The Mini Relay for Life allowed our Year 8 and 9 students the opportunity to participate in our very own Relay for Life, in conjunction with Cancer Council SA, right here at Gleeson College!

Everyone knows someone affected by cancer; it’s a sad fact that half of all Australians will be diagnosed with cancer by the age of 85. Thankfully, cancer research has made some extraordinary breakthroughs over the years, and treatments are getting more successful all the time. At Gleeson College, we continue our calling to support the Cancer Council by running events such as the Mini Relay for Life.

During Pastoral Care last Wednesday, students spent time learning about being sun smart and completing some activities in their Care Group classes. This included making their own daffodils, from either cut outs or challenging themselves to make origami daffodils. Students also had the chance to write names on their flowers of those affected by cancer and then add them to the giant heart we had set out on the oval. The daffodil was chosen because of its reputation as a hardy annual flower; pushing its way through the frozen earth after a long winter to herald the return of spring, new life, vitality and growth. As one of the first flowers of spring, the daffodil symbolises rebirth and new beginnings. To the Cancer Council, and many affected by cancer, the daffodil represents hope for a cancer-free future. It is said gifting daffodils brings happiness, yellow beauty represents joy, sunshine, respect, cheerfulness and new beginnings. After lunch students had the chance to play in a range of games, including tug-o-war, mega pong, run, skip and walking around the oval. The staff and students had a

...Continued on page 3
Maintaining High Standards

This week we are half way through the final term of 2017 for all our students. Of course, our Senior School students have less time than that given their examination schedules. Year 12 students are well into their examinations, Year 11 students commence examinations the week after next (Week 6) and our Year 10s, the week after that. It is an important time of endings, celebrations, opportunities and new beginnings. We wish all of our students the very best for a successful completion to the 2017 academic year.

At this time, it is important to not ‘let down the guard’ and to continue our high level of expectations with regard to schoolwork, behaviour and uniform. There is a sense in which we ‘wind up’ the school year, not ‘wind down’ and with that we need to maintain excellent behaviour and work ethic.

At Gleeson College, we expect that all students will work hard to the very end of the last examination or piece of work that they need to complete. It is also expected that standards are maintained at the highest levels possible. The College uniform is a case in point. As the weather warms up, standards can drop with a dishevelled look replacing an otherwise smart looking uniform. With increasing sunshine, we also insist hats be worn in Term 4 when students are in the sun at recess or lunchtimes. It is our desire that all of our students continue to wear the uniform with pride, dressing for success. I thank you for your ongoing support of our College expectations and standards.

November - Praying for the Deceased

The Church has designated November as a particular time in the liturgical year to pray for those who have died. We prayed specifically for All Souls in a special way on Thursday 2 November, but we are encouraged to include the deceased in our prayers throughout November.

Why does the Church dedicate an entire month to pray for the dead? On a human level, the impact our loved ones have had on us is very clear. Each of us has experienced the loss of someone dear, resulting in a void that we may feel daily. Many of us commemorate death by a visit to the cemetery or other similar traditions. We remember the dead by keeping framed photographs in our homes and perhaps lighting candles for them. These practices are more than just habits; they accentuate a natural human desire to keep ever before us the memory of those we love.

Yet, as Christians, we recognise that there is also another dimension to death - that of the Resurrection. In November, we are encouraged to reflect on our belief in the Resurrection and to apply that belief to our prayers. In praying for the souls of the deceased, we have the privilege to lift up those who so often during their earthly lives did the same for us. (Bishop Loverde: “encourage and teach,” 2010)

Remembrance Day

Today we remembered those who died and those who survived ‘The Great War.’ Our Remembrance Day Commemoration was held on the Trinity Lawns to recognise the signing of the Armistice to end WWI. Photos will appear in next week’s Globe.

God Bless.

Mr Joe Corbo,
Deputy Principal

Performing Arts Scholarships 2018

As part of Gleeson College’s vibrant Performing Arts Program, we are offering a number of scholarships in 2018. Selection will be based on auditions and/or interviews, which will be held at the College on Wednesday 22 November (Term 4 > Week 6).

Scholarships on offer in 2018 >

- Instrumental Scholarships - Applications open to Year 7 and Year 8 students with considerable experience on their chosen instrument.

- Brass Scholarships - Open to ALL students interested in taking up a brass instrument (trumpet, trombone) as either their first or second instrument. Selected students will join our Stage Band in 2018.

Successful candidates are expected to participate fully in the College’s Performing Arts Program and undertake elective Music as a subject in Years 8 and 9.

Auditions can be arranged by contacting Mrs Carly Meakin, Performing Arts Coordinator, at the College on 8282 6600 during business hours or via email at: carly.meakin@gleeson.catholic.edu.au

www.gleeson.sa.edu.au

UNIFORM NOTE

If students are cold wearing their College Summer uniform, they can choose to wear the knitted College jumper or blazer, or both. The outer garment is not to be the PE rugby top, nor the old style PE jacket.

Mr Shannon Bertram,
Assistant Principal – Student Development
wonderful time sharing together with the motto of ‘Celebrate, Remember and Fight Back’ continuously in our minds, celebrating those who have beaten cancer, remember those we have lost to cancer and fighting back with those who are diagnosed. Thank you to all the Year 11 students who volunteered to assist in running the event, along with all staff and students who participated. I can honestly say “HOPE really does live here” at Gleeson College, with the way our community gets behind great causes such as this one.

Mr Adam Cibich, Assistant Principal - Religious Identity & Mission
Our Gleeson Community came together to acknowledge the successes and achievements of our Saturday Morning Sports Program at our 2017 Sports Presentation Night last week.

This year saw the addition of extra sporting teams, with two extra Soccer sides, one more Netball team and two inaugural Girls 9-a-Side AFL Football teams, all lining up to represent the College. This growth and development shows we are passionate about providing opportunities for our students to try new things and ‘give it a go’.

We were very fortunate to have two Special Guest Speakers join us at our 2017 Sports Presentation Night, with Gleeson College Old Scholar and Under 21 Indoor Cricket World Champion Zach Schwarz (Class of 2016) and Brooke Copeland, Adelaide Crows AWFL Opposition and Game Analyst, sharing their sporting journeys with us. Zach spoke about his experiences playing in SA’s U21 Indoor Cricket Team, where his performances earned him selection to represent Australia in the National U21 Team at the World Championships held in Dubai! Australia went on to win the World Cup, recording just one loss from the tournament, and Zach’s outstanding performance earned him selection in the World 8 Team. What an amazing achievement! Zach is also a member of the SACA Redbacks Under 19 Squad set to contest the Australian U19 Cricket Championships to be held in Hobart in early December. Brooke told us of her journey through AFL football: Brooke has been a South Australian State Women’s Football player and premiership player for the Greenacres Women’s Football Club. She has since transitioned from playing to coaching, and has made this transition seamlessly. Brooke spoke about her role with the inaugural Adelaide Crows Women’s Team as the Opposition and Game Analyst, and her job coaching the West Adelaide SANFL Women’s Team and their SAWFL Team in 2017. Brooke is a fantastic leader and has shown that her hard work and dedication, striving for excellence, has provided her with some great opportunities. We thank both Zach and Brooke for so kindly giving of their time for us.

Overall, the evening was a great success and we must thank the Knevitt Family (Subway Modbury) for their assistance and donation of our delicious Subway supper. A huge thank you also goes to Sportspower (Golden Grove, Salisbury & Victor Harbor) for their generous donation of vouchers for all our award winners and $200 lucky door prize.

Thank you to all our Gleeson Saturday Morning Sport Coaches, many who are GC Old Scholars, who continue to provide opportunities for our students and give of their time for the benefit of our College community. Thank you Sarah Pope, Jessica Saul, Amy Uglesic, Josephine Imbrogno, Chelsea Turner, Brooke Coleman-Oakes, Emily Boyle, Alesia Sala, Jordan Glover, Kimberley Elliott, Joseph Maguire, Matthew Chalmers, Cameroon Wood, Dion Kirk, Jayden Kirk, Jai D’Antonio, Carlo Librino, Daniel Luciano, Johnny Librino, Jack Ward, Maggie Fitzharris, Maddie Glover, Clint Vause and Luke Manuel.

Special thanks and well done to our MCs for the evening - Year 11 students Tyler Dunlop and Rebecca Pratt.

Finally, thank you to all students, families and staff in attendance for their support of our Saturday Morning Sports Program at Gleeson College.

Ms Rachel Staffin,
Sports Development Coordinator

2017 Saturday Sports Awards

Girls Badminton
Most Consistent Player: Tyler Dunlop
Coaches Award: Millicent Anderson
Most Improved: Emily Lamb

Boys Badminton
Encouragement Award: Ethan Hubbard + Michigan San Juan
Best Team Player: Tim Camilleri
Most Improved: Charles Conroy

Open Girls Basketball
Best Team Player: Jessica Greet
Team Spirit: Angela Caruso
Most Improved: Alicia Malatesta

Middle Boys Basketball
Best Team Player: Nicholas Logan
Team Spirit: Daniel Chalmers + Marcus Petts
Most Improved: Angus Braendler

Boys Open B Grade Basketball
MVP: Jak Kairl-Prosser
Most Consistent: Joshua Ladegourdie
Most Improved: Riley Knevitt

Boys Open C Grade Basketball
Best Defender: Jayden Dawson
Best Team Man: Ryan Mahoney
Most Improved: Isaac Fredella

Middle Girls AFL Football
MVP: Arieta Rokosawa
Most Consistent: Emily Carden
Most Improved: Alicia Malatesta

Senior Girls AFL Football
MVP: Jessica Greet
Most Consistent: Tyler Dunlop
Coaches Award: Lauren Tucker
2017 SPORTS PRESENTATION NIGHT - Representing GC with Pride!

**Girls Year 8 Netball**
- Most Improved: Alissa Tripodi
- Coaches Award: Tarsha + Taylah Viskic

**Girls Year 9A Netball**
- MVP: Hayley Jameson
- Most Consistent: Teagan Wilson
- Coaches Award: Sophie Napoli

**Girls Year 9 Mixed Netball**
- MVP: Abby Taverner
- Most Improved: Sofie Rack
- Most Consistent: Mikala Searle
- Coaches Award: Ella Summers

**Girls Year 10 Netball**
- MVP: Paris Sinclair
- Best Team Player: Stephanie Guidolin
- Most Improved: Taylor Malatesta

**Year 8 Boys Soccer**
- MVP: Antonio Shyti
- Best Team Player: Tyson Ballentine
- Most Improved: Cooper Warren
- Coaches Award: Ethan Hubbard

**Year 8/9 Boys Soccer**
- MVP: Austin Lawrance
- Most Consistent: Henry Winter
- Coaches Award: Noah Scappaticci

**Year 9 Boys Soccer**
- MVP: Lachlan Ramsay
- Most Consistent: Jordi Bassham
- Most Improved: Dante De Jonge

**Twilight Soccer League First XI**
- MVP: Declan Sutherland
- Top Goal Scorer: Declan Sutherland
- Coaches Award: Johnny Librino

**Open Girls A Grade Soccer**
- MVP: Taylor Fiorita
- Most Improved: Erin Hossen
- Coaches Award: Zoe De Jonge

**Open Girls C Grade Soccer**
- Best Team Player: Caitlin Monga
- Team Spirit: Angela Caruso
- Coaches Award: Claudia Agius

**Girls Softball**
- MVP: Tyler Dunlop
- Most Consistent: Taylor Fiorita
- Coaches Award: Lauren Wright

**Open Boys Tennis**
- MVP: Kane Paterson
- Most Consistent: Michael Daniele
- Most Improved: Jayden De Meo

**Girls Volleyball**
- MVP: Shivonne Jolly
- Team Spirit: Mia Fitzharris
- Most Improved: Macy Allen
2017 SPORTS PRESENTATION NIGHT > Representing GC with Pride!

> Girls Volleyball 2017

> Girls + Boys Basketball 2017

> Girls Softball 2017

> Girls + Boys Soccer 2017
Outstanding Service to Sport Awards 2017

Congratulations to Gleeson Netball Program Head Coach, Darren Saul, who led the Netball SA Northern Metropolitan Netball Academy Team to victory recently, taking out the 2017 Mellor Olsson Academy Games at Priceline Stadium. Congratulations also to three of our talented Gleeson netballers who played in the team – Shelby Finlay (11 HSUGL), Brianna Gibbs (11 HSUGL) and Paris Sinclair (10 FSPRO).

More than 250 netballers from across South Australia, and an invitational team from the Marlin Coast Academy in Far North Queensland, played in the 2017 Mellor Olsson Academy Games, with Northern Metro defeating South East in the Division 1 Final.

Well done to Darren, Shelby, Brianna and Paris on this fantastic result!

Congratulations to Brianna Gibbs (11 HSUGL) on her recent selection to represent South Australia at the 2017 INFA Junior Indoor Netball National Championships to be held in Queensland from November 25 to December 2. Brianna will take the court for the SA Crowns team in the 16 & Under Girls division, coming up against the best young indoor netballers in Australia. Well done and good luck for the upcoming championships Brianna!
INGENUITY 2017 > Year 10 STEM Students Engage @ Interactive Expo

Adelaide Convention Centre
> Tuesday 31 October 2017

Ingenuity 2017 is an interactive showcase of university student projects exploring the dynamic world and applications of engineering, computer and mathematical sciences. Undergraduate and Postgraduate students from the University of Adelaide, departments of Science, Engineering, Mathematics, Computing and Technology, displayed their projects and were on hand to answer questions about the process, refinements and final completion of their chosen project.

This unique excursion provided a group of Gleeson Year 10 STEM students the opportunity to engage with university students, share in their experiences, and learn more about studying engineering, computer and mathematical sciences at the University of Adelaide. Apart from the showcase of projects and displays by invited manufacturing companies, talks were given by University lecturers and past Engineering students, outlining current research, future directions and career pathways. Students also had the opportunity to engage with Career Counsellors in the Career Zone, including women who are working and studying in the field of engineering in the Girls’ Zone and University Advisors in the various faculty areas.

Mr Richard Sellers, Year 10 STEM Teacher

“Going to the Ingenuity excursion was such a great experience. It was a great way to learn about the different job titles that fall under engineering umbrella and how much the world needs engineers. I certainly did learn a lot from this experience and hope to go to another excursion like that soon.”
- Tatenda Taivo (10 HSMAN)

“Ingenuity was so interesting! It was a fabulous experience that really opened my eyes to what fourth year engineering students do. It was great!”
- Melissa Roden (10 DSAKN)
During Term 4, Year 9 Science Classes have been studying Continental Drift and Plate Tectonics. This has culminated in the students constructing buildings, which they hope will withstand an earthquake!

In small groups, they randomly chose an earthquake prone city and found its location on the World map with the overlying distribution of the tectonic plates. They then researched the movement of these plates, the geology of the location and the history, prevalence and destructive nature of earthquakes, and associated tsunami, in this region. Finally, the students looked at the type of structures that were built in this city along with various engineering and architectural initiatives that have been put in place to avoid significant structural damage in the event of an earthquake.

The groups of students have then constructed buildings in an attempt to replicate some of these initiatives. Their buildings will be put to the test on a ‘wobble table’, and the group’s research and innovation will be assessed by their teachers and their peers at the STEM Expo, to be held in the DRMC next Thursday 16 November.

Mr Richard Sellers,
Year 9 Science Teacher
The Gleeson College Community were treated to an exhibition featuring a fantastic range of artistic work produced by our Year 12 Visual Art and Design students last Friday.

Creative and varied, the practical pieces showcased some of the exceptional talent we have here at Gleeson. The Year 12 Art and Design students focused on their own pursuits across a wide range of fields, and the artwork produced covered a range of themes, styles, and media, including water colour, pens, oil and acrylic paint, graphite and coloured pencils and mixed media. The Design work focused mainly around branding and identity packages, promoting businesses, product design and advertising. Overall it was an exceptional evening!

We wish all the Stage 2 Visual Arts students all the best and hope the skills and knowledge gained from this area will help them in their future careers.

“Don’t think about making art, just get it done. Let everyone else decide if it’s good or bad, whether they love it or hate it. While they are deciding, make even more art.”

- Andy Warhol

Evelina Condo & Scott Hutton, Stage 2 Visual Arts Teachers
STAGE 2 VISUAL ARTS > Art + Design Exhibition
STAGE 2 VISUAL ARTS > Art + Design Exhibition
Now that we are coming to the pointy end of the year many young people will start to experience the stress that comes with impending examinations. Young people respond differently to the pressure that exams present. Some will see an exam as a challenge that they need to rise to; some will be nervous because they haven’t done enough work; and many will experience real stress as they see exams as THAT time of the year that determines their future.

The notion of exams, particularly final-year exams, as life-defining events can be very real for students who’ve spent 13 years of schooling leading to this single moment in time. At least that’s how many see it. So as much as possible we need to help young people take a realistic view of examinations and remind them that they shouldn’t pin all their hopes on one option. As generations of young people have found, life after finishing school doesn’t always take the path they imagined when they were secondary students. Parents also need to keep our options open and be flexible about potential future pathways for our young people.

However, no matter how rational parents and students manage to be, exam stress can be very real. So let’s look at some ways you can help your young person manage their stress and prepare well for their coming examinations.

1. **Help them study smarter**

   Your young person’s teachers have more than likely spent time helping them to develop smart study habits so you might want to check in and follow the teachers’ advice. However you can also pass on some of these smart study tips: Minimise the clutter around workspaces. For each study period, plan what you want to cover. Use mind maps and other aids to assist memory and organise thoughts. Take regular five-minute breaks to refresh. List issues you are unsure about and ask for help at school.

2. **Develop a relaxation strategy**

   Your young person needs to take regular breaks from the pressure and resultant stress of pending examinations, which is code for rest and relaxation. In a perfect world your young person would have already established a healthy relaxation habit that recharges and replenishes his or her batteries but importantly allows them to take a break from the pressure and grind of work. If not, it’s never too late to encourage your young person to exercise each day, relax to music or even practise meditation and mindfulness to clear their mind of mental clutter.

3. **Make sure they look after themselves**

   Good physical health affects exam performance as well as wellbeing. So make sure your young person gets 30
minutes of exercise each day, eats regular healthy meals and takes care of their sleep. Having enough sleep is extremely important to wellbeing and exam performance. These sleep tips may help: Set a routine of going to bed and waking up at regular times. Aim for between seven and nine hours of sleep each night. Take 10 minutes time out before bed to process the day and put thoughts aside. Drink warm mild or chamomile tea to help relaxation. Play gentle, slow music to slow your heart beat down before bed.

4. Steer clear of stimulants
It’s tempting for a young person to turn to stimulants such as cigarettes, caffeine, NoDoz, alcohol, marijuana, dexamphetamine and other drugs to lift study performance. Reinforce to your young person that these short-term fixes inevitably lead to poor performance in the longer term.

5. Make sure they don’t drop out of the family
Keep your young person connected to the family at this stage by expecting them to join you for family meals, help out at home and not to spend all their time in their bedrooms. Meal times can be therapeutic as they provide the opportunity for the student to talk. They’re also a good chance for parents to keep an eye on their young person’s wellbeing and mental health.

And on the day of the first exam....
If you’re a veteran of young people's exams then you'll probably know how a low key, matter-of-fact, the-sun-will-rise-tomorrow approach will help. If you are new to the exam game as a parent then you can help your young person to be calm and positive by taking this approach yourself. Kids of all ages take their cues from their parents, particularly so when they are under stress.

Also encourage your young person to organise what they need the night before, to focus on relaxation techniques such as deep breathing to deal with the butterflies, and to steer clear of speaking to nervous and anxious friends on the morning of the exam to minimise their own anxiety.

Make sure you also do a little reality check yourself to make sure your expectations are in line with your young person’s interests and abilities so that they don’t leave home with the added burden of excessive parental expectation. The pressure to succeed that many young people place on themselves is often high enough as it is.

And of course, hearing "I love you no matter what..." should be the last words that your young people hears from you before he or she heads off to their exams.

Michael Grose
Michael Grose, founder of Parenting Ideas, is one of Australia’s leading parenting educators. He’s the author of 10 books for parents including Thriving! and the best-selling Why First Borns Rule the World and Last Borns Want to Change It, and his latest release Spoonfed Generation: How to raise independent children.
2017 Gleeson Diary Dates

Term 4 2017
13 - 17 Nov  PE Week 2017
14  Year 7 Transition Day
16  Year 8 Transition Day
18  2017 STEM Expo > DRMC
20  Family Induction Evening for 2018 Year 7 + Year 8s
    Year 11 SWOT Vac
21 - 24  Year 11 Exams
22  College Board Meeting
27 - 29  Year 11 > Year 12 Workshops
27 - 1 Dec  Year 10 Exams
28  Year 12 Graduation > Adel. Ent. Centre, 6.30pm for 7pm
 6 Dec  2017 Presentation Evening > DRMC
7  FINAL DAY OF TERM 4

2017 Sports & Special Interest Photographs
AVAILABLE TO ORDER NOW!!

If you would like to view and/or order copies of the Sports and Special Interest College photographs taken by MSP Photography last term, please come to Student Services to collect an order form.

Prices: $20 per group photo, $50 for 3 or $60 for 4 images. $10 for each additional image.

GOLDEN GROVE CAMPUS UNIFORM SHOP
Devon Clothing | P: 8289 5564

GG CAMPUS UNIFORM SHOP TERM 4 TRADING

Monday: 1.00pm - 2.30pm
Tuesday & Wednesday: 8.15am - 9.15am + 1.00pm - 4.15pm
Thursday: 1.00pm - 2.45pm
First Saturday of Month: 9.00am - 12.00pm

MODBURY DEVON CLOTHING UNIFORM SHOP
OPEN 9.00am - 5.00pm Monday to Friday + 9.00am - 12.00pm Saturday  P: 8396 6465
Shop 24 Clovercrest Plaza > 429 Montague Rd, Modbury North

GLEESON SECOND HAND UNIFORM SHOP
OPEN 3.30pm - 4.30pm every Tuesday afternoon
P: 8282 6600

Our Second Hand Uniform Shop are always in need of clean, good quality second hand uniforms! If you would like to submit uniform items (including bags) for sale in the Second Hand Shop, please deliver to the Gleeson College Front Office, with a note including your name and contact details. Thank you.

INFORMATION SESSION
Monday 13th November 2017
7.00pm – 8.00pm
53 – 57 Magazine Road
Dry Creek
Do you know someone who would like to learn about civil construction?
IS Australia Job Central is holding an information session, to provide awareness on the courses that are offered at our live training site.
Everyone is welcome, bring yourself and bring a friend.
To confirm attendance, please contact us on (08) 8282 3700
www.isaustralia.com.au | (08) 8282 3700
Registered Training Organisation Number: 88661

Gleeson College
40-60 Surrey Farm Dve, Golden Grove
South Australia 5125  T: 8282 6600
www.gleeson.sa.edu.au
info@gleeson.catholic.edu.au
Student Services T: 8282 6634