From the Acting Principal

A CALLING
Ms Sarah-Jane Grove and some ten members of staff represented the College at the Australian Catholic University chapel last Saturday when they gathered for a Mass of thanksgiving and farewell for former colleague, Natalie Rocca. Bishop Comensoli presided and pointed out the challenges and rewards for those who choose a consecrated life.

Natalie will join the Dominican Sisters of Saint Cecilia in Nashville, Tennessee. Whilst praying for more vocations, please keep Natalie in your thoughts and prayers.

Please also see the article and photo later in Woodchatta.

A SOCIAL CONSCIENCE
Monday’s Assembly presented two opportunities for forming students in the arena of Social Justice.

Two representatives from World Vision encouraged the boys to get involved and support the 40 Hour Famine (14-16 August). Angus Dingley is leading a number of Year 10 students who have set themselves this challenge. Jessica Hayman, one of the World Vision Team Leaders, was most complimentary about these Year 10s. I share in part what was written to Mr Casey:

“They were very respectful the whole time, listened carefully and shared great ideas about how they could run the 40 Hour Famine in their school. They each then shook my hand on the way out, looked me in the eyes and said thank you. This was such a lovely surprise and I very much appreciated it.”

Well done Year 10!

Staff member Tom Pembroke also exhorted the student body and SPX Community to support him in his amazing swim in freezing waters later this term from Northern Ireland to Scotland across the North Channel. Having conquered the English Channel Tom is now keen to be one of only 23 who have successfully achieved this feat. Funds raised will go towards the Edmund Rice Foundation and Callan Services in New Guinea - a long time beneficiary of St Pius X College assistance.

More information at https://give.everydayhero.com/au/swim-for-kids

I commend both these initiatives to you.

REVIEW
Congratulations to Mr Alex Damo, Assistant Principal Teaching and Learning, on the outstanding outcomes in his recent Performance Review. The College is blessed to have such a capable and compassionate leader of learning.
RUGBY
Last Saturday saw the last ISA fixtures of the season at home against powerhouse St Augustine’s. I admired the never-say-die attitude of the U13As and U16As as they battled for premiership honours. Both finished just short. The 2nd XV had a fine win and the 1st XV really took it to their lauded opponents, matching them in attitude and skills.

A word of thanks to all those Year 12s who played their last game in the Blue and Gold. Appreciation to all Rugby coaches and supporters for Season 2015 and special mention to convenors Mr Hopley and Mr Lynch. The small things do not go unnoticed or unappreciated – Tom Gazey (Year 10) player and Touch Judge. Thanks Tom.

VALE JUDYTH BULLARD
It is with much sadness that we inform our St Pius community of the passing of Judyth Bullard (the mother of our Old Boy President, David Bullard). Judyth passed away on Saturday 1st August at the age of 88 after a short illness. We certainly keep all of the Bullards in our thoughts and prayers at this sad time.

Mr Jim Olson

From the Social Justice Coordinator

ST MARY MACKILLOP FEAST DAY – 8TH AUGUST
St Mary of the Cross MacKillop was an Australian Josephite Nun who lived between 1842 and 1909. St Mary’s motto for life was a social justice message we should all know and understand.

“Never see a need without doing something about it”
St Mary died on 8th August 1909, so on this day every year we recognise it as her feast day.

St Pius X students and staff are always giving to their community in handfuls. Ms Akkari had too many students to fit in the bus for Willowood Nursing Home again, and again some students chose to walk there to partake rather than miss the opportunity to help out in their community. The boys who visited this week were Brodie Jones, Dom Easy, Kane Eden, Finn Hutchinson, Jacques Fletcher-Cauchi, Jackson Alan, Ned McDermott Healey, Nick Onslow, Patrick McKenzie, Andrew Chui, Dan Byrne, Matt Fragiacomo, Dominic Gordon and Theo Xyla.

Mr Hopley, along with Riley Andrews, Max Dal Santo and Miles Ridley, were at Matthew Talbot Mens Hostel on Wednesday to feed the homeless. Mr Hopley commented on the genuine appreciation the boys felt by serving others and believes this humbling experience is something everyone should try at least once.

The Edmund Rice Society is meeting weekly during lunchtime to discuss the Social Justice issues that are important to ERS members, as well as Thursday afternoons for the skateboard deck making for The Haven Education Centre Terrigal. ERS is always looking for more members - please see Mr Blake for details.

Mr D Blake

From the Youth Ministry Coordinator

WORLD YOUTH DAY 2016 FUNDRAISING
And we have a winner! Mrs G Mullins-Slack (mother of Nick in Year 10, potential WYD pilgrim) won the Double Platinum Pass to this Saturday’s Bledisloe encounter at ANZ Stadium. Thank you to everyone who bought tickets to support our students and their preparation for WYD Krakow 2016.

All ticketholders are still in with a further couple of chances to win, with the competition flowing on now to the ‘Rock ‘n Roll’ component – Platinum Double Passes to the Monster Truck Rally (1/10) and the AC/DC Concert (1/11). There are still plenty of tickets left at the reduced price of $20.

PLEASE CONSIDER SUPPORTING OUR STUDENTS BY FOLLOWING THIS LINK TO THE TRYBOOKING PAGE:
www.trybooking.com/147327

Mr A Brannan
ABrannan@stpiusx.nsw.edu.au / 9414 4344
Farewell to Ms Rocca

On Saturday 1st August a ‘Mass of Thanksgiving’ was shared at the Baron Memorial Chapel at ACU, Strathfield as a farewell and blessing for Ms Natalie Rocca, as she leaves family and friends to join the religious community of the Dominican Sisters of Saint Cecilia, an order established in the 1860s in Nashville, USA.

The Chapel was filled with Natalie’s family and friends, ready to support her and her family as she embarks on this vocational journey. The mass was made all the more special, with the inclusion of beautiful music, led by the ACU Choir given Natalie’s connection with this choir and the gift of music generally.

Bishop Comensoli presided at the Mass and took the opportunity to acknowledge and thank all those people who serve the Church in consecrated life, with this year being a time in our Church to particularly acknowledge the gift of consecrated life. It was a pleasure to gather as a small representation of Natalie’s ‘Plus Family’ and our community wishes Natalie and her family our prayers and best wishes for her future.

Ms S-J Grove – Head of Staff Services

Your P&F In Action!

- SPX P&F GENERAL MEETING - next Monday 10 August 7.30pm at the Sarto Centre
  Please come along to meet our special guest Ms Donna Janes who will speak to us about the all-important University Admissions Centre and its processes. Mr Jim Olson, Acting Principal, will also be in attendance. Reports will be presented by the Clubs and there will be an update from the College.

- YEAR 9 PARENTS COFFEE - Wednesday 19 August from 9.00am
  Come along for a chat to Lid & Jar Cafe on the Concourse at Chatswood. Please download your invitation here, and RSVP by 17 August to spxyearnine2015@gmail.com

- FATHERS’ DAY BREAKFAST - Dads, lock away this date: Friday morning 4 September
  A lovely SPX tradition, the Fathers’ Day breakfast is always well attended and a lot of fun for all boys and dads. Details next week.

- TRIVIA NIGHT - Saturday 15 August
  Time is whizzing by for one the biggest nights in the P&F Calendar, folks, so book now. You can get your invitation here or book on the links above or below. If you are new to the school, please do not be shy; find out more here Frequently Asked Questions
  If you can't make it, you can still go to the Link and buy tickets for our Raffles. Also, take a look at the next item, because you can also support us with a donation. See you there! Booking Link

- SPECIAL REQUEST FOR DONATIONS - Trivia Night Saturday 15 August
  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.
  Every donation big or small is greatly appreciated - it all goes straight to our boys’ Clubs. More information and suggested prizes by school year is right here but any prize is appreciated.
  If you have any questions or can refer any suggestions, please take the time to drop a line to triviaspx@gmail.com

- YEAR 6 PARENTS NIGHT - Saturday 12 September
  Book the babysitter, Year 6 parents, because you are invited to join us for a drink and nibbles at the Willoughby Hotel from 7.00pm. Your invitation with all the details is here, please RSVP via TryBooking right here

Steve Johnson - SPX P&F Secretary / Communications
MindMatters for Families

Please find in Woodchatta Extras:

- Tips for Starting your Day Well
- A review and goal setting sheet for students to help them maximise their results.

Please also make note of this date for your calendar: “Buddies Bush Walk” on Sunday 30th August.

Mr R Russo – College Counsellor

St Pius X College Proposed 2016 Kokoda Expedition Information Night

The Information night will be held in the Sarto Centre Hall, corner Anderson and Daisy St, Chatswood (100m up Anderson St from School) 7pm this Thursday evening 6th August.

Leading the meeting will be myself as College coordinator of the 2014 Expedition and Mr Richard James, Principal of On Track Expeditions, who very capably guided our 2014 Expedition. Prospective student participants from Year 8 to 11, their parents, siblings and carers, and other interested parties affiliated with the College are all welcome to attend.

Looking forward to seeing you there.

Mr S Brannan – Head of Student Services

Performing Arts News

YEAR 12 DRAMA PERFORMANCE NIGHT: Our inaugural Year 12 Drama class will be assessed on their group and individual works THIS 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 THIS 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.

SPLINTERS, STAGE, SPLASHES AND SOUNDS: Will take place on Thursday 27th August, commencing at 7.00pm. The night showcases the major works of the HSC Design and Technology, Art, Music and Drama students. Supper is served in the canteen. Parents, relatives and friends are warmly invited to join the students on this night.

TWILIGHT CONCERT: The second Twilight Concert for the year will take place on Friday 28th August, commencing at 5.00pm in the Junior School yard (gymnasium if the weather is inclement). All major ensembles (with the exception of the Guitar Ensembles) will be performing and there will be a special presentation to all Year 12 Drama and Music students.

Ms T Bates – Performing Arts Coordinator

From the Language Department

FRENCH ORAL HSC EXAMINATION: The College would like to express its warm wishes to the following students who will undertake their Oral HSC examination for French Continuers on Saturday August 15th. We keep these young men in our thoughts and prayers and wish them success:

Lachlan Bennetts
Alan Djizmedjian
Adam Melzer

CHINA TOUR PARENT MEETING: An information evening will be held on Monday 24th August from 6.00 - 7.00 pm for all parents and students who are involved in the Language and Culture Tour to China. The evening will be held in the Sarto Centre, Corner of Daisy and Anderson Street. Tea, coffee and light refreshments will be served.

Mrs K Manga – Coordinator
Year 7 Ski Trip
Week 3 was a milestone in the lives of the Year 7 students as they set off together for a wonderfully exciting ski trip to the Perisher Ski Fields. On arrival the boys had their clothing and ski gear organised, and were off to bed early for a 5:00am start the next day. The weather and conditions were outstanding and the boys revelled in the snow during their two formal lessons and free skiing time each day.

It’s so important for the boys to have experiences like these – in terms of their development and maturity. The lads had to overcome personal doubts and fears and they all seemed to relish the challenge. Behaviour for the duration of the trip was especially pleasing, the boys showing a good level of respect for their, peers, teachers the general public. They also made sure they left the busses spotless and they chipped in during the clean up after meals. I was also surprised at the level of organisation and punctuality amongst the boys, because as you can appreciate, there is a great deal of information to take in and also a requirement to work as a team to meet a tight schedule. All this was, “quite an ask” for a 13 year old.

I really appreciate the way all parents supported this trip. I am sure there was a fair bit of anxiety in the minds of parents and carers in leaving the boys alone for 4 days; however, the development of their confidence and independence has grown because of this non-overprotective attitude. Many lads have said they had the time of their lives. I also want to thank all the Staff involved for their sacrifice in time away from their own families.

A selection of photos can be found in Woodchatta Extras.

Mr P Ticli - Year 7 Guidance Co-ordinator

From the English Department
A MODERN ADAPTATION OF ROMEO & JULIET
Skilfully edited to 90 minutes and specifically designed for high school audiences due to its feisty romance about two adolescents split by a family feud, the Bell Shakespeare provided many moments of laughter in one of the world’s most classical romances, Romeo and Juliet.

This contemporary production staged in the Playhouse Theatre of the Sydney Opera House, took our Year 10 students from cheers to soulful reflection.

They were spell bound as the Bard’s classic play of star-crossed lovers unfolded with passion and tragedy. It was blinding and breathtaking as the immortal legend was revealed upon a setting, which consisted of a versatile multi-stair deck design. Overall the performance was certainly an eventful introduction to Shakespeare for the novice and the young.

Mr A Listo – Assistant English Coordinator

Careers News

Ms D Janes – Careers Adviser
Robocup Sydney Regionals

On Sunday 2nd August, St Pius X College hosted the Sydney Robocup Regionals in preparation for the State Robocup event to be held at the end of August. 18 teams from around Sydney competed in Dance, Rescue and Soccer matches with their robots. Construction of many of these robots began in Term 1.

After much fierce competition, the successful St Pius X teams were as follows:

- The Terminators: 1st Place Soccer Gen II
- Shockwavez: 2nd Place Soccer Gen II
- The Cheeky Ones: 3rd Place Soccer Gen II and 3rd Place Secondary Rescue
- Pandah: 3rd Place Secondary Rescue

Condolences to team “Monstar’s” after a catastrophic structural failure, and team Banana eb Papaya who failed to reach the mat.

Congratulations to all participating students and their families, and a big thank you to Liam Cahill for his assistance on the day.

From the PDHPE Department

TERM 3 PDHPE TOPICS

YEAR 7

- **Theory:** Get Active Get Healthy. Students will learn about the importance of physical activity and health, and the components and benefits of a balanced lifestyle.
- **Practical:** Students will choose to play Basketball, Ultimate or Cricket at Oxford Falls at School they will play Futsal and Touch

YEAR 8

- **Theory:** Risky Business. Students will learn about the concept of positive and negative risk taking, in particular relation to: drug use, road use and sexual health
- **Practical:** Students will choose to play Basketball, Ultimate or Cricket at Oxford Falls at School they will taking part in Gymnastics

YEAR 9

- **Theory:** Relationships and Sexual Health. Students will learn about the nature of different types of relationships and the importance of making considered informed decisions.
- **Practical:** Gym: Puck Hockey / Futsal, Nets: Hockey / Touch

YEAR 10

- **Theory:** PLANNING FOR SAFETY with the focus on ROAD SAFETY. Students will learn about the importance of making sensible informed decisions in relation to drugs, sexual relationships and on the road.
- **Practical:** Double at the Oval: AFL and Ultimate, Gym: Basketball

PASS

9: **Theory and practical** Coaching and Leading

10: **Theory:** Enhancing Performance / **Practical:** Basketball and Futsal

YEAR 11: Students are coming to the end of their course and have their end of course exams in Week 9. Currently studying Fist Aid and then Fitness choices.

HSC: We have finished covering the course. Good luck and work hard for your Trials!

Mr R Lacey - Coordinator
Debating & Public Speaking

St Pius did well in this new competition, the Schools Debating Network. The structure of the debates is new as is the adjudicators focus: the SDN allows for 4 team members in the prep room and supplying rebuts but only 3 debaters speak. Also, the topics are all ‘should’ debates and so a ‘model’ is mandatory. Our debaters have occasionally used models to structure their arguments but in the SDN they have to finely tune this skill which requires a different approach to the concept presented by the topic and how you approach the ‘model’ depending on whether you are affirmative or negative.

Last night our students were exceptional (as always).

Year 7 4 team members = WIN
Year 8 Just 1 of our experienced debaters attended. Christian Majorian was supported by new to the team last night: Ben Lamont and Hamish Alexander from Year 8 and our scathingly brilliant Nic Carr from Year 7 = LOSS (But this group are a force to be watched closely. Monte parents commented on their presentation as very good).
Year 9 4 team members = WIN
Year 10 4 team members = LOSS
Year 11 4 team members of 2 x Year 11’s supported by 2 x Year 10 debaters: Alex McLarty and Dennis Webber debating up = LOSS
Year 12 3 team members = WIN

Exceptional work from all students in setting up the whole school and then packing away classrooms and the canteen and the gym but a special mention to the Year 9 and Year 10 students who worked so hard all night. We could not host these events without the help of the students.

This Friday 7th August St Pius is Hosting Wenona

Topic Area = TECHNOLOGY

To Westfield for dinner straight after school. All bags to be left OUTSIDE THE GYM NEAR THE CANTEEN....NOT ON THE FRONT VERANDAH.

Return to St Pius 4pm – 5pm training: Yr 11-12 TCR, Yr 7-8 TCR, Yr 9-10 BLUE ROOM
Coin toss for Year 7-8 is 6pm SHARP with debates commencing at 7pm and concluding around 8pm.
Coin toss for Year 9-12 is 7pm SHARP with debates commencing at 8pm and concluding by 9pm.
ALL OUT OF SCHOOL BY 9PM

PUBLIC SPEAKING

Monday 3rd August two Year 9 students attended the Legacy Junior Public Speaking Competition at Asquith Girls’ High School. Jasper Choi and Benjamin Di Tommaso presented 5 minutes speeches on topics of their own choice and then had to present a one minute impromptu speech on the topic: That some things cannot be learnt from books. Both students presented brilliantly against public speakers from: Barker College, Loreto Normanhurst, Hornsby Girls’ High School, Normanhurst Boys’ High School. These students all presented considerable speeches with Loreto and Barker winning on the day.

Ms M Waterson

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

The Learning Difference Convention

The Learning Difference Convention is hosting a number of FREE seminars and workshops (inclusive of free parking) for interested parents and carers at Rose Hill Gardens, Sydney on the 27th and 28th August. The event focuses on bolstering resilience and thinking and learning skills in students. Specific seminars aim to provide expert advice and practical strategies to support students who struggle with:

- Dyslexia
- Maths learning difficulties
- Co-ordination difficulties

See www.learningdifferenceconvention.com or the flyer in Woodchatta Extras for more details.

Ms J Raheb-Mol – Learning Support and Enrichment Coordinator
Learning Enrichment Notices

- **COMPASS CLUB TERM 3…..CALLING ALL WRITERS!!**
  Don’t forget the following due dates for competitions. Remember you can attend Compass Club when you are interested in participating in a particular competition.

- **WRITE ON COMPETITION 2015 (YEARS 5-6)**
  Entries are NOW OPEN in this Writing Competition. Students over NSW are invited to enter a 500 word short writing piece using the [photograph](http://writeon.bos.nsw.edu.au/) in the link below as a stimulus. Entries close 26th August.
  Those boys interested can visit: [http://writeon.bos.nsw.edu.au/](http://writeon.bos.nsw.edu.au/) to find out more and enter.

- **ATTENTION: ALL YEAR 5 WRITERS…….GET YOUR ENTRIES IN!**
  The Bushland Community Officer Emma Hayes spoke to the Year 5 boys last week about this exciting opportunity. Every year The Willoughby Council offers a special Short Story Writing Competition for students in Year 5 across Willoughby. Students are invited to write their own short story and create their own artwork focusing the Pacific Baza animal in the local area wildlife corridor. The boys are welcome to attend compass Club to work on their entry. Entries close Friday 11th September.

- **TOURNAMENT OF MINDS 2015**
  Well done to the boys attending training sessions and have been working very hard on the Challenge. They continue to work on these challenges which will presented on Sunday 23rd August.

Mrs B Spanyik - Learning Enrichment Teacher

Junior School News

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

Please return form by 21st August. (Form in Woodchatta extras)

Year 5 Life Education – Friday: The boys will be experiencing an incursion based around making the correct health choices—especially saying no to smoking and peer group pressure. This could be the basis for a productive conversation.

Year 5 – Zoo Excursion: Next Wednesday the boys are going to the Zoo. Just a reminder that your son needs to wear his sports uniform.

Your son will need to bring:
- Recess, lunch and drink
- Sports bag
- Camera, if possible (mobile phone cameras will not be permitted)
- Wet weather gear (just in case)

Year 6 Interrelate Lesson 3: Today the Year 6 boys had their third session of the ‘Moving into Teen Years’ program. The basic topic outline for today’s Session 3 is below.

What’s It All About?

**Aims**
- To provide an opportunity for students to gain further understanding of the emotional changes experienced at puberty.
- To provide an opportunity to examine and practice strategies which can assist students in dealing with issues they may encounter in adolescence.
- To give students a detailed understanding of the process of human reproduction, including sexual intercourse and foetal development.

**Content**
- Self-esteem building exercises ● Take home activity ● Take home exercise – male and female organs ● Conclusion – game/exercise ● Question box/folder ● Take home feeling exercise ● Decision making ● Reproduction – conception

I hope you enjoy a productive question and answer session.

Mr T Long – Head of Junior School
Senior School Sport

FOOTBALL
Dear Parents and Players, Player of the Week goes to a student who did not even touch a ball on the weekend. 5 minutes prior to the kick-off of matches on Watkins field on the weekend, the referee pulled out and Deven Solanki of Year 12, a qualified referee, was about to play his last home match for St Pius on the adjacent field. He selflessly gave up his own game to referee three matches on the other field allowing those games to go ahead and not be abandoned. Truly a generous act and something Deven should be commended for.

This weekend sees the last week of round fixtures with the majority of teams playing against Redlands. Please note that next week 15/8 is semifinals with the structure being 1 vs 4 and 2 vs 3 with the higher ranked team hosting. Draws will be released next week.

Fields can be found at the following locations:
- Far Avenue: Moss Vale Rd, Burradoo (Please note 2 hours travel time)
- Campbell, University fields: Culloden Rd, Marsfield
- BC Oval: Old Northern Rd, Castle Hill
- Bark Huts: Elliot Street, Belfield.

Good luck to all teams

<table>
<thead>
<tr>
<th>Team</th>
<th>Time</th>
<th>Opposition</th>
<th>Venue</th>
<th>Result</th>
<th>Best &amp; Fairest – 3,2,1</th>
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<td>1st X1</td>
<td>11.30am</td>
<td>Redlands</td>
<td>Campbell Field</td>
<td>8-2</td>
<td>N Refenes; J Kellendonk/ A Drake</td>
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<td>2nd X1</td>
<td>10.00am</td>
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<td>Campbell Field</td>
<td>7-0</td>
<td>P Ventura; J Chater; B Ceravolo</td>
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<td>9.00am</td>
<td>Redlands</td>
<td>Campbell Field</td>
<td>2-2</td>
<td>L Rayner; J Pidcock; M Di Salvatore</td>
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<td>4th XI</td>
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<td>BC Oval</td>
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<td>9.00am</td>
<td>Redlands</td>
<td>University 1</td>
<td>9-0</td>
<td>S John; C Fleming; H Knox</td>
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<tr>
<td>16B</td>
<td>8.00am</td>
<td>Redlands</td>
<td>University 1</td>
<td>6-0</td>
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<td>15A</td>
<td>9.00am</td>
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<td>3-0</td>
<td>J Moail/N Mellino; A Ryan; A Nolan</td>
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<td>8.00am</td>
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<td>12-0</td>
<td>S Ho; J Cavalieri; C Fisher-Peel</td>
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<tr>
<td>14B</td>
<td>10.00am</td>
<td>Oakhill</td>
<td>BC Oval</td>
<td>5-1</td>
<td>N Bendall; A Favelle; A Marx</td>
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<td>14C</td>
<td>12.45pm</td>
<td>Chevalier</td>
<td>Far Avenue (Bowral)</td>
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<td>Team Effort</td>
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<td>13A</td>
<td>11.00am</td>
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<td>University 2</td>
<td>2-0</td>
<td>J Garrett; F Aleporos; B Gangemi</td>
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<tr>
<td>13B</td>
<td>8.00am</td>
<td>Redlands</td>
<td>Campbell Field</td>
<td>10-0</td>
<td>N Bradley; L Toomey/Z Forster; A Hawthorne</td>
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<tr>
<td>13C</td>
<td>10.00am</td>
<td>Redlands</td>
<td>University 2</td>
<td>5-0</td>
<td>T Boys; R Jones; H Wallace</td>
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<tr>
<td>13D</td>
<td>9.30am</td>
<td>St Pat’s</td>
<td>Bark Huts 2</td>
<td>0-5</td>
<td>A Alvarez; M Parisi; L Benson</td>
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ISA TENNIS
The final round of our 2015 ISA Tennis competition is just around the corner. All our teams have played valiantly throughout the season and so let’s try to finish on a high note before the finals.

Last week saw some impressive wins for our teams:
- Div 1 vs SPC, Lost 8 to 0
- Div 2 vs SACS, Won 6 to 2
- Div 3 vs OXL, Won 7 to 1
- Div 4 vs SACS, Won 7 to 1 (pictured)
- Div 5 vs BKR, Lost 7 to 1
- Div 6 vs SACS, Won 6 to 2
- Div 7 vs OXL, Won 8 to 0
- Div 8 vs SACS, Won 7 to 1
- Div 9 vs OXL, Won 8 to 0
- Div 10 vs SACS, Lost 5 to 3

Our Division 9 team continue to smash their competition. They still remain undefeated this season, winning 48 of their 49 games last weekend.
This weekend Divisions 1 (as Wash-Out Round), 2, 4, 6, 8 and 10 will be playing at our home courts at Talus Street. Divisions 3, 5, and 7 are playing against Redlands at Longueville. Division 9 have a Bye. See the draw below.

<table>
<thead>
<tr>
<th>Round 10</th>
<th>Divisions Playing</th>
<th>Location</th>
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<td>8th August</td>
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<tr>
<td>1</td>
<td>OAK 1</td>
<td>Talus St (Home)</td>
<td>A. O’Brien</td>
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<tr>
<td>2</td>
<td>REDL 2</td>
<td></td>
<td>V. Kugananthan</td>
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<tr>
<td>4</td>
<td>REDL 4</td>
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<td>M. Colesfax</td>
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<td>6</td>
<td>SPGS 1</td>
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<tr>
<td>8</td>
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<td>10</td>
<td>SPGS 2</td>
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<tr>
<td>3</td>
<td>REDL 3</td>
<td>Redlands College</td>
<td>J. Black</td>
</tr>
<tr>
<td>5</td>
<td>REDL 5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>REDL 6</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>BYE</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Please make sure that you let Ms O’Brien know ASAP of any absences. If a student is absent from school on Friday, please advise whether it is expected that the student will be able to play on Saturday or not. Please also remember that when playing at our home venue, all players are required to bring along a small plate of food for morning tea to share with our visiting teams.

Ms A O’Brien - Convenor

RUGBY
St Pius X Senior Rugby Draw – Saturday 8th August, 2015
The majority of St Pius X teams concluded the Rugby season on the weekend against St Augustine’s at Oxford Falls. The highlight of the day was our 2nd XV finishing the season on a high with a 31-22 win. A special mention also goes to the 13As and 16As who played St Augustine’s for the premiership in their respective age groups; unfortunately both teams went down in entertaining matches.

Congratulations to all players and coaches for the season and thank you to all the parents and supporters for their contribution this year.

Just one game of senior rugby this weekend: the 16Cs play Blue Mountains Grammar at Oxford Falls.

<table>
<thead>
<tr>
<th>Team</th>
<th>Time</th>
<th>Opposition</th>
<th>Venue</th>
<th>Result</th>
<th>Best &amp; Fairest (3.2.1)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>7:54</td>
<td>Whole Team</td>
<td>Chaplin No 1</td>
<td>No Game</td>
<td></td>
</tr>
<tr>
<td>15A</td>
<td>7-51</td>
<td>Whole Team</td>
<td>Chaplin No 1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15B</td>
<td>7-21</td>
<td>Whole Team</td>
<td>Chaplin No 1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14A</td>
<td>5-47</td>
<td>J Smith; D Hall; D Dowling</td>
<td>Chaplin No 1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14B</td>
<td>0-50</td>
<td>D Hall; P Cass; M Chow</td>
<td>Chaplin No 1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>13A</td>
<td>0-22</td>
<td>B Mendel; J Price; G Dingley/T St John</td>
<td>Chaplin No 1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>13B</td>
<td>14-34</td>
<td>A Collins; K O’Brien; H Hargreaves/ T Farnworth</td>
<td>Chaplin No 1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>13C</td>
<td>5-50</td>
<td>S Majarian; H Clayton; R Pratt</td>
<td>Chaplin No 1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>13D</td>
<td>0-50</td>
<td>T Lawson; W Oner; T Shallard</td>
<td>Chaplin No 1</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

There will also be a meeting this Saturday at 10:45am at Oxford Falls for all those wishing to play in the Opens age group in 2016; this includes current U16 teams and Year 11 boys. The meeting will be run by 1st XV coach Francis Cullimore and will discuss the plan and approach looking forward to next season including off-season, pre-season, gym work, nutrition, commitment and expectations. There will be a BBQ provided and parents are very welcome. No boots are needed but please arrive by 10:30am, or better still come down early and support the 16Cs.

Finally, the Rugby Presentation Night will be held on Tuesday 18th August.

Please click on the box to be taken directly to Rugby Club News in Woodchatta Extras.

Mr J Lynch - Convenor
From the Rugby Development Officer

A Poignant Reminder

Saturday’s final games of the season served as a poignant reminder of the value of team sport - players, parents and coaches taking, and having photographs taken, at the end of the 1st team game. For many players and parents Saturday was the end of their Rugby journey at St Pius X. For many parents, what to do next is more confusing than the road map their sons are now taking via HSC and University. Some parents mentioned golf? Some parents have been attending matches for over 12 years! It has occupied a major part of their life. For the players there will always be another game, not necessarily with recent team-mates, but a new “team” made up of equally passionate “team-mates”. School serves to fuel the passion for participation in team sport and the lasting values players take with them.

We must never underestimate the value of team sport or the importance of the training field. After 25 years of coaching, I still receive emails from players who I coached years ago and they still remember training sessions. Indeed one I met on a visit to New York was running a merchant bank, and we spent our entire lunch meeting talking about training sessions and players in the team from 20 years ago!!

On Saturday our two most successful teams, the 13As and 16As, were involved in high tempo, hugely skillful encounters against strong opposition. Both teams narrowly failed to take the chalice but matched their opponents skill for skill throughout. Both teams can look back on hugely successful campaigns. Throughout, they have played fluid support-based Rugby with lots of ball movement and go–forward, providing “crowd entertainment” wherever they’ve played. In all games played the St Pius spirit was unrelenting and all the games were competitive and entertaining with our 2nds producing a spirited performance to win their game.

To all players, and especially those who have played their final game, remember you can take skill and enthusiasm with you wherever you go. Your contribution to the “team” is always important regardless of the level you play.

Good luck to all our leaving players/parents and a big thank you to all players who have been part of the St Pius X Rugby program this season. A final thank you to all the coaches who patrol the loneliest place in the world; the touchline. The players will never forget your commitment….I promise you.

Mike Penistone

ATHLETICS

Athletics training is open to everyone. We train every Monday and Wednesday at Rotary Athletics Field Lane Cove. The school bus departs 3.20pm from Anderson Street and returns to Archer Street at 5.20pm.

Athletics training can be used to maintain your fitness after your Rugby or Football season. Wallaby and Melbourne Rebel Luke Jones, used the St Pius Athletics sprint training to improve his speed to help him gain selection into the NSW and Australian School Boy Rugby Team.

There is an open invitation to all students, come and have a go.

Throws age Championships will be completed at Athletics training in Week 5, Monday and Wednesday.

Mr R Lacey - Convenor

CRICKET

New Season 2015-2016 Registrations are about to Close! The 2015-2016 Cricket season is fast approaching and registrations to play for the College this year have to close this coming weekend so don’t delay get registered NOW!

Preparations for the new season include the Cricket Club’s development day on Sunday August 23 which is little more than three weeks away. Mark that in your diaries but before you do so jump onto SPX Cricket’s online booking system at: http://www.trybooking.com/146929 and get your sons registered to play.

It only takes a few minutes to complete; it’s fast and informative and takes all the worries out of the old ways of registration. Sign-up has to close this coming Sunday - August 2 so that we can let our respective cricket associations know how many teams and players we will be entering in their competitions.

SPX Cricket plays in the North Shore and Manly Cricket Association competitions while the Open teams - the 1st and 2nd XIs - play in the ISA competition. If you need any more information about district cricket registration or are new to cricket at the college don’t hesitate to contact Club Secretary Danny John at secretary@stpiuscrickeer.org.au

Mr D Reay - 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. The Rugby and Football Gala Day will take place (see below). Tennis lessons continue.

<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>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>

Winter Gala Day: This is a mini tournament for all rugby and football players. It is essentially a fun way to finish off the season with small sided games in a competitive format. Boys require normal training gear, though rugby players are asked to bring 2 jerseys (school and other).

Athletics: Training continues next week in preparation for our first Carnival, The Barker Invitational on Saturday 15th August.

Cricket: All players wishing to play for the College this summer must register online through Trybooking. Please use the following link: [http://www.trybooking.com/146929](http://www.trybooking.com/146929). A pre-season training /coaching clinic will take place on Sunday 23rd August at Oxford Falls from 8.30am (time tbc). Qualified coaches from Mosman Cricket Club will be in attendance to oversee the conduct of the sessions. Players are encouraged to take part in this coaching “to kick start” their season.

Rugby Presentation Evening: takes place for all players on Tuesday 18th August from 5.30pm – 6.50pm (allowing parents to attend the Snr Presentation in the Gym from 7pm). It will be held in the Sarto Centre and boys will be required to wear school uniform.

Football Presentation Evening: takes place for all players on Wednesday 26th August from 5.30pm – 6.50pm (allowing parents to attend the Snr Presentation in the Gym from 7pm). It will be held in the Sarto Centre and boys will be required to wear school uniform.

Rugby: Our final Round of fixtures take place this Saturday. Good luck to all players.

<table>
<thead>
<tr>
<th>Team</th>
<th>Last Week</th>
<th>Saturday 8th August</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep 1st XV</td>
<td>39 – 7</td>
<td>Trinity</td>
</tr>
<tr>
<td>Prep 2nd XV</td>
<td>28 – 12</td>
<td>N Arena, N Arnold, M Taylor</td>
</tr>
<tr>
<td>11A</td>
<td>21 – 21</td>
<td>W Stanley, B Perkins, Team</td>
</tr>
<tr>
<td>11B</td>
<td>36 – 40</td>
<td>J Speter, L Martin/N Byrne/S Ferguson, A Vaccher/A Guerrea/N Green</td>
</tr>
</tbody>
</table>

Football: Our final Round of fixtures take place this Saturday. Good luck to all players.

<table>
<thead>
<tr>
<th>Team</th>
<th>Last Week</th>
<th>Saturday 8th August</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep 1st XI</td>
<td>0 – 1</td>
<td>V Lahoud, B Giles, L Mattera</td>
</tr>
<tr>
<td>Prep 2nd XI</td>
<td>3 – 1</td>
<td>M Kachel, M Wilkins, B Power</td>
</tr>
<tr>
<td>Prep 3rd XI</td>
<td>1 – 1</td>
<td>G Bullock, L Cavalieri, J Overton</td>
</tr>
<tr>
<td>Prep 4th XI</td>
<td>9 – 0</td>
<td>J Bilic, T Cooper, A Oey</td>
</tr>
<tr>
<td>11A</td>
<td>1 – 1</td>
<td>I Elms, A Wilson, C Stasic</td>
</tr>
<tr>
<td>11B</td>
<td>4 – 0</td>
<td>L Nicey, M Lea, J Hanna</td>
</tr>
<tr>
<td>11C</td>
<td>5 – 0</td>
<td>K Crowhen, J Orlowski, F McDonald</td>
</tr>
<tr>
<td>11 Blue</td>
<td>10 – 0</td>
<td>J Brown, C Berarducci, B Littrich</td>
</tr>
<tr>
<td>11 Gold</td>
<td>1 – 2</td>
<td>R Johnson, N Noon-Martinez, C Donato</td>
</tr>
</tbody>
</table>

Mr G Virgona – Junior School Sportsmaster
**Tennis**

We had a beautiful sunny morning for tennis on Saturday and the boys played well. There were many great rallies and strong serves to the opposition. Well done to the boys, there were some great results for the teams. I look forward to seeing you this weekend.

<table>
<thead>
<tr>
<th>Round 3</th>
<th>8th August</th>
<th>Mrs Spanyik</th>
</tr>
</thead>
<tbody>
<tr>
<td>St Pius 1</td>
<td>Vs Redlands 7</td>
<td>Cammeray Tennis Club, cnr Park Ave and Ernest St, Cammeray</td>
</tr>
<tr>
<td>St Pius 2</td>
<td>Vs MAD 4</td>
<td>Talus St, Naremburn</td>
</tr>
<tr>
<td>St Pius 3</td>
<td>Vs Redlands 9</td>
<td>Talus St, Naremburn</td>
</tr>
</tbody>
</table>

*Mrs B Spanyik*

**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 from shop $2.00 each.


*Mrs D Muirhead – Coordinator*

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**Canteen Roster**

<table>
<thead>
<tr>
<th>10/8 – 14/8</th>
<th>17/8 – 21/8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>Mon</td>
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<tr>
<td>Tues</td>
<td>Tues</td>
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<tr>
<td>Wed</td>
<td>Wed</td>
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<tr>
<td>Thurs</td>
<td>Thurs</td>
</tr>
<tr>
<td>Fri</td>
<td>Fri</td>
</tr>
</tbody>
</table>

| J Di Tommaso, R Mellino, D Graffeo, N Cavalieri, W Macellini, D Gregoric, M Fakhoury | B Hollas-Clayton, S McManus, R Ventura, M Kellendonk, C Clelland, J Maras |
| A Brewer, P Knox, S Kerlin, J Ventura | B Hodgson, J Clarke, T Zalidas |
| J Shadbolt, T Weber, P Rodrigues, M Hardman, E Proudfoot | M Sheehan, S Murphy, C Ross, K McEvogue |
| A Spencer, J Bendall, S Roberts, A Berthold, R Baldock, K Spencer | J Arena, J Wilkins, K Fusca, R Onslow, A Williams, C Walton |

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**COLLEGE** ● 35 Anderson Street, Chatswood NSW 2067 P(02) 9411 4733 F(02) 9413 1860

**TREACY COMPLEX** ● Dreadnought Road, Oxford Falls NSW 2100 P(02) 9451 7375

E admin@stpiusx.nsw.edu.au  www.spx.nsw.edu.au

ABN 50 451 308 630

**A CATHOLIC BOYS’ COLLEGE IN THE EDMUND RICE TRADITION**

1. **P&F TRIVIA NIGHT**

2. **LEARNING ENRICHMENT: LEARNING DIFFERENCE CONVENTION**

3. **INSTRUMENT SHOWCASE**

4. **STARTING YOUR DAY WELL**

5. **A REVIEW AND GOAL SETTING SHEET FOR STUDENTS TO HELP THEM MAXIMISE THEIR RESULTS**

6. **Year 7 SKI TRIP PHOTOS**

7. **JUNIOR SCHOOL GRANDFATHER, FATHER & SON SPORTING AFTERNOON**

8. **FOOTBALL CLUB NEWS**

9. **RUGBY CLUB NEWS**

10. **GENERAL NOTICES**
   - **IN SOLIDARITY:** Frenchs Forest Catholic Parish Annual Gathering in support of people who have experienced abuse
   - **Lifeline:** Book, CD & DVD Clearance – Nothing over $2!
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
LEARNING DIFFERENCE CONVENTION

Australia’s Largest Literacy and Learning Difficulties Event

Rose Hill Gardens
Sydney
27 & 28 August

EXHIBITION HALL
FREE parking! FREE Workshops
FREE advice! FREE Stress balls
FREE Workshops with
Apple Distinguished Educators

Seminars for Parents 2015
Dyslexia: Opening and Closing Forum G and A,
President Australian Dyslexia Association
Get out of my face, it’s not my fault and it’s not fair!
Teaching and Managing children with Oppositional Defiant Disorder and
Dyslexia

Reading: CAN’T READ? WON’T READ?
What You Can Do To Help

Helping Children with Co-ordination difficulties to be the
best they can be at school.

Practical Strategies for Supporting Students
with Maths Learning Difficulties

Girls and Boys and Dyslexia;
Emotional Resilience

Thinking and Learning skills
to Boost Achievement

AND MORE

www.learningdifferenceconvention.com
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

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

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

To register your name and attendance please email Cjellema@stpiusx.nsw.edu.au
STARTING YOUR DAY WELL

How to Have a Good Day - Starting Your Day Well

I believe we have all had an experience like this...

You woke up tired, reluctant to get out of bed, not looking forward to the day.

The problem with waking up this way is that it’s hard to turn around. If you are lazy or haphazard in your actions during the first hour after you wake up, you tend to have a fairly lazy and unfocused day.

Starting your day well is the single most important thing you can do to start your day. The first hour is what gives your day direction.

If you strive to make that first hour optimally productive, the rest of the day tends to follow suit.

Start Here.

To ensure you start your mornings well you need to make sure you have a night-time and wake-up routine.

1. Set Your Intentions Before Bed: consciously decide every night to create a positive expectation for the next morning.
2. Move Your Alarm Clock Across The Room: so you have to get up to turn it off.
3. Brush Your Teeth: when you wake up and splash water on your face.
4. Drink a Full Glass of Water: to hydrate yourself after several hours without water.

“The Miracle Morning” is a book written by Hal Elrod and he speaks about starting your morning with “Life Savers”. I describe the activities below. My suggestion is to add some of these to your morning routine or come up with your own activities for a positive start to the morning.

- Silence can be meditation, mindfulness, prayer etc.
- Affirmation can be a word you use that reminds you of who you are and how to be.
- Visualisation is an intention (directing your focus) on how you want your day to be.
- Exercise can be a short walk or stretching or going for a run (exercise is a great thing to do in the morning).
- Reading something that is positive and enjoyable. What you read “resonates” with you. It gets you thinking and expanding “beyond yourself”.
- Scribe is about journaling. Writing in your journal about your day gives you insight and clarity about issues. It also helps you realise what’s working and how far you have come.

Create Your Miracle Morning

List in order the things you will do to start your day well in the first hour of the morning.

1.
2.
3.
4.
5.
A review and goal setting sheet for students to help them maximise their results

<table>
<thead>
<tr>
<th>Do this -</th>
<th>This means:</th>
<th>Common problems:</th>
<th>Your biggest issue in this area:</th>
<th>Actions you need to take:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Make the utmost of all of your class time and squeeze every bit of knowledge you can out of each lesson.</td>
<td>Listening to the teacher, working on the things you are supposed to be working on, thinking about the lesson, finishing off the class work, asking questions during the lesson if you aren't sure of something.</td>
<td>The person you sit next to distracts you or you talk to them a lot. Maybe you don't like the teacher, you find them hard to understand or have a personality clash. Maybe you find the subject challenging.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Meticulous about completing and submitting every single scrap of work (homework etc) your teachers recommend.</td>
<td>Finishing EVERYTHING you are set, not letting anything at all slide and asking if you aren't sure.</td>
<td>You get caught up in other work and let the homework get away from you or you complete it in a sloppy half-hearted way.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Chase up anything and everything you don't understand or are not sure of - no matter how small it is or insignificant it seems. Aim for 100% understanding.</td>
<td>Being meticulous and a bit of a perfectionist. You seek help by asking questions or doing extra work. You treat your study as a search for finding out what you don't know yet. You are trying to find any holes in your knowledge and fix these holes.</td>
<td>You don't have a system to keep track of the things you need to chase up, you let it wait too long till there are too many questions. You don't bother to seek help as you don't like that subject much or you find the teacher hard to deal with.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Use your time at home effectively and efficiently, ensuring you put adequate time into your work.</td>
<td>Both doing enough work (time-wise) and making the periods when you work focused and efficient. Having a good working environment.</td>
<td>Distractions, procrastination, lack of discipline, poor study habits, poor working environment, lack of routine.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Year 7 Ski Trip
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):*

<table>
<thead>
<tr>
<th>Sport</th>
<th>Father</th>
<th>Grandfather</th>
</tr>
</thead>
<tbody>
<tr>
<td>Touch Football</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oz-tag</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Basketball</td>
<td></td>
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<tr>
<td>Tennis (limited space)</td>
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<tr>
<td>Table Tennis</td>
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<td>Soccer</td>
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<tr>
<td>AFL (numbers/space permitting)</td>
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<tr>
<td>Ultimate Frisbee</td>
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* MUMS: I would like to assist with the BBQ from 11.45am onwards:  
Mum’s Name: _________________________________
FOOTBALL CLUB NEWS

This is the final round and we have many teams vying for the semi-finals so good luck to all the boys. The semi-finals will be played on Sat Aug 15, we are expecting many home games at Oxford Falls.

A special presentation was made at the 1st XI match last Saturday celebrating 20 years of Football leadership for Steve Quilty, the 1sts coach. Many of the previous 1st XI captains and players attended and Steve was presented with a framed signed jersey. See some photos in this week’s results Roundup.

The weekly Results Round-up digital publication including past editions, is available on the football website.

This week’s ‘in focus’ teams are 13B & 13D & 14B - 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! 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.

➢ SPECIAL REQUEST

We need a full team photo now in preparation for the ‘Year in Review’ magazine. We want a photo from all senior and Junior teams.

Please organise a quick photo before or after the game and send it to footballspx@gmail.com.

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 - pandf.spx.nsw.edu.au/sports/football/football-news

Rodger Paino
RUGBY CLUB NEWS

NO GAMES THIS SATURDAY, 8th August: ISA Round #7 v BYE
(with exception of 16C’s – please refer to the main school rugby section).

As SPX has drawn the BYE for round #7, we have played our last matches for the season.

Best of luck to the 16C’s taking on Blue Mountains Grammar at Oxford Falls.

THE END OF ANOTHER SEASON - CONGRATS AND THANKS...
Exemplary SPX team spirit and character was displayed throughout the season across all age groups: none more so than against our toughest opposition last weekend with some great matches. I would like to congratulate all the players for giving 100% each week, and wholeheartedly thank all the coaches, support & school staff, parents, supporters, old boys, volunteers and the Rugby Club Committee who make rugby at SPX such a great experience.

A special mention to the caretakers and groundsmen at Oxford Falls, that each week come rain/hail/shine present one of the best and most highly regarded school grounds complexes in the country.

REPRESENTATIVE RUGBY – Sydney Junior Rugby Union (Club/District Rugby)
Congratulations to Dominic Easy (Yr10) who has been selected in the NSW U15s Rep Squad, following Sydney U15s 42-7 win over NSW Country on Sunday.

The NSW team will play in the U16s Invitational weekend on 19/20 September, against U16s Rep Teams from NSW Schools, Sydney, ACT and VIC.

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:

- Saturday 1st August – ISA Round 7 vs BYE (with exception of 16C's).
- Saturday 15th August - P&F Trivia Night.
- Tuesday 18th August – Rugby Presentation Night.
- SPX Rugby Club AGM – TBA.

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
Frenchs Forest Catholic Parish warmly invites you to our annual gathering in support of people who have experienced abuse.

Some of our children were abused a number of years ago. Our community has since resolved always to stand in solidarity with people who have experienced any form of abuse.

Aware that inconvenient truths are frequently minimised or swept under the carpet and that people are often re-victimised when they speak up or seek help, we have determined always to be a place of welcome and acceptance, a place of care, compassion and hope.

Our gathering is an opportunity for people seeking support and for anyone who wishes to express solidarity to come together in a welcoming, warm and safe environment, where we share quiet reflections, listen to beautiful music and join together in prayer. There is no expectation for anyone attending to speak about their experiences. Supper is held afterwards.

Our gathering will be held at 7.30pm on Tuesday 1st September 2015 at the Church of St Anthony in the fields, 46 Myora Road Terrey Hills. Your presence would be much welcomed.

Inquiries: Carmel Smith 0412 532 657 or Brian Norman 0434 852 001

In Solidarity