

Principal's Message

Dear Parents/Carers and Community Members

Staff Updates

Recently the college went through a process of recruitment calling for expressions of interest in various new leadership appointments. It is wonderful that we have such a breadth of highly experienced and competent teachers here at St Mary's with the capacity and commitment to take on leadership positions. Several staff have shown interest for these positions, and embraced the college motto 'ready to serve' as they now commit to higher order responsibilities and leadership. At a recent College Assembly I called for these individual teachers to come forward to be acknowledged and congratulated by our community. These staff will continue to teach their classes, with a reduced teaching load so they may undertake their leadership responsibility.

Leader of Curriculum - Mrs Belinda Flood

Ms Flood has recently started her role. She is an active member of the College Learning Team and works closely with Mrs Cathy O'Gorman and the Leaders of Learning. Her key responsibilities include oversight of matters relating to curriculum development and delivery, assessment, and reporting. Together with Mrs O'Gorman she oversees student entries into courses of study and makes sure the college meets educational standards set out by NESAs. This role provides more time for Mrs O'Gorman to now focus on the teaching and learning that occurs in student classes. Ms Flood was the Leader of Learning for HSIE; we also congratulate Mrs Nikki Lorenz, who has been appointed Leader of Learning for HSIE whilst Mrs Flood has assumed this new position.



Belinda Flood



Nikki Lorenz

Leader of Data Analytics and Growth – Dr John Adams

Dr Adams has recently started his role. He collaborates with teachers and other school leaders to analyse data and understand each student's growth. He will provide ongoing support to staff in using data to make important decisions and improve our College. Additionally, he will assist teachers in using data to address student needs and help them develop systems for tracking individual student progress over time, strategically identifying students who need support.



John Adams

Stage Coordinators – Anne-Maree Artis, Brittany Avery and David Luschwitz

The College has appointed a stage coordinator for each stage—Stage 4, Stage 5, and Stage 6. These appointments will take effect at the start of next term. The stage coordinators will work closely with the Leaders of Wellbeing and Engagement to assist in implementing community days, camps, retreats, and other year-based activities. They will be responsible for planning, developing, and launching specific, well-considered programs tailored to support student wellbeing needs. They will monitor student attendance data and follow up with families and students when school attendance becomes an issue, ensuring measures are in place to support students returning to school. Additionally, they will act as Leaders of Wellbeing and Engagement when the current leaders are absent.



Stage 4 Coordinator
Anne-Maree Artis



Stage 5 Coordinator
Brittany Avery



Stage 6 Coordinator
David Luschwitz

House Coordinator – Kieren Knight

Mr. Knight has recently commenced his role. He will support the College Mission Team in planning and developing a house system that aligns with our Josephite heritage and Catholic Identity. He will collaborate with student leaders and teachers involved in sports, creative arts, wellbeing, and learning to promote house activities and events. Mr. Knight will advocate for and support social justice initiatives and, together with others, will play an integral role in enhancing our college spirit and community engagement.

We congratulate all these teaching staff members who will do a tremendous job and contribute significantly to the holistic growth of our students and the ongoing improvement of every facet of College life.

Year 7 student numbers in 2025

This year, we were delighted to receive an unprecedented number of enrolments applications for our Year 7 2025 cohort, we are sure this is reflective of the strong reputation of our current students and staff in the wider community, alongside the quality education and wellbeing offerings we have here at St Mary's.

Whilst we haven't been able to accept all enrolments, the decision has been made to increase our Year 7 2025 cohort to seven classes. We are excited by the opportunities this offers for our college and are currently working with the Diocesan Property Services and the People & Culture teams to ensure adequate staffing and facilities as we look forward to welcoming these new students next year.



Keiren Knight

Holiday wishes

As we reach the end of the first semester, we want to congratulate all our students on an excellent finish. Their hard work, dedication, and spirit have been inspiring.

A special acknowledgment goes to our Year 12 students as they prepare for their HSC trial examinations. Please know that you are in our prayers and thoughts, and we wish you every success. Remember, your perseverance and commitment will pay off.

As we head into the holiday break, we wish you all a safe and rewarding time with your families. Enjoy the rest, recharge, and come back ready for new challenges and opportunities.

Kind regards,

Brett Donohoe
Principal

**PARENTS/CARERS**

Your attention is kindly requested.

If your personal details have changed (ie. mobile number, address, emergency contacts, etc) please email admin@gatesheadsm.catholic.edu.au to update us.

Thank you.

Year 7 (2025) Enrolment – Next processes

We appreciate your interest in St Mary's Catholic College, and we are excited about the prospect of welcoming your family into our community.

After carefully reviewing your child's application, the next part of the process is to invite parents/carers and enrolled child for a compulsory interview to discuss your child's learning needs and to provide you with an opportunity to learn more about our school. The interview will be an informal conversation that will allow us to gain a deeper understanding of your child's unique strengths, interests, and areas where additional support may be beneficial.

Due to a change in the enrolment process this year, the original Enrolment and Orientation timeline has been amended. As such, the booking period dates for enrolment interviews will be changed and there will be no need to contact the College between 22 July and 2 August to arrange an interview.

The way in which the interviews will be conducted will also be amended. St Mary's will conduct these interviews later in the year by sessions - further information regarding these new arrangements will be communicated to parents/carers via Compass during the first few weeks of Term 3. Thank you for your patience at this time.

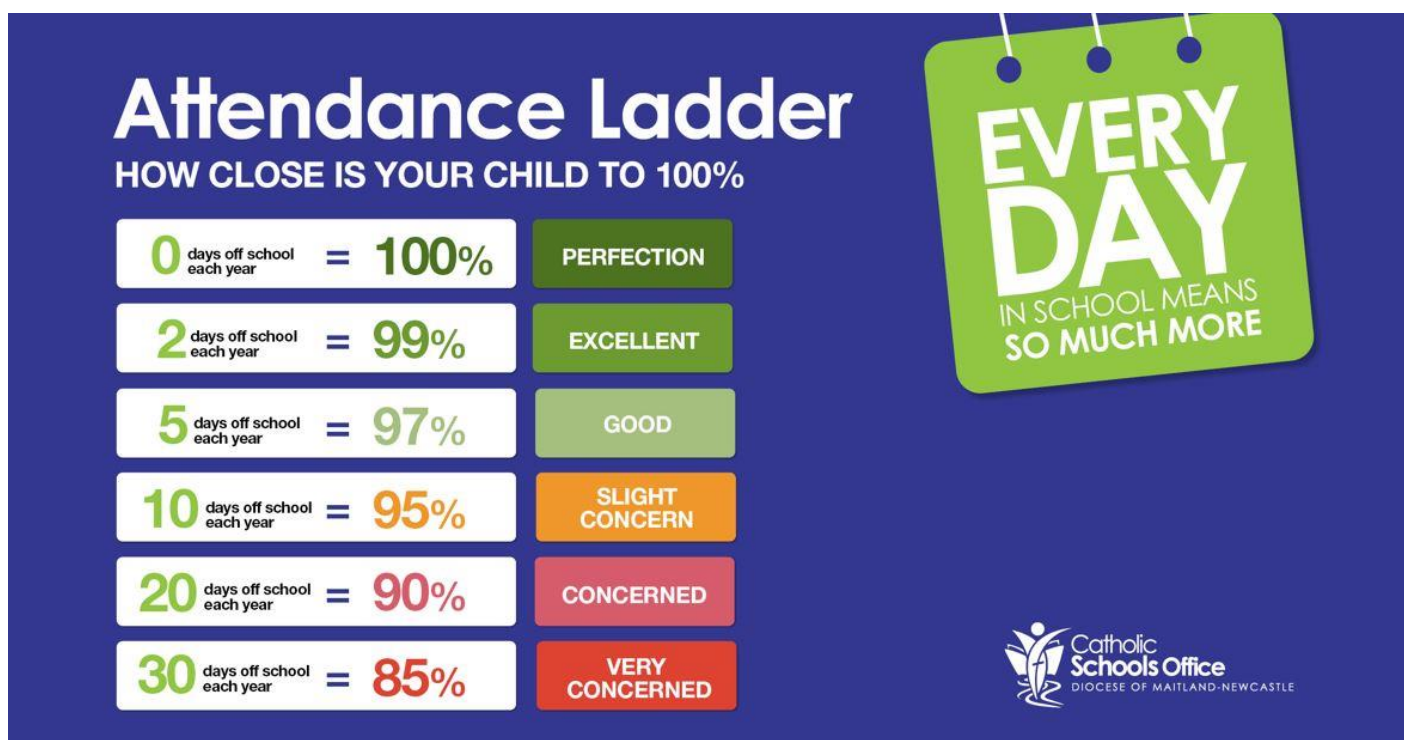
We look forward to the opportunity to meet with you and discuss how we can support your child's educational journey at St Mary's. If you have any immediate questions or concerns, please feel free to contact the school during Term 3 on 4944 4800 or at admin@gatesheadsm.catholic.edu.au

Kind regards

Brett Donohoe
Principal

Assistant Principal – Wellbeing & Engagement

Cold and flu season is well and truly upon us. If your child has Covid, RSV or Influenza, please keep them at home until they are recovered. Thank you.



Assistant Principal – Learning & Teaching



ST MARY'S
CATHOLIC COLLEGE
GATESHEAD

3 July 2024

Dear Year 8 Students, Parents and Carers,

You are invited to attend the Year 8 (Year 9 2025) Additional Courses of Study Meeting on

Tuesday 23 July commencing at 6pm in The Josephite Centre.

The Stage 5 Additional Courses Handbook will be distributed on this evening to students and the information evening will address the following:

- Address - Year 8 Leader of Wellbeing & College Principal
- Stage 5 (Year 9 & 10) Curriculum Structure
- Stage 5 2025/2026 - What's involved in attaining a RoSA (Record of School Achievement)
- 400 Hours of Additional Courses and planning a pathway
- Online Selection Process
- 2025 Course Overviews

	Date	Action
Term 3 Week 1	Tuesday 23 July	<ul style="list-style-type: none"> • Parent and Student Information Evening The Josephite Centre 6pm • Distribution of Handbooks to students at the evening
Term 3 Week 1	Wednesday 24 July	<ul style="list-style-type: none"> • Year Group Meeting Period 3 in TJC - following the College Assembly. • Course overview talks by Leaders of Learning
	Wednesday 24 July PM	<ul style="list-style-type: none"> • Course selections open online - WebChoice
Term 3 Weeks 2	Wednesday 31 July	<ul style="list-style-type: none"> • Final day for completion of student selections online
Term 3	Late August/Early September (date TBA)	<ul style="list-style-type: none"> • Notification to students of course allocations
Term 1(2025) Week 3	By Friday 14 February 2025	<ul style="list-style-type: none"> • No changes after this date*

We look forward to meeting with you on this very significant evening.

Kind regards,

Brett Donohoe
Principal

Cathy O'Gorman
Assistant Principal L&T

Maryanne Murray
Leader of Wellbeing

Year 7 – 10 Semester One Academic Reports 2024

The process of reporting and providing meaningful feedback to students and parents is an integral part of teaching and learning. Reporting opportunities provide information both formally and informally about the process of student learning and achievement.

Year 7 – 10 Semester One Reports were open to parents and carers on Thursday this week via Compass and contain the following information:

- **General Information** including Semester One days absent, Personal Profiles and Roll Call profile
- **Approaches to Learning** – being a safe, respectful learner.
- **Capabilities** – Critical Thinking, Creative Thinking, Communication and Collaboration rated on a scale of Working Towards, Working At or Working Beyond. (See Table included in this newsletter for further explanation of the Capabilities).
- **Course Profiles** providing details of knowledge or skills contained within the course. Profiles are rated on the following scale: Extensive, Thorough, Sound, Basic, Elementary
- **Course Grade**, which is an overall Grade, determined by the teacher. This grade is based upon evidence collected throughout the semester, through both formal and informal assessment, based upon the [Common Grade Scale](#)

Integral to the reporting and assessment feedback process is the self-reflection a student makes on their learning and how to improve. We encourage you to see the report as an opportunity for you and your child to discuss their progress and effort, and the strategies they might like to use for continued improvement.

A Short Guide to the Capabilities assessed at St Mary's

Critical thinking is at the core of most intellectual activity that involves students learning to recognise or develop an argument, use evidence in support of that argument, draw reasoned conclusions, and use information to solve problems.

Examples of critical thinking skills are: interpreting, analysing, evaluating, explaining, sequencing, reasoning, comparing, justifying, questioning, inferring, hypothesising, appraising, testing and generalising.

Creative thinking involves students learning to generate and apply new ideas in specific contexts, seeing existing situations in a new way, identifying alternative explanations, and seeing or making new links that generate a positive outcome. The products of creative endeavour can involve complex representations and images, investigations and performances, digital and computer-generated output or occur as virtual reality.

Examples of creative thinking are combining parts to form something original; sifting and refining ideas to discover possibilities; constructing theories; pursuing and expressing innovative ideas and solutions and objects; shifting perspectives and manipulating ideas.

Collaboration refers to the capacity to work with, learn from and contribute to the learning of others. It may also include social networking skills and empathy in working with diverse others.

Examples of collaboration include positively contributing to groups and working interdependently, engaging with roles and responsibilities, to make decisions; managing team dynamics and challenges including resolving conflict and reaching positive outcomes; developing the ability to initiate and manage successful personal relationships; participating in a range of social and communal activities; sharing resources and information.

Communication is the skill of presenting information in a clear, concise, and meaningful way. It also requires careful listening and successfully articulating thoughts. Communication has various purposes: informing, instructing, motivating and persuading. Communication uses a variety of styles, modes, and tools (including digital tools), tailored for a range of audiences (and or purposes).

Examples can include listening to, interpreting and comprehending, reading, viewing, speaking, writing and creating oral, print, visual and digital texts; using and modifying language and non-verbal communication for different purposes in a range of contexts.

Year 11 Mid-Course Reports

Our Year 11 Mid-Course Reports were published in Week 9 and we encourage all Year 11 students to read carefully through the report, working with teachers and mentors to establish learning goals for Term 3 and the remainder of their Preliminary Course. End of Year 11 Course Examinations will occur in Weeks 8 & 9 of Term 3, commencing 9th September, and it is timely for Year 11 students to seek advice and support, using the feedback both from the Mid-Course Report and recent assessment tasks, to inform their learning. Year 11 students and families will have the opportunity to meet together for Parent, Student & Teacher Conferences early in Term 4 as they move into the HSC year.

Parent-Student-Teacher Conferences

In 2024 a second opportunity for Parent-Student-Teacher Conferences is scheduled for **Thursday 25 July 3.30pm – 7.00pm and Friday 26 July (Pupil Free Day for Year 7 – 10 students ONLY)**. These interviews will be held face to face in The Josephite Centre and adjacent rooms. Instructions regarding booking Parent/Carer Interview times were communicated via Compass this week. All parents, along with students, are encouraged to take this opportunity to meet and plan for the following semester, identifying areas needing development and setting learning goals for Semester Two.

BOOKINGS NOW OPEN

Years 7-10

Student - Parent - Teacher Conferences

Thursday 25 July & Friday 26 July



ST MARY'S
CATHOLIC COLLEGE
GATESHEAD

Celebrating 60 years
Inspired by the gifts of the Spirit, built on the foundation
of the Josephite Sisters

Year 12 HSC Holiday Workshops

Many thanks to the teachers of Year 12 who have generously given up time during the holidays to run workshops for our HSC students. All Year 12 students are encouraged to attend these days as they prepare for the HSC TRIAL Examinations. Please see this newsletter for the **Timetable of Holiday Workshops** and for the **Trial Examination Timetable**.

This wonderful program for our students is testimony to the commitment of our teachers to their students and the deep care they have for them. I encourage all Year 12 students to get involved in these days!

Year 8 Additional Courses of Studies Information Evening (Year 9 2025)

Year 8 Parents and Carers will receive an invitation this week to attend the Stage 5 Additional Courses of Studies Evening being held on **Tuesday 23rd July commencing at 6.00pm in The Josephite Centre**. The evening will provide information about the Stage 5 Additional Courses of Study (Electives) process, NESA and ROSA requirements, Minimum Standards Testing and NAPLAN information. Students will receive Subject Selection Handbooks at the evening followed by information sessions at a Year Assembly and classes. We look forward to joining with parents, carers and students for this important evening.

Year 11 2025 – Subject Selections

Thank you to students and families for your support of the 2025 Stage 6 Evening held in Week 7 and for prompt completion of Subject Choices. We are now at a stage where we can begin timetabling for 2024 and will be working with students early next term in relation to their selections and any changes that may be necessary according to lines/subject availability. We will meet with Year 10 next term regarding the next steps in the transition to Stage 6 process. Finally, if any student in Year 10 is not returning to St Mary's next year we ask that parents please notify us as soon as possible. This assists in forward planning.



Year 12 HSC Holiday Workshops

Dear Year 12,

As the July holidays approach, you are invited to accept the offer of additional workshops and support for you in your HSC journey. While there is no expectation that you attend – **we encourage you to attend where possible.** Please see below for details regarding dates and times. For more detailed information please speak with/email your individual teachers.

We wish you a happy and restful holiday.

Mrs O’Gorman and Mr Cushan

WEEK 1				
Monday 8 July	Tuesday 9 July	Wednesday 10 July	Thursday 11 July	Friday 12 July
9am-12pm ITT (Eames)	9am-12pm ITT (Eames)	9am-12pm ITT (Eames)	9am-12pm ITT (Eames)	9am-1pm TED (Bunn)
9am –1pm TED (Bunn)	9am-1pm TED (Bunn)	9am-1pm TED (Bunn)	9am-1pm TED (Bunn)	9.30am -12pm SOC (Lorenz)
9am – 12.30pm SOR 2U (Quinlan)	9.30am-11.30am English Standard (Milajew)	10am – 12pm Eng Advanced (Carpenter)	10am – 12pm IPT (Blackwell)	
12pm – 2.00pm Maths Standard (Lang)	10am – 12pm Eng Advanced (Carpenter)		9am-12pm Adv Maths (Knight)	
WEEK 2				
Monday 15 July	Tuesday 16 July	Wednesday 17 July	Thursday 18 July	Friday 19 July
9.30-12pm SOC (Lorenz)	9.30am-11.30am SOR (Milajew)	8.30am-12pm Business Studies (Convery & Dews)	9am – 12pm 12XMA1 (Frize)	9.30am -12pm SOC (Lorenz)
9am – 12pm History Extension (Andrews)	12pm – 2pm Eng Standard (Lindsay)	10:00am – 2:00pm Visual Arts (Aitchison)	9:30 am – 12 pm – Maths Standard 2 (Eastcott)	9.30-11.30am- Legal Studies (Flood)
	9am – 12pm History Extension (Andrews)	9am – 12pm Ancient History (Andrews)	9am-12pm Adv Maths (Knight)	



YEAR 12 TRIAL EXAMINATION TIMETABLE 2024

Monday 5 August			Tuesday 6 August			Wednesday 7 August			Thursday 8 August			Friday 9 August		
Time	Exam	Venue	Time	Exam	Venue	Time	Exam	Venue	Time	Exam	Venue	Time	Exam	Venue
AM 8.50 – 10.30 1.5hrs + 10min	English Advanced Paper 1	TJC	8.50 – 10.55 2hrs + 5min	English Advanced Paper 2	TJC	8.50 – 11.55 3hrs + 5min	Modern History	D6	8.50 – 10.25 1.5hrs + 5min	Studies of Religion I	TJC	8.50 – 11.55 3hrs + 5min	Physics	D6
	English Standard Paper 1	TJC	8.50 – 10.55 2hrs + 5min	English Standard Paper 2	TJC	8.50 – 11.40 2hrs 40 min + 10min	Japanese	D8	8.50 – 11.55 3hrs + 5min	Studies of Religion II	TJC	8.50 – 11.55 3hrs + 5min	PDHPE	D7
	English Studies	TJC							8.50 – 10.25 1.5hrs + 5min	Studies in Catholic Thought	TJC			
	Music 1 - Aural	114	12.30 – 2.05 1.5hrs + 5min	Textiles and Design	D6	1.00 – 2.35 1.5hrs + 5min	Industrial Tech - Timber	D6	1.00 – 4.05 3hrs + 5min	Geography	D6	1.00 – 2.35 1.5hrs + 5min	Design and Technology	D6
PM 12.45 – 1.50 1hr + 5min						1.00 – 2.35 1.5hrs + 5min	Industrial Tech - Multimedia	D6						

Special Provisions will be in D2, D6, D7 and D8

Monday 12 August				Tuesday 13 August			Wednesday 14 August			Thursday 15 August			Friday 16 August		
	Time	Exam	Venue	Time	Exam	Venue	Time	Exam	Venue	Time	Exam	Venue	Time	Exam	Venue
AM	8.50 – 11.30 2.5hrs + 10min	Mathematics Standard 2	TJC	8.50 – 11.55 3hrs + 5min	Chemistry	D6	8.50 – 11.55 3hrs + 5min	Business Studies	TJC	8.50 – 11.55 3hrs + 5min	Food Technology	D6	8.50 – 10.25 1.5hrs + 5min	Visual Arts	D6
	8.50 – 12.00 3hrs + 10min	Mathematics Advanced	TJC	8.50 – 11.55 3hrs + 5min	Earth and Environmental Science	D6				8.50 – 11.30 2.5hrs + 10min	Chinese Beginners	D8			
	8.50 – 12.00 3hrs + 10min	Mathematics Extension 2	TJC												
PM	1.30 – 4.35 3hrs + 5min	Community and Family Studies	D6	1.30 – 4.35 3hrs + 5min	Information Processes and Technology	D6	1.30 – 4.35 3hrs + 5min	Engineering Studies	D6	1.30 – 4.35 3hrs + 5min	Biology	D6 & D7	12.40 – 2.50 2hrs + 10 min	Mathematics Extension 1	D6
				1.30 – 3.35 2hrs + 5min	Society and Culture	D7	1.30 – 4.35 3hrs + 5min	Ancient History	D7				12.40 – 3.45 3hrs + 5min	Legal Studies	D7
				1.30 – 2.35 1hr + 5min	Photographic and Digital Media	D7									

Special Provisions will be in D2, D6, D7 and D8

Monday 19 August			Tuesday 20 August			Wednesday 21 August			Thursday 22 August			Friday 23 August		
Time	Exam	Venue	Time	Exam	Venue	Time	Exam	Venue	Time	Exam	Venue	Time	Exam	Venue
AM	8.50 - 10.55 2hrs + 5min	Construction (VET)		Normal classes			Normal classes			Normal classes			Normal classes	
	All day	Music 1 – Practical (by appointment)												
	All day	Catch up exams												
PM	12.20 - 2.30 2hrs + 10min	History Extension												
		D6												
	All day	Music 1 – Practical (by appointment)												
		115												

Special Provisions will be in D2, D6, D7 and D8

NAIDOC Assembly

This week St Mary's held a special NAIDOC Week Assembly in the hall. Roo and Levi lead the dance group comprising students from Years 7-9 performed three dances as part of the Welcome to Country and smoking ceremony. Ella and Laura-Lee then lead us with prayer with Mollie, Elleni and Tobin singing and playing the Aboriginal Our Father. Adam, Ben, Deegan and Tobin also performed an amazing version of 'From Little Things Big Things Grow'.



Congratulations to all the students for the level of respect and interest displayed. Please have look out for community events in the upcoming week and support your son or daughter in attending. One event will be held in Civic Park on Monday 8 July starting at 9.00am, where Roo and Levi and their dance groups will be performing.

Indigenous Numeracy Gala Day

Students in Year 7 attended an Aboriginal Numeracy Gala Day at McDonald Jones Stadium during the week. Students took part in a range of maths activities linked to sport as well as kicking goals on the oval! They also went into change rooms and met some real life footie stars- Tamika Upton and Adam Elliot.

Paul McKay, Roo Faulkner and Levi Briggs
Aboriginal Education Team



Counsellors

Mental Health Services and Support

Beyond Blue

24/7 mental health support service

1300 22 4636
beyondblue.org.au

headspace

Online support and counselling to young people aged 12 to 25

1800 650 890
(9am to 1am daily)

For wechat, visit:
headsapce.org.au/
ehedsapce

Kids Helpline

24/7 crisis support and suicide prevention services for children and young people aged 5 to 25

1800 55 1800
kidshelpline.com.au

1800 RESPECT

24/7 support for people impacted by sexual assault, domestic violence and abuse

1800 737 732
1800respect.org.au

QLife

LGBTI peer support and referral

1800 184 527
(3pm to midnight daily)

qlife.org.au
(online chat 3pm to midnight local time, including over holidays.)

Lifeline

24/7 crisis support and suicide prevention services

13 11 14
lifeline.org.au

Suicide Call Back

24/7 crisis support and counselling service for people affected by suicide

1300 659 467
suicidecallbackservice.org.au

Mensline

24/7 counselling service for men

1300 78 99 78
mensline.org.au

13YARN

24/7 crisis support for Aboriginal and Torres Strait Islander people

13 92 76
13yarn.org.au

If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.



Social media allows young Australians to connect with others, create and maintain relationships and to express themselves. It can also expose them to a world of disrespect.

Algorithm of Disrespect is an interactive educational tool that simulates a young person's online experience. It is designed to reveal and educate adults about the new and hidden forms of disrespect that young people are engaging with every day online. Through the experience you will see how easily harmful and disrespectful content can show up on a young person's social media feed, and how easy it is for disrespect to become acceptable.

It can be difficult to censor or moderate the content young people may be exposed to online. It is our responsibility to better understand it so we can empower them, help them navigate it and reject disrespect before it leads to violence. Often social media algorithms are designed to promote provocative and polarising content which can contain disrespectful and violence-supportive views. These can influence young people's views and behaviours. On the website are a number of resources on conversation starters and suggested topics to talk to young people about disrespectful behaviour and abuse including them being victim. There is also links to other websites, including the eSafety commission if behaviours need to be reported.

A person stands in the center of a dark, arched tunnel, looking towards a brightly lit archway at the end. The tunnel walls are made of rough, textured stone. The archway at the end is filled with various colorful neon signs and projections, including a yellow hourglass, a pink hand holding a flame, a green smiley face, and a blue car. The floor is made of cobblestones and is covered with colorful confetti and small objects. The overall atmosphere is surreal and vibrant.

[NAIDOC Week - Lake Macquarie City Council](#)

School holiday workshop: Naidoc Sand Art

Next date: Thursday, 11 July 2024 | 12:30 PM to 01:30 PM



Simple Naidoc artmaking for all ages.

Embark on a journey of creativity at our all ages art workshop, celebrating NAIDOC Week and the rich tapestry of First Nations cultures. Artists of all ages are invited to explore the magical world of sand art.

Each participant will receive a pre-printed design on 250gsm adhesive board measuring 20 x 20cm. With coloured sand at their fingertips, they'll dive into a hands-on experience, sprinkling grains of vibrant hues to bring their creations to life.

Join us for this special school holiday activity, where participants honour the legacy of First Nations peoples through artistic expression. Let's celebrate culture, creativity, and community together.

Cost: \$8 +booking fee

Thursday 11 July 12:30pm to 1:30pm

The Museum of Art and Culture (MAC, yapang) is located at the end of First Street, Booragul, on the edge of Lake Macquarie. MAC has ramp access for wheelchairs and prams, baby changing facilities and accessible toilets. MAC can be reached easily from the lake foreshore cycleway, the water, or by public transport. There is plenty of parking for cars, and buses with accessible spaces available, onsite and adjacent to the Hunter Rowing Club.

This event may be photographed and filmed and your image could be used in advertising and promotion by Lake Macquarie City Council. Should you wish to not be photographed or filmed please advise event organisers on entry at the event.



"The program gave us a useful framework to discuss healthy living as a family, helped us change our habits for the better and improved our communication and relationships."

– Parent

Standard Go4Fun

go4fun.com.au

Go4Fun is a fun way to learn about eating well, staying active and living a healthy life.

Sessions run once a week for 10 weeks, during school terms. Highlights include:

- Fun active games and activities
- Tools and tips to help with healthy eating
- Rewards and prizes for making healthier changes
- A supermarket tour



Go4Fun Online

go4funonline.com.au

Go4Fun Online is perfect for families who can't make it to the standard program, but still want to learn about healthy lifestyles.

Go4Fun Online runs over 10 weeks and includes:

- Online activity sessions
- Phone coaching with a health professional
- Resources and prizes
- Online community
- Email and text message support



"If I could describe Go4Fun Online it would be: best thing ever!"

– Joshua, participant



Aboriginal Go4Fun

go4fun.com.au/aboriginal

Aboriginal Go4Fun is a free healthy lifestyle program for kids aged 7-13 and their families. It includes:

- Aboriginal support staff who know the community
- Traditional foods and games
- Resources for mob to learn healthy habits
- One session a week for 10 weeks each school term



"There's some things that I didn't think sugar was in it and I'm thinking oh wow, we were learning as well, so it was good."

– Rita, Grandparent



Go for healthy habits – for life

- Learn healthy recipes
- Get active together as a family
- Get professional support to set and achieve your goals
- Improve overall wellbeing
- Win prizes and rewards

go4fun.com.au
1800 780 900



Ready, set, Go4Fun

- 1 Visit go4fun.com.au
- 2 Search programs in your area
- 3 Register your child
- 4 Receive a call to confirm enrolment

Free call 1800 780 900
or text 0409 745 645 for a call back



Find a Go4Fun program

Location

Town/Suburb



Scan the QR code to find your local Go4Fun program today



SHPN (CPH) 240233 | March 2024 © NSW Health

Go4Fun



A **free** healthy lifestyle program for kids aged 7 to 13 and their families.

Support for healthy eating, physical activity and overall wellbeing.

go4fun.com.au
1800 780 900



GO 4 FUN[®]

HEALTHY ACTIVE HAPPY KIDS

**SPRINGLOADED
GATESHEAD**
Mondays 4pm-6pm
FREE to families
with children aged
7-13 years.
Starts 22/07/24

Join us in Term 3!



GET ACTIVE



MAKE FRIENDS



GROW STRONG



**HEALTHYEATING
ACTIVE LIVING**

Call 1800 780 900 to register or
visit www.go4fun.com.au



ASPIRE
MUSIC.DANCE.DRAMA
PRESENTS

DISCONNECTED

31 JULY – 3 AUG 2024 THE CIVIC THEATRE NEWCASTLE

JUST SUBMIT A 15SEC VIDEO
IN THE STYLE OF **TIKTOK** OR
FORTNITE DANCE !

RULES FOR SUBMISSION ARE OUTLINED BELOW!
MAKE SURE TO FOLLOW THEM IF YOU WANT YOUR
VIDEO TO BE CONSIDERED FOR THE SHOW

SUBMIT HERE



[HTTPS://BIT.LY/DISCONNECTED2024](https://bit.ly/disconnected2024)

- Video's must not exceed 15 seconds in length, be filmed in portrait orientation, and must be appropriate in nature and for a student audience.
- All people featured in the video must have parental consent as outlined in submission form.
- All moves, actions and songs chosen must be appropriate.
- Files submitted should be MP4 format.
- Students must wear school uniform or appropriate casual clothing attire in the videos.

ASPIRE
MUSIC.DANCE.DRAMA

Catholic Schools Office
DIOCESE OF MAITLAND-NEWCASTLE

CALENDAR – TERM 2 - Week 4 – (B Week)	
HOLIDAYS	Monday 8 July to Friday 19 July 2024
TERM 3 – Week 1 (A Week)	
Mon 22 July	<ul style="list-style-type: none"> Pupil Free Day – Staff Professional Development
Tues 23 July	Term 3 begins for all students
Thurs 25 July	<ul style="list-style-type: none"> Landcare Year 7-10 PST Conferences – 3.30pm to 7pm
Fri 26 July	<ul style="list-style-type: none"> Year 7-10 PST Conferences – 8am to 2pm Classes as usual for Years 11 and 12
Week 2 (B Week)	
Tues 30 July	Extended PLM – Students released at 2.40pm
Fri 2 August	Newsletter 12.24 published
Week 3 (A Week)	
Mon 5 August	Trial HSC Examinations commence
Wed 7 August	Year 7 2025 Interview week Year 7 Participate in St Paul's Primary School 60 Years Celebration
Thurs 8 August	Top Blokes incursion – Year 8
Week 4 (B Week)	
Mon 12 Aug – Fri 16 August	National Science Week
Mon 12 August	Trial HSC Examinations continue
Thurs 15 August	Glenrock Fieldwork Day – TBC
Fri 16 August	Newsletter 13.24 published
Week 5 (A Week)	
Mon 19 August	Last day of Trial HSC Examinations
Tues 20 August	<ul style="list-style-type: none"> BStreetSmart Driver Education Forum – TBC Parent Forum – 6pm – Ready to Serve Cafe
Thurs 21 August	<ul style="list-style-type: none"> Baiaume Cave Excursion – TBC Top Blokes incursion – Year 8
Week 6 (B Week)	
Tues 27-Wed 28 August	NSWCCC Netball Championships – Penrith – TBC
Tues 27 August	Extended PLM – Students released at 2.40pm
Thurs 29 August	Top Blokes incursion – Year 8
Fri 30 August	Year 12 Chinese Beginners Study Day Newsletter 14.24 published
Week 7 (A Week)	
Thurs 5 September	Top Blokes incursion – Year 8
Week 8 (B Week)	
Tues 10 September	Extended PLM – Students released at 2.40pm
Thurs 12 September	<ul style="list-style-type: none"> Landcare Top Blokes incursion – Year 8
Fri 13 September	Newsletter 15.24 published
Week 9 (A Week)	
Tues 17 September	College Leader Mass – 5pm – Venue TBC
Thurs 19 September	Top Blokes incursion – Year 8
Week 10 (B Week)	
Mon 23 September	Year 12 Service Day Colour Run – Whole school
Tues 24 September	Year 12 Graduation Mass – more details to follow
Wed 25 September	Year 12 Awards and Graduation day – more details to follow
Thurs 26 September	Top Blokes incursion – Year 8
Fri 27 September	<ul style="list-style-type: none"> Newsletter 16.24 published End of Term 3
HOLIDAYS	Monday 30 September to Friday 11 October 2024
TERM 4 - Mon 14 October	Pupil Free Day – Staff Development Day
Tue 15 October	<ul style="list-style-type: none"> Term 4 Begins for all students HSC Commences until Friday 8 November