

## MACCA'S RULE THE POOL > Middle School Swimming Carnival 2018

McDonald House reigned supreme in the pool at our inaugural Middle School Swimming Carnival held at Waterworld on Monday. After dominating on land earlier in the year at our Athletics Carnival, the Yellow team proved too strong on water also, taking the double in 2018!

It was a beautiful sunny day and much House spirit, pride and sportspersonship was enthusiastically on display by students, both competing and cheering on their peers. The day consisted of formal 50m and 25m swimming events, including our Champion of Champions Finals, which saw the fastest eight boys and girls in their 50m free age group race off. Congratulations to our Girl's Champion Sophie Graham (8 MMCUA) and Jackson Ryan (8 FMHER) who was crowned Boy's Champion.

Students then jumped straight into the novelty events, competing for points in the 'Search and Find', 'Boogie Board Relay', 'Big Splash' and 'Pool Pony Rodeo'. With the lead changing between Houses several times throughout the day, it was exciting to see how each event impacted the running score. The day showed that maximum participation is the key and has a huge impact on overall standings and our eventual Carnival champions. Congratulations to our 2018 Champions, McDonald House!

Overall, it was great to see how much fun the students had in the pool and on the slides during free time, and to those students who had special jobs on the day, thank you for your continued support of your House. We were lucky to have several Gleeson Old Scholars volunteer their time to assist us at this year's Swimming Carnival and we

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## A WORD FROM THE PRINCIPAL

you sincerely to both Chris and Michelle for their service to the Gleeson College community.

New office bearers for the College Board will be elected at our first meeting in 2019, and we look excitedly to the future of our school under the guidance and stewardship of this group.

### 2019 Learning Management System

As you would be aware, our current learning management system (LMS) at Gleeson College is iScholaris. We have made a decision to move to a different LMS in 2019 called SEQTA, pronounced Sector. SEQTA is described as "an all-in-one collaborative teaching and learning ecosystem". SEQTA is used by many schools in South Australia, and we are confident that it will provide an enhanced LMS, capable of doing all of the things that iScholaris did and much more. Staff have been working on the implementation of SEQTA for the past few months, and this will be focus of our professional learning days at the end of this year and the start of next year.

Information will be provided to families at the start of 2019 about SEQTA and how to engage with it. We are very excited about the introduction of SEQTA and know that it will be a very positive move for our school.



### Acting Deputy Principal

I am delighted to inform the community that APRIM Mr Adam Cibich has been appointed as Acting Deputy Principal here at Gleeson College for Terms 1 and 2 of 2019 by the Director of Catholic Education Dr Neil McGoran. This appointment is a result of our Deputy Principal Mr Joe Corbo taking some very well earned Long Service in Term 1, and I will be taking a combination of study and Long Service in Term 2. During my absence, Mr Corbo will be Acting Principal.

We congratulate Mr Cibich on this significant appointment and look forward to witnessing his leadership flourish. We are currently working with CESA on appointing an Acting APRIM to fill Mr Cibich's vacancy.

Mr Andrew Baker,  
Principal

### College Board 2019

Last week we held the College Board Annual General Meeting. There was a good level of attendance and we had an excellent meeting. We were very fortunate to have two new members join the College Board for 2019 - we warmly welcome Mr Ryan Williams and Mrs Tanya Welden.

Each of our new members spoke briefly about their background and reasons for joining the Board and the strong message that resonated with each was that Gleeson College had been such a positive experience for their children that they wanted to serve the school in this capacity. These new Board members bring a wealth of experience, gifts and talents and we are very excited about their future contribution to the Board and thank them sincerely for agreeing to serve our community in this role.

The AGM was also Mr Chris Hill and Mrs Michelle Sauerwald's final meeting following their respective terms on the College Board. Both of these people have been outstanding contributors to the Board and I have greatly valued their commitment and support. Thank

## 2018 GLEESON DIARY DATES >



### Term 4 2018

21 - 27 Nov	Year 11 Exams
26	Year 7 Retreat + Acknowledgement
26 - 30	Year 10 Exams
27	Year 12 Graduation > Adelaide Entertainment Centre, 6.30pm
28 - 30	Year 11 to 12 Workshops
29	Year 7 + Year 8 STEM Exhibition, 4.00-5.30pm
4 Dec	Year 9 Retreat + Year 9 Graduation Ceremony > DRMC (L6&7)

**\*\*LAST DAY OF TERM 4 FOR YEAR 9 STUDENTS**

**5 2018 PRESENTATION EVENING > DRMC, 6.30pm**

**\*\*LAST DAY OF TERM 4 FOR YEAR 7 + YEAR 8 STUDENTS**

### Term 1 2019

29 Jan	<b>FIRST DAY OF TERM 1 FOR YEAR 7 + NEW YEAR 8 STUDENTS</b>
30	<b>FIRST DAY OF TERM 1 FOR YEAR 9-12 + YEAR 8 STUDENTS</b>
	<b><u>WHO ATTENDED GC AS YEAR 7 IN 2018</u></b>
4 Feb (TBC)	Middle School Parent Information Evening
11 (TBC)	Senior School Parent Information Evening

*With Sympathy*



The thoughts, prayers and support of our Gleeson College community are with Mrs Sarah Campbell and her family on the recent passing of her beloved Grandmother.

*May she rest in peace and God comfort her family and friends at this sad time.*

*Rest In Peace*

# PE WEEK 2018 > GC Students + Staff Get Moving!



Week 5 at Gleeson College saw our staff and students get moving for PE Week 2018! Aimed at promoting the benefits of regular physical activity, exercise and movement, the main message was to enjoy various forms of activity, with the goal of reaching the recommended one hour of physical activity per day.

The week consisted of students participating in Bubble Sports and Laser Tag activities in their PE classes, and they also had the opportunity to test their aim at AFL, basketball and soccer inflatable targets. We had 'Guess the mystery Gleeson staff member' quiz questions each morning (based on past sporting achievements), and a tightly-contested 'Staff versus Students' 3-point basketball shootout. Staff also enjoyed a 'Red/Yellow/Green Light' Morning Tea provided by the HPE faculty. The spread included food from all three groups, with a Red light indicating 'special occasion' foods, Yellow the 'sometimes' foods and Green, 'regular' foods.



The level of enthusiastic involvement and participation all week indicated an increased level of movement and enjoyment in participating in various forms of physical activity. A big thank you to all students and staff, particularly the HPE teachers who were involved!

Mr Danny Gloria,  
Health & PE Learning Area Coordinator

**\*\*MORE PHOTOS ON PAGES 4-5\*\***



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gratefully thank them, along with all our GC Staff and students, for their valued contribution to the success of this event. Well done to all students for their fantastic engagement and House spirit shown throughout the day. We congratulate the following Age Group Champions who shone in the pool and were awarded medallions at competition's end for their efforts.

#### Year 7 Age Group Champions

Tayla Bowden (Hughes) &  
Kayla Marshall (Fyfe) 34 pts  
Thomas Hughes (Fyfe) 48 pts  
Runner Up  
Bailey Hume (Hughes) 34 pts

#### Year 8 Age Group Champions

Sophie Graham (McDonald) 48 pts  
Jackson Ryan (Fyfe) 48 pts  
Runners Up  
Jasmin Fullgrabe (Fyfe) 40 pts  
Aidan Majcen (Hughes) 42 pts

#### Year 9 Age Group Champions

Charlotte Nenke (Fyfe) 36 pts  
Kobi Brewer (Hughes) 46 pts  
Runners Up  
Niamh Hughes (Fyfe) 30 pts  
Riley Aistrope (McDonald) 30 pts

Ms Rachel Staffin,  
Sports Development Coordinator

#### 2018 Final Result >

McDonald	651 pts
Fyfe	628 pts
Hughes	557 pts
Damiani	472 pts



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# YEAR 10 FOOD + HOSPITALITY > Researching Local Food Production



Last week, the Year 10 Food and Hospitality Creative Class visited the Adelaide Central Markets as part of their research into local food production. When we sit down to eat, it is often surprising how little we know about what is on our plate. Each ingredient could have travelled over 1,000 kilometres to reach us. The energy costs involved in food production and the transport of goods from paddock to plate have a negative impact on our environment, contributing to climate change and greenhouse gas issues. Short transport distances means it has a smaller carbon footprint.

For this assignment, students learnt about the importance of supporting local farmers, eating sustainably and the benefits of eating foods in season. During this excursion to the markets, students were able to talk with stallholders to help with their investigations. We also purchased seasonal ingredients (asparagus and leek) to use in our cooking practicals the following day. *\*See recipe below!*

Miss Ashlee Curtis,  
Year 10 Food and Hospitality Teacher



## Asparagus & Leek Tart

Serves 2-3



### Ingredients

- 1 sheet puff pastry, thawed
- 1 egg, lightly whisked, to glaze
- 1 Tbsp olive oil
- 1 leek, washed, tops removed, finely sliced
- 1 clove garlic, peeled & finely sliced
- 100g goats curd
- ½ cup grated cheese
- ¼ cup parsley, chopped
- Sea salt and ground black pepper
- 1 bunches asparagus, trimmed & blanched

### Method

1. Preheat oven to 200°C (180°C fan-forced). Line baking tray with baking paper.
2. Place pastry sheet on prepared baking tray. Using a sharp knife gently score a border 2cm from the edge, being careful not to cut through the pastry. (Optional - score a design around edge to add a personal touch to your dish.) Using a fork dock (prick) the centre of the pastry all over.
3. Using a pastry brush carefully brush the border & centre with egg wash & refrigerate for 30 mins.
4. Heat olive oil in large saute pan over medium heat. Add leeks & garlic & cook for 5 mins or until leeks are soft.
5. Remove from heat & allow to cool.
6. Place the prepared tart shell in preheated oven & cook for 15 mins.
7. While the tart is cooking, combine cooked leeks with goats curd, cheese, parsley, salt & pepper together in a bowl, stirring until well combined.
8. Remove tart shell from oven, reduce heat to 180°C (160°C fan-forced). Carefully cut around the scored border & gently push the centre down & spread the leek mixture evenly over the centre.
9. Top with the asparagus. Return tart to oven & cook for further 20 mins or until filling is heated through.

## YEAR 10 CHILD STUDIES > Christmas Crafts with Tenison Kindy Kids



It was starting to feel festive in the Year 10 Child Studies Class this week as students worked with kindergarten children from Tenison Place Early Learning & Kinder. For this visit, students paired up with a 'kindergartener' and assisted them through a rotation of different Christmas crafts and activities. A variety of activities were organised by the class that supported the children's development of fine motor and social skills. Thank you to Tenison Place Early Learning & Kinder staff and children for visiting our class.

Miss Ashlee Curtis, Year 10 Child Studies Teacher



## YEAR 11 CHILD STUDIES > Nature Play Fun @ Salisbury North PS

This term the Year 11 Child Studies Class have been learning about the importance of nature play as there are increasing concerns about the disconnection between children and nature. This can cause negative consequences for children's long-term health and wellbeing due to sedentary technology experiences and lack of time for unstructured outdoor play.

For this topic, students had to perform an investigation into nature play and its benefits on a child's development. The class discovered that outdoor play in nature offers a number of benefits, including opportunities to learn physical and social skills, learning how to manage risks and forming a respect for nature. From this research task, the class then formed groups to plan, prepare and run an activity session with a group of young children at Salisbury North Primary School. The class enjoyed the opportunity to put their new knowledge into practice through a practical and real life setting.

We thank all the students and staff at Salisbury North PS for welcoming us so warmly!

Miss Ashlee Curtis,  
Year 11 Child Studies Teacher



# YEAR 7 + YEAR 8 2019 TRANSITION DAYS > Welcome to GC!!



Across two days last week we welcomed our new students for 2019 to our College through class and group learning experiences.

Thank you to all the Student Leaders and staff involved for an exciting and creative two days!



parenting \* ideas

# insights

## Developing a resilience mindset

by Michael Grose



If you want your child or young person to be resilient enough to cope with the hardships that come his or her way, and in doing so build strengths for the future, consider fostering your own resilience first. Parents are in the best position to influence their children's resilience. Children watch our reactions to adverse events and view first hand how we look after – or neglect – our own mental health and wellbeing.

Focusing on our own resilience is not as difficult as it may seem. If you adapt a resilience mindset you'll find that resilient behaviour follows. Want to get fitter physically? You could take up a new fitness regime or you could simply adopt a fitness mindset. Adopt the former and there's a reasonable chance that you'll start off gung ho and run out of steam after a month. Adopt the latter and you'll more likely take small, sustainable steps such as walking or riding to work, taking stairs instead of escalators and playing active games rather than sitting on the couch on weekends.

The mindset approach works well with resilience. Take the sustainable approach of looking after your mental health, becoming conscious of the messages you send yourself and developing coping skills that allow you to respond rather than react to adverse events. These simple ideas will help:

### Watch your self-talk

The little voice inside your head can have a catastrophic impact when you allow it to. It can talk you into the blues, lower your confidence and build mountainous problems out of molehills. Once you're aware of its impact, you can switch it off or change its negative chatter to something more positive and realistic. It takes practice but it's worth it. When you have a resilience mindset you'll start to check that chatter in your head.

### Park the bad stuff

Ever had an argument with a family member at breakfast only to find it messed up your whole day? A common trait with resilient people is that they can compartmentalise their lives so that difficult experiences in one domain won't interfere with their effectiveness elsewhere. When you have a resilience mindset you'll consciously park the negative stuff while you get on with the rest of the day, only revisiting it on your own terms.

### Stay flexible in your thinking

People who lack resilience pepper their language with absolute, imperative statements such as 'I must always be on time,' 'They never do anything to help,' or 'They should always use good manners'. This shows inflexible,

# parenting \* ideas

unrealistic thinking that leads to stress and anxiousness. When you have a resilience mindset you'll use more moderate language reflecting a flexible approach to life. The above statements become 'I'll always try to be on time but sometimes it's impossible,' 'They are sometimes helpful but they can be forgetful,' and 'I'd like it if they were well-mannered but sometimes they aren't'.

## **Make sleep a priority**

We are only beginning to make solid links between sleep and resilience. Mothers of newborns know how debilitating sleep deprivation can be. They can't function effectively and depression is close at hand. Many people spend much of their lives experiencing some form of sleep deprivation, compensating by taking regular caffeine hits, self-medicating with alcohol and using other ineffective remedies. When you develop a resilience mindset, you make sleep a high priority, taking the necessary lifestyle steps to make sleep easy to attain.

## **Create a pressure valve**

In a society that views busyness as a status symbol, it's tempting to keep working until you drop, neglecting to enjoy some downtime that releases the pressures of work. When you have a resilience mindset you value downtime and relaxation and understand the positive impact these have on your mental health and the wellbeing of people around you.

When you have a resilience mindset you have a greater understanding of what resilience is about and you're in a better position to develop a lasting sense of resilience in your kids. Developing resilience in kids is like jumping off a pier with some friends on a cold winter's day. In both instances you need to go first.



### **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*.



# Gleeson College

## Performing Arts Scholarships 2019

As part of Gleeson College's vibrant Performing Arts Program, we are offering a number of scholarships in 2019. Selection will be based on audition and/or interview, which will be held at the College on **Monday 3 December 2018**.

### Scholarships on offer in 2019 >

- Instrumental Scholarships > Applications open to Year 7 and Year 8 students with considerable experience on their chosen instrument.
- Brass Scholarships > Open to ALL students interested in taking up a brass instrument (trumpet, trombone) as either their first or second instrument.

Successful candidates are expected to participate fully in the College's Performing Arts Program and undertake elective Music as a subject in Years 8 and 9.

*\*Scholarships are for all or partial instrumental tuition only.*

**Auditions** can be arranged by contacting Arts Coordinator, Mrs Carly Meakin, at the College on 8282 6457 during business hours or via email at: [carly.meakin@gleeson.catholic.edu.au](mailto:carly.meakin@gleeson.catholic.edu.au)



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



## 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

### 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

### 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.



## Gleeson College

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