



Dear Parents and Caregivers,

Please find below the **Week 5 Term 1** edition of the Parental Lion Roars.

From the College Principal:

Mr Anthony Gleeson

We are certainly in full swing in Term 1 and I hope your young person is travelling well.

Mentor Teacher Contact

Many of you have been contacted directly by your child's Mentor Teacher. This is an opportunity for the Mentor Teacher to touch base with you in these early days of the College year. Any concerns or queries can be raised. The Mentor Teacher is in contact with your young person almost every school day.

Pastoral Care Letters

Last week every parent/caregiver should have received a letter from Mrs Sykes the Director of Pastoral Care and Well-Being, outlining some of the programs/initiatives available to your young person.

View the letter [here](#).

Parent Facebook Groups

We are introducing St Leo's Parent Facebook Groups - closed hubs where parents/carers can find out and share information and respectfully hold discussions. They are set up as private groups by invitation only and administered by a parent volunteer from each year. The groups act as a 'contact lists' where parents can arrange events, contact and support each other.

Members agree to basic rules when signing up: courtesy, respect, privacy (particularly not posting names and photos of other children) - and to adhere to College policies.

They are **NOT** a forum for complaints. Any issues or concerns should always be addressed directly with the College. Promotions or spam are also not allowed. Admins reserve the right to remove any posts deemed inappropriate or remove members who post inappropriate content.

A group has been set up for each year. If you would like to join for your year group, please [complete the Google Form here](#) and you will be sent an invitation.

Adapting to Change

We have now commenced Week 5 of the College year, many students are experiencing one of their largest transition periods in any given year, moving from eight weeks of holidays back into the routine of working and learning. Most people struggle with change and transition, which is natural. Change can bring some discomfort as well as excitement and new possibilities. The Greek Philosopher Socrates provides us with some advice on how to handle change; *'The secret of change is to focus all of your energy not on fighting the old, but on building the new'*.



Adapting to change and 'launching out into the deep' is important for all students in order not only to find their passion, but graduate with greatness!. It is very pleasing to see that our newest students - Intake 2020 (Year 7) - are taking up the opportunities that have been presented so far. Already 119 students have signed up for CAPA (Creative and Performing Arts) co-curricular activities and 23 students are furthering their talents with particular music instruments - gaining expert tuition.

Renowned Australian Psychologist Dr Andrew Fuller, who is widely known, has come up with thirteen tips on ensuring your young person has a great year. I include these for your reference and as a useful checklist for discussions you may like to have with your child.

Checklist for Change

1. *Build positive relationships with everyone you know*

Parents, teachers, friends, everyone! One of the ways of reducing your stress levels is to set out to have as many positive friendships this year as you can.

2. *Challenge yourself*

You are much, much smarter than you know. If you practice doing your best in life you will succeed because very few people ever practice doing their best. To do your best you have to get out of the habit of predicting that things won't go well for you. If you look for what's going to go wrong, you will always find it. If you look for what works, life just gets a lot easier.

3. *Prepare yourself for learning*

Thinking positive isn't enough for successfully achieving goals. Implement ways to reduce distractions, at least for a few hours at a time, or else learning will become a frustrating experience.

Human nature is such that not everyone in your life will be a well-wisher in your self-improvement and learning plans. They may intentionally or subconsciously distract you from your goal.

4. *Get enough sleep*

Getting enough sleep helps you to manage stress, stay happy and also increases your marks. You need at least 8 hours and sometimes as much as 9 and a quarter hours a night.

5. *Eat breakfast*

A lot of people skip breakfast, but you often learn best at school in the morning. It helps to have some protein in you to feed your brain. A lack of protein can actually cause headaches.

6. *Do the most important things first*

Get into the habit of being effective. Write a to-do list each week. Ask yourself the question, "What is the one thing I could do this week in each subject area that would improve my results?" Then do it.

7. *Use your time well*

Many people muck around in school and then wonder why they have to do so much work outside of school. If you can focus and listen well while at school you can save yourself endless hours. Some people find if they sit at the front they are less distracted.

Teachers want their students to do well. Watch your teachers closely. Observe the things that they emphasise or repeat. Take notes of these things. It is a fair bet that these things will feature in tests and exams.

8. *From little things big things grow*

Do a little bit often. Succeeding at school can be easy if you do a little bit each day. The best learning occurs when you do repetitive interval training. This means do a little bit of practice every day. Interval training is especially powerful in subjects like maths and the sciences.

9. *Focus and immerse yourself*

For at least some time each day, switch all technology off and focus on whatever you're studying. Don't try to watch TV, listen to music or gaze at a screen at the same time as learning something. Technology is not going to be there in exam rooms so you need practice performing without it.

10. *Don't try to predict the future*

Most students are really bad at predicting how well they are going to do. In fact, they are hopeless at it. So don't spend the year thinking how awful your results could be. Just do the most important things first and do them regularly.

11. *Be curious*

Think of someone you know who always seems to know interesting things- weird facts, strange occurrences, funny jokes, and wacky stories. Try to be one of these people. Look out for and learn things that are fun and interesting.

12. *Play more*

Get active, break out into a sweat now and then. Lack of blood flow is a common reason for lack of concentration. If you've been sitting in one place for a while, stand up and stretch or bounce one of your legs for a minute or two. It gets your blood flowing and sharpens both concentration and recall. Even if you are busy, three twenty-minute bursts of exercise a week makes a massive difference to your stress levels, happiness and sleeping.

13. *Decide to be happy*

Lots of people wait to be happy. They wait for the situation to be right. Or they wait for the right friends to show up. Some people spend their entire lives waiting to be happy. Decide to be happy now. Have a look at the things in your life you can feel lucky that you have. Appreciate the people who like you and love you. Make the most of the moment and seize the day.

Dr Andrew Fuller (2020)

From the Acting Director of Evangelisation & Catholic Formation:

Mr Nathan Smith

Ash Wednesday Mass – Wednesday 26 February at 9:30am

Tomorrow the College will gather for the **Ash Wednesday Mass**, which will be held in the Light of Christ Centre. This Mass marks the beginning of Lent and where we see Jesus wander out into the desert for 40 days, in preparation for His ultimate sacrifice; by dying on the cross for us, so that we can be born to eternal life.

During Lent, we challenge ourselves to grow as Christians by fasting, almsgiving, and reflecting on our spiritual lives. This prepares us for the most sacred time in the Christian Church calendar – Holy Week.



We would like to extend a warm invitation to all parents and caregivers to attend our Ash Wednesday Mass. Mass begins at 9:30am in the Light of Christ Centre and all are welcome.

Caritas Australia's Project Compassion

The College will once again support Caritas Australia's annual Project Compassion fundraising and awareness-raising appeal. Millions of Australians come together in solidarity with the world's poor to help end poverty, promote justice and uphold dignity.

More information about Caritas Australia and Project Compassion can be found [here](#).

Throughout this Lenten season, there will be a number of initiatives that students and families will be invited to participate in. This information will be communicated once finalised.

Your support of this appeal is greatly appreciated.

Relics of St Therese of Lisieux & Parents Tour

A warm welcome to the Relics of St Therese and her parents Ss Louis and Zelig Martin, to our **Cathedral Parish at Broken Bay on the 7 March at 9.15am - 8 March at 7.15am.**

Parishioners will have an opportunity to spend time in groups of prayer welcoming these great saints. As we welcome them, we entrust our Families, Societies, Nation, and very specially the family of our Diocese of Broken Bay into their care.

St Therese 'Patron Saint of Missions', affectionately known as the 'little flower', teaches us to find God in the ordinary details of life. Her love for God was very simple and she called it her 'little way'.

Find out more about this significant event as Australia prepares for the Plenary Council by visiting: catholicmission.org.au/relics-of-saint-thérèse-of-lisieux

Friday Lunchtime Mass

All students are warmly invited to attend the Lunchtime Mass that is held in the College Chapel every Friday during school term. Mass commences at 1:20pm. Should any students wish to be involved in the Mass as readers or musicians, please see Mr Smith or Deacon Adrian.

Upcoming Events:

Thomas Aquinas Feast Day:

The College will celebrate St Thomas Aquinas' Feast Day on **Tuesday 10 March** with a House Liturgy for those students in Aquinas House.

Holy Thursday Liturgy:

Parents are warmly invited to join us in marking the solemn events of Holy Week with our liturgy on Holy Thursday in the Light of Christ Centre.

Date: Thursday 9th April, 11.15am Venue: The Light of Christ Centre

From the Director of Students:

Mr Ashley Johansen

Canteen – New Menu Items

The Student Representative Council (SRC) are pleased to announce that the following items will be added to the existing canteen menu from Monday 24th February (Week 5):

Breakfast options:

- Raisin toast
- Toasted croissant with ham & cheese
- Toasted croissant with ham, cheese & tomato

Lunch options:

- Beef ravioli with a ragu sauce
- Chicken parmigiana served on top of oven baked wedges
- Meatball sub roll with grilled cheese
- Sushi – chicken teriyaki or tuna (available Wednesday & Friday)

Online Safety for Parents and Carers from the eSafety Commissioner

As parents and caregivers you know your child better than anyone and have the best opportunity to support and guide them to have safer online experiences. The resource [Online safety - a guide for parents & carers](#) covers some of the **key online safety issues** for young people and includes a range of practical tips and advice on what to do if things go wrong. You can also find a list of important services that can offer extra support via www.eSafety.gov.au/parents

Uniform & Grooming

Every Monday during our morning assembly, there will be a uniform/grooming inspection as well as scheduled random checks throughout the week at different times - students who are **not** in correct uniform or inappropriately groomed will receive consequences via their Year Leaders which may include being sent home if uniform/grooming continues to be sub-standard. If students are NOT in correct uniform, they must report to their Year Leader before 8:30am, with a parent/caregiver note, to be issued with a Uniform Pass.

SchoolTV - Online Wellbeing Resource Now Available to the St Leo's Community

Here is the **SchoolTV link** for special reports that may be of interest to our College parents/caregivers in raising young teenagers: https://stleos.nsw.schooltv.me/wellbeing_news



From the Director of Pastoral Care & Wellbeing:

Mrs Lindy Sykes

Messages this week have a career focus and highlight various student opportunities. The links will provide further information.

UTS - Apply for the Engineering and IT Work Experience Program

Applications close 31 May 2020

For 23 to 27 November 2020

Year 10s and 11s. Get hands-on experience with this

5-day program designed to give you an insight into what it's like to choose a career in Engineering or IT.

You'll get to take part in a range of workshops (including computer science, cyber security, biomedical engineering, electronics engineering, civil engineering and more) as well as spend time with current UTS students and academics from UTS Faculty of Engineering and IT.

Work Experience week runs from **23-27 November 2020**. **Students are expected to attend for all 5 days.**

<https://www.uts.edu.au/about/faculty-engineering-and-information-technology/events/apply-engineering-and-it-work>



GoIT Girls Work Experience STEM Program

Sydney

16th March - 20th March 2020, 18th May - 22nd May 2020, 27th July - 31st July 2020, 7th September - 11th September 2020

GoIT Girls program is a week-long work experience program aimed at female students in Years 10 and 11. The participants meet company senior executives and associated client organisations, who provide insight into the various STEM roles that exist across the business spectrum, with the hope of inspiring a new generation of innovators, problem solvers and technology professionals. The aim is to provide insight into and challenge stereotypes, of the technology industry and challenge gender occupational stereotypes.

<https://info.tcs.com/anz-community-stem-goit-girls.html>

2020 Curious Minds – Winter Camp

Event Dates - 12/07/20 - 16/07/20

A residential and mentoring program for girls in Science, Technology, Engineering and Mathematics.

Curious Minds is aimed at highly capable girls in Years 9 and 10 who have an interest in STEM learning areas.

This is a six-month program that combines two residential camps and a STEM coaching program. The camps will enable the girls to explore all aspects of Science, Technology, Engineering and Maths through guest lectures, interactive sessions, practicals and field trips.

The coaching program will see each student matched with a female coach recruited from a variety of STEM backgrounds and together they will construct personal goals for the student. This might include discussing study options and career pathways, undertaking further extension work with support from their coach, developing ideas based on learnings from the camp or working on a project.

<https://www.asi.edu.au/programs/curious-minds/>

Academy of Interactive Entertainment Online Experience Day

Saturday 28 March

If you have ever wanted to study 3D animation, game design or VFX for film online with AIE then our Online Experience Day is an ideal opportunity to find out more!

Course overview sessions will be running on the range of online courses in 3D animation, game art, game programming and game design offered by AIE. You will get to participate in workshops, guest speaker talks and much more. Have a question? Don't worry, pop by and one of our friendly staff from AIE online will assist. With classes starting all the time, starting your career as a game developer or 3D animator has never been easier. Register now for this FREE online event.

https://aie.edu.au/aie_event/online-experience-day/

Study Medicine – New Information Added to Study Medicine: AQs and the AMA.

This free resource provides detailed information to questions such as: How do I increase my chances to get into medical school? What's Plan B if I don't get into medicine? The FAQ links to the Australian Medical Association (the AMA also links to Study Medicine), pointing students to highly credible and authoritative information. <https://www.studymedicine.com.au/ama/>



CURRENT APPRENTICESHIP VACANCIES AT 17/02/2020




To apply for these vacancies click on the position title.

Vac #	Position	Location	Requirements
VAC-07383	Aged Care Traineeship	Rooty Hill	Shift work and weekends so drivers license and car is essential, must have a National Police Check and be an Australian Citizen or Permanent Resident to be eligible for this part time traineeship. MUST speak both Spanish and English
VAC-07376	Cake and Pastry Apprenticeship	Alexandria	Previous relevant work experience, or have a portfolio/photos of cakes, biscuits or pastries you have made, will be highly regarded.
VAC-07482	Carpenter - 1st year apprentice	Hornsby	Must have a current licence and reliable transport, reside locally to Hornsby area, be willing to learn, reliable and hard working. Juniors encouraged to apply.
VAC-07524	Child Care Traineeship	Blacktown	Successful applicants will have: Certificate III in Children's Services and experience working with children
VAC-07525	Child Care Traineeship	Stanhope Gardens	Certificate III in Children's Services and experience working with children
VAC-07751	Childcare - Diploma	Springwood - NSW	Can work as part of a team with a group of supportive educators, Demonstrates a willingness to learn, Able to follow daily routines and complete required daily tasks, Is neat and tid, Is neat and tidy, Maintains a professional manner
VAC-07710	Childcare Traineeship	Chifley	Must have a genuine interest for working with children, have great communication skills written and verbally, be willing to learn, reliable and enthusiastic. Those with a car and licence preferred unless residing locally to Chifley.
VAC-07528	Childcare Traineeship	Sydney Eastern suburbs	You must be an Australian Citizen or permanent resident and be willing to obtain a working with children's check as this is a requirement for the role. Junior candidates encouraged to apply.
VAC-07746	Children's Services (Early Education & Care) 1st year trainee	Greater Western Sydney /Liverpool, Camden, Campbelltown	Will be passionate about the care and education of young children, be responsible, well presented, have good communication skills and ideally live in the Liverpool, Camden or Campbelltown areas of Greater Western Sydney.
VAC-07531	Electrician -2nd or 3rd year apprentice	Ingleburn	Must have a white card and current driver's licence is required for this role.
VAC-07736	Fitter Machinist - 1st year apprentice	Bankstown	Must be willing to learn, have a car and licence (workplace not close to public transport), be committed and reliable. Juniors encouraged to apply.

Community Notices:



PCYC are an accredited provider of the Safer Drivers Course.
Guiding young people in the right direction since 1937



The Safer Drivers Course Involves two modules:

Module one: A three-hour facilitated group discussion on how to manage risks on the road. This will involve a maximum of twelve participants and will be delivered by a facilitator.

Module two: A two-hour in-vehicle coaching session to develop low-risk driving strategies. This will involve two participants and a coach. Course cost: \$140

Participants must have completed 50 hours of actual on-road driving experience to be eligible for the course. Credits gained under the 3 for 1 scheme cannot be included.

Participants who complete the course will receive 20 hours credit recorded in their learner driver log book.

To find your closest club or book into the next available course check out our website:
www.saferdrivers.org.au
Call us on 9625 9111 or drop into your local club to find out more