Dear Parents

The Open Day was a very successful day. It was a beautiful day weather wise. The College looked magnificent and the staff and students did a wonderful job as ambassadors for our school. For those people, who had the opportunity to listen to our musicians, you would have to agree that they performed very well. Many members of our community invested a great deal of time into this day and I sincerely thank them for their dedication and loyalty to Padua.

Next term, we are going to push the use of Padua bags for all students except Year 12 students. It is my understanding that most, if not all, students purchased Padua bags from the Uniform Shop at the beginning of the year. The only hitch was with the draw string (sports) bags, which were faulty and had to be recalled. These will not be available until the end of the year, but really are unsuitable as every day bags in any case. Therefore, I would ask all Years 5-11 parents to ensure that your son/s has/have a Padua bag for Semester 2. Padua tour bags won’t be acceptable as an alternative.

At the last P & F Meeting, I advised parents that as of 2015, Padua College will be involved in AIC sport only. In other words, we will no longer be involved in CIC sport. This decision has been made by all current AIC schools and we are working this year on a new structure for AIC sports that caters for students from Year 5 through to Year 12. As formal decisions are made about the new structure, I will inform parents. Basically at this stage, it is ‘watch this space.’

Amazingly, there are only three weeks left in this term. The older students will be submitting assessment preparing for exams. Management of time and prioritizing of school commitments over social commitments will be important over the next few weeks. When necessary, please assist your son with his decision making.

Best wishes for the next fortnight.

Pace e bene
Robert Out
Rector
It has been a roller-coaster year in the history of the Catholic Church, as Pope Francis begins his second year as Bishop of Rome. Early in his papacy he made known his intent to review and change the governance of the church. He now has eight cardinals (including one Australian) who are to advise him on working towards a more decentralised church authority and a better management of the church's finances.

The Pope also calls for the role of women in the church to be better recognised and for them to be involved in decision making within the Church. More recently he has invited us to respond to certain matters pertaining to family life, in preparation for a Synod of Bishops meeting on family life that will meet in October this year. We have been asked to respond to issues concerning marriage, divorce, family life, education of children, gay marriage, contraception and general church teaching on sexual morality.

It is interesting to note that there are Bishops who welcomed the possibility of surveying those in their Diocese and others who found this issue of consultation quite threatening.

"Sensus fidelium" has long been a part of Church teaching - it is about how the faithful accept church teaching. In his usual blunt style the Bishop of St Petersburg (U.S.) stated that after reading responses from Catholics in his diocese that the church's teaching on artificial contraception is all but ignored. At the same time these Catholics agreed with the Church's teaching on marriage.

The unusual aspect of this is a Pope who is willing to begin the process of consultation. And you wonder if a man whose church tells him (in certain prescribed procedures) that he is infallible, can engage in the process of consultation, that perhaps he is teaching us all the value of consultation in our dealings with one another.

Something new is emerging from Rome. Pope Francis when asked to describe himself, responded, "I am a sinner. This is the most accurate description of myself. It is not a figure of speech, a literary
genre. I am a sinner."

Truly our Pope is like us, and yet as Pope he stands apart as a singularly blessed and powerful witness of Jesus Christ. His own joy in the Gospel offers us all a future filled with hope.

Fr John

CONSULTATION

There are three fundamental ingredients to healthy leadership. I will address them over the following weeks. They are CONSULTATION, COLLABORATION and COMMUNICATION.

All of us have probably experienced leadership practised in immature ways. The Catholic Church, totalitarian states run by dictators and some business enterprises have a long history of poor leadership, where these three characteristics have been ignored. Why?

Well consultation takes a good deal of humility, and the self-confidence of the leader to have the courage to consult. The process takes time and the keen art of listening. It means that the leader regards himself, not as a self-professed expert, but that in humility he can learn from others.

The "leader" who rides arrogantly roughshod over others, does it because he is afraid that others may know more than he does - this consultation becomes a threat to his self-professed authority, and because he lacks self-confidence, he is afraid.

Consultation is about having faith in others, it is about respecting the other members of the team, it is about taking them into your confidence. For some this is not easy. What is easy is to sit back and give orders. But the price is low team morale, and the creation of a presumptuous and arrogant atmosphere that spell hierarchy in the worst senses of the word.
From the Pastoral Care Team

Anxiety and Depression

The issue of anxiety and depression is a growing problem for students across Australia. In response to the issue at Padua College, Sally Dwyer (College Counsellor – sdwyer@padua.qld.edu.au) has prepared a 3 part paper that is a must reads for all families at the College. Over the coming weeks this paper will take the place of the Raising Boys Tips section of the Bulletin. I urge all parents to make themselves aware of this growing issue within schools.

Students Arriving Late

Later in this Bulletin you will find a flyer that shows the correlation between arriving late to school on a regular basis and time missed from Pastoral Care/Teaching and Learning. Understandably, students may be late to school infrequently for many reasons. However if your son is regularly late, he is having a significant impact on his learning at Padua. If your son is a regular late starter, I urge you to address this matter with him. Enabling or excusing lateness at home reinforces bad habits, is detrimental to his teaching and learning and fails to prepare him for the possible consequences that may occur in the professions, post schooling world.

Raising Boys Tip

How to prevent depression and clinical anxiety in your teenager - Strategies for parents

There is a range of factors that influence whether or not a teenager develops depression or clinical anxiety, including a few which parents have some control over. This means there are things you can do to help reduce your teenager’s risk of developing these problems. Over the next few Bulletins I will share some information on depression and clinical anxiety, and outline practical parenting strategies as recommended by Beyond Blue.

What is depression?

The word depression is used in many different ways. People feel sad or blue when bad things happen. However, everyday ‘blues’ or sadness is not clinical depression. People with the ‘blues’ may have a temporary depressed mood, but they usually manage to cope and soon recover without treatment. What we are trying to prevent is clinical depression. Clinical depression (otherwise referred to as depression throughout these guidelines) involves feeling down or irritable for at least two weeks and stops a person from enjoying things they used to like or from taking part in usual activities, such as going out with friends or playing sport. When this happens, other symptoms also develop.
These may include feeling worthless, not sleeping well, not being able to concentrate, having an increased or decreased appetite, or thinking of suicide. The symptoms are severe enough to interfere with everyday life. For example, they make it hard for the person to focus or perform well at school or college, or to get along with friends and family.

**What is clinical anxiety?**

Everybody experiences anxiety at some time. When people describe their anxiety, they may use terms such as: anxious, stressed, nervous, on edge, worried, tense or scared. Although anxiety is an unpleasant state, it can be quite useful in helping a person to avoid dangerous situations and motivate them to solve everyday problems. However, anxiety can become a problem if it is severe, long-lasting and interferes with a person’s life. *Clinical anxiety* refers to symptoms of constantly feeling nervous, anxious or on edge, and not being able to stop or control worrying. The anxiety is strong enough to cause trouble at school or work, in personal relationships (e.g. with family, friends) or to make it difficult to get on with day-to-day activities.


**Strategy 1**

Establish and maintain a good relationship with your teenager

- **Show affection** – it’s important to show your teenager that they are loved and respected. Express your affection for your child verbally, such as telling them regularly that you love them. Adapt the way you demonstrate affection to your child according to their age and level of maturity.

- **Take time to talk** – make time to chat with your teenager about their day and what they’ve been doing. Try to start a conversation with them at times when they appear open to conversation. Let them talk about whatever interests them. Encourage your teenager notice and enjoy the lighter and funnier side of life.

- **Know how to talk about strong emotions and sensitive topics** – it is common for teenagers to experience strong emotions. In order to manage their emotions effectively, young people need to first learn how to recognize and understand them. If you see that your teenager is feeling a strong emotion, ask about their feelings, e.g. “you look worried. Is there something on your mind?” or, “it sounds like you’re really angry. Would you like to talk about it?” Listen to your teen when they talk about their emotions. This helps them to identify and understand what they are feeling and to manage their emotions effectively. Do not dismiss or trivialize your teenager’s emotional responses. This can be interpreted as an indication that their emotions are unimportant. Model empathy by showing concern for their feelings during important discussions.
Strategy 2

- **Be involved and support increasing autonomy**

- **Be involved in your teenager’s life** – being involved and taking an interest in your teens life can reduce their risk. Paying attention to your teenager will also help you identify whether they are experiencing any problems. Show an interest in your teenagers’ life in a way that demonstrates that you care about them. Here are some ways you can do this;
  
  - Regularly engage in enjoyable activities that allow you and your teenager to spend one-on-one time together
  - Regularly try and eat dinner together as a family
  - Get to know who your teenager’s friends are
  - Monitor your teenager’s performance at school
  - Take an active interest in what your teenager is doing at school and in their extra-curricular activities
  - Encourage your teen to be engaged in their studies and other school activities

- **Avoid over-involvement and encourage autonomy** – it is important to balance paying your teenager attention with giving them space and privacy. Excessive control over a young person’s activities, thoughts and feelings can increase their risk of depression and anxiety. Try to monitor where they are, what they are doing, and who they are with by showing an interest in their activities rather than being intrusive.

Try to avoid encouraging your teenager to be too dependent on you. Evaluate whether you are taking over things too much by asking yourself “did I really need to step in?”, and “what would have to be the worst thing to happen if I didn’t step in?”. Encourage your teen to help around the house by giving them age-appropriate jobs and responsibilities.

*Keep an eye out in the next Bulletin for more practical parenting strategies.*
WHAT SORT OF START IS YOUR CHILD GETTING?

JUST A LITTLE BIT LATE DOESN'T SEEM MUCH
BUT........

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<td>3 weeks per year</td>
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Did you know your child’s best learning time is the start of the school day?
That’s when every minute counts the most!!
Dear Families

As the days get cooler and we pull on an old faithful sweater, we know it is time for end of term and all that that brings with it. Last weekend the Gospel story recounts Jesus’ ascension into heaven. In these days now we await the coming of his Spirit, as He promised. The Spirit who will be with us always – even to the end of days.

Franciscan Appeal
What a life this year’s Franciscan Appeal has taken on this year. At the time of writing this Bulletin article the current total for our Appeal is $23,244.15. That is fantastic!

Last Thursday, we had a very funny Battle of the House Bands Competition. What was lacking in quality was certainly made up for in spirit as each House Band strutted their stuff on stage for Timor. Congratulations to our winners and well done Padua for amassing a whopping 67.7 kgs of coins used to vote in the People’s Choice Award. This amount equated to $1,472.85. Thank you everyone for a great occasion.

Now its time for all sponsorship cards and your donations to be brought into school. Boys on the Greccio Campus have certainly been leading the way with huge totals being collected in their classes. Well done Years 5 & 6! It is now time for Assisi Campus to respond. Every boy in every class is asked to contribute something to their Class Total so that our goal of $30,000 for 2014 can be realised. Padua is proud of the efforts made so that this Appeal is our most successful. After all it is not us that benefit but the staff and students of St Francis of Assisi College in Timor-Leste.

All sponsorship cards are due this week please!

Rosies Street Van
Padua’s response to the Rosies Street Vans has been tremendous over the 10 years or so we have been involved with this organisation. The demand for spots each night outstrips the places on offer.
In Term 3 we will commence nights on the Logan Rosies Street Van. More details and dates about this will be published soon. If you are interested please see Mrs Farry in the PC Centre to register your interest.

2015 Vietnam Tour
In April 2015 Padua is hoping to have a group of staff and students travel to Vietnam for two weeks. An Information Evening was held last night with a promising number of families showing up. The experience of travelling to this exotic developing country, with a history strongly connected to Australia’s through the Vietnam War, would be enormous. A significant occasion of this tour would be the visiting of the Long Tan Memorial Cross which lies on the site of that famous battle that took place there. Padua had two Old Boys killed in that battle for which we never forget in our ANZAC and Remembrance Day Liturgies each year. For more information on this tour please contact Mr Ben Sitarz or Mrs Kym Gauld during school hours.

Feast Day of St Anthony of Padua
The Feast Day of our College Patron, St Anthony of Padua, occurs on Friday 13 June. Because of exams the College will hold our Celebration Day on Friday 27 June with a day of events.

Amid the sniffles and sneezes of the coming fortnight, may you all continue to be find peace and good will in all that you do.

Michael O’Brien
Assist a Student

An education program aimed at breaking the cycle of poverty.

The Assist a Student program affects the Vincentian charism of the St Vincent de Paul Society – since they care with love, respect, justice and joy.

We do this by sharing some of ourselves - what we have - with those in need in our neighbouring countries.

The Assist a Student program gives you the opportunity to provide funding to educate an overseas student for one year. Your donation of only $20 will be matched with a student from one of our partner countries.

Thank you for supporting Assist a Student.

St Vincent de Paul Society

Where we assist...

100% of your donation goes to the students' education needs for one year.

In choosing to donate money to the Assist a Student program, you are using the opportunity to provide education funds to overseas students in need of support through their education.

As well as this you will receive:

- A supporter certificate with the student name, country and course of study for each $20 donation.
- A complimentary copy of the Racewalk with an Assist a Student insert will be sent annually.

Throughout partner countries, local St Vincent de Paul Society members select students from families in need to be supported by the program. They receive education funds for one year and the money donated contributes to their education needs.

The program includes students at all levels - from primary, secondary and post-secondary. Education funds are allocated across the countries to ensure fair distribution. One of the program's strengths and most attractive features is that administration costs, funded by the Society, are kept at an absolute minimum.

No administration cost is deducted from your donation. 100% goes towards the students' education needs (including fees, uniforms, books etc) for one year.

It is a common belief that education improves a young person's opportunity of gaining useful employment, thereby improving their ability to impact themselves and their family in the future. It is a means empowering an individual to break out of the cycle of poverty.
E-Learning

As we enter the business end of the term, now is a good time for your son to be making sure that he is backing up his iPad to ensure that any assessment remains safe in the Cloud.

To enable you to assist your son with this please refer to the resources on the College website on the Technology tab. While we go through this with students in R & T it is still something that needs to be checked regularly. The information on icloud back up can be found at http://www.padua.qld.edu.au/technology/resources/ipad-backup/

There are a range of other resources on the Technology page of the website – take some time to have a look, ask you son to show you how things work!

Tanya Anderson
CIC Cross Country—Well done boys on 6th finish. Special mention to 12yrs who finished 3rd.
Busyness is a common theme across the classes on the Greccio Campus as we move through Week 7 and approach Week 8.

Grandparents Day for our 6 boys and Open Day are the latest of the fun filled events that have taken place throughout Term 2. Thanks to our musicians who’ve been an instrumental part of the success of these events. Their ongoing commitment and support of the many aspects of the College life are greatly appreciated. Year 5 recently visited the Caboolture Historical Village as part of their History unit for Term 2. Thanks to the many parents who assisted on the day.

Year 6 enjoyed camp over the last two weeks, and I’m sure many stories and highlights have arisen from this fantastic camp program. A program, which includes, the famous zip line, archery, box kite making and marshmallow roasting. A big thanks to the Year 6 staff, Mr Webb and Mr Rush who’ve ensured the success of this program.

Congratulations to Mr Downes and 5BD who did an amazing job of presenting the Week 6 virtue of ‘Resilience’, with the assistance of Greccio’s newest superhero, Captain Resilience. This week we turn to ‘Collaboration’ and look forward to sharing this virtue with Miss Moffatt and the lads of 6MM.

Thank-you to the following Year 5 boys, Joe Mooney-Blaker and Harrison Cross from 5DY who assisted on ground with ball boy duties at the most recent home game for our 1st XV against St Patrick’s College. Along with Max Johnson who ‘ran the tee’ at Marist College Ashgove last Saturday. Well done boys!

Recently a number of incidents of rough play have snuck into lunchtime games and activities, in particular on our oval. Boys have been reminded that the College has a strict ‘Hands off Policy’ and that they’ve signed a document on camps agreeing to adhere to this. Boys not following the expectations of the College can expect consequences to follow inappropriate actions. We encourage you to take the time to also discuss this with your son.

Ty Casey and Chris Webb
Pastoral Guardians
Greccio Campus
Greccio Library Greetings

Big news for our library this week is the upgrade of our library management system. For the boys, this means they will soon have access to the catalogue both at school and at home. There are many useful features in the library upgrade, and those that are relevant to the boys will be highlighted during borrowing sessions in the coming weeks.

Makerspaces as our place to create, explore and tinker has seen some busy times in last two weeks. Photos follow highlighting our ripcord rotor choppers, pan pipes and catapults. This week we introduce our Tinkering Table, where the boys will be dismantling and hopefully reassembling some common household items. Any small screwdrivers, spanners or shifters you may like to donate to our space are much appreciated.

We are hosting the upcoming Brisbane North Readers Cup next Wednesday, 11 June at LaCordelle. 34 teams from our region will answer questions related to preselected books. Our cup entrants Campbell Jones, Jack Mitchell, Sam Buckland, Louis Chinasing and Sean O'Rourke have been working hard throughout this term. We wish them every success!

Thank you for your continued support, and please feel free to contact the library team if we can help in any way,

Claire-Louise, Helen and Naomi

cperrrers@padua.qld.edu.au
Week 6 and 7 saw the enthusiastic year 6 students head off on their annual 3 day/2night camp at Amaroo. Much fun was had interacting with their mates, enjoying the sumptuous meals and the fantastic activities led by Mr. Rush. Games of ‘Seek and Destroy’, a SAS inspired team base game saw the students plan, plot and prepare for the survival of their teams. The Tee-Pee building challenge was a hit with much imagination used and the practical elements of survival and shelter demonstrated by some of the groups. Year 6 camp is remembered for its box-kite building and flying, the lack of wind failed to discourage those keen young men who persisted in running as fast as possible in order for their kite to reach great heights.

Stories and musings about the mysterious Pomona Yowie were muttered around the camp fire while the students roasted marshmallows and dreamed of a night of blissful rest. The next day saw cries of ‘loose’ as bows and arrows hit targets and dreams of being Robin Hood faded as the night sky approached. The freestyle zip-line never failed to disappoint and the students waited in anticipation to play the much loved ‘lantern stealth’ under the dark, yet spectacular star lit sky.

The students woke to their last day at camp with the nearby hills peppered in fog and prepared themselves for their rainforest walk, final pack-up and clean before the long bus ride home. I’m sure they all arrived home tired, relieved and all better for the experiences they encountered at camp in 2014. A huge thank you must go to camp coordinator Mr. Rush, and the staff who attended. Without their valuable contribution and ability to leave their own families for extended periods these experiences would not be possible.
On Friday the 23rd of May, the FCIP Rock Band packed their instruments and headed down to the Gold Coast to perform at the Blues on Broadbeach music festival.

This was the first time that the festival had a section called “Schoolyard Blues” and we had been invited to perform along with two other Gold Coast colleges at the festival, so our hopes were high and we were determined to 'rock the house'.

Our performance started with 'Mercy', performed by the stunning Sabina Dos Santos, followed by 'Orange Coloured Sky' from the voice of Kathleen Skippen. After this was an original ‘Julia’, composed and sung by Aimee Quigg, who followed up the performance with 'I love rock and roll.'

Jayden Lynch performed a cover ‘Souls Afire’ by Matt Corby, and had the audience on their feet with 'Lonely Boy.' We wrapped up our performance with an original by Johanna Fields 'She don’t always’ and a Rock Band favourite, ‘Valerie’.

The day was a great success and I’m sure we enjoyed the festival as much as our audience did. At this point, on behalf of the FCIP I’d like to thank the Broadbeach alliance for giving us this opportunity for the first time. I’d also like to thank Mr Trevor Beyer, our conductor and supervisor, along with Mr Richard Tweddell, and my fellow musicians and singers for a truly awesome day. We are all looking forward to many more performances throughout the year.

Ethan Carey
Year 11 Student
This week the Year 9 and 10 History classes were entertained and educated by Mr Brett Hunt from Starrs Productions.

In a great one-man show, he re-told some stories from World War One for the Year 9s, from the perspective of an old, wheelchair-bound veteran. Later in the day, the Year 10s saw him relive the Vietnam War. With a connection to the war through his father, Mr Hunt was able to emotionally tell the story of the campaign, using effective music, singing and sound effects.

Thank you to our History teachers who gave us the opportunity to watch this performance about wars that helped shape our nation.

Ethan Down
Yr 10 History student
A few weeks ago, a selection of senior students were sent to the Royal Brisbane Hospital to be a part of the P.A.R.T.Y Program, or the Prevention of Alcohol Risk-Related Trauma in Youth. We listened to the interesting stories from paramedics, trauma nurses, emergency doctors and a trauma doctor who specialises in facial reconstruction.

Many graphic images of face reconstructions and other severe injuries. Later we were taken outside to feel like what it would be like to be drunk with beer goggles and tried to walk in a line, throw and catch a ball and even finding a key and unlocking a lock. These were extremely challenging with lots of laughter and failed attempts.

After morning tea, we were taken around the Hospital into places where most of the public don't get to see and wouldn't want to see. We were taken to the trauma floor and we spoke to a boy who had been thrown from his bike in a crash and had a deadly bear claw scratch on his kidney from the impact. After we spoke to him we were taken to talk to Charmaine and her father. One night she decided at 1 am to go for a drive with her boyfriend. She was distracted by a text and was involved in an accident. After spending 2 months in intensive care, Charmaine has spent the last 2 years learning to talk, walk and eat again. Even the hardest boy there had a tear in his eye hearing the emotion from her father when he spoke.

We then learnt about a man named Matt who was in a Sand boarding accident and spent many years in the RBH. We saw his struggle and pain, even this made us feel even luckier with what we have. We then proceeded to the gym to feel what it would be like to be out of hospital but confined to a wheelchair or on crutches or in a neck halo or bed ridden.

Lastly before we left we spoke to the Australian Wheelchair rugby captain, Ryan Scott, who told us his heartbreaking story of how he was confined to a wheelchair. He was a bad child, doing drugs and drinking with people who were older than him. A lack of concentration by the driver took the car off the road and subsequently paralysed Ryan from the chest down. He began to look up to better people and this year through hard work he has been named the captain for the Australian squad. He has a gold medal from the London 2012 Olympics and a silver in Beijing.

The PARTY aims to show the unfortunate reality of car crashes from alcohol and what can happen in one bad decision. Matt is disabled for life, Charmaine is now in a wheelchair for life and Ryan is paralysed from the chest down. All because of stupid decisions because they wanted to fit in. They are trying to live a normal life but because of past decisions their lives will never be the same.

Be smart. Think before you drink, think twice before you drive.

Jack Fuller
Year 12 student
Throughout the term, boys from both campuses have continued to participate in a variety of cultural activities. Those students involved in BIS have participated in two further rounds of the competition, whilst another round of QDU debating was completed this week; and the Assisi Choral Ensemble entertained visitors on Open Day.

Visitors to the College on Sunday 25th May we able to observe an open rehearsal of the Choral Ensemble. Boys from both campuses under the direction of Miss Sarah Landis joined together to learn two new songs. She opened the rehearsal with a variety of vocal exercises, before launching into three songs, two of which were new to the boys. In the previous week, the students in the Assisi Vocal Ensemble joined with four Mt Alvernia choirs to participate in a workshop with the choir of the Indiana University, the Singing Hoosiers. The Padua boys sang with the visiting choir, learnt new songs and movement. They were then treated to a concert by the Hoosiers and their 8-piece jazz band. Miss Landis stated that all boys appeared to greatly enjoy this experience and she is hoping that they will attend rehearsals with renewed vigour.

The students involved in BIS activities have enjoyed a friendly competition with Villanova College and St Peter's Lutheran College (SPLC). Both teams, from Year 7, debated on the topic of 'City life is better than country life', and I am pleased to report that both teams came out with a win on the evening. James Devine and Peter Ivers should be congratulated on being awarded Speaker of the Night in their respective debates. In round three, the boys were presented with a more challenging topic and unfortunately both teams came out with a loss. Nonetheless, our congratulations go to Mason Wilson and Peter Ivers, who once again, was awarded speaker of the night.

With only two wins in round three of QDU debating, the boys appear to find each progressive round more difficult. We congratulate both of the Year 12 teams, who defeated their opponents. Speaker of the round was awarded to Sam Falzon for his fantastic opening speech in a short prep debate that led his team to a 5 point win, securing them a place in the finals. The College wishes all teams well in the fourth and final debate of the preliminary series.

Heather Lapworth
Cultural Co-Curricular Coordinator
## 2014 Term Dates

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## Provisional 2015 Term Dates

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Padua Amateur Swimming Club

Squads

**Junior** - Introduction to racing, structured sets, endurance and technique training.

**Intermediate** - Advanced racing skills, increased speed, endurance and strength, structured sets and technique training.

**Senior** - Advanced training practices and continuation of skill development with a large focus on energy systems.

Triathlon

Padua’s new Tri program offers a range of training and racing opportunities. Specific racing skills and training goals are designed for all ages and ability levels from 8yrs+. Fully qualified running and cycling coaches join together with the Padua swimming team to deliver the program.

Masters

Our Masters swimming program concentrates on improving endurance, technique and stroke correction. Run by qualified coaches this program is sure to give you rewarding results.

Swimfit

This program is designed for both beginner and experienced swimmers looking to gain or regain fitness in a fun and relaxed social environment. This class will give you a great full body, low-impact workout that you’ll love.

**TIMES:** Monday 5:30pm – 6:30pm
Saturday 7:30am – 8:30am

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**Learn to Swim**

- Pre-prep
- Level 1 (Prep+)
- Level 2 (5yrs+)
- Level 3 (6yrs+)
- Level 4 (7yrs+)

**Fees**

LTS - Pre prep to Level 3 - $100 per term (10 weeks)
LTS - Level 4 - $160 per term (2 sessions per week)
Masters/Swimfit - $10 per session* or enquire about our full term discount

**Contact Details**

**Office Hours:** 2pm – 6pm Monday–Friday
80 Turner Road
Kedron 4032

**Phone:** 07 3857 9843
**Email:** cbarnes@padua.qld.edu.au

*Heated pool with programs running year round.
2015 VIETNAM HISTORY TOUR

Travel dates: 4 – 19 April, 2015

Don’t miss out on this once-in-a-lifetime opportunity

For more information please visit the College website
The Padua Uniform Shop
Is trading from its new location in the new Santa Croce building.
Entry available from Jardine Street.
Parent and Friends forum

Overview of adolescent mental health, including risk and protective factors. This session will discuss the identification of early warning signs and how to respond.

Date: 10 June 2014
Time: 7.15pm for a 7.30pm start (1.5hrs presentation - including 20-30mins question time)
Presenters: Dr Kerry Geritz and Ms Gail Corrigan

To register please go to the Padua website - News & Events/School Events Calendar/Event Registration/June/ Register (see next page for more instructions).

Dr Kerry Geritz
Kerry has extensive experience working with adolescents with mental illness and challenging behaviours in both child and youth mental health services and adolescent forensic services. Kerry completed her Doctorate in psychology from Griffith University and has been working with children and adolescents for the past 10 years in various departments of QLD Health. In addition to her work at Q-Psych, Kerry currently works as a senior psychologist with the Child and Youth Mental Health service, Child and Youth Forensic Outreach service, and Children's Health Services QLD.

Ms Gail Corrigan
Gail has over 15 years experience of working within the mental health sector in Australia and New Zealand. This has included:
- Working with young people at risk of leaving the education system
- Assessment and intervention in areas of behaviour, learning difficulties, substance use, anxiety and depression.
- Parenting strategies

Q-Psych
Psychology for Queenslanders: Anyone, any need, anywhere
Want to register for the P&F Parent Forum?

Here is how....

To register please go to the Padua website - News & Events/School Events Calendar/Event Registration/June/Register
As from 26 May, the Parish Hall Car Park has been closed off to school pick up and drop off parking. As the Parish moves ahead with its planned building project it is envisaged that the area around the front of the church and the Parish Hall will soon become a “no go” area for school children. Additionally the Parish Hall car park will eventually be used by our builders. To prepare for this and the fact that the car park will also soon be used for garage sale item deliveries we have decided to close the area to general parking until further notice.

Many Thanks

Allan Dunn
Parish Manager
From the Parish

MONSTER GARAGE SALE

Saturday 19th July 2014
From 6.00am—3.00pm
Kedron Parish Hall and Grounds
66 Turner Rd (Cnr Wayland St), Kedron

The Parish is looking for any items that can be donated such as:
- Furniture
- Toys
- Clothing
- Tools
- Kitchen items
- Garden Plants / accessories
- Books
- Electrical Goods
- White Goods
- Bikes

All items donated will be for sale on Saturday 19th July at the
‘Parish Monster Garage Sale’.

Items must be:
- Saleable
- Not damaged
- In working order

For further details on how and where to donate your items, contact:
Daphne Cumner on 0428 590 435
dcumner15@gmail.com
Or
Joanne Galvin on 0423053043
joannegalvin@optusnet.com.au

Breakfast Burgers,
Coffee and Toast,
Devonshire Tea,
Cake Stall, BBQ
Community News

Holy Cross School Festival
Sunday 15 June 2014

Step Right Up
Morris Street, Woolloongin From 10.30am

Fun For All

Live Music • Baby Animal Farm • Raffles
Clowns • Rides • Games • Face Painting
Choirs • Quality Second Hand Goods
Super Slide • Food Stalls • Beer, Wine,
Soft Drinks • Fairy Floss • Snow Cones
High Tea • Coffee • Cent Auction • Craft
Homemade Condiments • Haunted House
Hey Year 12 Mums, Let's Celebrate!

The class of 2014 is graduating from Padua College so please join us in celebrating!

12 October 2014
Stafford Tavern
10.30am-1.00pm (or later)

Come and join us for some bubbles and brunch to celebrate our boys graduating.

Payment of $30 to be made online at Padua website by 5 September

Should you have any special dietary requirements please contact Robyn Wiseman on 0448 572129 or email rmwiseman@bigpond.com
Community News

The must-attend Catholic men’s event of 2014!
MAX 14
menALIVE for Christ

BREAK NEW GROUND!

and discover the ‘good soil’ in your life!

18-20 July 2014
St Leo’s Catholic College
University of Queensland

This coming July, menALIVE invites you to break new ground in your life, uncover rich, fertile soil which, if tended, will produce amazing fruit and have a real and lasting impact on the world in which your live.

WHEN: FRIDAY 18 JULY 2014 commencing at 7.30 pm until SUNDAY 20 JULY 2014 concluding mid-afternoon.

WHERE: ST LEO’S CATHOLIC COLLEGE
UNIVERSITY OF QUEENSLAND
College Rd, St Lucia QLD 4067

COST: from $325 per person ($295 if paid by 1 June and for single men including students and pensioners.)

INFO?: Contact a member of the team: mail@menalive.org.au
Peter Corrigan – 0404 496 405
Robert Falcon – 0412 745 734
For Registration & Payment Information: cio@menalive.org.au

BOOK YOUR SPOT TODAY!
Thank you for raising your cup.

Kedron Community we raised over $1700. See you in 2015.

biggestmorningtea.com.au
You are invited to
Mount Alvernia's
3rd Annual Sacha Drake Styling Evening
Tuesday 17 June, 5.45-7.45pm
San Damiano Centre
Adults $25  Mount Alvernia students $15

In support of Kerrie Tuite in the St Vinnies CEO Sleepout

An Evening of Fashion Education and Styling, featuring welcome bubbles/soft drink and finger food, $50 Sacha Drake voucher for each guest; door prize of Sacha Drake dress; fabulous multi-draw raffle

PAYMENT - Sacha Drake Styling Evening, 17 June 2014
NAME: ___________________________ Number Attending: Adults ___ M: A students: ___

Method of Payment (payable to Mount Alvernia College): Cheque  Cash  Visa  Mastercard

Card Number: __________/________/________/________  CSC #: ______

Expiry Date: __/___  Amount: $ __________

Name on Card: ___________________________ Signature: ___________________________

Telephone Number: ______________________ Email Address: ______________________

General enquiries can be directed to Camilla Horn (hornc@mca.qld.edu.au)
Payment enquiries to Mount Alvernia College: 3357 6000
**Worldwide Marriage Encounter:** A weekend away for married couples in peaceful, picturesque surroundings – away from the distractions of everyday living. Take time out of your busy schedule, to invest in your most precious asset . . . your Marriage! This is a unique opportunity to recharge your relationship batteries, refocus on each other and fall in love all over again!

**Weekend date:** 13th – 15th June 2014

**Venue:** Santa Teresa Spirituality Centre, Ormiston QLD (on Brisbane’s bayside)

**For bookings/details contact:** Tamara and Scott Menteith, ph (07) 4634 3559, stjmen@aapt.net.au  Information website: [www.wwme.org.au](http://www.wwme.org.au)
Community News

Please do not contact the College Office for information at this time.

Happy Halloween

Save the Date

Padua Mum's Weekend

Tickets on sale Friday 29th August
Cost $120
And includes...

- High Tea with Champagne
- Site Tour, Pre-dinner drinks and nibbles
- 3 Course Dinner
- Accommodation
- Buffet breakfast on Sunday morning

Saturday 25th October, 2014 @ Amaroow
(Padua's Outdoor Education Centre)
Sunday 10 August 2014
Lawnton  Brisbane  Qld

163 km  100 km  50 km

Electronic Timing and Result provided by
Sports Timing Australia

Online Registrations:  open March
www.moretonbay100.org.au

Queries: bikeride@moretonbay100.org.au
Christine:  0422 542 838

All proceeds aid Lions Youth Emergency
Accommodation Centre (Pine Rivers) Inc.

lions australia we serve
FRIDAY, 30th May, 2014
School Hall at Queen of Apostles
10 Thuruna St Stafford School

- Chips
- Lollies
- Drinks
- Glow products
- DJ
- Hot Food
- $5.00 Entry

Grades: 6-7
Time: 7-9pm
**Stellar Kids** is a personal and social capability program with its foundations in positive psychology. It provides children with strategies to be able to manage themselves in social situations and deal with the fears, worries and challenges that are part of growing up. The program is engaging and interactive with exercises and creative activities and provides parents with plenty of strategies which can be used at home for long term effect.

**Term 2 programs—Level 1, 23 Redcliffe Parade:**

**Ages 4-6:** Thursday 15 May—19 June 3.30-5pm

**Ages 10-13:** Thursday 15 May—19 June 5.30-7pm

**Ages 7-9:** Saturday 17-31 May 9am-midday

**Benefits of enhanced social and emotional skills:**
- Ability to recognise and regulate emotions
- Greater empathy for others
- Handle challenging situations constructively
- Make responsible decisions
- Establish positive, healthy relationships


For bookings and information:
Email: [info@stellarsolutions.com.au](mailto:info@stellarsolutions.com.au)
Call: 07 3613 9639

[www.facebook.com/stellarlives](http://www.facebook.com/stellarlives)