Dear Members of the St Gregory’s Family,

We are now into the second week of Lent. Lent is the time when we prepare for the coming of the Easter season. We know that Christ went out into the desert and fasted for forty days in order to prepare himself for the time that he knew was ahead of him. Fortunately we don’t have to face the same crisis. In our own lives, we all do face crises of one sort or another and they are all relative according to the person who is facing them. We can often see boys at St Gregory’s with broken arms or legs as a result of sport’s injuries and we know that they will heal in time. How do we handle the person who is suffering from depression or some other sort of mental health disorder? Do we show the same sympathy or do we just take one look and move on as they look normal and there are no obvious injuries. Lent is a time for reflection, when we should stop and look at our current practices of how we go out to others. During Lent we talk about almsgiving as a way of focussing our attention on Lent. Further down in this letter, I have related a story about our students who demonstrated in a practical way how they see almsgiving.

The Opening College Mass

The Mass took place on Friday 8 February in the College Hall and was led by Father John. We had many special guests from the surrounding schools and from across the Marist world including the local member for Campbelltown. Thank you to the many parents who made the effort to be with us as we acknowledged our new College Leadership Team for 2013. Many parents had travelled long distances to be with us and/or taken time off work. On behalf of your son, thank you for making the effort as it was wonderful to see so many parents and friends supporting the gentlemen of the College on this auspicious day. Congratulations to Edward Thomas, College Captain and Thomas Bent, College Vice Captain for 2013. I am sure that they, along with their team, will do a wonderful job and give leadership to the young men of the College throughout the year. Thank you to Mrs Clarke and her team for the work that they did in bringing the Mass to fruition. Thank you also to our musicians for their great work. Thank you to Mrs Jeffcoate and the Alliance Team for the morning tea.

Information Evening for Year 11

The Information Evening was held last Monday evening in order to provide a launching pad for the young men of Year 11 and their parents as they commence their senior studies. Hopefully the evening was beneficial and the information will be of help in their journey. Thank you to the many parents who travelled long distances in order to support their sons.

Parent Forums

This week we held the first of the three Parent Forums for this term. The Year 7 one was held last Monday with one in the morning and one in the evening. The Forums have been useful in disseminating information about the College and its plans for the future, and have allowed time for discussion.

Public Speaking

The Gordon Fetterplace Competition which is an internal competition was held last Friday evening as a precursor to the CDSA Competition which commences tonight. There were over fifty entries which is an improvement on the number of entries from the previous year. Congratulations to all the boys who entered the competition as it is never easy to stand in front of a crowd and speak with or without notes.

Generosity

When I was at Oxford Falls last week to watch the boys playing Basketball against St Pius, I noticed a boy from St Pius approach them with a bucket and it was obviously a collection for something. I listened in and found that it was to raise money for the young man from St Pius who was injured during the holidays by gate crashers at a party. The young man has been in the news as he was in a coma for a number of weeks and has only just been moved from intensive care. Our young men listened to the young man’s plea for a contribution but didn’t have any money on them as they were ready to play. The St Pius student moved off and continued on his cause while I watched our boys go across to their bags on the other side of the court and get some money. They returned and realised that the boy had moved off and I thought that would be the end of it but they then went outside to locate him and give him their contribution. I was struck not only by their generosity but by the fact that they had to go to such an effort to make the contribution. If these are the sort of young men who are gracing the hallways of St Gregory’s, we are very fortunate indeed.

Quae Seminaveris Metes.

Damien Millar
Headmaster
Friday 22 February 2013
CSDA Public Speaking Round 1
Royal Canberra Show commences

Friday 22 and Saturday 23 February 2013
New Parent Cocktail Evening
Commencing at 7.00pm in the Donovan Centre

Sunday 24 February 2013
College Open Day
(see information below)

Monday 25 February 2013
Years 10, 11 & 12 Parent Forums
Commencing at 9.00am and 7.30pm in the Donovan Centre
Year 11 Biology Excursion

Tuesday 26 February 2013
Year 10 Geography Excursion

Wednesday 27 February 2013
Year 7 2014 Information Evening
(See information below)

Friday 1–Monday 4 March 2013
Pupil Free/Boarders Free Weekend

Wednesday 6 March 2013
Year 12 Geography Excursion

Thursday 7 March 2013
Br Wilfred Cup Football St Gregs Vs Old Boys
Commencing at 1.00pm

Friday 8 March 2013
Year 10 Parent Cocktail Evening
Commencing at 6.30pm in the Donovan Centre
CSDA Public Speaking

Monday 11 March 2013
Years 8 and 9 Parent Forums
Commencing at 9.00am and 7.30pm in the Donovan Centre

Tuesday 12 March 2013
Year 7 Twilight Dance
Rostrum Voice of Youth Public Speaking

ATTENTION ALL YEAR 10 PARENTS
REMINDER
“WE’RE HALF WAY THERE”
COCKTAIL EVENING
To be held in
THE DONOVAN CENTRE
On Friday 8 March 2013
Commencing at 6.30pm to 9.30pm
Special Guest –
Mr Ken Moroney, Former NSW Police Commissioner
Dress : Lounge Suit

The Foundation Office will be conducting the second “We’re Half Way There” Cocktail Evening on 8 March. The aim of this evening is to celebrate the past three years and provide parents with the opportunity to come together as a year group as you embark on the next stage of your son’s education.

I look forward to you joining us as I’m sure it will be a fun night with lots of surprises in store!!

Catherine Jeffcoat,
Development Office

WOULD YOU LIKE TO HELP IN THE CANTEEN?

If you can help in the Canteen, even if you can only make it once a Term, and particularly Monday, Tuesday, Wednesday or Friday, please contact me on 46294201 or by email to lynnette.bristow@stgregs.nsw.edu.au

Lyn Bristow,
Canteen Manager

2013 Uniform Shop Opening Days

Dear Parents,

Commencing in February 2013, the Uniform Shop will be open Tuesdays and Thursdays only. Please refer to the College website (under Enrolment/Uniform Shop) for a complete calendar of opening days and times for the year.

Please note that the College Calendar, however, lists the Uniform Shop opening days as Tuesday, Wednesday and Thursday. Whilst this was correct at the time of printing, it has since changed to the two days noted. I wish to apologise for any inconvenience this may have caused.

You are welcome to contact me on (02) 4629 4226 regarding this.

Thank you.

John Sammut,
Finance Manager

St Patricks College Inaugural Emerald Gala Ball

To be held on Saturday 9 March at the Cube, Campbelltown Catholic Club from 7.00pm. Past staff and students are invited to organise a table and join the fun of the night. Tickets can be purchased through the website www.saintpatricks.nsw.edu.au or by contacting the College on 46292999.
From the Deputy Headmaster

**Priority Passes**
Buways representatives will attend the College on Friday afternoon 22 February to look at the demand for Station buses and Camden buses. After parental letters and a request from the College, they will also look at the situation with the Appin bus in the morning. There may be a possibility that we can secure a bus from Appin to St Patrick’s College and then St Greg’s thus avoiding overcrowding on the public bus. I will keep you all informed via letter, email or the Newsletter.

**Picking up students from Campelltown Station who have Priority 1 passes**
I was disappointed to find out that some students who have applied for, and gained, Priority 1 passes are being picked up from Campelltown Station when the reason they gave for needing the pass was to catch a connecting train or bus. Both myself and Mr Millar will be patrolling the station at different times and if we see families who are abusing the system I will take the Priority 1 pass off the student/s involved.

**Uniform Expectations**
There are still a few boys pushing the boundaries with hair styles and length as well as shoe type. As a rule the softer leather shoes you get from The Athlete’s Foot do not meet our requirements.

**No Hat No Play**
All boys have been reminded that they must wear their College cap if they wish to play on the Basketball Courts or Areas 4/5 at Recess and Lunch.

---

**Teaching and Learning**

**Year 12 Study Skills Seminar with Prue Salter from Enhanced Learning**
Year 12 took part in the final instalment of the study skills programme that began for many in Year 7. The focus of the session was to help Year 12 set themselves up to achieve their personal academic potential in their final year of school. The session outlined research that students can use to make their approach to study more effective. Organisational skills, time management, study notes and study techniques were also reviewed – building on the work done with the boys in previous years. Parents are encouraged to review the handout from the session with students and discuss the main areas identified where changes need to be made. Parents can also find extra study skills tips on the following website: [http://studyskillstoptipsparents.com](http://studyskillstoptipsparents.com). All students from Year 7 to 12 also have access to the study skills website to help them to develop their skills. Go to [www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au) and enter the username: forstgregsonly and the password: 60results

**Study Skills Tip for February: Coping With Transition**
Many students will be experiencing some form of transition this year. Perhaps they have moved from Primary School to Secondary School. Perhaps they are now a senior student. Maybe they are trying a new subject or changing levels within a subject.

With change, can come uncertainty and anxiety. Whenever we are in a new situation, we have a period of time where we are learning and adapting. Below are some tips to help students make their transitions this year as smooth as possible.

1. **ASK QUESTIONS:** Ask lots and lots of questions. If you are unsure about something, don’t sit there in silence, ask a question. If you are uncomfortable asking the teacher directly, then ask a friend or ask the teacher after class. But be aware, there are probably many other students with the same question and they will probably be thankful that someone asks the question they also have!

2. **FIND A BUDDY:** It is much easier if you have someone to talk to about what you are both experiencing. Someone you can check things with, even just someone to listen to you when you want to moan and groan, or celebrate! You don’t have to specifically say ‘let’s be buddies’, but look out for a like-minded person so that you can help each other along the way.

3. **CONSOLIDATE:** When you are learning new things, or have lots of new information heading your way, it’s important to take time to consolidate. This could be explaining what you are learning to someone like your parents, or it could be writing a short list or summary of what you have been told so you don’t forget it.

4. **POSITIVE ATTITUDE:** Your attitude can make a world of difference to the type of experiences you have during any transition. Start noticing your thoughts. Are they negative or positive? You can start to take control and direct the way you think about a situation and this in turn will change how you feel. For example if something goes wrong and you notice you’re thinking something like ‘what an idiot, I can’t believe I did that’ immediately catch yourself and say ‘that’s a bit negative, after all, everyone makes mistakes, at least now I know what I need to do for next time’. Eventually you can start to have a more positive reaction to things, look for the good in situations.

5. **AIM FOR PERSONAL BEST:** Don’t compare yourself to other people. Aim for your own “personal best”. Strive to do the best you can, to learn, to grow and develop. We all have different skills and strengths and sometimes these aren’t always evident in the school situation. So just focus on being the best student you can be and celebrate all of your strengths and gifts – whether they show up in the school arena or in your outside life.


Stephen Kennaugh, Deputy Headmaster

Mrs Catherine Keegan, Director of Teaching and Learning
MCS AND ISA BASKETBALL AND CRICKET

In a great finish to the MCS Basketball competition, all teams had wins against Dundas. Top scorers were Caleb Conwell in First Grade with 16 points, Gary Charles in Second Grade with 19 points, Lachlan Anderson in Open Year 10 with 9 points, Cameron Jefferys in Open Year 9 with 10 points and Jack Carter in Open Year 8 with 11 points. The MCS Semi Finals are to be played this week with our First Grade, who finished in 4th place, to play St Dominic’s College, Penrith. All other teams have had really good results with 5 or 6 wins this season but have just missed out qualifying in the top 4 for a place in the Semi Finals. The Second Grade and Year 10 Opens finished in 6th place, the Year 9 Opens in 7th place and the Year 8 Opens in 5th place.

The Saturday ISA Basketball competition against St Pius X saw strong wins to the Under 14 years, 15 years and Opens teams with Arthur Currie scoring 20 points for the Opens.

In the MCS Cricket competition, St Gregory’s are Minor Premiers in all divisions – First Grade, Second Grade, Year 10 and Year 8. Our Third and Fourth Grade teams have also qualified for the Second Grade Semi Finals. An outstanding result for all our teams.

In a disappointing result for our First Grade Cricket team, they have been unsuccessful in defending the CCC Downie Open Cricket Trophy that the College has won for the last two years. They were defeated by St Leo’s Catholic College, Wahroonga by 6 wickets. They now look forward to defending their MCS Cricket Championship.

COACHING APPOINTMENTS FOR 2013

RUGBY LEAGUE

1st Grade  Patrick Newell  Assistant  John Dixon
Manager  Rebecca Burke

2nd Grade  Luke Wilson  Third Grade  John Dixon

16 Years A  John Howell  15 Years A  Andrew Jamieson
15 Years B  Richard Abra  14 Years A  Greg Bingham
14 Years B  Kerry Todd  13 Years A  Daniel Reyes
13 Years B  Graeme Cook

12 Years NSW All Schools Carnival Bernard Malone
MCS Travelling Assistant/Co-Manager Bernard Malone, Greg Serone, Maryanne Pickard
Grounds/Referees Greg Serone, Paul Blundell, Peter Baz

FOOTBALL (SOCCER)

1st Grade  Jason Marks  2nd Grade  David Clarke
Year 10  Baldino Vetrano  Year 9  Stephen Hartnett
Year 8A  Rob Wignall  Year 8 B  Trudy Sawyer
Year 7A  Justin Bale  Year 7B  Marisa Bevington

SWIMMING

Coach  John Dixon
Assistant/ Manager/ Official  Kathryn Wray  Ian Anderson  Michael McGuigan  Sally Davidson

REPRESENTATIVE HONOURS

Jake Grove (Year 12) and Lachlan Inger (Year 10) were selected to the CCC Open Metropolitan Cricket teams.

Forthcoming Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>28 Feb</td>
<td>MCS Basketball and Cricket Grand Finals</td>
</tr>
<tr>
<td>28 Feb</td>
<td>Thursday Sport—new sporting activities</td>
</tr>
<tr>
<td>5 Mar</td>
<td>Marist Swimming Carnival—North Shore</td>
</tr>
</tbody>
</table>

On Saturdays in winter the College offers all students the opportunity to play Rugby Union through our membership in the Independent Sporting Association’s Rugby Union competition. Involvement is growing steadily each year with over 180 boys playing for the College last year. All boys are welcome, even if they have never played. It is another opportunity to represent St Gregory’s, to grow in confidence and to build solid friendships in the process.

Rugby Union training and trials will begin on Saturday 16 March from 9.00am to 12.00pm here at the College. Weekly training will commence after that on Wednesday and Friday afternoons between 3:30 – 5:00pm.

Registration forms are available in Student Services. For $70, players receive their own shorts and socks. Playing jerseys are provided each Saturday as well as transport to and from games not held here at the College. Please get registrations in as soon as possible so that team numbers can be confirmed.

This year we have home games against St Joseph’s, Chevalier and Oxley, St Pius X, St Patrick’s, St Augustine’s and Kinross Wolaroi. Away trips will be to Marist Canberra, Sydney Grammar, Oakhill, and St Stanislaus in Bathurst.

Max Spencer, ISA Sports Co-ordinator

PDHPE - SLR and PDHPE classes making good use of the new gym facilities.

Year 11 Sport, Lifestyle and Recreation students participate in a variety of interesting modules. One of these modules is Resistance Training which aims to develop the knowledge and skills necessary to plan and implement safe and effective resistance training programs. During class, students investigate the various forms and uses of muscle training and design resistance programs incorporating overload techniques.

Studying the theory and principles of strength training involves significant practical experiences in the new College Gym. As a result of studying this module students are better able to plan safe and effective personal strength training sessions.

In Term 4, 2012, Mr Serone’s Year 11 SLR class extended their study of this module by mentoring the personal progress of a Year 9 PDHPE class. In the pictures below, Brendan Slater and Sam Onah a-Awono give brotherly and attentive assistance to Alfred Boustani, Jacob Murphy, Jackson Conneally and David Arcuri in their strength training programs.

Greg Bingham
PDHPE Coordinator