Celebrating the Garden Planet

St Francis of Assisi lived in Italy 800 years ago, but is remembered all over the world and throughout history for his love of the poor and his closeness to God’s creation. For Francis, every creature was like a mirror of God. He felt a special closeness to the poor. He saw creation as his family and spoke of Brother Sun, Sister Moon, Brother Wind, Sister Stars. Like our Indigenous people, he referred to the earth as “My Mother”. He loved the animals he met in the woods and they responded to him in a special way.

St Francis of Assisi was declared the Patrol Saint of the Environment in 1979 by Pope John Paul II. The same year religious leaders from all different religions met at Assisi with the Pope to pray for world peace. Francis was a man of peace.

Peace with God
Peace with each other
Peace with the whole of creation

Creator God,
Bless the soil that allows plants to grow and nourish all creatures.
Bless the water that quenches our thirst and gives life to all.
Bless the fire that warms and provides energy.
Bless the air that we breathe.
Bless each of us so that we will love those precious gifts and use them to honour you who have provided them for us.

Queenship of The Blessed Virgin Mary – 22 August

The Blessed Virgin Mary has many titles, given by the Church. For instance, The Roman Catholic Church gave her a title of Queen of Heaven, and Pope Pius XII established the feast of Queenship of Mary.

Originally the feast was celebrated on May 31, that is the last day of the Marian month, then Observation of the feast of Queenship of Mary was moved to August 22 by Pope Paul VI in 1969. Since then the date hasn’t been changed.
P & F Working Bee – Murray

Conolly Working Bee was held on Saturday 15 August. We would like to thank the following people for all their hard work on the day. www.jtchsdow.catholic.edu.au

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<th>RYAN</th>
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<td>Emilie Zhu</td>
<td>Jessica Bryden</td>
<td>Avin James</td>
<td>Karen Young</td>
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“Recta Sapere” To Know, Love and Relish what is Right and Just
Murray P & F Working Bee

“Recta Sapere” To Know, Love and Relish what is Right and Just
On Monday 3 August the John Therry Boys had a pastoral day, where we all connected to each other through different activities. Some of the activities were individual and a majority of them were grouped.

Tuesday 4 August was a careers day for the boys as we looked at ourselves and decided what we will be when we’re older. We then later spent four periods doing All My Own Work, an online exam about piracy and plagiarism.

On 5 August all John Therry Year 10 students participated in a 3 day camp at Stanwell Tops. The group of girls in the beginning of the week had experienced near Arctic temperatures with freezing mornings and frozen night times. This did not deter the boys however.

We arrived and got introduced to the leaders and got informed about the activity schedule. On the 3 days the routine was breakfast at 7.30am one activity in the morning, lunch, second activity then dinner.

The activities at camp were the Goliath swing at 35 metres high. Butterflies was a common symptom for those who like their feet on the ground. The Go-Carting was a challenge for even the most advanced athletes, with everyone feeling like they have ran a marathon. The boys were fearless while crossing the high ropes. Abseiling, where a fear of heights didn’t help and sweaty hands was common and survivor where working as a group and creativity helped to achieve a common goal.

The whole camp experience was one of a lifetime, the boys will forever remember the periling heights on top of Goliath the beautiful views from abseiling the challenges in survivor the amazing dinners and stunning campsite. The relationships between students and teachers were deepened and the boys turned from peer to friend. The camp was made possible by the teachers volunteering their time, the school supporting the experience and the keen participation of the boys.

“Recta Sapere” To Know, Love and Relish what is Right and Just
YEAR 8 PASTORAL DAY

Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, so that it will give grace to those who hear

Ephesians 4:29

The theme for the Year 8 Pastoral Day 2015 was respect. The verse from Ephesians above was used by Mrs Rowan during a liturgy that commenced the day as it highlights the very meaning of respectful behaviour. During the liturgy several students read prayers about respect that they had written in the Religious Education classes.

The students then completed a short activity that aimed to create a more relaxed atmosphere in preparation for the very busy ahead. The cohort was divided in to 4 groups that would complete 4 different activities throughout the day.

Mrs Bulger ran what is called ‘Laughter Therapy’. This involves the students being taught the beneficial properties laughing; mainly an increase in physical and emotional wellbeing. The students then took part in group laughter yoga. The session culminated in the playing of some laughing games.

Another activity involved the students creating an artwork that depicted two people in their life who they respected. Ms Bowman demonstrated this task by creating an image of the person she respected. These images were collected and are to be used at a later date.

There were two more physical activities that the students completed on the day. The first was a series of exercises to get the mind and the body moving as one. This included some exercises that some of the students found a little more hands on than they thought.

The last group activity was a series of small group challenges. These were designed to build teamwork and help foster better working relationships between students.

The day ended with a concert that showcased just some of the extraordinary talent that this exceptional year group has to offer. There were musical and dance performances from some very talented young ladies. Jed Scott finished with a powerhouse drum solo.

Overall the day was very enjoyable and provided students the opportunity to help develop a more respectful attitude with each other.

Mr Peter Morris

Year 8 Coordinator

“Recta Sapere” To Know, Love and Relish what is Right and Just
“Recta Sapere” To Know, Love and Relish what is Right and Just
“Recta Sapere” To Know, Love and Relish what is Right and Just
On Wednesday August 12th students from the Year 10 Photography and Digital Media class accompanied by Year 9 and 10 Photography and Digital Media teachers; Miss Neilsen and Mr. Peters visited Cockatoo Island in Sydney Harbour, as part of the current unit of work; Locate, Situate, Speculate. In addition to an awe-inspiring harbour location, Cockatoo Island provided backdrops ranging from heritage to industrial. The remains of a convict prison, houses dating from the 1840s, cavernous workshop spaces, sculptural cranes and dry docks, all only 20 minutes away from Circular Quay by ferry.

“Recta Sapere” To Know, Love and Relish what is Right and Just
Students engaged with this spectacular and natural landscape, colourful convict past and industrial heritage to shoot for both their short films (moving images) and photographs (still images) in a range of weather conditions. The focus for this term’s artmaking task is film-making. Students will produce a short film with i-movie using their own film genre or style. The short film will have a soundtrack that can relate to the film. Working collaboratively each student is to produce a five-minute short film. In a similar role as the ‘Tropfest’ film festival, which has a signature item in every film each year, in this task the Signature Item was ‘UMBRELLA’. That meant ‘UMBRELLA’ needed to be some part of their film. Other locations on offer included Circular Quay, at the railway stations, on the ferry or on the train. Students were given a short walking tour of the island by their teachers and given the remainder of time to go to their own site-specific location in groups to get footage for their films. Their behaviour was exemplary. Students were Kristy Aguilar, Teleigha Aoun, Emma Burnes, Joel Cathro, Tyana Chelin, Naomi Cross, Cameron Dunn, Jaiden Frigiani, Joshua Hannon, Ashley Heap, Casey Hunt, Arthur Huang, Bailey Jones, Ashley Logan, Abigail Minoque, Dakota Nelson, and Angel Wilmen. We look forward to their completed films at the end of the term.

Mr. Stephen Peters
Creative Arts Coordinator

“Recta Sapere” To Know, Love and Relish what is Right and Just
Year 8 MISA Debating

Over the last year, Year 8 MISA debating team competed against a number of MISA schools. The team consisted of Trinity Dowsett (1st speaker), Erin LaRue (2nd speaker), Ryan Hickson (3rd speaker) and a number of students in the role of fourth speaker/ scribe: Samuel Childs, Indigo Urbina, Patrick Emmanuel, Eric Biju and Ebony Parker.

Once they finally developed their tactics, this team were unstoppable, winning their last four debates.

Some topics included, “War toys and games should be banned for school-age children,” and “People who use public transport should be financially rewarded.”

John Therry's Year 8 MISA debating team represented the school with pride in both victory and defeat.

(From left to right) Trinity Dowsett, Indigo Urbina, Erin LaRue, Eric Biju, Ryan Hickson, Samuel Childs, Ebony Parker and Patrick Emmanuel

“Recta Sapere” To Know, Love and Relish what is Right and Just
The debating team and their supporters (including timekeepers and chair persons)
South Coast Public Speaking Competition

John Therry students were invited to the South Coast Public Speaking Competition which was held on Tuesday, 18th August at Holy Spirit College, Bellambi. Jonathan Corscadden (Year 7) and Samuel Childs, Erin La Rue, Trinity Dowsett (Year 8); Liam Milford and Luke Liondos (Year 10) represented the school in their respective year groups. Over 19 schools and 252 students competed for places. All the students received high commendations from the adjudicators. Erin La Rue achieved third place in his division. Congratulations go to these students, who represented the school in this very competitive public speaking competition.

Trinity Dowsett, Luke Liondos, Jonathan Corscadden, Liam Milford, Samual Childs and Erin LaRue

“Recta Sapere” To Know, Love and Relish what is Right and Just
Marist Oratory Competition

Three students from John Therry also competed in the Marist Oratory Competition at Marist College, North Shore on Wednesday, 19th August. Indigo Urbina in Year 8 spoke on the topic “If I ruled the World,” Haydon Leigh in Year 12 gave a 6 minute speech on “The glass half-empty” and Ryan Hickson in Year 8 competed in the impromptu section, giving a three minute speech on “The world is a small place these days.”

All three boys represented the school with pride, receiving commendations from the adjudicators.

Ryan Hickson and Indigo Urbina

NAPLAN 2015

Naplan results are being mailed home to parents/caregivers of the students who completed NAPLAN 2015 this week. Included is the national Student Report 2015, the Additional Student Report 2015 and a letter to parents from the Minister for Education.

“Recta Sapere” To Know, Love and Relish what is Right and Just
Pope Francis has just announced that September 1, starting this year, will be an annual day of global prayer “for the Care of Creation”.

“I wish to inform you that I have decided to institute in the Catholic Church the ‘World Day of Prayer for the Care of Creation’ which, beginning this year, is to be celebrated on 1 September,” Francis said in a letter released by the Vatican.

The timing of the prayer gives the Pope another method of focusing global attention on climate change.
In Paris in December, world leaders will gather in hopes of negotiating a new agreement on carbon emissions, one that puts the world on a path for less than 2 degrees of warming.

The current plans don’t go far enough, according to Climate Action Tracker, a group of research organisations dedicated to analysing the world’s progress on the issue.
The Pope has suggested that he hopes to help change that, raising the profile of environmental issues, and linking them to the broader Catholic defense of the poor.

Francis said he was inspired by Patriarch Bartholomew, the spiritual leader of the world’s Orthodox Christians, who have been praying for the environment since 1980s.

“The celebration of this day, on the same date as the Orthodox Church, will be a valuable opportunity to bear witness to our growing communion with our Orthodox brothers and sisters,” the Pope said. “We live at a time when all Christians are faced with the same decisive challenges, to which we must respond together, in order to be more credible and effective.”

“Recta Sapere” To Know, Love and Relish what is Right and Just
Message from the Finance Office

A reminder to all Year 12 Families that all school fees need to be paid by end of Term 3 unless arrangements have been made through the Finance Office or with Ms Young.

John Therry Catholic High School Yr 12 Formal

The Yr 12 Graduation/Formal will be held on Wednesday 16th September 2015. This is the final school event in recognition of your child’s graduation from Year 12. It is a special occasion for parents and guardians to celebrate this graduation milestone.

Details for the formal are as follows:

- **Date:** 16th September, 2015
- **Location:** Campbelltown Catholic Club in ‘The Cube’
- **Time:** 6:00pm-11:00pm (Guests are expected to arrive at 6:00pm for a 6:30pm start)
- **Cost:** $85.00 per head (Each ticket includes a two-course meal and refreshments)
- **Dress:** Formal attire

Please note this is an alcohol free event.

Students have the option of purchasing a total of three tickets, two of which are for parents or guardians. Students are **not** permitted to purchase tickets for friends, partners, siblings or other relatives. If there are extenuating circumstances and students are unable to bring their parent/guardian, purchase of tickets for any other person must be pre-approved by Ms Young. Please contact the office to make an appointment with Ms Young for this pre-approval to be arranged.

Please note that RSVP and payment is due to the John Therry finance office by **Monday 31st August, 2015**.

In order for students to attend the formal they are required to have school fees paid up to date or alternatively, made arrangements with Ms Young regarding payment. Please call the finance office on 4645 8100 to assist with this process or any other enquiries in relation to ticket purchases.

<table>
<thead>
<tr>
<th>Upcoming Events</th>
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<tr>
<td><strong>15th August:</strong> Assumption of Blessed Virgin Mary</td>
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<tr>
<td><strong>24th August:</strong> Year 12 Retreat Reconnector</td>
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</tbody>
</table>
| **26th August:** Dio Hockey (Boys & Girls Open)  
Dio Volleyball (Boys & Girls Open)  
Year 12 SOR 2 Excursion |
| **31st August:** Final day for payment & RSVP for Year 12 Formal |
| **4th September:** Fathers Day Twilight BBQ |
| **16th September:** Year 12 Formal |

School Photos

School photos have arrived and Students are able to collect them from the School Office. Please contact **The School Photographer** direct on **Phone: 9674 9824** if you have any concerns regarding your photos.

“Recta Sapere” To Know, Love and Relish what is Right and Just
INVITATION

The Principal

MS. KAREN YOUNG

invites

Fathers / Grandfathers / Stepfathers / Carers and Boys/Girls

to attend the

FATHER’S DAY TWILIGHT BBQ

This evening is a special event to celebrate and acknowledge the role that Fathers and male carers play in the lives of our students.

To be held

At John Therry Catholic High School

FRIDAY 4th SEPTEMBER 2015

COMMENCING 5:00pm for Father and Son / Daughter games

Agenda for the night (Fathers are welcome to attend all or part of the evening):

5:00pm  Games – Volley ball courts / Shelter Shed / Oval
6:00pm  BBQ - Food Technology Rooms and Staff Common Room
7:00pm  Conclusion of evening

Attention: Mr Martyn
RSVP - Friday 28th August as catering is required for this event – Please return slip to your Learning Mentor in Learning group.

Student Name: ____________________________

Learning group: ____________________________

Number attending dinner including your child/children _____

“Recta Sapere” To Know, Love and Relish what is Right and Just
John Therry Catholic High School

SECONDARY RELIGIOUS LITERACY ASSESSMENT

Information for Parent/Carers of Year 8

2015 Year 8 Religious Education

JUNE 2015

Dear Parents/Carers,

A Diocesan Religious Literacy Assessment will be administered in Term 3 to Year 8 in all Diocesan Secondary Schools and one Congregational school. The Assessment aims to gather data about the progress of students in relation to the Stage 4 outcomes of the Religious Education Curriculum.

Since the Bishops of NSW/ACT published their Pastoral letter ‘Catholic Schools at a Crossroads’ in 2007, many Dioceses have undertaken external assessment in Religious Education in addition to school-based assessment. In the Wollongong Diocese, the Catholic Education Office (CEO) has worked with the Australian Catholic University (ACU) Strathfield, to develop and process this Assessment.

The Assessment allows students to demonstrate knowledge of and the ability to work with, apply and value the Christian tradition.

HOW ARE STUDENTS ASSESSED?

There are two parts to the Assessment:

PART A: Monday 17 August, Term 3

This will be a 60 minute in-class assessment with a variety of questions: multiple choice, matching items, short answers and written responses up to 15 lines. The questions are drawn from the Year 7 and Year 8 Religious Education Curriculum.

PART B: Weeks 1 – 8, Term 3

Students will complete an Assessment on ‘Disciples, Martyrs and Witnesses to the Faith’. They will receive the Task Notification in Week 1, and submit their Presentation in Week 8.

“Recta Sapere” To Know, Love and Relish what is Right and Just
### SPORT REPORT TERM 3 2015 Round vs Broughton Anglican College

<table>
<thead>
<tr>
<th>Team</th>
<th>Coach</th>
<th>Result</th>
<th>Comment</th>
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<tbody>
<tr>
<td>10-12 Boys Basket</td>
<td>Mr Wakeling</td>
<td>Lost 26-23</td>
<td>MVP: Lachlan Dowling</td>
</tr>
<tr>
<td>10-12 Girls Basket</td>
<td>Mrs Hynard</td>
<td>Lost 14-4</td>
<td>Making a massive improvement each week, working on accuracy with passing and not rushing the game. Big thankyou to Casey Hanby for filling in. MVP: Valu Filimoehala</td>
</tr>
<tr>
<td>7 Girls Netball</td>
<td>Ms Hogan</td>
<td>Won 15-13</td>
<td>The girls from the netball squad filled in for the team today and they did an exceptional job. Broughton fought their way back in the last quarter but the JT girls managed to hold their lead well. MVP: Caitlin Brabender</td>
</tr>
<tr>
<td>8 Girls Netball</td>
<td>Mrs White</td>
<td>Lost 39-3</td>
<td>The JT girls worked consistently to defend against a very polished opposition. Our girls had moments where they combined well and looked threatening around the circle. These efforts were rewarded with three goals. Thank you to the girls who filled today. MVP’s: Natalie Jones and Keisha Haezebrouck</td>
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<tr>
<td>14 Boys League</td>
<td>Mr Morris</td>
<td>Won 60-0</td>
<td>A very good team performance. Some excellent defence matched only by great attacking play MVP: Bayley Ewart and Jarrel Tran</td>
</tr>
<tr>
<td>16 Boys League</td>
<td>Mr Baca</td>
<td>Won 36-0</td>
<td>A solid result. Some extremely tough defending on our line all game to keep our opponents scoreless. Three tries to John Wulf who was machine like. Perfect kicking by Tyrone Harding. Great job boys. MVP: John Wulf</td>
</tr>
</tbody>
</table>

"Recta Sapere" To Know, Love and Relish what is Right and Just
16 Boys Tier 2 League | Mr Tannous | Lost 5-2 Lost 3-2 | The boys played really well. We saw great improvement in all aspects of the game. It was refreshing to see the boys enjoying playing football with their peers. Looking forward to the semi’s next week. MVP: Michael Samaha

7-9 Girls Soccer | Ms Bond | Won 1-0 | A tough game this week with JT struggling to score despite numerous shots. Ashlee Taff eventually put one away in the back of the net. Great persistence girls, your effort paid off. MVP: Rebecca Wood.

10-12 Girls Soccer | Mr Goodhew | Won 7-0 | A good performance from the girls today. Lots of good passing led to some good goals from the team. Congratulations to the goal scorers Tara Lee Bloxsome (3), Indianna, Chloe, Melissa and Emily (1 each). Well done girls. MVP: Emma Fisher

**MISA**

John Therry secured another 5 wins from a shortened round. As a result of AFL not providing umpires, all MISA schools had to decide not to participate in anymore games. This is a disappointing outcome as the John Therry students were showing some promising skills in their development.

At present John Therry sits 8.5 points behind Mt Carmel College. Heading towards the MISA finals for term 3. JT normally have very strong result in rugby league, basketball and the girls football. Fingers crossed we can reproduce our 5 premierships from last year.

Wollondilly Anglican College next week. No AFL games.

**NEWS JUST IN**

PSSA umpires will be assisting the local primary schools in touch, soccer and netball on Friday 5th September. Students who have returned notes will be allocated a week to attend. Meetings will be announced.

Students are to make their own way to and from the respective venues. Carnival competitions will commence approximately 9:30am and conclude at 2:00pm.

For more information on any of the above notices please check out the JT SPORTS PAGE on google sites, or feel free to call the Sports Coordinator on 0438673350.

Mr Jamie Cook

“Recta Sapere” To Know, Love and Relish what is Right and Just
The Spirit of Anzac Centenary Experience

The Spirit of Anzac Centenary Experience is a travelling exhibition that tells the story of Australia’s involvement in the First World War, and the ensuing Century of Service of Australia’s armed forces in all wars, conflicts and peacekeeping operations in which Australia has been involved.

The Spirit of Anzac Centenary Experience follows a chronological timeline spanning the period from pre-First World War Australia to the present day, using a mix of visuals, artefacts, audio and film to engage visitors.

An important feature of the experience will be the curated ‘local stories’ zone. These zones will be created with the local communities and will contribute a legacy for each region. The Spirit of Anzac Centenary Experience is the flagship community event of the Australian Government’s Anzac Centenary national programme. Find out more about the Anzac Centenary national programme.

More Information can be found at: http://www.spiritofanzac.gov.au/

Where

The exhibition will travel to major cities and regional hubs across Australia, giving a large proportion of the population a chance to engage in the story, contribute to the journey and take something away from the experience.

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<th>Dates</th>
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<td>Albury-Wodonga</td>
<td>Sep 2015</td>
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<tr>
<td>Launceston</td>
<td>Sep – Oct 2015</td>
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<td>Hobart</td>
<td>Oct 2015</td>
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<td>Ballarat</td>
<td>Nov 2015</td>
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<td>Bendigo</td>
<td>Nov – Dec 2015</td>
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<td>Wollongong</td>
<td>Jan 2016</td>
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<td>Melbourne</td>
<td>Feb 2016</td>
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<td>Adelaide</td>
<td>Mar 2016</td>
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<td>Tamworth</td>
<td>Apr – May 2016</td>
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<td>Toowoomba</td>
<td>May 2016</td>
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<tr>
<td>Brisbane</td>
<td>Jun 2016</td>
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<td>Mackay</td>
<td>Jul 2016</td>
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<td>Cairns</td>
<td>Aug 2016</td>
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<td>Townsville</td>
<td>Sep 2016</td>
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<td>Darwin</td>
<td>Oct 2016</td>
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<td>Port Augusta</td>
<td>Nov 2016</td>
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<tr>
<td>Perth</td>
<td>Nov – Dec 2016</td>
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<tr>
<td>Bunbury</td>
<td>Jan 2017</td>
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<tr>
<td>Kalgoorlie</td>
<td>Jan – Feb 2017</td>
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<tr>
<td>Geelong</td>
<td>Feb 2017</td>
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<td>Orange</td>
<td>Mar 2017</td>
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<tr>
<td>Newcastle</td>
<td>Mar 2017</td>
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<tr>
<td>Sydney</td>
<td>Apr 2017</td>
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Entry

Entry to the Spirit of Anzac Centenary Experience is free. To ensure visitors can enjoy the experience, a pre-booked ticketing system will be used.

Travelling through the experience will take most visitors between 45-60 minutes.

Find out more:
- To register your interest or find out more information
- School and group bookings are encouraged and can be easily arranged by visiting the Spirit of Anzac website.
HSC RESULTS FROM LAST YEAR

99.95 - The top ATAR achieved by 17 of our students
242 - students achieved an atar of 97+
96% - achieved their university entry ATAR
21% - average mark increase
3,056 - students participated from over 350 schools
99.7% - of students recommend this program to their friends

"The presenters were so passionate about their subjects. I really appreciated them giving me the insight into a HSC marker's perspective. This program made such a difference to my result."

Lucy
North Sydney Girls High ATAR 98.5

VENUES:
- University of Technology Sydney (UTS)
- Macquarie University
- University of Newcastle
- University of Wollongong
  - Main Campus (Wollongong)
  - Southern Sydney Campus (Loftus)

SUBJECTS:
- Ancient History
- Biology
- Business Studies
- Chemistry
- Community and Family Studies
- Economics
- English - Standard
- English - Advanced
- Legal Studies
- Mathematics – General
- Mathematics
- Mathematics – Extension 1
- Modern History
- PDHPE
- Physics
- Studies of Religion – 1 & 2 Unit

3 WAYS TO ACE THE HSC
- July Trial HSC Lectures
- September HSC Workshops
- Online Resources

Contact Us
Web: www.hscintheholidays.com.au
Email: info@hscintheholidays.com.au
Phone: 1300 677 336

"Recta Sapere" To Know, Love and Relish what is Right and Just
**TRIAL HSC LECTURES**
**JULY HOLIDAYS**
Learn essential content and skills for the trial exams. This is the most effective way to boost your internal mark!

**STUDY SMARTER. SCORE HIGHER!**

**HSC WORKSHOPS**
**SEPTEMBER HOLIDAYS**
Small, interactive workshops that will help you to unlock the secrets of each HSC exam.

**WORKSHOP FEATURES:**
- Sit for a full day with HSC experts to cover every aspect of the syllabus in the lead up to the final HSC exams
- Unique and innovative program that is guaranteed to improve your knowledge, skills and confidence
- Personalised assistance and support provided to each student
- Learn how to maximise your marks to a range of probable HSC questions
- Comprehensive workbooks provided containing subject notes, practice questions and examplar solutions/answers

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<thead>
<tr>
<th>10 REASONS WHY OUR STUDENTS ACHIEVE MORE</th>
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<tbody>
<tr>
<td>1. Proven over the past 8 years to increase your HSC marks</td>
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<td>2. Fully supported and endorsed by major NSW universities</td>
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<td>3. Learn vital knowledge, skills and confidence across all your subjects</td>
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<td>4. The most qualified, experienced and passionate HSC teachers/markers</td>
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<td>5. Discover the tips, tricks and strategies to maximise your exam marks</td>
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<td>6. Gain insights into what HSC markers are actually looking for</td>
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<td>7. Fill in the gaps and clarify everything you may be unsure of</td>
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<td>8. Detailed handouts/workbooks provided to enhance your learning</td>
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<td>9. All university venues are safe and easily accessible</td>
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<td>10. Thousands of attendees from over 350 schools are represented every year</td>
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**ONLINE RESOURCES**
Access thousands of files from Senior HSC Teachers and past 97+ students!

**RESOURCES INCLUDE:**
- Study notes
- Past assessment tasks
- Sample essays
- Practice examination papers with worked solutions/answers
- Reports from Senior HSC teachers/markers
- Exam techniques, study strategies and so much more!

www.hscintheholidays.com.au

"Recta Sapere” To Know, Love and Relish what is Right and Just
Our Lady Help of Christians Parish

AUSTRALIAN CATHOLIC YOUTH FESTIVAL 3rd – 5th December 2015 in Adelaide. For those from Year 9 through to 25 years of age, and is an excellent opportunity for young people to deepen their relationship with Jesus, be empowered to be disciples in the world today and encounter and celebrate the vitality of the Church in Australia. Contact Seth Harsh on 02 4222 2460 or email: seth.harsh@dow.org.au

CATECHESIS FOR ADULTS aged 16 years and over, continues each Sunday and Thursday, 7.30 – 8.30pm, in the Parish Meeting Room. Babysitters will be provided. You are warmly invited to take this opportunity to come and listen to a team of catechists from the Neo-Catechumenal Way, as they present the Good News. All welcome! PLEASE NOTE: These talks are ongoing and will be continuing for several weeks covering various topics. So if you miss one, don’t think that you can’t come to the next one; you can come to any or all of them as you wish. Contact Fr. Sarkis, 46281385 or Gabriele 0424 051 916 for further information.

2015 SIGNIFICANT MARRIAGE ANNIVERSARIES MASS If you are celebrating 25, 40, 50 or 60 years of marriage this year and would like an invitation to the Mass to be celebrated by Bishop Peter Ingham on Sunday 20th September 2015 at 2.00pm, please contact Helen Bennett 4222 2403/email helen.bennett@dow.org.au by Monday 3rd August and an invitation will be sent to you.

THE CATHOLIC GUY Each Sunday at 11am at Mount Carmel High School, Varroville, a series of talks on “Building Better Relationships.” This is especially recommended for those who perhaps no longer attend Mass regularly. Why not suggest it to them. It is a way of learning more about our Faith and hopefully, reintegrating into the life of the Church. All welcome.

DEMENTIA WORKSHOP Monday 28 Sept 9:00am-3:30pm at Micah House, 35a Cordeaux St Campbelltown. Exploring the dimensions of Dementia and the effect it has on those with the illness and their families and carers. Information: Carmen Karauda 4640 8515. Registration helen.bennett@dow.org.au or 4222 2403

“Recta Sapere” To Know, Love and Relish what is Right and Just
**GO4FUN FOR FAMILIES**

Go4Fun is a healthy lifestyle program for kids aged 7-13 above a healthy weight and their families.

At Go4Fun kids and parents learn about healthy eating and physical activity using fun, up-beat activities and games.

Go4Fun also helps build self-esteem and confidence in an encouraging and supportive environment.

Go4Fun runs after school during the school term for 10 weeks.

**ACTIVITIES AT GO4FUN:**

- **Games & Fun Activities**
- **Being an Active Family**
- **Learning Different Foods & Ingredients**
- **Understanding Food Feelings and Triggers**
- **Being a Food Detective at the Supermarket Tour**

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**WHAT HAPPENS AT GO4FUN?**

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<th>HOUR</th>
<th>PARENTS &amp; KIDS TOGETHER:</th>
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<td>NUTRITION &amp; MIND THEORY SESSION</td>
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<th>PARENTS DO:</th>
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<td>NUTRITION &amp; FAMILY LIFESTYLE CHAT SESSIONS</td>
<td>FUN PHYSICAL ACTIVITY &amp; GAMES SESSIONS</td>
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**REGISTER ON** 1800 780 900  

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“Recta Sapere” To Know, Love and Relish what is Right and Just
Why should kids do Go4Fun?

The program aims to improve the health of the child through the development of healthy lifestyle behaviours, as well as educating and positively affecting kids' attitude to food and physical activity.

The program includes nutritional information on food serving sizes and label reading, support and advice talking about weight and role modelling, personal improvement on physical activity and self-esteem as well as fun games incorporating fitness, movement skills and team building.

Benefits of Go4Fun?

- Builds self-esteem and confidence
- Improves sporting skills and fitness
- Builds team work and communication skills
- Balanced diet helping learning and mood
- A healthier child

How does Go4Fun work?

Research has shown that Go4Fun can help children reach a healthier weight increase time spent being active, improve fitness and help raise self-esteem.

Measurement of height and weight is collected before and after Go4Fun to help track improvements of children as a result of Go4Fun.

Go4Fun meets current Australian guidelines and National Health and Medical Research Council (NHMRC) recommendations for managing overweight and obesity in children.

What is above healthy weight?

Approximately 1 in 4* (27%) of children in NSW are overweight or obese. Kids who could be above a healthy weight include those that:

- Wear clothes sizes for an older age group
- Spend over two hours watching television (or using a computer) per day
- Are physically active for less than one hour per day
- Eat unbalanced meals, large portion sizes or more than one unhealthy snack per day.

*NSW Ministry of Health, The Health of Children and Young People in NSW, Report of the Chief Health Officer 2014

Where?

Held in sports and community centres, as well as schools in most council areas of NSW.

When?

Run after school in school term (10 weeks), usually starting at 400pm, 4:30pm or 500pm.

Cost?

FREE: Kids get a free shirt, drawstring bag, bouncy ball, water bottle and info folder.

Register on 1800 780 900 or www.go4fun.com.au

South Western Sydney Local Health District Health Promotion Service
Locked Mail Bag 7279 | Liverpool NSW | NSW 1871
P: 02 9786 2811 | F: 02 9780 2958

"Recta Sapere" To Know, Love and Relish what is Right and Just
Join us to make NSW a better place for young people!

Youth Action is proud to present the NSW Youth Work Conference 2015. Each day we will explore how we currently service and engage young people across NSW and how youth workers, advocates and service managers can create tangible actions to improve these services and the lives of young people.

Join us to:

- Explore the role of youth work with community and government leaders,
- Receive training for best-practice youth work,
- Engage with Youth Action’s strategic priorities for the next 3 years, and
- Celebrate at the NSW Youth Work Awards.

The NSW Youth Work Conference 2015 will help build a forward-thinking NSW youth sector that is inspired and capable to impact society.

**When:** Monday 2 – Wednesday 4 November 2015  
**Where:** SMC Conference & Function Centre, 66 Goulburn St, Sydney (view map)  
**Who:** Youth workers, youth service managers, youth advocates, and anybody who works to make NSW a better place for young people  
**Tickets:** $350pp (Youth Action Members), $450pp (Non-members)

Your ticket will give you an all-access pass to every conference session, with 7 hours of practical training and the NSW Youth Work Awards Ceremony. If you’re a Youth Action Member, you will receive a 20% discount on the ticket price.

**REGISTER NOW**

For more information, call 02 8218 9800 or info@youthaction.org.au.

Information about speakers and travel subsidies to follow shortly.

“Recta Sapere” To Know, Love and Relish what is Right and Just