Dear Parents and Friends of St Clare’s

Thanks to the efforts of parents, staff and students, we have had a wonderfully peaceful and settled start to the school year.

However as you read this I am acutely aware that parents, staff and students are all adjusting to the pace and changes that a new school year brings to each member of our school community. New teachers, new uniform, different busses, and for our Year 7 cohort and other recently arrived students… a new school!

Learning to be flexible in one’s thinking and that one is able to cope with change is a vital aspect of personal growth. Sometimes students confronting change can need a little help to see the “silver linings” in their lives. A great way of finding the positives is to ask your son or daughter about the best part of their day and then taking time to talk about what made it so interesting and enjoyable. These conversations can give great insight into the inner life of your son or daughter, help establish a healthy relationship between parent and child, and allow you to talk with them about what values and moral positions are important to you. Being practiced in having the “difficult conversations” about the importance of education, responsible decision making, and respectful relationships will help you and your family member think about who they are morally; and may avert the need for serious conversations after a young person or family member has made a serious mistake.

As you read further into the newsletter you will come across reports written by HSC students Emily Lee and Declan Moylan. Declan and Emily spent a significant part of their holidays pursuing their passion for science and engineering. Declan attended the National Youth Science Forum in Canberra and Emily attended the UNSW Women in Engineering Camp in Sydney. The opportunities offered by these programs had a profound influence on the learning of both young people and I thank their parents, the St Clare’s staff, the North Taree Rotarians and other groups and organisations who helped Emily and Declan achieve a place in these prestigious programs.
Monday's school assembly offers us the opportunity to acknowledge our dux of HSC 2015 and to “badge” a number of student leaders in the school community. This combined with our Ash Wednesday ceremonies, the launching of Project Compassion for 2016 and Swimming Carnival on Thursday make for an exciting and action packed week.

At times of great activity it is sometimes difficult to prioritise and ensure the most important aspects of life “come first”. As we enter the season of Lent I hope that you are able to take some time to talk with family and friends about what is important to you and as followers of Jesus, how we can work to make the lives of others more rewarding.

God Bless

Principal

P & F – NEXT MEETING, WEDNESDAY, 10 FEBRUARY 2016
6 PM SCHOOL LIBRARY

PRAYERS: Please pray for those who are currently experiencing health difficulties and continue to pray for community members experiencing challenges, pain, sickness and grief in their lives at this time.

CHAPLAINCY/PASTORAL CARE: A reminder to all that the school has a Chaplain. Please feel free to contact our Chaplain, Deacon Vince Ryan, through the school office if he can be of assistance to you or any member of our whole school community.

SCHOOL PHOTOS: School photo day is Wednesday, 17 February. Students will be issued with photo envelopes. Payment for photos must be made to the photographer on the day (17 February) in the envelopes provided.

Family pack information is available from the office. Friend photos are only available for Year 12 students.

A catch-up day for any student who may be absent on Wednesday, 17 February will be held on Friday, 26 February.
CARITAS AUSTRALIA’S PROJECT COMPASSION 2016: REFLECTIONS FOR LENT

ASH WEDNESDAY – 10 February

Sackcloth and ashes have been identified with sorrow and repentance since ancient times. In our time we are signed with ashes on our foreheads at the beginning of the Lenten season. Ashes not only sign us for Christ with the mark of the cross, but they also remind us of the fragility and weakness of human life. We are on earth only for a relatively short time and at our inevitable death our bodies will return to dust and ashes.

Our Christian faith teaches us that death is not the end. We have been given the assurance of eternal life through the death and resurrection of Christ. The Church provides us with the Lenten season of fasting and prayer to invite us to turn again to Christ in response to his saving love.

The Collect prayer of Ash Wednesday speaks of Lent as a ‘campaign of Christian service’. Our campaign of service is spelt out for us in today’s Gospel. Fasting and prayer and the doing of good deeds for others in the form of almsgiving, such as through giving to Project Compassion, are the ways we are invited to live our discipleship during this time.

Denise Ryan, Ministry Coordinator
CURRICULUM MATTERS: Welcome back to 2016. The students have started well in their subjects and are happily settling back into work. A number of Year 11 students have been reassessing their subject choices and some have made an adjustment to their program of study. From Monday, 8 February, there will be no changes until Week 4. This will enable students to apply themselves to the subject and fully understand what the subject entails before making changes to their timetable. Following Week 4 no changes will be made until students commence their HSC program of study in Term 4.

A reminder that Electives chosen in Year 9 are for two years. If your Year 9 child wishes to change their elective, they will need to bring a note from home indicating the requested change with a Parent/Guardian signature. This process should be completed by the end of next week (Friday, 12 February). Year 10 Students are not able to change their elective subjects.

Commencing High School in Year 7 and senior study in Year 11 can be challenging for students and I urge parents to talk to their sons and daughters about their day at school and enquire about class, homework and assessment tasks. If you have concerns about your child, please contact the school. We want to work with you to ensure a content and productive learning environment. Mrs Theresa Avery, Curriculum Coordinator

FROM THE SENIOR SCHOOL: Week 2 is well under way and many students in Year 11 are finding that they want to change subjects. Please remember what Mrs Avery said at the beginning of the year to you regarding these changes.

The steps to follow are:

1. Obtain the form from Mrs Avery during recess or lunchtime NOT during class time
2. Talk to Mr Evans
3. Obtain all necessary signatures on the form
4. Return the form to Mrs Avery
5. DO NOT change or ask to change subjects until Mrs Avery has given you your new timetable

It is wonderful to see all our handsome clean shaven young men. A gentle reminder that being clean shaven is a school rule and that if you show up to school and you are not clean shaven you will be asked to shave, and the razor and shaving cream will be supplied by me.

A reminder also to everyone about the correct footwear that should to be worn to school. Shoes are to be black leather polishable shoes with grey ankle socks for the boys and white ankle socks for the girls. If you do not have leather shoes you will not be allowed into practical rooms as this is a WHS requirement.

Don’t forget about the mobile phone policy. It should not be out during the day. If you get your phone out in class it will have to be taken to the Bursar and will not be available for collection until 3:25 pm.
It is wonderful to hear so many students saying to me that they are enjoying doing their subjects and that they are looking forward to this stage of their schooling. Remember a positive outlook can work wonders. Stay focused and try to get a balance between study and leisure. Be organised and don’t leave things until the last minute!

Karen McCann, Year 11 Student Coordinator

2015 DUX PRESENTATION: Next Monday, 8 February, commencing at 10 am, there will be a presentation ceremony to recognise the accomplishment of Sarah Locker who, with an ATAR of 97.85, will honoured with the title of St Clare’s High School Dux for 2015. Former St Clare’s Principal and now Diocesan Assistant Director, Tony Kelly, and former St Clare’s Assistant Principal and also now an Assistant Director, Gerard Mowbray, will be in attendance to make this presentation and to honour the other students who are to receive Maitland-Newcastle Catholic Schools Office awards.

The first category of award is for those 2015 HSC candidates who achieved ATARS in excess of 90. These students are:

- **Adam Mayers** 97.10 B Law B Politics, Philosophy & Economics ANU – National Scholars Program
- **Thomas Avery** 91.65 B Commerce Sydney University - E12 Inspired by Business Scholarship
- **Molly Gillis** 91.25 B Communications Media Arts and Production/ B International Studies UTS
- **Harry Carey** 90.85 B Innovation & Entrepreneurship/ B Commerce Newcastle University

The second category of Diocesan Awards is for students who received the highest Diocesan mark in a 2015 HSC Course:

**Harry Carey** 95 in Mathematics was equal top of the Maitland-Newcastle Diocesan schools
**Harry Carey** 94 in Mathematics Extension 1 was equal top of the Maitland-Newcastle Diocesan schools
**Adam Mayers** 93 in Economics was top of the Maitland-Newcastle Diocesan schools

The final category of awards to be presented at this assembly will be to Kylie Neilson who will receive a Maitland-Newcastle Catholic Schools Office award for achieving 7 Grade A results in her 2015 Year 10 RoSA (Record of School Achievement).

Many classmates of these students will also be in attendance to support these award winners and, through an Open Forum after the ceremony, will discuss with the current 2016 Year 12 students the highs and lows of HSC study.

Students and staff are reminded that the Special Events Timetable will operate next Tuesday.
CAREERS CORNER: It has been encouraging to note the number of students who are becoming proactive in planning for their post-secondary school life by seeking assistance with subject choices, preparing resumes and applying for apprenticeships.

Coming careers related events will be:

- **Monday, 8 February** Open Forum between 2015 Year 12 students and 2016 Year 12 students (following the Dux Assembly)
- **Wednesday, 10 February** Universities Roadshow for both Years 11 and 12 in the Chatham High School Hall
- **Thursday, 11 February** Year 12 Careers Day #1 – resume update, study timetable, personal profile and application for reference

Ian Evans, Careers Adviser

SPIDERS AND MELON: Wednesday, 10 February, Week 3, Day 3, Year 12 Business Studies Students will be selling Spiders (several flavours with ice cream) from the canteen for only $3 during Lunch 1. Also they will be walking around the yard with freshly cut cold Watermelon slices for 50¢. So for something different bring an extra $3.50 on Wednesday for a lunchtime treat. Lyn Tilbrook, Business Studies Teacher

NATIONAL YOUTH SCIENCE FORUM 2016:

Declan Moylan: Session C – 18 to 30 January

Over the Christmas holidays I had the privilege of being sponsored by the Taree North Rotary Club to attend the 2016 National Youth Science Forum which was held in Canberra.

The Forum itself consisted of a wide range of educational activities. Often all 200+ of the students would walk to a lecture theatre on the ANU campus listen to a speaker or panel talk about topics ranging from Ethics in Science, Climate Change, Entrepreneurship to the promotion of women in the STEM fields, a discussion on the application of medicinal cannabis, or a live video call to Large Hadron Collider in Switzerland. Situated around these lectures (there were many more), were field and laboratory visits that suited our interest groups. I was lucky enough to get my first interest group preference, ‘Agriculture, Food, Animal and Plant Biology’. In around sets of fourteen, each different discipline of science group would experience a practical and intimate workshop with a leader in their particular field. For example, the Engineering group was able take a tour of the Lockheed Martin faculty in Canberra, testing their newest virtual reality headsets (Fresnel Lenses) while a computer engineer explained their design. Personally, one of my highlights of the NYSF was a laboratory visit where our group got to diagnose tissues samples for various strains of malaria, using PCR technology to analyse the DNA, with help from a Post-Doctorate Fellow (a researcher/lecturer for ANU).

I could not have had this inspirational experience if not for the support of Ian Cahill, Stuart Bayley and the Taree North Rotary Club who sponsored me to the Forum.
Thanks also to Mr Nicholls and the Science Faculty at St Clare’s; it was with your support and encouragement that I first became interested in the National Youth Science Forum. I urge you to continue to develop the people of STEM subjects and the Science Forum in the school. Thanks again to the Taree North Rotarians. I had a great experience. Declan Moylan, Year 12

UNSW WOMEN IN ENGINEERING CAMP: During the summer holidays I went to the UNSW Women in Engineering Camp, along with 90 likeminded girls aged 16-17. This was one of the most memorable, informative and influential experiences I have ever taken part in. The camp gave me the opportunity to talk and communicate with girls who shared similar interest as myself and make friends who I will take into the future. For five days this camp answered so many questions and opened up many opportunities which I didn’t even know existed. It was an opportunity to talk to international and national business and industry professions. We also got to do some amazing site tours which gave us an exclusive look into the industry.

A Visit to Google

Google - this was the most exciting and memorable tour. The Google offices are crazy. They don’t believe in individual offices so they have hammocks, sleeping and working boxes. They also are not allowed to be 50 m away from food and chefs; they have chefs who work 24/7 who cater to there every need and all the food is FREE. Not only were their offices different, but they had a different look at the world and opened up the world of coding to us.
Transurban

At Transurban we got to look at the how they manage the land cove tunnel and the extensive use of electrically circuits, fans and chemical testers to ensure it all runs smoothly, with minimal effect on nature and the environment.

Resmed

At Resmed we got to look around the manufacturing facilities used for the production of sleeping aid equipment, it was also a great opportunity to talk to biomedical engineers and understand what they do.

Sydney Water

While at Sydney Water we got to look around the desalination plant and understand the process and how it works. We also got to do chemical experiments to try and figure out certain qualities and types of water.

Sadly I missed the Sydney Harbour Bridge climb due to being unwell.
In between all these activities we also had a little assignment, where we had to develop an engineering solution for health in Rwanda. My group decided to develop a new, highly durable mosquito net. We presented this idea in a two minute and ten minute presentation, after these two rounds we were lucky to be the winning team out of 16.

Lastly, we also got to go around all the labs and build electric circuits and catapults, talk to lecturers and PHD students. Emily Lee, Year 12

SWIMMING CARNIVAL INFORMATION

Date: Thursday, 11 February 2016
Venue: YMCA - Manning Aquatic & Leisure Centre

Attendance: Is compulsory for Years 7 – 11. Year 12 students are to remain at school. ANY STUDENT WHO IS ABSENT WILL REQUIRE A MEDICAL NOTE AND A CALL WILL BE MADE TO PARENTS/GUARDIANS ON THE DAY.

Cost: No cost

Travel: Students are to arrive at school as per usual (except students participating in the 200mts I/M) by 8:55 am. Roll call will take place as usual, then students from Years 8 – 11 will be supervised walking to the Centre. Year 7 will be transported by bus to complete a Water Safety Competency swim before the carnival.

Participation: This carnival caters for both the competitive and non-competitive swimmers. Competitive
- Similar events to those at the Diocesan Carnival
- Any student wishing to participate in the 200m Individual Medley needs to see Mr Clacherty before Wednesday, 10th February. You need to be at the YMCA by 8:30 am to swim.
Non-Competitive
- The day will commence with the House participation swim. For every person who swims a lap, a point is awarded to their house. There will be other opportunities throughout the day for fun participation events.
- Every event you enter into you are awarded house points.

Lunch: The pool kiosk will be operating from 11:00 am for drinks and snacks only. Students are required to bring their own lunch. Students will not be permitted to go to McDonalds (even with a note).

Dress: Appropriate casual clothing in your house colours
Paterson – Red; Lawson – Yellow; Gordon – Green; Kendall – Blue
Appropriate swimmers required for ALL students e.g.
Boys - board shorts need to be waist level, no boxer shorts should be seen etc.
Girls – No BRIEF bikinis are allowed
PRIZES WILL BE AWARDED FOR BEST DRESSED AND MORE!!!!

Seating: Students will be seated in their designated house area with Teachers and House Leaders. All students must remain in these areas unless swimming.
Banners & posters are allowed but no crepe paper!

Organisation: Each House teacher and House Leaders will have a program. When events are called, the first 2 heats will be for those competitive swimmers interested in selection for the Diocesan Carnival.

Rules: All school rules apply as well as specific rules designated by the venue.

Equipment: SLIP, SLOP, SLAP, SEEK, SLIDE Make sure you bring plenty of water.

REMEMBER: The Spirit Cup is up for new ownership. So make sure that you get involved and make it a fantastic day of FUN

Dale Clacherty Peter Nicholls
Sports Coordinator Principal
COMING EVENTS

2016

Term 1

Week 3  Monday 8/2 ♦ 2015 Dux Presentation
        Wednesday 10/2 ♦ Universities Roadshow for Years 11 & 12
        ♦ P & F Meeting – 6 pm School Library
        ♦ Ash Wednesday
        Thursday 11/2 ♦ Swimming Carnival
        ♦ Year 12 Careers Day #1

Week 4  Wednesday 17/2 ♦ School Photos

Week 5  Friday 26/2 ♦ Catch-up day for School Photos
        ♦ Year 7 Vaccination

Week 7  Wednesday 9/3 ♦ Year 7 Camp – Toukley departs
        Friday 11/3 ♦ Year 7 Camp returns

Week 8  Monday 14/3 ♦ HSC Mid-Course Exams commence
        Tuesday 15/3 ♦ Dio Swimming Carnival

Week 9  Wednesday 23/3 ♦ Sleep Out
        Friday 25/3 ♦ Good Friday

Week 10 Monday 28/3 ♦ Easter Monday

Week 11 Friday 8/4 ♦ Last Day of Term 1

Term 2

Week 1  Tuesday 26/4 ♦ First Day of Term 2
        Friday 29/4 ♦ Year 7 Vaccination
        ♦ CCC Swimming Carnival

Week 3  Tuesday 10/5 ♦ NAPLAN
**LEAVE NOTES & STUDENT MESSAGES:** It would be appreciated if parents/guardians would send in a written note if their child needs to leave early for appointments etc. Notes should be handed in at the front office in the **morning before roll call**. If parents/guardians need to notify their child of a change of afternoon arrangements, it is necessary to **phone the school prior to 2:25 pm** (End of Lunch – Monday, Tuesday, Wednesday & Friday) or **prior to 1:55 pm** (End of Lunch – **Thursday Sport**) as it is often difficult to locate students if their last lesson is a PE Prac or there has been a room change.

Students cannot be collected from the school during school hours by anyone other than a parent or guardian without written permission. Thank you.

**LATE NOTES:** Lateness to school is recorded as a partial absence and must be explained to the school the same way as other forms of absence. **Arriving Late for school requires a handwritten note from a parent/carer or a phone call from a parent/carer** or the absence is recorded as an unexplained partial absence. Thank you.

**SCHOOL CLINIC:** Students are reminded that if they are unwell whilst at school they are to advise their teacher who will then send them to the Front Office. If necessary, the office staff will contact a parent while the student waits in the Clinic. **Students are not to contact parents on their mobile phones** as this leaves teachers and office staff unaware of the situation and is also in breach of the school policy – use of mobile phones. Thank you.
Bishop Bill Wright invites you to join him at the

Chrism Mass

Sacred Heart Cathedral, Hamilton
Tuesday March 22, 2016
7.00pm

followed by refreshments in the Davis Courtyard

www.mn.catholic.org.au
1-2-3 MAGIC & EMOTIONAL COACHING

Come along and learn how to:
- Manage bad behaviour
- Reward good behaviour
- Strengthen your family relationships
- Learn about the many types of manipulation and testing behaviour that children use on parents and how to handle misbehaviour in public

7TH MARCH 2016

WHO’S IN CHARGE AT YOUR HOUSE?
We know it’s not easy being a parent.
Do you want your children to listen and grow to be happy and competent youngsters?

Date Beginning: 7th March
When: Monday 7th, 14th & 21st March
Time: 9.30am – 12.00pm
Location: Parkside Building - Fotheringham Park, Victoria Street, Taree.
Phone: 02 6551 1800

Funding for this program is provided by the Department of Family and Community Services.
2016 Registration
Who is ready to play some football?

Boys & Girls turning 5 years old in 2016 & above are invited to come & play the world game with the Old Bar Barbarians.

HOW DO I REGISTER?

This year all registrations must be completed on line via

My Football Club Website  http://www.myfootballclub.com.au

INFORMATION DAYS

Sunday 7th and 14th February from 10am -12pm at Club Old Bar

Where you can

• Pay your registration fees
• Purchase club gear and uniforms (socks, shorts etc)
• Advise Registrar of team requests
• Nominate as coaches & managers etc.
• Seek assistance for on line registration

**Please register online prior to attending the information days**

For more information email
oldbarbarbarians@hotmail.com or visit the Old Bar Fox Sports website for additional details.
MANNING VALLEY AUSTRALIAN FOOTBALL CLUB
OFFICIAL CLUB LAUNCH DAY
10AM-1PM
SUNDAY FEBRUARY 7TH JOHNNY MARTIN OVAL

Come and join us as we celebrate the launch of The Manning Valley Australian Football Club, on Sunday February 7th at Johnny Martin Oval in Taree.

This family fun day will feature various free activities giving the kids and the opportunity to try out Australian Rules Football, and sign up for the 2016 season. Both Auskick and Club registrations will be taken on the day.

Apart from the family fun day the club will officially release its Name, Colours and Club Mascot.

Max FM will be there broadcasting on the day.

For more information see our Facebook page Manning Valley Australian Football Club or contact the Club on 0423 730 130

WHAT WILL BE THE CLUBS NEW COLOURS AND MASCOT? FIND OUT ON THE DAY!
SUPER CLINIC

MONDAY 8 FEBRUARY, 3:30PM - 5:00PM
JOHNNY MARTIN OVAL, TAREE

- FREE AFL CLINIC FOR 5-16 YEAR OLDS
- MEET & GREET SWANS PLAYERS
- FUN FOR ALL THE FAMILY
- AUTOGRAPHS

For any enquiries prior to the day, please call 0401 487 480
Taree Panthers will hold registration days on
Wednesday 10/02 @ 5pm - 6.30pm
&
Thursday 11/02 @ 5pm – 6.30pm
@ Taree Rec Grounds
outside the canteen area

Cost
Minis (U6’s –U9’s) - $100.00
Mods & International
(U10’s – U16’s) - $110.00
(this includes shorts, socks & polo shirt)
PAY BY CHQ, CASH or EFTPOS at the grounds

**If you are a returning player you can register and pay NOW ONLINE
(IF YOU PAY ONLINE YOU WILL NEED TO BRING YOUR PRINTED RECEIPT ON
REGO DAY TO RECEIVE YOUR GEAR)
The Safer Drivers Course involves two modules:

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

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

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

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

**TAREE**

Date: Thursday 25 February 2016
Thursday 24 March 2016

Time: 6pm-9pm

Where: PCYC Taree 95 Commerce St, Taree

**PORT MACQUARIE**

Date: Saturday 20 February 2016
Saturday 19 March 2016

Time: 9am-12pm

Where: Emerald Downs Community Centre
Ocean Drive

**FORSTER**

Date: Saturday 20 February 2016
Saturday 19 March 2016

Time: 9am-12pm

Where: WEACoast Quality Learning Centre
Cnr Manning & Lake Street, Tuncurry

**Cost:** $140 per person

*Bookings are essential through PCYC reception*

Ph: 02 6551 0292  E: taree@pcycnsw.org.au

Bookings are essential  [www.pycnsw.org/saferdrivers](http://www.pycnsw.org/saferdrivers)