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 COLLEGE

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COLLEGE CHRONICLE

Tuesday 31st May 2022



Word from the Principal

Dear Staff, Parents and Friends of the College,
 Mid-Year exams begin next week. This week is revision week, so our students Secondary school students be spending between 2-5 hours per night in exam revision.

Despite a semblance of normality beginning to resurface after two years of interrupted learning, many students continue to struggle with nerves and anxieties and worry that they might not be as prepared as their peers to sit, and succeed in, their exams. If this is the case, here are a few ways that parents can support their students preparing for exams.

Firstly, remind them to ask God for the help they need to study well. This should be done at the start of their study session. When they get frustrated and discouraged because they can't solve a maths problem or can't retain what they are learning, remind them to take a break, say a Hail Mary for help and then return to their study. If they have older siblings they can call upon for help, they are often their best support and sometimes their best tutors. I still remember my older sister helping me to solve many a difficult maths problem.

Secondly, check in and listen to them. It is important to remember teenagers are often more resilient than we think. In most cases, they can cope well with challenges. But some students find exams more stressful than others.

Parental monitoring that supports the autonomous learning improves student outcomes long term. This means checking-in with your teen, seeing how they are going and equipping them with whatever coping skills they need. Unfortunately, in times of stress, many parents use a high-monitoring low-autonomy style approach. This means that parents may still monitor their teen's coping but also take over, hurry to suggest solutions, and criticise the strategies their child is trying. This approach rarely helps them. Professor Van Bergen suggests this approach so as not to come across as controlling or undermining their autonomy:

- *ask your teen, "How are you coping?"*
 - *listen to their answers*
- check you have understood and ask if they need your support. Let your actions be guided by their response. If they say "I'm*

very stressed", ask if there is something you can do. You could say: "Tell me what you need to do and we'll work it out together". If they do the famous "I dunno", say something like "OK, think about it, I'll come back in a bit, and we can chat". Follow through and let them know you will check in more regularly over the coming weeks.

Thirdly, encourage physical exercise. With winter upon us, students will have less opportunities to exercise, so parents may need to encourage their teens to get exercise, downtime and sleep. Exercise improves concentration and mental health, sleep improves memory retention. Good sleep is important for alertness, and teenagers should aim for eight to ten hours per day. Sleep also helps memory consolidation: a neural process in which the brain beds down what has been learnt that day. If your teen looks tired every morning, first thing to check is whether they have snuck a device into their room which is causing them sleep deprivation.



Fourthly, develop a schedule. To ensure your child prioritises self-care, help them put together a routine. This may involve scheduling specific times for exercise, meals and downtime each day, and breaking up blocks of study time with short breaks. Some students can do this themselves, but others need an adult to guide them in producing a study schedule and sticking to it. If parents work out an agreed study schedule with their son or daughter, they will

be much more likely to help them stick to it when the going gets tough.

Today being the feast of the Queenship of Our Lady, I wish you all Her royal help, blessings and protection as our students prepare for their exams.

Sincerely yours in the Two Hearts,

Father Andrew Cranshaw
 Principal

VIRTUE THIS WEEK

FORTITUDE

Enables one to endure difficulties for the sake of what is good.

COLLECT - SUNDAY AFTER THE ASCENSION

Almighty and everlasting God, make us ever bear a devout affection toward Thee, and with a sincere heart to serve Thy majesty. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever. Amen.



Instaurare omnia in Christo
 To restore all things in Christ

From the Deputy Principal

Dear Parents,

As our Year 7 – 12 students prepare for their Semester One Examinations, their levels of stress can increase. It is timely to remind parents and students of some advice and information with regards to surviving the stress that comes with all assessment preparation and especially examinations.

Almost everyone feels a little nervous before an exam – it's normal. In fact, a certain amount of exam anxiety keeps us energised, motivated, alert and focused. But too much anxiety can interfere with exam performance by blocking our recall or thinking abilities, by fostering negative frames of mind or even by promoting panic reactions.

Our thoughts and prayers are with the students across the course of next week.

Here are a few tips to help you stay calm during the exam period:

- **Prepare for your exams well in advance.** Avoid relying on last-minute cramming in the days leading up to an exam.
- **Put the exam in perspective.** It's only an exam. The result is not a reflection of who you are as a person.
- **Get a good night's sleep beforehand.** It's important that you feel rested on the day of an exam.
- **Eat sensibly before the exam.** Some people overeat when they're feeling anxious, while others stop eating at all. Eating a nutritious meal can help you stay alert and focused for your exam.
- **Stop studying about an hour before the exam.** Use that last hour to try to relax and compose yourself before going into the exam.
- **Know the time and place of the exam.** Allow yourself plenty of time to get there. You don't need the extra stress of worrying if you're going to be on time. Also, make sure you know what you need to bring and get it ready in advance.
- **Develop positive self-talk.** Avoid thinking of yourself and exams in a negative way. Instead of thinking, "I know I'm going to fail", try and think, "I'll do my best".
- **Don't talk about the exam before the exam.** Don't talk about the exam with your classmates immediately before going into the exam if you know that it will just make you more anxious.
- **Read over the exam carefully and plan your approach.** Taking a few minutes to work out how the marks are distributed for each question, how long to spend on each question, which question to start with etc., is usually time well spent.
- **Relax yourself during the exam.** If you're feeling anxious or are not thinking clearly, just stop, close your eyes and take several slow, deep breaths. Concentrate only on your breathing for a minute or so and then return to the exam paper. Taking a minute to calm yourself and refocus is time well spent.

Kieran O'Dywer
(Deputy Principal)

R.A.T. KITS

The College has very good stock of Covid test Kits. Families are entitled to one box per child every two weeks.

Parents are reminded to call at the office to collect enough for their children.

FOOD FRIDAY DONATIONS

The St Gerard's League will be collecting donations of non-perishable food items on the first Friday of each month. **Our next collection will be THIS Friday 3rd June.** Food items can be left at the front office, with class teacher or homeroom.

Thank you for your support and generosity.

If at any stage you wish to donate please contact Mr Phil Robinson on 0407 925 720



Virtues, Second Term, 2022 WEEK 3

Secondary Girls	Secondary Boys	Primary
FORESIGHT	FORESIGHT Cameron Armstrong	FORESIGHT Timothy McLean Mark Wesa Gina Nimr Angela Phillips Jacey Perez-Melei David Ockerse
Respect	Respect Daniel de Castella, Joseph Hardiman, Alexander Robinson, Thomas Ward, Myles Youngman, Luca Attard, Thomas Davis, Hugo Ward, Orlando de Castella, Marcel Upston, Louis Ward, William Fahey, Anthony Tadros, Laurence Ockerse, Braydan Rayner, Sebastian Fahey, Lachlan Youngman, Xavier Taveira, Raphael Hayward, Daniel Freriks, Ethan Ward, Cameron Armstrong, Simon Taveira	Diligence Carmella Nivet Annabelle de Castella Joseph Obrador Emmaline Hayward Anima Nagaraj Jacey Perez-Melei Joseph Reagan Louis Nivet Jenna Lewis
Perseverance	Perseverance	Perseverance Mark Falts, Hosanna Reagan, Lexi Sharkey, Gemma Pullen, Hunter MacDonell, Joseph Obrador, Anima Nagaraj, Louis Nivet, Jenna Lewis
Responsibility	Responsibility Hugo Ward, Orlando de Castella, Marcel Upston, Louis Ward, William Fahey, Cameron Armstrong	Responsibility Rebecca Higgins, Anima Nagaraj, Jacey Perez-Melei
Leadership	Leadership Laurence Ockerse, Braydan Rayner, Sebastian Fahey, Raphael Hayward, Daniel Freriks, Cameron Armstrong, Immanuel Saldanha, Simon Taveira	Leadership
Initiative	Initiative Immanuel Saldanha	Initiative Holly Wesa, Thea Attard

Note from the Second Hand Uniform Shop

There is a large selection of white dresses Communion Day, Confirmations and Processions.

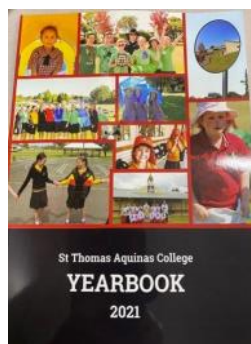
Boys Suits - Size 7 & 8 available. There is a small fee to hire or some can be purchased.

Blazer Re-Braiding Service available: any size for \$60. Cuff edge braiding \$15.

Contact Michelle Verleg on 0468 438 404.

Operating Hours:

Mon: 8:30am - 9:30am, 2:45pm - 3:30pm



2021 YEARBOOK ON SALE NOW

Cost is \$20 per book. Payment can be made by cash or credit card.

The Yearbook can be purchased from the College Office.

The Queenship of Mary

31st May

From the earliest centuries of the Catholic Church, Christians have addressed suppliant prayers and hymns of praise to the Blessed Virgin Mary, and the hope they have placed in the Mother of the Saviour has never been disappointed. They have looked upon Her as Queen of Angels, Queen of Patriarchs, Queen of Prophets, Queen of Apostles, Queen of Martyrs, Queen of Virgins. Because of Her eminence, She is indeed entitled to the highest honors that can be bestowed upon any creature. Saint Gregory Nazianzen called Her *Mother of the King of the entire universe*, and the *Virgin Mother who brought forth the King of the entire world*.



only-begotten Son, Our Lord Jesus Christ, She petitions most powerfully with Her maternal prayers, and obtains what She seeks."

Pope Pius XII adds another ordinance: "We ask that on the feast day be renewed the consecration of the human race to the Immaculate Heart of the Blessed Virgin Mary. Upon

this is founded a great hope that there may arise an era of happiness which will rejoice in the triumph of religion and Christian peace. Therefore let all approach, with greater confidence than ever before, to the throne of mercy and grace of our Queen and Mother, to beg help in difficulty, light in darkness and solace in trouble and sorrow." In asking this, the Holy Father was responding to the request of the Virgin Herself at Fatima in 1917, that the world and each soul individually be consecrated to Her Immaculate Heart. She promised that it will be then that "a time of peace will be given to the world." Do not Mary's rights as Queen require respect? And will we deny to Her maternal Heart the love it merits, for twenty centuries of uninterrupted intercession on behalf of Her children?

His Holiness Pope Pius XII, in his Encyclical Letter of October 11, 1954, "On the Royal Dignity of the Blessed Virgin Mary and the Institution of Her Feast", ordaining its celebration throughout the world every year on May 31st, reminds us of what Pope Pius IX had said of Mary: "Constituted by the Lord as Queen of Heaven and earth, and exalted above all the choirs of Angels and the ranks of the Saints in heaven, standing at the right hand of Her

2022 CALENDAR

MON	TUES	WED	THURS	FRI
30 May	31 May 12:55pm Debating Yr 7-9B Mannix vs MacKillop	1 June	2 June 12:55pm Debating Yr 7-9B Kolbe vs Bosco	3 June
6 June Secondary Exams	7 June Secondary Exams	8 June Secondary Exams	9 June Secondary Exams	10 June Secondary Exams
13 June QUEENS BIRTHDAY PUBLIC HOLIDAY	14 June 12:55pm Debating Yr 7-9G MacKillop vs Bosco	15 June	16 June 12:55pm Debating Yr 7-9G Kolbe vs Mannix	17 June
20 June	21 June	22 June	23 June	24 June Feast of Sacred Heart of Jesus LAST DAY OF TERM
18th July	19th July FIRST DAY OF TERM	20th July	21st July	22nd July

OFFICE HOURS
8:15am - 3:30pm

TERM DATES

2nd Term: Tuesday 3rd May - Friday 24th June
3rd Term: Tuesday 19th July - Friday 16th September