



Dear Parents and Caregivers,

Please find below the **Week 9 Term 2 2020** edition of the Parental Lion Roars.

From the Principal

Mr Anthony Gleeson

Dear Parents, Caregivers and Friends of the College,

The Times in which we Live

We have witnessed some disturbing events in the United States recently and to a lesser extent here in Australia. Coming on top of the devastating death toll from the Coronavirus pandemic and the economic and social consequences that have followed in the United States, the footage of the death of George Floyd and the ensuing protests across the country have been confronting.

For many in the United States, and indeed more broadly, this issue is being labelled as a response to *structural racism*. According to the Aspen Institute, an international non-profit thinktank based in Washington DC, structural racism is “a system in which public policies, institutional practices, cultural representations, and other norms work in various, often reinforcing ways to perpetuate racial group inequity. It identifies dimensions of our history and culture that have allowed privileges associated with ‘whiteness’ and disadvantages associated with ‘color’ to endure and adapt over time.”

The death of George Floyd, and in particular the circumstances in which it happened, has mobilised many people both locally and globally. It initiated much discussion and conversation in the media and on social media. While it has the potential to divide people, there is also a striking opportunity to bring the issue of racism into the public forum for education, discussion and reflection within safe environments. Schools are one such place where we have a unique opportunity to assist young people in the way they view the world.

The topic has been raised in several forums here at the College, both formally and informally, amongst our students and staff.

Within our Catholic context here, we have an unambiguous and hope-filled message to give to our young people in times like these. It comes from scripture and centuries of teaching that brings clarity to human dignity for all people, regardless of cultural, ethnic or any other type of background. Scripture tells us specifically that we are all created in God’s image. The Catechism of the Catholic Church spells this out also:

The equality of men and women rests essentially on their dignity as persons and the rights that flow from it: “Every form of social or cultural discrimination in fundamental personal rights on the grounds of sex, race, colour, social conditions, language, or religion must be curbed and eradicated as incompatible with God’s design.” Vatican II, *Gaudium et Spes*, No. 29.

Structural racism is not confined to the United States of course. Here in Australia we have our own challenges in this area. *Bringing Them Home*, the Stolen Generation Report (1997), The Royal Commission into Aboriginal Deaths in Custody (1987) and the ongoing issues associated with these reports are still

matters that to be fully addressed in our own context. Let's hope and pray that we can do so in a peaceful, timely, respectful and constructive way into the future.

Reconciliation Awareness Day

Tomorrow our Student Leaders have decided to support *Reconciliation Awareness Day*. Two Year 12 Student Leaders - Cameron Hose and Hannah Dakin addressed the staff yesterday outlining the arrangements they have organised. Besides being a mufti day, each student from Intake 2020 to Year 10 will participate in a reconciliation activity during their mentor period tomorrow that will be of significance for Reconciliation. The funds raised are going to *SafeSpace*, (an initiative of the National Aboriginal and Torres Strait Islander Catholic Council, which provides bedding and resources to at-risk Aboriginal families). Thank you to the Year 12 Student Leadership Team, Mr Smith and Mr Johansen who are leading these activities.



Year 12

I congratulate our Year 12s and their teachers who continue to attend the extra tutorials being held each Wednesday afternoon. This commitment will give them the confidence to perform at their best come HSC trials and for the HSC itself. As we head toward the end of term, may I also remind Year 12 students that the upcoming break is not a holiday for them. The College will publish a *MasterClass Schedule* that will be conducted over two weeks here at the College. I would like to thank the staff for the time in which is given for preparation and conducting these *Master Classes*. The break should be treated as a study break where they allocate five to six hours per day to revision and preparation for the upcoming examinations. Please ensure your young person maintains good exercise, relaxation time, reduced screen time, good sleep patterns and a healthy diet during this time. Please do not allow your young person to change his normal sleep patterns drastically and sleep in. A consistent approach to their day over the next few months is what is required.

ADF – Future Innovators Award (Year 10 and Year 12 Recipients)

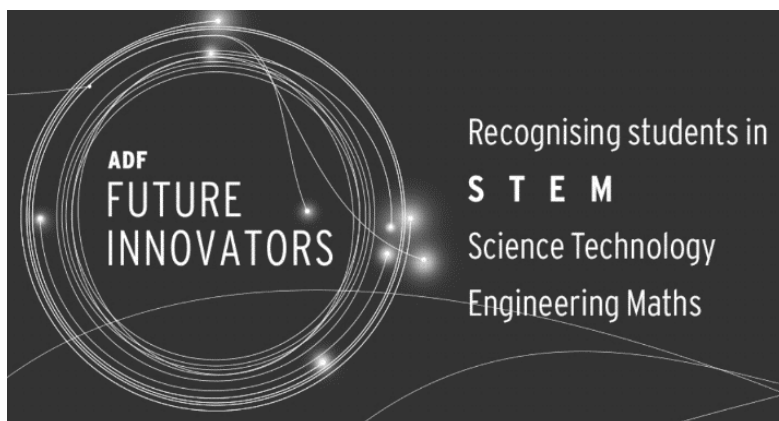
St Leo's has been chosen to nominate two students (one in Yr 10 and one in Yr 12) to be recipients of the inaugural 'ADF Future Innovators Award'. The award will recognise recipients' science and mathematics abilities while highlighting the value the Navy, Army and Air Force place on STEM skills and STEM career opportunities within Defence.

There will be approximately 5000 recipients across Australia. Applicants must demonstrate motivation, innovation and achievement in a STEM-related field. Year 10 recipients will receive a prize of \$250, and Year 12 recipients will receive a prize of \$550.

This new award program will be running alongside the ADF Long Tan Youth Leadership and Teamwork Awards (YLT) program (again a \$250 for our Year 10 nominee and \$550 awarded to a Year 12 student).

All the best for Week 9 of Term 2.

Tony Gleeson
Principal



From the Assistant Principal

Mr Daniel Petrie

Year 12 Retreat and Graduation - Final Week of Year 12

Week 10, September 21-25, marks the final week for the Graduating Class of 2020.

Monday 21st - Wednesday 23rd will play host to the Year 12 Retreat in the Lane Cove National Park.

Thursday 24th will require all of Year 12 on campus in full winter uniform for graduation rehearsals. Friday 25th will be the Year Graduation.

Due to Covid19 restrictions, the College awaits further details from the State Government regarding what level of restrictions will be in place at the time of graduation. When further clarity is provided, the College will inform parents of the type of ceremony and celebration that is permitted. Every effort will be made to ensure that Year 12 enjoy the same high standard of farewell that their predecessors have enjoyed.

As a result, the College requests parents of Year 12 to note in their diaries that the graduation will be a daytime event and to request leave from work accordingly. At this stage, we are requesting parents only as the guests in attendance. This will be adjusted accordingly as new information comes to light from the State Government.

Parent Teacher Interviews

Parent Teacher Interviews will take place during the first three weeks of next term. Due to Covid-19 restrictions, these interviews will take place in the Light of Christ Centre between 3:30 - 8:30pm on the Wednesday evening of the relevant week for your son or daughter.

On Tuesday June 30, the booking details (as well as the necessary Covid-19 protocols) will be made digitally available to parents via email.

- **Wednesday, Week 1 – July 22, 3:30 - 8:30pm – Years 11 & 12**
- **Wednesday, Week 2 – July 29, 3:30 - 8:30pm – Years 9 & 10**
- **Wednesday, Week 3 – August 5, 3:30 - 8:30pm – Intake 2020 (Year 7) & Year 8**

Study Periods

The College affords our senior students study periods within their timetable to provide students time to meet with teachers for assistance, as well as working on assessments and revision. Parents and guardians are requested to host conversations with their daughter/son about the value of this time and to emphasise the importance of making use of the access to their specialist teachers. While Year 12 are permitted to leave the campus during a Period 5 study (following signing out at the commencement of lunch), Year 12 are highly encouraged to remain on campus and make use of the resources afforded to them. The Aquinas Resource Centre is also open until 5pm each day to support their senior study needs.

Semester One Reports

A reminder that the College will be releasing Semester One Reports to parents **via Compass** on the following dates. We are pleased to be offering the addition of a Year 11 Report at the Conclusion of Semester One as the College aims to increase its feedback on the learning journey of each student.

Year 12: Released via Compass: **June 25**

Year 11: Released via Compass: **July 3**

Year 10: Released via Compass: **July 1**

Year 9: Released via Compass: **July 1**

Year 8: Released via Compass: **July 1**

Intake 2020 (Year 7): Released via Compass: **July 1**

Social Media Usage at Home

Parents and guardians are highly encouraged to engage and be aware of their daughter or son's social media usage. This 'digital playground' provides the potential for undesired comments to be made that go unnoticed or unchallenged. Instances such as these can lead to low self esteem and a problem can quickly develop into a significant issue with social, emotional, physical and spiritual impacts.

If a parent or guardian becomes aware of an issue, please do not hesitate to contact the College so that the necessary steps can be taken to resolve the issue. **While social media in the home is outside the campus**, such activity has tangible impacts on relationships and activities here at the College. Students are often unwilling to raise concerns due to concerns of 'making the situation worse'. Please feel encouraged to follow through with contacting the College and allowing our highly specialised Pastoral Care team to assist you with your concerns.

Thank you once again for your ongoing support of your child's learning journey.

Every blessing for the week ahead.

Additional Places for Years 10 & 11 2021

As mentioned last week, we have decided to open a limited number of additional senior places for 2021. As well as Year 11, we have now made extra places available in Year 10 for next year, and implemented a short marketing campaign on Facebook (see advertisement).

If you know of anyone who may be interested in joining the St Leo's community next year for Years 10 or 11, please advise them of the **Senior Entry Information Night** for prospective new students on **Wednesday, July 1 (via Zoom)**. They can contact the College for more information. Note that we are waiving application fees for all new applicants until July 31.

Thank you for your support with spreading the word about St Leo's.

St Leo's Catholic College, Wahroonga
SENIOR ENTRY INFO EVENING
Wed, July 31, 7pm
via Zoom

NOW ENROLLING
limited additional places
YEARS 10 & 11 2021

ST LEO'S
LES DEI IN CORDE
WAHROONGA

Enter with passion - graduate with greatness

From the Acting Director of Evangelisation & Catholic Formation:

Mr Nathan Smith

Vinnies Winter Appeal

A reminder that the Vinnies Winter Appeal is underway and we are currently taking donations of clothing, blankets and non-perishable food items.

Donations can be dropped off anytime in the **Youth Ministry Room** or inside the **College Chapel** (there will be baskets for items to be placed in).

We will be collecting for this cause right up until the end of Term.

Visit the [St Vincent de Paul website](#) for further details about the appeal.

REBUILD A LIFE
THIS WINTER

DONATE TO OUR
WINTER APPEAL

Vinnies
good works

The Daily Examen

Every day the College prays the daily Examen at 1:10pm. This is an opportunity for students and staff to participate in a short personal reflection and prayer. I ask that you have a conversation with your young person about whether they engage in the daily Examen or not. It is an opportunity for them to stop their work, be quiet and still, and reflect during this moment in the day. However, if they do not wish to participate in the Examen, I ask that they be respectful to those around them who do wish to pray.

Included below are some links to resources about the Examen. Perhaps the Examen could be something that is incorporated into your family routine at home.

- [Video Reflection](#)
- [The Awareness Examen](#)

Year 12 Retreat

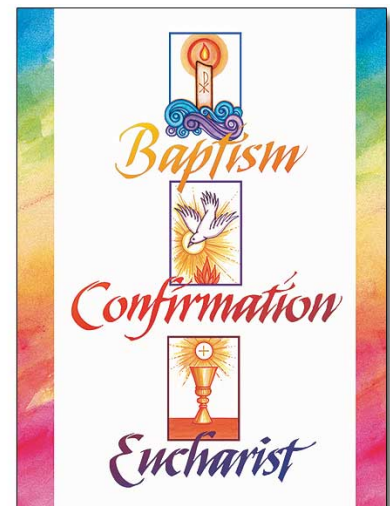
We are pleased to confirm that the Year 12 Retreat will be held on **Monday 21 - Wednesday 23 September** (Week 10, Term 3). This retreat is an integral component of the Year 12 experience at St Leo's and the Evangelisation Team have been working hard to secure these dates. The location of the retreat is Naamaroo Uniting Venue, which is situated in the beautiful Lane Cove National Park. An information letter and retreat pack will be distributed to students and parents/carers within the next week.

Preparation for Baptism, Confirmation and First Holy Communion @ St Leo's

St Leo's Catholic College would like to offer any students who have not completed their Sacraments of Initiation the possibility of being prepared through the College. Some parents may have left the decision of baptism to their children, and high school would be a good age to have the conversation with them whether they would like to become part of the Catholic community. Other students may have for various reasons missed out on the sacraments of Confirmation or Eucharist when their peers received them in primary school. High school students may feel awkward attending sacramental preparation classes with primary school students.

St Leo's will prepare the students for the sacraments at school in partnership with the local parishes. Please contact Rev Gomez if you are interested in finding out more or would like to involve your child in this program. We already have 6 students who have expressed interest before the COVID lockdown put things on hold. We are hoping to get their preparation started in Term 3. What they will need to complete depends on their individual circumstances.

Please contact: Deacon Adrian Gomez via [email](#) or phone 0425 451 307.



Friday Lunchtime Mass

This Friday 26 June will be the last Friday lunchtime Mass for the term. I would like to extend a warm invitation to all students to join us in the College Chapel on Friday. Mass will commence at 1.20pm.

Other Upcoming Activities and Events

The following events are now confirmed on the College calendar:

- **Feast of St Ignatius of Loyola - Friday 31 July**
- **Schools Tree Planting Day and Liturgy - Friday 31 July - CONFIRMED**
- **Feast of the Assumption Mass - Friday 14 August - CONFIRMED**
- **Year 12 Retreat - 21 - 23 September - CONFIRMED**

This is very exciting but of course, we will need to monitor and adjust if the Covid-19 situation changes. However, all appropriate health and hygiene practices will be observed and relevant procedures will be implemented for any scheduled events and activities.

From the Dean of Curriculum and Professional Development

Mr George Morad

Senior Study Afternoons

Mrs Donaghy and I have opened the Aquinas Resource Centre every Wednesday afternoon from 3pm to 5pm to be available for Stage 6 students to assist with Mathematics, English and Studies of Religion. Other teachers have also been available to offer workshops in HSC subjects such as Society and Culture (Mrs Doyle), Advanced and Extension 1 Mathematics (Mrs Li) and Business Studies (Mr Smith).

This has been in consistent operation pre and post Covid-19 and will continue every Wednesday. A list of workshops and teachers is published the day before in order for students to plan ahead.

Students are able to:

- Get specific Year 11 and HSC help
- Clarify aspects of subject specific content
- Have small group tutorials with teachers
- Get feedback on practice Year 11 and HSC responses.

July Holiday Master Classes

The April Holiday Workshops were quite successful despite challenging times due to social isolation and distancing. Nevertheless, we persevered and reimagined these as Zoom sessions, which allowed them to be recorded. The Master Classes set for the July School Holidays may not have the same social restrictions applied to them (although this may change).

They have been entitled 'HSC Master Classes' as their focus will be to hone in on the HSC exam and target specific areas in each subject with the aim of improving students' overall marks in those areas. This is to ensure that St Leo's 2020 cohort experiences a comparative learning gain across all subjects.

If a Master Class is run via Zoom, it will be recorded so that it can be uploaded to the Year 12 Year Group Google Classroom, as CAPA and TAS will need to utilise time for major works and projects that may clash with master class times.

A list of all Master Classes will be sent to all Year 12 students at the end of this week (Week 9) so that they can plan ahead. We will also be running Master Classes in the September school holidays.

From the Director of Students

Mr Ashley Johansen

Reconciliation Awareness Day - Wednesday 24th June

This Wednesday will be a special day for all 7-12 students in support of Aboriginal Reconciliation. Dress will be mufti (casual) and **ALL students are requested to donate a gold coin** during the extended mentor period. In return, they will be given a Reconciliation wristband. This Social Emotional Growth Domain initiative was proposed by both the Year 12 Leadership and SRC teams. The charity the College has chosen to support is *Safeplace*, which provides bedding to at-risk Aboriginal families. There will also be an important reconciliation activity that will be conducted during the extended Mentor period for 7-10 students. We ask that all 7-12 students are generous and support this very worthwhile cause by donating a gold coin. See [Safeplace](#) for further information.



e-Cigarettes - Important Information for Parents/Caregivers

It has come to our attention that e-cigarettes have become increasingly popular in the community over the past six months. Please read the information below regarding e-cigarettes, and a particular brand called **Cuvie**. We encourage you to have a conversation with your young person in addressing these issues. If you have any questions or concerns, please contact the College.

What is a 'Cuvie'? A Cuvie is a disposable e-cigarette. They are small in size (8 x 2cm), but each Cuvie generates 300 'hits' or 'puffs' per pod and costs approximately \$10-20.

Does a Cuvie contain nicotine? Yes - each Cuvie has 50mg of nicotine in it. The 300 puffs equate to approximately **one packet of cigarettes**. This is a concern as young people may be using these discreetly at night and unknowingly consume the equivalent of a whole packet of cigarettes.



Are they dangerous for your health? Young people may not be aware of some of the short and long term effects of using e-cigarettes. Research has shown that there is an increased prevalence of lung conditions such as asthma, wheezing and bronchitis. Even more concerning is the impact of nicotine on the developing brain. This can affect learning, memory and attention. Researchers also indicate the use of e-cigarettes as a young person increases chances of developing a cigarette or substance abuse problem later in life.

Are they legal? It is illegal to sell e-cigarettes and accessories to a person under 18 years of age. Anyone who sells cigarettes or e-cigarettes to someone under the age of 18 can be heavily fined.

What is the College Policy on e-cigarettes? e-cigarettes are a prohibited item at the College and serious consequences will apply to any student(s) in possession of e-cigarettes and/or using e-cigarettes.

How are young people using e-cigarettes and hiding their behaviour? Since many vaping devices, especially Cuvies, are inconspicuous in size and overall look, many adolescents may find it easy to hide their habits. The vapour from the e-cigarettes is odourless (or has a sweet smell, depending on the flavour), so parents are less likely to detect an aroma.

What should I do? It is important that parents sit down with their young person for an open conversation about the effects of nicotine. It is also important to encourage help-seeking behaviour. For information and examples of how to generate a conversation around this topic, please watch the SchoolTV resource from Dr Michael Carr-Gregg - [SchoolTV: e-cigarettes & Vaping](#).

As usual, if there are any concerns re. your son/daughter, please contact make in the first instance with their respective Year Leader via email or phone - **9487 3555**.

Thank you for your ongoing support and please do not hesitate to contact the College if you have any other queries or concerns.

From the Director of Pastoral Care & Wellbeing

Mrs Lindy Sykes

University Funding Changes

You will likely have seen the news about changes to government funding for universities. While they are working through the detail in the government's proposed changes to higher education, universities remain committed to ensuring all students who want to study at University, can become eligible via a range of pathways and financial support schemes . Some key messages are:

- Students do not need to pay for University education up front. HECS-HELP loans can pay for University fees.
- Universities award a large number of [scholarships](#) each year to support students financially

- A university education continues to be a pathway to improved earning potential.

Free HSC Online Lectures

ATAR notes are offering lectures for senior students during the holidays from 28 June - 17 July 2020. Please see the list of lectures [here](#).

Why is Sleep so Important?

Looking after your physical and mental wellbeing is important, and sleep is a big part of that. Getting enough sleep helps you to:

- Recharge
- Process information
- Allow the body to rest and repair
- Feel happier
- Think more clearly
- Concentrate better
- Provide energy to complete tasks, and
- Make you more alert.

Please encourage your son/daughter to take a look at the [Kids Helpline](#) which offers some tips to help them get a good night's rest, a look at how the [brain works](#) and ways to get in touch with an expert if needed.

From the Pathways Program

Ms Mel Timmerman

Virtual Study & Career Pathways Talks

The Virtual Study & Career Pathways Talks are continuing until the end of this Term. So far we have streamed **35 (live) talks** from universities, vocational education providers, apprenticeship & traineeship providers, plus several industry talks. The aim of these talks are to inform our students with all the different study & career opportunities for them after the HSC. You can view these talks on our [YouTube Channel](#).

We Need Your Feedback – Please Complete our 2 Min Survey!

We are keen to hear your feedback regarding the various virtual talks. If you have joined or watched any of them, please take a minute to complete this quick (under 2 minute) [SURVEY HERE](#).

Many thanks in advance. Your feedback helps us further develop our Careers Program here at St Leo's.



Community Notices



MON
29
JUNE

DIGITAL WORKSHOP

DEMYSTIFYING ADOLESCENTS

This free online workshop is a crash course in the developmental psychology of adolescents for parents and carers. You will learn how to understand and communicate effectively with young people.

Demystifying Adolescents is led by Michael Carr-Gregg, a high profile psychologist in Australia and known for his work in the prevention of youth suicide.

When Monday 29 June

Time 7.00 – 8.00pm

Where Online workshop

For more information and to register, visit www.ryde.nsw.gov.au/Demystifying-Adolescents or call 9952 8222.

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SEASON
2020



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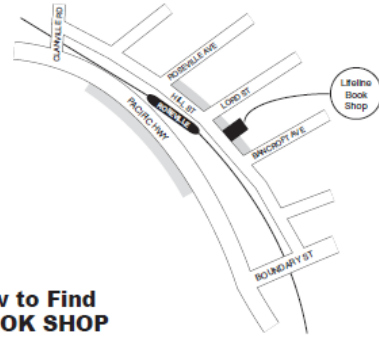


TUES – SAT
10am – 4pm

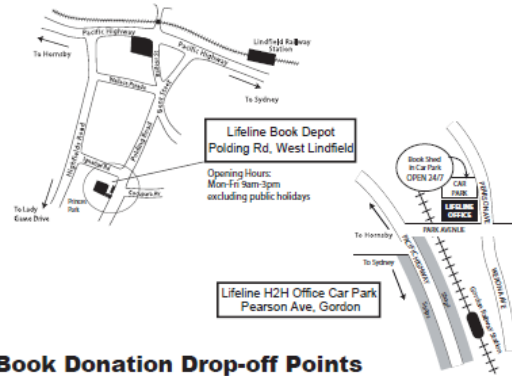
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