Dear Members of the St Gregory’s Family,

Welcome back to the College for 2016, a special year when we will be celebrating 90 years of Marist education at the College. Welcome to our new families who are joining us for the first time and also to returning families. Hopefully it has been a peaceful break and a restful one as well.

Welcome to our new staff members: Mr Hawkins, Mr Morrissey, Mrs Hackett, Miss Burdekin, Mr Williams, Mr Jefferys, Mrs Bucca, Miss Parsons, Miss Bianchi, Mr Malaesilia and Mr Canute. Hopefully they will find their time at the College professionally and personally rewarding.

It will be a special year, with our 90th celebrations, which has already commenced with our High Achievers’ Assembly. Our College Dux, Ivan Brcic spoke to the College about his education here at the College and what it meant to him. We had twenty students return to the College who scored an ATAR of 90 or more. Congratulations to Mr Hartnett and Mr Abra for teaching Liam O’Neill, who came 7th in the State in Construction. Congratulations also to Mr Bullock who taught Jack McNally, who came 20th in the State in Legal Studies. A very good year!

Congratulations to our Marist Cricket team who travelled to Melbourne at the end of last year. It was a young team who acquitted themselves well under the leadership of Lachlan Binskin. They won the tournament and had three boys listed in the Marist merit side. (Lachlan Binskin – Captain, Wallace Marshall and Daniel Slane.) Thanks to Mr Jamieson and Mr Lantz for accompanying the boys during the holidays.

Congratulations to Brandon Cotter who was named Young Citizen of the Year at the recent Australia Day Awards in Campbelltown. This is a great honour for Brandon and one I am sure that he deserves. Well done!

Congratulations to Zander Regan who has been chosen for the Under 19’s Apia side to travel to Italy to play in the Via Reggio Tournament. Zander is the youngest person to be chosen for this honour. This is a worldwide tournament sanctioned by FIFA and only one team from Australia is invited to compete.

I would ask parents to be patient with the current traffic arrangements especially in the afternoon with the pickups. All pickups should take place behind the Chapel in the circular drive. I would encourage drivers in the line to park as close to the hill as possible so that the buses have more room to come through when a staff member is directing them. I would ask drivers not to follow the buses through as it is dangerous and it can cause accidents, which nearly became reality last Friday. If drivers do not wish to wait, I would suggest a 3.30pm pickup and you will drive straight through.

Lent is upon us next week with Ash Wednesday being celebrated on Wednesday. I will put a separate letter out on the subject of Lent.

The year has commenced well and I trust that we will keep moving forward in a positive direction and I am then sure that we can register another successful year at the College.

Quae Seminaveris Metes.

Damien Millar
Headmaster
Dear Parents,

Canteen
As was emailed last week, we have a shortage of parents to assist with the serving in the canteen. Many families rely on this service and available parents are desperately needed. Please contact Ms Carmela Veron on 46294125 or by email to carmela.veron@stgregs.nsw.edu.au if you can assist.

Drop off / Pick up
Can you please assist the College by only dropping off and picking up in the designated spot. The College understands that there is a high volume of traffic and it can be time consuming but your child’s safety is our priority. In the afternoon, picking up your son after 3.15pm will ensure you have little or no wait time.

Buses
The College is distributing Opal cards for eligible students. Our own priority system is also being resolved. The College has requested the afternoon Appin bus from the station leave later and is awaiting confirmation from Busabout. There is also a large number of boys coming from Camden and we will look at a priority system for those students who have to get a connecting service in the afternoon from Camden.

Matthew Brennan, Deputy Headmaster

Mission
At our College Mass this morning, the theme for the year was introduced and explained in the reflection delivered by our student leaders.

“The Gospel reading challenged us in Luke’s interpretation of the Sermon on the Mount. It encourages each of us to: ‘Do good to those who hate you, bless those who curse you and pray for those who mistreat you.’ That can’t be easy! 2016 is a Jubilee year and Pope Francis has declared a Year of Mercy. As members of the Church we are asked to pay special attention to the works of mercy.

“In this the 90th year of education here in Campbelltown, the challenge is there for all of us to really try to live out these works of mercy. In the Lenten Appeal coming up, we can all contribute. This money is used by CARITAS and Marist Solidarity to feed the hungry, give drink to the thirsty, clothe the naked and shelter the homeless. Through Claymore HW Club, Reiby Detention Centre football and the many activities in the Community Service programme, Years 10 and 11 in particular can visit the sick and imprisoned. All of us can be counsellors and teachers for one other. All of us can admit our faults and forgive the faults of others. All of us can be people of prayer.

“It will be challenging so if it gets too hard and we fail or let ourselves down … what then? Our first reading was a letter to the Corinthians, with a message that no matter how hard it gets, God is always with us. Like the people of Corinth, we remember that we are never alone. We remember that God has given us the gifts we need to grace our world with His mercy - forgiveness, compassion, justice and kindness.”

Cathie Clarke, Director of Mission/RE Coordinator

Year 7 News
Between all the wild weather in the past week, the Year 7 cohort of 2016 started well at St Greg’s. The Opening Assembly with welcoming certificates and the Dux Assembly were two very impressive starts for the group with their focus and ability to handle the logistics of a large group moving in and out of the hall. Laptop rollout and the subsequent orientation lessons on how to use them correctly have seen this group of young men be bombarded with a myriad of information and somehow still come out with smiles on their face. I must admit that I have been very impressed with the manners of the year group and the way they have presented themselves in a proud and worthy manner most befitting of a St Greg’s boy.

The next challenges for the Year 7 group will be sports days and the integration of computers into their learning environment. It is extremely important that the students embrace the technology for the learning support that it can provide and not just see the laptop as an entertainment device.

Overall, I am extremely happy with the way all boys have presented themselves and if they keep this intensity of commitment to being a part of the St Greg’s community, then this year should be a spectacular experience for them.

Stephen Hartnett, Year 7 Coordinator
Congratulations to the following students for their achievements as shown:

**Lachlan Binskin**  
(Year 12)  
Listed in Marist Merit Cricket team

**Wallace Marshall**  
(Year 11)  
Listed in Marist Merit Cricket team

**Daniel Slane**  
(Year 11)  
Listed in Marist Merit Cricket team

**Brandon Cotter**  
(Year 12)  
Awarded Campbelltown Young Citizen of the Year

**Zander Regan**  
(Year 10)  
Selected in the Under 19’s Apia Football team

Welcome to the 2016 academic year. Year 12 have hit the ground running with a very practical study skills session with Prue Salter from Enhanced Learning. For more information on this session and for study tips, see the report below. Year 11 have started their journey as senior students while Year 10 are working towards the first completion stage for the ROSA. Year 9 have started the study of electives for the first time while Year 8 has added Italian to their programme of study. For our new Year 7 students, the exciting but occasionally daunting journey that is high school has just begun.

**Study Skills**

This week Prue Salter from Enhanced Learning Educational Services (www.enhanced-learning.net) ran a study skills session with Year 12. Year 12 looked at advanced research about the brain and how that could be used to make their study more effective. The focus on the session was looking ahead to the next set of examinations and how students can ensure they are well-prepared. Steps to make effective study notes were highlighted and students also examined the study techniques they traditionally used, exploring new techniques they could try. Students also looked at time management strategies to ensure they were working effectively at home.

Parents are encouraged to review and discuss the handout from the session with students and identify practical changes they can make to improve the home study environment and support system. The Study Skills Tips for Parents website (http://studyskillstoipsparents.com/) provides additional advice for parents needing more information.

All secondary students at our school also have access to a great study skills website to help students develop their skills. Go to www.studyskillshandbook.com.au and enter the username: forstgregsonly and the password: 60results and start improving your results today!

Study Skills Tips for February are on the next page of this newsletter.

Catherine Keegan, Director of Teaching and Learning

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**Class groupings 2016**

<table>
<thead>
<tr>
<th>Year</th>
<th>Challenge Class/ Graded Class</th>
<th>Mixed Ability Classes</th>
<th>Support Classes</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>A</td>
<td>B,C,E,F</td>
<td>D,G</td>
</tr>
<tr>
<td>8</td>
<td>A</td>
<td>B,C,D,E,F</td>
<td>G</td>
</tr>
<tr>
<td>9</td>
<td>A and B English and Science</td>
<td>C,D,E,F</td>
<td>G</td>
</tr>
<tr>
<td>10</td>
<td>A and B English and Science</td>
<td>C,D,E</td>
<td>F</td>
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</tbody>
</table>
Study Skills Tip for February

ACHIEVING YOUR GOALS

A big step towards achieving your goals is developing and maintaining a goal setting mindset as the attitudes you have learnt and develop will influence the way you view goal setting. Approaching a task with a negative and self-defeating attitude makes it much harder to actually be successful at that task.

You need to have a positive attitude when you are setting and trying to achieve your goals. A positive attitude means you are looking for ways to succeed rather than focusing on the difficulties and obstacles that could be in your path.

To create a more positive attitude:

- Each day note down something you did towards achieving your goals.
- Note down any changes someone else has noticed, eg. your teacher says well done on your work.
- Don’t stop trying if something goes wrong, rather reassess your goals or decide you need to work harder to achieve them.
- Find a mentor or helper to encourage you to achieve your goals, possibly someone who is interested in the same things or is good at the same subjects, but is a bit further ahead of you.

Other reasons why we don’t achieve our goals:

- No action plan.
- No true commitment to the goal.
- Not rewarding yourself along the way.
- Trying to focus on too many goals.
- Not preparing yourself for success.
- Fear of failure.

If you are still not achieving your goal try this:

- Clarify your goal.
- Write a list of actions.
- Analyse, prioritise and prune.
- Organise your list into a plan.
- Monitor the execution of your plan and review your plan regularly.

You can learn more about goal setting and many other topics to help you achieve your best at school at:

www.studyskillshandbook.com.au,
logging in with these details:

Username: forstgregsonly
Password: 60results

Mrs Catherine Keegan
Director of Teaching and Learning
What do young people need?

Lots of recent research shows:

* Young people want to talk about tough issues with family
* Young people also need to learn how to stay safe.
* Young people respond best to parenting that is not unduly harsh but neither is it unduly lenient
* Young people want parents that are available to them even if they don’t talk to parents that much

Not sure how to navigate these needs and wants? Our counsellors can help find strategies that best fit with each family and engage parents and young people more positively.

NEW

Parent Line counsellors use research-based understanding of young people and families together with proven parenting strategies to help parents develop more positive relationships with young people. We support parents to find strategies that best work for their family and we provide thousands of referrals every year to services all over New South Wales.

Only the best will do

Parent Line is a unique telephone and online counselling and support service for parents and carers. We cover issues with babies, children and young people up to 18 years of age, all over NSW. Our counsellors are professionally trained and specialise in working with families.

We want to make it as easy as possible for busy parents and carers to connect with us and obtain the information they need. We now have Online Counselling via our website at www.parentline.org.au, you can email us a question using info@parentline.org.au or find us on Facebook for our latest tips and useful research.

1300 1300 52

info@parentline.org.au
www.parentline.org.au

7 days a week