



Good Shepherd Catholic College Mount Isa



Mr. Peter Scott
College Principal

Experience the Community Live the Values Achieve the Success

From the Principal

“Education is not just, in functional terms, a means to an end. Although we educate people to fill the many positions needed to manage our economy, more importantly education is about implementing the highest values we hold; freedom, fairness and democracy.” Hon Geoff Gallop AC

My newsletter article today draws closely from the William Walker Oration delivered to the ACEL National Conference in Melbourne last year. The topic, as discussed by Geoff Gallop (former Premier of WA) was, “What is an Educated Person”, and was presented to over 600 educators gathered from around Australia. He began by posing several important questions;

1. Can we really talk of a free and fair society if we are not educated to respect the rights of others and to consider the public good as well as our own interests?
2. Can we talk of democracy without the platform of informed citizens, and decision-making based on evidence and fact, rather than opinion and fiction?
3. What comes first, the free, fair and democratic system or the education required to deliver on its promises?

He goes on to say, “education has not only a social role but an important political and moral dimension”.

So what is it then that makes an educated person? Gallop identifies the following as necessary factors: knowledge, practical wisdom, self-awareness, adaption, innovation, political interest, an open society and human equality. These are realised as:

1. Knowledge about how the world works, as presented to us in the physical and human sciences
2. Language and the reasoning it facilitates
3. Observation and investigation and a continual search for “truth”
4. An open heart and an open mind to the views of others, reasoned argument and evidence
5. An ability to adapt and innovate as individuals or leaders
6. Recognising the importance of education and the need for life-long learning
7. A political attitude that will look to settle difficulties with an informed and “open” mind, with patience, creativity and compassion

Education should lead us to these “truths”, or at least give us the capacity to be continually challenging in an informed and critical way. It invites us to a continuous improvement in our knowledge base, our investigatory skills, and in our awareness of self and the world, in which we have to adapt and innovate. This is our goal at GSCC, to prepare our students to be “global citizens” conscious of their ongoing commitment to an open, caring and compassionate society that breeds support for evidence-based and human rights-infused policy rather than ignorance and bigotry. With our shared faith we work together on a commitment to education and its implications to the way we think and behave.

“Education is an empowering experience with empowering consequences for the individual. To be well educated, is to understand the nature and importance of our role in society and to look to an openness and human equality that dictates the public interest over the private, humility over self-pride and pragmatism over fundamentalism.”

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Good Shepherd Catholic College Mount Isa



Mr. Senan Keating
Deputy Principal

Experience the Community Live the Values Achieve the Success

From the Deputy Principal

Year 10 into 11 Process

This Term, our Year 10 students have begun preparations for their transition into Year 11. During pastoral care lessons Curriculum Leaders present to students the various subject offerings available in Year 11 to allow the students to begin making some informed decisions.

On Wednesday 7th June the College will hold its annual Senior Phase of Learning Information Night for Year 10 students and their parents to outline the various pathways available. There will also be subject displays, and a chance for students and parents to talk with Curriculum Leaders and Senior Teachers.

After this night, students and parents will participate in the SET Plan (Senior Education & Training Plan) process to discuss their Semester 2 trial of some of our Senior Authority and Authority Registered subjects. As well as formalising their initial plan for Year 11 in 2018, the formal SET planning process will begin in Term 3 once the students have begun studying some trial subjects.

Further information will be given at the information night. It is important that all Year 10 students and their families attend

IMPORTANT DATES:

**FRIDAY 2ND JUNE,
ATHLETICS CARNIVAL**

**FRIDAY 2ND JUNE
SPORTY TRIVIA NIGHT**

**FRIDAY 16TH JUNE,
SCHOOL DISCO**

**WEDNESDAY 21ST JUNE
LAST DAY OF TERM**



Good Shepherd Catholic College Mount Isa

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College Academic Award Ceremonies

The College holds 2 formal Academic Award ceremonies each year. Early in Term Three, the Principal's Awards Ceremony is held; this recognises the academic achievements of students based on their Semester One Report Card. Students receive awards in one of our three categories: Gold, Silver or Bronze.

The second of our ceremonies, Awards Night, occurs in Term 4 with a mixture of academic, sporting, cultural and service awards. Please note that eligibility of academic awards on awards night is based on the student's whole of year results, and not just on Semester Two.

The Criteria for these awards are published prior to each ceremony and outlines how the College determines eligibility. Please keep an eye out in the next edition of the Newsletter for an outline of the Term Three Principal's Awards Criteria.

Year 12 students prepare for the QCS Test

Last week some of our Year 12 students attended a full day workshop in preparation for the Queensland Core Skills Test which is held in August and plays a major role in calculating a student's Overall position (OP).

The workshop brings together all of the skills they have been learning over the last year, as well as gives them a few Tips and Tricks for achieving maximum success. Well done to all students, great feedback was received from the facilitator who believes you are all in an excellent position to do well.





Good Shepherd Catholic College

Mount Isa



Mrs Amy Webb
Assistant Principal (Pastoral)

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Assistant Principal – Pastoral

Take time to take care of yourself...

As the demands of school work increase at this time of term, it is important to take into account the well-being of the young people in our care. In order to deal with this demand, a good school-work-life balance must be maintained. This balance is something that most young people struggle with; however, there are a number of simple strategies that will improve students' mental health, and success.

- Be organised - Leaving assessment until the week it is due will cause unnecessary stress and anxiety.
- Manage time effectively - ensure there is enough time in the week to prioritise what is most important (this could include school work, extracurricular activities, part-time work, time with family, time for rest!).
- Build resilience and have a positive attitude.
- Avoid stress, mental exhaustion and burnout - fatigue affects your ability to work productively (get enough sleep!).
- Maintain a healthy lifestyle - eat well, sleep well and set aside a little time to exercise or pursue an activity that you enjoy.
- Enlist a good support system - talk to someone and ask for help!

Further to this, I recently read an article outlining the benefits children experienced after improving their mindfulness through participation in yoga classes. Yoga may not be for everyone, but the concept certainly holds merit.

Mindfulness is the ability to be present, aware of where we are and what we are doing, and not overly reactive or overwhelmed by what is going on around us. There have been studies that have found mindfulness programs improve mental health, sleep quality, concentration, well being, the ability to manage and describe emotions and reduce stress and tension. Meditation is an excellent way to improve mindfulness, and students are encouraged to set aside some time during their increasingly busy lives to simply 'be present'.

If students are experiencing stress or anxiety, it is important they make the necessary changes to improve their mental health and well being. Discussing any concerns with their Homeroom Teacher or Pastoral Leader is also advised.



Good Shepherd Catholic College Mount Isa



Mrs. Jacqueline Warren
Assistant Principal (RE)

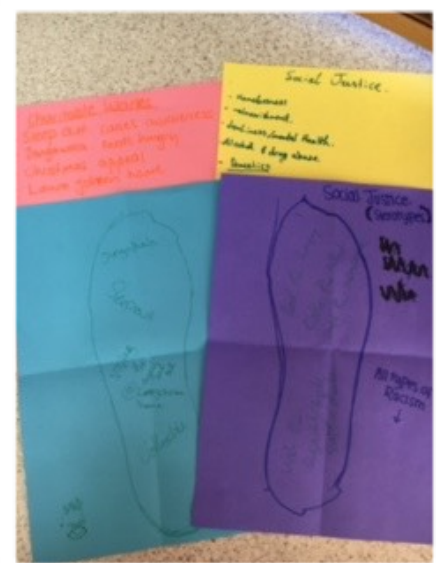
Experience the Community Live the Values Achieve the Success

From the Assistant Principal (Religious Education)

This year being an Ordinary Year of Mercy, the College has decided to focus its social justice efforts on the Corporal Works of Mercy. These are; feed the hungry, give drink to the thirsty, shelter the homeless, welcome the stranger, comfort the sick, clothe the naked and bury the dead. Throughout the next two terms each house group will participate in actions that demonstrate and live these Corporal Works of Mercy. One of these events will be participating in the Vinnies Sleepout which aims to bring awareness to the issues faced by the homeless.

On Tuesday the 23rd of May the College and House Leaders participated in a Social Justice afternoon with St Vincent De Paul. They participated in activities that prompted discussion about social justice issues prominent in the local community as well as looking at these issues through the eyes of someone experiencing injustice. They also created their own 'Feet Of Love' which outlined social justice issues and charitable works which can be taken on to assist people facing social justice issues.

From this introductory session, the leaders will further develop their ideas and actions for living out the Corporal Works of Mercy this year.





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Health & Sport

Athletics Carnival

This term, the GSCC Interhouse Athletics Carnival will be held on Friday 2nd June at Sunset Oval. The Carnival will start at 8.30am and finish around 3.00pm. On the day, students will rotate in their age groups to participate in Long jump/Triple Jump, Discus, Shot Put, Javelin, 100m and 200m. We will also be running an activities rotation and the 4 x 100m house relays on the day. Students are encouraged to participate in all of the events throughout the day. Points will be awarded to students for participation and for placing 1st, 2nd, 3rd and 4th. Points add up to both Age Champion and overall House Champion awards. Students who place in an event, will also have an opportunity to represent the College at the 2017 Interschool Athletics carnival in Term 3.



Ms Nicole Dalla Vecchia
HPE Curriculum Leader

All students are expected to meet at Sunset Oval on time. Roll call will commence at the first event rotation which will start promptly at 8.40am. Students will be given various opportunities throughout the day to purchase some food from the BBQ. Alternatively, they can bring their own packed lunch. Please ensure that you also bring plenty of water and wear appropriate sun safe clothing (hats, shirt, sunglasses and sunscreen).

There are some events on the day that students will need to nominate for. These include, 400m, 800m and High Jump. Students will find nomination forms at the College office and are asked to please return these by Wednesday 31st May. If you would like to ensure your child is nominated in these events, please feel free to contact me via email ndallavecchia@goodshepherd.catholic.edu.au.

We were extremely pleased with attendance at the Swimming Carnival this year, and are looking forward to another fun filled day next Friday. So students, bring your stomping shoes and cheering voices and remember that GSCC = "Good Spirit Creates Culture" (GSCC College Leaders, 2017).





Health & Sport – continued

In the lead up to the Athletics carnival, the HPE department will continue to run morning training sessions on Tuesday, Wednesday and Thursday from 8.00am at the College Oval. Some students have also been learning Athletics and lifelong physical activities in HPE this term. Not only are students encouraged to participate to the best of their ability, but they are also reminded that practice makes perfect. It is not uncommon for practical homework to be set in HPE. For example, in shot put, students may be asked to use tennis balls to practice the technique. Alternatively, they may be asked to simply watch the shot put of a professional Athlete on Youtube. This can significantly improve students understanding of specialised movement, and improvement of body control/coordination, enhancing their results in practical assessment.

Energy Drinks

In HPE, students learn a range of topics aiming to encourage lifelong health and wellbeing. In Years 7 & 9 we teach students about good nutrition. Unfortunately, however, the temptation of consuming food and drink high in sugar prevails. Of particular concern are energy drinks or caffeinated drinks). Despite their knowledge and understanding, students forget how harmful these drinks can be. Recently, a healthy young boy in South Carolina (USA), died of a caffeine-induced cardiac event, causing a probable arrhythmia. Over two hours, the young teenager Davis Cripe died after drinking a McDonald's latte, a Mountain Dew and an energy drink.

Students are reminded that this amount of sugar/caffeine in their system can be extremely harmful. Consuming large amounts of caffeine can cause heart related problems, however has different effects on different people. Furthermore, most pediatricians say that children and adolescents shouldn't consume caffeine at all. There are many articles online that discuss the effects of caffeine on children, including this one written by Lauren Cox for 'Live Science'

<http://www.livescience.com/36164-caffeine-bad-kids.html>. If you have any concerns, please book in to see your child's doctor or GP for an appointment.





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**Mr Nathaniel Staples
Curriculum Leader -
Technologies**

Technology

Manual Arts

As part of our continual effort to keep our workshops up to date we have recently upgraded our reticulating drop saw. Our previous one having served a long life we approached Mount Isa Mining Supplies who were able to equip us with a fantastic Milwaukee model and cutting bench. Students and teachers have all commented on how much nicer the new saw is to use.



eSports

The first three weeks of competition have seen both Senior and Junior teams go head to head against over 5 different schools from across Australia. Throughout their time playing together, students learned to work together as a team and communicate between one another during practice and their games. Competition even shed the light on a few future leaders for our College, leading their teams and making formed and evaluated decisions for their team.

Although the teams unfortunately, did not triumph over their opponents, all three teams have demonstrated outstanding cooperation and commitment to the competition.” Lewis Ryder - Year 12 Team Captain.

Game videos are available on the competition website and twitch channel.





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**Ms Jade Marinelli
Music Teacher**

Smithy – The Musical

Good Shepherd proudly presented Smithy the Musical last Friday & Saturday evening. Both nights were a successful testament of the amazing talent and creativity of our students and staff at the College. I would like take this opportunity to thank all of the students, staff and parents for their assistance in the production.

“I loved every part of the Smithy Musical from the start of rehearsals to the final production on Saturday night! I loved the characters and how they were so diverse and the way they were so believable, for e.g. The character Belinda had a feminist feel, whereas Mary was up front and centre and she wasn't afraid to say what she thought. The musical was very exciting and an amazing adventure for me personally and I've developed a respect and close friendship with all the cast and backstage crew. The musical really opened my eyes to what goes into a production such as Smithy. I can't wait to perform in another GSCC production soon! “

Sophie Tobin Year 7 - Chorus

“The thing I enjoyed the most was the amount of care and support from everyone. I loved how enthusiastic everyone was and the time and effort we all put in to make the most amazing performance I have ever been in.”

Darcy Harman Year 7 - Toady

“This years musical was AWESOME! From the very first read through of the script with the cast, we were already getting along. As time progressed some people had to drop out due to other commitments, but because of the amazing cast we are, we welcomed the new cast with open arms. By the last night of performance I think we can all agree that we are like family now. Why wouldn't we be? We spent enough time together! The experience was incredible and I'm so glad that I was able to meet such lovely people. #OHHMAWY”

Laura Szabadics Year 9 - Belinda

“The past 6 months of musical practice was a great opportunity for students both juniors and seniors to bond and develop trust and friendships while making fun memories. It also enhance skills and boost confidence as each student develop their character and add their own uniqueness to the play. It is truly one of the most fun and exciting events there is at Good Shepherd College. All the hard work and effort of the students as well as the staff all resulted in a marvellous play that the cast will never forget. Drama is Fun! “

- **Ms. Byrde A.K.A. Maria Dominique Feliciano Year 12**

“I'd just like to say a massive thank you to both the teachers and the students. Without everyone involved this production wouldn't have been a reality, and whether it was your last or first time performing or being part of the behind the scenes crew, you all did an amazing job. You should all feel extremely proud of both yourself, and everyone else. Congratulations”

Alison Godfrey Year 9 - Backstage Crew Manager



Smithy – The Musical – Continued

“When you are in the midst of rehearsals; everyone is tired because it is the end of the term; students are pulling out because of stress; and people are missing because of work, illness or their parents’ sudden decision to go on a holiday, you find yourself questioning the sanity of trying to put on a musical in an outback town. But you persevere, in turn being encouraging, grumpy, enthusiastic, stoical, and always pushing the students to do more, be more and try harder. Eventually we get to ‘The Night’ the students are full of nerves, questioning themselves, their abilities and whether or not they will be successful or fail in the face of their family and friends. Then they step onto the stage. Mistakes happen, lines are forgotten, costumes misplaced, people are in the wrong place at the wrong time but everyone works together to make it happen, to keep the performance going and they do a magnificent job. They problem solve and improvise, they trust each other, they keep giving their best because they know ‘the show must go on’. Whether they know it or not they have learnt the basics of some very important life skills, built friendships with people they might not have otherwise got to know and most of all been able to be so very proud of their hardwork and efforts.

At that point, you know that it is all - very definitely - worthwhile and you couldn’t be prouder of each and every one of the back stage, onstage, music and tech crews.

Thank you everyone for a fabulous, amazing and funny production - you deserve every moment of kudos that comes your way.”

Anna Telford - Director

“The musical was a real eye opening experience. I was introduced to a completely new culture of life that I had never experienced before, and to my surprise I really enjoyed it. All the actors put in the hard work and long hours, and their performance was a reflection of this. Truly an amazing show!”

1st time back stage crew member





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Ms Jade Marinelli
Music Teacher

International Music Day

June 21st is recognised throughout the world as “International Music Day” “World Music Day” “Musicians across Borders” “Make Music Day” and “Fête de la Musique” and is celebrated in over 700 cities and 130 countries. 2016 was the first year that Australia has joined in to Celebrate International Music Day.

This year on Tuesday the 20th June, the Year 11 & 12 Music class are holding a range of activities in celebration of International Music Day. Music is an important part of our way of life; it plays a key role in ceremonies, social and cultural activities. Music unites people. It encourages democracy, individuality, freedom of expression and teamwork. For these reasons, the class believes it is important that we celebrate this day at the College.

On the day there will be a variety of activities held, such as: homeroom activities (quiz and colouring competition), College Concert and a Music Soiree.

The International Music Day Concert will be held during periods 5 & 6. The Concert will be an upbeat and exciting environment for students to enjoy the ending of Term 2, 2017. On the evening, a Music Soiree will be held to showcase the instrumental aspect in the College. This is an opportunity for the ensembles in the College to perform and showcase their talents. It is also a great way for parents of students to watch their children perform with their specified instruments.





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Careers Department

CONGRATULATIONS KACEE!

Kacee Wilson will commence a School Based Apprenticeship with Your Hairstylist this week and study a Certificate III in Hairdressing.



Mrs Fiona Coghlan
Careers



Mine X Tour

Twenty-two of our Year 9 students attended Mount Isa Mines Mine X Tour last week.

The visit provided an insight into various stages of the Life of Mine process and the career options the mining industry has to offer. Students had the opportunity to learn about the geological profile of Mount Isa and the North West Minerals Province with Exploration Geologists and a chance to build an understanding of the important role support services play in the operations from ensuring operations don't adversely impact the environment, to protecting the safety of its people and engaging with local communities.





Uniform shop hours

Tuesdays 8am - 9:30am,
Thursdays 2:30pm to 3:30pm

We have a limited amount of Junior jackets, hats, socks and ties which can be purchased from the office. We will try to accommodate all according to your situation, however, we will be adhering to the hours listed above.

Winter Uniform.

Please note: No non-college jumpers can be worn, as we have now fully transitioned to our updated and new winter uniform, Old Good Shepherd jumpers are no longer permitted, and students will be required to purchase one of the options listed below.

Junior Options

- Maroon tracksuit jacket (\$50.00) and track pants (\$30.00)
- Maroon knitted jumper (\$45.00)

Senior Options

- Maroon Blazer which is compulsory for senior (\$93.00)
- Maroon knitted jumper (optional) (\$45.00)
- Long Grey Trousers (Boys) - \$30.00
- Grey Stocking (Girls) - \$6.00
- Please contact the College Office, or your child's Pastoral Leader for clarification on any winter uniform items.



Good Shepherd Catholic College Mount Isa

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COMMUNITY NOTICES

Tickets are now on sale for our



**VERY SPORTY
TRIVIA NIGHT**

**Come dressed as your favourite sporting team
and support the 2017 GSCC QISSN Team**

\$15 PER PERSON / TABLES OF 8
Tickets must be purchased from the College Office before May 24

Bar opens at 6pm. Trivia begins at 6:45pm

**Good Shepherd Catholic College
Lumen Christi Centre**

Parking on Camooweal St – Entry via Gate 2

FRIDAY 2 JUNE 2017

18+ EVENT

QISSN
GOOD SHEPHERD CATHOLIC COLLEGE
MOUNT ISA
QISSN IS A REGISTERED TRADE MARK OF THE QUEENSLAND INSTITUTE OF SPORTS AND RECREATION

BYO NIBBLES | RAFFLES | LUCKY DOOR PRIZE | BONUS
ROUNDS (RAID YOUR PIGGY BANK!) | BEER, WINE &
SOFTDRINK FOR SALE - NO BYO | BEST DRESSED
PRIZES | CASH PRIZE FOR WINNING TABLE | A RANGE
OF TRIVIA QUESTIONS - NOT JUST SPORTS RELATED





Good Shepherd Catholic College

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COMMUNITY NOTICES



EMERGENCY SERVICES OPEN DAY

DELIVERING IN PARTNERSHIP FOR PATIENTS

- See inside a RFD aircraft, a RACQ LifeFlight Rescue Helicopter or a Qld Ambulance
- Witness a patient loading display by our medical crews from road ambulance to aircraft
- Face painting
- Colouring-in comp
- Paper plane challenge and other novelty games
- Raffles, merchandise and give-aways
- BBQ breakfast courtesy of Mount Isa Rotary Club

SATURDAY 27TH MAY 2017 - 9am - 11am
RFDS Hangar, Mount Isa Airport
For more information call 07 4743 2800



Experience the Community Live the Values Achieve the Success

COMMUNITY NOTICES

GIRL GUIDE BISCUITS

Raising Funds to Empower Girls and Young Women

MINI CHOCOLATE CHIP GIRL GUIDE BISCUITS \$3.50

SHORTBREAD GIRL GUIDE BISCUITS \$4

CONTACT
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OR
visit us at Woolworths Miles St on the 27th May
www.girlguidebiscuits.com.au

GIRL GUIDES AUSTRALIA

Colours 4 Cancer

June 4th 2017

Tickets on sale Now!!!!

Find us on Facebook

Registration \$40 per person*

Registration includes goodie bag with shirt, coloured powder etc.

*for anyone aged over 12 years.
Children under 12 may participate at parent's discretion

Register online via Facebook or bring Cash to Hit 102.5 67 West St

Merchandise and food and drink for sale on the day

Walk, Run or Roll the 5km course around Lake Moondarra

hit 102.5

TELSTRA STORE MOUNT ISA

Mount Isa Entertainment & Tourism Venues and DanceNorth Present

RAINBOW VOMIT

By DANCENORTH

AN IMMERSIVE, COLOURFUL DANCE WORK SUITABLE FOR ALL AGES.

"THIS SHOW IS A RARE ACHIEVEMENT, A RESONANT SENSORY JOURNEY INTO OUR INNER, EARLIER, LESS CONVOLUTED CHILDHOOD STATE" - REALTIME

TUESDAY 13TH JUNE, 6 PM & WEDNESDAY 14TH JUNE, 10 AM

MOUNT ISA CIVIC CENTRE

TICKETS FROM THE BOX OFFICE (07) 4747 3300 OR EXPERIENCEMOUNTISA.COM

\$15 CHILD | \$20 CONCESSION | \$25 ADULT

DANCENORTH

Digital skills for all Queenslanders

Students, teachers and librarians are invited to **GET HANDS-ON WITH DIGITAL TECHNOLOGY**

Mount Isa event

Thursday 15 June 2017

Get hands on and learn about

DRONES digital careers makerspaces

3D PRINTING ROBOTICS

wi-fi devices CODING

Hear from experts and real-life practitioners about their own digital journeys, the impact that technology might have on future employment and the opportunities that digital technologies can provide.

Workshop places are strictly limited

To register for a workshop or to find out more information, visit:

godigitalqld.dsiti.qld.gov.au/Digital-Skills-Roadshow

godigitalqld@dsiti.qld.gov.au

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Proudly supporting the Queensland Government's Advance Queensland Initiative

Queensland Government