



# St Clare's High School

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**NEWSLETTER 21/2017**

**21 JULY 2017**

Dear Parents & Friends of St Clare's

Students have returned after a well-deserved break and time to hopefully reflect on their performance during Semester 1. Year 12 students begin this term with only eight school days prior to the start of their Trial HSC examinations starting on Monday, 31 July and then approximately 25 days of face to face teaching and learning before they finish their secondary schooling to prepare for their HSC examinations starting on Monday, 16 October.

In this article, I will share with you some advice for parents on helping your child through the final weeks leading up to the HSC. I will also take time to provide parents with some strategies to help their children in Years 7-11 with their homework/assessment tasks at home.

## **Helping your son or daughter through to the HSC at St Clare's**

Our best advice to students in assisting them to minimise stress is to do the work! There is no substitute for a concerted study regime in preparation for exams.

Parents too need support when the HSC descends on their household. Some parents have had older children sit for the HSC, but for others, this year is a first for them. The NESAs web site <http://educationstandards.nsw.edu.au/wps/portal/nesa/11-12/hsc/exam-advice-resources> contains information to assist students and parents to successfully undertake these important exams.

The most obvious forms of support parents can offer are the practical, physical things, but most importantly are the things you can do to provide a positive and understanding emotional environment:

1. Be supportive and encouraging.
2. Appreciate that most students will be experiencing quite a high level of stress, frequently without any indicators. Beware of setting unrealistic expectations.
3. Many students experience a sense of impending departure: leaving school, leaving lifelong friends.
4. Appreciate that it is normal for people under pressure to become super sensitive and explosive from time to time. Family members are usually the first targets. Try not to overreact to such outbursts.
5. Avoid confrontations especially over minor matters.

6. Do not panic when they announce on the evening before the examination that they know nothing. Reassure them, even if you think they could be right! Encourage confidence by reassuring them.
7. Be realistic in your expectations as to where the HSC leads.
8. Encourage your son or daughter to seek help from their Year coordinator, teachers, Careers Advisor if they are having any difficulty with subjects, study organisation, stress or anxiety about examinations.
9. Don't feel too badly when you forget not to nag, when you get picky, and complain bitterly that your boy has the time to attend the eighteenth birthday party of every Year 12 student but doesn't have time to help with the washing up.
10. Remember as parents, we are only human, and because we can't help being over-involved, we also feel the pressure of Year 12 from time to time.

### **Helping your child with Homework or assessment tasks**

*“Homework is designed to help students reinforce key concepts, process and solidify new information, provide time for extra practice of skills, and reflect on how much they've learned”.*  
*‘Susan Becker, M. Ed.’*

1. Don't do the homework for your child. Most teachers use homework to find out what the child knows. Make sure homework is completed and review any mistakes to see what can be learned from them.
2. Don't do your child's Assessments. Help support your child's learning and make sure they have what they need to accomplish a task. Read the Assessment task outline provided to your child for each task. Check with your child's teacher about the requirements of the task if unsure and review it with your child.
3. Set up a good space to work. All children need the same thing: a clean, well-lit space. However, keep in mind that each child may work differently; some will do their work at the kitchen table and others at their desks in their rooms.
4. Become aware when the right time to begin their work is. Some children will work best by doing homework right after school; others need a longer break and must run around before tackling the work. Most will need a snack. If your child does after-school activities, set a homework time before or after the activity, or after dinner. Whatever routine you choose, help your child stick to it.
5. Find out how your child studies best. How does your child like to study? For example, some kids will through wrote learning (Repetition); others are visual learners (creating diagrams, using images). The environment is also important. Some children may want to listen to music, some are helped by being in the middle of noise, and others need absolute quiet.

6. Stay close by; remain available in case they need your help. Possibly read a book or do your own work at the same time. Remember that not all homework is equal, so not everything will need your attention. Keep in mind that it is their homework/task.
7. Limit media exposure. Turn off the TV or any visual distraction. Remember the computer is a learning tool to assist student learning and only needs to be used when it is required to assist in completing homework or assessment tasks.
8. Let the teacher know if you gave your child a lot of help with Homework or a task. If your child needs extra, help or truly doesn't understand something, let the teacher know. Write on the assignment, 'done with parental help,' or write a separate note. If your child resists, explain that homework is used to practice what you know and to show the teacher what you need help learning more about — so it's a parent's job to let the teacher know.

I hope this article helps you, the parents, in supporting your child's learning. As a parent of a Year 12 student, and a child about to start Year 7 next year, I am fully aware how difficult it is to be a parent in an ever-changing society and helping our children to be the best they can be in all facets of life, academically, physically, socially and spiritually.

Regards



Acting Principal

**P & F – NEXT MEETING, WEDNESDAY, 2 AUGUST 2017 6 PM  
ST CLARE'S SCHOOL LIBRARY**

**CHAPLAINCY/PASTORAL CARE**: A reminder to all that the school has a Chaplain. Please feel free to contact our Chaplain, Deacon Vince Ryan, through the school office if he can be of assistance to you or any member of our whole school community.

## Mass Times

### **Our Lady of the Rosary, Taree**

75 Albert St, Taree  
Saturday Vigil: 6:00 pm  
Sunday Mass: 9:30 am

### **Our Lady of Perpetual Help, Wingham**

8 Farquhar Street, Wingham  
Sunday: 8:30am

### **St Bernadette's, Krumbach**

Bucketts Way, Krumbach

1<sup>st</sup> and 3<sup>rd</sup> (Krumbach) and 5<sup>th</sup> Sunday (Nabiac) of the month – Mass is celebrated on Saturday evening at 5pm  
2<sup>nd</sup> (Krumbach) and 4<sup>th</sup> Sunday (Nabiac) of the month – Mass is celebrated on Sunday morning at 9:00am

### **Our Lady Star of the Sea, Harrington**

Pilot St, Harrington  
Saturday Vigil: 6:00 pm

### **St Therese's, Lansdowne**

Cundle Rd, Lansdowne  
Sunday Vigil: 5:00 pm  
(2<sup>nd</sup> and 4<sup>th</sup> Sunday of each month)

### **Our Lady of Fatima, Old Bar**

20 Hall St, Old Bar, Sunday Mass: 7:30 am

### **St Patrick's, Cundletown**

River St, Cundletown  
Sunday Mass: 5:00 pm

### **Forster-Tuncurry Catholic Parish**

#### **Holy Name of Jesus Parish Church, Forster**

33 Lake Street, Forster  
Saturday Vigil: 6:00 pm  
Sunday Mass: 7:00 am  
Sunday Mass: 9:00 am

## **PRAYER POINT: 16<sup>TH</sup> SUNDAY IN ORDINARY TIME - 23 JULY**

“He told them another parable, 'The kingdom of heaven is like the yeast a woman took and mixed in with three measures of flour till it was leavened all through.'” Matthew 13

In a past life, Vince and I owned a bakery. One of my best memories from that adventure was coming into the shop early in the morning and listening to the bread crackle (and talk) as it came out of the oven. The aroma of freshly baked bread!

And so this image has always held a special meaning for me. After the flour is put in the mixer and then the yeast added, you have this dough to work with that is whole. The silky flour and the malleable, smelly yeast have become a seamless entity and you are conscious that someone will buy this loaf and enjoy it.

Often students ask me: ‘where is heaven?’, ‘where is this kingdom that Jesus talks about?’ It’s here, part of the essence of this world; it infuses the world and is the air that we breathe.

Have a great week.

**Denise Ryan, Ministry Coordinator**

# AUSTRALIAN CATHOLIC YOUTH FESTIVAL NEWS

REGISTRATIONS ARE NOW OPEN



acyf17\_youth\_participant\_terms\_condition

Australian Catholic Youth Festival  
<youth.festival@mn.catholic.org.au>

<https://www.mn.catholic.org.au/church-mission/youth/acyf>



**FROM THE SENIOR SCHOOL:** Welcome back to Term 3, Year 12. This will be your last term of lessons. There are 32 days of lessons left which is both daunting and very exciting. You are drawing close to the end of your school life and are about to embark on “the rest of your life” with all its remarkable adventures.

I hope that you had some time over the holidays to recuperate. I am sure that many of you spent a great deal of time studying and revising. I am aware that many students and their teachers came into school over the holidays to work on Major Projects. A huge thank you goes to those teachers who have given up their holiday time for you.

The Trial HSC starts on Monday, 31 July and everyone should have a copy of the timetable placed in a prominent position so that it can be easily seen. Each student has been emailed a copy of the Trial Timetable. If you have accidentally wiped this or cannot find it I have spare hard copies.

All students have been given a permission note to allow them to be away from school when they do not have an exam. It is very important that this is returned to the Bursar before the Trials. If a student is going to leave with other students in their car at the end of an exam, we need a permission note from both sets of parents to allow this to happen.

Over the coming weeks there will be much information given to the students regarding possible pathways for next year and beyond. Please **check your emails** and attend the meetings that have been scheduled.

By the end of this week all students should have received their UAC guides. The students will have to sign for this. Every student needs to collect this as it contains vital information. This will have been explained on Thursday at lunchtime.

Three of our students (Sean Page, Alistair Adamson, Year 12 and Jade Page, Year 8) are in France at the moment, representing Australia in the World National Dragon Boating Championships. What an amazing achievement to get this far. We wish them the very best of luck and look forward to hearing about their success when they return.

Now is the time to help and encourage each other. We are so close to finishing. If you are struggling, come and see someone to get some help.

Be kind and smile at as many people as you can.

**Karen McCann**  
**Year 12 Student Coordinator**

Making a big life change  
is pretty scary.

But, know what's even  
scariest?

Regret.



## 2017 YEAR 12 TRIAL HSC EXAMINATIONS

Trial HSC Examinations commence on Monday, 31 July and continue for 11 school days with the final examination being on Monday, 15 August. On Wednesday, 16 August, classes resume.

• *Distance students to be advised*

<b>Date</b>	<b>Morning Session - all examinations start at 9.00am</b>	<b>Afternoon Session all examinations start at 1.00pm</b>
Monday 31 July	English Standard & Advanced Paper 1 (2hrs) English Studies (1hr)	Music 1 (1hr) VET Retail (2hrs)
Tuesday 1 August	English Standard & Advanced Paper 2 Modules (2hrs)	
Wednesday 2 August	Visual Art (1.5hrs) Legal Studies (3hrs) <b>Japanese Extension Written Exam (2 Hours)</b>	Industrial Technology Timber Products & Furniture Technologies (1.5hrs) Textiles & Design (1.5hrs) <b>Japanese Extension Oral Exam (30 minutes) LIBRARY</b>
Thursday 3 August	<b>Mathematics General 1 (2.5hrs)</b> Mathematics General 2 (2.5hrs) Mathematics (3hrs) Mathematics Extension 2 (3hrs)	VET Hospitality (2hrs)
Friday 4 August	Chemistry (3hrs) Senior Science (3hrs)	Ancient History (3hrs) <b>Catholic Studies (1.5hr)</b>
Monday 7 August	Studies of Religion 1 (1.5hrs) Studies of Religion 2 (3 hrs)	Earth & Environmental Science (3hrs) Community & Family Studies (3hrs)
Tuesday 8 August	Physics (3hrs) Society & Culture (2hrs)	Business Studies (3hrs)
Wednesday 9 August	Personal Development/Health/Physical Education (3hrs)	Engineering Studies (3hrs) Food Technology (3hrs)
Thursday 10 August	Biology (3hrs)	English Extension 1 (2hrs) VET Information Technology (2hrs)
Friday 11 August	VET Construction (2hrs) DRAMA ALL DAY	Mathematics Extension 1 (2hrs) DRAMA ALL DAY
Monday 14 August	Economics (3hrs) VET Business Services (2hrs)	History Extension (hrs)
Tuesday 15 August	Japanese Continuers (2hrs)	
	<b>All Year 12 back in class Wednesday, 17 August, 2017</b> <b>MUSIC PRACTICAL EXAM 12:30 PM – 2:30 PM</b>	

**CAREERS CORNER:** Ian Evans is back in town.



#### Campus locations



Following four weeks on grandpa duty in Las Vegas, I am pleased to be back in the saddle as Year 12 students set themselves for the final 35 days of lessons as secondary school students. Immediate concerns for Year 12 is the upcoming Trial HSC Examinations – following these exams, there will be a significant focus on careers issues.

#### Southern Cross University visit

This week, Peter Marshall, Student Recruitment Officer from SCU, visited St Clare's. Peter spoke to students regarding SCU courses in general and the STAR early entry program in particular. Main campus sites are at the Miami on the Gold Coast, Lismore and Coffs Harbour.

#### 2018 UAC Guide

On conclusion of the SCU presentation, Year 12 students were issued with a FREE copy of the 2018 UAC Guide – if students misplace these guides, they will need to be PURCHASED (\$19.95) from a newsagency. Tempted as they might be, students are NOT encouraged to spend too much time on perusing this guide as the priority SHOULD BE the Trial HSC.

#### 2018 Manning-Great Lakes Careers Market

Next Friday, 28 July, all senior students, and Year 10 students accompanied by parents, will attend the 2018 Careers Market at Chatham High School from 11 am until noon. This event covers

**MULTIPLE** careers areas **NOT JUST UNIVERSITY OPPORTUNITIES.**

**Ian Evans, Careers Adviser**

**CALL FOR LEGO:** Any family who has out lived their LEGO toys and would like to donate it/them to St Clare's (we use them to teach STEM ), please send your unwanted LEGO gear to Mr Jirman. Think of the extra space you will have in your cupboards! **Philip Jirman, Mathematics Teacher**

**NATIONALLY CONSISTENT COLLECTION DATA:** All schools across Australia are required to participate in the Nationally Consistent Collection of Data on Students with Disability (NCCD). The purpose of the NCCD is to gather a clear and accurate picture of the number, degree and types of difficulties and disabilities which are experienced by our students, and the adjustments that are made by schools to cater for their individual needs. From this, as a nation, we can better establish their needs and determine what should be done to give all students the greatest opportunities for success at school and beyond.

The *Disability Discrimination Act 1992* (the DDA) and *Disability Standards for Education 2005* have given a much broader definition of what constitutes a disability, to include students whom parents, carers and teachers might not regard as disabled, in the usual sense. Children with learning difficulties, some particular health needs, and some behavioural, emotional and social difficulties which impact on learning, meet this broader definition of disability.

Our Learning Support Staff in conjunction with teachers are working to put students on the list who are receiving adjustments currently, either in the classroom or from interventions outside the classroom in literacy.

If your child is to be included in this data parents/carers will be notified.

We encourage every family to look at this positively and as an opportunity to ensure that the learning needs of all students are catered for in a supportive and appropriate way.

If you have any questions in regards to the NCCD please contact Bernadette Boere the Learning Support Coordinator. **Bernadette Boere, Learning Support Coordinator**

<b>MONDAY</b>	<b>24/7</b>	<b>Urgent Help Needed</b>
<b>TUESDAY</b>	<b>25/7</b>	<b>Vanessa Byma</b>
<b>WEDNESDAY</b>	<b>26/7</b>	<b>Urgent Help Needed</b>
<b>THURSDAY</b>	<b>27/7</b>	<b>Wendy Moon – ½ Day</b>
<b>FRIDAY</b>	<b>28/7</b>	<b>Urgent Help Needed</b>



**VACANCIES STILL EXIST  
 MORE VOLUNTEERS NEEDED – MONDAYS & FRIDAYS  
 IF YOU CAN ASSIST PLEASE CONTACT CHERYL KINGSFORD  
 AT ST CLARE'S: 6591 2104, HOME: 6552 1857 OR  
 VIA EMAIL: [cheryl.kingsford@mn.catholic.edu.au](mailto:cheryl.kingsford@mn.catholic.edu.au)**

**MATHS WORKSHOP** - Mathematics Workshop provides the opportunity for every student to obtain assistance and support in improving their understanding of mathematics. Four

mathematics teachers are available each week to explain the concepts you are finding difficult or give assistance to enable you to complete your homework, assignments or any work that you may have missed due to absence from class.

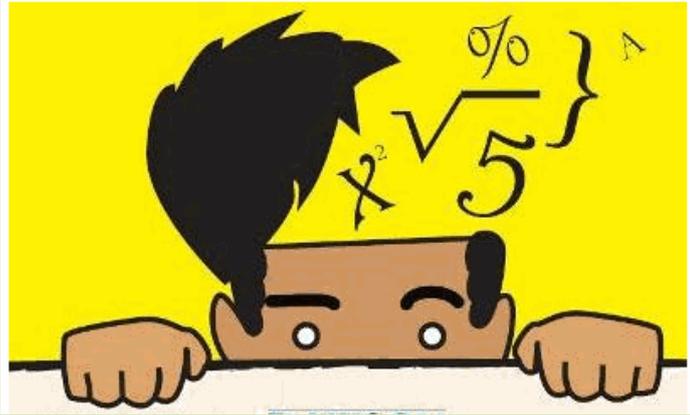
**WHEN IS IT ON?** Wednesday lunchtime - every week.

Bring your lunch!

**WHERE?** Room 10

We hope to see you there!

**Mrs Julie Rowsell, Mathematics Coordinator**



**STUDENT ABSENCES:** If your child is absent from school, it is important to tell the school and provide a reason for your child's absence within 7 school days. After this time the absence, by law, must remain as **unexplained**.

To explain an absence parents and carers may:

- send a note, fax or email to the school
- telephone the school, or
- visit the school

**LEAVE NOTES & STUDENT MESSAGES:** It would be appreciated if parents/guardians would send in a **written note** if their child needs to leave early for appointments etc. Notes should be handed in at the front office in the **morning before roll call**. If parents/guardians need to notify their child of a change of afternoon arrangements, it is necessary to **phone the school prior to 2:25 pm** (End of Lunch – Monday, Tuesday, Wednesday & Friday) or **prior to 1:55 pm** (End of Lunch – **Thursday Sport**) as it is often difficult to locate students if their last lesson is a PE Prac or there has been a room change. **Students cannot be collected from the school during school hours by anyone other than a parent or guardian without written permission.** Thank you.

**LATE NOTES:** Lateness to school is recorded as a partial absence and must be explained to the school the same way as other forms of absence. **Arriving Late for school requires a handwritten note from a parent/carer or a phone call from a parent/carer** or the absence is recorded as an unexplained partial absence. Thank you.

**SCHOOL CLINIC:** Students are reminded that if they are unwell whilst at school they are to advise their teacher who will then send them to the Front Office. If necessary, the office staff will contact a parent while the student waits in the Clinic. **Students are not to contact parents on their mobile phones** as this leaves teachers and office staff unaware of the situation and is also in breach of the school policy – use of mobile phones. Thank you.

## COMING EVENTS - 2017

### Term 3

- Week 2** Wednesday 26/7 ♦ Parent Forum 6:30 pm Library  
Friday 28/7 ♦ Taree Careers Expo - Chatham High School Multi-Purpose Centre – Year 11 & 12 students. Year 10 students may attend ONLY if accompanied by a parent/carer who signs a student out of school
- Week 3** Sunday 30/7 ♦ Year 9 Snowy Trip Commences  
Monday 31/7 ♦ HSC Trial Examinations commence  
Wednesday 2/8 ♦ P & F Meeting  
Friday 4/8 ♦ Year 9 Snowy Trip Concludes
- Week 4** Friday 11/8 ♦ St Clare's Feast Day
- Week 5** Monday 14/8 ♦ HSC Trial Examinations conclude
- Week 6** Thursday 24/8 ♦ Year 10 & Year 11 Parent/Teacher/Student Interviews
- Week 7** Wednesday 30/8 ♦ P & F Meeting  
Thursday 31/8 ♦ Years 7, 8 and 9 Parent/Teacher/Student Interviews
- Week 8** Monday 4/9 ♦ Year 11 Final Exams  
Thursday 7/9 ♦ Year 7 Immunisations
- Week 9** Thursday 14/9 ♦ Responsible Service of Alcohol (RSA) – Year 12  
Friday 15/9 ♦ Responsible Conduct of Gambling (RCG) – Year 12  
♦ Japanese Exchange Program Commences  
Japanese Exchange Program Concludes 30/9/17
- Week 10** Friday 22/9 ♦ Year 12 Graduation Mass  
♦ Term 3 Concludes

### Term 4

- Week 1** Monday 9/10 ♦ Term 4 Commences  
Wednesday 11/10 ♦ Year 11 PDHPE Camp  
Friday 13/10 ♦ Year 7 2018 Orientation Day
- Week 2** Monday 16/10 ♦ HSC Examinations Commence  
Wednesday 18/10 ♦ Senior Retreat
- Week 3** Wednesday 25/10 ♦ P & F Meeting
- Week 5** Monday 6/11 ♦ Year 9 & 10 Examinations Commence  
Friday 10/11 ♦ HSC Examinations Conclude
- Week 6** Friday 17/11 ♦ Year 12 Graduation
- Week 7** Monday 20/11 ♦ Year 7 & 8 Examinations Commence  
Wednesday 22/11 ♦ P & F Meeting
- Week 8** Monday 27/11 ♦ Year 7 DigiEd

**Week 10** Wednesday 13/12 ♦ Year 10 Social  
 Thursday 14/12 ♦ Year 10 Awards Ceremony  
 ♦ HSC results released  
 Friday 15/12 ♦ Annual Awards Ceremony  
 ♦ **Final Day for Students**  
 ♦ ATARs released

**Week 11** Monday 18/12 ♦ **Pupil Free Day**  
 Tuesday 19/12 ♦ **Pupil Free Day**  
 ♦ Final Day for Teachers

**The**  
**hoarders**  
 NEXT DOOR

**Civic Theatre, Newcastle**

<b>Wednesday</b> 2 August 2017 11.00am	<b>Thursday</b> 3 August 2017 11.00am	<b>Friday</b> 4 August 2017 11.00am	<b>Friday</b> 4 August 2017 7.00pm	<b>Saturday</b> 5 August 2017 7.00 pm
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**Book at the civic theatre box office**  
 Any ticketek outlet or call 4929 1977  
 \$10 Matinee | \$20 Peninsula / Concession | \$35 Adult  
 \$23 Group booking of 10 or more | \$23 Family  
 Ticket Prices include GST. Booking and transaction fees may apply.

**TICKETEK**

**ASPIRE** | **Catholic Schools Office**  
 DIOCESE OF MAITLAND-NEWCASTLE  
 This is an initiative of the Diocese of Maitland-Newcastle Catholic Schools

## **FUTURE CHOICES EXPO TAREE 2017**

**Information for students years 10 to 12 with disability,  
additional needs, ongoing medical conditions**

**FREE to attend**

**For students, parents, carers and school staff**

**Arrive at 10am for an important general overview followed  
by an opportunity to browse the stalls**

**Student Central – D Block**

**North Coast TAFE Taree Campus, Montgomery Crescent, Taree**

**Friday 4<sup>th</sup> August**

**10:00am – 12:30pm**

*Invited stallholders include:*

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• National Disability Insurance Agency</li><li>• NDIS School Leaver Employment Support</li><li>• Service Providers</li><li>• Centrelink</li><li>• Traineeships &amp; Apprenticeships</li></ul> | <ul style="list-style-type: none"><li>• Ability Links</li><li>• TAFE &amp; other training providers</li><li>• Disability Employment Services</li><li>• Australian Disability Enterprises</li><li>• Aboriginal Services</li><li>• Advocacy Services</li><li>• Mental Health Services</li></ul> <p><i>And more....</i></p> |
|--|--|

**A 20 seat bus will leave Great Lakes Student Central at 9:15am and return by 1:20pm for  
students wishing to travel to the Expo**

Please book through Rhonda Ebeling [Rhonda.Ebeling@tafensw.edu.au](mailto:Rhonda.Ebeling@tafensw.edu.au) or phone: 6591 3645

**Further Information:**

Chris McGill

Ph: 6555 0500

[christopher.mcgill@det.nsw.edu.au](mailto:christopher.mcgill@det.nsw.edu.au)

Cynthia Fitzpatrick Ph: 0428 394 125

[cynthia.fitzpatrick@newcastle.edu.au](mailto:cynthia.fitzpatrick@newcastle.edu.au)