Dear parents and caregivers

The above ‘foreigner’, a Samaritan, was cured among others by Jesus, yet he was the only one who showed humility and faith in coming back and giving thanks.

As we move closer to the season of Advent, we remind ourselves to be conscious of others rather than ourselves and to consider what Jesus is asking of us; to be compassionate, forgiving and faithful. To value the privileges we receive every day, and to reach out to the ‘other’ amongst us. Often it is the people who aren’t accepted who show us the way to behave or who encourage us to challenge our own thoughts and actions, whether it is a difficult child in a class, the teen making poor choices or the angry drunk on the street. We need to take the time to listen and empathise with what their story is, in order to bring understanding and acceptance. As such we celebrate diversity and inclusivity in our community, and view Samaritan as a fertile ground for learning how to walk with faith, wisdom and compassion.

What a delight it was to be with the faithful at Peterborough on the weekend in order to celebrate the canonisation of Saint Mary of the Cross, throughout the Port Pirie Diocese. We would like to thank Jacob, Rebecca, Morgan, Sam, Sarah, Janelle, Emma, Bonnie, Kayla, Jeremy and Jake for their participation and interest. We all enjoyed a pleasant day with many of the Whyalla parishioners attending and there was great opportunity to catch up with the wider Catholic ‘family’ across the diocese.

As the end of year beckons, there can be a tendency for restlessness amongst the children. We have asked for staff to ensure routines are maintained and the usual boundaries are observed. We ask that parents support this trend by maintaining attention to expectations such as uniform, diaries, attendance and the like, in order to continue running smoothly throughout the last four weeks of term.

Congratulations to our staff who have celebrated recent engagements to their partners: Stacey Hearne and Roger Hawke. In addition, a belated congratulations to Kimberley and Blair Owens on the birth of their daughter, Mackenzie Jane.
Two important events have taken place this week. Firstly the Diocesan Celebrations of St Mary of the Cross MacKillop at Peterborough on Sunday.

Over 100 parishioners of all ages attended, travelling by coach and cars.

Mass was celebrated by Bishop Greg O’Kelly and the priests of the Diocese.

There were about 800 people from across the Diocese. After Mass we all proceeded to the Sports Oval for BBQ lunch and conversations with people from near and afar.

The next event is happening this week with our 28 children from the parish receiving their First Reconciliation. We continue to pray for them and their families. At the Parish Masses this weekend they will receive their certificates.

Have a good week.

God Bless

Srs Cheryle and Robyn

ON BEHALF OF THE PARISH TEAM

<table>
<thead>
<tr>
<th>WEEKEND MASS TIMES</th>
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<tr>
<td>St Teresa’s Church</td>
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<tr>
<td>Saturday 7:00pm</td>
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<td>Sunday 8:30am</td>
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REligIOUS DIMENSION

Saint Mary of the Cross celebrations in Peterborough

Last Sunday, over 100 people from Whyalla’s Catholic community travelled to Peterborough to join with others from our diocese to celebrate the canonisation of St Mary of the Cross MacKillop. The setting for the Mass was perfect. Peterborough lies within a geographical and spiritual belt of settlements in which Mary MacKillop and her sisters ministered and worked to bring God’s love to the poor and marginalised.

The faith of those who attended and the many who offered their prayers for the celebration is a sign that the spirit and grace of Mary MacKillop is alive and active.

Sainthood is not something resigned to a museum for us to remember a bygone era. The canonisation of Mary of the Cross brings life affirming hope here today. The Spirit of Mary is alive and active amongst us here and now in Australia and throughout the world.

Saint Mary of the Cross, pray for us

Bernie Meixner

REC - STC

Congratulations to Isaac Smith, Angus MacDonald, Liam McIlduff, Brad Shiel, Hamish Freund, Ben Hofmann and Shannon Pudney who were selected for the SAPSASA Cricket Carnival in Adelaide recently. Their team won 7 of 12 matches. Well done boys!
International Night

Friday, November 19
(Week 6)
In The Piazza
(Saint John’s Campus)
from 6pm

Come along with your families for a great night of International food and entertainment. Prices reasonable and children’s foods are available. Bar facilities provided.

Please help make the evening a success by completing the form with this week’s newsletter. Also available from our website - under the community tab.

Any clubs or service groups who wish to organise a stall for their own fundraising purposes, with only a small donation to Samaritan College, please contact Terissa Shepherd on 8645 8568.

Come along and experience our International Community

Parenting Ideas by Michael Grose:
Resiliency Robbers

“All parents have the best of intentions when raising kids. Wanting what is best for kids can cause parents to make decisions that are not always in their (children’s) long-term best interests.”

If you buy the line that the promotion of resilience is in the best interests of kids then check out the following common parenting mistakes that reduce children’s resilience.

Robber # 1: Fight all their battles for them Nothing wrong with going into bat when kids struggle or meet with difficulty inside or outside school but make sure this is the last resort, not the first option.

Resilience notion # 1: Give kids the opportunity to develop their own resourcefulness.

Robber # 2: Make their problem, your problem Sometimes parents can take too much responsibility for issues that are really up to children to work out or decide. Here’s a clue if you are wondering what I am talking about: a jumper is something a mother puts on her son when she is cold!

Resilience notion # 2: Make their problem, their problem.

Robber # 3: Give kids too much voice In this era of giving children a voice it is easy to go overboard and allow them too much of a say in what happens to them. Kids often take the easy option to avoid hard or unpleasant situations.

Resilience notion # 3: Make decisions for kids and expect them to adjust and cope.

Robber # 4: Put unrealistic or relentless pressure on kids to perform Expectations about success and achievement are important. Too low and kids will meet them. Too high and kids can give up. Too much and kids can experience anxiety.

Resilience notion # 4: Keep expectations in line with children’s abilities and don’t put excessive pressure on them.

Robber # 5: Let kids give in too easily Resilient learners link success with effort. They don’t give up because they don’t like a teacher or when confronted with multi-step or more complex activities. Similarly they don’t bail out of a sporting team half way through the season because the team is not winning or they are not enjoying it.

Resilience notion # 5: Encourage kids to complete what they have started even if the results aren’t perfect.

Robber # 6: Neglect to develop independence. Don’t wait until they are teenagers to develop the skills of independent living. Start early and promote a broad skill set so that they can look after themselves if you are not around.

Resilience notion # 6: Don’t routinely do for kids what they can do for themselves.

Robber # 7: Rescue kids from challenging or stretch situations There are many times kids are put in situations that are outside their comfort zones for a time. For instance, giving a talk, singing at the school concert or going on school camp may be challenges for some kids. They are all situations that kids usually cope with so show your confidence in them and skill them up rather than opt for avoidance.

Resilience notion # 7: Overcoming challenges enables kids to grow and improve.

Sometimes the manageable hardships that children experience such as a friend moving away, not being invited to a party or completing a difficult school project are fabulous learning opportunities. They help kids to stretch and grow. Dealing with them effectively also teaches kids that they are capable of coping when they meet some of life’s curve balls.

And that is a huge lesson to learn at any age.
**PRIMARY NEWS**

This term seems to be moving along very fast.

Our teachers, as usual, are busy teaching the students and also preparing Reports and doing everything else that needs to be finished by the end of this school year.

As we know from previous years, everything always gets done!

**INTERNATIONAL NIGHT**

International Night is on Friday, November 19 at Saint John’s Campus. It is a great opportunity for parents and friends of Samaritan College to gather together for an entertaining evening.

We need the help of many people to make it a success.

There are various ways in which you can help. As well as attending the International Night some of the things that you could do are:

<table>
<thead>
<tr>
<th>+assist with food preparation during the day</th>
<th>+help with setting up or packing up</th>
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<tr>
<td>+donate ingredients</td>
<td>+prepare a dish or</td>
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<tr>
<td>+help on a stall</td>
<td>+convene a stall</td>
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Please complete the help needed insert in this newsletter and return to any campus or ring Terissa Shepherd on 8645 8568.

It is always an evening not to miss!

*Patricia Page*

PRIMARY CAMPUS LEADER

**YEAR 7 TRANSITION INFORMATION**

Involvement Day

Please meet at the Rotunda at 8:30am on the day allocated. Students will be dismissed at Saint John's Campus normal finishing time of 3:15pm.

Students are to:

- wear school uniform including hat
- bring pencil case and writing pad or exercise book
- bring packed lunch and recess, or alternatively, orders may be placed at the canteen during caregroup time

<table>
<thead>
<tr>
<th>Monday</th>
<th>November 15</th>
<th>STC Yr 7 Gogoll, Fisk St, NAPS (girls)</th>
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<tr>
<td>Tuesday</td>
<td>November 16</td>
<td>STC Yr 7 Baverstock, NAPS (boys)</td>
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<td>Wednesday</td>
<td>November 17</td>
<td>MOPS, Town, Sunrise</td>
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<tr>
<td>Thursday</td>
<td>November 18</td>
<td>OLHCC Yr 7 Gill</td>
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<tr>
<td>Friday</td>
<td>November 19</td>
<td>OLHCC Yr 7 Fahey</td>
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*James Keating*

YEAR 8 COORDINATOR
**Liturgy Of The Word**

Please join us for Liturgy of the Word next Thursday, November 18 at 12:30pm in the Church. It will be presented by 2/3 Hawke & 3/4 Tullio as they celebrate the Sacrament of Reconciliation with their Yr 3 students. We hope to see you there to celebrate this important event with the students.

*Bec Fahey*

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**STC**

**Liturgy**

On Thursday, November 18, R/1 Boundy will be celebrating Liturgy in the library at 9:30am. Parents are most welcome to join us to celebrate and join us for morning tea afterwards.

**Assembly**

3/4 Opie will lead assembly at 9:30 am on Friday, November 19.

*Bernie Meixner*

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**SAINT VINCENT DE PAUL COLLECTIONS**

As we approach Advent and the school term draws near to its end, we spare a thought for those families who will go without this Christmas. As a Catholic community we ask for your help to make a difference in the lives of many families by donating to the St Vinnie’s Christmas appeal.

Please donate non perishable food items or toys for children of any age. Donations can be made to your child’s class. All campuses will participate in this initiative.

*Bernie Meixner*

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**PE WEEK**

The students and staff have been enjoying ‘being active’ this week. Tune in next week for photos and a write up on the events of the week.

*Bec Fahey*

**EWBA COORDINATOR**

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**The Foyer of St Teresa’s Campus is alive with music and song!**

The Year 6/7 Students have completed research assignments on their favourite band or singer.

The quality of work and creativity in presentation is of a very high standard. The students are to be congratulated on their efforts.

Please pop in and have a look.

*Winnie Fitzgerald*
COMMUNICATION
At this time of year it often becomes harder for parents of senior students to keep informed of events at the College as their child starts to spend less and less time at school through exams and end of year events. For some Year 11 parents, this may be the last time your child brings the 2010 newsletter home. There is always, however, important information to pass on that may affect your child even though the year is finished for them and we remind parents that our newsletter is available online on our website.

SUPERVISION
A reminder that supervision of students in the yard does not commence until 8:20am each morning. Staff also supervise the front and side gate after school until approximately 3:40pm. If you feel you do not want your child waiting after school alone to be picked up, they are welcome to sit and wait in our front office.

SPORTS DAY
Please note some of the requests listed in this newsletter asking for help with our Year 7-11 Sports Day on Friday, November 26. There are simply too many jobs for staff to cover on the day and parent help is always appreciated.

YEAR 7 PARENTS NIGHT
This is held at the Secondary Campus in our Xavier Wing at 7:30pm on Tuesday, November 23. A very informative and helpful session about your Year 7 child beginning life at the secondary campus of Samaritan College.

CYBER BULLYING
I recently attended an excellent training day about cyber bullying run by internationally renowned Dr Michael Carr-Gregg. The College will be sharing some of this information with parents at the start of 2011 and training its staff. But one of many bits of interesting information that was highlighted was that many parents are unaware that they, and their child, are, in essence, committing fraud if their child, under 13, joins Facebook. This is clearly outlined on the Facebook site.

REMEMBRANCE DAY
The Secondary Campus remembered those who had died or suffered for Australia’s cause in all wars and armed conflicts today at 11am.

CONGRATULATIONS
Well done to over 40 students who participated in the Oliphant Science Awards. Special mention to Raghav Goel from 10 Red for receiving a Highly Commended Award for his entry in the competition.

Damien Judd
SECONDARY CAMPUS LEADER

SRC UPDATE
Thank you to all who supported our ‘cake-alicious’ stall – to those who baked, set-up, packed away and bought our treats.

As the school year comes to an end the baton has been passed from Year 12 to Year 11. We remind ALL SRC members that attendance at weekly meetings is still very important. There has been a noticeable drop in attendance at meetings of students from younger year levels. Please remember that you are in a position of leadership within the school, nominated by your peers to represent them. At the start of 2010 you were commissioned in this role and made a public commitment to fulfil the responsibilities of this role – including attendance at meetings. Let’s aim for 100% attendance at the last meeting for 2010! (Monday, Week 7 in the library from caregroup until 4pm)

Parents/caregivers please support your child in fulfilling this commitment.

YEAR 11 SRC MEMBERS

YEAR 10 EXAMINATIONS.
Year 10 students will be undertaking their end of semester examinations on Wednesday and Thursday of Week 7. This is a slight adjustment on the previous advertised date on the school calendar. Timetables will be posted in caregroups next week and students should be mindful of balancing their work and study routines in the lead-up to one of the last challenges facing the Year 10 cohort this year.

Trent Keiper
YEAR 10 COORDINATOR

Our House Captains For 2010-2011 Have Been Selected.

<table>
<thead>
<tr>
<th>CAPTAINS</th>
<th>BENEDICT</th>
<th>MACKILLOP</th>
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<tr>
<td>RICE</td>
<td>Kristina Kotomitis, Billy Parish</td>
<td>Tim Foulkes, Brette Wingfield-Hill</td>
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<tr>
<td>VICE CAPTAINS</td>
<td>Ryan Ware, Erin O’Rielly</td>
<td>Evelyn Tarran, Jack Dowling</td>
</tr>
<tr>
<td>STAFF</td>
<td>Kim Hall, Matt Quist</td>
<td>Josh Boden, Rebecca Pollard</td>
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Our sportsday this year will be held on Friday, November 26 at Jubilee Park. The day will begin at 8:30am where students will need to meet their caregroup teachers to sign in for the day. The morning will start with an opening ceremony and the events will begin at 9:00am and conclude at 1pm. From there the students will all be sent back to their house area for the beginning of the 100m sprints. Throughout PE classes students have been practicing and completing heats for all throwing and jumping events, with the top 8 from each age group competing on sportsday. All running events are open to all students with every student gaining a participation point for their team. It would be great to see parents and caregivers out to support our annual event. In the coming weeks I will place a timetable in the newsletter.

Kate Nolan
PE & SPORT COORDINATOR
The exam period is a time when stress levels are higher than usual. Stress can be positive; helping you to stay motivated and focused. However, too much stress can be unhelpful, it can make you feel overwhelmed, confused, exhausted and edgy.

It is important to try and keep things in perspective and find ways of reducing stress if things seem to be getting on top of you. The following tips gives you some suggestions of things you can do to maximise your study time and help you learn better.

**Study area** – Having a good study area can make a huge difference to how well you learn. Study in a well lit, quiet area, away from noises and people in the house. If this is impossible, it might be better to study at the library. Make sure your desk is tidy and organised – it means you can concentrate on studying and learning rather than trying to find information.

**Find out about the exam** – Find out what format the exam will take ie.: Are the questions in essay, short answer or multiple choice format? Is the exam open book or closed book? Knowing how the exam is marked and what proportion of your total mark is worth might also be helpful.

**To do lists** – Make a to do list before each study session. Breaking tasks down into small, manageable tasks will make it less overwhelming. Cross them off with a fat texta as you go.

**Past exam papers** – Ask you teacher for past exam papers. They can be a useful insight into what your exam will be like and can also provide a guide for what you know and the areas in which you need help. If possible, practice some under exam conditions and get your teacher to mark them.

**Study groups** – Forming a studying group can be a helpful way to revise your notes and work through past exam questions (it can also help you feel supported, keep you motivated and focused). If you have questions about your work, a study group may be a good place to have them answered. Ask your teacher if they know of anyone else interested in studying with other people.

**Switch the phone or email off!** – If you find that you are being distracted by the phone or emails, it might help to put the answering machine on or get others in the house to take messages for a while. You can always ring people back later.

**Wallpaper** – Write key concepts you have to learn on small sheets of paper followed by examples of how they are used. Post these sheets around your house, eg.: your bed, on the toilet door, in front of a CD collection. It helps with remembering things like equations, quotes and foreign languages.

**Ask lots of questions of your teachers or tutor!** – Your teacher or tutor can help if you are having trouble developing a study routine or need help with understanding subjects or a particular topic. Asking for help doesn’t mean you are a failure or stupid – in fact it is smart to tap into their experience and knowledge to help you perform better. Keep going back to them if are still unsure or you have more questions.

**Know your preferred learning style** – Some people work better using text based memory tools, like acronyms. Other people find more visual tools more useful, eg: mind maps, tree diagrams.

**Take regular breaks** – Getting up, moving around and away from your desk at least every 50 minutes for 10 minutes makes you concentrate and learn better.

**Revise and learn (not just re-read)** – Sometimes reading through notes doesn’t result in learning or understanding. Include the following in revising each topic:

- Vocabulary, technical terms definitions
- Summaries of points
- Formulae, rules, diagrams, charts
- Ability to understand relationships

**TIME MANAGEMENT**

**Avoid procrastination** – Procrastination is when you do everything else but the task you need to do. It is normal to procrastinate a little, however, too much procrastination can just add to your stress and can result in you not giving yourself enough time to prepare. Managing your time and setting realistic goals for each study session can be helpful ways to avoid procrastinating and make tasks seem less overwhelming.

**Make a study timetable** – Write down all the things you need to do each day of the week, and how long you need for each, including time for enough sleep, relaxations and exercise. Find out the date of each exam and work out a study timetable leading up to them. Include tests that will help you identify gaps in you knowledge. This can give you some direction and help you focus on what to study each week or day.

**Use your frees** – Studying in the school library during your frees gives you access to lots of information available from the reference shelves. Some materials, such as sample solutions, often can’t be taken out of the library or can be too long to photocopy.

Leesha Spreadborough
STUDENT COUNSELLOR

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### Canteen Rosters

**Monday, November 15 - Friday, November 19**

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<thead>
<tr>
<th>ST TERESA’S CAMPUS</th>
<th>OUR LADY HELP OF CHRISTIANS CAMPUS</th>
<th>SAINT JOHN’S CAMPUS</th>
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<tr>
<td><strong>Mon</strong></td>
<td>Fiona Moffat</td>
<td>Jean McCarroll</td>
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<tr>
<td><strong>Tue</strong></td>
<td>Lucy Meixner</td>
<td>Emily Inglis</td>
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<tr>
<td><strong>Wed</strong></td>
<td>Melissa Ndoro</td>
<td>Makaela Nolan</td>
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<tr>
<td><strong>Thu</strong></td>
<td>Nellie Cowan</td>
<td>Maddie Whitehouse</td>
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<tr>
<td><strong>Fri</strong></td>
<td>Amelia Cooper</td>
<td>Charlie Cooper</td>
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Annette Cameron
CAHTEEN MANAGER

Rose Cassar
CAHTEEN MANAGER

Marg Coad
CAHTEEN MANAGER

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7 of 8
FRIDAY, NOVEMBER 19 from 6.00pm

A wonderful and busy community event, the International Night has been running successfully for 13 years because of the extended parent community contribution and support.

This is an early call for people to convene, cook, serve or help in any other ways for a period of time on the night, or in preparation during the day.

Many parents offer their services for this event, as their ‘one-off’ contribution in a busy family schedule. There is something there for everyone! We also encourage community groups to have a stall as their own fundraiser, with 10% going to the Samaritan College Community.

Please fill in the coupon below to indicate your early offer of help. This terrific night only happens because of your help! Why not ask a friend to help out and make it a fun night.

We will contact you midway through Term 4 as we develop the roster.

INTERNATIONAL NIGHT – RETURN SLIP

We will need help with the following:

I CAN HELP WITH SERVING: ☐ I CAN PROVIDE ENTERTAINMENT: ☐
I CAN ORGANISE A STALL: ☐ Please specify: ........................................
I CAN HELP ON A STALL: ☐ I CAN DONATE A DISH: ☐
I CAN HELP ON THE BAR: ☐ eg: dessert item: .....................................
I CAN HELP PREPARE DURING THE DAY: ☐ Cultural savoury dish: ..................

Comment: ..............................................................

My community club ................................................................ would like to convene a stall independently.

Please contact me on Phone: ..................................................... to discuss details.

YOUR NAME: ___________________________________ CHILD(ren’s) NAME(s): ______________________

CLASS: __________________________________________ CAMPUS(es): ______________________

HOME: __________________ WORK: __________________ MOBILE: __________________