**HEAD OF SENIOR SCHOOL**
Mr Stewart Ross

ADVANCE UNIFORM WARNING
Mr Miller and myself spoke to the school about improving the wearing of our school uniform. We have decided that near the later part of next week, we will be inspecting all students in year groups 7 to 11 to ensure that they have the correct summer school uniform; that it is labeled clearly, clean and worn with pride. Could parents please assist us in making sure that even hats and ties are labeled and girls are wearing Kilt pins. A letter explaining this in more detail will be sent in the next few days.

STAFF SCHOLARSHIP
Every year the Staff Association offers a $1000 scholarship to Year 12 students to assist with their tertiary studies. Year 12 students have received application forms and are reminded that the closing date for these is tomorrow, Friday 24th October. Please see Mr Poole if you have any queries.

**TRIAL SCHOOL CERTIFICATE EXAMINATIONS**

Year 10 students will be sitting these examinations next Monday to Wednesday. English and Science will be on Monday, Mathematics and HSIE on Tuesday and Computing Skills Wednesday morning. Normal classes will resume period 3 Wednesday while students will undertake supervised private study in period 3 Monday and Tuesday. We wish them well!

**MOCK TRIAL**
Our team is off to Katoomba Court House today to compete in the quarterfinals of the state wide Mock Trial Competition. We are hoping for the best but nevertheless we are very proud of their achievements to date.

**PREFECTS CAMP**
The Prefects are off to a camp next Monday and Tuesday at Galston. Activities planned include looking at what makes a good leader, cooperation and team work, lateral thinking and effective communications. I am sure they will find the experience rewarding but also fun.

*Thought: Many an opportunity is lost because a man is out looking for four-leaf clovers.*

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**FROM THE CHAPLAIN**
Fr Paul Woodhart

I remember hearing the phrase in a drama piece: ‘Study is petrol for my dreams.’ I hope this thought may be inspiring to those who have exams on the horizon.

*Last Tuesday I had the privilege of taking June McRae’s funeral at Orange. June was Grandmother to Scott and Sarah Glencorse, two of our former students.*

*This Sunday, after dinner we are having the Boarders’ Chapel. Looking ahead the All Saints’ Celebrations will be held at the Cathedral on Sunday, November 2. We will bus the boarders in to the 10am service.*

The Cathedral Parish is having a picnic in McPhillamy Park afterwards.

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**Western Region Cricket selection**
Joseph Coughlan (Year 11) has been selected to represent Western Region in the Under 17’s Representative Side to play in Cowra on Friday, 24th and Saturday, 25th October. On Sunday, October 19th, he played with the Bathurst District 1st XI cricket team against Mudgee in the President’s Cup deciding match. Bathurst won the Cup for the first time since 1994/95.

Bathurst batted first and posted a respectable total of 264 off 56 overs, Percy Raveneau top scored with 47, with Russell Gardner 38, Nathan Dennis 32 and Joseph Coughlan (Year 11) 32 rounding out the total. Joseph had the third top score (32) and took 1-21 off 6 with a wicket maiden off his first over on debut. He batted at 10 and bowled first drop. Joseph’s batting highlighted what he can bring to the team!

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**CARPARKS**
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.

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**Assessment Tasks**

**Friday 31 October**
Yr 7 Drama

**Thursday 6 November**
Yr 7 Maths

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**College Calendar**

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

**Saturday 25 October**
Britannia HoH Duty

**Sunday 26 October**
Prefects Leadership Camp
24th Sunday after Pentecost

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

**Tuesday 28 October**
Trial School Certificate Exams Mathematics & Geography, History, Civics, Citizenship

**Wednesday 29 October**
8.15 Staff Chapel

**Friday 31 October**
Yr 7 & JS 2009 Orientation Day

**Saturday 1 November**
All Saints’ Day
Watson AhHoH Duty

**Sunday 2 November**
Yr 2/4 to Cathedral
All Saints’ Day Service (Boarders to Cathedral)

**Tuesday 5 November**
8.15 Staff Chapel

**Wednesday 6 November**
JS Music Night 7.30pm
Transition 2 Day Orientation Day
Year 10 Exams

**Friday 7 November**
AICES Golf Championships
Transition 3 & 5 Day Orientation Day
Year 10 Exams
Staff Revue 7.30pm - Bickerdike Centre

**Monday 10 November**
School Certificate Tests English & Science

**Tuesday 11 November**
School Certificate Tests Mathematics & Geography, History, Civics
Remembrance Day
Year 7-9 Exams Commence
**Sports Draws**

**Basketball: Friday, October 25 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 (Thurs 23) v Lady Rookies</td>
<td>Crt2</td>
<td>6.00pm</td>
<td>7.00pm</td>
<td>8.10pm</td>
</tr>
<tr>
<td>ASC First Five Blue v Pimp Daddy</td>
<td>Crt1</td>
<td>7.20pm</td>
<td>7.00pm</td>
<td>8.10pm</td>
</tr>
<tr>
<td>ASC Girls Senior Red v Scots Bluebells</td>
<td>Crt3</td>
<td>7.20pm</td>
<td>7.00pm</td>
<td>8.10pm</td>
</tr>
<tr>
<td>ASC Boys Senior Red v Scots Lions</td>
<td>Crt4</td>
<td>7.20pm</td>
<td>7.00pm</td>
<td>8.10pm</td>
</tr>
<tr>
<td>ASC Girls Junior Blue v Scots Angels</td>
<td>Crt4</td>
<td>6.30pm</td>
<td>6.10pm</td>
<td>7.20pm</td>
</tr>
<tr>
<td>ASC Boys Junior Blue v Eagles</td>
<td>Crt1</td>
<td>6.30pm</td>
<td>6.10pm</td>
<td>7.20pm</td>
</tr>
<tr>
<td>ASC Girls Junior Red v Pink Panthers</td>
<td>Crt2</td>
<td>6.30pm</td>
<td>6.10pm</td>
<td>7.20pm</td>
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<tr>
<td>ASC Boys Junior Red v Wild Hogs</td>
<td>Crt5</td>
<td>6.30pm</td>
<td>6.10pm</td>
<td>7.20pm</td>
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<tr>
<td>ASC Primary 1 (IS) v Diamonds</td>
<td>Crt3</td>
<td>4.00pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ASC Primary 2 (IS) v The Boyz</td>
<td>Crt4</td>
<td>4.00pm</td>
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<td></td>
</tr>
<tr>
<td>ASC Primary Girls (IS) v Hawks</td>
<td>Crt3</td>
<td>4.50pm</td>
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**Cricket: Saturday, October 26 2008**

<table>
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<tr>
<th>Games</th>
<th>Venue</th>
<th>Time</th>
<th>Bus leaves</th>
<th>Returns</th>
</tr>
</thead>
<tbody>
<tr>
<td>ASC First XI v St Patrick’s College</td>
<td>Breen Oval SPC</td>
<td>10.00am</td>
<td>6.00am</td>
<td>8.30pm</td>
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<tr>
<td>ASC U15s v Stannies Blue</td>
<td>ASC Stiles Oval</td>
<td>8.45am</td>
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**Tennis: Saturday, October 26 2008**

<table>
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<th>Venue</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>ASC Open v TSS Opens</td>
<td>The Scots School</td>
<td>9.00am</td>
<td>8.30am</td>
<td>12.00pm</td>
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<tr>
<td>ASC U16s v TSS U16s</td>
<td>The Scots School</td>
<td>9.00am</td>
<td>8.30am</td>
<td>12.00pm</td>
</tr>
<tr>
<td>ASC U15s v TSS U15s</td>
<td>The Scots School</td>
<td>9.00am</td>
<td>8.30am</td>
<td>12.00pm</td>
</tr>
<tr>
<td>ASC U14s v TSS U14s</td>
<td>The Scots School</td>
<td>9.00am</td>
<td>8.30am</td>
<td>12.00pm</td>
</tr>
<tr>
<td>ASC U13s v TSS U13s</td>
<td>The Scots School</td>
<td>9.00am</td>
<td>8.30am</td>
<td>12.00pm</td>
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</tbody>
</table>

**Touch Football**

<table>
<thead>
<tr>
<th>Games</th>
<th>Venue</th>
<th>Time</th>
<th>Bus leaves</th>
<th>Returns</th>
</tr>
</thead>
<tbody>
<tr>
<td>Senior #1</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Senior #2</td>
<td>NO GAME</td>
<td></td>
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<tr>
<td>Junior</td>
<td>NO GAME</td>
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</tbody>
</table>

**Valedictory Dinner**

Photo Orders now available in Reception

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

**Ag and Equestrian Gala**

The St Stanislaus’ College Ag and Equestrian Gala will be held on November 29th and 30th. It will involve dressage, showjumping, sporting, polocrosse, combined training, time trials, sheep judging, whip cracking etc.

**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.

**Uniform Shop News**

Two years have now passed since the “New” Senior School Track Suit was introduced. From beginning of 2009 the old style Taslon Track Suit will no longer be considered uniform. The Taslon Track Suit is therefore not able to be submitted for second hand sales.

The Navy “bucket hat” is no longer available for purchase Uniform Shop, so not considered school uniform.

Sports Bags are required by all students and have to be A.S.C. crested available in either navy or red, purchased from Uniform Shop.

The following garments may not be resold:

- **Navy Sports Shorts**
- **“T” Shirts (White, Red, Blue, Yellow)**
- **Socks (Boys and Girls)**
- **Swimmers (Boys and Girls)**
- **Old Style Sports Skirts**
- **Old style Track Suits (Taslon)**
- **Sports Caps and Cloth Hats**
- **Navy Sloppy Joes.**
- **White Shirts and Blouses**
- **Rugby Shorts**

Any garments with colours or embroidery
Any damaged articles that are considered non saleable will be given to charity or disregarded.

All dirty garments will be either washed or dry cleaned and the cost deducted from sale price.

Thank you

Chris FitzSimons
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 & Salvos)
• 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
FREE WORKSHOP

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.

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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 - 11.00 am

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

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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:-

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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): ..............