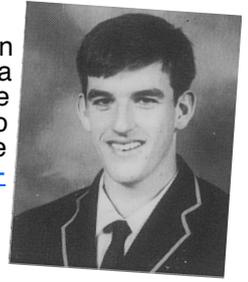
Please pray for Patrick (Year 10) and Michael Chrystie (Year 9) and their family as they mourn the loss of their grandfather Peter Chrystie. Please also pray for Benjamin Sharrock (Year 9) and his family as they mourn the loss of his grandmother Valmai Sharrock. Please also pray for Paul Akle (Year 9) and his family as they mourn the loss of his grandfather Clifford Robert Fenn. Eternal rest grant unto them O Lord and let perpetual light shine upon them. May they rest in peace.



OLD BOY—MICHAEL O'DOWD

In recent days a number of community members have informed us about an Old Boy from the class of '91 Mr Michael O'Dowd who has been through a devastating, life threatening illness over the Christmas period, resulting in the amputation of both arms and legs. He has a young family. You might like to consider donating to a "gofundme" page that has been set up in order to assist the family. This can be accessed at: <https://www.gofundme.com/helping-hands-for-mick-odowd>

Please keep Mick and his family in your prayers as he continues the long road to recovery.



JUNIOR SCHOOL

As new Year 5 families have experienced over the last couple of weeks, St Patrick's can be a strange new world, full of different rules, standards and expectations to the primary schools many boys have come from.

We know some things are big ticket items, like the importance of learning and our faith tradition. Few people in our community would question whether these things are important. But I am sometimes asked, do the smaller things really matter? Does a boy's haircut matter? Does it matter if he wears his black cap versus his blue cap? What does it matter if he does not bring the right shirt for PE?

I spent last year reflecting on these questions quite a lot. As a new person to the community, I had to make sense for myself of something that was self-evident to those already part of the culture of St Patrick's. In the end I realised that there is a paradox here, but it is a paradox I should not be surprised to encounter – it is at least 2000 years old!

When we learn to notice, then manage, then control our self-serving impulses, we develop self-regulation. When we learn to moderate our immediate desires in order to serve a purpose bigger than ourselves, we put the needs of 'the other' before our own needs. And thus, we notice that we can find ourselves in the story of Jesus and Zacchaeus, for example.

As Zacchaeus found, being a slave to our impulses is limiting and isolating, and developing self-control is paradoxically liberating. And as we know from the EREA Charter, Liberating Education is one of our touchstones and an enduring goal of our work at the College. By learning to manage ourselves, we become more free. When we are uncontrolled and unmanaged, we are not free – we are subject to forces outside our control. And this is the paradox of liberation, though it should come as no surprise to us – our sacred books are full of stories that make it clear.

So, yes – the haircut matters, the caps matter and the shirt matters. Not as ends in themselves, but for what they help to achieve in and for a young boy.

This year, may we grow in awareness of God's blessings upon our efforts to provide a Liberating Education to the young boys and men of St Patrick's – one paradox at a time!

Ben Munday—Director of Junior School

JUNIOR SCHOOL SPORT

Wednesday 6 February saw the Junior School trek out to Auburn Aquatic Centre for it's annual House Swimming Championships. The day started off with much excitement, colour and volume. The boys were raring to go, ready to chase the opportunity to raise the Swimming trophy high.

The pool frothed and foamed as the boys powered down the pool, chasing the black line. There were many close races and the support was amazing. The house mascots made an appearance and quickly whipped the crowd into a frenzy. A special thanks to the House prefects for their commitment to the day.

The day had its challenges, 50m can be a long way, and there were some nail-biting finishes. Congratulations must go to the following boys for setting new records in the Junior School (old record in brackets). There were also a number of boys who went under the old marks on the day and we recognise their efforts as well.

- | | |
|------------------|---|
| Jack Taylor: | Open 100m Freestyle record 1:05.13 (1:08.83) |
| | 12 years 50m Freestyle record 29.25 (35.57) |
| | 12 years 50m Backstroke record 36.70 (44.23) |
| | 12 years 50m Breaststroke record 43.56 (50.01) |
| | 12 years 50m Butterfly record 34.25 (42.98) |
| Nicholas Macher: | 11's/Yr 6 50m Freestyle 31.56 (36.16) |
| | 11's/Yr 6 50m Breaststroke record 44.38 (52.63) |
| | 11's/Yr 6 50m Butterfly record 36.06 (50.00) |
| | 11's/Yr 6 50m Backstroke record 37.22 (45.84) |

Congratulations to the 11's/Yr 6 Hickey relay team who set a new relay record 2:51.19 (2:55.73 and the 12's Rice relay team for their record 2:26.80 (2:44.24).

The race for the trophy was close all day. It came down to the relays to sort out the final placings. Congratulations to Jack Taylor and Noah Carr (Captain/Vice Captain) of Rice house and all the boys, on winning the House Swimming trophy for 2019.

Our age Champions for 2019 are as follows:

- 10's Champion: Jack Edwards, runner up: Jacob Kelava
- 11's Yr 5 Champion: Ashton Lee, runner up: Joe Doran
- 11's Yr 6 Champion: Nicholas Macher, runner up: Austin Hall
- 12's Champion: Jack Taylor, runner up: James Kelly

The day was a great success and I would like to thank all the staff for their tireless efforts on the day. Without them the carnivals cannot happen, and we are lucky to have such a dedicated team in the Junior School.

The representative season kicks off this week with IPSHA Tennis and Basketball trials being held. Good luck to those boys involved and we look forward to hearing of your experiences soon.

A reminder to all parents and boys that for the best access to Saturday sports information and fixtures is to download the **team app** to your phone. Please ensure that your sons have the correct uniform for this weekend and that they arrive 30mins prior to their start time to warm up. Good luck to all teams taking the field, court and diamond this weekend.

John Locke—Junior School Coordinator of Co-curricular



CURRICULUM

Years 7 to 12 Assessment Information for 2019

This week the Year 7 to 11 Assessment Handbooks and the Year 12 Assessment Tasks Calendar for 2019 will be available on the relevant *Canvas* Year pages. Year 12 received their handbook at the start of fourth term last year.

Each Assessment Handbook covers the course assessment program in all courses for the academic year. Included in each Assessment Handbook is the College's Assessment Policy, Assessment Schedules and Assessment Tasks Calendar. Also, on *Canvas* are the Examination Rules for Years 9 to 12. The handbooks serve as official notification for all assessment tasks for the whole year. Additional specific course and/or assessment task requirements may be issued by individual teachers and Studies Coordinators as deemed appropriate to the nature of the task.

It is expected that all boys would familiarise themselves with this information in order to plan and organise an effective study regime that will assist them in achieving their academic potential. The College has put together a thorough assessment program that will provide opportunities to excel in a variety of assessment tasks.

Despite the College's best intention, it is possible as with any large assessment program, that changes may occur. Any change, if it does occur, is expected to be minor and ample forward notice will be given to the relevant students.

It is important to note that the College's assessment policies and procedures are drawn up in accordance with those of the NSW Education Standards Authority (NESA) and have the clear intention of being considerate and just to all students and their teachers. Essentially, these policies and procedures ensure a level playing field and ensure justice to the great majority of students who consistently do the right thing by:

- applying themselves with diligence to all set tasks;
- thoroughly familiarising themselves with the academic expectations of the College;
- submitting their own work by the specified due date;
- providing advanced notice, where possible, of absence for an assessment task;
- providing appropriate medical documentation to the relevant teacher immediately on return to school when absent for an assessment task or when work is not submitted on the due date; and
- discussing the result of a task, with the relevant teacher, at the time the task is returned.

Students who are absent on the day an assessment task is due or to be completed, can expect to submit the task or complete it on the day of their return to school.

Ignorance does not constitute a reasonable or valid excuse to breach any of these basic common-sense procedures and will invariably result in a penalty or a zero mark being given.

I urge parents to read with their sons all the relevant assessment information issued by the College. It is through its assessment policies and procedures, along with good teaching and pastoral practices, that the College can set and maintain its high academic standards. The College's consistently excellent results in all external tests and examinations, such as NAPLAN and the Higher School Certificate, are testimony to this fact.

Michael Cutrupi—Director of Curriculum

WELLBEING

Term 1 is underway at breakneck speed and it is timely that both parents and staff are asking students how they are coping with the return to lessons. Across the respective cohorts in their Pastoral Care Periods or homeroom, students are being asked to write down their goals for Semester One. The Wellbeing Team will be focusing on supporting students in a variety of wellbeing areas during 2019.

The Generation Next website <https://www.generationnext.com.au/> offers a fantastic range of articles and resources for parents to support their sons at home. Two articles that recently caught my attention emphasised the contrasting impact of the online world for children and adolescents. The first, <https://www.generationnext.com.au/2019/02/anxiety-on-rise-among-the-young-in-social-media-age/> provided recent statistical data from the UK on anxiety rates in young people. Alternatively, the beneficial aspects of autonomous sensory meridian response (ASMR) in helping adolescents relax were outlined in <https://www.generationnext.com.au/2019/01/weird-youtube-trend-could-be-mental-health-solution-says-expert/>

Both articles provide valuable insights into how teachers and parents can be supporting the boys in regard to their social media and online activities.

Finally, I extend an invitation to parents to provide the College with feedback on the Parent Handbook that was distributed at the commencement of the school year. We are looking to further develop and refine the document for 2020.

This Friday the secondary school will participate in the annual House Swimming Carnival at SOPAC. Boys are expected to arrive at the venue by 8.30am. Roll Call will commence at 8.35am. Students who are absent on the day will be required to have a medical certificate as part of the explanation provided to homeroom teachers on their first day of return.

Robert Simpson—Director of Wellbeing

STUDY SKILLS

Study Skills Handbook. The College subscribes to the Study Skills Handbook online. All students have access to a wealth of fantastic tips and resources to support their approach to study, including topics such as managing workload, dealing with distractions, overcoming procrastination, organisation, time management and preparing for exam blocks.

Students are encouraged to learn more about effective approaches to learning by logging into [Study Skills Handbook](#) online with these details:

Username: forspconly
Password: 138results

YEAR 7—8

Study Skills Workshop for Stage 4. Research has repeatedly confirmed that parent involvement and engagement in their child's education has a strong impact on learning. On the evening of Thursday 14 March, Prue Salter from Enhanced Learning Educational Services will visit the College to run an interactive seminar for parents and their sons in Years 7—8. This session is different to those that the students may take part in during school time. This workshop has been reviewed favourably by parents and students alike over the years we have offered it.

Please see the attached flyer for more details.

[Please RSVP by 11 March by indicating your details on the response form linked here.](#)

Thank you

Denise Lombardo—Director of Learning and Innovation

SPORTS FIXTURES — SATURDAY 16 FEBRUARY 2019

SENIOR SPORT

CRICKET

1st XI	v	St Pius	10.00	Oxford Falls
2nd XI	v	St Pius	10.00	Breen Oval
3rd XI	v	Redfield	10.00	Redfield 1
4th XI	v	Knox 4th	1.30	Hudson Park
16A	v	Knox 3rd	9.00	Hudson Park
15A	v	Bye		
14 Black	v	Dundas United	8.00	Doyle Park 2
14 Gold	v	Gladesville RSL	8.00	Meadowbank Field 7
13A	v	Concord Briars	8.00	Ron Payne Reserve
13B	v	North Ryde RSLYC	8.00	North Ryde RSL
7 Blue	v	7 Black	1.30	Phillips Park 2
7 Gold	v	7 Red	1.30	Phillips Park 3
7 White	v	Trinity	1.30	TGS No. 2

BASEBALL

1st IX	v	Rosebank (Friday Night)	8.15pm	Major's Bay
16s	v	Rosebank	11.00	Major's Bay
14s	v	Westboomers	8.30	Majors Bay

BASKETBALL

1st V	v	St Augustine's	1.00	SPC Gym
17A	v	St Augustine's	12.00	SPC Gym
17B	v	Oxley	1.00	Auburn 2
17C	v	St Augustine's	10.00	PCYC Court 2
17D	v	Oakhill White	12.00	Benildus Hall (Oakhill)
17 Black	v	Redlands D	11.00	Auburn 2
15A	v	St Augustine's	11.00	SPC Gym
15B	v	Oxley	12.00	Auburn 2
15C	v	St Augustine's	9.00	PCYC Court 2
15D	v	Oakhill White	11.00	Benildus Hall (Oakhill)
14A	v	St Augustine's	10.00	SPC Gym
14B	v	Oxley	1.00	Auburn 1
14C	v	St Augustine's	8.00	PCYC Court 2
14D	v	Oakhill White	10.00	Benildus Hall (Oakhill)
14 Black	v	Redlands D	10.00	Auburn 2
13A	v	St Augustine's	9.00	SPC Gym
13B	v	Oxley	12.00	Auburn 1
13C	v	St Augustine's	8.00	PCYC Court 1
13D	v	Oakhill White	9.00	Benildus Hall (Oakhill)
13 Black	v	Blue Mountains Grammar	11.00	Auburn 1
13 Gold	v	Oakhill Green	10.00	Auburn 1

JUNIOR SPORT

BASKETBALL

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

CRICKET

Prep 1 st XI	v	Riverview	SIC Field 5	8.00am
Prep 2 nd XI	v	Riverview	Phillips 1	8.00am
6C1	v	Riverview	Phillips 2	8.00am
6C2	v	Kings (C2)	Price 4	9.30am
5A	v	Waverley	Queens Park 1	8.00am
5B	v	Waverley	Queens Park 2	8.00am
5C1	v	Waverley	Queens Park 3	8.00am
5C2	v	Grammar (Edg)	Rudd Park 3	8.00am

SOFTBALL

Prep A	v	BYE		
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TENNIS

Tennis A	v	Kings	Gowan Brae	9.30am
Tennis B	v	Kings (Blue)	Gowan Brae	7.30am

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
 Waverley College JS Courts — Henrietta St, Waverley
 Queens Park — Darley Rd, Queens Park
 Price 4 — Kings School Pennant Hills Rd, Parramatta
 Gowan Brae — Kings School Pennant Hills Rd, Parramatta
 Scots Prep Courts — Mansion Rd, Bellevue Hill
 SIC 5 — Tambourine Bay Rd, Riverview

ADVERTISEMENT

Expressions of interest for coaching and refereeing

Any parent or Old Boy who is interested in coaching a Football, Rugby or Tennis team this winter season or interested in refereeing either Football or Rugby for the College is asked to please contact the Head of Sport Anthony Calavassy — Phone: 9763 1000/Email: anthony.calavassy@spc.nsw.edu.au

HEAD OF SECONDARY SPORT

ISA Representatives

Congratulations to the following students who have recently gained selection to represent ISA in their respective representative teams.

ISA Cricket

Rory Brunton, Daniel Mullen and Finn Gray

ISA Water Polo

Harry MacMillan and Jack Dwyer

Annual House Swimming Carnival

The Secondary House and Age Championships will take place this Friday 15 February at Sydney Olympic Park Aquatic Centre. A letter with all carnival details has been emailed home to parents last week. This is always a wonderful day and a great opportunity for boys to earn their houses points towards the College Cup. I would encourage all boys to participate fully in this opportunity.

Anthony Calavassy — Head of Secondary Sport

UNIFORM SHOP NEWS

URGENT: BASKETBALL SINGLETS UPGRADE

If your son requires a **size upgrade** to his current Basketball singlet would you please purchase the singlet from the Uniform shop by **Thursday 21 February**. After this date we will be unable to have any Basketball singlets re-numbered until the beginning of Term 4.

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 webpage and in the Especean.

Teresa Briglia — Uniform Shop Manager

NEW SPC Gold Plated Tie Bar \$15.00



JUNIOR SCHOOL DINNER FRIDAY 1 MARCH — HELP NEEDED

A warm welcome to the 2019 school year.

The Junior School Dinner will be held on Friday 1 March and we are looking for volunteers to help us with set up during the day. The dinner is a traditional event for Years 5 & 6 is always well patronised. We would require help from approximately 12.00pm — 3.00pm in the College gymnasium.

Should you have any questions please do not hesitate to contact our Social Coordinator Elena Lerrado on 0409 360 594 or email: spc.parents@spc.nsw.edu.au

Thanks

Jamey Poyaoan — On behalf of the P & F Committee

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

Click on <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.

St Patrick's College presents an opportunity not to be missed:

Parent and Student Study Skills Evening

with
Dr Prue
Salter

To: Parents & Students of Year 7

(and Year 8 students who missed out last year or would like a refresher)

Would you like to know the secrets to success in high school?

YEAR 7 PARENT/STUDENT

'STUDY SKILLS' EVENING

Thursday 14th March 2019

7-8.30pm in the St Patrick's College Gymnasium

This is an interactive evening for parents and students that outlines tools and techniques for students to achieve their personal academic best. Please arrive 5-10 min prior to collect the family handout.

Parent/Guardian(s) and students should **attend together** as the session is very interactive, the session will not be of full value unless both the students and a parent attend.

Both students and parents also need to **bring along a pen** (and one highlighter for the family) and the school diary.

The main areas that will be covered are:

- Managing homework and assignments effectively through efficient time management.
- Learning to be more organised for school and at home.
- Working and studying effectively in high school.

Dr Prue Salter is the founder of ELES (www.enhanced-learning.net) and an expert in the area of study skills.

Dr Salter has conducted over 5000 study skills seminars across Australia and Asia, has written 20 study skills resource kits for schools and is the creator of the online and interactive study skills website (www.studyskillshandbook.com.au) used by more than 120000 students.

Dr Salter's PhD explored whole-school integrated approaches to developing students' self-regulated learning skills.



**Enhanced Learning
Educational Services**
"the study skills specialist"

"The study skills evening with Dr Salter has given my son a new resolve to do his best in everything as opposed to just doing well with subjects he likes. We have set up his work station in a quiet atmosphere, with all electronics and loud music willingly turned off by him during his timetabled study periods."

"Prue's presentation was excellent; the use of diary and study notes; the pace and communication were really good. We would like to express our appreciation to the school for providing this opportunity to attend with our child."

"This session presented really good ideas to help parents understand the demands students experience in high school."

"This was all common sense stuff that I have been trying to explain to my daughter. It also gave me an insight into how I can help my daughter to organise herself better and not leave things to the last minute making the whole family go on a roller coaster."

"The whole presentation was very valuable and provided very useful and practical ideas that we can implement at home."

"The session enabled my son and I to have a dialogue about how he is working and create an action plan together. An extremely satisfying session for parents as much as for students."

"Loved the practical tips and handouts. This has set my daughter up for developing great study skills. Many thanks – I wish I had this opportunity when I was at school."

"This was a great chance to discuss with my son in a shared context. We had really good conversations about his learning."

"I found it enlightening talking to my child about the issues of his studying and how he can concentrate better in class."

"Thank you once again for last night's presentation. I was very impressed with the session, and equally so by the way in which students and parents responded. Have already received many complimentary emails at school this morning."

