



St Patrick's College Mackay

A coeducational Catholic college in the Diocese of Rockhampton

Janelle Agius – Principal

Holidays

I would like to wish all families a relaxing and happy holiday. All of our students will have a very busy time in Term 3 and I hope that they are well rested in preparation. Please note that our students resume for Term 3 on Monday 13 July.

“Seek Christ” is the motto of St Patrick’s College. In seeking Christ, we are striving to be more Christlike in our daily action, in the way that we are Christ to each other. I feel compelled to reflect briefly on this core tenet of Catholic community, following the unusual term that we have all experienced during this COVID-19 Pandemic. It is wonderful to see the students and our community coming together during this time. Supporting each other and abiding by the social distancing and cleaning regulations, in order to minimise and remove any local transmission threat.

The word *community* is often overused, and consequently can be devalued. However, genuinely Seeking Christ builds positive, enduring, compassionate and just relationships, which in turn create that sense of belonging that is a true community. That is what St Pat’s, like all Catholic schools, is about. As with anything else, a strong community is dependent upon the hard work of everyone concerned. That effort needs both direction and constant reinforcement, which is provided by the Christian simplicity of our motto. The result is that St Pat’s is habitually a place that values people, which in turn means that, like me, they are proud to be part of a truly Christian community. Thank you to everyone for your efforts during the last term.

End of Unit Reports Cards

Our staff have been busy marking over the last few weeks and preparing reports to be uploaded to Parent Lounge. Reports will be available shortly through Parent Lounge for parents to view.

Schools Results Survey

Thank you to all parents, staff and students for taking the time to complete the recent Schools Results Survey. Feedback from this survey is very important to us as we continue to build a successful college and strengthen our reputation as an ‘educator of choice’.

NAIDOC Mass

As you may be aware, NAIDOC week falls in the second week of the school holidays and first week of Term 1. A regional NAIDOC Mass will be livestreamed on the first Tuesday of Term 3. Everyone is welcome to view this Mass via the [St Joseph’s Cathedral](#) YouTube channel. The Mass will also be recorded and available for viewing at a later time.

Year 12 Formal

A reminder that the new date of Saturday 10 October has been set for the Year 12 Formal.



25 June 2020

Dates to remember

JUNE 2020	
26	Last day of Term 2
JULY 2020	
13	Term 3 Commences
14	NAIDOC Mass – Live Streamed from St Joseph’s Cathedral, Rockhampton
16	Colin House Day
17	Year 12 QTAC Presentation Via Zoom
23	2021 Subject Selection Night – To Be Confirmed
30	Parent/Teacher Interviews - To Be Confirmed
AUGUST 2020	
5-7	A Chance to Serve (ACTS) Camp - Cancelled
8	Year 12 Formal – Moved to 10 October
11	McAuley House Day
14	Mackay Show Public Holiday
19	QATSIF Graduation
24-28	Year 11 2021 Enrolment Interviews Start
28	Rats of Tobruk Ceremony
SEPTEMBER 2020	
1-2	Year 12 Retreat
1-3	Year 11 2021 Enrolment Interviews
4	Student Free Day Confirmation Event
10-18	Year 11 Exam Block
14-18	Year 12 Mock Exams
18-21	CBSQ Basketball Tournament
18	Last Day of Term 3

NUMBER FOR SMS

The number to send SMS Messages regarding student absence is

0416 906 288

Enrolment Processes for 2021

Enrolment applications for Year 11 2021 at St Patrick's College are now open and can be accessed through the Quick Links area on the Home Page of our website - <http://www.stpats.qld.edu.au/index.php/2012-07-06-00-31-36>

Dates in relation to the enrolment process are listed below for your information if you have a student in Year 10 or you know of others who may be interested in enrolling in the College next year.

23 July	Subject Selection Evening from 3:30pm – 6:30pm in St Patrick's Hall. Updated information in relation to the structure of this event will be sent home in Term 3 after consultation with regard to COVID-19 restrictions in place.
29 July	Due date for completion of online Enrolment application and Subject Selection forms to be returned to St Patrick's College.
10 August	Notification of enrolment interview date emailed out during week commencing 10 August.
24 August	Formal enrolment and subject advisory interviews with a member of the College Leadership Team will begin during the week of 24 August .
End term 3	Notification of acceptance.
26 November	Orientation Day.

Sean Geoghegan – Deputy Principal

Today a group of delightful students (all our students are delightful) asked if they could interview me on camera. One of the questions they asked pertained to my role and it was something akin to 'What is the hardest thing about your job?' I'm unsure what they were expecting, but I believe my response surprised them, because I have never been away from the classroom in the thirty-five years I have been in education (in one capacity or another). I have a cartoon on the wall of my office that I first cut out and placed on a pin-board in another office, in another school, on another continent twenty-six years ago. I believe it's self-explanatory but it sums up what for me has constituted the single greatest conundrum of my career, namely how does one achieve perfect alignment between what is taught and what students learn? The process of teaching is so often a consistent demonstration of the law of unintended effect. I believe it's one of the reasons so many teachers hate marking – one tends to come face to face with one's own inadequacy. One is often left with irrefutable evidence, that what students actually learn is sometimes just a remote approximation of what you believed you were teaching them. So, if learning was not the end product of one's teaching, then can one even say that any teaching occurred? Such are the joys, and the agonies, of this profession.



There is a world of difference between 'telling' and 'teaching' and good teachers never stop looking for that critical combination of skills that constitute 'a magic bullet'. One also learns – very quickly – that 'gut-feeling' about how a lesson proceeded is completely deceptive. I recall once telling off one of my classes, after they produced particularly bad results,

that I felt they had led me down the proverbial garden path by giving me the distinct impression they understood what I was explaining. They had appeared to be so engaged, so interested, so attentive ... When I mentioned this one student said “Sir, you appeared to be having such a good time, that we didn’t have the heart to tell you we didn’t know what was going on.” Passion, enthusiasm and effort, in any line of work, is to be welcomed, but sadly unless it’s complemented with significant skill, outstanding achievement will forever remain elusive. I say this because I know so many students this term have given it their all and still feel that they have not been rewarded with top marks. Acceptance of the fact that effort does not always pay a dividend is the first step towards adulthood.

Stephen Mortimer – Assistant to the Principal: Religious Education

Readings at Mass, Sunday 28 June 2020 – Thirteenth Sunday in Ordinary Time

First Reading, 2 Kings 4:8-11, 14-16 Elisha promises a son to an influential woman.

Psalms 88, Forever I will sing the goodness of the Lord.

Second Reading, Romans 6:3-4, 8-11 We are baptized into Christ’s death.

Gospel, Matthew 10:37-42 ... Take up your cross.



Readings at Mass, Sunday 5 July 2020 – Fourteenth Sunday in Ordinary Time

First Reading, Zechariah 9:9-10 Rejoice O Zion.

Psalms 144, I will praise your name for ever, my king and my God.

Second Reading, Romans 8:9, 11-13 Life in the Spirit brings life everlasting.

Gospel, Matthew 11:25-30 Christ will refresh the weary.

Parish Mass Update

A number of people in our School and Parish community have been waiting for the recommencement of Church Masses, following the Closure earlier this year. Through the collaborative efforts of a number of Faith communities around Queensland, the plan for the reopening of Churches for groups up to 100 has been developed, with the approval of the Queensland Government. An industry COVID safe plan for places of worship was developed, to minimise the risk of the spread of the disease.

The overview of the plan includes a maximum of 100 people in the Church, allowing for 4m² per person and the ability for people to maintain the social distance of 1.5m. Smaller Churches will be restricted to smaller numbers due to the size restriction. It has been identified that singing increases the distribution of the virus into the air, so conditions have been added for the inclusion of singing during the mass. Whilst the conditions may seem to be unnecessary to us in our situation, we need to be mindful that that is not the same in all communities.

Within the Southern Cluster of Mackay, there will need to be planning and organisation for each of the different Churches which make up the Parish Cluster, so this may take time. Once a plan has been outlined for each Church to meet the guidelines, services will begin for more than 20 people at a time. Keep an eye on the parish bulletin to see details for each Church or go to the Southern Cluster Website for updates. <https://www.mackaycatholics.net/>

Karlie Tatchell – Regional Indigenous Education Liaison Officer

The annual NAIDOC Mass for catholic schools and the community in and around Mackay has been cancelled due to COVID-19 restrictions and the health of our community. The National NAIDOC committee has just released the dates being 8-15 November 2020 with the theme “Always Was, Always Will Be”. Various schools will be celebrating NAIDOC at different times. The NAIDOC Mass will be held at St Joseph’s Cathedral in Rockhampton and will be live streamed from midday on Tuesday 14 July. You are all invited to participate in the NAIDOC mass by going to the St Joseph’s YouTube channel. St Patrick’s College will be celebrating NAIDOC within the College community on Wednesday 15 July with a BBQ lunch.



Danika Hurley – College Counsellor



Year 12 QTAC Presentation

Due to all the changes with Year 12 University Applications and ATAR, St Patrick's College has booked QTAC (QLD Tertiary Admissions Centre) to speak with the parents and students of our college. It will be held on Wednesday 15 July at 6:30pm via zoom. Expressions of interest can be emailed to Danika_Hurley@rok.catholic.edu.au and a link will be provided prior to the session.

In this two hour presentation, students and parents will be provided information on QTAC and ATAR eligibility, key dates, ordering preferences, pathway courses, fees and HECS-HELP, adjustment factors and Education Access Scheme (EAS) as well as early conditional offer. They will have an hour long presentation followed by Q and A session. ATAR admissions open on 4 August and ATAR's are released at 9:00am on 19 December.

In the meantime, for additional helpful information, the downloadable guide entitled "All about ATAR" and e-version of the QTAC guide please go to www.gcaa.qld.edu.au to access.

As we approach the school holidays, we would like to acknowledge that this term time has been a particularly challenging one. Over the holidays, we ask that students and families take the time to care for their physical, emotional and mental health. Spend time engaging in activities that connect and nourish you, and take the time to notice and check in with yourself and others. Should you or someone else you know need a bit of extra support over the holidays, please get in touch with any of the below services.

Support Service Contact Details:

- headspace Mackay – 07 4898 2200
- Kids Helpline telephone counselling – 1800 55 1800
- eheadspace <https://headspace.org.au/eheadspace/>
- [Youthbeyondblue & beyondblue](https://www.beyondblue.org.au) 1300 224 636
- Parentline 1300 301 300
- Relationships Australia 1300 364 277
- Lifeline 13 11 14

Resources

- KidsHelpline : Mental illness in kids and teens
 - <https://kidshelpline.com.au/parents/issues/my-child-struggles-mental-health>
- Reachout : Getting help for teenagers
 - <https://parents.au.reachout.com/common-concerns/mental-health/getting-help-for-teenagers>
- Beyond Blue : Having the conversation with young people
 - <https://www.beyondblue.org.au/get-support/have-the-conversation/talking-to-a-young-person>
- headspace: Tips for a healthy headspace
 - <https://headspace.org.au/assets/Uploads/Centres/Geraldton/Tips-for-a-healthy-headspace-web.pdf>
- headspace Fact Sheet – How to Help a Friend Going Through a Tough Time
 - <https://headspace.org.au/assets/download-cards/12-If-your-friend-is-not-OK-headspace-fact-sheet-WEB.pdf>
- headspace Fact Sheet – Understanding Grief and Loss
 - <https://headspace.org.au/assets/download-cards/11-Grief-headspace-fact-sheet-WEB.pdf>

Dorota Cook – Science Coordinator

Here is another article in the series of short articles written by our UQ Science Ambassadors.

Neuroscience: Bigger, Better Mini Brains

In the last decade, scientists have successfully grown mini-brains, known as "organoids," from human stem cells that differentiate into neurons and assemble into 3D structures. As of now, brain organoids can only be grown to resemble tiny pieces of a brain in early fetal development, according to Dr Hongjun Song, a Professor of Neuroscience at the Perelman School of Medicine at the University of Pennsylvania.



But that could change in the next ten years. Mature neurons arrange themselves in layers, columns and intricate circuits in the brain. Currently, organoids only contain immature cells that cannot forage these complex connections, but Dr Song said that he expects the field may overcome this challenge in the coming decade.

Further Reading:

Brain organoids: advances, applications and challenges By Xuyu Qian, Hongjun Song, Guo-li Ming

<https://dev.biologists.org/content/146/8/dev166074#:~:text=Brain%20organoids%20are%20self%2Dassembled,human%20brain%20development%20and%20disorders.>

The Major Discoveries That Could Transform the World in the Next Decade By Live Science Staff
January 01, 2020



<https://www.livescience.com/next-decade-biggest-scientific-advances.html>

Written by Immogen Martin

Jodie Zahmel and Madison Brett - Food and Nutrition Teachers



Lifestyles Studies

The two most widely recognised food intolerances in Australian society are lactose intolerance and gluten intolerance. Last week in class the Year 12 Food and Nutrition, students were exploring Allergies and Intolerances to a variety of ingredients. During the theory lessons, it was identified that the class had a mixture of Gluten free, Dairy free, Egg free and Salicylate intolerance to onion and zucchini.



It was decided to cook zucchini slice, but cater for each of these dietary needs. A selection of modifications were made from omitting onion and zucchini from one recipe and substituting potato to create a potato and carrot dish. The dairy free option substituted grated cheese with lactose free cheese. The dairy, egg and gluten free option substituted bio cheese, egg replacer and spelt flour. The results catered for each student's dietary needs and were enjoyed at lunchtime. The original recipe was made as a comparison for those students lucky enough to not have any allergies or intolerances.

Original Recipe



Lactose free



Salicylate intolerance



Gluten, Dairy & Egg free



Career Opportunities

CQUniversity Virtual Open Days

While we deal with the present, we are planning for the future. For you that means we are busy creating virtual Open Day events so you can get the support and clarity to plan for your future.

Join us at one of our Virtual Open Days and discover our range of TAFE and university courses available to study online or on campus. Plus, chat with our expert teaching staff, explore our virtual facilities and learn more about our outstanding range of support services.

Throughout the year, you can connect with us anytime to get the answers to your questions about studying with CQUniversity. Simply book a conversation to chat to our team when and how it suits you.

1 August and 15 August 10:00 am – 1:00 pm

<https://www.cqu.edu.au/courses/future-students/future-study-options/open-days>

QUT Open Days

As part of QUT's commitment to health and safety, we are monitoring the COVID-19 situation closely and following all the relevant advice from government agencies and global organisations.

Register to attend our Open Day 2020 and we'll keep you informed of any possible changes to scheduling.

Sunday 26 July 9:00 am – 3:00 pm

UQ Virtual Careers Expo – QCE and Beyond

Free Registration for all Year 10-12 students and parents. With all of the restrictions that are being placed on our communities with COVID-19, we are excited to invite you to the first ever *Virtual* QCE & Beyond Careers Expo.

<https://inspired.edu.au/qcebeyond/>

SUN Program, CQUniversity

Start Uni Now (SUN) is a CQUniversity initiative that allows students in Year 10*, 11 and 12 to study CQUniversity units whilst still in high school. A 'unit' is the word used to describe something similar to your school subjects.

You can enrol in a range of CQUniversity units, either on-campus (face-to-face) or by online study (online), and combine them with your regular high school work.

*Year 10 students are eligible for Term 3 (November) intake only.

<https://www.cqu.edu.au/courses/study-information/work-and-study-preparation/sun>

DEFENCE FORCE OPPORTUNITIES

Australian Defence Force (ADF) Gap Year

An ADF Gap Year is a unique opportunity to experience life in the Navy, Army or Air Force, without needing to make a long-term commitment. The skills obtained through the ADF Gap Year program will provide them valuable work and life experience and are completely transferable. It will enable your students to develop the confidence for their next endeavour.

Students who take part in the ADF Gap Year program:

- Gain valuable skills and work experience
- Enjoy a great salary package plus free healthcare
- Live a varied, active and healthy lifestyle
- Make friends with like-minded people
- Have the opportunity to see more of Australia

Whatever their interest, there are a variety of roles to select that will provide young Australians valuable life skills. These include experiences as an officer, in management, engineering, logistics and warehousing, combat and security, and administration.

https://www.defencejobs.gov.au/students-and-education/gap-year?utm_source=GY_CareersAdvisors&utm_medium=eDM&utm_campaign=2020_21&page=1&perPage=21&query=



How to get your new St Patrick's College Mackay app

Follow these simple steps to quickly and easily set up your new app.



STEP 1

Search & Download

Search for your school on the Apple App Store or Google Play to download the app.



Select your tags

Sports

AFL Adventure Club Cycling

STEP 2

Manage Subscription

Tap settings, then Subscriptions and make your selection. You can change your Subscriptions at any time.

Stay Connected

You will now receive the latest updates and information from your school. Everything you need to stay in the loop is all in one handy place.

PLAY AFL

We are ready to play for 2020 season & looking to top up our list with new or experienced players

Etwell Park
Pattinsons Lane
Bakers Creek

FACEBOOK | BakersCreek.TigersAFL
INSTAGRAM | BakersCreekTigers
EMAIL | bakerscreektigers@live.com.au
TELEPHONE | 0447 059 900

Photo by Phil Noshem

We love it!

Want to play AFL this season recruiting now Juniors through to Seniors

Superstars, U8, U10, U12 ½, U14 ½, U17 ½ through to Senior Men, Reserve Grade & Women's.

To Register or find out more
Call 0447 059 900
or email bakerscreektigers@live.com.au

⚽City Brothers Football Club⚽

Seeking Soccer players for the resumption of season 2020. We are calling for 11-14yo to fill the few remaining spots (2006-2009) and Senior Women.

Please register online now.

Logon to <http://playfootball.com.au> and select where can I play.

From the list tab choose City Brothers Football Club. Under 5 through to Senior Men and Women.

Email all enquirers to - info@citybrothersfc.com.au