



Dear Parents and Carers,

Welcome to the 2021 school year. Welcome back to our returning families and to the new families who have joined us. We hope for a more normal year than 2020, whatever that may look like. The new year has not magically rid us of covid-19 and therefore there are still things that will be different. An example is that the College Swimming Carnival is not open to parents to attend this year. Despite difficulties, there are always things to be grateful for. The College students and staff getting together as a community for the swimming carnival will be one of those things. Last year it was a terrific event and I know Mr Whitney has been planning and organising another excellent event that meets the current requirements. I hope that this will be the first of many events for the year that bring the College community together. Mount St Patrick College is a special place because of its people: staff, students and parents. I felt that on my first visit in 2019 and I know many others feel the same. It is a privilege to be part of a leadership team of this community.

### **Journey Together**

The SRC has come up with *Journey Together* as our 2021 College theme. If we want to succeed in life, which means many things to different people - work, money, fame, more importantly, satisfaction and happiness, we need help to do that. Life is not a solo trip. We need help to guide us, to work things out, to be with us in tough times and to celebrate those many moments, big and small in our lives, that shine for us. This year's theme of *Journey Together*, with our values of acceptance, commitment, community, compassion, forgiveness and justice, should see the College community looking forward to journeying together in class, in the playground, on the sporting field as we look to build this rich community. Any of the annual themes that the College have should last beyond their official year. *Be the Good* from 2020 is relevant to us for all our lives and if we are being the good, we are being a good companion to others as we *journey together*.

We will continue to set high expectations for students in regards to behaviour, uniform and work ethic. Good habits will carry us through when things are not so easy. We would like our Year 11 and 12s to set an example for the other year groups to follow, and I asked them to take this responsibility seriously as they go about the school year.

I am excited that the College has two Assistant Principals in 2021. Ms Mary-Anne McShane and Mrs Narelle Sherrah will continue their long history of dedication to the students of Mount St Patrick. In their new roles, they will be providing vision for the future direction of the College.

We have a number of new staff this year which always injects new ideas and experiences into the College. I have listed these staff below.

#### Teachers

Mr Luke Doepel - Lisieux - Science and Religious Education  
Ms Dianne Marshall - Lisieux - English and History  
Mrs Lisa East - Lisieux - PDHPE and Religious Education  
Mr Michael Levick - Loreto - Mathematics and Wellbeing

Teacher's Assistants - Simone Wilkins, Anne Edwards, Brodie Palmer  
Indigenous Education Workers - Tayah Logan and Brandy Atanasoff-Baker  
Youth Ministry Officer - Breeanna Males  
Sports Assistant - Shakyra Gillard  
Technology Assistant - Madi Van Rosi

We welcome back from Leave:

- Ms Michelle Gill who has been living in New York for 3 years. Lucan - Maths, History, RE
- Ms Katie Pinkstone who has been on Maternity Leave. Lisieux - Assistant English Co-ord, RE

As is our tradition, we began our school year with some of the high achievers from 2020. The College Dux for 2020 was Charlotte Ryan. Charlotte is a fantastic example of a student who has goals and focus and works hard to achieve them. More importantly, she did this hard work while also being an important part of her year group and the College in her actions towards others and the way that she represented the College. I congratulate Charlotte and our other high achieving students on their results. I also want to congratulate all our Year 12s from 2020 who navigated a unique set of challenges, with style and good grace.

I pray that the 2021 school year will be rich in experience and learning for students as we *journey together*.

Be the Good and God Bless.



Paul Reidy  
Principal

## ASSISTANT PRINCIPAL – MISSION

Welcome back to the 2021 school year. Our *journey together* year has begun at a cracking pace – lots of new people, arrangements and activities. My long-held role as Assistant Principal: Everything (for 22 years) has morphed into Assistant Principal: Mission. The key staff leaders in my Mission team are Mr Michael O'Donohue (Leader of Evangelization) and Mrs Louise Shields (Student Welfare Co-ordinator), although every teacher and ancillary staff member is crucial in achieving MSPC's Mission.

My new 'brief' as AP: Mission is great (wonderful) and great (challenging)! It is:

- Ensuring that all students are known and loved
- Ensuring all students have a connection with Jesus
- Identifying and embedding Catholic symbols, rituals and practices.

I spoke a little about the history of the young Irish Presentation Sisters arriving in Murwillumbah in the summer of 1904 at yesterday's College Assembly. Their black habits and veils would have been much hotter than the current dress uniform and they didn't have the benefit of fans, air-conditioning and insect screens in the evenings in Presentation House!

**College Photos** will take place next week. All students were issued with individualized envelopes with a unique bar code (for ordering purposes) in homerooms this week to be taken home to you to make orders, if you require photos. Students need to bring the completed envelopes with them to the photos on Tuesday 9<sup>th</sup> February. This will expedite the process of moving the students through the ID photos quickly as their names are recorded electronically by scanning the barcode. There is some information towards the end of this Newsletter from the MSP Photography Company who run the photos for us.

On next Tuesday 9<sup>th</sup> February (Day 7) at 9am the group Year 12 Photo will be taken in the Gilbey Hall. All Yr 12 students are to be in their full dress uniform (girls in their skirts please rather than the uniform slacks). Following this every Yr 12 will have a portrait/ID photo taken and then all the remaining students in the College will have their ID photo taken beginning with Yr 11, down to Yr 7. As Tuesday 9<sup>th</sup> February is a Sports Day, **I am asking that every Yr 7 – 11 student wear their sport uniform to school but bring their dress uniform shirt in a bag, hanger to wear for the ID shot only.**

On Thursday 11<sup>th</sup> February (Day 9) all homerooms, SRC and Siblings (whose parents have booked a photo), will be photographed beginning with Yr 12 at 9am in the Gilbey Hall. All students are to be in full dress uniform (girls in their skirts please rather than the uniform slacks).

Details of the **NSW School Vaccination Program** being offered at MSPC this year following this report. Parent Information Kits will be sent home with Year 7 and 10 students well in advance of the injection dates. Year 8s who had HPV injections in 2020 will have their second dose on Wednesday 24<sup>th</sup> February in the Gilbey Hall. Year 7s who choose to take up the free HPV/Boostrix injection offer will have them on 3<sup>rd</sup> March in the Gilbey Hall.

Looking forward to *journeying together*  
Mary-Anne McShane  
Assistant Principal: Mission

## NSW SCHOOL VACCINATION PROGRAM

Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.

In 2021 the following vaccines will be offered:

YEARS	VACCINE	NUMBER OF DOSES
Year 7	Human papillomavirus (HPV) vaccine	2-doses at least 6 months apart
	Diphtheria-Tetanus-Pertussis (whooping cough) vaccine	Single dose
Years 10	Meningococcal ACWY vaccine	Single dose

Parent Information Kits that include an information sheet, consent form and privacy statement will be sent home to parents/guardians. To consent to the vaccination of their child, parents/guardians are advised to:

- read all the information provided
- complete the consent form, including signing their name next to the vaccine/s they would like their child to receive
- return the completed consent form to their child's school
- ensure their child eats breakfast on the day of the school vaccination clinic.

Please note that, to improve vaccination completion, students will be opportunistically offered any missed doses during Year 7 and catch up into Year 8 (for HPV and dTpa vaccination) and during Year 10 and catch up into Year 11 (for Meningococcal ACWY vaccination) or consent signed in 2020.

Parents/guardians who wish to withdraw their consent for any reason may do so by writing to the school Principal or phoning the school. The Procedure for Withdrawal of Consent is available on the NSW Health website at [www.health.nsw.gov.au/immunisation/Pages/withdraw\\_consent.aspx](http://www.health.nsw.gov.au/immunisation/Pages/withdraw_consent.aspx).

A Record of Vaccination will be provided to each student vaccinated at each clinic either as a physical card or a text message sent to the mobile number recorded on the consent form. Details about vaccinations given at school will also be uploaded to the Australian Immunisation Register (AIR) to support complete vaccination histories.

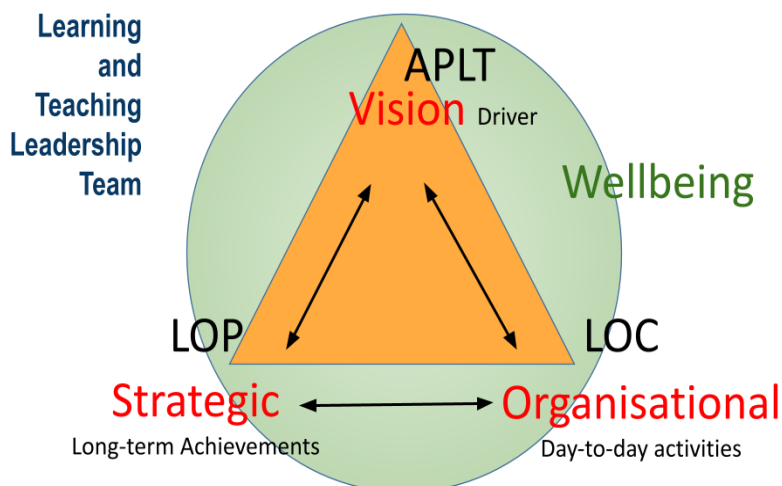
## ASSISTANT PRINCIPAL - LEARNING AND TEACHING

I am extremely proud and excited to be the first Assistant Principal of Learning and Teaching at Mt St Patrick College a school that I have devoted 29 years of my teaching life to. Prior to accepting this position I was the Leader of Curriculum beginning in 2004. Before Mt St Patrick College I taught in many different schools both in Australia and England so I can say with confidence that Mt St Patrick College is a great school.

This new position is part of a Learning and Teaching Team aimed at providing students with the knowledge, wisdom and skills to grow academically and live life to the full in line with our College vision. Embrace Life is our vision for Mt St Patrick College. It is inspired by the life and teachings of Christ encapsulated in John 10:10 *I have come so that you may have life, and have it to the full*

This vision encourages us as a Christian community to see life as a gift to be enjoyed, celebrated and shared, through the pursuit of knowledge and wisdom.

The Learning and Teaching leadership team is as follows:-





Leader of Curriculum(LOC) Mrs Joanne McDonald is responsible for the organisation of the Curriculum, the “What” we learn and teach. Please contact Mrs McDonald with any questions about classes, curriculum, assessment and reporting.

Leader of Pedagogy (LOP) Mrs Narelle Chaffer is responsible for the “How” we learn and teach. Mrs Chaffer leads the College in many learning initiatives and facilitates the professional development of our staff, ensuring the staff are at the forefront of the latest educational initiatives.

### HSC SUCCESS 2020

Mt St Patrick College is very proud of the 2020 HSC cohort. College students appeared 36 times in the distinguished achievers list. The Band 6 results were across many subjects. Industrial Technology: Multimedia and Legal Studies students achieved 5 band 6 results, respectively. Some top marks were Ysabella Purser - 95 in Mathematics and Josh Malone - 95 in Industrial Technology/Multimedia.



Year 11 accelerated students achieved 5 Band 6’s in Mathematics and 2 Band 6’s in Chemistry. Ysabella Purser and Miranda Quantrill were successful in achieving Band 6’s in both Chemistry and Mathematics which is an extraordinary achievement.

Mt St Patrick Students took on the challenge of COVID and achieved exceptional results in the practical components of subjects. Nominations were received in ENCORE, INTECH and ONSTAGE.

At the first College assembly for 2021, the HSC cohort returned to celebrate their achievements and to thank the dedicated teachers who work as a team with their classes to promote academic excellence. The Dux for 2020, Charlotte Ryan, was presented with the Dr Cletus Smith perpetual trophy and the Long Tan Award for future innovators. The students then participated in a forum with the 2021 HSC cohort, passing on tips and wisdom for success in the HSC.

Mt St Patrick College would like to wish the 2020 HSC cohort all the best for their future endeavours and hope that they embrace life and live it to the full.

### SPECIAL AWARDS

Some very special awards were presented at the opening assembly to recognise students who epitomise what it is to be a Pattie’s kid and live life to the full.

- |                                    |  |
|------------------------------------|--|
| Long Tan Leadership Award:         | Bede Curnow Yr 10<br>Ella Larkin Yr 12   |
| Long Tan Future Innovator’s Award: | Amelie Ogg Yr 10<br>Charlotte Ryan Yr 12 |
| Caltex All Rounder Award:          | Sashi Wills                              |

I hope that the students in the audience were inspired by the recipients and encouraged to do their best this year. A full list of award recipients can be found towards the end of this Newsletter.

I look forward to the 2021 Academic year and hope to meet all the new Year 7 parents at the Year 7 Information night at 6.30pm on 24<sup>th</sup> February. My goal is to accompany all of our students on their learning journey.

Narelle Sherrah  
Assistant Principal - Learning and Teaching



# CURRICULUM

I would like to introduce myself. My name is Mrs Jo McDonald and I have been appointed the Leader of Curriculum and I am looking forward to working with you and MSPC staff to support your child's learning journey at Mt St Pat's. I have over 20 years teaching experience and have been a Head of Department for the past 17 years. I am committed to the MSPC vision that inspirational teaching and quality learning are the cornerstone of the College.

2021 has started in a busy, positive and productive way as students settle into their study routines. They have been issued with a College diary and this will be used to record assessment dates, coursework completion dates and homework. It also provides an expedient channel of communication between staff and parents/carers.

The **Junior Subject Change Request Form** and **Assessment Variation Application** forms are now operational and can be found on the MSPC Website under the Curriculum Tab: <https://mस्पcism.com/>

Students should use these forms if changing an elective or applying for a variation to an assessment task. Students must be logged in via their school email to do this.

## Assessment Notification

I will publish a weekly overview of assessment tasks in the newsletter, a week prior to the due date. Students can access assessment tasks and calendars via the MSPC website using their student login. As you can see below, there is only one assessment due for Year 12 next week, which is Week 3.

<b>Assessment dates for Term 1 - Week 3</b>  <b>8 Feb - 12 Feb</b>  The following assessments are due:	<b>Year 7</b>	-
	<b>Year 8</b>	-
	<b>Year 9</b>	-
	<b>Year 10</b>	-
	<b>Year 11</b>	-
	<b>Year 12</b>	Drama

Jo McDonald  
Leader of Curriculum

# WELFARE

## STUDENT MATTERS IN 2021

Welcome back to a new school year. I hope that 2021 has started well for everyone. I certainly thank you for the manner in which you have presented your children and for supporting the College as we do our best to keep our standards high. A letter was sent to all parents and students prior to the start of the year about our expectations for hair and uniform. Please refer to this letter as the year progresses if you have any concerns.

**Should you need to contact the College regarding your child's behaviour, uniform or welfare, the procedure should be to contact your child's Leader of Wellbeing.** To know who the Leader of Wellbeing is you will need to know the House to which your child belongs. The Houses and the teacher to contact are as follows:

### For Years 7 - 10 Students

Nagle (Gold) House - Mr Stewart Grant ([stewart.grant@lism.catholic.edu.au](mailto:stewart.grant@lism.catholic.edu.au))

Lisieux (Red) House - Mrs Margaret Baldini ([margaret.baldini@lism.catholic.edu.au](mailto:margaret.baldini@lism.catholic.edu.au))

Loreto (Blue) House - Mrs Majella McPhail ([majella.mcphail@lism.catholic.edu.au](mailto:majella.mcphail@lism.catholic.edu.au))

Lucan (Green) House - Mr Josh McCormack ([joshua.mccormack@lism.catholic.edu.au](mailto:joshua.mccormack@lism.catholic.edu.au))

**For Year 11 Students** - Mr Dean Bressan ([dean.bressan@lism.catholic.edu.au](mailto:dean.bressan@lism.catholic.edu.au))

**For Year 12 Students** - Mrs Kath Swift ([katherine.swift@lism.catholic.edu.au](mailto:katherine.swift@lism.catholic.edu.au))

**For issues that you deem as more serious, or if the teacher listed above is not available, please contact me on [louise.shields@lism.catholic.edu.au](mailto:louise.shields@lism.catholic.edu.au)**



This year we have a new College diary. The diary looks similar to previous years from the outside but on the inside it contains key information which will be integral to each student's development as an individual. **Every week will have focus on a particular element of wellbeing, as well as a focus on a particular character strength.**

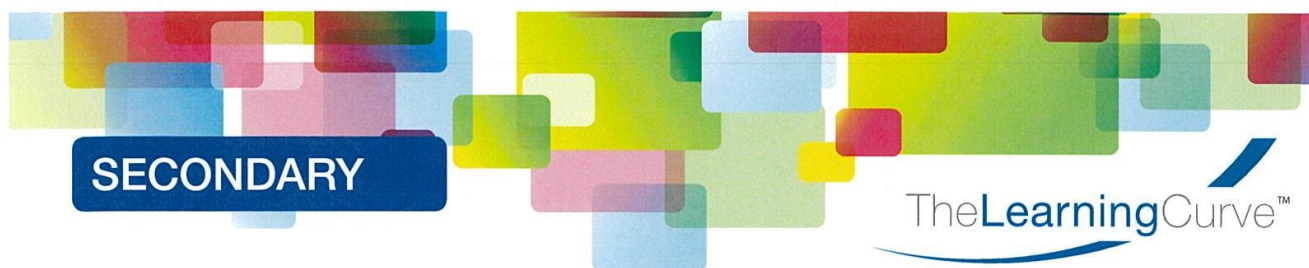
These two aspects will be introduced by your child's Homeroom teacher and the aspects will then be covered in greater depth in a timetabled Wellbeing lesson. Our hope is that each student will be mindful of becoming the best version of themselves and relate to each other in ways that reflect our Gospel values - which are at the core of our College vision, "Embrace Life".

This week's **Element of Wellbeing is - Engagement and Mindfulness**

And the **Character Strength is - Gratitude**

I encourage you to take a look at this information in your son or daughter's diary and discuss the topics with them. Each fortnight I will include in the newsletter a passage for parents/guardians to read to help you keep in touch with what the students will be learning about in this area. The first excerpt follows this report

Louise Shields  
Leader of Student Welfare



## Wellbeing Reality:

**Wellbeing Element:**

**Character Strength:**

**Wellbeing Fitness Challenge:**

**Wellbeing Reality Activities:**

**Parent Wellbeing:**

Middle – NEUROPLASTICITY

Senior – EVER CHANGING BRAIN

**ENGAGEMENT + MINDFULNESS**

SOCIAL-INTELLIGENCE

THINKING OF OTHERS

Middle: NEUROPLASTICITY

Senior: EVER CHANGING BRAIN (see website)

Self Determination Theory (SDT) is made up of three components, competence, autonomy and relatedness, which combine together to determine your level of motivation. Describe what each component could mean for you.

*Acknowledgement: Ryan & Deci*

Most parents and teachers encourage students to practise and apply what they learn in class to other situations after school. Any push back from students is part of adolescence, but if they knew how their brains learn new things to build habits, they might well be more open-minded.

Neuroscience has shown that their (and our) brains rewire themselves when they experience new things; called Neuroplasticity. Their brains create new brain (neural) pathways by joining millions of nerve cells, called neurons, together. The more often they repeat something, the stronger these pathways become and the faster the messages travel down them. Their brains love searching for patterns and deliberately practising creates patterns which in time become their habits.

But on the other hand, when these pathways aren't used, they wither and die. That is why learnt material needs to be revisited for the brain pathways to strengthen. Study and practise develop brain pathways for their memories to remember things. Practising at the same level will improve their reliability, but will not result in personal or academic growth. To achieve this, they need to increase the difficulty of what they practise and the character strength perseverance is an effective one to action to use.

*Acknowledgement: Pascual-Leone & Dweck*

**Wellbeing Measurement Tool:** Students, staff and parents can measure the state of their wellbeing by taking the free PERMAH survey at <https://permahsurvey.com>

*Acknowledgement and thanks: Dr Peggy Kern & Michelle McQuaid*

*"To make headway, improve your head." B.C. Forbes*

# FACULTY NEWS

## MINISTRY

### YEAR 10-12 RETREATS 2021

The 2021 Year 12 Retreat will take place on Wednesday 17th to Friday 19th February (Week 4, Term 1) and the Year 10 Retreat in two groups from Monday 8th to Friday 12th March (Week 7, 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 \$210.00) was emailed 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 Friday 12th February (Year 12) and Wednesday 3rd March (Year 10). The early notification of the retreats in newsletters last year was to enable families to plan and budget for these important occasions (costs are included as part of School Fees), 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. If students are unable to go for any reason, they should see our principal Mr Paul Reidy or myself. Parents are asked to ring the College if further clarification is needed.

Michael O'Donohue  
Leader of Evangelisation

## FROM THE SPORTS DESK

Welcome back to another year of sport that promises to be closer to normal than last. Restrictions are still in place in some events but the green light has been given for most. Of course nothing is for certain and we will take the necessary actions if another outbreak of COVID occurs. Rest assured that measures have been put in place with student's welfare at the forefront at all times.

### INTER HOUSE SWIMMING CARNIVAL

A Carnival like no other will take place today Friday 5<sup>th</sup> February at the Tweed Regional Aquatic Centre (TRAC). **Unfortunately, restrictions are such that we cannot have parent / grandparent spectators this year at the Carnival.** In another change, in line with current guidelines, students will have to sit in their year groups, to limit mixing across year cohorts and not in their House groups like every other year. That will certainly be a different scene on the pool deck looking across to the 850 kids. Years 7 – 10 will be seated in the grandstand and 11 & 12 will be on the hill under as many pop up tents as we can muster. In another change this year, still in line with restrictions, students are allowed to arrive at the TRAC in House colours. At the end of the day we will not be asking students to get changed into their College sports uniform to walk back to school. Restrictions are asking to limit the use of change rooms. Student will however, be asked to be wearing their College hat.

Any parent (and thanks in advance) who is planning on donating food items to the Parents and Friends stall will have to meet a staff member at the TRAC doors and hand it over for delivery. Could you please have all containers clearly marked with your name on it and your son / daughter will take it home in the afternoon.

As always, a copy of the current College records has been included.

## MT ST PATRICK COLLEGE SWIMMING RECORDS (updated 8/2/20)

Event	GIRLS				BOYS			
	Year Record Broken	Name	Record	House	Year Record Broken	Name	Record	House
<b>50 m Freestyle</b>								
12	2018	Ebony Northeast	32.33	Lucan	2018	Maverick McCarthy	30.19	Loreto
13	2014	Anthea Warne	29.60	Loreto	2016	Darcy Reinke	28.41	Lucan
14	2015	Anthea Warne	28.55	Loreto	2012	Grant Harris	28.11	Nagle
15	1997	Kendal Shaw	28.07		2012	Ziggi Jacks	26.97	Lucan
16	2013	Ela Heiniger	29.10	Nagle	2013	Ben Felton	25.98	Lisieux
OPEN	2019	Anthea Warne	28.83	Loreto	2013	Nick Myler	25.40	Nagle
<b>50 m Breast Stroke</b>								
12	1997	J Moran	43.81		2018	Maverick McCarthy	37.75	Loreto
13	2007	Jodie Cantrill	38.45	Lucan	2015	Jared Carney	40.44	Lucan
14	2015	Cecilia Ryan	38.63	Nagle	2016	Jared Carney	37.12	Lucan
15	1997	Kendall Shaw	39.53		2019	Quinn McCarthy	36.56	Loreto
16	2017	Cecilia Ryan	38.35	Nagle	2020	Quinn McCarthy	35.42	Lorteo
OPEN	2018	Cecilia Ryan	38.39s	Nagle	2014	Nick Myler	34.64	Nagle

<b>50 m Butterfly</b>								
12	2018	Ebony Northeast	35.97	Lucan	2018	Maverick McCarthy	33.24	Loreto
13	2014	Anthea Warne	31.23	Loreto	2016	Darcy Reinke	34.09	Lucan
14	2015	Anthea Warne	31.26	Loreto	2018	Quinn McCarthy	33.83s	Loreto
15	1997	Kendal Shaw	31.90		2013	Jacob McRae	29.16	Loreto
16	2017	Cecilia Ryan	34.09	Nagle	2013	Ben Felton	27.85	Lisieux
OPEN	2019	Hayley Smith	31.21	Lucan	2016	Jacob McRae	27.55	Loreto
<b>50 m Back Stroke</b>								
12	2018	Ebony Northeast	36.94	Lucan	2018	Maverick McCarthy	38.35	
13	2014	Anthea Warne	34.50	Loreto	2016	Darcy Reinke	34.09	Lucan
14	2015	Anthea Warne	35.06	Loreto	2011	Ziggi Jacks	34.65	Lucan
15	2009	Jodie Cantrill	35.78	Lucan	2013	Jacob McRae	32.47	Loreto
16	2009	Jodie Cantrill	34.37	Lucan	2014	Jacob McRae	31.28	Loreto
OPEN	2019	Anthea Warne	35.19	Loreto	2014	Nick Myler	29.65	Nagle
<b>100 m Freestyle</b>								
12	2018	Ebony Northeast	1.11.31	Lucan	1995	Allen Moran	1.08.23	
13	2014	Anthea Warne	1.03.80	Loreto	2016	Darcy Reinke	1.04.10	Lucan
14	2015	Anthea Warne	1.02.42	Loreto	2011	Ziggi Jacks	1.01.63	Lucan
15	2018	Sashi Wills	1.07.78	Lucan	2012	Ziggi Jacks	1.00.35	Lucan
16	2013	Ela Heiniger	1.03.29	Nagle	2013	Ben Felton	56.94	Lisieux
OPEN	2019	Anthea Warne	1.01.91	Loreto	2014	Nick Myler	55.12	Nagle
<b>200m Individual Medley</b>								
12/13/14	2015	Anthea Warne	2.40.06	Loreto	2011	Ziggi Jacks	2.36.50	Lucan
15/16	1997	Kendal Shaw	2.42.47		2012	Nick Myler	2.30.95	Nagle
OPEN	2019	Anthea Warne	2.38.76	Loreto	2014	Nick Myler	2.24.13	Nagle
<b>Relay</b>								
12	2014	Lisieux	3.03.75		2014	Lisieux	3.03.75	
13	2007	Lucan	2.22.78		2015	Lucan	2.12.41	
14	2008	Lucan	2.16.53		2016	Lucan	2.03.08	
15	2016	Loreto	2.14.25		2012	Lisieux	1.57.47	
16	2014	Lucan	2.15.46		2015	Lucan	2.00.10	
OPEN	2012	Lucan	2.13.36		2015	Lisieux	1.48.62	
All Age Relay	2016	Lucan	6.46.26		All Age Relay	Lucan	6.46.26	

## HARRIET WITHERS

Harriet attended MSPC and graduated in 2012. At school level she was a very talented Soccer player and made the Lismore team which played at the NSWCCC Championships 4 years straight. After she graduated, she accepted a University athletic offer in the United States at Murray State University in Kentucky.

Harriet studied Criminal Justice while performing at a high level in the women's varsity team (Pictured: Harriet's player profile from University).

Harriet is now back home in Australia and has recently signed to play in the W-League for Melbourne City. She recently debuted and scored her first goal for her new club in that match against cross town rivals Melbourne Victory.

The Mt St Patrick community wishes Harriet continued success. Drop in next time you are in town and say hello.





## 2017

- Played and started all 19 games
- Had 12 goals and two assists
- Took 107 shots, 56 on net
- Six game-winning-goals (program high for single season)
- Program career leader in goals (37), points (89) game-winning goals (13), points per game (1.16)
- Named 2017 All-OVC Offensive Player of the Year + All-OVC First Team

## 2016

- Started all 17 games.
- Had eight goals and four assists.
- Had 74 shots, and 43 on target.
- Had one game winning goal against EKU on 10/9.
- Had a season-high of seven shots on goal against Arkansas St. on 9/4.
- Averaged 4.35 shots per game.

## 2015:

- Played in all 21 matches starting in 20.
- Scored 11 goals and had seven assists.
- Set the MSU single season record for most game-winning goals in a season with five.
- Tied the single season record for most points with 29.
- Was named to the 2015 First Team All-OVC.
- Was awarded the 2015 OVC Offensive Player of the Year award, the first in program history

## 2014:

- Played in 20 matches with 12 starts.
- Scored six goals with two assists.
- Scored career-high two goals against Georgia State.
- Took 48 shots with 30 going on goal.
- Finished with SOG percentage of 62.5 percent.
- Named to 2014 OVC All-Newcomer team.

## ELECTRONIC PERMISSION NOTES

This year, the Sport Department is implementing electronic permission forms for all representative teams. If your son or daughter makes a College team, parents will be emailed all information regarding the excursion in a google form. I would ask that you discuss the details with your son or daughter and complete the form which acts as parental permission to attend. You will be billed the cost of the excursions and payment details are included in the form.

## DIOCESAN TRIALS FOR TOUCH FOOTBALL

The Diocesan Touch Football trials are being held in Coffs Harbour on Tuesday 2<sup>nd</sup> March. If you have a talented touch football player who would like to be considered to attend these trials they must complete a nomination form from the Lismore Diocesan Sport webpage (address below). Once the individual completes the form it will be passed on to the respective coaches of the U15 boys or girls and Open boys and girls, they will sift through the applications and send an invitation to trial to the players who were successful. Sports coordinators will be informed who will notify successful trialists. Good luck

[https://sport.lism.catholic.edu.au/registration/?doing\\_wp\\_cron=1611894648.335411071777343750000](https://sport.lism.catholic.edu.au/registration/?doing_wp_cron=1611894648.335411071777343750000)

## DIOCESAN WINTER SPORT TRIALS – Rugby League and Football (Soccer)

Applications are now open for any talented, representative level, U15 or Open Rugby League boys and Football, boys and girls (Opens), to complete an application form to be considered for invitation to the Diocesan Winter Sports Trials. The Rugby League trials are held in Lismore at St John's College, Woodlawn and the Football trials are held at the Lismore Football Academy, East Lismore, on Tuesday 9<sup>th</sup> March. Talented players can apply via the Lismore Sport web page: <https://sport.lism.catholic.edu.au/registration/>

Successful applicants will be informed after the closing date when coaches have issued invites. Closing date for nominations is Friday 5<sup>th</sup> March.

## BOLT FOR GOLD CHALLENGE

During the lockdown period last year we all became familiar with this app on our smart phones "Bolt for Gold". For all our new students and our Year 7's, students at the College downloaded the app onto theirs or their parent's smartphones (apple or android) and participated in weekly challenges and we ran the cross country and athletics track events virtually. At the completion of the events the creators would send me the results of all events and participant details. Interestingly enough it even allows you to use the app anywhere and we had a student complete her cross country event around a park in the Riverina area of the state, so no matter where you are you can use the app.

The creators of the app, locals from Cabarita, have invited MSPC to once again be involved in a Term 1 challenge. Details are below:

## “ The School Walk Off “

We are inviting all schools to participate in our Term 1 event.

Any student can walk or run using the Bolt For Gold app to track their distance.

The School that accumulates the furthest distance in Term 1 Wins:

- A pair of Nike shoes for the female and male student that completes the longest overall distance.
- A random \$150 for a student that has participated.

Winners and Prizes will be drawn on April 1st.

This is a free event with the aim to motivate your students to move and create a feeling of community and camaraderie within the school!

So come on PATTIES, let's get behind this initiative. It may kick start a healthy habit or you may be already have exercise as part of your daily normal, now just start the app, connect to the challenge and away you go. Parents, this is by no means leverage for your son and daughter to get a phone, if you down load the app, your kids can use yours!



## UPCOMING EVENTS

Week 3:

Wednesday 10<sup>th</sup> Feb nominations close for 18 and under Girls NSWCCC cricket trials in Sydney

Week 4:

Monday 15<sup>th</sup> Feb Nominations close for 19 & under NSWCCC Cricket trials Sydney. Girls 18 and under NSWCCC Cricket trials Lance Hutchinson Oval, Riverwood

Tuesday 16<sup>th</sup> Feb Nominations close for Diocesan Touch Football trials

Thursday 18<sup>th</sup> Feb Nominations close for the 16 & under NSWCCC Boys cricket trials

Week 5:

Monday 22<sup>nd</sup> Feb Closing date for NSWCCC Tennis (selections based on your Australian ranking, top 32 applications invited)

Tuesday 23<sup>rd</sup> and Wednesday 24<sup>th</sup> NSWCCC 19 and under cricket trials Sydney. (register at <https://csnsw.sport> )

Week 6:

Monday 1<sup>st</sup> March NSWCCC Tennis (Parramatta)  
NSWCCC Cricket trials Sydney (Norm O'Niell Cricket Training Facility Penshurst Park)

Tuesday 2<sup>nd</sup> March Q Schools Cup Junior Aussie Rules (Byron Bay) and Diocesan Touch Trials (Coffs Harbour)

Thursday 4<sup>th</sup> March Diocesan Swimming Carnival, Lismore

Friday 5<sup>th</sup> March Q Schools Aussie Rules Seniors (Byron Bay)  
Nominations close for Diocesan Winter Sports Trials (<https://sport.lism.catholic.edu.au/registration> )

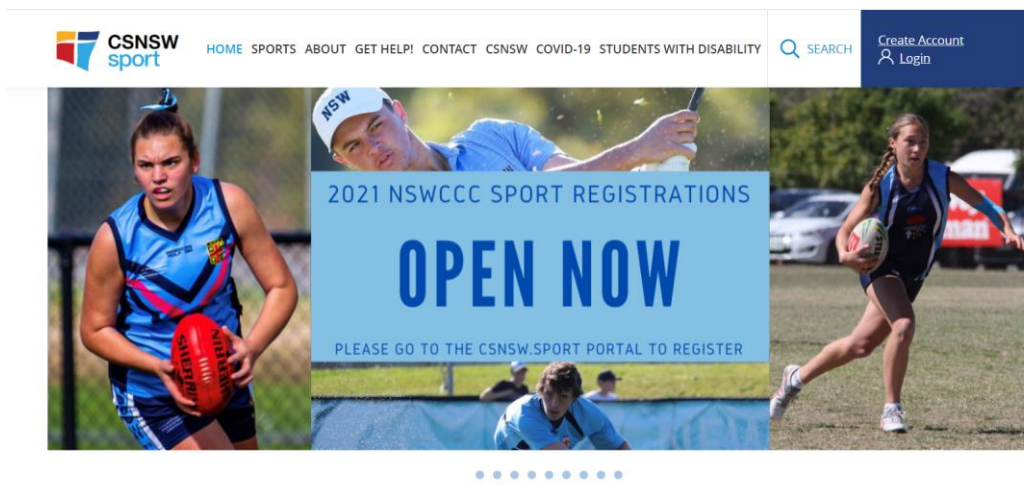
Week 7:

Tuesday 9<sup>th</sup> March Diocesan winter sports trials Woodlawn & Lismore (League 15's & Opens and Soccer Boys and Girls Opens)

Tuesday 9<sup>th</sup> March Diocesan Tennis Championships at Arkinstall Park

## CATHOLIC SCHOOLS NEW SOUTH WALES (CSNSW)

The CSNSW website is now open and accessible at <https://csnsw.sport/>. Please use this for all individual nominations for Combined Catholic Colleges registrations or further information on sport pathways that are offered in our school sporting system.



Tim Whitney  
Sports Co-ordinator

## AWARDS

### 2020 HSC DISTINGUISHED ACHIEVERS – Band 6

Daniel Acret, Ryan Alickolli, Samantha Brennan, Lauren Cahill, Therese Daley, Wraith Dare, Mia De Haas, Liliana Evans, Lily French, Kaytlin Harris, Matilda Jones, Ella Kent, Joshua Lees, Zachary Macartney, Alexandra Macdonald, Joshua Malone, Liam Mangleson, Indigo Matheson, Cameron McCulloch, Matilda Nimmo, Indiana Nuspan, Ysabella Purser, Miranda Quantrill, Sophie Ross, Charlotte Ryan, Kristen Schmechtig, Harrison Sharp.

### 2020 HSC TOP ATAR

Lauren Cahill, Charlotte Ryan, Liliana Evans, Samantha Brennan.

### 2020 HSC TOP ACHIEVERS

Cameron McCulloch - ENCORE Nomination  
Emily Ward - ONSTAGE Nomination  
Ryan Alickolli - INTECH Nomination  
Wraith Dare - INTECH Nomination  
Liam Mangleson - INTECH Nomination  
Joshua Malone - INTECH Nomination

### 2020 Yr 12 Perpetual Trophies

Samantha Brennan - 3<sup>rd</sup> Aggregate  
Liliana Evans - 2<sup>nd</sup> Aggregate  
Charlotte Ryan - Dux

### 2020 Special Awards

Sashi Wills - Caltex Prize for All Round Effort  
Bede Curnow - Long Tan Leadership Award  
Amelie Ogg - Long Tan Future Innovators Award  
Ella Larkin - Long Tan Leadership Award  
Charlotte Ryan - Long Tan Future Innovators Award

## CALENDARS & ROSTERS

### Term 1 Week 3

Mon	8/2	Day 6	Mon	15/2	Day 11
Tues	9/2	Day 7	Tues	16/2	Day 12
Wed	10/2	Day 8	Wed	17/2	Day 13
Thurs	11/2	Day 9	Thurs	18/2	Day 14
Fri	12/2	Day 10	Fri	19/2	Day 15

### Week 4

### 2021 CALENDAR

Feb	9 <sup>th</sup>	8.30am Staff Photo, Gilbey Centre 9am Yr 12 Photo & IDs, Gilbey Centre 10am Yr 11-7 ID Photos (bring dress uniform) Pm Yr 7 – 11 Sport
	11 <sup>th</sup>	9am onwards Homeroom (Dress uniform)
	12 <sup>th</sup>	9.30am Opening Mass, Gilbey Centre
	16 <sup>th</sup>	Yr 12 RSA Day 1 NSW All School Triathlon, Penrith
	17 <sup>th</sup>	Ash Wednesday
	17 <sup>th</sup> -19 <sup>th</sup>	Yr 12 Retreat
	18 <sup>th</sup>	College Assembly
	19 <sup>th</sup>	Newsletter Home





# say cheese

School Photo Day is  
**Tuesday 9 February 2021**  
**Thursday 11 February 2021**

*Have your child's school memories captured forever*

Please take time to read the relevant information on the MSP Photography order envelopes and remember these helpful points:



- Ensure your order is placed by photo day to avoid any late fees.
- Ordering online using your child's Unique Shoot Key is the easiest, safest and most secure way to order. If you do not know their Unique Shoot Key, please call our office on the number below.
- Sibling photography envelopes are available for collection from your school office. Please read them carefully as appointments are limited.
- If enclosing payment inside an envelope, please ensure the correct money is provided as no change is given. Cash, cheques and money orders are accepted.
- Don't seal envelopes inside each other. You can pay for all children in one envelope, however each child needs to have their own envelope on photo day. Please indicate on the child's envelope that contains all sibling payments the names of the children you are

**For any enquiries, please feel free to contact us on:**

e [admin.gcnr@msp.com.au](mailto:admin.gcnr@msp.com.au)

p 07 5668 9110

f 07 5520 2900



#Girls Play Too

Footy's Back!

**TWEED COAST TIGERS**

**JUNIOR AFL**

**SIGN ON & INFORMATION DAY**

**SUN. 7 Feb. 2021**

**10-12am POTTSVILLE OVAL**

**AFL**

**SIGN ON ONLINE - tweedcoasttigers.com**

Coming soon to Pottsville



**ODYSSEY**  
Performing Arts  
**After school drama classes**

**YOUTH THEATRE**  
for 12-16 yr olds

Build confidence, play and develop creative skills to comment on and respond to the changing world around us.



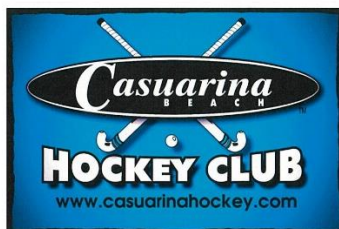
**Wednesdays 5pm-6:30pm**  
St Ambrose Primary School, Pottsville  
Term 1 starts Wed 3rd Feb 2021

Limited spaces, registration essential.

[odysseyperformingarts@gmail.com](mailto:odysseyperformingarts@gmail.com)

**Explore Experiment Create**

The adventure starts here



**HOCKEY SIGN ONS 2021**  
Use your Active Kids Vouchers

Casuarina Hockey Club have been supporting the local Community both on and off the field for 20 years. The values of the school and club run deep in our culture. With students past and present playing Hockey for Casuarina Hockey Club we are truly a family club.

We offer a range of fun, learning training environments and games for all levels of Players. With many club members going on to Representative levels for Hockey Tweed, Hockey Queensland, Australia School and National Junior and Senior Teams. Come and give Hockey a go!

Sunday 7<sup>th</sup> & 14 February 2021 3pm - 5pm  
Casuarina Hockey Club, 1 Barclay Drive, Casuarina  
For more details contact our club via  
email: [info@casuarinahockey.com](mailto:info@casuarinahockey.com) or Facebook: [hockeycasuarina](https://www.facebook.com/hockeycasuarina)  
[www.casuarinahockey.com](http://www.casuarinahockey.com) Mob: 0401652190

**Junior Teams we are running**

U16, U13, U11 Girls, U16, U13, U11 Boys  
U7 min age 5. U9 teams are mix boys and girls

**Game Schedule** Game Days will be confirmed at sign-on

**SEE YOU THERE!**



**AFL SEQ JUNIORS**

**Play AFL!**

**MURWILLUMBAH VULCANS JUNIOR AFL**

**2021 Registrations Now Open**

**ONLINE SIGN-UP**

Under 8s to Under 17s

[www.murwillumbahvulcans.sportingpulse.net](http://www.murwillumbahvulcans.sportingpulse.net)

Auskick (Kinder, Grades 1 and 2)

[Play.afl/auskick/2021-registration](https://play.afl/auskick/2021-registration)

**INFORMATION & SIGN-UP ASSISTANCE DAYS**

**Saturday 20th February 9.00am – 12.00pm**

**Sunday 28th February 9.00am – 12.00pm**

**Rabjones Oval Clubhouse (Elizabeth St)**



For more details contact:

**President** Mick Cummins – 0419 971 231

**Secretary** Tania Macdonald – 0428 799 390

**Come Join the Fun!**

**ACTIVE KIDS**

**print spot**