



FROM THE PRINCIPAL

This week we have been farewelling the 2018 Graduating Class. It is a week of celebration starting with a day out at Jamberoo Action Park, then on Wednesday a breakfast at Club Central, farewell assembly at the Hurstville Civic Centre, graduation mass at St Declan's Parish, the graduation dinner at Conca D'oro and finishing with the College formal. This represents the end of thirteen years of Primary and Secondary education for these young men. The following [link highlights all the events of the graduation day](#).

This year the College continued the tradition of presenting a hand crafted wooden cross blessed by Father Chris Ryan at the Graduation Mass. The crosses are each individually made by a fellow Christian in Bethlehem. Each cross has the College emblem carved into it to remind each student that they will always be part of the Marist family.

This Year 12 group of young men have been a credit to our College. I wish to congratulate each and every student on graduating from our College and thank them for their contributions in making our school a better place. Their behaviour, application and involvement in College life have been outstanding and needs to be commended. A strength of this group has been their ability to bring the Marist spirituality alive in our community. They have consistently demonstrated qualities like tolerance and care for others, a willingness to be involved, a love of hard work and a commitment to promoting family spirit. These are qualities that were embodied by St Marcellin Champagnat and will serve your family and community well if you allow these qualities to guide and inspire you into the future.

At the Year 12 Graduation Dinner, I encouraged Year 12, as they go forward, to be dreamers, be enablers and be excited to be people who will change our world. Be models of Christian faith, often seen as a different way of doing things, of acting, of living!' These words are easy to say but not so easy to achieve. I explained that these words are always going to be a challenge because each of us has to struggle between our inner positive and negative thoughts and desires. A native American legend entitled 'Two Wolves' beautifully illustrates this most important battle. It goes as follows:

An old Cherokee is teaching his grandson about life. 'A fight is going on inside me,' he said to the boy. It is a terrible fight and it is between two wolves. One is evil and mean. The other is good. The same fight is going on inside you – and inside every other person, too.' The grandson thought about this for a minute and asked his grandfather, 'Which wolf will win?' The old Cherokee simply replied, 'The one that you feed.'

Negative thoughts can create anxiety, anger, resentment, jealousy—an array of emotions. Negative thinking is normal. However, if this way of thinking becomes incessant, it can derail us from what we want most in life. At minimum, negative thinking saps your energy, erodes your self-confidence and can put us in a bad mood. Certainly, many would agree that our thoughts come and go so quickly that it seems impossible to notice them, but with awareness we can redirect our negative thoughts to more positive ones. You can immediately feel more empowered by focusing on something good in your life and cultivate the practice of gratitude. We can create greater peace, confidence and a more positive outlook by learning how to manage our thoughts. After all, this battle can be won because we have the power of choice!

Mahatma Gandhi, revered the world over as one of history's most transformative and inspirational figures expresses these sentiments in the following verse.

- Keep your thoughts positive because your thoughts become your words.
- Keep your words positive because your words become your behaviour.
- Keep your behaviour positive because your behaviour becomes your habits.
- Keep your habits positive because your habits become your values.
- Keep your values positive because your values become your destiny.

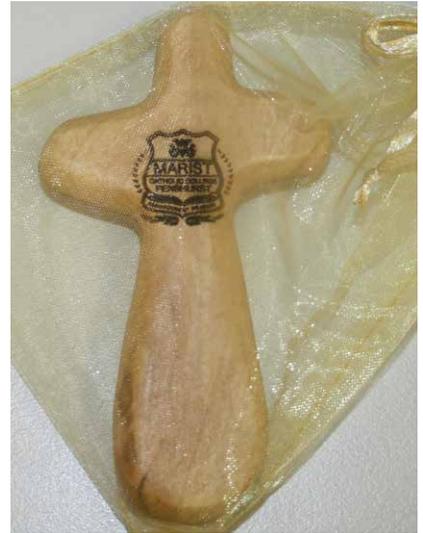
Year 12 were reminded to remember that God knows the plans he has for them, plans for hope and a future. In essence they need to trust in God.

Finally, it is my hope that you always look back on your time at Penshurst with fondness and may the Marist values continue to inspire you.

Good Bye and Good Luck Year 12!

Mr Ray Martin - College Principal

one school • one family • one community



YEAR 12 AWARDS

Congratulations to our major award winners for 2018:

NAME	AWARD
Zachary Pitkethley	<i>Marist Peshurst</i>
Nicholas Condylis	<i>Long Tan</i>
Christopher Kesoglou	<i>Marist Cultural</i>
Charlie Romanous	<i>Marist Spirituality</i>
Andrew Tang	<i>Archbishop of Sydney</i>
Tyler Hull	<i>Sportsman of the Year</i>
Daniel Paladino	<i>Marist Pathways</i>
Samuel Lombardo	<i>Aspiration</i>
Jack Rigby	<i>Aspiration</i>
James Tzortzatos	<i>Aspiration</i>
George Shimess	<i>Aspiration</i>
Noah Assaly	<i>Aspiration</i>
Stefan Klimoski	<i>Aspiration</i>
Brandon Kong	<i>Aspiration</i>
James Harrison	<i>Aspiration</i>
Ethan O'Connor	<i>Aspiration</i>
Zachary Pitkethley	<i>High Achievers</i>
Nicholas Condylis	<i>High Achievers</i>
Nicholas Leventis	<i>High Achievers</i>

Congratulations to the following students who finished 1st place in their subject.

NAME	SUBJECT
Christopher Belokozovski	<i>VET Construction</i>
Marko Budanovic	<i>Music 1</i>
Nicholas Condylis	<i>Ancient History</i>
Arthur Guo	<i>Mathematics</i>
	<i>Senior Science</i>
James Harrison	<i>Mathematics General 2</i>
William Ho	<i>English Standard</i>
Jordan Hristias	<i>Computer Applications</i>
Tyler Hull	<i>English Studies</i>
	<i>Mathematics General 1</i>
Christopher Kesoglou	<i>Information Processes & Technology</i>
Stefan Klimoski	<i>Studies of Religion 1 Unit</i>
	<i>Business Studies</i>
Brandon Kong	<i>Economics</i>
Nicholas Leventis	<i>PDHPE</i>
Jeffrey Liu	<i>Catholic Studies</i>
Lucas Masakovski	<i>History Extension</i>
Lawrence Ng	<i>Mathematics Extension 1</i>
Ethan O'Connor	<i>Biology</i>
	<i>Modern History</i>
Daniel Paladino	<i>Business Services</i>
	<i>Sports, Lifestyle & Recreation Studies</i>
Zachary Pitkethley	<i>Studies of Religion 2 Unit</i>
	<i>English Advanced</i>
	<i>Chemistry</i>
	<i>Physics</i>
	<i>Legal Studies</i>
Jack Rigby	<i>Industrial Technology</i>
	<i>Timber Products & Furniture Tech</i>
Max Scalone	<i>Modern History</i>
James Tzortzatos	<i>Design & Technology</i>



Zachary Pitkethley
Marist Peshurst Award



Nicholas Condylis
Long Tan Award



Christopher Kesoglou
Marist Cultural Award



Charlie Romanous
Marist Spirituality Award



Tyler Hull
Sportsman of the Year



Daniel Paladino
Marist Pathways Award



Andrew Tang
Archbishop Award

FROM THE ASSISTANT PRINCIPAL

“If your actions inspire others to dream more, learn more, do more and become more, you are a leader”

Over the past few weeks, voting for our 2019 Senior Student Leadership Team has taken place. This process was led by our Year 11 Leader of Wellbeing, Mr Jon Cullerton, and included student self-nominations and applications, and voting from both staff and students. This has been a significant time for our students as they have discerned and reflected on the meaning of leadership in our Marist context. I would like to congratulate and thank all Year 11 students and the staff for their support of appointing these young men to this very important role in the College.

Our student leaders were announced at the Year 12 Graduation Assembly yesterday in a touching handover ceremony where they pledged to serve the community at Marist Catholic College Penshurst. Their leadership pledge is included below:

God, who calls us to serve, we commit ourselves to the leadership of the students at Marist Catholic College Penshurst. We thank you for the gifts you have bestowed on us and pray that we will lead by example, empowered by your spirit to build a united College community grounded by the Marist Values of simplicity, presence, love of family and hard work and in the way of Mary. Help us to make Jesus known and loved to all members of the College community and people beyond our walls, especially for those who are most vulnerable. We place our trust in your guidance, wisdom and strength. We make this prayer through Jesus Christ our Lord. Amen.

Leadership is both a privilege and a responsibility. At Marist Catholic College Penshurst it is about servant leadership, where the consideration of others is central to our actions. Our leaders take on the important challenge of being change agents and inspiring others through their words and actions. Being a leader requires one to have a genuine voice and speak out for others in order to make a difference. The 2019 Student Leadership Team will engage in a two day Leadership Formation Retreat next term where they will spend some time reflecting on their leadership ministry and how they can best serve other students within our College.

At Marist Catholic College Penshurst we are committed to the development of leadership potential in every individual. Students in all year groups are provided with many opportunities, within the classroom and beyond, that allows them to develop and demonstrate their leadership capacity. Camps, Community Days, Peer Support, Community Service and being an elected member of the Student Representative Council are some examples which allow students to take on responsibility, exercise initiative and make an active contribution to this community. The skills which are nurtured through these experiences and other informal leadership opportunities are not only important for school, but are also pivotal for life beyond school.

Wishing all students, staff and families a safe and relaxing holiday break. We hold the Year 12 students in our thoughts and prayers as they prepare for their final HSC examinations.

Mrs Connie Frino - Assistant Principal

2019 STUDENT LEADERSHIP TEAM



Edward El-Jalkh
Captain



Aaron Borg
Vice Captain



Mark Czajka
Liturgy



Ross Green
Liturgy



Travis Giannarakis
Social Justice



Jeffrey Richards
Social Justice



Harrison Brown
House Captain



Benjamin Dibdin
House Captain



John Dufty
House Captain



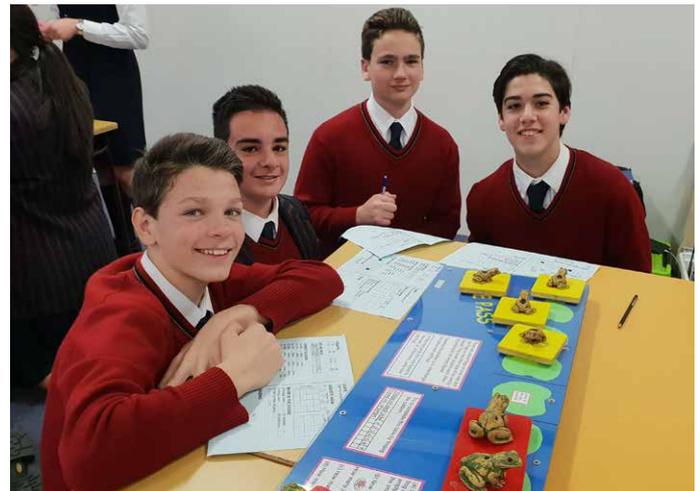
Michael Karahalias
House Captain

WORLD OF MATHS

On the 18th of September, all of Year 8 participated in an incursion called World of Maths. It was a great opportunity for the grade to put their problem solving skills and mathematical thinking to the test. The classes worked in small groups, engaging in various activities and challenges ranging from topics such as measurements to probability. It was an excellent event that demonstrated that Maths doesn't always have to be the mundane task of sitting in a classroom for an hour.

It was definitely a welcome event among the students. The hands-on element of World of Maths allowed us to improve our ability, as the various activities and problems catered to all skill levels. It was also a great way to revise and practice everything in the curriculum. We were able to work at our pace as we moved to each station where we were faced with a different question or task. Some played with patterns whilst others focused on perspectives and shapes. Our only regret was that we didn't have the time to get to each problem. However, it was great to see every student participating and stepping up to the challenge. Problem solving is certainly a skill all of us will carry out, out of high school.

We thank every staff member who supervised us during the periods. We thank the school for organising this for Year 8. World of Maths was an opportunity we would all take up again.



By Chalene Kuklin - Year 8 Student

YEAR 7 HSIE EXCURSION

Mummies, volcanic eruptions, archaeological digs and graffiti the walls of one of the world's most prestigious universities ... A new and exciting excursion has hit Marist Penshurst and we were the first students in the school to experience 'A day in the Life of A Historian' at the University of Sydney.

180 Year 7 students were told a wonderful day of surprises was planned and after an early start at school we travelled to University of Sydney. We walked into a lecture room where Dr Craig Baker, archaeologist and Ancient History lecturer took on a journey through his amazing work digging the ancient ruins of Cyprus. We were able to experience a virtual reality tour of his work, taking us to a 2000 year old theatre that has recently been discovered.

The Nicholson Museum was the next stop where we came face to face with a mummy. We wanted to scream but no sooner had we turned around was the preserved face of man more than 3000 years old along-side a human brain. Our excursion guide shared with us the reason why Egyptians preserved humans and how they did it. Another exciting part of our tour of the Nicholson Museum was learning about Pompeii, a city buried under volcanic ash. Our guide shared with us how historians are trying to preserve this ancient city as they discover new parts each day. Another exciting part of the day was a tour of the university itself. We learnt some amazing parts to its history. This included a visit to the famous Graffiti Lane, which was where protesters against the Vietnam War were able to graffiti part of the university. Continuing on with a tradition of 50 years, we were able to add to this wall by actually doing some graffiti. The visit to the Great Hall which resembled a scene from Harry Potter was also a highlight.



This was a great excursion full of learning and discovery about what is history. We cannot wait to see where our journey takes us next year.

Chris Dinoris - Year 7 Historian

YEAR 12 ECONOMICS LECTURE

Slow wage growth, subdued economic condition, rising interest rates and trade wars ... As part of their final preparations for the HSC Economics examination, Year 12 Economics students from Marist Penshurst, along with students from four other Sydney Catholic Schools were provided with an outline of issues prominent in the Australian economy. We are able to use this information to apply to the extended response components of the HSC Economics exam. Presented by Brad Matthews from Plain English Speaking Economics, the lecture allowed students to explore recent events shaping the economy and possible directions amid considerable uncertainty. Following the conclusion of the lesson, a NESAs HSC Economics examiner shared his insights into the process of writing an HSC exam and suggested strategies to apply to the final exam. It proved to be a wonderful afternoon of talking Economics.



Stefan Klimoski and Max Scalone - Year 12 Economics

TERM 4 SPORT

SPORT	VENUE	TRAVEL	DISMISSAL
CBSA Touch Football	Gough Whitlam/Waterworth Parks Tempe	Bus	3.30pm at school
CBSA Volleyball	Sports Hall Sydney Olympic Park	Bus	3.30pm at school
SCC Touch Football	Val of Ah Reserve Milperra	Bus	3.30pm at school
SCC Softball	Kelso Park North Milperra	Bus	3.30pm at school
SCC Senior Volleyball	Mount St Josephs Milperra	Bus	3.30pm at school
Yr 7 Indoor Sport Games	Hurstville Aquatic Centre	Walk	2.20pm at venue
Yr 7 Get Active Games	Hurstville Aquatic Centre	Walk	2.20pm at venue
Yr 7 Watersports	Hurstville Aquatic Centre	Walk	2.20pm at venue
Yr 7 Oztag	Penshurst Park	Walk	2.20pm at venue
Yr 7 Soccer	Penshurst Park	Walk	2.20pm at venue
Yr 7 Netball	Penshurst Park	Walk	2.20pm at venue
Yrs 8/9/10 M/F BoxFit/Spin	Hurstville Aquatic Centre	Walk	2.20pm at venue
Yrs 9/10 Male Gym	Hurstville Aquatic Centre	Walk	2.20pm at venue
Yrs 8/9/10 M/F Frisbee	Renown Park	Walk	2.20pm at venue
Yr 8/9/10 M/F Tennis	Roberts Rd Tennis Courts	Bus	2.20pm at school
Yrs 9/10 M/F Crossfit	Crossfit Hurstville	Bus	2.20pm at school
Yrs 8/9/10 M/F Indoor Basketball	Hurstville Aquatic Centre	Walk	2.20pm at venue
Yrs 8/9/10 M/F Oztag	Renown Park	Walk	2.20pm at venue
Yrs 8/9/10 M/F Park Soccer	Gifford Park	Walk	2.20pm at venue
Yrs 8/9/10 M/F Ten Pin Bowling	AMF Bowling Sylvania	Bus	2.20pm at school
Yrs 8/9/10 Female Pilates	Punchys Gym, Oatley	Walk	2.20pm at venue
Yrs 8/9/10 Male Indoor Sports	Sportsworld Indoor, Peakhurst	Bus	2.20pm at school
Yrs 8/9/10 Female Powerwalking	Renown Park & Moores Reserve	Walk	2.20pm at venue
Yrs 8/9/10 M/F Table Tennis	Hurstville Aquatic Centre	Walk	2.20pm at venue
Yr 12 Study	School	N/A	2.20pm at school

- * Students who are transported by bus to an Internal Sport venue must return to school by that bus. They cannot be dismissed from the venue.
- * Thursday sport is compulsory, therefore, appointments should not be made during this time.
- * Students who are injured or sick and unable to attend sport should stay at school and attend non-sport.

Mr Paul Burg - Director of Sport

CBSA / SCC SPORT RESULTS

SCC					
BASKETBALL	RND	OPPOSITION	WIN / LOSS	SCORE	COACH
Intermediate	Semi	Bethany College	Win	23 - 22	Ms Anna Le
SOCCER	RND	OPPOSITION	WIN / LOSS	SCORE	COACH
Junior	Semi	Mount St Joseph's	Loss	1 - 2	Mr Jon Cullerton
Intermediate	Semi	Mount St Joseph's	Win	2 - 0	Mr Michael Falzon

CBSA					
AFL	RND	OPPOSITION	WIN / LOSS	SCORE	COACH
Junior	Final	Rosebank	Win	30 - 14	Mr George Karpouzoz



Congratulations to our winning Junior AFL Team

COUNSELLORS CORNER

Resilience

Hopeful kids are happy kids by Dr Justin Coulson

Encouraging kids to be hopeful

Parents who want to instil hope in their children can try the following three ideas:

1. Build a future focus – speak to your child about their possible futures. What do they want to achieve, and why? Have them imagine their potential best selves. Talk to them about what they are looking forward to. Ask them what they want to have, do and be.
2. Work with them on plans (or pathways) – when your child or young person says "I want to be a marine biologist" be encouraging and then ask them, "What do you need to do to get there?" Discuss pathways, options and possibilities. Thinking about the future and making plans is central to fostering hope.
3. Help them solve problems – when your child or young person is stuck, instead of giving them an answer ask them "what do you think is the next best thing to do?" or "when have you overcome something like this before?" This type of question promotes a sense of agency or efficacy. Rather than having our children rely on us for all the answers, they can rely on themselves, their resourcefulness and their initiative. They can recall times they've succeeded before and use that to build hope that they can succeed again.

<https://www.parentingideas.com.au/blog/hopeful-kids-are-happy-kids>

Ms Carmel Coleman - College Counsellor (Mon/Tues)

Kogarah Marist College

HSC Class of 1968

50th Anniversary Reunion

Wednesday 24 October

Many Marist Penshurst students transferred to Kogarah Marist at the end of year 10 (1966) to complete their HSC in 1968. Should any current Marist Penshurst, Kogarah or Bethany College students be aware of Grandfathers or Uncles who completed their HSC at Marist Kogarah in 1968 it would be appreciated if you could ask them to contact Phil Osborne (posborne@bigpond.net.au) or Frank Dannaher (frankdannaher@outlook.com or Ph: 0418 248 814).