Dear Families and Friends of the St Pius X Community

Science & Engineering Challenge National Final
The Science and Engineering Challenge is an innovative, capacity building and inspiring national outreach program aimed at encouraging school students into STEM (Science Technology Engineering and Mathematics) studies and careers. In 2015 over 20,000 people were involved in the Challenge program nationally. This represented 63 events, 99 competition days, 679 schools (State, Private & Catholic Systemic) and 2,200 volunteers.

There are 8 schools which will compete in the Final at Newcastle University this Friday. Of those 8 schools, the 3 NSW schools are all from our Diocese: St Pius X Adamstown, St Mary’s Gateshead & St Peter’s Maitland. This is already an outstanding result. Our Team has performed extremely well throughout the Challenge, winning the Regional Event (Day 2) and then the State Final. We wish the Team and their Mentors, Mrs Healey & Mrs Turner all the very best for Friday. Have fun!

National STEM Education Summit
The NSW Minister for Education is hosting the National STEM Education Summit in Sydney on Thursday 5 November 2015. I will be attending as one of two NSW Catholic Principal representatives from schools which are involved in the STEM initiative. The event is an opportunity to focus on the strategic policy and program reforms that are needed to drive change in this critical area, and how the national STEM in education strategy can help get us there. I am honoured and excited to have been asked to attend and I look forward to sharing my ideas and being part of this important discussion. Mrs Carmel Tapley, CSO Education Officer (Secondary Curriculum), has also been invited to attend, so our Diocese is well represented.

Lessons from “The Martian”
Have you been to see “The Martian” yet? If your answer is: “No, I don’t like science fiction.” go and see it anyway. It is a powerful story of human survival.

The Martian is about an astronaut who accidentally gets stranded on Mars after a freak accident. His crew evacuates the planet after presuming him dead. The story is a whirlwind of adventure and its science is spot on. Unlike your typical superhero, the hero of this movie is equipped with scientific and practical know-how that allows him to (just) scrape through many disasters in the unforgiving Martian environment. We see Mark Watney’s struggle to survive, but also the incredible efforts of the NASA scientists and his fellow crew members to save him – once they realize he’s alive.
The Martian is full of lessons about **the power of resilience and improvisation**. The improvisational elements in “The Martian” center on the practicalities of survival: how to grow food on a desolate planet, how to make water and how to communicate with Earth. The resilience aspects deal with the psychological work of moving forward without losing hope.

There are numerous instances in the movie of Watney confronting some bleak new situation and falling into despair. He makes a mistake that could be potentially fatal to him. He makes two steps forward one day and three steps back the next. In each instance, he lets himself feel those things. Then he takes a deep breath, gets up, and does what is in his power to do. He moves on. He never gives up.

Faced with tragedy, disaster or difficulties, many people get stuck in despair and never move to action. Others move straight to action without letting the full weight of what’s going on hit them. Watney models a good balance. He thinks about what has happened, considers his options and then has another go.

Watney comes to consciousness after the accident and realizes he’s completely alone and 225 million kilometres from home. He has no clue how to contact Earth or his crew, how to even think about rescue. However, in the face of these facts, he does not panic. Watney realizes that none of that matters at that moment, because the first thing he has to do is to work out what he’s going to eat. So, he focuses on growing food and successfully engineers a way to do this. Solving this problem gives him confidence that he is not going to die on Mars. He then takes one problem at a time and gradually solves each one. He knows each problem he solves gets him one step closer to being rescued.

**Life is relentless.** Watney’s situation was unrelenting, requiring constant activity: planning, executing, testing, retrying. He had to be a botanist, a mechanic, a scientist and a carpenter. He had to be vigilant against an alien planet that seemed determined to kill him. He could not stop.

With the right attitude, however, the will to live is very strong. A positive, can-do attitude is essential for survival and success. Watney accepts what the world (or Mars to be precise) offers and builds on it. Even when he has no idea how he could possibly be rescued, Watney is determined to live for as long as he can.

Resilience building and problem solving are two important life skills that we focus on here at St Pius as parts of our 21st Century curriculum. Hopefully, our students will never face being marooned on Mars but these skills will stand them in good stead when facing the inevitable ups and downs of life.

**Boys Socks 2016**

In 2014 the SRC proposed the idea of changing the boys’ socks from the existing long blue ones to the short grey ones worn at SFX, Hamilton. They had several reasons for the suggestion, the main one being comfort during the hot months. The long socks are too hot. Another reason was that it then makes our socks the same as those worn at SFX, which means students may get more wear out of them. This proposal was put to the P&F and after much discussion was approved by them.

Obviously, this was not a decision that could be implemented immediately. Our Uniform Shop, Alinta, had large stocks of the original socks. Time had to be given to allow this stock to decrease.
We have now reached the stage where the grey socks have been ordered as the official boys’ socks for the Yr7 2016 Orientation. The blue socks will continue to be offered for sale to other Years until the end of this year.

From the start of 2016 onwards only grey socks will be sold from the uniform shop. Year 7 2016 must wear the grey socks. Boys in other Years may continue to wear the original blue socks throughout 2016 if they wish but once they wear out grey socks must be purchased. From 2017 onwards all boys must wear the short grey socks.

Parents and Carers please note that the official socks will be those sold by the Uniform Shop. This ensures that the colour of the grey sock is the same for everyone and the same as those worn at SFX. Please do not buy socks from other vendors.

Have a lovely week.

Robert Emery
Principal

St Pius X HS Adamstown NSW
Nurturing faith, excellence & lifelong learning.
Name of School: St Pius X Adamstown
Cohort: Year 8
Number of Students Assessed: 257
School Average: C
Diocesan Average: C
School Ranking: 1st out of 9

Level of Achievement explained:

This indicates that the majority of students could demonstrate a knowledge and understanding of the Catholic Sacraments by:

- Identifying ways the Church celebrates key moments in people’s lives through the celebration of the Sacraments.
- Describing the use of symbols and ritual actions in the various Sacraments.
- Describing a particular sacrament in detail.
- Outlining the meaning of sacraments for Catholics.
- Outlining information about different types of sacraments.
- Outlining the links between the sacraments and Jesus.

Overall:

The students have a sound knowledge and understanding of most of the Catholic Sacraments and can describe ways the Church celebrates key moments in people’s lives through the celebration of the Sacraments. The students have also achieved an adequate level of competence in outlining the use of symbols and ritual actions in a variety of Sacraments.
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
</table>
| Monday to Friday   | 2 November to 6 November  | Year 7 Exams  
|                    |                           | Year 8 Exams  |
| Wednesday          | 4 November               | Year 7 2016 – Parent Information Evening  
|                    |                           | Theatre  
|                    |                           | 7.00pm to 8.30pm  |
| Monday to Friday   | 9 November to 13 November | Year 10 Exams  |
| Thursday to Wednesday| 12 November to 18 November | Year 9 Exams  |
| Wednesday          | 18 November              | Year 10 – Well-Being Day  |
| Friday             | 20 November              | Year 10 – Italian Film Festival  |
| Thursday           | 26 November              | Year 10 – Chris Doyle Performance  |
| Friday             | 27 November              | School Dance  
|                    |                           | St Therese’s New Lambton  
|                    |                           | 7.00pm to 9.30pm  |
| Monday             | 30 November              | Year 10 – Clap Out  
|                    |                           | 11.00am  |
| Tuesday            | 1 December               | Year 10 – Formal  
|                    |                           | Newcastle Town Hall  
|                    |                           | 6.30pm to 10.00pm  |
| Thursday           | 3 December               | Year 10 – Visit to SFX  
|                    |                           | 8.45am to 1.00pm  |
| Friday             | 4 December               | Year 10 – Formal Photo Viewing  
|                    |                           | 8.30am to 11.30am  
|                    |                           | Room 508  |
| Monday             | 7 December               | Year 10 – PRACTICE FOR Graduation Ceremony  
|                    |                           | Wests City (Formerly Panthers Newcastle)  
|                    |                           | 10.00am to 1.00pm  |
| Monday             | 7 December               | Year 10 – Graduation Ceremony  
|                    |                           | Wests City (Formerly Panthers Newcastle)  
|                    |                           | Students to arrive at 6.30pm for a 7.00pm start.  |
| Wednesday          | 9 December               | Music Excursion – ‘Matilda’  
|                    |                           | Sydney  |
| Wednesday to Friday| 9 December to 11 December | Year 9 – Canberra Science Enrichment Excursion  |
| Monday             | 14 December              | Year 8 End of Year Presentations  
|                    |                           | 9.00am to 11.00am – Theatre  |
|                    |                           | Year 9 End of Year Presentations  
|                    |                           | 1.00pm to 3.00pm – Theatre  |
| Tuesday            | 15 December              | Year 7 End of Year Presentations  
|                    |                           | 9.00am to 11.00am - Theatre  |
Elective Information
Parents and Year 8 students have now been informed about the Elective Subjects allocated for 2016. Most students were able to receive their first preference whenever that subject received sufficient numbers to be timetabled. Preference was given to a student’s first choice. In the cases such as Food Technology/Pathway Hospitality where the class was fully subscribed with first preferences, students who selected this subject as second preference were not able to receive it. This meant that it is not uncommon for students to receive their first and third choice.

Requests for changes
Requests for a change in elective subjects can be made from now until Term 1 Week 5, 2016. Please note that changes may not be possible because of subject clashes and classes already reaching maximum or minimum size. Requests are kept in case one request facilitates another being possible.

Parents may make requests via email or a signed note. No special form is required. Changes to elective subjects after Week 5 Term 1 2016 would only be considered in pastoral circumstances.

Stephen Dunn
Dean of Studies

Professional Development Day on Wellbeing
On Tuesday 13 October all staff were involved in a Professional Development day about wellbeing. The day was very successful and we were very fortunate to have Andrew Steele from Newcastle Headspace visit to provide us with some insight into their organisation and concerns with young people surrounding depression and anxiety.

The staff also had the opportunity to work through scenarios, school policy and procedures regarding student wellbeing. Our school policy for Mental Health can be viewed on our school website. As a parent or guardian if you have concerns for your child’s wellbeing please contact their House Coordinator or our School Counsellor.

If you are looking for advice Headspace has some great resources for young people and parents at: www.headspace.org.au/

Carmel Wright
Assistant Principal – Dean of Students
carmel.wright@mn.catholic.edu.au

Year 9 Leadership Day
On Tuesday 27 October, Year 9 attended a Leadership Day run by our school at St James Primary School, Kotara. Our student leaders supported this day.

I would like to take this opportunity to thank Mr Mark Twohill, Principal of St James, and the school community of St James for so generously allowing us to use their facilities.

Pam Wynn
Acting Ministry Coordinator

Pastoral Care
It was great to be able to attend the St Pius Mothers Dinner once again and talk to all the wonderful mums who attended. It is always a very special night, and in spite of all the mums being out for a ‘night to themselves’, it is interesting that every mum I spoke to gravitated to talking about their own children (me included), with much pride. So once a mum, always a mum I guess.

I had the opportunity to talk to a mum who spoke to me about her daughter being overseas with her husband and family, working in a local school. She travelled there recently and spoke about the situation in that school and how the class sizes are up to 50, all crammed in a small room on benches. There is very little in the way of writing materials, and the conditions are very hot to say the least.
She worries about her grandchildren, daughter and son-in-law, as there are dangers present every day that we would rarely see in our wonderfully regulated, infrastructured society. I told her I would keep them in my prayers. It is difficult to know how to help others and it is the attitude we share that makes the difference. We may not be able to do much for one another but listening is always a good start. Thanks for sharing Margaret.

Vinnies News
Vinnies members will be visiting the residents at St John’s Villa next week. Last visit, they spent time talking to the residents and playing board games with them. We also distributed the rugs which are very kindly made by Mrs Christine Ausburn from Student Services. Vinnies members are also selling chocolates, and all money this month will be going to the Seafarers charity we support. So go on have a chocolate – but make sure you know your Recommended Dietary Intake.

LAP (Learning Assistance Program)
This program is a mentoring program and is run during school time. Each mentor spends 30 minutes a week with a student, assisting them to engage in school life more fully. Some comments so far:

“My mentor is a very nice lady – she gives me time and doesn’t seem to mind my questions”.

“I like the LAP program – it is good not to feel pressure and it’s my time”.

If you can spare 30 minutes per week, we are looking for more mentors. Please feel free to email me at: bronwyn.melville@mn.catholic.edu.au

Mindful Colouring
There will be ‘Mindful Colouring In’ on a Tuesday and Wednesday during Recess in Room 421 – bring your pencils and creative energy. All welcome.

Links and Apps to help Parents
University of NSW ICAS International Mathematics Competition
Distinction:
Alexander Edwards (Year 10)
William Davis (Year 9)
Credit:
Rachel Haberl, Anakha Hari (Year 9), Roisin Browne, Nicky Chomyn (Year 8)

Commonwealth Bank Australian Mathematics Competition
Distinction:
Lawson Castle, Luca Sakoff (Year 9)
Credit:
Maggie Carmichael, Luke Christian, Rose Cousins, Connor McKinnon, Ashleigh Thomson (Year 10)
William Davis, Kevin Flegg, Anakha Hari, James Suminoski, Natalie Young, Tahlia West (Year 9)
Conrad Watson (Year 7)

Well done all!

Robyn Harris, Bill Robson
Mathematics Teachers

Visual Arts
During Term 3, students were called to submit an artwork into the 2015 St Pius X High School Archibald prize. Fifteen students each created a portrait of their favorite teacher or staff member from the school and exhibited them for judging by local well known artist, Ric Woods.

The exhibition was judged in Week 10, Term 3, with Mary Mujic (Year 8) taking out this year’s prize, for her quirky and precise portrait of Mr Gary Atherton. The portrait will remain in the school’s collection.

Hospitality
Year 10 Hospitality enjoyed an Industry Immersion Excursion on Wednesday 21 October. The day began at Uprising Bakery, Maryville with a tour of the premises and the commercial bakery equipment, a tour and high tea at Crowne Plaza, Newcastle Hotel, followed by a sustainability presentation by Neil Slater and lunch at Scratchleys restaurant.

The day finished with an amazing ocean view upon our walk down the Anzac Memorial Bridge.

Megan Williams
Visual Art Department

Sarah Watson
Hospitality Teacher
Mindmatters News

Staff Wellbeing Day

On Tuesday 13 October as part of Mental Health month our staff were involved in a Wellbeing Professional Development day. The day helped to develop and refine their skills in our school mental health care plans, communicating with students with mental health difficulties as well as learning strategies for their own wellbeing.

Parent Information Evening

On Wednesday 14 October Byron Williams from Headspace Newcastle and Emma Thomson who has developed the ‘Love me Mission’ for girls came and spoke to parents in the theatrette. The evening was extremely informative and Carmel Wright our Deputy Dean of Students spoke about the process of our Mental health care plans, who to contact regarding concerns about their child. Emma Thomson will be doing workshops with our girls at St Pius around self-worth and self-love later this term.

Why positive coping strategies are useful.

Positive coping strategies are any actions you take to manage and reduce stress in your life, in a way that is not going to be harmful or detrimental in the long term. People who use positive strategies are not only better able to tackle challenges and bounce back from tough times, but they are also much happier.

Finding the right coping strategies.

To find the best coping strategies for you, list the types of situations that you find difficult to manage. Pick a few ways to reduce stress (listed below). When the stressful situations arise, try out one of your strategies. Keep notes on how it went – things that worked, or did not. You will soon work out which strategies work well for you, and which situations favour certain strategies over others. Keeping tabs by writing things down will also help you make using positive coping strategies a habit.

A mega list of coping strategies:

- **Turn to someone you trust.** It can be a relief to share your thoughts with someone else, and it can be good to work through problems with the help of another person.
- **Write it all down.** Keeping a notebook handy for you to scribble your thoughts in whenever you feel like it can be a great way of expressing yourself. You may find it helpful to write about what is worrying you, or express yourself in a more creative way.
- **Set aside regular time for yourself.** Even if it’s just ten minutes of ‘you’ time, taking some space for yourself where you turn off your phone, spend time alone, exercise, meditate, or listen to music can really prepare you for tackling stress or challenges.
- **Overcome negative patterns of thinking through self-talk.** Self-talk can help you see things from a more positive perspective and give a huge boost to your confidence. Examples include things like: I matter, and what I have to offer this world also matters. No one can *make me feel inferior* without my consent.

- **Reduce your load.** Sometimes you just have to accept that you cannot do everything. Keep track of your daily schedule and how you feel each day, and working out your optimal level of activity. You should be busy, entertained, and challenged, without feeling overwhelmed or tired all of the time.

- **Consider the big picture.** When you are going through a stressful situation, ask yourself these two questions. ‘How important is this?’ and ‘will it matter in the long run?’ If you realise it does not, it is probably not worth getting too stressed out by.

- **Learn to forgive.** Move on from hurt, regret and anger. Whether you are angry at yourself or someone else, it does not help you to hold on to negative feelings like resentment.

- **Hone your communication skills.** If you know how to communicate a problem well, it will help prevent conflict from escalating, and could help solve the cause of the stress in the first place. Talk to someone about the problem, two heads are better than one.

- **Build your optimism.** Optimism involves learning to think positively about the future - even when things go wrong. That is not to say you pretend that everything is fine when it is not. Instead, it is about looking objectively at a situation, making a conscious decision to focus on the good. It can be hard to do, but if you practice, you are likely to get better.

- **Learn how to set goals.**

- **Relax.** Relaxation is a great way to refocus your thoughts, particularly when things are becoming a bit overwhelming, listening to music or sitting in a safe and quiet spot can help.

- **Build your gratitude.** Take some of your focus away from the negative things, and take 5 minutes each day to identify 3 things which you are thankful about.

**If you need some more help...**

You do not have to work this stuff out on your own. Counsellors are great at helping to build and develop coping skills, we have a fantastic Counsellor that works 5 days a week here at St Pius: Maryanne Paisley. Your House Coordinator, or a trusted teacher at school could also help to make the first step in helping you cope in difficult situations.

*Laura Gallagher*

**Mindmatters Project Officer**
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.

<table>
<thead>
<tr>
<th>Monday 2 November</th>
<th>Tuesday 3 November</th>
<th>Wednesday 4 November</th>
<th>Thursday 5 November</th>
<th>Friday 6 November</th>
</tr>
</thead>
<tbody>
<tr>
<td>Michelle Orrett</td>
<td>Anne Maree Sheridan</td>
<td>Kay Laws</td>
<td>Clare Howlett</td>
<td>Amanda Smith</td>
</tr>
<tr>
<td>Narelle Aston</td>
<td>Denise Kingham</td>
<td>Victoria Munro</td>
<td>Kelly Brands</td>
<td>Jessica Cocks</td>
</tr>
<tr>
<td>Rhonda Dockrill</td>
<td>Fran Stanbridge</td>
<td>Biatta Najjar</td>
<td>Sandy Mantach</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monday 9 November</th>
<th>Tuesday 10 November</th>
<th>Wednesday 11 November</th>
<th>Thursday 12 November</th>
<th>Friday 13 November</th>
</tr>
</thead>
<tbody>
<tr>
<td>Michelle Gordon</td>
<td>Carla Hodgetts</td>
<td>Vicki Faul</td>
<td>Karen Duggan</td>
<td>Louise Gow</td>
</tr>
<tr>
<td>Sonya Hawes</td>
<td>Vicki Taverner</td>
<td>Janice Vandenberg</td>
<td>Karen Campbell/</td>
<td>Francine Webber</td>
</tr>
<tr>
<td>Michelle Gallagher</td>
<td></td>
<td>Mary Milijkovic</td>
<td>Angela Jeffs</td>
<td>Lexie Williams</td>
</tr>
</tbody>
</table>
Sport

Berg Shield Cricket
On Friday, the school’s cricket team played in the Berg Shield against San Clemente at Adamstown oval in a 30 over a side knockout competition. The final score was 177 to 62, our way. Our team performed well and it was very good to see how well the team backed each other and all players contributed to the win. William Davis was the standout player scoring 101 runs not out and sending down some useful overs to contain the opposing teams run chase. The bowling of Aidan Galvin and Lewis Hextell were both proving very hard to score against and picked up valuable wickets. Nicholas Stanbridge was very solid as wicketkeeper and also took some very good catches. Thomas Silcock and Jethro Bowen also bowled well and were exceptional in the field. Our next game is against St Peter’s at Maitland.

The players involved were William Davis, Lewis Hextell, Aidan Galvin, Matthew Heathcote, Mitchell Hodgetts, Lawson Castle Jethro Bowen, Drew Sellers, Nicholas Stanbridge, Benjamin Hawes, Thomas Silcock, Ethan Ptolemy and Harrison Wright.

Col Griffin
Coach

St Pius Runners
On Sunday 11 October, the first iStadium running festival was held in Newcastle. The St Pius Running Group has been training for this weekend during Terms 2 and 3 and represented our school across the 10km and 5km events on the day in hot and humid conditions.

The 10km team consisted of Samuel Taylor (Year 8), Saxon Quick, Natasha Redpath, Jenaya Barnes and Natalie Young (Year 9). Running alongside them was Miss Williams. A special mention to Samuel Taylor, who finished in 40th place, out of almost 400 runners, and second in his age category with a time of 43 minutes – a very strong run.

Representing the school in the 5km event was Brittany Spooner (Year 10) and Imogen Mahony (Year 9). Miss Watson also took on her first 5km event with the girls and had a great run.

Congratulations to all who participated and here’s too many more successful running events.

Megan Williams
Teacher
Music Department

Music Night – “Masterpiece”
The Music Department would like to acknowledge and thank our students from Performing Arts, for performing at this year’s Music Night ‘Masterpiece’, which was held on Wednesday 16 September 2015.

Students from Performing Arts were involved in a variety of ensembles including: Choir, Rockestra, Rock Bands, Pop Groups, Dance Troops and String Quintet just to name a few.

We received many compliments about the musical talent that filled the stage, as well as the professionalism of how the students conducted themselves. Congratulations!

The teachers of the Music Department would also like to thank Don McEwan for lighting, Josh Holliday for sound, Helen O’Donohue for catering, Gabriella Smith for ticketing and the parents for their ongoing support.
The night was a huge success, and without the support of the SPX Executive, Staff and outer community, music concerts like this wouldn’t be possible.

Choral Showcase 2015 Lochinvar
Congratulations St Pius Choir for winning the 2015 Diocesan Choral Showcase, on Thursday 15 October! It was an amazing day for our SPX Choir, along with six other choirs from the Newcastle/Maitland Diocese.

Our Choir presented two songs. The first “Budapest” written by George Ezra was accompanied on guitar by Year 8 student Liliana Crane. The song featured four part harmonies and choreographed movement. The second song “Masterpiece” originally sung by Jessie J was choreographed by Year 10 student Izabella Odorico.

Featured vocal soloists included Isabella Rendina, Zoe Walker, Hannah Reed and Matisse Davis. The girls’ beautiful voices and professional microphone skills definitely highlighted the performance.

Mrs Lunarzewski would like to thank all students who performed at the Choral Showcase 2015 for their participation and hard work during this year, it certainly paid off.

Congratulations to the following students: Serafina Angeli, Chloe Anson-Smith, Halle Anderson, Liliana Crane, Matisse Davies, Abi Dodd, Charlotte Flaherty, Nicole Greaves, Jessica Law, Helayna McClay, Violet Leonard, Hannah Reed, Izabella Odorico, Lily McHugh, Isabella Rendina, Kate Taverner, Rogers Thomas, Walker Zoe, Harrison Wallace, Mea Walsh, Alicia Whelan, Imogen Whitnall, Kayla Waldron.

Tahnee Elgar-Roberts and Asha Lunarzewski
Music Teachers
SPORTING BLUE AWARDS 2015
RATIONALE

The St Pius X Sporting Blue Awards have been designed to recognise the outstanding sporting achievements, exceptional commitment and dedication of students involved in an individual or team sport. This is the highest sporting honour that can be awarded at a School level.

The recipients of the Sporting Blue Awards have demonstrated excellence at an elite level, and competed at a national competition or beyond in the current school year. These athletes would be considered to be one of the best at their chosen sport for their age group in the country. It would be generally expected they would be ranked nationally in the top 10 athletes/teams for their event.

These students may have followed one of two available pathways:

1. All Schools competitions where athletes are able to progress through School, Diocesan, CCC (Combined Catholic Colleges), State and National Pathways

   OR

2. Where that pathway is not available, participated in a qualifying process through their recognized/registered sporting body, to meet performance standards and gained selection to compete at a National Competition.

Note:

- A qualifying process can include submission of a performance standard by the athlete from their sporting body.
- Invitational events where there is no qualifying process will not be considered for these awards.

Students must make an application for a Sporting Blue Award. Forms are available from Student Services and Mrs Davies (Helferty) Office. Nominations must be submitted to Mrs Davies by Friday 6 November.
Tuesday Morning Fitness - Term 4

<table>
<thead>
<tr>
<th>WEEK NO.</th>
<th>Teacher</th>
<th>Class</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>4B</td>
<td>Sarah Watson</td>
<td>Yoga</td>
<td>(Meet Sister Marie Centre)</td>
</tr>
<tr>
<td>27/10</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5A</td>
<td>Amanda Mohr</td>
<td>Walking</td>
<td>(Meet Sister Marie Centre)</td>
</tr>
<tr>
<td>03/11</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6B</td>
<td>Jonathan Reynolds</td>
<td>Sports Fitness</td>
<td>(Meet PE Staffroom)</td>
</tr>
<tr>
<td>10/11</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7A</td>
<td>Amanda Mohr</td>
<td>Stretch and Meditate</td>
<td>(Meet Sister Marie Centre)</td>
</tr>
<tr>
<td>17/11</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8B</td>
<td>Kerrie Sellers</td>
<td>Boxing</td>
<td>(Meet PE Staffroom)</td>
</tr>
<tr>
<td>24/11</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9A</td>
<td>David Pitfield</td>
<td>Fit-Games</td>
<td>(Meet Bus Shelter)</td>
</tr>
<tr>
<td>01/12</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10B</td>
<td>Megan Williams and</td>
<td>Stretch and Meditate</td>
<td>(Meet Sister Marie Centre)</td>
</tr>
<tr>
<td>08/12</td>
<td>Amanda Mohr</td>
<td></td>
<td>8.30am Healthy Breakfast</td>
</tr>
<tr>
<td>11A</td>
<td>No Session</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15/12</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Newcastle School Portraits Have Moved to:

21 Broadmeadow Road
Broadmeadow NSW 2292

Log on code: 65845AL
www.newcastleschoolportraits.com

ph: 0249 654 114
e: admin@newcastleschoolportraits.com
Ten Tips for 10/10
TO HELP MAINTAIN MENTAL WELLBEING

1. Sleeping well
   Lack of sleep can cause stress, moodiness, physical exhaustion and other health issues. Most people need an average of eight hours sleep to function at their best. Try going to bed when you’re tired, drinking a glass of warm milk and turning off the TV at least 30 minutes before you go to bed.

2. Enjoying healthy food
   Good nutrition can be just as important for your mental health as it is for your physical health. Try to eat regular meals and maintain adequate fluid intake to ensure you feel good. Search the web for healthy recipes or ask your GP or dietitian for advice on what foods you should be eating.

3. Planning & prioritising
   Focusing on one thing at a time, keeping calm and planning ahead can improve your skills to cope with life’s pressures. You also may find it helpful to write things down. Prepare a checklist of tasks to consider and work through during rough patches. You could list and set priorities, action steps and reminders. Before you start to feel overwhelmed, try sitting down and planning your day, week or month. Celebrate your progress when you finish a task by crossing it off your list. Remember, always set realistic, achievable goals.

4. Tuning in
   Listening to music while you work or study can help you relax and even increase your creativity, productivity and focus. The right type of music can be calming and relaxing and can reduce stress levels. If you love music, why not give it a try?

5. Cutting down
   The amount of alcohol, cigarettes and other drugs you consume can have a negative impact on your mental wellbeing. Try cutting back on your intake and set yourself realistic goals. If you want to quit, find support to help you do it effectively and for good.

6. Switching off
   Try not to become too focused on electronic entertainment such as TV, DVDs, games, mobile, online and other devices. Consider turning them off even for 5 or 10 minutes a day. Take time out from the constant buzz of the digital world by taking a walk outside, stretching, sitting quietly for a moment, or reading a book.

7. Engaging with others
   Make the time to connect with people who make you feel good. People who surround themselves with other people are happier, more productive and get more out of life. Ensure you make time to see your family and friends in person, not just online.

8. Joining in
   Join a club, group, society, union, collective, gym or wherever you’re interested in. Getting involved in your community and building strong social connections is an important part of maintaining good mental health and it’s fun too!

9. Exercising your mind
   Exercise makes you feel better. Even moderate levels of exercise, as little as 10 to 15 minutes a day, can improve your mental health. Many of us don’t get enough exercise and spend more than three hours each day sitting during our leisure time. So come on, get moving! Walk your dog, do a few laps around the block or take a gym class. Even moderate activity levels can help improve your outlook.

10. Seeking advice & support
    If you feel things are getting too much and you aren’t coping, talk to someone. See your GP, visit www.lifeline.org.au or call Lifeline on 13 11 14 or call the Suicide Call Back Service on 1800 628 468. Reach out to others, ask them if they’re OK if you feel you can provide support.

October 10 | World Mental Health Day | Mental Health Australia

Post your promise at 1010.org.au

HEALTHINES AND INFORMATION

Lifeline: 13 11 14
Suicide Call Back Service: 1800 628 468
Kids Helpline: 1800 555 188
Gambling Helpline: 1800 852 852
Relationships Australia: 1300 364 777
SANE Australia Helpline: 1800 726 236
beyondblue Info Line: 1300 22 4636
Mental Health Australia: 1800 789 978
Black Dog Institute: 02 9382 2999
ReachOut: www.reachout.com
Parentline: www.parentline.org.au
Headpace: www.headpace.org.au

Visit Lifeline Online Crisis Support Chat service: www.lifeline.org.au or www.crisisspace.org.au for a confidential, free, anonymous, secure space where you can chat with qualified mental health professionals.

Mental health BEGINS WITH Me
ASPIRE
2016
DATES FOR YOUR SCHOOL CALENDARS

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
Charlestown

Saturday 28 November 2015
Hoyts Cinema
244 Pacific Highway
CHARLESTOWN

Ticket application form:
Name of organisation that you received this invitation from?

I would like if available _____________ Adult tickets, _____________ Children tickets
(Babies in arms do not require a ticket)

Of these I require ____ wheelchair spaces, Name of person in wheelchair: __________ child/adult
(please circle). Able to transfer to a theatre chair? YES/NO (please circle)

Name of parent/carer attending with children: (tickets will be posted to this person)

Address: __________________________ State: __________________________
Suburb: __________________________ Postcode: __________________________

Phone: __________________________ Email: __________________________

I give permission for my family to be photographed at Kidsflix Charlestown 2015. I understand my family may be on the Arthritis & Osteoporosis NSW website, newspaper, magazine, TV, television to promote Kidsflix.

Yes I give permission [ ] No I don’t give permission [ ]

Signature: __________________________ Date: __________________________

Or book online at: www.kidsflix-charlestown.eventbrite.com.au

[Logo: Kidsflix]

[Logo: Arthritis & Osteoporosis]

[Logo: Eventbrite]
RE: FEDERATION OF PARENTS AND FRIENDS ASSOCIATIONS
       "PARENTHOOD" DINNER.

The Federation of Parents and Friends Associations is hosting a Spring Parenting
Conference over the weekend of 31st October and 1st November.

We are marking the beginning of this event with a dinner to celebrate "Parenthood" and
extend to you an invitation to attend.

Details of this event including contact details to enable you to RSVP and purchase tickets
are available on the card enclosed.

We hope to welcome many parents, staff and clergy to this evening as we celebrate as
partners on this journey.

We thank you for your support of the parents and carers of students enrolled in our Catholic
schools.

If you should have any queries, please do not hesitate to contact Cath Garrett-Jones.

Yours sincerely,

Giavanna Angeli

Giavanna Angeli
PRESIDENT
FEDERATION OF P & F ASSOCIATIONS – DIOCESE OF MAITLAND-NEWCASTLE
Do you wish to buy a second hand uniform?

Parents/Carers of the Class 2016

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

**Step 1: Click on “Information” the 6th tab along and then click on Second Hand Uniforms**

Username: uniform
Password: hml3032

You will now be able to view the second hand uniform items. This is a parent to parent initiative, click on “view item” and this will bring up the details of the person selling the uniform.
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
## Girls Uniform: 7 - 10

<table>
<thead>
<tr>
<th>Item</th>
<th>Size</th>
<th>Price</th>
<th>Size</th>
<th>QTY</th>
</tr>
</thead>
<tbody>
<tr>
<td>S/S Formal Blouse</td>
<td>All Sizes</td>
<td>$39.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tartan Skirt</td>
<td>All Sizes</td>
<td>$68.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Girls Fitted Pants</td>
<td>All Sizes</td>
<td>$20.00</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Boys Uniform: 7 - 10

<table>
<thead>
<tr>
<th>Item</th>
<th>Size</th>
<th>Price</th>
<th>Size</th>
<th>QTY</th>
</tr>
</thead>
<tbody>
<tr>
<td>S/S Formal Shirt</td>
<td>All Sizes</td>
<td>$37.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Formal Shorts</td>
<td>All Sizes</td>
<td>$48.50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Formal Trousers</td>
<td>All Sizes</td>
<td>$55.00</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Winter Uniform

<table>
<thead>
<tr>
<th>Item</th>
<th>Size</th>
<th>Price</th>
<th>Size</th>
<th>QTY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Knitted Jumper</td>
<td>5 - 10</td>
<td>$82.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>18 - 22</td>
<td>$92.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Polar Fleece Top</td>
<td>All Sizes</td>
<td>$55.00</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Sports Uniform

<table>
<thead>
<tr>
<th>Item</th>
<th>Size</th>
<th>Price</th>
<th>Size</th>
<th>QTY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sports Polo</td>
<td>All Sizes</td>
<td>$42.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sports Shorts - unisex</td>
<td>All Sizes</td>
<td>$38.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sport Shorts - girls</td>
<td>All Sizes</td>
<td>$38.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tracksuit Jacket</td>
<td>All Sizes</td>
<td>$79.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tracksuit Pants</td>
<td>All Sizes</td>
<td>$50.00</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Accessories

<table>
<thead>
<tr>
<th>Item</th>
<th>Size</th>
<th>Price</th>
<th>Size</th>
<th>QTY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sport Socks - white ankle (1pk)</td>
<td>All Sizes</td>
<td>$6.50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>School Socks - grey</td>
<td>All Sizes</td>
<td>$5.50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Microfibre Tights - grey</td>
<td>All Sizes</td>
<td>$10.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sports Cap</td>
<td>All Sizes</td>
<td>$18.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leather Belt</td>
<td>All Sizes</td>
<td>$15.00</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## 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 foot during exercise.

## Please Note

- Sizes available:
  - Primary School: Boys J4 – XS & Girls J4 – L8
  - Secondary School: Boys J10 – 3XL & Girls J10 – L20
- 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

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 transactions.

*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.

---------------------------------------------------------------------

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>Jacki</td>
<td>0438 228 496</td>
<td>Girls’ Full Uniform</td>
<td>Girl’s Size 12</td>
<td>Buy</td>
<td></td>
</tr>
<tr>
<td>Jeanette</td>
<td>0421 864 069</td>
<td>Jumper</td>
<td>20</td>
<td>Sell</td>
<td>$50.00</td>
</tr>
<tr>
<td>John</td>
<td>0432 606 335</td>
<td>Boys’ Grey Shorts (x2)</td>
<td>Small</td>
<td>Sell</td>
<td>$10.00 each</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sports Shorts</td>
<td>J12</td>
<td>Sell</td>
<td>$10.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sports Shirt</td>
<td>J12</td>
<td>Sell</td>
<td>$10.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sports Cap</td>
<td>UNUSED</td>
<td>Sell</td>
<td>$10.00</td>
</tr>
<tr>
<td>Silvia</td>
<td>0412 513 359</td>
<td>Track Pants</td>
<td>J12</td>
<td>Sell</td>
<td>$20.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Track Pants</td>
<td>Small</td>
<td>Sell</td>
<td>$20.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sports Shirt</td>
<td>12</td>
<td>Sell</td>
<td>$15.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Jumper</td>
<td>10</td>
<td>Sell</td>
<td>$20.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Girls’ Skirt</td>
<td>12</td>
<td>Sell</td>
<td>$25.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Girls’ Blouse (x4)</td>
<td>J12</td>
<td>Sell</td>
<td>$10.00 ea or $30.00 for the lot</td>
</tr>
<tr>
<td>Peter</td>
<td>0429 615 376</td>
<td>Grey Trousers</td>
<td>18</td>
<td>Sell</td>
<td>$10.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sports Shorts</td>
<td>Small</td>
<td>Sell</td>
<td>$10.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Boys’ Blue Shirt</td>
<td>10</td>
<td>Sell</td>
<td>$10.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Polar Top</td>
<td>14</td>
<td>Sell</td>
<td>$25.00</td>
</tr>
<tr>
<td>Tammy</td>
<td>0419 693 406</td>
<td>Boys’ Grey Shorts</td>
<td>J10</td>
<td>Sell</td>
<td>$30.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Boy’s Blue Shirt</td>
<td>8</td>
<td>Sell</td>
<td>$20.00</td>
</tr>
</tbody>
</table>