FROM THE PRINCIPAL

Thank you to staff, parents and students for the welcome that I have received since joining the Marist Catholic College Penshurst community. The family spirit that pervades through the College is recognisable as soon as one enters the school grounds and shows that the Marist charism is truly alive in this developing and changing school.

A special welcome to every new student and family to the College and to our fourteen new staff members. Our Year 7 2016 students are settling into high school with energy, passion and enthusiasm and are immersing themselves into the opportunities that are available at the College.

Mr Ray Martin
Principal

IN OUR PRAYERS. . .

Brother Tony who has been our Pastoral Leader and part of our Marist Penshurst Community for the past 30 years has undergone surgery yesterday morning as a result of being unwell of recent times. We ask that you keep Brother Tony in your thoughts and prayers for a speedy recovery.

IMPORTANT DATES

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues 9 Feb</td>
<td>Year 11 Information Evening</td>
</tr>
<tr>
<td>Wed 10th Feb</td>
<td>Ash Wednesday</td>
</tr>
<tr>
<td>Friday 12th Feb</td>
<td>Year 7 Reflection Day</td>
</tr>
<tr>
<td>Friday 19th Feb</td>
<td>College Opening Mass</td>
</tr>
<tr>
<td></td>
<td>Our Lady of Fatima Church</td>
</tr>
<tr>
<td></td>
<td>Kingsgrove - 9am</td>
</tr>
<tr>
<td>Tues 23rd Feb</td>
<td>Year 7 Information Evening</td>
</tr>
<tr>
<td>Tues 8th March</td>
<td>Year 8 Reflection Day</td>
</tr>
<tr>
<td>Wed 9th March</td>
<td>College Open Day</td>
</tr>
<tr>
<td>Mon 14th - Tues 15th March</td>
<td>Year 7 - 12 Target Setting Interviews</td>
</tr>
<tr>
<td>Tues 29th - Thurs 31st March</td>
<td>Year 7 Camp</td>
</tr>
<tr>
<td>Tues 29th March - Fri 8th April</td>
<td>Year 12 Examination Block</td>
</tr>
</tbody>
</table>
FROM THE ASSISTANT PRINCIPAL

Dear Parents,

Welcome to the 2016 school year! We are looking forward to a productive partnership with you to ensure our students can achieve their highest potential. We recognise that in order to be successful in school, our children need support from both the home and school. We know a strong partnership with you will make a great difference in your child’s education. As partners, we share the responsibility for our student’s success and want you to know that we will do our very best especially as this is the first year of a 7-12 cohort at the College.

We ask that you guide and support your child’s learning by ensuring that he/she:
1) Attends school daily and arrives on time, ready for the day’s learning experience. 2) Completes all homework and assignments given by teachers. 3) Reads daily to develop a love for reading and to improve literacy skills. 4) Shares school experiences with you so that you are aware of his/her school life. 5) Informs you if he/she needs additional support in any area or subject. 6) Follows school rules and takes special pride and care with Grooming and Hair. 7) Knows that you expect him/her to succeed in school and be the best he/she can be.

A copy of our College rules is in the College diary so that you and your child can review them together. It is very important that you and your child are fully informed regarding standards related to appropriate behaviour for a safe and productive school year.

World Youth Day will be held in Krakow, Poland July 25 – 31, 2016. As a community we are fortunate to have a number of staff and students attend. This is an experience of a life time. The theme for World Youth Day 2016 will focus on mercy, one of the topics Pope Francis talks about most. The theme is “Blessed are the merciful, for they will receive mercy.” Pope Francis urged young people to read the Beatitudes, and use them as a guide in their everyday lives.

Mrs Carmelina Eussen
Assistant Principal
2016 NEW MEMBERS OF STAFF

Mr Ray Martin
College Principal

Mrs Louise Beard
Year 9 Leader of
Wellbeing / HSIE

Ms Josline Elhage
Youth Ministry
Coordinator/RE

Ms Lisa Farrelly
Acting English
Coordinator

Ms Gabriella
Constantinou
Mathematics

Ms Alessandra
De Nigris
T.A.S.

Ms Analise
Emmerick
English

Mr Martin
Forrest
Science

Mr George
Karpouzos
Diverse Learning

Mrs Louise
Lynch
PDHPE

Mr Stephen
Pasfield
Mathematics

Mr Michael
Pastoors
English

Ms Samantha
Rothwell
English

Mr Kieran
Smith
C.A.P.A./L.O.T.E.
2016 STUDENT LEADERSHIP TEAM

Sam Mattheos  
Captain

Ryan Morgan  
Vice Captain

Tomas Chen  
Liturgy

James Pelosi  
Liturgy

Scott Britcher  
Social Justice

Michael Martinovic  
Social Justice

James Robson  
Stewardship

Jacky He  
Stewardship

Michael Harb  
Leopold House Captain

Elijah Assaly  
Leopold Sports Captain

Steven Cash  
Dunstan House Captain

Patrick Allison  
Dunstan Sports Captain

Jack Robson  
Salvius House Captain

Ryan Bujcevski  
Salvius Sports Captain

Ben Jacobs  
More House Captain

Karvan Silva  
More Sports Captain

one school • one family • one community
Canteen News

Our College community welcomes the new canteen management, ‘True Fresh’ run by Michelle & Chris. Please see their menu below.

Lunch Specials
- Nachos 3.50
- Beef beans herbs corn chips sour cream 3.50
- Spaghetti Bolognaise 3.50
- Italian sauce
- Devil Wings 6.00
- Spicy chicken wings with wedge sour cream
- Burritos 3.50
- Spicy beef lettuce tomato onion
- Lamb Souvlaki 6.00
- Lamb spices lettuce tomato onion tzatziki
- Chicken Souvlaki 6.00
- Chicken spices lettuce tomato onion tzatziki

Salads
- Fruit Salad 4.00 5.00
- Seasonal fruit
- Greek Salad 4.00 5.00
- Fetta cheese lettuce tomato onion dressing
- Chicken Caesar 4.50 5.50
- Chicken bacon lettuce cheese dressing
- Chicken Pesto Pasta 4.50 5.50
- Chicken basil onion sun-dried tomatoes cheese

Refreshments
- Water (500ml) 2.00
- Popper Juice (125ml) asst flavour 2.00
- Orange Juice (500ml) 3.80
- Plain Milk (300ml)(600ml) 1.50 2.00
- Flavoured Milk (500ml)(600ml) 3.00 3.80
- PowerAde (600ml sports drink) 3.80

Snacks
- Jj Snacks 1.00
- Red Rock Chips 2.20
- Banana Bread 3.50
- Gourmet Muffins 3.80
- Ice creams from 1.00

Mufti Day Specials
- Finger Bun 3.00
- Lamington 2.80
- Donut 2.80
- Custard Tart 3.00
- Muffins 4.00

Breakfast
- Ham cheese toasted 3.50
- Ham cheese tomato toasted 4.00
- Salami fetta baby spinach toasted 4.50
- Chicken cheese baby spinach toasted 4.50
- Bacon roll 4.00
- Bacon egg roll 4.20
- Bacon egg cheese baby spinach 5.00
- Breakfast muffins Choc 3.00
- Blueberry 3.00
- Muesli yogurt Mango 3.50
- Strawberry 3.50
- Banana 3.50
- Banana bread 3.50
- Mango coconut bread 3.50
- Croissants Plain 3.00
- Ham cheese 4.00

Wrappers Delight
- Choice of either Beef or Chicken
  - Classic 5.80
  - Lettuce tomato onion carrot cauliflower carrot sauce
  - Mexican 6.00
  - Lettuce tomato onion carrot salsa sour cream sweet chilli sauce
  - Chilli 5.80
  - Lettuce tomato onion cheese sweet chilli sauce
  - Bbq 5.50
  - Lettuce tomato onion bbq sauce
  - The Athenian 6.00
  - Smoked salmon onion feta cheese baby rocket
  - The Sicilian 6.00
  - Beef lettuce tomato onion cheese basil pesto
  - The Vegetarian 5.50
  - Baby rocket tomato onion carrot red cabbage caesar sauce
  - The Spartan 6.00
  - Salami lettuce tomato onion cucumber capers olive feta
  - The Hawaiian 6.00
  - Ham lettuce tomato onion cucumber pineapple
  - The Hun 6.00
  - Chicken schnitzel lettuce tomato onion caesar

Hot Foods
- Beef Burger 5.00
- Beef lettuce tomato onion beetroot bbq sauce
- Angus Beef Burger 5.00
- Beef lettuce tomato onion mayo
- Steak Burger 5.00
- Beef lettuce tomato onion bbq sauce
- Classic Blt 5.00
- Bacon cheese lettuce tomato bbq sauce
- Chicken Burger 5.00
- Chicken lettuce mayo
- Bondi Burger 5.00
- Chicken breast lettuce tomato sweet chilli sauce
- Schnitzel Burger 5.00
- Crumbed chicken lettuce mayo
- Falcon Burger 5.40
- Flame grilled chicken lettuce tomato mayo
- Dragon Burger 5.00
- Chicken breast lettuce tomato sweet chilli sauce
- Pizza Singles 3.00
- Assorted toppings
- Meat Pies 4.00
- Low cal gourmet pie
MCCP SWIMMING CARNIVAL NEWS

Our College Swimming Carnival this year was split with a Years 7-8 carnival being held at Canterbury Aquatic Centre and Years 9-12 at Roselands Aquatic Centre. Congratulations to Salvius, captained by Ryan Bujcevski, who led his team to victory with 1260 points. More came second on 1190 points, whilst Leopold, who had won the trophy every year since 2010, came third on 1166 points, with Dunstan fourth.

At both Carnivals, the Year 12 leaders did a great job organising their houses, team relays and lifting the College spirit. The cheering and participation, especially at the Year 7-8 carnival, was outstanding. There were a few records broken on the day:

<table>
<thead>
<tr>
<th>Swimmer</th>
<th>Age Range</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jimmy Huang</td>
<td>U17+</td>
<td>50m Breaststroke</td>
</tr>
<tr>
<td>Brandon Welsh</td>
<td>U17+</td>
<td>50m Freestyle</td>
</tr>
<tr>
<td>Natalie Lo</td>
<td>U12 Female</td>
<td>50m Freestyle; Backstroke; Breastroke</td>
</tr>
<tr>
<td>Dunstan</td>
<td>U12 Male</td>
<td>4 X 50m Relay</td>
</tr>
<tr>
<td>More</td>
<td>U13 Male</td>
<td>4 X 50m Relay</td>
</tr>
</tbody>
</table>

Well done to these three swimmers!
Congratulations to the following Age Champions:
- Under 12 Male: Angus Riiitano
- Under 12 Female: Natalie Lo
- Under 13 Male: Jayden Maakaroun
- Under 13 Female: Georgia Felici
- Under 14 Male: Mitchell King
- Under 14 Female: Jacinta Dahdah
- Under 15: Tyler Hull
- Under 16: Stephen Deng
- Under 17+: Brandon Welsh

It was a great day at both venues and I’d like to thank all students for their cooperation. Thanks to Mr Marty Shipley who looked after the Year 7-8 carnival and a huge thanks to all the staff for their efforts on the day.

Mr Paul Burg - Director of Sport
What do young people need?

Lots of recent research shows:

* Young people want to talk about tough issues with family
* Young people also need to learn how to stay safe.
* Young people respond best to parenting that is not unduly harsh but neither is it unduly lenient
* Young people want parents that are available to them even if they don’t talk to parents that much

Not sure how to navigate these needs and wants? Our counsellors can help find strategies that best fit with each family and engage parents and young people more positively.

Parent Line is a unique telephone and online counselling and support service for parents and carers. We cover issues with babies, children and young people up to 18 years of age, all over NSW. Our counsellors are professionally trained and specialise in working with families.

5 signs of a healthy family

Whilst every family is unique, researchers find there are common signs of healthy families:

* Members are committed to one another
* Families engage in positive communication
* The family spends significant time together
* Members show affection to one another
* The family actively engages together to resolve crises (DeFrain 1999).

Our counsellors can help families develop these ways of being together. Simply call us on 1300 1300 52 or email a parenting question to info@parentline.org.au.

Concerns in 2015

Last year we were most often asked about:

1. Mental health
2. Reducing parent/young person conflict
3. Technology
4. Peer relationships and bullying
5. Impact of parental separation and family violence

Only the best will do

Parent Line counsellors use research-based understanding of young people and families together with proven parenting strategies to help parents develop more positive relationships with young people. We support parents to find strategies that best work for their family and we provide thousands of referrals every year to services all over New South Wales.