Dear Parents, Carers, Students and Friends of the College,

The Principals of Catholic Education Southern Region, were fortunate to attend a conference at Wollongong recently lead by Dr Michael Carr-Gregg. Dr Michael Carr-Gregg is a renowned, internationally acclaimed psychologist who deals with teenage mental health issues and has published a number of publications including *Princess Bitchface*. He is passionate about delivering evidence based workshops and seminars that make a difference to the health and welfare of young people. I am pleased to relay that we have managed to secure a presentation by Dr Michael Carr-Gregg on Monday, 2 September from 6.00pm to 8:30pm for our parent community. The focus of the presentation is around building resilience in young people and addressing issues relating to mental health and teenage wellbeing.

According to recent research, up to 20% of young boys in particular are struggling with mental health issues (Young and Well National Survey 2013). It is of course, a symptom of our modern western society. Catholic schools try to fill the void for young people through faith education, by integrating values into the curriculum, combined with explicitly teaching coping skills in our Pastoral Program. Our principles of learning are based strongly on developing independent lifelong learning skills to ensure that students are able to navigate successful lives when they leave school.

A major focus for us all is to support the building of resilience skills in our young people. Resilience helps us to effectively deal with adversity and change and is vital to our wellbeing. Resilience is necessary for coping with life’s inevitable obstacles and one of the key ingredients to success. These skills are often strengthened through the challenges presented through physical illness, change of school, transitioning from primary school to high school, change in family make up (divorce, break up), change of friendship groups, conflict with peers, conflict with family, managing study and workload. However, for some teenagers, extra support is needed.

Depression is a debilitating condition that eats away our confidence and resilience. It affects young people more than we realise.

Even if you are not concerned currently about your child’s wellbeing, it is worth visiting some online resources. [Reachout.com](http://au.reachout.com) contains online forums, discussions around wellbeing with recommendations for tools and apps. One such app is ‘Smiling Mind’. This app can be downloaded onto an iPhone or iPad and it offers a modern meditation program with exercises that can help reduce stress and assist relaxation. ‘Smiling Mind’ provides an easy to follow program that will help with the three C’s – clarity calmness and contentment. This has been designed particularly for young people in times of anxiety or stress, however it is appropriate for all people.

Another very useful resource is ‘headspace’ ([http://www.headspace.org.au/](http://www.headspace.org.au/)) This website contains information on a range of issues including self-harm, depression, grief and trauma. We have been in discussion with ‘headspace’ a national mental health foundation this week about the expertise they can bring to our students.

---

**Becoming More**

Give us your eyes, Lord,
So that we may see what needs to be done
Give us your mouth, Lord
So that we may speak only the truth
Give us your ears, Lord
So that we may hear what you are asking of our lives
Give us your feet, Lord
So that we may lead others to follow you
Give us your heart, Lord
So that we may be transformed
May we continue to love like Christ

Amen
We hope to run sessions for students in the next few weeks. Headspace reinforces our message that if you think a person is in trouble or you yourself need support, there is help available, put your hand up. This website is useful for parents, carers and young people themselves. It also has a link to the:


We are very fortunate to have engaged the services of Dr Michael Carr-Gregg this term. This is a unique opportunity for parents to come together to identify symptoms of teenage distress, to raise our awareness of symptoms of mental health issues and depression and to gain insights into appropriate and effective responses. Dr Michael Carr-Gregg is very practical and offers sound advice to parents. You will have the opportunity to ask your own questions. I would strongly encourage you to attend this night.

Q&A

Congratulations to the fourteen Year 11 students who were part of the Q&A Show on Monday night. We were privileged to watch the debate between the Shadow Treasurer Mr Joe Hockey and Treasurer Mr Chris Bowen. It was an extremely entertaining debate and our students were genuinely surprised at how much they enjoyed it! The rationale for taking our students there was to encourage them to participate in the wider world, to realise the issues that are faced by our society and to help develop an interest in politics itself. All up, the experience was incredibly positive. My thanks to the many parents who supported us in this venture.

These Year 11 students, in the last few weeks, have had the privilege of listening to the Young Australian of the Year and visiting Q&A. These are only a couple of the ideas we have to support our senior students before they leave school.

Congratulations

Congratulations go to Madeline Morrison of Year 12 who was awarded the Aboriginal and Torres Strait Islander Year 12 Award.

Iris Nastasi

Principal

Clancy Catholic College extends its sincere sympathies to the family and friends of Rhys Sheppard who passed away on Tuesday 13 August.

Eternal rest grant unto him, O Lord,
And let perpetual light shine upon him
May the soul of the faithful departed,
Through the mercy of God, rest in peace.
Amen

Fathers Day Breakfast

An invitation went out earlier this week to all our fathers to attend the Fathers Day breakfast at the College on Thursday 29 August at 7.30am. This is a great opportunity to come along to the College with your son/daughter, share breakfast together with other fathers and staff and then attend our Prayer and Flag Raising Ceremony. To assist with catering you could please RSVP by 26 August 2013.

Craig Mooney

Assistant Principal

Last Thursday our community gathered to celebrate the Feast of the Assumption. It was a beautiful celebration to remember the importance of Mary, Mother of God, to us and the Church community. A school Mass requires a lot of preparation and we are fortunate in our community to have an incredible Liturgy Team who volunteer their time to create very meaningful liturgies. To all those staff; Mr Bolonia, Miss Fantini, Miss Palumbo, Ms Abdo, Miss Romeo, Miss Deguara, Miss Jajo, Mrs. St. Hill, Miss Nguyen, Mr. Prasser and Mr. Ghignone, your efforts and enthusiasm are greatly appreciated. We are also blessed to have very talented musicians and a Vocal Group that bring our liturgies to life. Thank you to these students and our staff; Mr Alvear, Mr Harvey and Mrs Guild, who support all our liturgies and Masses with memorable music.

During our Mass, Fr Noel Short blessed our Cross that is now permanently placed in our Main Yard. Mrs Ghignone has worked with our Year 12 Timber students to create it, providing our school with another Sacred Space, this time outside. It reminds our community that our faith is central to all we do as we walk past the Cross during our busy day. The personal touch of being created by our own community is a sharing of our faith, thank you for your beautiful contribution to our community.

Last Wednesday we continued our focus of our Social Justice Initiatives. Our Houses met to learn more about the needs of others. The MacKillop and Luther King Houses welcomed Sr Irene, a Josephite sister who works with the schools in East Timor, a community our school has supported for three years. The Ozanam and Chisholm Houses learnt more about the plight of refugees and the Teresa and John Paul II have welcomed Fr Jospeh from Holy Spirit to learn more about the needs of children in a Vietnamese orphanage. Thank you to Miss Palumbo, Mr Liceralde, Miss Porters, Ms Stirling, Miss Montibeler and Mr Alexopoulos for leading these houses, these meetings were inspirational and have really encouraged our students to begin initiatives to support the needs of others.

From the Religious Education Department

Last Wednesday we continued our focus of our Social Justice Initiatives. Our Houses met to learn more about the needs of others. The MacKillop and Luther King Houses welcomed Sr Irene, a Josephite sister who works with the schools in East Timor, a community our school has supported for three years. The Ozanam and Chisholm Houses learnt more about the plight of refugees and the Teresa and John Paul II have welcomed Fr Jospeh from Holy Spirit to learn more about the needs of children in a Vietnamese orphanage. Thank you to Miss Palumbo, Mr Liceralde, Miss Porters, Ms Stirling, Miss Montibeler and Mr Alexopoulos for leading these houses, these meetings were inspirational and have really encouraged our students to begin initiatives to support the needs of others.
On Wednesday our Year 9 students travelled to Mulgoa to ‘retreat’ from their busy schedules and participate in their Reflection Day. It is a wonderful opportunity to reflect on their faith whilst strengthening their relationships with one another. Fr Chris Doyle worked with our staff and students to reflect on the place their faith has in their lives. Thank you to Mr Bolonia, Miss Bezzina, Mr Liceralde, Ms Cheung, Ms Greci, Mr Wilson, Miss Burfitt and Miss Deguara for facilitating the day with Fr Chris Doyle. A reminder that Year 10 will participate on their Reflection Day on Wednesday 4 September.

A reminder that Tuesday morning Mass will be celebrated again next week. During our Mass, Fr Joseph will bless the Leaders’ Badges for the new Student Leadership Team. The selected Year 11 students will receive these badges during our Clancy Day Liturgy on Friday 30 August. The following Tuesday 3 September, 9.6 will minister during our Mass, all are welcome to attend. Mass will now begin at 7.55am on Tuesday mornings.

Melinda Melham
Religious Education Coordinator

Inaugural Mass for Aboriginal and Torres Strait Islander students

On Friday 9 August the Catholic Education Office held a Mass for Indigenous students to mark the ‘International Day for the World’s Indigenous People’. The Occasion provided an opportunity for us to acknowledge and celebrate the contribution of Indigenous children and youth to Sydney Catholic Schools and Catholic Education. This Mass was celebrated by Cardinal George Pell and was held at Saint Mary’s Cathedral. This significant event was celebrated with some of our students. The choir was supported by Aboriginal artists and the repertoire for the Mass included parts sung in language. It was a great day of spiritual and cultural connection.

Aboriginal and Torres Strait Islander Year 12 Award Ceremony

The Aboriginal and Torres Strait Islander Year 12 Award Ceremony was held on Thursday night, 15 August at the Catholic Education Office Sydney.

Madeline Morrison a Year 12 student was awarded with a Certificate of Achievement.

Madeline has been recognised as a gifted student of Aboriginal Heritage from the Kamilaroi tribe.

Madeline is a student who takes pride in knowing her heritage and being able to use this heritage to connect with, motivate and build her resilience as a young woman.

Congratulations Madeline!

Rose O’Callaghan
Aboriginal and Torres Strait Islander Support Officer

St Vincent de Paul Winter Appeal - Movie Night

On Friday 16 August the Year 12 College Leaders held a movie night for senior students of the College in support of the St Vincent de Paul Winter Appeal. Warm clothing, blankets and other winter apparel was donated for admission to the event and a canteen was set up on the night collecting monetary donations, with all donations and items going directly to St Vincent de Paul.

The movies were viewed in the theatre with the windows and doors left open and the heaters turned off, exposing students to the chilly conditions of the winter night. Doing this enabled students to empathise with the millions of people around the world who are homeless and are not sheltered from the harsh winter weather conditions.

There was an immense turn out of Year 11 and 12 students and the night was a major success. Students who attended are to be commended on their generosity and their willingness to empathise with people in our community, who are less fortunate.

Victoria Abreu
College Captain

Youth Ministry

SPARK Program

In Term 4 Year 10 will take part in the St Vincent De Paul SPARK program. SPARK stands for St Vinnies Assisting Refugee Kids. Clancy students will be travelling to a local public school to assist recent-arrival students with homework. It will be a one-on-one experience, allowing our students to help those in
need in our local community. Those that are interested will have to attend a training session on **Tuesday 27 August**. Any Year 10 students who are interested in the program but did not take a booklet, please see Mr Ghignone on Monday 26 August.

**Thank you!**

Thank you to the following students and teachers who have been involved in the Night Patrol program recently: **Stephanie Bacan, Ellen Colusso, Zoe Kent, Tyson Kini, Gregory Kolakovic, Rachel Phillips, Isabella Polistena, Kaiser Shields, Ms Blake, Ms Bisset, Miss Deguara and Mr Nuske.**

In our local parishes... Holy Spirit Parish, Carnes Hill

Holy Spirit Parish has started a Piety stall and need volunteers to run it. It operates on all Masses except Sunday 8.00 am and will require volunteers to run the stall 20 minutes before and after Mass.

A reminder that Holy Spirit have a youth group and youth prayer group. If you would like more information see Mr Ghignone.

**Marc Ghignone**  
Acting Youth Ministry Coordinator

---

**Marc Ghignone**  
Acting Youth Ministry Coordinator

---

Monday evening was a unique opportunity, to be part of *ABC’s Q&A* audience, was afforded to a number of our Year 11 students. We were fortunate to witness the National Economic Debate between Treasurer Mr Chris Bowen and Shadow Treasurer Mr Joe Hockey. Everything from tax reform, small business, the car industry and housing were on the table.

This was an enriching opportunity for our students and ensures learning is relevant to their ever-broadening world. It enables them to engage with social issues while empowering a questioning mind as they reflect on the diversity of their local context and think as global citizens.

Students were captivated by the set and calibre of personalities on the panel. Witnessing the discussion that ensued was certainly a memorable and enthralling experience that will remain with Year 11 as a highlight of their time at Clancy. Students are to be congratulated on representing our College with inquisitiveness and genuine interest.

**Lauren Batty**  
E.Learning Coordinator

---

**The Australian History Competition**

Earlier in the year, 30 of our Year 10 students competed in The Australian History Competition. Over 18000 students across Australia entered.

Overall, our average was 61% against the national average of 58%. A number of our students performed very well.

**High Distinction:** Caroline Rivera  
**Distinction:** Andrew Massa, Domenico Acitelli, Emile Farhan, Sam Gogolewski, Tyrone Simbul.

---

**Clancy Cup Points - End of Week 6, Term 3 2013**

<table>
<thead>
<tr>
<th></th>
<th>1837 Points</th>
<th>1803 Points</th>
<th>1715 Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>HSIE</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Year 7</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Year 8</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Year 9</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Year 10</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Year 11</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Year 12</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

**David Timillero**  
Leader of Student Development
From the TAS Department

Year 12 Textiles and Design Major Textile Projects
This year, Clancy has seen its first Stage 6 Textiles and Design class – a group of 17 enthusiastic and creative students who, for the past 10 months, have been working towards the completion of their Major Textiles Project.

After many hours of cutting, sewing and for some, beading, on Monday 12 August, their ideas were transformed into fabulous fashionable creations.

These 17 young designers all felt a sense of satisfaction when they saw their sketches transformed into a variety of textile items and I too was so proud of the level of craftsmanship and attention to detail each student included in their project.

These projects are now at the Board of Studies Marking Centre, giving us some time to focus on the upcoming HSC exam. I thank these students for the commitment and passion they have all demonstrated over the past 2 years and wish them well in their HSC exams.

Nadia Montibeler
Textiles and Design Teacher

Year 12 Industrial Technology - Multimedia Major Projects
Over the last nine months, 22 students studying Industrial Technology Multimedia have been hard at work completing their Major Projects and Project Portfolios. This work is required to demonstrate a wide range of skills and ability which each student has perfected over that last four years of study in the field of Multimedia.

We had a wide variety of projects including:
- Interactive school tours;
- Live action short films;
- Hand drawn and figurine stop motion animations;
- iPad applications;
- Children’s computer games;
- and many more well executed projects.

The external HSC examiners visited us last Friday (16 August) to judge and critique the students Major Projects and Project Portfolios. The examiners left looking quite happy and pleased with the quality of the work that was presented to them.

Each student worked very hard throughout the year, demonstrating a focused work ethic during daily timetabled classes as well as attending weekly after school classes, weekend and holiday sessions. These students showed dedication and motivation to succeed, which has shown me that they truly are destined for great things in the future.

Good luck to these students during the next few weeks as they prepare for their Industrial Technology HSC examination. Thanks for a great year everybody!

Scott Llamas
Industrial Technology Multimedia Teacher
This year in Year 12 Industrial Technology Timber we had students produce a variety of fine furniture products for their HSC Major Work. Some examples include a traditional style solid rosewood baby crib, a rosewood coffee table with marquetry top, two dressing tables, one made from plantation mahogany and the other from Tasmanian oak. We also had an ergonomic Tasmanian oak study desk, bookcase and cabinet and oak bench seat.

Year 12 Industrial Technology Timber are to be congratulated on their hard work and dedication while completing their Major Works. Students will now be studying for their HSC exam in class and revising content.

Lorena Ghignone
TAS Coordinator
ROUND 3: CLANCY vs ALL SAINTS SENIOR COLLEGE

<table>
<thead>
<tr>
<th>SPORT</th>
<th>AGE GROUP</th>
<th>RESULT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rugby League</td>
<td>Year 9/10</td>
<td>BYE</td>
</tr>
<tr>
<td>Oz Tag</td>
<td>Year 8/9 Boys</td>
<td>BYE</td>
</tr>
<tr>
<td></td>
<td>Year 8/9 Girls</td>
<td>BYE</td>
</tr>
<tr>
<td>Netball</td>
<td>Year 7 Girls</td>
<td>BYE</td>
</tr>
<tr>
<td></td>
<td>Year 8 Girls</td>
<td>BYE</td>
</tr>
<tr>
<td>Soccer</td>
<td>Year 7/8 Boys</td>
<td>BYE</td>
</tr>
<tr>
<td></td>
<td>Year 9/12 Girls</td>
<td>Drew 1 - 1</td>
</tr>
<tr>
<td>Volleyball</td>
<td>Senior Boys</td>
<td>Won 3 - 1</td>
</tr>
<tr>
<td></td>
<td>Senior Girls</td>
<td>Drew 2 - 2</td>
</tr>
</tbody>
</table>

ROUND 4: CLANCY vs GOOD SAMARITAN CATHOLIC COLLEGE

<table>
<thead>
<tr>
<th>SPORT</th>
<th>AGE GROUP</th>
<th>RESULT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rugby League</td>
<td>Year 9/10</td>
<td>Lost 10 - 11</td>
</tr>
<tr>
<td>Oz Tag</td>
<td>Year 8/9 Boys</td>
<td>Lost 7 - 8</td>
</tr>
<tr>
<td></td>
<td>Year 8/9 Girls</td>
<td>Lost 6 - 10</td>
</tr>
<tr>
<td>Netball</td>
<td>Year 7 Girls</td>
<td>Drew 12 - 12</td>
</tr>
<tr>
<td></td>
<td>Year 8 Girls</td>
<td>Lost 20 - 31</td>
</tr>
<tr>
<td>Soccer</td>
<td>Year 7/8 Boys</td>
<td>Won 4 - 1</td>
</tr>
<tr>
<td></td>
<td>Year 9/12 Girls</td>
<td>Won 5 - 1</td>
</tr>
<tr>
<td>Volleyball</td>
<td>Senior Boys</td>
<td>Lost 0 - 2</td>
</tr>
<tr>
<td></td>
<td>Senior Girls</td>
<td>Drew 2 - 1</td>
</tr>
</tbody>
</table>

COMING UP: Tuesday 27 August

<table>
<thead>
<tr>
<th>SPORT</th>
<th>AGE GROUP</th>
<th>VENUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rugby League</td>
<td>Year 9/10</td>
<td>Liverpool Catholic Club</td>
</tr>
<tr>
<td>Oz Tag</td>
<td>Year 8/9 Boys</td>
<td>Paciullo Oval</td>
</tr>
<tr>
<td></td>
<td>Year 8/9 Girls</td>
<td>Paciullo Oval</td>
</tr>
<tr>
<td>Netball</td>
<td>Year 7 Girls</td>
<td>Woodward Park</td>
</tr>
<tr>
<td></td>
<td>Year 8 Girls</td>
<td>Woodward Park</td>
</tr>
<tr>
<td>Soccer</td>
<td>Year 7/8 Boys</td>
<td>William Carey Christian School</td>
</tr>
<tr>
<td></td>
<td>Year 9/12 Girls</td>
<td>William Carey Christian School</td>
</tr>
<tr>
<td>Volleyball</td>
<td>Senior Boys</td>
<td>William Carey Christian School</td>
</tr>
<tr>
<td></td>
<td>Senior Girls</td>
<td>William Carey Christian School</td>
</tr>
</tbody>
</table>

Tuesday 3 September: TBA: If not Wet Weather, Semi Finals will be played.

SOUTHERN SYDNEY REPRESENTATIVES:
Congratulations and good luck to Daniel Lopez who will represent Southern Sydney at the NSWCCC Athletics at Homebush in September.

METRO SOUTHWEST SWIM TITLES:
Congratulations to Edward Hamaty who competed in the Metro Southwest Swimming Titles at Homebush. In the 50m Butterfly, Edward swam an outstanding time of 32.70 seconds – 3rd fastest in NSW this year. Well Done Edward!

Michael Bell
Sport Coordinator
Dates to Remember

Monday 26 August
Year 7, 2014 Information Evening

Wednesday 28 August
Year 12 Twilight Music Night at 7.00pm

Thursday 29 August
Father’s Day Breakfast at 7.30am

Friday 30 August
Clancy Day

Monday 2 September
Dr Michael Carr-Gregg Presentation at 6.30pm

Wednesday 4 September
Year 10 Reflection Day
Year 9, 2014 Subject Information Evening at 7.00pm

Monday– Friday 9-20 September
Year 11 Preliminary Course Exams

Father’s Day Breakfast

It is our pleasure to invite you to attend our
Father’s Day Breakfast BBQ

On: Thursday 29th August 2013
At: 7.30am
Venue: Clancy Catholic College
Outside the College Theatre

RSVP: The College on 02 8783 6000
By 26th August 2013