Dear Families and Friends of the St Pius X Community

Science & Engineering Challenge
The St Pius Science & Engineering Challenge Team participated in the NSW State level challenge last week. Our team won the day & are now through to the Nationals. St Pius, St Peter’s Maitland and St Mary’s Gateshead all made it through to the Nationals, which will be held in Newcastle at the Forum on October 30. What a fantastic result for our Diocesan schools. There is one other team that will join our three schools in the final. Well done to our team and coach Mrs Healey. Very exciting stuff! I wish our team all the best for the finals.

There is a report on the State Level Challenge later in this edition of The Lion.

Happiness is …….?
The school subscribes to a publication called “Happy Schools”. These articles are intended to help people who work in schools to reduce their stress and increase their sense of satisfaction. I thought that last week’s article was one that I should share with our parent and student community. It is printed below, with the permission of the author: Steve Francis, an ex-Principal, an expert in work-life satisfaction and author of three popular books on work-life balance.

What does HAPPINESS mean to you? Would more money make you happier, more job satisfaction, more family time, a new car, more travel opportunities? What would make you happier?

Social and brain scientists have been able to ascertain the things that make us happy - but to get there we need to stop our quest for status and stop buying unnecessary possessions.

Scientists at the University of Wisconsin have used CT scans to identify the most active part of the brain during various moods. The most active parts of the brain when we are distressed are the amygdala and the right frontal cortex. However, when we are in a positive mood those areas of the brain are quiet and there is increased activity in the left prefrontal cortex. A person’s mood-range can be ascertained by noting the baseline level of activity in the right and left prefrontal areas. The further the ratio tilts to the left, the happier their mood.

Buddhist monks, who for centuries have been preaching the art of happiness are a great example. Their baseline point was found to be the furthest to the left.

A Time magazine poll found happiness tended to increase as income rose to $50000 per year but after that money didn’t have a significant effect on happiness. They concluded that money ceases to have a significant effect on our happiness once an average level of
income is attained. This explains why happiness increases when a person escapes poverty but societies do not become happier as they become more affluent.

Connecting our happiness with our relative affluence leads us to the pursuit of more belongings. “If I just had ....I’d be happy!” Many of us have a tendency to compare our situation with that of others. We compare ourselves with others then compete with them. These thought processes aren’t helpful. There will always be someone with more than us!

One of the biggest happiness roadblocks is our quest for status - the desire to be liked by others for our attainment. Often this quest for status leads us to an unremitting quest to buy more stuff and “Keep up with the Joneses!”

According to Professor Mirko Bagaric, author of “Being Happy and Dealing With Moral Dilemmas”, the things that are conducive to happiness are good health, realistic goals, self-esteem, active pastimes, optimism, a sense of control, close relationships and challenging work.

The best way to obtain acceptance and recognition is not by conforming and aspiring to achieve what others seem to want. People respect those who have the courage and commitment to pursue their own goals and passions.

Have a wonderful week.

Robert Emery
Principal

St Pius X HS Adamstown NSW
Nurturing faith, excellence & lifelong learning.

Important Dates

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<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Friday 4 September</td>
<td>School Dance</td>
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<tr>
<td>Monday to Wednesday 7 to 9 September</td>
<td>Year 10 Retreat – Collaroy</td>
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<tr>
<td>Monday to Friday 14 to 18 September</td>
<td>Year 10 – Work Experience</td>
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<tr>
<td>Friday 18 September</td>
<td>End of Term 3</td>
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<tr>
<td>Monday 5 October</td>
<td>PUBLIC HOLIDAY</td>
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<tr>
<td>Tuesday 6 October</td>
<td>Start of Term 4</td>
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</table>
**Retreat**
The Year 10 Retreat will take place from Monday 7 September until Wednesday 9 September. There will be no classes or supervision available for Year 10 students who have chosen not to attend the Retreat.

*Pam Wynn*
*Ministry Coordinator*

**Pastoral Care**

**Vinnies Winter Appeal**
This has been held during winter with a BBQ to finish up. It was a success and once all the money has been counted we will let you know how much the Vinnies members will be donating on behalf of the generosity of the St Pius Community. You can keep on bringing in any clothing and saleable goods and put them in the blue bins. The Vinnies blue bins are near the Library and also in Student Services. If you would like to donate please check out this link: https://www.vinnies.org.au/winterappeal.

**Seasons for Growth**
Seasons for Growth is about to begin for Years 7 and 8. Please email me if you would like your young person to be involved: bronwyn.melville@mn.catholic.edu.au.

You can find the Seasons Newsletter at: http://online.flipbuilder.com/fvhj/ewbh/. For young people involved in Seasons, it’s about their recognition of their: identity (who they are); status (their place in family) and their voice (what they have to say). *By Anne Graham, founder, writer of Seasons.*

**LAP Program**
Do you have half an hour to spare a week? We are looking for volunteers to assist in the LAP program, a mentoring program for students. Students love LAP and are always keen to spend time learning. They really appreciate their mentors giving their time. Thanks to the most beautiful LAP mentors any school has ever had, we have a great PAL program and we always welcome more to the group – don’t be shy. We will have a cuppa soon with our mentors and invite new people to come along. It’s a great way to become involved more in school life, while making a significant difference in someone’s life. Email me at: bronwyn.melville@mn.catholic.edu.au.

**“Keeping your Cool”**
1. Sit quietly.
2. Take it down a notch and talk slowly.
3. Think......then answer.
4. Walk with purpose (exercise is good) and look around you.
5. Think only about what is necessary.
6. Reserve at least 10 minutes a day for you.
7. Say only what you need to.
8. Hand over what you can’t deal with to God – he can handle it.

Pope Francis has a prayer which uses the fingers of your hand and asks you to pray for others and yourself. It is a simple prayer but effective and worth a look – it can be found at this link: http://vaticaninsider.lastampa.it/en/the-vatican/detail/articolo/francesco-francisco-francisco-preghiera-38077/
The Pope is a practical man and he says that “when I pray, God breathes in me”.

**Diocesan Mini Conference**
Federation Council – Diocesan Mini Conference – 31 October to 1 November (Saturday and Sunday). This will begin with a dinner at the Green Room at Hobart Road, New Lambton, with Dr John Irvine as dinner speaker and the next day at St Aloysius, Chisholm. Andrew Fuller will be entertaining and enlightening us, along with other speakers. The dinner is $60.00 but the conference is free – yes free (you read correctly). Please contact Cath Garrett-Jones if you would like more information on (02) 49791303.

*Bronwyn Melville*
*Pastoral Care Worker*
If your Year 7 or 9 student has not brought home their NAPLAN results, these may now be collected from the Main Reception at St Pius.

MindMatters and Wellbeing
Last week, building confidence was discussed in the Newsletter. This week as part of our whole school Wellbeing framework ‘Goal Setting’ will be explored. Below are some tips to sit down with your child and look at. This can be placed on the fridge or in their room (this will be a huge help around exam time next term). More information around resilience next fortnight. Do not forget to check out the www.mindmatters.edu.au website for more information around adolescent Wellbeing. Date to put in your calendar: Parent Information Evening – Week 2, Term 4 Wednesday 14 October.

Laura Gallagher
MindMatters Project Officer

Goal Setting Made Easy
Goal setting can help when:
- You feel overwhelmed by how much is going on
- You feel like you lack direction
- You have a big task to tackle

Why Goal Setting is Useful
Turning something you want in life into an actual goal is a really great way to make it happen. That is because you are making a decision to act in order to get what you want. Goals give you direction, they keep you focused and motivated, and increase your chances of achieving things.

Where to begin?
To be able to set a goal, you need to know what it is that you want. Some tips for helping you work out what you want include:
- Start with things you enjoy. We are happiest when we are using our strengths. Write down the five things you enjoy most in life. Are there any goals you can identify?
- Don’t get too caught up in ‘big’ things. A lot of the time when we think about goals, we think they need to be really big - and that can get overwhelming. Change how you think about goals. A goal should be anything you want to do or achieve - big, small, or completely random.
- Think about what you don’t want. Write a list of five or ten things that you don’t want. Then turn them around to become goals. E.g. turn ‘I don’t want to be stuck at home’ into ‘I want to travel’.

Goals can be made in many different areas of your life. Think about:
- Personal qualities
- Friendships/relationships
- Family
- Work/study
- Physical health
- Interests/hobbies
- Attitudes

Are there things you want to change or work towards in any of these aspects of your life?

The Process of Goal Setting
When you have an idea about what it is that you do want, there are three simple steps you need to take to set a goal.

1. Define your goal.
   There are two important parts to defining a goal:
   - Make your goal specific. Goals should be measurable and have an end point.
   - Make your goals realistic. Taking on challenges can be really motivating, but don’t set yourself up to fail. If you’re not sure if your goal is realistic, talk to someone you trust about it.

2. Set sub-goals.
   Breaking up your goal into sub-goals is really important to staying motivated, particularly for larger goals that take a long time to achieve. Sub-goals help you recognise and celebrate when you have made progress.
3. Work through a plan of action. Having a tangible plan of action helps you to stay focused. This can be done by following these points:
- Write down your sub-goals. Once you have worked out your sub-goals, make sure you write them down and keep them in a place where you can see them.
- Include a time frame. Deadlines keep you on the go and help you stay motivated. For each written sub-goal, write down a deadline to prevent yourself from putting things off or forgetting your goal.
- Happy Goal Setting 😊

**Debating**
On Wednesday 19 August 2015, the St Pius Year 10 Debating Team travelled to the Hunter Valley to compete in the Diocesan Year 10 Debating Finals Competition which was hosted by St Joseph’s High School in Aberdeen. It was a day full of strong argument and great discussion.

Our three debaters in The Year 10 Debating Team this year, who all love any opportunity for a good argument, were Eulalia Angeli, Rose Lancaster and Rose Cousins. We thank Rose Lancaster for filling a vacated position in the Year 10 team at short notice. We also thank Mrs Jay Power for her support in an event full of team work and valuable challenges. It was an excellent opportunity to meet and support other students from our Diocesan schools. The topics debated were: ‘We Get the Politicians We Deserve’, ‘Media Presents a Selfish Society’ and ‘We are a Nation of Imitators’.

As always, the competition was fierce, and as we awaited the adjudicators’ decisions to decide upon the winners, the audiences were undecided about who should win the various debates. Our team was narrowly defeated by the boys representing St Joseph’s Lochinvar. We stayed on for the final debates to observe and support the participating teams from the other schools.

This year marks the final time we, Eulalia Angeli and Rose Cousins, will ever debate for St Pius. It’s been a great ‘ride’ to represent the school in this worthy academic pursuit over the last four years. We thank Mr Greg Struck for coordinating and perpetuating the important skill of debating in our school, for we know that having the skills to engage in a good argument, in good faith and fairness, will help us as we move onto other challenges after St Pius.

We wish future St Pius X debating teams all the best, and we urge all students, who might enjoy a good and fair ‘argument’, to have a go at representing St Pius in the Debating Team. It is a great team sport.

Rosie Cousins and Eulalia Angeli (Year 10)
Rose Lancaster (Year 9)

**Year 10 VET Hospitality**
Year 10 Hospitality students had the pleasure of our very own Religion/PE teacher Mr Matthew Pettett, for a butcher demonstration during week 7’s practical class.

Rosie Cousins and Eulalia Angeli (Year 10)
Rose Lancaster (Year 9)
Before his career in education Mr Pettett was a butcher by trade and he didn’t miss a beat as he took the class through a very thorough workshop on cutting up a whole chicken.

Students learnt to remove the legs and thighs first, followed by the breasts and finally the wings. A stock was made from the carcass, leaving nothing as waste. It was excellent to see new skills learnt, and the students were very proud to perform all of the cuts on their own. Thank you again Mr Pettett and well done on your efforts Year 10 Hospitality.

Sarah Watson
Hospitality Teacher

On Monday we played four very tough games. We won two and lost two. Our team easily beat Schofields, and narrowly won against Pennant Hills after an action packed first half. Although we lost against Albury and North Sydney we remained in high spirits. We continued to play well for our fifth game on the Tuesday and we absolutely, positively, flogged Sutherland.

We had a two great days and would like to thank our coach Ms Hart and the mums who came along and helped out. We would also like to thank Matisse Hill who stepped in to replace Imogen McCulloch, who unfortunately broke her arm. Good work girls!

Josie Varnum, Sarah Cooper and Kayla Waldron

Year 7/8 State Basketball
On Monday 24 August and Tuesday 25 August, seven girls participated in the State School Basketball Competition in Penrith. The team included: Josie Varnum, Kayla Waldron, Sarah Cooper, Matisse Hill, Kate Kingham, Tess Fanning and Rosanna Jennings. And our fabulous coach Ms Hart.
**Canteen Roster**

We are in desperate need of volunteers. If you can help out please call the Canteen number below. If you are unable to attend on your allotted day, please contact Janelle Oliver or Sharon Hart at the Main Office on 4957 1032 or the Canteen directly on 4013 2629.

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<thead>
<tr>
<th>Monday 7 September</th>
<th>Tuesday 8 September</th>
<th>Wednesday 9 September</th>
<th>Thursday 10 September</th>
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<tbody>
<tr>
<td>Michelle Orrett</td>
<td>Anne Maree Sheridan</td>
<td>Kay Laws</td>
<td>Clare Howlett</td>
<td>Amanda Smith</td>
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<td>Narelle Aston</td>
<td>Denise Kingham</td>
<td>Victoria Munro</td>
<td>Kelly Brands</td>
<td>Jessica Cocks</td>
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<td>Rhonda Dockrill</td>
<td>Fran Stanbridge</td>
<td>Biatta Najjar</td>
<td>Sandy Mantach</td>
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<th>Monday 14 September</th>
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<tr>
<td>Michelle Gordon</td>
<td>Carla Hodgetts</td>
<td>Vicki Faul</td>
<td>Karen Duggan</td>
<td>Louise Gow</td>
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<td>Sonya Hawes</td>
<td>Vicki Taverner</td>
<td>Janice Vandenberg</td>
<td>Karen Campbell/</td>
<td>Francine Webber</td>
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<td>Michelle Gallagher</td>
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<td>Mary Miljkovic</td>
<td>Angela Jeffs</td>
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<td>Shelagh Zincke</td>
<td>Jacqueline Brown</td>
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St Pius X High School
Music Students Present:

Music Night
“Masterpiece”

Wednesday 16 September
7.00pm
Factory Theatre

Tickets will be sold at the door
$10 Adult
$5 concession
Holliday Music
Live Concert 2015

Sunday September 13th 3pm
The Factory Theatre St Pius Adamstown
Afternoon tea provided at intermission

$12 Adult $5 per Child 12 & Under

To book contact 0413 101 735
joshua.s.holliday@gmail.com
**Tickets are now on sale for the**

*St Pius X Mothers Dinner*

*At “Harborview on Queens Wharf”*

**Date:** 16 October 2015  
**Time:** 6.30pm for 7.00pm  
**Cost:** $65.00 – Canapés (6.30-7pm), Main and Dessert

So ladies mark your calendars and keep this date free for a night of fine dining, fabulous prizes, great company & a harbour view setting.

*Tickets may be purchased individually or as groups.*

*Table maximum seat 10*

We are seeking donations for raffle prizes and assistance on the night. Please contact us if you are able to help.

Natalie Steel 0419 505 366 or email jason.steel@bigpond.com  
Therese McCloy 0422 228 702 or email tbmccloy@hotmail.com

Please complete the details below with the names of the people to be seated at your table. Send in the completed form with your full payment to the ‘P & F Box’ located in the main Reception Office at St Pius X High School.

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<th>Table Contact</th>
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To audition for the 2016 production the dates are as follows:

- 2nd November 2015 Dance and Stage Band
- 4th November 2015 Drama
- 5th November 2015 Vocal
- All held at St Therese’s New Lambton from 9:00 am

Audition forms available from your school or at
http://www.mn.catholic.edu.au/students/performing-arts/aspire

Civic Theatre Newcastle
Thursday 4th August | Friday 5th August | Saturday 6th August
HOLIDAY WORKSHOPS
SEPTEMBER 2015

ASPIRE is offering wonderful workshops over the September holidays. These workshops are open to any student from any of our schools in our Diocese.

ALL WORKSHOPS HELD AT
ST THERESE'S
ROYAL ST, NEW LAMBTON,
ENTRY VIA ROYAL ST GATES,
HALF END

ASPIRE TWO DAY PERFORMANCE WORKSHOP
22ND – 23RD SEPTEMBER 10AM – 4PM
With Lauren Wheatley and Anna Kemigian
COST: $160
AGES: Years 5 – 10
This is a great opportunity to get a taste of what ASPIRE is all about. Over the course of 2 days you will work on a short performance that incorporates vocal, dance and acting components. Students can sign up for either the musical theatre or acting group and work on set pieces in their group, before bringing everything together and creating a new performance piece. Students will initially work in discrete groups (either Musical Theatre or Acting) and then will be combined.

Musical Theatre Participants will look at voice, movement and overall performance skills. Time will be spent looking at solo and ensemble work. The emphasis will be on stage craft and developing participants understanding of what it takes to give a great performance.

Acting Participants will look at devised and scripted work as they work in crafting the plot of the performance piece. Each student will be given a character to focus on and spend time working on their own acting skills as well as working as part of a team to get a performance onstage.

ACTING: THE AUDITION 24TH SEPTEMBER, 10AM – 4PM
With Anna Kemigian
COST: $80
AGES: Years 4 – 8
Spend the day working with ASPIRE's artistic director on giving a great audition. Participants will be required to prepare a short monologue to use on the day which will be workshoped. In addition to this students will learn about using their voice and physicality to the best effect. Finally the day will finish in a mock audition and students given detailed feedback on their efforts.

MUSIC: SINGER-SONGWRITER 24TH SEPTEMBER, 10AM – 4PM
With professional musician Mike McCarthy
COST: $80
AGES: Years 5 – 8
Bring along your instrument of choice and work alongside a professional musician for the day as you write your own songs. Looking at everything from lyrics and finding inspiration to finding the right riffs and musical patterns, this is a great opportunity to hone your skills and work in your preferred style.

WORKSHOPS
Enrolment for workshops can be made by cheques payable to the Catholic Schools Office (NSW) or cash in person at Catholic Schools Office, Hunter Street, Newcastle West. For inquiries phone Anne Atkins on 4979 1331 or Anna Kemigian on 0424 961 775
Once the booking is made further information will be forwarded to participants.
FREE GIRLS YOGA is a movement to uplift & empower our teen girls! It unites girls through the practice of yoga in a common goal to live life to its greatest potential as healthy, inspired, self-empowered individuals & members of society.

FREE monthly class - girls 15-21 yrs
Last Sunday of the Month 3.30pm-4.30pm
Upstairs, Vitality Junction 179 Union St, The Junction

Contact Bronni Page: 0411 696370 bronnipage@hotmail.com

Bronni Page Yoga
Find your calm • Feel amazing
St Pius Uniform Shop  
(02) 49577651  
stpius@alinta.com.au

YEAR 7 2016 UNIFORM FITTINGS

Saturday 14th November  
Tuesday 17th - Saturday 21st November  
Tuesday 24th - Saturday 28th November

Please note that bookings are required for fitting times.  
This can be done online at www.alintaapparel.com.au or by phoning the uniform shop during regular opening times.

To help keep your trip to the Uniform Shop in January as short as possible, and to avoid long queues and delays, we recommend that January only be used for size exchanges and layby collection—please make your fitting appointments for November.

Regular opening times are:  
Monday 10.30-12.30  
Wednesday 2.30-4.30

Uniform price list & online shopping available at:  
www.alintaapparel.com.au
# Uniform Shop

**Phone:** (02) 4957 7651 (shop hours)
**E-mail:** stpius@alinta.com.au
**Web:** www.alintaapparel.com.au

**OPERATING HOURS**
- **School Term** — Monday 10.30am – 12.30pm, Wednesday 2.30pm – 4.30pm

## Girls Uniform: 7 - 10

<table>
<thead>
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<th>Item</th>
<th>Size</th>
<th>Price</th>
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<tr>
<td>S/S Formal Blouse</td>
<td>All Sizes</td>
<td>$39.00</td>
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<tr>
<td>Tartan Skirt</td>
<td>All Sizes</td>
<td>$68.00</td>
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<tr>
<td>Girls Fitted Pants</td>
<td>All Sizes</td>
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## Boys Uniform: 7 - 10

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<tr>
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<tr>
<td>Formal Trousers</td>
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## Winter Uniform

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<tr>
<td>Knitted Jumper</td>
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<td></td>
<td>18 - 22</td>
<td>$92.00</td>
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<tr>
<td>Polar Fleece Top</td>
<td>All Sizes</td>
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## Sports Uniform

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<th>Item</th>
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<td>Sports Polo</td>
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<tr>
<td>Sports Shorts - unisex</td>
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<tr>
<td>Sport Shorts - girls</td>
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<tr>
<td>Tracksuit Jacket</td>
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<tr>
<td>Tracksuit Pants</td>
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## Accessories

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<td>Sport Socks - white ankle (1pk)</td>
<td>All Sizes</td>
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<tr>
<td>School Socks - grey</td>
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<tr>
<td>Microfibre Tights - grey</td>
<td>All Sizes</td>
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<tr>
<td>Sports Cap</td>
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<tr>
<td>Leather Belt</td>
<td>All Sizes</td>
<td>$15.00</td>
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## Shoes

- School Shoes: to be black lace-up, able to be polished leather school shoes which do not extend over the ankle or have a platform. The leather should cover the whole upper foot for safety. Boots, joggers and sneakers are not permitted.
- Sports Shoes/PE Practical: to be predominantly white, and should have laces or velcro straps, and be supportive of the feet during exercise.

## PLEASE NOTE

- Sizes not carried are available by order, however, production time (usually 80 days) must be allowed, and a 50% non-refundable deposit made upon order.
- For sizes 4XL and L22 and over, a $10 surcharge will apply.

Online orders are distributed from the Uniform Shop, therefore postage will occur on the next opening day of the Uniform Shop.

Payments can be made with Cash, Credit Card or Debit Credit Cards only.

Please contact your bank regarding individual access and availability of these facilities.

13/07/2015 3:33 PM

Prices subject to change without notice.
Second-Hand Uniforms

A large number of parents/carers have expressed the need to have second-hand uniforms available. St Pius X High School runs a service which enables all parents to buy/sell second-hand uniform items. The service works in the following way:

1. Parents/carers 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 are then advertised in a special “Second-Hand Uniform” section of each newsletter.

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

4. Parents/carers will simply contact the number supplied and deal directly 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:........................................................................................................................................
....................................................................................................................................................
....................................................................................................................................................
....................................................................................................................................................
....................................................................................................................................................

Contact Number:....................................................................................................................
<table>
<thead>
<tr>
<th>Name</th>
<th>Ph Number</th>
<th>Items</th>
<th>Size</th>
<th>Buy/Sell</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alison</td>
<td>0477 376 302</td>
<td>Jumper</td>
<td>12</td>
<td>Sell</td>
<td>$35.00</td>
</tr>
<tr>
<td>Fiona</td>
<td>0411 032 767</td>
<td>Grey Shorts (x2)</td>
<td>J12</td>
<td>Sell</td>
<td>$10.00 ea</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Grey Shorts</td>
<td>J10</td>
<td>Sell</td>
<td>$10.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sport Shorts (x2)</td>
<td>J10</td>
<td>Sell</td>
<td>$10.00 ea</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Boy’s blue shirt (x3)</td>
<td>Small</td>
<td>Sell</td>
<td>$10.00 ea</td>
</tr>
<tr>
<td>Janelle</td>
<td>0411 118 576</td>
<td>Boy’s blue shirt (x3)</td>
<td>J12</td>
<td>Sell</td>
<td>$10.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sports Shirt</td>
<td>12</td>
<td>Sell</td>
<td>$10.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Grey Shorts x2</td>
<td>J12</td>
<td>Sell</td>
<td>$10.00 ea</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Boy’s Blue Shirt (brand new)</td>
<td>J12</td>
<td>Sell</td>
<td>$28.00</td>
</tr>
</tbody>
</table>