

Term 4 Week 4

7 November 2024

**COMING EVENTS**

MONDAY NOVEMBER 11

- Remembrance Day

TUESDAY NOVEMBER 12

- Cyber Safety Information Session, Saint John's Campus, 5pm

THURSDAY NOVEMBER 14

- Samaritan Shines

THURSDAY NOVEMBER 28

- Year 12 Graduation

MONDAY DECEMBER 9

- Prize Night

**Transition Days for students starting at Saint John's Campus in 2025**

Please refer to the email attachment that was sent previously or the transition to secondary information on our [website](#)

**Extra Opening Hours - Uniform Shop**

Wednesday Dec 4, 8am-4pm

Thursday Dec 5, 8am-4pm

Mon-Fri, 20-24 Jan 2025

PO Box 351, Whyalla, SA 5600  
 info@samaritan.catholic.edu.au  
 www.samaritan.catholic.edu.au

**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**

- 2025 Fees
- Cyber Safety Session
- Extra uniform shop hours
- Year 12 exams
- Head of Primary
- From the Resilience Project Desk – Emotional Literacy
- Year 12 Graduation Mass
- Stay Hydrated!
- Year 12s
- Remembrance Day
- Student Absences
- Helping Teens Cope With Bad News in the Media Cycle

*God our Father, your Son Jesus gave up His life to free us from the power of sin and death.*

*He showed us that the greatest love is in giving up one's life for others.*

*On Monday we remember those who fought and died for our freedom.*

*We ask you to bless and console them together with their families.*

*Help us to understand the sacrifices they made in leaving their loved ones to face the horrors of war.*

*May we never forget their generosity.*

*May your Holy Spirit give us the courage to resist evil in all its forms and show us how to be peacemakers through prayer and action, lest we forget those who fought, suffered and died that we might have the freedom and peace we enjoy today.*

*We ask this through Christ, our Lord. Amen.*



**2025 Fees**

For the past three years, Samaritan College, and most other Catholic Education SA schools, froze their fees. In fact, Samaritan went a little further than this and has not had a fee rise since 2020. Unfortunately, we could not keep doing this forever. Not only have our bills increased but we also need parent fees as they, importantly, help us to build new capital facilities. The money we receive from the Australian Government and to a lesser extent, the South Australian Government, cannot be used for capital projects i.e. buildings – only parent fees can be used for new buildings or to repay loans for new buildings. We need to increase fees to be able to keep providing modern facilities. Saying that, we have kept our increase to a minimum and in all cases, families will only see less

than a 3% increase – in dollar terms this equates to between \$50 (Reception students) and up to \$140 (Year 10 to 12) increase for the whole year. Over the past 10 years, our fees have only gone up 2.4% over that whole 10 year period.

The new Fee Structure is on our website and as always, we will actively engage with families should there be any concern about being able to pay fees. We are a very generous school when it comes to keeping fees low and in granting discounts for those families in need. If you have any concerns about paying fees, then please make contact with the college.

We appreciate that it may appear that 2025 is not the best time for a fee rise but as stated above, we had already frozen fees since 2020 plus our costs including our costs to pay for new buildings, have risen too. Samaritan remains one of the lowest fee paying R-12 schools in Catholic Education SA.

## Cyber Safety Session

We are very excited to have 'Cybersafe Families' visit the college to present to our Year 7s and 9s plus do a parent session at 5pm-6pm on Nov 12 at Saint John's Campus. The parent session is for 'Parents Only' and we would love to see you there.

## Extra uniform shop hours

With the increased enrolments and with some requests from parents who may be away in late January, we are offering some extra opening hours in December for our Uniform Shop. The Shop will be open Wednesday Dec 4, 8am-4:30pm Thursday Dec 5, 8am-4:30pm and the usual Week 0 times of Mon-Fri, Jan 20-24, 8:30am-4:30pm, 2025. The Uniform Shop staff will know what 'house' your child has been allocated to.

## Year 12 exams

Whilst some language exams were held last week, the exams for our students all kick off today. Not all students do exams and only a small number have exams in all their subjects. We extend our prayers and thoughts to them during this time.

## Head of Primary

(St Teresa's): Mr Gareth Molyneux will be on some well-deserved Long Service Leave from November 9 to November 22. Mrs Jenna Edwards will be acting Head of Primary (St Teresa's) during this time.

## Passing

Some of our community may remember Br Frank Donoghue. He passed away on Tuesday October 22. Br Frank was one of many Christian Brothers who served at Saint John's College. He worked here from 1974 to 1983. Into your hands, O Lord, we humbly entrust Br Frank.

# The Samaritan Way

## 'Theirs is the Kingdom of heaven' Matthew 5:10

Friday November 1 was All Saints Day. Mr Cluff's Year 9 RE classes 9G and 9B celebrated All Saints Day Mass in the beautiful Emmaus Chapel. They participated with respect and reverence, there was even a little bit of singing from the Year 9s.

The Feast of All Saints is a rich and beautiful tradition within the Church. Saints are people who allow God's spirit to work through them and to fill them with love so that they can do ordinary things extraordinarily well.

The Feast of all Saints also honours those who have died, it reminds us that we are part of a wider communion of holy people, and it affirms our faith in God's loving devotion to life.

Some saints have been officially canonised by the Church, but many others lived saintly lives, quietly and without attention. They are also part of the communion of saints. There may be people in our own lives who we regard as saints. All these people are worthy of our honour.

Friday's gospel from Matthew is about the Beatitudes.

*"Blessed are the poor in spirit, for theirs is the kingdom of heaven.*

*"Blessed are those who mourn, for they will be comforted.*

*"Blessed are the meek, for they will inherit the earth.*

*"Blessed are those who hunger and thirst for righteousness, for they will be filled.*

*"Blessed are the merciful, for they will receive mercy.*

*“Blessed are the pure in heart, for they will see God.*

*“Blessed are the peacemakers, for they will be called children of God.*

*“Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven.*

*“Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.*

We read about the Beatitudes on the Feast of All Saints because they get to the heart of holiness. They express the values to which we Christians are called to at our Baptism. When we meet someone whose life shows these values we recognise a saint.

Do you have a favourite saint? Someone who inspires or encourages or cheers you? What is it about that saint that resonates with you?

Please keep the Year 12 students in your prayers as they submit final assignments and sit their exams.

*Loving God,*

*We pray for our Year 12 students as they complete their final exams and assignments.*

*Grant them calm hearts, clear minds, and the confidence to do their best.*

*Help them remember all they have learned, and give them the strength to face each challenge.*

*May they feel Your presence with them, guiding and uplifting them.*

*Bless them with peace, focus, and resilience as they complete their journey.*

*Amen.*

Rebecca Sinclair  
APRIM

## Deputy News

### From the Resilience Project Desk – Emotional Literacy

Did you know ....

- There are 27 main human emotions.
- We experience at least 1 emotion 90% of the time.
- And frequently experience positive & negative emotions at the same time.

If you're interested in learning more about Emotional Literacy check out 'The Imperfects podcast'. In the below episode Dr Emily talks about the concept of Emotional Awareness, and explains why it's not only important to identify your unpleasant emotions, but why it's even more important to express them when they arise.

[Dr Emily - you are Not Your Emotions](#)

Below is a link to more of 'The Imperfects' podcast episodes on The Resilience Project website or you can listen wherever you listen to your podcasts.

<https://theresilienceproject.com.au/at-home/podcasts/>

#### Term 4 Pulse Check

From next week, all students will undertake the termly 'pulse check' – a tool for measuring mindfulness

and wellbeing administered by Catholic Education SA. Part of my role is responding to the dataset from each campus but to also help students appreciate the value of the survey and what can be gleaned from it. The pulse check is one of many tools Samaritan College uses to support student agency. It presents opportunity to listen and respond to students often, most powerfully through a conversation and takes on a renewed emphasis as we seek to ensure that all students have strong relationships and a sense of belonging at school. Data from the pulse check survey is presented to the school board at regular intervals throughout the year.

#### Resilient Youth Survey

I have previously published data from the Year 7-9 cohorts 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 10. 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 10**

Focus Question	Female (%)	Male (%)
I have love and support from my family	93	88
I have an adult in my life who I can talk to	79	71
I feel safe at home	90	94
I get at least 8 hours of sleep most nights	48	71
I am not using a device between 10pm and 6am	76	88
I can forgive others who are mean to me	55	53
I do not vape	86	100
I am not playing excessive online games	76	53

*Brett Czechowski*  
DEPUTY PRINCIPAL

# Primary Campus News

## Reception Harris

"We have been taking our mathematics outside. Last week we investigated the playground as we have been learning about language of position and location. We searched the playground for things we could go in, on, under, through, behind and next to".

*Reception, Mrs. Harris.*



## Year 3 Excursion

Last term our Year 3s travelled to Korinya Farm Gate.

The students enjoyed a 'hands on' farm experience - feeding pigs, chickens, goats and milking cows! A fantastic interactive learning experience for our students.

Huge smiles all round!!

Thanks to the Year 3/4 Team for coordinating and for the Year 3/4 Teachers and ESOs who supported the students on the day.





## Year 4 Excursion

Year 4 students from both campuses went to Port Augusta for an excursion on Friday of Week 2 and 3. They visited the Wadlata Outback Centre, had lunch at Lions Park and finished the day with a walk through the Arid Lands.



## Mega Body!

On Wednesday of Week 3, St Teresa's got to host the UniSA Mega Body and participated in activities that promoted healthy lifestyles. UniSA students ran various sessions and the kids had a great time learning and exploring.



## Year 2 Excursion

Last week our Year 2 students across both primary campuses participated in their annual excursion to Glen Forest Tourist Park via Port Lincoln. They had an amazing time!

Patting a koala, holding a rabbit, or seeing a baby wombat were many of the children's most special parts of the day.



## Year 5/6 Basketball – state country champions

HUGE Congratulations boys and coach Mrs Edwards.

A fantastic day of basketball winning the year 5 and 6 country basketball statewide schools competitions. Congratulations Boys - Division 1 Winners.



## Year 12 Graduation Mass

The Year 1/2s from Our Lady Help of Christians were invited to come to the Year 12 Graduation Mass on Wednesday of Week 2. What a great experience for our little Samaritan's to see our eldest students celebrate their last Mass as Samaritan students with their peers and families.

Thanks to Mrs Sinclair for her coordination and to Miss Connor and Miss Marschall and their teams for bringing the students to Saint John's Campus for the morning.



## Stay Hydrated!

As we come into the warmer months, it is very important for our children to stay hydrated! Here are some tips to help make sure our little ones are staying hydrated and signs that they may be dehydrated!

Tips to help your child stay hydrated

- make sure they always pack a water bottle.
- choose water rather than sugary or fizzy drinks.
- encourage them to have a few mouthfuls of water during any breaks in day.
- make sure they have a big drink afterwards to make up for any sweat they have lost.
- Mild dehydration can be treated by giving your child more to drink. But serious dehydration — for example, if they are unwell — can be very serious. It's important to know what to look out for.

Symptoms of mild dehydration

- Your child may have mild dehydration if.
- they feel thirsty (feeling thirsty is a sign your child is already dehydrated).
- they feel dizzy or light headed.
- they are nauseous.
- they have a headache.
- their urine is dark yellow or brown.
- they have dry lips, tongue, mouth or throat.
- they aren't going to the toilet as often or not passing much urine.

Stay safe in the hot weather and always wear a hat outside!

*Matt Quist and Gareth Molyneux*  
PRIMARY CAMPUS LEADERS

# Secondary Campus News

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

## Year 12s

The Year 12s are in exam mode and have already completed exams in Mathematical Methods, General Mathematics, Essential Mathematics, Chemistry and Psychology. This time next week exams will be done and teachers will have submitted their grades and student work samples to the SACE Board. Some students are still polishing final assignments and are encouraged to give it one last push to maximise their results. The SACE Board will release students' final grades on Monday December 16 at 8:30am. Students will also receive an official certificate (if eligible) and Record of Achievement in the post, so it is important they let Mrs Shivvaan know if they have moved in the past 2 years.

## Remembrance Day

Monday is Remembrance Day. Mrs Sinclair has arranged a liturgy to ensure that students at the secondary campus have an opportunity to reflect on this significant day. The senior campus will run an Order of Time B to accommodate this event.

## Student Absences

Communication between home and school is important and can be enhanced if the appropriate tool is used in any given situation. The text hotline is intended as a quick and easy way of parents and caregivers informing staff of student absences via text; all other communications should be directed through the land line (8645 8568) or email. This will ensure

the information communicated gets passed on to the appropriate staff member(s) in a more timely fashion.

## Cyber Safety Presentations

Earlier this week our Year 8s, 10s and 11s attended social media safety presentations conducted by a local SAPOL officer. These sessions, linked to the Australian Curriculum to ensure they are age-appropriate, have been developed by the Australian Federal Police in response to reports made to the AFP-led Australian Centre to Counter Child Exploitation. Topics covered included online grooming, sexual extortion, self-generated child abuse material and, importantly, where to seek help and support.

Next week, our Year 7s and 9s will attend similar presentations run by CyberSafe Families. This organisation will also run a parent/caregiver information session at Saint John's at 5pm on Tuesday November 12 in the new building.

## Helping Teens Cope With Bad News in the Media Cycle

It's hard to avoid bad news – young people in particular are spending lots of time online, and it's easy for them to be exposed to news about natural disasters, pandemics, wars, and other distressing events. They may also find their identity being brought up in public and debated by strangers, some of them with not so nice opinions. If your teen is



feeling overwhelmed or scared by all the bad news and negative media, it's important to let them know you are here for them and help them cope with and discuss the things they're seeing online.

### How to tell if your teen is struggling

It can sometimes be difficult for teens to come out and admit they're struggling or overwhelmed. Everyone responds differently to negativity, but if your teen is showing any of the following, it could be a sign they need some help:

- They're often feeling agitated, anxious, angry, or sad
- They're isolated and disconnected from friends and family
- They're frequently getting into arguments in real life and online. If your teen comes to you with questions or concerns, it's important to stay open minded and remind them that you are always here to listen. Helping your teen cope with bad news
- Parents can play an important role in supporting our teens and help them to understand what's happening in the world.
- Start a conversation – if your teen has come to you with questions, or if you sense something is wrong, start by giving them space to talk without interruptions. Try to use open-ended questions and encourage your teen to talk. Don't immediately try and jump in with advice or judgement, or try and multitask while they're talking to you – put aside any distractions and just listen.
- Acknowledge their feelings – Let your teen know that it's totally normal for them to feel the way they do. You might even be able to validate their feelings by letting them know that sometimes adults struggle with the same problem too. It's important for your teen to know that they are safe to come to you with any future problems or questions.
- Ask if they want to switch off – You might like to suggest ways your teen can switch off from television or social media for a while. They might

like to listen to some music, play a game, or engage in other self-care activities. You might even like to do something together, like going for a walk, making dinner, or just having a chat about something else to take their mind off it.

- Help them accept their level of control – Some teens might feel helpless or powerless, or that the world is a bad place and there is nothing they can do to fix it. Remind them that it's alright to accept when you have no control over a situation, and that it's not their responsibility to solve everything. Let them know there are sometimes small things they can do to make a difference, like volunteering, signing petitions online, making a donation, or spreading positive news stories instead.
- Contextualising the news – Teaching our teens to be critical and mindful of the things they see is so important. This can help them feel more confident when watching TV or browsing online, and ensure they don't fall into a trap of misinformation or negativity.
- Watch and read together – If your teen has brought up a particular issue or topic, you might like to ask them to show you what they read or watched, and look at it together. Ask them what they're thinking and the reasons it's upsetting for them.
- Don't pretend to have all the answers – Sometimes our teens can come to us with questions about sensitive or uncomfortable topics. It's completely OK to admit you don't know how to answer their question. Instead, take it as an opportunity to do some research and learn together with your teen.
- Research together – While you research, remind your teen that some news sources and social media can be biased, and that there are lots of different opinions out there. Find a trusted source to get the facts and encourage your teen to make this place their go-to for breaking news in the future, instead of relying on TikTok or Reddit.

*Tanya Gibson*  
HEAD OF CAMPUS

## **Congratulations Hayden**

On October 27 Hayden competed in the ball trap commonwealth title in Whyalla taking the overall win with a 81/100. On November 2 he competed on 100 Tagert Golden Ram Shoot in Jamestown Taking out the win in AA Grade with a 98/100.

*Sean Sheedy*  
SPORT COORDINATOR



## STEM Girls

On Tuesday October 29 - Wednesday 30 some of our Year 11 students attended the STEM Girls end of year camp. This was a wonderful experience for young women interested in exploring science, technology, engineering, and math. The camp offered a range of hands-on workshops, interactive lectures, and team projects, each designed to ignite curiosity and build confidence in STEM fields. The instructors, often a mix of enthusiastic teachers, STEM professionals, and inspiring guest speakers, create a supportive and collaborative environment that encourages campers to ask questions, take risks, and think critically.

One of the camp's highlights is the variety of STEM disciplines it covers, from coding and robotics to chemistry and environmental science. The activities are well-structured, allowing beginners to grasp foundational concepts while providing more advanced challenges for those with prior experience. Participants not only learn technical skills but also gain insight into how these fields impact the world, from healthcare innovations to sustainable solutions.

The camp also emphasizes team-building and problem-solving skills, which are essential in STEM careers. Working in small groups, the students had the opportunity to collaborate on projects, like building simple machines or designing apps, which culminates in a presentation or demonstration on the final day. This showcase event at the MOD museum not only boosts public speaking confidence but also fosters a sense of pride and accomplishment.

One of the most meaningful aspects of the STEM Girls Camp is the community it fosters. Student's often form lasting friendships with peers who share similar interests, and the camp's mentors serve as role models, sharing their journeys and encouraging

participants to persevere in traditionally male-dominated fields.

Overall, STEM Girls Camp was an empowering and inspiring experience that equips young women with skills, knowledge, and confidence to pursue their interests in STEM. It's a place where future scientists, engineers, and innovators can explore their potential and see firsthand how they can make a difference in the world.

### Highlights from the Girls

*Emma - The visit to the Museum Of Discovery was amazing and seeing all the ideas everyone came up with in the program was so cool. I enjoyed the tour of University of South Australia- Mawson Lakes Campus.*

*Phoebe- The duration of the camp was very informative and hands on. I enjoyed the challenge of stepping out of my comfort zone and meeting new people working in STEM.*

*Francene- I admire the meaning behind this program. I believe women need more representation in STEM fields. I also quite enjoyed meeting people with similar interests as me. Not only that, but the interactive activities were extremely fun when teaching us.*

*Paityn- I really enjoyed the interactive nature of the and the countless opportunities to interact and meet new people across all ages.*

*Skye - The camp was exciting and fun I like going to both of the universities and talking to people and seeing their work. I enjoyed the hands on experience. Sticking the stickers on the walls was good. I loved the Hotel room we stayed in!*

*Alicia Bugden & Jill Turnbull*  
TEACHERS

