



Welcome to the Parental Lion Roars for Week 3 Term 1, 2022

Principal's Message

Dear Parents, Carers and Friends,

Our theme for 2022 is taking shape. In line with our recent themes around *Hope* (2021) and *Launch out into the Deep* (2020), the 2022 theme will be around **courage**. As a Catholic learning community, linking what we say, do and believe is very important and lies at this basis of who we are. Jesus (as his own life here on earth exemplified) provides us hope and courage to face these challenges.

Resilience and a 'Growth Mindset'

Students and staff have started the year very well and overcame some trying conditions, including extreme heat, wet days, transitioning into new learning spaces, Covid regulations and of course, the transition from holiday time to a school timetable! However, it is **important to keep the obstacles we experience in perspective** - particularly when we compare it to people who are dealing with far worse issues and uncertainties. Overcoming life's hurdles and struggling to solve an issue is how students develop and learn resilience, which becomes more important downwind when they must navigate life's voyage under their own sail.

As parents and educators, we must **walk the fine line between caring for our young people versus cutting down all the obstacles in front of them**. As a parent myself, I have certainly been guilty of the latter, as no parent enjoys watching their child struggle, even though sometimes that is exactly what they need to do to improve, learn and develop resilience. As I tell my Year 7 Mathematics class, it's OK to make mistakes - that's learning, as long as you don't make the same mistake twice. This is particularly true as it relates to larger issues as opposed to a simple mathematical error.

Resilience or grit is about the ability to try again, and again, when things don't go according to plan. It is about having stamina, day in, day out and working hard towards long term goals. Professor of Psychology at Pennsylvania University and author of the book *Grit*, Prof. Angela Duckworth, says her research supports the notion that **resilience/grit are bigger indicators of long-term success than a person's talent or IQ**. Therefore, it is very important in our ever-changing world that we try and help our students develop it.



How does one develop or teach resilience/grit?

Professor of Psychology at Stanford University, Ms Carol Dweck is considered an expert in this field. Dweck suggests that we develop resilience by adopting what she refers to as a “**growth mindset**”. When our young people believe they can achieve more, they understand that **effort makes them stronger**. Therefore, they put in extra time and effort, and that leads to higher achievement.

Dweck believes that how you praise your young person will have an impact on whether they adopt a ‘fixed mindset’ or a ‘growth mindset’. If you tell your young person that they are smart or talented it encourages a fixed mindset and makes them vulnerable. Whereas **praising the process they engage in**, their hard work, the strategies they use, their impressive focus and perseverance encourages a growth mindset. When students have a growth mindset, they take on challenges and learn from them, therefore increasing their abilities, achievement, and resilience.

Here at St Leo's, we encourage our young people to adopt and immerse themselves in a growth mindset way of thinking across all areas of their formative years.



1 Science students measure temperature differences between black and white today.

Senior Information Sessions

Last evening, it was great to see over 94% of our Year 11 families in partnership with the College as we presented the Year 11 Information Evening for parents and students.

As these students commence their Preliminary Course (leading to the HSC in 2023), I emphasised that Year 11 is an important ‘practice year’ as not only a lead up to the HSC, but also as over the past two years, many universities and other tertiary educational institutions have offered *early entry* to **45% (2020)** and **57% (2021)** of our students who were wishing to go to tertiary studies after their HSC. So yes - Year 11 (and now Year 10 also) have an even stronger relevance than what they have had in the past.

‘C Block’ Refurbishment

This coming Monday (14 Feb) sees our refurbished College canteen comes ‘online’ - both for online lunch orders and in a physical sense. Everyone should have received a communication (via Compass) earlier this week about the menus, procedures and set up of accounts. (See also page 6 of this bulletin)

The following Monday (21 Feb), our refurbished rooms will be available for use by our students and staff. Unfortunately, there were delays due to Covid on both materials and labour - which has delayed the use of the top two floors this week.

Covid Smart

I would like to thank all families for their assistance in keeping everyone safe over these first weeks by their use of the RATs as well as adhering to the NSW Health regulations for schools. We have **three staff and four students** who are currently isolating. Appropriate notifications have been made to the relevant year Group parents/carers.

Please Keep in your Prayers

Please continue to keep **Ms Fiona Milkins** in your prayers and thoughts. Fiona is now recovering at home from her operation last week. Results are still coming through. Fiona is in high spirits (as usual), and we wish her all the best for her full recovery.

*Looking forward to meeting our Year 7 families at our Zoom Meeting next **Tuesday, 15 February** (see page 7). Enjoy the rest of the week.*

Tony Gleeson
Principal



A Letter to the Diocese - Lenten Penance

Most Rev Anthony Randazzo, Bishop of Broken Bay

Bishop Anthony Randazzo has shared a letter to the Diocese regarding preparations for Easter. Please take a few minutes to [read the letter here](#).

RAT Distribution – Round 2

The College has now received the second batch of rapid antigen tests (RATs) for students. Each student will receive one box that contains 5 tests. Students are asked to continue conducting these tests on **Monday and Wednesday before coming to school** for the next two weeks. The additional test inside the pack can be used as required should students have symptoms later.



These will be **distributed to students on Friday (tomorrow) in their Mentor Groups**. Students that are not present on Friday should **collect the RATs from Student Services when they return to school**.

Students should continue to isolate at home for 7 days should they or anyone in their household test positive for Covid. They must then return a negative RAT before returning to the College. A reminder that work will be available on Google Classroom for those isolating. If they are unsure about any aspect of their work, they are encouraged to contact their teacher via email/Compass/Google Classroom.

Teaching & Learning Update

Mr Daniel Lane, Director of Learning Improvement

Subject Changes – Years 9-11

For students in Years 9-11, the last date for changing subjects is **Friday, 18 February**. The forms to complete this process are on each respective Year Group's Google Classroom page. Changes requested after this date will not be considered.

Interim Reports – Years 7-11

Interim reports are a brief snapshot of how your young person is doing in each subject at the start of the year. These will be released to parents/carers at the end of Term 1. When you receive these reports, we encourage you to sit with your young person and discuss feedback in relation to their work ethic and achievement in each class.

Assessment Booklets – Years 7-12

Assessment booklets for each year group will be **distributed by the start of next week**. It is important that students look over these very carefully and plan out when they will have assessments.

The assessment overview for each year group is as follows:

- **Year 7:** two assessment tasks per subject.
- **Year 8:** two assessment tasks per subject.
- **Year 9:** three assessment tasks per subject.
- **Year 10:** three assessments per subject, with a formal yearly assessment period in Term 4.
- **Year 11:** three assessments per subject, as per the NESA guidelines. There is a Yearly assessment block schedule for **Weeks 7 and 8 of Term 3**.
- **Year 12:** four assessments per subject, as per the NESA guidelines. HSC Trial Examinations are scheduled for **Weeks 3 and 4 of Term 3**.

Youth Ministry @ St Leo's

Rev Adrian Gomez, Youth Ministry Coordinator

A Hugely Successful 2021

Welcome to another exciting year of Youth Ministry at St Leo's. Despite the challenges of 2021, we had a successful year, with a particular highlight being the new Year 11 St Vincent de Paul School Conference, which raised over \$30,000!

A big part of this was thanks to the community's generous support of the **Virtual Vinnies Winter Sleepout** - where staff and students slept out in back yards, cars and living rooms - and raised well over \$20,000. This money was donated to help start a new Vinnies Food Van for the Central Coast. We have volunteered to be on a monthly roster and when this new Vinnies Van starts, we hope to be taking Year 11 students to feed the homeless and those in poverty on the Central Coast.

Around \$5,000 was also donated to a Vinnies shelter for women escaping domestic violence.

To close off last year, our Vinnies students featured prominently in a video promoting Vinnies that was watched by over 600 Mini Vinnies students from primary schools around Australia. Please [WATCH AND ENJOY!](#)



Our new Vinnies School Conference for 2022 have now kicked off the year, holding their first meeting on Monday this week (*photo above*).

Street Retreat – Year 10

Mr Kershler started Year 10 Street Retreats for the year with the first group of 10 students heading into Woolloomooloo and Kings Cross this week to learn about homelessness and some of the Christian organisations that exist to serve those who have fallen through the cracks in our community (*right*).

Year 10 students should approach Mr Kershler (available on Mondays and Wednesdays) if they would like to participate.



Social Justice League and Environment Groups

Now that COVID rules are changing, we are allowed to have different year groups involved in activities under Covid Smart conditions. Two lunchtime groups will be started next week:

The **Social Justice League** (for Years 7-12) on Thursdays and a new **Environment Group** (also for Years 7-12). These will be run by our Year 12 student leaders and supported by staff. If your young person is interested, please encourage them to come to the Youth Ministry Room at lunchtime on those days.

For more information, please contact the Youth Ministry Coordinator: [Email Rev Gomez](mailto:RevGomez@stleo.org.au) or phone 0425 451 307.

Student Management Information

Mr Ashley Johansen, Director of Students

Uniform and Grooming

A reminder students are to wear full summer uniform this Term. It is an expectation that any student not in correct uniform reports to their Year Leader before 8.30am with a **valid note/diary entry**, so that a **Uniform Pass** can be issued.

Note that College **spray jackets** are now available from our supplier (Cowan & Lewis, Turramurra) for inclement weather.

Applying for Student Leave

All student leave requests should first be communicated **in writing to the Principal**, Mr Gleeson. An email to the College is acceptable.

Students requesting leave should **then see Mr Johansen** (Director of Students) to obtain the appropriate paperwork. There are two forms – either *Exemption from Attendance* (under 10 days) and *Application for Extended Leave* (over 10 days).

All completed leave forms should be returned to the Director of Students' office as soon as possible for processing. It is important to note that **leave beyond 10 days must be first considered by the Catholic Schools Office (CSO) via the College**.

The Compass Parent Portal should not be used for any student leave requests.

***Please note that the College does not support families taking extended holidays during term time and/or during College examination periods as it impacts on student learning.*

SchoolTV – an online wellbeing resource for the St Leo's community

Special Report: New Beginnings – Year 7 2022

'Starting Year 7 poses many new challenges, but also offers exciting opportunities. It comes with several mixed feelings. Unfortunately for many Year 6 students, 2021 was marred with school closures and remote learning due to the pandemic and the overall impact of this is still unknown. For many students regular orientation activities at the end of 2021 were less than ideal. Therefore, many students may be more anxious than usual about starting Year 7. Grasping new skills and establishing new study practices can quickly become daunting and overwhelming. During this time of transition, parents and carers need to be supportive, but also realistic in their expectations.'

'This is an important milestone in your child's life. There will be feelings of exhilaration, but also the fear of the unknown. Therefore, it will be important for parents to be vigilant in monitoring their child's mood and mental health during this time. They could easily become overly anxious or even depressed.'



In this SchoolTV Special Report, several strategies are offered that can make this transition period smoother and start things off on the right foot! We hope you take time to reflect on the information and as always, we welcome your feedback.

If you do have any concerns about the wellbeing of your young person, please contact the College for further information or seek medical/professional help.

[Read the Special Report.](#)

Canteen Reopens on Monday!

We are excited to announce that our refurbished Canteen will **reopen from 8am next Monday, 14 February** with a brand new supplier and online ordering!

We welcome *Yummy Bears Kiosk* to St Leo's as our new canteen supplier. They will be offering a new, limited menu for breakfast and lunch for Term 1. Note they cater for special dietary requirements - gluten free, dairy free, vegetarian and vegan - and are a nut free canteen.



Payment is via EFTPOS, cash or online ordering (except for breakfast) through the **Flexischools app** (see setup instructions below). Note the daily **cut-off for lunch orders is 8.30am**.

Note these menus are now also on our website under **Current Students > Parent & Student Links**.

Term 1 BREAKFAST Menu (breakfast available **from 8am daily – no pre-ordering**, only in person purchasing using cash or EFTPOS)

Term 1 LUNCH/SNACK Menu (Pre-order via Flexischools App **by 8.30am daily** or purchase in person using cash or EFTPOS)

Flexischools App Setup Instructions

Duke of Edinburgh Program

Ms Ailish Butler

Bronze Hike Meeting

Bronze Hike Students will meet for their preparation briefing on **Monday 14 February from 3.20pm to 5.20pm**. This meeting will cover what to bring, camping /walking etiquette, safety and first aid. This is a compulsory part of the Adventurous journey.



Careers and Pathways

Ms Megan Tynan, Leader of Careers

A warm welcome to the new families who have joined us at St Leos this year. As the Leader of Careers, my role is to guide and support all our students to their career of choice.

You will find Careers Advice or information posted to your young person's Google Classroom page. I regularly post opportunities and information that I receive from numerous stakeholders within our local community. These often include apprenticeship opportunities (Years 10-12), tertiary education providers (Year 11-12) and information from UAC regarding Early Entry requirements for students in university. (Year 11-12).

I am located in the Xavier Court Stage 6 office and welcome students to email me to book a time for an informal chat regarding their many options beyond school. [Email Ms Tynan](#).

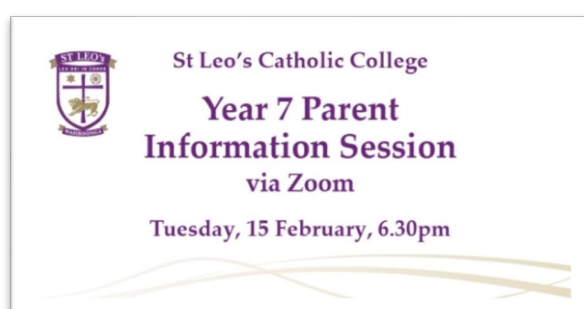
Current Apprenticeship Opportunities Available

- Australian Training Company (ATC) has updated their [Traineeship & Apprenticeship vacancy list](#).
 - No ATAR Required
 - Paid Full-Time Employment
 - Nationally Recognised Qualification
 - Gain Skills & Industry Experience

- Career Pathway For Your Future
- Travel Concession Card
- Considering a **career in Medicine or Dentistry?** Starting Year 10, 11 or 12? Do your research **EARLY**. Find out what is required for medical entry in Australia. Call UCAT NIE on **1300 974 187** and speak to one of their knowledgeable NIE teachers about UCAT, medical interviews, a career in health, or pathways into medicine and dentistry.
- **Carpentry Apprentice Required**
If you or somebody you know is interested in a Carpentry Apprenticeship in the Hornsby area, please phone: Phil Yates – 99978911 or 0408443151 Email: yatesat3@bigpond.com

REMINDERS:

Year 7 Parent Information Meeting via Zoom



There will be a Parent Information Session for Year 7 parents next **Tuesday 15 February at 6.30pm**, hosted by Ms Watts and Mr Kember.

On this Zoom, they will share information and updates on how students have settled into the College, provide information on the upcoming camp, as well as other administrative items.

Parents will also have the opportunity to ask any questions that they may have following the first few weeks of Term.

Please use the [THIS LINK](#) to access the Year 7 Zoom.

Year 7 Camp - Permission Forms

We are excited that the Year 7 camp will proceed this Term based on the current Public Health Orders and College Covid Smart Plan. It will be held at The Great Aussie Bush Camp, Kincumber on **Wednesday 23 February – Friday 25 February**.

Ms Watts and Mr Kember have distributed information packs to students and families and **permission forms are due back this week**. Thank you to all those who have already returned their forms.

Co-Curricular Creative and Performing Arts (CAPA) Program

Ms Brittany Skea, CAPA Co-Curricular Coordinator

Free CAPA Ensembles

We are excited for another thrilling year of Creative and Performing Arts at St Leo's and welcome new and returning students into our program. CAPA offers a variety of ensembles and programs, which are **free of charge for all St Leo's students!**



Timetable - Term 1

The timetable below for our CAPA Ensembles and Programs will **commence next week - Week 4, Term 1**. **Students are encouraged to come along and complete a 2-week trial for as many ensembles and programs as they wish!**

Co-Curricular CAPA Ensembles / Programs

Term 1



| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------|--|--|---|--|--|
| Before School | 7:00-7:45am Pride Jazz/Variety (MML01) 7:45am-8:30am Lions Jazz/Variety (MML01) 7:45am-8:30am Pride Lyrical/Contemp (TWG) | 7:30-8:30am Pride Singers (MML01) | 7:30-8:30am Lion Singers (MML01) 7:30-8:30am Pride Performance Group (MML04) | 7:00-7:45am Cubs Jazz/Variety (MML01) 7:45-8:30am Jr Lions Jazz/Variety (MML01) 7:45-8:30am Lions Lyrical/Contemp (TWG) 7:30-8:30am Cubs Concert Band (MML04) | 7:00-7:45am Cubs Lyrical/Contemp (MML01) 7:30-8:30am Lions Concert Band (MML04) |
| Recess | | | | | 10:50-11:15am Guitar Ensemble (MML04) |
| Lunch | 1:15-2:00pm String Ensemble (MML04) | 1:15-2:00pm Accordion Group (MML03) | | | 1:15-2:00pm Cubs Singers (MML01) 1:15-2:00pm Rock Band (MML04) |
| After School | 3:00-3:45pm Cubs Drama Ensemble (TWG) 3:00-3:45pm Jr Lions Lyrical/Contemp (MML01) | | | 3:00-4:00pm Male Vocal Group (MML01) | 3:00-4:00pm Ceramics Classes (MMG02) |

| | | | | | |
|--|--|--------------------------------------|-----------------------------------|--|-------------------|
| Art Cubs - Year 7 & 8 Ceramics - Year 7-12 (term 1 & 3) | Dance Cubs - Year 7 Jr Lions - Year 8 | Lions - Year 9 Pride - Year 10-12 | Drama Cubs - Year 7 & 8 | Music Cubs - Year 7 Lions - Year 8-10 | Pride - Year 8-12 |
|--|--|--------------------------------------|-----------------------------------|--|-------------------|

CAPA Cubs Program for Year 7

Year 7 students can join in the fun and be part of the CAPA Cubs Program. Focused on participation in the Creative and Performing Arts ensembles and programs, it provides guidance and skills development across the four CAPA subject areas: **Music** (Vocal/Instrumental), **Dance**, **Drama** and **Visual Arts**.

The CAPA Cubs program accommodates all skill levels and will be the first step for Year 7 students as they progress further into our Lions and Pride CAPA programs here at the College.

To finalise numbers for our Ensembles and Programs, we ask that parents please put forward your child's interest using the below Google Form.

****Prior to students attending any of the above CAPA ensembles/programs, a consent form MUST be completed regarding the risk of Covid-19.** The College is implementing a [Covid-19 Smart Plan](#) to ensure the minimising of risk for all students and staff.

[CAPA Co-Curricular Sign-Up & Covid-19 Consent Form](#)

Also check out our [CAPA Co-Curricular Website](#).

To assist in managing College activities/events, the College has referred to Catholic Schools NSW Covid Smart advice to ensure students and staff are kept safe, under the guidance of NSW Health for Covid-19. Therefore, we have seen some adjustments to our Ensemble Program for 2022. For example, our programs have been restructured into Year Groups (where possible) to accommodate the ability to run safely for 2022. The running of our ensembles and programs throughout the year will depend on current Covid Smart advice provided to the College.

Private Music Tuition

St Leo's also offers our Pride Lands Private Music Tuition Program. If you are interested in receiving private lessons to learn an instrument and/or vocals, please complete the following [Expression of Interest form](#). Students are welcome to join the program at any time throughout the year, including mid-term.

Thank you for your ongoing support and please do not hesitate to contact me via College Reception on 9487 3555 or [email Ms Skea](#).

Representative Sport

Mr Michael Kember, Leader of Sport

Representative Sport Trials

Trials for a number of sporting teams will be held over the next few weeks. These trials will be advertised on the Sport Google Classroom page. Students are encouraged to join this page. **Code: lizdjsq**

College Swimming Carnival – entries due by Friday 11 February


The College swimming carnival will be held on **Tuesday, 1 March at Hornsby Aquatic Centre**.

Students in all Year Groups have been provided with information on how to enter the event, with **entries closing this Friday, 11 February (tomorrow)**.



Community Notices

PLAY



WPFC.COM.AU

FOOTBALL WITH US

Thinking of playing football?
Find out about football with WPFC at Norman Griffiths Oval.

TEAM ALLOCATION & GRADING (TAGS)
UNDER 8 - UNDER 18YRS
NORMAN GRIFFITHS OVAL
SUN FEB 13
SUN FEB 20

COME AND TRY DAY
UNDER 6 - UNDER 7YRS
SUN 6 MARCH

FOR AGE GROUP TIMES VISIT WPFC.COM.AU

FREE
soccer ball for
Under 6