Dear Parents/Caregivers,

With the sense of euphoria still held in the wake of the reunion, we have talked about seeing Grace in the every day, and we certainly experienced grace filled moment after moment this past weekend. The spirit of every aspect of this celebration was indeed blessed. The adulation of people as they reunited from past and present times; and appreciation of the hospitality and efforts of the Samaritan community were expressed by all; whether they were locals or returning scholars, lay staff, religious and clergy. We would like to thank all our staff for their contributions on the weekend, from passing out cups of tea to selling memorabilia and guarding archives, or simply being present at Mass or picking up a tour. The lead up, particularly this last week when people set up the beautiful displays in each campus, tidied classrooms and offices and pitched in to help wherever needed was truly appreciated.

We particularly want to publicly thank Alison Marshall, who has worked on this momentous event for 18 months. Her determination, consultation and patience have been phenomenal. Thanks are also extended to our office staff; Janice, Robyn, Jeanette, Cathy, Vicki, Heather O, Cheryl, Nicola and Pip; who have fielded inquiries and sold tickets; and to Colleen for assisting Ali and Chris with the ‘wedding planner’ and Facebook maintenance, Karen and Vicki for assisting with catering and hospitality on Friday evening and to Karen for supporting Ali and the Executive team in many ways. Thanks also to Lorraine for her assistance with publications and Mitchell for setting up the technology for archive perusal and helping Ali with sorting files and to Pierre, for preparing the sound on Friday in readiness for Sunday.

As with all huge functions there are those who love getting involved in presentation aspects; thanks to Lou Gogoll for the flowers in the church, hall, on each campus and at every function. Thanks to Antoinette for her patience in painting so many beautiful little faces. To make sure we have recorded our event for the future we had very clever and unobtrusive people taking photos especially Heather G. Another long term effort has been from Geoff and the grounds crew - Bob, Rob, Malcolm and Glen, plus Gerry prior to leave, at each campus, where they have nurtured gardens, tidied and sorted, plus answered calls for assistance at the eternal last minute and relentlessly attended to that tedious task of finding and raising the time capsules.

With regards to archives, we can certainly appreciate the work of others many years before us as well as the scanning and gathering that happened in the last few

continued p2
months, thanks to Ali Marshall, Jenny Kondylas, Maresa Lyons, Jeanette Bull, Robyn Byles and Heather O'Keefe, Kathy Smith, Jenny Theologou, Geniene Gordon, and everyone we roped in to achieve the task. We wish to continue that legacy. Catherine McQuarrie's continued recording of community history through the press clippings was highly appreciated by visitors on the weekend. For the historic displays we must thank especially Diana, Eleni, Ruth G with Linda and Monica who created a “spectacular” out of the many boxes and boxes of archives. People spent hours looking and pouring over the history presented. We intend to box up and centrally store items now that they have been gathered. This will take time, but now is the time to complete the efforts of many in the past months. Other little jobs were the tedious labelling of the commemorative wines, which Marg Coad, Sharon MacManus, Damien Judd, Gay Sivewright, Nicola Faulds, Karen McGinnis and Colleen Dowling painstakingly attended to at various times.

A big thank you to the members of staff and students who gave up all or part of their weekend to assist in one way or another to the success of the weekend: Linda Plunkett, Monica Cohen, Tash Free, Helen Holland, Lisa Judd, Kirsty Reed, Kristin Davies, Lucy Kuchell, Petie Usher, Amy Boundy, Alex Gallagher, Jeanette Bull, Lou Whitehouse, Lou Gogoll, Perry McDonald, Ruth Donnellan, Jenny Kondylas, Nikki Lancaster, Nicole Boots, Di Hancock, Jenna Baulderstone, Bec Sinclair, Diana Jeffery, Melinda Gray, Stacey Raymond, Kylie Rothe, Vicki Schmitt, Heather O'Keefe, Heather Guest, Rose Cassar, Jennie Ness, Natasha Fiedler, Ruth Gardiner, Rebecca McArthur, Kimberley Owens, Lisa Howard, Maresa Lyons, John Lyons, Tony Hall, Tanya Gibson, Jill Turnbull, Matt Quist, Amy Molyneux, Kim Ryan, Zach Whitehouse, Jaykn Turpin-Burns, Daniel Meixner, Lloyd Caddy, Michaela McCarron, Amber Freymark, Nikki Cohen, Kirby Heath, Nicola Faulds, Jodie Turpin, Linda Cheeves, Terry Costello, Leon Nolan (carparking) and Geoff Hawes (all things logistics), Katherine Hannon, (a special thanks for saving the coffee van), plus Tom and Callum Judd. In addition, we thank the reunion committee; consisting of Ali, Damien, Eleni, John, Bernie, Monica, Sue, Annette, Bernadette and Leon, whose assistance and support has been most helpful along the way. Lastly, we wish to make special mention of the Executive Team, who divided up the weekend into events in order to lead in an aspect yet support one another throughout all of them. A huge thanks to Bernie for your leadership with the liturgy and Mass, Eleni for the primary campus tour day and for your support with all elements of presentation; Damien for directing Sunday's logistics and ongoing work around the campus in relation to the weekend; and John for your support with the mobile display and archival setup and all day support on Sunday, plus ongoing attendance to clearing up after events this week.

This weekend revealed a most evident legacy that reminded us of our need to stay true to our vision; the oft-mentioned appreciation of the College's desire to provide a comprehensive Catholic education that aimed for excellence and contributed in a most influential way, to the development of the whole person. This happened in a time of little resourcing, no government grants for facilities and when a teacher may have had up to 60 in their classrooms. The appreciation old scholars expressed for their teachers said it all: respectful relationships are what will make the difference every time. And the respect they had for their hard work and generosity of spirit was apparent. The above list of names suggests we are continuing that legacy.

**Parish News**

The Year of Grace is a time of recognising the presence of God’s grace in the world around us. In other words, it is a time for seeing that the world and all the good things that are in it come as a totally free gift from God. There is no way that God needs creation or is required to bring the universe into being. A comparison would be between a husband and a wife who express their love for each other in their sexual union, hoping that their intimacy will create a new life. The couple bring this new life into being as an expression of their love but also in a desire to give that love to their child and to enjoy the experience of helping them grow up. They hope that their child will in turn love them but it is ultimately a free and non-obligatory gift of bringing that child into life. God brings the world and each of us into being as a free act of generosity and love.

Coming forward from creation in general to the world of human life in which we find ourselves we see in our daily lives the goodness through which God's grace inspires us to live out the Gospel of Jesus. This week's newsletter reflects the wonderful celebration of Catholic education in Whyalla and the part it has played in the secular and faith lives of all who have been part of it. Our faith has been instrumental in motivating so many generous sisters, brothers and lay teachers to provide a solid and empowering Christian foundation, in many cases under challenging conditions. It has been underpinned by considerable hard work and sacrifice by parents, parishioners and the students themselves under that same faithfulness.

For all of us who attended it was a time to proudly celebrate, to give grateful thanks to God, to enjoy renewing old friendships, to express our thanks for so many who committed so much to bring us to where we are and to simply have a great time getting together. In all of this we recognise that it is God's grace which brings it all about, in its cosmic origins and sustainment, and in our relationships as human beings - brothers and sisters of Jesus and daughters and sons of the Father.

Finally, our thanks and congratulations on a job well done to all the present staff and students of Samaritan College, for all that you did to make the celebrations such an enjoyable and faithfilled success and for all you do to advance Catholic education in Whyalla.

*Fr Arno Vermeeren*

**ON BEHALF OF THE PARISH TEAM**

<table>
<thead>
<tr>
<th>WEEKEND MASS TIMES</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>St Teresa’s Church</strong></td>
</tr>
<tr>
<td>Saturday</td>
</tr>
<tr>
<td>Sunday</td>
</tr>
</tbody>
</table>
The following text is the reading heard at the Welcome Liturgy on the Friday night of the reunion weekend.

A reading from the first letter of Paul to the Corinthians 1:3-9

May God our Father and the Lord Jesus Christ send you grace and peace. I never stop thanking God for all the graces you have received through Jesus Christ. I thank him that you have been enriched in so many ways, especially in your teachers and preachers; the witness to Christ has indeed been strong among you so that you will not be without any of the gifts of the Spirit while you are waiting for our Lord Jesus Christ to be revealed; and he will keep you steady and without blame until the last day, the day of our Lord Jesus Christ, because God by calling you has joined you to his Son, Jesus Christ; and God is faithful.

Everything mentioned in the reading certainly was captured during the weekend. Grace and peace were evident by all who participated in any event. The gift of self that people brought to the weekend and the gifts of grace received from earlier school days was witnessed, cherished and celebrated by all present. The memories of past teachers, friends and relations were certainly treasured and embraced by those retelling the story.

In a faith filled atmosphere of respect and love all those who participated in the reunion were influenced by witnesses to Christ in the Christian Brothers and the Good Samaritan Sisters. This can also be said of the teachers who the reunion attendees remembered with such fondness. The presence of Christ in this community was not restricted to a past era of the College, it was witnessed through the gathering of all over the weekend in the here and now.

God calls us all in different ways and as written in the text, through this calling we are joined to His Son. This connection to the family of Christ was most certainly evident in the whole of the weekend’s celebrations and events.

Bernie Meixner
ASSISTANT PRINCIPAL IN RELIGIOUS IDENTITY AND MISSION (APRIM)
Whoever coined the term ‘sleeping like a baby’ had obviously never lived with one. Infants’ sleep patterns are notoriously erratic, and as they grow up the story remains much the same. Preschoolers kick up about napping during the day, school-aged children want to stay up late at night and teenagers refuse to get out of bed in the morning.

One thing remains the same: sleep is critically important for children, but Australians are getting about half an hour less sleep per night than they did 30 years ago, according to a study by the University of South Australia’s Centre for Sleep Research.

Kids are going to bed later because it’s now the norm for both parents to work full-time, meaning that evenings are often the only opportunity for family time. In addition, the intrusion into bedrooms of digital media such as mobile phones, laptops and iPods means children are getting less shut-eye – with far-reaching consequences.

“With disturbed sleep, you pretty well see changes in everything, from the cardiovascular system through to the skin,” says Dr Kurt Lushington, head of the University of South Australia’s Centre for Sleep Research. “You can go without food for a week or so but you cannot go without sleep.”

“As Dr Lushington says, sleep is important for memory, ‘so if you want to remember things and to forget things – which is equally important – you have to sleep’.

“We also know from animal studies that sleep state seems to be incredibly important for the optimal wiring up of the brain,” he says. “In infants and kids, sleep plays an important role in the optimal development of the brain. Sleep is also important for growth, and for those who don’t get enough there is a failure to thrive. Sleep plays an important role in the immune system and it also anchors the circadian body clock system.”

Most parents realise the importance of sleep, Dr Lushington says. However, “what many don’t appreciate is how important structure, namely a routine, really is.”

“Our research shows that in terms of kids being able to cope with school and life and not having any problematic behaviours, it’s not so much how long they sleep – what’s important is a regular schedule,” he says.

“Kids who go to bed at different times and wake up at different times with big swings on weekdays compared to weekends – those are the kids who tend to get into trouble. Sober habits are very important.”

There is no such thing as a sleep bank – meaning that even if a child had 12 hours sleep last night, they won’t get away with just eight hours tonight. Parents need to stick to a routine, make evenings as predictable as possible, and enforce hard-and-fast rules, particularly for teenagers, about digital media in the bedroom.

“The teen years are a period of life where it’s to be expected that you will hand over control to them; learning their own limits is part of the journey,” says Dr Lushington. “And, being young and healthy, they can sometimes stay up all night and be fine the next day. What you can do is help them see the connection between how they’re sleeping – and how they feel during the day.”

**How much is enough?**

To ensure your child gets the optimum amount of sleep, use the following as a guideline, says Dr Kurt Lushington, head of the University of South Australia’s Centre for Sleep Research:

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Recommended Sleep Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children aged 2-5</td>
<td>11-12 hours per night</td>
</tr>
<tr>
<td>Children aged 6-12</td>
<td>9-11 hours per night</td>
</tr>
<tr>
<td>Teenagers</td>
<td>8-10 hours per night</td>
</tr>
</tbody>
</table>

**And adhere to these rules, advises Dr Lushington:**

- “On the weekends, don’t let kids stay up more than an hour or two later than they normally do, and don’t let them sleep in more than an hour or two later than normal.”
- “Give them time to unwind before they turn out the lights and don’t let them fall asleep in front of the TV. There has to be a routine for falling asleep – otherwise what happens is that unless the light or the TV is on, kids can’t fall asleep – which is crazy.”
- “Exercise, big meals and hot baths are not a good idea directly before they go to bed.”
- “Keep track of how they are during the day. If they look like they’re not coping or if they’re irritable, it might be that they need more sleep.”
MID-YEAR REPORTS

It is that time of the year again where teachers have been extremely busy writing the primary mid-year Reports. On Monday of Week 10, June 25, the reports for the first semester will be distributed. The reports will be a comprehensive summary of the students’ learning for the first two terms. Parents will be able to see their child’s progress in their learning.

WOOLWORTHS/COLES COMMUNITY PROGRAMS

‘Coles Sports For Schools Program’

Coles for Sports for Schools is back once again this year. Last year we were one of the 7,500 schools who earned over $10.2 million worth of sports gear.

The program began on Wednesday, June 13 and will run through to August 14, where it’s a matter of collecting vouchers to receive sports equipment for the school, by just doing your regular shop from Coles supermarkets, BI-LO, Pick’n Pay and Coles Online. Plus throughout the program there will be opportunities to collect bonus vouchers through Coles’ special promotional offers.

‘Woolworths Earn & Learn Program’

Since May 9 we have received quite a few stickers/sticker cards that students have been bringing in across the campuses.

When you shop at Woolworths, customers can collect stickers from the checkout operator; there will be one sticker for every $10 spent. We ask that these stickers are brought to school by the students to stick on the sticker cards that Woolworths has provided this year. Once these sticker cards are completed, each campus will compile these cards and send them back to Woolworths for a final tally which will go towards purchasing some great resources from the Modern Teaching Aid (MTA) – Australia. The program will cease on July 1.

The aim of the programs is to encourage the College community to collect vouchers and stickers, to acquire equipment and resources for the students, however, we DO NOT expect people to behave differently with regard to their usual shopping habits or choice of business.

STUDENT TEACHERS

For the last five weeks, a graduate student teacher – Mia Fitzgerald from Charles Darwin University has enjoyed her teaching practicum on the OLHC Campus in Chelsea Cooper’s Reception/Year 1 class. Hopefully, her time at Samaritan College will encourage her to choose to come to country South Australia when she has completed her studies. We wish her all the best for her teaching career!

SWIMMING LESSONS

Swimming lessons have consumed the OLHC Campus for the second week. It has been great to see the children having so much fun and learning a vital skill at the same time. I would like to take this opportunity to thank the many parents who have assisted in a variety of ways over the last two weeks.

Yours in Faith, Wisdom & Compassion,

Eleni Vails
DEPUTY PRINCIPAL

LITURGY

Year 1/2 Lange will celebrate Liturgy of the Word in OLHC Church at 12:30pm on Thursday, June 21. Families are most welcome to attend.

ASSEMBLY

Year 6/7 Keen will lead the Assembly on Friday, June 22 at 12:30pm in the Vessey Unit at OLHC Campus.

R/Year 1 Davies/ Kuchel will lead assembly on Friday, June 22 at 2:30pm in the Library at St Teresa’s Campus.

Bernie Meixner
APRIM

LOST PROPERTY CUPBOARD

The lost property cupboards at the primary campuses are overflowing! Many items (new looking) not named have made their way to the lost property, please come and check the lost property cupboard. Anything left at the end of term will go to either St Vinnies or the Uniform Shop.

We urge parents and caregivers to NAME ALL uniform items at the time of purchase.

HOCKEY

Friday, June 15

5pm Minkey:
STC1 vs STC2
OLHC vs Naps/Long1

5:45pm: U/11
STC1 vs STC2
OLHC vs Naps/Long2

6:40pm U/13
MOPS vs OLHC
Naps/Long/Town vs STC

Soup will be on sale as a fundraiser for Juniors.

Tania Taylor
SECONDARY CAMPUS NEWS

ACCOMMODATION FOR UNIVERSITY
A reminder to parents of Year 12s who are intending to apply for a place in one of Adelaide’s residential colleges: Aquinas, St Mark’s, Flinders Hall, Lincoln and St Ann’s that each college has different closing dates. Note that some close very soon and that if you wait until our Year 12 Information session on August 8, it may be too late. More information found here: http://www.adelaide.edu.au/accommodation/colleges/ and here: http://www.flinders.edu.au/living/on-campus/applications/. Arranging accommodation in Adelaide, or anywhere, is definitely not something to be attempted in late December or early January.

CARS/BIKES
A reminder that any student wishing to drive a car or ride a motorbike to school needs to register their details with the College. This form is available on our website. We also remind students who ride pedal bikes to ensure they lock their bikes to our bike racks, and use their fastened helmets at all time.

CHRISTIAN BROTHERS
It was a real blessing to be able to take some of the Class of 63, together with their first teacher, Br Sheehan, on a tour of the College on Sunday. A normal tour takes 40-50 minutes but this one took nearly 2 hours as the group was enthralled by the history provided by Br Sheehan. The respect still shown by his former pupils was evident to see. I was taken aback by the descriptions of how the school ran in its first year in 1963, together with all the logistical history of where they all lived, where the housekeeper lived, what the boys did at school etc. To think the first science laboratory was where our current sick room and principals’ office is, is quite amazing. Brother Sheehan also told the story of Edmund Rice through the Edmund Rice Icon (we have 2 at the College) in the chapel – it was a step back in time but also a reminder of the wonderful traditions that we have been entrusted with by having the Christian Brothers and the Good Samaritan Sisters as part of our history and also our future. I get to further my understandings of these traditions by visiting the birth place of Edmund Rice in Ireland later in the year where it is the 250th anniversary of his birth.

It also needs to be noted the enormous number of people who went out of their way to tell me how beautiful, tidy and welcoming the campus looked on Sunday. This is a credit to our staff and students – thank you.

Damien Judd
DEPUTY PRINCIPAL

Graeme Jose Award
Nominations

Students aged 14-18 years old who live in Whyalla or Iron Knob can nominate for this prestigious award. Nominations are sought from young people who fit the criteria of contributing to the community through academic or sporting or cultural involvement. Students need to have their nomination seconded and are interviewed by a panel of community leaders. Nomination forms are available from our front office and close Friday, July 20.

CANTEEN ROSTERS
Monday, June 18 – Friday, June 22

<table>
<thead>
<tr>
<th>Mon</th>
<th>Rita Mavinkovich</th>
<th>no help required</th>
<th>Donna Ward</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue</td>
<td>Judi Kneebone</td>
<td>no help required</td>
<td></td>
</tr>
<tr>
<td>Wed</td>
<td>Tonia Munday</td>
<td>Antonetta Rogers</td>
<td>Mark Plunkett</td>
</tr>
<tr>
<td>Thu</td>
<td>Rebecca Bubiciich</td>
<td>Lisbeth Fernandez</td>
<td>Monica Pennimpede</td>
</tr>
<tr>
<td>Fri</td>
<td>Belinda Denny</td>
<td>Sunny Chung</td>
<td>Roseanna Wragg</td>
</tr>
</tbody>
</table>

Annette Cameron
Rose Cassar
Marg Coad

CANTEEN MANAGER
CANTEEN MANAGER
CANTEEN MANAGER