Thursday 1st November 2018

Dear Parents, Students and Friends of St Patrick’s College

YEAR 12 CELEBRATIONS
Week 3 of Term 4 is always a little strange for me. It is a time when we farewell our Year 12s knowing full well that for most their year is not over.

None the less, I was extremely happy with the way in which they celebrated their time at the College. The whole school assembly, the House assemblies and the breakfast all were dignified and worthy of the contribution the Year 12 students made to the College.

The Valete Mass celebrated by Fr Richard was emotional for us all, as both Isaac and Joseph were remembered. It was also a time of reflection and gratitude from the students to parents/guardians, teachers and to the friendships they have made. The Mass was followed by the Valete Dinner and there are so many people to thank for the success of the evening. I would especially like to thank all the student, staff and parent volunteers that worked late into the night packing up and washing dishes.

I wish all those students the best in the coming weeks in preparation for their examinations.

2019 BOARD PARENT NOMINATIONS NOW OPEN
Members of the parent community with experience in Finance/Accounting are invited to nominate to become a member of the St Patrick's College Board of Management for an initial three year term commencing in 2019.

Interested parents complete a Nomination Form and provide a brief overview of their skills and experience and the contribution they believe they can make to the College through Membership of the Board.

A Nomination Form can be requested from Ms Mandy Tennant, Executive Assistant - Principal via email to: mandy.tennant@stpatricks.tas.edu.au. Nomination Forms and brief CVs should be returned by Friday, 30 November.

TASMANIAN YOUNG ARTIST AWARD
I wish to congratulate Lilly Spotswood (Year 9) for winning the Tasmanian Young Artist Award in the Year 7-10 category. Lilly has been well supported by one of our talented Art teachers, Mrs Jill Crawford, who noted the College was well represented and she was very proud of all student entries.

END OF YEAR MASS - THURSDAY, 13 DECEMBER
I remind all parents/guardians that the End of Year Mass at the Silverdome is compulsory attendance for all students. This year, we will be farwelling Fr Richard Ross who will be missed dearly by our community.

As we head into the final weeks of the year, I ask for the full support of uniform expectations and the academic endeavour of all students.

God Bless

Mr Tony Daley
Principal
Our Values
Individuality:
We value a school where each person is accepted and loved and can develop their sense of personal worth.

Reflection
“Don’t wait for extraordinary opportunities. Seize common occasions and make them great.”
Orison Swett Marden

Upcoming Events

November
15-23 Senior Art Exhibition
15-22 TCE Exams
16 Grandparents’ Day (Croagh Patrick)
20 Parents & Friends AGM (7.30pm, SPC Staffroom)
23 Year 10 Exams
26 Year 10 Exams
26 Year 7 - 2nd Immunisations
27 Croagh Patrick Rite Journey ‘Sending Out’ Ceremony Females
27 Last Day for Year 10s
27 Croagh Patrick Rite Journey ‘Sending Out’ Ceremony Females (7.00pm, Croagh Patrick)
28-30 Year 10 Camps
28 Croagh Patrick Rite Journey ‘Sending Out’ Ceremony - Males (7.00pm, Croagh Patrick)
29 Catholic Schools Music Concert Night (6.30pm-10.00pm, Nano Nagle Gym)
30 Rowing Trivia Night (7.00pm, Croagh Patrick)
31 St Giles Walk With Me

PARENTS AND FRIENDS ASSOCIATION

The St Patrick’s College Parents and Friends Association will be having their Annual General Meeting this year on Tuesday, 20 November. The meeting will be held in the College Staffroom, adjacent to the lower car park area and accessed from the Mount Leslie Road entrance.

The Annual General Meeting will commence at 7.30pm and will be followed by a brief General Meeting. A supper will be provided afterwards.

The Executive positions on the Association are President, Vice President, Secretary, Treasurer and Elected Member. All these positions are open for nominations. Please contact Acting Secretary Mrs Ann Viney at ann.viney@stpatricks.tas.edu.au for further information or to nominate for a position.

Please consider being part of the monthly Association meetings as it provides a great opportunity to meet with other interested parents and friends, develop a broader understanding of College business, be aware of current issues and meet the Principal on a regular basis. There is no fundraising involved and the positions themselves do not require a significant time commitment. Meetings are conducted on the third Tuesday in the month during term times, starting at 7.30pm and concluding no later than 9pm.

STUDENT UNIFORM IN PUBLIC LOCATIONS

When in public locations in their College Uniform, students are representing the College in the community. It is the expectation of the College that when students are wearing their College Uniform in public locations that they are attired correctly according to the Uniform Code. Any student who is identified as being in breach of the Uniform Code in a public location will be issued with a Tuesday Afternoon Detention.

To that point, students are reminded that if they are wearing their full College Uniform in a public location they:
- must be wearing their blazer
- must not be wearing their spray jacket unless it is raining
- must not be wearing any garments that are not part of the College Uniform

ATTENTION YEAR 7 PARENTS FINAL 2018 Immunisation

The City of Launceston’s Immunisation Team will be providing the final vaccination to Year 7 students on Monday 26th November between 9.20am and 11.55am.

The following vaccine will be provided: Human Papillomavirus (HPV) - two doses given six months apart. Students are advised to wear their summer uniform.

If you have any question please contact City Launceston on 6323 3208 or your family doctor.
National Grandparents Day is Sunday 29th October, but at Croagh Patrick we are celebrating this event on Friday 16th November.

Grandparents play various roles throughout the lives of their grandchildren. They are historians, mentors and role models. All these roles are significant and important, as grandparents seek to love and nurture a new generation. For many of us…. staff included, reflecting on this very special relationship is important!

As a parent, seeing the faces of my four children light up every time Nanny, Poppy, Grandma, and until earlier this year their 99 year old Pop Pop, enter the room, I am reminded of the special relationships and the fond moments I had with my own grandparents.

Dr Arthur Kornhaber, founder of the Foundation for Grandparenting, calls grandparents “living time machines that transport children to the past through firsthand accounts of family history, experiences and wisdom”. As historians, grandparents tell their family story, giving grandchildren a sense of the past and creating awareness of family roots. They tell stories of themselves, their parents and their grandparents. Some of the stories are funny; some, serious; some, insightful. Grandparents have unique abilities and knowledge to share with their grandchildren. To this day I have still never tasted a sponge like my nan Elvie’s! They know how to do things their grandchildren can’t do. Grandparents are not only open to teaching their grandchildren skills, they are also enthusiastic and willing to take the time necessary to share their knowledge and expertise.

- Grandparents Love their Role - 72% of grandparents “think being a grandparent is the single most important and satisfying thing in their life”.
- Grandparents Have Valuable Experience - who could better provide advice and help raising children than someone who has already done it successfully? Grandparents put past parenting experience to use in their interactions with grandchildren.
- Grandparents Give Back to the Community - the older generations in general are known to be generous with their time and money, and this certainly holds true for grandparents. Grandparents make generous cash donations to non-profit organisations according to an American Grandparents Association and 28% volunteer on a regular basis. What’s more, 15% of grandparents have even volunteered at shelters for homeless adults.

This Friday our Year 9 students will play host to their grandparents, sharing their learning, providing morning tea and giving them an insight into the important role grandparents play in their lives. Any grandparents who have a student in Year 9 and have not yet registered, you are still most welcome to attend by contacting Mrs Karen Dwyer to register your interest on 6341 9999. We already have over 200 grandparents registered to attend.

Year 9 Solo Camps
The Solo Camp is one of the key final chapters of the Rite Journey program, and while their adult journey has only just begun and will continue for many years, the overnight solitude experience allows students to reflect on some key points that help put life in perspective.

During Term 4 we challenge the students to begin thinking more deeply and reflecting on what life may look like for them in the future. In the lead up to the Solo Camps, some points from Steve Bidulph’s book The New Manhood, provides us with some impetus to begin reflecting:

- Life is hard.
  Not everything that is good is perfect. Not everything that is bad is imperfect.
  You are going to die.
  This can encourage us to live more in the present.
- You are not that important.
  Emphasis on ‘THAT’ when you say this, not on ‘You’ or ‘important’.
  The world does not revolve around you.
- You are not in control.
  We are not in control of so many aspects of our lives.
  Who among us could ever predict the journeys that have been part of our life so far.
- Life is not about you.
  It is about something much bigger than us/you … and we discover this through the people we love and those that love us.

All societies recognise that there is a difference between being a child and becoming an adult. However this transition from childhood to adulthood and how it is defined differs between cultures and over time. Age is a convenient way to define adolescence, however it is only one characteristic that delineates this period of development. Age is often more appropriate for assessing and comparing biological changes (eg puberty), which are fairly universal, than the
social transitions, which vary more with the socio-cultural environment. Our hope is to provide a platform for this transition to be acknowledged and celebrated. In the coming weeks our final Rite Journey Ceremonies will be held at Croagh Patrick where we celebrate the growth of the students with their parents and mentors present. While this is not their initiation to adulthood, it is an important celebration as they continue to embark on an adult journey into the future an over the next few years.

**Female Ceremony Tuesday 27th November 7.00pm**

**Male Ceremony Wednesday 28th November 7.00pm**

**Congratulations**

Finally congratulations to Year 9 student Lilly Spotswood who won the Year 7-10 Tasmanian Young Artist Award and also to Lydia Kelly who was one of the Frank Macdonald prize winner for 2018 to travel to Belgium and France in 2019. I would like to acknowledge Erin Massey and Neve Clippingdale as finalists in this award. Harrison Arnold received the College’s highest score in the recent Australian Mathematics Competition.

Lilly Spotswood’s Winning Piece
STUDENT ACTIVITIES
& COMMUNITY NEWS

CRICKET

Sat 10 November
Year 7 SPC Green 8/131 (30 overs) defeated LCGS (7/122) (30 overs)

Batting Performances:
Jack Woodland 14, Sam Cowley 12 not out, James Leake 9 not out & Will Siemsen 9.

Bowling Performances:
James Leake 2/13 (4), Joel Curtis 1/10 (4), Tyler Petrusa 1/6 (2), Luka Pryke 1/13 (3)

TASC RESULTS

Students must now register on the TASC website to receive their 2018 results by email. Registrations do not carry over from previous years and all students wishing to receive results on Tuesday 18 December 2018 must register their email. Hard copy results and certificates will be sent in January 2019 for those who do not register via email. Year 12s please note that if you have registered with your SPC email account it will be deleted in January.

You can register with your TASC ID here: https://www.tasc.tas.gov.au/release-tce-results-via-email/

STUDENT ACHIEVEMENTS

Young Artist Award
Congratulations to Lilly Spotswood (Year 9) who was named the Year 7-10 Tasmanian Young Artist Award Winner recently.

Examiner Junior Sports Awards
Ethan Stretton (Year 10) was recently named the Male Junior Sportsperson of the Year (15-18 years) at the Examiner Junior Sports Awards dinner. Other finalists included the Girls Football team for Team of the Year, Sophie Ackerley for Female Junior Sportsperson of the Year (15-18 years) and Ebonie Agostini for Female Rising Junior Star of the Year. Well done on your nominations.

St.Giles Christmas PICNIC

WHERE: Launceston’s City Park
WHEN: 11 till 1pm, Saturday December 1

FREE lunch & party cake • FREE activities

Activities from the ASCENT team at St. Patrick’s College – Launceston’s biggest pass the parcel, musical chairs, face painting and much more!
Santa and a performance from the Studio Space Performers.

Weeles fresh food pavilion.

Email society@stgiles.org.au to register for the picnic or call 63 457 333 to find out more.
Friday, 30th November 2018
Croagh Patrick
7.00pm for 7.30pm Start
$10.00 per head

Email di.macdonald@stpatricks.tas.edu.au to book a table now

Drinks available for purchase
NO BYO Alcohol

Bring your loose change, lots of fun games to play
Get your friends together for a great night of fun and laughter!
Book a table now (tables of 10)
Bring a plate of nibbles for your table to share.

Has your son/daughter successfully completed an external music exam in the past twelve month period?

If so, please contact music@stpatricks.tas.edu.au with the details.

This information is collected annually by the College.
Last weekend our Junior Rowing crews participated in the 2018 Junior Sculling Camp at Lake Barrington.

Saturday was set-up as a training workshop for our coaches and rowers, with opportunities to interact with state-level coaches and boat race officials. In addition to this, our parents were also given an opportunity to familiarise themselves with Lake Barrington, learn how regattas are run and what opportunities are open to them for volunteering and assisting at future regattas.

Many of our parents embraced this opportunity and were excited to be more involved with future regattas.

It was great to see our rowers participating in the activities available to them, fine tuning their skills while leaning many new ones. There were smiles everywhere, as well as some intrepidation. All our crews worked extremely hard during the day.

Highlights of the day included seeing our U/14 boys demonstrating their skills in Single Skulls, with a number of different challenging tasks, and our U/14 girls playing GP Sculling Soccer in Single Skulls.

Sunday was a huge day for our rowers with the Junior Regatta. We saw some great results and are looking forward to the new school season ahead. Many of our U/14 rowers are feeling much more confident after competing in their first Singles race and are looking very good on the water. One of the most exciting races of the day was the U/15 Girls Quad race which was a nailbiter to the finish. SPC and Collegiate were battling it out to cross the line first - we are pleased to report SPC was the winner on the day!

On behalf of our Junior Rowers we would like to thank our coaches, parents and our Rowing Captain Elijah McCullagh, who took time out of his studying to assist our Junior Rowers on Sunday.
Psychology Week 2018
11–17 November
The power of human connection

Tips to connect with others

Social relationships support good mental and physical health. These tips will help you to enjoy better interactions with the people you encounter, so you can feel the benefits of positive connection.

1. Think positive
   Worries about social situations can make you overthink your interactions. Don’t dwell on worries about how you are perceived – shift your focus to the other person or the topic of conversation.

2. Forget comparison
   Don’t be concerned if others appear to have more or better friends than you. Quality and enjoyment matter more than quantity. Savour the moments of connection, wherever you can find them.

3. Expect change
   Circumstances can leave us vulnerable to a sense of isolation. Relationships shift over time and we may lose touch with friends who were once important. Accepting change as normal can help you adjust.

4. Tolerate discomfort
   Anxiety may cause you to avoid socialising. Understand that awkwardness does not mean you are doing anything wrong. Reach out to others and your skills will improve with time.

5. Listen well
   Practice listening. Ask questions and really listen to the answers, rather than just waiting for a turn to talk. Respond warmly to people’s experiences through your posture, facial expressions and words.

6. Rehearse
   Out of practice with chat? Spend some time thinking about questions you can use when conversation stalls. You might ask if the other person has travelled far, visits this museum often, or liked the show.
7 Say names
Using someone’s name when you know it demonstrates caring. Offer yours. Ask after their loved ones, or pick up a previous conversation topic, such as their pet, to show you have paid attention.

8 Go offline
Social media helps many people, but it can also increase disconnection. Ensure you have a healthy offline life. Perhaps invite trusted online friends to an offline meeting to build your relationship.

9 Chat to strangers
Unexpected moments of connection greatly improve your mood. Share a smile and eye contact with a stranger, or chat to a fellow commuter. Rise to the challenge of finding common ground with strangers.

10 Help
Helping someone gives a feel-good rush. Create a bond with someone by offering help, or asking for it. Something as little as assistance with a bag or holding a lift can help people feel seen and cared for.

11 Join in
Embrace opportunities to join, volunteer or participate. This connects you to other people, unites you in a shared activity, and provides an easy way to get to know people better.

12 Reconnect
Reach out to friends from your past. Many people welcome such efforts and the feeling that you care. If you plan a catchup, why not revisit a place or experience where you shared happy memories?

13 Manage stress
Everybody has some social situations they dread. Practice simple stress management techniques, such as breathing deeply and slowly, to help keep your stress in check through awkward moments.

14 Practice, practice, practice
Relationship skills can be learnt. Don’t be discouraged. Remember that social connections are good for you. If you feel like you need support to build better connections skills, a psychologist can help.

Psychologists are experts in emotion, wellbeing and behavior. They can help you address relationship issues and learn practical skills and strategies that enhance your interactions with other people and your sense of life satisfaction. To find a psychologist who can work with you to build relationship skills, visit findapsychologist.org.au

Find out more at psychweek.org.au
On Wednesday October 31st, 10 of our Japanese students travelled to Hobart to participate in the JATNET Japanese Speech Competition. Year 8 students Maddalena Ercole, Anneke Zaadstra, Emily Willis and Jordan Heath; Year 9 student Neve Clippingdale and Year 10 students Rhianna Gumley, Lachlan Tchappat, Gabrielle Dewsbury and Amy Baillie represented the College. It was a great opportunity for the students to consolidate what they have been learning in Japanese and use those language skills in a different environment away from the classroom. All the students overcame their nerves and came away from the day with a really positive learning experience. It was great to see the enthusiasm and camaraderie, with the students supporting one another. Anneke Zaadstra and Lachlan Tchappat both received Highly Commended. Gabrielle Dewsbury received 2nd place in her category. Congratulations to all students involved, and a big thank you to Miss Sarah Jago for her organisation and making the trip a real success.

St Patrick’s College Rowing Club

Christmas Raffle

Win a beautiful Christmas Ham (valued over $100)
Kindly donated by Wayside Butchery

$2.00 per ticket or 3 for $5.00

Tickets available from Mr Andrew Smith or any School Rower.

Winner drawn Wednesday, 12th December.
LAUNCESTON CATHOLIC SCHOOLS MUSIC PROGRAM

Proudly present the

16th Annual Concert & Awards Evening

Thursday 29th November 2018
6.30pm
Nano Nagle Gymnasium
St Patrick’s College, Launceston

Tickets available from your school office
(limited tickets available at the door)
FINAL CALL FOR EXPRESSIONS OF INTEREST - CANBERRA TRIP 2019

Notice to all students who will be in Years 10-12 in 2019, you are invited to submit an expression of interest to participate in the 2019 Canberra Trip.

When:  Monday 8th July – Friday 12th July (1st week Term 2 holiday)

Why: This trip is designed to complement study in the Legal Studies and History areas in particular

Cost: Approximately $1380.00 per student. We will qualify for a subsidy, which will come off this price. We may also be able to undertake some fundraising.

The tour package will include:
• Return flights Launceston – Canberra
• Canberra coach transport throughout the tour
• 4 nights’ accommodation at Ibis Styles Canberra Resort
• All meals starting with dinner on day 1 through to lunch on day 5
• All linen and towels
• Entry fees to:
  o Australian National Botanical Gardens
  o Australian Institute of Sport
  o Museum of Australian Democracy
  o Australian War Memorial – 1 hour educational program
  o National Archives of Australia
  o Questacon – National Science and Technology Centre
• Students will also visit:
  o Parliament House
  o Electoral Education Centre
  o National Portrait Gallery
  o High Court of Australia
  o National Museum of Australia
  o Government House
  o National Gallery of Australia
  o Reconciliation Place
  o Mt Stromlo Observatory

If you are interested in attending the Canberra Trip 2019 you must complete an Expression of Interest form and submit to Mrs McCulloch IMMEDIATELY. If you need any further information please email kate.mcculloch@stpatricks.tas.edu.au

PLEASE NOTE - ADDITIONAL INFORMATION

Positions on this trip are not all filled at this stage so this is a reminder that names need to be submitted this week for consideration. Parents and students need to be aware that the cost of $1380 per student covers flights, accommodation, food, transport and entry to all the key places which we visit. The only payment required this year will be a deposit of $175.00 in December to secure the student’s place. The remaining amount will be paid next year in three instalments in February, April and June. In completing the trip to Canberra we also qualify for a PACER rebate of approximately $100 per student which will be credited to specified accounts after the trip. It is also my intention to coordinate the students with some fundraising which will also help to bring down the cost.

This is a fantastic educational opportunity, particularly relevant to students studying Year 10 History and Legal Studies in 2019.

Mrs Kate McCulloch
Head of Humanities & Social Sciences Faculty