



The Globe

Newsletter of Gleeson College

Issue 2 > Friday 6 March 2020

McDONALD HOUSE THREE-PEAT ATHLETICS DOMINATION



McDonald House was crowned 2020 Shield Champions for the third year running with a narrow points victory at our Athletics Carnival held at Tilley Reserve last Friday 28 February.

The day started with some nerves from staff putting up the marquees as the rain looked like it was settling in. However, after some morning drizzle the sunshine returned to provide us with perfect conditions for some fantastic competition. Talented Year 12 vocalist Phoebe Surman (McDonald House) sang the National Anthem to open the carnival, and after the House Captains and College Executive paraded onto the oval with their banners, students were excited and ready to compete. The House Leaders and Captains then briefed their troops and the chants began, hyping up their athletes and novelty participants for the battle ahead!

The first score update was at 11.30am with yellow powerhouse McDonald asserting their intentions early, leading



on 684 points. Damiani seemed to be surprised by their strong start, sitting just behind in 2nd place on 639 points, while Fyfe and Hughes were 3rd and 4th respectively on 585 and 568 points.

As the day progressed, McDonald maintained top spot with some dominant performances both on the track and in the field, but Damiani were right on their tails, trailing by just five points at lunch. Hughes and Fyfe continued to fight for 3rd place, changing positions often.

Our 2020 Champion of Champions Races saw our fastest eight female and male 100m athletes from the heats



contest finals just before lunch. Year 12 Zach Wallace (McDonald) won his Open Boys heat in a time of 12.24s and subsequently went on to win the Champions Final. Year 10 Kiara Searle (Fyfe) also proved too strong in the U16 Girls 100m heat, winning in a time of 13.61s. Kiara went on to claim victory in the Champions of Champions Girls Final. Well done to both Zach and Kiara.

Damiani House showed they were real contenders in 2020. The blue house had the least number of students absent and also won House Spirit Points for an exceptional display of support for

...Continued on page 9

Gleeson College

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



www.gleeson.sa.edu.au

info@gleeson.catholic.edu.au

SMS Absentee/Late Line: 0438 879 373



EDITORIAL > ADAM CIBICH



I would like to start this week's Globe by firstly apologising, but also thanking, our whole community for their patience and support as we worked through the shutdown of our network for a week. In a society that has begun to rely so much on technology, we were challenged with the shutdown of our campus server as a virus attacked our system. Whilst we are extremely grateful that student laptops were not affected by this, it has caused havoc within our community. Whilst there was momentarily, initial shock and "what do we do?", this only lasted a few moments as the staff went into the preparation and planning for classes. Although our reliance on technology is high, it is refreshing to know what can happen when we unplug from the internet! A common thread that came through during this time has not been about "traditional learning", rather an opportunity to recognise a time to stop, reflect and be patient. We pride ourselves at Gleeson College in our relationships with students and this was reinforced during the IT down time. Our students connected with each other and the staff on a different level. Walking into some classes and seeing students engaged in conversation about their learning and topics being studied, watching our staff facilitate engaging lessons that help build the students learning, whilst understanding the capacity to cope with change, really shows the resilience in both our staff and students, something we should all be proud of.

This leads me to the important time of Lent, which started last week on Ash Wednesday. During this significant time of our Catholic Calendar we are reminded to be patient and listen to one another. Pope Francis (2014) wrote, "*Lent is a powerful season, a turning point that can foster change and conversion in each of us. We all need to improve, to change for the better. Lent helps us and thus we leave behind old habits....*" What beautiful words to reflect on this year, and how we can as a

community engage in a change for the better, both with ourselves, the people around us and the environment that we live in. A small Lenten challenge for you all this year could be to disconnect from the internet for an hour a day and truly listen to one another as families and friends in sharing conversation and stories. Deeply listen to each other and what is happening in our world's.

In what has been a number of exciting weeks at Gleeson since our last Globe issue, it will be hard to go into full detail all of the amazing events that have taken place, however, it is important for me to acknowledge some of the larger scale events we have held.

In a full day of celebration, it was exciting to acknowledge our student's academic success in 2019. For the first time, our students were split into Middle School and Senior School groups for our Academic Assembly. This is exciting as the College grows in numbers and we were able to invite our families to join in these celebrations. It is important for me here to thank those families, parents, grandparents and siblings who came along to our assembly to see their loved one receive an award. Seeing such a large number of parents and families attend (over 200 family guests across the two assemblies), reassured us that we made the right choice in splitting these assemblies to invite families. It was wonderful to have our Year 12 Class of 2019 return to receive Academic Awards and in doing so we warmly welcomed back Dr Vin Thomas, Gleeson's inaugural Principal, to present the Thomas Medal to 2019 DUX of College Tiffany Holzer. Our guest list continued to include CESA representatives Jamie Blowes and Andrew Baker (Quality Performance Consultant), Principals from both Pedare Christian College and Golden Grove High School, along with Peter Stewart, past College Board Chair and Judy Hatswell current Gleeson College Board Chair. As students strive for their academic success and the personal pursuit of excellence it is important for all students to be encouraged to do their best in all areas of schooling life. ***Full Awards Listing in this Globe issue**



**Celebrate.
Remember.
Fight Back.**

Our College Athletics Carnival was a fantastic celebration of House and College Spirit with students ready to participate and cheer their team on for the day. Congratulations to McDonald House who came out as champions and besides some early concerns of rain, the day was a wonderful success. Well done to Ms Rachel Staffin our College Sports Coordinator and the team of staff involved in ensuring our students had a great day. It was also wonderful to see such a large number of parents attend throughout the day and join in the spirit by wearing their child's house colours. Thank you to our P&F Committee and extra volunteers who cooked the BBQ and had cold drinks for staff and students all day. Our P&F does a wonderful job all throughout the year and I do urge you if you wish to be part of this wonderful group of people to get in touch with the College – there is a Drinks and Nibbles Night coming up on Thursday 19 March at 7pm!

Following on from the Athletics Carnival some students and staff did not stop, and attended the Adelaide Central Relay for Life which occurred over the weekend. This community event truly showcases our students Social Justice drive as we raised over \$13,000 for Cancer Council SA (the highest funds raised by a school in SA!). In what has been a fantastic tradition for our Senior students to be part of, they selflessly give up their time and commitment to supporting love ones who have been affected by cancer. We all know someone who has been affected and it is great that our community can help to raise these important funds and fight back against cancer. I would like to mention Mr Josh Boden who undertook hours of preparation in order to provide this opportunity for our students, and I would also like to personally thank all the staff, students and families who were involved in the 2020 Adelaide Central Relay for Life.

**Adam Cibich,
Deputy Principal 2020**

RELAY FOR LIFE 2020 > Gleeson Crowned Highest School Fundraiser!

We all know that February 29 only comes around every four years, but 29/2/20 was a particularly special event, as it also coincided with the 20th Anniversary of the Cancer Council's Adelaide Central Relay for Life!

This year, approximately 50 dedicated Year 11 students, Year 12 students and Old Scholars from 2019 fulfilled an outreach promise to give up their time in an effort to help others. We met at the Adelaide Showgrounds in time for the 2pm Opening Ceremony, and then proceeded to spend the subsequent 19 hours walking around a track lined with inspirational messages, memorial candles and fellow participants to raise funds and awareness in the fight against cancer.

Our GC Community made up a small portion of the 700-plus participants who registered and involved themselves in the event. The day (and night) incorporated a number of activities to engage relayers, while keeping them motivated and energised throughout the night. After all, cancer does not rest, so why should we? There were tug-of-war competitions, volleyball matches, passport challenges, a silent disco, themed laps, live music and dance classes.

The festival-like atmosphere came to a halt however at 8:30pm, when we all took time to celebrate cancer survivors, acknowledge the journeys of those currently fighting and remember those we have lost along the way. We were reminded that cancer affects one-in-two people, so this part of the event was confronting, but important in inspiring all of us to do what we can to work towards a future where no one needs to hear the words "you have cancer" ever again.

By the Closing Ceremony at 9am on Sunday, we were all exhausted. Some of our participants tried to sneak in a couple of hours shuteye, but others walked through the night. Some chose to sprint relay-style laps to challenge the other relayers to attain the highest lap total, which was unique for Gleeson participants this year. While we fell short of St Peter's College, whose



Funds raised by Gleeson College in 2020:
\$13,012.84

Event total:
\$133,000

*Highest School Team total
*Third Highest Team total
*5th highest individual fundraiser

baton passed the start line about 550 times (totaling approximately 210 kms), we certainly did our best to make a difference in bringing awareness to this great cause.

As a Community, our students should be celebrated with pride, as our fundraising total currently sits at a little over \$13,000, making us the highest fundraising school team at Relay for Life this year, and the second highest fundraising team at the event overall. Beyond this, the fundraising effort of one Gleeson student also placed her in the top five individual fundraisers this year! To date, the 2020 Relay for Life total funds raised has also risen above \$130,000, which epitomises the value of this venture. And, for those of you who wanted to donate but did not get an opportunity, there is still time to support this great cause. [CLICK HERE > https://secure.fundraising.cancer.org.au/site/TR/RelayforLife/CCSA?team_id=66785&pg=team&fr_id=5975](https://secure.fundraising.cancer.org.au/site/TR/RelayforLife/CCSA?team_id=66785&pg=team&fr_id=5975)

Thank you also to everyone who contributed by supervising, visiting,



making food or monetary donations, or in any other way. Your generosity is greatly valued. And, most importantly, thank you to all of the student and GC Old Scholars who took part and represented Gleeson College with such dignity and pride. You have all served our community and the wider community in such an inspirational manner.

Josh Boden,
Damiani House Senior School Leader

ASH WEDNESDAY MASS > Turn Away From Sin and Be of 'ONE HEART'

"Our earthly possessions will prove useless, dust that scatters, but the love we share – in our families, at work, in the Church and in the world - will save us, for it will endure forever."
 - Pope Francis, 2020

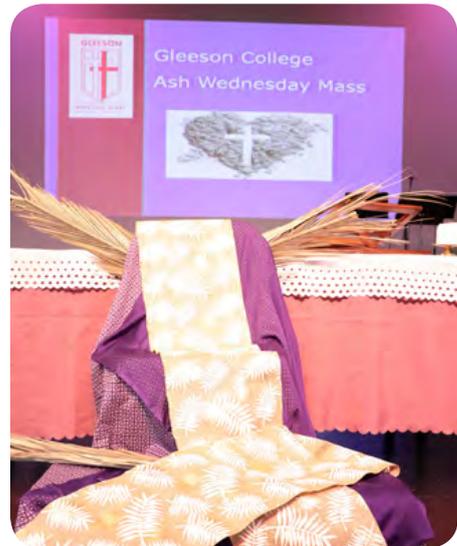
Gleeson College came together as a connected community for Ash Wednesday Mass in the DRMC on February 26. We warmly welcomed Fr James from St David's Parish who celebrated this special Mass with us.

Mrs Rogers' Year 7 Religion Class planned and led the Mass, with all students enthusiastically volunteering to participate in any way they could to ensure it ran smoothly.

This year, not only did we have the ashes from last year's holy palms, but each student wrote a Lenten promise which was burned and added to the ashes. We were also fortunate and honoured to receive ashes from the recent bushfires in our state, which were also added. The collective ashes are a symbol of renewal and life-giving opportunities for all of us. It is a time to stop and examine how we can be better people, leave our bad habits behind and try, through our actions, to make the world a better place. As the ashes were marked on the forehead, members of staff said, *"Turn away from sin and be of One Heart"*.

Ash Wednesday signifies the beginning of Lent, which lasts for 40 days. This time is important for Catholics as we prepare for the Passion of our Lord and his ultimate death and resurrection. We believe that Jesus died for our sins, therefore the ashes marked on our foreheads are a visible reminder that as humans we sin. However, we can also turn our ways around and be more like Christ in the way he showed us how to endeavour to turn away from doing the wrong thing and to strive to make the world a better place. Fr James connected with the school community throughout his homily as he spoke about ways in which we can do better and be more Christ like in our actions.

Our Ministry Choir and Band were wonderful, and they set the tone for what was a moving and thoughtful Mass.



The students were given opportunities in the weeks leading up to our Mass to connect and understand the meaning of Lent and what it means to Catholics in their preparation for Passion Week and our celebration of Easter. During recess and lunch students have been adding ways in which they can do better to our "pop up" cross which is now a permanent visual for everyone to see.

Thank you to the Year 7 students involved for their impeccable delivery. Many commented on how well they spoke and how reverent they were. I look forward to many more classes leading our liturgies and Masses and becoming more connected to being of 'One Heart' and an integral and important member of our Catholic, Gleeson community.

Monica Doherty,
 Assistant Principal Religious Identity & Mission (APRIM)

****MORE PHOTOS ON NEXT PAGE****



ASH WEDNESDAY MASS > Turn Away From Sin and Be of 'ONE HEART'



CONGRATULATIONS TO OUR CLASS OF 2019 HIGH ACHIEVERS

**2019
Dux of College
Tiffany Holzer
98.40 ATAR**



Dux of Subject Medals

Claudia Agius	Research Project, Tourism
Thomas Ayre	Physical Education
Jai Bassham	Info. Processing and Publishing
Zachary Cini	English, General Mathematics
Jake Crichton	English Literary Studies
Ryan Doyle	Modern History
Olivia Fiorita	Child Studies
Stephanie Guidolin	Food and Hospitality
Jade Halfpenny	Society and Culture
Katelyn Harrison	Essential Mathematics
Tiffany Holzer	Physics, Religion Studies, Tourism
Diana Kalivaci	Essential English, Workplace Practices
Patrick Miller	Business and Enterprise
James Nisbet	Creative Arts, Visual Arts - Design
Emerson Nugent	Japanese, Specialist Mathematics
Emily Papalia *Year 11	Dance (GGHS)
Tahlia Poynter	Nutrition
Aidan Rogers	Music Explorations
Maybelline San Juan	English, Research Project
Madeline Scherer	Biology, Chemistry, Mathematical Methods, Psychology
Mitchell Trepka	Material Products II



SACE Merit Achievers

Claudia Agius	Tourism
Jade Halfpenny	Society and Culture
Tiffany Holzer	Tourism
Diana Kalivaci	Workplace Practices
Patrick Miller	Business and Enterprise
Madeline Scherer	Psychology



90+ ATAR Achievers

Tiffany Holzer	98.40	James Nisbet	93.95
Madeline Scherer	98.35	Ryan Doyle	93.35
Claudia Agius	97.35	Panos Constantinou	91.90
Emily Unewisse	96.50	Jade Halfpenny	91.75
Zachary Cini	95.40	Paris Sinclair	91.30
Emerson Nugent	95.25	Chelsea Appleby	90.70
Tahlia Poynter	94.50	Olivia Fiorita	90.35
Maybelline San Juan	94.15		



CELEBRATING OUR ACADEMIC AWARD ACHIEVERS IN SEM. 2 2019

Year 7 Academic Awards

Amara Cichon, Finn Russian, Gabriella Kozak, Ericka Banks, Tomasz Redel, Jade Williams, Josy Biju, Elise McLachlan, Anika Ruklic, Emily Fitzsimmons, Alicia Hay, Tess Marusic, Jai Cervini, Jasmine Crisp, Ava Pickering, Samuel Kukumberg, Adaeze Igbokwe, Lily Searles, Julia Rocca.



Year 8 Academic Awards

Molly Brooksby, Kailee Williams, Charlotte Duncan, Grace Souter, Ava Cannard, An-Thien Pham, Amy Schina, Sienna Burns, Kane Halfpenny, Abby Hall, Jacob Trimboli, Mercedes Bates, Andrea Calunod, Jack Taylor, Lachlan Cannard, Serena Arokiasamy, Stephanie Furler, Aleisha Gagliardi, Caitlin Hodge, Boston Finlay, Scarlett Hatchard, Aaliyah Zamora.



Year 9 Academic Awards

Trinity Allen, Molly Bennett, James Attick, Samuel Borg, Gabrielle Garie, Chanel Balaza, Paige McLachlan, Tahlia Fiala, Jacob Jones, Matt Tyczenko, Jack Jameson, Kiara Searle, Jorja Warren, Jaxon Collins, Sarah Craggs.



Year 10 Academic Awards

Natarsha Viskic, Taylah Viskic, Ellen Welden, Alana Fitzsimmons, Mikayla Sletten, Alysia Redel, Angus Braendler, Mikala Searle, Cameron Deavin, Jack Hutchins, Charlotte Nenke, Alana Scott, Matthew Hardy, Sofie Rack, Isobel Dowling, Amy Fredella, Alissa Tripodi, Georgia Aitken, Teagan Feltrin, Liam Garvey, Corey Wright.



Year 11 Academic Awards

Lara Copeland, Madison Sauerwald, Chelsea Rulla, Jana Ivancic, Callum McFadden, Caitlin Mikutta, Sophie Napoli, Brianna Rosenthal, Maria Librandi, Alex O'Neill, Chelsea Schwarz, Caleb Ferraresso, Sophie Mifsud, Tahlia Borg, Eliza Dodson, Eloise O'Neill, Tia Sampson.



McDONALD HOUSE THREE-PEAT ATHLETICS DOMINATION

Continued from front page...

their members. Their #NotFourth chant was trending house-wide and proved to work a charm! All Houses showed fantastic sportsmanship and strong competition across all events, and this made it a difficult final decision. Days like this show the real essence of what it means to be part of our Gleeson College Community. Overall attendance was the best in my time as Sports Coordinator - we had just 16% of students absent on the day, where this has been as high as 20-25% in past years.

It is such a great day that show cases the community spirit that we share as staff and students. It is difficult to explain why we all do what we do, but days like Friday allow us to witness it. Overall, this year's event was a huge success and it would not have been possible without all the hard work that goes on behind the scenes. Thank you to all those staff, students, Old Scholars for their support and assistance – it was so greatly appreciated. A special thank you to our Gleeson Parents & Friends Committee for providing a BBQ and drinks stand on the day.

Congratulations to McDonald House on winning their third consecutive Athletics Carnival and to all students who significantly contributed to the overall score for their respective House by being awarded 2020 Age Group Champions.

Rachel Staffin,
Sports Development Coordinator

2020 Final Standings >

McDonald	1790
Damiani	1680
Hughes	1530
Fyfe	1411



2020 Age Group Champions >

U13 Girls

Daniella Michael (Damiani) 49 pts
Elise Hinttala (Hughes) 44 pts

U13 Boys

Matthew LeRay (Damiani) 70 pts
Sebastian Boffa (Fyfe) 38 pts

U14 Girls

Piper Locke (Damiani) 62 pts
Isabella Henderson-Mitrovic (Hughes) 44 pts

U14 Boys

Kane Halfpenny (Fyfe) 66 pts
Talan Cooper (McDonald) 55 pts

U16 Girls

Sienna Burns (McDonald) 82 pts
Shaylee Hossen (Fyfe) 52 pts

U16 Boys

Riley Aistrope (McDonald) 59 pts
Liam Mayo (McDonald) 42 pts

Open Girls

Abby Taverner (McDonald) 48 pts
Lucy Burford (Hughes) 43 pts

Open Boys

Zach Wallace (McDonald) 57 pts
Harrison Conant (McDonald) 40 pts

2020 ATHLETICS CARNIVAL > DAMIANI HOUSE



2020 ATHLETICS CARNIVAL > HUGHES HOUSE



2020 ATHLETICS CARNIVAL > FYFE HOUSE



2020 ATHLETICS CARNIVAL > McDONALD HOUSE



2020 ATHLETICS CARNIVAL > PHOTO GALLERY



2020 ATHLETICS CARNIVAL > PHOTO GALLERY



2020 ATHLETICS CARNIVAL > PHOTO GALLERY



2020 ATHLETICS CARNIVAL > YEAR 12 PHOTO GALLERY



2020 SCHOOL SPORT SA SWIMMING CHAMPIONSHIPS



Gleeson College competed in the Secondary School Sport SA Swimming Championships at the SA Aquatic and Leisure Centre on February 25.

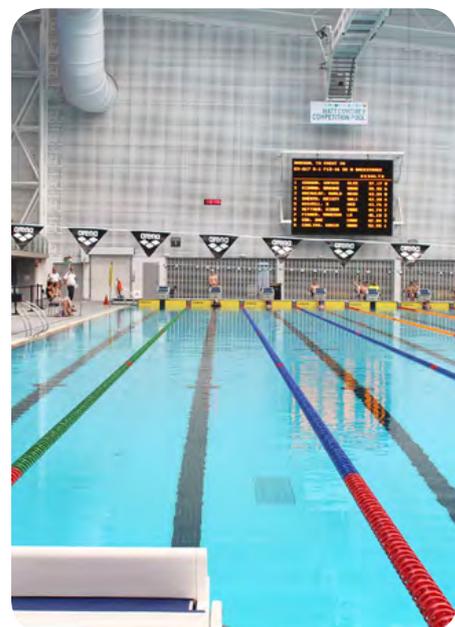
After a long bus ride from Golden Grove, we arrived full of energy and ready to race. We had 16 swimmers competing and all students entered in as many races as they could. Four Gleeson Old Scholars assisted with managing the team and timekeeping on the day, and we thank them enormously, as the event would have not run as smoothly as it did without their assistance!



All students were there to give 100% in their event/s. Year 8 Lily Searles beat her personal best of 39.7secs by three seconds to record a new personal best of 36.7s in the 50m Freestyle. Sophie Graham, Year 10, clearly made an impression on the commentators with her win in her 50m Freestyle, as they referred to her as *"The Salmon Pink of Gleeson"* with a time of 32.18s!



Year 9 An-Thien Pham placed first in her 50m Free event in a time of 35.48s and our boys had a great result coming home 4th in the 13-15 4x50m Freestyle Relay with a time of 2m42.17s – well done Thuan Pham, Thomas Hughes, Kazu Ito and Luca Monteleone. Summer Tils-Mathews, Sarah Craggs, An-Thien and Sophie competed in the Open Girls 4x50m Medley Relay (13-19 years) and recorded an outstanding result placing 1st with a time of 2m22.23s. Kazu, Kobi Brewer, Max Kollberg and Jackson Ryan competed in the 13-19 years 4x50m Open Boys Medley Relay and also had a brilliant result by placing 2nd in a time of 2m06.66s.



All our swimmers competed with professionalism, giving their all, and we had many of our swimmers placing in their events. We had some great commentating on our school as the loudspeaker announced *"They do great backstroke at Gleeson"* when we got the trifecta by winning three backstrokes in a row by Sophie Graham, Max Kollberg and Jackson Ryan!

The overall scores on the day saw the Gleeson College girls place 8th overall, with the boys finishing in 4th. At competition's end Gleeson College finished 5th overall - a great result!

The student's behaviour and team spirit were exceptional throughout the day. They supported each other and competed in any races that needed to be filled.

The organisation and leadership shown by the students to get to each race on time (often close together) was impressive. Congratulations to all students involved, you should feel very proud of yourselves and our College's achievements.

Emma Rogers, Fyfe House Middle School Leader

2020 CARITAS LEADERSHIP DAY > See, Judge, Act.

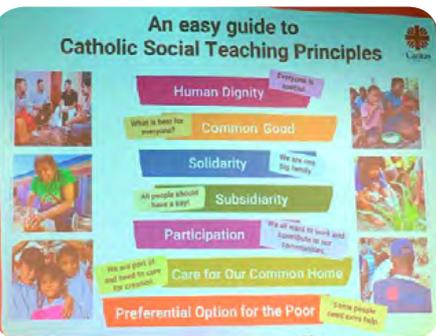


"None of us can think we are exempt from concerns for the poor and for social justice." - Pope Francis

Three Senior Student Leaders attended the 2020 Caritas Leadership Day at St Francis Xavier Cathedral in the city recently. They were joined by students from other Catholic schools around SA and it was wonderful to watch the interactions and learning that took place on the day. Caritas is a Catholic charity, and each Lent they launch their Project Compassion appeal. This is not only about raising money to ease poverty in our world, but for our Student Leaders to raise their awareness of social justice issues globally and the effects on those who are marginalised. We learned about our Catholic social teaching values and identified ways in which they are linked to our Gleeson 10 and the verse from Micah 6:8.

Jessica Harding, Phoebe Surman and Emily Carden worked with like-minded leaders to gain an understanding of the issues that people around the world endure. In the afternoon, I met with these three students and we brainstormed ways in which we could raise awareness and connect students to these issues back at Gleeson. The girls were passionate in their thinking and identified key areas that they would like to address with our staff and students. Days like today are empowering for our young leaders. They have opportunities to build their self-confidence and connections with others. At the end of the day, I was both inspired and humbled by the fact that these students can lead the way to help make the world a better place, for all.

Monica Doherty,
Assistant Principal Religious Identity & Mission (APRIM)



YEAR 9-11 STEM SOCIETY > Flying Super Hornets in Flight Simulators!



On Tuesday, the Royal Australian Air Force visited Gleeson College and our Year 9-11 STEM Society students were lucky enough to experience what it is like to fly a Super Hornet twin-engine multirole fighter aircraft, which can fly up to the speed of 1915 km/ph!



During their experience, our students engaged in several activities, including acting as an Air Traffic Controller, and also had the opportunity to simulate a flight from different Australian locations, such as Townsville, Brisbane or Adelaide.



If you or your child are interested in a career in Aviation or Defence, please visit the Defence website for details (and registration) for the upcoming Pilot & Aviation Careers Information Session to be held in Adelaide on March 24 >



<https://www.defencejobs.gov.au/events/events-detail/7rji0qb>

Jason Puttnins,
Science Learning Area Leader



YEAR 10 OUTDOOR EDUCATION > Blind Team Building Activity

To begin Year 10 Outdoor Education, we engaged in a series of team-building activities to build upon our skills working with others and the key focus capability of communication.

The activity pictured, requires five students with their eyes closed to listen to a communicator to stretch the rubber band around the cup in order to pick it up. They must then navigate to the finish line whilst still having no sight and only relying upon the communication they are receiving.

The students enjoyed the activity and learnt the importance of clear and concise communication. The group suggested that active listening was also a key to the success of the activity.

Oliver Shattock,
Year 10 Outdoor Ed Teacher



YEAR 12 FOOD + HOSPITALITY SEASONAL BRUNCH A DELIGHT!



The Year 12 Food and Hospitality Class impressed guests with their in-trend Seasonal Brunch menu and creative presentation style at a high tea function on Thursday 27 February.

Students experienced first-hand what it is like to run a trendy breakfast café and had the chance to design their own assessment task relating to the experience - I was excited by their choice! The last minute pressures of preparing a variety of meals just before service challenged the class, but did not impact the high standard and quality of the outcome. Students designed a menu that consisted of four meal and four drink options, showcasing a variety of seasonal produce and utilising contemporary technology to prepare dishes.

Students only had 1.5 hours to prepare the food, fresh on the morning of the function. Each meal consisted of four elements, allowing students to display a variety of cooking skills and techniques.

The class should be very proud of both their individual and group effort. Many of the students demonstrated fantastic leadership qualities when collaborating to organise the event, and as their first summative assessment, they have set themselves a high standard!

Lisa Feleppa,
Year 12 F&H Teacher

****MORE PHOTOS ON NEXT PAGE****



Gleeson College
SEASONAL BRUNCH MENU

FRENCH TOAST DELIGHT
French toast with strawberries, maple syrup, vanilla sauce, whipped cream and a drizzle of honey.

THE BIG BREAKFAST
Scrambled French toast topped with eggs over easy, topped with avocado, honey and a drizzle of maple.

RASPBERRY PANNA-COTTA
Raspberries, cream, vanilla, topped with seasonal produce, maple syrup and a drizzle of honey.

MAPLE BACON BREAKFAST BURGER
Maple bacon burger topped with seasonal produce, maple syrup and a drizzle of honey.

DRINK OPTIONS
BRUNCH COFFEE £1.50
HOT CHOCOLATE £1.50
HOT PEACH SMOOTHIE £2.50
HOT MILK £1.50
HOT TEA £1.50
HOT WATER £1.50
HOT JUICE £1.50

YEAR 12 FOOD + HOSPITALITY SEASONAL BRUNCH A DELIGHT!



YEAR 12 VISUAL ART + DESIGN STUDENTS KICK START 2020

Stage 2 Visual Art (Art) and (Design) students attended the 2020 Kick Start Workshop at the Art Gallery of South Australia on Monday 17 February.

The workshop was geared toward the performance standards, with the aim of getting students inspired for the year ahead. It gave students a chance to gain inspiration to start their major works, as well as extend their critical thinking.

The workshop included:

- How to use the Gallery for research and inspiration
- Critical analysis and unpacking written information
 - Arts language
- Drawing method/technique

Students were also exposed to works of art in the gallery collection led by artists and educators. The workshop was a valuable experience and learning tool, which students can now utilise along with their own work, throughout their studies in the coming year.

Evelina Condo,
Visual Art Key Teacher



GC OLD SCHOLAR TAYLOR FIORITA (2017) LEARNS AT ARSENAL FC



Congratulations to Gleeson College Old Scholar and Saturday Morning Soccer Coach Taylor Fiorita (Class of 2017) on her recent learning placement at Arsenal Football Club in London!

Taylor recently completed her third year placement with The Gunners as part of her studies in Bachelor of Sport, Health and Physical Activity at Flinders University, and gained much knowledge and skills during her visit.

Taylor is a Gleeson World Football Program graduate and still assists our Girls Program by helping out with our Senior Girls KO and Saturday Morning Teams. Well done Taylor! You are truly an amazing leader, both on and off the pitch, in our GC community!!

Rachel Staffin,
Sports Development Coordinator

GLEESON PERFORMING ARTISTS HIT THE STAGE

We congratulate the following Gleeson College Performing Arts students and staff who have been entertaining audiences at this year's Fringe Festival, and other headline shows in Adelaide!

Well done to our Gleeson Arts Learning Area Leader, Mrs Carly Meakin, who has been wowing crowds in the sold-out season of 'Beautiful – The Carole King Musical' at the Adelaide Fringe.

We wish Performing Arts students Ethan Joy (7 MMMIT) and brother Jaxon Joy (10 MSGAG), along with Abby Hall (9 FMHER), all the best as they take the stage in Fringe show 'Peter Pan', presented by the Adelaide Theatre Academy starting tonight! Held at the Norwood Concert Hall, there are also shows on tomorrow (11am, 3.15pm + 7.30pm) and Sunday (2.30pm + 7.30pm). Tickets > <https://adelaidefringe.com.au/fringetix/peter-pan-af2020>

We also say 'break a leg' to GC Performing Arts students Ava Cannard (9 MMBAR) and Imogen Russo (7 MMCUA) as they perform in 'Annie Junior' with the company 'Shane Davidson Presents'. Ava won the major role of Grace Farrell and Imogen is playing an orphan in the show starting tomorrow. This musical classic is being held at the St Peter's Girls Arts Centre (Stonyfell) with shows on at 4pm tomorrow and Sunday at 7pm. Tickets > <https://www.trybooking.com/book/event?eid=602837&>

Bravo to Gleeson Maths/Science Teacher Stephen Tulip and GC Old Scholars Maybelline San Juan (2019) and Jayde Tyczenko (2018) who are performing in local production 'Mamma Mia!', presented by the Northern Light Theatre Company at The Shedley Theatre. Told through the legendary music of ABBA, 'Mamma Mia!' has become a worldwide sensation that has audiences everywhere dancing! Tickets > <https://www.theshedley.com.au/events/mamma-mia-presented-by-northern-light-theatre-company/>

Congratulations to Year 12 Performing Arts students Michigan San Juan (12 FSSAL) and Alex O'Neill (12 DSHEW) who were both selected to be part of this year's 'Class of Cabaret' Program at the Adelaide Festival Centre. This is an outstanding achievement with only 24 talented students chosen across South Australia! Well done Michigan and Alex and all the best immersing yourself in the program in 2020! More info > <https://www.adelaidecabaretfestival.com.au/about/class-of-cabaret-program/>





GLEESON NOTICEBOARD

Our Lady of Hope School *You're invited* Principal's Tour Tuesday 10th March, 2020 at 9.30am & 6.30pm



A journey in faith and learning

To book your place on the tour please use the link below-
<https://www.oloh.catholic.edu.au/book-a-tour.html>
or phone 82898344.
*Tours normally take 1-1.5 hours
Golden Grove Road (nr 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
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Choice + Opportunities + Success



Civil Train Trade Taster Excursion

Monday 30th March 2020
8:40AM to 3:10PM

Cost: Free

A day of activities related to Civil Trades.

See your VET leader to register.



Visit any one of our schools to find out more about our shared learning opportunities www.opus.sa.edu.au

NORTHERN LIGHT THEATRE COMPANY PRESENTS

MAMMA MIA!

MUSIC AND LYRICS BY
BENNY ANDERSSON
BJÖRN ULVAEUS
AND SOME SONGS WITH STIG ANDERSON

BOOK BY CATHERINE JOHNSON
ORIGINALLY CONCEIVED BY JUDY CRAYMER

MAMMA MIA! WAS ORIGINALLY PRODUCED IN LONDON BY JUDY CRAYMER, RICHARD EAST AND BJÖRN ULVAEUS FOR LITTLESTAR, IN ASSOCIATION WITH UNIVERSAL.

ADDITIONAL MATERIAL & ARRANGEMENTS
MARTIN KOCH

MUSIC PUBLISHED BY UNIVERSAL PUBLISHING GROUP

DIRECTOR
CERI HUTTON

MUSICAL DIRECTOR
PETER JOHNS

CHOREOGRAPHER
KERREANE SARTI

SHEDLEY THEATRE
PLAYFORD CIVIC CENTRE, ELIZABETH

BOOKINGS ONLINE AT WWW.NORTHERNLIGHT.ORG.AU/TICKETS OR BY PHONE 8281 5026 (9AM-5PM)
ADULT \$32/CONCESSION \$26. GROUP DISCOUNTS AVAILABLE. BOOKING FEES APPLY.
MARCH 20, 21, 27 & 28/APRIL 3 & 4 AT 8PM MARCH 28/APRIL 4 AT 2PM



Saint David's Parish School is a vibrant, inclusive Catholic community inspired by Mary MacKillop fostering faith and learning so as to nature optimistic compassionate people of the world.

At the core of our school are the values of Faith, Respect, Community and Excellence. Our values provide a strong framework for how we interact, learn and play together as a school community and foster a sense of belonging in our students.

PRINCIPAL TOURS 2020

THUR 20th FEB 5.00PM
THUR 27th FEB 9.30AM
SAT 21st MARCH 9.30AM

BOOK ONLINE www.stdavids.catholic.edu.au



NEW LEARNING CENTRE HAS NOW OPENED

We look forward to showing you this amazing new facility with

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INSIGHTS

Tools for managing teenage anxiety



Anxiety is the most common mental health issue facing young people today. It impacts significantly on their happiness, wellbeing and learning. Untreated anxiety in young people is likely to continue to pose a problem in adulthood.

It's normal for a young person to feel anxious from time to time. Here are some tools to help them manage their anxiousness.

Defusion

Young people often tell themselves stories about how they appear to others, how they will do in an assignment, test or learning activity and how they will meet with challenging events. Their stories can be helpful – “I know I can do this!” or unhelpful – “I’m hopeless at sticking with projects.”

To reduce the impact of unhelpful thinking on their emotional state, teach them to distance themselves from their unhelpful stories and self-talk through the skill of defusion, or thought-distancing. Here are some examples you can use:

- “I feel awful about this exam.” Ask “Is that helpful thinking?”
- “Everyone will find this test hard.” Ask, “Is that a thought or a fact?”
- “I’m hopeless at school.” Add “I had a thought that I’m hopeless at school.” – it places them one step away from the thought

Mindfulness

When someone is anxious, they are often worried about a future event. Their restless mind needs to take a rest from future thinking, ruminating and worrying. Settling back into the present gives them a chance to relax and calm down. The practice of mindfulness, even if just for a few seconds, is a wonderful way to let go of their worries. Encourage your young person to practise mindfulness regularly and at different times of the day.

Here's some mindfulness tools that can help them to bring their focus back to the present. Ask them to count out loud on their fingers:

- Five things they can see
- Four things they can hear
- Three things they can feel (such as their feet in their shoes)
- Two things are grateful for
- One person they love

Deep breathing

When someone is stressed, their whole physiology is on edge. When they are anxious their breathing becomes shallow.

parenting*ideas

Deep breathing activates their relaxation response to relieve stress. As a result, the heart rate decreases, muscles relax, pupils constrict and the stomach starts to do its job that was put on hold when anxiety struck. Encourage your young person to breathe in this way:

- Say to them “Come on, let’s take three deep breathes together”
- Encourage them to breathe into their belly to get control over their body and steady their mind

Exercise

Exercise releases chemicals called endorphins that increase your young person’s feelings of wellbeing. It also relieves the muscle tension that builds up over a day of working, worrying and ruminating. There are many ways to get more movement into your young person’s life including:

- Engaging in regular sports
- Walking to school and to other activities
- Taking regular movement breaks from homework
- Joining you in a morning walk

When anxiety comes a problem

Anxiety becomes a problem when it impacts on your young person’s quality of life and prevents them from participating in everyday activities such as school, interests and social events. If this happens your young person may need professional support. Their school, your local general practitioner and the relevant department at your local council can assist.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia’s leading parenting educators. He’s an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.

Provided as a part of our school’s Parenting Ideas membership

parentingideas.com.au

ST PATRICK'S TECHNICAL COLLEGE
OPEN DAY
SUN 29 MARCH
12-3PM | REGISTER NOW

Registrations Essential
www.stpatstech.sa.edu.au

Principal's Presentation at 12:15pm, 1pm or 1:45pm
with tours of the College conducted throughout the day
Enjoy refreshments prepared by our Food & Hospitality students

2-6 Hooke Road
Edinburgh North SA

YEAR 11 & 12 EDUCATION, TRAINING & APPRENTICESHIP PATHWAYS

We Are Welcome **Youth Mass**

prepared for youth by youth

ParaModYouth are pleased to invite all youth to our first Youth Mass.

6pm, Sunday 15th March
Holy Trinity Church
171 Kesters Road
PARA HILLS

We encourage families to bring their young people along to the Mass - all are welcome.

We plan to celebrate a Youth Mass on the third Sunday of every month.

GLEESON NOTICEBOARD

2020 GLEESON DIARY DATES >



Term 1 2020

- 9 Mar PUBLIC HOLIDAY > Adelaide Cup**
- 11 - 13 Year 7 Camp > Pt Hughes & Wallaroo
- 16 Principal's Tour (9.15-10.15am)
- 18 GC Harmony Day
- 19 Year 8 Reflection Day
P&F Meeting > Drinks + Nibbles + Position Elections, 7pm
- 20 Year 8 Dose 1 Immunisations (Diphtheria, Tetanus, Pertussis, HPV)
- 23 Catholic Co-Ed Athletics Carnival > SA Athletics Stadium
- 25 College Board Meeting
- 27 - 29 GC Music Camp
- 31 Parent Teacher Interviews #1
- 1 Apr Archbishops' Memorial Mass
- 6 Parent Teacher Interviews #2
- 8 P&F Meeting
- 9 FINAL DAY OF TERM 1 **EARLY FINISH AT 1.05PM****

Term 2 2020

- 27 STUDENT FREE DAY > Staff Professional Learning Day**
- 28 FIRST DAY OF TERM 2 FOR ALL STUDENTS**
- 4 - 8 May Catholic Education Week 2020
- 6 P&F Meeting
- 11 Principal's Tour (9.15-10.15am)

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GOLDEN GROVE CAMPUS UNIFORM SHOP

Devon Clothing | P: 8350 7934



GOLDEN GROVE CAMPUS UNIFORM SHOP TERM 1 TRADING TIMES

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

GC UNIFORM POLICY

Gleeson's Uniform Policy and a list of all student requirements is located on our College website: www.gleeson.sa.edu.au

Alternatively, if you have any questions please phone Reception on 8282 6600.

MODBURY DEVON CLOTHING UNIFORM SHOP

OPEN 9.00am - 5.00pm Monday to Friday + 10.00am - 1.00pm Saturday

P: 8350 7930 | 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

info@gleeson.catholic.edu.au
Student Services T: 8282 6634

