

# The LION ROARS

Fortnightly College News Bulletin



St Leo's Catholic College, Wahroonga



Welcome to the Parental Lion Roars for Week 10 Term 4, 2024

## Principal's Final Report for 2024

### Principal's Christmas Message

Christmas is a time for us to connect with our families, cherish the people we love, and remind ourselves of the true meaning of the holiday season. It's a time to reflect and celebrate on the birth of Jesus Christ and his message of peace, love, and compassion. For many, Christmas is a time of joy and celebration. However, not everyone has the opportunity to share this joy with loved ones, and some may find themselves alone and isolated during this time.

During this time of giving, let us remember to extend our compassion and generosity to those who may be feeling isolated. Our *simple acts of kindness* can make a profound impact on their lives.

Together, we can make sure that everyone feels loved and supported during this special time of year.

*May your Christmas season be filled with love, joy, and compassion. Amen.*



[Click to view our animated 2024 Christmas Card](#)

### 2024 HSC Results

Yesterday over morning tea, we had over 40 of our Year 12 (2024) young people gather and reconnect with their teachers in our staff room to share and celebrate the HSC results they received just a few hours earlier. We were very proud and pleased for the 2024 cohort and their families with their HSC results.



St Leo's HSC Results – Class of 2024

## TOP ATARS & ACHIEVERS

COLLEGE DUX

ADRIAN JALGHA  
DUX  
99.05

SPENCER COVE  
PROXIME  
98.7

TOP ACHIEVERS – STATE PLACINGS

JEREMY SWAIN  
3rd in State,  
AUTOMOTIVE

SPENCER COVE  
6th in State,  
ENGINEERING

There were some outstanding and even state-leading results this year. Over 86% of those Year 12 students eligible for an ATAR received early entry to a wide variety of university courses prior to the HSC. Some of these students received multiple university offers.

For a comprehensive secondary school, accepting and working with all students to be the best people that they can be – we, the St Leo's staff, as you their parents, are very happy and wholeheartedly congratulate this 2024 Year 12 cohort.

We acknowledge both the group effort and the many individual personal bests in not only the HSC, but as they move from adolescents into

young people of conscience who will make a positive difference in our world in whatever they move into in their Year 13 and beyond!

A more in-depth analysis of our HSC/ NAPLAN results will be presented to our community early in Term One 2025.

## Blues Award

Congratulations to **Milla Durnell** (Year 12, 2024), who was presented with a NSWCCC Blues Award last week - the highest sporting award in NSW Catholic Schools. Milla received the award for her outstanding achievements in and contributions to the sport of softball at a ceremony held at the SCG.

Milla has had an exceptional year that saw her represent NSWCCC, NSW All Schools,



and

selected in the Australian All Schools Merit team before being chosen as captain of the Australian U/18 Girls World Cup Qualifier team.

A Blues Award is a huge achievement and clearly well deserved, Milla!

## Vale Gloria Candotti

As many of you would be aware, this year our Year 12 Graduands received as one of their gifts, their own *hand knitted Bell of Discipleship*. This was handed onto each one just after they rang our *Bell of Discipleship* by a Year 7 student as they were clapped out of the College at the

conclusion of the Graduation Mass.

Last week, some of our Year 9 students, under the direction of Parent Engagement Coordinator – **Ms Tess Denham-Fabry** and the Year 9 Pastoral leader, **Mr Luke Licalde** provided some Christmas cheer for the residents at McQuoin Park. This was singing some carols, some great conversation and company as well as a *hand knitted angel*.

We have also letter box dropped this same gift to our neighbours in Woolcott and Windarra Cres.

Last Saturday week (December 7) **Mrs Gloria Candotti**, Grandmother of **Mattia**, (HSC Class of 2022) and **Luca** (Year 9) passed away. Nona was not only Grandmother to these fine young men, but also had a very high regard for our extended St Leo's College community. This was evidenced by her time, skill and devotion in knitting 270 Bells of Discipleship (for 2024 and 2025 Graduants) plus the angels for our McQuoin Park residents and our neighbours for Christmas.

Gloria was determined to get these gifts made, before her time to go to Heaven. I think even though our young people did not meet Gloria, she was a Nonna to all in our community. Our PEC, Tess Denham-Fabry was privileged to have the opportunity to say the Rosary with her in hospital on her last week, after a stroke she suffered on Tuesday.

Sandi (Gloria's daughter) said these last few weeks where her mum were making these "gifts of happiness" were the best she has been in many months. Gloria gave meaning to our College theme this year, to making this world a better a better by acts of kindness.

*May perpetual light shine upon her and may Gloria Rest in Peace in the hand of God.*



## Staffing

We say farewell to these staff (*right*) for their expertise, care and concern they have for the members of the St Leo's community:

We wish them all the best for their next chapter in their lives.

We also thank **Ms Rhyarna Bazih-Hutchison** for her leadership in TAS in the past two years. Rhyarna is a passionate educator and will be returning to our classrooms, full time.

**Ms Mel Duff** will be concentrating on Leader of Careers in a greater way in 2025. Thank you for your work as Leader of VET in 2024. **Ms Jane Moran** will be taking a year's leave from the classroom to have more time with her family.

## Year in Review – Principal's Speech



Last week we conducted our Year in Review Assembly. It was very pleasing that we were joined by so many parents/carers. The theme of my address was based on the old African proverb – *“It takes a village to raise a child...”*

In these days of such busy lives, being time poor, online friends and communication, and family dynamics, it does take many people to raise and educate a child into a well-balanced young person - more specifically at St Leo's, a confident, competent, Catholic valued, young person of conscience.

Even though parents are the number one educators of their children, these educators, still need assistance. Parents, carers, grandparents, school staff, employers, coaches and other people who have a major influence in our young peoples' lives. They need each other and must share the same values. Our young people cannot receive mixed messages or be the meat in between the sandwich.

Working together for our young people to become the best that they can be, they need us all to support and give each other strong moral purpose. This can be achieved through, parenting, educating, supporting and guiding, comforting, giving direction, governing, advising and praying by the many members of our community.

At the end of this year, 2024 – it is important to recognise and acknowledge the members of our village:

- Our **parents/carers**,
- Our **College staff**, our **support staff**, our **maintenance crew**
- Our **parent volunteers**, (Community Tutoring program, Year group Parent Reps)
- Our **clergy**, our Bishop – **Bishop Anthony, Fr Brendan** and the clergy and staff at Hornsby Cathedral Parish
- The staff from Diocese of Broken Bay – CSBB, and workstream leads and staff of CSBB
- Our colleagues in our primary schools both Catholic and state,
- The many members of our local community who support and grow our young people outside of our gates here at St Leo's.
- Lastly, **our young people**, all those above believe in you, care for you and take their responsibility very seriously. Our future depends on it. Thankyou for allowing us to be part of your formative years - a great gift.



*On behalf of the staff here at St Leo's I wish each and everyone of you a safe, peaceful and blessed Christmas and New Year.*

*We are all looking forward to a fantastic, engaging, peace-filled and productive year in 2025.*

Thank you for your time,  
**Tony Gleeson, Principal**

## Farewell to:

- **Mary Barrios** (HSIE)
- **Julia Carroll** (Languages)
- **Ellie Field** (CAPA – parental leave)
- **Zinta Hartmann** (continuing her early teacher career at another CSBB school)
- **Sunny Huo** (Mathematics)
- **Jacqueline Loughman** (Learning Diversity)
- **Kristen Nicola** (CAPA)
- **Madame Simone Noel** (Religious Education)
- **Tom O'Rourke** (HSIE)

## Final Week Activities

### Advent Liturgy

Our wonderful Year 13 Youth Ministry team of **Tony Baynie, Nick Gomez** and **Lily Peregrina** presented a beautiful Advent liturgy on the final Wednesday of the term.

They brought the story of Christmas to life with a play depicting the Annunciation and birth of Jesus in the manger. Advent is a central part of the Christian preparation for the celebration of Christmas, focusing on themes of hope, anticipation, and the coming of Christ.

We are blessed at St Leo's to have a core group of young people whose faith was on show to the College community as they recreated the leadup to and the birth of Jesus in a beautiful Advent play.



### Students Brighten McQuoin Park Residents' Day

A group of student leaders together with our Parent Engagement Coordinator, **Mrs Denham-Fabry** and Year 9 Leader, **Mr Liceralde** recently spent a morning at McQuoin Park to spread the Christmas cheer.



McQuoin Park, run by Catholic Care, is a residential aged care facility that neighbours the St Leo's school grounds.

The staff and residents alike were thrilled by the students' interaction, with morning tea, carols, and of course, the home made, crochet Christmas angels made by **Nona Candotti**.



Our friendship with McQuoin Park will continue in 2025 with further visits planned.

### Our Community Digs Deep for Dom's Place

This Advent, the College partnered with Dom's Place donating thousands of toiletry products for the most needy in our local community.

Dom's Place is a support centre for men, women and families experiencing homelessness or social isolation. Run by CatholicCare, it is only a 5-minute walk from St Leo's.

At the conclusion of our Advent Liturgy, Dom's Place representation, **Mr Phillip Ledlin** thanked our students for the huge response to their charity drive.

*Patrick Brennan, Assistant Principal, Evangelisation & Catechesis*

### Cards and 'Candygrams' for Dom's Place

Over the past couple weeks, the Vinnies Conference students for 2025 have been selling raffle tickets and cards with candy canes that students could send to their friends in an effort to raise money for Dom's place.

Dom's place is a not-for-profit organisation, supported by Catholic Care, that is assisting those experiencing and at risk of homelessness in the St Leo's local community. The Vinnies team raised \$426.80. Along with the Vinnies' team contribution, toiletries were also donated by students and given to Dom's Place for the Christmas season.

During the Christmas season, so many people struggle with the financial and mental load, Dom's Place is helping those who are really struggling, and the support that St Leo's has offered has significantly assisted them and the work they are doing for our community.

*Bailey L, Year 10*

## Year in Review Ceremony - Year 7-11 Awards Presentation

Last Thursday, the College celebrated the many achievements of our students during 2024 with our Year in Review. During the morning, Year Groups held their own assemblies where students were presented with College House Awards, recognising their impact within our community, and Pride Medallions for those who have achieved 3 Gold Merit Awards merits for a range of activities across all our growth domains.

In the afternoon, the whole College came together to present our remaining awards. We acknowledged students who have excelled in a multitude of avenues that help to provide them with the holistic education with the Growth Domain Awards, and presented the top Year 7-11 academic performers.

### Sponsored Awards

The College is very fortunate to have been able to present a number of sponsored awards to our students. The seven sponsored awards and their winners for 2024 were:

ADF Long Tan Leadership and Teamwork Award <i>sponsored by the Australian Defence Force</i>	<b>Matthew B</b> (Year 10)
The Future Innovators Award <i>sponsored by the Australian Defence Force</i>	<b>Salome L</b> (Year 10)
Macquarie University Emerging Leaders Award <i>sponsored by the Macquarie University</i>	<b>Michelle D</b> (Year 11) <b>Oscar K</b> (Year 11)
Julian Leeser Book Award for Responsibility <i>sponsored by Mr Julian Leeser MP, Federal Member for Berowra</i>	Year 7 – <b>Kieran P</b> Year 9 – <b>Christopher M</b> Year 8 – <b>Lucy E</b> Year 10 – <b>Alena H</b>
The Mayor (Hornsby Shire Council) Book Award <i>sponsored by Hornsby Shire Council</i>	<b>Aayush G</b> (Year 11)
The Bradfield Award <i>sponsored by the Hon. Mr Paul Fletcher MP, Federal Member for Bradfield</i>	<b>Bailey L</b> (Year 10)
Vanessa Anderson Award <i>sponsored by the Anderson Family</i>	<b>Makayla A</b> (Year 10)

### Major Award

Our major award is the prestigious Pope St Leo the Great Award, presented to students who have shown a strong commitment to their studies and demonstrated a keen dedication to learning. For 2024, our winners were:

<b>Pope St Leo The Great Award</b>	Year 7 – <b>Harry W</b> Year 9 – <b>Shania M</b> Year 8 – <b>April A</b> Year 10 – <b>Alena H</b> Year 8 – <b>Stella M</b> Year 11 – <b>Alex F</b> Year 8 – <b>Tahlia T</b> Year 11 – <b>Anna Z</b>
------------------------------------	--



## Leo's Day @ Luna Park

Every year on the students' last day of term, we come together as a school community and celebrate St Leo's Day. This day is usually coordinated and organised largely by the Student Leadership Team for the following year as their first official duty in their leadership campaign. This year, our 2025 Student Leaders helped to organise a St Leo's Day with a difference!



On Friday of Week 9, over 600 students and almost all teaching staff joined together to celebrate an amazing year of laughter and learning. What better place to do this than at the iconic Luna Park?! over 70% of our student body in attendance, this was one of our most successful St Leo's Day celebrations to date.

With the breathtaking harbour as our backdrop, we met at the beautiful Bradfield Park to get rolls marked and to hand out wrist bands and ride passes before heading through the famous mouth of Luna Park and embarking on a day of fun. What a great way to end the year! The students were exceptionally behaved in such a public space and this meant teachers were able to enjoy themselves alongside our kids in a very special and memorable day.

Although it was hot, and some of the lines were long, staff and students alike remarked about the enjoyment of the day, and our sense of community and connection was celebrated as students and teachers released the stresses of lessons and replaced them with the frivolity of rides, activities and socialising.

Thank you to everyone who helped organise, supervise and co-ordinate the day, and thank you to all students who attended and made this such a great event.

We hope you continue to remember the community within which you belong as you rest over the holidays, and when you return to our community space next year, you do so rejuvenated for another successful year ahead.



## Swimming Carnival Results

Last Monday, the annual swimming carnival was held at Hornsby Aquatic Centre. The number of competitors at the carnival were slightly smaller than previous years however the racing in the pool was fierce. The carnival also doubles as a selection to the St Leo's swim team to compete at the Broken Bay carnival in 2025. Congratulations to all students on your efforts and the students below who were crowned as age champions, and the overall swimming house cup to Chanel and Theresa house.

### Age Champions

U/12 Girls – **Evie M-M**

U/13 Girls – **Poppi B**

U/14 Girls – **Poppy S**

U/15 Girls – **April A**

U/16 Girls – **Zoe R & Marli S**

U/17+ Girls – **Alison D**

U/12 Boys – **Benjamin S**

U/13 Boys – **Locklan S**

U/14 Boys – **Cameron G**

U/15 Boys – **Luke M**

U/16 Boys – **Oliver M-A**

U/17+ Boys – **Zack S**

### Overall House Results:

1<sup>st</sup> - **Chanel & Theresa** – 797

2<sup>nd</sup> - **Aquinas & McAuley** – 632

3<sup>rd</sup> - **Loyola & Bakhita** – 437

4<sup>th</sup> - **Xavier & Mackillop** - 272

## Year 7-8 Maths Competitions

The **St Leo's Mathematics Competition** was a remarkable 5-month mathematical journey where a number of Year 7 and 8 students embarked on investigations into topics that sparked their interest. Throughout this journey, participants showcased their passion, curiosity, and deep exploration into their chosen mathematical areas.

Judged through three exciting showcases with our guest judges, **Miss Stephanie Lam** and **Mr Adam Barton**, students demonstrated not only their knowledge, but also their enthusiasm for discovery and problem-solving.

We are proud to announce the winners (in no particular order): Year 7 students **Erin F**, **Olive O**, and **William L**. Congratulations to these outstanding young mathematicians for their dedication and inspiring work!



## Years 8 and 9 Talk Money

We were thrilled to welcome **Talk Money** into our school recently, where they engaged all Year 8 and Year 9 mathematics classes in their dynamic financial literacy Workshops A and B.

These workshops focused on equipping students with essential skills to make informed financial decisions in their everyday lives. From understanding the importance of budgeting and saving to learning about responsible spending, our students had the opportunity to connect classroom maths to real-world financial situations in an interactive way.



## Maths in Action

After their Yearly Exams, our Year 7-9 students embarked on exciting projects under the theme *Maths in Action*, each year level tackling a unique challenge. The culmination of their hard work was a judging session where the top teams presented their projects to a panel of esteemed judges.

For our Year 7s, *Maths in Action: Entrepreneurial Ventures* invited students to apply their understanding of data collection, display, analysis, and probability to create a business plan answering the question, 'What is a product or service that makes the world a better place?' This encouraged creativity and practical application of maths concepts in a real-world entrepreneurial setting.



Year 8 students, in *Maths in Action: Investigating Science*, worked on analysing existing data collected by Year 11 Investigating Science students. They used their maths skills to delve into scientific data, understanding trends and making insightful observations that connected the disciplines of maths and science in an investigative context.



Year 9 students took part in *Maths in Action: Principal's Problem -- School Waste Audit*, supported by the Environmental Club. Rubbish was collected by and from the rest of the school, which Year 9 students sorted, weighed, and categorised into various sub-categories. They then analysed this large amount of data using technology, identifying potential problems and making well-reasoned suggestions to improve waste management across the school.

On 10 December, a final showcase had shortlisted groups present to the rest of the year group. The judging panels were as follows:

- Year 7: **Mr Jon Nicoll** (Leader of HSIE) and **Mr Adam Barton** (Assistant Leader of Mathematics)
- Year 8: **Mr Chris Gould** (Leader of Science), **Miss Isabella Hawke** (Teacher of Investigating Science course), and **Mr Adam Barton**



- Year 9: **Mrs Fiona Milkins** (Assistant Principal), **Mr Patrick Brennan** (Assistant Principal), **Mr Jason Beswick** (Maintenance Team), and **Miss Isabella Hawke** (Teacher-in-charge of Environmental Club)

Prize winners in each Year were:

### Year 7

- 7MATC: **Rory S, Finley D, Thomas C**
- 7MATD: **Mihika S, Olive O, Matilda T**
- 7MATE: **Elena K, Juliane C, Chelsea S, Hayley M**



### Year 8

- 8MATE: **Matthew M, Jimi S**
- 8MATF: **Aaryav J, Fletcher G**
- 8MATG: **Fernando T-H, Thomas R, Harry T, Henry B**



### Year 9

- 9MATA: **Eibhlinn M, Shania M**
- 9MATC: **Sophie A, Charlotte K, Annika L**
- 9MATG: **Bianca M, Rebecca C, Isla-Rose T, Ruby R**



Congratulations to all the participants for their impressive work and a special mention to the prize winners for their outstanding achievements!

## **Reminders: Student Requirements for 2025**

### **Textbooks and Stationery**



Booklists/online text lists for Year 11 and 12 students have been made available to parents through Box of Books.

For Years 7-10, the majority of learning resources are made available online as needed, so generally no textbooks are required. Families will be advised throughout the year as additional learning resources are needed. Please refer to the email sent with information regarding Year 8-10 novels for English in 2025.

Regarding stationery, we suggest you simply top up stationery supplies for each subject as required.

Please ensure all stationery, uniform and other items are labelled!

### **Latest BYODD Specifications for 2025**

For those looking to upgrade their devices for 2025, below are the latest specifications from the CSBB Digital Enablement (DE) team. Note there is **no expectation for parents of Year 8-9 students to buy new devices** at this point. This is to let you know the current specifications so that **if you need to replace a student device**, you are aware of the latest requirements and choices.



For students in **Years 10-11**, we do highly recommend moving from an iPad **to laptop for senior studies as in previous years**, and you now have the option of either a PC/Windows-based or Apple OS device.



From the start of this year, we began phasing out iPads from Year 7, as well as giving all families the option of either a PC/Windows-based or Apple OS device for all classes.

The College, through CSBB's Digital Enablement team, will continue to support all student devices and have developed the following specifications and recommendations for purchasing your device to ensure it can be used for three years of class work, as per industry standards.

Note also that **all required software** will also be made available by the College at the start of the year.

	PC/Windows-based Laptops		Apple MacBooks	
	Minimum	Recommended	Minimum MacBook Air* MacBook Pro* Specs = min laptop req.	Recommended MacBook Pro - Specs = min laptop req.
<b>Screen</b>	13"-14" (touch screen or standard)	13"-14" (touch screen or standard)	13"-14"	13"-14"
<b>Processor</b>	Intel Core i5 -10 <sup>th</sup> Gen (or equiv AMD)	Intel Core i5 -13 <sup>th</sup> Gen (or equiv AMD)	Intel Core i5 -10 <sup>th</sup> Gen (or equiv AMD)	Intel Core i5 -13 <sup>th</sup> Gen (or equiv AMD)
<b>Memory</b>	8 GB RAM	16 GB RAM	8 GB RAM	16 GB RAM
<b>Storage</b>	256 GB SSD	512 GB SSD	256 GB SSD	512 GB SSD
<b>Wireless</b>	WiFi 6 (802.11ax 2x2)	WiFi 6E (802.11ax 2x2, 6 GHz)	WiFi 6 (802.11ax)	WiFi 6E (802.11ax)
<b>OS</b>	Windows 10 (excl 10S). Must update to Windows 11 by 10/25.	Windows 11 (Not Beta versions)	MacOS Ventura or higher (Not Beta versions)	MacOS - latest available version (Not Beta versions)
<b>Accessories</b>	Battery – 6hr life Digital pen (optional for touch screen) TPM 2.0 (req. for Windows 11)	Battery – 6hr life Biometric Tec (for Windows Hello) (optional for touch screen) TPM 2.0 (req. for Wind 11)	Battery – 6hr life TPM 2.0 (req. for Windows 11)	Battery – 6hr life Biometric Technology (for Windows Hello) TPM 2.0 (req. for Windows 11)
<b>Warranty</b>	3 yrs	5 yrs with accidental damage protection	3 yrs	3 yrs with accidental damage protection
<b>Other</b>	Headset	Headset	Headset	Headset

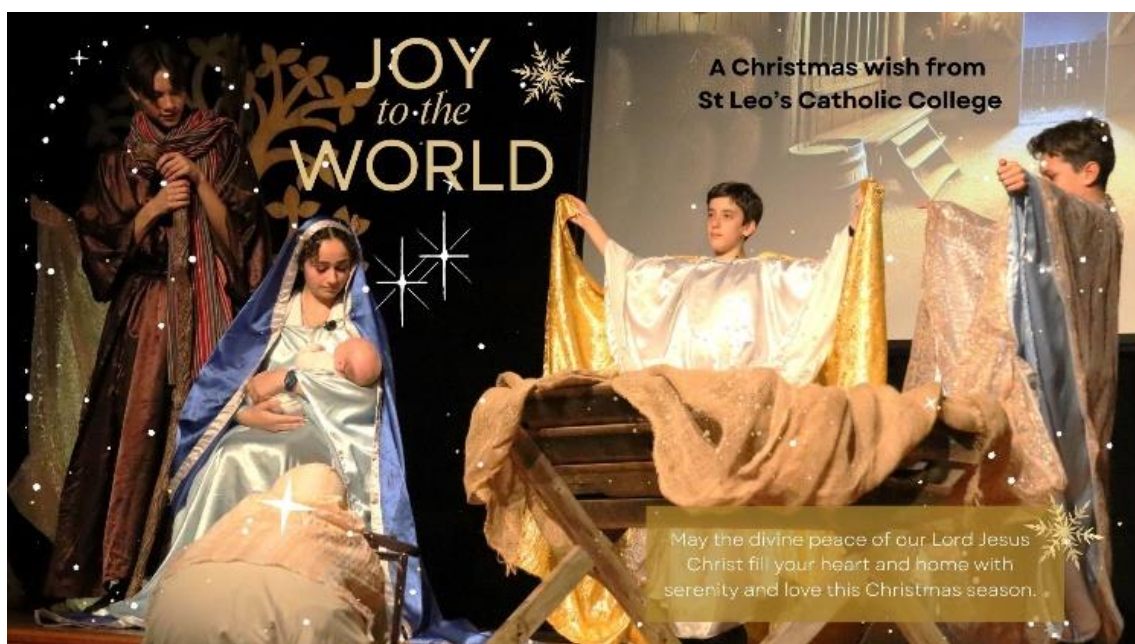
## CALENDAR DATES

ST LEO'S TERM DATES 2025		
TERM	FIRST DAY	LAST DAY
Term 1	Years 7, 12 & new 8-11 students - Mon 3 February Years 8-11 students - Tuesday 4 February	Friday 11 April
Term 2	Wednesday 30 April (for students)	Wednesday 2 July (for students)
Term 3	Tuesday 22 July (for students)	Friday 26 September
Term 4	Tuesday 14 October (for students)	Tuesday 16 December (for students)

TERM	DATE	EVENT
	Fri 20 Dec 2024, 2pm	College Office closes
	Fri 31 Jan 2025, 8am	College Office reopens
<b>1</b>	Mon 3 Feb	Year 7, Year 12 and new students begin
	Tue 4 Feb	Years 8-11 return
	Wed 5 Feb	Student Late Start
	Wed 12 Feb	Opening Liturgy
	Thu 13 Feb	Year 7-11 Parent Information Sessions
	Wed 19 Feb	Student Late Start High Achievers Assembly
	Tue 25 Feb	Year 7 Belong Day
	Wed 5 March	Student Late Start Ash Wednesday Mass
	Tue 11 March	CSBB Swimming
	Wed 12 March	NAPLAN begins
	Mon 24 March	CSBB Open Basketball
	Tue 25 March	CSBB U/15 Netball Trials
	Wed 26 March	Early Dismissal College Open Evening, 4-7pm
	Thu 27 March	CSBB U/15 Touch Football
	Tue 1 April	CSBB U/15 & U/16 Girls Rugby League Trials
	Wed 2 Apr	Student Late Start
	Wed 9 Apr	Assembly & ANZAC Commemoration
	Fri 11 Apr	Easter Liturgy
<b>2</b>	Tue 6- Fri 9 May	Year 9 Camp
	Thu 8 May	Mother's Day Liturgy
	Tue 13 May	Year 11-12 Student Led Conferences (2pm-7.30pm)
	Wed 28 May	Year 11 2026 Information Session
	Thu 29 May	Year 10 Subject Market
	Fri 30 May	Shine – St Peter's, Tuggerah
	Mon 2 – Wed 4 June	Year 7 Camp
	Tue 17-Sat 21 June	Musical
	Wed 25-Fri 27 Jun	Year 12 Retreat
	Wed 2 July	Early Dismissal Year 7-10 Student Led Conferences (3.30pm-6pm)
	Thu 3 July	Student Free Day

		Year 7-10 Student Led Conferences (8.30am-5pm)
<b>3</b>	Wed 23 July	Year 7-10 Student Led Conferences (3.30pm-6pm)
	Mon 4 Aug	HSC Trials begin
	Wed 13-Fri 15 Aug	Year 8 Camp
	Wed 27 Aug	Assembly & Student Leadership Ceremony
	Wed 3 Sept	Year 12 HSC Showcase
	Fri 5 Sept	Father's Day Liturgy
	Tue 16 Sept	Year 7 2026 Information Evening
	Wed 24 Sept	Year 12 Graduation Mass & Ceremony
<b>4</b>	Thu 16 Oct	HSC Exams begin Year 12 2026 Parent Information Evening
	Wed 19-Fri 21 Nov	Year 10 Camp
	Wed 26-Fri 28 Nov	Year 10 Motivate
	Fri 28 Nov	OLOR & St Leo's Carol Evening
	Sun 30 Nov – Wed 3 Dec	Australian Catholic Youth Festival, Melbourne
	Mon 1 Dec-Wed 3 Dec	Year 10 Motivate
	Thu 4 Dec	Year 10 Celebration Evening
	Mon 15 Dec	Advent Liturgy/ Year in Review
	Tue 16 Dec	St Leo's Day

*See you in 2025!*



[Click to view our animated 2024 Christmas Card](#)

# Support over the holidays

Here are a few different support options for you or a loved one over the holiday period.



## Kids Helpline

A free, confidential 24/7 online and phone counselling service for young people aged 5-25. Call 1800 55 1800, or visit [www.kidshelpline.com.au](http://www.kidshelpline.com.au).



## Lifeline

Lifeline provides free 24/7 crisis support and suicide prevention services. Call 13 11 14, or visit [www.lifeline.org.au](http://www.lifeline.org.au).



## Suicide Call Back Service

Offers free professional 24/7 telephone and online counselling support to people affected by suicide. Call 1300 659 467, or visit [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au).



## Beyond Blue

Provides free, confidential counselling services to anyone looking for help with their mental health. Call 1300 224 636, or visit [www.beyondblue.org.au](http://www.beyondblue.org.au).



## Mental Health Access Line

NSW Health's free 24/7 statewide phone service which links people with NSW Health mental health services. Call 1800 011 511.



## Safe Haven- North Ryde

A place to chat with qualified peer support workers & mental health professionals if you are feeling distressed or having suicidal thoughts. Located at Macquarie Hospital, Building 72, 59 Wicks Road, North Ryde 2113, open Monday to Sunday from 4pm-8pm.

headspace National Youth Mental Health Foundation is funded by the Australian Government



## Safe Haven- Northern Beaches

A place to chat with qualified peer support workers & mental health professionals if you are feeling distressed or having suicidal thoughts. Located at Brookvale Community Health Centre, 612-624 Pittwater Rd Brookvale, Monday to Sunday 4pm-8pm.



## Youth Response Team- YRT

YRT provides mental health assessment and crisis support for young people 12-17 experiencing suicidal distress within the community. YRT engages with young people in a space that best suits them. To access call the Mental health line- 1800 011 511.



## 13 Yarn

Provides free 24/7 crisis support for Aboriginal & Torres Strait Islander young people. Call 13 92 76, or visit [www.13yarn.org.au](http://www.13yarn.org.au).



## eheadspace

eheadspace provides online and telephone mental health support for young people aged 12-25. Call 1800 650 890, or visit [www.headspace.org.au/eheadspace](http://www.headspace.org.au/eheadspace).



## Head to Health

Helps young people and their families find mental health and wellbeing resources for yourself, or for someone you care about. Call 1800 595 212, or visit [www.headtohealth.gov.au](http://www.headtohealth.gov.au).



## QLife

QLife provides anonymous and free LGBTQI+ peer support and referral for people in Australia wanting to talk about sexuality, gender, bodies, feelings or relationships. Call 1800 184527 or visit <https://qlife.org.au>.

headspace National Youth Mental Health Foundation is funded by the Australian Government



## Managing Your Mood Group DELIVERED IN 8-WEEK MODULES

**Are you looking to enhance your skills in mindfulness, emotional regulation, distress tolerance, and communication?**

This DBT-informed psychological skills group assists young people (aged 14-18) struggling with distressing thoughts and feelings, or experiencing symptoms of anxiety and depression.

The group is free with a GP referral and is conveniently located near public transport. You'll be supported by experienced group facilitators and learn skills and strategies to better manage your mood.

**Content will be covered in 8-week modules, during school terms. The group is free to join with a GP referral.**

**Call us on 02 8287 1158  
or scan the QR code to learn more:**



Lifeline Harbour to Hawkesbury Sydney – supporting your community