



COMPANY

NEWSLETTER OF LOYOLA SENIOR HIGH SCHOOL

VOL. 14 ISSUE NO. 7 AUGUST 2017

FROM THE PRINCIPAL

Happy Feast of St Ignatius!

Loyola recently celebrated our **Patron's Feast** in customary fashion, with a **multicultural festival**. Our rich diversity flavoured all aspects of the day: our Eucharistic celebration, shared lunch, and concert. May I thank all members of our community, as well as our guests, for making the day very special. Happy Feast to all our readers!

One Term to go....

Year 12 students have just embarked upon their last term of their school education. With that comes a range of emotions: anticipation, excitement, relief, anxiety, and uncertainty. We pray that, in the midst of such emotions, they will savour these final weeks and create happy memories!

Year 11 students similarly have one term before the completion of their Preliminary year. As the word *preliminary* implies, these months have effectively been the 'getting ready' period, equipping them to undertake the HSC year commencing next term. For them, we pray that they embrace the coming challenges to be truly prepared for their final year of school.

Jesuit Debating Carnival

In the recent July holidays, Loyola participated in the Annual Jesuit Debating Carnival, hosted by St Ignatius' College in Adelaide.

Our team consisted of **Atishay Singh, Gabrielle Norton, Jasmine Thomas** and **Brandon Toa**. They represented us in true Loyola style, demonstrating skill, integrity and graciousness. We are very proud of the attitude they took to the competition, and the positive way in which they interacted with other participants and their host families.



Timor Leste Immersion

Also conducted over the holidays was the Annual Jesuit and Ignatian Schools' Immersion to Timor Leste. This was led this year by **Mr**

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UPCOMING EVENTS

Bstreet Smart Excursion

Year 11 SHS

Tuesday 15 August

Year 11 TTC

Wednesday 16 August

Staff Development Day

Monday 21 August

(no students attend school)

Uniform Shop Opening Hours:

Wednesdays 8.00am - 1.00pm

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INCORPORATING THE LOYOLA TRADE TRAINING CENTRE

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Anthony Pope, with **Aneita-Rebecca Roberts** and **Isabella Rivera** participating students. Aneita and Isabella shared their experiences and the immersion's effect upon them at our Multicultural Day. The fact that they want to return (accompanied by other Loyola students!) reflects the depth of this impact. Thank you very much Mr Pope, Aneita and Isabella for your courage and selflessness in taking on this extraordinary experience.



Examinations. It is essential that students speak with their teachers and ask the very important question, "What can I do to improve upon my mark?" A reminder to our community that our library is open Tuesday, Wednesday and Friday each week until 4 pm to provide our students with a place after school hours to collaborate and learn together. Thank you so much to our wonderful library staff for providing our students with this opportunity.

Year 11 Transition into Year 12

Our Year 11 students have met with their Tutors this week to commence the process of moving into Year 12. As you are aware the Year 12 course does not commence until Term 4, however, there are opportunities for students to modify their pattern of study. If you have any questions in relation to the transition from Year 11 to Year 12 please make contact with your child's tutor.

Interviews for Year 11 2018

On Monday and Wednesday this week our Leaders of Learning and Ms Huet (Careers Adviser and University Academic Adviser) visited St Agnes and St Clare's to conduct interviews for Year 11 2018. Thank you to Mr Peter Brogan (Principal St Agnes Catholic High School) and Mr Shane Morris (Principal St Clare's Catholic High School) for providing us with this invaluable opportunity. We have such a rich and mutually beneficial relationship with each community which we are most fortunate to have created over the past twenty years.

Staff Professional Development Day Monday 21 August (Pupil Free Day)

As you would be aware students are not required to attend Loyola on Monday 21 August as staff are focusing on their formation guided by the principles of Ignatian Spirituality.

Loyola Disco Friday 1 September 7-10 pm at St Mary's Band Club

We are blessed to have a wonderful Student Representative Council (SRC) who are always listening to the Loyola student body and acting on their requests. The "Loyola Disco" has been organised for Friday 1 September at St Mary's Band Club from 7-10 pm. More details are coming soon.

Very Important: Ten Tips to Build Resilience in Young Adults

Article courtesy of the American Psychological Association. Copyright © American Psychological Association.

Best wishes for a fruitful and challenging term!

Mrs Cathy Larkin
Principal

REPORT FROM THE ASSISTANT PRINCIPAL

Trial HSC Examinations

Congratulations to our Year 12 students who will soon complete their Trial HSC Examinations. These examinations provide an opportunity for each student to receive detailed feedback which can greatly assist their preparation for their final HSC

The ads make it look so easy to be a teen — everyone seems to be laughing, hanging out with friends, wearing exactly the right clothes. But if you're a young adult, you know that life can be pretty tough sometimes. You may face problems ranging from being bullied to the death of a friend or parent. Why is it that sometimes people can go through really rough times and still bounce back? The difference is that those who bounce back are using the skills of resilience.

The good news is that resilience isn't something you're born with or not — the skills of resilience can be learned. Resilience — the ability to adapt well in the face of hard times, is what makes some people seem like they've "got bounce" while others don't.

What are some tips that can help you learn to be resilient? As you use these tips, keep in mind that each person's journey along the road to resilience will be different — what works for you may not work for your friends.

1. Get Together

Talk with your friends and, yes, even with your parents. Understand that your parents may have more life experience than you do, even if it seems they never were your age. They may be afraid for you if you're going through really tough times and it may be harder for them to talk about it than it is for you! Don't be afraid to express your opinion, even if your parent or friend takes the opposite view. Ask questions and listen to the answers. Get connected to your community, whether it's as part of a church group or a high school group.

2. Cut Yourself Some Slack

When something bad happens in your life, the stresses of whatever you're going through may

heighten daily stresses. Your emotions might already be all over the map because of hormones and physical changes; the uncertainty during a tragedy or trauma can make these shifts seem more extreme. Be prepared for this and go a little easy on yourself, and on your friends.

3. Create A Hassle-Free Zone

Make your room or apartment a "hassle-free zone" — not that you keep everyone out, but home should be a haven free from stress and anxieties. But understand that your parents and siblings may have their own stresses if something serious has just happened in your life and may want to spend a little more time than usual with you.

4. Stick To The Program

Spending time in high school or on a college campus means more choices; so let home be your constant. During a time of major stress, map out a routine and stick to it. You may be doing all kinds of new things, but don't forget the routines that give you comfort, whether it's the things you do before class, going out to lunch, or have a nightly phone call with a friend.

5. Take Care Of Yourself

Be sure to take of yourself — physically, mentally and spiritually. And get sleep. If you don't, you may be more grouchy and nervous at a time when you have to stay sharp. There's a lot going on, and it's going to be tough to face if you're falling asleep on your feet.

6. Take Control

Even in the midst of tragedy, you can move toward goals one small step at a time. During a really hard time, just getting out of bed and going to school may be all you can handle, but even accomplishing

that can help. Bad times make us feel out of control – grab some of that control back by taking decisive action.

7. Express Yourself

Tragedy can bring up a bunch of conflicting emotions, but sometimes, it's just too hard to talk to someone about what you're feeling. If talking isn't working, do something else to capture your emotions like start a journal, or create art.

8. Help Somebody

Nothing gets your mind off your own problems like solving someone else's. Try volunteering in your community or at your school, cleaning-up around the house or apartment, or helping a friend with his or her homework.

9. Put Things In Perspective

The very thing that has you stressed out may be all anyone is talking about now. But eventually, things change and bad times end. If you're worried about whether you've got what it takes to get through this, think back on a time when you faced up to your fears, whether it was asking someone on a date or applying for a job. Learn some relaxation techniques, whether it's thinking of a particular song in times of stress, or just taking a deep breath to calm down. Think about the important things that have stayed the same, even while the outside world is changing. When you talk about bad times, make sure you talk about good times as well.

10. Turn It Off

You want to stay informed – you may even have homework that requires you to watch the news. But sometimes, the news, with its focus on the sensational, can add to the feeling that nothing is going right. Try to limit the amount of news you take in, whether it's from television, newspapers or magazines, or the Internet. Watching a news report

once informs you; watching it over and over again just adds to the stress and contributes no new knowledge.

You can learn resilience. But just because you learn resilience doesn't mean you won't feel stressed or anxious. You might have times when you aren't happy – and that's OK. Resilience is a journey, and each person will take his or her own time along the way. You may benefit from some of the resilience tips above, while some of your friends may benefit from others. The skills of resilience you learn during really bad times will be useful even after the bad times end, and they are good skills to have every day. Resilience can help you be one of the people who've "got bounce."

Thank you for your continued support

Mr Patrick Finnerty
Assistant Principal

A REPORT FROM THE HOUSE COORDINATORS

At Loyola, it is the time of year when all Year 11 and 12 SHS students have just received their first formal reports and Year 12 SHS are having to face the Trial HSC examinations and their results. They must face the facts that without a serious study schedule, the results they wish to obtain will not be achievable.

It is also often a turning point in students' lives as they face the reality that study is important and it is necessary to secure a positive future. For some, it is a time of great pride as they have achieved what they were aiming for, while for others, it is disappointing as the results are not what they had anticipated. As a result, it is very important that the students view this experience in the right spirit. It is a good time for self-reflection, to establish personal goals and aim for happiness and fulfilment.

Possibly as a consequence of a lull in motivation, or disappointment in current performance, we are experiencing an increased number of students who are coming to school late on a regular basis. The consequence of this is that the students are missing valuable class instruction at the very time when they need to increase their efforts with study.

Therefore, for the remainder of this year, we are trialling a new policy with lateness. No notes will be accepted as a valid reason for lateness unless they are from a medical practitioner or another professional practitioner. If a parent has had an emergency or unexpected event and this has caused the student to be late to school, then we are asking that the parent **phone** the school before 10.00am on the day of lateness to explain the son or daughter's lateness. Alternatively, the parent may send a message to the school via the **skoolbag** app, which can be downloaded from our web site.

As has happened in the past, the student who is late to school with no acceptable reason, will attend a lateness detention at lunch time and will be expected to catch up on the work missed due to his/her lateness. Repeated lateness to school will result in a meeting between the family and school leaders to discuss ways in which the school may be able to assist the student to arrive to school on time.

Finally, we wish all our students a peaceful and rewarding remainder of the term. As St Ignatius said to his followers:

“Our only desire and our one choice should be this: I want and I choose what better leads to God’s deepening his life in me.”

Mrs Lyn Wright
Ward House Coordinator

Mr Anthony Pope
Faber House Coordinator

Mr John Murphy
Acting Arrupe House Coordinator

Mrs Dianne McKinnon
McCormack House Coordinator

STUDY SKILLS TIP

How can parents help during stressful assessment times?

The second semester often heralds blocks of examinations or assessments for students. Some students cope well with the pressure and stress while others find it overwhelming. Of course, the more prepared students are, the less stress they are likely to experience. Encourage students to start their preparation for examinations and assessments early, in particular their study notes. If your student has examination blocks this semester, these tips will help you provide the support they need.

1. Lifestyle makes a big difference to results: healthy eating, lots of water, lots of sleep, exercise and time for relaxation are essential. Make sure students are eating as healthily as possible. Provide healthy snacks and drinks and healthy meals. It is important that students look after their health during this period as stress can take a huge toll on the body. A nutritious diet and a bit of exercise not only help students think more effectively, but will help them deal with stress as well. Some students will try and sacrifice sleep during this time, remind them that the last stage of memory takes place while students are sleeping.

2. Ask students what they need from you and what you can do. Offer to help with revision, to go and buy any books or stationery needed. Be their personal assistant and help with exam timetables, preparation, lunches etc. Many students find it helpful if their parent tests them on the material they need to memorise.

3. Focus on a positive outlook and personal best: encourage students to be proud of their successes and what they achieve and constantly assure them that all you want is for them to do the best they can and walk away feeling proud of their efforts this year. Praise the effort they put into their study. Avoid criticism and negativity. Remember there are always multiple paths in life for your student to get to where they want to go.

4. Keep communication lines open. Listen. See if you can have a weekly meeting to give students a chance to talk through where they are with each subject and what is going on and if they are having any difficulties. Remember that you are the convenient target for anger (that isn't really directed at you) but you also might be a good shoulder to cry on. Seek professional help if you feel your student is not coping and needs it.

5. If students are stressed or worried, first let them vent, then talk together ways they could approach their issues. Who could they talk to at school on ways to improve or ways to manage their stress? What outside resources do they have? What is it they feel most anxious about? Is there specific help they need? What can parents do to help?

You and your student can learn more about how to study effectively at:

www.studyskillshandbook.com.au by logging in with the details below and working through some of the units.

Username: loyolashs

Password: 94success

LIBRARY REPORT

Since the trials have been undertaken it may be a good time to reflect on how one studies and whether it is the best method. The library has resources available that can help students. The library holds a wide variety of study guides, and other resources such as exam tips and time management books to provide information on different types of study methods. These can be borrowed for two weeks but the borrowing can be renewed for a further two if not requested by others.

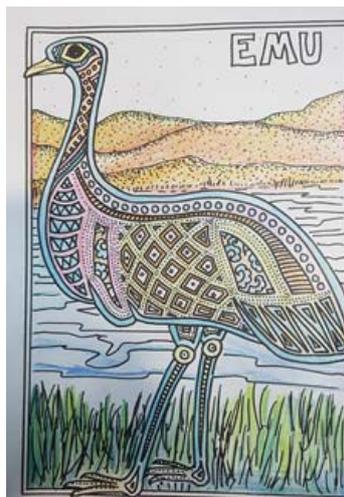


In the physical library, there are different study areas to cater for all study needs. The glass-room is for individual, silent study. Upstairs is a larger more open area with tables that can be moved together or apart depending on the size of the study group. There is a whiteboard that can be used for more group discussion, and library staff will supply the whiteboard pens. Group discussions can be very stimulating and reinforces learning by verbalising to others what a student knows. Downstairs there are different sized study areas depending on whether you are studying alone or with others. A whiteboard is available in this area as well.

The library can also help when you're at home. On the [library website](#) there is a HSC help webpage containing links to study websites, and other sites for those students who may be feeling anxious about examinations.

On a completely different note, the library was fortunate enough to host a group of visiting Japanese students. The students enjoyed the very famous Australian picture book 'Possum Magic' by Mem Fox and illustrated by Julie Vivas. This beautiful book's story moves through various Australian states and territories, has gorgeous illustrations of Australian animals, and mentions some of our famous foods such as vegemite and pavlova. The students then undertook a scavenger hunt where they had to find books by Australian authors and Australian artwork. They then relaxed by either colouring in 'Aboriginal-style' depictions of

Australian animals or tried the Australian map jigsaw puzzle. It was wonderful to share time with such a lovely group.



One of the coloured-in illustrations completed by the visiting Japanese students.

Mrs Hodgson, Mrs Guerra and Mrs Pinto.

BUSINESS MANAGER'S REPORT

SCHOOL FEES

Term 3 statements were posted to families on 21 July 2017. If you pay fees by the term, they are due for payment by 21 August, 2017.

If you have any "Past Fees" on your statement, and you are not yet on a payment arrangement, then your fees are overdue!

Payment arrangements assists families pay school fees either on a weekly, fortnightly or monthly basis. Payment methods include Direct Debit, BPay, Centrelink, Credit Card, Cash or Cheque.

If you need to organise a payment arrangement, request financial hardship assistance or any other school fees matter, please call Athena Patel (School Fees Officer) on 9407-7097 or call the school number 8886-9509 and dial 4 for school fees. Alternatively, you can email her on apatel8@parra.catholic.edu.au. Please email/phone for appointments. Athena is contactable every day, but she is only at Loyola every Tuesday and Wednesday.

If you are experiencing financial difficulty and require assistance please do not hesitate to contact Athena to obtain the relevant documentation. If you do not submit this documentation, you will be liable to pay the full amount of fees.

Notice to withdraw a student

One term's (ie 10 weeks) notice in writing must be given to the Principal before withdrawing a student,

