Dear Parents

In reflecting on Semester One, 2014, there is much to be lauded and for which to be grateful. However, the student attendance on the last day of semester was not worthy of praise and was very disappointing. At the outset, I will say that some of the students that did not attend have valid excuses. Some families did have approval to go on holidays early. Some were no doubt sick, but it is hard to believe that over 300 were legitimately sick.

There may be some, who would argue that there was nothing of importance on the last day. My response is that if celebrating the Patron of the College’s feast day (St Anthony of Padua) is not important, then why is the student at Padua College? The Sports Awards Assembly is designed to celebrate the achievements of many students. For every student who did not attend, the celebration and the honour bestowed is diminished. If, as a whole College, we do not value acknowledging student achievement, why have the ceremony and others like it at all? Should we abandon motivating students to achieve the best of their ability altogether? Finally, the annual Padua Dash was held. This event is an important part of the House Competition. Those who have seen it, will attest to the House Spirit generated by the event. Once again, for every student not present, the value of the event is diminished.

The three events held on the last day of Semester One are but a sample of all the events and opportunities that make an extremely valuable contribution to the culture of Padua College. If the events are not supported or the opportunities not taken up, the culture of Padua will change and, in my view, the change will not be for the better. The values we try to build in our young men are fragile. They need to be nurtured. We need to develop the values of DETERMINATION, COMMITMENT, COLLABORATION, RESILIENCE, SERVICE, COURAGE, TRUST, HONESTY, INTEGRITY, FRATERNITY and all the other values we have celebrated over Semester One, by modelling them, teaching them and by standing up for them no matter how hard it is to do so.

continued
Everyone who joins the Padua Community signs a commitment (Conditions of Enrolment) to support the events and culture of the College. I expect that this commitment is honoured by the students and supported by their parents. Over the next week, we will be talking to students about these matters, especially the more Senior students in relation to their leadership of the College.

On a more pleasant note, I was very proud to witness the efforts of our Senior students, who were part of the QISSRL Confraternity Shield team. They were successful in winning the Bob Lindner Trophy, but more importantly, they developed significantly as young men, over what is a gruelling week. Their first game was a very forgettable performance, but rather than giving in, they listened and learned from their coaches, improved in most of the rest of their games and developed some resilience to compliment their skills by the end of the week.

The Confraternity was also an example of how lucky the boys are to have such fine coaches. The performances of Mr Scott Maguire and Mr Gary O’Brien in preparing the boys, refocussing them throughout the week and motivating them to achieve their best were extraordinary. Coaching the team to play rugby league as a team against some quality opposition, who regularly play the game and to win a Division Two trophy is a remarkable effort. Well done to the team and the coaches. Well done also to the support team Mr Mansfield, Mr Lowrie, Mr Casey, Mr Guilfoyle and Mr Speranza. Finally, congratulations to Jordan Fewings on his selection in the QISSRL Merit side, selected from amongst the 44 teams.

This week, we welcomed some new staff to Padua. They included Mrs Bernadette Rakich (replacing Ms Lapworth, who is on long service leave for Semester Two), Ms Amelia Scott (replacing Mr M O’Shea who is on leave for Term Three) and Ms Rebecca Wilton (who replaces Mr Peter McNamara and Ms Claire Clapham). I am sure that everyone will do their best to make these new staff welcome at Padua and to ease their transition into the Paduan way.

As we begin Semester Two, I would urge everyone in our community to make the most of EVERY day at Padua and to make the most of all the opportunities offered. Best wishes for Semester Two.

Pace e bene

Robert Out
From Homer, Socrates, the Jews, the Romans, Christians and all other known schemes of worship, ritual has been central to the observance of a creed.

Now in our secular society, we talk about rituals—the nesting rituals of birds, the rituals in sport, our personal rituals between getting up and going to work, of games, of eating, of family, or school. Just about every social manoeuvre has been given a satisfying significance by what we would call ritual. But the roots of ritual are still religious and these roots are earthed in belief. In a secularised world we still use ritual. Perhaps this can be ascribed to the hangover effect. We carry with us layers of previous generations, in manners, in language, in habits. It could be that the residual belief in belief is just another part of the 'debris' of our inheritance, but one so deeply grounded that it lingers long after the death of the initial inspiration.

There are millions and millions of us today for whom belief in the ancient sense is still a given. It is an inevitable a part of the day as is sunrise or sunset. And for many others, I think, something remains. Think of the rituals associated with a marriage ceremony, be it a secular celebration on a mountain top, at the beach, or in a Registrar's Office; or a religious liturgy in a church. Both occasions are full of ritual - though often the significance of the ritual is lost in time: brides in white often with veiled faces, brides "given away" by their fathers, the honeymoon.

Ritual reminds us of who we are and the "tribe" to which we belong. To shun ritual would be a tragedy, it would be to live in isolation, to be a social, and to be lost.

Fr John
It has been cited as the book that will change both the way we think about society and the way we do economics. I am talking about that *tour de force* best seller *CAPITAL IN THE TWENTY-FIRST CENTURY*, by Thomas Piketty. Simply put, his thesis is that in our capitalist system, those with money make money at a greater rate than economic output. Critics point out that today’s super rich come by their wealth through work and risk, rather than through inheritance.

I think that most of us have learnt that the most important predictor of success, is determination. No, the wealthy are wealthy not simply by inheriting riches, or being especially intelligent, or having a particular talent. I can’t think of any field in which determination is overrated, though the relative importance of determination and talent probably do vary somewhat.

Clearly, determination in itself is not a virtue; you might be determined to live a life of organised crime, or determined to do harm to another person. Then too, you might be determined to raise money for some worthy cause, or become a medical researcher seeking a cure for cancer.

Self-determination can give people pride and independence. The ability to make choices about your own life is the key to self-respect and confidence. Most of the problems in the Middle East are because of violations of self-determination.
PADUA COLLEGE IPAD APP

Our very own iPhone/iPad and Android App is now available from the App store and Google play as a free download.

This app is designed to allow students and parents to access information about events and daily activities at the school. It will be updated daily to ensure that the information provided is the most current and up-to-date available.

• HAVE THE SPORTS FIXTURES BEEN CANCELLED DUE TO BAD WEATHER? THE NOTICE SECTION OF THE APP WILL TELL YOU.
• NEED TO CHECK ON THE VENUE AND START TIME OF SPEECH NIGHT? THE CALENDAR IN THE APP WILL HOLD THIS INFORMATION.

YOU DO NOT NEED TO RECEIVE EVERYTHING!

One of the features of this app is that you can sign up for only those notices and events that you wish to know about. So, if your child is in Year 5, you can choose to receive only Junior school information on the app, and not any information for Senior School parents. There is a notice on the app to assist you with setting up this feature - just look at the notice section! We trust that you will enjoy the convenience that this app will bring you.

To download the Padua College App please follow the instructions on the College website http://www.padua.qld.edu.au/technology/padua-college-app/padua-college-app/
From the Pastoral Care Team

Welcome back to all families, I hope you had an enjoyable break and were well rested.

Student Attendance register

Last Monday all families should have received email correspondence outlining the implementation of the new Padua College Attendance Stations. This new touch screen and bar code scanning technology aims to increase the efficiency of a student’s ability to sign in late or depart early and for the College to have a greater accountability for student attendance. The Attendance Stations are located in the Pastoral Care Centre on the Assisi Campus and the Greccio Office on the Greccio Campus.

Specifically, the use of the Attendance Station should only directly change the current procedures for students arriving late/signing out early in two distinct ways.

1. **All students who arrive late to school at any time will now be expected to bring an accompanying note from a parent or guardian or to provide email correspondence to late@padua.qld.edu.au from a parent or guardian’s email account.**

2. **Any student attending an FCIP lesson, instrumental lesson or Mt Alvernia Drama lesson now needs to sign in and out from the Attendance Register on their way to and from their lesson.**

In line with these new processes, any student who arrives late, without a note, will be required to meet a Guardian at lunch time to explain their late attendance. Should their reason be deemed valid by the Guardian (e.g. There was a traffic accident on the way to school and mum could not write a note), then the Guardian will simply send the student on their way without consequence. Should the reason be invalid, then the student will complete a lunch time detention with the relevant Guardian. This conversation between the Guardian and the student allows a teacher in a pastoral position to monitor and address issues of attendance and punctuality and where appropriate, follow up with parents.

This process aims not to punish or delay parents, but to teach students to be accountable for their own punctuality and develop good pre-employment habits.

Ben Lowrie
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. The last two editions of the Bulletin shared information on depression and clinical anxiety, and outlined practical parenting strategies as recommended by Beyond Blue. Below outlines some more suggestions. Make sure you look at the next Bulletin for information on how to get help.

Strategy 6

**Encourage good health habits**

Encourage your teenager to have good health habits around diet, exercise, sleep and drug use, as this reduces their risk of developing depression and clinical anxiety.

- **Diet** – Make sure that your teenager has a healthy balanced diet and limit the amount of unhealthy food and drinks in the family home.
- **Exercise** – Encourage your teenager to get daily physical exercise. If they are not interested in sports, encourage them to find other opportunities for physical activity such as dancing, walking to school or walking the dog.
- **Sleep** – Young people can reduce their risk of developing depression and clinical anxiety by getting adequate sleep each night. Encourage your teenager to practise good sleep hygiene, particularly if they have trouble sleeping (See box below: How to practise good sleep hygiene).
- **Drug use** – Teenagers who are anxious or depressed are more likely to use alcohol and other drugs. If you find out that your teenager is using alcohol or other drugs, you should discuss with them why they are using these substances and seek help if needed.

![HOW TO PRACTISE GOOD SLEEP HYGIENE](image)

- Sleep hygiene refers to habits that help you have a good night’s sleep. Encourage your teenager to:
  - go to bed and get up at the same time each day (even on weekends)
  - wind down with relaxing activities before bedtime
  - be mindful of their caffeine intake late in the day
  - get out of bed and do something in another room if they can’t sleep. They should go back to bed when they’re feeling drowsy.
  - keep their bedroom quiet and at a comfortable temperature
  - not read or watch TV in bed
  - not nap during the day no matter how tired they feel.

Strategy 7

**Help your teenager to deal with problems**

Learning to deal well with problems can help reduce a teenager’s risk of developing depression and clinical anxiety. Try to demonstrate effective problem-solving approaches for your teenager and teach problem-solving strategies by working through real life problems together.
When your teenager is faced with problems:

- Ask them what they need from you (e.g. whether they just want you to listen or to offer advice).
- Give your teenager time to talk through the problem before offering to discuss solutions. Do not try to solve all their problems for them.
- Help them break down potential challenges into smaller steps that are manageable.
- Encourage your teenager to consider the effects of their actions on other people.
- Encourage your teenager by reminding them of times in the past when they have dealt well with problems.

Praise your teenager when they deal well with problems. Recognise and encourage their problem-solving efforts, rather than focusing on the outcomes.

Sometimes your teenager will be unsuccessful in their attempts to solve a problem, even with your help. In such circumstances, encourage them to not give up and to try another approach. Encourage your teenager to take responsibility for things that go wrong if it is their fault and help them to learn from their failures.
- **School refusal**
  Teenagers may avoid going to school as the result of depression and clinical anxiety. If your teenager is avoiding school, discuss with them why and work out a solution together. Get professional advice and support if your teenager continues to avoid school.

**Strategy 8**

**Help your teenager to deal with anxiety**

- **Help your teenager to learn about anxiety**
  Ensure that your teenager is aware that all young people experience some anxiety. Normal anxiety is useful, as it helps us prepare for real danger or perform at our best. However, anxiety can become a problem if it is severe, long-lasting, and interferes with your teenager’s studies, other activities, and family and social relationships. Clinical anxiety is common in young people, affecting 1 in 25 teenagers in any 12-month period.

- **Help your teenager to manage anxiety so that it doesn’t become a problem**
  It’s important for your teenager to manage everyday anxiety appropriately so that it doesn’t develop into clinical anxiety. Help them understand the importance of tackling situations that they find anxiety provoking. Exposure to anxiety-provoking situations is one of the most effective ways of reducing clinical anxiety. If a teenager avoids things that cause them anxiety, their anxiety is unlikely to reduce, and in fact may increase.

  However, it is important to be confident that your teenager is capable of handling an anxiety-provoking situation before encouraging them to tackle it. For example, it may not be helpful to encourage your teenager to enter a singing contest if they are not yet comfortable singing in front of the family.

  Reward or praise your teenager when they take steps to manage their anxiety. Tell them that you are proud of their ability to act in the face of considerable anxiety. Also, encourage your teenager to reward or praise themselves whenever they tackle a situation that they find anxiety provoking. If you find yourself becoming impatient with your teenager’s anxiety, remind yourself of how daunting it can be to face one’s fears.

- **Be a good role model in dealing with anxiety**
  The way you respond to your teenager’s anxiety may inadvertently maintain their anxiety. Teenagers can learn to be anxious by observing their parent’s anxious behaviour. If you are highly anxious yourself, you should set a good example for your child by showing them how you actively use strategies to address your own anxiety.
Dear Families
Welcome back to the second half of the academic year. I hope that these last couple of weeks have been a great chance for families to catch up and spend some time together. Term Three starts with a bang so, so here we go!

Franciscan Appeal
I have absolutely run out of words to express the gratitude I have for the extreme generosity of Padua’s Community in this year’s Franciscan Appeal. During our Eucharist for the Feast of St Anthony held on the last Friday of Term Two we presented a cheque for $40,225 to Fr Anthoni, Guardian of Kedron Friars Community and Definitor of the Australian Franciscan Holy Spirit Province. This was the total of our collection for 2014 – a new Padua record! Fr Sebastian and the community of St Francis of Assisi College in Timor-Leste are overwhelmed by the love and support they receive from our College. The money from this year’s collection will be used to build three new classrooms and a small office for the Elementary School of Assisi College. The plans have been drawn up and approval been granted for purchase of the materials to start the project which has a completion date of December this year. With a new toilet block completed this year and this new addition about to commence in the coming weeks St Francis of Assisi College is becoming the envy of other schools in the Manufahi District. Thank you Padua!

Rosies Street Van Outreach
This week I will have the privilege of accompanying two groups of Year 12 boys on rostered nights with the Rosies Street Vans. One Sunday night each month we join the Brisbane Rosies Van. Padua has been involved with this service for more than 10 years now. Ten times a year groups of four boys and myself serve tea and coffee from the back of a van to people on the street in Brisbane City. These nights are wonderful nights of service from which we, as participants, gain more than the people we serve. It is on these nights that we also distribute the toiletry packs, blankets, knitted clothing and library books donated by Padua’s school community.

Wednesday night this week was a very special night because I was able to take our first group to work on the Rosies Logan Van. Thank you to Mr Garuﬁ, James Weston and Damon Inness who took part in this new initiative. A group will serve on this van once a month on a Wednesday night. I was very proud of this ground breaking group who served tea and coffee, chatted with a small number of patrons of a cold night outside Woodridge Railway Station. This Rosies Service greatly needs Padua’s support. Working out of a demountable building shared with several
other Catholic community services on the St Paul’s Primary School campus in Woodridge, Rosies provides a compassionate space for numerous homeless, lonely and newly migrant and refugee people in the southern suburbs of Brisbane. I know this is where St Francis calls us to be and I need your assistance, once again, in providing toiletry items and some basic food essentials to patrons of this van.

Street Swags
As part of our St Anthony Feast Day celebrations, Padua, together with the Franciscan Province’s Justice, Peace and Integrity of Creation Committee, donated 40 Street Swags to Rosies Friends on the Street Outreach. This swags can be worn as backpacks and provide a waterproof and portable shelter for people living on the streets. During this week’s Logan Street Van Outreach I worked alongside the General Manager of Rosies who informed me that our swags are already being used by Rosies patrons. He told me that they could not have come at a better time with the colder weather that has hit us in the last few weeks and was generous in his praise and appreciation of our gift.

2014 Catholic Education Week
Commencing on Sunday 27 July, every Queensland Catholic School celebrates Catholic Education Week. The theme for 2014 is ‘Come Live Life In All Its Fullness’. The week will begin with a special mass in St Stephen’s Cathedral at 2.30 pm led by Archbishop Mark Coleridge and followed with a number of state and local events. At Padua, we will join the FOTH communities of Mt Alvernia, St Anthony’s and the Kedron Parish to celebrate the Mass together at 9.30 am on Sunday 27 July. The week will also include the Winter Sleep Out and Two Can Day, attendance at the Archbishop’s Official Launch and a special Eucharist where several Padua students will receive Baptism and First Communion. Padua Staff will also attend a Professional Learning Lecture, given by Fr John, to mark the week.

Year Nine Spirit Days
Nest Tuesday and Wednesday all Year Nine students will be out of school participating in their annual Spirit Day Program. The teams from ‘Project Hatch’ and ‘Character Builders’ lead the boys in two days of activities of spirituality and personal development. Permission Slips are due by the end of this week. Every student in Year Nine is expected to attend these important college events.

Two Can Day/Casual Dress
On Friday 1 August, Padua will hold its annual Two Can Day. As part of Catholic Education Week’s ‘Act of Kindness’ Day. All students will be able to wear casual dress in exchange for two items of non-perishable food. These food items will be donated to the Kedron St Vincent de Paul Society and the Logan Rosies Street Van.

Best wishes for a new term everyone!
Peace and all good.

Michael O’Brien
TWO CAN DAY
Friday, 1st August

is Term 3 Casual Dress day but instead of making the usual gold coin donation, it is requested that each student bring along 2 non-perishable food items. These items will be distributed by the local parish to those in need.

With Thanks,
Michael O’Brien
Vice Rector - Formation
Semester 1 Reports

Just as was the case with the Term One Progress Report, the Semester One reports will be mailed on Thursday of Week Two and should arrive home soon thereafter. Emailed versions of the report will be sent home on Tuesday of Week Two. The practice of publishing reports after the holidays began with the Term Two Progress Reports. This practice allows us to ensure that quality teaching and learning is taking place throughout the entire term and allows time for the teaching staff to work through what is always a very busy and demanding process. Students will know their individual marks and in most cases in Years 5 to 10, that assessment will have been taken home or photographed on the iPad so that parents can review results with their sons. As always, should you want specific information regarding your son’s progress, you can contact your son’s class teacher via email at any time. The email addresses at Padua are standardized and all consist of the initial of the teacher’s first name, followed by the surname, followed by @padua.qld.edu.au. For example, my email address is jpacey@padua.qld.edu.au.

Parent Teacher Interviews

Parent Teacher Interviews will occur in Week Four of Term Three. These provide the opportunity to speak with your sons teachers, especially in cases where you would like additional information. Full details will be published via email at a later stage and on-line booking will be opened by the end of Week Two.

Changes to the Parent Teacher Interview Format

In order to make the interview process more efficient and more equitable, the following changes have been implemented and will be in place for the Week 4 interviews:

- 7 minute interviews
- All interviews conducted in La Cordelle

In addition, given the high demand for interviews and while we appreciate parent commitment to the interview process, we request that parents only book with interviews based on need.

Jason Pacey
Welcome back to a new Term and new Semester!

Before the break, all students were emailed to remind them to make sure that they checked the College website and downloaded all the apps required for the new term. Please take some time to ask your son if this has been done. Apps are a tool for learning and as such, if your son does not have them, he is disadvantaging himself. The link to this file can be found on the College website, Technology, Required Apps. Please note that the General Apps – students will definitely require the first eight on the list and the last six on the list. From there, each year level has a different tab where the apps are divided into subjects.

In Research and Technology this week, we are spending some time with the classes (Years 5 – 9) making sure that they have their iPads ready for the Semester and that they have access to all the resources they require.

After the holidays it is always a good time to remind your son that his iPad is a school device for learning and that all non-school related photos, videos, apps etc are to be removed to allow sufficient space for upcoming assessment items and resources. It is also a good time to talk about appropriate spaces for completing homework on the iPad or computer and setting up routines for placing the iPad in a communal area at night for charging. We do ask the boys to make sure they are backing their iPad up to iCloud on a regular basis. For this to occur, boys need to have their iPad plugged in to charge and connected to Wi-Fi. Please discuss this with you son if you regularly turn off your modem at night as sometimes this can interfere with the backup process. If you would like to know more about how to do this please refer to http://www.padua.qld.edu.au/technology/resources/ipad-backup/

This semester all Blackboard subjects have two new menu sections – I need help to….. and Student Forms. In these sections, students will find instructional help on common technology issues such as sharing files, using iCloud and using the Blackboard Calendar. Student forms contains the application forms for Extension to Assessment and Term Time Absences. This makes such information easy for you and your son to access.

Here’s to a good term!

Tanya Anderson
Cross Country Camp

An early morning was on the cards on Thursday 10th July which saw the departure of 25 committed Cross Country Runners to Amaroo for an intensive two day camp to develop team cohesion and put the polish on the final preparation for the upcoming AIC Cross Country Championships at Limestone Park.

The boys were well prepared and understood the need to connect our Cross Country camp experience to the core values of Integrity, Teamwork, Performance, Excellence and Learning.

Not long after arriving at Amaroo the boys were briefed about their first session - 'King of the Hill' which encompassed many very long hill repeats. In true Paduan Crossy form, the boys remained undaunted by the challenges and provided abundant examples of their spirit, resilience and dedication. Success was inevitable as the boys were able to lay a firm foundation with everything that was thrown at them. Shane Havers was awarded 'King of the Hill' and Sean Healy took out the prize for demonstrating sheer effort.

The afternoon session saw a return to the 'Long Run - 15km' which was one of the toughest and most challenging sessions both physically and mentally. Once again, the boys demonstrated what makes this team so special and what sets this particular group apart from another. Every runner dug dip despite the relentless terrain and fatigue from the earlier hill session to complete yet another session with an all out expenditure of energy and effort. Cross Country Captain Jack Taylor lead from start to finish with a determined and inspirational effort.

Ravenous, starving, famished were some of the adjectives muttered whist stretching pre-dinner. Day 1 ended with an Insanity Cardio Recovery session which saw the boys manoeuvre and manipulate their bodies into extreme stretching positions whilst questioning what was on the schedule for Day Two.
A magical sunrise brought on Day Two and the start of the almighty 1km repeats on individual season goal pace time. The boys rose above all expectations and delivered yet again. They came together as a team collectively and not only accomplished but exceeded their individual goals. Jack Taylor completed the 8th and last 1km in a team inspiring sub 3 minutes.

It was time to refuel with a buffet style breakfast and then look forward to the Noosa National Park recovery run and lunch at the Surf Club. Riley Brazel was recognised as the Outstanding Overall Performer of the camp.

Some notable performances throughout the entire camp by Jack Taylor, Alex Lloyd, Dan Ross, Jake and Riley Brazel, Shane Havers, Sean Healy, Rhys West, Curtis Syrett and Tom Cathcart.

The boys were certainly put to the test in what was an extremely challenging cross country camp. They remained undaunted by the continuous challenges and provided abundant examples of Paduan Spirit. They are unique in their individual ability and unified as a team. They displayed many examples of camaraderie that helped enrich their training environment and will be crucial to their success. Inspirational!

A special thank you to all the coaching staff Cerene Hughes, Ben Sitarz, Barry Keegan, Alex Porteous and Nick Stewart for not only giving up their holidays but for the committed effort and enthusiasm.

Barry Keegan

Student Absence

In the event a student is absent or is going to be absent, all families should prioritise contacting either:

The College Absentee Telephone Line: 3857 99 00

College Absentee Email: absent@padua.qld.edu.au or
absence@padua.qld.edu.au

All Absentee information should come from a parent, guardian or carer. Students emailing their own absentee information will not be accepted.
Open Football Tour to Japan 2014

This year, 18 students from Years 10, 11 and 12 and four staff embark on an 11 day tour to Japan during the Easter break.

The tour, like many before it, started months before with parent meetings, fundraising activities and a plethora of behind the scenes activities for various stages of organisation to ensure the tour went off without a hitch. A huge thanks must be given to Ms Melinda Wilson and the parents that supported her. Another worthy mention must also go to Mr Greg Heskett for his tireless efforts in gaining extra personal sponsors for some of the boys and for his efforts in gaining the main sponsor of Hyundai who donated more than $4000 for the tour. Thanks to all.

With a 3am start, the tour began! The joys of overseas travel lessons began for the young tourists. Lessons of long stop overs in airport terminals, passport checks (for those who didn't misplace them for 5 minutes of terror, hey Louis!), pricey airport food and boredom to name but a few. We arrived well into the night in Tokyo after flying for most of the day, to be greeted by the bright lights of this massive city that never seems to sleep. Going to sleep was not an option so we headed out on foot in the region known as Ikebukuro, to see some of the lights and search for a bite to eat around midnight!

The next three days on ground in Tokyo was dedicated to site seeing and immersing ourselves in as much as we could. We visited the famous Ghibli Animation Museum, Sensoji Temple, Akihabara – Electric City, Disney Sea, Harajuku – a very popular Teenage greeting area (the boys also played futsal 11 stories up on the top of a building overlooking this part of the city) and Yokohama Stadium in Yokohama to watch a J-League 2 game of Football. The boys were able to shop their little hearts out and to their amazement, meet many young Japanese girls who idolised them and took ‘selfies’. To say the boys liked this attention is an understatement!

What is not mentioned above is the two major factors involved in travelling with 18 teenagers in a country that speaks little English! That is transport and food.

The daily routine of getting on and off the complex train system in the vast crowds of Tokyo was a challenge in itself. Without the expertise of Mr Michael O’Rourke (staff member, Japanese teacher and ex resident of Tokyo), we still would be lost in the labyrinth of the Tokyo rail system. That daily challenge meet, the next was what to feed the teenage boys of Brisbane? After a little trepidation the bulk of the boys soon immersed themselves in the cuisines that Japan had to offer from beef boxes to various noodle soups of all kinds.

After a busy four days on tour, we embarked on our first Bullet train ride to the region south west of Tokyo, Osaka, to play our first game against Takigawa high school. Upon arriving in our next destination the boys were meet with the opportunity to play in a massive professional stadium at a chilly 0 degrees! The team was greeted like a visiting professional team with all the opposition, parents and spectators forming a line and applauding the boys as they walked to their dressing rooms from the bus. This was our first sign of the respect that this country implores in its culture and was not the last
The game unfortunately was not a good first half for us, going down 4-0. After a half time talk, the boys awoke themselves from 4 days of relaxing and sightseeing and played football in the next half. The score remained at 4-0, but it was insight to the fast and highly skilled way the Japanese can play football.

Day six saw a complete change in venue and a visit to the only Franciscan school in Japan, Nigawa high school, Osaka. This time, the pitch to play on proved to be a clay pitch, freshly raked by the opposition team early that morning. A vast change from a 30 000 seat capacity stadium the day before! After a warm up with the opposition, which was a great chance for the boys to interact with the locals, the game got underway, with Nigawa scoring early.

Finally, the boys clicked and we went on to win 6-1 in great display of football. Again we were treated with the opportunity to view the respect that is taught to all, as the opposition at the conclusion of the game went straight out and raked the pitch down in preparation for after school trainings.

Later that day, the tour had a break from games and we visited the beautiful region of Kyoto, famous for its temples and historic architecture and an opportunity for the boys take some more photos and souvenir shop. Universal Studios Theme Park of Osaka, was our rest activity the following day before embarking onto Hiroshima our last leg of the tour.

Another Bullet train ride on Day eight saw us arrive in Hiroshima and take a step back in time. Our accommodation at this last stop was traditional, with the boys sleeping on Japanese futons on the ground, a change from the hotel beds they had come accustomed to. Our first port of call was the Hiroshima Peace Park and Museum. We only could spend a couple of hours, but the time spent here was in silence and one of bewilderment of that day so clearly marked in world history. One could see the expressions and thought going on in all visitors to this Park. A lesson that war can bring so much tragedy. To see it first hand at the actual place it happened, rather than from a text book, really enforces that life lesson in history.

Minami Senior School was the venue of our third game, a school well known for its excellence in football and were National champions only a few years ago. The school system of Football in Japan is the main competition for players under 18 to compete in, club football is really not in existence till they leave school. We were treated to a view of their daily training sessions, where 100 players trained for an hour and half on one half of a normal football pitch. We were told the boys train nearly all year long, 6 days a week and play on the weekends. Well after this information and from what we
observed, we started to think that we were going to be dealt a lesson in football. The score will remain on tour, (let’s just say double figures!) but to their credit, the boys who did not come off injured played their hearts out despite the score line to the very end.

Shudo high school was our Day nine venue and our final game of the tour. A much more relaxed atmosphere with a score line of 2-1 reflected this. Unfortunately, with a few injured and a lot of tired legs, the boys didn’t click and Shudo got the win. Our day was completed with a long tram ride (of which many slept on) to the coast to visit the beautiful Miyajima Island and its historic temples. One of the many highlights was the game of kick cricket with a tennis ball in the forecourt while waiting for the barge, a sign the boys and staff had bonded fairly well and even though some losses on the football pitch, the tour was a success.

Our final day in Japan hit a hiccup, due to a cyclone hitting Cairns and thus our tour activity of visiting the Mazda factory was cancelled. With our flights changed at the last moment and a change of travel plans saw the entire group awake at 4:30am to Bullet train it all the way back to Tokyo airport (approximately 7 hrs) to ensure we could arrive back in Australia on Day 11 as planned. With our flight then delayed a further 2 hours that night and then arriving the next day at 10am at Padua College, one could say it was a long day and a bit of travel. The joys of international travel!

In concluding, the tour was beheld a success. Many a photo was taken, friendships made and cemented further, amazing sites were witnessed first-hand, football was played on an international stage, different food dishes were tasted, many miles travelled, life lessons were hopefully learnt by all and everyone was happy to be home to their bed and a meal cooked by their Mother!
Volunteers

Please Help

We are looking for some community spirited parents, who would like to assist Padua into the future by coordinating the canteen at Banyo.

admin@padua.qld.edu.au
Greccio Library Greetings

Welcome back to an action packed Term 3 in the library. Book Week is 'booked in' for Week 8, 1-5 September. Activities will include Readers Cup for Yr 6, Trivia Quizzes for Year 5, a book parade, book swap opportunity, art and craft activities, and an author visit. We will also be hosting a Book Fair during Book Week. More details about Book Week will follow as the term progresses.

This week, Year 6 students will start reading a book in preparation for Readers Cup. Each student will bring home a journal that explains the rules and expectations for the competition in more depth. Would you please have a look at this booklet with your son so that together, we can make the activity successful and enjoyable for the boys?

Year 5 and 6 students will also be participating in the Premier's Reading Challenge. This is a reading initiative that aims to boost children's literacy skills by encouraging students to read widely for pleasure and learning. A letter to parents will follow, but for further information about the Premier's Reading Challenge, please visit [http://education.qld.gov.au/schools/readingchallenge/](http://education.qld.gov.au/schools/readingchallenge/).

Exciting news! Popular Brisbane author, Michael Gerard Bauer visited us last year during our Book Week. Students and teachers alike thoroughly enjoyed his talks about the writing process and his novels. His latest publication, 'The Case of Animals Behaving Really Really Badly - Secret Agent Derek 'Danger' Dale' was launched last Saturday at Black Cat Books. It was fantastic to discover that Michael has dedicated this new novel to 'the boys of Padua Junior College'! See below for cover and dedication page details. I'm sure a new legion of Eric Vale/Danger Dale fans will join the existing Padua fan club!
Thank you for your continued support, and please feel free to contact the library team if we can help in any way.

Claire-Louise, Naomi and Helen
cperrers@padua.qld.edu.au
2014 Term Dates

<table>
<thead>
<tr>
<th>Term</th>
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<tr>
<td>Term Two</td>
<td>22 April 2014</td>
<td>27 June 2014</td>
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<td>Term Three</td>
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<td>7 October 2014</td>
<td>Yr 12 21 November 2014</td>
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<td>All students finish</td>
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Provisional 2015 Term Dates

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<th>Last day</th>
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<tr>
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<tr>
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<td>Term Two</td>
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<td>Term Three</td>
<td>14 July 2015</td>
<td>19 September 2015</td>
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<td>Term Four</td>
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<td>All students finish</td>
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<td></td>
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<td>27 November 2015</td>
</tr>
</tbody>
</table>
Monday 21st July
C Di Bella
P Tickle
P Cogdale
M Brooks

Tuesday 22nd April
S Pearce
J Turner
A Moesbergen

Wednesday 23rd July
W Downes
R Donzenac
W Andrew
J Hinds

Thursday 24th July
C Hess
M Clayton
B Richter
G O’Shea

Friday 25th July
K Lee
F Jahnke
A Adcock-Eyles
K O’Rourke

Monday 28th July
N Barichello
A Drakos
C Gugliucciello
V Cupo

Tuesday 29th July
A MacDonaald
L Chambers
L Tareha
K Martin

Wednesday 30th July
L Semmens
W Bell
C Brooks
S Brooks

Thursday 31st July
G Ryan Hunter
G Shoesmith
M Shields
S Roberts
K Chisholm

Friday 1st August
L Rizzo
L Nixon
D Gardiner
M Bennetts
P Smith
Don’t miss out on this once-in-a-lifetime opportunity

For more information please visit the College website
The next Parents & Friends meeting will be held on Tuesday 5 August, commencing at 7.30pm. All are welcome to attend.

Thanks
Karen Caughey
President
Parents & Friends
From the Parish

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
BAKERS NEEDED - Parish Garage Sale - Cake Stall

Donations of lots of delicious homemade cakes, cupcakes, muffins, slices, biscuits and sweets are needed for the Cake Stall at the upcoming Parish Garage Sale on 2 August. If you can help out please drop your baked goodies to the St Anthony's School Office on Friday 1 August (anytime before 3.30pm), to the Parish Office on Friday 1 August (8am - 12pm) or straight to the stall on Saturday morning 2 August (as early as possible). Thank you so much for your support. Please contact Michelle Casey on 0414 517 406 or email me at casey.mc.3@gmail.com with any queries.
Little Flower Outside School Hours Care
Community News

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.

Should you have any queries, please contact 
Robyn McLean phone 0406 572 3972 or email
maud.mclean@bigpond.com

Note: arrangements to be made online at Padua website by 5 September.
**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:** 31<sup>st</sup> Oct – 2<sup>nd</sup> Nov 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

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**HAVE YOUR SAY AS PART OF THE WORKING PARENTS RESEARCH PROJECT!**

Do you have a child aged between 2 and 12 years old?

- Working parent;
- FIFO/DIDO working parent; OR
- Parent whose partner is a FIFO/DIDO worker?

If so, we want to hear from you!

Researchers from the University of Queensland are looking for working parents to take part in a survey looking at the effects of working life on Australian children and families. We are particularly interested in FIFO and DIDO workers and their partners but value and encourage input from all kinds of working parents.

The survey will take between 30-45 minutes to complete.

Your involvement will help the field to learn more about the effects of different work circumstances and settings on children and families. Your participation will also assist in developing ways to properly support working parents in the future.

For further information and to take part in the survey, please visit:

https://exp.psy.uq.edu.au/workingparents
Are you a parent of a child with type 1 diabetes?

Every day, thousands of Australian children suffer the effects of type 1 diabetes and families struggle with illness management and children’s behavioural and emotional adjustment.

Positive Parenting for Healthy Living is an adaptation of the successful Triple P- Positive Parenting Program offering practical ideas and support for parents of children with type 1 diabetes. This innovative group program is designed to help parents manage their child’s illness, assist children in coping with their illness and emotions, and prevent and manage difficult child behaviour.

Over the next few months and for a limited time only, parents of 2-10 year old children with type 1 diabetes are able to access Positive Parenting for Healthy Living Triple P as part of a University of Queensland research project. Parents will be able to attend the program free of charge, and will be asked to complete 2 sets of assessment measures (questionnaire and family observation) over a 6 month period, as part of the study. Contact Aditi Lohan on (07) 3346 7689 or email diabetes.healthyliving@uq.edu.au, or visit https://exp.psy.uq.edu.au/1tdiabetes for more information.

Children’s feeding difficulties

Are you experiencing problems with your child’s eating and mealtime behaviour?

Eating and mealtime problems in children are common and can be improved. The Parenting and Family Support Centre at the University of Queensland is conducting research regarding the effectiveness of a brief parenting seminar for parents who are concerned about their child’s eating, and you can be involved!

The Hassle Free Mealtimes Triple P program involves attending a one-off 2-hour group session, which will provide parents with information and helpful everyday tips and strategies for dealing with problem eating and improving their child’s mealtime behaviour.

If you are a parent of a 2 to 5-year-old child and are concerned about your child’s feeding and mealtime behaviour, we would love to hear from you!

Hassle-Free Mealtimes Triple P has already been trialled successfully in a longer format. The current study hopes to provide support for brief group-based parenting interventions so that more parents can have access to parenting advice. Results of this study will be made available to participants.

Visit this website to get involved: https://exp.psy.uq.edu.au/mealtimes/

Dr Alina Morawaska, Kirstyn Laurie and Kyla Reid

For more information about the study, please contact:
Kirstyn Laurie
Honours Student
Parenting and Family Support Centre
School of Psychology
University of Queensland

Phone: (07) 3365 9186
Email: kirstyn.laurie@uqconnect.edu.au
Please do not contact the College Office for information at this time.
CoŵŵuŶity Neǁu

12TH SOMERSET
RAIL TRAIL
FUN RUN

Sunday, 13 July 2014 FERNVALE to LOWOOD

2014 Somerset
RAIL TRAIL RUN

PERSONAL DETAILS

First Name: ___________________________
Surname: _____________________________
Address: _____________________________
Region: _____________________________
State: _____________________________
Postcode: _____________________________
Phone: _____________________________
Mobile: _____________________________
Email: _____________________________

SEX: _____________________________
DATE: _____________________________

EVENT ENTERED (PLEASE TICK ONE)

5km: 
Age categories:
Under 10: 12:00-12:59 13:00-13:59 14:00-14:59
5km: 15:00-15:59 16:00-16:59 17:00-17:59 18:00-18:59

10km: 
Age categories:
Under 10: 12:00-12:59 13:00-13:59 14:00-14:59
10km: 15:00-15:59 16:00-16:59 17:00-17:59 18:00-18:59

Early Bird Entry: Inby Aftwr 7/7/14

Adult $20 $30
Gang $10 $20
Family $50 $70
(2 adults and up to 3 children)

www.railtrailfunrun.com.au

HIGH PERFORMANCE
HOLIDAY TENNIS PROGRAM

Monday 30th June to Thursday 3rd July

The Shaw Park Performance holiday program is designed exclusively for students playing high school tennis, tournaments and Super League events. Ideal for Padua College, Clayfield College & Mount Alvernia College students looking to improve their game over the school holidays in preparation for the upcoming season.

Time: 3.00pm to 6.30pm
Cost: $49 per day

Private Lessons will also be available for any students looking to improve their game and progress through the school teams.

For more information regarding the coaching program at Shaw Park or to book in for a lesson please contact the Centre.

07 3266 1660 | info@shawparktennis.com.au
In 2013 the FOTH community collected 2,843 primary school books for schools in Papua New Guinea. Those books were delivered to the province of Enga in the Highlands of PNG. (See photo above)

This year, with your support, we are hoping to collect even more. If you have books suitable for children from pre-readers to Grade 7 that you no longer need, we would love to have them.

Specifically:
- All pre-readers
- Preschool and young child picture books
- All non-fiction suitable for children and young adolescents up to Grade 7
- Picture book, coffee table type book are also useful
- Early Learning Posters – eg ABC & Numbers, Charts
- Colouring in books and basic activity books
- Exercise books and work books
- Blank exercise books and recorders. These items do not need to be new.

If you have any unwanted books, coloring pencils etc please could you deliver them to the St. Anthony's office from Monday 14th July until Friday 1st August. If anyone has a large number of books they would like to deliver over the holiday period, please contact Wendy (see below).

Heather, who runs the charity “BOOKS4PNGKIDS”, is a Brisbane woman who has been travelling to PNG for the last 20 years. For more information on her charity please visit http://www.books4pngkids.org.

Thank you! 