



Update

Term 4 Issue 2

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We walk with Jesus

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2013 Upcoming Events

TERM 4

November

4th Yr 9 Peer Support Training

6th Orientation Evening for
Yr 7, 2014

HSC concludes

22nd Yr 6 Step Up to High School

27th Yr 9 Pastoral Evening
Yr 12 Retreat

28th Year 12 Retreat

29th Yr 6 Step Up to High School

December

3rd Yr 7 Pastoral Evening

4th Yr 11 Pastoral Evening

5th Yr 8 Pastoral Evening

18th Last day for students

TERM 1 2014

January

Students return to school

29th Year 7 only

30th Year 7 & Yr 9 Peer Support

31st All students

From the Principal

"It's all about learning"

The partnership between parents and teachers is expressed in many ways. Some of the most basic elements of this important partnership are also the **most important for a happy student doing well at school.**

Ways parents can help teachers – to teach their children better

- **Start each day smoothly and peacefully** with kind words, smile and a hug. A child leaving a happy home starts the day in a happy state of mind – the best precondition for learning.
- **Find time every day** after school to spend time with your children, hearing about their day, listening to what they are saying and paying full attention with no interruptions.
- **Send your children to school** with a nutritious breakfast inside of them – one that includes all the major food groups – protein, fruit and good carbohydrates. Ensure that they have healthy and tasty food for their lunch and that they eat it all, not getting into the habit of skipping meals.
- **Make sure they get plenty of sleep** – every human being needs at least 8 hours of sleep to allow their brains and bodies to grow.
- **Use non-aggressive conflict resolution** strategies so your children learn by example how to deal effectively with their anger and frustration with others. Help them learn to forgive and reconcile with others by modelling this at all times.
- **Place a high value on good manners** and respect for others and their property.
- **Model and teach time management** and organisational skills. Use calendars and planners for school and family life.
- **Show your love of learning** by modelling to them that reading and discovering new learning is an exciting adventure for you and not something that only takes place in a classroom. Encourage them to go with you to libraries, museums, galleries and other places of interest.
- **Talk with respect about teachers.** Deal with any issues involving their teachers in private not in front of your child.
- **Encourage them to take responsibility** for their own learning.
- **Let your children know each day** how much you love and value them as unique individuals.

Thank you for taking the time to read this editorial, the message is simple and uncomplicated, it's about a partnership that we embark on every day, both teachers and parents, to ensure that each child is given every opportunity to achieve their personal best at all times.

God bless you always
Mr Paul Ryan, Principal

Assistant Principals

College Leadership Teams

Executive

Principal Mr Ryan

Principal's Personal Assistant
Mrs Lawton

Assistant Principals
Mr Pate & Mr Welch

Director of Mission / REC
Mr Landrigan

Heads of Teaching Mrs Ryce
Ms Bainbridge
Mr Pahlke

Head of Learning Mrs Cairns

Head of Sport Mr Stein

Business Manager Mr Bugden

Leaders of Mission

Year 7 Mr Loutas

Year 8 Mrs Luke

Year 9 Mr Scerri

Year 10 Mrs Schinella

Year 11 Mrs Stone

Year 12 Mr Whiley

Leaders of Learning

REC Mr Landrigan

Learning Support Mrs Cairns

English Mrs Mellier

Mathematics Miss Gulbrandsen

PDHPE Mr Stein

HSIE Mrs Hawkins

TAS Mrs Smith

Creative Arts Mrs Fante

Science Ms Dodds

Teacher in Charge of

Language Mr Jung

Library Mrs Ellery

Community Liaison
Sr Patricia Tully

VET Co-ordinator Mrs Pereira

Careers Adviser Mrs Ellery

Emmaus Catholic College actively seeks to provide students with a stimulating learning environment that is safe. It is a fundamental right of everyone in our College community to feel safe. It is the right of everyone to be able to come to our school each day without fear of being intimidated, humiliated or threatened verbally or physically with harm. Bullying denies this right to members of our College community and as such bullying is not accepted in our school.

Emmaus Catholic College holds the following expectations of all members of our College community: *We behave, speak and treat one another in respectful ways.*

We understand that everyone is different, and we respect those differences.

We look out for one another, and offer our support when others need our help.

What is Bullying?

Bullying is made up of behaviours intended to deliberately hurt, threaten, frighten or exclude someone by physical and non-physical means over extended periods of time. An individual or group may direct these behaviours towards another individual or group.

Someone is bullying another person when:

- They *repeatedly* verbally abuse a person or group by calling them unpleasant names, by writing them nasty notes and/or messages (electronically or in hand written form) or by using unpleasant gestures.
- They *repeatedly* physically harm a person or group or physically intimidate them by threatening physical harm or by destroying/taking their belongings without permission.
- They *repeatedly* encourage their friends or people they know to verbally, physically threaten a person or group; or ask them to harass, embarrass, ignore or exclude that person or group from activities.

Bullying may take one, two or all of these forms. Repeatedly means that they do these things to that person or group the majority of the time they talk about them see them or spend time around them.

Research has shown that bullying has negative, long-term consequences for all involved. Such consequences include:

- For victims - constant feelings of rejection, low self-regard, fear, an inability to solve problems with others in acceptable ways, relationship difficulties, and problems with achieving full potential academically and socially;
- For bullies - an increased risk of criminal behaviour.

Parent Assistance

Bullying can best be dealt with a community approach. This is why our College encourages parents to:

- Be knowledgeable about the nature, causes and consequences of bullying and the procedures that have been set in place to address bullying episodes in this school;
- Encourage children to interact positively with other people in their day to day dealings and enact pro-social ways of resolving disputes;
- Positively reinforce children for behaving in an appropriate pro-social manner;
- Inform their children about effective strategies for dealing with bullying (e.g. the need to inform a teacher and seek assistance if they are experiencing bullying at school, the importance of not responding aggressively to bullies as this can serve to intensify aggression);

2013 Term Dates

Term 1: Jan 30th - Apr 12th

Easter: Mar 29th - Apr 1st

Term 2: Apr 29th - June 28th

Term 3: July 15th - Sept 20th

Term 4: Oct 8th - Dec 20th

Uniform Shop

Trading Hours

Monday and Wednesday

8am-2pm

Our Parishes

Holy Spirit

Todd Row, St Clair

Ph: 9670 8222

Our Lady of the Rosary

Saddington Street, St Marys

Ph: 9623 1962

Our K-6 Schools

Trinity Primary

61-83 Bakers Lane,

Kemps Creek. Ph: 9834 3212

Holy Spirit Primary

7-17 Todd Row, St Clair

Ph: 9670 5379

Our Lady of the Rosary

Yr K-6 Saddington St, St Marys

Ph: 9623 5685

- Watch for warning signs such as: physical injuries, such as bruises; repeatedly losing possessions; reluctance to go to school or talk about school; altered sleep patterns; mood swings; changes in personality; few if any friends; lack of interest in life or unexplained health problems;
- Contact their child's LOM as early as possible if they suspect their child is being bullied or is bullying other children;
- Allow the school to investigate and manage the situation and be aware it is not appropriate for parents to approach alleged bullies or victims; and
- Discuss bullying incidents with the College (LOM or Assistant Principal) to discuss the strategies the College is using to address a specific bullying incident and consult with parents as to how they may be able to assist us to resolve the situation.

Possible Courses of Action

Bullying at our College is addressed according to the seriousness and nature of the incident. Addressing bullying incidents may result in:

- Students being required to reflect on their behaviour during lunch in a College location supervised by teachers.
- Students being required to reflect on their behaviour (as above) and LOM notifying parents to seek their support to address the issue;
- Students being required to reflect on their behaviour and the LOM and Executive staff meeting with parents to discuss how they can assist to address the issue;
- Exclusion from regular classes to undertake a series of activities designed to assist students to help themselves to address their behaviour and the LOM or other executive staff meeting with parents to discuss how they can assist to address the issue;
- Meeting with parents to discuss the need to refer the matter to professionals for assessment and intervention; and
- Exclusion from school if the behaviour persists.

Mr Pate and Mr Welch



Head of Learning

There will be a meeting held on **Tuesday November 5th in the College Hall** for the students and parents, for those who are completing the following **HSC courses in 2014**:

- **English Extension 2**
- **Industrial Technology- Timber**
- **Design and Technology**
- **Visual Art**
- **Music**

The Meeting will start at **4pm** and finish at approximately **5pm** in the **College Hall**.

All students studying **one or more of the HSC courses** listed above are expected to attend this compulsory meeting. An explanation of the Board of Studies requirements for courses with practical and/or performance assessment will be given. Each course teacher and Leader of Learning will also spend time outlining how students can plan and organize themselves effectively in order to meet the critical deadlines to complete their major work.

A letter outlining this was sent home with your child on Friday October 25th outlining further details with respect to this.

Please support your child by attending the meeting and finding out how you can best assist them in completing this major piece of assessment work, which will contribute to their HSC result.

In 2013 students who completed these were well supported by their course teachers and their final product was most impressive. With the guidance and support of all teachers and parents, I am confident that the Emmaus students will achieve pleasing results once again in 2014. This process commences with your commitment by attending the information session on Tuesday November 5th (4-5pm) with your son/ daughter.

I look forward to connecting with you on this occasion and answering any queries you may have regarding this stage of your child's educational journey.

Mrs. Cairns, Head of Learning

La Cova Cafe

Hospitality students Awout Dau, Olivia Yousif, Carissa Ranieri and Louisa Rigor have been representing the College and working hard whilst on Work Placement at La Cova Cafe at Loyola Senior High School.



Religious Education

There is a saying that supposedly came down to us from the ancient Greeks that goes something like this: "Tell me whom you admire and I'll tell you who you are". The ancient Greeks ensured that their people had suitable models to admire by focussing on the deeds of people such as Hercules, Ulysses, Archilles, Perseus, Theseus, Jason and turning them into heroes. We might understand heroes to be symbols for us, of all the qualities we would like to possess and all the ambitions we would like to satisfy. Because the ideals to which we aspire do much to determine the ways in which we behave, our choice of heroes is of great importance.

Our children's choice of heroes usually follows a fairly predictable pattern. Young children often choose their parents as heroes because parents are their immediate providers and caretakers. As children grow and begin to question their parents' influence, they choose peers as heroes, often someone close to their own age who had "made it big" as a rock star or sports person. Older teens usually admire people who can think for themselves and act individually.

Nowadays, the media have made it all too easy for us and our children, to confuse celebrity with excellence. In a celebrity age, we need to caution our young people about worshipping fame and beauty. Celebrities can become heroes to our children mainly because they are attractive, rich and famous and not for any redeeming qualities they may have.

Today's popular culture worships the "antihero", as some of today's entertainers, athletes and other popular "icons" exemplify everything that is unheroic. These antiheroes encourage unheroic values such as selfishness, dishonesty, disrespect, irresponsibility, greed, cruelty, violence and promiscuity – hardly the types of values we want to see expressed by our children; we need to impress upon our children how unheroic such behaviours are.

So, what do we tell our children? We can start out by telling our children what a difference people of courage, noble qualities and genius have made to our world. We can tell them that these heroes are people like us, that heroes, too, are human and so what was possible for them is possible for us. They stumbled, wavered, even made fools of themselves, but they rose and accomplished something of great importance. Heroes instruct us by rising above the negative aspects of their lives and triumphing over their weaknesses. Heroes inspire us and push us towards our better self.

Childhood is the time when the influence of positive role models can be most decisive. Children should see in heroes what they yearn to see in themselves: the ability to overcome weakness, fear or insecurity and to be brave, courageous and kind. Being a hero is the sum of life, not just an event that happens; mistakes we make are just as important as the successes, if we learn from them.

Saint Mary MacKillop was such a person described as "a woman of great humility and committed to living out her Christian ideals." She was an ordinary woman who used the talents God gave her to make a difference to lives of those around her especially the poor, uneducated and unloved. Father Paul Gardiner said "Her view of life was simple and generous. She respected and loved people, even when they were at their worst. Her love did not depend on performance." Her qualities remind me of a simple passage from St Paul where he writes, "As the chosen of God, the holy people whom he loves, you are clothed in heartfelt compassion, in generosity and humility, gentleness and patience." Parents are not these the qualities we wish our children to aspire to?

Vinnies Winter Appeal

All homerooms are in the process of gathering their items to fill the Christmas Hampers for the poor and needy of our community. I thank all students in advance for their care, concern and their social action.

COMING EVENTS

1st November All Saints Day Mass in the Chapel 12:30pm and Reconciliation during Period 4

2nd November All Souls Day

8th November 8.6 Mass in the Chapel 12:30pm.

31st November Youth Festival Meeting at 6:30pm

Mr Landrigan, Director Of Mission (REC)



Careers Websites

For links to invaluable websites go to delicious.com/emmaus_careers

Australian Catholic University: Information Sessions

Students who are still exploring options for 2014 and need advice on course preferences or pathways to university are invited to attend an upcoming information session. Canberra: Thursday December 19th, 5:30pm to 7pm

Strathfield and North Sydney: Friday January 3rd, 10am to 4pm

http://www.acu.edu.au/study_at_acu/future_students/your_acu/information_sessions

Australian Catholic University: 2014 Year 10 and 11 Course Guide

This course guide provides information that can help Year 10 and 11 students when they're choosing their final subjects in high school.

University of Sydney: NCSS Summer School

Applications close Friday November 15th. The National Computer Science School (NCSS) is a ten day summer school bringing together young people in Years 11 and 12 from around Australia for an intensive course of computer programming and website development. The course is residentially based at the University of Sydney with academic staff, alumni and students organising the course. Contact: summerschool@ncss.edu.au

<http://www.ncss.edu.au/index.html>

Sydney College of Event Management: Information Session

Friday November 15th and Friday December 6th at 6:30pm. Level 9, 28 Foveaux Street, Surry Hills

Contact: 1300 725 846 or enquiries@collegeofeventmanagement.com.au

<http://collegeofeventmanagement.com.au/campus/information-sessions>

The Job I Love Guide

'The Job I Love' allows students and jobseekers find out about occupations and careers within the service industries. It has information about qualifications, how to find training, and what course goes with what job.

<http://www.serviceskills.com.au/the-job-i-love-careers-guide>

How to De-stress During Exams

Bond University has released this funny video which is filled with tips to de-stress during exam periods.

<http://www.youtube.com/watch?v=x4IHCwY838s>

The Good Universities Guide 2014

A comprehensive, national list of degree courses The e-book version can be found at ebook.gooduniguide.com.au

LuminoCity

18-29 November, UNSW Kensington

Are you interested in design? UNSW Built Environment's student graduation exhibition 'LuminoCity' is a great opportunity for you to discover a range of Built Environment degrees that will lead to a career in design. The exhibition will showcase the work of 500 graduating students alongside a dynamic program of public events, featuring industry speakers, debates and so much more.

be.unsw.edu.au/luminocity

Careers newsletters available from the Library and the SLC

From the Office

Students going on leave during the school term

If you are needing to take your son or daughter out of school for an extended period of time please be aware there is a form that must be completed. This form is an "Application for Exemption from Attendance at School". Once the College receives this form "A Certificate of Exemption from Attendance" will be issued to you.

Note: Where the reason for application for exemption includes long term travel arrangements of more than 20 days, copies of travel documentation should be included in the application.

From the Diocese

Child Protection Information Line - Royal Commission

– the Catholic Education Diocese of Parramatta has established a Child Protection Information Line in response to the Royal Commission into Institutional Child Sexual Abuse. The dedicated information line will provide information about how schools are handling child protection matters and will be able to respond to individual enquiries and assist people who have concerns or help them take allegations to the police. It can also put people in touch with appropriate support services if needed.

The Child Protection Information Line is 1300 661 015 (cost of a local call within Australia). The line is available outside of school hours and connects directly to a Catholic Education Office staff member. A message service is also available on this line.

PRC General Meeting on Monday November 11th, 2013

PRC General Meeting for Term 4 will be held at Diocesan Assembly Centre (DAC) Corner Flushcombe Road and Marian Street, Blacktown. Doors open at 6.30pm for 7.00pm start and concludes at 9.30pm.

Guest Speaker will be Dr John DeCourcy, Director Strategic Accountabilities Services, Catholic Education Parramatta. Dr DeCourcy will be presenting Gifted and Talented Education in Catholic Schools. All welcome.

Christmas 2013 for Ages 16-35 years on Saturday December 13th

Join Catholic Youth Parramatta and the Australian Catholic Youth Festival Participants for the celebration of the Birth of our Lord at St Patrick's Cathedral, 1 Marist Place Parramatta for 6pm Mass.

Don't forget to invite your friends to the Christmas Party at 7pm.

Make a donation this Christmas to the less fortunate. School stationery and toys for children. Donations to be collected on the night and given to St Vincent de Paul.

RSVP for catering purposes by December 10th to Catholic Youth Parramatta on youthevent@parra.catholic.org.au or 0407 938 196.

From the Bishops Office

Diocese of Parramatta Bushfire Appeal

The Diocese has launched an emergency appeal to assist people who have been affected by the NSW bushfires. St Thomas Aquinas Parish at Springwood is one of the areas that has been hardest hit.

This appeal is for cash donations only. Donations can be made through CatholicCare Social Services Parramatta. A video appeal by Bishop Anthony Fisher OP is on CatholicCare's website where you can make an online donation: www.ccss.org.au

If making a donation by cheque, please make your cheque payable to **CatholicCare Social Services – Bushfire Appeal** and post to: Bushfire Appeal, PO Box 2023, North Parramatta, NSW, 1750. Receive updates on the Bushfire Appeal via Facebook: www.facebook.com/CCSSParramatta

Thanksgiving and 24th Anniversary of Our Lord of

Pardon: November 1st to 10th - everyone is invited to this special celebration intended for all the souls in purgatory. **November 1st - 8th:** Novena in host families' homes nightly; **November 9th:** Novena at 4pm in Polish War Memorial Chapel, Marayong. **November 10th:**

1.30pm Praise and Worship, Devotion, Procession; 3.30pm: Mass in Polish War Memorial Chapel, 116 Quakers Rd, Marayong. Reception to follow in the Polish Hall. For more information or if you want to host the statues for nine days in your home tel Ludy Pappa (02) 9626 0262 or ludypapa@live.com.au.

From the Community



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