Weekly Revelations

16 October 2008

HEAD OF SENIOR SCHOOL
Mr Stewart Ross

HSC
Best wishes are extended to our Year 12 students as the Higher School Certificate commences today. First up is Business Studies and Information Technology, then all of our school cohort sit the first English paper tomorrow.

MORE SUCCESS
Congratulations to Hayley Menzies who won the advanced section of the U15 Pony Club One Day Event State Championship last weekend. Also to Joshua Crofts and Alex Marino for their selection in the NSW Country Soccer team to tour Asia in January.

CAR PARK
At our school we value the safety of all children. We would like to request that when dropping children to school and picking them up that only the designated car parking areas are used. Parents are not permitted to use the area behind the Year 3/4 classrooms or the circular drive at the front of the school as a drop-off area.

We thank you for your support in maintaining the safety standards of our school.

SPEED LIMIT
All roads within our school have a speed limit of 20kph. It would be appreciated if all drivers could adhere to this limit so that our school grounds remain as safe as possible.

Boarder’s P&F AGM
PLEASE NOTE: Boarder’s P & F AGM will be on Saturday, 25th October at 2.00pm in the Library.
All Welcome
Any queries or questions please ring Penny Hale 0417 008 610

SENIOR PRIVILEGES
As Year 11 enters into their HSC course this term, we have extended some of the Year 12 privileges to them. They can work on the Senior Lawn in a Study period (as well as their House area, Library or common room) only after they have signed in at the library. The late arrival/early departure privilege may be granted at a later stage depending on their application toward school work and demeanor at school.

YEAR 7 CAMP
I visited Year 7 at Dunn’s Swamp yesterday and found them all in fine spirits. It was a “little damp” when they arrived but they took that in their stride and are making the most of this wonderful experience. I was particularly impressed by the efforts of the group I witnessed abseiling – most for their first time. Miss Doyle was a champ at her attempt of the sheer rock face.

Thought: Life is one grand sweet song, so start the music. Ronald Reagan

FROM THE CHAPLAIN
Fr Paul Woodhart
Welcome back to a packed fourth term. In our Day Chapels this term I will be speaking about the Circle of Salvation – the saga from Creation to the Annunciation.

On Saturday I plan to take the Britten boys down to The Motor Show; the school bus will leave after breakfast from the front car park.

We have the Boarders’ Chapel at 11 on.

SCHOOL CALENDAR

Friday 17 October
Yr 7 Camp
Saturday 18 October
Britten AHoH Duty
Sunday 19 October
VET Hospitality Work Placement

Monday 20 October
VET Hospitality Work Placement
Tuesday 21 October
VET Hospitality Work Placement

Wednesday 22 October
VET Hospitality Work Placement

Friday 24 October
Yr 7/8 Music Night 7.30pm
World Teachers Day

Saturday 25 October
Britten HoH Duty

Sunday 26 October
Prefects Leadership Camp

Monday 27 October
Trial School Certificate Exams English & Science
Prefects Leadership Camp

Tuesday 28 October
Trial School Certificate Exams Mathematics & Geography, History, Civics, Citizenship
P&F Meeting

Wednesday 29 October
P & F Meeting

Friday 31 October
Yr 7 & JS 2009 Orientation Day

Saturday 1 November
All Saints’ Day
Watson AHoH Duty

Sunday 2 November
Yr 3/4 to Cathedral

All Saints’ Day Service (Boarders to Cathedral)

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## Sports Draws

**Basketball: Friday, October 17, 2008**

<table>
<thead>
<tr>
<th>Games</th>
<th>Venue</th>
<th>Time</th>
<th>Bus leaves</th>
<th>Returns</th>
</tr>
</thead>
<tbody>
<tr>
<td>ASC First Girls</td>
<td>NO GAME</td>
<td>8.40pm</td>
<td>8.20pm</td>
<td>9.30pm</td>
</tr>
<tr>
<td>ASC First Five Blue v Pimp Daddyz</td>
<td>Ctrl</td>
<td>8.40am</td>
<td>8.20am</td>
<td>9.30am</td>
</tr>
<tr>
<td>ASC Girls Senior Red</td>
<td>NO GAME</td>
<td>6.30pm</td>
<td>6.10pm</td>
<td>7.20pm</td>
</tr>
<tr>
<td>ASC Boys Junior Red v Scott Lions</td>
<td>Ctrl3</td>
<td>5.00pm</td>
<td>4.50pm</td>
<td>6.10pm</td>
</tr>
<tr>
<td>ASC Girls Junior Blue v Scott Bluehills</td>
<td>Ctrl4</td>
<td>5.00pm</td>
<td>4.50pm</td>
<td>6.10pm</td>
</tr>
<tr>
<td>ASC Boys Junior Blue v Dragons</td>
<td>Ctrl5</td>
<td>4.00pm</td>
<td>3.50pm</td>
<td>5.00pm</td>
</tr>
<tr>
<td>ASC Girls Junior Red v Pepsi Purple</td>
<td>Ctrl2</td>
<td>3.00pm</td>
<td>2.50pm</td>
<td>4.15pm</td>
</tr>
<tr>
<td>ASC Boys Junior Red v Rookies</td>
<td>Ctrl4</td>
<td>2.00pm</td>
<td>1.50pm</td>
<td>3.15pm</td>
</tr>
<tr>
<td>ASC Primary 1 (IS) v Bay Boys</td>
<td>Ctrl3</td>
<td>1.00pm</td>
<td>0.50pm</td>
<td>2.15pm</td>
</tr>
<tr>
<td>ASC Primary 2 (IS) v Eglinton Gladiators</td>
<td>Ctrl1</td>
<td>1.00pm</td>
<td>0.50pm</td>
<td>2.15pm</td>
</tr>
<tr>
<td>ASC Primary Girls (JS) v Pink Panthers</td>
<td>Ctrl2</td>
<td>1.00pm</td>
<td>0.50pm</td>
<td>2.15pm</td>
</tr>
</tbody>
</table>

**Cricket: Saturday, October 18, 2008**

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<th>Returns</th>
</tr>
</thead>
<tbody>
<tr>
<td>ASC First XI v Blue Mountains Grammar</td>
<td>Watson Oval</td>
<td>10.00am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ASC U15s v Stannies Blue</td>
<td>ASC Stiles Oval</td>
<td>8.45am</td>
<td></td>
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</tbody>
</table>

**Tennis: Saturday, October 18, 2008**

<table>
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<tr>
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<th>Time</th>
<th>Bus leaves</th>
<th>Returns</th>
</tr>
</thead>
<tbody>
<tr>
<td>ASC Opens v KWS Opens</td>
<td>Bx Tennis Centre</td>
<td>9.00am</td>
<td>8.30am</td>
<td>12.00pm</td>
</tr>
<tr>
<td>ASC U16s v KWS U16s</td>
<td>Bx Tennis Centre</td>
<td>9.00am</td>
<td>8.30am</td>
<td>12.00am</td>
</tr>
<tr>
<td>ASC U15s v KWS U15s</td>
<td>Bx Tennis Centre</td>
<td>9.00am</td>
<td>8.30am</td>
<td>12.00am</td>
</tr>
<tr>
<td>ASC U14s v KWS U14s</td>
<td>Bx Tennis Centre</td>
<td>9.00am</td>
<td>8.30am</td>
<td>12.00am</td>
</tr>
<tr>
<td>ASC U13s v KWS U13s</td>
<td>Bx Tennis Centre</td>
<td>9.00am</td>
<td>8.30am</td>
<td>12.00am</td>
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**Touch Football**

<table>
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<th>Time</th>
<th>Bus leaves</th>
<th>Returns</th>
</tr>
</thead>
<tbody>
<tr>
<td>Senior #1</td>
<td>NO GAMES</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Senior #2</td>
<td>NO GAMES</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Junior</td>
<td>NO GAMES</td>
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**Waterpolo: Saturday, October 18, 2008**

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<tbody>
<tr>
<td>ASC Senior</td>
<td>NO GAME</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ASC Junior</td>
<td>NO GAME</td>
<td></td>
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**Valedictory Dinner**

Photo Orders now available in Reception

- 6x4” $1
- 6x8” $5
- 5x7” $3
- 8x10” $12

**Spring Fair raises $20,000**

I would like to thank all the parents, students and staff for helping to run stalls and activities at the Spring Fair.

In particular I would like to thank the Year Parents and Heads of House for organising rosters and co-ordinating the Year Group Stall. We are still awaiting some invoices but we think we have raised approximately $20,000.00 which is fantastic.

We have several projects in the wings for the money the P & F raises. We have been asked to assist with revamping the School Clinic, provide play equipment for the Junior School and help fund a memorial garden walk.

Without your help this Spring Fair would not have been as rewarding or entertaining for the community. So, again, Thank you.

*Anne Clifton, Spring Fair Co-ordinator*

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The College website is now being updated with stories and events on a daily basis. Please take a look at all the current stories and photo galleries www.saints.nsw.edu.au
about us

NSW FARMERS’ MENTAL HEALTH NETWORK was formed in 2005 following a forum coordinated by NSW Farmers’ Association which brought together key stakeholders in the area of mental health to discuss how best to work together to address rural and remote mental health issues. The current drought and its ongoing ramifications have hugely impacted not only on farmers, but also their families, communities and even the drought support services themselves. The Network brings together people and agencies contributing to ensure the health and wellbeing of the farming sector in NSW, to better understand and recognise each agency’s work, and where possible to ensure that there is no duplication of effort or resources. The Network comprises a wide range of members eg:

• Charitable organisations (St Vincent de Paul, Anglicare & Salvo's)

• Support and research organisations (beyondblue, Black Dog Institute, Centre for Rural and Remote Mental Health);

• Government agencies (Centrelink, DPI); and

• other associations (eg CWA, Rural Doctors Association).

The Network has developed the NSW Farmers’ Blueprint for Maintaining the Mental Health and Wellbeing of the People on NSW Farms, which outlines the major actions for collaboratively addressing rural mental health priorities. For more information: www.nswfarmers.org.au/mental_health_network

background

NSW Farmers’ Mental Health Network, through NSW Farmers’ Association, received a one-off grant from the NSW Department of Health in 2006 in order to improve the availability of Mental Health First Aid (MHFA) courses to rural communities of NSW. During 2006 and 2007 the Network worked with the Centre for Rural and Remote Mental Health (CRRMH) to plan, deliver and evaluate these MHFA training programs across rural and remote NSW. Since then, demand for a shortened version of the program has been identified among farmers and farming service providers within the community. Generally farmers and these providers, including Stock and Station Agents, Insurance Brokers, Accountants and others, expressed difficulties attending a two-day program, yet felt the need for some mental health related education.

In response to this demand for a shorter course, a pilot of a three hour ‘Mental Health Information Session’ was conducted by CRRMH in Dubbo in November 2007. Following positive feedback, the NSW Farmers Network issued a tender for the development and conduct of a three hour workshop throughout NSW. Dr Leanne Craze and her company, Craze Lateral Solutions (CLS) were subsequently engaged. Information about Leanne’s previous work in mental health and with rural communities can be found at www.CrazeLateralSolutions.com

workshop

The major aim of the Mental Health Information Sessions is to provide farmers and farming service providers with information about common mental disorders, strategies to help people and appropriate local referral options. The project also seeks to build on the work of MHFA, Beyondblue, NSW Health and many other organisations who are all working toward improving the mental health capacity of farmers and those sectors of rural communities working closely with farmers and farm families.

Topics covered by the workshops will include signs, symptoms and help for:

• STRESS

• DEPRESSION

• ANXIETY

• TRAUMA & GRIEF AND LOSS

Information will also be provided about local services and how to find more in depth information about mental health issues. The content of the workshop can be viewed at the CLS website.

program details

The workshops will commence in October 2008 (see over for details). The workshops will be informal. Refreshments and information packs will be provided for all who attend. A mix of breakfast (B), brunch (BR), lunchtime (L), afternoon (A) and evening (E) sessions are offered in an attempt to assist as many people as possible to attend. The timetable and registration form can be downloaded or obtained from Leanne Craze.

information

Email: Leanne.Craze@bigpond.com
T: 02 6238 1549 M: 0408 869 051
An INVITATION to farmers & rural businesses

3hr Mental Health Information Sessions
(funded by NSW Health)

Topics covered include signs, symptoms, help and services for:

STRESS  DEPRESSION  ANXIETY  TRAUMA, GRIEF AND LOSS

Sessions are conducted by Dr Leanne Craze, an experienced mental health trainer.

MERRIWA
Thurs 23 October,
CWA Rooms,
Bettington St,
8.00 -11am

BATHURST
Tues 28 October,
Bathurst RSL,
114 Rankin St
12.00 - 3.00pm

COWRA
Thurs 30 October,
Uniting Church,
75A Darling St,
12.00 - 3.00 pm

GOULBURN
Thurs 6 November,
CWA Rooms,
2 Montague St,
6.00 - 9.00pm

WALCHA
Fri 24 October,
Walcha Bowling Club,
14e Croudace St,
8.00 -11.00am

CASSILIS (mini-session)
Wed 29 October,
Royal Hotel,
23 Buccleugh St,
3.00 - 4.30 pm

YOUNG
Fri 31 October,
CWA Rooms,
7 Lovell St,
12.00 -3.00pm

PICTON
Fri 7 November,
Picton Bowling Club,
Cr Argyle & Cliff Sts,
12.00 - 3.00pm

MUDGEE
Mon 27 October,
CWA Rooms,
48A Market St,
8.00 -11.00 am &
6.00 - 9.00 pm

COOLAH
Wed 29 October,
Coolah Valley Hotel
8.00 - 11.00am

GUNNING
Thurs 6 November,
Gunning Rural Supply
Shed,
8.00 -11.00 am

Refreshments and information packs are provided at all sessions

To book your place or for inquiries:

LEANNE CRAZE
T: 02 62381549 Mobile: 0408869051    Email: Leanne.Craze@bigpond.com    www.CrazeLateralSolutions.com

or return this slip to:-

Leanne Craze
PO Box 314
Bungendore NSW 2621

REGISTRATION SLIP

Full Name: ........................................................................................................................................

Mailing Address: ......................................................................................................................................

Town: ....................................................................................................................................................... State: .....................................   Postcode: .............................................

Contact Phone Number: ................................................................. Email: ..........................................................................................................

Information session town: ........................................................ Session date: ............................... Session time (if Mudgee): ............................