Dear Parents and Friends of St Patrick's College Community

This week we hosted the orientation for Year 7 2016. It is always a very good day as the girls and their parents begin their journey with St Patrick's for the next six years. There is a lot of information to be covered, some introductory games to be played and some meals to be shared on the day. For all the girls who joined us, we warmly welcome you to the College and believe you will have a wonderful time at St Patrick's as you learn and grow into the young woman you have the potential to become. We ask that you be open to the challenges and opportunities ahead of you and see all the rewards that will come your way as opportunities to learn more about yourself and those around you.

I recently read an article which shed light on the growing trend of girls and young women aiming to achieve perfection in their work and their lives. It outlined the level of stress these girls place themselves under in maintaining this drive for perfectionism and the impact this has on their health and wellbeing. For many, this aspiration was self-imposed, as parents were not placing this pressure for success on their daughters.

We notice through the years the girls become increasingly reluctant to 'have a go' and learn from their errors, as they put mounting pressure on themselves to get it
right the first time. They become fearful of getting it wrong or not doing it right. This fear of failure increases their stress and anxiety levels and stymies their ability to try different approaches and learn from attempts. In Years 8 and 9 we have concentrated efforts to encourage girls to 'have a go' and experience failure in some of their attempts. They have enjoyed the opportunity to analyse their results and identify the areas for improvement. This requires maturity and resilience. We will continue to work with the girls to develop these skills so that there is no security for them to be a perfectionist but liberation for them to 'have a go'.

In the same vein as having a go, I would like to acknowledge Mr Scott Ashcroft who recently returned after competing in the international Iron Man championships in Hawaii. He gained entry into this international competition based on his achievements at the national level earlier in the year. We would like to congratulate Mr Ashcroft on an exceptional result and pursuing a dream to have a go and doing your best. He didn't rank a place on this occasion, however can be very proud of an excellent outcome.

Can I remind you of the middle and senior school parent forum we have planned for this term. The middle school parent forum is 24 November at 7.00pm. The senior school parent forum is Tuesday 1 December at 7.00pm.

The items at this point on the agenda are:
Personal, Protection and Respect Policy
Changes for 2016
General business
I would like to draw to your attention the fact that we will not host the 9.00 am meeting for both forums as they clash with key events for the girls at the College. Some of you may be present at these events.

Finally we acknowledge Diwali, Festival of Lights, celebrated by our Hindu and Sikh families at this time. It is a celebration of the triumph of goodness over evil, light over darkness and hope over despair. It is characterised by brilliant lights festooned over buildings, in windows and spaces where people gather.

I finish with a quote from Mahatma Gandhi
Real education consists of drawing the best out of yourself.

Blessings
Sue Lennox - Principal
Teaching & Learning

Language Lifeboat

English help is available every Wednesday at lunch time in Room 37. Bring your assessment tasks, homework, class notes or questions. Dedicated English teachers are available to help. All students from Years 7 to 12 are welcome.

Literature Club

Come along to Room 27 on Wednesdays at lunch time. If you love reading and are ready for a challenge, launch into the world of the classics and join the Literature Club. All students from Years 7 to 12 are welcome to join. Drop in next Wednesday and ask our mentors for a starter pack.
TAS - Textiles and Design Major Project News

Great News for our School Community. Mrs Tannous's Year 12 Textiles and Design student - Lucy P has had her Major Textiles Project selected for exhibition in the 2016 Texstyle. A fantastic achievement for a well-deserved student.

Texstyle is an exhibition of Higher School Certificate Textiles and Design major projects. The 2016 exhibition is part of the The Stitches and Craft Show at Rosehill Gardens; Thursday 3 March – Sunday 6 March. This exhibition is a display of high quality works from the 2015 Higher Certificate students who have completed the Textiles and Design course. The TAS Faculty wish to congratulate Lucy on this wonderful news, and we cannot wait to see her project feature at the Stitches and Craft Show at Rosehill Racecourse 3-6th March.

Dale Reader - TAS Teacher

Gallery
Senior School

College Captains Represent Our College Proudly

On Thursday 5 November, we were invited to the NSW Parliament House by our Member for Campbelltown, Greg Warren.

Despite the drizzly weather, we made the trip with several other secondary school captains from the Campbelltown electorate, with whom we mingled throughout the day. Tours and sessions within the Legislative Assembly and the Legislative Council taught us about the nature of what goes on within these chambers and how parliamentary affairs are handled across the two Houses. Each captain in attendance was also presented with a certificate by Mr Warren inside the Jubilee Room, congratulating us on our appointments to leadership positions.

Prior to this, on Thursday 29 October, we attended the MISA Leadership Seminar held at Macarthur Anglican College as representatives of the leadership team. This event has been running for several years and invites fellow leaders from schools in the Macarthur area to network with each other. The sessions invited us to reflect on what we hoped to achieve in the course of our leadership, and reminded us of how we should be working with the rest of our team to best achieve our goals.

Short presentations by each group on the initiatives and responsibilities of their leadership team, enabled us to not only share what we have achieved and put in place in our roles, but also learn, give feedback and gain inspiration from the other schools. It is our hope that many of these successful initiatives can be refined and adapted by the student leaders to contribute to the betterment of our own College community.
Both the seminar and the visit to Parliament House were ultimately very insightful afternoons, with the three of us walking away truly enlightened and driven for the journey ahead. We are thankful to have such inspiring opportunities to connect with equally passionate student leaders, which encourages us to lead St Patrick’s with the pride and vision it is worthy of. We would like to offer our kindest gratitude to Ms Treanor, whom we must thank for her support and attendance on both these occasions.

Myra, Iesha and Karen, College Captain and Vice Captains

Middle School

So Much More Than Pat-A-Cake at St Pat’s

Year 9 Food Tech Assessments take on new levels of creativity and expertise

From 5 to 6 November, two Year 9 Food Tech classes engaged in cake making for our Term 4 Assessment Task. Decorations of all types and icing of all colours were everywhere. The room was filled with a happy atmosphere. We all had a lot of fun making novelty cakes; for celebrating Birthdays, Christmas, Easter and even Valentine’s Day. Everyone was pleased with their finished product, but completing it was not a piece of cake!

Iesha D, Year 9 Food Tech Student
Sport

Futsal U/13 Squad 2016 Features TWO St Patrick’s Girls

Football NSW has chosen two Year 7 St Patrick’s College Campbelltown students for the National Youth Futsal Championship in January 2016.

Tara and Darcey receive the thrilling news

Two of our Year 7 students, Darcey M and Tara B, were identified by Football NSW as talented futsal players and were invited to trial for the NSW U/13’s Futsal Squad that would compete at the National Youth Futsal Championships in January 2016. Due to their skill and tenacity, both girls were successful in their selection and will be representing NSW at the National Tournament next year. This is a huge achievement at such a young age. We wish them both all the best in their training and the tournament. Well done Darcy and Tara!

Co-curricular

Instrument and Voice Lessons for 2016

Applications for Voice and Instrument lessons are now open for 2016. Forms are available from the front office foyer with further information and fee structures.
Lions Youth of the Year

Last Wednesday night, 4 November, Mrs Nina Henderson and I had the pleasure of accompanying Karen D of Year 11 to the Lions Youth of the Year Award at the Campbelltown RSL Club.

This prestigious award recognises the academic, leadership and community achievements of Year 11 students in the Macarthur area and Karen D represented herself, family and College with justifiable pride. Karen’s entry involved an interview, two impromptu speeches and a prepared speech. Naturally, Karen shone in each of these categories, especially in the gruelling impromptus which answered the questions “Should Australia become a republic?” and “What is the most important issue for the youth?” Karen had the opportunity to network with other students from our area, as well as Lions elders and community leaders including our local member Greg Warren.

Marguerite Pulham, Debating/Public Speaking Coordinator
Musicians Perform with Pride

The Choir and Ensemble performed at two different group events in Macarthur celebrating Music Making. "Massive Band" involved 80 women performing rock music outside Campbelltown Arts Centre with a great audience of family and friends. "Music Count Us In" had the St Patrick's students performing with St John's Primary and Rosemeadow Public. All of the students represented the school with great aplomb and should be congratulated on their efforts and enthusiasm.

The Musicians from Music Count Us In

Gallery
2016 Constitutional Convention Selection

Year 11 Student Advances to National Level

After Meg K attended the NSW Schools Constitutional Convention at NSW Parliament in November, she has been selected to participate in the National Schools Constitutional Convention in Canberra from 16 - 18 March 2016. Funded by the Australian Government Department of Education and Training, the organisers of the national event will be National Curriculum Services (NCS). This challenging and worthwhile experience is exciting as she will join her counterparts from the other states and territories.

Chis Power, Year 11 Coordinator
As a Christian community, we are ever-ready to respond to the needs of others.

Since the start of Term 4, the St Patrick’s community has been active in offering practical help to the people of the Campbelltown local area in collaboration with the St Vincent de Paul Society. This help is in the form of Christmas hampers. All members of the St Patrick’s community have been invited to donate non-perishable food and other items for the hampers. The response to this invitation has been overwhelming. For example, Homeroom 7C has filled five hampers! Their generosity is exemplary and an inspiration to all the other students. All the Year 11 Homerooms have also stepped up and are leading by example by filling more than two hampers per Homeroom. It seems that the St Patrick’s community has responded to the challenge to make donations in order to assemble 60 Christmas hampers. Such a goal can only be achieved when each person makes a contribution. We have also been reminding our girls that true generosity is “lavish giving”; that is, it is giving in abundance, freely and even with some personal sacrifice involved.

At the same time, a group of Year 10 students has been sewing library bags for the Nagle Centre. The bags will then be filled with stationery and other goodies for distribution in the next few weeks so that children receive something special for Christmas. We congratulate and thank this group for their efforts at making the bags.

Let us thank our God for our caring and generous St Patrick’s community and ask for God’s blessing to be continuously poured out upon us.

Angelo Gattone, Mission Coordinator
‘We Are The Hands Of Christ In This World’

Our Christian baptism bestows upon us many gifts as well as responsibilities. A significant responsibility that comes with being baptised—and, therefore, a committed follower of Christ—is the call to service. At the Last Supper, Jesus washed the feet of the Apostles and then urged them to be as servants to one another. A significant act of service within the Church is the ministry of distribution of Holy Communion. To that end, Year 10 and 11 students were invited to a training day to equip themselves with the skills to distribute Holy Communion during Masses. The following is a recount of the day’s events and their significance written by Year 11 student Rosie L.

On Friday 23 October, two Year 10 students and 7 Year 11 students, including myself, attended a Liturgical Ministries Training day at St Mary’s Star of the Sea College in Wollongong. St Pat’s girls, together with students from a number of other Catholic schools, gathered to learn about the Eucharist and to train to be a Special Minister of the Eucharist. We listened to insights from the Diocesan Youth Minister, Seth Harsh, about the importance of our Baptism and he encouraged us to further explore our beliefs and faith. In these talks, we were presented with new realisations, as well as being reminded of values that were important in regard to the life of all Christians, most significantly in the service and ministering of the Eucharist.

We then had the opportunity to break off into groups: Extraordinary Eucharistic Ministers, Musicians, and Cantors and learn the correct practices for the proper exercise of the various ministries. The Eucharistic Ministers especially were surprised to learn how specific the actions were to be demonstrated, but were eager to learn and practise the distribution of Communion, the Body and Blood of Christ.

After our lunch break, the students all gathered in the chapel and participated in a short, but very moving liturgy together. It was a time for us to reflect on what we had learnt, and how we can take our new skills further into our College community and our own Parish Churches.
I would like to thank Mr Gattone for this opportunity and to express my appreciation to the rest of the girls for a great experience which we all very willingly and gratefully embraced. We are excited at the prospect of utilising the skills we acquired on this training day in our future Masses in the school community.

Rosie L, Year 11 Student

**Philippines Immersion: A World of Wonder**

From 21 to 30 September, during the Term 3 school holiday, three students from Year 11 experienced an immersion trip to the Philippines. Madalynn M, Carolina T and Iesha G undertook this exciting opportunity to connect with the work done by the Sisters of the Good Samaritan at their Kinder School in the Philippines. Here is an account of what the three participants encountered:

As the primary foundation of the trip, we were to engage with the notion that if we were to enter into someone’s garden, then our own garden should change. Therefore, when we arrived in Bacolod at the Good Samaritan Kinder School, we didn’t anticipate what was to come. From the moment we were greeted by the smiling mothers outside the gates, to the pure enjoyment of playing and learning with these children, I would express that I have never once felt such an overwhelming display of hospitality, compassion, humility and sense of community. To witness the efforts of charity, mainly through the fundraising that occurs in the Australian schools, I was able to see how such a contribution can positively affect the learning of these children.

Up the road we were taken to a community centre, established for the mothers who would learn to bake cupcakes, make candles, rugs and supply food for the feeding program. This initiative was introduced to supply income for the mothers who would normally spend the entire day outside the school waiting for their child. What struck as the most significant, was that these children, from low-socioeconomic families, were given the opportunity to attend kinder which will then allow them to apply to the government funded primary schools. This reality made me appreciative of my education and challenged my comprehension of the marginalised. This was further
demonstrated when we were taken to the Boulevard – the poorest district within Bacolod. We saw the extreme poverty, the condensed squatters framed with single steel sheets and roofs held down by tires. We observed the feeding program which was run by the Sisters and quickly noticed the immense impact it had on the welfare of this community. Ultimately, in the effort to deepen our awareness of the Benedictine tradition, the experience truly engaged us in the opportunity to change our perspectives on the dire need to eradicate poverty. On behalf of the girls, I would like to thank those who supported us on our trip and would highly encourage all to take part in these immersion experiences.

Iesha G and Carolina T, Year 11 Students

For me, the Philippines immersion was a journey which I will never forget. We spent eight days experiencing a new culture and gained new insights on life. The main thing I brought home with me was the level of hospitality that we were shown everywhere we went. From the moment we stepped out of the plane, the local people treated us in a phenomenally warm way and that warmth will never be forgotten. The greatest expression of hospitality was the way the people in the Boulevard welcomed us, these were people who have next to nothing and lived in one bedroom tin shacks with ten people. These people welcomed us and were so proud to show us where they lived, they had chairs for us to sit on while fifty of them (women and children) stood in the hot, humid elements. These values and beliefs which are shown are significant to the people of the Philippines. The sense of community goes hand in hand with their hospitality in the way everyone helped and included everyone. This was displayed in the feeding program set up by the Sisters of the Good Samaritan. If there was not enough food at the end for everyone, the older kids would give some of theirs to the younger kids. All in all, I could not have been more inspired to be a better person and put these values into action. I especially can see that while I may not have made a huge impact and changed the world, the people I met on my trip definitely changed my world and my perspective of it.

Madalynn M Year 11 Student
Community News

Important Dates

What's On.......

15 November - Fisher’s Ghost Fun Run
16 November - A Taste of St Pat’s (Year 5 visits)
17 November - Sports Assembly
18 November - A Taste of St Pat’s (Year 5 visits)
18 November - Year 10 Aquatics Day
18 November - Year 11 U Turn the Wheel Incursion
19 November - Parent Thank You Afternoon
20 November - Year 8 Maths Incursion
20 November - Year 9 Reflection Day
20 November - Year 10 Recycled Dinner Dance
23 November - Grandparents and Special Friends Day
24 November - Middle School Parent Forum
25 November - Year 7 and 8 Robogals Day
25 November - Year 11 Drama Excursion
26 November - Year 9 Forensics Incursion
26 November - Year 8 Aquatics Day
27 November - Aboriginal Education Excursion
27 November - Creative Arts Night
01 December - College Assembly
01 December - Senior School Parent Forum
04 December - College Mass and Awards
04 December - Students Finish for 2015

Our Lady Help of Christians - Christmas Market