



# Lighthouse

Volume 33 Number 5

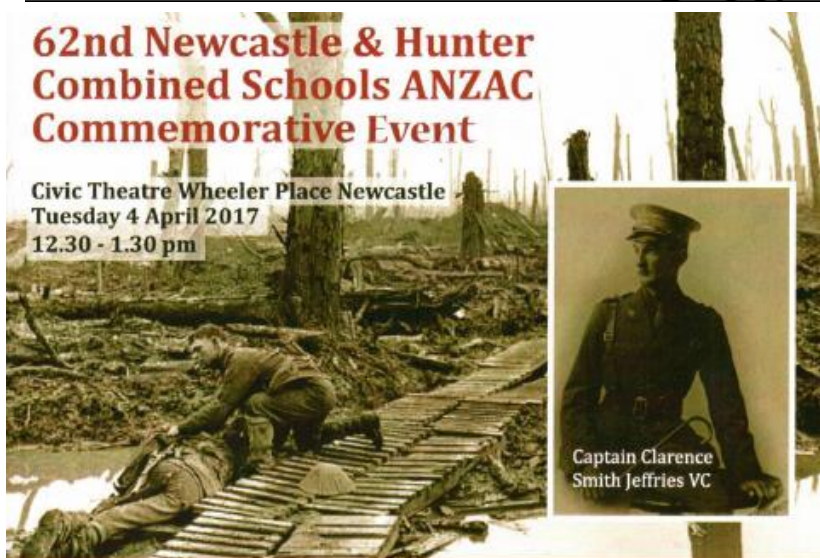
5 May 2017

Lest We Forget



## 62nd Newcastle & Hunter Combined Schools ANZAC Commemorative Event

Civic Theatre Wheeler Place Newcastle  
Tuesday 4 April 2017  
12.30 - 1.30 pm



Captain Clarence  
Smith Jeffries VC

### Bravery and Battles in Belgium – The Great War

The theme is about the Australian Imperial Force (AIF) in Belgium on the Western Front during the Great War, including:

1917 Battle at Passchendaele where Wallsend-born soldier Captain Clarence Smith Jeffries was awarded a Victoria Cross for valour, Australia's highest military honour and the plight of the citizens of Belgium whose country had been turned into a battlefield between 1914 and 1918.

Many families from the Hunter Region have relatives who as members of the AIF fought in Belgium during the Great War.

Image One Above: James Francis Hurley. An unidentified Australian soldier rescuing a fallen comrade lying on the muddy ground beside the duckboards. Australian War Memorial E045999  
Image Two Above: Captain Clarence Smith Jeffries VC AWM: P09373.00 of AWM:P01920.028

### Sponsors and Supporters



Permission to use 'ANZAC' granted by the Minister for Veterans' Affairs. Permit no. 242

The following people  
from St Francis Xavier's College  
are acknowledged  
for their involvement with the  
ANZAC Commemorative Event.

**Laura Kuras and Jasmine Sullivan**

*Two of the ten  
Student Committee Members*

**Ms Kim Scully**

*One of the 18 Support Team Members*

**Special Thanks To**

The St Francis Xavier's College Choir  
Vocal Director: Mr Luke Baker

Year 11 Ushers

## St Francis Xavier's College ANZAC Ceremony

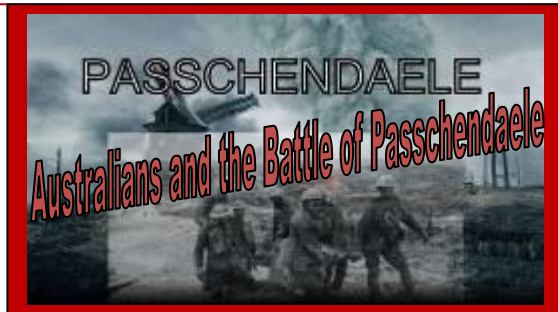


Battle of Passchendaele in Belgium was a series of battles orchestrated by the Senior British Army Officer, Douglas Haig, and involved the Australian and New Zealand Military Forces under the command of the British from the end of July to November 1917.

Passchendaele is a small village located a few kilometres east of the city of Ypres in the region of Flanders, Belgium. The Passchendaele offensive proved to be one of the most controversial in British military history and is still discussed and argued about to this day. Many historians believe the battles should never have taken place at all. The fact was that the British Prime Minister, David Lloyd George, and the Commander in Chief of the British Army, Field Marshal Sir Douglas Haig, hated each other. General Haig's idea was that the way to win the war was to fight hard and lose fewer troops than the enemy. The last soldier standing would be the winner. This was called war of attrition. A very flawed concept!

Following huge losses (*60,000 casualties on the first day – the worst in British history*) under the command of Haig during the Battles of the Somme Valley in France in 1916, Lloyd George's political platform was that such a fiasco would never be repeated. Yet when elected as Prime Minister of Britain in 1917 he allowed a second military disaster to happen at Passchendaele. Lloyd George was motivated by protecting his reputation. He did not want to go down in history as the politician who interfered with his General's decisions preventing the capture of Passchendaele. So he turned a blind eye to what was happening in Belgium.

Following Haig's failures in the Battles of the Somme, he was looking for ways to restore his reputation and after the failure of an offensive led by the French, seized on a plan to break through the German lines at the village Passchendaele then use horse cavalry to sweep the German forces out of Belgium. This was in an era when the Germans had developed the best machine guns in the world, armoured tanks were being introduced on the battlefield and aircraft were being used in warfare for the first time. No contest for horses. Haig's military mind was stuck in the past and ego dominated his decisions. The battlefield early in the offensive was flooded by heavy rain. The ground was flat and the drainage system was destroyed by artillery fire and massive bomb explosions. If soldiers, horses and mules fell into shell holes which littered the battlefield they were swallowed and drowned in mud. *A horrible way to die.* Equipment also disappeared in the mire. It was impossible to advance in these conditions.



But still the General and the politicians allowed the carnage to continue. Both Prime Minister Lloyd George and Field Marshal Haig became obsessed with the capture of Passchendaele – but for different personal reasons.

By the end of October, the Australian and New Zealand forces

were decimated, exhausted and ceased to be an effective fighting unit. The AIF and the New Zealanders were withdrawn from the frontline. Fresh Canadian troops entered the fight. The Canadians were eventually successful in capturing Passchendaele with more than 15,000 casualties. Yet the capture of Passchendaele yielded little strategic advantage.

After the war Lloyd George continued to try to self-justify the reasons for not intervening to stop the slaughter at Passchendaele.

Field Marshal Haig was horrified when he realised the terrible outcome of his decisions and dedicated the rest of his life to caring for the troops who served under him during the war. He died at the relatively early age of 67 years.

The grim realities of the Australian commitment to the Great War in Belgium are highlighted by the following stark figures compiled in a thesis titled '*The Relationship between Australians and the Overseas Graves of the First World War*' by Matthew Stuart Smith, Queensland University of Technology 2010.

- 12,745 Australian lives are commemorated in Belgium from the Great War.
- 6193 have no known graves.
- 2695 contain unidentified remains
- Australians are buried in 120 cemeteries in Belgium mostly within a 20km radius of the town of Ypres. This area had the reputation for being part of the most densely sown region for war graves in the world.
- The month of October 1917 features most prominently as the date of death for members of the AIF in Belgium.

The New Zealand Expeditionary Force also suffered horrendous casualties.



James Mackay OAM  
Merewether – Hamilton RSL Sub-Branch  
28 April 2017





Year



Year



### Term 2

#### **Year 12 Retreats**

**Monday, 22 May until Wednesday, 24 May**

#### **Year 12 Study Day**

**Thursday, 25 May**

**Year 12 Study Day or  
Major Work Day as organised by teachers**

**Friday, 26 May**

### Term 2

#### **Year 11 Mid-Course Exams**

**Monday, 22 May until Wednesday, 31 May**

These exams commence on **Monday, 22 May and conclude on Wednesday, 31 May**. Students will be emailed an examination timetable and receive a hard copy. Please be advised that as per our Assessment Policy ***leave will not be granted during exam blocks***, therefore students should carefully check commitments during this 8 day period.



## **2018 Enrolments**

Enrolment Form and Enrolment Payment Tax Form  
are available on the

*St Francis Xavier's College Home Page*  
go to *Quicklinks* (shown at the bottom of the page)  
click on *Enrolment Application*

When the **Enrolment Form and Enrolment  
Payment Tax Form** are completed

please email to

[susan.maloney@mn.catholic.edu.au](mailto:susan.maloney@mn.catholic.edu.au)

or post to **Enrolment Committee, St Francis  
Xavier's College, PO Box 300, Hamilton 2303**

*Or please contact the College for an enrolment package to be mailed.*

***All documentation to be returned to St Francis Xavier's College by Friday, 28 April 2017.***



# Excursion

On Wednesday 29 March, 2017, the Year 11 and 12 Food Technology classes travelled to the Steggles Food Processing Industry at Sandgate and then Tailor Made Fish Farm at Bob's Farm. We first went to the Steggles potato processing at Sandgate where we saw the manufacturing of potatoes from the peeling all the way through to the bagging of them. The speaker explained the early starting times and the steps to processing and packing potatoes. We learnt where the vegetables are sent to, including wholesale and local businesses such as Subway. The processing occurred in a shed which was warm and smelt quite strongly of potatoes, but overall it was informative and gave us an insight into the vegetable processing industry.

We then drove to Bob's Farm where Tailor Made Fish Farm is located. We toured the facility and were spoken to by the owner, Nick Arena. Nick demonstrated the feeding of Barramundi and we had the opportunity to feed them ourselves. He informed us about Barramundi, such as the life span of the fish, processing of farming, versatility of their nature and live transportation. It was very interesting and gave us an insight of day to day labour that goes into the running of the facility.

We were then shown how the farm uses recycled water from aquaculture to grow plants including lettuce, basil and tomatoes which are then used in the restaurant. The next part of our tour was the viewing of the facility where the Barramundi are farmed. When we walked in, we were all shocked by the humid temperature, as the fish are tropical and require a temperature of 28 °C to survive and the strong scent of fish was overwhelming. Each tank contained at least a thousand fish which are graded into tanks according to size to stop cannibalism. The number of Barramundi in the sheds demonstrated the quantity that is required to supply their growing demand in Sydney, particularly at Asian restaurants.

Sydney is one of Tailor-Made Fish Farm's biggest consumers but some of the Barramundi are separated to be used in the farm's restaurant "Cookabarra". The fish are purged for a week to get rid of their muddy flavour and are then cooked in the restaurant for customers to enjoy. We were given a demonstration of how to cook Barramundi by the chef and tasted the fish. It was delicious! This demonstration gave us an insight in to how fish is prepared and cooked in a commercial environment.

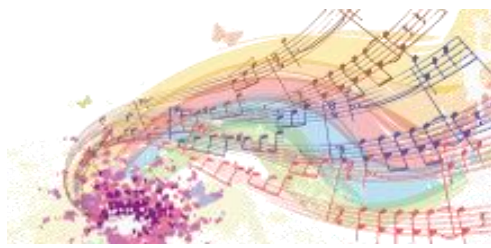
Overall, the day was insightful and helped us to develop our understanding of local industries and their operations. Everyone enjoyed the day and thought it was a helpful and interesting experience.

Thank you very much to Ms Nicolee Hodges for organising the day and Mr Michael Ward for accompanying us.

**Rebecca Bennett and Caitlin McGrath**  
Year 11 Food Technology Students







## Music Department News

*Mr Luke Baker and Mrs Melissa Wattus*  
Music Staff

## Year 12 Performance Afternoon

3 April 2017

The Year 12 Music 1 students received the opportunity to perform their Core Performance Assessment Piece in a private, soiree in the new music facilities. This concert was a chance to perform in front of an audience, rather than only the examiners. Thank you to the following students who performed; **Liam Figgett-Lee, Matthew Gardener, Michael Gardener, Jack Ryan, Samantha Richardson, Tamarah Smith, and Jonathon Rodd.**



### Excursion to Sydney Opera House

On Monday, 20 March, our Year 11 Music 1 students experienced the highly prestigious musical concert known as 'Encore' performed at the Sydney Opera House. This concert is a selection of exemplary achievement in either Music 1, Music 2 or Music Extension for practical studies in the HSC Examinations. Our students witnessed a variety of musical talents from Music 1, Music 2 and Music Extension performances and compositions by the students from 2016. The students thoroughly enjoyed the experience and it provided motivation in preparation for their individual studies over the next two years of the course.

### 'REPRISE'

#### Excursion to the Newcastle Conservatorium

On Friday, 17 February, our Year 12 Music students from both Music 1 and Music 2 classes attended a concert at the Newcastle Conservatorium of Music. This concert was a selection of Music 1 and Music 2 students from the Department of Education schools who demonstrated exemplary work in their HSC Performances in 2016. This opportunity gave our students insight to current trends of repertoire that are chosen for performances and they were able to witness benchmarks for achieving excellent results for their practical exam. Our students enjoyed the experience and we look forward to attending next year.



### Matilda Murphy Student by day... Composer by night!

Congratulations to **Matilda Murphy** of Year 12 Music 1. She has had great success with her contemporary music style and is

now being recognised for her efforts through Fbi radio. Matilda experiments with household objects to create different sound effects; producing unique songs that leave enough space for the instrumentals to do a lot of the talking. You can listen to Matilda's music here: <http://fbiradio.com/independent-artist-of-the-week-fritz/>



### Jake Cragg, Year 12 Youth Rock 2017

On 8 April, 2017, **Jake Cragg** and his contemporary rock band 'Smacked Youth' competed in the annual Youth Rock Competition at

Belmore Boys High School. They had success on the day, coming in third for their heat against a large number of other bands. We are proud of Jake for his efforts and would like to congratulate him and his other members Sam D'Agistino and Adrian Smith from Whitebridge High School.



*Mr A Stone  
HSIE Coordinator*

## ROUND 1

The first round of this year's Mock Trial Competition took place at Newcastle Court against St Paul's High School. We were required to defend a criminal charge of unlawful damage to property at a train station. Our team was:

Barristers: **Imogen Mahony, Lauren Proctor**

Solicitor: **Mihangi Kulasekara**

Witnesses: **Charlotte Lewis, Rose Lancaster**

Court Officer: **Olivia Nicolas**

We prepared a detailed defence to the charges. Supported by convincing evidence from each witness and skilful, persuasive argument from our barristers, we were able to win the trial and the round by 216 to 198 points.

Thanks to Mr Cliff Fraser, who gave his time to adjudicate.

## ROUND 2

In this round we prosecuted a charge of match fixing in a Division 1 soccer game against San Clemente High School. It proved to be a complex case based entirely on circumstantial evidence. Our team was:

Barristers: **Franklin Wright, Ned Keogh**

Solicitor: **Malcolm Nyboer**

Witnesses: **Noah Smith, Lauren Proctor**

Magistrate's Clerk: **Cody Tooth**

We were off to a difficult start, having to juggle our team due to illness on the day of the trial. The issues in the case were well argued by our team but on the day, San Clemente were acquitted of the charge and won the round 248 to 239.

Thanks to Ned for filling in as Barrister and to Lauren for accepting a late call up as witness.

*Well done team!*



### **Student Services**

Hours: 8:00 am until 3:10 pm

Telephone: 4961 2110

Email [hml-studentservices@mn.catholic.edu.au](mailto:hml-studentservices@mn.catholic.edu.au)

***All student related phone calls can be made directly to the Student Services. If the phone is unattended please leave a message.***

**St Francis Xavier's College**

**Phone Number: 02 4961 2863**

**Facsimile Number: 02 4961 2384**

**Student Service Phone Number: 02 4961 2110**

**Email: [admin@hamilton.catholic.edu.au](mailto:admin@hamilton.catholic.edu.au)**

**Web Site: [www.hamilton.catholic.edu.au](http://www.hamilton.catholic.edu.au)**



# English Report

Mrs Carole Houston  
English Coordinator

## English



The English Faculty brought some Easter fun to SFX in the few days before the April holidays at the end of Term 1. Led by Mrs Mary Picton, brightly coloured plastic Easter eggs were hidden around the plaza and quad – inside the eggs were a set of instructions asking students to come to the English staffroom and present lines of poetry, Shakespearean performances, analyse similes and metaphors and lots of other fun language and literature activities.

In return, students who could correctly answer the English questions were rewarded with lots of Easter chocolate bunnies! Here's a few successful students with their prizes!



## POETRY IN MOTION

### Perform the War Poems of Wilfred Owen



On Tuesday, 2 May in the SFX Hall, the seven Year 12 classes currently studying the war poetry of Wilfred Owen were treated to a performance of the six poems on the prescribed list by Poetry in Motion. The actors performed each of the poems, bringing to life the words and images for the students to deepen their understanding of Owen's intent.

The students enjoyed the performance and found the presentation valuable revision for the Module B Assessment Task to be completed on the poems in Week 4.

# Easter Eggs Appeal 2017

Many thanks to all students, staff and families who supported this appeal so generously late last term with a huge number of donations. Thanks also to the students who delivered the eggs on the afternoon of Tuesday, 4 April, to about 430 residents at Fronditha Aged Care at Mayfield, Bethel Aged Care Facility at Waratah, St Martin de Porres Hostel at Waratah, Charles O'Neill Hostel at Mayfield West, BUPA Care Services at Waratah, St John's Villa at New Lambton and Mayfield Aged Care. Easter Eggs were also donated to St Joseph's Home at Sandgate and St Pius School at Windale.

The students involved in the delivery were **Chloe Ashton, Olivia Boglev, Maggie Carmichael, Georgia Clarke, Siane Fonua, Ruby Girvan, Emily Malone, Abby Rooke, Emily Stark, Megan Tyler and Baillie Wheatley** from Year 12 and **Lachlan Byrnes, Olivia C...**

**Clayton, Emma, Grace, Hannah Downes, Nicole G...**

**Gianni, Harshika Kulasekara, Inga Le...**

**Liam, Mia, Nicola, Tahlia West**

**an**

**11.**



A  ghlin, Mrs Paton, Br Pat,  
M  r Stevens who assisted  
with transport and supervision.

Br David



# SFX Community Celebrates Dominic Day



# VINNIES DAY



Vinnies Day with the theme of **Op Shop** is coming up on Thursday, 18 May. Students and staff are invited to visit a Vinnie's store to create a rad outfit.

Not only do prizes go to the best dressed, but you are supporting a great cause. The money raised will go towards the La Valla School for disabled children in Cambodia, education projects for young people sponsored by Marist Asia-Pacific Solidarity and the Diocesan fund for needy students. We ask that you donate a gold coin, as well as buying pizza slices, hot chips and cans of Coke at lunch. So get shopping and remember: It's not about the dress you wear, but the life you lead in the dress.

Thanks and enjoy your week!

Natasha







ST FRANCIS XAVIER'S COLLEGE PRESENTS

# THE MISER

12TH - 13TH MAY  
CIVIC PLAYHOUSE

7:30 PM

TICKETS THROUGH  
TICKETEK

PH 49291977

## From the Careers Desk



Mrs Julie McLoughlin  
Careers Coordinator

P: 02 4961 2863

F: 02 4961 2384

E: [julie.mcloughlin@mn.catholic.edu.au](mailto:julie.mcloughlin@mn.catholic.edu.au)

## WHAT'S ON?

Put the dates in your diary or phone as reminders

Event	Date	Description
DFR	Thursday, 11 May	<u><b>Great for Year 11's who might be considering this.</b></u> The Defence Force Recruiting team will be here to give an overview of <b>all</b> levels of entry into the Forces.
Co Op Scholarship UNSW	Wednesday, 17 May	<u><b>Year 12 only by invite</b></u> For students who are considering UNSW as a serious option.
EXPO	Thursday, 18 May <i>The Newcastle Jockey Club Afternoon Session</i>	<u><b>Year 12 only open to interested students</b></u> Notes to be issued Term 2.
Engineering Talk	Thursday, 1 June <i>Theatrette: Lunch time</i>	<u><b>All Welcome</b></u> An information session to better inform students interested in studying engineering and built environment fields. The talk consists of explaining the structure of the degrees, what can help in preparation, scholarships available etc.
Nursing and Midwifery Showcase	Monday, 19 June <i>JHH all day</i>	Mrs McLoughlin will send final information to successful applicants when she receives this.
Multi-Disciplinary Show Case	Monday, 24 July <i>JHH all day</i>	Mrs McLoughlin will send final information to successful applicants when she receives this.

## Maths – is it worthwhile?



The School of Mathematics and Statistics from Sydney University hosted a panel session and networking event where attendees were invited to submit questions to University of Sydney academics. One key question was 'Will maths enable you to get a good job?' Here is how our panel responded.

**“According to CareerCast, four out of the top six best jobs of 2016 were maths and stats jobs.”**

Professor Jacqui Ramagge

**“There are so many different areas in which maths is essential – I’ve been blown away by how many industries want to employ mathematicians.**

**“Mathematics is a universal language – it opens doors to job opportunities around the world.”** Dr Michelle Dunbar

**“Maths is one of the most employable fields. All of the major increases being predicted in jobs of the next 15 to 20 years require maths.”** Professor Andrew Mathas



## A one-stop shop for TAFE Credit Transfers

Check out [credittransfer.tafensw.edu.au](http://credittransfer.tafensw.edu.au) to see how many Credit Points a TAFE NSW qualification can give you for a degree with an Australian University. Over 2,700 pathways available can take you on a journey to higher education.

[TAFENSWCreditTransferEnquiries@tafensw.edu](mailto:TAFENSWCreditTransferEnquiries@tafensw.edu)



### Opportunities for Teaching

You could be paid to study to become a teacher of a high-demand subject area. Teacher Education Scholarships are available to future teachers of Mathematics, Science (with Physics), selected Technological and Applied Studies (TAS) subjects or Special Education (K-12). Visit the website for more information [www.teach.nsw.edu.au](http://www.teach.nsw.edu.au)

**OR**

Get paid to study to teach in a rural or remote area. HSC students can get paid while they study to become a primary or secondary teacher in a rural or remote NSW public school. Students are guaranteed a permanent job, \$6000 per year of full time study and \$5000 appointment allowance. Applications open in May. Visit the website [www.teach.nsw.edu.au/getpaidtostudy](http://www.teach.nsw.edu.au/getpaidtostudy)



### Work Experience Opportunities

Are you interested in Mathematics, Geography, IT and the outdoors? Land Surveying could be ideal. Students can register their interest on the website. 25 placements are available across NSW, depending on local availability. Most students will need a White-Card.

<http://www.alifewithoutlimits.com.au/student-work-experience/secondary-students/>

### Early Entry at the



Applications are now open for the Early Achievers' Program at Australian Catholic University. Positive community impact could help you get into

ACU, and if successful, you will receive an offer to study at ACU as early as August, and benefit from opportunities to enhance your leadership and volunteering skills. <http://www.acu.edu.au/early-achievers>



Big thanks to all the students who undertook the "ProjectABLE" program last week.

The insight into the world of the disabled and the possible outcomes for career opportunities was truly worthwhile.

## From the Finance Office



## College Fees



### Finance Office Hours

8:30 am to 3:00 pm – Monday to Friday

E: [hml-finance@mn.catholic.edu.au](mailto:hml-finance@mn.catholic.edu.au)

### **REMINDER**

Your Term 2 statement was issued on 2 May. Statements were sent home by email, the subject was 'St Francis Xavier's College Term 2 Fee Statement', sender details: [hml-finance@mn.catholic.edu.au](mailto:hml-finance@mn.catholic.edu.au).

Please ensure emails from the College do not go directly to your spam account. **It is your responsibility to ensure you receive the statement.** If you have not received an email please contact the Finance Office immediately.

### **Payment is due by 23 May 2017.**

However, if you are making regular payments by direct debit or BPAY the statement is for your information, **but please note accounts must be finalised no later than end of Term 4, 15 December for Year 11 students and end of Term 3, 22 September for Year 12 students.**

If you are making regular instalments a calculator has been provided [St Francis Xavier's College Fee calculator](#) to enable you to check your payments will finalise your account by the required date. Alternatively please contact the Finance Office to assist you in calculating a weekly, fortnightly or monthly payment or if you have not yet finalised your Term 1 account.

**Receipts will be**

**E-MAILED**

### **Diocesan Pastoral Contribution**

Please return the letter indicating your decision regarding the voluntary contribution. This item is notarised on your statement **BUT IS NOT** included in the amount owing. If returning the payment slip with you card details please ensure you clearly indicate whether you are paying the voluntary contribution.

		Paid (\$)
Amount owing	939.36	
Voluntary Contribution	50.00	
<b>Total including Voluntary Contribution</b>	<b>986.36</b>	

If you have elected to contribute please return the letter which was sent on 7 February to ensure voluntary contributions are correctly recorded. In the absence of a letter confirming this we are unable to determine whether payments made include the contribution and payments received will be credited to your fees.

### **Method of Payment Options**



### **QKR is now our preferred option to receive school fees**

Details of which are available on our website [St Francis Xavier's College website](#). **Please take the time to read the information and download the App as this provides a secure method of paying for excursions, activities and fees.**



Alternatively payments can be made by BPAY, the Biller Code and Reference Number can be found on your statement.

Excursions and sport payments cannot be paid via BPAY but can be paid using the QKR App.



**Credit Card / EFTPOS:** The College accepts **Mastercard or Visa only**. Please be aware that if you are paying by credit card you can email, fax, post or telephone your credit card details to the College. An authorisation slip

is provided at the bottom of your statement each term.

**In Person:** Parents are welcome to pay directly at the Finance Office between 8:30am and 3pm. Students can only pay before the start of school and in their lunch and recess breaks.

**Direct Debit:** Please contact the Finance Office.



**Skoolbag** is an App which students and parents/guardians *can download free of charge.* Important information and updates regarding excursions, exams and upcoming events are sent out to students and parents/guardians through **Skoolbag**. *Download now!*

For iPhone and iPad users:



1. Click the "App Store" icon on your Apple device.
2. Type your school name in the search, using suburb name will help.
3. You will see your school appear, click "Get" then "install".
4. The App is FREE to download.
5. When installed click "Open"
6. Select "OK" to receive push notifications, when asked.
7. Click the "More" button on the bottom right of the App, then "Setup".
8. Toggle on the Push Categories that are applicable for you by tapping the on/off switch.

For Android users:



You must first have signed up with a Google Account before installing the App.

1. Click the "Play Store" button on your Android Device
2. Click the magnifying glass icon at the top and type in your school name, using suburb name will help.
3. Click the school name when it appears in the search.
4. Click the "Install" button.
5. Click "Accept" for various permissions (please note, we do not modify any of your personal data on your device).
6. Click "Open" when installed.
7. Click the "More" button on the bottom right of the App, then "Setup".
8. Toggle on the Push Categories that are applicable for you by tapping the on/off switch.

**Please Note: Some brands of Android phones need the setting in "Notification Manager" changed to "Allow" instead of "Notify" in order for the push notifications to work. The phone must also be running at least version 4 system software to run the App.**

For Windows 8.1 Phone and Windows 8.1 or 10 device users:



1. Go to the Windows Store on your 8.1 Windows Phone or Windows 8.1/10 Device
2. Search for "Skoolbag" in the keyword App search
3. Install the Skoolbag App
4. Find your school either by using the keyword search or location service.
5. Click the "Pin" icon to pin the school tile to your Windows Phone home screen.
6. Click the "More" button on the bottom right of the App, then "Setup"
7. Toggle the Push Categories that are applicable to you by tapping the on/off switch.

Please Note: The Skoolbag Windows App is for 8.1 version Windows Phones, or Windows 8.1 and 10 devices.

## How to talk to young people about *13 Reasons Why*

headspace School Support has received a growing number of concerns from schools and parents across Australia about the recently aired Netflix series *13 Reasons Why*. The series, which depicts a young woman who suicides after outlining 13 'reasons' for her death, has divided opinion in Australia. While some people believe the show allows for authentic conversations about suicide, others believe the show exposes viewers to harmful suicide messages and imagery.

headspace shares the concerns expressed by other youth mental health services about the potential risk the series poses to the wellbeing of young people. As many young people are currently watching the series, it is important that teachers and parents are aware of the risks associated with the content, and are prepared to discuss these with young people who have been exposed to it in a way that:

- avoids normalising or glamorising suicide
- supports young people to manage their emotional responses to the show
- empowers young people to seek appropriate information and support for their difficulties, where necessary.

To guide conversations with young people about the suicide content covered in the series, the table below outlines some of the main concerns that have been raised about the show along with suggestions for how to respond to these appropriately. **Note:** these talking points can be modified to suit the young person's age and circumstances.

What are people concerned about?	What does the research say about this concern?	How can I talk to a young person about this?
1 By providing clear 'reasons' why a person would suicide, the show suggests that suicide is 'reasonable' if certain criteria are met.	Young people who have experienced similar problems may start to view suicide as a reasonable option. This approach also disregards the experience of those who cannot identify obvious reasons for their distress or suicidal thoughts.	<ul style="list-style-type: none"> <li>• Reiterate that suicide is not a common or helpful response to life's challenges, and that there are always better ways to deal with problems, no matter how hopeless they may seem.</li> <li>• Encourage young people who are going through a tough time to try the <a href="#">headspace Tips for Looking after Your Mental Health and Wellbeing</a> and to seek support from friends, family and/or professional services if things don't improve (a list of services is provided below).</li> <li>• Remind young people that any feelings of distress are valid and warrant support, whether there is a specific reason for these feelings or not.</li> <li>• Acknowledge the range of factors that may increase a person's risk of suicide, including mental health issues.</li> </ul>
2 The show doesn't encourage young people to seek help for their problems. Adults are portrayed as incapable or unwilling to help, and the only experience of help seeking in the series is negative.	Research shows that young people can often be reluctant to seek professional help and need to be encouraged to seek support from appropriate sources. Failure to seek help can significantly delay a person's recovery.	<ul style="list-style-type: none"> <li>• Remind young people that support is available to them for any type of issue.</li> <li>• Explain that the way the guidance counsellor responds to the main character's thoughts of suicide is not appropriate and not typical. Counsellors are trained to listen and provide support.</li> <li>• Encourage young people not to give up if their first experience of seeking help is not effective – it's important that they find someone they trust and feel comfortable with.</li> <li>• Point out the range of supports available to them, whether it be friends and family, a trusted adult (e.g., a teacher, school counsellor or family doctor) or a mental health service (see list below).</li> <li>• Support them to seek help, if necessary.</li> </ul>

What are people concerned about?	What does the research say about this concern?	How can I talk to a young person about this?
3 The show exposes viewers to a highly graphic and confronting suicide scene, inclusive of the method and means of suicide.	Research clearly shows that exposure to detailed descriptions of suicide can be overwhelming and distressing for young people, and can increase the risk of imitation by vulnerable young people.	<ul style="list-style-type: none"> <li>• Acknowledge that young people may be distressed by the show and that these feelings are normal.</li> <li>• Give young people the opportunity to talk through their emotional responses to the show and how they can manage these feelings. Be alert to at risk young people that might need additional support.</li> <li>• Remind young people to be sensitive to the feelings of others when discussing suicide, including on social media, given the impact that detailed descriptions of suicide can have on at risk young people.</li> <li>• Encourage continued participation in enjoyable activities (such as sports or hobbies) and contact with supportive family and friends.</li> </ul>
4 By citing people's behaviour as 'reasons' for the suicide, the main character makes others feel responsible for her death.	Research shows that people who have been affected by suicide frequently experience blame and guilt, and this can complicate their ability to recover.	<ul style="list-style-type: none"> <li>• Reassure young people that suicide is never the fault of others, and there are resources and support groups for survivors of suicide.</li> <li>• Explain that suicide is complex and that many people who suicide experience mental health difficulties, such as depression, at the time of their death. This can make them feel hopeless and impact on their ability to think clearly and rationally.</li> <li>• Remind young people to seek support from a trusted adult if they think that someone is at risk of suicide.</li> </ul>
5 The show portrays suicide as a way to 'teach people a lesson'. This can trigger a debate about whether the suicide was a 'heroic' or a 'selfish' act.	These judgements are neither accurate nor safe representations of suicide for young people.	<ul style="list-style-type: none"> <li>• Emphasise that suicide is never a heroic or romantic act – it is a tragedy and has a devastating and far-reaching impact on others.</li> <li>• Avoid judgemental language that may glamorise or sensationalise the suicide, or reinforce negative stereotypes about the suicide as a 'selfish' or 'immoral' act.</li> </ul>
6 The series gives the impression that the main character is able to witness people's reactions to her death and achieve her desired outcome.	This approach fails to demonstrate the permanence of suicide.	<ul style="list-style-type: none"> <li>• Remind young people that suicide is final and that people who suicide do not get to witness other's reactions or experience a sense of resolution.</li> </ul>

For more information or support, talk to headspace School Support staff or visit [headspace School Support](#).

These links provide further information about how to support young people:

- [Grief – How a Young Person Might Respond to a Suicide](#)
- [How to Talk about Suicide with a Young Person](#)
- [If Your Friend is Not Okay](#)
- [Managing Social Media following a Suicide](#)

These services provide immediate support for distressed young people:

- [Lifeline](#): 13 11 14 or [lifeline.org.au](#)
- [Kids Helpline](#): 1800 551 800 or [kidshelpline.org.au](#)
- [Suicide Call Back Service](#): 1300 659 467 or [suicidecallbackservice.org.au](#)
- [headspace](#): 1800 650 690 or [ehheadspace.org.au](#)





THE TENISON WOODS EDUCATION CENTRE (TWEC)

invites you to

# Mums' Night Out

An evening for mums and grandmothers  
to share a meal and conversation



## Theme: NURTURING MY SELF

**Guest speaker:** Psychologist Tanya Russell will share some insights and tips for mums on how to build self-care and mindfulness into their daily lives.

**5:30pm, Tuesday 16 May 2017 | Cost: \$20 pp**

**Blackbutt Hotel** 80 Orchardtown Rd, New Lambton NSW 2305

Please RSVP by Monday 8 May on P 4979 1134 or E Sharon.Murphy@mn.catholic.org.au  
Please indicate when booking if you have dietary issues that require a special meal

Payment can be made at <http://mn.catholic.org.au/parishes-priests/parish-payments>

1. Enter your details & payment amount
2. IGNORE the 'Please Select your Parish' drop-down field
3. Select 'Other Payment' & enter 'Mums Night' to specify reason
4. Click 'Make Payment' button for secure credit card payment

12097

# **Our Mob, Our Journey, Our future, NDIS**

**Monday, 22 May 2017 at Muswellbrook RSL. 113 Bridge St, Muswellbrook**

**Tuesday, 23 May 2017 at Muree Golf Club. 7 Walker Cres, Raymond Terrace**

**Wednesday, 24 May 2017 at Club Macquarie. 458 Lake Rd. Argenton**

**Morning tea is available from 9:30am for a 10am Start. A  
FREE lunch will be provided, with a 3pm finish.**

These gatherings offer  
Aboriginal and Torres Strait  
Islander individuals and  
carers a better  
understanding of the NDIS.

## **Learn about the NDIS**

Come and find out the answers to:

- What is the NDIS?
- What do they do?
- Who is it for?

We will have speakers from NDIS,  
people sharing their experiences of the  
NDIS, Yarning circles and a Question  
and Answer session for mob to ask  
questions.

If you already have an NDIS plan find  
out tips, what to do next for you plan.

**KIDS CLUB AND  
CHILD MINDING  
AVAILABLE.**  
(please complete a  
Kids club  
registration form).

**TO REGISTER CALL ANNA**

**PH: 4321 7216 or 0476 820 932.**

**PLEASE MENTION IF YOU HAVE ACCESSIBILITY OR DIETRY  
REQUIREMENTS OR NEED TRANSPORT**

**(FOR PEOPLE WITH A DISABILITY, FAMILIES & THEIR CARER/S)**





## Centenary Celebrations 1917-2017

Centenary Mass and Open Classrooms

**St Columban's Catholic Primary  
School**

39 Church St, Mayfield

RSVP: 4th August 2017

[admin@mayfieldsc.catholic.edu.au](mailto:admin@mayfieldsc.catholic.edu.au)

0249683315

*August*

**12**

**2017**

**11am**



8 May, 2017

Dear Parents

Much has been reported in the last week about the impact of funding for Catholic systemic schools and links with fee increases for families over the next ten years. As the Diocese of Maitland Newcastle is one of two NSW dioceses experiencing strong enrolment growth, I wish to thank you for choosing Catholic education and therefore respond to the parents of our 19,331 students to assure them that the funding reforms will not adversely affect our schools.

Whilst we have not yet received the exact figures from the government's revised Gonski reforms, it is important that you are not alarmed or concerned at the statements in print and visual media. We will examine the figures in detail and inform parents of the impact within Maitland Newcastle Catholic schools.

Firstly we are disappointed the Minister has failed to consult with the Catholic school sector prior to setting the education budget. One in five children educated in NSW is in a Catholic school. Although it is true to say there will be an average increase of 3.83% over the next three years, in an attempt to simplify a very complex method of allocation of funding beyond 2020, the National Liberal Government decision has impacted on some Catholic school education systems in NSW. We do not yet have the data to state categorically the impact on Maitland Newcastle Catholic schools, but we do need more discussion with government for the period beyond 2020.

In the Diocese of Maitland Newcastle we will continue to receive an increase over the next three years, and beyond 2020 we expect increases will be based on the indexation rate used by Treasury. I expect this will not eventuate in substantial school fee increases for Maitland Newcastle Catholic schools. Apart from the normal adjustments which affect school fees each year, parents should not be alarmed by some of the reports that are inferring major increases in fees.

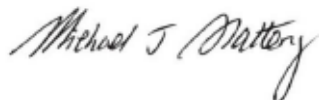
In coming days parents will observe a government website that lists the government funding for each school. As the funds are allocated on socio economic status parents will note substantial differences between suburbs within our diocese. Regardless, our system will continue to pool all of the funds and allocate them equitably across all of our 58 schools. This is the nature of our Catholic school system and ensures the smaller regional and other disadvantaged schools are sustainable through the support of the system of Catholic schools.

We will be actively seeking formal communication with the current Liberal Government Minister to reassess the budget allocations beyond 2020 and expect that it will become an issue for Catholic school parents in the next federal election.

When the figures are released and analysed I will endeavour to communicate with all parents the likely impact for 2018 and beyond.

Thank you for your continued support for catholic education.

Yours faithfully



Dr Michael J. Slattery  
Director of Schools



## ENTERTAINMENT BOOKS



**Entertainment Books** can be ordered through the College. 20% from each book sold goes towards our commitment to the La Valla Community in Cambodia (the College contributes at least \$5000 each year to pay for the rice needs of the students and staff at La Valla).

Books cost \$65 and will be available for collection from the College from approximately 4 April 2017.

Digital or paper options are available.

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# ENTERTAINMENT BOOKS

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\*CVV is the 3 digits on the back of your credit card

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**Pre- Purchase before 1<sup>st</sup> April 2017 to receive Early Bird Bonus Offers you can use straight away! (Subject to availability)**  
**20% from every membership sold contributes to supporting our School.**