

Weekly Newsletter

WEDNESDAY 9 SEPTEMBER 2020 | WEEK 8, TERM 3

Brad Maney, Heidi Clark and Kaitlin Egan with the firewood that they collected & donated



Staff Reflect Through Their Heads, Hearts and Hands

Last Friday 4 September, Tenison Woods College staff participated in our annual Staff Reflection Day offering an opportunity to engage with Heads, Hearts and Hands. Due to the restrictions on the number of people who can gather in one venue, the day was split into four parts with staff selecting from a matrix of options at each time slot. Staff explored their knowledge, understanding and practices about the Catholic faith tradition and the Catholic Identity and Mission of the College.

Staff started the day with prayer. Examples of different forms of prayer that were explored was the use of Catholic Online, attending a liturgy at the College, listening to worship music or meditating. The next part of the day was spent exploring, engaging and learning about aspects connected to our Catholic faith tradition through our Heads. Staff watched famous Catholic movies, read scriptures from the Bible, attended a Mass at St Paul's Church and listened to podcasts. This was followed by activities to enact our faith through our Hearts and Hands, bringing alive the mission of the Catholic Church to serve the needs of others. In these sessions there were lots of group and individual activities. There was a knitting group at the Limestone Coast Pantry, staff made prayer cards, there was a group sewing for Days for Girls, a group cutting wood for a family in need and staff made meals for Sunset Community Kitchen, just to name a few.

The day was varied and engaging and it was inspiring to learn about the depth of engagement from staff across a range of activities.

Michelle Coote | Assistant Principal Religious Identity and Mission



Melissa Bucik collecting rubbish at the Beach

From The Principal

R U OK? and SHINE-ing Bravely

R U OK? Day is a national day of action dedicated to reminding everyone that we have all got what it takes to ask, 'are you ok?' and support those struggling with life. Taking part can be as simple as learning R U OK?'s four steps to have a conversation that could change a life.

These steps are discussed [here](https://www.ruok.org.au) and are as simple as:

1. Asking R U OK?
2. Listen with an open mind.
3. Encourage action.
4. Check in again afterwards.



This year the theme of R U OK? Day is 'There is more to say after R U OK?'. It acknowledges that we don't have to be an expert to keep the conversation going when someone says they're not OK. By knowing what to say we can help someone feel supported and access appropriate help long before they're in crisis, which could change their life.

By starting a conversation and commenting on the changes noticed in someone, we can help that family member, friend or workmate open up. If all is well, that person will know that we care enough to ask. That is precisely the theme of our endeavours this year; individuals matter to the College community and by being brave to show our care for individuals in our community is the ultimate measure of our whole community.

Origins of R U OK? Day

In 1995, much loved Barry Larkin was far from OK. His suicide left family and friends in deep grief and with endless questions. In 2009, his son Gavin Larkin chose to champion just one question to honour his father and to try and protect other families from the pain he has endured.

While collaborating with Janina Nearn (R U OK? CEO) on a documentary to raise awareness, the team quickly realised the documentary alone would not be enough. To genuinely change behaviour Australia wide, a national campaign was needed. From this realisation, and with Gavin and Janina's expertise and passion, R U OK? was born.

Gavin remained a passionate champion of the fact a conversation could change a life, even as cancer ended his life in 2011. Gavin's and Janina's legacy continues to ensure all Australians realise a little question can make a big difference to those people who are struggling.



From The Principal *continued...*

R U OK? Day College Celebrations -Tomorrow

At Tenison Woods College, the day is about inspiring and educating people to start these conversations every day of the year; to let people know that they matter and are indeed in the community. Their wellbeing can be enhanced by the way we bravely show that they matter.

I am delighted that our student leaders are creating awareness this Thursday 10 September. Highlights of the day will include a wide range of activities throughout the College, with the main events being held during lunch time.

R U OK? Day's official colour is yellow and students may like to wear a yellow accessory, i.e. t-shirt, ribbon, hair tie, wristband, sweatband or socks, to show support for this day. We look forward to beginning conversations and asking the question of R U OK? To find out more visit the R U OK? Day website [here](#).

I encourage students to get involved and discuss this important and life changing topic at home.

Gilap Wanga Donations – Thank You

Thanks to parents and friends of the College we now have some great timber logs for Gilap Wanga!

Thank you to Adrian Flowers and Tabeel Trading for the loan of the equipment to move the logs, Tony Bogie and Tom Lindley, also of Tabeel Trading for making it all happen with Dave Kenseley, who coordinated the operation.



Things are starting to really come together at the Gilap Wanga Learning Community!

Love Them Both

Love Them Both is a pro-life group formed by Christians in Mount Gambier. Its members are dedicated to the promotion of the right to life of each unborn child and the support of pregnant women in bringing their child to birth and caring for it.

The group, committed to providing a 'voice for the voiceless,' continues to meet and will plan further action. The next meeting is on Thursday 17 September at 7:00pm in the Gathering Space of St Paul's Church. Please contact Father Dean for further details or refer to the insert in last Sunday's Parish Bulletin for details of the current proposed law reform, which is due to come before parliament before the end of the year.

Reception into Full Communion with The Catholic Church

Due to COVID-19, and the interruption to Easter Ceremonies this year, the Rite of Christian Initiation of Adults was not celebrated at the Easter Vigil. However, this weekend on Sunday 13 September at the 11:00am St Paul's Mass, we welcome Stacey Bradley and Rudell Helmers into Full Communion with the Catholic Church through the Sacraments of Confirmation and Eucharist. Please pray for them as they choose to continue their Christian faith journey with us in the Catholic Church.

Fee Remissions

Amongst all the worries that we have at this time – worrying about the payment of school fees should not be one of those things. Please be assured of our support for your family. If your family will lose significant income due to the new COVID-19 restrictions and there may be a need to freeze your payments, please contact Neal Turley, our Business Manager, who will assist you during this time. This can occur very easily for those families in need.

HHDL Four Point Plan

I reiterate that we will be continuing deliberately and carefully with our HHDL Strategy in Term 3. I thank you thus far for your attention to HHDL Four Point Plan; good Health, good Hygiene and hand washing, good Distancing and care for others and good Learning regardless of student location. During this time of increased challenge, I reiterate that the wellbeing of our Victorian families and staff remain one of our highest priorities.

BYOD – Year 6 Families, Ready for Year 7 in 2021

As the year flies by and we look to 2021, I remind families that if they are thinking about purchasing a device for next year, check out the Bring Your Own Device page on our [website](#).

You can also find this page in SEQTA Engage by choosing the Portal option and selecting BYOD Parent / Guardian Information. With the current COVID-19 situation and associated wait times for products, we encourage families to think about their child's needs a little earlier to ensure that the device is ready for the start of 2021.

Carpark Care

I remind families during these days of challenging weather conditions to drive at no more than 15km/h while on the College grounds. I also ask that parents/caregivers accompany young students to and from the council property (Marist Park) adjacent to Shepherdson Road entrance, across the poplars lined driveway. I ask this in an attempt to prevent any potential accidents which could occur to inexperienced and enthusiastic children, who make their own way from the school grounds to cars parked on the council property.

Staff Reflection Day – Head, Heart and Hands

As Michelle touched on, Friday 4 September our staff attended our annual Staff Reflection Day, offering an opportunity to engage with the Head, Heart, Hands theme through a range of activities across the day. I thank staff for their commitment to the day, which offered a range of experiences and provocations. I trust also that students will ultimately benefit from the experiences appreciated by staff.

God Bless,

David Mezinac | Principal



From the Assistant Principal Student and Staff Development

Cyber Safety

Several times in the last 12 months I have written about social media and the traps we can fall into if we do not monitor social media usage. At the risk of labouring the point, I would like to bring a few issues to your attention. As part of our Child Protection and Pastoral Care curricula, students are educated in keeping themselves safe online with social media or gaming, learn what are safe sites to use and what to do if there is an issue. Our Police Liaison Officers are also very proactive in speaking to classes about how to keep themselves safe and the consequences of not being safe online. One of the issues we have is that students think they will not get caught, things wouldn't happen to them, or they are 'just joking' and are devastated when things unravel.

All Cyber Safety experts make the point that it is important that parents/caregivers monitor their child's social media and gaming interactions on a regular basis and don't rely on them to tell you about incidents as they may be embarrassed. It is also good to adhere to age restrictions for specific sites as they are there for a reason. Also, look for multiple or ghost accounts being created, as it is becoming increasingly popular amongst all ages.

To keep up to date with what is happening in the social media world, I recommend following Susan McLean on Facebook. Susan has a wealth of experience in this field. The more informed we are, the more we can support our children to navigate the social media minefield.

Jennie Sanderson | Assistant Principal Student and Staff Development



CIM Team News

Year 10 Retreat

The Year 10 students will participate in their Retreat Day on Thursday 17 September. Parents/caregivers of students in Year 10 will have received the information this week through Edsmart.

Youth Mass

The next Youth Mass at St Paul's Church will take place on Saturday 19 September at 6:00pm. The Mass is followed by a meal and a gathering of young people. If this is of interest to you or to a young person you know please contact the Youth Ministry Coordinator at mgp.youth@gmail.com. Please RSVP for catering purposes.

The dates for these Masses and gatherings for the remainder of 2020 are:

- 19 September
- 17 October
- 14 November
- 19 December

Parish Mass

A Mount Gambier Catholic community Parish Mass is held each Thursday of the Term and is led by a different class or year level each week. Mass is held at 9:00am in the College Chapel. Until further notice, due to current restrictions, only staff members and students of the College are permitted to attend.

The roster for Term 3 Masses is:

Week 8 Thursday 10 September – Year 9
Week 9 Thursday 17 September – Year 12
Week 10 Thursday 24 September – Year 11

Michelle Coote | Assistant Principal Religious Identity and Mission



Delicious Dishes Created to Promote Positive Body Image

To acknowledge the work of the Butterfly Foundation in collaboration with R U OK? Day, the Sugarloaf Café worked with Academy of Hospitality students to produce meals for people to enjoy. Each day the Academy of Hospitality students helped to create fresh salads to sell at the Café to recognise Love Your Body Week, which encourages positive body image. Riley Stevens (pictured above) produced fresh garden salads which contained eggs, tandoori chicken, chickpeas and shaved ham. Other dishes that were created included fresh berry muffins, yellow fruit compotes for Breakfast Club and a Nachos Bar.

Jen Mc Court | VET Academy of Hospitality Teacher



‘Limestone Luxury’ Debut Opening

Our Year 12 Food and Hospitality class recently carried out their major assessment task, which required them to cook and present 3 courses of restaurant-quality food to staff members. They titled their restaurant ‘Limestone Luxury’ and created a beautiful table setting and atmosphere to match.

They were fortunate enough to have students volunteer and provide musical entertainment, as well as hospitality students provide their professional hosting and serving skills. It was a huge success and the students are very proud of their tremendous restaurant that was open to a few lucky members of our staff.

Pictured above Lidya Mungu-Ashuze serving food to Tony Brett.

Georgia Asimakopoulos | Child Studies Teacher



Open Boys Team



Year 8/9 Boys Team

Open and Year 8/9 Boys Football On The Road Towards State Titles!

It has been a very eventful two days of Knockout Football for Tenison Woods College! The Open and Year 8/9 Boys teams played at Keith football oval for the second round of the Knockout tournament.

Open Team

On Monday 7 September, under immaculate weather conditions, the Open Boys took the field against St. Francis de Sales in the first game. After gaining momentum early, they maintained their competitive attitude throughout the game, which resulted in the team beating St. Francis de Sales 4.6 (30), Tenison Woods College 8.6 (54).

In the second game, they were up against a very strong Willunga High School. A slow start resulted in the team being down by 4 points at first quarter time. By keeping their spirits high and prioritising teamwork, they managed to work their way back and win against Willunga High School 6.4 (40), Tenison Woods College 10.6 (66).

Year 8/9 Team

The Year 8/9 Team, on Tuesday 8 September, was very enthusiastic to start the first game against Eastern Fleurieu and gained momentum early. After playing some outstanding football, the boys claimed the victory over Eastern Fleurieu, Tenison Woods College 11.9 (75), Eastern Fleurieu 2.4 (16).

The second game was played against Charles Campbell College. Continuing the excellent football played in the first game, the boys continued their competitive attitude which resulted in a comfortable win, Tenison Woods College 15.11 (101), Charles Campbell College 1.0 (6).

Next Monday, 14 September, the Open Boys team will travel to Adelaide to compete for the Pool B State Title and the Year 8/9 Boys will follow in the upcoming weeks.

Congratulations to the boys and we wish them all the best in Adelaide!

Nick Kourmouzis | Sports Trainee



Year 9 Student Gianna Morello Wins Australia Wide Art Competition

Congratulations to Year 9 student Gianna Morello as she was the Senior Winner of the ABC Australia wide art competition. This competition focused on Indigenous Language. As part of an assessment task for Year 9 Religion, Gianna drew a response to the Craitbul Creation Dreaming Story of the Boandik people.

Students were required to incorporate Boandik (Bunganditi) language in their artwork. The Year 9 students enjoyed learning the Boandik words for places they visit often, family relationships and objects used by the Boandik people.

Please click [here](#) to view Gianna's submission.

A terrific effort by Gianna.

Chris Lloyd | Teacher Librarian



Year 3 & 4 'Hot Shots' Represent College at Local Tennis Tournament

On Monday 7 September over 200 students from across the region participated in the ANZ Hot Shot Tennis tournament at Olympic Park. The aim of the day was to have fun, to display great sportsmanship and improve their tennis skills on a modified court.

Tenison Woods College had two teams; a Year 3 team consisting of; Annabel Gordon, Flick Lamond, Oliver Hardacre, Miles Kroon, Muhammad Usman, Ollie Cutting, Piper Lucas and Eliza and a Year 4 team of Jaxx Johnston, Alex Schubert, Amelie Adam, Isaac Salmon, Zara Cole, Ned Gazzard and Ivy Trigg.

The two teams played four doubles matches with different partners, using modified rules. The students shone all day, representing Tenison Woods College brilliantly.

Ollie Cutting and Ivy Trigg were awarded the best players for displaying amazing sportsmanship throughout the day.

Many thanks to Mrs Bradley and Mrs Lucas for helping out.

Pictured above (L-R): Muhammad Usman and Miles Kroon at the tournament.

Tina Opperman | Year 5 Teacher / R-7 Sports Coordinator



Year 3's Take A Culinary Trip Around the World, with the Year 12 Child Studies 'Food Truck' Stall

On Tuesday 8 September the Year 3 cohort took a trip around the world, right here at Tenison Woods College. The Year 12 Child Studies students hosted a Food Truck stall, selling foods from different cultures. The delectable delights included Greek donuts, Italian pizzas, Indian naan bread and Australian lamingtons for the Year 3 students to enjoy. This task aligned with the Year 12's last assignment for Stage 2 Child Studies.

The food was delicious and a great success. Well done and congratulations to the Year 12's for completing their final assignment!

Pictured above (L-R): Ella Cruise, Izabella Pollifrone, Prudence Riddoch, Ellen Brown and Kate Telford.

Georgia Asimakopoulos | Child Studies Teacher



Year 11 Students take Environmental Action at Browns Bay Beach

On Monday 7 September my Year 11 Religious Education class took advantage of the beautiful spring day, participating in a beach clean-up at Browns Bay. This activity formed part of the environmental unit students are currently studying. As a class, students needed to decide on a current environmental issue and then as a group come up with an action. The focus was plastic and the negative impact plastic has on marine life. Browns Bay Beach was reasonably clean, however some interesting items were found by the students.

It was great to see the students learning within the community.

Bernadette Fisher | Religion Teacher



Counsellor's Corner

Understanding the Adolescent Brain

We have learnt a lot about the adolescent brain in recent times. There are two major processes that are known to take place. Firstly, there is synaptic pruning. These are connections between brain cells and we build trillions of them during the first nine years of life. We then get rid of them during adolescence with more than half of these synapses vanishing. It is like the brain is saying we will keep only the ones you use.

This means that the activities of teenagers affect the structure of their brains. Most of these synapses that are lost during adolescence are in the frontal lobes, where planning, forethought, impulse control and consideration of long-term consequences occur.

How teenagers spend their time is crucial to brain development. It is worth thinking about the range of activities and experiences your child is into; music, sports, study, languages, video games. How are these shaping the sort of brain your child takes into adulthood?

The second process that changes the brain is myelination. Myelin sheathing wraps itself around the axons and neurons of the brain and the process occurs throughout life but accelerates in adolescence. This myelin sheathing turbocharges, causes the brain to think up to 100 times faster. The adolescent brain can think extraordinarily quickly e.g. arguing with parents, embarrassment, or considering privacy or exceptionally slowly in others e.g. household chores, homework. This myelin sheathing is not just laid down anywhere and it all adds up to the experiences that we give adolescents in homes and in schools which are vital to shaping their brains.

Immersing teenagers in high quality experiences can help them to become smarter, so research says. Interruptions and multitasking in our society is continuous and this does not help the executive functions of the brain. One way to address this is to slow things down at school and home.

Teenagers love the fast action and high impact world, but sometimes it does not love them. Slow things down in their world from time to time and provide pause points for discussion, debate and reflection. In families this may mean putting back the small rituals of life. These seem dull, but regular events in family life that might include conversations over dinner, at lunch or when walking the dog together. These rituals are highly protective and foster conversation and reflection.

Extract from Andrew Fuller, Clinical Psychologist and 'Brainstorm – The Power and Purpose of the Teen Brain' Dr Daniel Seigle.

Josie Ashby | Wellbeing Counsellor

2020 SAPSASA Cross Country Cancelled

Unfortunately, due to crowd management, food handling, hygiene and the need for extra volunteers to act as trained COVID-19 marshals, the 2020 SAPSASA Cross Country at Naracoorte is cancelled.

We appreciate your understanding and hope to see you there next year!

Tina Opperman | Year 5 Teacher / R-7 Sports Coordinator



There's More To Say After R U OK?

Tomorrow, Thursday 10 September is R U OK? Day. On this day we will also be raising awareness for Love Your Body Week.

Are you OK? is a question we need to ask genuinely and sincerely any time we notice the signs that someone may be struggling. But there is more to say after R U OK? When someone says they're not OK, make time to listen, encourage action and check in. We are sharing information and resources in class on what to say after R U OK? and how to help people keep the conversation going when someone says that they are not OK.

Students are asked to bring a gold coin and wear a touch of yellow to express and reflect on their inner self, inherent qualities, passions, hobbies, or cultural background. There are no expectations to purchase any new items of clothing.

The money will go towards grocery items for the College Breakfast Club and lunches for our Tenison Woods College community that fuel our student's bodies. Breakfast Club has been providing breakfast to our students on Tuesdays to Thursdays for 15 years, supplying scrambled eggs, toast, juice and muffins made by Hospitality students.

To promote positive wellbeing the day will also include pledges, yellow ribbons, stickers, music, football, a soccer shoot out, basketball, rock band, yellow food items for sale and activities lead by College student leaders. Junior School students have the option to purchase a yellow jelly fruit cup on the QKR! app from Monday 7 September.

At Tenison Woods College we can SHINE bravely by supporting our community to express their inner beauty and to look after one and another.

Use the #RUOKDay on social media to remind people that a conversation could change a life. It is an important question but there's more to say after R U OK? Ask, then listen, encourage action and check in because a conversation could change a life. Learn what to say after R U OK? [here](https://www.ruok.org.au).

Tania Sigley | Director of Wellbeing

2020 Library Book Week Art Competition Winners

What talent we have at Tenison Woods College! Yet again the Library staff had the difficult task of choosing winners and runners-up from the wonderful range of entries for the 2020 Book Week Art Competition. We had amazing stories, creative egg carton creatures, funny photos of curious pets and drawings of wild minds entered to match the theme of *Curious Creatures, Wild Minds*. Congratulations not only to the students listed below but to all who entered:

Winners

James Allen, Addison Kamphuis, Maw Ri Thaw, Linc Beggs, Ella Swiggs, Leni Clifford, Taylor Fenton, Jayde Lamb, Esaie Kulimushi, Max Grubb and Jade.

Runners-Up

Charlie Little, Izzy Lloyd, Oliver Hardacre, Thor Svec, Indi Renko, Nathan Murdock, Scarlett Strachan, Olivia Perry, Arshia Gulati, Gabi Yates, Duke Bradley, Scarlet Ryan, Floyd Guthridge, Riley Hoppood, Jessica Oxlade, Mitchell Chapman, Isabelle Neumann, Callum Feetom, Brydee Starick, Samuel Swiggs, Maddie Dennis, Eli Thorne, Clare Baseley, Jahli Mutton, Mckayla Maney Piper, Eliza, Ruby, Aayush, Jasper and Toby.

Chris Lloyd | Teacher Librarian



Year 11 Wood Technology Students 'Nailing It'

Our first skills task in Year 11 Stage 1 Material Solutions Wood Technologies required students to create a mallet using reclaimed timber through traditional woodworking techniques. Students sourced the beautiful Tasmanian Oak grain by recycling old bag racks that were once located around the College.

Once they constructed their pieces, the students followed a planned process including measuring, marking, cutting, and sculpting using a selection of hand tools. The handles were then turned on the lathe and the head of the mallet was attached using a mortise and tenon joint. Throughout this task the students learnt an important lesson of sustainable practices in Design and Technology and I am really pleased with how the final product turned out!

George Adamopoulos | Design and Technology Teacher



ELCC Children Giving Back To The Community

Throughout this term the Early Learning and Community Centre children have been looking into the topic of how people in our community can help us.

After learning about the role of aged care facilities, the children each painted a picture for a resident in care at St Mary's Aged Care Facility. The residents plan to also paint and draw some pictures for the children in return for their wonderful act of kindness.

Recently two of the kindergarten children hand delivered the special pieces of art to St Mary's Lifestyle Coordinator Cindy Crozier, who looks forward to presenting the paintings to the residents during the week. This experience has been a lovely way for the children to learn about how we can spread joy and happiness through acts of kindness in our local community.

Pictured above (L-R): Cindy Crozier, Charlie Holmes, Ollie Marshall and Alarni Holmes.

Alarni Holmes | Early Childhood Teacher



Year 10's Explore the 'Tracx' Of Robe

Our Year 10 Outdoor Education class recently enjoyed an incredible three-day bushwalking and mountain biking camp in Robe, as a part of their Stage 1 Outdoor Education Curriculum.

Students gained valuable experiences in mountain biking, bushwalking, camp craft and minimal impact practices over the duration of the camp, as they worked together with their peers to make the most of this fantastic learning opportunity. An amazing experience that our students won't forget anytime soon!

A huge thank you to Kylie from Tracx Robe Adventure Tours for allowing our students to enjoy this unique experience in Robe.

Pictured above Travis Ind mountain biking.

Heidi Clark | Outdoor Education Teacher



Students Receive Sacraments of Confirmation and First Holy Eucharist

Congratulations to 24 of our young parishioners who completed their initiation into the Catholic Church after receiving the Sacraments of Confirmation and First Holy Eucharist recently. Masses were celebrated by Fr Dean Marin in both Mount Gambier and Port MacDonnell and were attended by parishioners, staff from the College, families and friends.

It has been a pleasure to work with the children and their families in the Parish-led Sacramental program over the past year. The next group of sacrament candidates will begin their program in Term 1, 2021.

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

Michelle Coote | Assistant Principal Religious Identity and Mission



Year 8/9 Students Enjoy Regional Netball Carnival With Peers

Our Year 8/9 students recently participated in the Division B Netball Regional Carnival, held at the Association Courts in Mount Gambier.

It was glorious weather for a day of Netball, with our five teams from Year 8/9 showing great sportsmanship and fair-play across the day. The regional carnival was a participation-based event with no official scoring, where our students enjoyed playing against Grant High School, Mount Gambier High School and St Martins Lutheran College.

All students loved being involved in such an awesome day of Netball with their peers.

Kaitlin Egan | HPE Teacher, HPSP Netball Coach

After School Study Centre

This term the Study Centre will be in the Library. Students wanting assistance from staff and/or a warm and welcoming place to study, are very welcome from 3:30pm – 4:15pm on Mondays, Tuesdays and Thursdays. Please refer to the accompanying [poster](#) for further details about the particular subject support available each day.

Please email Centre Coordinator Chris Lloyd at lloyd@tenison.catholic.edu.au with any questions you may have.

Chris Lloyd, Nick Patzel and Ciaran Buckley



Are you an Old Scholar?

Old scholars are an integral part of the history, tradition and future of Tenison Woods College. We invite all old scholars, past parents, friends and former staff members to reconnect through our 'Friends of Tenison' committee. Keep up to date with all the news in the College community. Register your details today, via our [website](#).

Upcoming Events:

Wednesday 9 September

- Scholastic Book Fair, 8:40am-3:20pm, Staffroom
- Year 5 'Classrooms of the Past' Excursion 9:15am-3:15pm, Penola

Thursday 10 September

- R U OK? Day – Wear a touch of yellow and bring gold coin donation
- Year 4 Mt McIntyre Excursion, 9:00am-3:15am
- Year 1 Patch Theatre Performance 12:20pm-2:00pm, Sir Robert Helpmann Theatre

Saturday 12 September

- Mass 6:00pm, St Paul's Church

Sunday 13 September

- Year 8/9 and Open Netball Carnival, Adelaide
- Mass 11:00am, St Paul's Church

Monday 14 September

- Open Football Knockout Pool B Grand Final, Adelaide

Tuesday 15 September

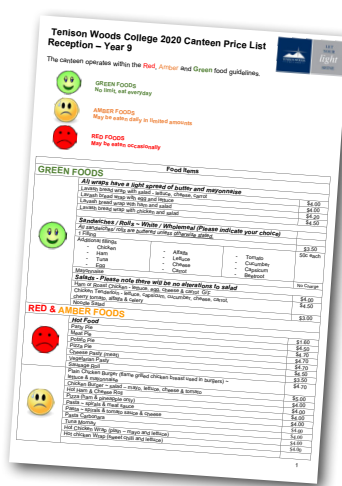
- Year 8/9 and Open Netball State Championships, Adelaide
- Open Football Knockout Pool B Grand Final, Adelaide
- Year 8/9 and Open Knockout Netball Carnival, St Mary's College Adelaide

Wednesday 16 September

- SACA Introduction to Cricket, Tenison Woods College

2020 Canteen Pricelist

Please visit the website for the 2020 canteen pricelist or [click here](#).



QKR! Canteen Orders - New time of 8:30am Daily

Please be advised that the cut-off period for QKR! School Canteen orders will now be prior to 8:30am (was 9:00am) on the day you wish to order. Any orders received at or after 8:30am via the App will not be processed for that day and will prompt you to select another day to order. Thank you for your understanding with this change to the QKR! App order process.

Jess Herring | Public Relations and Events Manager

Uniform Shop Opening Hours

The Uniform shop will be closed in the first week of the school holidays, but will be open during the second week on the following days and times:

- Tuesday 6 October 8:00am - 12:00pm
- Thursday 8 October 11:00am - 4:00pm

A traditionally busy time of trading given the change in season, we would ask that our Online shop be encouraged as we will be needing to manage and restrict the flow of customers into the shop at any one time due to COVID-19 social distancing requirements. We will ensure that the Online orders made prior to these trading days are ready for collection during these times.

- Term 4 trading will continue as normal:
- Tuesdays 8:00am - 12:00pm
- Thursdays 1:00pm - 5:00pm

For further enquiries please contact the school at 8725 5455.

Photo Gallery - Staff Reflection Day



(L-R): Adele Proserpi-Porta, Alex Window, Hayley Morgan and Laura Herbert on their nature photography walk



Jason de Nys whilst walking the Valley Lake



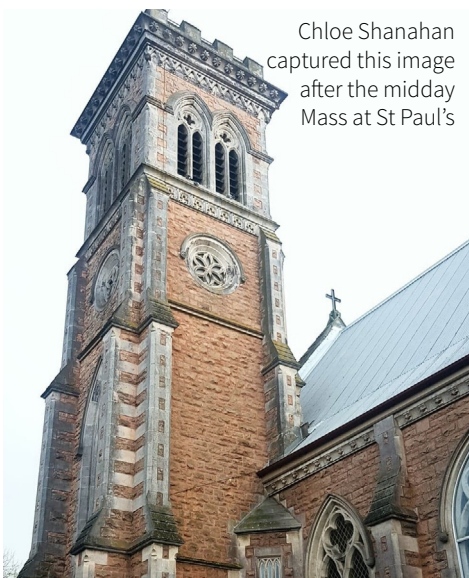
Melissa Bucik with her daughters on their beach clean up



Meghan Lynch sorting hard plastic with Tom Linnell



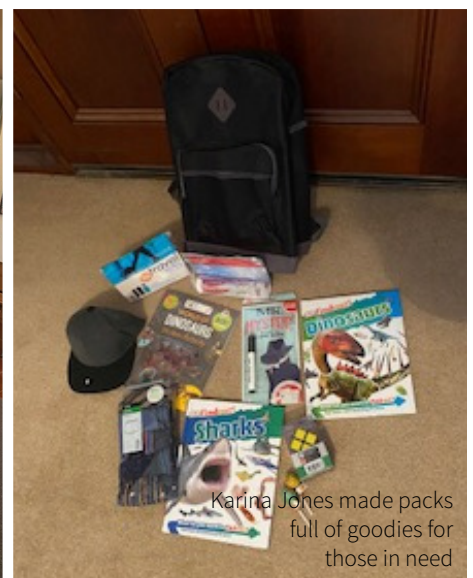
Simone Gill captured this shot on her morning walk



Chloe Shanahan captured this image after the midday Mass at St Paul's



Michelle Coote at the morning liturgy



Karina Jones made packs full of goodies for those in need