Dear Nagle Community,

As I reflected upon what I would write in my first Newsletter as Acting Principal, I realised that to begin with “Term 3 will be a very busy term” would be quite the understatement. Even the school holidays are not a quiet time for Nagle staff and students!

During the July vacations we had three groups from the College, travel to the Eastern States. Our music students travelled to Sydney to participate in a festival, the highlight of which was performing at the Sydney Opera House. Our netballers travelled to the Gold Coast where they performed very well, winning their section. Our skiers ventured to the snow fields and returned unscathed and ecstatic about their time away. I am most grateful to our members of staff who give up their own vacation time to accompany our students on these valuable “growth” experiences.

... and now to the term proper! Glen Capelli, a noted educationalist, presented to our staff on the first day of Term 3. His presentation was entertaining as well as informative and provided staff with the opportunity to revisit, refresh and rethink teaching strategies. Later in the term, parents, students and staff will have the opportunity to engage with another guest to the College when Laura Allison returns to deliver her parenting course and hold discussions about adolescence.

In the coming weeks, students will participate in the Bishops’ Literacy Test, WAMSE testing, athletics trials, CSL placements and Vocations Week as well as their normal lessons. It is the Year 12s last “real” term at school, so I encourage them to work to capacity so that they can be well satisfied with their final results, confident in the knowledge that they have given their best effort.

I trust that it will be a happy and productive term for all!

Mrs Robyn Gummery
Principal (Acting)
Student Pickup on Sanford Street

The City rangers have changed the signs just outside the front gate recently. They now read ‘No Standing Anytime Road or Verge’. This area has created a lot of congestion and danger with vehicles, either leaving or entering and students leaving the College at the end of the day. Students do not always look or check carefully and by clearing this space it will be safer for everyone.

Can you please assist us by not parking on the verge. The rangers will visit periodically and you may be risking a fine.

Leadership Opportunity

‘I’ve always wondered why somebody doesn’t do something and then I realised I am somebody!’

The National Young Leaders Day is an annual event for young people who aspire to lead themselves and others well. This event has been running for over 15 years and the students will hear from some of Australia’s most recognised leaders in a wide range of fields.

This could be a great opportunity for your son or daughter. Cost is $55 for early birds and the date is 24 March 2014. For more information you can go online at www.halogentfoundation.org or call 02 98944561.

Excess Praise ‘A Threat to Kids’

You may have seen an interesting article by Bethany Hitt in The West Australian newspaper last week, entitled ‘Excess praise a threat to kids’.

Some key points from the article:

- Children raised with too much praise are at risk of becoming needy young adults who will struggle to compete in the job market with students from China and India.

- Queensland University of Technology professor and author, Erica McWilliam, questions whether society is creating young people who rely too much on praise. She suggested praise was only useful when attached to genuine achievement.

- Overpraising, could result in children valuing those accolades more than the actual achievement and make them less employable as adults. She suggested that children should still be praised but for a specific achievement.

Top Tips For Parents

Parents may be interested in these parenting tips on communication from Dr Michael Carr-Gregg, a well-known child and adolescent psychologist:

- Parents need to negotiate and compromise—too much freedom is not good.
- The frontal lobe of teenagers is located in their parents’ brains.
- Help your children find their ‘spark’—what gets them up in the morning?
- When kids are angry or upset, your default position should be ‘you’re upset, we’ll talk later’.
- Don’t talk too much and listen more. Kids have a one min 13 second attention span.
- Use humour, be light-hearted and upbeat, not sarcasm, not put-downs.
- Set very clear boundaries—talk about your values.
- Avoid confrontations or ultimatums.
- Only argue over things that matter—tidy rooms don’t matter.
- Don’t constantly remind them of past mistakes—move on.

Excess Praise ‘A Threat to Kids’

You may have seen an interesting article by Bethany Hitt in The West Australian newspaper last week, entitled ‘Excess praise a threat to kids’.

Some key points from the article:

- Children raised with too much praise are at risk of becoming needy young adults who will struggle to compete in the job market with students from China and India.

- Queensland University of Technology professor and author, Erica McWilliam, questions whether society is creating young people who rely too much on praise. She suggested praise was only useful when attached to genuine achievement.

- Overpraising, could result in children valuing those accolades more than the actual achievement and make them less employable as adults. She suggested that children should still be praised but for a specific achievement.

Top Tips For Parents

Parents may be interested in these parenting tips on communication from Dr Michael Carr-Gregg, a well-known child and adolescent psychologist:

- Parents need to negotiate and compromise—too much freedom is not good.
- The frontal lobe of teenagers is located in their parents’ brains.
- Help your children find their ‘spark’—what gets them up in the morning?
- When kids are angry or upset, your default position should be ‘you’re upset, we’ll talk later’.
- Don’t talk too much and listen more. Kids have a one min 13 second attention span.
- Use humour, be light-hearted and upbeat, not sarcasm, not put-downs.
- Set very clear boundaries—talk about your values.
- Avoid confrontations or ultimatums.
- Only argue over things that matter—tidy rooms don’t matter.
- Don’t constantly remind them of past mistakes—move on.

Money loaned from the Front Office

The Front Office is no longer lending students money for lunches and hats. If a student forgets his or her lunch, we will contact the parent and ask them to bring lunch or lunch money to the Front Office and the student can collect it from there. Emergency money for the bus and urgent phone calls will still be lent, but it MUST be repaid the next day.

Mrs Marie Masotto Business Manager
New Houses
As part of our commitment to providing the best pastoral care for our students, we are introducing two new Houses in Term 4 2013. They are to be called ‘Stella House’ with Miss Jessica Wain undertaking the role of House Leader and ‘Patrick House’ with Mrs Kobie Connolly as the House Leader.

The new Houses are named after Stella Maris College and St Patrick’s College, which were combined in 1994 to create Nagle Catholic College.

As a result of this increase from six to eight Houses, we need to recruit students from the current Houses into the new ones. This process has already begun and during the Pastoral Care Period this week, the House Leaders spoke with the students about the new structure and how students could nominate themselves to move to the new Houses.

To be eligible to move:
- Students must currently be in Years 7-11
- All siblings from a family have to move. If only one sibling wants to move, this will not be permitted
- Parental permission must be obtained

Those students expressing a wish to move, must collect a form from the school. This must be completed accurately, signed by parents and returned to school by Wednesday 7 August.

There are no guarantees that once a student has requested to move that the move will occur, because we need to maintain the balance of numbers in each Year group and in each House.

A new House PE shirt and sports bag will need to be purchased for the students who do move into the new Houses. These will not be required until Term 1 2014.

If you have any questions about the process, please feel free to contact one of the Directors of Students at the College.

Mrs Sara Jennings
Director of Students (Acting)

* The new crests have been designed and created by Art teacher, Mr Matthew Grigsby.
Year 7 & 8 Retreats

The Years 7 and 8 Retreats are important reflection days for Years 7 and 8 students to get away from the normal school environment, to focus on some important issues in the lives of our young people.

This year, the Retreats will be held at the Hall at the St Pat’s Campus. The students will participate in the Retreat with their Religious Education class. The Youth Impact Team from Perth will be conducting the Retreats.

On their day, the students are required to bring their lunch and something to share for morning tea and a water bottle. They are to wear House shirt, PE shorts, joggers and PE Jacket (not the green school jumper). They will be transported from Nagle after Home-Room (Maitland Street) and will return to Nagle by 3.15pm.

We look forward to the whole-hearted participation of all students to ensure that this day is the successful and fruitful experience it has been for each of the past few years. It goes without saying, of course, that attendance at the Retreat is required of every student.

The timetables for the Year 7 and 8 Retreats are as follows:

**Monday 19 August:**
Miss Wood, Mr McKenna and Miss McCarthy

**Tuesday 20 August:**
Mrs Alexander, Mr Johns and Miss Scally

**Wednesday 21 August:**
Mrs Costa, Mrs Middleton, Mr Williams and Mr Crothers

**Thursday 22 August:** Miss Froud, Miss Schram, Mrs Plunkett and Mr Jodah

Years 7-10 Parent Student Teacher Evening

The Years 7 to 10 Parent/Student/Teacher evening will be on Wednesday 14 August from 3.30-6.00pm and 7.00-9.00pm to discuss your son’s or daughter’s progress.

The process for making an appointment is:
- Fill in the details on top of the slip provided and write the names of the teachers you would like to meet.
- Your child gives the slip to the teachers you wish to see and the teachers complete the remaining details.
- Your child returns the slip to you as a record of the appointment times. Bring this with you on the day.

The school bell will ring every ten minutes to indicate a changeover. Please endeavour to keep to the appointment times made by your child.

Please contact me should you require further information. We trust you will find the meetings worthwhile and that they reinforce our partnership in educating your children.

Mr Andrew Donaldson
Director of Ministry and Organisation

Nagle Website News

"enabling students to develop fully & make a positive contribution to society"

The following galleries have recently been updated:
- NAIDOC
- The Arts Gallery
- English & LOTE

The following pages have also been updated recently:
- Bursaries
- Pastoral Care

Mrs Melanie Jodah
Webmaster

Attendance

If your child is going to be absent from school or late to school, please advise the front office before 9am on the day.

**SMS THE ABSENCE**

0408 018 103
NAIDOC Week
National NAIDOC Week falls during the school holidays and so the College celebrates its own NAIDOC Week.

This year, Aboriginal students and non-Aboriginal friends, celebrated with an opening in the Presentation Chapel that included a Welcome to Country by Geraldton Yamaji Elder Mr Ron Ronan, who is a member of the local salt-water tribe of the Yamaji nation.

Mr Ronan told the students about local customs and his connection as a salt-water person to this area upon which the College is built, before making us welcome in his country.

On Monday and Tuesday Ms Maxine Gregory and her daughter Ms Marrika Laudehr designed a sand mural on the Sanford Street slopes below the Paschal Centre (Old Convent), in which many students engaged. The theme of the mural was the campfire and the way it brings people together. An article appeared in the local paper about the mural.

On Tuesday the Wadumbah Dancers performed in St Pat's Court for our students and included children from St Francis Xavier primary school. Also during the week, some of our students visited Hillcrest Home and talked with some of the older Aboriginal people, read them stories and yarning. This was an enjoyable experience for both young and old.

The Aboriginal boys participated in a game of football with the Academy boys on Wednesday. The week concluded with a cake iced with the Aboriginal flag and a BBQ with kangaroo meat sausages.

Mr Peter Shaw, Ms Kelly Dalgety and Mr Milton Quartersmaise
NAIDOC Week Organisers
Year 11 student, Joshua Bowen, has been selected to represent Western Australia in the 2013 State Hockey Team. This team will be competing at the National Schools Championships in Hobart from 9 August to 17 August.

Congratulations, Joshua!

**Top Basketball Player Visits**

Melissa Marsh, one of the State's top female basketball players, recently paid a visit to Nagle.

Marsh, who has a decorated national career in the sport, is currently the captain of the West Coast Waves in the Women’s National Basketball League (WNBL).

Joined by Regional Coach Mark Heron, Marsh conducted a series of training drills with a cross-section of Physical Education classes.

Head of Health and Physical Education, Ms Susan Seaward, said the visit was a great opportunity to learn skills from someone playing sport at an elite level.

“There is no doubt that our students would have learned something, not only from the drills, but also from what Melissa said to them about achieving at a top level,” Ms Seaward said.

Mr Peter Fiorenza
Public Relations

---

**National Self-Detection Program for Scoliosis**

July and August are the months that girls in Years 7 and 9 in all schools are encouraged to participate in the NSDP by downloading the Self-Detection Brochure for Scoliosis. The brochure can be accessed at [www.scoliosis.australia.org](http://www.scoliosis.australia.org).

Scoliosis is an important health problem for adolescent girls and 25 per 1000 are at risk of developing a significant curve.

Enquiries can be directed to NSDP—contact details are available on the website.

---

**Catholic Faith**

Do you want to know more about the Catholic Faith?

Interested adults are invited to a series of **Enquiry Evening**s to be held over three weeks as follows:

**Dates for 2013:**

1st Enquiry Evening: Tuesday 3 September
2nd Enquiry Evening: Tuesday 10 September
3rd Enquiry Evening: Tuesday 17 September

**Time:** 7:00pm

**Venue:** Catholic Centre, Maitland Street, Geraldton.

These evenings will provide information, give opportunity for questions and the sharing of experiences. Information on participating in a process for becoming a Catholic will be included.

Register your interest by contacting Fr Gerard Totanes at the Parish Office (08) 9964 1608 or Sr Veronica Quinn at Center for Parish Life and Mission (08) 9964 2716.
**Interschool Cross Country**

A big congratulations to the Nagle team on their efforts at the Interschool Cross Country event, which was held on the last Wednesday of Term 2!

All participants showed great sportsmanship and were exceptional representatives of the College, with Nagle taking out the overall trophy.

Congratulations to the following students on outstanding individual performances!

**Year 7 Girls**
Hannah Dethlefsen: Champion
Charlotte Marquis: Runner-Up

**Year 7 Boys**
Coupl Taylor: Champion
Dylan Ralph: Runner-Up

**Year 8 Girls**
Joely Carroll: Champion
Kate Crudeli and Kate Craig: Runners-Up

**Year 8 Boys**
Hugh Keefe: Runner-Up

**Year 9 Girls**
Abbey Benham: Champion
Darcy Kerr and Brianna Mulligan-Bille: Runners-Up

**Year 9 Boys**
Paul Sutherland: Champion

**Year 10 Girls**
Emma Simkin: Runner-Up

**Year 10 Boys**
James Zampini: Champion
Will Barrett: Runner-Up

Mr Joe Italiano and Mrs Kobie Connolly
Health and Physical Education Teachers

---

**Gymnasium**

The Physical Education staff are looking forward to the much anticipated opening of the College’s new gymnasium. Staff will be working towards the climbing wall qualifications, so that we can make the most of the facility. The equipment for the weights room will be moved in as soon as the building is able to start being used.

The building is looking fantastic and the Physical Education staff are extremely excited at the prospect of working in such a state of the art building!

Can I please request that if parents are purchasing footwear for their child for PE in the near future, that they select those athletic shoes that have a non-marking sole, if possible. We are conscious of protecting the gymnasium flooring.

**Upcoming Events**

**Year 7 Athletic Trials**
The Year 7s will be run through a series of athletic events on Friday 9 August from lunchtime until 3.15pm. Students are asked to bring their PE uniform on that Friday, get changed at the beginning of lunchtime and make their way down to the front oval.

**Schools Surfing Carnival** Tuesday 6 August
**Girls Football Carnival** Friday 9 August
**High School Cup Netball** 14 and 15 August
**Nagle Athletics Carnival** Friday 30 August

Ms Susan Seaward
Head of Learning Area—Health and Physical Education
Gold Coast Netball Trip 2013

During the first week of the holidays, a group of twelve Year 11 Nagle Catholic College students, Miss Westlake, Mrs Connolly and Miss Tessa Venturini, travelled to the Gold Coast, to participate in the annual World Sport International Netball Carnival.

The Carnival was spread out over four days throughout the week, playing six games a day. The girls finished second and advanced to the finals. The first final was a nail biter against St Mary’s College, a South Australian Team. The scores were tied at the final siren forcing the game into overtime. Nagle ended up winning by five goals to advance to the Grand Final against Budgies (Australian Indigenous Team).

The Grand Final was set to be another tight contest, after only going down to Budgies in a previous game by one goal. It was goal for goal for the majority of the game and late in the last half Nagle got a break, took the lead and held onto it until the final siren. The girls played some amazing netball and ended up winning the Grand Final by two goals and were crowned champions of their division.

It was a hard fought win against some very talented competition. Our girls were battling fatigue, soreness and injuries, but still they pushed on and did not stop until the final siren sounded. The girls really grew as a team throughout the week and displayed excellent sportsmanship, skill and spirit throughout the whole Carnival. Congratulations, girls on a wonderful achievement!

Every year, one student from each team is nominated for a Spirit Award and they are presented with a Carnival spirit jersey. Year 11 student, Lucy Klein was presented with the spirit jersey for her excellent sportsmanship, behaviour, organisational skills, positive attitude, willingness to help out, using her initiative, involving herself fully in all activities, making the most of all opportunities given to her, making new friends and playing sensational netball throughout the Carnival. Congratulations, Lucy!

On the days we weren’t playing netball, we were kept busy either shopping or being entertained enjoying the thrilling rides at Dreamworld and Movie world. The giant drop, superman, buzz saw and the green lantern were all favourites and of course the Scooby doo ride.

The World Sport Beach Games with all the Netball and Rugby teams was a highlight, with the girls meeting new people and making new friends. The girls enjoyed nights out at Outback Spectacular for the Carnival Dinner, a fantastic night out at Dracula’s Cabaret Restaurant, and some yummy meals at the Northcliffe Surf Club.

Congratulations, girls on a fantastic week! You have represented your school with such pride and you should be proud of your efforts.

To Mrs Connolly and Miss Venturini, this trip and the success of the trip would not have been possible without you both. Thank you so much for all your help, support and laughs throughout a great week.

Finally, a big thank you to the following sponsors: Nagle Catholic College P&F, Western Independent Foods, Crowes Electrical, Bhagwan Marine, Shoreline Outdoor World, Sportspower, Ankle & Foot Health Group, Liquid Mojo, Hoff’s Transport Pty Ltd, Clark Rubber, Geraldton Chiropractic Centre, Joseph Radiators and Raceo Pty Ltd.

Your support is greatly appreciated.

Miss Mischa Westlake
Gold Coast Netball Trip Coordinator

Mount Hotham Ski Trip 2013

During the second week of the July school holidays, 38 students travelled to Mount Hotham for Nagle’s annual Ski Trip.

The students had daily lessons on how to ski and snowboard and by the end of the week were cruising the mountain with confidence and style.

Other than skiing and snowboarding, students enjoyed making snowmen, eating icedies, having snowball fights, relaxing in the spa and sauna after a hard day on the slopes, making snow cones, having hot chocolates atSnake Gully hut and souvenir shopping at Hotham central.

After a week on the slopes the group headed to Melbourne for a busy weekend of shopping, AFL games and sightseeing around Melbourne.

I would like to personally thank all of the students who attended the trip, your behaviour, use of manners and support you showed to one another were outstanding. The airline staff, hotel staff and other passengers on both flights commented on how great you were. A special thank you to Mr Ben Ebsary, Mr Rohan Fariss, Miss Kate Scally and Miss Monique Saunders for attending and making the trip possible.

Applications for 2014 ski trip will be available later this term and will be advertised in the newsletter and daily bulletin.

Miss Bridie McCarthy
Ski Trip Organiser
Sydney International Music Festival 2013

During the first week of the July school holidays 48 students, staff and parents from Nagle Catholic College, John Willcock College and Geraldton Senior College embarked on a Music Tour to the Sydney International Music Festival. The trip was amazing and exceeded our expectations in every way from the level of organisation to the warm welcomes.

The students performed at Sydney Conservatorium on Sunday night after little or no sleep, which gave us a taste of what was to come. The Concert Hall was huge and the concert opened with a choir from Singapore, which had 80 performers from Years 3 to 7. The students were very expressive singers and had a mixture of fun and more serious music. When it was our turn the staff and students backstage were very encouraging which seemed to be the theme of the entire week.

Monday, Tuesday and Wednesday were filled with sightseeing. Trevor, our bus driver and Ethyl, our live in tour manager took us to Taronga Zoo, Powerhouse Museum, Darling Harbour for some Laser Tag, photos at Luna Park, a walk across the Harbour Bridge, a guided walking tour of the rocks, a harbour cruise, shopping at Market City and Paddy's Markets across the road from the hotel.

Dinner on Monday night was at the Hard Rock Café, which was great fun. Students from Geraldton and Perth Hills burst into spontaneous song when the classics 'It is a Long Way to the Top if you want to Rock and Roll' and 'We are the Champions' came on.

On Wednesday, we managed a quick rehearsal back at the hotel before heading off to our workshop with Glenn Price. The workshop was brilliant, as Glenn really understood how to reach the students and give them what they needed. The students were more than happy to listen and learn and wanted the workshop to go on past the hour.

By the Thursday we had found our happy mojo again and performed brilliantly at Darling Harbour in an outdoor concert with a big crowd. It was very encouraging for us to have the stage crew describe us as 'awesome'. After the concert, the students made their way to the Sydney Aquarium and later that evening were taken to a concert at the Opera House. The students were treated to world class performances by two orchestras from China. They were breathtaking!

Friday was our big day at Angel Place Concert Hall, which was our favourite place to play. The venue is tucked behind an alleyway filled with empty bird cages that played recordings of birdsong. We started the day with a shared rehearsal with another group from Queensland. The rehearsal was lots of fun and each group was able to play their favourite songs together, making us a band of 60 players.

Later that evening we returned, all fired up for our adjudicated performance. We were primed to perform a personal best which we accomplished with very favourable comments from the three judges such as "Colours are achieved in this work with great spirit, balance and blend," and "I like the infectious, continuous pulse that was established and maintained throughout the piece."

The concert was also recorded onto CD for us to remember.

Saturday came all too quickly - a day as a celebrity at the Opera House! The students passed through security to the green room which was twice the size of the study hall, complete with a cafe for lunch, just for the performers. We were then taken to our waiting room where we could rehearse and get ready for the concert. This concert was our final concert in Sydney and what a memorable place to perform!

Afterwards, our very happy students hit Paddy’s markets for some last minute shopping and changed, ready for Year 10 Nagle student, Onika Basile’s, surprise birthday dinner, complete with Malteser cake and final concert at Sydney Town Hall.

Town Hall is a simply breathtaking venue and hosted the best of the best performing groups of the week. These included orchestras from China, the choir from Singapore and SP winds from Malaysia (all girls dressed in pink) and a massed choir of several hundred singers.

After the performances, all of the conductors were asked on stage to receive our adjudication reports. To our great delight, we had earned silver.

Well done everyone! Time left for dancing and saying goodbye to our new friends.

Ms Simone Bailey-Hough
Head of Learning Area—The Arts
The Edmund Rice Library Presents...

Boys, Blokes and Books Brekky

ON THE BARBIE,

LEGENDARY

PREMIERSHIP

PLAYER CRAIG TURLEY, AND THE CHANCE
TO WIN AWESOME PRIZES!

FIND ALL THIS AND MORE AT THE
LIBRARY!

COME ON DOWN AND TELL US ABOUT YOUR
FAVOURITE

AND GO INTO THE DRAW TO WIN A
KALBARRI HOLIDAY!

Wednesday August 21st
7.45-8.55am

Please RSVP to the library staff by
Monday August 19th for catering purposes.
The Edmund Rice Library Presents…

Girls Afternoon Tea

Tuesday August 13th 3.30-4.45

Come on down to the library for a cuppa and a bite to eat with special guest author Cristy Burne. Tell us about your favorite books for chances to win prizes and go in the draw to win a holiday in Kalbarri!

Please RSVP to the Library staff by Monday August 8th for catering purposes.