Dear Families and Friends of the St Pius X Community,

**Compassion**
Compassion is one of the Gospel values that Catholics and indeed all Christians try to live by. The Australian Concise Oxford Dictionary defines compassion as: “pity inclining one to help or be merciful”. The Christian meaning is along those lines but also has the connotation of being able to put yourself in another person’s place and understand why they act the way they do even if you don’t agree with it.

When it comes to compassion and teenagers, it sometimes seems like an oxymoron. On one hand, teens, with their social groups, cliques and moods, can sometimes be very uncompassionate. On the other hand, I have seen teenagers take on a cause, such as a fundraiser for the poor or for a sick classmate, or visiting the aged or infirmed, with such heart and compassion that it is hard to believe it could be the same kids mentioned above.

Have you ever seen a movie where the hero has to choose whether to use his or her powers for good or evil? The same goes for compassion. It is easy to be compassionate when the choice is obvious. Who would not want to help a sick classmate? The challenge comes when those less-than-obvious situations calling for compassion rear their head.

For example, if someone is being picked on or bullied, is it enough just to feel bad, or should you step in and say something to put an end to it? **Would you do something?** Being compassionate means you would and this is an expectation of all Christian people.

Our world becomes a much better place each time we exercise our compassion. We need to challenge ourselves and our young people to seek out those small everyday situations that call for compassion and take the opportunity to make someone else feel better.

> “Human existence is based upon two pillars: compassion and knowledge. Compassion without knowledge is ineffective; knowledge without compassion is inhuman.” Victor Weisskopf (Physicist, 1908-2002)

Have a splendid week.

Robert Emery
Principal

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**Year 9 Parents**
Please ensure you return page 11 of the 1:1 Laptop Agreement to your child’s Care Group Teacher as soon as possible and certainly before the end of the school year. This agreement must be signed by both parent and student.

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**Important Dates for Year 10**

- **Dinner Dance**
  - Tuesday 11 December 6.30pm
  - Newcastle City Hall

- **Graduation Ceremony**
  - Thursday 13 December 6.30pm
  - Griffith Duncan Theatre

- **Last Day**
  - Friday 14 December 9.00am
Pastoral Care

Student Welfare Group

WOW…..Warriors of Welfare – Making a Change

As you may be aware, bullying is an issue in any school environment. As students we have noticed that bullying has become one of the most prevalent issues in our school community. After completing a session on bullying at our Year 9 leadership day, we became aware that most students have either witnessed or experienced bullying in the past six months. We feel as though we need to work together to make a change at St Pius. Through this group we plan to raise awareness and decrease incidents of bullying, as well as increasing well-being. We believe we can make a difference and that we bring about change within our school community.

Ella Mayo, Sophie Mamic, Bonnie Fox, Rita Suleiman, Kate Hoslin, Shania Nugent-Hedley, Sarah Burwell, Phoebe Bice and Jennifer Hogg.

6 ways to build bonds with your children

It seems that the older children get the further away from you they become both emotionally and physically. This is the experience of many parents and developing and maintaining a deep and healthy connection as they grow is a balancing act that requires constant nurturing.

Research has shown that a child’s feeling of ‘safety’ at home is fundamental to emotional health and integral to the bonding process.

1. Acceptance: every child is different and their temperament reflects this. So it is important to adjust to a child’s personality. A child who feels accepted for who they are feels secure and at ease with themselves.

2. Time: this is the greatest investment a parent can make in developing a lasting bond with their child. If a child feels you always have time for them then as teenagers they will feel they can come to you with a worrying problem at any time and you will make the time to listen and help them work through it. Time spent does not have to be entertainment filled. It is the small ordinary day to day time spent with a child that makes all the difference.

3. Life lessons: teaching children life lessons is vital if they are to be equipped for life later on. It is important to acknowledge both your child’s negative and positive emotions. Teaching them to manage difficult emotions such as anger and disappointment as well as celebrating successes will help them manage themselves in life. The best way to do this is by having them see us live out the principles and guidelines we are sharing with them. Remember, they are constantly watching and learning.

4. Resilient families: keeping the lines of communication open and setting clear boundaries helps make a stable secure home. How we handle the stresses of life also helps teach resilience. It is important to see things through and keep going in the tough times. It is OK for children to see that everyone faces things they find difficult in their life. The trick is to resolve them rather than ignore them.

5. Patience: this is a great quality for kids to learn as early as possible. A parent’s patience towards a child allows them to work through issues at their own pace and still feel loved and valued no matter how frustrating situations can be.

6. Family rituals: these are important in bringing the family together and giving them a sense of being part of something,
a sense of belonging. They can be as small as having regular evening meals together or a family outing on a Sunday afternoon. Make it a time of fun and relaxation where you can catch up with what is going on in each other’s lives.

Clinical psychologist and Generation Next speaker, Andrew Fuller says a sense of belonging “is the most powerful protective factor. It is the most powerful remedy for loneliness, hopelessness and loss of meaning in all our lives. In research on Australian young people three forms of belonging dominate: belonging to and feeling loved by your family; belonging to a diversity of friendship groups; and belonging to and fitting in at school.”

Jacqui Hindmarsh
Pastoral Care Worker
Article taken from Generation Next website.

St Francis Xavier’s College
Second Hand Uniforms

We offer a parent to parent contact through our website
www.hmltn.mn.catholic.edu.au

Step 1
Click on the ‘Product Catalogue’ link on the website (bottom left).

Step 2
To view items, login. Click on ‘Login Here’ (blue after the 3rd paragraph)
Username: hml.homeshare
Password: hml3032

Step 3
Click on the second hand clothing icon (left under Categories).

Step 4
Phone or email the parent from the list.

If you have any problems please contact the College on phone number 4961 2863.

This is not a school managed initiative!

St Pius X High School
Second Hand Uniforms

With the end of the year fast approaching and Year 10 students leaving, now is the time to advertise your child’s uniform in the Lion. Whether you are wanting to sell or buy second hand uniforms this is the place to do it.

For instructions, see the last page of this Newsletter.

The Music Department would like to invite you to:

Music Night
Friday 30 November 2012
The Factory – St Pius X High School, Adamstown
7.00pm
Tickets available through the Finance Office at St Pius
Important Dates for your Diary

<table>
<thead>
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<th>Day</th>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Friday</td>
<td>30 November</td>
<td><strong>Music Night 7.00pm</strong>&lt;br&gt;The Factory, St Pius X High School</td>
</tr>
<tr>
<td>Tuesday</td>
<td>11 December</td>
<td><strong>Year 10 Dinner Dance 6.30pm for 7.00pm start</strong>&lt;br&gt;Newcastle City Hall</td>
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<tr>
<td>Thursday</td>
<td>13 December</td>
<td><strong>Year 10 Graduation Ceremony 6.30pm</strong>&lt;br&gt;Griffith Duncan Theatre</td>
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<tr>
<td>Friday</td>
<td>14 December</td>
<td><strong>Year 10 Last Day</strong></td>
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<tr>
<td>Wednesday</td>
<td>19 December</td>
<td><strong>Last day for Years 7, 8 and 9</strong></td>
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Canteen Roster
If you are unable to attend your allotted day, please contact Janelle Oliver or Sharon Hart at the Main Office on 4957 1032 or the Canteen directly on 4013 2629.

<table>
<thead>
<tr>
<th>Monday 3 December</th>
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<td>Catherine Ryan</td>
<td>Clare Howlett</td>
<td>Zelka Batkovic</td>
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<tr>
<td>Louise Gow</td>
<td>Tomasella Consani</td>
<td>Louise Standing</td>
<td>Kelly Brands</td>
<td>Melinda Cook</td>
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<td>Michelle Smith</td>
<td>Louise Moonen</td>
<td>Janece Vandenberg</td>
<td>Sandy Mantach</td>
<td>Alison Greenwood</td>
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<td></td>
<td></td>
<td>Catherine Whelan</td>
<td>Leanne O’Leary</td>
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<table>
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<th>Monday 10 December</th>
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<th>Thursday 13 December</th>
<th>Friday 14 December</th>
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<tr>
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<td>Anne Marie Sheridan</td>
<td>Linda Curk</td>
<td>Louise Ptolemy</td>
<td>Sue Morrissey</td>
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<tr>
<td>Deanne March</td>
<td>Vicki Scuilli</td>
<td>Ala Marks</td>
<td>Patsy Maher</td>
<td>Kerry Walker</td>
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<tr>
<td>Leanne de Groot</td>
<td></td>
<td></td>
<td>Leanne Haberl</td>
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</table>

Sporting News

State Champion at St Pius

Congratulations to Shaun O’Connor from Year 10 who was awarded State Champion on Saturday evening at motorcycling’s night of nights. This is the second year Shaun has received this honour.
This is just a quick update of some of the activities the Years 9 and 10 Marine Studies students have completed during the year. Firstly, Year 10 - They have studied the biodiversity of the rock platform and measured some of the factors that make these areas so vital to our oceans. As the year progressed they moved on to the Carrington mangrove habitat and discovered first-hand how these environments act as natural filters and prevent a lot of our garbage being washed into the harbour and ocean. Recently they attended a two day excursion to Sydney and visited the Australian Museum, went on a harbour cruise, went to the iMax for a screening of the “Arctic 3D” and explored the wilds of the Taronga Zoo. Unfortunately we could not organise the snorkelling excursion to Fly Point that was carried over from last year due to unfavourable conditions. Students can see the bursar to organise the return of their payments.

This week, we went fishing as part of the Fish Harvesting Unit. A variety of species were caught and released. These included tailor, fingerfish (not fish fingers), pufferfish, toadfish, bream and an octopus. Year 9 started the year by displaying their prowess in the water at Merewether Ocean Baths. The next venue was Nobby’s, Horseshoe Beach and the rock platform near Newcastle Ocean Baths to look at the variety of habitats along our coastline as well as measure some of the abiotic features that influence these areas. As Term 1 drew to a close, they travelled to the Sydney Aquarium and iMax. Our theme for the trip was vertebrates and invertebrates. For Clean-up Australia Day, we donned our plastic gloves and grabbed our plastic garbage bags and did a clean-up of the area between Merewether Baths and Burwood Beach. The garbage was sorted into categories to firstly try to establish the main source of the rubbish and also the main problem causing materials. The winner of this was of course – plastic. At the start of Term 3, we were off to the Shark and Ray Centre to swim with the sharks (and rays) and finish the day with a climb of Tomaree Head. Students also constructed their own fish tanks, stocked them and maintained them for the last part of the year. We have a few aspiring aquarists amongst our students. Recently we collected shells and rocks at Merewether and used a key to help identify their origins and their significance to our local marine environment. This week we will be attending the Great Aussie Bush camp with the PASS students to brush up on our water skills – sailing, snorkelling, ocean kayaking, raft building and also some community building activities.

For any students thinking of taking Marine Studies as an elective, there a few things to consider. Do not take this subject to be with your friends, in fact that applies to any elective. This can lead to two years of misery. Although Marine Studies does seem to be an interesting elective, most of the activities attract some form of a worksheet or follow-up activity that is assessable as part of the practical component. It is not all swimming with dolphins and playing with fish. There is a strong emphasis on protecting the environment and it is expected that all students respect all living things and do their best to preserve our earth.

Peter “ET” Gabrysiak
Marine Studies
You’re invited to

St James’ Christmas Fair

Vista Parade Kotara South
FRIDAY
30th NOVEMBER
4.00pm to 8.00pm

Santa Photos
$1000 Visa Raffle
Pony Rides
Christmas Hampers
BBQ Dinner
Plant Stall
Chocolate Wheel
Craft Stall
Tea & Coffee
Slushies
Bottle Stall

And so much more.....
We hope to see you there!!
The shop will be open on Monday 21 January 2013 and Wednesday 23 January 2013 for Layby pick-ups or last minute items that need to be purchased.
Second Hand Uniforms

A large number of parents have expressed the need to have second hand uniforms available. St Pius X High School will be running a new service which will enable all parents to buy/sell second hand uniform items. The service will work in the following way:

1. Parent/s will fill out a form with the details of the item/s required to buy/sell and supply a contact number. This form will be available from reception, or alternatively you may email your details to admin@adamstownsp.catholic.edu.au.

2. These details will then be advertised in a special “Second Hand Uniform” section which will be on the back page of each newsletter, which commences with this Newsletter.

3. The advertisement will run for a month or two editions of the newsletter.

4. Parent/s will simply contact the number supplied and deal direct with the person buying/selling.

Please note that no second hand uniform items will be kept by St Pius X High School.

For any further information regarding Second Hand Uniforms please contact reception.

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Second Hand Uniforms

Name (optional):.................................................................................................................................

□ Buy  □ Sell (please tick)

Item:.............................................................................................................................................................
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Contact Number:.................................................................................................................................
# Second Hand Uniforms

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<thead>
<tr>
<th>Name</th>
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<th>Items</th>
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<td>Sports shorts</td>
<td>M</td>
<td>Sell</td>
<td>$20.00</td>
</tr>
<tr>
<td></td>
<td></td>
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<td>M</td>
<td>Sell</td>
<td>$20.00</td>
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<tr>
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<td></td>
<td>Boys grey shorts</td>
<td>M</td>
<td>Sell</td>
<td>$25.00</td>
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<tr>
<td></td>
<td></td>
<td>Boys grey shorts</td>
<td>L</td>
<td>Sell</td>
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<tr>
<td></td>
<td></td>
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<td>Sell</td>
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<td></td>
<td>Boys Long Trousers</td>
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<td>0413756705</td>
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<td>Size 18</td>
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<td></td>
<td></td>
<td>Jumper</td>
<td>Size 12</td>
<td>Sell</td>
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<tr>
<td></td>
<td></td>
<td>Girls Skirt</td>
<td>Size 14</td>
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<td></td>
<td></td>
<td>Girls Skirt x 2</td>
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<td>J14, XS, S</td>
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<td></td>
<td>Able to try on</td>
<td>Boys Shorts</td>
<td>2 x size S</td>
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<tr>
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<td>Trackpants</td>
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<td></td>
<td></td>
<td>Sport Shorts</td>
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<td></td>
<td>Sports Shirts</td>
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