About the Catholic Church

We are on a mission

‘We do not proclaim ourselves; we proclaim Jesus Christ as Lord’. This is at the heart of who we are. We bear witness to God ‘who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ’. We say ‘we’ rather than ‘I’ because we do this as a community. To be a Catholic is to be part of ‘the People that God gathers’. There are many images for this people: among them are ‘the house of God in which his family dwells; the household of God in the Spirit; the dwelling-place of God among men’ and women. The Church is made up of a people on pilgrimage together, a pilgrimage which will end in the glory of heaven. We ‘have this treasure in clay jars, so that it may be made clear that this extraordinary power belongs to God and does not come from us’. We are not a perfect people and we have our ups and downs. But it is by God’s mercy that we have been brought into the Church and bear this witness. ‘We do not lose heart’. God guides us through the Scriptures and our rich and living tradition.

How we began

Jesus the Christ

Two thousand years ago, St Paul wrote that ‘there is no longer Jew or Greek, there is no longer slave or free, there is no longer male and female; for all of you are one in Christ Jesus’. They were radical words then and now. Our unity is not based on race, blood or class, but on baptism. We are one because God has brought us together in faith, hope and love.

We believe in a God who is love, a God who has created us out of love, and who envelops each moment of our existence.

We believe that, 2,000 years ago, God sent His Son, Jesus Christ, into our world. ‘For God so loved the world that He gave His only Son, so that everyone who believes in Him may not perish but may have eternal life.’ During his short life of 33 years, Jesus proclaimed that, in Him, in His words and deeds, God was bringing about His Kingdom, a Kingdom of justice and peace. He told the poor, the hungry, the weeping, that they were blessed, that God’s Kingdom belonged to them. People experienced Him as a person of extraordinary love, bringing healing, hope and forgiveness of sins to those who knew Him.

And the story continues…

In a media-saturated society which can bombard us with ‘bad news’, there is a more attractive ‘good news’ available through the Christian message. Today, the Catholic Church, which has over a sixth of the world’s population in its family, continues the life of the early Christians. The invitation to faith is offered through local Catholic communities. These are called ‘parishes’. Wherever we are, we continue to extend the invitation which Jesus extended to His disciples 2,000 years ago: ‘Come and see’. Come, join us and follow him.
## Important Dates

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<tr>
<th>Date</th>
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<td>Presentation Night</td>
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<td>24th October</td>
<td>Visual Arts Display</td>
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<td>28th October—4th Nov</td>
<td>Year 11 English Commences</td>
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<td>11th November</td>
<td>Year 11 Finish</td>
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Tuition is an opportunity for students to consolidate the information that they have learned over the previous few days.

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<td>Mrs Habib Room H1/2</td>
<td>Mrs Hill Room H1/2</td>
<td>Mr Doherty Room H1/2</td>
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Welcome back to Term 4, which is flying by rapidly already. The season of Advent will soon be upon us as we begin to wait for the birth of Christ – this is a very special season for us as Catholics as we prepare for the coming of the Lord.

This week we celebrated a significant milestone for our Year 12 students and their families – their official graduation from secondary school. This group of young people have been a joyful blessing to our College, bringing a wide range of personalities to our community. They have supported each other throughout their schooling and now heading off into the wider world, equipped with the values of their families and school. The Graduation Assembly, Mass and Dinner were wonderful celebrations of what these students have added to the College and it was a privilege to participate. Whilst many staff were involved in preparing for these events, special thanks should be extended to Mrs Antonucci and Mr Pedlar for the Assembly, Mrs Tittums for the beautiful Eucharistic celebration and Mrs Kleynhans and Miss Kempen for the Graduation Dinner. A large number of parents and students also assisted in the organisation and clean up on the night – thank you to those dedicated volunteers also.

As we near the end of the year, we inevitably must say goodbye to staff who leave us. Mrs Koekemoer, Mrs Hill and Mrs Wiltschut will all be leaving us at the end of the year, each relocating to Perth. In addition, Mr Harlen will be retiring from teaching. We have been blessed with each of the gifts which these teachers have brought to the College through their dedication and commitment to the students in their individual areas.

On Tuesday of this week was the Feast of St Luke, our College namesake. St Luke was a disciple of Jesus and has one of the Gospels attributed to him. The Gospel of St Luke is known as the social justice Gospel – it focuses strongly on Jesus’ ministry within the most marginalised people in his society of the time. This is a timely reminder for us at St Luke’s College to focus our teaching mission on the marginalised – do we hear the voice of those most unable to cry out and, more importantly, do we respond to that call?

Year 11 Revision seminars are currently underway, running last weekend and this weekend. These seminars are funded through the Karratha Education Initiative, administered by the Woodside operated North West Shelf Venture and offer an excellent opportunity for students to access external tutors in order to bolster their revision program. Feedback from the students has been positive and we trust that strong exam results will follow.

Safe ICT use is something that all families need to consider. St Luke’s runs a technology integrated learning approach, with all students utilising iPads in their lessons. Whilst these devices are a mandated requirement, there is a degree of responsibility upon families and students to ensure that the devices are appropriately used. Recently, we have seen an increase in inappropriate use of social media applications across a number of year groups. Applications such as Snapchat have no educational value and are best removed from student devices. I would ask all families to please consider carefully what applications are appropriate for students to have on their devices and the College is always available to discuss with parents where they are unsure. Please contact a House Coordinator or Deputy Principal if you need assistance in this area.
On Monday evening we will recognise the exceptional achievement of our top students at Presentation Evening. This important event showcases the talent and dedication of our students and is generously sponsored by a number of families and businesses in the community. A full list of award winners will feature in the next edition of the Spirit.

Year 7 enrolments are now closed and our 2017 cohort is extremely full. As we are currently over-subscribed for places, some families will be offered a place on our wait list, depending on their enrolment category, time of application and availability of a suitable place for their child.

As the year end draws nearer, I would like to ask all families to consider ways in which they may be more involved in our College community in 2017. It would be wonderful to see more parents volunteer their knowledge and skills for the betterment of our College. Please consider if you have some time to offer the School Board, Friends of St Luke’s (FOSL), Busy Bees or other areas of volunteering next year. If you have ideas on things you could assist with, please feel free to email me directly.

Next year, the College will be celebrating our 30th Anniversary. Mr Shaun Dredge has generously volunteered to convene the committee organising the celebration, but will need assistance. If you feel that you could assist with some area of our recognition of this important milestone – please contact the front office and we will put you in contact with him.

Wishing all families a most relaxing weekend.

Alanna Otway

Principal
Welcome back to our families for Term 4. This term is a particularly short one, especially for our Year 11 students who have exams to negotiate. I encourage every student to continue to strive upwards. Every little bit counts.

**Mental Health Week**
There is a lot of research to show that being active, having a sense of belonging and having purpose in life all contribute to happiness and good mental health. Some simple tips are to:
- **Act:** keep mentally, physically, socially and spiritually active; take a walk, read a book, do a crossword, dance, play cards, stop for a chat...
- **Belong:** join a club, take a cooking class, be more involved in groups you are already a member of, go to community events....
- **Commit:** take up a good cause, help a neighbour, learn something new, take on a challenge, volunteer...
For more information on how you can "act – belong – commit” please visit: [http://www.actbelongcommit.org.au/](http://www.actbelongcommit.org.au/)

**Year 11 Revision Seminars**
We have been extremely fortunate to have numerous lecturers and teachers visit St Luke’s in order to present Revision Seminars for the upcoming Year 11 Exams.

**Year 11 Exams- Supervision Assistance**
Thank you to the many volunteers who have offered their time to help supervise the upcoming Year 11 Exams- it is very much appreciated. We have been unable to fill two slots:
- Friday 28th October, 9:00- 12:15.
- Thursday 3rd November, 12:15- 3:00pm.
If you are able to assist could you please contact Jennifer Southern on 9144 1081 to discuss.

**2017 Student Executive**
Following student and staff voting and a formal application process our Student Executive for 2017 have been decided. Invariably there will be disappointed students, but I want to assure each student who applied that every one of them will be a leader as a Year 12 in 2017, whether they have a formal role or not.

We are blessed to have such fine citizens, motivated to be the best they can be in our school. It truly was inspirational listening to their speeches and recognising the time and effort that clearly went into them. The Student Executive of 2017 will be announced during a short assembly with the whole school present during Week 3.

**Year 12 Graduation**
Congratulations to our Year 12 students who have finished their school career with their Graduation Ceremony taking place this week. Their studies are not quite finished however, with the final WACE exams still to come. Suffice to say, we all wish them well and hope they continue to achieve their best in their ATAR Exams.

God Bless,
Melanie Caddick
Deputy Principal (Years 7, 9 and 11).
Dear Parents, Students and Friends of St Luke’s,

As I write this newsletter the Year 12 students have just finished their official time here at St Luke’s. On Wednesday 19th October they celebrated their time at St Luke’s with a Mass at St Paul’s Church and then dinner at the Leisureplex. I wish them all the best in their future life pathways for those sitting their WACE exams I wish them all the best.

Exams
With exams around the corner it is important that students revise effectively. The secret is to retrieve information from your memory is the key to a successful performance. Students have to therefore train their brain. To retain information in your long term memory it must be understood in a manner logical to you and then reinforced regularly through frequent revision.

The following techniques are dependable in coding information for long term storage

- Repeating - students should regularly summarise and recite; a continual circulation of the information for their mind.
- Differing approaches - students should consulting alternative texts to view subject matter from varying angles.
- Routine - students should set out definite plans of attack to follow in order to solve problems.
- Mnemonics - using letters or rhyme to trigger key points in their mind. Acronyms use the first letter of each word to rouse the memory.
- Group associations - linking areas of knowledge through themes and similarities.
- Summary Flash Cards - card containing main points and key words; reciting them aloud to reinforce memory storage.
- Recording and replaying summaries, use travel time to reinforce understanding with Ipods, Iphones etc.
- Mind maps - are mental pictures the visually link concepts and areas of knowledge; students should draw them into their notes.
- Drink lots of water it helps assist brain functioning.

God Bless

Sunniva Antonucci
Deputy Principal (Year 8, 10,12)
Blessings All,

It has been an emotional week with our Year 12 students graduating.

On Wednesday, the 19th October, the Year 12 Graduation Mass was held at our local parish church, St Paul’s.

Year 12 students, their parents, family members and St Luke’s staff attended.

Father Bernard celebrated this special Mass for the Year 12 students.

The Mass was a reverent occasion and one which we hope will stay with our now former students as they prepare to leave secondary school and go onto further study, employment or travel.

Our prayers will be with the Year 12 students as they prepare for and sit their WACE exams. May God help them to use their time well, and may he give them a calm mind and a real confidence as they face this time in their lives.

Mrs Rhondda Tittums
Religious Education Co-Ordinator

Importantly Dates

Year 10
Retreat: Thursday 27th October 2017
During National Science Week in Term 3 (August 13 – 21), the Science Department, in conjunction with the Karratha Science Engagement Network (KSEN), hosted its first annual STEAMfest celebrations. STEAMfest is an event that is designed to showcase the amazing work of the St. Luke’s students and staff as they embrace the STEAM Education Project. A STEAM Education Framework was introduced to St. Luke’s College in 2015, and serves a dual purpose linked to two major aims; on the one hand it sees the General Capabilities of the Australian Curriculum brought to the forefront of our teaching through the Arts, on the other, it engages students in STEM which is a critical component of a 21st Century education.

The focus of the evening was the presentations of the 2016 STEAM competition finalists. The STEAM competition is a part of the annual Science Curriculum that allows students to explore their interests and communicate their findings or discoveries in a fun and engaging way. All students in Years 7 – 10 are required to complete a project during Term 2, with finalists in the categories of Investigation, Design/Invention, and Manipulate, invited to present at STEAMfest.

There were twenty-four groups that presented their work to staff, fellow students, members of the community and special guest judges for the evening. The staff had an overwhelming response from all visitors that commended the students on their creative displays, depth of knowledge about their project, and the confidence in which they spoke. All students are to be congratulated for their efforts.

Throughout the evening, visitors were able to interact with displays of students work, STEAM activities on the lawn, and watch some short films from the International Science Film Festival, thanks to RiAus. There were some culinary delights offered by Letz Waffle, Mrs Oliver’s Ice-Cream Van, and Vicky’s Curry, as well as the scrumptious baked goods generously donated by Mrs Lorraine Watkins, Mrs Andrea Guthrie and the rest of the FOSL family.

The evening was a huge success thanks to the hard work and dedication of the Science Department staff, and with the help of many other St. Luke’s staff that generously gave up their time. The College would also like to thank Teagan Brown of EPIC who helped coordinate the event, and our special guest judges, Peter Long (Mayor of Karratha), Vicki Long (Vicki Long and Associates), Richard Hancock (Pilbara Development Commission), Steve Grant (Scitech), Jo Kuiper (Pilbara Mesquite), and Brad Beaumont (ABC). KSEN and St. Luke’s are already looking ahead to an even bigger and better event in 2017 so watch this space!

Jenefer Wiltschut
Head of Learning Area – Science
Congratulations to the winners announced on the night

**Overall:** Akshat Gupta (Y10)
**Runner-up Overall:** Zoe Oliver (Y10)
**Investigation Category:** Taylor Sparks and Ella Rodgers (Y10)
**Design/Invention:** Mikayla Newhouse, Hailey Moyle and Jasmine Gill (Y8)
**Manipulate:** Vaniya Siddiqui, Michaela Flores and Georgia Evans (Y10)
News Flash: St Luke’s College WIN

Last month St Luke’s College Digital Media and Technology students participated in a local photography competition set by mental health organisation, Act, Belong Commit. The competition titled ‘PhotoVoice’ involved taking a photo under the theme of Act-Belong-Commit and including a short description explaining the photo, giving the photo a voice. Participants could submit up to three entries for the combined Under 18 and Schools category.

Ten of our students were shortlisted, with prize-winning entries awarded to the following students:

1st Place  Carys Butler
2nd Place  Sydney Keremelevich
3rd Place  Chloe Oliver

Congratulations to all participants. The exhibition is on display this month at the City of Karratha Public Library and is well worth a visit.

MRS MONTGOMERY
PILBARA ATHLETICS CARNIVAL

On Thursday the 15 September we travelled to Tom Price High School to participate in the Pilbara Inter-Schools Athletics Carnival. The team consisted of 56 enthusiastic athletes from Year 7 – 12. Despite the long journey and the many little stops we arrived at Tom Price eager to participate in the twilight long jump and high jump events against Tom Price, Karratha Senior High School, Newman High School and Hedland High School. Students were treated to the good homestyle burgers by chef “McDonald” for dinner and then they retreated for the night.

Early Friday morning the rest of the Athletics Carnival commenced. Our students gave a very good account of themselves and were placed in many of the events. Our track events were well contested with students producing their personal bests and being fiercely competitive.

The Carnival comprised of teams in year groups and our students in their teams produced excellent results. Most of the athletes won medals for placing in the year groups in their teams. Special mention to the Year 7 boys and girls, the Year 10 boys and the Year 12 boys and girls on winning gold medals in their age groups.

We took out 1st place in the carnival and a very tired but proud athletics travelled back to Karratha with the Inter-Schools Shield. Owen Cross won the best and fairest athlete of St. Luke’s College.

Congratulations to all athletes you were great sporting ambassadors of St. Luke’s College.
Physical Education
Georgina has had another successful year playing softball, at state and national representation. She has started pitching on a more regular basis and had a great season.

She won the runner up Fairest & Best player in the Pilbara DCA Softball Championship which was held in Paraburdoo.

She also had a great season in our local competition batting well and playing really well at first base.

She had the opportunity to travel down to Perth on more than one occasion to try out for the U19 Girls State Softball team, known as the Sparks and was selected for this team last week. She was chosen to play in the Australian Women’s Softball Championships in Perth in January 2017.

We are very proud of your achievement in the Softball, Gee.

Good luck and congratulations on being selected on the Australian Women’s Softball Team.

K. GOVENDER
After a lovely restful break, Welcome to Term Four, I wish student parents and teachers a pleasant term.

At the end of last term two representatives from McDonald’s attended St. Luke's College on Wednesday 14th of September to present information on McDonald’s School Based Traineeships opportunities to the students in Yr. 10-11.

McDonald’s Karratha are offering School Based Traineeships opportunities, starting in Term 4 or beginning of next year. School Based Traineeships offer students: to complete a Certificate course while attending work one day a week (can roster for weekend time only if student wishes) and to get paid for their hours of work at the place of employment (in this case it would be McDonald’s).

This will be an opportunity for students to complete a Certificate II in Retail while getting paid. Training is delivered by McDonald’s Australia RTO, with time rostered for work books / training on a day of preference for the interested students.

Can you please encourage your son/ daughter to submit their interest through the below link, and advise should I be able to further assist.


Should you know of any other companies hoping to offer a School Based Traineeship, please do advise.
Please find attached photos of students at their work placement at Nickol Bay Hospital. Once again this is another fabulous and valuable program. Each year we have large numbers of students interested, and the feedback is always extremely positive. We are very appreciative to Ellen Oswald (Staff Development Officer, at Nickol Bay Hospital) and Natalie Malek (Great Program Coordinator) for their enduring support in offering this program each year to the students at St Luke’s College. The photos show the students during an operative day. Ellen advises that “It’s been great having the students at NBH, as you can see some fun was had yesterday as the peri operative day”.

Thank you kindly to the staff, students and parents for their dedication and support.
We have received such amazing feedback from the parents, students and teachers on how beneficial the Try a Trade program is. The students thoroughly enjoyed it and the parents were so proud of the students diligence and success, each student fabulously constructed a wooden chair.

The Try A Trade is a sought after program, and we are very grateful to the Construction Training Fund for their financial support, and Arpita and the lecturer Lee Elgood from Pilbara TAFE who always provide incredible support, passion and expertise towards this program. Thank you kindly for your dedication and support.

God Bless
Mrs. Johann Dalton
Career Advisor
We are very privileged to have so many organisations inspire the students at St. Luke’s College. On Wednesday the 12th of October two UWA medical students, Sarah Pickard and James Kirkland, delivered a workshop at the College including:

- BASIC FIRST AID
- PLASTERING
- CHECKING BREATHING
- REFLEXES
- NAME THAT DISEASE
- HEALTH EDUCATION
- MENTORING

Followed by a question and answer session of a career in the Health Industry. The students in Year 10 comprehensively enjoyed the session. They had great fun with putting on the plaster and couldn’t wait to show their peers and parents. They were inspired by the array of career opportunities within the Health Industry and the many pathways that one can take.

Thank you again to Sarah and James for such an interactive and informative session and the students for their well-behaved and respectful hospitality.
Careers
Term 3 was an extremely important time for year 12 ATAR Visual Arts students as they completed their final productions for WACE Art marking in Perth. It was a busy and crazy week 9, with students working on their major works right up until the deadline. I am proud of the range and qualities of work produced this year and wish the students all the best for their Examinations.

Mrs Petrina Sladen

As a young woman, I often look up to strong women who empower womanhood and a sense of self. Beauty in contemporary society can be interpreted and judged in various viewpoints.

What is the true definition of beauty? Why do we find some more beautiful than others? The narrative that ‘natural’ beauty is upheld more than ‘artificial’ beauty or vice versa can impact on one’s self-image.

My artwork is a commentary on the ideology of female beauty in contemporary society.

I am particularly concerned about the extent women are willing to go through to achieve this perception of beauty. I am captivated by the willingness endured by women to experience not only physical pain but emotional pain to attain perfection. My work depicts an ideal artist temperament, Frida Kahlo who was a figure of charm and glamour but also a carrier of great emotional and physical pain. I have appropriated Kahlo’s famous pose holding her cigarette and altered the cigarette into a syringe, to emphasis on the act of suppressing an addiction of modern day cosmetic surgery. Similar to Frida Kahlo’s paintings, I intertwined natural and artificial elements to portray the narratives of beauty.

My artwork consists of acrylic paint, acrylic markers, pen and ink to render detail and imitate the techniques and style of contemporary artist Del Kathryn Barton. I’m intrigued by the way Barton integrates vibrant colours, tendril, vines and dots in the background but at the same time conveys a sensitive subject matter such as the body. Barton’s art is mystical; it embraces ideas of femininity and aligns women with nature. It makes private matters such as one’s personal perception of beauty, public.

My work is comforting but yet provoking as it questions the true definition of beauty.
Visual Arts

Title: Kumang Kenyalang (Beautiful Hornbill Lady)
By Chelsea Liam
Media: Watercolour and Powder Pigment on Rives cotton paper
Dimensions: 77cmX109cm

Title: Try Me by Aimee Kid
Media: Sculpture, Polyester lab coat, fishing-hooks, fishing wire, clay cast material, acrylic paint, ink, beads, wool, chicken mesh, Perspex, plastic and shellac
Dimensions: 99cm x 63cm
Visual Arts

Title: *I am Australia* by Shae Camisa
Media: acrylic, oil and compound paste on canvas
Dimensions: 130cm x 140cm

Title: *BUA* (Thai for Lotus) by Alexandria Shaw
Dimensions: 560mm x 760mm
Can you bake?

We would love your donation of home baked goods for St.Lukes annual Xmas market on November 20th. Donations can be dropped off from 7am. See reception or school newsletter for further details.
ST. LUKE'S XMAS MARKET
Coolest market in town!

NOVEMBER 20TH
10AM-1PM
All undercover
Start your shopping early

St. Lukes Gym, Rosemary Road
Karratha
A message from the Finance Department....

General Reminder:
This is a general reminder to all families that school fee balances must be finalised by 30 November 2016. Could those families who have yet to organise payment, please contact the College urgently to make arrangements.

If you are experiencing difficulties in paying your fees, please be assured, there is always a solution. Please contact the College to make a private and confidential appointment with the Principal to discuss what arrangements might be put in place to assist you in moving forward with your account, whilst still ensuring that your child remains part of our St Luke’s community.

Thank you!
SCHOOL ACCIDENT INSURANCE

To learn more about the School Care Accident Insurance, please go to the St. Luke’s College website. Information can be found under the heading ‘Enrolment’.

SCHOOL BUSES IN KARRATHA

The Public Transport Authority is launching SmartRider in Karratha.

From January 2017 you will be able to travel using the same SmartRider that is used on Transperth services and in other regional centres.

With the introduction of SmartRider, the Karratha services will now operate under the name of TransKarratha.

The New SmartRider TransKarratha bus brochures for 2017 are available at the front administration office and PCG houses.

A reminder to all students and parents that the afternoon buses start leaving the school at 3.05pm and the last bus is gone by 3.15pm. Students catching buses need to make their way as quickly as possible to the bus area at the 3.00pm bell in order to avoid missing their bus.

LOST PROPERTY (UN-NAMED)

- Black/Gold Chain
- Black Leather Lined Shoes
- Grey With Pink Trim Nike Sneakers
- Drink Bottles x 4
- Nickol Sports Shirt
- School Shirt
- Mooks Shirt
- Bag Of Clothes With A Green/Brown Brxtn Hat

FROM THE FRONT OFFICE

Parents/Guardians

If any of your contact details change, including your home phone / work phone / mobile / email / home address, please contact the office so that we can update your details in our database. If we don’t have your correct contact information we can’t contact you. This is especially important in the instance of your child’s ill health, but can also be frustrating for your child if they need to speak to you during school hours and are unable to contact you.
I would like to inform parents/guardians that there will be a price increase in school uniforms for 2017. The price list still to be confirmed, our online canteen uniform ordering will indicate updated prices which will be out towards the end of the term. These prices are in line with a number of private schools around WA, due to being a relatively small school our bulk orders are smaller than requested by suppliers, which raises the price slightly as well as freight costs.

I am also looking for volunteers (parents/students) to assist in the uniform shop a couple of days before Term 1 2017 begins. Please email me your details to confirm times and dates: uniform@stlukescollege.wa.edu.au

Thanks

Carol Potter,
Uniform Shop Coordinator

UNIFORM SHOP OPEN
TUESDAY AND THURSDAY
11.15AM—3.15PM
Tips to help you and your child through exam stress

It is a real test of parenting when there is an exam student in the house - the date of the WACE exams can evoke feelings of rising anxiety – in students and in their parents! It can be very difficult to stay detached from all the talk about ATAR, what course your child is hoping to do and at which university.

Unfortunately, parents often unintentionally add to this stress by allowing themselves to become consumed with the whole process – or on the other end of the scale by being too laid back which may come across as not caring. What’s needed here is a balance and realistic expectations.

When the WACE exams are just around the corner all parents can do is to support their children, reinforce our confidence in them and make it very clear that **we do not think they are defined by their exam results**.

**Calmness**

Easier said than done... however, parents have the ability to create a calm environment to study in which includes being comfortable, well-lit and quiet. If possible don’t arrange ‘playdates’ for younger (or older siblings) during this couple of weeks pre and during exams.

**Perspective**

It is exceptionally important that we reiterate with our children that we will love them no matter what and that unexpected exam results will not change that. There are many many ways in which they can achieve their goals and WACE exams are only one of those ways.

**Routine**

Keeping to a normal routine is important for both parents and children. Parents who take time off work to ‘be there’ can actually add to the anxiety by placing an added layer of angst. As for your child, he/she will still enjoy the bus-trip home from school, catching up with friends and taking their mind of studying for a short period.

Having said all this, parents being available to provide some additional practical support at this time such as a lift somewhere or a comforting word will do no harm.

It is also a good idea to encourage your child to continue to attend school until exam time. They may use excuses like ‘it’s easier to study at home’ but realistically they are probably better to be at school where they will have the support network of their peers and teachers.
Venting
As is common with most people who experience periodic times of stress, your child will be more likely to let off steam by venting on those closest to them, often their parents. This should not be taken personally so try to be the parent who walks away, takes a deep breath and lets it slide. It will all be over sooner than you think!

Vulnerability
Keep an eye out on how your child deals with the ‘mock’ exams. This may provide some indications on how they will deal with the WACE exams. Most children will deal with stress of exams even though some will do it better than others. It is worth being aware however that problems may arise if your child has had additional trauma in the year leading up to the exam. Stresses such as loss, relationship breakdown or difficulties with friends can add to the levels of anxiety around exam time. Mock exams will alert you on how to approach the WACE exams. Reaffirm that exam results do not define who you are.

A good life balance where your child continues with their sport and seeing their friends will contribute to their wellbeing and help alleviate the stress. Exercise as with all of us is vital. It is important to try and reduce your child’s stress levels and not add to them. Too much stress can stop them from reaching their potential by affecting the way their brain recalls and applies information.

Sleep
A good night’s sleep is paramount (and not just at exam time). Even if your child normally has a device such as a phone in their room at night (never a good idea for anyone) suggest that it is left in another room during this time. The distraction of technology at night is not conducive to a good night’s sleep. Suggest some ways for your child to wind down before bed such as having a warm bath, reading a few pages of a book (other than a text book) meditation or prayer.

Brain Food
A balanced diet is essential for all our children, all the time but absolutely vital at exam time. Diets including lots of brain food like nuts, seeds an oily fish are particularly beneficial at this time. As parents we can prepare in advance by ensuring that there are healthy snacks available within seconds (!!) as this will stop the constant trek to and from the biscuit barrel.

And remember that although exams may be a necessary evil, they do not and never will define who your child is – please make sure your child knows this.