



Issue #5

Friday, 1 July 2022



FROM THE PRINCIPAL



A man found a chrysalis which is the third stage of metamorphosis of a butterfly. He decided to keep the chrysalis and simply watch what might happen to it. Just over 4 days passed and a small opening appeared. He sat and watched the butterfly for several hours as it struggled to force its body through that little hole. Then all of a sudden it seemed to stop making any progress. It appeared as if it had gotten as far as it could, and it could go no further. So the man

decided to help the butterfly out. He took a pair of tweezers and a small stanley knife and began to cut away more of the chrysalis where the hole first appeared. He continued to do this until a small part of the butterfly appeared. He stopped cutting and watched in awe the butterfly easily emerge from the chrysalis. But instead of witnessing a beautiful butterfly, he witnessed a swollen body and small, shrivelled wings. The man continued to watch the butterfly because he expected that, at any moment, the wings would enlarge and expand to be able to support the body, which would eventually contract in time. Neither happened!



In fact, the butterfly spent the rest of its life crawling around with a swollen body and shrivelled wings. It was never able to fly and in fact the butterfly only lived a further 2 days. What the man, in his kindness and haste, did not understand was that the restricting chrysalis and the struggle required for the butterfly to get through the tiny opening was needed as this forced fluid from the body of the butterfly into its wings so that it would be ready for flight once it achieved its freedom from the chrysalis. Sometimes this is exactly what we need in our

lives to become stronger and reach our potential. In fact, we need to struggle and work hard in order to achieve success. Holy Spirit Catholic College over the last semester has in many ways undergone its own metamorphosis in the sense that students have struggled and strived to succeed. Moreover, the following are the tremendous successes the College has had right across all areas of our comprehensive education.

Team achievements have included:

- Junior Touch Football Conference Champions
- Senior Basketball Conference Champions
- Senior Rugby League Conference Champions
- Intermediate Rugby League Conference Champions

Individual Achievements have included:

- Jessica Trillana. Conference Champion in Breaststroke and Represented SCS at CCC
- Shashank Koirala has represented the NSW CCC Golf team in which he came first at the CCC Division Tournament. He then progressed to the NSW All School Competition and was ranked fifth which earned him a position in the Australian All Schools competition
- Joash Papalii & William Afualo made the SCS Rugby League Opens team and Simon Zanzoul made the U/15's team
- Jessica Fernandez finished 4th at the Conference Cross Country event and 9th at NSW CCC

Creative and Performing Arts 2022 Eisteddfod included:

- Drama Ensembles Stage 6 Self Devised Performance 3rd Place
Rachael Conway / Alexander Gemayel / Simone Ghassibe / Georgia Makhoulouf
- Drama Solos Stage 6 Scripted Performance Monologue 3rd Place
Loris El-Agha
- Stage 6 Scripted Performance Monologue - Experienced 3rd Place
Bianca Labban
- Dance Ensembles Stage 5-6 Jazz Ensemble - Intermediate 1st place
Mary Karam / Teresa Hanna / Annabel Bruno/Stella Reynolds / Patricia Sanga / Chet Nwaogazi / Juliette Reaiche / Jasmine Fulitod / Simone Ghassibe / Aileen Nguyen / Tayla Saad / Patrick Estphan
- Stage 5-6 Lyrical/ Contemporary Ensemble - Intermediate 2nd Place
Amelia Mardini / Gabriella Constantinou / Dalal Hmairi / Nicoletta De Lautour / Joya Ayrout / Anna Tran / Ilaria Corbelli / Isabella Trovato / Gabriella Trassieh / Erica Le / Mary Karam / Teresa Hanna/ Annabel Bruno / Stella Reynolds / Patricia Sanga / Chet Nwaogazi / Jasmine Fulitod / Simone Ghassibe / Aileen Nguyen /Tayla Saad
- Dance Solos Stage 5-6 Lyrical/ Contemporary - Open 3rd Place
Juliette Reaiche
- Stage 5-6 Hip Hop/Funk - Experienced 3rd Place
Jasmine Fulitod
- Piano Solos Stage 4-5 Piano Solo - Experienced 3rd Place
Maryanne Valanidas
- Vocal Solos Stage 6 Musical Theatre Solos - Open 2nd Place
Rachael Conway
- Stage 6 Contemporary Vocal Solo - Experienced 2nd Place
Fadi Moubayed

There have been so many more highlights including the two sold out showcases during Week 9, both to rave reviews from our parent and friends' community that came to watch and be inspired by our performers.

Finally, we finish this semester with Parent / Teacher / Student Interviews in which academically the students across Years 7-10 have generally performed well. In fact, this is some of the statistical data that has come out of the Semester 1 reports

Year 7	13 Students achieved all A's and or B's (10% of all students in Year 7)
Year 8	17 Students achieved all A's and or B's (11% of all students in Year 8)
Year 9	18 Students achieved all A's and or B's (12% of all students in Year 9)
Year 10	18 Students achieved all A's and or B's (11% of all students in Year 10)

Above and beyond these wonderful results we continue to ask all students to give of their personal best. If students can confirm that their personal best was given and that they did not take the learning away from other students in our community, then their report is a true and accurate reflection of their work and one that can be celebrated.

As we come to a busy but rewarding end of Semester 1, we pray:

Oh Lord, You know our hearts and our efforts. You know how diligently we labour and how exhausting it can feel to complete the last, often harried, rush of tasks at the end of the semester. Today, we come to You. You have promised to give us rest, and we ask that our hearts would rest in You even as we work toward the deadlines that beset us.

St Mary MacKillop - Pray for Us

St John Baptist De La Salle - Pray for Us

Holy Spirit - Inspire Us

Live Jesus in our hearts forever

Mr Kevin Griffiths
Principal

FROM THE MISSION TEAM

In our Church...

In this Newsletter we thought you might like to see our Chapel and understand the different liturgical furniture that you will find there.

The Altar:

The altar is the table used for the Holy Sacrifice of the Mass. It is where the Priest consecrates the bread and wine into the substance of the Body and Blood of Jesus Christ. Our altar is made of Victorian Ash with 5 crosses inlaid with a brass cross.

The Ambo:



Known as the “Table of the Word” for the proclamation of Sacred Scripture during the Liturgy of the Word. From the ambo the Readings, Responsorial Psalm, and Gospel are proclaimed. Also used for the Homily and the intentions of the Prayer of the Faithful. The ambo is also made of Victorian Ash, the same as the altar.

The Credence Table:

The Credence Table where servers place the vessels to be used in the Mass, which include the Chalice, Patten, Communion Cups, Cruets, and Lavabo Dish. Our credence table stands to the right of the tabernacle.



The Presider's Chair:

This is the Chair for Priest Celebrant which represents the role of the priest as the leader of the worship of the community, and his pastoral care and responsibility for the people.

The Tabernacle:



In Hebrew tabernacle means the 'dwelling place'. In the Chapel, the tabernacle is where the Eucharist is kept as a place of exclusive reservation of the Blessed Sacrament. As a sign of reverence and adoration one genuflects whenever passing in front of the Tabernacle.

The Cross:

There should be a Cross, with the figure of Christ crucified upon it, which calls to mind for the faithful the saving Passion of the Lord, be either on the altar or near it, where it is clearly visible to the congregation.



The Holy Spirit Window:



The Holy Spirit window was commissioned as a window which might speak to our community of the power and presence of the Holy Spirit in our world and in our lives. The Holy Spirit is most often represented to reflect God's Spirit that we hear as a gust of wind or what is described as the breath of God.

Petah Foran
Religious Education Coordinator

In our Community...

YEAR 8 SPIRITUALITY DAY

Last Friday, we held our Year 8 Spirituality Day centred on Jesus' question; "Did I not choose you?". Our response focused the day on the value of LOVE. In particular, a type of love that each and every one of us deserve being chosen by God in His image and likeness. The day consisted of a variety of activities including Chat-A-Box discussion cards, picture frame decorating and a 'Chosen' disco.

On the 17th of June, Year 8 participated in their spirituality day. Spirituality day taught us about the moral actions and different qualities of Christ that we demonstrate in our everyday lives and what we can aim to do in the future. This spirituality day was very fun and led us to engage in various enjoyable activities in which we learnt about the year 8 value which is 'love'. Some of the activities we did on the day were making a fruit basket, as a group, about certain values in which we think are our strongest. We also drew a dinner table displaying the people whom we love and who have had an impact on our lives.





The presence of the Holy Spirit Youth Leaders made the day extra enjoyable. They helped us make our photo frames to remind us we were made in the image of God. We began and ended the day with prayer and at the end of the day we received affirmations written by our wellbeing teachers.

On behalf of Year 8, I would like to thank all of the Year 8 wellbeing teachers, Ms Makari, Ms Ison and Ms Foran for leading the day.

Catherine Sarayaldin - 8 Therry



Thank you to Ms. Gilchrist, Ms. Ison, Mr. Mondon, our Year 11 Holy Spirit Youth Leaders and the Year 8 Wellbeing team for their enthusiasm in leading their small groups throughout the day;

- Ms. Sudha Kumar
- Ms. Evette Makari
- Mr. Paul Rumore
- Ms. Aline Haddad
- Ms. Emma Hughes
- Ms. Mariam Khoury

- Ms. Linda Seminara
- Mr. Micah Scholes-Robertson

A special thank you to the Year 8 cohort for participating wholeheartedly throughout the day!

Please see the following [Instagram Reel](#) on @hscyouthministry for snippets of the day.



Ms Petah Foran
Religious Education Coordinator

In our Curriculum...

Our Year 11 cohort have completed just over halfway of their Preliminary courses in Studies of Religion II, Studies of Religion I and Studies in Catholic Thought. In Studies of Religion II, our students are currently studying Judaism as a religious tradition which was assessed in a Research Task. The purpose of this topic is to develop a comprehensive view of Judaism as living religious systems that link directly with the life of adherents. This includes the historical context and origins, principal beliefs, core ethical teachings, and sacred texts and writings. Similarly, in Studies of Religion I, our students are currently completing their topic on Christianity which was also assessed in their Research Essay on the principal beliefs of Christianity. In Studies of Catholic Thought, students are currently studying the Trinitarian God and Humanity. In this topic, students explore the emerging understanding of the nature of the Trinitarian God and the nature of Jesus as being both human and divine that took place in response to the heresies in the early Church. In addition, students will develop an understanding of the emerging concept of the human person as being rational and relational through the appropriation of early thought by theologians. This was assessed in an oral presentation.

Thank you Year 11 for your efforts! Thank you to our teaching team for their continued commitment and dedication to Year 11:

- Ms. Petah Foran
- Ms. Dolly DiLazzaro
- Mr. Robert Azmy
- Ms. Evette Makari
- Mr. Paul Rumore
- Mr. Van Nguyen

Ms Samantha Ison
Youth Ministry Coordinator

FROM THE LEADER OF LEARNING - WELLBEING

That's a wrap for the first semester of 2022. As the term finishes today, for many this signals a further return to life as we once knew it. The chance for some of our families to travel interstate or internationally, for others, it might be the simple joy of a 'staycation' enjoying our own beautiful city. Whatever your plans are, I hope they are filled with the joy of spending time with loved ones, family and friends sharing the simple things that life has to offer.

I hope all students have returned home this week, ready for a well-deserved rest from busy school routines, but thankful for the moments of happiness that are experienced within their Holy Spirit community. I hope all families can take some time over the holiday break to spend time with our wonderful young people and discover again the humour, kindness and joy within each of us.

With Semester 1 reports being issued this week and Student / Parent / Teacher interviews taking place, I encourage all students to reflect on their personal learning journey, to pause and engage in honest self-reflection. I encourage conversations that consolidate priorities and to reset where needed and as required. *"When it is obvious that the goals cannot be reached, don't adjust the goals, adjust the action taken"* - Confucius

In my previous newsletter article, I wrote that there was still much to do before the end of the term, and do it we did, with much pride, love and zeal, so to conclude what has been a busy and successful term, I share with you some of the highlights and successes celebrated over the last weeks.

- Showcase
- Year 9 and 10 Evangelisation Day
- Gold Award recipients
- Athletics carnival
- Sydney Catholic Schools' second annual Eisteddfod
- Rugby League Champions
- SCS Chess Competition

As we head into the holidays, I leave students and families with this reflection.

God often speaks in a "still, small voice" – to guide and encourage us on His path for our lives.

Sometimes He speaks in a soft but life-changing whisper.

Are YOU listening for the voice of God?

Good Reasons for Quiet Time

1. Quiet Time Clears Your Head

Look above your web browser window, or on the taskbar. Does your browser have too many tabs open? Too many windows running? Quiet time shuts down the noise and distractions. It gives you time to clear your heart.

2. Quiet Time Feeds Your Soul

It ensures you don't get overwhelmed or burned out on life.

3. Quiet Time Grows Your Faith

Daily quiet time will grow your faith strong, quiet your heart and fill your mind with truth.

4. Quiet Time Lowers Your Stress

We live in a pressure cooker world. From the low-grade stress of everyday living to the unexpected crisis.

You need quiet time with God.

Staying busy at home or work makes you tired.

Quiet time relaxes your body and mind, giving you the rest and peace God wants for you.

In the middle of your hectic days, take some time to slow down, be still, and know God

His Word, even a soft whisper, will nourish your soul and grow your faith.



Ms Diana Kalac
Leader of Learning – Wellbeing

YEAR 11 PDHPE STUDENTS REPORT



On the 15th of June, Year 11 PDHPE students were joined by two first aid trainers to attain two nationally-recognised certificates in First Aid and CPR. As part of the preliminary course, attaining these certificates and partaking the course was required for students. The day started off with the cohort discussing what situations require what type of urgent medical care and the 'do's and don'ts' in those scenarios. Our teachers, Mr Pikis and Mr Trapanese, had briefly covered these concepts in class beforehand, which significantly helped us with understanding how the body responds when injured. Understanding the treatment methods prior to the course

was very beneficial to the class as we were not going in blind-sided but rather with a considerable amount of knowledge, allowing us to be confident when learning how to practically apply it. The trainers showed us images and videos to demonstrate how the body reacts when being treated with first aid as opposed to not. This allowed us to see how the skills we were going to learn were very applicable in many real-life situations. The images and videos also allowed us to visualise how to assess the patient's conditions to know what treatments would be necessary.

As part of the practical component, we learnt how to correctly deliver CPR using DRSABCD on babies, children and adults, using many tips that were given by the trainers, such as how to find the correct position on the patient's chest when delivering chest compressions. We were required to do CPR continuously for 2 minutes with the correct compressions to breath ratio (2 breaths for every 30 compressions) to pass the course. To help us rhythmically perform these chest compressions, we were recommended to sing the chorus of "Staying Alive" by Bee Gees and compress down one-third depth of the dummies' chest on the beat.



In the First Aid course, we learned how to treat bug and animal bites, bleeding, the use of an EpiPen, asthma puffer with a spacer and the different types of bandages and slings for a variety of injuries. We had partners and practised how to correctly wrap the bandages and slings on each other, gaining insight into the various types of bandages and what situations they are most suited for. We also practised the 'recovery position' on one another, which was confusing at first for many, however, the trainer came around and explained to us the correct method and why it was the preferred, as it was easier to clear the airways of patients.

Overall, the day was very beneficial to us, not only as students, but also as individuals in the real world who were now equipped with life skills that could potentially save lives in near-or-death situations. A big thank you goes out to our healthcare workers who constantly do this on a day-to-day basis, the first-aid trainers and our teachers, Mr Pikis and Mr Trapanese. It will most definitely be useful beyond school.

YEAR 10 WHEELCHAIR BASKETBALL

Report from Year 10 Student, Angelina Almaoui

On Wednesday 22nd June, both Year 10 PASS classes participated in wheelchair basketball. There were three sessions in which all students were able to take part in this experience. We were introduced to a man who has been bound to a wheelchair from a very young age who spoke to us about the benefits of wheelchair sports, the impact they can have on an individual's health and wellbeing, the specific technologies involved and how to use the chairs sports such as wheelchair basketball.



We were then separated into two teams of five and had an experience of a lifetime. My highlight of this incursion was the way we all got the hang of it straight away and the fact that myself and many others had the opportunity to contribute in this form of sport.

Something I learnt from this experience is that whether you have a disability or not, everyone puts in the same amount of time and effort into what they love doing no matter what the circumstance is.



NEWS FROM CREATIVE AND PERFORMING ARTS

Well what an incredible term it has been for the Creative Arts at Holy Spirit. There have been so many incredible events and opportunities for our students to share their talents with the College and the broader community.

SCS Eisteddfod

2022 is the first year that Holy Spirit has participated in the Sydney Catholic Schools' Eisteddfod and boy did we shine! The SCS Eisteddfod is a Creative Arts competition for every school in the Sydney Diocese. Every single Holy Spirit student who participated in this year's Eisteddfod received an award of some kind.

At the completion of the competition, all of the points were tallied from all of the schools in the diocese. Holy Spirit was named as the First Runner Up in the whole competition and was awarded a trophy at last Friday's SCS Eisteddfod Showcase Evening where our Jazz Ensemble were invited to perform. This means we ranked second out of every other Catholic School which is an incredible achievement.

Congratulations to every student who represented the College in each of these events. We are so proud of you!

ENSEMBLES

Music Ensembles

Stage 5 Contemporary Music Ensemble - Encouragement Award

Maryanne Valanidas - Year 10

Harry Wong - Year 10

Drama Ensembles

Stage 4/5 Scripted Performance - Highly Commended

Mark JaaJaa - Year 10

Alliya Fulitod - Year 9

Stage 6 Self Devised Performance - Third Place



Rachael Conway - Year 11

Alexander Gemayel - Year 11

Simone Ghassibe - Year 11

Georgia Makhoul - Year 11



Dance Ensembles

Stage 5/6 Lyrical/Contemporary - Intermediate - Second Place

Amelia Mardini - Year 7

Gabriella Constantinou - Year 7

Dalal Hmairi - Year 7

Nicoletta De Lautour - Year 7

Joya Ayrout - Year 7

Anna Tran - Year 7

Ilaria Corbelli - Year 7

Isabella Trovato - Year 7

Gabriella Trassieh - Year 7

Erica Le - Year 8

Mary Karam - Year 9

Teresa Hanna - Year 9

Annabel Bruno - Year 9

Stella Reynolds - Year 10

Patricia Sanga - Year 10

Chet Nwaogazi - Year 10

Jasmine Fulitod - Year 11

Simone Ghassibe - Year 11

Aileen Nguyen - Year 11

Tayla Saad - Year 12



Stage 5/6 Jazz - Intermediate - First Place



Mary Karam - Year 9

Teresa Hanna - Year 9

Annabel Bruno - Year 9

Stella Reynolds - Year 10

Patricia Sanga - Year 10

Chet Nwaogazi - Year 10

Juliette Reaiche - Year 10

Jasmine Fulitod - Year 11

Simone Ghassibe - Year 11

Aileen Nguyen - Year 11

Tayla Saad - Year 12

Patrick Estiphan - Year 12

SOLOS

Drama Solos



Alliya Fulitod - Year 9 - Stage 5 Monologue Open - Highly Commended

Loris El-Agha - Year 11 - Stage 6 Monologue Experienced - Third Place

Bianca Labban - Year 11 - Stage 6 Monologue Experienced - Second Place

Dance Solos

Juliette Reaiche - Year 10 - Stage 5/6 Lyrical/Contemporary - Open - Third Place



Lailah Baba - Year 11 - Stage 5/6 Lyrical/Contemporary - Experienced - Highly Commended

Simone Ghassibe - Year 11 - Stage 5/6 Hip Hop/Funk - Experienced - Highly Commended

Jasmine Fulitod - Year 11 - Stage 5/6 Hip Hop/Funk - Experienced - Third Place

Piano Solos

Maryanne Valanidas - Year 10 - Stage 4/5 Piano Solo - Experienced - Third Place

Luka Bilandzic - Year 11 - Piano Recital (AMusA/LMusA or equivalent) - Highly Commended

Vocal Solos

Talita Fonokalafi - Year 10 - Stage 4/5 Contemporary Vocal Solo - Highly Commended

Rachael Conway - Year 11 - Stage 6 Musical Theatre Vocal Solo - Second Place

Destinee Siofele - Year 12 - Stage 6 Contemporary Vocal Solo - Highly Commended

Fadi Moubayed - Year 12 - Stage 6 Contemporary Vocal Solo - Second Place



SHOWCASE 2022 - A POP OF COLOUR

After six months of no singing or ensemble performances, it was so wonderful for our Holy Spirit students to FINALLY take to the stage again. Showcase this year was themed 'A Pop of Colour' and colourful it certainly was from beginning to end.

Mark JaaJaa and Alanah El Hajje were our fabulous hosts for both sell-out shows and they entertained us with their jokes, witty repartee, and even a few dance moves. From our Dance teams to our rock bands, the stage was popping with colour and talent. Whether you watched in the room or via the livestream, I'm sure you'll agree that the standard just gets better and better every year.



***Ms Emma Hughes
CAPA Coordinator***



Holidays can take students away from friends and their usual school supports.

Changes to routine can cause some young people to feel stressed, isolated and alone. Parent support is very important at this time.

Below is some information to help you support young people to stay in a healthy headspace in school holidays. There is also some information that may help you to identify when your young person might need some extra support and where to go for help.

There are a number of ways you can support your young person's mental health and wellbeing in the holidays:

1. Encourage them to stay connected

Social relationships are important to your young person's general wellbeing.

It is okay if they take time out for themselves at times, but encourage them to keep in contact with friends over the holidays. Friends can provide both play and support, and spending time with friends is also important for keeping and building on existing friendships.

If your young person is not feeling up to going out, even a phone call, email, text message or Facebook message can help them to feel connected to friends and family.

2. Encourage them to stay involved

Encourage involvement with volunteer work, hobbies, clubs or committees, or sports – these can help young people feel connected to their wider community. Participate with them when you can.

Involve them in decisions and give them responsibility at home (e.g. deciding what to eat for dinner and helping to prepare it).

Help them to identify and set realistic goals. Setting and achieving realistic goals can be incredibly motivating and can help build self-confidence.

3. Encourage physical activity

Physical activity is important for everyone's health and wellbeing. If your young person is feeling down or finding things are difficult, physical activity may be the last thing they feel like doing. But even small activities, like walking around the block, can help relieve stress and frustration, provide a good distraction from worrying thoughts, improve concentration and improve mood.

If your young person is struggling to get active, find a physical activity that you both enjoy and can do together (e.g. swimming, playing sports with friends or cycling) and make a plan to do it regularly.

4. Encourage a regular routine

Getting a good night's sleep helps young people to feel energised, focused and motivated.

Adolescence is a time when a number of changes to the "body clock" impact on sleeping patterns and young people are more likely to have problems with sleep. Developing a sleeping routine can help. Encourage your young person to

wake up around the same time each day, get out of bed when they wake up, and go to bed around the same time each night.

Avoiding caffeine after lunchtime, having a quiet, dark and uncluttered bedroom and shutting down electronic devices before bed can also help them to get a good night's sleep.

5. Encourage healthy eating habits

Eating well doesn't only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with sleeping patterns, energy levels, mood, and general health and wellbeing.

A good balanced diet with less junk food/ lots of sugars and more vegies, fruit, whole grains and plenty of water will ensure your young person has all of the vitamins and minerals to help their body and brain function well.

6. Encourage play!

Devoting time to just having fun can help to recharge your young person's battery, revitalise their social networks and reduce stress and anxiety.

Mental Health Support Websites

Name	Address	Summary
Kids Helpline	 kidshelpline.com.au	1800 55 1800 24 hours / 7 days a week
Youth Beyond Blue	 www.youthbeyondblue.com	1300 22 4636 24 hours / 7 days a week
Lifeline	 https://www.lifeline.org.au/	13 11 14 24/7 Crisis Support
Mental Health Line		1800 011 511 24 hours / 7 days a week

Ms Melissa Hulme and Ms Sarah Srikanthan
School Counsellors

FROM THE SPORTS COORDINATOR

SPORTS NEWS

TERMS 3 REPRESENTATIVE EVENTS:

Monday, 18th July SCS Golf Gala Day
 Week 3 Junior and Intermediate Girl's & Boy's AFL competition commences. This is a 5 Weeks competition. Sign up Term 3 Week 1.
 Tuesday, 16th August SCS Athletics Carnival
 Friday, 16th September SCS Table Tennis and Rugby 7's Gala Day

REPRESENTATIVE SUCCESS:



During the last week, Shashank Koirala has represented the NSW CCC Golf team in which he came first at the CCC Division Tournament. Then he progressed on to the NSW All School Competition and was ranked fifth which earned him a position in the Australian All Schools competition in Mid-August. Well done again Shashank for an outstanding effort and we wish him well in future tournaments.

RUGBY LEAGUE FINALS:

Last week all 3 grades of Rugby League played in the SCS Conference finals which was a great achievement. Below is a report from their coaches.

The Intermediate Rugby League team of 2022 were able to secure their title as Undefeated for this season by winning in the Grand Final 22-18 against Marist College North Shore.

The game kicked off with both teams leaving it all on the field. Our boys dominated in the first half with Marist coming back in the second half to make it a tight game. The boys held their ground in the dying minutes of the game until the final buzzer. They celebrated in joy as a team as their hard work had paid off. The team is looking forward to competing against the other conference finalists.



***Mr George Hayek and Mr Mathew Assad
Rugby Coaches***

HOLY SPIRIT ATHLETICS

This Monday we held our carnival at the Sydney Olympic Park's Athletics track for the first time in three years due to Covid. We could not be happier with the tremendous enthusiasm shown by our students on the day and their involvement in all events. The day was blessed with a fine sunny weather and this with the great willingness of all students to participate in our carnival, showed the true spirit of the College. The whole College community must be praised on their behaviour and keenness to make our carnival immensely enjoyable and a great community day.

While the Carnival presented an opportunity for the College to select its Athletics squads through competitive Track and field events, it also presented an opportunity for all of our students to enjoy themselves and participate fully in the various events in a different environment within a world class athletics facility. The great number of students who competed in the majority of events in some Age

Champions saw a few competitors rivalling to be Age Champion. Congratulations to the Age Champions and the Runners Up listed below, who received the most points by being placed in the top positions in the Championship events.

I wish to thank the Year 12 leaders for organising the magnificent mascots which add a spectacular and humorous dimension to our carnival. This year saw a great number of students dressing up, which was one of the best displays of mascots the College has experienced at any Athletics Carnival. As well as running the carnival, the Year 12 willing participation also encouraged the younger students to become fully involved in the day. We must also congratulate all the staff for their tireless efforts which made it a memorable occasion not only for the Year 12 students but for the rest of the College community. It was a day that showed the wonderful spirit within our College community.

We are hoping that 2023 will see an increase in participation in all our championship track and field events as we have many talented athletes who would make the Holy Spirit Athletics squad much stronger.

2022 Athletics House Champions

1 st place – Campbell (Orange)	658 Points
2 nd place – McCormack (Purple)	534 Points
3 rd place – MacKillop (Blue)	479 Points
4 th place – La Salle (Red)	467 Points
5 th place – Chisholm (Gold)	463 Points
6 th place – Therry (Green)	454 Points

2022 Age Champions

AGE	Girls - Champion	Boys - Champion
Under 12's	Jennifer Bek & Nicole Getachew	Eleftherios Giannas
Under 13's	Cecilia Takau	Patrick Grant
Under 14's	Elvena Abel	Samual Solomon
Under 15'	Tehine Tutaka	Josif Lambropoulos
Under 16's	Atiyahna Tuigamala-Nicholas	Tristan Agyei
Under 17's	Therese Marie Francis	Mataira Tutaka
Senior Opens	Jessica Trillana	James Khoo

2022 Record Breakers ring up to find out.

The following students should be recognised and applauded for their fine achievement by breaking a record on the day of the Carnival.

Under 15's Discus	Tehine Tutaka
Under 17's Discus	Matiara Tutaka

SCS ATHLETICS CARNIVAL

The Athletics Squad will be announced next term and posted up on Compass notice board. Students will have an opportunity to attend training sessions in preparation for the SCS Carnival.

On Tuesday 16th of August, our representative team will be attending the Annual SCS Carnival at Sydney Olympic Athletics Track.

If any parent wishes to attend these Carnivals, they are most welcome and their support for our students would be greatly appreciated.





SPORTS RESULTS

WEEK 9: 23rd June 2022

SCS BOYS'	Opposition	Result	Score	Best & Fairest
<i>Rugby League</i>	FINALS			
Under13's	Vs. Marist North Shore	Lost	16 – 14	Jaedyn Tuigamala-Nicholas
Under 15's	Vs. Marist North Shore	Won	22 - 18	Danny Ata
SENIOR Opens	Vs Trinity Auburn	Won	20 - 14	Christopher Makhoulouf

Mr Paul Rumore
Sports Coordinator

FROM THE CAREER ADVISOR

UNSW News

Opportunities for Year 10 & 11 Students on-campus events in the July school holidays at UNSW.

- Health Care & Social Justice
- Creative Thinking & Business
- STEM

UNSW has three on-campus events in the July school holidays for our year 10 and 11 students and they'd love to see them! If students are interested in visiting UNSW, please see below the registration links.

This school holidays, UNSW invites year 10 and 11 onto campus for a day of workshops across their faculties, lunch with UNSW current students and a time of campus exploration. Students can register for one of the following days:

- **Year 10 & 11 Experience Day: Improving Life Through Healthcare & Social Justice:**
<https://www.eventbrite.com.au/e/year-10-experience-day-improving-life-through-healthcare-social-justice-tickets-352472293117>
- **Year 10 & 11 Experience Day: Creative Thinking & Business Innovation:**
<https://www.eventbrite.com.au/e/year-10-experience-day-creative-thinking-business-innovation-tickets-352486365207>
- **Year 10 & 11 Experience Day: Your Future in STEM:**
<https://www.eventbrite.com.au/e/year-10-experience-day-your-future-in-stem-tickets-352505331937>

From the University of Sydney - HSC preparation short courses:

HSC Preparation Courses for Yr10s to Yr12s with the Centre for Continuing Education – University of Sydney:

- HSC biology - HSC business studies - HSC chemistry - HSC economics - HSC English - HSC legal studies – HSC mathematics - HSC physics
- Year 11 (new syllabus)
- Years 10-12 study and essay skills

Success in HSC exams is all about being well prepared, so we've designed an all-new program of over 60 HSC preparation courses led by a team of highly experienced educators – who will keep you focused on the content that matters and help you exceed your HSC expectations. Each intensive HSC holiday course will consolidate your school studies and give you critical subject-matter knowledge. You'll also learn how

to improve your exam technique to give you a valuable edge over the competition. Our HSC preparation short courses are open to everyone. Sign up today to get your HSC year off to the best possible start.

July 2022 timetable here:

<https://cce.sydney.edu.au/s/documents/20220510-July-2022-HSC-Timetable.pdf>

<https://cce.sydney.edu.au/courses/hsc-preparation>

Mrs Lisa Royall
Career and Pathways Coordinator

UPCOMING DATES

IMPORTANT DATES FOR TERM 3, 2022

Monday, 18 July	Students resume
Tuesday, 19 July	Year 8 (last year's Year 7) HPV 2 nd dose vaccination catch-up for the students who submitted the approval form and missed out due to Covid lock down.
	Year 7 2022 catch-up on visit 1 for the students who missed their appointment in March
	Year 10 2022 catch up for the students who missed their appointment in June
Friday, 19 August	Year 10 Geography – Costal Management, Cronulla (Group 1)
Friday, 23 August	Year 10 Geography – Costal Management, Cronulla (Group 2)
Thursday, 21 July	Year 10 Subject Selection Information- Submitting Choices
Friday, 29 July	Year 10 Mass and BBQ (12:30-3:pm)
Monday & Tuesday, 1 & 2 August	Year 11 2023 Subject Selection Interviews
Tuesday & Wednesday, 16 & 17 August	Year 12 Spirituality Day
Friday, 26 August	Year 11 Mass & BBQ (12:30-3pm)
Friday, 1 September	Father's Day Liturgy and Breakfast
Friday, 9 September	Year 9 Reflection Day
Monday to Friday, 12 to 16 September	Year 11 Preliminary Exams
Monday to Friday, 19 to 23 September	Year 11 Preliminary Exams
Friday, 23 September	Last day of Term 3

UNIFORM SHOP

The uniforms are supplied by an outside company. The Uniform Shop operates every Monday and Thursday morning between 8.00-9.30am **excluding school holidays between Terms 2 and 3.**

You can also place your order online. Please click the link below to place your orders and for the price list.

<https://cowanlewis.com.au/product-category/holy-spirit-catholic-college-lakemba/>

Delivery to the school is free, and we will call you when your ordered items are ready to collect.

You can contact the supplier at any stage if you are having difficulties on (02) 9449 9777.

Second Hand Uniform Shop:

The second hand uniform shop operates every Monday, Wednesday and Friday between 8.00am-12 noon **excluding school holidays between Terms 2 and 3.**

COLLEGE ATHLETICS CARNIVAL





HOLY SPIRIT

CATHOLIC COLLEGE LAKEMBA

**ENROLLING NOW
FOR 2023 AND 2024**



To 'ENROL NOW' simply visit our website at <https://holyspiritlakemba.syd.catholic.edu.au/>

SCHOOL ZONE RULES AND PENALTIES

Remember to always choose safety first.



	<p>NO STOPPING</p> <p>What does it mean? Under no circumstances are you allowed to stop in this area.</p> <p>Why is it there? To keep sight lines clear for drivers and children so both have more time to avoid accidents.</p>	<p>Fine: \$352</p> <p>Demerit points: 2</p>
	<p>NO PARKING</p> <p>What does it mean? You may only park for two minutes to drop off or pick up children, and you have to stay within 3m of your vehicle.</p> <p>Why is it there? To provide a safe place for children to be set down and picked up without endangering others.</p>	<p>Fine: \$196</p> <p>Demerit points: 2</p>
	<p>BUS ZONE</p> <p>What does it mean? You must not stop your vehicle in the bus zone unless you are driving a public bus.</p> <p>Why is it there? To provide a safe place for large buses to set down and pick up school children.</p>	<p>Fine: \$352</p> <p>Demerit points: 2</p>
	<p>PEDESTRIAN CROSSING (INCLUDING CHILDREN'S CROSSING)</p> <p>What does it mean? Keep an area of 20m before and 10m after a pedestrian crossing clear. Do not let your child in or out of a vehicle of a pedestrian crossing.</p> <p>Why is it there? To ensure children can be clearly seen by vehicles approaching the crossing.</p>	<p>Fine: \$469</p> <p>Demerit points: 2</p>
	<p>DOUBLE PARKING</p> <p>What does it mean? You must not stop your vehicle, and or park in the middle of the road to drop off and pick up.</p> <p>Why is it there? Double parking forces cars to go around you causing traffic congestion. It also reduces the view of drivers and children crossing the road.</p>	<p>Fine: \$352</p> <p>Demerit points: 2</p>
	<p>DRIVEWAYS AND FOOTPATHS</p> <p>What does it mean? Do not park your vehicle on or across a driveway.</p> <p>Why is it there? To ensure that you don't force pedestrians onto the road to get around you.</p>	<p>Fine: \$352</p> <p>Demerit points: 2</p>

We're hiring School Crossing Supervisors



Help protect our vibrant school communities.



Be a road safety hero for school kids, caregivers, and school staff.



Be a second set of eyes for local motorists at busy times.



Earn an income and still have time to live your life to the fullest.

Permanent part-time roles available
Georges River Grammar -66076

Does this sound like you?

- Willing to work outdoors in all weather conditions.
- Able to communicate with different groups and give clear instructions.
- Community-minded.
- Friendly and positive manner.

Days and hours

- 20-hours each fortnight.
- Shifts are between 8:00 am - 9:00 am and 3:00 pm – 4:00 pm.
- Work Monday to Friday during school terms.

Apply today

Applications close Sunday 3rd July 2022

Visit jobs.transport.nsw.gov.au and search for **Reference Number: 66076** or search 'School Crossing Supervisors' for a full list or vacancies or scan the QR code to apply.

For further information, contact Lisa Schreiber
E: lisa.schreiber@transport.nsw.gov.au
P: (02) 9983 3823



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Casual roles available in Canterbury/Bankstown LGA – 63100

- Canterbury Bankstown LGA

Does this sound like you?

- Willing to work outdoors in all weather conditions.
- Able to communicate with different groups and give clear instructions.
- Community-minded.
- Friendly and positive manner.

Days and hours

- Shifts will fall between 8:00am – 9:30am and 2:30pm – 4:00pm with a minimum of one hour shift as required.

Apply today

Applications close
Wednesday 6th July 2022

See jobs.transport.nsw.gov.au and search for **Reference Number: 63100** or search 'School Crossing Supervisors' for a full list or vacancies or scan the QR code to apply.

For further information, contact

Lisa Schreiber

lisa.schreiber@transport.nsw.gov.au

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Permanent Part Time roles available in Canterbury/Bankstown LGA – 63100

- Punchbowl Public School
- Greenacre Public School

Does this sound like you?

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Applications close
Wednesday 6th July 2022

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Earn an income and still have time to live your life to the fullest.

Casual roles available in Canterbury, Bankstown & Auburn LGA – 66515

- Canterbury LGA
- Bankstown LGA
- Auburn LGA

Does this sound like you?

- Willing to work outdoors in all weather conditions.
- Able to communicate with different groups and give clear instructions.
- Community-minded.
- Friendly and positive manner.

Days and hours

- Shifts will fall between 8:00am – 9:30am and 2:30pm – 4:00pm with a minimum of one hour shift as required.

Apply today

Applications close
Wednesday 13th July 2022

See jobs.transport.nsw.gov.au and search for **Reference Number: 66515** or search 'School Crossing Supervisors' for a full list or vacancies or scan the QR code to apply.

For further information, contact

Lisa Schreiber

lisa.schreiber@transport.nsw.gov.au

P: (02) 9983 3823

