FROM THE PRINCIPAL

Welcome back to Term 2. Thank you to all parents and guardians for your support in sending your sons and daughters back to school in correct uniform, well-groomed and ready for another term of learning. In the first week I had an opportunity to visit the Year 12 Retreat at The Marist Brothers’ Retreat Centre in Mittagong. This was the perfect opportunity for the boys to enrich their faith, form strong friendship bonds and remove themselves from their fast-paced world before the HSC later in the year. Students had time, space and structured activities to discover themselves and each other over two days. Then yesterday it was a privilege to be part of the Mother’s Day Mass at St Declan’s Catholic Church, Penshurst. A moving aspect of the celebration was after communion when the students came to the sacred space to collect a flower for their mother, grandmother or special women in their lives. Then today it was wonderful to have Brother Tony Butler attend our Friday assembly to speak with the students.

Over the last week, I had the opportunity to prepare a Principal’s Welcome message for the new College website which hopefully will be launched in the next fortnight. The message provides a snapshot of what makes Marist Catholic College Penshurst unique. It reads ….

Marist Catholic College Penshurst is a Year 7 to 12 co-educational Catholic systemic school in the Archdiocese of Sydney. It offers young women and men the environment and opportunities to achieve personal excellence in all areas of school life and beyond. Our approach to education is embodied in the College motto ‘Agnoscere Et Diligere’ which means ‘To Know and Love’.

The College was established in 1953 founded on the rich traditions of service of Saint Marcellin Champagnat and is part of the global network of Marist schools. The College’s ethos reflects many of the personal qualities of Marcellin himself; a place where family spirit is strong, love of work and excellent achievement are highly valued, a place characterised by a lack of pretence but, rather, by simplicity and calm determination. A place where we consciously bring a Marian dimension to our teaching by prayer, imitating Mary’s tenderness, strength and constancy of faith.

Marist Penshurst is first and foremost a Catholic school that has the Gospel at its heart, encouraging students to respond to it with the same faith and generosity expounded by Mary. We practice our faith and strive to live it out daily in the way we treat each other, the way we learn and through our social justice programs and outreach service to the community.

Marist Penshurst is a place where all are welcome, valued, known and supported. Our pastoral care for each student is vital to ensuring the wellbeing essential for good learning. As a community, we support one another and nurture growth as we build on each student’s strengths. We aim to foster in our students an empathy with others as well as the self-confidence and drive to transform their world and the world of those around them.

Mr Ray Martin - Principal

A Prayer for Mothers

All-loving God,
we give you thanks and praise for mothers young and old.

We pray for young mothers,
who give life and count toes and tend to our every need;
May they be blessed with patience and tenderness
to care for their families and themselves with great joy.

We pray for our own mothers who have nurtured and cared for us;
May they continue to guide in strong and gentle ways.

We remember mothers who are separated from their children
because of war, poverty, or conflict;
May they feel the loving embrace of our God who wipes every tear away.

We pray for women who are not mothers
but still love and shape us with motherly care and compassion.

We remember mothers, grandmothers, and great-grandmothers
who are no longer with us but who live forever in our memory
and nourish us with their love.

Amen
FROM THE ASSISTANT PRINCIPAL

Welcome to Term 2 which hopefully will be one of opportunity and fulfilment. Over the holidays many of our Year 12 students were invited to attend HSC workshops that were in the majority run by the staff at the College. I would like to thank the staff that offered their expertise and time to work with their students to encourage a culture of hard work and academic excellence. These were wonderful opportunities for Year 12 students to get ahead and ensure their notes and knowledge of the content and skills are continually being developed.

I really encourage our Year 12 students to make good decisions to ensure that their study is a priority till the end of their HSC exams. There is approximately only 18 weeks of formal schooling left. The HSC and trial timetable has been published and the Year 12’s have received a copy of this.

I would also like to congratulate and thank Ms Thompson and the Senior Basketball team who during the first week of the holidays participated in the Marist Australia Basketball competition. The competition was hosted by St Joseph’s Hunters Hill and games were played at Bankstown indoor basketball centre. The boys represented the school in an exceptional way. They played with strength and presented with exceptional manners and pride for their school. Special mention to Patrick Allison the captain of the team for his amazing ability to show leadership, resilience, team building and dedication.

Stress and Anxiety in Young People

Understanding Stress, it’s Harmful Effects, and the Best Ways to cope is very important. Modern life is full of frustrations, deadlines, and demands. For many young people, anxiety and stress is becoming more and more common. Stress isn’t always bad, though. Stress within your comfort zone can help you perform under pressure, motivate you to do your best, even keep you safe when danger looms. But when stress becomes overwhelming, it can damage your health, mood, relationships, and quality of life. You can protect yourself by understanding how the body’s stress response works, recognising the signs and symptoms of stress overload, and taking steps to reduce its harmful effects.

The College has two wonderful counsellors from Catholic Care that are available for our students. Amy Martin (Mon, Tues, Wed) and we welcome Tegan Batty (Thurs-Fri). This service is available to all students at the College. If parents/guardians require more support there are numerous places and groups that can be contacted. Below is a useful list which may be of use.

St George Mental Health - Phone: Triage & Assessment Service 1800 011 511
Website: http://www.seslhd.health.nsw.gov.au/Mental health/StGeorgeMHS.asp


Parent Line - Phone: 1300 1 300 52 Website: http://www.parcntline.org.au/

Lifeline - Phone: 13 11 14
Website: https://www.lifeline.org.au/About-Lifeline/About Lifeline/default.aspx


YouTube channel: https://www.youtube.com/user/Getsomeheadspace

Kind Regards
Mrs Carmelina Eussen - Assistant Principal

IMPORTANT DATES

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Tues 10 May to Thurs 12 May</td>
<td>Naplan Exams Years 7 &amp; 9</td>
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<tr>
<td>Fri 13 May</td>
<td>Blessing &amp; Opening of new buildings</td>
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<td>Mon 23 May</td>
<td>Year 12 Parent/Teacher Interviews</td>
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<tr>
<td>Wed 25 May</td>
<td>P &amp; F Meeting 6.30pm Penshurst Parents 7:15pm La Valla Centre</td>
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<td>Fri 3 June</td>
<td>Staff Development Day</td>
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<td>Mon 6 June</td>
<td>Champagnat Day</td>
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<td>Champagnat Mass 9am</td>
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<td>Year 11 Parent/Teacher Interviews 3.30pm</td>
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<tr>
<td>Fri 10 June</td>
<td>Champagnat Day Celebrations</td>
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<td></td>
<td>Luna Park - Whole School</td>
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ANZAC DAY

On our return to school on 26th April, the school held a short ceremony to acknowledge Anzac Day. The ceremony was led by some of our Year 11 Modern History students, under the guidance of their teacher, Ms Collins. Acknowledgement of the Anzacs is an important part of the recognition of our heritage, and marking the day makes history relevant to the lives of students today.

Our students also represented MCCP at the Penshurst RSL memorial service. These students not only represented the College but the Penshurst RSL Rugby League, AFL & Swimming teams.

Ms Anne Collins

MOTHER’S DAY MASS

On Thursday 5th May, Mass was celebrated to honour our Mothers. Our young ladies and gentlemen accompanied their mothers, grandmother’s aunts and guardians to ask God’s blessing upon them for their unconditional love and all they do for us. The gathering has grown to a number of about 200 mothers, grandmothers, mentors and other women who are like a mother to these young students. The ladies received a carnation and a laying of hands and blessing by their children. Fr Moses led the Mass and we thank him for his service to our community.

After the Mass a beautiful morning tea was served in the church hall and we thank Ms Thornton and Ms El Hage for organising this. We hope that all mothers will be shown love, care and a little bit of indulgence on Mother’s Day. May God bless all women who are, who want to be and are unable, and who will be in the future a mother who shows the face of God’s unconditional love and service to others. Thank you to Mrs De Andrade and Mr Smith who led the fantastic choir and musicians. Thank you to Mrs Hayes, Mrs Vidaic, Mrs Eussen and Mrs Ghitgas and all the staff who supported on the day.

Mr Declan Donohue - Religious Education Coordinator

BLESSING & OPENING OF LA VALLA CENTRE & ADMINISTRATION BUILDING

Friday 13 May

On Friday 13 May at 9:30am the College will celebrate the blessing and opening of Stage 1 of the capital works, including the La Valla Centre and the administration building. This is a special occasion for the College as there is much to celebrate in the progress and realisation of the new learning facilities to date. This marks the first of the official blessing ceremonies that will take place as the College continues to be developed and transformed. Whilst this is a significant event for the College and parents are warmly invited, there will however be limited seating for parents and friends with the ceremony taking place in the La Valla Centre.

This will also mean that not all students will be in attendance at the ceremony. If parents would like to attend the ceremony please contact the College reception to RSVP with the number attending, or email Mr Brian Vane-Tempest: brian.vanetempest@syd.catholic.edu.au

The students that will be attending the Blessing & Opening ceremony are Year 7, Year 8-11 SRC and Year 12 Leaders. A reminder that all students attending the ceremony are to be in full College uniform including blazers.

The College looks forward to this special occasion to bless, officially open and acknowledge the work of many to ensure the creation of a wonderful learning environment for our students.
YEAR 12 RETREAT

At the beginning of Term 2, students from Year 12 embarked on a retreat to Mittagong. Their destination was The Hermitage which is a centre run by the Marist Brothers for purposes of agriculture and retreat activities for various Marist schools across Australia. This year, our first Year 12 cohort stayed at The Hermitage for two days, participating in programs that surround the theme of “The Potter and the Clay”, outlined by the Scripture passage of Jeremiah. Through meaningful activities such as sculpting a ceramic product from clay and sharing stories of individual student’s dinner tables, students harvest a spiritual enrichment and are allowed to reflect on their relationships with family members and surrounding friends. Feedback from students have illustrated students’ enhanced understanding of themselves and how to establish a correct relationship with God in their everyday lives. Through small group activities, students also had the opportunity to know each other better – this facilitates a more united cohort overall. Special thanks to Mr Donohue and Mr Fisher for organising this invaluable event and credit also to various staff members who have given up their time to interact spiritually with fellow students – especially that particular staff member who had to supervise the dormitory at night after the disappointing defeat of his team.

YEAR 12 GEOGRAPHY EXCURSION

On Tuesday 3 May the Year 12 Geography class went on excursion to the city to analyse the current developments at Barangaroo and the Green Square precinct as part of their ‘Urban Places’ study. A key aspect of this course relates to the urban dynamics that are shaping the nature and character of the urban environment. It was a very valuable day for students to experience first-hand the changes that are occurring in key parts of the city, particularly at the iconic location of Barangaroo and in observance of the innovative and creative urban design emerging at Green Square. The field trip consolidated the boys’ knowledge in this area of the Geography program. The day was an excellent opportunity to integrate what they have learnt in theory to a practical understanding of the changing urban landscape of Sydney in the field. The boys were wonderful representatives for the College throughout the day and participated in all presentations with great interest.

Mr Brian Vane-Tempest
Year 12 Geography Teacher
Dear Parents & Friends,

You are warmly invited to the first Penshurst Parents for 2016. Penshurst Parents is a forum for partnership, communication and information between the school and home as adult only events. These evenings are held once per term and involve communication of key College initiatives and on occasion will host special guest speakers from outside the school.

On this evening College Rocky Biasi, Counsellor & Workshop Presenter from ‘Human Connections’ www.humanconnections.com.au, will be our special guest to work with parents on supporting your child through the senior school experience. Assisting our children through the pressure and stress of Senior School and the HSC is receiving more and more media attention. The presentation “Coping & Succeeding with Senior School and the HSC”, will explore 7 critical aspects in supporting, and motivating our children to achieve their academic potential and be at their best during this time.

1. DEVELOPMENTAL PSYCHOLOGY OF ADOLESCENCE
2. THEY WON’T LISTEN! INFLUENCE VERSUS CONTROL
3. HOW TO HELP YOUR CHILD STAY FOCUSED AND MOTIVATED
4. CREATING A STUDY— FRIENDLY HOME
5. HOW TO MOTIVATE YOUR CHILD – CREATING A SUCCESS MINDSET
6. HOW YOUR CHILD CAN BECOME UNMOTIVATED
7. WHEN THE RESULTS COME IN.

Parents of current senior students are particularly encouraged to attend, although Rocky’s expertise and practical advice is relevant for all students in high school today. Subsequent evenings this year and their topics will be communicated via the college newsletter and website. I encourage as many parents and friends of the College to attend as we continue to seek opportunities to improve the learning outcomes for all our students at the College.

Please RSVP your attendance with the number of people attending via email to: brian.vanetempest@syd.catholic.edu.au by Friday 20 May, 2016.

With Regards,

Mr Brian Vane-Tempest
DIRECTOR OF STRATEGIC PLANNING & COMMUNICATION
SPORTING ACHIEVEMENTS

Jake Brown selected in the AFL NSW/ACT Under 18 State team to play in the National Championships.

Jamie Lawler and Sid Noppen selected in the SICC Under 15 Rugby League team to play in the NSWCCC Rugby League Championships.

Alex Lasovski, Michael Martinovic and Kudzai Mazando were selected in the CBSA Opens Football team to play in the NSWCCC Football Championships.

AUSTRALIAN MARIST BASKETBALL CARNIVAL

During the first week of the holidays, the senior basketball team competed in the Australian Marist Basketball Carnival. This year the carnival was hosted by St Joseph’s College, Hunters Hill with games played at Bankstown Basketball Stadium. The carnival is a yearly gathering of Marist schools from all over Australia and is an elite competition that showcases basketball whilst bringing Australian Marist schools together. This was our first foray into this competition and I am pleased to say that our team was extremely competitive in every game that they played. The students behaviour on and off the court was exemplary, and the boys entered into the Marist spirit of the carnival at every opportunity they had, quickly gaining the respect of both players and coaches in the competition who were meeting Marist Penshurst boys for the first time.

During the first two days of the carnival we played five games, a tough ask for students who haven’t participated in a competition like this before. It was a really positive start to the competition with the boys notching up their first win against St Joseph’s in game one. Although we didn’t win another game in our pool, the boys were extremely competitive, coming close to beating a couple of other teams. Day three was a well-deserved free day, allowing the students to rest their aching muscles and give their bodies time to recuperate, which was especially beneficial for the team members with niggling injuries.

The quarter final match against Mt Carmel Varroville was another great win and a boost in confidence for the students, however it was our last success. The rest of the matches were close games but unfortunately the boys ran short of time. Whilst we were not as highly placed at the end of the competition as what we had hoped for, the students’ enthusiasm and competitive play hold us in good stead for the future.

Congratulations to the Year 12 players for participating in their first and only Marist Carnival - Pat Allison, Elijah Assaly, Brian Kong and Dylan Bove, played hard and fast in all games. Nikolas Pazanin, Don Qiu and Daniel Widders had a massive impact on the matches, showing great skill on both offence and defence. The team were well supported by Stephen Deng, Jimmy Huang and Kenny Pan, three students who are extremely energetic when on the court. It will be up to these students to continue the legacy in next year’s carnival at Marist College Ashgrove, Brisbane.

Congratulations to Pat, our captain, for receiving the Champagnat award for our team. This is the equivalent of the Most Valued Player award and was well deserved.

I’d like to thank Mrs Pazanin for her support at the carnival each day, sitting on the bench and scoring for our team, as well as Mr and Mrs Allison and Mrs Widders for coming to the games to cheer on their sons. The boys and myself are also extremely grateful for the invaluable support of the staff who cheered them on throughout the week - Mrs Eussen, Miss Emmerick, Mr Fisher and Mr Vane-Tempest.

Ms Rachel Thompson
Coach
CBSA SPORT

BASKETBALL

Junior Basketball Final 2016

After a fantastic season of basketball our junior boys proceeded to the grand final against Revesby. Having played each other once before with Revesby edging ahead for a win the boys knew it would be a closely contested final. Unfortunately Revesby once again proved too strong and secured their grand final win comfortably. MCCP played a fantastic game. Unfortunately 10 minutes into the first half MCCP player Alfred Tang was injured and had to sit out the rest of the game. This proved a huge loss for us and Alfred’s presence and skill was missed on the court. A huge congratulations to the Junior team on reaching the grand final, and for their fantastic effort and attitude this year.

Team: Nicholas Stathakis, Romeo Lim, Alfred Tang, Joseph Fabrello, Max Kovacic, Andrew Ha, Christian Leventis, Tom Pitkethley, Angus Riitano and Jack Luke.

Ms Orla Thornton - Coach

SCHOOL FEES

Term 2 school fees have been sent home this week via email and post. If you have not received your account statement please contact the College Office. Term 2 fees are due to be paid by 15th May 2016.

There are still a number of Term 1 fees outstanding. Your immediate attention to finalise Term 1 fees would be greatly appreciated.

Mrs Joy O’Sullivan
College Bursar

P & F NEWS

P & F Meeting - Nomination & Election
Wednesday 25 May @ 6:30pm

A reminder to all parents and friends of the College that the next P & F meeting will be held on Wednesday 25 May at 6:30pm. As noted in the newsletter in Term 1, in order to provide all parents with an opportunity to participate in the P & F a process for electing the P & F President and nominating other positions will take place this term. Information regarding the process will be sent via email to all parents next week. All parents will be invited to nominate for the positions of President, Vice-President, Secretary and Committee member. The College invites all members of our parent community to participate in the process as we continue to further develop the partnership between the school and home.

Mr Brian Vane-Tempest
Director of Strategic Planning & Communications
CAREERS UPDATE

IMPORTANT INFORMATION REGARDING UMAT AND LAT

For those students who are interested in undertaking UMAT and LAT please read the following information:

UMAT

- The Undergraduate Medicine and Health Sciences Admission Test (UMAT) is developed each year by ACER on behalf of the UMAT Consortium.

- The test is developed and used specifically to assist with the selection of students into medicine and health science degree programs at undergraduate level at many Australian universities.

- UMAT is designed to assess general attributes and abilities gained through prior experience and learning; specifically, the acquisition of skills in critical thinking and problem solving, understanding people and abstract non-verbal reasoning.

- These abilities are considered important to the study and later practice of professions in the health sciences. UMAT is an aptitude test. It is not curriculum-based and presupposes no particular subjects of study at secondary level.

- It does not require any knowledge or skills in mathematics or sciences, or in any other area of the curriculum.

- It is designed to complement your academic results, not to replicate them. It is not a personality or IQ test.

- UMAT is offered once a year only.

  Registrations are now open. They close at 5.00pm the 3rd of June 2016.
  Students sit the exam on the 27th of July 2016.

  For further information please go to this website: https://umat.acer.edu.au/register

LAT

- UNSW Law is broadening its assessment of applicants for entry to the Undergraduate Law Dual Degree programs in 2017.

- They are introducing a new test, the Law Admission Test or ‘LAT’, to give you the opportunity to demonstrate your suitability for the Law program and allow them to better assess applicants.

- Your LAT result, together with your ATAR or academic result, will provide them with a more rounded view of your aptitudes and skills for our Law program.

  Registrations are now open.
  Students sit the exam Monday 26th September 2016

  For further information please go to this website: http://www.law.unsw.edu.au/future-students/undergraduate/law-admission-test-lat

Mrs Jenny Guy
Careers Advisor