

## VINNIES WINTER SLEEPOUT @ GLEESON > Students Put Faith in Action



Gleeson's Vinnies Winter Sleepout was held at the College last Friday night. The cold and rainy evening did not dampen the enthusiasm of the attendees who were able to participate in a range of activities designed and run by this year's, Year 12 Society and Culture Class. Students from Year 7 to Year 12 enthusiastically engaged in a number of workshops to learn about the following topics, all chosen by the Year 12 Society and Culture Class.

**Refugees** > Upon arriving, each attendee had to complete a series of activities designed to help them understand what it might feel like to feel forced to flee your homeland.

**Domestic Violence** > Making natural body scrubs for a women's shelter.

**Soccer in the Favelas** > Indoor soccer with a chance to learn about those who play the game without the advantages that we have i.e. equipment, clothing and an adequate playing space.

**Aboriginal Culture** > Biscuit making with a cultural reference. Participants were able to eat the results of their creative efforts!

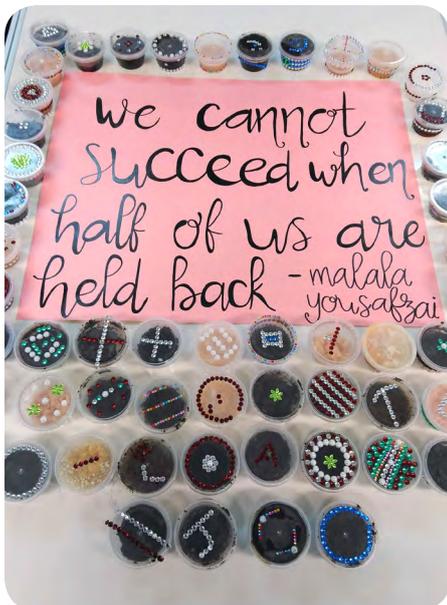
**Bullying** > A UNO card game with a difference, focussing on acknowledging our unique gifts.

**Peer Pressure** > Peer Group Pressure's Got Talent! A talent show with a panel of judges and lots of laughter while tackling contemporary issues for our young people.

**Homelessness** > Sleeping outside. Although we only experienced one cold and wintry night, it provided attendees an insight into the daily reality for Adelaide's homeless.

Well done to all those students who put their faith in action and attended this year's Vinnies Winter Sleepout.

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## 'I AM THE LIVING BREAD'

### P&F Quiz Night

Tomorrow night we have the annual Parents and Friends Quiz Night at St Francis Xavier's Regional School Hall, which I am delighted to say, is a 'sell out'! I am certain it will be a great night of laughs and entertainment as it always is. I want to thank our amazing P&F for everything that they do to support Gleeson College. We are indebted to the fact that their presence and work in many ways develops the strong sense of community that we enjoy here at Gleeson College.

### Japanese Student Visitors

This week we have welcomed 11 Japanese students from Kogakuin High School who will be with us for the next two weeks. This is always a wonderful opportunity for both these students and our community, as it is always very enriching to learn from other people and cultures. Thank you to the families who are providing home stay accommodation for our visitors, I am certain that the experience will be wonderful for your family.

### Student Free Days

It is timely to provide families with advance notice that there are two Student Free Days soon. On Friday August 31, the College staff will gather

for our annual Retreat day, and then on Monday September 3 we will be holding a professional learning day. These days are very important for both our spiritual nourishment, and future planning. I thank families in advance for their support of the staff by organising alternative arrangements for their children on these two days.

### I am the Living Bread

Finally, in this weekend's Gospel of John Jesus says to the crowds, *"I am the living bread that came down from heaven; whoever eats this bread will live forever"*. The last few weeks of readings have focussed on the concept of God and his son providing nourishment for his people in the form of manna and bread; culminating with Jesus' description of the importance of the Eucharist for Christians.

A few weeks ago at his general assembly, Pope Francis spoke of the wastage of food that exists in the world. In the past, he has likened this to 'stealing from the poor and hungry'. Pope Francis challenges us when he says, *"What do you do at home with the lunch you haven't eaten? Do you throw it away? No! If you have this habit, I give you a suggestion: talk to your grandparents who lived through the post-war period and ask them what they were doing with their leftover food. This is advice and also a call to examine one's conscience"*.



This got me thinking of our school and the fact that in our yard there are examples of this wastage, with fresh fruit having an inordinately higher rate of appearance! We are so fortunate to live as we do in Australia, with ample food and water, and perhaps at times we take this for granted when we should not.

It would be wonderful for us to heed the message of Pope Francis and demonstrate through our actions here at Gleeson College that we do appreciate all that we have by not wasting anything we take for granted, including food.

Mr Andrew Baker,  
Principal

**ADVANCE NOTICE >**  
Student Free Days  
Friday 31 August  
Monday 3 September



## PARENT AND CAREGIVER SURVEY

> Gleeson College 2018

In striving to seek continuous improvement, the College has engaged a number of surveys constructed by Curtin University to seek key stakeholder feedback. The Parent and Caregiver Survey will support the College Leadership Team to develop strategic priorities and over time, will inform effectiveness of improvements.

The survey takes approximately 20 minutes to complete and can be accessed here >

[www.esischools.com](http://www.esischools.com)

At this site click on the 'Start Questionnaire' button and enter the non-identifying access code when prompted > **GPACS18**

Further information has been emailed home.

**The survey closes on Friday 31 August.**

### Stay informed with the SkoolBag App



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SkoolBag

# A WARM WELCOME TO OUR KOGAKUIN STUDY EXCHANGE VISITORS!

We warmly welcomed 11 excited students from our sister school in Japan, Kogakuin High School, for a two-week Study Exchange last Friday afternoon.

The students had fun learning and making friends in Mrs Pill's Year 9 Humanities and Social Sciences Class on Tuesday, and will join many other classes at Gleeson throughout their stay. They will also have the opportunity to explore Kangaroo Island and meet our Australian Fauna in person at Cleland Wildlife Park!

*The Kogakuin students are pictured with accompanying teacher Kanako Sensei, Gleeson Host Teacher Miss Tayla Preece and Gleeson Homestay Coordinator, Ms Mary Hennessy.*



## LANGUAGE WORDS OF THE WEEK > "How are you?" / "Pleased to meet you"

**Italian:** "Come si va?" / "Piacere"      **Japanese:** "Ogenki desu ka?" / "Douzo yoroshiku"



**LANGUAGE FUN FACT OF THE WEEK > FASHION**

Today, Milan and Rome are Italy's fashion capitals, and are major international centres for fashion design, competing with other cities such as Tokyo, Los Angeles, London, Paris and New York. Many of the major designer fashion brands, such as Valentino, Versace, Prada, Armani and Dolce & Gabbana are currently headquartered in Italy.

The Harajuku district in Tokyo is a leading area for Japanese young fashion. The area is like an exciting theme park for young Japanese girls in their teens and early twenties with abundance of shops and boutiques catering to mixed tastes.



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I would also like to commend all students in our Year 12 Society and Culture Class for their great planning, preparation and delivery of the fun workshops, raising awareness of these important social issues.

Mrs Kate Pill,  
Year 12 Society and Culture Teacher

### Vinnies Winter Sleepout Attendee Comments >

*"The soccer in the favelas activity was about how people in the Brazilian Favelas play soccer, making do with what they have. I learnt that I should be more appreciative of the field that I play on."*

*"I learnt to take the small things out of life. To make the best of what I have."*

### Year 12 Society and Culture Class Comments >

*"It was really cool to raise awareness about an issue affecting so many women. The activities involved making self-care products to donate to these women... every bit counts."*

- Lucy Loveday (12 MSGAG)

*"Even though the weather was not the best we were able to work together to successfully run each activity. Teamwork on the night was excellent and everyone seemed to have a good time while also doing something positive for others."*

- Daniel Barber (12 DSAKN)



*"With the eager arrival of students across all year levels, the night was ready to start.*

*With activities varying across different aspects of society, students were able to expose themselves to the harsh realities for a range of people. All students were able to become aware of the support young people like us can offer. They also had the opportunity to learn more about Aboriginal culture – following on from Reconciliation Week activities. The night was filled with positivity and laughter, which made it hard to leave the next day."*

- Tahlia Schrapel (12 MSGAG)

*"The Winter Sleepout was the perfect opportunity to run our activity and educate the attendees about peer pressure, which is a prominent issue for teenagers today."*

- Sarah Dawber (12 HSPLL)

# VINNIES WINTER SLEEPOUT @ GLEESON > Students Put Faith in Action



*"The night was a lot of fun. I really enjoyed being a part of something bigger than myself and working with the younger students was a good way to get to know people from different year levels."*  
 - Katie Cammarota (12 DSAU)

*"The Winter Sleepout allowed students to experience what it was like to be in a refugee camp, and gain knowledge on how refugees are treated."*  
 - Josephine Grasso (12 HSPLL)

*"Everyone really enjoyed making the scrubs and decorating the jars. This brought all students together at the end of the evening. It was a great way for students across all of the year levels to get to know each other."*  
 - Sequoyah Williams (12 FSMIL)



**PHOTOS > Thank you to Bailey Arnold (9 DMDAS) for these great photographs!**



## MASA QUIZ NIGHT 2018 > Gleeson Teams Crunch The Numbers!



On Wednesday evening, three teams of students in Years 7 and 12 represented Gleeson College superbly at the annual Mathematics Association of South Australia (MASA) Quiz Night.

Held at Roma Mitchell Secondary College (not to be confused with the Dame Roma Mitchell Centre!) this year, the night began at 7pm with the first of four rounds of questions. Each round consisted of both mathematical questions and general knowledge questions, with the final rounds including a challenging question. The students had a great time exercising their brains and enjoying all of the "brain food" they had brought!

Special thanks to Mrs Rachel McKay for assisting us on the night and well done to all students for their outstanding efforts representing Gleeson College.

Mr Tim Bond,  
Numeracy Coordinator



## GLEESON STUDENTS BUY FIRST SHARES ON ASX SHAREMARKET GAME

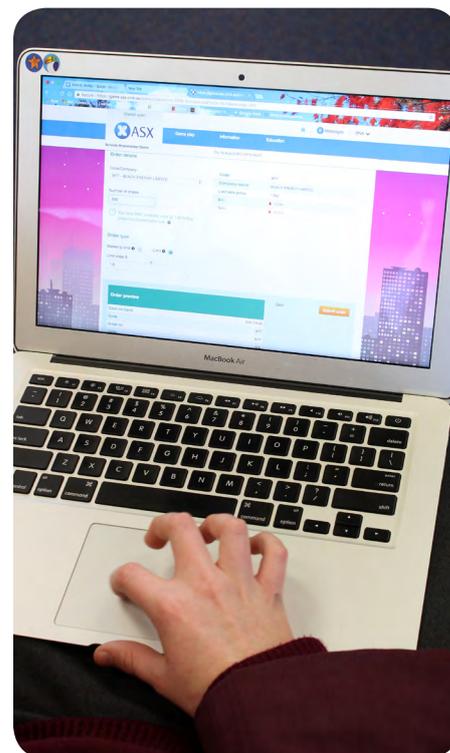
This year, for the first time at Gleeson College, students from Years 7 to 12 are participating in the ASX Sharemarket Game as an extra-curricular activity. Students learn valuable skills in managing investments, choosing investments wisely, as well as managing money and planning for the future.

Each week students will be meeting in Thomas Library to buy and sell stocks using the ASX Sharemarket Game using the online interface, given an initial virtual \$50000.

Yesterday at lunchtime, the markets opened and students began making their initial purchases. Some had even made a profit by the end of the day!

The game will continue for 10 weeks, concluding in Week 2 of Term 4.

Mr Bond and Mrs Price



## YEAR 12 CHILD STUDIES > Sharing 'Paddock to Plate' Learning @ SFX



**ST FRANCIS  
XAVIER'S**  
CATHOLIC SCHOOL

The Year 12 Child Studies Class has recently been learning about the importance of educating children about the origins of food.

This is significant as less than 5% of children (aged 5-15) are consuming the recommended servings of vegetables each day. Students worked in groups to design and implement a learning activity that educated reception students about food origins, explaining where food comes from and how it ends up on our plate. The aim of this focus was to support the health and wellbeing of children with the intention to prevent obesity and fast food consumption increasing in the future.

Last Friday, the Year 12 Child Studies Class visited Rooms 5 and 6 at St Francis Xavier's School to implement their activities. Each rotation lasted 15 minutes, allowing groups to run their activities with three different groups of Reception students. To accompany their learning aids, students were required to research and cook a healthy recipe, based on their chosen food of focus. The Year 12's thoroughly enjoyed the opportunity to work with the young SFX students, and implement their learning aids.

Ms Ashlee Curtis,  
Year 12 Child Studies Teacher

### Student Comments >

*"We enjoyed helping the students learn how bananas grow, as well as seeing the children be happy when they were getting the answers right as they were completing the activity."*

- Josephine, Erica, Sarah

*"It was enjoyable being able to observe each groups varying prior knowledge about the process and to be able to extend on their knowledge in a creative way."*

- Jaslyn, Anastasia, Sophie



*"It was enriching to see their faces whilst having fun and initiating their own learning by asking questions."*

- Elise, Brianna, Shania



*It was interesting to see that not all kids have been exposed to all different types of fruit."*

- Amelia R, Isabella, Macy



## NATIONAL SCIENCE WEEK > Year 12 Nutrition + Year 8 Science

This week we celebrated National Science Week with our Year 12 Nutrition Class attending an excursion to Spring Gully Foods at Dry Creek.

Students enjoyed the opportunity to have a walking tour through the operation plant and observe the production line of pickled onions being put into jars, as well as honey. Processes such as food preservation were demonstrated to the class, as well as examples of food safety to ensure quality control and the best product supplied to consumers.

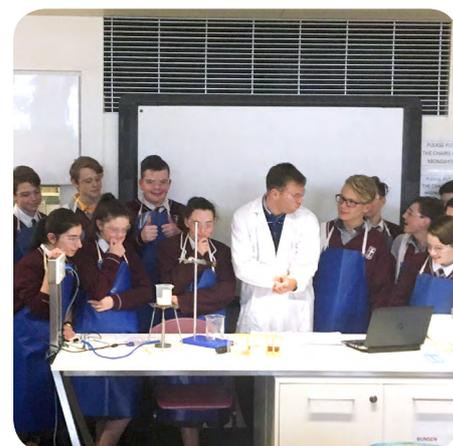
This excursion provided a real life example of theory and practice that is discussed in class.

My Year 8 Science Class also had the opportunity to learn from pre-service teacher, Gleeson College Old Scholar as well as a highly accomplished soccer player, Mr Daniel Mullen (photos below right).

We have been learning about the Physical and Chemical Changes and Reactions and in doing so Mr Mullen presented the physical and chemical changes that take place every day in our bodies through the physical and chemical digestion that begins in our mouth and finishes in our large intestine, and the nutrients that we absorb from our food intake.

Again, another example how Science is relevant in our everyday lives!

Mrs Lisa Cibich,  
Yar 12 Nutrition & Year 8 Science  
Teacher



# GC BOUNCE BACK WITH 2-0 WIN OVER TABLE LEADERS SACRED HEART

After the rain washed out last week's round of Twilight we were back this week to face ladder leaders Sacred Heart. With the grand final out of our reach, it was still important to put in a good performance and to finish the season on a positive note. The boys had the chance to do this against the league leaders and were determined to put in a strong effort.

The conditions were wet and the pitch was very heavy, which forced us to play more direct and practically in the tough conditions. The boys defended well under pressure and broke quickly with pace to put the opposition under pressure on the counter attack. Some chances were had at either end of the

pitch with Thomas Ayre (11 FSRUT) coming close on a few occasions at one end and goalkeeper Rocco Carzo (11 HSPLL) making some smart saves at the other for Gleeson. Just before the half time break, some neat play from a breakaway attack saw Ayre played in to the box and the striker calmly finished left footed underneath the keeper to make it 1-0 to Gleeson at the half time break.

After half time the game began to open up more and the attacks from Sacred Heart became less frequent as we started to gain control of the possession of the ball through the middle of the field. The resolute and solid central defensive pairing of Cooper Nunn (11 MSCOD) and Lachlan Wallace (11 MSEL) began to control the game from the back and didn't look troubled for large patches of the half. The midfield group of Cory Riccio (12 DSHUT), Isaac Mullen (12 FSHOL) and Louis Ocego-Kingsley (11 HSFEL) began to find more time and space on the ball, which allowed them to begin finding options up front with more regularity.

This pressure was to tell on the opposition when after 20 minutes of the second half the ball was played wide to Ayre who managed to cut inside his defender and deliver a decisive ball into the box to find the on-rushing James Baird (10 DSPOS). Baird was able to take his first touch out of his feet to compose before finishing past the goalkeepers left to seal the game for Gleeson. Pressure was put on us in the last 15 minutes but the team held on to the clean sheet for a 2-0 victory.



Thomas Ayre  
(11 FSRUT)



James Baird  
(10 DSPOS)

The team played the whole game without substitutes and the gallant 11 players all put in a great amount of work during the game. Exemplary defensive efforts from full backs Peter Librino (11 FSRUT) and Johnathon Ierace (8 HMCOL), and the hard working Isaac Borg (10 DSAKN) ensured the team had 11 stand-out contributors throughout the game.

This 2-0 win against Sacred Heart demonstrated what this group can achieve with the right mind set and application throughout the game.

We look forward to carrying this momentum into the final game of the Twilight Soccer League season when we play Immanuel College next week.

Mr Clint Vause,  
TSL First XI Coach



## TERM 4 SUMMER SATURDAY MORNING SPORT NOMINATIONS

Click on the following link to nominate for Term 4 Saturday Morning Sport >

[https://docs.google.com/forms/d/e/1FAIpQLSf62iGd5jF-nsLYqS1XWzrF0jMGzQUfznKCTP5nh2XHM2GoMw/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSf62iGd5jF-nsLYqS1XWzrF0jMGzQUfznKCTP5nh2XHM2GoMw/viewform?usp=sf_link)

### Gleeson College Saturday Morning Sport Fixture > 18th August 2018

GLEESON WITH ONE HEART	Netball	Year 7/8 Girls	9:10am	Gleeson 1	v	St Ignatius	St Ignatius
		Year 8/9 Girls Team 1	8:10am	Gleeson 1	v	Mary MacKillop	Mary MacKillop
		Year 8/9 Girls Team 2	8:10am	Gleeson 2	v	St Ignatius	St Ignatius
		Year 10/11 Girls	9:10am	Gleeson 1	v	Norwood Morialta	Marryatville HS
	Soccer	<b>Middle Boys Year 8</b>				<b>GLENUNGA FORFEIT</b>	
		Middle Boys Year 7/8	9:45am	Gleeson	v	Concordia	<a href="#">Concordia College</a>
		Middle Boys Year 9	8:15am	Gleeson	v	Rostrevor	Gleeson
		Year 9/10A	9:45am	Gleeson	v	St Michael's	Gleeson
		Junior Girls	9:10am	Gleeson 1	v	Trinity	St Ignatius
		Senior Girls	8:10am	Gleeson 1	v	Kildare	St Ignatius
Badminton	Senior B Grade	8:10am	Gleeson 1	v	Mary MacKillop	Mary MacKillop	

parenting \* ideas

# insights



WELLBEING AND MENTAL HEALTH



## Four critical tools for kids' anxiety management

by Michael Grose

Anxiety disorders are currently taking a heavy toll on Australian children and young people.

It's been estimated that there will be at least four children in every Australian classroom who are experiencing an anxiety disorder at some stage during a year.

Anxiety is not restricted to secondary schools either, with children as young as four now presenting with symptoms of anxiety, manifested in headaches, tantrums and refusal to go to school.

Anecdotal evidence suggests that there is still a stigma attached to anxiety as people still seem to associate it with weakness and don't understand the difference between normal feelings of stress and crippling anxiety.

### **Anxiety is normal**

Anxiety is the body's response to fear, real or perceived. It's our body's way of protecting us when we're in danger. It's completely normal to feel anxious from time to time. A child might feel anxious about speaking in front of their class or a teen might feel anxious about an exam. Those anxious feelings can act as a motivator to do more revision or be better prepared. With 'normal' anxiety, when the stressful event has passed, the anxious feelings pass too.

We can liken our anxiety response to a smoke alarm. The alarm is designed to alert us to fire, a danger that can threaten our lives. Anxiety becomes a problem when the mind's alarm system is extremely sensitive and responds when there's no genuine danger present.

Anxiety needs to be addressed when it starts interfering with daily life. Kids and teens with anxiety experience the symptoms when they're actually quite safe; the danger is only imagined. And sometimes anxiety shows up for no reason at all.

Parents are well positioned to provide kids with the tools and skills to regulate their anxiousness. Here are four critical skills to teach kids to help them self-manage feelings of anxiousness:

# parenting \* ideas

## 1. Breathing to calm down the anxiety

When it comes to calming down anxiety, the brain ‘listens’ to the body. Kids and teens can show their brain they’re safe using deep, slow breathing. This type of breathing helps bring the brain down from high alert and signals the nervous system to begin to return to normal. Encouraging kids to practise deep breathing in between times of high anxiety is essential. By practising, they’re preparing their body to also be able to calm down using breathing when the fight or flight response is in full swing.

## 2. Mindfulness to bring kids into the present

Generally kids become anxious about future events such as giving a talk, starting secondary school or going into an unfamiliar situations. They can be perfectly safe yet their bodies can respond as if they are in danger because they are thinking about what may happen. Mindfulness is a great tool to bring kids into the present and relieve them of their feelings of anxiousness.

## 3. Exercise to dissipate anxiety

Exercise plays a huge role in anxiety management, yet children’s lifestyles are increasingly sedentary. Exercise and movement help kids regulate their moods and reduce the symptoms of anxiety. Play and exercise help to ease muscle tension, regulate breathing and induce the release of ‘feel-good’ neurotransmitters.

## 4. Thought-noticing to shift thinking

Thought-noticing is a wonderful skill set that helps kids to better manage their mental health. When kids tune into their thinking, they can immediately distance themselves from it. Rather than being lost in the thoughts that are making them feel anxious, they can mentally step back and see the thought for what it is – a thought which comes and goes, and not a fact.

Breathing, mindfulness, exercise and thought-noticing are best taught and practised when kids are not under stress. They are most effective when they become an entrenched part of kids’ lifestyles rather than an activity to be called upon from time to time.



### Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia’s leading parenting educators. He’s the author of 10 books for parents including *Thriving!* and the best-selling *Why First Borns Rule the World* and *Last Borns Want to Change It*, and his latest release *Spoonfed Generation: How to raise independent children*.



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## 2018 GLEESON DIARY DATES >

### Term 3 2018

- 18 Aug** P&F QUIZ NIGHT > SFX SCHOOL HALL, 6.30pm for 7pm start
- 20 - 24 2018 Book Week
- 24 College Sports + Special Interest Photos > MSP Photography
- 31** STUDENT FREE DAY > Staff Retreat Day
- 3 Sep** STUDENT FREE DAY > Staff Professional Learning Day
- 10 - 14 Year 12 Trial Exams + Workshops
- 12 Catholic Schools Music Festival 2018
- 14 Stage 1 Semi Formal > Sfera's
- 19 P&F Committee Meeting
- 26 College Board Meeting
- 28** GLEESON DAY > EARLY FINISH FOR ALL STUDENTS @ 1.05pm  
FINAL DAY OF TERM 3 FOR ALL STUDENTS

### Term 4 2018

- 15 Oct** FIRST DAY OF TERM 4 FOR ALL STUDENTS
  - 17 Year 7-11 Parent Teacher Interviews
  - 20** GLEESON 30 YEAR CELEBRATION > Twilight Cocktail Event  
> Gleeson College Courtyard, 6.30-10.30pm
  - 24 College Board Meeting
  - 25 Year 12 Farewell Mass, 7pm
  - 31 P&F Committee Meeting
  - 7 Dec** STUDENT FREE DAY > Staff Professional Learning Day
- GLEESON COLLEGE 30 YEAR CELEBRATION > Saturday 20 October**  
BUY YOUR TICKETS TODAY! > <https://www.trybooking.com/book/event?eid=396037>



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### GG CAMPUS UNIFORM SHOP TERM TRADING

- Monday: 1.00pm - 2.30pm
- Tuesday: 8.15am - 9.15am
- Wednesday: 2.45pm - 4.15pm
- First Saturday of Month: 9.00am - 12.00pm

### SECOND HAND UNIFORM SHOP

The Gleeson College Second Hand Uniform Shop is open every Tuesday afternoon from 3.30-4.30pm.

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OPEN 9.00am - 5.00pm Monday to Friday  
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### UNIFORM POLICY

Gleeson's Uniform Policy is located on our website:  
[www.gleeson.sa.edu.au](http://www.gleeson.sa.edu.au)



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