

EMBRACING THE PURSUIT OF EXCELLENCE > SACE Merit Ceremony 2018



Principal Andrew Baker and six of our 2017 Stage 2 Merit Award recipients attended Government House for the prestigious SACE Merit Award Ceremony on Tuesday this week.

Merit Award achievers were presented on stage and congratulated on their exceptional academic achievement. Well done to the following Gleeson students who excelled in a Stage 2 subject in 2017 (Pictured L-R in photo top left with Principal Andrew Baker): Amelia Pedley, Kyle Sauerwald, Lucy Keatch, Nicholas Centofanti (Year 11 - pictured below), Lachlan Agius and Aleisha Agostino.

We now look forward to seeing what our Class of 2018 can achieve in their 'Pursuit of Excellence'!



2017 HIGH FLYERS

Gleeson College 2017 Dux of College Lucy Keatch and Proxime Accessit Kyle Sauerwald joined other SA Catholic College high academic achievers on the steps of Parliament House to commemorate their success recently! Lucy and Kyle are seated next to each other on the steps in the back row (Lucy in yellow). *Read the full story in The Southern Cross February Issue here: <https://thesoutherncross.org.au/news/2018/01/31/a-year-to-remember-for-the-class-of-2017/>*





'BE OPEN TO HEARING GOD'S VOICE' > Lent 2018



Dear Gleeson Families,

There is a heightened level of excitement in the community at Gleeson College this year and it is my pleasure to welcome you all to this new and exhilarating academic year of 2018. I hope that all families had a happy and holy Christmas and I wish everyone a successful and joyous new year.

I have no doubt that nearly everyone reading this article will know that most of the excitement at the start of this momentous year revolves around the addition of Year 7 students to Gleeson College in our 30th year of educating young people in the North East.

The addition of Year 7 to high schools in the Catholic sector is a visionary move and we at Gleeson College are immensely proud to be early adopters of this venture. Importantly, we are proud to be part of an amazing cluster of Catholic schools in our area that work very closely together and enjoy a partnership, which has ensured a successful Catholic Education pathway from Reception to Year 12 for 30 years. We at Gleeson College are so thankful to our primary partners, Our Lady of Hope

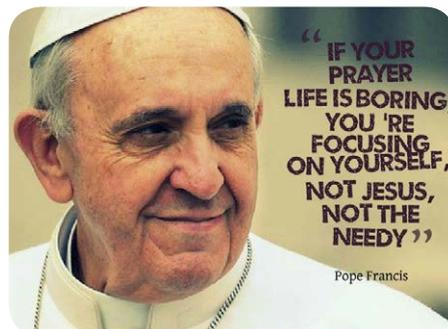
School, St Francis Xavier's Regional Catholic School and Saint David's Parish School for their incredible support in making this undertaking possible and a resounding success.

Easter: Shrove Tuesday/Ash Wednesday
Next week sees the beginning of the most significant celebration for the Catholic Church, Easter. Shrove Tuesday followed by Ash Wednesday, which provide the familiar commencement to the Easter period, will be celebrated at Gleeson with a traditional pancake breakfast on Tuesday and our ashes ceremony on Wednesday.

One important message that we deliver to our students every year during Lent comes from our Gleeson 10 - Service to Others. Gleeson students and their families are generous in giving to Project Compassion during Lent and raising funds for those in need.

Our Pope asks us to offer what we can in his Easter message for 2018:

"I would also like my invitation to extend beyond the bounds of the Catholic Church, and to reach all of you, men and women of good will, who are open to hearing God's voice. Perhaps, like ourselves, you are disturbed by the spread of iniquity in the world, you are concerned about the chill that paralyses hearts and actions, and you see a weakening in



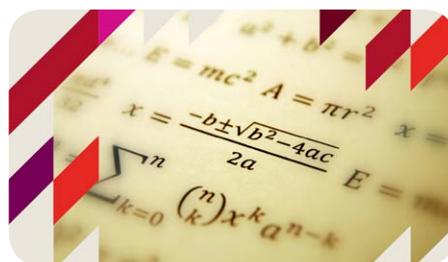
our sense of being members of the one human family. Join us, then, in raising our plea to God, in fasting, and in offering whatever you can to our brothers and sisters in need!"

(Message of the Holy Father Francis for Lent 2018, 06.02.2018)

<http://press.vatican.va/content/salastampa/en/bollettino/pubblico/2018/02/06/180206c.html>

I pray that God will bless all members of our College and guide us as a Catholic Community in our important work throughout this year, and in closing, I wish every student and their respective families all the very best for 2018.

Mr Joe Corbo,
Deputy Principal



Senior Maths Help

Senior Maths Help is available again this year! Students in Years 10-12 are welcome to come to Senior Maths Help every Wednesday from 3.30-4.30pm in T1-2.

Here students are able to work with their peers and a Senior Maths Teacher to complete Maths homework, go over ideas and/or assistance completing assignments. Permission slips have been emailed out to all families and this form must be completed and returned to Mr Bond.

Mr Timothy Bond,
Mathematics Coordinator

FOR A JUST FUTURE

SHROVE TUESDAY

13th February • Year of Youth

Pancakes for Sale
Pre Order **ONLY** using form
\$1 each or 3 for \$2

Toppings include:
Lemon, Sugar, Syrup, Butter and Jam
(Gluten Free option available)

“ Cultivate with love the seeds of goodness, beauty and truth that God sows in every new generation. ”
- Pope Francis

YEAR 7 JAPANESE > The Art of Making (+ Eating!) Rice Balls (Onigiri)



In Mr Boden's Year 7 Japanese Class this week, students had the experience of making traditional Japanese rice balls (Onigiri). Onigiri are the equivalent of a sandwich for us and are eaten everyday in Japan.

Short grain sushi rice is boiled, seasoned and allowed to cool slightly before using glad wrap to shape the rice into a ball or triangle shape. You can then add some furikake (Japanese dry seasoning) and a piece of nori (Japanese seaweed) to complete your rice ball. Students enjoyed shaping their rice balls and of course eating them with their classmates. Itadakimasu! (let's eat!)

Ms Kirsty Jeffree,
Languages Coordinator



CONGRATULATIONS



Congratulations to Gleeson President and talented triathlete Trent Wallace (12 MSSPI) on placing well in Round 2 of the Australian Youth/Junior/U23 Triathlon Series held at Glenelg last Saturday. Trent raced in the Junior Male category at the event, which comprised of a 750m swim, 19km cycle and 5.2km run, and crossed the finish line in a solid 26th position out of a field of 46 entrants nationwide.

Trent's next race is representing Gleeson College at the SSSSA State Triathlon to be held later this month.

Well done Trent and good luck!



**AUSTRALIAN
YOUTH | JUNIOR | U23
TRIATHLON SERIES**

YEAR 7 HOME ECONOMICS > Apple Crumble Cooking Practical

This week Miss Curtis' Year 7 Home Economics Class were excited to complete their first cooking practical for the term.

Students enjoyed developing their cooking skills by making a healthy version of apple crumble. For many of the students, this was their first time preparing and cooking a recipe from scratch. Everyone did a fantastic job and enjoyed tasting their creations.

Miss Ashlee Curtis,
Home Economics Teacher



Apple Crumble Recipe

*T = Tablespoon / t = teaspoon

Ingredients:

Filling

- 2 apples, Granny Smiths
- 1T currants
- ½ t ground cinnamon
- 1½ t ground clove
- 2T lemon juice

Crumble

- 1/3 cup flour
- ¼ t cinnamon
- ¼ t nutmeg
- ½ t baking powder
- 30g butter
- 1T rolled oats
- 1T honey
- ¼ cup shredded coconut
- 1T lemon zest

Method:

Filling

1. Peel, core and chop the apples into small pieces.
2. Place the apples in a bowl. Stir in lemon juice, cinnamon and clove. Add currants.
3. Place apple mix into two individual ramekins.

Crumble

1. Mix flour, spices and baking powder.
2. Rub in butter until mixture is crumbly.
3. Mix in rolled oats, honey, coconut and lemon zest, until it starts to clump together.
4. Add crumble over top of apple mix.
5. Bake at 190 degrees celsius for 30 minutes, until golden.

YOUNG GLEESON CYCLISTS REPRESENT AT 2018 TRACK NATIONALS

Congratulations to GC Old Scholar **Braden O'Shea** (Class of 2017) and his SA teammates on winning a Silver medal in the Elite Men Teams Pursuit at the 2018 Elite & U19 Track Cycling Championships held in Brisbane last weekend.

SA fell short by just 0.22 seconds to Victoria in the Gold Final, held at Anna Meares Velodrome.

"Happy to finish with a silver in the Teams Pursuit - big thanks to @sa_sports_institute teammates and all the support staff along with my Coach Brett Aitken." - Braden O'Shea

Well done to Gleeson College Year 11 **Emerson Nugent** (11 FSRUT) who also represented SA at the Championships, placing an admirable 12th in the Mens U19 25km Points Race - which is a 100 lap final with a sprint every 10 laps.

Congratulations also goes to fellow Year 11 cyclist **Declan Key** (11 MSEL) who has been selected to represent South Australia at the 2018 Junior Track Championships to be held at Darebin International Velodrome in Victoria from 21-24 February.

Well done Declan - all the best for a great Nationals on the track!



Emerson Nugent
(11 FSRUT)



Declan Key
(11 MSEL)



PHOTO > Braden (top) and powering in formation with the SA Team (below) in the 2018 Mens Team Pursuit Gold Final where they took Silver. Photo Credit: tbsphotography

SA U18 TEAM WIN 2018 AUSTRALIAN BASEBALL CHAMPIONSHIP



Congratulations to Gleeson Year 12 **Brayden Caskey** (12 HSFEL) and his South Australian teammates who broke a 30-year drought to claim the U18 Australian Baseball Championship held in NSW last month.

After solid performances throughout the minor rounds, SA trounced Queensland 9-0 in the Gold Medal Game held at Blacktown International Sportsspark on January 14.

Well done Brayden on this outstanding sporting achievement!

parenting * ideas

insights

Making a smooth start to secondary school

by Michael Grose

EDUCATION/LEARNING



Getting used to new subjects and new teachers, as well as forming new friendships, are just some of the requirements of this transition.

Starting secondary school is a time of change and uncertainty, which places new demands on young people. Being at the bottom of the pecking order where they are unsure of the playground hierarchies is just one adjustment that they need to make.

Some kids take these new experiences in their stride but it is natural to experience some difficulty, particularly when it's accompanied by the potentially unsettling transition from childhood to adolescence. It's no coincidence that many research projects indicate that children's learning levels out in the transition year, presumably because the social tasks of adjustment take precedence over academic performance.

It helps to remember the Four P's to help your young person settle in:



1. Promote friendships

The quicker kids form new friendships the sooner they'll feel comfortable in their secondary school surroundings. Encourage your young person to be open to forming friendships with all sorts of kids; to be accepting of others who may be different to them; to take social risks by joining in activities even though they may feel uncomfortable; and to be friendly, approachable and positive!

2. Practice patience

Patience and understanding in the early weeks is essential. Brush up on your listening skills as you help your young person adjust. Talk to your young person about change and reassure them that it is normal to feel unsure or nervous in new circumstances. Let them know that many difficulties they face will be temporary.

3. Pursue a positive attitude

Confidence is catching so make sure you see this transition time as an exciting challenge that your child can handle rather than an event to be feared. Ask

them about the new subjects or interesting activities they are doing, and try to shift their focus to the positive aspects of school. Discuss settling in issues with the appropriate person such as a year level coordinator, but give

parenting * ideas

your young person time to handle them on their own before seeking help.

4. Process their day

Some young people may come home with fairly exaggerated accounts of secondary school and may not always paint a fair picture. They may become sensitive to things that they might have shrugged off in primary school. Listen without judgment and show a real interest in their new school, while providing them with the space they need to get away for a while. Expect some behaviour blowouts as many kids let off steam in the relatively safe and stable environment of a loving family.

If your eldest is starting, then secondary school will be a relatively new experience for you too. It will take some time for you to adjust to the school's culture and communication methods.

Although secondary schools may seem a little foreign for those used to the relative intimacy of primary schools, one aspect is the same – outcomes for students are maximised when schools and parents work together in the best interests of the student.

One way to support your young person's school is by actively promoting the school's values. For instance, if respect is a prominent school value then you can discuss this in relation to the way your young person behaves around friends, relatives and family.

Most importantly, talk up your young person's new school, rather than talk it down, as kids of all ages take their cues from the most significant adults in their lives – their parents!



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. A trailblazer in the parenting and educational scenes Michael regularly appears in the media throughout Australia in programs including The Project, The Today Show and ABC radio.



ST FRANCIS XAVIER'S CATHOLIC SCHOOL

2018 School Tour Dates

- **Saturday, 24th February**
9.30am – 10.30am
- **Wednesday, 21st March**
4.30pm – 5.30pm
- **Tuesday, 15th May**
9.30am – 10.30am
- **Saturday, 28th July**
9.30am – 10.30am
- **Monday, 13th August**
9.30am – 10.30am
- **Thursday, 20th September**
4.30pm – 5.30pm
- **Friday, 2nd November**
9.30am – 10.30am

How do I register my attendance?

Bookings are essential for the Tours and can be made via the School's website or by telephoning Sonya:
www.sfx.catholic.edu.au | 8251 9555

Market Day

John XXIII
Community Centre

TRASH & TREASURE MARKET
50 Reservoir Road, Hope Valley
2nd Saturday of Each Month
8am – 12Noon

On the 2nd Saturday of each month, John XXIII Community Centre will be hosting a Trash & Treasure Market to raise funds for the Para Hills Modbury Catholic Parish. It will only cost \$10 per stall for sellers.

2018 GLEESON DIARY DATES >



Term 1 2018

12 Feb	Parent Information Evening > DRMC, 7pm
15	Principal's Tour > 9.15-10.15am
18 - 19	2018 Student Leadership Camp > Adelaide Shores
21	Parents & Friends Committee Meeting
24	Relay for Life 2018 > Adelaide Showgrounds, Wayville
27	Catholic Co Ed Swimming Carnival (TBC)
28	College Board Meeting
2 Mar	Athletics Carnival > Tilley Reserve, Surrey Downs
6	2018 Gleeson College Open Night > 4-8pm *Early 1.05pm Finish
12	PUBLIC HOLIDAY > Adelaide Cup Holiday
14 - 16	Year 8 Camp > Port Hughes & Wallaroo
21 - 23	Year 7 Camp > Wallaroo **NOTE NEW DATE**
26	Catholic Co Ed Athletics Carnival
28	College Board Meeting
29	EARLY FINISH FOR ALL STUDENTS > 1.05pm dismissal
30	PUBLIC HOLIDAY > Good Friday
2 Apr	PUBLIC HOLIDAY > Easter Monday
3	Parent Teacher Interviews
4	Archbishop Gleeson Memorial Mass
9	IMMUNISATION > Year 8 Boostrix & HPV #1
11	Parent Teacher Interviews
13	FINAL DAY OF TERM 1 > Students dismissed @ 3.20pm

Term 2 2018

30 Apr	STUDENT FREE DAY > Staff Professional Learning Day
1 May	FIRST DAY OF TERM 2 > All students return
2 - 4	Year 11 Retreat > Victor Harbor
4 - 6	Generations in Jazz
11	Year 11 & 12 Meningococcal B Swab & Dose 1
30	College Board Meeting
1 Jun	Year 12 Formal > Sfera's Function Centre

Our Lady of Hope School

Principal's Tour

You're invited

Tuesday 6th March, 2018 at 9.30am



A journey in faith and learning

To book your place on the tour please phone 82898344 or send an email to the address below.
***Tour concludes at 11am.**

Golden Grove Road (cnr The Golden Way) Greenwith SA 5125

(Enter via the front entrance off Golden Grove Road and proceed to the OLOH front office)

W: www.oloh.catholic.edu.au
E: info@oloh.catholic.edu.au



- *Catholic Primary School Reception to Yr 7
- *Quality learning program
- *Professional, committed & caring staff
- *Welcoming & supportive community
- *You do not need to be catholic to enrol
- *Fee options & discounts may apply
- *Excellent Out of School Hours & Vacation Care
- *Christian Education in the Catholic Tradition
- *Up to date Information Communications Technology
- *Contemporary facilities
- *Positive learning environment