



The Lantern

12 June, 2015
Term 2, Issue 4



Dear Parents and Caregivers,

This Sunday, we celebrated the feast of Corpus Christi. Some years ago when Saint John Paul II went to Lima, Peru, he was met by a massive crowd of two million people. Instead of the usual greetings from the President and the Cardinal, two people from a shantytown stepped up to the microphone. As the huge crowd went quiet, they began to speak to the Pope: "Holy Father, we are hungry, we are sick, we lack work, our children die before their time. Yet, Holy Father, we believe in the God of life. And we hunger for bread."

Before the hushed crowd, the Pope replied in his best Spanish: "You tell me you hunger for bread. You tell me you hunger for God. I want this hunger for God to remain; I want your hunger for bread to be satisfied." The Pope then turned to the generals and the wealthy politicians gathered there and said very bluntly: "I won't simply say share what you have. I will say give it back! Give it back; it belongs to the poor!"

The highlight of the Pope's visit to any country was the celebration of an open-air Mass. Of the Mass or celebration of the Eucharist, the Pope wrote: "In the Eucharist we have Jesus, we have His sacrifice, we have His resurrection, we have the gift of the Holy Spirit and His love of the Father. In the humble signs of bread and wine changed into His Body and Blood, Christ walks beside us as our strength and our food for the journey, and enables us to become witnesses of hope."

In modern language, Christ says to us at every Mass: "Here I am, poured out in love for you. Take Me; I'm one with you." St Augustine in 413 wrote that the Mass was about three things: goodness, unity and charity. Augustine taught that if we were not better people working for unity and loving each other once away from the Eucharist, then, the Mass fails to achieve its purpose.

Diary Dates

Captivate Showcase
11 – 20 June

School Holidays
Monday 29 June –
Friday 13 July

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The God who comes to us at every Eucharist as real food, is the same God who asks: "When I was hungry, did you feed me?" Just as God feeds us, so we, too, should feed each other. Like the Pope in Peru, we should link the reception of the bread of life in the Eucharist at Mass with the giving of bread away from the Mass. In other words is the Eucharist for Sundays only or does the Eucharist live on through the actions and deeds of our daily lives?

For the Mass and the Eucharist to be life giving for us as Christian people, we need to give them our total attention. Our hearts and minds need to be fully open to Christ living in us, to taking Christ's values with us into our daily lives. Then, the Eucharist can change us into people who are good, unifying and loving; then, Christ can walk beside us as our strength and our food for the journey and enable us to become witnesses of hope.

Each Wednesday lunchtime, we celebrate the Eucharist at school. Our numbers at this Mass are growing and I pray that they will continue to grow. We thank Father Peter Confeggi for saying this weekly Mass for our community.

God, our Father,

we thank You for the Mass and the Eucharist.

As we tackle each day's routine and face its demands and emergencies,

be with us as an inner presence.

Enrich our faith so we will come each week

into Your Real Presence in the Mass and Eucharist.

Amen.

God bless,

Delma

From the Assistant Principal

As Semester 1 draws to a close many students will be happy with their efforts in making the most of the opportunities offered here at Nagle. Many will be looking forward to their reports and recognition of their efforts in gaining their best possible results. Many would have set themselves a goal to improve in a couple of subjects whilst maintaining their efforts in all their other classes. These girls will probably continue to set goals and achieve. There are other girls who have excelled in sport and the performing arts. All these endeavours require commitment, effort and perseverance.

Congratulations to all the girls who achieve personal bests in study, sport and co-curricular activities. Continue to set inspiring goals for yourself and make the necessary effort to achieve excellence.

Home and School working together

Thank you to all the parents who have fully supported the College this semester in ensuring their daughters comply with all expectations in relation to attendance, uniform and behaviour. I would also like to thank the parents who have worked as genuine partners with the College on the occasions when their daughters have not complied. By working together, the girls are more likely to accept the consequences and move forward with a positive attitude.

Mr Michael Hall

FROM THE REC

Five excited Nagle girls and two teachers are busily preparing for our first Indigenous Immersion experience. They will travel on the 18th of September to Kununurra where they will work with the community of St Josephs Primary School with a view to working with the children on literacy and numeracy.

Phase one of this process involves a number of preparation meetings. The first of these took place last week and is followed with Part 2 next week. The girls worked solidly for two hours learning some general points about immersions and the idea of being with others in their need, empathy rather sympathy. They looked into the plight of our indigenous people and some of the issues particular to Kununurra.

This Immersion is an opportunity to build an ongoing relationship with another school. These young women have been invited to become part of the community for the time that they are there. Our thoughts and prayers are with them as they prepare for this new, exciting and somewhat challenging venture.



Regards
Ellen Lonergan

FROM THE LEADER OF TEACHER AND LEARNING

Top Tips for Moving Information into Long Term Memory

On Tuesday students from Years 7 to 11 attended study skills sessions with Dr Prue Salter from Enhanced Learning Educational Services. The sessions were helpful as the suggested strategies were practical and easy to implement. For many of the girls it was an opportunity to review advice that they had heard before but had, perhaps, stopped putting into practice.

The following are some tips that may help students to move information from short to long-term memory.

1. **BE ENGAGED:** If you are interested in what you are learning you are more likely to remember it. Ask questions, pre-read information, make summaries and follow up on things that you don't understand.
2. **USE REPETITION:** Repetition is key to transferring information from short term to long-term memory. The more often you practise a technique or revise information, the better it will transfer to long-term memory.
3. **RECORD INFORMATION:** Don't just write down everything your teacher says or copy straight from a textbook or the Internet. Think about what is being communicated and create notes that are accurate, meaningful to you and build connections. Mind maps are a helpful tool for this.
4. **ORGANISE INFORMATION:** When you are revising a topic, make sure you organise the information into small, distinct chunks.
5. **VISUALISE INFORMATION:** Build a mental picture of what you are trying to remember, like the parts of a plant or a battle in history.
6. **BUILD ASSOCIATIONS:** This might mean developing some kind of sensory cue that enables you to remember information such as smell or sound. Try turning your notes into a song or poem.
7. **SHAKE THINGS UP:** Write in a crazy font, use lots of colours, use your left hand to write instead of your right...anything that makes your brain have to engage more actively with what it is you are trying to learn.
8. **FUEL YOUR BRAIN:** If you want your brain to work well for you, you also need to work well for your brain. Eating foods rich in Omega 3 and essential fatty acids (such as fish, nuts, legumes and leafy green vegetables) will help your brain to function optimally. Drink lots of water so that your brain doesn't dehydrate. Keep away from too much caffeine that may impair brain function.
9. **REST YOUR BRAIN:** Getting fresh air and exercise helps your brain to process information, as does sleep. Most students need 8 - 10 hours of sleep a night. The last stage of memory consolidation takes place while you are sleeping so ensure you get enough sleep each night.

Learn more about how to study effectively by working through the units on

www.studyskillshandbook.com.au, particularly *Active Studying and Your Brain and Memory*. Our school's access details are: Username: *fornaglecollegeonly* Password: *54results*

Ms Dympna Reavey

From the Leader of Student Well-being

According to the Mental Health Commission of NSW, as many as a quarter of young Australians feel disengaged and are at risk of missing out on productive lives. In a recent article on teen mental health, John Feneley, NSW Mental Health Commissioner, shared some very good advice for parents in helping to safe guard our teens' mental health.

1. Make sure your teenager feels loved, respected and trusted goes a long way to protecting their mental health and wellbeing. Check in with your children and initiate conversations that are honest and non-judgemental.
2. Let your teenager know you are available to discuss their issues openly and always take them seriously, no matter how minor the problem may seem to you. Young people may have trouble articulating a concern, so allow them time to talk about the issue without dismissing them or trying to solve the problem prematurely.
3. Parents, and other adults, are still a major influence in their teenager's life; so it's important to model positive health habits around diet, exercise, sleep and alcohol and drug use to support good mental health and wellbeing.
4. Explore the kinds of help that is available for your children – from school, socially, online, mental health services and other community organisations and support your children to seek help they need in a way that is best for them, because adult solutions will not always work.

Helping to safe guard good mental health is a responsibility of the whole community. At Nagle our students are able to access information relating to wellbeing from a range of sources that include the counsellor and the Student Information Wall. Students also have the opportunity through out the year to participate in a range of activities and workshops during their pastoral care lessons.

If you have any concerns or questions relating to your daughter please feel free to contact me via the college.

Mrs Diane Shean

Leader of Student Well-being



YEAR 7 NEWS

Blacktown City Parade

On the morning of Saturday May 30th, Year 7 students along with their homeroom teachers and Year 12 Big Sisters proudly represented the College at the annual Blacktown City Parade. The girls are to be commended for their impeccable behaviour and as always, for being such great ambassadors for the College.



What have Year 7 been doing during PC?

The focus of the Year 7 Pastoral Care Lessons this semester has been 'Building Relationships' and has been centred on activities that develop teamwork and effective communication. The learning intention of each lesson is to develop effective relationships within the classroom by working effectively together to complete a set task. The first task that was set was a group assignment aimed at building a usable chair with balloons and the limited resources given to them. The second task that was set was another group project but this assignment required the girls to solve a giant maze together in silence. Both tasks were set to prove to the girls that working together as a team is more effective than working on your own. Year 7 thoroughly enjoyed both tasks and continue to build on the connections they have made in their Pastoral Care Lessons.



What have Year 7 been doing during Sport?

This term Year 7 have been dancing up a storm and have been working together in their House groups to learn a different style of dance every fortnight. The Dancing program ties in well with the work that Year 7 have been doing in PC lessons as they focus on honing their dance skills as a team.



Making a Splash on the National Stage

It is with pride that we announce that Lily Hardman of Ballygriffin, and the current 2015 Swimming School Champion, has been selected for the NSW swimming team at the Pacific School Games. The Pacific School Games will be held from November 21- 29 at the South Australian Aquatic Centre in Adelaide and is an international school sport championship, which will see Lily competing against 4000 other students.



Lily has been selected to swim in the following events:

- 50 metre backstroke
- 200 m backstroke
- 200m breast-stroke

Lily may also be swimming in other relay events but that will be determined closer to the date.

If you or your family would like to support Lily, raffle tickets are being sold at the front office for \$2 per ticket. The prizes on offer are:

- First prize: 55" Samsung Full HD Smart 3D TV
- Second prize: GoPro HD Hero4 Action Video Cam
- Third prize: Apple iPad Mini 32GB Wi-Fi capable
- Fourth prize: Olympus TG-3 Waterproof Camera
- Fifth prize: Sony Noise Cancelling Headphones

If you would like more information about this exciting event in which our very own Lily Hardman will be swimming at, please go to:

<http://www.pacificschoolgames.edu.au/page/About-the-Games-x-6711-2258-14558.html>

Mrs Juvy Reczek

58A Orwell Street
Blacktown, NSW 2148

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Email: nagle@parra.catholic.edu.au
Ph: 8887-4501

Year 9 News

All girls received their permission notes for the Year 9 Camp that is coming up in Term 3. The dates for the camp are Thursday and Friday 20th and 21st August. We will be travelling by coach to the Great Aussie Bush Camp at Kincumber and will spend 2 days having a lot of fun in a great environment! A reminder to parents and students that permission notes are due in by Friday 19th June.

This week Year 9 spent a lesson looking at ways to understand their learning better and looked at ways of enhancing their personal skills to get the best out of the work that they do. The girls found this session very interesting and below are a series of photos from the day.



Year 10 Update

This week the Year 10 cohort participated in the Enhanced Learning workshop. Enhanced Learning Educational Services (ELES) is the study skills specialist for secondary students. ELES run study skills seminars and workshops for secondary students, parents and teachers. Dr Prue Salter who has run over 3000 seminars for ELES with over half a million students, parents and teachers facilitates these sessions. The aim of ELES is to help secondary students cope better with the academic demands of school. The students were provided with a handbook filled with activities and strategies to assist them in developing good study practices. I encourage the girls to work through this booklet and implement some of the strategies covered in the workshop.

A quick reminder that next week Year 10 will be travelling to the Careers Expo at Olympic Park. This is an incredibly important day for the girls, as they get ready to make decisions about what they will be studying next year. It is therefore important that permission notes are returned to the College in a timely manner. Your assistance with this is greatly appreciated.

As always, if you have any questions or concerns, please do not hesitate to contact your daughter's homeroom teacher or myself.

Kind regards,

Mr Andrew Wilson

Year 10 Co-ordinator

NOMINATE AN INSPIRATIONAL TEACHER

Parents and students are invited to say a special 'thank you' to an inspirational teacher, educator or principal who demonstrates effectiveness, innovation and excellence in their profession.

All nominations can be made online
at www.asg.com.au/nominate
Nominations close on 31 July 2015

FROM THE YEAR 11 CO-ORDINATOR

To help with study techniques and organisation, and exam strategies, Prue Salter from Enhanced Learning spoke to the girls on Tuesday 9 June. It was a most valuable session. To find out what some girls learned, take a look at the three student profiles at the end of this article.

The Senior Retreat is coming up in Term 3 and organisation of this important event has now started. By now, all girls should have returned their permission notes. Watch this space for more information...

Kind regards,

Melissa Kervinen.

mkervinen@parra.catholic.edu.au



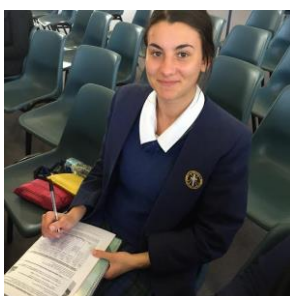
Manbheena Batra, 11 Coraki:

"I learned about the importance of time management and prioritising tasks and class work."



Nadia Bella, 11 Coraki:

"In my personal opinion, I learned how to create effective study notes. I also learned about different techniques to use to best manage big chunks of work into more "do-able" chunks, and the best ways to read and memorise my notes. Also, I learned how to structure my work, making sure that I use my time effectively. I could make a timetable or place all my work out in front of me, or section out my work into 20-30 minutes chunks (with a break) to get it all done. One of the most interesting things for me was the strategy on how to write quicker by placing a rubber on the end of the pen. This extra weight on your pen would build muscle so when writing exams in the HSC, you will be able to write quicker."



Mariana Tinkas, 11 Ballygriffin:

"I found the session helpful and valuable. I now know some more ways to better organise my study notes and ways to take notes."

CARMEN'S REPORT ON THE FARM



At THE FARM, we have two young chickens who fit in with the adults. The chicken shed is where the female chickens go in to lay eggs, as well as where the chickens mostly eat and drink.



Hoofie, our little mischievous goat, is happily enjoying the farm and the students that go there in the mornings and afternoons. She loves to get close and personal with cameras and our calf and sheep.



Jake, our calf, loves to graze and relax in his home at Farm. He loves it when students pat him at any time during the day and he gallops towards them when he sees them coming into Farm.

He gets along with our goat and sheep when they all eat together. Jake loves his milk time and slurps it down quite quickly in the mornings.



Bear, our young sheep in Farm, always stands with pride, even though he is quite short for his age.

The other sheep graze down at NAGLE'S bottom paddock where they run up to the top when they hear students coming with FOOD.



SIR Flower, our Guinea Pig, eats heaps of grass, as if there were no tomorrow and can be quite funny at times.

He can get scared easily and hides in students' blazers all of the time

He always know when someone's going to pick him up as he lifts up his belly high enough for our fingers to go in underneath.



The FARM isn't all about the animals, but about agriculture in general. As an elective, students may choose to do agriculture and do some fun things such as studying the growth of a baby chicken.

Students may also plant their own mini vegetable patch from which they can take the produce home once its grown.

CATHOLIC DIOCESE OF PARRAMATTA

WYD PILGRIM INFORMATION

EVENINGS

7.00 - 8.30 pm

Monday 15 June 2015
St Patrick's Cathedral Parish
1 Marist Place, Parramatta

Tuesday 16 June 2015
Our Lady of the Angels Parish
cnr Wellgate Ave & Withers Rd, Rouse Hill

For more information visit parrawyd.org

VISUAL ARTS – Stage 6

Girls in Years 11 and 12 Visual Arts have been busy art beavers lately, with both groups currently working toward Body of Work deadlines, attending exhibition openings and winning coveted positions in elite art courses.

So what else has been happening?

Artist in residence, Johnny Romeo has been mentoring Year 12 students, initiating collegial visits between Nagle, Delaney and St Paul's Colleges in the Parramatta Diocese. Visual Arts students and teachers have been swapping classroom visits and attending each other's Body-of-Work-in-Progress evenings, at which students present their work, share their intentions and gain alternative insights from each other.



Here we see Nagle College Captain Denielle Plara speaking to St Pauls' students about her work. This is what some of our students thought after visiting St Paul's College in Week 5 and viewing HSC artworks in progress;

It was a good experience to be able to collaborate with other students and receive feedback. It gave us a chance to practise presenting our own work and talk about it confidently. They were encouraging and understanding. I hope we were able to offer some great ideas to the boys.
Louise Nurthen and Cory Hill.

And following their opportunity to host visitors here at Nagle College in Week 7;
It was an exciting opportunity for us to showcase our all our hard work so far, to parents, students and a panel of professional teachers who have valuable experience in HSC marking. We were commended for our work and were instructed to continue and improve upon our work through their constructive criticism.
Marian Boutrous

We wish our Year 12 students well and encourage them to take every opportunity to immerse themselves in their artwork, to persevere in refining and resolving their Bodies of Work for completion in August.

Stay tuned for an exhibition of their completed work in Term Three.



Year 11 Visual Artists have benefitted from Johnny Romeo's fortnightly visits too. Some students have discovered they can work well under pressure and have realised painting skills hitherto unknown to them. Sometimes that's all it takes for an artistic breakthrough and blossoming.

These paintings were completed in 40 minutes from black and white photos taken at the beginning of the lesson.

Meanwhile, the Quad is set to become an exciting new exhibition space. Plans are in process for a rotating exhibition of large-scale photographic reproductions of selected artworks by students. Watch this space!

Speaking of exhibitions, students and staff entered the Art World for one glittering night to attend the opening of Johnny Romeo's solo exhibition entitled *Top of the Pops* at NG Gallery, Chippendale.
I really liked the atmosphere and being amongst like-minded people. Alicia Badelles



Following in the tradition of talented Nagle art students in years past, Year 11 students Jocelyn Depamaylo and Katie Masonwells were successful in their applications to participate in the HSC Extension Intensive Studio Practice for gifted students, at the National Art School in Darlinghurst. They will commit time in the July and October school holidays to attend painting workshops, learn new, advanced skills and fulfil one unit toward their ATARs. Congratulations, Katie and Jocelyn!

Ms Emily Handsley-Delves



SPORT NEWS

2015 ATHLETICS CARNIVAL

The College Athletics Carnival was held on Friday the 29th of May at Charlie Bali Reserve in Doonside. The day was fantastic thanks to the participation and hard work of staff and students. Mrs Rezek did a great job as MC ensuring the atmosphere was set with great song choices, support from the spectators was electric and of course the athletes displayed exceptional ability on the track. It was a fantastic day with lots of points awarded for running, jumping, and throwing! We had a number of long standing records broken on the day. Congratulations to the following students for breaking the following records:

YEAR 7: Flavia Aya (12 years 100m – 12.75), Josephine Legge (13 years 100m – 12.87)

YEAR 9: Akela Pitcaithly (15 years 100m – 13.12)

YEAR 11: Nadia Bella (16 years 100m – 12.25), Alang Majok (17+ years 100m – 12.75)

Congratulations to Coraki who was the winning House on the day – for the fifth year in a row! Age champions will be announced at school next Tuesday and will be included in the next issue of the Lantern.

I would like to thank all of the staff who worked hard in the lead up to the event and on the day. Thank you to the students for their participation and energy that they consistently bring to carnivals to ensure they are enjoyable. Thank you to the parents who attended the day in support of their family members.

UNIFORM:

As we are nearing the end of the term, some students are beginning to wear their sport uniform incorrectly and unfortunately a large number of uniform infringements have been issued over the last fortnight. The sport uniform must include:

- White socks
- Joggers
- Sport jacket (not the College jumper: if students are cold they may wear their jumper underneath their jacket)
- College tracksuit pants and shorts

A number of students have been wearing incorrect shorts, jumpers and tracksuit pants. If students are missing a piece of their uniform they must wear their school uniform and bring a note. Wearing clothing that is not part of the College uniform is not acceptable as students frequently leave campus for sport.

STUDENT ACHIEVEMENT:



We wish Flavia Aya from Year 7 and Olivia Sargent from Year 11 good luck as they will be competing in the NSWCCC Cross Country Carnival on Friday the 12th of June. Flavia and Olivia both placed 2nd in the PDSSSC Carnival for their age groups and will now be competing against students from Catholic schools all around NSW. This is a fantastic achievement and we know that they will make us proud with their sportsmanship.

GALA DAYS:

On Wednesday the 17th of June three teams will be competing in the CGSSSA Netball Gala Day in Concord. Students need to return their permission note as soon as possible and are required to be at school to depart for the Gala Day at 7.30am.

The U15's Football Gala Day will be held on Monday the 22nd of June at Jamison Park in Penrith. Try outs will be held in the coming week.

Natalie Bonaventura
Sport Co-ordinator





2015 Vinnies Winter Appeal

There are just under 30,000 people experiencing homelessness in NSW this winter - more people than any other state!

The Vinnies Van visits people experiencing or at risk of homelessness or social isolation 364 nights a year. A team of volunteers aims to provide a light meal, drink, and companionship. ***But this winter, they need our help.***

The Vinnies Van is in urgent need of supplies to help keep children, mums, dads, grandparents and families fed, warm and safe this winter.

Over the next few weeks until the end of term, we ask that you please bring in supplies assigned to your year group. ***Even the smallest gesture can create the biggest smile 😊***

Together, we can make a difference!

STAGE 4	Year 7	<ul style="list-style-type: none">• Canned and non-perishable goods
	Year 8	
STAGE 5	Year 9	<ul style="list-style-type: none">• Beanies, scarves, gloves & socks
	Year 10	
STAGE 6	Year 11	<ul style="list-style-type: none">• Toiletry Items• Blankets (single size, light weight)
	Year 12	

BRING IT ON

At the beginning of this year a series of dancers from all different years came together in order to audition for the Nagle Bring It On team for 2015. After an extensive audition process the team was established. Once the team was formed, we endeavoured to rehearse and create what we wanted to be an amazing routine to perform to the audience, and entice the judges.

The day quickly approached and before we knew it, it was the 6th of June and we were at the State Sports Centre. Once we arrived we met our mentor from Bring It On Tiinah, and went through the rehearsal process. This included cheering backstage with other schools, rehearsing our own routine and then conducting an onstage rehearsal. Following this, we went as a team down to the shops and quickly ate, as it would be the last opportunity to eat a proper meal before competing. Whilst eating we applied makeup and touched up our hair before returning to the venue.

When we arrived back at the venue we quickly warmed up our stunts, and ran the dance a few more times, making slight adjustments from our on stage rehearsal. Before we knew it we were again being ushered inside in order to get ready for the competition to start. Whilst inside there was an hour before we had to be seated inside the venue, so we quickly changed into our costume, took the time to warm up, and think about the routine we were about to perform to an audience.

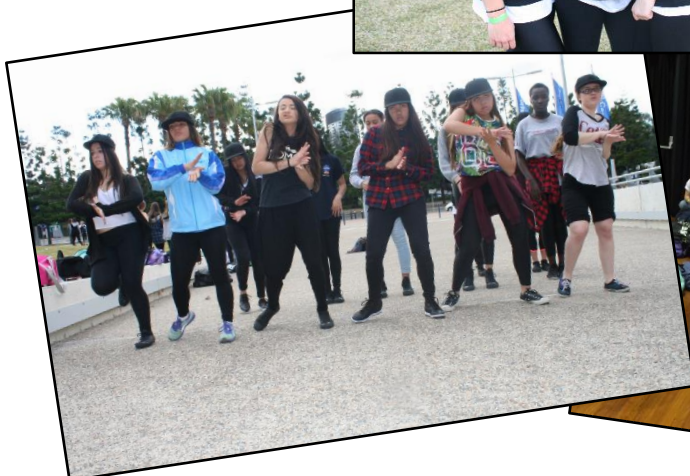
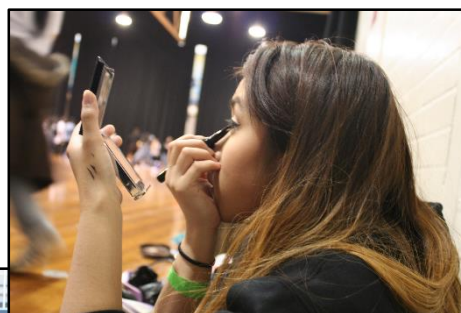
We took our seats in the venue partaking in some dancing before the competition started. The seats of the venue filled quickly seeing some familiar faces that ranged from friends, to family and teachers from the school, all there to support Nagle. As the competition commenced we sat and watched the other schools before us, knowing that we were competing second last in our heat. The time arrived to head backstage and prepare to take the stage to perform the routine we had worked so hard to prepare. Whilst backstage we warmed up our stunts once more, prayed as a group with our teachers Mrs Concato, and Miss Attwood, alongside our Bring It On mentor Tiinah. We then took the stage and performed our routine to the best of our ability, coming off stage being extremely happy with our performance.

Shortly following this it was announced that we had placed 3rd in the 1st heat. This advances us to compete in the Bring It on Finals, which are taking place on August 1st. We were ecstatic with where we were placed and are extremely excited to get back to work to prepare for the Finals.

On behalf of the Bring It on team I would like to thank our two fearless leaders Jera and Shema for choreographing our routines and training us to be at our absolute best. We also had a remarkable amount of support from our teachers Mrs Concato and Miss Attwood, as well as the support from our Bring It On Mentor Tiinah, all of whom were there throughout the first stage of this competition. On behalf of the Bring It On team, I would like to thank you all for all your hard work and time given up in order to make this team what it was and what it will be in the Finals. The team and I are extremely thankful.

Mrs Maree Concato

Dance Teacher





Upcoming events

Silver:

- Hike on the 14th – 16th of June
- Silver currently completing their pre-logs
- Pre-logs are due Tuesday, week 7

Gold:

- Exploration from the 25th-28th
- Pre-logs are due Tuesday, week 9,
- Reminder compulsory meeting week 9, Tuesday the 23rd of June, 3.15- 4.15 in lab 3

Garden work

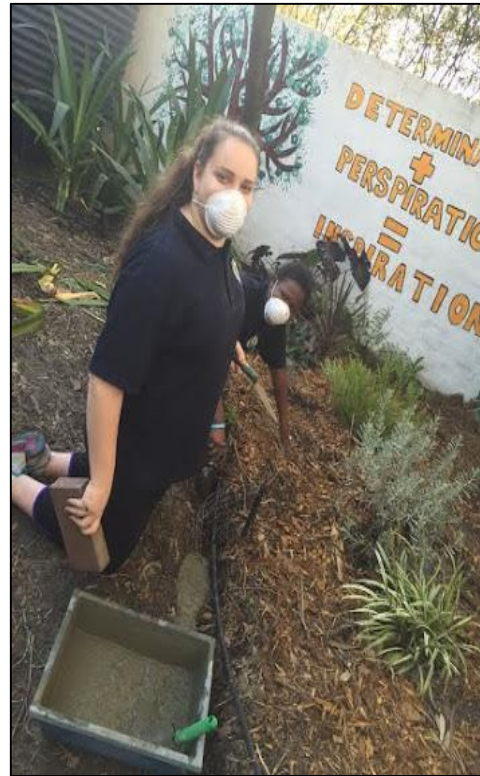
Over the last 2 weeks all the girls continued to contribute to and help improve our Duke garden. The main task for the girls was continuing to cement the new garden beds and making sure that the soil was better for planting. This was done by adding Gibson to the soil and turning the soil over to break up the clay. Some fresh soil and mushroom compost was then added to this. They were then ready to begin planting, and planted a range of plants. To start the soil work in the garden beds, the girls had to move numerous barrels of soil and compost. This was very strenuous work and caused some of the girls to get blisters on their delicate hands. In the end, the girls made the garden look very pretty and decided to tidy it up a little extra and dirty their hands a little more, by removing any weeds.

By Angelica Tabone

DUKE OF ED GARDEN



The girls with their super groovy masks, getting their hands and knees dirty to improve our beautiful duke garden



SEMINAR



Ideas for Parenting Teens

This is a three-hour interactive seminar on how to effectively communicate and set boundaries with your teenager.

Parents of teenagers will learn:

- to feel more confident in raising teenage children
- about normal adolescent development
- skills to communicate and negotiate with teenagers

Tuesday, 23 June 2015

6:00pm – 9:00pm

Cost: \$25 (Concession \$15)

**Venue: Interrelate
Suite 423, 14 Lexington Drive, Bella Vista NSW**

Bookings essential - Phone 8882 7850



Career News

Years 10 and 12

WESTERN SYDNEY CAREERS EXPO – FRIDAY 19th JUNE

Just a reminder that ALL Year 10 & 12 students from Nagle College will be attending the Western Sydney Careers Expo at Sydney Olympic Park on Friday 19th June. The expo will host 150 exhibitors including universities, TAFE and training colleges with information on the HSC, careers and gap year opportunities.

Due to the large number of exhibitors and the limited time we will have at the event, it is encouraged that you prepare for the event by creating a list of exhibitors you would most like to see based on your career plans.

See the following site for more details:

<http://www.westernsydneycareerexpo.com.au/>

Years 10, 11 and 12

If you are considering university as a possible post-school option, then it may be worthwhile attending the following open days. These days offer useful insight into university life as you meet current students and visit the campus to look at the facilities they have on offer.

Please visit individual university websites for addresses and times.

15 August	University of Wollongong – Wollongong Campus Open Day
29 August	University of Sydney Open Day
29 August	UTS – City and Kuring-gai Campus Open Day
29 August	University of Wollongong – City Campus Open Day
29 August	University of Notre Dame Open Day
29 August	Australian National University Open Day
30 August	UWS - Parramatta Open Day
5 September	ACU – North Sydney Open Day
5 September	UNSW – Kensington Campus Open Day
12 September	ACU – Strathfield Open Day
12 September	Macquarie University – Open Day



Host Families needed

**Nagle College will be hosting Japanese students
from Tokyo Junshin Girls' Senior High School from
22nd July to 5th August 2015.**

*Share your lifestyle & home while experiencing another
culture.*

- **Daily program (Mon-Fri) organised by an AIIU Coordinator at our School.**
- **Japanese language not necessary**
- **Normal Australian meals**
- **A stipend of \$30 per night will be given to Host Families to assist with hosting costs.**

If you can help for these 14 days or would
like further information, please phone

Sharon on 0405 501 303

or

Sue on 0417 063 530.



www.studyskillshandbook.com.au

Great news!

Your school is a subscriber to the ELES Online Study Skills Handbook.

That means that you get full access all year to all the study skills units listed on the right.

This site will help you improve in the areas where your skills may be weak – such as in time management, study notes or even how to deal with distractions.

You can ask questions, see how other students handle issues for school, print grids and templates for planning, ask questions and much more.

Make sure you check out
THINGS TO PRINT &
MORE > HIGHLIGHTS

AT HOME UNITS

1. Home Study Environment
2. Organisation and Filing
3. Time Management Skills
4. Managing Workload
5. Dealing with Distractions
6. Overcoming Procrastination
7. Developing Motivation
8. Goal Setting
9. Lifestyle and Balance
10. Managing Stress

AT SCHOOL UNITS

1. Will we ever use this?
2. Using Classtime
3. Asking for Help
4. Dealing with Conflict
5. Groupwork Skills

SPECIFIC SKILLS UNITS

1. Reading Skills
2. Writing Skills
3. Mathematical Skills
4. Science Skills
5. Foreign Language Skills
6. Assignment Skills
7. Research Skills
8. Presentation Skills

STUDYING UNITS

1. Summarising
2. Active Studying
3. Preparing for Exam Blocks
4. Test-Taking Techniques
5. After Tests & Exams

EXTRA 'GENERAL' MINI-UNITS

1. Starting Secondary School
2. Becoming a Senior Student
3. Bullying: Issues & Strategies
4. Managing Part-Time Jobs
5. Your Brain and Memory
6. Live Your Best Life
7. Educational Kinesiology
8. Living Across 2 Houses
9. Travel: Motivator to Learn
10. Uni: A New Adventure

EXTRA 'TECHNOLOGY' MINI-UNITS

1. Technology Tools
2. Basic Computer Skills
3. Be CyberSmart
4. Useful Apps iPads, Android
5. Microsoft OneNote

To access the handbook, go to
www.studyskillshandbook.com.au
and login as a subscriber with these details:

Username: fornaglecollegeonly

Password: 54results

We encourage all students to take advantage of this opportunity to further develop their study skills abilities through this online resource.

www.studyskillshandbook.com.au

From the Bishops Office

3rd Annual Faith in Marriage Conference: 23 August

This year's conference has the theme: Marriage – A Culture of Love & Life. Speakers include the Diocesan Administrator, Very Rev Fr Peter G Williams, Jonathon Doyle and Lara & Tim Kirk. Brought to you by CatholicCare Social Services and Australian Catholic University. From 9am-3pm at Our Lady of Mercy College, Victoria Rd, Parramatta. On-site child minding. To register your interest tel CatholicCare Parramatta (02) 9933 0222, marriage@ccss.org.au

World Youth Day 2016 Krakow Pilgrimage Info Nights: 15 & 16 June

Our Diocese plans to accompany more than 400 young people and students to World Youth Day next year. Information nights will run from 7pm-8.30pm on Monday 15 June at St Patrick's Cathedral Parish, Parramatta, and on Tuesday 16 June at Our Lady of the Angels Parish, Rouse Hill. For more information visit: www.parrawyd.org

Closing date for applications for WYD Pilgrim Group Leaders: 19 June

Applications are invited for WYD Pilgrim Group Leaders from the Catholic Diocese of Parramatta for World Youth Day 2016. The Pilgrim Group Leader ensures the safety and wellbeing of pilgrims attending our pilgrimages to Krakow in Poland. The Pilgrim Group Leader is integral to facilitating the full participation of pilgrims, as well as the pre- and post-pilgrimage formation programs. **Applications close on Friday 19 June.** Essential information for applicants and application forms available at: www.parrawyd.org

Worldwide Marriage Encounter Weekend: 19-21 June

Keep the chill out of your relationship this winter with a weekend together. A Worldwide Marriage Encounter Weekend is a marriage enrichment experience – set in peaceful, picturesque surroundings, away from the distractions of everyday life. During the weekend, couples have a unique opportunity to reconnect, rekindle and refresh their relationship. Give the greatest gift, that of your time alone – invest in your most precious asset ...your marriage. Mount Carmel Retreat Centre, Varroville. Contact Ardell & Bill Sharpe tel (02) 4283 3435 or wsharpe@bigpond.net.au www.wwme.org.au Join us on Facebook <https://www.facebook.com/WWMEEasternUnit>

Vocation Discernment Afternoon: 28 June

All young men who feel God might be calling them to the priesthood are invited to the Catholic Diocese of Parramatta's Vocation Discernment Afternoon. The afternoon starts at 2pm and concludes with a shared meal at 6pm. Holy Spirit Seminary is at 31-33 Allen Street, Harris Park.

To find out more about priesthood in the Diocese of Parramatta contact the Director of Priestly Vocations, Fr Warren Edwards, tel 0409 172 700 or send an email to: vocations@parra.catholic.org.au