From the Acting Principal

SENIOR STUDENT LEADERS 2016

The tribe has spoken. Through a process of nomination, voting and discernment by students and staff, an excellent group of College leaders has emerged.

They were presented to the College community at Assembly on Monday and will remain “Elect” until their investiture in October when all 2016 Year 12 Seniors take up their duties. A Leadership Camp will be held in mid-August to allow the group to set their agenda for next year. Mr Batchelor and Mr Brannan will facilitate this process and work closely with this student leadership group.

Congratulations to the following who have the confidence, encouragement and support of their peers and staff:

**COLLEGE CAPTAINS & VICE CAPTAINS**

- College Captain: Liam Houlihan
- College Vice Captain: Christian King
- College Vice Captain: Nick Parker

**HOUSE CAPTAINS**

- Barron House Captain: Luke Humphrey
- Purton House Captain: Max Magee
- Rice House Captain: Jordan Smith
- Tracey House Captain: Tom Graziotto

**PREFECTS**

- Thomas Benson
- Hamish Book
- Kane Eden
- Harry Heaney
- Matthew Kennedy
- Josiah Lising
- Pat McKenzie
- Ned McDermott Healey
- Billy Moran
- Stewart Ross
- Keenan Smith
- Mitchell Tutill
YEAR 12, 2015
We are going to be proud of the way the current Year 12 finish. Rightly, they need to become more self-absorbed over the next few months. There is not MUCH time, but there is ENOUGH time.

The Trial HSC examinations incorporating final assessments commence next Monday for two weeks. Retreats will be held in Week 5. HSC major works or performances will also be due in this timeframe. Finally there is a chance for feedback, refinement and targeted revision before graduation at term’s end.

Let us keep encouraging these young men and remember them in our thoughts and prayers. Heartfelt thanks to Mr Masters, Mr Cunneen and the Year 12 pastoral care and subject teachers who will be with them every step of the way.

UNIFORM/GROOMING
Since 1937 as CBC (Christian Brothers Chatswood) and from 1954 as St Pius X College we have had a proud tradition. Our crest and ‘brand’ is well known and a solid reputation has been built and maintained.

Could I ask for parent support in ensuring our young men present and behave well, especially when in public as ambassadors of the College. Lately some aspects of grooming, i.e. haircuts and uniform (particularly non-regulation jumpers and hoodies) on display by a small minority have been well below expectations. Fix it now please.

DEBATING
The College will host the Grand Finals of the 2015 Catholic School Debating Association Competition this Friday night. The competition is in its 50th year. Appreciation to convenor, Ms Waterson, and debating coaches/adjudicators for their season and willingness to organise this significant event.

Particular best wishes to our 11A team of Ryan Attard, Josiah Lising and Keenan Smith who have made it through to battle Catherine McAuley Westmead in the Year 11 section.

Mr Jim Olson

From the Assistant Principal – Teaching and Learning
ATTENTION YEAR 8 PARENTS
Parents and Students of Year 8 are invited to attend a Parent Information Evening on Tuesday 28th July at 6.30pm in the College Gymnasium. At this meeting we will be explaining the process for subject selection and providing information about the expectations of students as they move into Stage 5 (Year 9 2016) of their learning journey.

Subject Coordinators for elective subjects will be available afterwards to answer questions you may have.

Later this week, students will be issued with a Subject Selection handbook that will provide necessary information. We look forward to seeing you at the Information Evening.

ATTENTION Year 10 PARENTS
Parents and Students of Year 10 are invited to attend a Parent Information Evening on Tuesday 28th July at 7.30pm in the College Gymnasium. At this meeting we will be explaining the process for subject selection and providing information about the expectations of students as they move into Stage 6 (Year 11 2016) of their learning journey.

Subject Coordinators for all courses will be available afterwards to answer questions you may have.

On Monday 27th July, students will be presented with information on each course on offer. They will also receive a Subject Selection Information Handbook.

We look forward to seeing you at the Information Evening.

Mr A Damo
**MindMatters for Families**

**STUDY SKILLS EVENING: YEAR 7 PARENTS (& ANY YEAR 8 STUDENTS WHO MISSED OUT LAST YEAR)**

There is an excellent opportunity for you to attend a study skills evening with your son, on Monday 3rd August here at the college from 6:30 - 8:00pm. This is the first Monday following the Ski Trip and is a very important night for your son to learn effective study techniques. Both students AND parents should attend together to get the most out of the session. The night will be led by Prue Salter – an expert in the area of study skills.

To book and pay, please see the following details.

**Year 7 & 8 Parent/Student ‘Study Skills’ Evening**
- **Date:** Monday 3rd August 2015, 6.30-8pm
- **Venue:** St Pius X College
- **Cost:** $10 per person, or $20 per family
- **To book:** please click on the “trybooking” link [www.trybooking.com/147821](http://www.trybooking.com/147821)

For further information, please see the Woodchatta Extras section at the end of this newsletter

Mr P Ticli – Year 7 Guidance Coordinator

**PARENTING COURSES**

‘Pills, Powders and Liquids’ – everything parents should know about ecstasy, ‘ice’ and other illicit drugs in 2015

A workshop will be held at Lane Cove Library on Thursday 20 August, 6.15pm to 8.00pm, centred around adolescents and illicit drugs. “Although alcohol continues to be the most popular and problematic drug used by Australian secondary school students it is the use of illicit drugs such as ecstasy and methamphetamine (‘ice’) that many parents are most concerned about.” For more information and booking details please see the flyer in Woodchatta Extras.

‘Tuning in to Teens ‘and ‘Dealing with Teen’s Backchat’

Please also see Woodchatta Extras for flyers on these Parenting Courses being held this term.

Mr R Russo – College Counsellor

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**From the Social Justice Coordinator**

Happiness is when what you think, what you say, and what you do are in harmony.

*Mahatma Gandhi*

St Pius boys have been very active throughout our community this week. On Wednesday Josiah Lising, Jack Schyvens and Patrick McKenzie accompanied Mr Casey to Matthew Talbot Men’s Hostel to assist in serving dinner and cleaning up for approximately 50 homeless men. On Monday Kane Eden, Josiah Lising, Jacques Fletcher-Cauchi, Keenan Smith, Ashley Seeto, Andrew Chiu, Patrick McKenzie, Harry Heany, Daniel Byrne, Ned McDermott Healey, Finn Hutchinson, Theo Xylas, and Dom Gordon accompanied Mr Blake to Willowood Nursing Home to converse with their residence. Tuesday saw Matt Higham, Ben Donaghy and Daniel Byrne visit the Bloodbank in Chatswood to give blood.

It is obvious by the large list of boys that St Pius is very active in Social Justice throughout our community, with many of the boys attending more than one activity this week. Well done to all our boys involved.

Mr D Blake

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**Advance Notice of Kokoda 2016 Information Evening**

Following the successful 2014 Expedition the College Leadership Team has, in principle, approved investigation of the feasibility of a Kokoda Expedition and Immersion Program for students and their parents in late June 2016.

To this end we have invited Richard James, Principal of “On Track Expeditions” and guide to our 2014 Expedition, to present with Mr Reay, Mr de Silva and myself, at an information evening on Thursday 6th August. Please register your interest in attending this event at admin@stpiusx.nsw.edu.au

Target audience for the 2016 Expedition will be Year 8, 9 and 10 students and their parents and siblings, although other members of the College community are welcome to express interest and attend.

Mr S Brannan – Head of Student Services
From the Youth Ministry Coordinator

WYD 2016 KRAKOW POLAND

The information evening held last week was a valuable exploration of the details for our 30 plus potential pilgrims and their families. Thank you to all who braved a mid-winters night to learn more. On what was 12 months exactly until our departure date the families came out on a chilly 9 degrees whilst we learnt that it is currently over 30 degrees in Krakow. Thanks must also go to Kelly Paget, Danielle Mifsud and Fiona Green of the Broken Bay Diocese Youth Ministry team who attended and presented on the evening. If any of the families have any remaining questions they should not hesitate to contact Mr Adrian Brannan for clarification.

ONE YEAR OUT WYD MASS & HIGH SCHOOL SOCIAL NIGHT @ CHATSWOOD PARISH

Marking twelve months until the Final Papal Mass in Krakow 2016, all pilgrims will gather in Our Lady of Dolours (on Archer Street) for Mass at 5:30 this Sunday the 26th of July. During the Mass there will be a presentation and blessing of our student pilgrims with their counterparts from Mercy Catholic College and from amongst the parishioners of the local Chatswood Parish. Afterwards the students will enter into the social night which any student of the College is welcome to attend with pizza and games, a chance for fellowship amongst a wide range of peer groupings. We requests the students arrive for Mass by 5:15pm and we expect the evening will finish by 9pm, with parents most welcome to attend both the Mass and the social if they would like to. Please see the flyer in Woodchatta Extras.

WYD 2016 FUNDRAISING

Sales in the WYD Fundraising raffle have got off to a sluggish start, increasing the opportunity for a win of double pass Platinum Seats to the Bledisloe Cup game! After the Wallabies fantastic win over the Springboks at the weekend who wouldn’t want to see the face up to the All Blacks in Sydney in just a few weeks’ time? Please consider purchasing a ticket or two and supporting our students. Keep reading below for further details or see the flyer in Woodchatta Extras.

We will be looking for potential opportunities for the students to enter into some fundraising over the next twelve months to defray the substantial costs of this international journey. We would welcome contact from anyone who may have an idea or a suggestion.

It is thanks to the amazing generosity of one our SPX Parents that we have been able to ‘Rock ‘n ‘Roll ‘n Rugby’ fundraising raffle together to support our students. Outlined below and in Woodchatta Extras is an amazing opportunity to win double pass Platinum tickets to one of 3 events at ANZ Stadium in the coming months including; The Bledisloe Cup Game, the Monster Truck Rally and the highly anticipated AC/DC reunion Concert, all tickets come with Platinum parking at the venue. Each prize has a face value in excess of $300, but in reality the opportunity to attend any of these events in the comfort and style offered is priceless; tickets to the sold out Bledisloe regularly fetch thousands on e-bay and in fundraising auctions in the lead up to the Test Match.

Tickets in the raffle are only $35 (with a maximum of 250 sold) each prize will be drawn in the lead up to the event (or once all tickets are sold) with the winners contacted directly by phone or email and published in the Woodchatta (any unsold tickets after the draw of the Bledisloe Tickets on the 1st of August will be sold for $20 until final draw or all sold).

Please do consider supporting our SPX students in this very worthwhile cause and give yourself and a friend the opportunity of an amazing Rugby experience in style and luxury.

To purchase tickets in ‘Rock ‘n Roll ‘n Rugby’ simply go straight to this trybooking site listed below with your credit card details. www.trybooking.com/147327 A flyer can also be found in Woodchatta Extras.

Mr A Brannan
ABrannan@stpiusx.nsw.edu.au
9414 4344
Your P&F In Action!

TRIVIA NIGHT - Book Your Diaries Saturday 15 August Booking Link
Only $30 per person, BYO drinks and nibbles, or you can even order a pizza to the venue for your table.

Download your Invitation and get a team organised. Don’t worry if you don’t have a team, because you can join a Year Group Table when you book. Find out more here Frequently Asked Questions

Arguably the most entertaining and fun night of the year, The SPX Trivia Night raises critical funds for the school’s Clubs in which the boys participate and get so much from: Rugby, Cricket, Performing Arts, Basketball, etc..

See you there! Booking Link

SPECIAL REQUEST FOR DONATIONS - Trivia Night Saturday 15 August
P&F Trivia Night 2015 - Saturday 15 August - keep the date free - to make the night a fundraising success for all our sporting, music and performing arts clubs we need your help in sourcing great prizes for lucky dips, silent auctions, live auctions and raffles...

See Woodchatta Extras for further details. Every donation big or small is greatly appreciated and it all goes straight to the Clubs that our boys love so much. More information and suggested prizes by School year is right here

If you have any questions or suggestions please just drop a line to triviaspx@gmail.com

PERFORMING ARTS PARENTS - Term 3 Meeting on 4 August
Jill Shadbolt [PAPA president]: If your son is involved in a Band, Choir or Drama, please consider coming along to the Term 3 Meeting on Tuesday 4 August at 7.00pm in the Band Room. Get updated on what’s been happening, have your say, and see what’s planned for this term. Refreshments will also be served.

Steve Johnson - SPX P&F Secretary / Communications

Performing Arts News

MEET THE MUSIC
Students of Years 9, 10, 11 and 12 Elective Music will be attending the third concert in this series TONIGHT, 6.30pm at the Opera House. All students have been given their tickets.

YEAR 12 DRAMA PERFORMANCE NIGHT
Our inaugural Year 12 Drama class will be assessed on their group and individual works on Friday 7th August commencing at 6.30pm in the Sarto Centre. Family and friends are warmly invited to attend and support the students in what will be their final performances prior to the HSC.

INSTRUMENT SHOWCASE
Have you ever wanted to try and play a flute, violin, trumpet, trombone, electric guitar, bass guitar or drum kit? Have you been wondering what happens in Music Production lessons? You can now find out by attending our Instrument Showcase on Friday 7th August, 3.30 – 5.00pm in the Band Room. During this time the College Instrumental Tutors will be demonstrating a variety of instruments and answering questions. Students will also have the opportunity to try out instruments. Further details can be found in Woodchatta Extras.

ACADEMIC AWARDS CEREMONY
The Intermediate Concert Band will be performing at this event on Friday. Students are required to meet Mrs Talati and Ms Bates in the Band Room at 8.30am to help move instruments to the Concourse.

COLLEGE ORCHESTRA
There will be a rehearsal for the Orchestra on Sunday 16th August from 10.30 – 12.30pm. Students and parents are asked to note this date in their calendars and diaries.

Ms T Bates – Performing Arts Coordinator
From the Languages Department

**HSC ORAL EXAMINATIONS**
The Language Department extends warm wishes to all students studying Languages at the College, Open High School and Saturday School of Community Languages for the upcoming HSC Oral Examinations that begin in August. We wish them success and ask our SPX Community to keep our Language students in your thoughts and prayers during this time.

**CHINA TOUR**
This year in September, Year 9 & 10 Chinese Language students will embark on our China Tour. Students have been hard at work fundraising for the experience and we are grateful for the support of the many who have purchased a chocolate or two along the way.

The tour will take in three main cities: Beijing, China’s capital city, where students will visit the Great Wall, Tiananmen Square, Summer Palace, Temple of Heaven and Forbidden City. We will travel westwards to Xian to visit the tomb of China’s first emperor, Qin Shihuangdi, where we will experience history first hand, visiting the infamous Terracotta Warriors and ride bikes on the old Xian city walls. Our final destination will be Shanghai, where we will have the opportunity to study Mandarin at Shanghai Normal University and take in the sites of China’s largest city, which boasts a population rivalling that of Australia.

Stay tuned to hear about our impending adventures.

Ms K Manga - Languages Coordinator

From the English Department

**A SENSITIVE AND UNFORGETTABLE STORY FOR ALL OF YEAR 7**
Last Friday during an English incursion all of Year 7 had an intensely provoking lesson. It was an outstanding experience of theatre and an accurate portrayal of a story on which it was based.

Charlie Gordon, a mentally handicapped, good natured and trusting individual, finds his simple life changing unexpectedly. After an operation on a little white mouse named Algernon, Charlie is selected to be the first human being to undergo experimental surgery to increase his intelligence. The experiment ultimately turns out to be flawed and, as Algernon regresses and dies, Charlie witnesses his own potential fate. The story is told in Charlie’s own words – from his diary- which enabled the young audience present to feel Charlie’s warmth, compassion, humour and turmoil.

Given that the students were enthralled, captivated, entertained and informed, **Flowers for Algernon** was a poignant, sensitive and unforgettable story.

Mr A Listo - Assistant English Coordinator

Homework Help
Homework Help will be held every **Tuesday to Thursday inclusive** after school from **3.15pm - 4.30pm** in the Senior Resource Centre. Students are to be actively engaged in school work, reading or study. All ages and levels of ability are welcome to attend, so come along and take advantage of the service.

Ms J Raheb-Mol – Learning Support Co-ordinator
Debating & Public Speaking
CSDA DEBATING FINALS & CSDA 50th ANNIVERSARY, FRIDAY 24th JULY.
Last Friday evening our 11A team of Ryan Attard, Josiah Lising and Keenan Smith were successful in their Semi-Final debate against Marist Sisters’ Woolwich at OLMC Parramatta. We are all so proud of these scathingly brilliant young men. I texted Mr Couani that night and he replied with the following text just minutes later:

“To be read to the team: ‘From Austria; I offer my excited congratulations to the team and to their coach. Best wishes for the Finals and for hosting. What a great achievement! I’m very proud of everyone. Mr Couani’”

On Monday 20th July Matthew Harris, our 2015 Debating Captain congratulated the 11A team:

“I would now like to introduce to you the Year 11A Debating team for 2016 of Ryan Attard, Josiah Lising and Keenan Smith. These capable men of purpose deserve serious commendation on their achievement of reaching the highest round of the Catholic Schools Debating Competition. The Grand Final. These three men have made speech after speech with under an hour’s preparation week after week, arguing their way through the likes of some of the fiercest debaters in the competition. This result proves their debating skill and their vocal prowess as well as their ability to use the many strategies of Debating to manipulate some of the most arcane arguments to their favour. They have an exceptional talent as a real cohesive unit, a real team, that uses the perfect balance of individual effort and team strength to cross the line leaving not a single abstruse musing in the minds of their adjudicators as to who the winner should be.

This happy few, this Band of Brothers will have the strength the entire College behind them this Friday night in the Grand Final against the girls from McAuley Catholic College held right here at Pius celebrating the 50th year of our debating competition. Best of luck and even greater congratulations should be extended to all of our wonderful debating coaches, particularly the Year 11A team’s coach, old boy, James Camilleri. Please join me in congratulating the 11A debaters.” (Matthew Harris - 2015 Debate Captain)

We are certainly very proud of all the 11A team and look forward to an exciting event this Friday night.

This Friday afternoon ALL debaters from Year 7 – Year 12 will be needed at the college. Our debaters will be largely responsible for hosting this massive event: they will be meeting and greeting our 300 + guests; chairing and timekeeping the Finals debates and re-setting rooms for Monday’s lessons. Most debaters will be able to leave the school at around 8.45 – 9pm. Students will need to be collected from the college as they are not allowed to travel home on public transport and can only travel in vehicles that have been approved by their parent/s.

On behalf of all St Pius X Debating coaches we need to extend a massive thank you to all of our parents. Your feedback, guidance and support throughout yet another year is again, invaluable. We all consider ourselves to be very lucky with the students who choose Debating as their school activity: we think that they are amazing! The reality is that we are so lucky to also have the Debaters’ parents as part of our team: you have been a wonderful group with whom to work. Thanks again and we look forward to another successful CSDA season in 2016.

SYDNEY DEBATING NETWORK (SDN) DEBATERS
SDN debaters will be travelling to Abbotsleigh, Wahroonga this Friday evening with Ms Easton and Stuart Maclaine (Year 12 Coach and Senior CSDA Adjudicator) on a hired coach. The topic area for this week is Education. Their training will commence at 4pm in the Blue Room classrooms of D1 & D1 with Ms Easton and Stuart Maclaine running Years 7–12 ‘3 man’ teams training. They will all leave at around 5pm on a hired coach to travel up the highway to Abbotsleigh.

The Year 7/8/9 coin toss is at 6pm sharp and their debate commences at 7pm sharp so should conclude around 7.30 – 7.45 pm. The Year 10/11/12 coin toss is at 7pm sharp and their debate commences at 8pm sharp so should conclude at around 8.45-9pm.

Abbotsleigh should provide a classroom for prep time for the 10/11/12 groups for their one hour wait for coin toss. This is a valuable training experience and Stuart Maclaine and Ms Easton will be working with the students during this time. Please ensure that you collect your son on time. All SDN parents have been given a map and address for collection. Thank you again for your efforts.

Ms M Waterson – Debating & Public Speaking Convenor
Mock Trial
When we think of the word “epic”, images of Russell Crowe spring to mind, the Grand Canyon, or even the Germany V Italy 2006 World Cup Semi Final ... but amateurs, all of them. The true meaning of epic was written on the evening of Wednesday 15th July in the Senior Resource Centre at St Pius’ final Mock Trial for 2015.

Facing a late start, a difficult 4 hour long trial on the intricacies of drink-driving and responsibility, hostile witnesses and a brave opposition in North Sydney Boys’ High School, our boys shone in their last trial for the season. Our client was successfully awarded damages, the other party being found to have acted negligently in terms of alcohol limits and seatbelts, so it was an interesting and relevant trial for the students to be involved in.

It has been a great season against some great teams and each time our scores have improved. We’ve overcome some pretty difficult challenges, demonstrating our grit and guts.

I would like to thank all the students involved throughout the season: Daniel Butler, Keenan Smith, Nick Parker, Adriano Papandrea, John Davie, Michael Haratzis, Eric Stuart-Jones, Johann de Silva, Christian Whale and Patrick McKenzie. All students are to be commended on their commitment and enthusiasm.

Special thanks to Mr Tom Davie for assisting the team with legal advice – it was fantastic to work with a practising barrister and the students were most appreciative. We would also thank Ms Keighery for being so generous in using the SRC and Mr Stearn for his support.

I would encourage any current Year 8, 9, 10 student to think about getting involved in next year’s Mock Trial competition. Notices will be put out in Term 4 this year.

Ms A Gripton - Convenor

Careers News
YEAR 10 CAREERS PRESENTATION - POLICE FORCE

Last week Year 10 were given insight into the various career pathways available in the Australian Police Force. Senior Constable Dennis Goodwin from Chatswood Police Station guided the boys through the application process and the variety of jobs available. For more information visit [www.police.nsw.gov.au/recruitment](http://www.police.nsw.gov.au/recruitment).

This week all students in Year 10 will receive the 2015 Job Guide and the UAC University Requirements Guide for students in Year 10. These publications will compliment subject selections later in the term.


Ms D Janes – Careers Adviser

Australian Army Cadets - Did you know?

Australian Army Cadets is a leadership program for teenagers between the ages of 12 1/2 and 19 years. It provides young Australians with the opportunity to learn, develop and practice many interesting, fun and valuable skills. It is the only government sponsored youth group in Australia. 206 ACU (Army Cadet Unit) is the regional unit closest to SPX. We parade every Tuesday night of the school term from 5:30pm-8:40pm and we attend one weekend camp at the end of each term.

As a cadet there are lots of other activities you can participate in like; an annual camp (one week); leadership, abseiling and water craft courses; military marches (such as on ANZAC Day) and much more. We also learn lots of skills such as first aid, navigation and organisational skills.

206 ACU is currently recruiting. Our Information night is being held on Tuesday 28 July 2015 7.00pm at Marist College North Shore, 270 Miller St, North Sydney. If you are interested in finding out more please check our website 206acu.org.au. If you have any questions you can contact Capt Tim Wark on 0400 369 312 or speak to one of our cadets at SPX.

James Spencer - Year 9
**From the Senior & Junior Resource Centres**

**READING FOR PLEASURE**

A number of parents expressed concerns over their son’s reading at last week’s Parent Teacher Interviews.

Research shows that ‘choice’ and ‘reading for pleasure’ are two vital elements in creating readers who not only read but, more importantly, want to read. Opportunities to choose books to match interests are provided in many ways in our library classes, for example:

- Reading lists on the Premier’s Reading Challenge for students 5 – 9 & the Edmund Rice Readers’ Challenge for Year 10
- The ‘Top Ten’ and other reading lists on the library catalogue
- Exposure to new books through book trailers, read alouds, peer reviews or book displays
- Vibrant and diverse collections

Time for ‘sustained silent reading’ is another key component in developing readers. At home, encouraging independent reading, every day contributes greatly to building reading proficiency that will help your son thrive personally and academically.

We actively promote and encourage students to participate in the Reading Challenges. The challenges provide a structure for goal setting, recording reading and are a great motivator for many students.

Boys who can’t find the right book should ask myself or Mrs Martin. We are avid readers of young adult literature. Parents with concerns or questions on reading can always contact myself or Mrs Martin.

*Mrs K Keighery, Senior Resource Centre and Mrs E Martin, Junior Resource Centre*

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**Junior School News**

**CONGRATULATIONS TO OUR TERM 3 CLASS CAPTAINS**

Congratulations to the following boys on their selection to represent their class as a captain:

- 5 Gold - Marco Locascio
- 5 Blue - Franklin Clayton
- 5 Red - William Harper
- 6 Gold - Cian Hughes
- 6 Blue - Christopher Guerrera
- 6 Red - Joshua Gomez
- 6 Green - Jacob Glass

**REMINDERS:**

- **Walkathon 20th August:** Please organise sponsorship
- **Grandfathers, Fathers and sons sporting afternoon – 3rd September**

**JUNIOR SCHOOL - GRANDFATHER, FATHER AND SON SPORTING AFTERNOON**

A form was sent home in last week’s Junior School Newsletter and it has been replicated in *Woodchatta Extras*. For organisational reasons we require the form completed by the 21st August.

Granddads and even dads are most welcome to come and watch; it isn’t compulsory to participate.
JUNIOR SCHOOL WALKATHON
On the 20th August we have a charity walkathon in Term 3 where we ask the boys to put themselves out and walk for people less fortunate than themselves. The walkathon happens in school sports time at Oxford Falls. The beneficiaries of the Walkathon are:

St Joseph’s Primary School, Walgett: For many years the St Pius X Community has had a great relationship with St Joseph’s Primary School, Walgett.

St Mary’s, Bowraville: Each year a small group of Year 10 students from St Pius X College are privileged to visit our friends at St Mary’s in Bowraville. St Mary’s Primary School Bowraville in the Nambucca Parish is the only school in the Lismore Diocese with a predominantly Indigenous school population. 96% of the school’s students are young Gunbaynggirr people.

Callan Services: Callan Services is an agency set up by the Christian Brothers to promote services to Papua New Guinean people with special needs so that they are given the opportunity to live life to the full. The first of these being the Mt Zion Hospital in Goroka, New Guinea which assists people with a range of disabilities. Other services offered by the Callan Services are the Braille institute, the Vision Impaired Hostel and the Hearing Impaired Hostel. All of which help children in the area. They raise community awareness and acceptance with the local people.

World Vision Child Sponsorship: In 2011 we started sponsoring Vipin Singh Ramadhar from India. He is now a 15 year old boy and through our sponsorship we are helping him and his community through the Hardoi Project.

The boys will be walking at Oxford Falls for 1.5 hours, for charity, during their normal sports time. The concept is for the boys to earn the money. This is an invaluable learning lesson about doing something for others, less fortunate than ourselves. It also has the added advantage of promoting fitness.

If you could please supervise your son’s efforts in securing sponsors, it would be greatly appreciated. The boys will be told not to approach strangers for sponsorship, please reinforce this message at home. Thank you for your support in this educational endeavour.

YEAR 6 INTERRELATE LESSONS START TODAY
I would encourage all parents of boys in Year 6 to ask their son about their day as our interrelate lessons- ‘Moving into the Teen Years’ program starts today. It should make for an interesting conversation.

Today’s lesson is Session 1: “Who Am I?”
Aims
1. To relax the students; acknowledge their discomfort or embarrassment; get acquainted and initiate discussion.
2. To set ground rules.
3. To enhance students’ self concept by helping them recognise their individuality and that being different is okay.
4. For students to acquire knowledge of the basic physical differences between males and females particularly in relation to their Excretory and Reproductive Systems.

YEAR 6 MIDDLE CHILDHOOD SURVEY
The information about this survey was in last week’s Woodchatta extra and a hard copy was sent home. The boys will complete the survey next week.

Mr T Long – Head of Junior School
Senior School Sport

FOOTBALL

Dear Parents and Players,

Almost all of last weekend’s fixtures were washed out due to the fact that the majority were being played on council grounds. The 13Bs were the only team to get a game and they were dominant in a 3–0 victory. The points awarded by the coach were: 3 - C. Johnson, 2 - Z. Forster and M. Bradley, 1 - G. Mullins and A. Webber.

This weekend, all games are at Oakhill College; 513 Old Northern Rd, Castle Hill, except the 13Ds who are playing at home. Good luck to all teams.

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<td>Herman</td>
</tr>
<tr>
<td>14C</td>
<td>1.00pm</td>
<td></td>
<td>Herman</td>
</tr>
<tr>
<td>13A</td>
<td>11.00am</td>
<td></td>
<td>BC Oval</td>
</tr>
<tr>
<td>13B</td>
<td>10.00am</td>
<td></td>
<td>BC Oval</td>
</tr>
<tr>
<td>13C</td>
<td>8.00am</td>
<td></td>
<td>BC Oval</td>
</tr>
<tr>
<td>13D</td>
<td>11.00am</td>
<td></td>
<td>Redlands</td>
</tr>
</tbody>
</table>

Good luck to all teams.

For further details re this weekend fixtures including MAPS, and some photos from the Opens Queensland Tour, please click on this box to be taken directly to Rugby Club News in Woodchatta Extras.

RUGBY

St Pius X Senior Rugby Draw – Saturday 25th July

All St Pius X sides will play away games this weekend, with the majority travelling to St Stanislaus in Bathurst. Those travelling to Bathurst on the school coach are asked to be at the college no later than 6:30am, with the coach departing from Anderson Street. Players are asked to pack their own food and water for the trip as we will stop for toilet breaks only on the way.

The 13Cs will play Reddam House at Centennial Park, while the 13Ds will take on Waverley at Queens Park.

<table>
<thead>
<tr>
<th>Team</th>
<th>Time</th>
<th>Opposition</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>3.15</td>
<td>St Stanislaus</td>
<td>St Stanislaus No.1 Oval</td>
</tr>
<tr>
<td>2nd</td>
<td>1.00</td>
<td>St Stanislaus</td>
<td>St Stanislaus No.1 Oval</td>
</tr>
<tr>
<td>16A</td>
<td>2.00</td>
<td>St Stanislaus</td>
<td>St Stanislaus No.1 Oval</td>
</tr>
<tr>
<td>16B</td>
<td>1.00</td>
<td>St Stanislaus</td>
<td>Clifford Oval</td>
</tr>
<tr>
<td>16C</td>
<td>12.00</td>
<td>St Stanislaus</td>
<td>Clifford Oval</td>
</tr>
<tr>
<td>15A</td>
<td>12.00</td>
<td>St Stanislaus</td>
<td>St Stanislaus No.1 Oval</td>
</tr>
<tr>
<td>15B</td>
<td>11.00</td>
<td>St Stanislaus</td>
<td>Clifford Oval</td>
</tr>
<tr>
<td>14A</td>
<td>11.00</td>
<td>St Stanislaus</td>
<td>St Stanislaus No.1 Oval</td>
</tr>
<tr>
<td>14B</td>
<td>1.00</td>
<td>St Stanislaus</td>
<td>St Stanislaus No.2 Oval</td>
</tr>
<tr>
<td>13A</td>
<td>12.00</td>
<td>St Stanislaus</td>
<td>St Stanislaus No.2 Oval</td>
</tr>
<tr>
<td>13B</td>
<td>11.00</td>
<td>St Stanislaus</td>
<td>St Stanislaus Number 2 Oval</td>
</tr>
<tr>
<td>13C</td>
<td>11.00</td>
<td>Reddam House</td>
<td>Parade Ground No. 6, Centennial Park</td>
</tr>
<tr>
<td>13D</td>
<td>9.00</td>
<td>Waverley</td>
<td>Queens Park</td>
</tr>
</tbody>
</table>

Good luck to all SPX sides on the weekend.

Mr S Yue - Convenor
“WINNING ON THE ROAD”

Our last visit to St Stanislaus was very successful, winning 75% of our contests. Travelling and competing is never easy and you have to get many things right including the nutrition.

Here’s some advice to help ensure you are “raring to go”, from a previous club I worked at.

**Game Preparation and Recovery**

1. **Pre-match:** A substantial breakfast is important on the morning of a game; a good example would be a bowl of muesli with eggs on wholemeal toast and beans. Yoghurt, fruit and porridge are also good breakfast foods. Alcohol, white pasta, sweet cereals, fizzy drinks and steaks should all be avoided as part of pre-match preparation. Lunch should include lean meat e.g. chicken breast, and whole wheat pasta or brown rice with veg e.g. broccoli. Protein takes 3 hours to digest and carbohydrate about 1 hour, this should be considered with regard to the timing of meals and the amount consumed.

2. **Half-time refuelling:** Hydration is a key component of performance. Our players tend to drink Lucozade to maintain blood glucose levels and spare muscle glycogen, and also replace electrolytes lost due to sweating. When diluted (less than 7% carbohydrate) Lucozade can actually enhance fluid replacement i.e quicker than just water.

3. **Immediate post-match:** Research shows that players have an optimum window of two hours to re-hydrate, replenish glycogen stores and consume protein to initiate muscle tissue repair and replacement. The players will re-hydrate then consume a protein shake containing a protein serving of approximately 30 grams together with an initial refined carbohydrate intake of approximately 75 grams. This provides a positive insulin burst which rapidly shifts glucose into the muscle where it is stored as glycogen.

4. **The day after a game:** The day following a game should focus on muscle recovery. Torn muscle tissue and bruising stimulate repair and growth, however a high protein intake is required to provide the raw materials for this action, to prevent the body breaking down muscle fibres in other parts of the body to use as a source of amino acids.

Mike Penistone – Rugby Development Officer

**ISA TENNIS**

As we come into the final weeks of our 2015 ISA Tennis season, every single point, game and match is important as we want to finish as strongly as possible. Although several of our teams had their games cancelled last weekend due to the snow in the Southern Highlands, Divisions 4 and 8 played strongly and had convincing success and Division 6 won by a narrow margin. Special mention this week goes to Theo Xylas and Geoffrey Cipriano for each winning all three of their matches.

Div 1 vs OAK, Lost  
Div 2 vs CCGS, Lost  
Div 3 vs CHEV, Washed out  
Div 4 vs OXL, Won 7 to 1  
Div 5 vs OXL, Washed out  

Div 6 vs CCGS, Won 4 (35) to 4 (32)  
Div 7 vs CHEV, Washed out  
Div 8 vs CCGS, Won 6 to 2  
Div 9 – CHEV, Washed out  
Div 10 vs CCGS, Lost

This weekend sees all our SPX teams up against the fierce competition of St Patrick’s College for Round 8. See the draw below.

<table>
<thead>
<tr>
<th>Round 8</th>
<th>Divisions Playing</th>
<th>Location</th>
<th>Teachers In Charge</th>
</tr>
</thead>
</table>
| 25th July | 2 SPAC | Talus St (Home) 7.45am for an 8.00am start | A. O’Brien  
J. Black |
| 4 SPAC | St Patrick’s College  
Strathfield Tennis Club  
via Murrick Street, Strathfield  
7.30am for an 8.00am start | V. Kugananthan  
M. Colefax |
| 6 SPAC |  
| 8 SPAC |  
| 10 SPAC |  
| 1 SPAC |  
| 3 SPAC |  
| 5 SPAC |  
| 7 SPAC |  
| 9 SPAC |  

**Absences**

Any student who is unable to play MUST notify the Tennis Convenor or their coaches ASAP so that SPX can field teams in all divisions on a Saturday. It is too hard to try and find players to play-up at the Friday morning Tennis meeting. Please notify Ms O’Brien (agobrien@stpiusx.nsw.edu.au) or Ms Colefax, Black or Kugananthan as soon as you aware of a proposed absence.

**Wet Weather**

The Tennis Convenor will notify all players as soon as there is information about any match cancellations. Please make sure that you check your phones for messages so you don’t make an unnecessary trip to a cancelled game. Wet Weather details will also be able to be accessed via the SPX Senior Sport Twitter Account: (https://twitter.com/SPXSeniorSport) or the school website (http://www.spx.nsw.edu.au/beyond-classroom/dsp-default.cfm?loadref=80).

Ms A O’Brien - Convenor
CRICKET
SPX Cricket - We're Counting Down to the New Season

Player registrations to play for St Pius in the 2015-2016 season are open for just over one more week so sign up now before you miss out!

The college fields teams from U-12s onwards and registering from the youngest age group provides a pathway to the highest representation you can achieve at St Pius which is a coveted place in the 1st and 2nd X1 ISA teams. The standard of our district sides is at least equal to club cricket as we field teams between the U12 and U16-18 age groups in the North Shore and Manly District junior club competitions. And of course, the 1st X1 are the current ISA Division 1 Champions while the 2nd X1 were semi-finalists in ISA Division 2.

So don't miss out on a great opportunity to represent the college in the country's pre-eminent national summer sport! You can register by going to this link [http://www.trybooking.com/146929](http://www.trybooking.com/146929) and it only takes a few minutes to sign up.

Don't delay as we need to let our cricket associations know how many teams and what players will be representing St Pius next season.

For further information contact Danny John, Club Secretary, at secretary@stpiuscricke.org.au

Mr D Reay – Convenor

ATHLETICS
Athletics Training Starts: Athletics is open to everyone! Just turn up and have a go

Training Dates: Training will take place at Chatswood Rotary War Memorial Athletics Field, the home of UTS Athletics Club, from 4pm to 5pm. Buses will leave Archer Street from school at 3.20pm and return approximately 5.20pm

Monday: 20/7, 27/7, 10/8, 17/8, 24/8
Wednesday: 22/7, 29/7, 5/8, 12/8, 19/8, 26/8, 2/9

Carnivals: Confirmed in Woodchatta each week:

15/8 SOPAC (Homebush)
22/8 SOPAC
29/8 SOPAC St Pius to host, parental and student assistance will be required
5/9 E.S. Marks (Centennial Park) essential for ISA selected relay team
8/9 ISA Carnival at SOPAC

Selection into the ISA TEAM: During the Invitational Carnivals on 15/8, 22/8 and 29/8 all athletes can compete and practice in as many events as they like to try and achieve personal best performances. Each new personal best is rewarded with a merit card. I select the ISA team based on Personal Best times, distances and height achieved before the 5/9 Carnival.

Mr R Lacey - Convenor

BOXERCISE FOR FITNESS & FUN
Boxercise is available for all students every Thursday and Friday morning at 7.30am in the College Gym. Please contact Mr Russo if you have any queries.

Junior School Sport
Thursday Sport: on at Oxford Falls. Winter sport training for Football, Rugby and Tennis continues. Boys require a full change of clothing for their sport training. Below is an outline for Thursday Sport in Term 3.

<table>
<thead>
<tr>
<th>Week</th>
<th>Day</th>
<th>Date</th>
<th>Activity</th>
<th>Saturday Sport Activity</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Thursday</td>
<td>23rd July</td>
<td>Sport</td>
<td>Winter Training</td>
<td>Oxford Falls</td>
</tr>
<tr>
<td>3</td>
<td>Thursday</td>
<td>30th July</td>
<td>Sport</td>
<td>Winter Training</td>
<td>Oxford Falls</td>
</tr>
<tr>
<td>4</td>
<td>Thursday</td>
<td>6th Aug</td>
<td>Winter Gala Day</td>
<td></td>
<td>Oxford Falls</td>
</tr>
<tr>
<td>5</td>
<td>Thursday</td>
<td>13th Aug</td>
<td>Summer Sports Trials</td>
<td>Summer Trials / Training</td>
<td>Oxford Falls</td>
</tr>
<tr>
<td>6</td>
<td>Thursday</td>
<td>20th Aug</td>
<td>Walkathon</td>
<td></td>
<td>Oxford Falls</td>
</tr>
<tr>
<td>7</td>
<td>Thursday</td>
<td>27th Aug</td>
<td>Sport (+ external tennis trials)</td>
<td>Summer Trials / Training</td>
<td>Oxford Falls</td>
</tr>
<tr>
<td>8</td>
<td>Thursday</td>
<td>3rd Sept</td>
<td>Father + Son Sports Day</td>
<td></td>
<td>Oxford Falls</td>
</tr>
<tr>
<td>9</td>
<td>Thursday</td>
<td>10th Sept</td>
<td>Sport</td>
<td>Summer Trials / Training</td>
<td>Oxford Falls</td>
</tr>
<tr>
<td>10</td>
<td>Thursday</td>
<td>17th Sept</td>
<td>Sport</td>
<td>Summer Training</td>
<td>Oxford Falls</td>
</tr>
</tbody>
</table>
Rugby:

<table>
<thead>
<tr>
<th>Team</th>
<th>Last Week</th>
<th>Saturday 25th July</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep 1st XV</td>
<td>Score: 45 – 10</td>
<td>Opponent: Shore, Scots, St Aloysius round robin</td>
</tr>
<tr>
<td></td>
<td>Best Fairest (3,2,1): Z Davidson/F Braddock, J Hunt/C Bragg, Whole Team</td>
<td>Venue: Oxford Falls Chaplin 1 and 2</td>
</tr>
<tr>
<td>Prep 2nd XV</td>
<td>Score: 35 – 5</td>
<td>Opponent: Shore</td>
</tr>
<tr>
<td>11A</td>
<td>Washed out</td>
<td>Venue: Oxford Falls Chaplin 1</td>
</tr>
<tr>
<td>11B</td>
<td>Bye</td>
<td>Venue: Oxford Falls Chaplin 2</td>
</tr>
</tbody>
</table>

Football:

<table>
<thead>
<tr>
<th>Team</th>
<th>Last Week</th>
<th>Saturday 25th July</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep 1st XI</td>
<td>Score: Washed Out</td>
<td>Opponent: Knox</td>
</tr>
<tr>
<td>Prep 2nd XI</td>
<td>Score: 3-3</td>
<td>Opponent: Trinity Jnr S/H</td>
</tr>
<tr>
<td>Prep 3rd XI</td>
<td>Score: 3-1</td>
<td>Opponent: Trinity Jnr S/H</td>
</tr>
<tr>
<td>Prep 4th XI</td>
<td>Score: 1-0</td>
<td>Opponent: Trinity Jnr S/H</td>
</tr>
<tr>
<td>11A</td>
<td>Score: 6-0</td>
<td>Opponent: Trinity Jnr S/H</td>
</tr>
<tr>
<td>11B</td>
<td>Score: 7-0</td>
<td>Opponent: Trinity Jnr S/H</td>
</tr>
<tr>
<td>11C</td>
<td>Score: 1-0</td>
<td>Opponent: Trinity Jnr S/H</td>
</tr>
<tr>
<td>11 Blue</td>
<td>Score: 3-3</td>
<td>Opponent: Trinity Jnr S/H</td>
</tr>
<tr>
<td>11 Gold</td>
<td>Score: 7-0</td>
<td>Opponent: Trinity Jnr S/H</td>
</tr>
</tbody>
</table>

Uniform Shop

**TRADING HOURS** – **MONDAYS, TUESDAYS & WEDNESDAYS 8.00AM – 1.30PM**

Orders can be placed via the College website [http://www.spx.nsw.edu.au/facilities-resources/dsp-default.cfm?loadref=83](http://www.spx.nsw.edu.au/facilities-resources/dsp-default.cfm?loadref=83) or by phoning the shop on 9414 4339 or by sending an email to uniformshop@stpiusx.nsw.edu.au.

Parents are reminded that the Uniform Shop also sells second-hand school uniforms.

Blazer Buttons are available on shop $2.00 each.


Canteen Roster

<table>
<thead>
<tr>
<th>27/7 – 31/7</th>
<th>3/8 – 7/8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>Mon</td>
</tr>
<tr>
<td>Prep 1st XI</td>
<td>Prep 1st XI</td>
</tr>
<tr>
<td>Prep 2nd XI</td>
<td>Prep 2nd XI</td>
</tr>
<tr>
<td>Prep 3rd XI</td>
<td>Prep 3rd XI</td>
</tr>
<tr>
<td>Prep 4th XI</td>
<td>Prep 4th XI</td>
</tr>
<tr>
<td>11B</td>
<td>11B</td>
</tr>
<tr>
<td>11C</td>
<td>11C</td>
</tr>
<tr>
<td>11 Blue</td>
<td>11 Blue</td>
</tr>
<tr>
<td>11 Gold</td>
<td>11 Gold</td>
</tr>
</tbody>
</table>

Mr G Virgona – Junior School Sportsmaster

Mrs D Muirhead – Coordinator

Mr G Virgona – Junior School Sportsmaster
WOODCHATTA EXTRAS
Issue No 21 ● 22 July 2015

The following information is contained within this week’s Woodchatta Extras. Click on the link below to take you straight to that section.


1. WORLD YOUTH DAY FUNDRAISER
2. YOUTH SOCIAL NIGHT AT OUR LADY OF DOLOURS CHURCH – SUNDAY 26 JULY
3. MINDMATTERS FOR FAMILIES
   - Study Skills Evening For Parents Of Year 7 Students (and those in Year 8 who missed out last year)
   - Parenting Courses:
     - ‘Pills, powders and liquids’ – Everything parents should know ...
     - Dealing with Teen’s Backchat’
     - ‘Tuning into your Teen’
4. INSTRUMENT SHOWCASE
5. P&F TRIVIA NIGHT INFORMATION
6. JUNIOR SCHOOL FATHER, GRANDFATHER & SON SPORTING AFTERNOON
7. FOOTBALL CLUB NEWS
8. RUGBY CLUB NEWS
9. RUGBY CLUB WEEKEND AWAY
10. RUGBY CLUB – YULEFEST PACKAGE
11. GENERAL NOTICES
    - World Education Program Australia
    - Applause Musical Theatre Academy
WORLD YOUTH DAY FUNDRAISER

To purchase tickets, please go to the Trybooking website: www.trybooking.com/147327
or email abrannan@stpiusx.nsw.edu.au
YOUTH SOCIAL NIGHT

Acclaim presents

YOUth
SOCIAL NIGHT

OUR LADY OF DOLOURS CHURCH
SUNDAY, 26 JULY

JOIN US FOR MASS FOLLOWED BY A FUN FILLED NIGHT OF PIZZAS AND GAMES

5 PM MASS
OLD CHURCH

7 PM
FELLOWSHIP
BISHOP BARRY ROOM

CONTACT: ADRIAN BRANNAN 0414 826 326
PARENT AND STUDENT
STUDY SKILLS
EVENING

St Pius X College presents an opportunity not to be missed:

“TOOLS FOR SUCCESS”

with Dr Prue Salter

An interactive evening for parents and students outlining tools and techniques for students to achieve their personal academic best.

Prue Salter is the founder of ELSA (www.elssa.com) and an expert in the area of study skills. She has conducted over 4000 study skills seminars across Australia and Asia, has written a study skills resource kit for schools and is the creator of the online and interactive study skills website used by more than 120000 students (www.elsa.com.au)

Prue has recently completed her PhD exploring whole-school integrated approaches to developing students’ self-regulated learning skills.

TO: PARENTS & STUDENTS OF YEAR 7
(and Year 8 students who missed out last year)

Would you like to know the secrets to success in high school?

Year 7 Parent/Student ‘Study Skills’ Evening
Date: Monday 3rd August 2015, 6.30-8pm
Venue: St Pius X College

Cost: $10 per person, or $20 per family
Bookings: please click on the “trybooking” link below:
www.trybooking.com/147821

Parent/Guardian(s) and students should attend together.
As the session is very interactive, the session will not be of full value unless both the students and a parent attend.

Both students and parents also need to bring along a pen each (and one highlighter for the family) and the school diary

The main areas that will be covered are:

- Managing homework and assignments effectively by efficient time management
- Learning to be more organised for school and at home
- Working and studying effectively in high school.

Enhanced Learning
Educational Services
“the study skills specialist”

www.enhanced-learning.net
‘Pills, powders and liquids’: Everything parents should know about ecstasy, ‘ice’ and other illicit drugs in 2015

Lane Cove Council and the Family Referral Service present:
The second in a series of two workshops for parents by Paul Dillon
Thursday 20 August 6:15pm – 8:00pm
Lane Cove Library

Paul Dillon – Drug and Alcohol Research Training Australia (DARTA) has been working in the area of drug education for the past 25 years.

About the workshop:

The workshop will center on adolescents and illicit drugs. Although alcohol continues to be the most popular and problematic drug used by Australian secondary school students it is the use of illicit drugs such as ecstasy and methamphetamine (‘ice’) that many parents are most concerned about.

Whereas alcohol may have been their drug of choice when they were younger, many parents have little understanding of a range of newer drugs. This presentation will provide information on some of these substances, including prevalence rates amongst secondary school students, harms associated with their use and the changes we are seeing in how these drugs are being accessed by young people.

Bookings are essential and will be taken on a first come, first serve basis. To book: email each attendee’s name, postcode and email address to hrose@lanecove.nsw.gov.au or call 9911 3586.
Dealing with Teen’s Back Chat!!

PARENTS OF TEENS OR ALMOST TEENS
"Learn how to restore a respectful and positive relationship between you and your teen"

Topics include:

- Similarities & differences between being a teenager today & their parent’s day
- What it is like being a teenager in this fast paced & competitive world
- Assertiveness skills to deal with teen’s behaviour, set boundaries & consequences
- Listening skills to find out what is going on in our teenager’s world & support them

VENUE: Chatswood Community Health Centre
57 Hercules St, Chatswood
DATES: Thursday 23rd July 2015
TIME: 7.00pm – 9.30pm
COST: $50pp

PLEASE PHONE 9887 5830 TO BOOK YOUR PLACE IN THIS WORKSHOP

This workshop will be facilitated by a qualified Parent Educator from Child and Adolescent Parenting, Northern Sydney Local Health District
TUNING IN TO TEENS
EMOTIONALLY INTELLIGENT PARENTING

5 SESSION PARENTING COURSE FOR PARENTS OF TEENS

Would you like to learn how to:

- Communicate effectively with your teenager?
- Understand your teenager?
- Help your teenager with emotional intelligence and managing emotions?
- Prevent some teenager behaviour problems?
- Teach your teenager to deal with conflict?

VENUE: Chatswood Community Health Centre
57 Hercules St, Chatswood
DATES: Thursday 30th July - 27th August (5 sessions)
TIME: 7.00pm - 9.30pm
COST: $175pp (Concession $150)

PLEASE PHONE 9687 5830 TO BOOK YOUR PLACE IN THIS COURSE

The 5 session course will be facilitated by a qualified Parent Educator from Child and Adolescent Parenting, Northern Sydney Local Health District

INSTRUMENT SHOWCASE

If you have ever wanted to try out an instrument, NOW is your chance, put up your hand . . . .

St Pius Instrumental Tutors will be available to demonstrate instruments, help you play and answer all your questions.

Flute
Oboe
Bassoon
Clarinet
Saxophone
Trumpet
French Horn
Trombone
Tuba
Violin

Friday 7 August 2015: 3:30pm - 5.00pm in the Band Room

Viola
Cello
Double Bass
Electric Guitar
Acoustic Guitar
Bass Guitar
Drum Kit
Percussion
Music Production

To register your name and attendance please email Cjellema@stpiusx.nsw.edu.au
P&F TRIVIA NIGHT 2015

St Pius P&F Clubs

Trivia Night 2015

Saturday 15 August, Oxford Falls ... put it your diary now!

Our major annual evening of fun and fundraising in support of the sports, music and performing arts clubs at St Pius X College, including trivia, live/silent auctions, lucky dips, raffles.

To make the night a success we need your support to secure donations of prizes. Please help by asking your employer/company, local businesses, family and friends. All donations greatly appreciated.

To assist you a letter of authorisation is available by request from triviaspx@gmail.com.

What we need ...

Live auction prizes:
Two or three ‘big ticket’ items - travel/holiday prize, entertainment/dining package, sports hospitality event

Silent auction and lucky dip prizes:
Ideas for major prizes - golf sets, BBQ’s, electronics, Gym/club memberships, beauty/retail/restaurant vouchers, holiday house for a weekend ... the more exciting the prize, the better the fund raising!

Ideas for hamper/lucky dip prizes ... suggested themes for guidance (but not restricted to)
- Yr 5/6 – Sports/Something for Dad – sports equipment, clothing, motoring accessories ...
- Yr 7/8 – Gourmet/Culinary – deli items, fine foods, kitchenware ...
- Yr 9/10 – Pampering/Something for Mum – cosmetics, fragrances, jewellery ...
- Yr 11/12 – Wines and fine confectionery/chocolate

Donations to be delivered to SPX school office by Tuesday 11 August. Collection/delivery of large items by special arrangement (contact Trivia Night Committee). Please ensure all items are new and that all foods/beverages are “in date”. Include donor details and an indication of item values. Alcohol donations to be delivered by parents only.

Thank you in anticipation of your support.

Trivia Night Committee
triviaspx@gmail.com
JUNIOR SCHOOL - GRANDFATHER, FATHER AND SON SPORTING AFTERNOON & SAUSAGE SIZZLE

Our annual sporting afternoon for dads, granddads and the boys is fast approaching. All fathers and grandfathers are most welcome to attend as participants or spectators.

**When:** Thursday 3rd September  
**Where:** Oxford Falls Playing Fields - Dreadnought Rd, Oxford Falls  
**Time:** Sport from 11.45am-1.15pm  
**Lunch:** BBQ and drinks will follow from 1.15pm

Every boy will be involved in sport even if their dad/granddad can’t be there. There will be two sessions of sport: 11.45am – 12.30pm and 12.30pm - 1.15pm. Participants can either play 2 different sports or stay on the one activity (except tennis where numbers may dictate one session only).

If any mums would like to help with the BBQ, please indicate below. If we have a few cooks then you can take turns at being a spectator and having a good laugh (I mean cheer)!

For catering and logistics please return the **Reply Slip by Friday 21st August** to your son’s teacher.

Yours sincerely

Timothy Long

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**FATHERS’ AND GRANDFATHERS’ SPORTS AFTERNOON**

I / We will be attending the Fathers’ and Grandfathers’ Sporting Afternoon:

Father/Grandfather Names ______________________________________________________________ 
Son’s name ________________________________________ 
Class __________

**Sport (11.45am till 1.15pm):** I / We are interested in **(Choose 1 or 2 sports only):**

- **Touch Football**
- **Oz-tag**
- **Basketball**
- **Tennis (limited space)**
- **Table Tennis**
- **Soccer**
- **AFL (numbers/space permitting)**
- **Ultimate Frisbee**

**MUMS:** I would like to assist with the BBQ from 11.45am onwards:

Mum’s Name: ____________________________
FOOTBALL CLUB NEWS

Pity about the washout last weekend, but hopefully better luck this week.

See the latest 1st XI fanzine - *Shake Rattle & Goal* on our website to see some great photos & commentary of the tour matches.

The weekly *Results Round-up* digital publication will return after this week’s matches - earlier editions are still on the website for those who missed them.

Thanks to those parents who contributed so far; we’ve had a great response - please keep it up.

**This week’s ‘in focus’ teams are 14C & 15A & Open 3rds** - so if you have a boy in one of these teams we really want you to take some action shots this weekend.

*We always welcome photos from any other match as well! We also need some full team photos now in preparation for the ‘Year in Review’ magazine.*

**Send your photos to footballspx@gmail.com** - save this to your phone and upload those photos as soon as you take them. We need the photos in by Sunday afternoon.

The full senior calendar of matches is on our webpages as well - there are no times as they are only confirmed week to week.

We wish all our teams good luck this weekend -- **GO PIUS!!**

See our webpages for News, Calendars, Photos and Draws:
panf.spx.nsw.edu.au/sports/football/football-news

Rodger Paino
GAMES THIS SATURDAY, 25th July – ISA Round #5 vs St Stanislaus/Reddam House/Waverly - AWAY

With the icy roads preventing Kinross from leaving Orange last Sat, the boys should be charged up for the this weekend with the majority travelling to Bathurst. The forecast is cold & frosty, please allow extra time for the usual 3hr journey and remember to bring plenty of warm gear - safe travels to all.

Best of luck to all teams!

Map of St Stanislaus Playing Fields: http://www.stannies.com/?id=4883

Google Map links
St Stanislaus College, 220 Bentinck St, Bathurst:
https://www.google.com.au/maps/place/St+Stanislaus'+College/@-33.428743,149.570874,17z/data=!3m1!4b1!4m2!3m1!1s0x6b11e5d57faed7d:0xb9372a4aa7a166d0

13C - vs Reddam House at Parade Ground No.6, Centennial Park: (Located at Grid F4 on this map)

13D - vs Waverly at Darley Road, Queens Park:
https://www.google.com.au/maps/dir/Darley+Rd+Queens+Park+NSW+2022/@-33.9031988,151.2379564,15z/data=!3m1!4b1!4m8!4m7!1m5!1m1!1s0x6b12b044e776cbf:0x6ff5fa4a2ab35a6b12m2l1d151.2472047i2d-33.903199111m0


BOOK NOW, ONLY A FEW ROOMS LEFT!

SPX v St Stanislaus , OVERNIGHT THIS FRIDAY 24th July --

As part of the ISA competition, each year SPX travels to either Bathurst or Orange. Please see info from Mr Lynch above re player bus transport.

Parents and supporters always enjoy the opportunity to socialise by staying for a night or two. Due to unforeseen circumstances all accommodation that suits SPX is unavailable due to a large event coinciding with our visit. We have arranged a great alternative in beautiful Blackheath, in the heart of the Blue Mountains and all that the area offers.

Please refer to the Flyers on the following pages for details and make your booking ASAP.

REPRESENTATIVE HONOURS – ISA Schools Rugby (for U16’s & U18’s age groups only)

Congratulations to the boys who competed in the NSW Schoolboys Rugby Championship, featuring rep teams from all the state’s schools conferences.

The U16’s squad – featuring SPX players Dominic Easy, Ryan Bento, Josh Thrum – displayed impressive skills throughout the rounds to make the final, eventually going down to the strong GPS 1 (President A) outfit. The U18’s squad – featuring SPX players Fraser Toohey and Ben Murphy - also had a strong tournament.

In the final stage of the schools rep program, it was great to see NSW beat QLD 22-20 in a close see-sawing final at the National Schools Championship. The Australian Schools & Barbarians squads were then selected – featuring several ISA 1st 15 players – and will now tackle the Samoan and New Zealand Schools Rep teams.
REPRESENTATIVE HONOURS – Sydney Junior Rugby Union (Club/District Rugby)

We congratulate all the SPX boys who gained selection and participated in the State Regional Tournament (U14’s-U16’s) last weekend, with a special mention to Dominic Easy (U15’s) in being selected in the highly competitive Sydney Rep Squad to face NSW Country in a few weeks’ time.

A full list of initial selections and explanations of the Club/District representative pathways can be found at this link:

MOUTHGUARDS - LANE COVE DENTURE CLINIC

Nicholas Ivey (SPX Old Boy) is offering a 10% discount for all SPX students (and their family members) for professional, custom made, slim line mouthguards for all sports, which are now available at his Lane Cove Denture Clinic. Each mouthguard is tailored to the player's activity and dental care needs, including accommodating and protecting existing orthodontic appliances, such as braces. On-site health fund rebates are also available. Phone Nicholas at Lane Cove Denture Clinic on 9411 1179 for an appointment.

KEY DATES IN 2015 FOR SPX RUGBY SUPPORTERS

Please note the following dates in your diaries – more details will be communicated closer to the dates:

- Friday 24th - Saturday 25th July – Parents & Supporters Trip to Bathurst - refer attached Flyer.
- Saturday 25th July – ISA Round 5 vs St Stanislaus, Bathurst (AWAY).
- Saturday 1st August – ISA Round 6 vs St Augustine’s (HOME) – FINAL MATCH.
- Saturday 1st August – ISA Round 7 vs BYE.
- Saturday 15th August - P&F Trivia Night.
- Tuesday 18th August – Rugby Presentation Night.

For more information on everything SPX rugby, please refer to the Rugby Club website:
http://pandf.spx.nsw.edu.au/sports/rugby-club

David Bullard - SPX Rugby Club – 0491 119 113
rugbypresident@pandf.spx.edu.au

OPENS QUEENSLAND RUGBY TOUR
SPX RUGBY WEEKEND AWAY – 24-25 JULY 2015

COMFORT INN - REDLEAF RESORT

13-17 Brightlands Avenue, Blackheath
Phone: 47878108
www.redleafresort.com.au

- 13 Queen rooms 1-2 people (1 queen bed )
  $115.00 per room
- 13 twins 2-3 people (1 double and 1 single )
  $130.00 per room
- 16 family rooms 3-4 people (1 double and 2 singles )
  $150.00 per room
- 2 (spa 2bedroom suits) 6 people (1 queen in one room, 2 singles in other room & 2 sofa beds in lounge area )
  $190.00 per room
- 1 room (108) 5 people (1 queen in one room & 3 singles in the other room ) $165.00 per room
- 1 room (109) 4 people (1 queen in one room & 2 singles in the other room ) $155.00 per room

FRIDAY NIGHT DINNER: 2 course meal
$25 per person 2-12 years
$35 per person 12 years and up

SATURDAY BREAKFAST: full buffet includes hot and continental buffet
$14.00 per person 2-12 years
$19.00 per person 12 years and up

Phone and book accommodation with the Resort as soon as possible as these 46 rooms will book out quickly. When booking ensure you mention that you are from SPX Rugby

FOR MORE INFORMATION PLEASE CONTACT:
ROSEMARY MURPHY: rugbyevents@pandf.spx.nsw.edu.au
(0411664308)
SPX RUGBY – YULEFEST PACKAGE

Winter 2015 at the Comfort Inn Redleaf Resort

Come to the Blue Mountains & enjoy the Wonder of Winter. During the day enjoy activities that the Blue Mountains have to offer and then relax and celebrate the magic of Yulefest at The Comfort Inn Redleaf Resort!

Dinner, Bed & Breakfast

$115.00 Queen or twin share for 2 people
$90.00 adults & $55.00 Children under 12
• Traditional 5 course Yulefest Dinner
• Entertainment, Decorations and Bon Bons
• Visit & Gift from Santa
• Full Buffet Breakfast $19.00 per person

The Yulefest package is available for Dinner on the 4th and 25th of July 2015
Other dates available for groups over 25 pax dinner or lunch

To celebrate Yulefest, make your reservation now.

Comfort Inn Redleaf Resort  Evans Lookout Road Blackheath  NSW 2785
Phone: (02) 4787 8108  Fax: (02) 4787 8907
reservations@redleafresort.com.au
Are You Interested In Different Cultures?

World Education Program (WEP) is inviting you to experience another culture in your own home by becoming a volunteer host family to an overseas student arriving in January 2016. Hosting exchange students gives Australian families the opportunity to share their life and their culture with young international students for a term, semester or year. January is fast approaching and our students can’t wait to hear from a welcoming host family they can call their own and learn about the place they will soon call home.

Hosting Is Fun! Request Student Profiles!

Getting to know your student before he or she arrives brings fun and joy to everyone involved. To help you make this important decision, contact WEP today on 1300 884 733, info@wep.org.au or www.wep.org.au to receive a full information pack for your family.