

Especean

Vol 32, No 04—20 February 2019

Principal

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

There were times when my children were younger that I wished someone would give me a medal for being a dad; not because I was the world's best parent (I wasn't, and I'm still not) but rather because it is perhaps the hardest job I will ever do. It is also the most rewarding job I will ever have.

I reckon that it is tough being a child and an adolescent today. The boys have so much more to contend with than we did in simpler times. I didn't have to negotiate my online presence, my mobile phone and all that comes with it—the streaks on Snapchat, the number of 'friends' I have on Facebook, the group chats I am simultaneously in, or locked out of—and nor did I have to navigate a much more complex and choice-laden set of options for my future. If growing up is more complex, it follows therefore that being a parent is consequently a highly complex activity.

Striking the balance between loving your child and guiding and teaching them right from wrong while imposing sensible and reasonable boundaries, and attending to their self-esteem, self-efficacy and resilience sometimes appears to be an impossible task. As the adults in the relationship, we strive to get this right. Sometimes, we fail. Admitting our failures to our children is ok. In turn, it teaches them how to say sorry. Being consistent though is the key. When we say no, we mean it, and we do not cave. When we have a family rule, we apply it across all our children. Our values and faith guide our decision-making and we abide by these tenets. Bowing to pressure from your child because "everyone else is allowed to go/have one/do it . . ." is not a reason to relent. Let me tell you from many decades of working with young people – it is simply not always true! You might be the biggest ogre or the daggiest parent on the planet in your child's eyes, but they will get over it. When they are adults, they will turn around and thank you for your insistence on being a decent human being, and for having standards; and ones that you have held your children accountable for.

I marvel at the number of visitors to our College and even new staff who are flabbergasted when our boys introduce themselves, offer to shake hands, or ask someone if they need help finding their way through the campus. I think it is just plain old good manners. So many young people out there in the world are just not taught these basic manners any more. Call me old-fashioned, but I am a huge fan of eye contact, a firm handshake and a pleasant "Good morning, Sir, how are you today?"

At our school we do not accept a child saying "yeah" or "nah" to us. They are required to say; "Yes Miss" or "No Sir". In doing so, we are encouraging pro-social behaviours and we are giving them every advantage of being likeable! The example of these manners commences at home when your child is less than 12 months old.

Being a parent means that you are sometime unpopular. That's ok; for parenting is not a popularity contest. Our job is to love them, teach them right from wrong, nurture their faith and their learning and to keep them safe. It is to grow them into adults who can think for themselves, go out into the world as confident men, and men who are gentle and caring of the other. They will seek to work for the common good and they will be generous. They will be able to express themselves and they will have the self-belief to take appropriate risks and bounce back from adversity. A tall order! If we are trying to be their friend or their peer, we are selling the parent-child relationship short. They have friends and they are the same or similar age to them, not us.

Parenting sometimes requires us to let them fall over. If you picked up your toddler every time they took their first tentative steps on their two feet or didn't allow them to tumble onto the carpet they would still be crawling around your house today. It's hard to watch your child (particularly when they are 17 or 18) make a mistake, but sometimes it is the only way they will learn. There are no books written about the person who succeeds in life that bear the title "It was simple, I didn't have to overcome a single thing". Only through struggle, failure and adversity do we come to value our later success. The hardest lessons we learn as young people are the ones we remember the most.

Saving your child from this life-learning denies them the opportunity to grow. Similarly, rising to their defence when they fall short of the mark also robs them of the fact that for every action there is a reaction – i.e., there are consequences for our behaviour. I remember one of my children on our first big overseas holiday blowing most of his hard-earned spending money in the first week of the holiday. Despite our protests that he ration the money out over the course of the holiday in case there were other things that he would really like to buy, he was insistent that he throw all the money at this one ridiculous item in the first few days. The rest of his holiday was very meagre in the spending department. He cried and asked us for more money. We did not relent. He still talks about this today! He has learned that money is hard to come by, is finite, and it needs to be spent wisely. This might sound cruel to younger parents, and we did not feel great at the time, but imagine if we just gave him more and more money. What would the message have been?

As parents we love our children unconditionally. We only want success and the absolute best for them. When I meet fantastic boys and young men at our school – and there are so many of them – I am never surprised that they come from such beautiful families with wonderful parents. Our job as parents never ends, we don't get long service leave from the work, nor do we get a day off. I still think it is the best job I've ever had.

My mother still says to me that she will never stop parenting me, even though my hair is grey and I'm now officially middle aged. I wish she still didn't tell me how to drive or when I should get a haircut, but maybe she thinks I need the advice!

Live Jesus in our Hearts, Forever.

Craig Wattam
Principal



JUNIOR SCHOOL

BELONGING DAY

Many older boys at the College still have fond (and quite specific) memories of Belonging Day when they were in Year 5. A few weeks ago some Year 12 students were sharing some of these memories with me, just as the Year 12 Prefects who helped out on the day last year got excited when we did certain activities – “Oh Sir, I remember when WE did this!”.

This Thursday our new Year 5 students will take part in this great tradition. I ask you to keep them in mind as this important part of initiating young boys into the St Patrick’s community happens. It not only welcomes them to the College, but to the broader EREA community and our place in the global Church. On this day we mindfully enact the touchstone of Inclusive Community: we say to each boy ‘we see you for who you are, and you are welcome here – you belong here’.

YEAR 5 WELCOME MASS AND JUNIOR SCHOOL DINNER

Next Friday two major events will take place, which Junior School families will have received communication about earlier this week.

The Year 5 Welcome Mass (for Year 5 families only) is always a beautiful occasion. Apart from our Friday morning Masses, it will be the first formal occasion our Year 5 students have attended in the Chapel, the heart of the College. It is a blessing to be able to mark this together with families.

The Junior School Dinner (for all Junior families, both 5 & 6) is well known as one of the highlights of the calendar. I encourage every Junior School family to register as soon as possible to assist the P&F with the organisation and arrangements. The P&F do such a great job on this event; I am very grateful for the brilliant contribution they make to building community in the Junior School. Many a lasting family friendship has begun around a trestle table in the Gym!

I am looking forward to sharing these two important events with families. For those of you who are no longer in the Junior School, perhaps take a moment to think back on who you sat with at your Junior School Dinners, and reach out to them for old time’s sake.

Ben Munday—Director of Junior School



JUNIOR SCHOOL SPORT

Last Friday I had the privilege to attend the NSWCIS awards evening. St Patrick’s College was well represented on the night with Nicholas Macher, Markus Parinetto, Mitchell Woods and Alex Conti all receiving awards for their outstanding achievements at the NSWCIS level and at State level. We were also fortunate to have students represented in the AICES Primary Team of the Year for Rugby—Mitchell Woods and Alex Conti. The surprise award of the night went to Mitchell Woods. Mitchell won the Outstanding Primary Contribution award for his leadership, sportsmanship and general ability across the many sports and teams he represented in. I would like to congratulate all the boys for the manner in which they carried themselves on the night and for their outstanding achievements.

I have been very pleased with the feedback coaches have been giving me this week about the effort and behaviour of all our Junior Summer teams.

Phil Mickelson has been quoted as saying “The object of golf is not just to win. It is to play like a gentleman, and win.” I hope that these words ring true to all our athletes this summer and beyond. Yes, we want to win, but not at the expense of our behaviour and reputation. Win, lose or draw, we must remember that first and foremost we play to enjoy ourselves, challenge each other and to form new and lasting friendships.

Congratulations to Lucas Martin of Year 6. Last week Lucas took part in the IPSHA Tennis trials. Lucas was able to move through the trials winning all his matches. Lucas has now qualified to represent IPSHA at the upcoming NSWCIS trials. We wish him all the best of luck for these trials.

Good luck to all teams playing this weekend. Please make sure you check the Team App on Friday night and again on Saturday morning in case of inclement weather. If you haven’t signed up to Team App it is not too late to do so where you will get the most up to date information on game locations, times and cancellations.

John Locke—Junior School Coordinator of Co-curricular

TAKING THE GREEN TRANSPORT OPTION

“Nothing compares to the simple pleasure of riding a bike” – John F Kennedy

Two new bike racks have been installed alongside the Robson Auditorium, providing an opportunity for students to begin riding to school. Cycling to school allows you to integrate exercise into your daily grind, observe your surroundings and pump some tunes as you go. Numerous studies have shown that daily exercise can reduce stress, alleviate symptoms of depression, improve sleep patterns and reduce anxiety. Cycling improves cardio-vascular and aerobic fitness, lowers blood pressure, boosts energy, builds muscle, and improves coordination. Sneaking the health benefits of biking into your daily commute can replace a gym session and end up saving time!

As we all continue to make ‘greener’ choices, cycling can help minimise our environmental footprint and improve air quality. Cycling simply means fewer emissions. Transport currently accounts for 14 per cent of all greenhouse gas emissions in NSW. Cycling 10 km each way to school would save 1500 kg of greenhouse gas emissions each year. If riding to school isn’t for you, walking or catching public transport still reduces emissions. Every person who catches public transport is a car off the road.

In order to assist and encourage students to take this greener option, the College is selling bikes previously used by our students on Duke of Edinburgh expeditions. These bikes are in good condition and will be sold for only \$50.00 each. Proceeds from these sales will go towards financing College sustainability projects. Students interested in purchasing these bikes are asked to contact Mr Fochesato to arrange a time that they and their parents can inspect the bikes.

A reminder to all cyclists that you need to wear a helmet when cycling to and from school and please bring a chain and a pad-lock in order to ensure that your bike is safe in the racks during school hours. Please note that the College cannot accept any liability for damage and/or theft in relation to bikes being stored on the College campus.

Do yourself, and the planet, a favour. Ride to school. 🚲

Edward Carrall—Sustainability Prefect



CURRICULUM

Scholastic Malpractice

In last week's issue of the *Especean*, I wrote about the College's Assessment Policy and information regarding assessment in Years 7 to 12 for 2019 now available on *Canvas* under the respective Year pages.

One area of concern with assessment in all educational institutions is that of malpractice, that is, any activity undertaken by students that allows them to gain an unfair advantage over others. One form of malpractice is plagiarism, which is the act of passing off the words and work of others as one's own, including one's own previous work.

Plagiarism invariably leads to a zero mark being awarded for the submitted work. In universities, for example, the consequences for plagiarism are more severe for the student resulting in exclusion from the course and even exclusion from attending other educational institutions.

The problem for some school students is not one of a deliberate intent to "cheat" but one of ignorance; of not being appropriately informed and skilled in the techniques in acknowledging and building upon the work of others within the framework of their own efforts; of not recognising and differentiating between reporting research undertaken and plagiarism.

In particular, Years 11 and 12 represent a giant leap in the expectations, standards and requirements associated with assessment tasks in the Higher School Certificate course. In fact, schools are now required to report instances of malpractice in HSC assessment to the NSW Education Standards Authority (NESA) which may have implications for university entry.

The College goes to great lengths to inform the boys of its scholastic expectations through extensive dissemination of assessment documentation; access to resources in the *McGlade Library*; online resources on *Canvas*; online submission of senior assignments via *Turnitin*; pages 50 and 159-160 of the *College Diary*; and in-class implementation during Year 10 of the *All My Own Work* program, publicly available on the NESA website at:

<https://educationstandards.nsw.edu.au/wps/portal/nesa/11-12/hsc/hsc-all-my-own-work>

Ignorance, innocent or otherwise, is never taken as a legitimate excuse. It is the student's responsibility to ensure that the words and work of others have been appropriately acknowledged in their own work.

I urge all boys and interested parents to regularly consult the guide to the *Harvard Style Referencing* on pages 159 and 160 of the *College Diary*.

As always the boys are advised to consult with their teachers if they are unsure of whether elements of their work will constitute plagiarism or any other form of malpractice as outlined in the College's *Assessment Policy*.

Michael Cutrupi—Director of Curriculum

PINK STUMPS DAY

SPC will hold the annual **Pink Stumps Day** this Saturday 23 February. The 2nd XI will host the day on Breen Oval as they play against Oakhill in the final round of the ISA competition. There will be a BBQ, cakes, lollies and drinks for sale, and places for donations to be made. All cricket teams will be asked to make donations at their fixtures, and everybody in the community is invited to support the cause at the **Gillian Daley—MIC Cricket**



NEWS FROM THE BANDMASTER

The Music Tuition and Ensemble Program is now in full swing for 2019. **Would your son like to learn a musical instrument? Now is the perfect time to start!** Please contact Mr Rose on music.admin@spc.nsw.edu.au

Derek Rose—Bandmaster

HIGHLIGHTS

ANNUAL SENIOR SWIMMING CARNIVAL



SPORTS FIXTURES — SATURDAY 23 FEBRUARY 2019

SENIOR SPORT

CRICKET

1st XI	v	Oakhill	10.00	Damian Oval
2nd XI	v	Oakhill	10.00	Breen Oval
3rd XI	v	Chevalier	10.00	Chevalier - Main Oval
4th XI	v	St Aloysius	9.00	Hudson Park
16A	v	St Aloysius	1.00	Hudson Park
15A	v	West Epping	8.00	Sommerville Oval
14 Black	v	Concord Briars	8.00	Doyle Park 2
14 Gold	v	Dundas United Junior	8.00	Meadowbank Field 7
13A	v	West Epping	8.00	Ron Payne Reserve
13B	v	RHHP Jack Sparrows	8.00	Brush Farm
7 White	v	7 Black	1.30	Phillips Park 2
7 Gold	v	7 Blue	1.30	Phillips Park 3
7 Red	v	St Aloysius	1.00	Anderson Park

BASEBALL

1st IX	v	Rangers	8.30	Major's Bay
16s	v	Kissing Point	8.30	Auluba Park 2
14s	v	Stealers	8.30	Golden Jubilee

BASKETBALL

1st V	v	Redlands	1.00	SPC Gym
17A	v	Redlands	9.00	SPC Gym
17B	v	St Pius	10.00	PCYC Court 1
17C	v	Redlands	1.00	Auburn 2
17D	v	St Pius	1.00	Auburn 1
17 Black	v	Oakhill Yellow	11.00	Oakhill Gym (CSC) 2
15A	v	Redlands	11.00	SPC Gym
15B	v	St Pius	9.00	PCYC Court 1
15C	v	Redlands	12.00	Auburn 2
15D	v	St Pius	12.00	Auburn 1
14A	v	Redlands	10.00	SPC Gym
14B	v	St Pius	8.00	PCYC Court 1
14C	v	Redlands	11.00	Auburn 2
14D	v	St Pius	11.00	Auburn 1
14 Black	v	Oakhill Green	9.00	Beniidus Hall (Oakhill)
13A	v	Redlands	12.00	SPC Gym
13B	v	St Pius	8.00	PCYC Court 2
13C	v	Redlands	10.00	Auburn 2
13D	v	St Pius	10.00	Auburn 1
13 Black	v	Knox K	10.00	Great Hall 3 (Knox)
13 Gold	v	Oxley B	9.00	Oxley College Ct2

JUNIOR SPORT

BASKETBALL

Prep A	v	St Pius X	Auburn 1	9.00am
Prep B	v	St Pius X	Auburn 1	8.00am
Prep C	v	St Pius X	Auburn 2	9.00am
Prep D	v	St Pius X	Auburn 2	8.00am
Prep E	v	St Pius X	Auburn 3	9.00am
Prep F	v	St Pius X	Auburn 3	8.00am
Prep G	v	St Pius X	Oxford Falls 1	8.50am
Prep H	v	St Pius X	Oxford Falls 1	8.00am
Prep I	v	St Pius X	Oxford Falls 2	8.50am
Prep J	v	St Pius X	Oxford Falls 2	8.00am
Prep K	v	St Pius X	Oxford Falls 3	8.50am
Prep L	v	St Pius X	Oxford Falls 3	8.00am

CRICKET

Prep 1 st XI	v	Barker	Bamfield Oval	8.00am
Prep 2 nd XI	v	Barker	Rudd 3	8.00am
6 C1	v	Barker	Phipps	10.00am
6 C2	v	Tudor House	Phillips 1	9.00am
5 A	v	Grammar (Edg)	Queens Park 7	10.00am
5 B	v	Grammar (Edg)	Queens Park 6	8.00am
5 C1	v	Grammar (Edg)	Phillips 2	8.00am
5 C2	v	Cranbrook (Red)	Woollahra 2/3	8.00am

SOFTBALL

Prep A	v	Grammar (St Iv) Black	Top Field	8.00am
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TENNIS

Tennis A	v	Newington (Wyv)	SPC Courts	8.00am
Tennis B	v	Kings White	SPC Courts	9.30am

JUNIOR SPORT VENUES

Auburn Basketball Centre—Wyatt Park, Church St, Lidcombe
Phillips Park—Nicholas St, Auburn
Rudd Park—Cnr Clarence & Varidel St, Belfield
SPC Courts—Edgar St, Strathfield
Bamfield Oval—Abbott Park, 10 Banoos St, Chester Hill
Oxford Falls—Wakehurst Pky, Oxford Falls
Phipps—College Cr, Wallara (in Barker College Grounds)
Queens Park—Darley Rd, Waverley
Woollahra 2/3—28 Manion Ave, Rose Bay
Top Field—Mona Vale Rd, St Ives (in Grammar College Grounds)

HEAD OF SECONDARY SPORT

HOUSE AND AGE SWIMMING CHAMPIONSHIPS

The 75th Annual Swimming House and Age Championships took place at the Sydney International Aquatic Centre, Homebush last Friday. Hickey claimed their 6th straight victory through a combination of outstanding swimming and excellent rates of participation.

The senior students were outstanding, with the Year 12 students leading the way with their house spirit and amazing costumes. Particular mention must go to the six House Prefects and the College Captain and Vice-captains for their efforts on the day. Unfortunately they were defeated yet again by the staff relay team. Better luck next year.

Congratulations to all the Age Champions and Tomas Kapocius for breaking 2 College records!

HOUSE CHAMPIONSHIP

1 st	Hickey	930 Points
2 nd	Hanrahan	822 Points
3 rd	Coghlan	780 Points
4 th	Berg	734 Points
5 th	Rice	682 Points
6 th	Crichton	522 Points

COLLEGE AGE CHAMPIONS:

OPENS		16 YEARS	
1 st	Tomas Kapocius (Hanrahan)	1 st	Hayden Cotter (Hickey)
2 nd	Joshua Kite (Crichton)	2 nd	Lewis Taylor (Rice)
=3 rd	Louis Melocco (Coghlan) Darcy Bourke (Coghlan)	3 rd	Antonio Lazzaro (Hickey)
15 YEARS		14 YEARS	
1 st	Daniel Harb (Coghlan)	1 st	Noah Doran (Rice)
2 nd	Christopher Gatto (Berg)	2 nd	Noah Kite (Crichton)
=3 rd	Nicholas Coffey (Coghlan) Adrian Biscotto (Hickey)	3 rd	James Kozub (Berg)
13 YEARS		12 YEARS	
1 st	Ethan Harb (Coghlan)	1 st	Jaiken Poon (Hanrahan)
2 nd	Marco Garigliano (Hickey)	2 nd	Declan Trainor (Berg)
3 rd	Joshua McKeown (Coghlan)	3 rd	Samuel Avvenevole (Hickey)

RECORDS BROKEN:

NAME	EVENT	OLD RECORD	NEW RECORD
Tomas Kapocius (Hanrahan)	17Yrs & Opens Freestyle	17Yrs 24.68sec 18Yrs 24.63sec	17Yrs 24.40sec 18Yrs 24.40sec
	17Yrs & Opens Backstroke	17Yrs 29.42sec 18Yrs 29.36sec	17Yrs 29.28sec 18Yrs 29.28sec

Anthony Calavassy—Head of Secondary Sport

CONFIRMATION

St Ambrose Parish Concord West will celebrate its Sacrament of Confirmation on **18 May 2019 at 11.00am and 2.00pm**. If you would like to register for this Sacrament please contact Megan Harris on 9743 1023 on Mondays or Fridays or email sacraments@stambrose.org.au. Registrations are due in **11 March 2019**. Registration forms can be picked up from the Parish Office or from the back of the Church.

ST MARTHA'S STRATHFIELD PARISH CONFIRMATION PROGRAM 2019

Confirmation will be celebrated on **Saturday 7 September at 2.00pm** by Bishop Tony Randazzo. Enrolments are now opened for students in Year 6 and above who are eligible to receive the Sacrament of Confirmation. To be eligible, candidates must have received the sacraments of Reconciliation and Communion. Enrolment forms are available from the St Martha's website, the parish office and the church foyer. Please contact our sacramental coordinator Patricia Saad for any further information on 9746 6131 (option3).

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.