



St Agnes Catholic High School

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SCHOOL WEBSITE: www.stagnesrootyhill.catholic.edu.au

to truth through love

Diary Dates

25 April

Anzac Day

26 April

Term 2 Commences

Anzac Day Ceremony

27-29 April

Year 10 Retreat

29 April

Year 7 Technology Day

3 May

PDSSSC Cross Country

9 May

Yr 9 Passover Incursion

10-13 May

NAPLAN Testing

16 May

Athletics Carnival

23-27 May

Years 8 - 10 Semester 1 Exam Block

6 June

Year 7 Vaccinations

7 June

Yr 10 Vietnam Veteran Incursion

16 June

Yr 10 Careers Expo

8 April 2016

After reading the Interim Reports for every student I have been impressed, not just by what they have already achieved in their studies, but by the way in which students are purposefully directing their learning.

Many staff have commented on the way students have been submitting assessment drafts prior to a due date and taking on board feedback provided by their teacher to improve their final submission.

Many teachers have complimented students on the way in which they participate actively in class discussions as a way to clarify their own understanding, which often generates curiosity and a greater interest within the subject.

I was also impressed by the number of students who were complimented for their focus and determination to do well in all of their subjects. It reflects an effective learning community that exists at our school.

In speaking with students over the past weeks I have encouraged them to think about feedback regarding their learning as something that leads them forward - that is feedback to feed forward. It should form the basis of their specific and action- focused goal setting in the coming months. This will be vital when the students lead the parent-teacher interviews at the end of next term.

As the first term draws to a conclusion I would like to thank everyone who has contributed to St Agnes Catholic High School being a safe and supportive community throughout the term...

- To our dedicated and thoroughly professional staff
- To our supportive and encouraging parent community
- To our enthusiastic and hard working students

I continually feel blessed that I work in a school environment where positive relationships are the standard. Roaming the school grounds, corridors and classrooms everyday I witness the enthusiastic and engaging conversations and learning that are taking place and listen to the sounds of students working with and for one another which is indeed a privilege.

Wishing everyone a safe and relaxing school holidays.



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Peter Regan

Peter Regan

Acting Principal





FROM THE ACTING ASSISTANT PRINCIPAL

Keeping a Balance and Reducing Stress

During recent Year Assemblies I have spoken to students around the importance of looking after themselves, especially during these busy times where a lot of assessment tasks are due. Although we push our students each day to achieve their best, the most important thing is that students have a balance in their lives. This balance will go a long way to helping reduce stress levels in young people.

I cannot emphasise enough the importance of adolescents being involved with outside interests whether it is sport, dance, casual employment, volunteer groups, etc. Not only does it provide students with some down time away from their studies but also all the other benefits offered around health, relationships, independence, etc.

Through our Pastoral Programs at St Agnes we work with our students in the area of time management. Too often students attempt to get assessable work completed the night before its due. With a little bit of forward planning students can timetable both their schooling and outside commitments in order to stay on top of their busy schedules.

I continually encourage students to communicate more effectively with their teachers especially around the areas of clarification and feedback. It is most important that each student has a clear understanding of the expectations within assessments and that by sharing their drafted work with their teachers before the due date students can receive constructive feedback on whether they are on the right track.

For students to operate at their full potential we cannot underestimate the role a healthy body plays in leading to a healthy mind. At least 20 minutes a day of exercise, a minimum of 9 hours sleep for teenagers and a balanced diet where calories consumed equals calories burnt is strongly suggested by health professionals.

The last suggestion for students around studying patterns is to keep distractions to a minimum. Don't study with your phone next to you. It is too big a temptation to check messages, updates, etc. Less screen time, although easier said than done, will also go a long way to keeping students focused, on task and should improve energy levels.

Congratulations to all students who have been able to stay on top of their assessment schedules during Term 1. Good luck with your future results and please ensure you reflect on your teacher's feedback to help you with upcoming tasks.

John Cruickshank
Acting Assistant Principal.



Creative Writing Task

Nominate an Indigenous role model and write a brief (max.1000 words) for him/her. Detail your reasons for choosing that particular person and detail their biography, achievements and community service they have provided and why they should win.

Entries to be on a A4 and typed with your name and grade and on the entry form.

Essay Writing Competition -

Open to Year 10 students

The Past and the Present: How does Indigenous Australia look in 2016

Explain the developments that have taken place in the areas of education, health and justice.

Demonstrate your knowledge and understanding to the question above in maximum 1500 words or less.

Entries close 30 June 2016

Entry forms are available in the student office.



FROM THE TEACHING & LEARNING COORDINATOR

Term One Interim Reports have been issued this week and this is a good opportunity for students to reflect on how they began the 2016 academic year. These reports provide feedback to both students and parents on the areas of classwork, homework, application and conduct in class. It is important that students take on board the feedback given to them by their teachers and continually seek ways to improve and strive to do their personal best in every subject.

Semester One reports will be issued at the end of Term Two with parent-teacher interviews to be held during this time. These reports will contain specific subject information, indicating the levels to which course outcomes have been achieved as well as overall course grades. They will provide a summary of each student's academic progress for the first half of the year.

Below is some advice for students when preparing for their assessment blocks next term.

Preparing for exams

- Without good preparation exams can be stressful.
- You need to plan carefully and revise systematically in order to sit for an exam with confidence.
- The first step in exam preparation is to find out as much information about your exam as possible. This will help you with your planning of a revision timetable. This information is provided in your synopsis and is located in your course Moodle.

During the term

- Anticipate and prepare for exams - preparation reduces anxiety.
- Start preparing for exams from the first day of Term Two. Avoid cramming at the last minute.
- Schedule weekly exam revision into a study program - practice questions and making summaries.
- Exercise, eat well, and take regular breaks. Drinking water helps hydrate and relax your body.

Revision plan

- It is helpful to look at your exam dates and work backwards to the first date you intend to start revising.
- List all your exam subjects and the amount of time you think you will need for each one. It is unlikely that the amounts will be equal. Many people find it advisable to allocate more time to the subject or topics they find the most difficult.
- Draw up a revision plan for each week.
- Fill in any regular commitments you have first and the dates of your examinations.
- Plan your time carefully, assigning more time to subjects and topics you find difficult.
- Revise often; try and do a little every day.
- Alternate a favourite subject with a more difficult one. It helps to build in some variety.
- Write up your plan and display it somewhere visible.
- Adjust your timetable if necessary and try to focus on your weakest topics and subjects.
- Don't panic; think about what you can achieve, not what you can't. Positive thinking is important!

Revision is an ongoing and cumulative process. It is not wise to leave revision until the night before the exam. The best advice is to revise after each lesson.

Laurence De Martin

Teaching & Learning Coordinator

Every Australian Counts NDIS Information Forums

These forums are for people with disability, their families and carers, people working in the disability sector and anyone else interested in all things NDIS

Topics Covered

- What the NDIS is, why we need it and what it means for you
- The changes that the NDIS brings and how they will benefit you
- How to access the NDIS and get the most out of it

Venue: Blacktown RSL Second Avenue Blacktown

Date/Time: Friday, 11 March- 10:00 AM to 12:00 PM or 5:00pm to 7:00pm

Register: via the [NDIS website](#)

PARENTS REPRESENTATIVE COUNCIL

Parramatta Diocese (PRC)

ALL PARENTS AND FRIENDS WELCOME

TERM 2: Monday 30 May 2016 at 7pm

Venue: Diocesan Assembly Centre, Blacktown

Topic: Special Needs Classes in our schools including ASPECT Western Sydney School Satellite classes

Presenter: ASPECT Western Sydney School.

TERM 3: Monday 22 Aug 2016 at 7pm

Venue: Nagle Girls' Catholic College, Blacktown

Topic: Helping your child manage Anxiety

Presenter: Anoushka Houseman, Clinical Psychologist/
Lead counsellor, CEDP



FROM THE RELIGIOUS EDUCATION COORDINATOR

Stations of the Cross Liturgy

On Tuesday 22 March 2016, as is tradition at St Agnes, each Stage Group, that is Stage 4 Year 7 and 8 and Stage 5 Years 9 and 10, come together to reflect on the Stations of the Cross by a reenactment by our Drama class. Students were very respectful and reflective of the powerful message of Easter.

Following the re-enactment a number of Art students painted a visual representation of the crucifix whilst students reflected upon the message of Easter.

The artworks were left on display in the school for the remainder of the week to remind students of the sacrifice that Jesus made for us as well as to appreciate the gifts we have in each other here at St Agnes.

Thank you to the drama students, and to Mr Madigan who organised the performance, as well as the dedicated art students who created powerful artworks for us.



Stations of the Cross – St Aidan's Parish Rooty Hill

It has been a tradition for a number of years now for the students of St Agnes to perform the Stations of the Cross on Good Friday at St Aidan's Catholic Church, Rooty Hill. Once again our students represented our school with pride.

Thank you to all Year 9 and 10 students who volunteered their time to perform at the parish.

Should any students wish to participate next year please keep this in mind and all are welcome to participate.

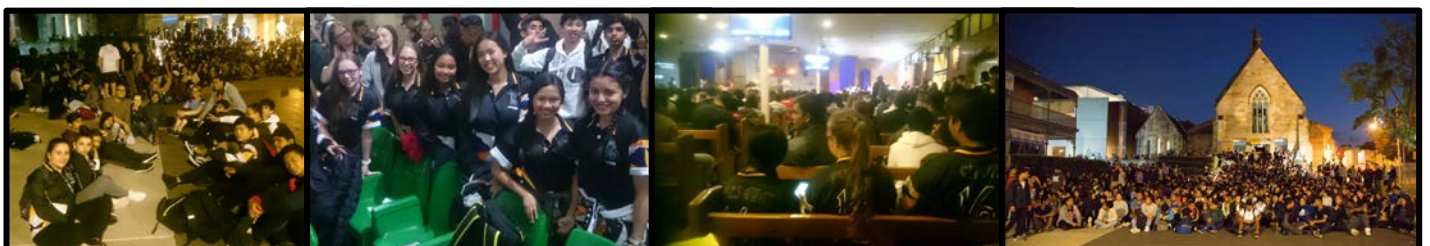
The Good Friday Night Walk

At 10pm on Good Friday night, 35 Year 10 students from St Agnes, with both Mr Sadsad and myself, started the Good Friday Walk from St Patrick's Church, Blacktown to St Patrick's Cathedral in Parramatta along with approximately 1200 members of the Parramatta Diocese.

The purpose of this walk is to remember the journey that our Lord took to Calvary. Along the way we visited 7 different parishes and spent time in prayer together as well as quiet reflection.

Our students represented our school well, taking the walk in the right frame of mind and being both respectful and reflective of the events, which occurred 2000 years ago.

This walk is carried out every Good Friday Night and is run by the Parramatta Diocese Youth Ministry. Only Year 10 students from St Agnes are invited to attend and hopefully depending on numbers we will offer this opportunity again next year.



Spreading the Good News

This year we were invited to have students trained to attend our local state schools and assist the Catechists from St Aidan's Parish. Last week 17 students trained for this program.

Starting in the first week of Term 2 for every week these students will attend either Eastern Creek Public School or Rooty Hill Primary School to spread the Good News of Jesus Christ.

We wish these students well and thank them for taking up the initiative.

I would like to take this opportunity to wish all of our students, families and staff a very restful and relaxing school holiday period.

Julie Atkins

Religious Education Coordinator

KNOW YOUR SAINTS COMPETITION

How good is your knowledge of the lives of Saints like Damien of Molokai and Therese of Lisieux? Test your knowledge of 10 inspirational Saints to be in the running to win one of three Laser eTouch 10.1" tablets.

To mark Good Shepherd Sunday on 17 April 2016, the Diocese of Parramatta has produced a set of collector's cards featuring 10 Saints. Each card has a question about the featured Saint. Each correctly answered question equals an entry into the Know Your Saints Competition. Hint: All the answers can be found by reading about the lives of the featured saints on the [Parramatta Diocese webpage](#)

The competition is open to students and young adults to age 25. There is no limit to the number of questions you can answer.

This competition closes on Friday 29 April 2016.



'ART EXPRESS' EXCURSION

Our Elective art students had the opportunity to enjoy an excursion to the Art Gallery of NSW to listen to three 2015 HSC art students discuss their works which featured in this years Art Express.

Our students were able to gain insight into the processes and experimentation that students go through in order to create a Body of Work. Students were then able to view the variety of works on display.

They were also lucky enough this year to view some works from the Sydney Biennale. Thank you to Miss Valleri and Ms Green for helping to make this day a positive and enjoyable occasion.

Here is what some of our students has to say about the day

Gideon Cirera - "It was very interesting to see the process of the HSE students making their art."

Jomiko Cabigting - "The variety of different approaches taken in the creation of all the artworks exhibited in the Art Express was Amazing."

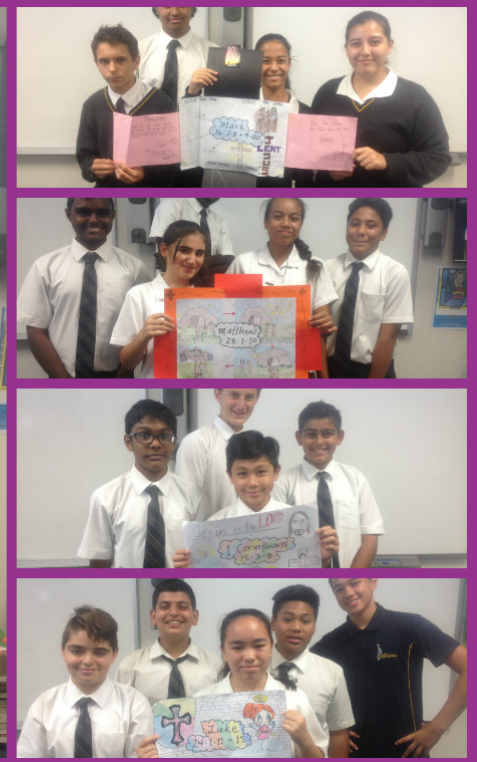
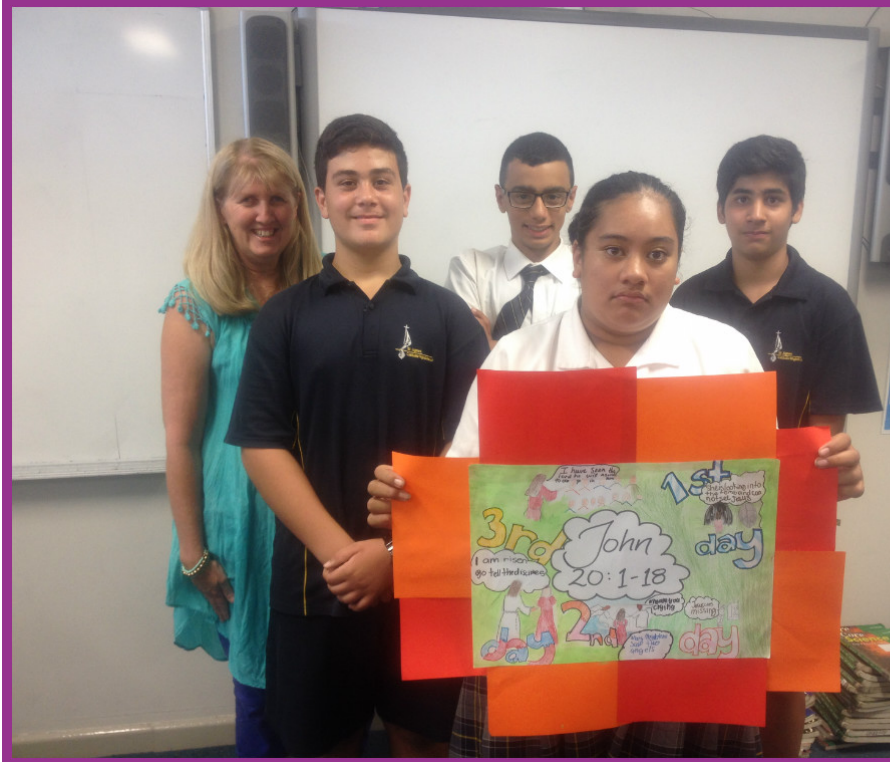
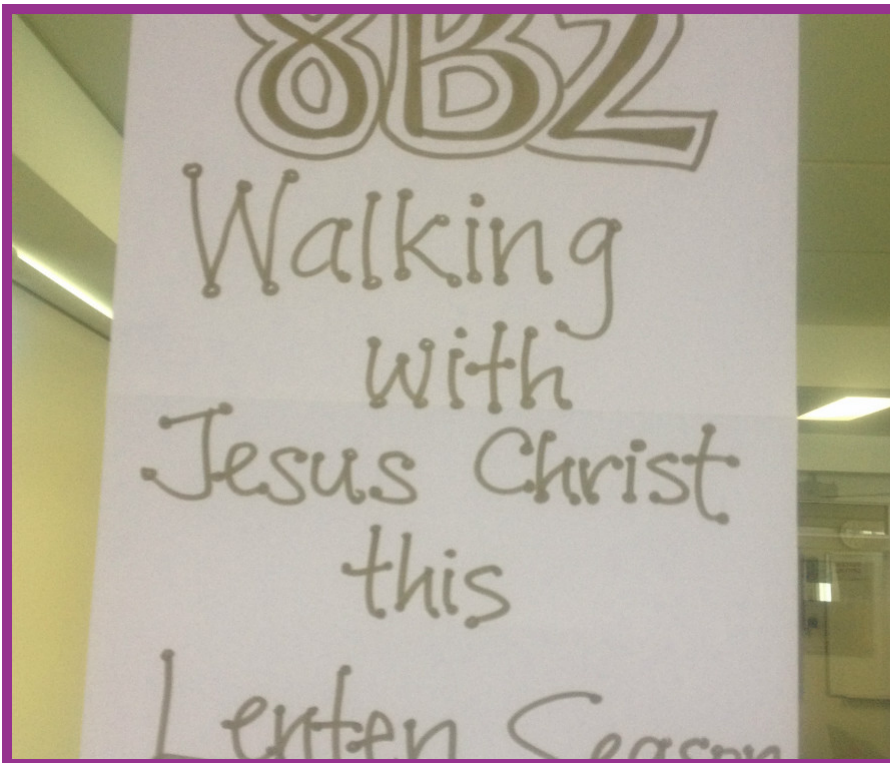
Aerianne Mojica - "Seeing the different materials and processes used by the HSE students sparked our creativity".

Tong Dimo - "The gallery was very interesting to look at, all the nice and unique artworks that I saw there was a lot of work the students put in."

Anneke Reemst

CAPA Coordinator





Elective Technology & Applied Science Royal Easter Show Excursion



OUR PARISH SCHOOLS

St Aidan's Primary
1-5 Adelaide Street
Rooty Hill
Ph: 02 9625 3181
Fax: 02 9625 5612

Sacred Heart Primary
23 Nelson Street
Mt Druitt South
Ph: 02 9625 8733
Fax: 02 9832 2258

Holy Family Primary
Weber Crescent
Emerton
Ph: 02 9628 9232
Fax: 02 9628 9589

**St John Vianney's
Primary**
17 Cameron Street
Doonside
Ph: 02 9831 1817
Fax: 02 9831 6430

*a diverse
community
learning
together*

PDSSSC SWIMMING CARNIVAL

On Friday the 18th of March the annual PDSSSC Swimming carnival was held at the Sydney Aquatic Centre, Homebush Bay. The carnival was attended by all of the Secondary Catholic Schools within the Parramatta Diocesan and there were hundreds of students participating.

St Agnes were represented by 4 students:








- Phoebe Stephenson of Year 7, who raced in the 50m Freestyle and 100m Freestyle
- Jackson Deamer of Year 8, who entered into the 50m Freestyle
- Monique Portelli of Year 9, who competed in the 50m Freestyle, 100m Freestyle and 50m Backstroke
- Alana-Kerri Broomham of Year 10 who swam in the 50m Freestyle, 100m Freestyle and 50m Breaststroke.

All 4 students swam very well throughout the day, represented our school with pride and achieved some personal best times.

It was a great day and wonderful experience for our young swimmers and I would like to congratulate them all on their remarkable achievements as many of the students who competed swam their personal best time. I would also like to thank all our amazing parents for coming and supporting our swimmers.

Claire Moxham
Sports Coordinator



	St. Agnes Catholic High School 7448	1
	Blacktown North Public 4550	2
	Wallacia Public School 4200	3
	Katoomba High School 3800	4
	Leonay Public 2400	5
	Metella Road Public School 2200	6
	St. Francis Of Assisi Catholic School 2000	7

WSW SCHOOL OF THE YEAR

Wanderers School of the Year is a points-based competition that encourages students to engage with healthy lifestyles, education and football.

Schools earn points through the actions of students and their parents or guardians and teachers.

As well as various prizes throughout the competition, the school that earns the most points over a set period of time will be crowned Wanderers School of the Year and be invited to host a football expo at your school with all our teams in attendance.

Currently St Agnes is ahead of all schools on the table but due to handicaps for smaller schools this may change. We need your support to 'stay on top'.

OUR PARISHES

St Aidan's
9 Adelaide Street
Rooty Hill
Ph: 02 9625 8404

Sacred Heart
23 Nelson Street
Mt Druitt South
Ph: 02 9625 8847

Holy Family
254 Luxford Road
Emerton
Ph: 02 9628 7272

St John Vianney's
17 Cameron Street
Doonside
Ph: 02 9622 3426



1-2-3 MAGIC® & EMOTION COACHING PARENT COURSE

*Learn to manage difficult behavior in children
2-12 years old*

A three-session program for parents and carers.

Venues: Either St Francis of Assisi, 1 Stone St, Glendenning. Tel: 9832 3062
or Our Lady of the Rosary, 32b Saddington St, St Marys. Tel: 9623 2500

- Learn:
- ✓ How to discipline without arguing, yelling or smacking
 - ✓ How to sort behaviour
 - ✓ How to handle challenging and testing behaviours
 - ✓ Choosing your strategy, the three choices
 - ✓ Using emotion coaching to encourage good behaviour
 - ✓ 7 tactics for encouraging good behaviour

Parents will receive:

A 1-2-3 Magic & Emotion Coaching Parent Workbook

The course is 3 sessions and will be run on the following dates at St Francis of Assisi:

- | | | |
|-------------|-----------|-------------------------------------|
| • Session 1 | 6pm - 8pm | Wednesday 4 th May 2016 |
| • Session 2 | 6pm - 8pm | Wednesday 11 th May 2016 |
| • Session 3 | 6pm - 8pm | Wednesday 18 th May 2016 |

Course Facilitators: Anne Margalit & Anoushka Houseman

The course is 3 sessions and will be run on the following dates at Our Lady of the Rosary:

- | | | |
|-------------|------------|------------------------------------|
| • Session 1 | 9am - 11am | Tuesday 31 st May 2016 |
| • Session 2 | 9am - 11am | Tuesday 7 th June 2016 |
| • Session 3 | 9am - 11am | Tuesday 14 th June 2016 |

Course Facilitators: Melina Leonello & Anoushka Houseman

Cost is \$10 per parent/couple/carer(s) to cover the cost of the parent workbook (only one required per family). This workbook will be available for purchase on the night.

. Register for this course contacting the appropriate location. Telephone details above.

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