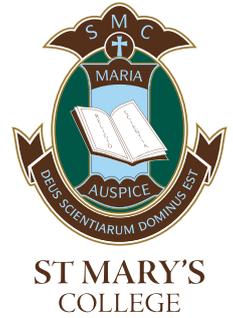


The Fountain



From the Principal

Dear Parents, Staff, Students and Friends of the College,

This week Tasmania celebrates **Catholic Education Week**.

It is an opportunity to recognise and thank staff in the 37 Catholic schools and colleges, the Catholic Education Office, the Tasmanian Catholic Education Commission as well in the support agencies of the Church for the enormous amount of energy and commitment that is devoted to serving the young people of Tasmania that are placed in our care by parents. While recognising always that parents are the first educators of their children, they allow us to share in this role, and for this, the Catholic education sector is most grateful. A look through the periodic and annual publications produced by the 37 Catholic schools in the State leaves one in no doubt about the diversity and richness of educational experiences provided in these schools – all driven by the combined efforts and talents of staff, students and parents. The culmination of Catholic Education Week for our St Mary's College community will be Mass celebrated by Fr Brian Nichols in the Cathedral on Friday to mark the Feast of the Assumption.

Could I encourage as many parents as possible to consider becoming actively involved in the **Parents and Friends Association**. You

will always be very welcome at meetings which are held monthly. The Association does great work for the College and provides many networking opportunities. As you will see further into this edition of the fountain, the Annual General Meeting will be held on 20 October with the next ordinary meeting taking place in the Seminar Room in the Student Resource Centre at 6.00pm on September 1. At the AGM in October the Executive positions of President and Treasurer will be declared vacant. If any parents or friends of the College are interested in being on the executive, Nicole Williams (our current President) would be interested in hearing from you. Contact details are listed in the Parents and Friends page.

Cyber Awareness Week will run (as advised in Brigid Knight's column) from August 24-30. Earlier this year a speaker from the Australian Communications and Media Authority spoke to students and then in an evening session to parents. Parents attending that session received an ACMA pamphlet entitled A Parents' Guide to Online Safety. We have since ordered multiple copies of these very informative guides. These will be distributed to students to take home to parents next week. Please ask for your copy so that it does not remain in the bottom of school bags.

Senior Secondary

Groupings in 2015 will be restructured to include Years 10, 11 and 12 in vertical homeroom and pastoral groups. This exciting and important change reflects our conviction that in terms of academic work and leadership expectations, Year 10 is properly placed in senior secondary rather than in secondary. Homeroom and pastoral groupings for Years 7, 8 and 9 will remain as they are at the moment in 2015 with the focus on Year level needs and care. In senior secondary, girls will remain in their vertical groups (combining students from each of Years 10, 11 and 12) throughout senior secondary. As Year 12 girls graduate and leave the College for further studies, each vertical group would be joined in the following year by students entering Year 10. I will be having short meetings with each of our Year 9 students – beginning in the near future – to discuss their plans and aspirations for senior secondary studies and beyond. There we be an Orientation to Senior Studies Day for Year 9 at the end of 2014 and a Welcome to Senior Studies Dinner early in 2015.

With best wishes,

Tom Dorey
Principal

Faith & Mission News

Definition of

Assumption: something taken for granted; a supposition.

On August 15, Prep through to Year 12 will celebrate The Assumption of the Blessed Virgin Mary in the Cathedral with Fr Brian Nichols. The Assumption (as it is informally known), refers to the bodily taking up of the Virgin Mary into Heaven at the end of her earthly life.

The Assumption Mass for us, as a Catholic school, will be fitting as it takes place at the end of what happens to be Catholic Education Week in Tasmania, and also that it is the most important of all Marian feasts. Among the many definitions for the word 'assumption', is 'something taken for granted; a supposition'. It is also found in the name of Assumption College in Melbourne that educated such academic dignitaries as Billy Brownless and Shane Crawford - proud products of Catholic education.

Do we occasionally take Catholic education, the product, for granted?

As stated by the National Catholic Education Committee, Catholic schools have been a major component of Australian education for over 180 years. During that time they have adapted to changing circumstances and changing times. In recent decades, as both the Church and Australian society have changed, Catholic schools have continued to develop and to

grow in quality and public esteem.

Catholic schools in Australia operate in an ever-changing political and social context which shapes both the way they are organised and function and their teaching and learning priorities. At present, Catholic schools are especially challenged by a range of issues emanating from Australia's changing place in the world and its struggle for self-identity.

What contribution do Catholic schools make?

- educate young Australians to be highly skilled, informed, tolerant, open and just;
- enhance, by emphasising the common good, the development of Australia and the building and improvement of a socially just Australian society that is multicultural and multi-faith;
- provide a perspective which extends beyond national and temporal borders, encouraging students to have an open mind on contemporary issues as a foundation for becoming good Australian and world citizens;
- encourage and provide a basis for students to seek to develop their relationship with their God and to continue their faith journey throughout their lives.

SMC Vinnie's Co-President joins staff on Louis Van

Recently, SMC Vinnie's Co-President, Year 12 student, Laura Knowles joined four St Mary's College staff on Louis Van which



services Hobart's most needy areas. Laura saw first hand the needs of those people who live 'rough' in Hobart and what her Vinnie's group could do to help. From her experience, the Vinnie's group have now begun a Winter Woolies drive to resource the van which on her night was short of blankets and other sleeping gear – which is a focus of the senior school initiative.

Princess Project

The student Eddie Rice group has begun running 'Project Princess' where a group of 10-12 SMC students are paired with girls from a low SES primary school and they visit an op-shop in Kingston called the Top Shop. The Top Shop donates all items that the participants choose, and encourages them to choose something for their mother or another relative. The girls are thrilled that they get to go 'shopping' for clothes, jewellery, shoes or even toys and spend the afternoon with a 'big sister'.

Matthew Williams

Head of Faith & Mission

Junior School News

Dear Parents,

The next few weeks will be very busy with pyjama day, the book fair and parade as well as Science week activities. Please refer to details in this newsletter, notes home and diary entries for your child's requirements for full participation.

Catholic Education Cyber Awareness Week August 24 – 30.

During this week classes in the Junior School will have a focus on Cyber Awareness as it is an important issue in today's world. Mobiles, tablets and the internet have certainly changed our world, becoming an essential part of our lives. But how do we balance all the great things that come from our digital and online world with the potential risks? Keeping children safe online, aware of what to do and how to behave online will be a focus of the Cyber Awareness Week. In the next three newsletters there will a focus on what you, as parents and guardians, can do to help your children be safe online at home for 5-7 year-olds, 8-10 year-olds and 11 – 13 year-olds. Also a brochure published by the Australian Communications and Media Authority (ACMA) called *Cybersmart Parents' Guide to online safety* will be sent home to each family.

5 – 7 years olds

For this age group the internet and mobile devices are mainly for fun. They might enjoy catching up with their favourite TV characters or websites like ABC for Kids, CBeebies or The Wiggles. On mobile devices they will play games like The Wheels on the Bus, Cookie Doodle, Fun Phonics games and

drawing activities. All of these can help children with hand and eye coordination and how to read better but because they're young they need you, as parents and guardians, to be involved and engaged, offering guidance and supervision – Just as you would in the real world. They may want to spend hours on end on a particular website or they may have trouble working out the difference between reality and fantasy or what is advertising and what is editorial and because they're young they may trust anyone. It is crucial that ground rules are put in place as early as possible.

Something to think about:

- o Sit with your child and get involved and make them use computers/devices in a shared space
- o Set up parental controls and safe searching on devices
- o Don't assume your child is only assessing age appropriate websites
- o Start teaching them why it is important to keep personal information to themselves
- o Encourage them to come to you if they do come across anything that makes them uncomfortable
- o Set rules about the time spent on digital devices and remember children should have an hour before sleep time free of using digital devices.

Hot chocolate

A reminder that hot chocolate is still available at the Junior School canteen from 8.20am – 8.40am each morning. The cost is \$1 and proceeds from sales go to the Year 6 Parliament charities. This service will continue until the end of August.

Junior School important dates

August 11: EXC - Year 3B & 3G to Aboriginal Centre, Risdon Cove 9.15am - 2.30pm

August 14: EXC - Year 5S to Elizabeth College 8.50am - 10.45am

August 16 – 24: Science Week

August 18 – 22: Book Week

August 18: EXC - Year 1E & 1P to Radio Telescope then Richmond 9.15-2.00

August 19: EXC Year 5W to Elizabeth College for Science week 1.25pm - 2.55pm

August 19: Drop Everything & Read

August 19: PJ Day

August 20: Book Parade 2.00pm

August 20: EXC - Year 3B & 3G to Elizabeth College 8.45am - 10.15am

August 25: EXC - Year 2P & 2W to Molesworth Environment Centre 9.00am - 3.00pm

August 25 – 31: National Literacy & Numeracy Week

August 27: EXC Kinder Wallabies to Woolworths Campbell St – 9.10am - 11.30am

Brigid Knight

Head of Junior School

From the Counsellors

Resource Guides

We usually cover one broad topic in each edition of *The Fountain* and this fortnight thought that you may be interested in a couple of book suggestions and a host of web addresses which cover a wide variety of interesting topics for parents and students.

Recommendation 1

***The Anxiety Cure for Kids: A Guide for Parents and Children* by Elizabeth DuPont Spencer**

is an up-to-date, practical guide for helping your child deal with anxiety. Fear, worry, stomach pains, self-doubt, trouble sleeping are classic symptoms of anxiety in children. Using kid-friendly concepts and real-life examples, this reassuring guide helps adults and children understand the powerful ways in which anxiety works and how to overcome its negative effects. This revised edition (2014) includes all-new chapters on food phobia; the relationship between anxiety and other illnesses and problems such as ADHD, depression, autism; and anxiety in teens. The lessons in *The Anxiety Cure for Kids* have helped many children break free from anxiety. This book:

- Provides up-to-date, practical guidance for helping both younger children and teenagers deal with anxiety issues
- Shows how to recognise the symptoms of anxiety, evaluate a child's need for medication and/or therapy, assess the role of the family in anxiety disorders, and take concrete steps to find solutions

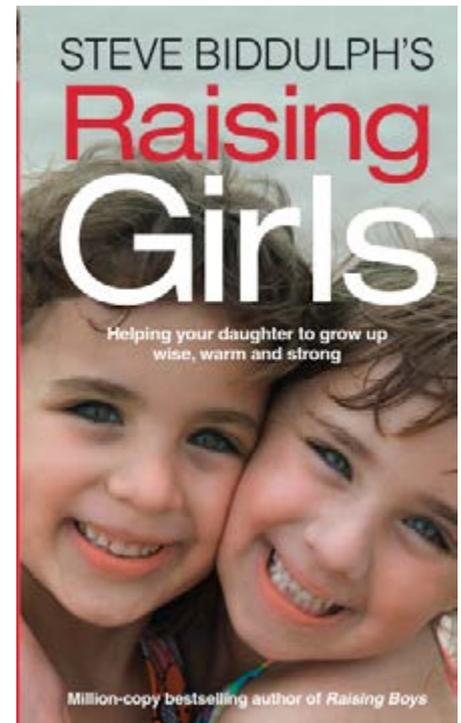
- Explains how to communicate effectively with your child, help him or her confront fear, and boost your child's feelings of accomplishment and self-esteem
- Addresses a range of anxiety disorders, such as food phobia and anxieties about terrorism, as well as the relationship between anxiety and other illnesses
- Also includes advice that can be used by teachers, coaches, doctors, therapists, school nurses, and others who work with anxious kids.

Recommendation 2

***Raising Girls* by Steve Biddulph**

Five key stages of girlhood are laid out (security, exploration, learning to get along with others, finding one's passion or 'spark', and preparing for the freedom and responsibilities of adulthood) so that you know exactly what matters at which age, and how to build strength and connectedness into your daughter from infancy onwards. *Raising Girls* provides a clear map of girls' minds that accepts no limitations, narrow roles or selling-out of your daughter's potential or uniqueness. The book explores how to help your daughter feel secure, become an explorer, get along with others, find her soul, and become a woman. All the hazards are signposted - bullying, eating disorders, body image and depression, social media harms and helps - as are concrete and simple measures for both mums and dads to help prevent their daughters from becoming victims. Steve includes many of the world's leading voices on girls' needs and

makes their ideas clear and simple, adding his own humour and experience through unforgettable stories. Along with his fellow psychologists worldwide, Steve is angry at the exploitation and harm being done to girls today. With *Raising Girls* he strives to spark a movement to end the trashing of girlhood; equip parents to deal with the modern world, and getting the media off the backs of our daughters. *Raising Girls* is powerful, practical and positive and parents can expect to be strengthened by its message.



From the Counsellors Continued...

General Well Being Web Based Programs and Phone Apps for parents and students:

Smiling Mind is a modern meditation for young people. It is a unique web and app-based program designed to bring balance to young lives. It is a not for profit initiative based on a process that provides a sense of clarity, calm and contentment.

smilingmind.com.au

Moodkit helps to improve mood with 200 improvement activities with examples and tips and tailors the activities to individual needs - see website and app.

thriveport.com

The **MoodGYM** to learn cognitive behaviour therapy skills for preventing and coping with depression.

moodgym.anu.edu.au

The **Reachout** is a website designed to help young people access information about a range of topics from alcohol and other drugs, relationships, personal identity, bullying, abuse and violence to mental health issues.

Raising children network - the Australian parenting website is a resource covering topics for parents of newborns through to teens.

raisingchildren.net.au

Youthbeyondblue helps young people know what to do/where to access help if feeling down or anxious.

youthbeyondblue.com

Headspace is the national youth mental health foundation helping young people who are experiencing difficult times.

headspace.org.au

ehespace.org.au

Some useful antibullying sites are:

www.stopbullying.gov/

www.stopbullying.gov/kids/

bullyingnoway.gov.au/

www.cybersmart.gov.au/

www.girlshealth.gov/bullying/

www.antibullying.net/

www.cybersafetyhelp.gov.au/easyguide

Sites for techniques to help to feel calm:

www.mindbodygreen.com/

www.anxieties.com/137/calming-breath

www.anxietycoach.com/breathingexercise.html

www.livingbydesignonline.com/

We are always interested in hearing about resources you have found helpful along your journey through parenthood too and would be grateful for any recommendations.

gbath@smc.tas.edu.au

amaver@smc.tas.edu.au

*Andrea Maver & Gai Bath
School Counsellors*

Women in the Australian Defence Force

Girls interested in the Defence Force are invited to Anglesea Barracks, Davey Street on Friday 19 September for a presentation and an opportunity to talk to serving female members. RSVP to gfrench@dfr.com.au by Wednesday 20 August. Please let Mrs Gartrell know if you have registered to attend.

Student Achievements

Congratulations to the following students who have brought credit to themselves and the College:

Sarah Pratt, Lucy Cooper and Ellen Turner-Smith from Year 9 have all been successful in making it into the Under 16 Tasmanian State Water Polo Team and will travel to Canberra to compete in October.

Friendly Reminder from the Business Office

In order for the College to provide your child(ren) with the utmost care it is paramount that all student details are correct. If you have not yet returned your family database check form please give this your urgent attention.



CAPTION: Recent recipients of the School Wide Positive Behaviour Support badges: Marisa Chu, Laura Scott, Hannah O'Connell, Kate Edwards, Danielle Balmforth & Brianna McVilly-Callinan.

Events to Note this Fortnight

AUGUST

Thursday 14 - Saturday 16

Melbourne Art Trip

Friday 15

Feast of the Assumption Mass & final day of ticket sales for High Tea

Monday 18

Year 10-12 reports distributed

Tuesday 19

Whole School PJ Day

Friday 22

PICSE Science Fair

Sunday 24

High Tea hosted by the Past Scholars' Association

Tuesday 26

Year 10-12 Parent Teacher Meetings
4.00pm - 7.00pm

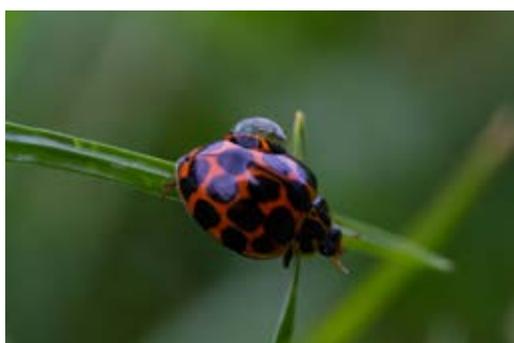
Wednesday 27

Year 9 (2015) subject selections closes

Wednesday 27 - Friday 29

Outdoor Education camp

SNAP Photography Competition 2014



A huge congratulations to Isabelle Reardon in Year 10 who took out first place in the Year 9/10 category of Launceston Church Grammar School's SNAP Photography Competition - a Photographic Scavenger Hunt Competition open to all students from Year 9 – 12 across Tasmania. Isabella was awarded a digital Canon 600D camera with twin lens kit as her prize.

A photographic scavenger hunt is one in which students collect photographs rather than objects. For this competition students were required to take 20 photos matching a list of 20 subjects providing the potential for creativity and artistic interpretation.

An exhibition of all finalists is held at the Poimena Gallery at Launceston Church Grammar School during July and August. Isabella's photos can be viewed at: <http://snap.lcgs.tas.edu.au/entries/artist/isabelle-reardon>

Isabelle also entered two calendar competitions recently. One of her photographs was one of 12 selected for the Glamorgan Spring Bay Council calendar. She was also advised she was one of 50 finalists in the Australian Bureau of Meteorology calendar competition from over 800 entrants.

Your Parents & Friend's Association

Next Meeting

Please come along to our next meeting Monday 1 September at 6.00pm in the Student Resource Centre or contact us if you have any agenda items.

Interactive Whiteboards

The P&F have recently purchased three Interactive Whiteboards for use in the Junior School. They are installed and have been a great learning tool in those classes.

Annual Trailer Raffle

The Annual Trailer Raffle will be held on October 22. Please contact us if you would like to donate a raffle prize. We will also need some assistance in running this event. Again please contact us.

College Fair

As we are looking in to a School Fair for 2015, it is very important to be able to contact parents. For a fair to be successfully we require your help.

Please be aware that the only way the Parents and Friends Association can contact you is for you to provide us with your email address.

A fair would be a great community event and would also be a great way to fundraise. Please be part of the Parents and Friends Association.

Annual General Meeting

Also note the P&F Annual General Meeting will be held on October 20 and some executive positions will be available. Please email the below address for a Committee Nomination Form.

Thank you

Nicole Williams

*President - St Mary's
College Parents and Friends
Association*

For more information please feel free to contact the following;

PRESIDENT: Nicole Williams
Mobile: 0410 481 595

SECRETARY: Kerri Philpott
Mobile: 0418 329 125

Or our P&F email:
pfa@smc.tas.edu.au



Book Week is around the corner...

Here are some important dates to remember!

- Pyjama day and 'Drop Everything and Read' event held on Tuesday 19 August. Students wear uniform to school.
- Dress-up Character Parade on Wednesday 20 August at 2.00pm. If weather is fine, gathering on the school top ground. Bad weather, and we will move the event into the Nagle Centre. Students wear school uniform to school and those going home with a parent are allowed to go home in costume.
- Scholastic Book Fair selling days are from August 20-22 from 8.30am till 4.00pm. Only students accompanied with parents permitted to attend the before school sessions. Keep an eye out for the official invitation/pamphlet from the fair that will come home this week. Any money sent to the school with children must be in a sealed envelope and given to classroom teachers at the beginning of school day for safe-keeping.

Sneakers & Jeans Dance

On Friday evening a Sneakers and Jeans Dance for our Year 7-12 students was held in the Nagle Centre at St Mary's College to raise awareness and funds for ovarian cancer research. The proposal for the dance and fundraiser was the idea of Year 7A student, Ella Berresford, and with the help of Year 12 students it became a reality.

The event was supervised by 10 teachers who really didn't have to do much but be there to ensure safety. All of the arrangements and preparations were successfully made by Ella and Year 12 students. It was a wonderful display of energy, imagination and resourcefulness. As students entered the Nagle Centre they were greeted with great music, coloured lights and balloons and of course a dance floor. And dance they did!

The music was provided free of charge by a very generous parent, DJ Mr Michael Fox, father of Chloe Fox in Year 7A. Ella's idea came about as a response to hearing of Sancia Fenton's fight against ovarian cancer. Sancia attends Ogilvie High School, but up until Term 2 this year was a Year 8 student at St Mary's College.

Ella's three page written proposal was submitted to the College Leadership Team and all were impressed with her effort, sincerity and desire to make a difference. Ella has since said 'I wanted to help and I thought it was a nice idea'.

Ella's 'nice idea' became an opportunity for many students



to 'go one pace beyond' and the students involved will present a cheque for \$900 to a representative from the Ovarian Cancer Australia at an assembly on Tuesday 2 September.

I would like to congratulate Ella on her initiative and thank her and the staff and students involved in the whole evening for their support and generosity. We all have nice ideas, but this one became

Gang Show

See St Mary's College students Claire Jones and Jennifer Parsons in this year's Hobart Gang Show *Behind the Red Door* from August 21-23 at the Mt Nelson Theatre. For ticket information go to <http://www.trybooking.com/FBAI>. The Gang Show is an annual theatre production written, produced & performed by Scouts & Guides of Hobart.

Bringing NAPLAN home: The results & your child

In late August, parents will start receiving their child's NAPLAN student report. In an attempt to give a better context and an increased understanding about the student reports to parents, the Chief Executive Officer of ACARA has written an open letter to parents, which can be viewed on the ACARA website or via the following link: http://www.acara.edu.au/verve/_resources/20140723_NAPLAN_letter_to_parents.pdf?_cldee=d2ZvcnN5dGhAc21jLnRhcy5lZHUuYXU%3d

Junior Sports Report



Netball

Year 5/6 Brown

Summary: On July 7, the team played Collegiate Red. After a difficult first quarter where Collegiate were without bibs, SMC Brown settled down and got scoring. Claire Riley was accurate in goals in the first half before moving into defence. Holly Anderson took over the scoring in the second half and was well supported by Gabriella Colavechio who moved from centre to goal attack. Claire Jones had another busy game in the centre court, driving strongly for the centre pass as wing attack and then later as wing defence. Lucy Marley moved into wing attack and played well whilst Jemma Harris controlled the defence and enjoyed half a game as wing defence. Sammy Doyle left the centre court this week to play in goal defence and goal keeper and rebounded strongly alongside Hayley Kent, who had many intercepts. The girls finished their eighth game as victors.

Year 3/4 Blue

Result: On July 28, the team played Friends Blue, winning 5-2.

Summary: It was a close game which was very evenly matched. Georgia and Holly did an awesome job in defence and intercepted many passes. Lily and Vara worked brilliantly in goals. Carla's determination to go after the ball for possession was outstanding.

End of Season

Congratulations to the Junior Hockey and Netball teams who have now finished their roster.

CAPTION - (top-bottom): Year 5/6 netball girls, Year 3/4 netball girls & Year 5/6 Hockey girls.

Overland Track

This year we commenced the Overland Track on Friday 16 May. The bus was full of excitement and apprehension as we travelled from the College up to Cradle Mountain. There were six eager students who participated on the hike; Sophie Saville, Isabella Cataruzza, Emily Macquarie, Fiona Anderson, Carla Falzari and Agota Zebrauskyte, as well as three adults Ms Jane McGennnicken, Mrs Sheree Kemp and Miss Sarah Cubit.

We started our journey on Saturday morning by donning our wet weather gear as it promised again to be a rainy trip. However, the wet weather was not even a problem this year. This year it proved to be a new element of concern, the wind. The first day saw a few losses such as pack covers as the wind quickly sailed them away; however, the troops battled on. We were very glad to settle in on that first night, having a hut all to ourselves. Much to our delight this occurred every night on the camp.

Finally on the fourth day over Pelion Gap, the sun came out and happily guided us on our last two days home. Outstanding views and landscape were easily seen. Every year proves to be full of new challenges, experiences and stories but the end result is always the same. The girls who come on this trip take away friendship, respect, resilience, an appetite for fresh (sometimes greasy) food and, most importantly, a sense of accomplishment and a BIG smile!!



The ladies we took this year were an amazing group of high spirited, selfless and caring people who took on every challenge that they were faced with. A BIG thank you to these girls.

We also are lucky to have brilliant people within the St Mary's community who will drop everything to come and help. I would like to thank Sheree Kemp and Jane McGennnicken who give up a lot to come on these camps and their knowledge, skills and friendship are greatly appreciated.

The St Mary's College 'Young Vinnies' group warmly invite students, parents, staff, Old Scholars and friends of the College to their

Quiz Night

WHEN: Friday 17 October, 7.00pm

WHERE: St Peter's Hall, St Mary's College, 164 Harrington St, Hobart

TICKETS: \$10 per person (a gold coin donation for children under the age of 12)

RSVP: Tickets must be purchased by Friday 10 October from the St Mary's College Business Office

HOW: There will be groups of 8-10 per table, so please ensure you secure your seat and table by October 10, as door sales will be limited

PRIZES: There are prizes for the winners, lucky door prizes and a raffle

All money raised on the evening will go towards supporting the Hobart St Vincent de Paul Society

NOTE DATE CHANGE!



ST MARY'S
COLLEGE



St Mary's College Past Scholars' Association
warmly invite you to

High Tea

We are hoping that many past scholars, past and present parents, students, staff and friends of the College will come along and experience a wonderful afternoon together with delicious cakes and pastries, fruit platters, tea and coffee.

WHEN: Sunday 24 August, from 2.00pm – 4.00pm

WHERE: The Hobart Function Centre, Elizabeth St Pier

COST: \$30 per person

RSVP: To Kylie (details below) with payment by Friday 15 August

PAYMENT: Payment can be made by direct credit to account name SMCOSA, BSB: 067000, Account no: 905514. Please enter your name as the description. Payments can also be made by post to St Mary's College, addressed to the Past Scholars' Association. Please include your contact details.

Once payment has been made, please contact Kylie to book in your spot and let her know which table you want to sit at and if you have any special dietary requirements:
(E) kyliekmb123@hotmail.com (T) 0467 054 264



ST MARY'S
COLLEGE



TICKET SALES CLOSE THIS FRIDAY!

