

St Mary's College

"We Grow by Lifting Others"

Issue 5, Monday 7 June 2021



From the Principal

Dear St Mary's College

In recent weeks, I have had the pleasure of hearing two old scholars speak at public events; Dr Erinn Fagan Jeffries (Class of 2008) and Eilish Maguire (Class of 2012).

Erinn was the keynote speaker at the opening of our STEM Centre. She spoke about her work with bugs, in particular wasps. Now working as a Postdoctoral Fellow with the Australian Centre for Evolutionary Biology and Biodiversity at the University of Adelaide, Erinn kept us wholly entertained with stories about the life and behaviour of wasps. One element of her work is with schools and community groups in identifying new bug species. In doing this, she is engaged with her community and doing critically important work in biodiversity.

Every two years, the Catholic Secondary Principals host a past and present Principal's dinner. The event always includes an old scholar from one of our schools; this year's guest was Eilish. Since leaving St Mary's College, Eilish has been working and volunteering with various charities and not for profits, including World Vision, Oaktree and Welcoming Australia. She is currently working with the Australian Red Cross' Emergency Services team as a Community Development and Operations Officer, supporting communities before, during and after a disaster. In her speech, she described herself as someone who "does good things for people who need it."

Both young women are leaders in their field. Their interests were nurtured in their years at St Mary's, both within and beyond the classroom. They are great ambassadors for the College and living examples of the diverse pathways students follow.

We love hearing from our old scholars; if you are in contact with anyone who can share their story, please let us know.

Warm regards



Clare Nocka
Principal



Our 2021 STEM Ambassadors discovered many clever inventions by women, some of them are shown on our Women in STEM Wall. Come into the STEM Centre and take a closer look.



Eilish was introduced at the dinner by current Principal Clare Nocka and thanked by former Principal, Eileen Young. We were joined at the dinner by Jane Iwanowitsch, past Principal of Siena College and current Chair of the St Mary's College Board of Directors.

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From the Deputy Principal

Managing Nerves

With final assessments and exams coming up in the secondary school, and the change in semester and therefore a change in subjects, it's a good opportunity to remind one another about how to manage our nerves.

It's normal and even healthy to feel nervous ahead of change, exams, competitions and so on. What follows is a few ideas to keep your nerves at bay so you can stay focussed and perform at your best.

- Picture the outcome – visualise what you want to happen, so as to condition your brain and emotions for successful outcomes;
- What's important now – focus on the present rather than worrying about a future outcome;
- Smile – smiling triggers your body to release 'feel good' hormones like dopamine and serotonin so you can find joy in the anxious moments;
- Follow rituals – anxiety stems from a lack of control but ritual gives us a sense of control.....create a ritual and anchor it to your best self;
- Say it, say it and say it again – repeat a positive affirmation to fuel performance; for eg: 'I've got this!'
- Call on your alter ego – do a Beyonce (who has spoken about how 'Sasha Fierce' takes over when she is on stage)develop your own alter ego to help develop confidence;
- Out of sight, out of mind – close your eyes for 5 – 10 seconds, breathe deeply and zero in on the exact moment you are in.....this helps close the door on stress;
- Meditation – give yourself five minutes per day to switch off everything and just sit.... learn to be mindful and relax so you can use these skills in stressful situations;
- Tap it out – 'Emotional Freedom Tapping' can help neutralise negative emotions.... try this technique to realign your energy and bring yourself into the present;
- Write it out – write down your thoughts about an upcoming stressful event.... this gets them out of your head and makes them easier to keep under control;
- Find flow – set clear goals, and focus only on one thing at a time and push yourself to work just beyond your best and you'll operate in your peak state of consciousness;
- Be consistent – practice the thing you fear the most to make it less scary.

Contacting Students at School

As a follow on from the upgrade to our Mobile Phone Policy, we ask that parents and other family members do not try and contact students during lesson time. If there is an emergency, please contact the Student Services Office (SSO) and they will get a message to your daughter straight away. Students' use of their mobile phones during class time is only for educational reasons, and with the permission of their teacher...other than this, student phones are in their lockers.

At the same time, we ask students not to contact their parents/caregivers if they are unwell, but to go to the Student Services Office who will then contact parents if need be. If your daughter contacts you asking you to pick her up, please ask her to go to the Student Services Office who will contact you if your daughter is too unwell to stay at school.



Lorna Starrs
Deputy Principal

Year 9 Da Vinci Decathlon

Recently, a group of our Year 9 students participated in the South Australian round of the Da Vinci Decathlon. This event, held at St Peter's Girls, was a full day event encompassing a wide range of topics across the curriculum, all requiring extensive critical thinking skills and importantly, the ability to work as a team.

Our students represented St Mary's beautifully, and for our College's first attempt and despite being a team member short, our girls excelled, achieving second placing in the Art and Poetry section. Additionally, the girls had the opportunity to learn about themselves as learners and teammates and just what can be achieved when we take ourselves outside of our comfort zone.

The students participating were: Bella, Sienna, Georgena, Charlize, Mim, Lexi and Ashleigh.

I would also like to acknowledge Jasmin Parasiers for all of her hard work behind the scenes and for being the initiator of St Mary's participation in this event.

Kate Pill
Year 8 Coordinator



OSHC for Pupil Fee Days

Have you booked your daughter(s) into OSHC on the pupil free days this term?

Friday 18 June and Monday 21 June are pupil free days at St Mary's.

OSHC will be open from 8.00 am to 6.00 pm on both days.

If you would like to book your daughter in or you have any enquiries, please either email Anjie on anjie.evans@stmarys.sa.edu.au or call 8216-5743

Year 8 Camp

There was a buzz in the Priceline Stadium carpark as the Year 8 cohort prepared to head off on the Year 8 camp. When we arrived, we had some time at the local skate park where students were able to have a quick bite to eat and then find out about the program of the camp and what tribe they had been allocated to.

On the first evening, each tribe was tasked with creating a tribe name, flag and chant that they then presented to the rest of the cohort. The Year 8 cohort also had a refresher or learnt two dances, Follow the Leader and the Cha Cha Slide, which were used to get us ready for the activities ahead. Over the course of the three days of camp, the tribes completed eight different activities and accumulated points for their tribe. Activities included beach games, the amazing race, mountain bike riding, kayaking, flying kiwi, challenge course, water obstacle & tribal games. During these activities, some students were able to overcome huge hurdles, such as riding a bike for the first time or working as a team to find a solution to a problem they faced.

All students are to be commended for their engagement with the activities and the passion they demonstrated for their tribes which was evident through some of their enthusiastic tribal chants and efforts in the various activities.

Some reflections from 8R:

Camp made me step out of my comfort zone and spend time with people I wouldn't normally. Having people that I wasn't close with in my dorm helped me form new friendships, and now we have a running inside joke. Having tribe flags and cheers made our tribes more motivated to win points. I really liked most of the meals they served including the burgers, wedges, the chocolate mousse and the muffins. Lily

I think camp was fun because I got to hang out with my friends and got to know people better and the activities were fun and it was good to try new things. Jacklin

This was my first camp with St Mary's and I had such a good time and enjoyed myself way more than I expected. My favourite activity was probably the flying kiwi even though I was scared to go on it at first. But my favourite part of camp was the tribes (even though I screamed so loud I lost my voice), it was so fun getting to know new people and play games such as Cluedo. Overall, I had a great time at camp. Elisa



Andrew Footner
Director: Middle School



Year 10 & PPEP

Recent the Year 10s got a PPEP talk!

Thanks to clinical educator Michelle from the Pelvic Pain Foundation of Australia who delivered a positive, fun, educational program that demystified periods and pelvic pain. It included discussion around normal menstruation, simple ways to improve symptoms and when to look further for help.



Celeste Fontanabella
Year 10 Coordinator



ST MARY'S COLLEGE TOURS

We invite you and your family to tour the Campus and discover the St Mary's College difference.

For further information or to book your tour, visit stmaryscollege.catholic.edu.au



Senior Ethics Olympiad Competition

Our Year 10s have been training all semester to complete their Senior Ethics Olympiad Competition. Working as a team, our students debated the ethics of Tiger King, police actions, public safety ethics, and K-Pop.



Celeste Fontana
Year 10 Coordinator

A fantastic effort from a team that was entirely self-managed and collaborative in their approach!



SAPASA Cross Country

Congratulations to our students in Year 4 to 7 who competed in the SAPASA Cross Country recently. Students put in a fantastic effort, nearly all finishing in the top 15 of their 2km and 3km races.

Congratulations also to Year 7s Abby D, who finished 1st and Poppy H, who finished 4th in the U/13 race. Both will now represent North Adelaide at the State Cross Country Championships. We wish them well.



Rosie Petrilli
Director of Sport



Sacrament of First Reconciliation

The Sacrament of First Reconciliation was held with Fr Paul Mullins with ten of our Year 3 students and their families.

This marked a special time in the girls' deepening relationship with God as they celebrated God's love and forgiveness through this sacrament of peace and healing. Reconciliation restores us to our true selves, and enables us to make peace with those who have been affected by our poor choices.

These Sacramental times encourage us to open ourselves more fully to God so that we may experience God's healing grace and forgiveness.

Special thanks to Fr Paul for leading us in prayerful reflection; to families for their love and guidance; and to Ms Terry Cooper for her care and attention in preparing the girls for this Sacrament.



Second Row: Scarlett, Mariella, Isabella, Elizabeth, Emanuela, Sienna
First Row: Amal, Eliza, Sophie, Anna

Anne Soldan
Sacramental Coordinator

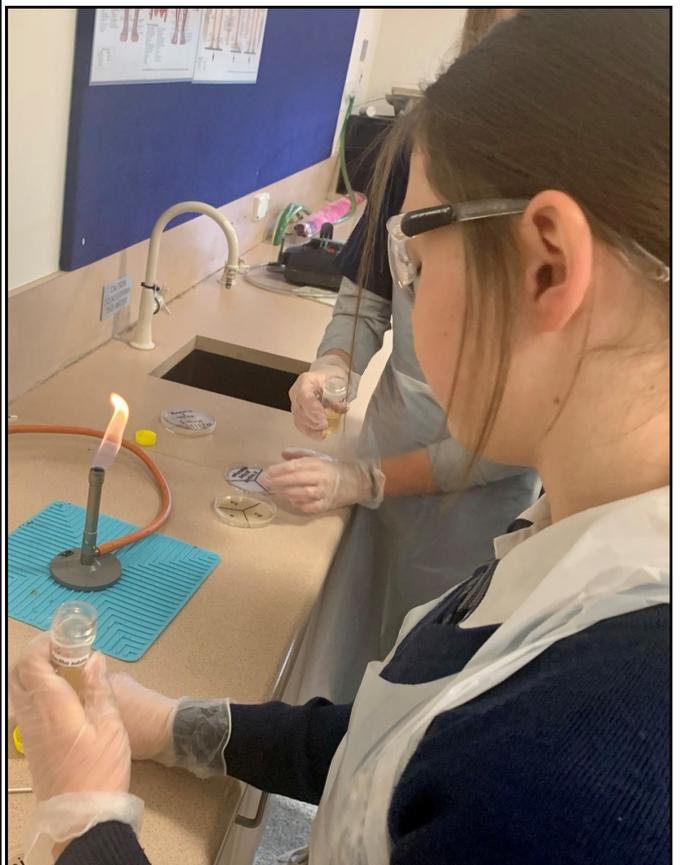
Stage 1 Biology

Stage 1 Biology students are completing their investigations for the Infectious Disease topic. They are investigating the effect of different microbial agents on bacteria. Leaving the cultures to grow for a week, students will then measure the impact of the agents.



"In the fields of observation, chance favors the prepared mind." - Louis Pasteur

Julia Green
Science Learning Area Leader



ENVIROWEEK DONATIONS WANTED

**WE WANT YOUR
PRE-LOVED BOOKS!**

GIVE YOUR BOOKS A NEW HOME
THEY WILL BE SOLD AT THE ECO FAIR (FRIDAY WEEK 7), WITH
ALL PROCEEDS SUPPORTING SMC GARDENING PROJECTS

**DROP THEM OFF AT
THE FRONT OFFICE
BEFORE THURSDAY WK 7**



DreamBIG Children's Festival

Last week, our Year 5 & 6 students participated over two days in the DreamBIG Children's Festival, South Australia's iconic biennial arts festival.

Students enjoyed engaging in activities and shows, which sparked curiosity and inspired creativity. During English, students will now share their experiences by writing a review.

It was a great few days for our Year 5 & 6 cohort.

Sandra Ciccarello
Director Junior School



National Simultaneous Storytime

National Simultaneous Storytime is an annual event celebrated since 2000.

Each year the Australian Library and Information Association, as part of Library and Information Week, choose a picture book by an Australian author and illustrator to share at 11.00 am in schools, kindergartens, childcare centres, and libraries across Australia.

This year's book was Phillip Bunting's 'Give Me Some Space' and was read by Dr Shannon Walker from the International Space Station!

Following the story, students viewed some of the constellations and engaged in science experiments.

Later that day, students rotated through three different activities where they created rockets, a planet collage and made a flipbook showing the moon's phases.



A big thank you to our Library and Junior School staff for their support in celebrating an exciting storytime event!

Eileen McCabe
Coordinator Information Resources



STEM Centre Opening

Last week, St Mary's College officially launched the STEM Centre. The Centre will enable students to ignite their interest in STEM by using robotics, programming, laser cutting, 3D printing and virtual reality technologies.

The day's planning was an ongoing collaborative project between students and staff.

The day included an informative presentation by Digital Twinning Australia (DTA) Genène Kleppe (CEO & Founder) and Ed Cronin (Technical Lead) about the work with Leader of Learning Innovation Jasmin Parasiers and students involved in monitoring the Veritas Centre's power usage with exciting new technologies.



The project will provide DTA with an Adelaide CBD demonstration site and offer a unique teaching tool for teachers and students at St Mary's, honing digital skills for genderless STEM future careers.

Jasmin Parasiers
Leader of Learning Innovation



YEAR 12 REVISION

Wk 1: 6 - 9 July Wk 2: 12 - 15 July

Adelaide Education Consultants

Early Bird \$199 full subject

www.aeg.sa.edu.au



COME TOGETHER

SUNDAY 20 JUNE
1.30 pm for 2.00 pm start

Founders Hall
St Michael's College
15 Mitton Ave, Henley Beach

\$10 - \$15 entry fee

A collaborative celebration of music featuring concert bands, choirs, and various other ensembles

bit.ly/cometogether2021



2021

ST MARY'S COLLEGE



YR 12 TUTORING PROGRAM

TERMS 2 & 3 EVERY TUESDAY & THURSDAY 4 - 6PM
VERITAS CENTRE

**St Mary's College Absentee Phone Line
8216 5716**

Please telephone before 9.30 am if your daughter is absent

**St Mary's College Uniform Shop
8216 5719**

Opening times - Monday 8.00 am - 11.00 am
Wednesday 1.00 pm - 4.00 pm
Thursday 8.00 am - 11.00 am

St Mary's College OSHC : 8216 5743



Did you know you can follow St Mary's College via Facebook, Instagram and now YouTube!

<https://bit.ly/STMCFB>

<https://bit.ly/STMInstagram>

<https://bit.ly/STMYouTube>

A great way to catch up with what is happening in our College community.

Drop off and Pick up

When you drop off or pick up on Franklin St in the mornings and afternoons, please move right to the top of the zone before stopping. If you can see that the car in front is close to moving on, ask your children to wait and then move into the zone. If possible, when dropping young children who need assistance it is preferable to find a parking space. If this is not possible then it is even more imperative that you move as far as possible into the drop off zone.

Following these guidelines makes the zone much safer for all of our students.

Principal's Tour

Junior Campus
Saturday 29 May
Tuesday 22 June

Senior Campus
Saturday 29 May
Thursday 24 June

Register online
www.cbc.sa.edu.au/tours

For more information phone
8400 4210

Christian Brothers College
A Co-Ed ELC and R-Year 12 Catholic College
for Boys in the Edmund Rice Tradition



We can all **start the chat** about online safety

esafety.gov.au/sid

Youth Sport and Mental Health

Volunteers needed for research study!

We are seeking young people aged 12-17 years, parents, coaches and club officials/volunteers involved in sporting clubs to complete a 5 minute online survey.

You could WIN 1 of 10 x \$50 Rebel Sport vouchers!



If you're aged 12-17 years have a chat with your parents about getting involved.

This research project is supported by Sport SA, the SA Mental Health Commission and the Commissioner for Children and Young People SA

For more information please email sarah.crossman@flinders.edu.au



Flinders UNIVERSITY

HELP YOUR CHILD SLEEP!

Participants wanted for child sleep study (7-13 years old)

Want to find out how to improve your child's sleep? So do we! Sleep researchers are investigating whether brief sleep education can improve children's sleep.

Participation for your child will involve:

- Completing questionnaires and sleep diaries for 4 weeks.
- Attend an interview and 2 sleep education sessions at Flinders University.
- Learn about their sleep through a home-based PSG recording (measures depth of sleep) before and after education sessions.

We are looking for children aged 7-13 with sleep problems (such as trouble with falling asleep or staying asleep). We will offer a \$15.00 gift voucher to thank you.

Want to find out more? Please contact Hannah (honours student) on 0479 007 899 or whet0003@flinders.edu.au

This study is approved by the Social Behavioural Research Ethics Committee of Flinders University