

## 'A JOYFUL GENERATION' > Regional Schools Mass 2018



Wednesday was a beautiful celebration bringing St Francis Xavier's, Saint David's, Our Lady of Hope and Gleeson students together. Students in Years 5-7 from our partner primary schools, along with accompanying staff, joined with our Year 7 and 8s for the annual Tea Tree Gully Regional Mass held in the Dame Roma Mitchell Centre.

This year's theme was 'A Joyful Generation' and we were blessed and privileged to have Monsignor Swann joined by Fr Leo from St David's Parish and Fr Manu from Modbury Para Hills John XXIII Parish for this special community event. It was a beautiful occasion with students from all four schools actively involved in the Mass. Thank you to all students for their reverent and enthusiastic participation, and a special thank you to our amazingly talented Ministry Choir and Band.

At the completion of Mass, students participated in a Plenary Activity, where they formed mixed groups of Year 5-8 students and took the time to reflect on some questions, which included:

1. What are some concerns/issues for you and young people your age? At school, in the community and around the world?
2. Draw or write what you think God's ideal world/community is?
3. What do you think you can do to help some of the issues you have written down?

Students enjoyed a shared BBQ lunch and games on the oval before returning to their respective schools. A big thank you to the staff and students who helped make the day such a great success.

Mr Adam Cibich,  
Assistant Principal Religious Identity  
& Mission

**\*\*MORE PHOTOS ON PAGE 9\*\***



## LOVE YOUR NEIGHBOUR AS YOURSELF

### Regional Mass

On Wednesday, Gleeson College hosted the Regional Mass with Years 5, 6 and 7 students from St Francis Xavier's, Our Lady of Hope and Saint David's Parish primary schools joining Gleeson Year 7 and 8 students. Following the Mass (pictured), all students participated in an activity around the Plenary Council, whereby among other things, they responded to the question: *"If you had five minutes with Pope Francis, what would you like to ask him or tell him?"* There were some fascinating responses! We finished the day with a shared BBQ lunch.



Priest, who provide the strategic direction for our College.

Advance notice is that our AGM will be held on Wednesday November 14. Please keep this date free in your diary so that you can come along and acknowledge the College Board for the great work they do, as well as taking the opportunity to hear about our vision for an exciting future at Gleeson College.

It was a great day of celebration that further strengthened the close relationship that exists between our schools that comprise the Tea Tree Gully Catholic community. Many thanks to our APRIM, Mr Adam Cibich, for his organisation of this ambitious and exciting event.

### Annual General Meeting of the College Board

Our College Board is a deeply committed and hard working group of parents, leadership team members, community representatives and Fr Leo our Parish

We will be filling the vacancies created by the retirement of two of our current Board members, so it is important that as many of our community as possible are in attendance to cast their vote for these positions. I am pleased to say that we have a number of people who have put forward an expression of interested in joining the Board. I look forward to seeing many of you there.

### The Greatest Commandment

This Sunday's Gospel reading contains one of Jesus' most important quotes. *"You shall love your neighbour as yourself."* A school is a human institution that brings us into relationship with many others, and each day we may interact with literally hundreds of people. The importance of 'getting along' with others is a key ingredient to the success of a school.

In a recent survey of all students called the What's Happening in this School survey, our students told us that they do get along extremely well with their peers, and that in particular incidences of bullying are extremely rare in our school. I am pleased to report that the love and care for the other is alive and well here at Gleeson College.

Mr Andrew Baker,  
Principal

## GLEESON COLLEGE ANNUAL GENERAL MEETING

Wednesday, 14 November 2018 at 6.30pm

All members of the Gleeson College Community are invited to attend the Gleeson College Annual General Meeting to be held on the evening of Wednesday, 14 November at 6.30pm.



If you wish to attend, please RSVP by Wednesday 7 November  
for catering purposes to:  
[emma.williamson@gleeson.catholic.edu.au](mailto:emma.williamson@gleeson.catholic.edu.au)



## 2018 SPRING POETRY AWARDS CEREMONY > Congratulations Jackson!

Congratulations to Gleeson Year 8 Jackson Ryan (8 FMHER) for having his poem 'The Night' published in the Spring Poetry Publication for 2018!

An initiative of SAETA (South Australian English Teachers Association), each year students from all year levels are encouraged to submit their original poem for consideration. In Term 3 we studied our Year 8 Poetry Unit and students had the opportunity to prepare a final poem using techniques learnt throughout the four-week topic. This year Gleeson submitted 10 poems across Mrs DeConno's and Miss Curtis' English Classes. All poems were of a high quality and well thought out. Well done to all students who submitted poems in 2018.

Jackson had the opportunity to attend the Awards Ceremony and celebrations held at Pulteney Grammar School last Saturday, along with all this year's published poets from schools across the state. Those in attendance listened to local Adelaide poet Thom Sullivan talk about his love of words and becoming a published poet, and Jackson was then presented with the anthology.

We now look forward to next year's Spring Poetry Festival!

Mrs Milinda DeConno,  
Teacher Librarian



### CONGRATULATIONS >

Luca Topolnjak (11 HSPLL)



Congratulations to Year 11 student Luca Topolnjak (11 HSPLL) who was recently promoted in rank to Lance Corporal in the ADF Cadets.

*We commend you on this exceptional achievement Luca and wish you all the best as you continue your journey in the ADF.*



### CARTRIDGES 4 PLANET ARK >

Recycling Printer Cartridges @ Gleeson College

Cartridges 4 Planet Ark is an innovative recycling program that provides Australians with a free, easy and environmentally-accredited way to recycle their used printer cartridges.

As cartridges are made up of a complex mix of plastics, metal, inks and toners they represent a significant investment in resources. When they are disposed of into landfill these resources are lost.

That's why Planet Ark joined with Close the Loop and the participating manufacturers to set up the innovative Cartridges 4 Planet Ark program. This program collects and returns cartridges for remanufacturing and recycling - therefore keeping them out of landfill. Our Melbourne-based recycling partner, Close the Loop®, is independently audited on an annual basis for its zero waste to landfill guarantee.

Planet Ark is successfully working with Brother, Canon, Epson, HP, Konica Minolta and Kyocera to collectively take responsibility for the end life of their products. This voluntary Extended Producer



Responsibility (EPR) program is one of the most successful of its type in the world.

**Gleeson College is supporting Cartridges 4 Planet Ark with collection locations in Student Services and the Thomas Library.**

## YEAR 10 SLAM POETS RAISE THEIR VOICES

On Wednesday 24 October, a number of students from Ms McCarthy and Mr Milne's Year 10 English Classes performed their original spoken word compositions in a Poetry Slam in front of a small but enthusiastic audience of parents and siblings.

The evening was the culmination of a unit of work on performance poetry undertaken by both Year 10 classes, allowing students the opportunity to have their work heard by others. All of the performances were impressive, with a range of themes and topics that reflected the issues in modern life that affect us all. Parents and other guests served as the judges, while the students and teachers gave individual performances. It was wonderful to see these students take up the opportunity to showcase their weeks of hard work, as well as refine their public speaking skills and confidence in front of an audience.

The English Faculty thanks Mr Milne for acting as MC, and the students who bravely stood up to let their voices be heard. It was an excellent evening of entertainment, as well as an authentic opportunity to share our learning and creativity, and promote the importance of literacy as a key capability in the educational journey.

Mrs Jessica McCarthy,  
Literacy Coordinator



## ASX SHAREMARKET GAME > Wolves of Hindley Street Lead the Pack



The ASX Schools Sharemarket Game for 2018 has now finished, and we are pleased to celebrate the achievements of the following students:

### BEST GROUP >

The Wolves of Hindley Street (James Baird & Ashley Knevitt) \$50,648.68

### BEST INDIVIDUAL >

Jack Hutchins \$48,404.66

### WOODEN SPOON >

The Faceless Ones (Ryan Doyle & Charles Conroy) \$41,768.96

Students started the game with a virtual \$50 000 to invest in the largest 200 companies listed on the Australian Stock Exchange. They bought and sold shares through the sharemarket game portal, which matched their transactions with real transactions occurring on the share market.

Over the course of the game, the ASX/S&P200 dropped 7.5%, which meant that out of the nearly 18,000 syndicates participating in the game around Australia and internationally, only 6% ended the game having made a profit. The Wolves of Hindley Street made their profit by selling their shares at the right time: the bulk of the losses in the ASX/S&P200 occurred after they sold – and had they held on to their shares until the end of the game, they would have lost over \$4 500!

Students who participated in the ASX Sharemarket Game this year included students in Mrs Price's and Mr Vause's Year 10 Business and Society and Year 11 Business and Enterprise Classes, as well as a number of students from different year levels who chose to participate in the game as an extra-curricular activity. As part of the game, students learned valuable lessons about how the share market works, diversification of investments, and the risks associated with investing.

The ASX Sharemarket Game will be back in 2019 and we look forward to another exciting competition – hopefully without the losses we saw this year!

Mr Bond, Mrs Price & Mr Vause



Join us for an afternoon to explore the talents of our Stage Two Visual Art Students.

**Friday 2 November 2018  
4 - 6pm  
Art Room (MT 1-1)**

## YEAR 9 ITALIAN > Food Culture Immersion @ Imma + Mario's Mercato!

On Monday, our Year 9 Italian Class visited Imma & Mario's Mercato in Campbelltown to learn more about Italian culture and try some authentic, traditional Italian cuisine.

After being greeted by the friendly staff upon our arrival, we then had the opportunity to learn all about the history of Mercato. Mercato started as a small supermarket/import business which served the local migrant community, before it moved location to its current site and became the huge beacon of Italian food culture it is today - with a café and bar onsite!

Students completed a short scavenger hunt around the shop, having to interact with staff and use their language skills to decipher and answer questions in Italian and English, such as 'when is *panettone* especially popular in Italy' or 'how did *grissini* come about'. Sadly the pasta-making *nonne* were not working when we visited, so we settled for sampling their handiwork of hand-made *cavatelli* instead, along with *pepperoni* and *margherita* pizza. *Bellissimo!*

The *studenti* then completed their learning back in class yesterday by watching videos of pasta making and practicing some *vocabolario*.

Thank you to Mercato for hosting our Gleeson staff and students, and to Ms Antonietta Sergi (Pre-Service Teacher) for accompanying us.

Mr Tom Dawson,  
Languages Coordinator

### Student Reflections >

"We learnt how the market was founded and how the people who owned the market had their products transported from Italy so they had a piece of home. My favourite part has to be the food! It was freshly made and delicious. We had two slices of pizza and a nice, big bowl of pasta to finish the excursion off."

- Riley Barradell (9 FMWIL)

"I enjoyed learning about the backstory of Mercato and finding out that different regions have different varieties of items such as olives and cheeses."

- Jessica Harding (9 MMCUA)



## YEAR 10 PE EXTENSION > UniSA Connect Sports Science Workshop



On Wednesday, the Year 10 PE Extension Class had the opportunity to partake in a Sports Science Workshop facilitated by the UniSA Connect Team.

Students were put through their paces undertaking a series of tests, which highlighted the use of different Energy Systems during different intensities of activity. Student data was collected using VX Sport GPS equipment and this data was then analysed. This exciting initiative by UniSA helps to connect the theory to practice, and at the same time, highlights Sport Science pathways that students may choose to pursue in the future.

Ms Candice Mitchell,  
Year 10 PE Extension Teacher



## CONSTRUCTION STUDENTS GET HANDS-ON @ PEER 'TRY-A\_TRADE' DAY



The Doorways to Construction and Year 10 Construction Technology Classes were lucky enough



to attend PEER, a registered training organisation that stands for Plumbing, Electrical, Electronics and Refrigeration, for a 'Try-A-Trade' Day on Monday.

Students had the opportunity to gain hands-on experience in all three of the trades that they offer at PEER, under the guidance of their experts in this field. All students worked well in prepared simulated activities focussed on Plumbing, Refrigeration and Electrical trades, and were able to engage with trade lecturers and be supported by current apprentices.

The day offered many great learning opportunities and all students left the trade centre with a greater knowledge and interest in potential career pathways and job opportunities.

Mr Adrian Ranieri,  
Technologies Coordinator



## 'A JOYFUL GENERATION' > Regional Schools Mass 2018



 Para Hills Modbury Catholic Parish

### CRAFT MARKET

**Saturday 3rd November, 2018**  
**9:00am—3:00pm**

**St John XXIII Catholic Church Centre**  
**50 Reservoir Road, Hope Valley SA 5090**  
**50+ Craft Stalls**

**International Food Market**  
**Soft Drinks & Ice creams**  
**Produce & Plant stalls**  
**Second-hand Books**  
**BBQ, Beer & Wine**  
**Church Craft Stall**  
**Devonshire Tea**  
**Bric-a-Brac**  
**Cake Stall**

**Quilters Quarters Fabric Shop**

**WIN \$500 CASH  
\$1 RAFFLE ENTRY**  
Raffle Drawn During Market

**PERFORMERS**  
Catholic School Bands

**FACEBOOK**  
<https://www.facebook.com/CRAFT-Market-1485552438333909/>

**FREE ENTRY  
FREE PARKING**



## Gleeson Breakfast Club

**Come visit + make yourself a toast or crumpet and a warm drink.**



**When >**  
**Thursday mornings from 8am**

**Where >**  
**Home Economics J1-1**

**There is no charge so come along and enjoy a small bite or a chat!**

# insights

## 6 nightmare habits that are ruining teenagers' sleep

by Michael Grose



Many teenagers today are sleep deprived. They should be getting between nine and 10 hours sleep each night, yet most get only seven or eight hours. Some get less.

Sleep deprivation is akin to jet lag. It causes young people not to function at their optimum. It can be the cause of poor behaviour, mental health problems and low functioning in the classroom.

Sleep maximises the brain growth that occurs during adolescence. It also consolidates learning. Sleep research has shown that when a young person is asleep, the brain practises what it has learned during the day. So sufficient sleep consolidates past learning as well as keeping a young person fresh to maximise their future learning.

Sleep experts stress that while adults may not have control over biology we can assist young people to establish good sleep patterns. The first step is to eradicate some of their bad habits, starting with the following:

### **1. Being glued to a digital screen**

The digital devices a young person uses to roam through cyberspace are as addictive as cocaine, with similar arousal effects as well. The blue light emitted by mobile devices stimulates the brain into keeping kids awake well into the night. Tip: Get your kids away from digital devices at least 90 minutes before bedtime.

### **2. Doing homework in bed**

The brain associates activity with location. When young people are at their desks in school it's easy to get into study mode. They associate learning and productive activity with their classroom and its furnishings. The same principle applies at home. If they fire up their laptops and work while on their beds, it is hard for them to mentally switch off from their schoolwork when the light finally goes out. Tip: Keep homework out of bedrooms. If they must work in their rooms, confine study to a desk.

### **3. Spending all day indoors**

Moping around the house is a huge part of the adolescent experience. However, spending all day away from natural light is shown to lead to anxiety and depression, which are both causes and symptoms of lack of sleep. Put a cap on moping about and encourage them to go outside – take a walk, meet a mate, do an errand. Tip: A minimum of hour outside a day helps keep insomnia at bay.

# parenting\*ideas

## 4. Sleeping in late on weekends

The sleep-wake cycle for teenagers is delayed by up to two hours. That is, they get sleepy later and wake later than when they were children. In most teens, melatonin – which makes them sleepy – is secreted around 11 pm. Cortisol, the chemical that wakes them up, is secreted at 8.15 am for many. So the adolescent brain wants to be asleep just when most them need to be waking up to go to school. Many teenagers catch up on this lost sleep on the weekend. However, if your teen is sleeping in until midday on weekends then his whole sleep cycle is being thrown out of whack. Tip: Keep sleep-ins to no more than an hour longer than normal to keep the sleep clock operating on a regular basis.

## 5. Talking on their mobile phones

A mobile is an extension of the person for most teens. Unfortunately, there's no getting away from the fact that mobile phones may be harming our health. One study (<https://www.emf-portal.org/en/article/15274>) found that radiation thrown off by mobile phones can seriously throw off sleep in heavy phone users. The study found that regular mobile phone users reported more headaches, took longer to fall asleep and had difficulty experiencing a deep sleep. Tip: Encourage young people to limit the length of their calls and place a moratorium on mobile use 90 minutes before bedtime.

## 6. Consuming caffeine and other stimulants

It's a familiar story. It's seven o'clock in the evening and your teenager hasn't started a big assignment that's due the next day. Needing to stay awake for the big job ahead, she drinks a coffee or a caffeinated soft drink or two to keep her adrenaline high. Consuming caffeine in any form after dinner is like throwing a wrecking ball through regular sleep patterns. The brain needs to calm down rather than be artificially stimulated if sleep is to occur. Tip: Confine caffeinated drinks to mornings to minimise their impact on sleep.

According to beyondblue, one in seven teenagers experiences a mental health disorder. Many experts agree that if they were to choose only one strategy to improve young people's wellbeing it would be to increase the quality and quantity of sleep that teenagers have. That's how important sleep is to a young person's wellbeing.



**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*.



**PlenaryCouncil2020**  
Listen to what the Spirit is saying...

## Your Voice Creates the Plenary Council Agenda

All submissions due by  
Ash Wednesday 6 March 2019.

Consider the questions of the Plenary Council, gather a group or respond individually online:

<http://plenarycouncil.catholic.org.au/>

*What do you think God is asking of us in Australia at this time?*

What questions do you have about the future of the Church for the Plenary Council to consider in 2020?

Do you have a story or experience of faith, or the Church you would like to share?

[http://www.adelaide.catholic.org.au/  
news-and-events/plenary-council-2020](http://www.adelaide.catholic.org.au/news-and-events/plenary-council-2020)

## 2018 GLEESON DIARY DATES >



### Term 4 2018

7 Nov	Sports Presentation Assembly > DRMC (L4&5)
9	Remembrance Day 100 Year Campus Event
12 - 16	2018 PE Week
13	Year 7/8 2019 > Transition Day #1
14	College Board AGM
15	P&F Committee Meeting
16	Year 7/8 2019 > Transition Day #2
17	Year 8 HPV Immunisations #2
19	Gleeson Swimming Carnival > Waterworld (Years 7-9)
21 - 27	Year 11 Exams
26	Year 7 Retreat and Acknowledgement
26 - 30	Year 10 Exams
27	Year 12 Graduation > Adelaide Entertainment Centre, 6.30pm
28 - 30	Year 11 to 12 Workshops
4 Dec	Year 9 Retreat + Year 9 Graduation Ceremony > DRMC (L6&7)
<b>5</b>	<b>LAST DAY OF TERM 4 FOR YEAR 9 STUDENTS</b> <b>2018 PRESENTATION EVENING &gt; DRMC, 6.30pm</b> <b>LAST DAY OF TERM 4 FOR YEAR 7 + YEAR 8 STUDENTS</b>

### Term 1 2019

29 Jan	FIRST DAY OF TERM 1 FOR YEAR 7 + YEAR 8 STUDENTS
30	FIRST DAY OF TERM 1 FOR YEAR 9-12 STUDENTS

**\*\*TO KEEP UP TO DATE WITH COLLEGE EVENTS AND CELEBRATIONS,  
'LIKE US' ON FACEBOOK > <https://www.facebook.com/GleesonCollege/>**



## GOLDEN GROVE CAMPUS UNIFORM SHOP



Devon Clothing | P: 8289 5564

### 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

### SUMMER UNIFORM > BOOK AN APPT!

Make an appointment during the following times at GG Campus Shop:  
**23 OCT - 12 DEC 2018**  
**TUESDAY + WEDNESDAY AFTERNOONS > 3-5pm**  
**+ SATURDAY MORNINGS 9am-12pm**

**OR** at Devon Modbury Store > various times available commencing from Monday 22 October.

## MODBURY DEVON CLOTHING UNIFORM SHOP

OPEN 9.00am - 5.00pm Monday to Friday

+ 9.00am - 12.00pm Saturday | P: 8396 6465

Shop 24 Clovercrest Plaza > 429 Montague Rd, Modbury North



## Gleeson College

40-60 Surrey Farm Dve, Golden Grove  
South Australia 5125 T: 8282 6600

[www.gleeson.sa.edu.au](http://www.gleeson.sa.edu.au)

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