Dear Parents

Last week we celebrated the feast of the Assumption, the day we remember that Mary went to heaven, body and soul, at the end of her earthly life. Mary remains to this day the perfect role model of discipleship for all Christians. She was the first to say ‘yes’ to God and to recognize who and what her son Jesus was. She never gave up on him or walked away from him. Mary also reminds us when our life here on earth is over there is much more waiting for us in the after-life.

Our College Captains, Justin Jarrett and Maddison McPherson, led us in the oldest prayer to Mary – the Magnificat – at our College Assembly last week:

‘My soul proclaims the greatness of the Lord and my spirit exults in God my saviour; because he has looked upon his lowly handmaid. Yes, from this day forward all generations will call me blessed, for the Almighty has done great things for me. Holy is his name, and his mercy reaches from age to age for those who fear him. He has shown the power of his arm, he has routed the proud of heart. He has pulled down princes from their thrones and exalted the lowly. The hungry he has filled with good things, the rich sent empty away. He has come to the help of Israel his servant, mindful of his mercy – according to the promise he made to our ancestors – of his mercy to Abraham and to his descendants forever.

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Our congratulations to Renee Boreta who, along with a student from each Catholic school in the Archdiocese of Sydney, was presented with the ‘Archbishop’s Award for Student Excellence’, by Cardinal George Pell, at St Mary’s Cathedral, this week. Renee was nominated for the award as a result of her outstanding leadership in the faith dimension of the College, her commitment to her studies and her involvement in all aspects of College life. Justin Jarrett read the citation about Renee and the ceremony was attended by Renee’s family and a small group of her friends. Renee is a worthy winner of this very prestigious award.

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Congratulations to the many students, across Years 7-12 who supported our ‘Winter Stay Out’ last Friday night. Students were provided with information on homelessness from a representative of the St Vincent De Paul Society, they experienced some of the conditions related to homelessness and they participated in a meaningful liturgy. Students and teachers, by their presence, involvement and donations, in a very practical way responded to Jesus’ command that we ‘love our neighbour’, the key theme in the Parable of the Good Samaritan. We thank Ms Bilaver, Mr Turner and Miss Romolo for their many hours of organization, Mrs Randal and her student helpers for the delicious soup, Mr Badalato, Miss Sulentic and Mr Kingsman for their contribution and the numerous other teachers who provided support on the night.

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We wish our Year 12 Industrial Technology, Textiles, Music and Visual Arts students all the best in the coming weeks as they submit major projects and perform for HSC examiners. Our TAS/ CAPA showcase on Tuesday evening gave us an appreciation of how many very talented Year 12 students we have, and the very substantial efforts involved in projects and performances. I take this opportunity to sincerely thank the Year 12 teachers, Mr Katalinic, Ms Sobkowski, Mrs Popovic and Ms Nash for their expertise and their willingness to give their time to ensure projects and performances are of the highest standard. I also thank Mrs McInerney, Mrs Randal and the Hospitality students for catering on Wednesday evening. Final thanks to families, teachers and students who attended for being so affirming and such a supportive audience, and to Sean Birmingham and Danny Kamalaneson who were excellent hosts on the night.

Ms J Donovan
PRINCIPAL
**Assistant Principal**

**Good Samaritan Day**

Good Samaritan Day has been set down in this year’s Calendar for Friday 14 September, Week 9.

As has been the custom in the past the day will commence with a celebration of the Eucharist in the College Hall followed by an opportunity for each PC class to run a stall with the aim being to raise funds to support a charity associated with their house patron. This is then followed by a great celebration of the talent at Good Samaritan with a concert in the hall at the end of the day.

Students need to wear their full winter College Uniform to school but are permitted to change into their Sports Uniform after mass if they wish.

Being a celebration for the entire parent community parents and siblings of students at the College are welcome to attend on the day. Parents will, however, need to register on the form which is accompanying today’s newsletter. As has been the practise in the past only those visitors who are registered on the day and have a personalised visitors pass will be permitted to enter the school grounds on Good Samaritan Day.

Mr P Scollard
Assistant Principal

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**Student Welfare Coordinator**

In the past I’ve written about ways to build resilience and happiness in your children. In the next two editions I would like to put forward some of the ideas of Andrew Fuller, psychologist and writer for Generation Next has on these issues. Andrew writes about building inner strength in our children. He advocates this to help children to develop a positive attitude to life and avoid depression which he says 20% of the population will experience sometime in their lives.

He suggests the following:

**Sadness is not always bad**

Everyone loves being happy but being sad at times is not such a bad thing. Sadness gives us time for thinking things over, sometimes regrettting things we have done and helps us to resolve to be better people. Feelings of sadness, disappointment and set backs are part of human lives and without them we don’t live whole lives. We all want our kids to be happy but know that there will be times they will be sad. Helping young people to know that they won’t be happy all the time is important. Realising that all feelings pass and that we can learn from the whole range of feelings, sadness included, is part of being human.

**Lower the amount of stress**

Going for a walk, doing some exercise and being active are some of the best ways to overcome stress.

**Find some good friends**

Friends are a treasure. Along with family, having a few good friends that we can talk things over with enriches our lives and protects us in difficult times.

**Eat healthily**

What we eat changes our moods. For example, countries that eat low levels of fish have higher levels of depression. Fish contains a fatty acid known as EPA, which is lacking in those with depression. Fatty acids are also found in flaxseed, walnuts and chia seeds and are good fats. These are the good fats so if you are hesitant about eating them don’t be. Whole grain oats have been shown to help with depression as they have folic acid and B vitamins and helps with a slow release of energy versus the crash and burn of blood sugar levels that can happen. Food high in selenium, which is found in meat, fish and cereal grains, has also been shown to decrease symptoms of depression. Leafy greens have magnesium in them which helps with depression and helps with sleep patterns.

**Be grateful and lucky**

Even people who have had rotten things happen to them can rise above them. They usually do this by deciding to be lucky. While we can focus on the things that have upset us, most of us have many things and people to be grateful for. Focusing on that part of your life and deciding that you are lucky makes an enormous difference to your life.

These are some of the ideas Andrew Fuller suggests we can put into practice with your children to help them to develop into well-adjusted, happy and positive young men and women. We will look at more of his thoughts in the next edition.

Mr M Bell
Student Welfare Co-ordinator

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**World Youth Day News**

Thank you to the families that attended the WYD13 parent information night. A big thank you to Mr David Cloran for presenting on the night and to students and families from Freeman Catholic College & Mary Mackillop College.

Students are busy preparing their final commitment this term. A reminder that final confirmation of interests are due by Friday 7th September.

Miss E Welsh

Friday, August 24th 2012
Feast of Saint Bartholomew, Apostle

**Prayer**

*Our Father… Loving God, Through the witness of your saints and martyrs, you call us to a deeper level of holiness. Forgive us our sins and strengthen our weary hearts, so we may return to follow you in love and service. We ask this through Christ our Lord. Amen.*

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**Assistant Principal**

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**Student Welfare Coordinator**

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2012 UNIVERSITY OF N.S.W. SCIENCE COMPETITION MERITORIOUS STUDENTS

Credit certificates (placing them in the top 15% of the states of N.S.W. and A.C.T) were awarded to the following students:

From Year 7:
Jamie Arcuri
Emily Arndell
Jade Boreta
Alyssa Cimino
Geosef Espino
Danielle Haj Moussa
Lisa Li
Richard Nguyen

From Year 8:
Karl Ambosta
Marc Arcuri
Christopher Bebawi
Angelo Beretta
Robert Kingston
Jeffrey Lai
Matthew Wakim

From Year 9:
Kristy Bartels
Luke Clinch
Christopher Gauci
Chelsea O’Connor
Nicholas Puglia
Gian Thompson

From Year 10:
Anthony Bebawi
Jenny Chia
Laura Cross
Brian Kane
Jason Marras
Cory Lenci
Melanie Wong
Abdo Youssef

A distinction certificate (placing him in the top 9% of the states of N.S.W. and A.C.T) was awarded to Tam Thai from Year 7.

Year 9 2012 Student and Parent information evening
This will be held on Tuesday 28th August in the College Hall. All Year 8 students must attend and be accompanied by at least one parent. This evening starts at 6.15pm with an opportunity for parents and students to look at subjects on offer for Elective choices in Stage 5 for 2013. It is an opportunity for conversations with KLA Coordinators of each of these subjects.

At 7pm the formal part of the evening will commence and members of College staff will talk about the Stage 5 Courses at GSCC and the Board of Studies requirements for successful completion of Stage 5. Subject Information booklets will be distributed at this evening and the process for Subject Selection will be explained.

We look forward to your attendance.

Mrs C Anderson and Mrs R Jarvis
Curriculum Coordinators

Year 7 – 9 Student Ability Testing.
As is common practice at Good Samaritan Catholic College, students in Years 7 – 9 will complete a diagnostic ability test: this will be conducted during Week 8 of this term and I thank Mr Georgiou and Mrs Tolomeo in advance for their work on this.

The data that is gathered from these tests will be added to each students learning profile on our school tracking database and will be used to inform teaching practice and to address individual student learning needs including the placing of students into academic learning groups for 2013.

Should you wish to discuss this process further please do not hesitate to contact me at the College.

Mrs R Jarvis
Curriculum Coordinator- Pedagogy
Study Skills Tip

Multi-tasking? Myth or reality? It all depends on who you talk to.

Ask any student and they will tell you they can multi-task with ease. Do homework, watch TV, listen to music and check their phone. Ask the academic researchers though and a different story emerges.

Dr Larry Rosen, Professor of Psychology at California State University, explains that what is actually occurring in this ‘multi-tasking’ is ‘task switching’. Instead of doing two things at once, students are actually switching their focus from one task to another and back again, in a parallel fashion, at high speed, resulting in them staying on task for an average of only 65% of the time period and for a maximum of only 3-5 minutes at a time. Constant task-switching results in it taking much longer to complete the individual tasks not just due to the interruptions, but also because there are delays as the brain switches between tasks and refocuses.

A study conducted by Dr Rosen’s team sent varying numbers of text messages to students in a lecture then tested the students on the content of the lecture. The results were surprising, it was no the number of interruptions that negatively impacted results, it was the time taken by the students to react to the interruptions. Students who responded immediately performed worst on the tests. Those who considered when to check the message and respond (ie in a part of the lecture they deemed less relevant) performed significantly better.

What we can learn from this is that students need to become more aware of their ‘task-switching’ and make conscious decisions as to when they choose to shift their focus - instead of being enslaved by their technology and at its constant beck and call. We need to convince students that it is ok and even necessary to wait, that they don’t have to respond immediately and do have the ability to delay their check-in with the cyber world.

We need to train the brain to stop thinking constantly about technology. However, resistance for too long can create anxiety and a fear of missing out, creating “continuous partial attention” in students as oxygen is diverted to activate and maintain thoughts about social media at the expense of classroom material.

Dr Rosen’s team has determined the best approach for students who find it difficult to pull back from their technology devices is to set an alarm on their phone for short regular ‘tech breaks’. They may start with 15 minutes and gradually increase this amount over time to around 30 minutes. The phone will be face down on their desk on silent mode or off, and when the alarm rings they let themselves check messages and status updates for a minute or two, then set the alarm again. Dr Rosen’s studies found that knowing they can check in 15 minutes creates less anxiety, whereas depriving them of the phone completely did not stop them thinking or obsessing about possible e-communications which took away from their ability to focus fully on their homework. It all comes back to teaching the concept of focus.

Finally, Dr Rosen argues that we cannot simply remove technology and other distractions; they are too intricately woven into students’ daily lives. Instead students should learn metacognitive skills to help them understand when and how to switch their attention between multiple tasks or technologies.

Visiting the Dealing with Distractions unit at www.studyskillshandbook.com.au to learn more about managing distractions.

Our school’s subscription details are -

Username : forgsconly  Password : 48results

Excursion to Club Italia

On Thursday, 9th of August, Year 8 attended an Italian Excursion at Club Italia. We were shown how to make pasta from scratch and then we were involved in numerous activities that gave us an idea about the Italian culture. Year 8 participated in various activities on the day such as soccer, Italian cards, tombola and Bocce. For lunch we had pasta and Garlic Bread that the volunteers had prepared for us to eat followed by gelato.

We would like to thank all the volunteers from Club Italia for their help on the day and we would also like to thank the teachers who came along with us for their hard work and dedication.

Luke Koutrodimos and Kristen Grech Year 8
On Friday the 17th August 2012, Good Samaritan’s Social Justice Group hosted Good Samaritan’s second, annual Winter Stay Out in order to raise awareness and to support the homeless people of our society.

Upon arrival to the college at 6:00pm, students gave a donation, which consisted of the contribution of jumpers and blankets for the St Vincent De Paul winter appeal as well as raising funds to support the homeless. The students listened to a presentation from St Vincent De Paul representative Maria Lastica, who shared her knowledge and experiences on facts and figures of homeless people in Sydney. The information provided to the students was of considerable value and also helped to shape their perceptions on the issue of homelessness in our society.

After this, the students participated in the cardboard box activity, where they were able to experience firsthand the harsh conditions the homeless of Sydney encounter in these winter months, at times with cardboard boxes the only protection in these cold conditions. This was accompanied by the soup kitchen, which showed students the level of sustenance homeless people have if they are lucky to experience a meal. After an hour in these harsh conditions, students again congregated in A1/A2 for a liturgy, where we prayed as a community for the homeless, and reflected on how lucky we are in our own lives, and how we can do more to reach out to the less fortunate.

After the liturgy, junior students were dismissed as the senior students began planning new social justice initiatives at the college, in order to increase our outreach in helping the less fortunate. In closing, senior students watched “The Pursuit of Happyness” which drove home the key concepts which had been conveyed to them throughout the duration of the evening. The night was a great success overall, and a night in which students and teachers alike could take away a great deal in their understanding of homelessness in Australia.

On behalf of the Social Justice committee, I would like to extend a special thank you to all the teachers involved and who helped make the Winter Stay Out a success. Also a thank you to the students who came and made the night what it was, and we hope to see you again, whether it be through other social justice initiatives or at next year’s winter stay out.

Marco Beretta
Year 11 Student
DO YOU LOVE TO PERFORM???
"HAVE YOU GOT TALENT?"
LAUNCHED IN OCTOBER THIS YEAR
CaSPA is looking for talented students to compete for their school!!!
GET READY!
WILL YOU HAVE WHAT IT TAKES?
HAVE YOU GOT TALENT?
HAVE YOU??

Year 11 Photography and Digital Media

Year 11 Photography and Digital Media students were encouraged to create a video for the "Volunteering Video Competition for Young People", Chanel Biala entered the aged 15 to 18 category. This is an Australian Government initiative - volunteering not for profit. Chanel made a video about her grandma to encourage young people to volunteer their time to improve the lives of the elderly in our community.

This video can be viewed at the following link:
http://www.youtube.com/watch?v=R8x-J55qbDw&feature=g-upl
As some of you may already be aware, Year 12 Textiles and Design as well as Industrial Technology Wood students have been very busy over the past year working on designing and creating their major projects. At the beginning of Year 12 each of the girls who study textiles had the opportunity to decide on designing a textile piece of their own choice in relation to the five focus areas of design. These areas include apparel, non-apparel, furnishings, textile art as well as costume. Through class time on allocated practical days as well as many hours spent at home each student has been busy seeking inspiration, designing their project, purchasing materials, constructing the piece and developing documentation in order to support their project and its features.

Across the class there were a variety of projects that came under each of the five focus areas of design. These projects include contemporary wedding and flower girl dresses, a dancing costume, evening dresses, cultural textile art pieces as well as quilt covers. As a class we have enjoyed working on this long yet successful journey together as well as assisting each other in order to achieve our final projects. On behalf of Textiles and Wood Work students, we’d like to thank Miss Sobkowski and Mr Katalinic for all their assistance and commitment in helping each and every one of us finally accomplish what we’ve created. We thank you for giving up your afternoons, Saturdays and holidays in order to allow us to spend quality and effective time on our major works. Finally a huge congratulations to all the Year 12 students on the dedication and commitment you’ve put into your majors over the past year. It’s evident that all the hard work, time and effort has definitely paid off as all projects look amazing and professionally manufactured showcasing our many technical talents.

Angela Santaguida
Year 12 Textiles and Design Student
KIDS HELP LINE 1800 551800
We care and we listen—anytime and for any reason

PARENT LINE 132055 or 1300 301300
Confidential Help 24 hours a day, 7 days a week

LIFELINE 131 114
24 hours, 7 days a week telephone service

GOOD SAMARITAN CATHOLIC COLLEGE
HINCHINBROOK
401 Hoxton Park Road, Hinchinbrook NSW 2168
PO Box 444, Hoxton Park NSW 2171
Phone: (02) 9825 9955 • Fax: (02) 9825 9966
Email: admin@gscchininbrook.catholic.edu.au

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PRESTONS HORNETS CRICKET CLUB are looking for boys and girls, all ages, to play cricket this season.
Registration days are being held throughout August. Please contact Dave on 0401 654 207 or email damillot@bigpond.com for more details

HEARING AWARENESS WEEK
August 19th – 25th, 2012

This year the theme for Hearing Awareness Week is ‘Have you heard?: Hearing loss affects everyone’. Many young people think that they are immune to hearing loss but many risk permanent damage to their hearing so the suggestions are:

- Turn down your ipod or personal stereo player and get better fitting ear buds. If other people can hear your music, it’s probably up too loud!
- Take and wear ear-plugs when you go to noisy venues such as night clubs, concerts, motor racing or the gym – exposure to excessive noise for any length of time can cause irreparable damage.
- Don’t have the music up too loud in your car – it could be doing your ears damage without you even realising it.

In Australia, one in six people have some form of hearing impairment. This means that hearing loss is more common than cardiovascular disease, diabetes, asthma, cancer and mental health issues. So, what can be done to help?:

- Hearing aids, cochlear implants and sign language are all ways to improve communication if you have a hearing loss.
- Many venues and businesses now have assistive listening systems such as hearing loops and FM systems.
- The National Relay Service is a phone service for people with a hearing loss. You can also use Internet Relay on a computer.
- Captioning is available on some DVD’s and videos. Also, some cinemas have captioned movie sessions for new releases.

And remember….a hearing loss doesn’t just affect you, but also everyone that you communicate with!

Mrs K Le Cornu
Itinerant Teacher – Hearing

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