

McDONALD REIGN SUPREME > Yellow Domination on the Track + Field!



McDonald House went back-to-back to take out the annual Gleeson College Athletics Carnival, which was held in beautiful 27 degree weather at Tilley Reserve last Friday. The carnival opened with Phoebe Surman and Emily Carden leading us through the Acknowledgment of Country and Prayer, as we shared the Athletes Prayer to lead our Houses through the day safely. The official start was lead with a beautiful rendition of Advance Australia Fair by Emily Lamb, our 2019 Performing Arts Captain.

Lead changes were constant and showed from the start that it was going to be a competitive day by all students.

As the students rotated through the events amongst their age groups, we saw students willing and wanting to jump in and fill field events, which kept high levels of enthusiasm. Not only was competition fierce in each of the official events, but also in the costume stakes as the Year 12 cohort coordinated their House-inspired costumes. From Rubik's cubes, graduates, superheroes, wizards and cheerleaders to tennis players and netballers, the students made sure to enjoy their final Athletics Carnival at GC! The success of the day relies on students and staff and I would like to thank everyone for their participation and help in the lead up and on the day. Congratulations to all House Captains for their tireless work in organising and encouraging their team and to the staff for their support in facilitating the day's events. Often the House Captains are the first to nominate themselves to help their House to ensure that all events are filled and this was no exception. This year demonstrated great Spirit amongst all the House Captains as they worked selflessly to ensure that their house had the best chance.

...CONTINUED ON PAGE 15





THE BEAUTY OF OUR COMMUNITY



In the past few weeks we have had a number of events that have demonstrated the beauty of our community and the opportunities our students can enjoy. Our Athletics Carnival last Friday was simply terrific, the best in my five years at the College. Perfect weather, great organisation, wonderful participation, and excellent spirit all combined to make a memorable day. I loved watching the way that our students supported one another, encouraged all to have a go and to do their best. It was a truly inspiring day and one that again made one feel proud to be a part of Gleeson College. Thank you to all the students and staff for their engagement, to our Sports Development Coordinator, Rachel Staffin, and her team of helpers, and to our P&F who cooked up a storm on the BBQ all day (see photo top right). Congratulations to McDonald House!

Last Wednesday, our Year 8 students were on Retreat at Sunnybrae Function Centre. Retreats occur at every year level at Gleeson College, and are central to our Catholic Identity. It was tremendous to witness our Year 11 Youth Ministry Class lead the sessions on this

retreat, and sincere congratulations to these students for the way they worked together to prepare engaging sessions for the Year 8's. Well done also to the Year 8 students who participated perfectly.

For the past three days, our Year 7 students have been enjoying their camp at Port Hughes and Wallaroo. All reports have been that the Year 7's have been having a fantastic time, and that they have embraced the opportunity to spend time getting to know each other more, and enjoyed the activities focused on team building. Camps and Retreats are integral to life at Gleeson College, and these can only happen due to a huge amount of preparation and organisation by staff. I also acknowledge our staff who commit to being away from their own families to attend these experiences so that your children can enjoy these rich learning and community building opportunities.

As we continue our Lenten journey, as a Catholic school we commit to this 'Holy Springtime', an opportunity to reflect on our own faith journey and that of our Gleeson community. Lent and Easter are times of renewal and commitment to new life. These can be simple commitments. Pope Francis states that *"Lent is a good time to concentrate on fighting the urge to gossip about others and instead trying to correct*



one's own faults." Very simple advice, but at times hard for us to action. I can't help but think that this is the perfect lens through which to view today's national day of action against bullying and violence; **'Bullying. No Way!' Day**. As a community, if we are all able to focus on improving those areas of our own lives that require attention rather than focusing on the faults of others, we would be much closer to creating the world that God desires.

Andrew Baker,
Principal

ASH WEDNESDAY > The Start of Lent

"Repent and Believe in the Gospel"

Ash Wednesday is one of the most popular and important holy days in the liturgical calendar. Ash Wednesday opens Lent, a season of fasting and prayer. Ash Wednesday comes from the ancient Jewish tradition of penance and fasting. The practice includes the wearing of ashes on the head.

The ashes symbolise the dust from which God made us. As the ashes to a person's forehead, the priest or lay person speaks the words: *"Remember that you are dust, and to dust you shall return."* Alternatively, they may speak the words, *"Repent and believe in the Gospel."* The ashes are from the burning of blessed palm branches from the previous year's Palm Sunday Mass.

At Gleeson College, all students received ashes on their foreheads in morning Care Group. Our Year 8s received their ashes at their Year 8 Retreat held at Sunnybrae Function Centre (see full article and photos pages 4-5).

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



BULLYING. NO WAY! DAY 2019 > Stopping Bullying Involves EVERYONE



BULLYING. NO WAY!
SAFE AUSTRALIAN SCHOOLS.
TOGETHER.



Dear Parents & Caregivers,

At Gleeson College we aim to create a safe and supportive school community for everyone. To support this idea we celebrate National Day of Action against Bullying and Violence during the third week of March each year with activities and presentations about ways to prevent bullying as part of our Personal Development Program.

You are an important part of our work to prevent bullying and to respond effectively if it happens. **Stopping bullying involves everyone.**

This article includes information from Bullying. No Way! with tips on what to do if your child talks to you about bullying. Parents know their children best and know the best way to tailor communication to their needs. Adapt these tips to what works for you and your child.



If your child talks to you about bullying:

1. **Listen** calmly and get the full story.
2. **Reassure** your child that they are not to blame.
3. **Ask** your child what they want to do about it and how you can help.
4. **Visit** www.bullyingnoway.gov.au to find some strategies.
5. **Contact** the school.
6. **Check in** regularly with your child.

If your child talks to you about bullying >

1. **Listen** calmly and get the full story. Your calm response is important to allow your child to tell you all about the situation. After they've told you their story, ask questions to get more details if you need: who, what, where, when. Although you may feel some strong emotions about your child's experience, try to keep calm to avoid more distress to your child.
2. **Reassure** your child they are not to blame. Many children blame themselves and this may make them feel even worse. You could say things like, 'That sounds really hard to deal with. No one should have to put up with that.' or 'I'm so glad you told me. You should be able to feel safe at school; that's not fair at all'.
3. **Ask** your child what they want to do and what they want you to do. A critical part of your response is to avoid jumping in to solve the problem. While it is natural to want to protect your child, helping them to find their own solution is a better option. It helps them feel they have some power in the situation.
4. **Visit** www.bullyingnoway.gov.au to find some strategies. The website has tips and ideas for different bullying situations. One idea is to practise strategies at home to help your child feel more confident.
5. **Contact** the school. Your child may be reluctant for you to do this, so discuss the idea and reassure them that the school would want to know and is able to help. Make an appointment to meet with your child's Care Group teacher and, if you need to, ask to talk with the House Coordinator. Contact the College immediately if you have a concern about your child's safety.
6. **Check in regularly** with your child. Keep the conversation going. It can take time to resolve issues, so check in regularly with your child about their experiences and their feelings. Your ongoing support is important.

If you would like some more information about Gleeson College's expectations and policies, including our Harassment and Bullying Prevention Policy, head to our College website at: <https://www.gleeson.sa.edu.au/college-expectations---policies.html>

If you are looking for support for yourself to deal with a bullying situation, you will find ideas on the Bullying. No Way! website for parents. As well, please feel free to contact the school if you would like to discuss any aspect of our approach to preventing bullying.

Thanks for your continued support to make Gleeson College a great school for everyone.

Kind Regards,

Sally Parsons,
PDP Coordinator

YEAR 8 RETREAT > 'Act Justly, Love Tenderly and Walk Humbly'

On Ash Wednesday last week, the whole Year 8 cohort and staff came together at Sunnybrae Function Centre for the annual Year 8 Retreat.

The Year 8 Retreat was planned and facilitated by our Year 11 Youth Ministry Class as part of their Stage 1 Religious Studies. Since the start of term, the class worked conscientiously behind the scenes to create a spiritual, engaging and meaningful Retreat based on the Micah 6:8 theme 'Act Justly, Love Tenderly and Walk Humbly'. The students unpacked these key ideas and divided them into four sessions. They collectively produced an interactive journal which the Year 8 students could take to each session.

Upon their arrival the Year 8 students were guided by the Youth Ministers into a communal space, where we held our Ash Wednesday Liturgy and distribution of the ashes. All Year 8s were then split into designated groups, which were named after four major Saints: - St Mother Teresa, St John Paul II, St Mary MacKillop and St Francis of Assisi.

As the day progressed, the Youth Ministers grew more and more confident in facilitating their sessions. This was an active and real lesson on Leadership and they adjusted their ideas and activities to suit the nature of the students in each group. There was



a real buzz about the place as the Year 8s went from one activity to another. They had a show bag which they could use to hold their journal and the crafts they had made during the day. The final session in the rotation was all about Archbishop Gleeson. This gave the students a deeper understanding of who he was. The key objectives of the day were that each session was to bring his message to life. This in turn would enrich the Year 8s further in the knowledge that they are an important and integral part of the Gleeson College Community. At the end of the day, we held a closing Liturgy, where

we came together with gratitude and a better understanding of both our patron, and of each other.

As I observed the Youth Ministers throughout the day, I watched them grow into their leadership. Their potential had started to flourish and I could not help thinking that they now had more of a realisation of what they were truly capable of and what we could potentially achieve as the year progresses. I was very proud of them, as were they of each other.

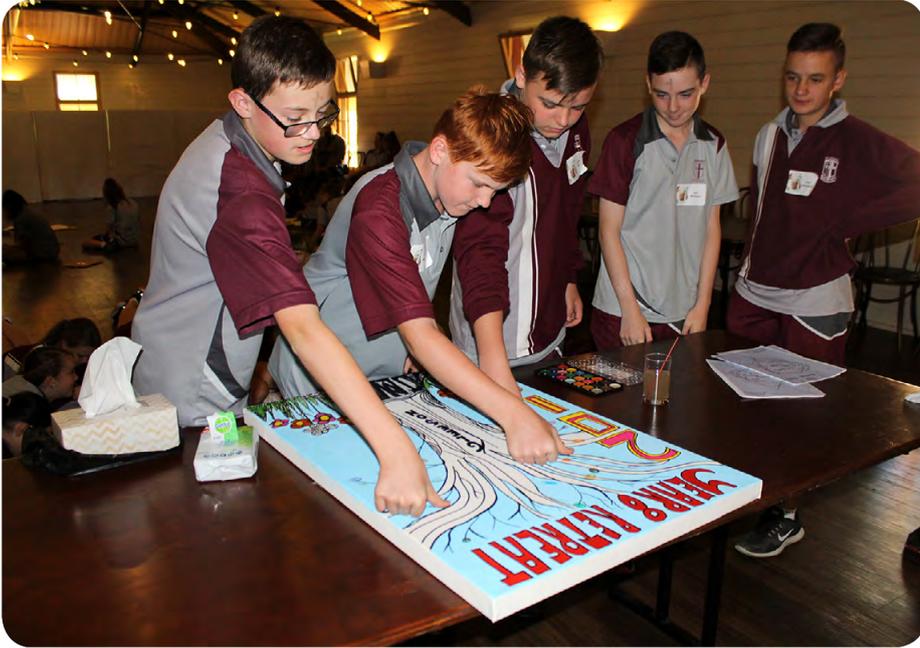
The Year 8s have also grown in knowledge. They have socially interacted with their peers. They contributed to discussions and were highly respectful of the team who was leading them. They worked in groups, shared experiences, discovered new things and were allowed to develop in the areas of wonder and awe. They represented themselves well and it was wonderful to share in their reflections when we left on the bus, and when they returned to school. It is my hope and that of my Youth Ministry Class, that as a result of this experience, the students will truly know the meaning of how to Act Justly, Love Tenderly and Walk Humbly.

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

MORE PHOTOS ON NEXT PAGE



YEAR 8 RETREAT > 'Act Justly, Love Tenderly and Walk Humbly'



GLEESON LAUNCHES STEM SOCIETY 2019

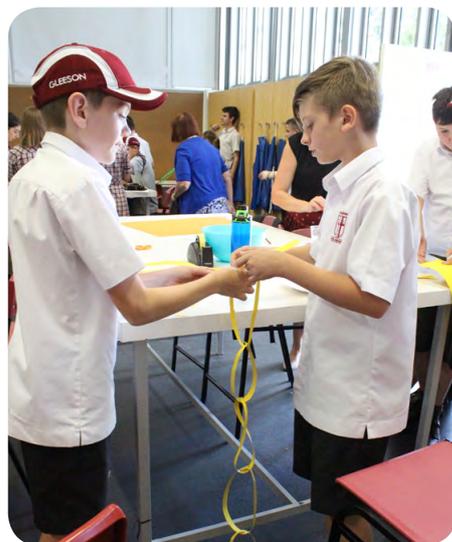


We launched STEM Society 2019 with 50 energetic students heading to St James Lab 4 at lunchtime for pizza and their first challenge on Friday 1 March.

In groups, students had to create the longest paper chain from one A3 piece of cardboard with just scissors and sticky tape! STEM Society aims to extend, challenge and excite students in Science, Technology, Engineering and Mathematics. Students will meet weekly, and this year I am excited to say we have a group of 50 students from Years 7-12 representing the amazing interest in this evolving and dynamic field. STEM Society students will further develop team-building and problem-solving skills via a range of extra curricula activities, participate in State and National competitions and have the opportunity to engage in a number of excursions.

Well done to all students who have joined STEM Society this year - I applaud you for taking on the challenge and cannot wait to work with you all!

**Kate Morgante,
Acting STEM Coordinator**



OLD SCHOLAR + PhD STUDENT BRITTANY SHARES HER STEM JOURNEY

The STEM Society welcomed back a familiar face to Gleeson this week! Brittany Howell (Class of 2012) took time out of her holidays to speak to our students about the path her studies have taken her since her graduation from high school.

Brittany is currently a PhD student at Cambridge University in England, pursuing a project in Bioinformatics, after gaining a Bachelor of Biomedical Science from the University of Adelaide, and an Honors Degree in Bioinformatics. Brittany was accepted into Cambridge as one of just 12 successful applicants out of 1500!

Following is a snippet of Brittany's journey she shared with us >

"My PhD is focussed on how large scale variations in an individual's DNA can lead to the development of certain traits. I am hoping that my research will allow a better understanding of the development of such diseases, and pave the way for an effective treatment plan. Life in Cambridge is unlike anything I could have predicted. The university is divided into 'colleges', not unlike houses in Harry Potter. All colleges have their own sports teams, food halls and residences. This means we are not segregated by course subject, so I end up with a wide variation of friends, also from a range of countries. I currently share my kitchen with a Canadian studying Archaeology, a German studying Economics and a Nigerian studying Engineering!

My future post-PhD is not set in concrete yet. I'm still not really sure what I'm going to do for a 'career'.



While I could do the expected, move to London and work as a research scientist, I might instead work in business - using my data analysis skills to help any range of companies. Or I could work for a pharmaceutical company on drug design, or maybe a tech consulting firm, where I can design and implement software. I've always fundamentally based my choices in life on two things:

- 1 - Which option is going to keep the most doors open?*
- 2 - For what do I have the most motivation to work?*

The first one is fairly clear, but the second I think is the most important. What I've found is there will always be people naturally gifted at whatever it is you're trying, but what succeeds in the

long run is the person who is the most dedicated, the person most willing to sacrifice other things to improve. You don't always have to love what you do, keep clear what your motivation for success is, and it makes it easier to work through the hardest times."

Brittany embodies the dynamic and evolving world of STEM professionals today, dedicated, hardworking, resilient, a critical thinker and problem solver. We can't wait to see where the next five years take her! We thank her for sharing her inspirational journey with us.

**Kate Morgante,
Acting STEM Coordinator**

25th Anniversary Entertainment Book 2019/2020 > Early Bird Online Orders

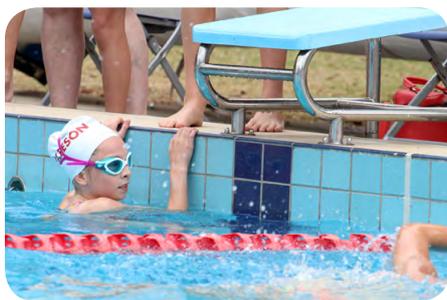


The new 25th Anniversary Entertainment Memberships are almost here, and are a celebration of 25 years of fundraising and providing exceptional value to our customers across Australia and New Zealand!

Gleeson College will again be selling the 2019/2020 edition of the Entertainment Book as a fundraiser for student programs and initiatives. Copies are still \$70 each with 20% of profits coming back to the College.

Click here to get in early and book your 2019/2020 copy online >
<https://www.entertainmentbook.com.au/orderbooks/160189x>

YEAR 7 TEAM MAKES A SPLASH @ TTG SAPSASA SWIM CARNIVAL!



Eight enthusiastic young swimmers donned their swimming caps and raced their little hearts out representing Gleeson at the TTG District SAPSASA Swimming Carnival held at Waterworld on March 4.

It was the first time our Year 7 students have competed at this Carnival, which allows the opportunity to qualify for the 2019 SAPSASA Metropolitan Championships. The fearless competitors from Gleeson included Jasmine Crisp, Summer Tils-Mathews, Julia Rocca, Lily Searles, Thuan Pham, Madison Castle, Tess Marusic and Vincent Musolino. Our students not only participated in each event brilliantly well, they also encouraged each other in every race. Each of our eight students swam exceptionally well and together tallied up five 1st places, four 2nd places and three 3rd places. As individuals, we congratulate Madison Castle (50m Breaststroke), Jasmine Crisp (50m Breaststroke) and Summer Tils-Mathews (50m Freestyle, Relay Team and 50m Butterfly) who were all selected to represent Tea Tree Gully in the upcoming Metro Swimming Championships!

Congratulations to our whole team on a brilliant carnival and representing Gleeson College with such pride.

Simon Barratt,
GC Year 7 Swim Coach



SCHOOL SPORT SA SWIMMING CHAMPIONSHIPS 2019

Gleeson College participated in the Secondary School Sports SA Swimming Championships at the SA Aquatic and Leisure Centre recently. A team of 15 students in Years 8-12 competed in various swimming events against other secondary schools in the same grade (D Grade). The students were very excited to be able to represent the College in such an elite sporting competition with some students aiming to beat their current personal bests, eager to qualify for State teams.

Our GC swimmers competed exceptionally well with many placing high on the podium in their events. The Open Girls took out 1st place in the 4 x 50m Freestyle Relay with a very impressive time and then went on to finish 3rd in the 4 x 50m Medley Relay. The boys had a very impressive day as we only had four students representing in this division. The Open Boys placed 3rd in their 4 x 50m Freestyle Relay in a very competitive race, and went one better to finish 2nd in the 4 x 50m Medley Relay.

The overall scores on the day saw the Gleeson College girls place 4th overall, with the boys finishing in 9th. With the small number of students competing for Gleeson in comparison to other schools in attendance, we did exceptionally well at this competition.

We were highly impressed with the professionalism of our students on the day and their ability to be organised for all their events, which were physically challenging and often close together. It was fantastic to see such a supportive team who cheered each other on for every race!

Congratulations to all our swimmers on their effort and achievements! We are very proud of the passion and pride you displayed representing Gleeson College.

Rachel Staffin,
Sports Development Coordinator



WE WARMLY WELCOME KATE SHIMMIN AS PROGRAM COACH IN 2019!

We are very excited to warmly welcome Adelaide Thunderbird defender Kate Shimmin as our Specialist Netball Coach in 2019!

Kate was a key player in both the 2013 Premiership-winning Thunderbirds team and 2017 Australian Fast 5 Team, and also continues to play a crucial role in the current Thunderbirds line-up. Kate will be working with all our Specialist Netball classes over the course of the semester. Her depth of knowledge of the game and her coaching style is a great addition to our program and our students will gain a great insight into what it takes to become an elite netballer.

Candice Mitchell,
Netball Program Coordinator



YEAR 10 PDP > Road Awareness Program (RAP) an Eye Opener



As part of our Personal Development Program (PDP) and reinforcing the 'Keeping Safe' Curriculum, the South Australian Metropolitan Fire Service attended Gleeson College to present their Road Awareness Program (RAP) to our Year 10 cohort. While some of the footage shown was very real, this helped to illustrate the main theme that *"you can choose the risk; but you can't choose the consequences."*

Thanks to Fire Officer Mark Sutton for giving a strong and thought provoking presentation and a special thank you to Lisa McTye (Golden Grove High School Parent) for sharing the heartbreaking story of her eldest son's tragic car crash. Our hope is that another parent's heartfelt plea will help our students think twice and make a good choice if they are in a risky situation. Please take this opportunity to speak with you child about the content of this RAP presentation and discuss plans to ensure your child is not in a situation that they could be at risk. Please visit the RAP website for more information, which may help you to broach this subject and show some positive feedback if your child starts challenging some risks you might take on the road > http://www.mfs.sa.gov.au/site/community_safety/road_awareness_program_rap.jsp



To download the app and take the 21-day challenge yourself, head to > <https://rap.mfs.sa.gov.au/>

If you have any questions, please do not hesitate to contact me at the College on 8282 6600. Stay safe out there.

Sally Parsons, PDP Coordinator



MIDDLE SCHOOL PDP > SAPOL Cybersafety Workshop



All Middle School students attended a Cybersafety workshop led by South Australian Police during PDP over the past two weeks. Cyber bullying is bullying which uses e-technology as a means of victimising others. It is the use of internet or mobile technologies, such as email, chat room discussion groups, social media and instant messaging, with the intention of harming another person. This session spoke in depth about 'respectful relationships' and 'image based abuse', and highlighted the importance of NOT sharing content without consent.



YEAR 10 OUTDOOR ED > Indoor Rock Climbing to Prep for Real Deal!

The Year 10 Outdoor Education Class headed to Vertical Reality at Holden Hill last week to experience the thrill and challenge of rock climbing in preparation for their outdoor climb.

Students undertook the very necessary safety briefing before working in pairs to navigate the 20m climb to the top. Each climb is graded by difficulty and also features overhangs and 'chimney-like' challenges! Rock climbing is not only physically demanding but also relies heavily on good teamwork, communication and mental toughness.

With this indoor experience under their belts, or should I say harnesses, this class is ready to tackle the outdoor climb and abseil at Morialta Conservation Park next week.

Candice Mitchell,
Year 10 Outdoor Ed Teacher



AN INSPIRING DAY FOR THE YEAR 12 FOOD + HOSPITALITY CLASSES!



We were lucky to spend the morning with Kane Pollard, Owner and Chef at The Topiary Restaurant in Tea Tree Gully on our Sustainability excursion last week. Kane was nothing but inspirational as he spoke to us about all the ways he runs his business and creatively designs his menu to embrace all what sustainability is. Kane taught us about the benefits, but also the challenges, of using and growing seasonal produce that he uses in his menu, how he reduces food waste in his business, and how he has creatively developed recipes to ferment or

use foods to prolong their life. For example, making his own vinegar, creating their own mother for their sourdough bread and using the full banana, including the peel, to make a very delicious banana cake! He also brought our attention to considering the plastic that food is packed or delivered in and how he reduces this in his business by negotiating with his suppliers.

Following our visit to The Topiary, we travelled to Stirling and headed to The Locavore. Here we ate an all-local burger - everything was made from

scratch, including the chips! They still had their skin on and tasted fantastic. This tasted very different to a fast food chain burger and was so much more filling. Konan and Rosanne, chef and owners of The Locavore, also spoke to us about the challenges to keep their business sustainable, but said it was all worth the effort and a beneficial outcome for our local community.

We had a great day and looking forward to using this information in our assignment.

Year 12 Food + Hospitality Students



2019 ATHLETICS CARNIVAL > PHOTO GALLERY



2019 ATHLETICS CARNIVAL > PHOTO GALLERY

CONTINUED FROM FRONT PAGE...

A special thank you goes to the staff who gave up their sleep-in to set up the field. To Mr Gerald Carey for his efforts in ensuring the nominations were already to go in the computer system to ensure results were entered efficiently. A big thank you to House Coordinators and PE Staff for ensuring that many hands made light work in the set up. To all the GC Old Scholars who truly made the day flow, they worked hard and still showed their House spirit throughout the day - a big thank you to Sarah Pope, Maddi Glover, Kimberley Elliott, Adrian Caruso, Grace Abbey, Dion Kirk and Lachlan Agius for giving up their time to assist on the day. Overall congratulations to all Houses and students for their conduct, participation and tireless efforts to show support for their team. Success on days like this are attributed towards the overall participation and contribution to their House.

This year showed more movement in the positions, and at halfway through the day, Damiani were sitting in 2nd place, however with House Spirit winners Fyfe awarded their hard-earned bonus points, this allowed them to slip into 3rd position at competition's end. To all the House Captains and School Leaders thank you for all your hard work, dedication and selfless attitudes for entering in events to try and help your house win. Your efforts didn't go unnoticed and to see the chanting and support you all showed, even at the end of the day, is a credit to you all.

2019 Final Results >

McDonald	1713
Hughes	1517
Fyfe	1474
Damiani	1420



2019 Champion of Champions Winners

Male Winner > Zac Wallace 11.72s
Female Winner > Kiara Searle 12.57s

2019 Age Group Champions

U/13 Winners > Isabella Henderson-Mitrovic (Hughes) 64 + Talan Cooper (McDonald) 46

U13 Runners Up > Kayla Wright (McDonald) 46 + Kane Halfpenny (Fyfe) 39

U/14 Winners > Mercedes Bates (Fyfe) 76 + Jacob Jones (McDonald) 48

U14 Runners Up > Sienna Burns (McDonald) 56 + Kazu Ito (McDonald) 47

U/16 Winners > Kiara Searle (Fyfe) 54 + Jonathon Ierace (Hughes) 48

U16 Runners Up > Shaylee Hossen (Fyfe) 52 + Connor Webb (McDonald) 43

Open Winners > Ella Dalton (Hughes) 57 + Jack Sharland (Fyfe) 65

Open Runners Up > Kyla Stear (Hughes) 50 + Peter Librino (Fyfe) 47



Rachel Staffin, Sports Development Coordinator

2019 ATHLETICS CARNIVAL > PHOTO GALLERY



HUGHES

2019 ATHLETICS CARNIVAL > PHOTO GALLERY



2019 ATHLETICS CARNIVAL > YEAR 12s PLAY DRESS UPS!



GLEESON NOTICEBOARD



2019 HOW YOU VIEW THE WORLD STUDENT EXCHANGE SCHOLARSHIP



FULL Scholarship - Year 8 & 9 Students

We all see the world differently. We want to know how you view the world. Tell us your story and relate it to your country of choice.

2019 How You View The World Scholarship.

Open to all States and Territories
Semester or Year Program*
January 2020 Departure

Applications will be accepted until 9 am (AEST) Monday 2 September, 2019.
* Not applicable for programs to Japan, China, Canada or Select Programs to the USA.

APPLY ONLINE NOW!

Visit www.thisisccce.com for more information, samples of past winners' submissions and to send in your application.

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2019 WANDER WHERE THE WIFI IS WEAK STUDENT EXCHANGE SCHOLARSHIP



50% Scholarship - Year 10 Students

There is something special about every generation. What is special and unique about your generation and how will this aid you on a 3-month exchange program as the winner of our

2019 SCCE Wander Where The WiFi Is Weak Scholarship.

Open to all States and Territories
3-Month Program*

Late October / November 2019 Departure

Applications will be accepted until 9 am (AEST) Monday 1 July, 2019.
* Not applicable for programs to Japan, China, Canada or Select Programs to the USA.

APPLY ONLINE NOW!

Visit www.thisisccce.com for more information, samples of past winners' submissions and to send in your application.

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2019 PASSPORT STORIES STUDENT EXCHANGE SCHOLARSHIP



25% Scholarship - Year 11 & 12 Students

What is it that appeals to you about the culture, food, land and people of where you wish to go on exchange?

2019 SCCE Passport Stories Scholarship.

Open to all States and Territories
2-Month Program*

November 2019 Departure

Applications will be accepted until 9 am (AEST) Monday 29 July, 2019.
* Not applicable for programs to Japan, China, Canada or Select Programs to the USA.

APPLY ONLINE NOW!

Visit www.thisisccce.com for more information, samples of past winners' submissions and to send in your application.

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Technical College

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YEAR 11 AND 12 SPECIALIST TRADE TRAINING COLLEGE | 2-6 HOOKE RD EDINBURGH NORTH



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- Go to a great gym?
- Have personalised attention?

EFM Health Clubs Golden Grove is offering all Gleeson parents a **1 week FREE trial PLUS a discounted rate on membership.**

Why you should give EFM Golden Grove a go:

- Personal Trainer to help guide, encourage and support you towards your goals
- Month to month membership (no lock-in contract)
- Convenient location (in Gleeson College)
- Vast range of equipment
- Express programs for when time is an issue
- Friendly, non-intimidating environment
- Caters for all ages and fitness levels

Offer ends: 18/03/19

Call/text: 0416 283 115

Or pop into the club during the opening hours:

Monday-Thursday 6am-9am, 3.30pm-7.30pm
Friday 6am-9am, 3.30pm-7.00pm
Saturday 7.30am-9.30am

We look forward to hearing from you!

<https://efm.net.au/club/golden-grove/>

2019 FRINGE > Gleeson Performing Arts Students on Stage!



College President and Performing Arts student Maybelline San Juan (12 FSMIL) has been taking the stage at this year's Fringe Festival as a backup dancer with Amelia Ryan's 80's Baby Show!

This show is a sing-along, dance-along, pop-palooza for little people, aimed at kids aged five and under. From vintage Play School classics, to the disco favs that will get Mum and Dad's groove on, plus a few current kids hits snuck in for good measure, it is all ages friendly and on at The Factory at The Garden of Unearthly Delights.

Final performance is tomorrow at 10.45am with tickets available here > <https://adelaidefringe.com.au/fringetix/amelia-ryan-s-80-s-baby-af2019>

Well done Maybelline and all the best for your final show!



Gleeson Year 9 Performing Arts student Rachael Ovenden (9 DMCUR) will be starring in one of the world's best loved musicals, 'The Little Mermaid JR' to audiences at the Fringe starting next Friday. Rachael will journey under the sea for her performance with her award-winning team and cast from Pelican Productions. Pelican's reimagining of this fantastical classic tale will delight both

young and old. This production is bursting with colour, energy and of course all of the songs so familiar to generations. The Little Mermaid JR is playing at the Arts Theatre, Angas Street, March 22 - 24. Tickets are on sale now via pelicanproductions.com.au or <https://www.trybooking.com/BAUZB>

We wish Rachael all the best for her performances on stage at this year's Fringe Festival.



**ST FRANCIS
XAVIER'S**
CATHOLIC SCHOOL

SCHOOL TOUR DATES 2019

- **Saturday, 23rd February**
9.30am – 10.30am
- **Wednesday, 13th March**
4.30pm – 5.30pm
- **Tuesday, 14th May**
9.30am – 10.30am
- **Saturday, 27th July**
9.30am – 10.30am
- **Monday, 12th August**
9.30am – 10.30am
- **Thursday, 19th September**
4.30pm – 5.30pm
- **Friday, 1st 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 or 8251 9555



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!***

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Balancing extra-curricular activities for flourishing kids

by Dr Jodi Richardson



PARENTING BOYS



Busyness seems to have become a way of life for modern families. It's unlikely you'll ever hear a parent talk of having plenty of free time on their hands. Unfortunately, that's a statement unlikely to be heard from a lot of modern-day kids either.

The afternoons on family calendars are increasingly filling up with organised after-school activities, and in families with multiple children the logistics of keeping up with all this can be complicated. The strain of ferrying children back and forth, often in different directions, saps families of energy, resources and time.

We have great intentions

Recent research from the United Kingdom found that the desire for children to succeed is a strong driver for many parents, sometimes causing them to load their children up with extra-curricular activities. While the intentions are good, the method of keeping kids busy is probably questionable.

Other reasons for encouraging extra-curricular activities include: giving kids the best start in life, making friends, keeping fit and healthy, developing interests and preventing boredom. Anecdotal evidence suggests the findings are similar in Australia.

The cost of busyness

We live at a time where rates of mental illness, particularly anxiety, are climbing. One in seven Australian children have a diagnosed mental illness. That's three in an average classroom. Many more go undiagnosed.

Rushing to activities, late nights and stressed parents aren't the conditions for family members to enjoy flourishing mental health. Too many organised activities detract from time to hang out with friends, to comfortably complete homework tasks, to spend time with family, to get bored and, importantly, to simply play.

Free play is serious business

Author and research professor of psychology Dr Peter Gray attributes the rise in anxiety, depression, suicide and narcissism among children to the decline of play. Unstructured play is vital for the healthy development of children and teenagers. Through play kids learn to interact with others, develop physical skills necessary for school success and gain confidence they need to interact with peers.

How much is too much?

Some children can cope with busy schedules, while others flounder. As a rule of thumb, if your child or young

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PARENTING BOYS



person is struggling in any of these three areas: i) mental health, ii) schoolwork and studies, iii) their participation in family-life then it may be time to reduce their extra-curricular load.

Choosing the activities to omit from a schedule can be tricky, as your child or young person may have a different motivation for each. In short, each activity can be ‘the one they love.’ Here’s a good question to ask your child or young person that can make decision-making easier:

‘If all of your after-school activities were cancelled, which one(s) would you plead with me to re-enrol you in?’

Their answers will reveal a great deal about their commitment to each activity. Ideally, kids should be choosing extra-curricular activities that nourish them rather than cause anxiety and stress. Aim for two activity-free nights each week so that your child or young person can meet their study and family commitments.

The same principle for balance holds true for weekends. Make sure your kids enjoy some time free from structured activity, so they can refresh and recharge, ready for the week of school that lays ahead



Dr Jodi Richardson

Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at drjodirichardson.com.au and say hello on [facebook.com/DrJodiRichardson](https://www.facebook.com/DrJodiRichardson). Enquiries to jodi@drjodirichardson.com.au

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Saint David's
PARISH SCHOOL



SCHOOL TOURS

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Saturday 23 March at 9.30am

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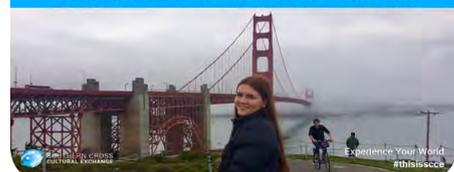
AND LEARN ALL ABOUT **STUDENT EXCHANGE**

Public Information Session

TUESDAY 26th MARCH - 7:00 pm

Gawler Sport & Community Centre
1 Nixon Terrace

Find more information at www.thisisscce.com → Learn More



SFX MAD MARCH FAIR 2019 > Saturday 23 March 12-5pm



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XAVIER'S**
CATHOLIC SCHOOL

FOOD VANS

MARKET PLACE

ENTERTAINMENT

PLANT STALL

RIDES

SILENT AUCTION

CHOCOLATE WHEEL

**2019
MAD MARCH FAIR**

**Saturday, 23rd March
12 noon – 5pm**

St Francis Xavier's Catholic School
4 Carignane Street, Wynn Vale

2019 MAD MARCH FAIR proudly sponsored by


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GLEESON NOTICEBOARD

2019 GLEESON DIARY DATES >



Term 1 2019

18 Mar	Principal's Tour > 9.15-10.15am
25	Catholic Co-Ed Athletics Carnival > SA Athletics Stadium
27	SSSSA Swimming Championships > SA Aquatic + Leisure Centre College Board Meeting > GC Boardroom, 7pm
28	Year 7 and 9 NAPLAN Readiness Test, 9am
29	Year 8 Boostrix + Gardasil 9 Immunisation #1
2 Apr	Parent Teacher Interviews
8	Parent Teacher Interviews
10 - 12	Year 8 Camp > Adare, Victor Harbor
12	FINAL DAY OF TERM 1 FOR ALL STUDENTS

Term 2 2019

29	STUDENT FREE DAY > Staff Professional Learning
30	FIRST DAY OF TERM 2 FOR ALL STUDENTS
3 May	Year 12 Event > Mawson Lakes
13	Principal's Tour > 9.15-10.15am
14 - 24	NAPLAN Online Testing > Year 7 + Year 9
22	College Board Meeting > GC Boardroom, 7pm
24	One+ Careers Expo 2019
29 - 31	Year 11 Retreat
3-7 Jun	Catholic Education Week 2019
4	College Photographs > MSP Photography
5	Principal's Tour > 9.15-10.15am

WINTER UNIFORM FITTING TIMES

GOLDEN GROVE CAMPUS UNIFORM SHOP

COMMENCING TUESDAY 19 MARCH

TUESDAY + WEDNESDAYS
FROM 1- 5PM
& SATURDAY 6 APRIL
9AM - 12PM

If no appointments are booked in after our regular trading times, the shop will not remain open.

Please phone to make an appointment to purchase your child's winter uniform requirements at either >

Golden Grove Campus Uniform Shop
8289 5564

or

DEVON CLOTHING UNIFORM SHOP, MODBURY - 8396 6465

Shop 24 Clovercrest Plaza
429 Montague Rd, Modbury North

Winter Fitting Times

Monday - Friday 9am - 4.30pm
Saturdays 9am - 1pm



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 + 1.00pm - 4.15pm
Wednesday:	2.45pm - 4.15pm + 1.00pm - 4.15pm
Thursday:	1.00pm - 2.45pm
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

SECOND HAND UNIFORM SHOP

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

UNIFORM POLICY

Gleeson's Uniform Policy is located on our website:
www.gleeson.sa.edu.au



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

