Dear Parents, Students, Staff and Friends of the Magdalene Community,

Last week the school photos were taken of each student, class groups and groups of special interest. One aspect of the photos that stood out was the high standards held by our students. As on many occasions, students were complimented for their spirit and respectful cooperation. It was also very obvious that the vast majority of students are proud of their uniform and present in a commendable manner. I thank the students who continue to uphold the highest standards, I also acknowledge parents for ensuring the students are so well presented.

Last week a small number of students were reminded of uniform expectations. I ask parents of those students to support the school in its efforts to uphold our positive reputation which is of benefit to both the individual students and the whole Magdalene community.

Over this term the student body has displayed its support for the wider community, most recently, by involvement in the Saint Vincent de Paul Can Drive, the upcoming Winter Sleep Out and the Mobile Muster. These activities are a reflection of our Catholic School’s commitment to service to others. This commitment is highlighted in our Mission Statement, which concludes with “Through the integration of faith, culture and life experience, we aim to assist each student to be intellectually capable with a love of God, a love of one another, a strong sense of justice and a sense of hope.’ These activities are a practical means by which young people can reach others and live out our Mission by offering a sense of hope. I am impressed by the willingness of students to involve themselves in these activities as they do make a significant difference to the lives of others.

I remind all members of our community that our Annual Magdalene Shines Evening will be conducted on June 16 at Mt Carmel Catholic College Hall. This evening is a way to highlight the significant talent of many Magdalene students. I encourage all who are able, to attend the evening as it is a most entertaining and awe inspiring event.

This week and for the remainder of Term 2, Mr Michael Mulally will be present at Magdalene as part of the transition to Acting Principal. Mr Mulally will have the opportunity to work with staff and students prior to Term 3 and 4. I hope everyone joins with me in welcoming Mr Mulally to Magdalene and look forward to a close association for the remainder of the year.

At the beginning of last week the school conducted our assembly. I congratulate The following students on being acknowledged by their peers.

<table>
<thead>
<tr>
<th>Name</th>
<th>Year</th>
<th>Recognition</th>
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<tbody>
<tr>
<td>Clare Vella</td>
<td>Year 7</td>
<td>Commitment to her learning</td>
</tr>
<tr>
<td>Michael Fuller</td>
<td>Year 8</td>
<td>Constantly trying his best</td>
</tr>
<tr>
<td>Travis Clark</td>
<td>Year 9</td>
<td>Assisting others in their learning</td>
</tr>
<tr>
<td>Annalise Smalley</td>
<td>Year 10</td>
<td>Assisting others in their learning</td>
</tr>
<tr>
<td>Jessica Gunner</td>
<td>Year 11</td>
<td>Commitment to her learning and assisting others</td>
</tr>
<tr>
<td>Kayla Caruana</td>
<td>Year 12</td>
<td>Assisting others</td>
</tr>
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</table>

Strong minds, gentle hearts
On 27 May the staff were involved in a professional development day with a focus on developing ‘Higher Order Thinking Skills.’ Many students are performing well but have the capacity to perform at a higher level. Often this involves greater insight and a willingness to explore questions in greater depth and detail. The aim of the staff development day was to give teachers the opportunity to explore strategies to take students beyond their present level of achievement. I am sure that these strategies will allow the students to improve their levels of achievement and learning.

Recently I came across this inspiring passage for parents. On many occasions we tell our children what they “should” be doing, however they often notice what we are doing, rather than saying, and certainly take their lead from what we do. As parents we are challenged to do more than “talk the talk”, young people notice what we do (often more than we know) and take these actions to heart even if they do not make this obvious.

**Reflection**

*When You Thought I Wasn’t Looking*

— Unknown

*When you thought I wasn’t looking, I saw you hang up my first painting on the refrigerator, and I wanted to paint another one.*

*When you thought I wasn’t looking, I saw you feed a stray cat, and I thought it was good to be kind to animals.*

*When you thought I wasn’t looking, I saw you make my favourite cake for me, and I knew that little things are special things.*

*When you thought I wasn’t looking, I heard you say a prayer, and I believed there is a God I could always talk to.*

*When you thought I wasn’t looking, I felt you kiss me goodnight, and I felt loved.*

*When you thought I wasn’t looking, I saw that you cared, and I wanted to be everything that I could be.*

God Bless

Mr John Lo Cascio
Principal

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**Change of Athletics Carnival**

Unfortunately due to a clash of dates and the state of alternate locations the school athletics carnival has been moved to 18 July. The school acknowledges that this is less than ideal as it is the first day of Term 3 and in the same week as Magdalene Feast Day. We apologise for any inconvenience however all options were explored and this date and venue proved to be the only option.
Homeless Hub

On Friday 27 May, ten year 12 students, Eliza Rourke, Sophie Vannan, Julian Krpez, Michael O’Shea, Kayla Caruana, Bianca Suraci, Ally Turner, Tyler Bosco, Elyse Beauchamp and Sophie Cornett travelled to the Campbelltown Civic Centre to volunteer their time at the annual Homeless Hub run by the St. Vincent de Paul Society. The Homeless Hub aimed to connect people with local services to aid them in obtaining the best possible life they can. The Homeless Hub featured stalls with service providers, food and free health checks to customers.

Our Magdalene students volunteered their time in serving the food to the customers and service providers who gave up their time to help those in our local area. The day was an eye-opening experience, being able to interact with not only those in the Macarthur community who are struggling but the service providers that strive to make life a little easier for everyone. The day was a success with much praise for the students who gave up their pupil free day to be of service.

On behalf of all of the students who attended I would like to thank Donna Black from the St. Vincent de Paul Society who organised this event and allowed us to help in our local community. I would also like to thank all of the students who volunteered and brought so much joy and positivity into the day, they represented the school with pride and are a credit to our school community.

Eliza Rourke.

The thank you letter below has been sent through to the school from Donna Black expressing her appreciation to our students who assisted with the St Vincent de Paul Homeless Hub.

My most sincere thanks to the students who helped out today at the Homeless Hub. You were all brilliant! I was so very proud of you all and the wonderful feedback I was receiving about your presence at the hub and how you all helped out with the biggest smiles, you are such a credit to your school and your families… and to give your time on your pupil free day! Awesome!

What would we have done without you today? Thank you! Thank you! Thank you!

Warmest regards,

Donna Black
Manager
Nagle Centre Family Care and Support
St Vincent De Paul Can Appeal / Drive

Some members of the Magdalene Community maybe wondering why we are collecting Cans for St Vincent De Paul and having a Winter Sleep Out involving students in Years 9 - 12.

It turns out there are at least 540,000 reasons why....

St Vincent De Paul (Vinnies) helps 540,000 people experiencing disadvantage and marginalisation every year, but they couldn't do it without support from people like us.

All Cans of Food (Canned Fruit, Canned Vegetables, Soups etc) will be donated to the St Vincent De Paul Nagle Centre (Family Care and Support) in Campbelltown to help in the provision of meals to homeless and disadvantaged people in the Macarthur.

Cans be placed in the shopping trollies in the Top Pavilion Area near the canteen.

Winter Sleep Out – 24th / 25th June 2016

Winter Sleep Out is an event that Magdalene has hosted in the unfriendly, cold weather for 5 years now. It is a prime opportunity for students to not only raise money for St Vincent de Paul in their appeal and to support the homeless people in the Macarthur community but gives students from Years 9-12 the chance to physically experience what it is like to be homeless for a night. No beds, no heaters – only cardboard / mat, a sleeping bag and a pillow.

It is an opportunity for Magdalene students to come together and share a fun night with activities like Trivia, Karaoke and Games such as Giant Twister. As well Mr Koch, Mr Collins and Mr Wright will lead slower-paced activities that will allow us the opportunity to reflect and appreciate all the blessings that we have which are emphasised when partially taken away from us for a night.

All students from Years 9-12 are welcome to attend the Sleep Out

Permission notes and details have been emailed to all students – paper copies are available from the front office or outside the staffroom.

For more information please see either:

Mr Peter Collins (Mission Coordinator) or Mr Michael Koch (Winter Sleep Out Organiser)

Permission Notes are due to the office no later than Tuesday 21st of June 2016
Conversation with the Bishop

Conversation with the Bishop – Thursday 2/6/2016

On Thursday 2nd June 2016 a group of six Year 11 Magdalene students travelled to John Therry Catholic High School to have prayer and conversation with the Bishop of Wollongong. Along with students from other Catholic High schools within the Wollongong diocese we participated in group activities, which allowed us to share our faith, values, ideas about the world and religious views.

We learnt about Bishops Peter’s life, from his childhood to the present day through a ‘This is your life’ segment. We then engaged in discussions focusing on the year of Mercy and its application to current social issues.

Overall our experience was enjoyable and enlightening. This opportunity helped us gain new perspectives and understanding of the world today. Our Thanks to Mr. Collins and the organisers for the opportunity.

Peta & Cameron (on behalf of Samyra, Sarah, Jesse and Jamie)

St Vincent De Paul Gala Dinner Appeal
Student Entertainment
Interested Students

Knitting Club:
Students interested in learning to knit and put their skills to use in knitting squares that will be made into blankets for the needy. Come and see Ms Rooney at the staff room and put your name down.

Looking at Monday lunch times for the time slot.

Ms Rooney

Interested Students

Sewing Club:
Students interested in sewing who may not be doing textiles but would like to develop their skills in this area, need to see Ms Rooney at the staff room. This group will have a social justice focus and we will be making items that we will be donating to communities that are in need. There will be limited places available. The classes will be running on a Monday afternoon till 4.30pm.

Ms Rooney

Advertisement for Knitting and Sewing Clubs
TAS - Practical

TAS - Practical Photos of the Week

10 Food Tech - Food Product Development Assignment (Stephanie Ezzy, Natasha Cabrera & Sia Diacoumis)

11 Hospitality - Chicken Schnitzel Practical Assessment (Sarah White)

12 Hospitality – S’molina Shortbread & Caramelised Pear (Laura Barillaro)

McDonald’s School Based Apprenticeships/Traineeships

Unfortunately due to rising costs and recent changes in policy, Magdalene is unable to support those students wishing to complete a School Based Traineeship with McDonalds.
Facebook Awareness

What Are the Risks/Benefits of Children On Facebook?

As parents you need to know what it means when your child goes on Facebook whether they are 11, 15 or 17 years old. What are the benefits to them? What are the risks? How might Facebook affect their futures?

Facebook started in the U.S as a college platform and now is a ubiquitous part of our Australian culture and online social environment. It is a great way to connect with family and friends. But Facebook also carries enormous risk especially to younger children and teens. Children are naturally curious, impulsive, lack good judgment and decision making skills because the executive function part of the brain that helps with decision making is not fully developed until an adult reaches 25. It’s difficult for young children to think beyond today to their futures because they tend to be impulsive and take risks.

There are many risks associated with a child going on Facebook. The required age of 13 may be too young for some children to be on Facebook, let alone children younger than the age of 13, with or without online safety tools. Children need to be kids, playing outside, and playing with friends without a screen in between.

The attached flyer explains Facebook in detail and outlines the risk and benefits of being active in the social media environment; it also gives some good practical ways that you can work with your child to keep them safe on social media.

Mr Danny Avalos
Learning Technologies Coordinator
What is Facebook?
Facebook is a free social networking site that allows users to create profiles, upload, share and view photos and videos and send messages. The site allows users who have common interests to interact, create and manage events and live chat with their online contacts, or ‘Friends’. Facebook is restricted to users aged 13-years-old and above, however some users may lie about their age to join.

What devices can access Facebook?
Facebook can be accessed on any device that has an internet connection such as mobile phones, tablets and computers. It can be accessed via the Facebook website or through one of two apps, the generic Facebook app which includes all of Facebook’s features except private messaging, and Facebook’s ‘Messenger’ app which is used for private messaging.

Who can young people interact with when on Facebook?
Facebook users have the ability to interact with a wide range of individuals. Through Facebook’s news feed users have the ability to interact in public conversations, with people who are not Friends.

What are the potential challenges with Facebook?
As with any form of social media, there are some challenges that young people may face when using Facebook. These can include online grooming (when an adult makes online contact with someone under the age of 16 with the intention of engaging in a sexual relationship) or cyberbullying and harassment. Other challenges include privacy concerns such as revealing too much personal information on Facebook, reputation management or falling victim to scams shared through social networking sites.

What are the recommended privacy settings?
By maintaining strong privacy settings, users can limit the amount of information shared with strangers. When setting up privacy features on Facebook there are three options:

- **Public** - any Facebook user can view personal content and interact with your child.
- **Friends of Friends** - allows Friends and their Friends to view and interact with your child and their content.
- **Friends** - only accepted Friends can see your content in the first instance. The Friends option is the safest way to ensure that you are sharing information with people you know and trust, but should not be considered as 100 per cent private.

There is also the ability to change the privacy options for individual posts.

How do you manage Facebook privacy settings?
It may be easier to change privacy settings on a computer rather than a mobile device. To manage your privacy on Facebook (on a computer), access the privacy settings by clicking on the downward facing arrow in the upper right-hand side of the page and select ‘Settings’. In the left hand column, click on ‘Privacy’.

To access these settings on a mobile device select the ‘More’ tab. Scroll down to the ‘Help & Settings’ section and select ‘Account Settings’ and then ‘Privacy’.

Here you can change a number of settings:

- **Restricting who can see a timeline (wall)**
  Under the ‘Who can see my stuff?’ section, you can manage who is able to assess your timeline. Next to ‘Who can see your future posts?’, click on ‘Edit’ to ensure that ‘Friends’ is selected.

- **Restricting who can contact me**
  Under the ‘Who can contact me?’ section, you can manage who is able to send you Facebook requests. Next to ‘Who can contact me?’, click on the ‘Who can send you friend requests?’ and select the appropriate setting.
Fact sheet
FACEBOOK
(For parents)

Restricting who can see your email address and mobile number

Under the ‘Who can look me up’ section, you can manage who can see your email address and phone number if you have provided one.

Next to ‘Who can look you up using the email address you’ve provided?’, click on ‘Edit’ and select either ‘Friends’ or ‘Friends of Friends’. Click on ‘Edit’ next to ‘Who can look you up using the phone number you provided?’ and select either ‘Friends’ or ‘Friends of Friends’.

Restricting a Facebook profile being searchable

Under the ‘Who can look me up’ section, you can manage if your Facebook page will show up in search engine searches such as Google. The ‘Do you want other search engines to link to you timeline?’ option should be set to ‘no’ and can be switched to ‘yes’ by sharing your timeline with everyone.

How do you report users or fake profiles?

To report a user or a fake profile on Facebook, access the profile’s timeline and select the ‘More’ option (signified by three dots) next to the ‘Message’ option or under the person’s cover photo. In the menu which appears, select the ‘Report’ option.

In the corresponding dialog box, select ‘Report this account’ and then select the reason you wish to report the account. Follow the prompts to finalise your report.

More information
For more information, visit www.facebook.com/help

thinkuknow.org.au
The Catholic Guy

*The Catholic Guy* is coming to Mary Immaculate Church, Eagle Vale, to hold a mission event. This event is one you just have to experience.

Experience the power of God in a real and relevant way through scripture, music and the arts. Expect to laugh, learn, reflect and be changed by this truly powerful Catholic experience.

No matter your age and background this event is for you. Come and have an amazing experience without being asked to do anything.

Every session will run for approximately 1.5 hours and we will share a cup of tea or coffee afterwards.

**Venue:** Mary Immaculate Church, Emerald Drive Eagle Vale

**Date:** 14th, 15th, 16th and 17th June at 9.30am and 7.30pm

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YEAR 7 - 10 MATHLETICS RECOGNITION

Congratulations to the following students for achieving a Bronze Certificate in Mathletics.

- Year 8: Larissa Hooper; Monique Fenech; Sophia Rixon.
- Year 9: Kayla Ciccone; Henry Zhang
- Year 10: Siobhan Suters

Congratulations to 8MAT1 for currently achieving the best class results in Mathletics.
PDHPE: Mindfulness

Schools play an important role in developing the knowledge, skills and attitudes in young people needed to manage stress, build resilience and a strong sense of identity. Practicing mindfulness has a significant role in improving mental health.

The mandatory 7–10 PDHPE syllabus acknowledges the link between a healthy lifestyle and positive mental health. Students reflect on the challenges that confront people at various stages of life and appreciate that these may provide unique opportunities for personal growth. They also reflect on, discuss and develop skills that strengthen their resilience, and explore the characteristics and qualities displayed by resilient people. Mindfulness is a valuable skill that can be used to enhance resilience.

Mindfulness is about people training themselves to pay attention in a specific way. When a person is mindful, they:

Focus on the present moment.
Try not to think about anything that went on in the past or that might be coming up in the future.
Purposefully concentrate on what’s happening around them.
Try not to be judgemental about anything they notice, or label things as ‘good’ or ‘bad’ (ReachOut 2015).

In PDHPE Years 7-10, students explore:

Factors that influence a sense of self.
How thoughts can affect feelings and behaviour, and strategies to manage unhelpful and unrealistic ways of thinking.
Understanding mental health and how to help yourself and others.
The role and impact of stress on health.
A range of positive management strategies to support good health.
Skills that enhance resilience, eg. problem solving.
Support services that are available and skills to access health information, products and services.

Brewarrina Visit

If you and your family would like to donate money to support this program please complete the payment slip attached.

Your support will assist with bringing the students from St Patrick’s Primary School, Brewarrina to Magdalene, accommodation and fun activities such as visiting Taronga Zoo.

THANK YOU

Brewarrina

Supporting the Brewarrina Visit

Please fill out the following payment details. If paying by cash, the correct amount of money in the envelope would be greatly appreciated, as we do not have a facility for change.

Full name(s):

Address:

Contact Phone Number: __________________________

Student(s) Full Name: __________________________

I wish to use my Credit Card for a payment towards the Brewarrina Visit to MAGDALENE CATHOLIC HIGH SCHOOL, NARELLAN (THE MERCHANT). I HEREBY AUTHORISE THE MERCHANT TO DEBIT MY Card Account with the amount and at intervals specified below. This authority shall stand, in respect of the above specified Card and in respect of any Card issued to me in renewal or replacement thereof, until I notify the School (merchant) in writing of its cancellation.

PLEASE COMPLETE ALL DETAILS BELOW

Cardholder Name (as appears on card):

Type of Card (circle) MasterCard Visa

Card Expiry Date: ____________

Cardholder’s Signature: __________________________

Card No: __________________________

Date: ____________

Thank you for your continued support.
The Brewarrina Team
The canteen will be introducing a new product from Tuesday 14 June. These Sushi Rolls are Gluten free and will be sold at a cost of $4.50.

This product will be trialled for several weeks and if successful will become a standard item sold in the canteen.

We hope the students enjoy trialling the sushi rolls.
Brandon Vella – achieving well in Golf

During this year Brandon has competed in both NSWCCC Golf Competition and the MISA Golf Competition.

At the All Schools golf tournament Brandon came 24th out of 120. At the MISA Golf Championship in the Junior Cup event Brandon came 2nd and also won the Junior Cup Stroke.

Reece Pulbrook and Blake Vaughan also attended the MISA Golf Championships with both golfers putting in admirably efforts.

NSWCCC SELECTIONS

Olympia Plummer (Year 9 Sedgwick) has been selected to represent the Touch - Girls 15 Years NSWCCC.

Congratulations to Isabelle Maarseveen (Year 11 Bruchhauser) who has also been selected to represent the Touch - Girls Open - NSWCCC.

Olympia and Isabelle will travel to Dubbo in June to play in their respective team.
NOTICEBOARD

SECOND HAND UNIFORM SHOP
If you are require uniforms please call Kelly O’Keeffe on 0410 553812

MATHS PUZZLE
Maths Puzzle #8
What is the four digit number, with no zeros, in which the second is four more than the first and three times the third, and the third is two more than the last and two less than the first?

Solution Maths Puzzle #8
5931

Maths Puzzle #9
Put numbers where the letters are to make the sum become true.

SCHOOL FEES
The 2nd statement of School Fees has been sent home. Due date was Thursday 26 May.

If you have any difficulties with making payments please contact the Finance Office at the school to make suitable arrangements. Phone: 4631 3300 Mrs Geraldine Spencer or Mrs Michelle Gibbons - Finance

CANTEEN

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