Dear Parents and Friends of Mt St Patrick College,

Welcome to the 2014 school year. I hope the new school year has started well for your family and that the return to the routine of school life has been a smooth process for all concerned. I would particularly like to welcome Year 7 students, new enrolments in other years, and the families of students who are joining our community for the first time. Starting at a new school can be a challenge for some so please contact the College if you feel your child could benefit from a little extra support. We are here to help.

I wish everyone an enjoyable and successful 2014.

**Staffing**

It gives me great pleasure to welcome four new teachers to the staff of Mt St Patrick College:

- Mrs Vanessa Bowe – Music, English
- Miss Katie Pinkstone – English, RE
- Mr Richard Curtin – HSIE
- Mr Mathew Lynch – Science, RE

**New Positions of Responsibility in 2014:**

- Mrs Cassie Allen – Year 11 Co-ordinator

A list of teaching staff and their areas of responsibility for 2014 can be found by clicking on the following link: [http://www.mursclism.catholic.edu.au/pages/about/our-staff.php](http://www.mursclism.catholic.edu.au/pages/about/our-staff.php)

**Opening Assembly**

The College Opening Assembly for 2014 was held on Monday 3rd February, commencing at 9.20am in the Gilbey Multipurpose Centre. This was the first time the ceremony was held in the Centre and was a little different to that of previous years. This year all eighteen members of the Student Representative Council and the sixteen House representatives played an active role in an impressive Opening Ceremony. The College lantern led a procession of National, College and House flags. The National Anthem was sung and then the Student Representative Councillors lead the College in prayer. The Ceremony concluded with the whole community reciting the College prayer.

The Opening Ceremony ensures that the traditions of the College remain alive in our community. It defines what is important at Mt St Patrick College and highlights our uniqueness as a Catholic secondary educational community in the Presentation tradition.

**Induction of House and Assistant House**

The induction of the 2014 House Leaders and Assistant House Leaders was held on Monday 3rd February, during the Official Opening Assembly. After the badges were blessed by Fr David, each Leader and their Assistant received a badge of office printed in the colour of their House. Congratulations to the following House Leaders and Assistant House Leaders on their election to this important leadership position in the College:

**Nagle:**
- House Leaders: Lynsy McEvoy, Kyle Allsop
- Assistant House Leaders: Ela Heiniger, Arnold Walsh

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Lucan: House Leaders: Jemma Oxley, Nicholas Stanford
Assistant House Leaders: Amie Smith, Patrick Daly

Lisieux: House Leaders: Indianna Mulders, Robert Shepherd
Assistant House Leaders: Charlie Grimshaw, Luke Chaffer

Loreto: House Leaders: Emily Pratt, William McRae
Assistant House Leaders: Maddison Youngblutt, Ethan Smaling

2013 Champion House

Following the induction of House and Assistant House Leaders, the St Patrick’s Champion House Trophy was presented to the 2013 Champion House. The Trophy is presented to the House that earns the most points during the year for sporting and non-sporting events. The Competition in 2013 was particularly close with every House winning a trophy during the year.


Year 12 Senior Badges

Year 12 students hold a special place in the College and, after five years here, are very familiar with what is expected and the way we do things at Mt St Patrick. That knowledge places them in a unique position in the final year of schooling and is recognised through the presentation of a Senior Badge to every Year 12 student. The presentation occurred during the Opening Assembly after Fr David blessed the badges. I have every confidence that Year 12 will wear the badge with pride and show quality leadership in their everyday school life. Congratulations to Year 12.

Parent Information Meetings

Parent Information Meetings have been organised for the different year groups at various times during the year. The Year 7, 9, 10 and 11 meetings will be held during Term 1. The Year 8 meeting will take place in early Term 3. Parents are encouraged to attend these meetings as they provide specific information relevant to each year group. I look forward to seeing you at a meeting.

Year 7 Thursday 13th February commencing at 7.00pm in the Gilbey Multipurpose Centre
Year 9 Thursday 6th February commencing at 7.00pm in the Gilbey Multipurpose Centre
Year 10 Thursday 13th February commencing at 7.00pm in SLab1 and SLab2 (St Mary of the Cross Science and Language Centre)
Year 11 Thursday 6th February commencing at 7.00pm in SLab1 and SLab2 (St Mary of the Cross Science and Language Centre)

Student Accident Insurance

The Catholic Education Office has organised Student Accident Insurance for students involved in accidents during school hours or on an authorised school activity outside of school hours. Further information is available from the College. Please be aware that this cover is somewhat limited in scope and supplementary to the family’s health insurance cover and/or Medicare cover.

Student Drop-off

Parents are asked to please be aware of the Parking Restrictions in front of the College. The area immediately in front of Presentation House is a School Bus Zone between the hours of 8.00 and 9.00am and therefore cars must not stop in this area to drop off children between these hours. Parents are often booked for failing to adhere to this requirement. The cost of a fine is $304 plus two demerit points. It is legal however, for parents to drop their children off in the ‘No Parking’ area in front of the Church, and above and below the pedestrian crossing. Cars may stop in a ‘No Parking’ area for no more than two minutes.
College Hours

The school day begins at 8.47am and concludes at 3.14pm. Student supervision commences at 8.22am and concludes at the bus stop when the last bus departs. The College will not accept responsibility for the supervision of students outside of these times.

Swimming Carnival

The 52nd Annual MSPC Inter-House Swimming Carnival will be held at the Tweed Regional Aquatic Centre, Murwillumbah on Friday 14th February commencing at 9.00am. The Carnival is a chance for students to get to know staff and other students in a relaxed setting away from the school environment. The success of the Carnival depends on the attendance of all students and on the support they give their House both as a competitor and as a spectator. The day is for swimmers and non-swimmers alike. Attendance is compulsory and will be closely monitored.

A letter will be sent home regarding arrangements for the Carnival.

Mt St Patrick College Parents’ and Friends’ Association Meeting

The first meeting of the Mt St Patrick College Parents’ and Friends’ Association will be held on Monday 10th February, 2014 in the staff lunchroom commencing at 6.30pm. The meeting will conclude before 7.30pm. New parents are most welcome.

In Hoc Signo Spes Mea

Tony Daly
Principal

THANKS TO VOLUNTEERS

A word of thanks to those who assisted with setting up the Mt St Patrick College classrooms on Monday 27th January. Parents, parishioners and students Peter Hyde, John Reynolds, Zach Busuttil-Rochford, Sarah-Jane Guinea, Lillian Guinea, Felicity Guinea, Stephanie Guinea, Shelby Gilbert, Olivia Luxford and Luke Byatt worked hard to ready the rooms for a smooth beginning to the 2014 classes.

Mary-Anne McShane
Assistant Principal

As the College Swimming Carnival fast approaches, Lucan students are preparing enthusiastically with Green outfits and a competitive attitude for the carnival. I would like to thank the efforts of our student House Leaders Nick Stanford and Jemma Oxley and Assistant House Leaders Amie Smith and Patrick Daly in preparation for our upcoming hopeful domination of the carnival. I am excited about 2014 and the opportunities for Lucan students to pursue their personal best and embrace the 2014 school motto “What I Do, Matters”.

Go Green Machine!
Josh McCormack
Leader of Wellbeing – Lucan

LORETO

Welcome back Loreto House! As we gather together again for 2014 I was witness to a large, loud and enthusiastic group of students of whom I have become extremely proud. From the eager and fresh faced Year 7 students through to the relaxed and mature Year 10’s, I felt like the matriarch of a very big family!

Thank you all for your excellent uniform and positive start. The homeroom teachers have all been extremely impressed with behaviour and organisation so far. Please note that details regarding college policies and procedures are in the Handbook on the College website.

Congratulations to our Leaders for 2014:

Leaders: Emily Pratt and William McCrae
Assistant Leaders: Maddison Youngblutt and Ethan Smaling
Such fearless leadership will no doubt inspire Loreto towards victory in the upcoming Swimming Carnival. “Up With Blue Pride”.

Their vocal and passionate rendition of the War Cry has already evoked fear in the hearts of the other houses.

In addition to our House Leaders I would like to welcome back the homeroom teachers:

Mrs Stephanie Carroll-Bennett  Lor QLab 6
Mr Marc Lionnet  Lor QLab 5
Mrs Robyn Fitzpatrick  Lor QLab 3
Mr Corey Nix  Lor M24
Ms Sherree Milward  Lor M25
Mr Ryan Campbell  11 Lor N35
Mr Michael Acret  12 Lor O44

Ms Clara Cahill completes the Loreto team as my assistant this year.

Finally, many thanks to the parents for all that you do to support me in my role as Leader of Wellbeing for your children. Don’t hesitate to contact me to speak about your child and I look forward to working with you all this year. Many blessings for 2014.

Majella MacPhail
Leader of Wellbeing – Loreto

**LISIEUX**

Welcome everyone to the 2014 College year. As always, the beginning is exciting, challenging and very busy, but we get there! Thank you parents for your attention to detail with your sons’ and daughters’ uniforms. We had uniform checks last Thursday and Friday, and the majority of students were perfect. A few girls need skirts lengthened to below the knee, and there were a few shoe and belt issues, otherwise all is well.

I would also like to welcome and acknowledge Mr Paddy Bailey as Assistant Leader of Wellbeing for Lisieux, along with homeroom teachers:

Mrs Vanessa Bowe  Lis F31
Mr Stewart Grant  Lis F32
Miss Katie Pinkstone  Lis F33
Mrs Carolyn Storey  Lis F34
Mr Kevin Wilson  Lis N40
Mrs Meagan Macfarlane  11 Lis N36
Mrs Jenny Gardner  12 Lis O42

Thank you for all your effort thus far and throughout the year.

For Year 7 parents, and those of our new students, any concerns or questions can be directed to me through the College office. Please do not hesitate to call.

On Tuesday 4th February, we had our first 7 – 12 House Meeting followed by age group meetings to enter students in events at the upcoming Swimming Carnival. Led by our House Leaders (Robert Shepherd, Indiana Mulders, Luke Chaffer and Charlie Grimshaw) Lisieux students were enthusiastic about participating in either swimming events or offering assistance to Mr Whitney throughout the day. The majority of students were keen to add as many points as possible to our tally, but also to enter into the spirit of our House.

On Monday 3rd February at our opening assembly, Mr Daly announced Lisieux as winner of the Mt St Patrick Champion House Trophy for 2013. We were all a little shocked, but soon realised that even though we did not win the Cross Country and Athletic Carnivals in 2013, we were able to accumulate points in many other areas. What a fantastic result Lisieux – inspirational to say the least!

This year I have issued a challenge to all Lisieux students to aim for an Exemplary Behaviour Award at the end of 2014. This means no Ground Duties (for uniform infringements) and no Detentions. Whilst we may not reach one hundred percent, we can certainly aim for a record number of recipients of this award.

Most importantly, I would encourage students to pay heed to our College theme for 2014 – “What I do, matters”.

Margaret Baldini
Leader of Wellbeing – Lisieux

**NAGLE**

Welcome to the 2014 school year. I am proud to again Co-ordinate Nagle House and I look forward to the spirited year ahead.

I would like to extend a warm welcome to all students who have just started at MSPC, particulary Year 7. You have been lucky to find yourselves in “Gold House the colour of Champions”!

Mrs Sue Hoy will be Assistant Co-ordinator for Nagle this year and our homeroom teachers are as follows:

Mr Des James  Nag S16
Mr Richard Curtin  Nag S17
Mr Mark Hoy  Nag S19
Miss Marilyn De Maere  Nag S20
Miss Rikki Goodwin  Nag SLab1
Miss Simone Kendrick  Nag SLab2
Ms Gayle Anderson  11 Nag N39
Mr Jeff Pratt  12 Nag O41

The students have begun the year well and look awesome in their uniforms. Thank you to parents for organising the students so well. I look forward to working with you this year. Please do not hesitate to contact me at the College if you have an issue to discuss. Have a great year everyone!

Louise Shields
Leader of Wellbeing - Nagle

**FACULTY NEWS**

FROM THE LEADER OF PEDAGOGY

Welcome to the new school year and a special welcome to all of our new parents. The Leader of Pedagogy role will continue in the College this year with a focus on ensuring that all students have the best possible opportunity to learn and succeed. In each Newsletter I will publish articles, ideas and suggestions as to the best way for parents to work with teachers in this very important academic endeavour.

This partnership between parents and teachers can be expressed in many ways and good communication and shared expectations play a critical role. This article, ‘It’s all about Learning’, looks at ways that parents can assist teachers to teach more effectively:

- **Ensure that each day starts smoothly and peacefully.** Students leaving home in a positive state of mind will arrive in class the same way – the best pre-condition for learning.
- **Find the time to connect with your children about their learning – every day.** Ask about their classes, their teachers, their hopes and fears. Small issues can become magnified if they are not dealt with early.
What students eat does matter. Send students to school with a good breakfast and provide a balanced lunch and healthy snacks. Students who start the day with a nutritious breakfast have better concentration levels and participate more actively in the classroom.

Make sure they get plenty of sleep. Young people need at least eight hours sleep a night to help their bodies grow and repair. Limit computer games late at night as studies have shown that these activities inhibit good sleeping patterns.

Use non-aggressive conflict resolution strategies so that your children learn by example how to deal effectively with anger and frustration. Poor interactions with peers can significantly affect a student’s learning potential.

Place a high value on good manners and respect for others and their property.

Teach time management and organisational skills. Children are not born with the innate ability to balance the increasingly complex demands of secondary school. Use calendars, lists and planners for family life and ensure children have a place for study and homework.

Show you love of learning through reading, discussion of current events, excitement about new understandings and visits to libraries, museums and other places of interest.

Always talk with respect about teachers. Criticising a teacher in front of young people gives them tacit permission to show disrespect or make a poor effort in that class – not good grounds for learning effectively. If you have an issue with a teacher, deal with it with the teacher concerned or the College leadership team.

Encourage students to take responsibility for their own learning. Don’t accept excuses for poor work or less than positive report comments.

Never waste an opportunity to tell students that they are loved and valued and affirm positive effort and improvement whenever it occurs.

Dr Caroline Thompson

YEAR 10-12 RETREATS 2014

The 2014 Year 10 Retreat will take place on Monday 3rd March to Wednesday 5th March and the Year 12 Retreat from Wednesday 5th March to Friday 7th March (Week 6, Term 1) at Camp Bornhoffen. This is an important opportunity for students to reflect upon their lives in a very busy year, especially their relationships with family, friends and God. A letter regarding details (eg cost $155.00) was given this week and further details about requisites will be given closer to the Retreats. Students are reminded to return their permission notes to the College Office by Wednesday 26th February.

The early notification of the retreats in newsletters last year was to enable families to plan and budget for these important occasions, as the early part of the new College year is always expensive.

The Retreats are seen as integral to the philosophy and ethos of the College and therefore the Retreat is compulsory for all students. It is also an essential part of their holistic development. Parents are asked to ring the College if further clarification is needed.

Michael O’Donohue
Leader of Evangelisation

FROM THE SPORTS DESK

COLLEGE SWIMMING CARNIVAL

Our College’s annual Swimming Carnival is to be held at the Tweed Regional Aquatic Centre next Friday 14th February. This event is just getting better and better every year. The first events will be in the water at around 9:15am. Students who can be dropped at the pool are asked to do so but those who must catch a bus to school are asked to meet teachers in the upper basement and you will be walked to the pool at 8.47am. As with each Carnival students must wear their correct sports uniform to and from the event. Students can get changed at the venue if they want to dress in their house colours. Entry to the pool is $2.50, pool pass holders are in for free. The event is just getting better and better every year.

A copy of the College Swimming records is included in this newsletter along with a Carnival Program.

TERM 1 OVERVIEW

During Term 1 the sporting opportunities available are as follows:

- 20th Feb Applications due for Diocesan Winter Sports Trials
- 4th March Diocesan Open Girls Hockey Trials
- 6th March Diocesan Swimming Carnival Banora Point
- 4th and 5th March NSW All Schools Triathlon
- 8th and 9th March NSWCCC Rugby League Development Camp
- 10th March CCC Golf Northern Selections – Tuncurry (apply online)

18th March Diocesan Winter Sports Trials – Woolgoolga
Ongoing selection trials for College Touch Football teams Tweed Valley Trials for the 2014 competition

NSWCCC WEBSITE

Parents are advised that they should be checking the Catholic Schools Sport Services (CSSS) website and click on the New South Wales Combined Catholic College website (NSWCCC) link for information regarding sport. The CSSS website is www.csss.nsw.edu.au. Once you click the NSWCCC link you can access any sport of your choice and there will be information on
events. Your child needs to be registered for an event and this can be done online also. If your child has already been registered, than their code will still be current, this is the code which they will keep throughout their sporting life at school. Good luck with the site, any problems don’t hesitate to call me for clarification at school.

SURF LIFE SAVING
Congratulations to all the students from MSPC from many different clubs who competed in the NSW SLS Country Championships at Mollymook in early January 2014. There were some fantastic performances on the beach. Let’s defend our Diocesan Championships again this year at Byron Bay.

Special mention must go to both Ela Heiniger and Luke Chaffer who competed as part of a NSW SLS team after these championships. Both athletes performed very well in challenging conditions and medalled for NSW.

GOLFING SUCCESS
Congratulations to Cameron Larkin, Riley King, Ashlee Selwood, Lindon Sharp and Ethan Mitchell who went to the Jack Newton Junior Encouragement Tournament. After travelling to Newcastle to compete the team finished and outstanding fourth in the state. Well done to these 5 emerging golfers.

PDHPE
The PDHPE Teaching Faculty welcomes all students to the 2014 College year. By the time you receive this Newsletter all students will have seen their respective PDHPE teacher and have been given all relevant information. This includes:

1) Practical Uniform: The days each student has practical PDHPE should be recorded in students’ diary:
   - Full MSPC sports uniform (includes MSPC hat) to be worn to all practical lessons
   - If sports uniform unavailable, bring substitute gear, with signed and dated note from parent.
   - Shoes must be worn for all practical lessons (except for gymnastic activities). Must be suitable sports shoes, fit the foot firmly and are laced firmly.
   - No hat, incorrect shoes and/or tied too loosely is immediate Ground Duty
   - Uniform Infringements, without parental note will incur a warning and Ground Duty for the first and second offence. Further offences, then a lunchtime detention will be issued.
   - Incorrect uniform and shoes are a safety issue. Students will not be allowed to participate in practical lesson. Instead students are required to walk a certain distance during the lesson time or complete theory activities.

2) Injury/Sickness
   - Students unable to participate in a practical class, must bring a written note, stating reason, signed and dated by parent. These students will be encouraged to either walk or assist with umpiring and gear.
   - Students are to present a doctor’s certificate for extended periods of illness or injury eg 3 weeks.
   - At the beginning of the year parents are requested to please inform the PDHPE teacher of any reason why their child may not be able to participate fully in any practical classes.

3) Contract for all Year 7 to 10 classes
   All parents and students are asked to sign the PDHPE contract. This sets out specific procedures and policies for our subject area to ensure safe participation and fairness.

4) MSPC Gym - Student Use for Out of School Sessions:
   Years 9, 10, 11 and 12 only will be permitted to use the gym in the out of school sessions
   a) Student Sessions are listed below

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b) Conditions of Use:
   1) Students must sign contract and be inducted into the relevant safety procedures. Students must have parental signature as well.
   2) Must be suitable dressed and have appropriate footwear and towel.
   3) Admission and use determined by supervising PDHPE teacher.

If there is any questions about the above information or any other matter relating to our subject area, please do not hesitate to contact myself or any of the PDHPE staff.
Sue Staunton
PDHPE Leader of Learning
PARENTS & FRIENDS ANNUAL GENERAL MEETING

All parents are invited to attend the P & F Annual General Meeting to be held on Monday 10th February at 6.30pm in the Mt St Patrick College Staffroom.

The Parents and Friends meet twice per term in Week 3 and 7.

We would like to see more parents make themselves available to assist this organisation.

You can help by coming to meetings and/or volunteering to help with the functions that the Parents and Friends run throughout the year.

- Swimming Carnival food stall Friday 14th February
- Debutant Ball – May 2014
- Athletics Carnival food stall
- Year 12 Formal Bar
- Social fundraising events to be advised throughout the year.

The Parents & Friends Association raise money for the College. Some of these funds have been used for the following

- Mary MacKillop Icon
- Gilbey Multipurpose Centre Scissor Lift
- Gilbey Multipurpose Centre foyer murals
- Other equipment for the College

If you would like any more information about the Mt St Patrick Parents and Friends Association please contact me.

Liz Chauvier
P & F President
0414721898

MEALS ON WHEELS THANK YOU

Thank you to the students and parents who volunteered to deliver meals during the holidays, allowing the College to fulfil its regular commitment to the Meals on Wheels Organisation. Your generosity is greatly appreciated by Meals on Wheels and by the clients who need and value the service provided as well as the friendly contact.

Mrs Reynolds

VINNIES

The College has a Vinnies group which is part of the St Vincent De Paul Society. The first meeting of the year will be held at lunchtime on Wednesday 12th March. Meetings are usually held twice a month and they are led by senior students.

The objectives of the group are to pray for the good works of the St Vincent De Paul Society, to raise funds to support these good works and to participate in compassionate activities which are Catholic Christianity in action.

While some of the opportunities are for students who are 16 or older, all students are warmly welcomed to come to meetings and to contribute to the work of the Vinnies group.

Our first main event will be fundraising sales of pancakes on Shrove Tuesday March 4th, the day before Ash Wednesday. Mrs Cristini for the Vinnies Group.

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2014 CALENDAR

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TERM 1 2014 CANTEEN ROSTER

**Week 3**
- 10/2 Cara Graham
- 11/2 Sharyn Priest, Sue Nunn
- 12/2 Charnel Larkin, Chris Reynolds
- 13/2 Jo Charilaou
- 14/2 Meagan Matthews, Geraldine Townsend, Kristie Hedley

**Week 4**
- 17/2 Julie Van den Dreist
- 18/2 Mie Hall, Jenney Gatt
- 19/2 Maria Dorfer, Lisa Stellar
- 20/2 Liz Shortis, Kim Stephen
- 21/2 Kerrie Hilder
The Southern Coast Slammers (formerly Tweed Coast Slammers) are now taking registrations for teams to compete in the Gold Coast Junior Basketball League.

Information on the club can be found at www.tweedcoastslammers.basketball.net.au or by emailing tc_slammers@hotmail.com.

Exciting times ahead for the club.

During the off season the Tweed Coast Slammers have been rebranded and now known as the Southern Coast Slammers with new uniforms and Logo. Why we have made these changes so we can hopefully have access to grants from the government which we haven’t previously been able to do due to border issues. Hopefully this will ideally bring down the fees to our members.

With the new name come new uniforms which members will own and keep at season’s end. For our younger players it may pay to get a bigger size so it will last for years. We will be able to have the players’ names/nicknames on the back of the singlet and the playing number of their choice (on the registration form we have given you 2 picks, we can’t guarantee all requests but we will do our best). There also is the opportunity for local businesses to sponsor our club and have their name/logo printed on the shorts, all enquiries about sponsorship must contact Shaun McDonagh on 0408138849.

We will still be training at Banora Point High School with games each and every Friday out of Tallebudgerra, Carrara and TSS at Southport have pencilled Monday and Tuesday as our training days all depending on how many teams we have to enter in the competition.

Sign on will be conducted on line and will be needed to be finalised by 14th February 2014 as we need to order the uniforms which will take a minimum of 5 weeks to make. You can find the sign on sheet on our website www.tweedcoastslammers.basketball.net.au which outlines fees made to both GCCRBA and Southern Coast Slammers, the sign on sheet needs to be emailed back to the club as soon as possible so we can start organising our season. Always Ballin.
Shaun McDonagh
Club President
An invitation to a weekend of faith renewal, fun and socialising

Family Retreat 2014

ENABLING US TO DEEPEN OUR LIFE IN CHRIST JESUS
LEADING TO MORE ENRICHED DAILY LIVING

Locations and dates
SDA Convention Centre
250 Grassy Head Road
Stuarts Point
Saturday 22 March (midday) -
Sunday 23 March (afternoon)

PCYC Bornhofen
3510 Nerang Murwillumbah Road
Natural Bridge
Saturday 29 March (midday) -
Sunday 30 March (afternoon)

Facilitators
Adults: Martin Scroope
Young People: Kate Nestor and Matt de Dassel

More information
For more information please contact your
Parish School Parent Representative or your
Parent Assembly Cluster Organisers:
Jo Kelly: Richmond Region (m) 0407 706 454
Peta Rourke: Hastings/Macleay Region (m) 0400 420 614
Leanne Robbins: Tweed Region (m) 0407 143 975
Paul Edgar: Southern & Northern Clarence (m) 0427 118 122

It has been a great opportunity
to reconsider our relations
with Jesus. To get to meet and
interact with other like-minded
and faithful people.

Please register by 10 March 2014
To register please phone 1300 557 874 or
e-mail: parents@lism.catholic.edu.au

This retreat, accommodation and meals are free to all families with children
enrolled in Parish Schools in the Diocese of Lismore
## Mt St Patrick Canteen Price List 1/2/2014

### Sushi
- Chicken & Avocado .............. $2.70
- Chicken Teriyaki .............. $2.70
- Tuna & Cucumber .............. $2.70
- Vegetable Tempura ............ $2.70
- Vegetarian .................... $2.70

### Rolls
- Salad ................................ $4.00
- Mini Salad Roll ................. $2.10
- Chicken & Salad ................. $5.00
- Ham & Salad ..................... $5.00
- Salmon & Salad ................. $5.00
- Egg & Lettuce ................... $4.00
- Ham ................................ $3.30
- Vegemite Roll .................. $1.60
- Buttered Roll ................... $1.20

**Extra Fillings**
- *Avocado
- *Hommos
- *Garlic Aioli
- *Cheese
- *Cream Cheese ................ $0.70

### Sandwiches (White or W/meal)
**(Half sandwiches at half price)**
- Salad ................................ $3.60
- Chicken & Salad ................. $4.60
- Ham & Salad ...................... $4.60
- Salmon & Salad ................. $4.60
- Egg & Lettuce ................... $3.50
- Ham ................................ $3.00
- Baked Beans ..................... $2.40
- Vegemite ......................... $1.40

**Extra Fillings**
- *Avocado
- *Hommos
- *Garlic Aioli
- *Cheese
- *Cream Cheese ................ $0.70

### Lavish Salad Wraps
- Salad ............................. $4.00
- Chicken & Salad ................. $5.00
- Ham & Salad ...................... $5.00
- Salmon & Salad ................. $5.00
- Falafel & Tzatziki .............. $5.00

### Toasted Sandwiches
- Any 2 combination ............. $3.50

### Toasted Turkish Bread
- Any 2 fillings ................... $4.50
- Each extra filling .............. $0.70

### Burgers:
- Hamburgers ..................... $4.80
- Chicken Burgers ................. $4.50
- Chicken Chilli Tender Burger .. $4.50
- Vege Burger ..................... $4.80
- Mini chicken Burger ............ $3.50
- Mini Chick, Chilli burger ...... $3.50
- Mini Hamburger ................. $4.00

### Salad Boxes
- **Large - $ 5.00 / Small - $2.50**
  - Garden Salad
  - Pasta Salad
  - Fruit Salad
  - Falafel, Tzatziki & Tabbouleh Salad

### Hot Food
- Pizza Slice ...................... $3.50
- Plain Pie -
  - *Low Fat Large ................ $3.50
  - *Low Fat Mini ................ $1.20
  - *Sauce for pies ............... $0.20
  - Sausage Roll - Low Fat ...... $3.50
  - Spinach Roll - Low Fat ...... $3.50

### Bakery
- *Honey-Oat Slice ............... $2.00
- *Chocolate Slice ............... $2.00
- **(Half piece of slice @ $1.00)**

### Snacks
- Fresh Honey Yoghurt .......... $2.00
- Fresh Honey Yoghurt with-
  - *Berries or Passionfruit ...... $2.50
  - *Muesli ....................... $2.50
- Red Rock Crisps 28g -
  - *Plain ....................... $1.20
  - *Honey & Soy ................ $1.20
  - Rice Crackers ............... $1.20
  - Pretzels ..................... $1.20
  - Cheese & Crackers .......... $1.50
  - Vege Chips ................ ... $1.20
  - Vege Sticks + Hommus ........ $2.50
  - Vege Sticks + Tzatziki ...... $2.50
  - Vege Sticks + Corn Relish ... $2.50
  - Apples, Oranges, Bananas ... $0.70
  - WeetBix & Cranberry Balls ... $0.50

### Ice Blocks
- Fruit Stacks ................... $0.50
- Fruit Tubes .................... $0.60
- Calypso (small Gelati) ...... $1.00
- Vanilla Ice Cream Cups ...... $1.50
- Paddle Pop Cups .............. $2.00

### Drinks
- Orange Juice 300ml ............ $3.00
- Apple Juice 300ml ............. $3.00
- Apple & Cranberry Juice 300ml $3.00
- Apple & Blackcurrant Juice 300ml $3.00
- Poppers ........................ $1.50
- Water 500ml .................... $1.80
- School's Milk - Flavoured .... $2.00
- Milk -
  - *600ml Plain ................ $1.90
  - *300ml FM (Strawb, Choc.) .. $2.50
- LOL'S (Trop., Blackcurrant, Rasp.) .. $2.00
- Iced Tea 250ml ............... $2.50

### Salad of the Day
- **Large - $5.00 / Small - $2.50**
  - **Monday:** Beetroot, Orange Fetta and Mint
  - **Tuesday:** Potato, Dill, Orange Fetta and Mint
  - **Wednesday:** Quinoa and Lentil Asparagus and Tomato
  - **Thursday:** Shaved Brussel Sprouts and Cranberry
  - **Friday:** Greek Salad

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![Pyramid Diagram](Diagram.png)
### MT ST PATRICK COLLEGE
### SWIMMING RECORDS

<table>
<thead>
<tr>
<th>GIRLS</th>
<th>NAME / YEAR</th>
<th>Previous</th>
<th>BOYS</th>
<th>NAME / YEAR</th>
<th>Previous</th>
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<tbody>
<tr>
<td><strong>50 F/S</strong></td>
<td></td>
<td></td>
<td><strong>50 F/S</strong></td>
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<tr>
<td>12</td>
<td>M Sherrah 2007</td>
<td>36.60</td>
<td>12</td>
<td>A Moran 1995</td>
<td>32.09</td>
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<tr>
<td>13</td>
<td>K Shaw 1995</td>
<td>30.86</td>
<td>13</td>
<td>Z Jacks 2010</td>
<td>29.43</td>
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<tr>
<td>14</td>
<td>E Heiniger 2011</td>
<td>29.07</td>
<td>14</td>
<td>G Harris 2012</td>
<td>28.11</td>
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<tr>
<td>16</td>
<td>E Heiniger 2013</td>
<td>29.10</td>
<td>16</td>
<td>Ben Felton 2013</td>
<td>25.98</td>
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<tr>
<td>Open</td>
<td>J Cantrill 2012</td>
<td>30.95</td>
<td>Open</td>
<td>Nick Myler 2013</td>
<td>25.40</td>
</tr>
</tbody>
</table>

| **50 BK/S** |               |          | **50 BK/S** |               |          |
| 12     | K Williams 2009 | 42.66  | 12    | A Moran 1995  | 39.96    |
| 13     | J Cantrill 2007 | 35.30  | 13    | Z Jacks 2010  | 38.06    |
| 14     | C Malone 1988  | 37.12   | 14    | Z Jacks 2011  | 34.65    |
| 15     | J Cantrill 2009| 35.78  | 15    | Jacob McRae 2013| 32.47    |
| 16     | J Cantrill 2010| 34.37  | 16    | T Richardson 2007| 31.61    |
| Open   | Zoe Heiniger 2012| 37.21 | Open  | Nick Myler 2013| 30.61    |

| **50 BR/S** |               |          | **50 BR/S** |               |          |
| 12     | J Moran 1997  | 43.81   | 12    | A Moran 1995  | 46.18    |
| 13     | J Cantrill 2007| 38.45  | 13    | Russell Chandler 2012| 40.63    |
| 14     | J Cantrill 2008| 39.95  | 14    | D Thomson 1993| 38.38    |
| 15     | K Shaw 1997  | 39.53   | 15    | P Piccini – Lulham 2010| 37.31    |
| Open   | J Cantrill 2012| 39.50  | Open  | Paul Piccini – Lulham 2012| 35.66    |

| **50 FLY** |               |          | **50 FLY** |               |          |
| 12     | J Moran 1997  | 40.51   | 12    | A Moran 1995  | 37.33    |
| 13     | K Shaw 1995  | 34.83   | 13    | Z Jacks 2010  | 33.75    |
| 14     | E Heiniger 2011| 33.54  | 14    | Russell Chandler 2013| 31.30    |
| 15     | K Shaw 1997  | 31.90   | 15    | Jacob McRae 2013| 29.16    |
| 16     | E Heiniger 2013| 35.41  | 16    | Ben Felton 2013| 27.85    |
| Open   | M O’Connor 2013| 35.85 | Open  | Nick Myler 2013| 29.04    |

| **100 F/S** |               |          | **100 F/S** |               |          |
| 12     | M Sherrah 2007 | 1.22.25 | 12    | A Moran 1995  | 1.08.23  |
| 13     | K Shaw 1995  | 1.07.46 | 13    | Z Jacks 2010  | 1.04.34  |
| 14     | E Heiniger 2011| 1.05.00| 14    | Z Jacks 2010  | 1.01.63  |
| 15     | J Cantrill 2009| 1.0800| 15    | Z Jacks 2012  | 01.00.35  |

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MT ST PATRICK COLLEGE
INTERHOUSE SWIMMING CARNIVAL
2014
PROGRAM

200 INDIVIDUAL MEDLEY (approx. 9.15am)
   Girls (Jnr, Int, Snr)
   Boys (Jnr, Int, Snr)

50m BREAST STROKE
   Girls, Boys

50m BACKSTROKE
   Girls, Boys

100m FREESTYLE
   Girls, Boys

50m BUTTERFLY
   Girls, Boys

50m FREESTYLE
   Girls, Boys

4 x 50m FREESTYLE RELAY
   All Age relay (2 competitors per age per year)
   Girls, Boys

PRESENTATION (approx. 2.30pm)