

Term 3 Week 8

12 September 2024

COMING EVENTS

SUNDAY SEPTEMBER 22

- Confirmation, 5:30pm, St Teresa's Church

FRIDAY SEPTEMBER 27

- Last day of Term 3

MONDAY OCTOBER 14

- Term 4 starts

FRIDAY OCTOBER 18

- Year 2 Excursion

WEDNESDAY OCTOBER 23

- Year 12 Mass

OCTOBER 21-23

- Samaritan Spectacular

FRIDAY OCTOBER 25

- Year 1 Excursion

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St Teresa's Campus

Telephone (08) 8645 8381
 Facsimile (08) 8645 1129

Our Lady Help

of Christians Campus

Telephone (08) 8649 2077
 Facsimile (08) 8649 1911

Saint John's Campus

Telephone (08) 8645 8568
 Facsimile (08) 8645 8186

Uniform Shop

Toal Street, Whyalla Stuart
 Telephone (08) 8649 3168
 Wednesday 8:00 - 10:00am
 Thursday 1:00 - 4:30pm

Key Points

- Last Sunday was Safeguarding Sunday
- Choirs
- Kim Ryan
- Confirmation
- SOLASTA Visits
- Primary Sports Day
- Patrons Day
- Year 12
- Child Engagement
- Native Garden Project

Last Sunday was Safeguarding Sunday

Safeguarding Sunday (formerly Child Protection Sunday) is where the Catholic Church makes a commitment to practices and protocols that create and maintain safe environments for all people. It invites people to pray for those harmed by abuse directly and indirectly.

For children in our care and in parish: that we may all work collaboratively to ensure the happiness and confidence of every child, support them to raise their voices and be heard, and to foster an environment of safety and protection where children flourish.

*Let us pray to the Lord
 Amen*



Sports Day - Primary

Last week a very successful and mostly dry Primary Sports Day was held. With our growing numbers, the size of the crowd of parents, relatives and friends was quite staggering to see. It was also noted how many of that crowd had had one of their Sports Day, when they were a student, on the same oval as their own child is doing now. Thank you to Mr Raymond for his coordination of the day.

Damien
 Damien Judd

PRINCIPAL

Choirs

Is the time of the year when our two choirs perform. We have students participate in the Whyalla Combined Primary Schools Choir - The Festival of Music 2024 this week at the MAC (we join other local schools plus students from Kimba and Cowell) and in a few weeks' time some students travel to Adelaide for the Catholic Schools Music Festival at the Festival Centre. This is a 4 night extravaganza of all things musical in Catholic Schools in SA and our students perform on the final night as part of a much larger choir on stage. Good luck to them all.

Kim Ryan

At the end of this term we are saying thank you and goodbye to Kim Ryan. Kim joined us way back in 2010 and has been a major part of the leadership team at Saint John's Campus for a period of that time. We thank Kim for her immense contribution to the College and we wish her and her family all the best in their move closer to Adelaide.

Confirmation

On the weekend of September 21 and 22 we welcome Bishop Karol to our city where he will celebrate Mass across the weekend at our two churches. His main job that weekend though will be to confer the Sacrament of Confirmation to some of our senior primary students.

Deputy News

From the Resilience Project Desk – Empathy

Did you know

80% of our happiness is derived from:

- Friendship.
- Health.
- Work fulfillment.
- Loving relationships.
- Spirituality.

When you do something kind for someone else your brain releases the love hormone oxytocin. This makes you feel good too. Check out Martin Heppell from The Resilience Project talking about being kind and the benefits of kindness. <https://www.youtube.com/watch?v=qO-ja3h5INc>

“Kindness is the greatest wealth of all. Small acts of kindness last longer than a lifetime” - Eddie Jaku (Author of ‘The Happiest Man on Earth’).

I have previously published data from the Year 7 cohort in relation to the Resilient Youth Australia survey, which we contribute to as part of our partnership with The Resilience Project. In this edition we look at some data from Year 8. The data can generate important table conversations around wellbeing and mental health. The intention here is not to point the finger or cast judgement, but simply to acknowledge the many issues and complexities our young people are voicing when completing the survey.

Year 8

Focus Question	Female (%)	Male (%)
I have love and support from my family	71	100
I have an adult in my life who I can talk to	57	84
I feel safe at home	93	100
I get at least 8 hours of sleep most nights	36	63
I am not using a device between 10pm and 6am	57	68
I can forgive others who are mean to me	21	53
I do not vape	93	95
I am not playing excessive online games	86	26

Brett Czechowski
DEPUTY PRINCIPAL

The Samaritan Way

The Sacrament of Confirmation: A Journey of Faith and Growth

'Confirmation strengthens us to defend the faith and to spread the Gospel courageously.'
-Pope Francis

Confirmation is a significant milestone in the faith journey of young Catholics. Celebrating the Sacrament of Confirmation marks the deepening of a student's relationship with God and their commitment to the Church. As students receive the gifts of the Holy Spirit - wisdom, understanding, wonder and awe, right judgement, knowledge, courage, and reverence they - are strengthened in their faith to live out the teachings of Jesus Christ.

Soon, on September 22 our Year 6 students will participate in this Sacrament. We support our students as they prepare for Confirmation, understanding that this sacrament is a step in their lifelong journey of faith. Through prayer, reflection, and learning about being a confirmed Catholic, our students are encouraged to actively live their faith, serve others, and share the love of Christ in all they do.

Let us continue to pray for our students as they prepare to receive the Holy Spirit, that they may grow in faith, wisdom, and love throughout their lives.

Choosing a saint's name is an essential part of Confirmation and it is an acknowledgement that the Holy Spirit will change you through the grace of this Sacrament. The Year 6 students will spend some time reflecting on how they are inspired by the saint whose name they wish to take during the ceremony.

I have always been inspired by Saint Damien of Molokai. Saint Damien came to Hawaii in 1864 and in 1873 dedicated himself to the Hansen's disease (leprosy) patients who had been quarantined for life in Kalawao on the island of Molokai. At this time there was no treatment for this disease. The people of Molokai had nothing and no one to care for

them. Through his great love for God, his courage, selflessness and love for these abandoned brothers and sisters, Saint Damien transformed Kalawao into a community of respect and dignity, bringing compassion and hope to all there. He spent much of his time and many hours of hard work building houses, farming the land and ministering to the sick and dying. After some years Saint Damien himself became ill of Hansen's disease and he died among his people, in 1889.

*St. Damien, brother on the journey,
Happy and generous missionary,
who loved the Gospel more than your life,
who for love of Jesus left your family,
your homeland, your security, your dreams,
Teach us to give our lives
with a joy like yours,
to be in solidarity with the outcasts of the world,
to celebrate and contemplate the Eucharist
as the source of our commitment.
Help us to love to the very end
and, in the strength of the Holy Spirit,
to persevere in compassion
for the poor and forgotten
so that we might be
good disciples of Jesus and Mary.
Amen.
— From the Diocese of Honolulu.*

Rebecca Sinclair
APRIM

Uniform Shop

The Uniform Shop accepts most old Samaritan uniform in good condition for credit at the uniform shop.

Unfortunately we can't accept secondary winter clothes as we cannot sell them on, but we will take Sports clothes, jumpers and any summer uniforms.

The [terms and conditions](#) for selling second hand items to the uniform shop are on our website in the uniform section.

Kerry Azzopardi
UNIFORM SHOP

Primary Campus News

SOLASTA Visits

Another great initiative from Catholic Education SA saw the group SOLASTA come to both primary sites in Week 8. This group has been contracted by CESA to send experienced Psychologists and Occupational Therapists to help develop our staff's understanding around imputed learning disabilities and strategies on classroom practice when differentiating. They will also be working with students, observing behaviours and assisting families with their learning.

Primary Sports Day

MACKILLOP House win the Primary Sports Day Shield for 2024! Congratulations!

BENEDICT House win the Attitude Shield! Great work!

RICE House win the Cheerleading! Well done!!

Special thanks to Mr Raymond for coordinating the whole day. Mr Raymond makes sure there are plenty of games and activities for people of all abilities to be involved in! Our teachers and staff also have huge days supporting our children which is greatly appreciated!



Patrons Day

It was great to see our three campuses come together on Patrons Day on Wednesday of Week 6. All Upper Primary students came together at Our Lady Help of Christians Campus for Liturgy and then walked, collecting the Junior Primary students from St Teresa's church, before finishing the walk at Saint John's Campus.

The day was filled with food, fun and cross-campus comradery!

Thanks to Mrs Sinclair for coordinating the event and the Teachers and Support Staff for supporting our students!

Matt Quist and Gareth Molyneux
HEAD OF PRIMARY CAMPUSES

Year 5/6 Boys Basketball Carnival

On Thursday August 29, both our boys' basketball teams were successful in winning the Interschool Basketball Carnival.

Both teams played some exceptional games throughout the day showcasing their skills and ability to work as a team. A fantastic effort by all!

Dale Raymond
PE TEACHER



Secondary Campus News

Secondary attendance hotline: 0473 989 587 - TEXT messages only, *otherwise please phone 8645 8568.*

Year 12

With the end of the Year 12 academic year rapidly approaching, parents and caregivers could be thinking that there is little to gain by communicating with their children's teachers. This is not correct, and teachers can provide suggestions to parents on how they can assist their children in their final weeks of Year 12. There is still a lot that students can achieve in the four weeks students have at school, such as exam preparation advice. Similarly, in many subjects, grades are not finalised until Week 4 or 5, giving students a few more months to work on improving their grades.

Child Engagement

As parents and carers, it's impossible not to worry about your young people. During their high school years one of your biggest concerns might be how well they're doing or how hard they're trying at school.

Where to find help

The first, most obvious step if you are worried about your child's progress is to speak with their teachers. They want your child to succeed, so will let you know if there are any areas of concern and be able to suggest ways to help.

What you can do

Most teens are beginning to assert their independence and advice from parents or carers can sometimes have the opposite effect of what's intended. So, what can you do?

- Let them know that you're there to support them whatever they decide
- Ask regularly about their hopes and aspirations
- Try to avoid arguing about school issues and keep your choice of words around school positive

Encourage them to take responsibility for their own schoolwork, results, and attendance

How you can show support

Find small ways to remind your teens that you're there if they need you. Your support could look like:

- Regular mini conversations about what they're doing at school and what they're enjoying or struggling with (that means accepting the one-word answers you might get)
- Asking about the extra-curricular activities or hobbies they're enjoying
- Chatting about what their peers are involved with
- Asking how you can help when they're struggling
- Giving them some space if they need it

Suggested ways you could help

At some point you might realise that your help is needed, or you may be directly asked for help, then it's your time to shine. You could:

- Check if they would like you to speak to their teacher or school with them
- Ask if they would like some tutoring
- See if their study space is working for them and if not help them to find a fix (whether it's setting something up in their room or helping them get to the local library)
- Offer to get them a calendar or help them find an app to keep track of their schedule and deadlines, or offer to be the one who checks in and helps them stay on track
- Ask if they would like some help managing their extra-curricular time too. From helping them to find a job, suggesting activities, or just exploring

transport options together which help them become more independent

- Encourage them to think about their work-life balance and how to change or improve it. It's an important skill and essential for mental wellbeing

Things to remember

Family support is priceless and could help your young people to have the confidence to try new things and tell you what they really want to do. Doing well at school is great but isn't the only way to be successful, so be prepared to listen to other ideas and help your young person research the best option for them. These days there are lots of other pathways that could enable your child to reach their career goals. It's OK if they're not sure what they want to do after high school or if they haven't figured out a career to aspire to yet. People change jobs and career paths all the time now and are successful and happy. Keeping an open mind, looking for opportunities, and gaining skills is probably more important.

Need more help?

Have a look <https://theparentswebsite.com.au/> or <https://parents.au.reachout.com/> for more tips and resources

Native Garden Project

A small but dedicated group of students continues to drive our native garden project. This term students have created pot designs representing their respective mobs, and walls in the garden area have been rendered and painted in preparation for students to paint their murals. A few weeks ago, a student delegation were given a tour of the native garden at Gabmididi Manoo Children and Family Centre to gather ideas for our project.

Tanya Gibson
HEAD OF CAMPUS

Community News

"The services and events contained in this section are in no way connected with the school and are included in this newsletter for your information only. Parents and caregivers need to make their own enquiries and assessments about the suitability of these events and services for their needs and those of their children."

