Dear Parents and Members of the St Gregory’s Community,

Thank you for the way in which you all entered into the Family Weekend activities at the College. Parent/Teacher Interviews, Rugby Union, Meetings regarding the Solomon Islands, Musical Rehearsals, High Tea and the Boarding Cocktail Party were all features of the weekend. The effort that went into preparing the functions is very much appreciated. I would like to personally thank the following staff who played a large part in making the weekend such a success Ms Bryan, Mrs Jeffcoate and Mrs Stepien (High Tea and Cocktail Evening), Mr Spencer (Rugby Union organisation, Boarders Activities), Mr Graham and Mrs Stewart (Parent/Teacher Interviews), Mr Brennan (Parent/Teacher Interviews, catering and presence over the weekend), Mr Clanfield (Singing at Mass), Br Michael (organisation of Mass) and Mrs Romeo (Cocktail Evening).

We also had a number of other activities happening over the weekend including the Solomon Islands Information afternoon (Mrs Monte, Miss Wray and Mr Mann) and further rehearsals for the Musical on Sunday afternoon (Miss Davidson). I am sure that you will join with me in thanking the staff involved when you have a chance.

Whilst we had such positive news from the weekend, please keep in your prayers Br Coman who is recovering in hospital at present, Jack Satara (Year 11 2010) who is recovering from an accident and Nick Huitt (Year 10 2012) who is undergoing treatment for cancer at present. We pray for all families and friends who are suffering through illness or difficulty.

All-Schools Swimming Carnival

Congratulations to all the boys who represented the College and Combined Catholic Colleges at the All-Schools Swimming Carnival Championships on Thursday 9 May at the Homebush Aquatic Centre. To reach this level is an excellent achievement. Nathan Calman (Year 10) placed third in the Platform and 3rd in the Springboard resulting in his qualification for the National All-Schools Championships to be held in Adelaide from 9 – 14 September this year. What an achievement. Nathan has just been accepted into the Elite Training Program at the NSW Institute of Sport. It involves a greater commitment of time as well as greater expectation in performances.

Music Rooms and Lockers

We have decided to move into the Music Rooms when the students are on exams from Monday 27 May. This will allow for less disruption in the lead up to exams. Although some of the new lockers have arrived, we have decided to delay the installation until the holidays as we need to prepare and upgrade the areas where they will be stationed. This will allow for the Maintenance Team to have uninterrupted time to install the new lockers. Extra lockers have been set up in Area 3 to accommodate students who have been waiting for lockers. Please let the Year Coordinator know if you require one of these lockers.

Rostrum Public Speaking Competition

Congratulations to Dominic Andrew, Jack McNally and Ned Mulholland who participated in the Rostrum Public Speaking Finals on Wednesday 22 and Thursday 23 May. Dominic and Ned will speak at Tara Anglican College on Thursday while Jack will speak at St Gregory’s College on Wednesday. We wish them all the best and congratulate them on a great achievement.

CSDA Debating

Congratulations to all staff and students who have been participating in the CSDA Debating rounds. With the last round on Friday, a number of teams are undefeated and look to be in a sound position to progress through to the Finals next week. Thank you to Mrs Santos and her team (Miss Jackson, Miss Khoury, Mrs Gardiner, Mrs Spencer, Mrs Allan, Mrs Price, Mrs Davison and her daughters, Miss Linnenlucke, Br Ernest and Br Andrew for all the work that has gone into team preparations. Parental support has been excellent. The College appreciates the support we receive from the parent community in all that we do.

College Musical

Thank you to Miss Davidson, Mrs Falas, Mr Malone, Mr Clanfield, Mrs Allan and Mrs Price for all the time they are putting into the Musical Rehearsals. They were here on Sunday afternoon after Parent/Teacher Interviews for rehearsals for lead roles and have spent numerous afternoons/evenings auditioning and rehearsing.

Mums and Sons Breakfast

I would like to acknowledge the many mothers who attended the Mums and Sons Breakfast on Friday 10 May and in particular Mrs Caroline Adam for her positive feedback, gift and the wonderful poem:

My Poem to you all,

St Greg's Thank you so much
For a Mother & Son Breakfast with a beautiful touch
A day to save in my heart
It will stay and never part
A service truly one of a kind
So grateful & blessed it will stay in my mind
A rose we received, a gift of love
To all involved thank you isn't enough

Stephan Kennaugh
Acting Headmaster
During the April holidays, 16 senior History students travelled to Vietnam, accompanied by Mrs Murdoch, Mr Kennaugh and Mr Anderson. The tour proved to be an amazing experience for all as we enjoyed the local cuisine, visited ancient sites from the 8th and 9th centuries and explored the more recent tragic history of the Vietnam War.

This year our itinerary was changed due to the closure of Hue airport; this proved to be an unexpected bonus and allowed us to visit the villages of My Lai and Nui Dat. Both visits were quite emotional but for very different reasons. My Lai, site of the 1968 massacre by US Marines of 504 people, mostly women and children, is a long way off being visited by westerners.

The respect afforded us by the villagers who maintain the museum was very touching, as was the maturity that our boys displayed in a confronting environment. A long and hard day of travel, seven hours by bus with no western comforts, and a lunch of chicken heart accompanied by the family dogs of our hosts was an experience that will never be forgotten.

The itinerary change also included a visit to the Long Tan Memorial in the company of “Breaker”, a former company commander stationed at Nui Dat and who recovered our wounded and fallen servicemen from the Long Tan Battlefield on the morning after the battle. He still sheds tears as he recounts these events and standing on the ground and gazing around the battlefield and trying to imagine the unimaginable was an experience that our boys will long talk about. "Breaker" now lives in Vietnam and volunteers his time to former veterans and student groups. We could not believe how fortunate we were to spend the day with him and experience his firsthand knowledge of the area. His relationship with local officials allowed our boys, only two days before ANZAC Day, to lay a wreath brought by us from Australia; a replica of which was laid on our College Memorial at the ANZAC Assembly on our return. This was a rare privilege and Breaker’s connections to the local government in Vung Tau were very valuable to us.

It was a very tired, but very excited tour group that returned to Australia abuzz with many, many stories of our experiences. Again Mr Kennaugh and I were struck by the beauty of Vietnam and the wonderful people, especially our tour guide and friend to St Gregory’s, Mr Cuong N yugen, who accompanied our group again this year. His advice and guidance has been invaluable to us in designing the tour and providing our boys with a truly unique experience beyond what we had expected to achieve.

2014 will see a break from the Vietnam tour, as students travel to the Western Front as part of the centenary commemorations. However, I hope that in 2015 we will again see a group of students from St Gregory’s undertake this extraordinary educational experience.

Megan Murdoch
HSIE (History) Coordinator

EXPECTATIONS DURING SPORT

To represent the College in any field is a privilege. Supporting your College with pride is something that needs to be nurtured. Unfortunately in recent weeks the College witnessed both sides of this. An unsavoury incident in football last week saw inappropriate reactions and actions from players from both sides. Whilst staff did well to quickly pacify the situation, the image and ethos of the schools was compromised. Likewise, when some boys were watching sport last week a few thought it okay to call out comments that may inflame a heated situation. This is never acceptable.

It is extremely pleasing though to report that these have been very isolated incidents at the College, in any of its pursuits. The fact that, in the above reported second incident, players told the hecklers to stop calling out, gives great confidence. The spirit of the games and supporters during the recent Family Weekend is also testament to the essence in which games should be played and supported. The wonderful school spirit that was in evidence by all boys, both players and spectators alike, at the completion of the 1st XV game last Saturday with parents in attendance is the benchmark.

All members of the community value and, in most instances, enhance the good name this fine College enjoys. It is up to all of us to ensure that this continues long into the future.

Matthew Brennan, Deputy Headmaster (Acting)
After a very hectic Term 1 the boys now have settled into a solid routine at the College. With very good progress reports behind them it is now time for the boys to ready themselves with a good study skills plan to achieve the best results they can in the upcoming half-yearly exams.

The Mums and Sons morning was very well attended and it started with beautiful weather, mothers with big smiles and boys feverishly getting the breakfast orders right for the drinks and pancakes on offer. The liturgy was beautifully presented by the Year 7 boys and some very heartfelt messages were aired and received with some warranted emotions. Thank you to all the mothers who were able to attend.

NAPLAN has wrapped up and I must congratulate the boys in following the instructions and giving their utmost effort during this period, it is not always an easy thing to do a national test but the boys took the challenge on with the best spirit.

As I write this report, the students and parents will be about to engage in their first parent/teacher interview days here at St Gregs. I hope that everyone enjoys the opportunity to speak with their son’s teachers and is able to gauge how their College academic year has progressed so far and that we can look forward to a very good Semester 1 report being achieved.

*Stephen Hartnett, Year 7 Coordinator*

Tickets for the College Musical Joseph and the Amazing Technicolor Dreamcoat will be sold online and at the door on the night.

To purchase tickets online visit [www.flexischools.com.au](http://www.flexischools.com.au)

On the website, go to “WHAT’S ON AT YOUR SCHOOL” and type in St Gregory’s College and then hit enter. Tickets can be purchased as a guest user so there is no need to register. Once purchased, you will receive an e-ticket that you will need to print for entry on the night.

Ticket prices are $12 per Adult, $8 per Student/ child, $35 Family (2 Adults/ 2 Children). Online sales will close at 4.50 pm on the day of each performance.

Pre-purchased ticket buyers will be seated in a reserved section at the front of the Hall. Drinks and snacks can also be purchased at the venue.

If you require any assistance please contact me at the College on 4629 4231 or via email to catherine.keegan@stgregs.nsw.edu.au.
NSW ALL SCHOLLs SWIMMING CARNIVAL
Our Combined Catholic Colleges Swimmers performed really well at the NSW All Schools Carnival, with Nathan Calman placing 3rd in both the 15 years Springboard and Open Platform Diving competition to be selected to the NSW All Schools team for the National Championship.

MCS CROSS COUNTRY CHAMPIONSHIP
On Tuesday St Gregory’s hosted the MCS Cross Country Championship in Penrith. The team just missed out in defending its Championship and placed second to Marist College, Eastwood. The College won the 14 years, 16 years and Open Age Divisions, placed second in 17 years Division with Brent Rushworth winning the 14 years competition, Daniel White placing 2nd in the 16 years and Anthony Acitelli placing 3rd in the Opens. As Hosting College for the MCS Cross Country and Convenor 1 would like to thank the great support by the staff – Mr Serone, Mr Jamieson, Mrs Monte, Mr Bingham, Br Ernest, Team Managers Mr O’Flynn and Mr Clanchi and the Year 10 PASS class. Their experience and expertise makes this one of the most enjoyable events in the MCS Calendar.

MCS SOCCER AND RUGBY LEAGUE
Week 2 saw wins against Schofields in all MCS Soccer games played and wins to 5 of the 8 MCS Rugby League games played including the First Grade, the 15 years, 14 years and 13 years “A” teams and the 13 years “B” team. Week 3 of the MCS Rugby League competition saw 5 wins from the 8 games played. Wins went to the First Grade, 16 years, 15 years “A”, 13 years “A and B” teams. In Soccer there were 6 wins from 8 games with wins to all the Years 7, 8, 9 and 10 teams. All teams in Soccer will be against Parramatta this week. Both the First Grade Rugby League and Soccer teams will play at St Gregory’s this week.

REPRESENTATIVE HONOURS
Mason Cerruto, Arthur Currie, Christian Kagiassisi and Joe Stimson (all Year 12) have been selected to the MCS Open Rugby League team to defend its title at the CCC Rugby League Championship. Will Kerr (Year 10) and Trent Peoples, Jake Scott and Luke Wright (Year 9) have been selected to the MCS 15year team for the CCC Championship. Bayley MacBeth, Jonathan Griffiths and Mitchell Nobbs (Year 9) and Daniel De Vecchis (Year 10) have been selected to the President’s 15 year Rugby League team for the CCC Championship.

Arthur Currie, David Green and Christian Kagiassisi (Year 12) and Jaydon Faavea-Eli and Alex Masima (Year 11) have been selected to represent the ISA in the NSW All Schools Carnival later this year.

Congratulations to these students.

Joseph Lantz, Sports Coordinator

Forthcoming Events
25 May  Rugby Trial vs Sydney Grammar (A)
30 May  MCS Football / MCS Rugby League
1 June   ISA Round 2 – Oakhill College (A)
6 June   MCS Football/Rugby League

STUDY SKILLS TIP FOR MAY: Improving Handwriting

To improve your handwriting, you need to first assess how healthy you are in the four elements of legible handwriting: letter formation, sizing, alignment on the line and spacing between words. Then use the steps below to start to improve your handwriting:

- FIND BEST PEN: Experiment with different pens to see which is the easiest to write with and which one gives you the neatest handwriting. Use the same pen all the time.
- GOOD GRIP: Hold the pen/pencil gently and do not grip too tightly or push too hard on the paper.
- USE ARM MUSCLES: Always write with your forearm and shoulder NOT with your fingers or wrist. Your strokes will flow much better. It may take you some time to retrain your arm and hand but be aware of these movements when you practise. The muscles in your forearm and shoulder tire less easily than your fingers.
- BEGIN WITH LARGE STROKES: practise initially on a whiteboard (or even tracing letters in the air) using large strokes until you feel comfortable with using your forearm and shoulder muscles. When you feel you have conquered this, it is time to begin practising on paper. Keep using large strokes, gradually reducing them in size as your control of the muscles increases. Once you have accomplished this it is time to begin practising in your exercise book forming normal sized letters.
- POSTURE: Ensure you practise your handwriting skills at a desk or table. Sit up straight using a good chair.
- RULED LINED BOOK: Buy a ruled exercise book (like a primary cursive pad) for practice use. Always write on lined paper and take note of how you are writing and how your work looks on the page.
- COPY STYLE: Look for an example of a handwriting style that you like and can use to copy from. Keep this in front of you at all times to inspire you towards improving your style.
- INDIVIDUAL LETTERS: Begin with individual letters and practise writing at least one letter per day concentrating on the four elements of legible handwriting.
- WHOLE WORDS: Once you have worked your way through individual letters in the alphabet practise writing whole words. Be aware of the flow from one letter to the next as well as spacing between each word.
- TEST SENTENCE: Choose a test sentence for yourself and write it at the top of your first practice page. Each week write this sentence at the top of a new page to check for improvement in your writing.
- SPECIAL SENTENCE: Frequently write the sentence ‘the quick brown fox jumps over the lazy dog’ in small and capital letters.

Once your handwriting style has improved, you can then focus on improving the speed of your handwriting. Every day, practise writing at speed. Choose a particular passage and write it out neatly. Time yourself. The next day write it out neatly again but try and speed up a bit and time yourself again. The goal is to get to the point where you can write the passage out quickly but still maintain neat handwriting. Doing this for just 5 minutes every day will really help you to improve your handwriting. If your cursive (running) writing is really bad, you may find it easier to learn to print really fast in exams rather than focus on improving your cursive style.

You can also try writing with a pen that is weighted on the end to build up the muscles in your hand used for writing. When you get to the exams take the weight off the end and feel the benefits of a lighter pen! People with serious handwriting issues, check out this amazing pen: www.ringpen.com.

Learn more useful tips to help you achieve your personal best at school at the Study Skills Handbook website. www.studyskillshandbook.com.au. Our school’s subscription details are Username:forstgregsonly Password: 60results

Catherine Keegan, Director of Teaching and Learning