

Dear St Michael's College community,

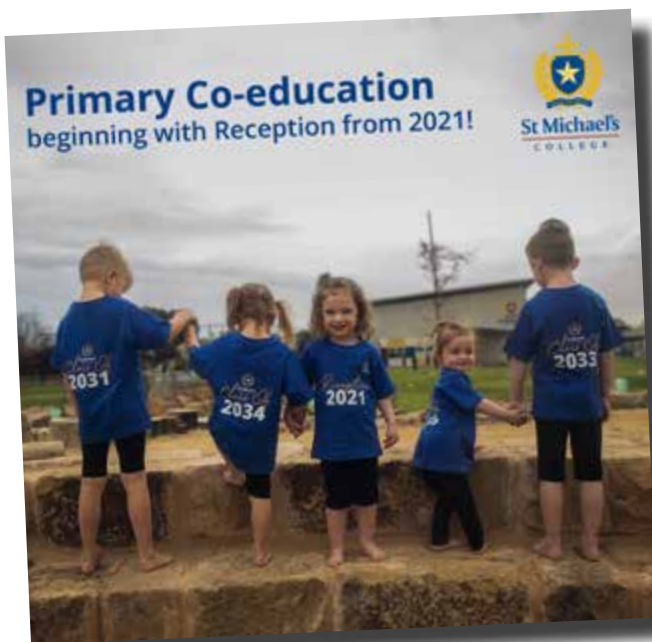
**Fr John Rate**

The St Michael's College community has been deeply saddened by the recent passing of Fr John Rate. As our parish priest, Fr John has been a wonderful friend of the College, always present and generous of himself, he is much loved throughout the community. An old scholar of St Bede's, Mentone, Fr John had a strong affinity with the De La Salle Brothers and Lasallian education. His approach to speaking and working with young people has always been meaningful, real and greatly appreciated. He was a great man of faith, compassion and commitment.

Fr John has shown much needed personal support to many in our College community over the years and his gentle, wise and humble manner has always been a feature of who he is to others. Known as a man of Heart, Fr John will be fondly remembered and sorely missed.

We keep John's family, Parish, colleagues and friends in our prayers.

May he Rest In Peace.



**Primary Co-education Announcement**

Last Friday, the College was delighted to formally announce that St Michael's will now be offering Primary co-education, beginning with Reception from 2021.

Coinciding with this change, a significant investment into the facilities of the Primary campus is underway, catering for increased enrolments and the ongoing enrichment of a quality learning environment that is innovative and adaptable to the current and future educational needs of our students.

This is an exciting initiative, designed to meet the needs of current and future families and to enhance the strong sense of community engagement across the College. We are committed to ensuring the smooth transition of co-education across R-12 by 2027.

To register your interest in enrolling your son or daughter in Reception from 2021, please contact our Primary Enrolments Officer, Mrs Annie Clift on 8346 6548 or [smcprimary@smc.sa.edu.au](mailto:smcprimary@smc.sa.edu.au).

Regards,

**John Foley - Principal**

## CALENDAR

### OCTOBER

#### Term 4 Week 1

14 Classes resume  
18 Year 12 Awards Assembly

#### Term 4 Week 2

22 2020 Reception Welcome Wine and Cheese Evening 7:00-8:30pm  
23-24 Year 11 Drama Incursion & Performance 7:00pm  
24 Year 12 classes conclude  
Graduation Mass 7:00pm (FH)  
24-26 Year 10 Outdoor Ed. Boys Camp

#### Term 4 Week 3

28-1 Year 12 Study Week  
29 Year 11 White Ribbon Awareness Day  
30 Year 11 ID Photos  
Sports Day (P)  
31 College Campus Tour 9:00am (MC)

### NOVEMBER

#### Term 4 Week 4

4-20 Year 12 Exams  
6 Year 8 Immunisations  
Year 10 ID Photos  
Year 7, 2020 Info Evening 7:00pm (FH)  
7 Year 12 Art Design Technology & Photography Exhibition  
Launch 6:00pm (MC)  
Memorial Mass 7:00pm

#### Term 4 Week 5

11 Remembrance Dy Ceremony (FH)  
Lasallian Leadership Day (College Leaders elect)  
12 Instrumental Music Night #3 (MC)  
13-14 Yera 10 Drama Incursion and Performance 7:00 pm

## TERM DATES 2019

Term 3: Monday 22 July - Friday 27 September  
Term 4: Monday 14 October - Friday 6 December

### UNIFORM SHOP TRADING HOURS September - October 2019

Mo	Tu	We	Th	Fr	Sa	Su
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27

**OPEN 8.00am - 4.15pm**

*closed between 12.30pm and 1:00pm*

### STUDENT ABSENCE

Please advise student lateness or absenteeism via the designated phone number:

**PRIMARY: 8150 2397**

**SECONDARY: 8150 2323**



## RIP



### Fr John Rate MSC

A wonderful friend of the College and much loved throughout the community.

Eternal rest grant unto him O Lord and let perpetual light shine upon him. May his soul, and the souls of all the faithful departed, through the mercy of God, Rest In Peace. Amen

## POSITION VACANCY

Lasallian Youth Minister at St Michael's College Henley Beach Adelaide

Visit this link for more information <https://delasalle.org.au/about-us-employment.html>



[Click here to view the flyer!](#)

## LOST PROPERTY (SECONDARY CAMPUS)

Numerous unnamed items have been building up in lost property. Items include drink bottles, lunchboxes, shoes, uniform and non-uniform items. There are also some items left from dance events.

All these items will be placed on a table outside the Bookroom on Monday 23 and Tuesday 24 September. If you think you/or your child has lost an item please pop in and have a look.

You will need to enquire within the Bookroom for other lost items such as jewellery and glasses.

At the end of the year the remaining lost property will be donated to Charity.

*Mrs Paula Rogers, Bookroom Manager*

## DOBSONS UNIFORM SHOP - SCHOOL HOLIDAY OPENING HOURS

### Sale

Summer uniform items are currently at reduced prices. Take advantage of the savings!

Items purchased can be transferred to the Primary Campus on request.

### School Holiday Opening Hours

Tuesday 8 to Thursday 10 October, inclusive (second week of the school holidays).

Opening hours: 8:00am to 4:15pm.

Closed between: 12:30pm to 1:00pm.

To avoid delays, it is recommended that families requiring fitting assistance make an appointment by either telephoning the Uniform Shop on 8150 2306 or email [smc@dobsons.com.au](mailto:smc@dobsons.com.au).

### Location:

Lawrie Street near the bus pick-up and drop off zone.

### PAUL DILLON - TALKING ALCOHOL AND DRUGS WITH OUR STUDENTS AND COMMUNITY

On 24 September 2019, we were thrilled to welcome Paul Dillon back to St Michael's College. Paul presented his alcohol and drug information sessions to our senior students again which was perfect timing with many students turning 18 and 'Schoolies' for some students being just around the corner. Each year, Paul presents the latest research data around alcohol and drug use, highlighting that the majority of young people are not engaging in these behaviours. Paul's sessions also have a strong safety focus, with many important messages which stay with our senior students. There was also a clear message about looking after each other when we go out.

Our Year 10, 11 and 12 students responded very well to Paul and his mix of tough reality and humour. The information he shared was potentially lifesaving for young people and will help to inform safe choices. Senior students were very engaged throughout the session and have reflected positively on Paul's sessions with teachers, and hopefully at home with their families.

This year, we were fortunate to secure Paul to present an evening session for parents and caregivers. Those in attendance received updated data as well as practical strategies on how to support their child and have open dialogue about these types of matters. Paul concluded his presentation with a key message for parents:

#### Three simple golden rules...

- Know where your child is
- Know who they're with
- Know when they'll be home

Paul's annual visit to the College is just one part of what we do across the curriculum and pastoral programs to educate our students in this particular area about being safe. Working collaboratively with families to support student wellbeing is critical, so we encourage all parents and caregivers to extend on student learning at home with supportive and informed conversations.

As always, we look forward to Paul visiting our College around this time next year.

For more information and practical resources/fact sheets, visit Paul Dillon's blog or the DARTA website.

Each of his PowerPoint presentations to parents and students are available via the following link: <http://darta.net.au/presentations/>

Paul finished each of his presentations by encouraging students to download the following app on to their smartphones. It is available on Android and IOS.



**The Emergency+ app is a free app developed by Australia's emergency services and their Government and industry partners.**

**The app uses GPS functionality built into smart phones to help a Triple Zero (000) caller provide critical location details required to mobilise emergency services**

*Mr Matthew Williams, Pastoral Director*

### CLIMATE STRIKE

On Friday 20 September, over 350,000 Australians took to the streets to demand action on the climate crisis. This was a Global strike, initiated by 16 year old Greta Thunberg from Sweden, with 150 countries stepping out to support young climate strikers and demand an end to fossil fuels.

Students from our school joined the strike in Victoria Square, showing their support for immediate climate action, and a need for our Government to change to 100% renewable energy. It was an incredible event and a proud moment for myself as the school Sustainability Officer to be able to support these students, and help them fight for a better future.

If you wish to find out more about these climate strikes, or the environmental initiatives happening at our school, please contact myself at [robyn.palmer@smc.sa.edu.au](mailto:robyn.palmer@smc.sa.edu.au)

*Mrs Robyn Palmer, Sustainability Support Officer*



**WHAT IS ELLA?**

ELLA is an exciting digital language-learning program for Reception students in RB and RM. It opens up a world of cultural possibilities for children early in life.

Children learn Italian using play-based apps called The Polyglots. (A polyglot is someone who is multilingual.) They use the apps on their iPad at school. The apps were designed with help from language, early childhood and technology experts.

The apps have a cast of colourful characters – the Polyglots – who introduce children to a new language through digital play. Experiences match young children’s interests, like cooking, art, building, role-play and music. This means that the apps are as engaging as they are educational. It has been exciting hearing the students using the language while playing the interactive games. So far we have covered these topics, with app 7 and 8 available in Term 4.

- App 1 – Playroom
- App 2 – Beach
- App 3 – Party
- App 4 – Zoo
- App 5 – Circus
- App 6 – Park

Saluti

*Mrs Giulietta Saraceno, Italian Teacher*



**ALICE IN WONDERLAND**

Have you got some free time during the school holidays? Why not come down to The Parks Theatre and see Alice in Wonderland starring three St Michael's students, Luca Camozzato as The Mad Hatter, Gemma Camozzato as The March Hare and James Pakenham as The Caterpillar!

This brand new musical version of the timeless classic takes you down the rabbit hole with zany characters, mad tea parties, flamingo croquet and tap dancing playing cards, all in a land where nothing is as it seems.

Tickets available via: <https://www.parksrc.ymca.org.au/theatre/events-shows/alice-in-wonderland>



**EXTEND UPDATE - VACATION CARE AND WEEK 10**

Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Vacation care: pasta making, coffee mug decorating	Week 1 Vacation care: Incursion - First Aid	Week 1 Vacation care: Excursion - Adelaide Zoo	Week 1 Vacation care: Bottle rockets and cake pops	Week 1 Vacation care: Extend Olympics and Spring Picnic
Week 2 Vacation care: No service (public holiday)	Week 2 Vacation care: Excursion - Mega Courts Indoor Sport	Week 2 Vacation care: Paper mache and volcanoes	Week 2 Vacation care: Incursion - Radicool Reptiles	Week 2 Vacation care: Cheesecake and board games

The Extend Superstar is....**Evan Bok** for showing perseverance and enjoying new experiences with a happy disposition. You serve as an inspiration to us all.

**What's Been Happening?**

Our menu for the past week consisted of: freshly cut fruit and vegetables, a bowl of fruit, pasta and sauce, rice cakes, popcorn, fruit toast and picnic favourites.

We filled our days with activities such as: board games, sports, bubble fun, foil boat building challenge, monster name craft and mask making.

We have chosen the RSPCA for our community outreach. We kindly request that the SMCA Extend community donate cat and dog food. The project will run till the end of November.

Extend Spring Vacation Care bookings are open! Be sure to have a look at what we have planned and make your bookings. We look forward to a fun-filled holiday!



# Primary Campus SPORTS DAY

**Wednesday 30 October**

**Drop off:**

8.40am at Henley Memorial Oval,  
Cudmore Terrace, Henley Beach

**Pick up:**

3.00pm from Henley Memorial Oval  
(school buses will be in normal operation to and from Secondary Campus only)

*Receptions and Year 1s can be collected at 12.30pm if accompanied by a parent/caregiver - the Teacher must be notified of the collection*

**Bring:**

Water, sunscreen, packed recess and lunch

**Wear:**

Sports uniform with house coloured T-shirt and hat.

Apply sunscreen prior to arrival



**St Michael's**  
COLLEGE



**BBQ, snacks, drinks and cakes on sale**

(please refer to School Stream - our Parent Committee are seeking your assistance and calling on Bakers for the Cake Stall)

## Parents and Caregivers Very Welcome

*Absentees - Please notify the Primary Admin Office - 8150 2397 in advance or on the day, by no later than 9.30am*

*There will be "No Play" on the playground during the day*

## SECONDARY CAMPUS

### ATTENDANCE/PUNCTUALITY

All students in Years 7-12 are required to be at school by 8:40 am each day. All absences must be accounted for and parents are requested to contact the College via the Absentee Line 8150 2323 by 9:30 am if a student is going to be absent or late. Prolonged absences through illness should be accompanied by a Medical Certificate and the Year Level Director contacted so work can be forwarded if appropriate and in keeping with the successful recovery of the student.

#### Examples of acceptable reasons for student absences include:

- Sickness, including danger of being affected by an infectious or contagious disease.
- Unavoidable and sufficient cause, eg: bereavement within the family or of a close friend; family trauma; cultural reasons; or appointments that cannot be arranged out of school hours
- Participating in school-related events/activities, eg VET, excursion, camp, work experience, etc.

#### Examples of unacceptable reasons for student absences include:

- Truancy
- Helping at home or at parent/caregiver's place of work
- Part-time or casual work (including travel to and from such work)
- Appointments which could be made out of school hours (including driving lessons/tests, haircuts, etc).
- Excessive time for appointments which are avoidable and could be made at other times
- Catching up on assignments or studying during non-SWOT Vac periods
- Working from home or mental health days (where there are no Mental Health Plans in place)
- Holidays that could be booked during school holiday times.

#### Leaving During School Hours

Students are not permitted to leave the school grounds without signed permission from their parent/guardian, Pastoral Teacher and Year Level Director. Students must also sign out via the Administration Office.

If a student needs to leave early for an appointment etc please write a note in the diary. This note will be signed by their Pastoral Care Teacher and Year Level Director prior to leaving via the Administration Office. If students feel unwell at school, they must report to the First Aid Room in the Administration Office.

Students must not contact parents during school to pick them up. In emergency situations, students may request to make a phone call from the Year Level Director's Office.

*Mr Matthew Williams, Director of Pastoral*

### CELEBRATING INDIGENOUS STUDENTS' SUCCESS

There are currently 46 Aboriginal and Torres Strait Islander people undergoing Year 12 in Catholic Education schools across the State. Last week, St Michael's was represented by Indigenous Year 12 student, Maiye Rigney in attending a celebration at the Catholic Education Office to acknowledge the achievements of Year 12 Indigenous students in Catholic Schools. At the event, Dr Neil McGoran, Director of Catholic Education South Australia, spoke of the wonderful achievements that were being made by the Year 12s present. He also took the opportunity to thank their families and their teachers for their ongoing support of the students. The students were involved in a smoking ceremony using a brazier constructed in the shape of the globe representing what power the students will have once they leave school and go out to make a difference in the world. Each student was also given an amazing, unique artwork painted by renowned Indigenous Artist, Bernadine Karama Johnson of the Arrernte Group from NT.

Maiye Rigney, (pictured) reflected on what the celebration meant to her, "As a young Indigenous person being able to experience a celebration like the Indigenous Catholic Education Year 12 ceremony was extremely important. This was an opportunity for all Year 12 Indigenous students in Catholic schools to come together to celebrate all of the hard work they have put in to achieve their SACE. It was also a chance for parents and other family members to be a part of the celebration and to be acknowledged for their efforts in helping us to be successful in our schooling".



# UNPLUGGED – INTERNET GAMING ADDICTION WORKSHOP

Dear Parents / Caregivers,

The World Health Organization (WHO) has identified a new disease - gaming disorder. The WHO defines the disorder as "a pattern of gaming behaviour with increasing priority given to gaming over other activities ... and continuation or escalation of gaming despite the occurrence of negative consequences."

While playing internet games can be a safe and a healthy activity for children and young people, internet use and gaming can quickly become a problem.

To tackle this growing phenomenon, United Care Wesley Bowden (UCWB) offer workshops to schools that can help parents learn how to identify problematic gaming and develop practical strategies to support healthier gaming and internet use.

The Unplugged workshop covers:

- Definitions of internet and gaming addiction.
- How to identify signs of problematic gaming.
- The mental and physical health implications of high levels of gaming.
- Why gamers play (emotional needs and the brain).
- How to communicate effectively with their children about gaming and technology.
- Practical tips and proven strategies to combat problem gaming (common mistakes to avoid).
- Current internet and gaming trends, latest scientific research.
- The other dangers of gaming (eg: micro-transactions, loot boxes, in-app purchases).
- How to manage associated problems (eg: school refusal).

Unplugged was co-developed with Dr Huu Kim Le at CGI Clinic and Cam Adair at GameQuitters.

St. Michaels invites you to attend the 'Unplugged – Internet Gaming' workshop on Wednesday 13th of November, 6:30pm – 8:30pm at the College, Free of charge.

Please register your attendance via the link below (also found in the flyer below).

<https://www.trybooking.com/BFTXT>  
or search Unplugged St Michael's.

Kind regards,

**Mr Aldo Calo, Year 7 Director**

Child and Family Services

## Unplugged

A workshop to help parents learn how to identify problematic gaming and develop practical strategies to support healthier gaming and internet use

Workshop for parents

UCWB and Psychology SA in partnership with GameQuitters and CGI Clinic, presents **Unplugged**, a workshop to help parents understand problematic gaming and identify when a child or young person is at risk and learn proven strategies to help manage healthier online use.

**Have you noticed the following behaviours in your child?**

- Anger about not being able to play.
- Withdrawal from family.
- Nightmares.
- Neglecting schoolwork and other duties.
- Loss of interest in real-world activities or interests.
- Secrecy around gaming.
- Spending too much time with online friends to the detriment of real friendships.
- Spending long hours gaming

**The valuable workshops cover:**

- The mental and physical health implications of high levels of gaming.
- Why gamers play (emotional needs and the brain).
- How to identify signs of problematic gaming.
- How to communicate effectively about gaming and technology.
- Practical tips and proven strategies to combat problem gaming (common mistakes to avoid).
- Current internet and gaming trends, latest scientific research.
- The other dangers of gaming eg: micro-transactions, loot boxes, in-app purchases.
- How to manage associated problems (eg: school refusal).

**Where:** St Michael's College  
15 Mitton Avenue  
Herley Beach

**When:** Wednesday 13 November

**Time:** 6.30pm to 8.30pm

**Cost:** Free

**Booking:** Via trybooking.  
<https://www.trybooking.com/BFTXT>  
or search Unplugged St Michael's.

## YEAR 8 RELIGIOUS EDUCATION – ST PAUL AND EARLY CHRISTIANITY BOARD GAME ASSIGNMENT

This Semester in Religion Education, students explored the journey of St Paul and the Early Christians. As a summative assessment, students from 8GPC4 created an interactive board game for young people wanting to learn more about Christianity. Students could design their game according to popular board game designs or create their own. Before commencing the design of their game, they researched details relating to Early Christianity, such as the Persecution of Nero, the destruction of the Jewish temple, and St Paul's journey and conversion story.

*"It was an enjoyable task as we were learning while having fun with our classmates" – Charlee*

*"It allowed us to be creative and made us want to learn more" – Jasmine*

*"The board game task allowed me to work with new people. It was a fun, creative task that was super enjoyable for us" - Isabella*

This task requires students to utilise their creative and critical thinking skills, as they were required to design their game to be accessible, informative and engaging for young people. The students are to be commended for their participation in this task. Well done girls!

**Ms Olivia Andreula, Religious Education Teacher**



## EVATT UN DIPLOMACY GRAND FINAL

On Monday 16 September, four St Michael's students competed in the Grand Final of the EVATT United Nations Diplomacy Competition held at Old Parliament House. Matthew Monti and Vincenzo Trilucio represented Russia and Joshua Larven and Francesco Ciampa represented Belgium on the issue of Yemen and two surprise resolutions.

The St Michael's teams were impressive in their knowledge of current international issues and also their ability to speak to present their country's views on these issues. I am so pleased to announce that Matthew and Vincenzo placed second in the Grand Final. They have been chosen to represent South Australia at the National Final in Brisbane at the end of year. This was the first year the College has participated in this competition and to achieve such success in the first year is a credit to all students that have been involved. We look forward to offering this exciting and challenging co-curricular activity again next year to students in Years 10-12.

**Ms Stacey Moros, Teacher**



## YEAR 9, 2020 - PASTORAL CLASS INFORMATION

Parents and guardians, please be aware that the process for Pastoral Class Formation for Year 9, 2020 will begin in the coming week. During Pastoral Care, students will be asked to name some students they would like to be in a class with, however we cannot make any guarantees. We will certainly consider the educational needs of all students.

If you have any specific concerns that you would like us to consider regarding the Pastoral Class make up, please contact either myself or Year 8 Assistant Director, Tom Dittmar, at the addresses below.

Paul.Flaherty@smc.sa.edu.au

Tom.Dittmar@smc.sa.edu.au

We will continue to receive feedback up until Friday, 4 October.

**Mr Paul Flaherty, Year 8 Director**



## LEGAL STUDIES QUIZ NIGHT

On Tuesday the 24 September, the two Year 12 Legal Studies classes came together for some friendly competition. The Quiz Night, hosted by Miss Elli Nicola was a fun way for students to revise for their upcoming exam. The students competed in 10 rounds of questions consolidating their knowledge from all topics studied this year.

Our teams included:

The Founding Fathers – 80 points

Mabo Number 3 – 77 points

The Four Reasons for Federation – 76 points

Peter Cosgrove Fan Club – 76 points

Two and a Half Amendments – 74 points

Double Jeopardies - 70 points

Indictable Offenders – 54 points

Their impressive effort and team spirit made the night a great success. Their knowledge was tested with many contestants wanting to challenge their answers at the bar table. The Justices were allowing no objections to their decisions. A fun night was had by all. We wish our students all the best with their final examination. A massive thank you to Mr Lachlan Chatterton for co-hosting the event.

*Ms Elli Nicola, Teacher*



## BOOK WEEK RAFFLE

As part of Book Week this term, students and staff participated in the Indigenous Literacy Foundation fundraising event which included a raffle and second hand book sale. \$205 was raised for the Foundation that works in 280 remote Indigenous communities in Australia by not only gifting new culturally appropriate books, with a focus on early literacy and first language, but also by running programs to inspire the communities to tell and publish their own stories.

Congratulations Alexis Auret (7GPC-03), winner of the Raffle.



## A MIX OF YOGA AND LANGUAGE LEARNING

On Friday, 13 September, the Year 10 and 11 EAL students participated in a yoga class in the city. The instructor of Hatha Shala Yoga in Hutt St, Gary Mills, gave a summary of the importance of yoga for health and wellbeing and guided the group through some simple poses.

On returning to school, the students are now busy writing reports on the language of the class and how it assists the participants to have a positive and informative experience of yoga.

The excursion was successful in assisting with language development while also giving students exposure to an ancient practice that assists in developing balanced, healthy individuals.



### TRANSITION TO 2020

#### University

Year 12 students considering applying for a **University** course in 2020 (or even considering deferment until 2021) must have submitted an online SATAC application by Monday 30 September.

Once students have submitted their application they will have an 8 digit SATAC Registration Number to confirm the first step and then students need to ensure they pay the \$45 application fee. There are a number of courses that cannot be added after the September 30 deadline (see inside front cover of SATAC Guide).

As long as there is an application lodged correctly by the due date, students can add, change the order or delete preferences all the way through to December 2. After this date there is still some flexibility, but courses flagged in red on the SATAC site, may not be treated with equal consideration after this date.

Students interested in applying interstate **MUST** check relevant deadlines and apply ASAP as there may be additional application requirements that need to be submitted by September 30 as well, such as the Questionnaire for Vet Bioscience at the University of Adelaide, and early dates for Music Audition applications for Music at Adelaide, Dance at Flinders etc.

#### Flinders University ACER UniTEST at Flinders Uni Campus

Flinders University offer yet another way to construct a Selection Rank ATAR for consideration for entry to all courses at Flinders University except for Medicine. They use the results from the ACER UniTEST and construct a "UniTest ATAR Selection Rank: 40% weighting to UniTEST and 60% weighting to Selection Rank ATAR. For further details and to register to sit for this free 2.5 hour test at Flinders University campus on Friday 8 or Saturday 9 November. [click here](#)

We would like to point out that it is not an easy test and over the last two years of the 150 Year 12 St Michael's students that sat for the UniTEST only one was offered a place in a Flinders course where they were more competitive as a result of their UniTEST Rank. If students do not do well in their UniTEST their result is ignored and reverts back to normal Selection Rank ATAR. For sample questions please [click here](#)

#### Flinders University Drop in sessions

The team of Prospective Student Advisors are providing even more ways for you to get in touch. Extended drop in sessions are offered across the following three locations to allow students to visit during the school holidays with a parent or caregiver and discuss their options for university. No appointment necessary.

#### Bedford Park

Monday - Friday  
10am - 4pm

#### Victoria Square

Mondays and Wednesdays  
10am - 4pm

[Click here for further details.](#)

### YEAR 11 STUDENTS CONDITIONAL OFFER TO FLINDERS UNIVERSITY IN 2021

Each year we have been invited to participate in a pilot program for an alternative pathway into specific courses at Flinders University. In reality we found few students ever needed to rely on this conditional offer. There will be one last opportunity to be considered for this pathway. Information has been sent to all Year 11 students. The Conditional Offer Assessment Centre program is aimed at providing students from lower socio economic backgrounds or those with a disadvantage, an alternative pathway. The types of disadvantage may include high stress levels, anxiety etc. which may hold back an otherwise highly capable student from achieving the ATAR Cut Off to secure entry to the course. Students who are approved to participate, will undertake a variety of Assessment activities during a day in the Assessment Centre at Flinders University on Thursday 8 November. The range of assessments include measuring aptitude in mindful agency, resilience, creativity, critical thinking and a range of other areas. In reality it will assess the skills required to be successful at university. And as such it is not a pathway for those who do not have skills and aptitude to be successful at University. Students who pass the program will simply have to meet requirements "Conditions" such as achieving SACE and maybe passes in pre requisite subjects etc. rather than focusing on the ATAR. The other aim of the Conditional Offer scheme is that students are encouraged to take on harder subjects which provide a better preparation for their path of study (rather than be focused on getting the high ATAR required by doing less relevant and sometimes easier subjects.)

We encourage families to look through the information that has been sent to students, and if interested complete the registration requirements at the end of the document and email to [rose.coorey@smc.sa.edu.au](mailto:rose.coorey@smc.sa.edu.au) by the deadline of Tuesday 15 October. Following that, Ms Coorey will email the 10 students we can put forward to participate in the program. Please note none of the high ATAR courses such as Physiotherapy, Occupational Therapy, Medicine, Speech Pathology and Paramedics are included in this scheme. Please email Ms Coorey over the holidays if you have any questions.

### MECHANICAL APPRENTICESHIPS 2020

Verseng Group is now accepting applications for various Mechanical Engineering Apprenticeships commencing in early 2020. Verseng Group is a South Australian engineering company, based in Elizabeth South. Verseng provide precision machining, fabrication and services to the Defence, Mining, Rail, Marine, Agricultural and Sheet & Coil industries. Currently there are opportunities for enthusiastic, mechanically minded students to launch their career through an apprenticeship in one of the following fields:

- Boilermaker
- 1st Class Machinist
- Fitter & Turner

We encourage students with a keen interest in a Mechanical trade to apply by providing their resume, a cover letter stating the field of interest and the reason they would like to gain an apprenticeship with Verseng Group, together with their latest school report and the names and contact details of 2 referees. Applications can be sent to [apprenticeships@verseng.com.au](mailto:apprenticeships@verseng.com.au).

## HOLIDAY OPPORTUNITY TO LEARN MORE ABOUT CAREERS IN CYBERSECURITY

(emailed to Year 11 and Year 12 students early this week)

Life Journey has organised a free event for 40 students at the Adelaide Joint Cyber Security Centre, Westpac House, Level 26 from 10 am to 2.30 pm to help students find out more about Cyber Security Careers and Pathways. Presentations, panel sessions and a workshop will help students;

- Learn about Cyber Security
- Find out about the Australian Signals Directorate (ASD)
- Learn about cyber security careers
- Learn about different post-secondary pathways



## Supporting someone who is grieving

When a friend, relative or colleague is grieving it is natural to want to offer your support. Yet, we often feel very uncertain about what we can do to help. There is a lot of hesitancy and discomfort around loss and grief and this can leave many of us unsure how best to support someone who is grieving. This factsheet aims to offer some guidance.

### What is grief?

Grief is the human response to change and loss in our lives, such as the death of someone we love. It is a natural and normal response, which has a physical impact on our bodies as well affecting our emotions and our thinking. Grief challenges the way we think about ourselves and the world, and influences our spirituality and relationships.

### How do we express grief?

Each of us expresses grief in unique and personal ways. We respond differently to the physical impacts, the emotional turmoil and the challenges to our worldview. Some of us openly express our hurt, while others withdraw. It is important to remember that grief is a normal and natural response and that there is no right or wrong way to grieve. However, here are some (not an exhaustive list) of the reactions someone who is grieving may experience.

#### Emotions that people may feel ...

- Anxiety, fretfulness and feeling emotionally overwhelmed
- Anger, frustration or disillusionment
- Loneliness and isolation

#### Thoughts that people may have ...

- Disbelief
- Confusion
- Sense of presence
- Preoccupation

#### Behaviours that people may show ...

- Searching and calling out
- Restless over-activity
- Absentmindedness
- Visiting places and carrying objects
- Avoiding reminders

#### Physical Reactions that people may experience ...

- Sleep and appetite changes
- Tightness in chest and throat and breathlessness
- Lack of energy

### The grief process

Grief is a challenging and complex time of hurt, but it is a normal part of life. It is important to remember that someone who is grieving is not 'unwell.' We can and do cope with grief, but we do best when we feel safe, supported and understand what is happening to us. In thinking about how best to support someone who is grieving it can be helpful to return to the definition of grief above - the idea that grief can be experienced for many people as a process or journey

Register ASAP <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07egj4szsheb232923&oseq=&c=&ch=>

## FLINDERS UNIVERSITY BEDFORD PARK CAMPUS SET TO BLOOM AT SPRINGFEST

Flinders is excited to partner again with Nature Play SA to deliver the award-winning SpringFest on Saturday 19 October. Be amazed by the weird, wacky and exciting wonders of science live on stage, construct your own cubby house overlooking our picturesque lake, or create a seasonal seed bomb to take home to your garden. Mark your calendar for a day the whole family can enjoy!

Register to receive further details.



At Good Grief we find J. William Worden's grief theory very helpful for making sense of this journey. Worden has identified that the grief process involves four key tasks. At Good Grief we have adapted these tasks slightly to take account of the wide range of losses we grieve for in life in addition to bereavement:

1. To accept the reality of the loss
2. To process the pain of grief
3. To adjust to a changed world after the loss
4. To find an enduring connection with what has been lost while embarking on a new life

It is important to understand that the four tasks are not steps or stages. Although time is an important healer, someone who is grieving will not move through the tasks automatically. Actively engaging with each task may help. The tasks can be approached in any order, and each of us will tackle them in our own time and own way. It is important not to put a time limit or pass judgement on someone else's grief journey.

### How to support someone who is grieving

If we think of grief as a personal journey, our role in supporting someone who is grieving may differ depending upon our relationship with them. When supporting a partner, a close relative or close friend, it is likely we will walk side by side with them on their journey. For others we may offer support a little more from the sidelines. Yet, whatever our relationship to the person who is grieving, our role is to make ourselves available when they need to talk things over or reflect, and to encourage and support them when the going gets tough.

### What support does someone who is grieving need?

They need:

- warm, open communication to talk through and make sense of what has happened and their reactions to it, repeatedly and without judgement.
- opportunities to come to understand the grief process and reflect on their own journey.
- space to express a wide range of emotions (such as sadness, anger, fear, guilt and humour).
- opportunities to take 'time out' from their responsibilities to focus on their grief or to refresh themselves.
- offers of support that fit with their circumstances – this may include practical domestic support, such as preparing meals, cleaning, looking after pets, transporting children to school or after-school activities, or baby-sitting.
- someone who checks in with them regularly to see how they are coping over time.

It is important to take your lead from the person who is grieving. Some people will appreciate more help and more frequent opportunities to talk, while others may find it intrusive. Be guided by the person and where they are on their journey, bearing in mind that their needs may change over time. Understand they are hurting and try to remain open, warm and available for if or when they need you.



### Additional Support

Grief is a normal and natural response to the hurt people feel when they lose something or someone they love. Sometimes people need a little extra support when they are grieving. Two websites that may be of help and the bookshops at [acgb.org.au](http://acgb.org.au) and [doug.org](http://doug.org) and don't hesitate to recommend individual professional support through their GP.



## CO-CURRICULAR NEWS

### YEAR 7 GIRLS FOOTBALL

A very talented group of 15 St Michael's College Year 7 students took out the inaugural Westies Girls Shield on Monday afternoon after managing to go through the 4 week competition undefeated.

Some in the team had never kicked a football let alone played a game of footy before, whilst some in the team were already excelling at local club level. This created the ultimate team mix for success, no matter the end result. A team effort across every match, with all players contributing to the outstanding result of 600+ points for and only 1 point against over the entire competition.

The girls are all looking forward to next year's 8/9 Girls Knockout competition where they will play on bigger fields and against more suited opposition. A great success for the College and the team should be proud representing St Michael's College for the very first time at a Year 7 Girls level, with such outstanding success.

*Mr Dominic Smith, Coach*



## CONGRATULATIONS

### CURTIS MCMAHON

Congratulations to Curtis McMahon who recently represented St Michael's and the combined western District and Port Districts Regions in the SAPSASA State Hockey Carnival. Curtis' team, in eight games, only lost one, drew one and won six. The team finished second overall.



### OLD SCHOLAR MADDY TURNER (2013)

Congratulations to old scholar Maddy Turner (2013) who has been selected in the Samsung Australian Diamonds team! The Samsung Diamonds will face New Zealand Silver Ferns in the upcoming Constellation Cup test series in October. Good luck Maddy!



## COMMUNITY NEWS

### INTERESTING READING

Lasallian News  
Living Catholic  
Australian Catholics Magazine  
Youth Ministry News  
Southern Cross Newspaper  
Australian Refugee Association News

### SACRAMENT PREPARATION FOR CATHOLIC CHILDREN - LEFEVRE PARISH

The Lefevre Catholic Community 2019/20 Sacrament preparation program for Catholic children over 7 years of age will commence soon. Parent Information Sessions will provide more information about the program. For information contact Carolyn in the parish office on 8449 6378 Tuesday-Friday.

## COLLEGE NEWS

### MISSIONARIES OF THE SACRED HEART (MSC) OUTREACH NEWSLETTER

To read this week's edition and any past issues of the newsletter please click [here](#).

**La Salle**  
School of Australia, New Zealand,  
Papua & Pagan New Guinea

Call Us: 02 9795 6400

CONTACT US

**DE LA SALLE**  
1719 – 2019  
ONE HEART.  
ONE COMMITMENT.  
ONE LIFE.

**COME DISCOVER!**

There are a million reasons to say yes to a Lasallian Vocations Weekend

Two days of fun and friendship... a chance to reflect and realize our dimensions with each other... We all have our unique gifts to bring to the world... this weekend will give you an opportunity to extend those gifts to a community of like-minded, friendly people, all while being inspired by Lasallian values and traditions.

The gathering is overflowing with community vibrancy and fervor. It is an informal and relaxing chance to enhance your connection with our faith, its spirituality and its community. There are no obligations required to stay yes... yet to welcome you to discovering the joy of being and being loved by others. This gift leaves you energized, inspired and excited!

The next Lasallian Vocations Weekend will commence on Friday 26 September and will conclude Sunday 27 September.

To say YES and register, contact: Sr. Gary Cooke  
[gscooke@lasalle.org.au](mailto:gscooke@lasalle.org.au) or 02 9795 6400

Click HERE for the 2018 Lasallian Vocations Weekend Flyer

**YOUNG LASALLIANS EVENING**

This theme for the evening is **EMPOWERED!**

Young Lasallians Evening always include a special meal and community time, making your students an optimum fit to celebrate our Lasallian family in this Tasmanian year.

When: 13 August 2019

Where: Australian Catholic University, Strathfield Campus - 25A Borne Rd, Strathfield NSW 2135

Time: 5:30 to 7:30 pm

Catering: Dinner will be served upon arrival

**THE Southern Cross**  
Living Catholic

**Today's News**

**LOCAL**

**Culture of vocations needs buy in from all**

### DOBSONS UNIFORM SHOP – 8150 2306

A reminder that the Uniform Shop has moved to its permanent location on Lawrie Street, next to the bus zone.

Parents will have access to the shop either from street parking or using the existing visitor car parks.

Primary Campus parents/caregivers can also purchase items over the phone and have them delivered directly to the Primary Campus at any time.

#### Uniform Shop Hours

Tuesday to Thursday: 8:00 am - 4:15 pm  
Closed for lunch: 12:30 pm - 1:00 pm

### SECOND HAND UNIFORMS: ONLINE SELLING AND BUYING

Please refer to the College website for information relating to the sale of second hand uniform items. For further assistance phone 8346 3411.

### STUDENT TRANSPORT

School bus service  
Adelaide Metro bus routes & timetable  
286 Henley Beach to City  
287 Henley Beach to City  
288 West Lakes Centre Interchange to City  
H22 Henley Beach South to Wattle Park  
H32 Henley Beach South to City  
Grange train



# LASALLIAN YOUTH — MINISTER —

Animated by faith in God, love for others, and an affinity for the Mission and spirit of St. John Baptist de La Salle, Lasallian Youth Ministers serve throughout the District of ANZPPNG (Australia, New Zealand, Pakistan and Papua New Guinea). Currently, there are 25 Youth Ministers placed within 18 schools in the four Sectors of our District.

Each Youth Minister spends his or her time building relationships with students and staff members - in the classroom and in the school grounds, on retreats and immersion trips, through one-on-one conversations and in gatherings with the whole community. They are part of the Young Lasallians Team, and together with other Lasallian Youth Ministers, they help bring the Gospel adventure to life across our District. The entire team work together and support one another, from a distance and in person.

Please contact PHILIPPE DULAWAN for more information about HOW TO BE ENGAGED IN THE YOUNG LASALLIANS TEAM or THE YOUNG LASALLIANS PROGRAMS OFFERED:  
[philippedulawan@delasalle.org.au](mailto:philippedulawan@delasalle.org.au)

Serving as a Lasallian Youth Minister provides young people with the opportunity to develop numerous skills, including public speaking, organisation, event planning, leadership and volunteer management. They take on the role of big brothers and sisters to the students entrusted to their care, as well as learning how to serve as a member of staff within a school Context.

As young professionals, Lasallian Youth Ministers are given on-site mentorship and support by school staff, including a supervisor who is assigned to them for the year. An intensive training session is offered by the Young Lasallians Team before the start of the school year, and a mid-year follow up session is provided during the July school holidays.

In addition, a member of the Young Lasallians Team is assigned to each Youth Minister as a mentor and supervisor who will check in on a regular basis with both the Youth Minister and their site supervisor. Most Lasallian Youth Ministers serve part-time (1 to 3 days per week) while studying at university, though some serve their school or Sector full-time.



## **WHY DID YOU BECOME A LASALLIAN YOUTH MINISTER?**

After completing school at De La Salle Caringbah and Cronulla, I was blessed with the opportunity to return to my old high school working in Youth Ministry. Being a Lasallian has always been a part of my life, from playing Rugby League for De La Salle from the age of six, to having family members also attend Lasallian schools. My first experience of the greater Lasallian community began with a Lasallian Youth Leadership program, which I implemented in Year 10. This was a perfect chance to advance my Lasallian journey. I was honoured when I was elected by my classmates and teachers as College Vice Captain in Year 12. This enabled me to attend the Lasallian Student Leadership Seminar in 2015. The chance to give back to my college and the Lasallian charism, was an offer impossible to refuse.

## **WHAT DO YOU ENJOY MOST ABOUT THE ROLE?**

One of the most enjoyable aspects of the role is helping to facilitate District events, such as the Lasallian Youth Gathering (LYG) and Lasallian Student Leadership Seminar (LSLS). Being involved in these events, makes you appreciate and cherish the job that you have. One enjoyable aspect of the role is that you never have the same day twice. The new experiences and the people you meet are endless.

## **HOW HAS THE ROLE CHALLENGED YOU AND WHAT HAVE YOU LEARNT?**

The role has allowed me to grow as a Youth Minister and as a person. Not only has it challenged me mentally, but it has also helped me to step out of my comfort zone. I have grown in the role professionally and it's certainly improved my public speaking. One of the biggest challenges would be having the increase of responsibilities and the transition from being a student. The life skills developed for future employment are extremely valuable.





# Lasallian Volunteers 2020

- Are you looking for the opportunity of a lifetime?
- Do you want to make an impact and help support those in need?

*Volunteering in our Lasallian programs will offer a world of opportunities for knowledge and personal growth - whether you're a High School graduate, University student, Principal, Teacher, or anyone else who wants to get involved!*

Are you a High School graduate thinking about taking a gap year after school? Do you know a young adult who is considering taking a gap year or who might be interested in sharing their passion and gifts with others? We offer long-term (11 month) opportunities within Lasallian communities across Australia, New Zealand and Papua New Guinea.

#### Our Placements offer unique opportunities to:

- Participate in exciting Ministries in one of three countries
- Explore further personal values, spirituality and direction in life
- Experience faith-based community living
- Develop and deepen what it means to be a Lasallian

Each volunteer has an experienced Mentor who accompanies them throughout their time of service.

There is an in-depth orientation program before the placement begins in January as well as a transition-home program in December. A once-only contribution of \$1,000 towards travel expenses to assist the cost of flights to and from placements.

If the contribution towards travel expenses might deter your application, please contact Joanne Nehme, the LV coordinator at [joannenehme@delasalle.org.au](mailto:joannenehme@delasalle.org.au).

#### Here's why you should recommend the program to students:

- It is an opportunity to live out the Lasallian values of Faith, Service and Community
- Being a Lasallian Volunteer can help support students to grow as young adults, as well as offer a unique experience to better understand what they would like in their own futures
- Lasallian Volunteers are great ambassadors for your school, both during and after their year in service, showcasing your school's character and values

For more information Contact: **JOANNE NEHME** - Lasallian Volunteers Coordinator  
✉ [joannenehme@delasalle.org.au](mailto:joannenehme@delasalle.org.au) ☎ 02 9795 6400 🌐 [www.delasalle.org.au](http://www.delasalle.org.au)



The Friends of Western Hospital  
Association Inc.

# FOW Fashion Parade



*Who I Choose To Be*

The Friends of Western Hospital Association Inc. are excited to be hosting a fundraising fashion parade event on Friday 11 October 2019 at the Henley Oval. The event is sponsored by the fashion Shop; "Who I Choose To Be". Tickets are \$25.50 which include a complimentary glass of champagne upon arrival.

Please bring your own basket supper.

Thank you for your support for this fantastic event.

Friday 11 October 2019 at 7:00pm

**Book Your Ticket Online: <https://www.trybooking.com/BECUR>**

## LOCATION

Henley Oval

Atkin Street, Henley Beach, SA 5022



# Homework Club

Homework due?  
Need a place to revise?  
Wanting help with your study?

## Stop by Homework Club!

Wednesday  
@ Lunchtime  
Room 40

I've got nowhere to do my homework

Well... go to homework club then

MEJ Club  
2018  
2019  
2020  
2021  
2022  
2023  
2024  
2025

## Year 7 Games Club

- Friday - Lunchtime - Room 39 -

Rolling the dice is just the beginning...

INCOME TAX  
BALIC AVENUE  
COMMUNITY CHEST  
HOTTER-BARBAR AVENUE  
LUXURY TAX  
BOARDWALK  
CHANCE  
BANK PLACE

COLLECT \$200 SALARY AS YOU PASS

GO

500

# PLAY WATER POLO

## with the Henley Sharks

30th Sep - 2nd Oct 2019

**Come'n Try Clinic**  
\$20 per day, \$50 for all three days  
(includes entry fee, recess food and coaching)

Register  
<https://www.henleysharkswaterpolo.com.au>

### Trainings and Clinics

<p><b>Club Training Sessions</b> 9 - 17 Year Olds Tuesday Afternoons - Term 3 4.30pm - 6.00pm SAALC Water Polo Pool 443 Morphett Road Oaklands Park</p>	<p><b>Come'n'try Clinic</b> 8 - 15 Year Olds 30th Sep - 2nd Oct 2019 9.00am - 12.00pm iSwim @ Immanuel College 32 Morphett Road Novar Gardens</p>
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**What's Involved:**  
Land warm-ups, skills and drills, basic rules and understanding of game play, scratch match  
Suitable for all boys and girls  
Encourage new and experienced players who are competent swimmers  
Training cost: \$60 per term

For more information: Nick Ryan 0413558964  
[henleysharks@gmail.com](mailto:henleysharks@gmail.com)