

# Newsletter

54 James Street (PO Box 577)  
Toowoomba  
Email: [office@sjc.qld.edu.au](mailto:office@sjc.qld.edu.au)

Phone: 4631 8500  
Fax: 4631 8599  
Website: [www.sjc.qld.edu.au](http://www.sjc.qld.edu.au)

17<sup>th</sup> March 2017



## From the Principal

Dear Parents and Caregivers,

Ask any teacher or parent of an adolescent and they will tell you: secondary school years are fraught with challenge and frustration. Reports of lagging motivation and poor study habits are common. Psychologists sometimes refer to these years as 'the motivation wilderness'. Recent research in schools has shown that teenagers tend to be lower in positive aspects of motivation such as self-confidence, valuing of school, persistence, planning and learning focus – and tend to be higher on negative aspects of motivation such as anxiety, fear of failure, helplessness and disengagement (Green, Liem, Martin, Colmar, Marsh, & McInerney, 2012).

These findings will not surprise anyone working with teenagers. High school students are going through significant physical, psychological, social and emotional changes in their transition from childhood to adulthood. *Goal setting is vital during this confused time. But what type of goals do students need?*

A personal best approach to learning is when a student aims to do as well or better than their previous best efforts or performance. Goals should always be specific, just beyond our current reach and highly personal. Rather than being 'norm referenced', i.e. "I will be in the top 10 percent of my class", goals should be within the person's own locus of control. It would be better to say, "I will aim for above 70% in every assignment." Of course, this is an outcome that will not be reached without some process to make it happen. It is vital that any goal has accompanying action. These goals are called process goals, for example: "I will study for my Mathematics test for half an hour each night prior to my test." Then, it is very important to write down these goals in great big bold letters and put them in front of you everywhere. Often psychologists say we should write the goal as if it has already happened, i.e. "I am a 70% plus Maths student and I study for half an hour a day on Maths." We move towards the picture we create for ourselves.

Students are very familiar with the concept of a PB, or personal best, in their sport. I know our HPE teachers often stress the importance of knowing their PB in athletics, cross-country or swimming. Chasing your own PB is not about comparing yourself with others, but about internalising your own best performance and then striving to beat that every time you perform. Every student or sportsman/woman can improve his or her performance but there can only be one winner. That's life! The secret is not to be disheartened by where you are in the group, but to be inspired by where your improving performance can lead you. Competition with others sharpens our performance, as does competition with one's self to continue to improve. Anyone who has seen the movie 'Eddie the Eagle' will know this. There is a beautiful scene in the chair lift where the bumbling Eddie congratulates the world champion on winning his Gold Medal. The champion replies, "Yes, but I did not do my best. You only have to do your best to win."

Eddie had decided as a young man that he wanted to be an Olympian and constantly challenged himself to beat his previous record in an array of unusual pursuits, such as holding his breath in the bath (do not try that at home!) Obviously this goal was important and vital to Eddie. Students need to find goals that are meaningful for them. Students place great importance on linking their goals to something that is personally meaningful.

I encourage parents to sit with students to work out what goals and what values motivate their sons and daughters and to assist them with the vital skill of setting achievable goals that stretch them.

### The Prayer of St. Patrick (shortened version):

May Christ be with us! May Christ be before us! May Christ be within us, Christ be over all!

Nicholas Lynch, Principal





## Library Lines

### Reasons for your child (and everyone) to read everyday

- Reading expands children's listening skills by keying them into the components of language.



### **Remember – Reading is about more than fiction books...**

The Library is open from 8.00am – 3.45pm each day. Oliver, on the College Intranet website, enables access to:

- The Library's e-collection, through *Overdrive*.
- *World Book online* – the encyclopaedia as well as e-books
- *ClickView*
- *Understanding Faith*

(Chris Fitzpatrick, Teacher Librarian)



## St Joey's Wellbeing Group

When we interviewed staff and students about their understanding of 'well-being', the most common response was to '...be happy'. That's not as easy as it sounds. Positive Psychology is known as 'The Science of Happiness', and gives us some insight into how this can be achieved.

PERMAH is the acronym for a model of well-being put forward by Martin Seligman, a pioneer in the field of positive psychology:

#### **P**ositive emotions:

Well-being is achieved by managing our difficult emotions effectively (rather than becoming overwhelmed by them) and noticing and savouring pleasant feelings. Positive emotions like love, peace, patience, optimism, contentment and gratitude are rejuvenating.

#### **E**ngagement:

To fully engage with life, we need to spend time being absorbed in those activities that we're good at and we enjoy doing the most. The term 'flow' describes the state of joy and creativity that comes from being totally focussed on these activities.

#### **R**elationships:

Research has found that strong personal relationships have the greatest impact on our satisfaction with life. We need to nurture authentic, energising social connections.

#### **M**eaning:

Religion, philosophy or spirituality are a source of meaning for many people. Having meaning is like having a compass that provides direction and a sense of purpose. We can build a life based on larger principles, such as the pursuit of wisdom, serving others or promoting a good cause (altruism).

#### **A**ccomplishments:

Happiness isn't always fun. It is often the outcome after we have mastered a skill, achieved a goal, or succeeded in a task that is important to us. In the process we grow in self-confidence and feel proud of ourselves.

#### **H**ealth:

The mind and body are closely inter-connected. If we look after our physical health, we can vastly improve our state of mind, or mental health. Life feels more promising when we eat well, find time to relax, sleep well and exercise often.

(Heather D'Arcy, School Counsellor)



## Uniform Shop 4631 8514

### UNIFORM SHOP TRADING TIMES:

- » Tuesday - 7.30am – 10.30am
- » Wednesday - 1.00pm – 4.00pm
- » Thursday - 7.30am – 10.30am

The Uniform shop will close for the Easter school holidays on Wednesday 29<sup>th</sup> March 2017 at 4.00pm.

Please note: The store will be closed on Thursday 30<sup>th</sup> March for the Toowoomba Show Holiday.

#### Easter Holiday Trading hours:

- Wednesday 12<sup>th</sup> April 10:00 am to 3:00 pm
- Thursday 13<sup>th</sup> April 10:00am to 3:00 pm

The Uniform Shop will return to normal hours on Tuesday 18<sup>th</sup> April.

On Tuesday 25<sup>th</sup> April, the Uniform Shop will be closed for ANZAC Day.

### **DO YOU NEED EXTRA HELP? DEPARTMENT TUTORIALS**

SUBJECT	DAY	TIME	PLACE
English	Mondays	3.15 – 4.00pm	Reading Area - Library
Mathematics	Wednesdays	3.00 – 4.00pm	Library
Science	Tuesdays (except when there is a Science staff meeting – students are notified via the morning notices).	3.20 – 4.30pm	Room 23
Japanese	Day 2 and Day 8 (not Wednesdays)	Lunch time	Room 5
Arts – Music (Music Theory tutorial)	Wednesdays (and also upon request)	7.30am	
Arts – Drama, Arts – Visual Art, French, Geography, Physical Education, Legal Studies	On request		

## The Diary

Day	Date	Event
Friday	17 <sup>th</sup> March	Music Camp departs 3.00pm
Sunday	19 <sup>th</sup> March	Feast of St Joseph
Monday	20 <sup>th</sup> March	DD Cluster Day 3, 9.00am – 2.00pm
Monday	20 <sup>th</sup> March	Music Camp returns 1.30pm
Tuesday	21 <sup>st</sup> March	Board Meeting 7.00pm
Wednesday	22 <sup>nd</sup> March	Sport fixtures conclude
Wednesday	22 <sup>nd</sup> March	Debating
Thursday	30 <sup>th</sup> March	Toowoomba Show Holiday
Thursday	30 <sup>th</sup> March	Year 11 and 12 Physics Excursion



### Toowoomba District Debating – Round One

Round One began with gusto this term in Toowoomba. This year, St Joseph's have continued their strong presence with representatives from all junior year levels of the College across the divisions. We are fortunate enough to have the support of generous teachers on staff who have selflessly given of themselves to debating, so I feel very blessed. Thank you to Miss Beth Moloney, Mr Ken Patterson, Miss Deb Mischlewski, Mr Luke Critchley, Mr Chris Fitzpatrick, Mrs Lauren Geldard and Mr Luke Warwick for offering their time and experience to either coach or adjudicate on behalf of the College for 2017. We would love to have the support of our SJC community at any of the debates hosted at St Joseph's this year.

*(Mrs Heather Hagemann ,SJC Debating Coordinator)*

### Competition Dates

#### Year 10 and Seniors

Wednesday 8 March 2017  
 Wednesday, 26 April 2017  
 Wednesday, 10 May 2017  
 Wednesday, 24 May 2017

#### Years 7, 8 and 9

Wednesday, 1 March 2017  
 Wednesday, 22 March 2017  
 Wednesday, 3 May 2017  
 Wednesday, 17 May 2017

### FINALS

1. Preliminary Finals 3 – 19<sup>th</sup> July
2. Quarter finals – 26<sup>th</sup> July
3. Semi-finals – 2<sup>nd</sup> August
4. Grand Finals – 16<sup>th</sup> August

Please note - State of Origin night. Contrary to the Brisbane competition, Toowoomba will continue to hold debates on the Wednesday of State of Origin.

### Coaches Reports

#### TEAM 8.1

An exciting and informative first round of competition was had by the junior debating team, consisting of Kobe Donovan (first speaker), Brendan Haynes-Sheath (second speaker), Pookie Lane-Gessiri (third speaker) and Taylah Rogers (chairperson) as they debated the topic "That, if we could choose, we would rather be famous". The affirmative team worked enthusiastically and diligently in the lead up to their first debate and benefitted from an educational evening of close competition.

*(COACH: Miss Deb Mischlewski)*

#### TEAM 9.1

Unfortunately, the St Joseph's College Year 8/9 Debating Team had no choice but to forfeit its debate against Fairholme College due to the sudden illness of one speaker on the afternoon of the debate. Despite the excitement, the build-up and the planning, our debaters have not missed a beat and took this as a minor setback. Grace Malone, Amelia McWilliam, Archibald Rose, Victoria Smith and Mackenzie Diprose, look forward to the next debate.

*(COACH: Mr Luke Critchley)*

#### TEAM 10.1

The Year 10 debating team consists of Isabella Rose, Patrick O'Brien, Klay Arnold and Liam Mundy. For Liam and Klay this was their first foray into the art of doing battle using the weapon of words. In our first debate, Patrick took the lead to persuade the audience that a general knowledge test should not be a compulsory requirement for voting. Klay ably reinforced his leader with arguments that were intended to demolish the opposition's case. It was left to Liam to close, what was to be an interesting debate, with his inimitable dry tone that won over the adjudicator. Unfortunately, we left the 'field' bruised, but not defeated. Hopefully with Isabella's input next term a different result may occur.

*(COACH: Miss Beth Moloney)*



### Women in Engineering

Last Friday morning, 10<sup>th</sup> March, some of our Year 11 and 12 Mathematics C and Physics students attended the Inaugural *Women in Engineering Breakfast*. The morning was hosted collaboratively by the Queensland Government, YWCA Queensland, Toowoomba Regional Council and GHD Engineering, with support from the University of Southern Queensland. As well as eating a delicious breakfast, the girls listened to a variety of women in various stages of their Engineering careers, and heard how they came to be in the industry. Our students were also given the opportunity to interact with Engineering Ambassadors. Overall this was a fantastic opportunity and hopefully provided food for thought for our students as they consider future careers.



*Above: Megan Pretorius, Teegan Henry and Jordyn Perry.*



### Writing workshops

Students in Year 8 are currently preparing personal stories to be written under controlled conditions. This narrative is an opportunity for those enrolled at the College to write an entertaining story that in some way reflects their life experience. So far, students have viewed websites sharing stories that capture the voice of Australians around the country. This week, teachers focused on the creative development of a narrator's voice through dialogue and action.

However, creative writing is so much more than assessment. For many the desire to develop stories that capture the heart of a nation, the pain of a loved one or the thrill of adventure begins young. If you feel the urge to pick up a pen, open a notebook or just start typing, the following workshops may be of interest. If you are keen to learn how to keep your story on track or edit your own writing, go to: <https://www.usq.edu.au/bela/school-of-arts-and-communication/get-writing-prize/writing-workshops>.



UNIVERSITY  
OF SOUTHERN  
QUEENSLAND

*(Leigh Chuc, English Leader)*



### School-based Apprenticeships/ Traineeships

Please see Ms Masters in the Voc. Ed. room if you wish to apply for any of these positions. Work experience may be required before a successful applicant is selected. Please ensure that an opening letter is attached to your resume when applying for these positions.



▪ **Certificate III in Business or Retail.** Baskin Robbins has a vacancy for a Year 10 or 11 school-based trainee to work 7.5 hours per week. The successful applicant will learn customer service techniques, product recommendations, point of sales systems, effective communication, teamwork and workplace health and safety practices. Applications close 27<sup>th</sup> March.

### School Based Traineeship opportunity available for Year 10 and 11 students at City Beach

To apply, students will need to go to [www.citybeach.com.au/careers](http://www.citybeach.com.au/careers) and search for this position by location or job number.

Job Number: 495439, Job Title: School Based Trainee – Toowoomba

#### **Applicants must:**

- currently be in Year 10 or 11;
- be able to work **one school day** a week for the duration of the traineeship;
- be committed to completing the **training requirements** of the traineeship;
- have the confidence to provide outstanding customer service, and;
- be energetic, outgoing and enjoy working as part of a team.

### Casual junior positions at Target

Target Grand Central is looking for casual juniors to join their team. This is an excellent opportunity to meet new friends, be part of a great team and gain skills in the retail industry. You will need to be available to work school nights and weekends for approximately 8 - 12 hours per week. Drop your resume into Target Toowoomba, Grand Central. Applications close 24<sup>th</sup> March.

*(Angela Masters, Voc. Ed. Coordinator)*

## FROM THE CAREERS COUNSELLOR

### How to create a successful career plan

Career planning is more than just making a decision about a job. It is a process of determining where you are and where you want to be. It is about developing strategies that support your career and life goals; and it is about making the most of the opportunities that are available to you throughout your life.



### QLD Police Services Presentation

There has been noticeable interest, particularly from our female students, in a career with Police Services. Consequently, I have invited representatives from QPS to give a presentation at the College on Thursday 8<sup>th</sup> June in the Seminar Room, from 1:30 to 2.00pm. All are welcome.

### Endeavour College of Natural Health - Twilight Open Day

If you're driven by a passion to help heal others, visit Endeavour College of Natural Health on Thursday 6<sup>th</sup> April



2017 for the next Open Day.

Twilight Open Day is an opportunity to be immersed in the Endeavour College experience. Speak with lecturers and students, find out all about their Bachelor degree courses, explore the Brisbane campus, learn about educational pathways and study options, and find out if a career in natural health is for you. Friends and families welcome – there will be interactive activities and natural goodies for everyone to enjoy. For more information visit [naturalhealthopenday.com.au](http://naturalhealthopenday.com.au). Please remember to register.

Date: Thursday 6<sup>th</sup> April 2017

Time: 6:00pm to 8:30pm

Location: All Endeavour campuses

Brisbane Campus - Endeavour College of Natural Health, 269 Wickham Street, Level 2 Fortitude Valley, QLD 4006

### ACU Early Achievers' Program

Build on your volunteering and leadership experience and explore your potential with ACU's Early Achievers' Program. Do you regularly volunteer in your community, school, church, workplace, or cultural group? The Early Achievers' Program could boost your application to ACU. Applications are open from Wednesday 26<sup>th</sup> April to Monday 17<sup>th</sup> July. If successful, you'll receive an offer in August 2017 to study in 2018, and your application will be assessed on lower minimum entry scores. You'll also benefit from opportunities to enhance your leadership and volunteering skills while at ACU. To find out more about the program, visit, [www.acu.edu.au/early-achievers](http://www.acu.edu.au/early-achievers).

### USQ Update

Registrations for the USQ Student Experience Day for Year 11 and 12 students open 20<sup>th</sup> March, with more details to come.

### UQ Rural Clinical School Toowoomba – A Day in Medicine

The University of Queensland, Rural Clinical School, Toowoomba, invites Year 11 students who intend to pursue a career as a **Medical Doctor** to apply to participate in the Student Work Experience Program, "A Day in Medicine". **This is a one-day workshop.** Placements are limited to 24 students. Interested students need to complete an application form. See me for details.

### University of Queensland

Students who are interested in Careers in Allied Health/Medicine/Dentistry, UQ will be covering the following topics at the Glennie School on 3<sup>rd</sup> May, and we are invited to attend:

#### **6:00pm – 6:20pm: Careers in Allied Health**

- Short talks on each discipline covering program options, career paths and work placements
- Therapies and Rehabilitation Sciences at UQ
- Sport, Exercise and Nutrition (including teaching HPE)
- Social Work and Psychology
- Nursing and Midwifery
- Pharmacy

**6:20pm – 6:40pm: Q+A, one-on-one advice. Option for those who would like to, to leave at this point.**

#### **6:40pm – 7:10pm: Medicine and Dentistry at UQ**

- Entry into medicine at UQ (undergraduate and postgraduate)
- UMAT/GAMSAT
- Rural Entry Scheme (now applicable for Dentistry also) + Subject bonuses
- Studying medicine at UQ
- Recommended pre-medicine degrees and pathways (tying in to earlier talk)

*If you think you would like to attend please let me know and I will ensure you receive an invitation and further*

details. I will be attending and parents and family members are welcome.

Careers Event	When	Who
ADF Presentation – St Joseph’s Seminar Room	Tuesday 21 <sup>st</sup> March 1.30–2pm	All welcome
Endeavour College of Natural Health Open Day - Brisbane	Thursday 6 <sup>th</sup> April	All welcome
USQ Student Experience Day	Thursday 11 <sup>th</sup> May, 8.30am – 2.30pm	Year 11 and 12
Careers & Employment Expo – Bris Convention and Exhibition Centre	2 <sup>nd</sup> and 3 <sup>rd</sup> June	General public
Queensland Police Services presentation – Seminar Rooms	Thursday 8 <sup>th</sup> June	All interested students
TSXPO - Brisbane Showgrounds	15 <sup>th</sup> and 16 <sup>th</sup> July	General public
Bond University Twilight Open Day – Gold Coast Campus	Saturday 22 <sup>nd</sup> July	Open to all
Australian Catholic University Open Day – Brisbane	Saturday 22 <sup>nd</sup> July	All welcome
Griffith University Open Day (Gold Coast, Nathan and South Bank)	Sunday 23 <sup>rd</sup> July	Open to all
QUT Open Day – Gardens Point Campus	Saturday 30 <sup>th</sup> July	Open to all
USQ Indigenous Connections – Toowoomba Campus	Tuesday 10 <sup>th</sup> October	TBC

(Fabiana Wilson, Careers Counsellor)

## 日本 Japanese News

### From the Japanese Department – konnichiwa!!

We are looking for host families for our new female Japanese assistant, Nonno (age 21), who will arrive early next term to begin her year-long stay. Having a live-in tutor for those who currently study Japanese is of great benefit, but please feel free to consider hosting even if your child does not study the language. If you are able to provide a room for Nonno, for a term or longer, please contact me at the College via email or ask your son or daughter to see me as soon as possible. The assistants contribute toward their living costs but are working at the College on a volunteer basis.



Last week we farewelled our current assistant, Mayuko, who has been at St Joseph’s College since April last year. Mayuko has worked with our Japanese classes to widen their knowledge and understanding of the Japanese culture, in particular. Her enthusiasm and kindness have been two of her most outstanding features. A huge thank you also to all families who hosted Mayuko during her stay – the impact your generosity has on our assistants is undeniable. Mayuko ended her time in Australia at the Justin Beiber concert in Brisbane before heading to New Zealand for a holiday and then finally making her way home. We wish her all the best as she heads back to complete her university studies. Hopefully we will catch up with Mayuko in September when the Japan tour group lands in her home town, Hiroshima.

まゆこさん、ありがとうございました。気をつけてください。



I have also asked students for expressions of interest in hosting our exchange student, Himika. If you can help out, short or long term, please contact me via email.

For those students participating in the Japan Tour in September, a reminder that all paperwork is due by the end of this term, including passport copies. If forms have been misplaced, please let me know and I can email these out. This term’s payment should also be in, if you are following the payment schedule.

With exams nearing, remember that tutoring is available every Day 2 and 8 in the Japanese room. Students are to see me beforehand if they would like to attend.

Arigatou gozaimasu.

(Maree Nunn, Head of Languages)  
[munn@sjc.qld.edu.au](mailto:munn@sjc.qld.edu.au)

### CHANGES OF ADDRESS

Parents, please notify the College of any changes of address or contact details, including email addresses. This is especially important in the event of an emergency, and to ensure timely delivery of the upcoming mid-semester report cards. Most correspondence is sent via email, so up-to-date email address are very important. Thank you.

### Tuckshop Roster March



Friday	17 <sup>th</sup> March	→ Tanya Kuhn
Monday	20 <sup>th</sup> March	→ Veronica Erbacher
Tuesday	22 <sup>nd</sup> March	→ Kay Holzworth
Wednesday	23 <sup>rd</sup> March	→ Trish Kelly
Thursday	24 <sup>th</sup> March	→ Deanna D’Arcy
Friday	25 <sup>th</sup> March	→ Maureen McIntosh



## Basketball Success

On Saturday 13<sup>th</sup> March, three of our St Joseph's students competed in the Basketball Queensland Junior Basketball Competition grand finals. Ben (Year 10) and Nick Nugent (Year 8) competed in the U16 Boys Southern Cup grand final against Gold Coast, and Jorja Bolton (Year 10) against South West Metro in the U16 Girls Premier League division. All three athletes played hard, contesting in their respective positions. At the final whistle, all three athletes came away from the finals with gold medals! This is a huge achievement for all three athletes and we congratulate them on their success at the weekend.



*Ben Nugent, Jorja Bolton and Nick Nugent displaying their gold medals from the weekend's games.*

*(Jesse Bolton, Middle Leader Health and Physical Education)*

## Cross Country

Our cross country will take place on the last Friday of term. This is not an ideal day but what a great way to finish the term.

Events will take place in the morning with trophy presentation back here at the College. Many students will be tempted to take the day off as the show holiday is the day before but I am hoping that students will still turn up and make the day a great success.

We will have face painting and hair colouring for a gold coin donation. Students who hope to run at the Darling Downs trials should certainly be here showing the DD manager what they can do so they can make the team. If you cannot participate at our carnival it is very hard to allow you to trial for DD.

## Darling Downs team members

Congratulations to Blake Cesari (13 -14 years) and Zac Croft (open boys) who have both made Darling Downs teams for Rugby League.

In the sport of hockey, congratulations goes to Hayden Dorge, Harrison Hughes and Thomas Lebsanft in the open boys team and Amy Shiels in the open girls team.

The next round of nominations is now due. These include 15 years boys and girls football and basketball, 15 years boys rugby union and golf. Only paperwork for the boys soccer has come through but students need to listen to notices for the nomination process. 12 years boys and girls football and cross country will also take place after the holidays.

## Friday Night Basketball

The last round of the Friday Night Basketball will take place this week with a home game against Centenary Heights. Come along and cheer the teams on. Starting time this week is 3.30pm with the 7/8 boys team. Centenary do not have a 7/8 girls team.

Grand finals take place at St Mary's next week, commencing at 4.00pm. Free entry.

## An Apology

I have to make a very sincere apology to Bridie Collins, who should have been named as runner up in the 12 years girls swimming age champion. I could not find the piece of paper that had their names on it and so tried to match the pictures with Year 7 pictures. I goofed badly and sincerely apologise to you, Bridie. So age champion was Annabelle Murphy, Runner-up was Bridie Collins and third place went to Montanna Malloch.

*(Deb Newton, Sports Co-ordinator)*  
[dnewton@sjc.qld.edu](mailto:dnewton@sjc.qld.edu) or 0417 393 626



# Physical Education Department

## Health and Physical Education Week

Week six was a huge week for the Health and Physical Education department. With the national running of HPE Week, scheduled school sport and the swimming carnival all being run, staff and students were literally 'running' flat out! HPE Week is a week that celebrates the role of Health and Physical Education in schools and communities. The aim is to promote the importance of HPE in the Australian Curriculum and highlight the importance of HPE to the learning and development of children and young people.



*Mr Emerton and Ms Trinder enjoying the week's activities, and a toastie!*

This is an event instigated by the Australian Council of Health and Physical Education and Recreation (ACHPER). 2017 is the second consecutive year we have participated in activities and organised events in conjunction with

ACHPER. The following activities were organised and run during lunch time to engage students, and have fun:

- Monday- Ultimate Frisbee
- Tuesday- Speedminton
- Thursday- Rapid Fire Cricket
- Monday- Daggy Dancing



These activities saw many students and staff engage with physical concepts, teamwork and game play. A highlight of the week was the students' win over the teachers in the Ultimate Frisbee game and the staff showing off their 'daggy' dance moves. Thank you to all students and the following teachers for their assistance and organisation of some fantastic activities: Mr Luke Logan, Mr Bruce Cook, Mr John Emerton, Mr Paul Canning, Mr Christopher Bradley, Ms Jessica Trinder, and Ms Deb Newton.



The students clearly beat the teachers in the Ultimate Frisbee competition.



Rapid fire cricket fielding prowess right before the 'rapid fire'!

*(Jesse Bolton, Middle Leader Health and Physical Education)*

#### SPORTS DRAW WEEK 5

SPORT	OPPOSITION	VENUE
<b>Futsal</b>		
Year 7/8 A	HSC A	SJC 3
Year 7/8 B	WSHS B	SJC 1
Year 7/8 C	TACAPS C	SJC 7
Year 7/8 D	WSHS B	SJC 5
Year 9/10 A	TSHS A	St Mary's 5
Year 9/10 B	TCC B	St Mary's 3
Year 11/12 1	St Mary's A	St Mary's 8
<b>Netball</b>		
Year 7/8 1	HSC A	NER 14
Year 7/8 2	WSHS	NER 12
Year 7/8 3	Fairholme B	NER 18
Year 9/10 A	HSC A	NER 7
Year 9/10 B	Fairholme C	NER 10
Year 11/12 1	SJC B	NER 3
Year 11/12 2	SJC A	NER 3
<b>Touch</b>		
Year 7/8 1	TSHS A	KS 6
Year 7/8 2	WSHS A	KS 1
Year 7/8 3	TCC A	KS 5
Year 7/8 4	St Mary's B	KS 4
Year 9/10 A	HSC A	Middle Ridge 3
Year 9/10 B	BYE	SJC
Year 9/10 C	TCC B	Middle Ridge 5
Year 9/10 D	St Mary's B	Middle Ridge 4
Year 11/12 A	WSHS A	KS 11
<b>Football</b>		
Year 7/8	WSHS A	Captain Cook 7
Year 9/10	BYE	SJC
Year 11/12	TSHS A	Captain Cook 2
<b>Basketball</b>		
Year 7/8	TSHS A	Fairholme Gym 1
Year 9/10	TACAPS	TACAPS Outdoor 1
Year 11/12	TCC	SJC Indoor 1
<b>Hockey</b>		
SJC Team		Clyde Park
<b>AFL</b>		
SJC Team	TSHS A	Concordia 3
<b>Volleyball</b>		
Year 9/10	TACAPS B	Concordia Outdoor 6
Year 11/12 A	TCC A	Concordia Indoor 2
Year 11/12 B	SJC C	Concordia Indoor 1
Year 11/12 C	SJC B	Concordia Indoor 1