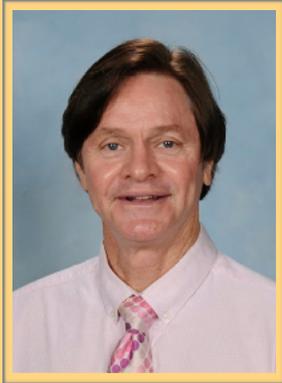




Good Shepherd Catholic College Mount Isa

Experience the Community Live the Values Achieve the Success



Mr. Peter Scott
College Principal

From the Principal

Last week was Catholic Education Week, a wonderful reminder of what it means to be an educational institution that is “catholic”, that is, “different” to public or other private educational institutions.

What does it mean to be “catholic”?

What does it mean to be “educated”?

Just what do we mean by “a catholic education”?

Catholic schools and colleges aim, “not to be different but to make a difference”.

You may well ask, “What is this difference?”

We began the week by celebrating our faith through coming together in the Mass. The Mass is a sacred experience that connects us as a community with a 2000-year-old tradition as powerful today as it was then and indeed just as relevant. If we ever needed the strength and support offered by a unified and common purpose it is today, in these troubled times of social, economic and political unrest.

Also, last Monday was our Feast (Founders) Day where we remembered those who have come before us and on whose legacy we have laid the foundation of what we understand to be at the heart of GSCC spirit. These men and women lend their names to our four houses: Edmund Rice, Mary MacKillop, Caroline Chisholm and Bishop Benjamin. These giants on whose shoulders we stand, along with Christ Jesus our light, allow us to see further, with greater purpose and a clearer vision.

As we celebrated our Catholic community last week we were reminded of our work here at GSCC;

- to acquire a good education, that will serve purpose for our student’s futures and on which they will build meaningful and informed lives
- to gain strength and resilience, socially and emotionally, that will protect them against the conflicts, distractions and demands of contemporary life
- to live their lives with Christian values of love, honour, courage and honesty, that will give them hope, charity and justice in their relationships with others
- and finally, to develop an ability to work together with respect, in order to realize a greater purpose , so that they will contribute, through effective leadership, to a better world, a safer world, with a willingness to accept diversity, care for the environment and live in harmony with the past, the present and the future. This is what is understood as a “Catholic” education. An education our founders, and those who have come before us, and we who are the teaching staff of today, proudly offer the young men and women who come to GSCC.

All we ask now is for them to reach out, grasp it, make their lives ones to be proud of, to be the very best they can be.

Good Shepherd Catholic College
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Mount Isa QLD 4825
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Good Shepherd Catholic College Mount Isa

Experience the Community Live the Values Achieve the Success



Mr. Senan Keating
Deputy Principal

From the Deputy Principal

Principal's Awards

Last week we held our Annual Principal's Awards where we recognised the achievements of students in Semester One. It was great to see so many parents join us for the occasion and to help us celebrate. I would like to congratulate all students who received awards. A special congratulations to our Gold Awards recipients. Students who were absent are able to collect their awards from the College Office.



Tara Gavan



Adam Moes



Ella Coghlan



Jordan Dew



Faith Finter



Alison Godfrey



Casey Nyborg



Igee Petalcorin



Ashley McDonald



Mitchell Thinee



Charlotte Tuppurainen



Mirari Villanueva

IMPORTANT DATES:

THURSDAY 3RD AUGUST -
FRIDAY 4TH AUGUST,
YEAR 9 RETREAT

FRIDAY 11TH AUGUST,
2017

PUPIL FREE DAY



From the Deputy Principal – continued

Managing Stress at School

Stress is a natural part of being human. It is one of the ways that our body's prepare us to face challenging situations. Stress can be categorised as either productive stress, or unproductive stress. It is this unproductive stress that can cause problems with students in the classroom, and therefore it is important that students learn ways to manage and cope with that stress. There are a number of key signs to look out for, including: trouble sleeping, irritability, anxiety, panic attacks, isolation and avoidance of school and work. The biggest cause of stress we see in students is usually due to lack of time management. Below are a few tips to help effectively manage time and avoid unproductive stress:

Create a list of what needs to be done, and then break it down further by writing what needs to be done for each item. Ensure it is manageable and achievable.

Use a diary or notebook to keep track of important dates and deadlines

Work in 20 - 30 minute chunks and then allow yourself some time to have a break. Limiting distractions to break times makes the time you are working more productive.

Ask for help if its not working: Time management is a skill, like any skill - it sometimes takes work and help to master it.

Parents who are concerned about their child are encouraged to contact the relevant Pastoral Leader and let us know so that we can support you and your child. Students are also encouraged to speak with their Pastoral Leader if they feel they need some additional support or skills in the area of time management or stress management.



Good Shepherd Catholic College Mount Isa

Experience the Community Live the Values Achieve the Success



Mrs Amy Webb
Assistant Principal (Pastoral)

Assistant Principal – Pastoral

As we enter into another 'busy' period of the term (it seems like we were just there yesterday!), it is important to take into consideration the well-being of the young people in our care. The Australian Government has a fantastic website for the use of parents, students and educators to support student well-being (<https://www.studentwellbeinghub.edu.au>). The website caters to both Primary and Secondary students and has sections that focus on well-being, cyber safety and safe and responsible choices. High school can be a difficult time for adolescents, therefore it is vital that we work together to support and encourage students both inside and outside of the classroom. Resources like the Student Wellbeing Hub can provide invaluable insight and information to assist with the challenging high school journey.

As a College, we have many programs designed to support student wellbeing. This term, students will partake in a number of activities in support of RU Ok? Day. The purpose of RU Ok Day is to empower everyone to meaningfully connect with people around them.

RU Ok? Day aims to:

1. Boost confidence to meaningfully connect and ask about life's ups and downs
2. Nurture a sense of responsibility to regularly connect and support others
3. Strengthen a sense of belonging because we know people are there for us
4. Be relevant, strong and dynamic

This year, RU Ok? Day is on Thursday 14 September.



Please see below a number of gentle reminder for students and families:

- Students are not permitted take away/fast food on the College Grounds.
- If you need to bring you child lunch throughout the school day, please take it to the front office and they will pass it on. If the lunch food is from a fast food restaurant, students will be required to eat it at the office.
- Please do not allow students to bring chewing gum to school. Discarded chewing gum is becoming a rising issue and is causing damage to both school property and student's belongings.

IMPORTANT DATES:

**THURSDAY 3RD AUGUST –
FRIDAY 4TH AUGUST,
YEAR 9 RETREAT**

**FRIDAY 11TH AUGUST,
2017**

PUPIL FREE DAY



Experience the Community Live the Values Achieve the Success

Assistant Principal – Pastoral – continued



EDUCATORS

KEY INFORMATION AND CLASSROOM RESOURCES

Professional Learning modules and a school audit tool will help you build and maintain a safe and supportive learning environment, essential to student wellbeing.

PRIMARY

SECONDARY



PARENTS

INFORMATION AND ADVICE

This is your starting point for advice about important topics and for resources to help make your child's school experience a positive one.

PRIMARY

SECONDARY



STUDENTS

INFORMATION AND ACTIVITIES

This is your space, where you can find information about important topics and ways you can contribute to a safe and supportive school.

PRIMARY

SECONDARY



Experience the Community Live the Values Achieve the Success



Mrs Jacqueline Warren
Assistant Principal
Religious Education

Assistant Principal – Religious Education

Catholic Education Week

Deus Caritas Est Award

Last week, Catholic schools all over the state celebrated Catholic Education Week. Every year one senior student from each Catholic secondary College in the Diocese is awarded the Deus Caritas Est Award. This award is given to a student who demonstrates a commitment to Christian living in how they interact and treat others. The Townsville Catholic Education Deus Caritas Est Award is the Diocese’s most prestigious student award and is presented during Catholic Education Week at the Catholic Education Week Mass at the Sacred Heart Cathedral in Townsville. This year our very deserving winner was Maria Feliciano. We congratulate Maria on her achievement and her dedication to living out Christian values in all that she does. Well done Maria.

IMPORTANT DATES:

THURSDAY 3RD AUGUST –
FRIDAY 4TH AUGUST,

YEAR 9 RETREAT

FRIDAY 11TH AUGUST,
2017

PUPIL FREE DAY





Good Shepherd Catholic College Mount Isa

Experience the Community Live the Values Achieve the Success

Assistant Principal – Religious Education – continued

Good Shepherd Day

On Monday of last week, to kick off Catholic Education Week, the College celebrated Good Shepherd Day. The day began with a whole school Mass celebrating our College House patrons and the beginning of Catholic Education Week. After a morning tea celebration, each year level moved into rotational activities competing against all houses for spirit points. Activities that students participated in were oval games (including tug-of-war and knights, mounts and cavaliers), bin-ball, minute to win it, human battleships, balloon pop and a team obstacle course. The day ended with a house dance off where each house danced the nutbush and the macarena. A fun day was had by all! A special thank you goes to all the staff who assisted on the day as well as the College and House Leaders who worked tirelessly all day. Thank you.





Experience the Community Live the Values Achieve the Success

Assistant Principal – Religious Education – continued

Student reflections on the day

“On the 24th of July in celebration of Catholic Education Week, Good Shepherd Catholic College held its annual Feast Day. The day consisted of a morning Mass and a number of activities to take part in with food provided during the breaks. Students were encouraged to take part in activities to earn points for their houses.

The activities on the day consisted of six rotations with each rotation having its own activity, including a tug-o-war, bin ball, human battleships, balloon pop, obstacle course, a minute to win it competition and with a final surprise dance off for one final chance to earn points.

Overall the day was structured and organised well, I would like to congratulate Mrs Warren and all those involved in the setup and planning of my last ever Feast Day. The activities were loads of fun and varied with some old and some new.”

Jack Haigh

“Good Shepherd Feast Day was an excellent opportunity for the school as a cohort to begin the celebrations for Catholic Education Week. It began in the morning with a mass where we all gathered in the Lumen Christi Centre. The mass was organised by the college’s Assistant Principal of Religious Education, Mrs Warren who did an amazing job of setting it up as always, and Father Mick did an excellent job of leading the Mass. The Mass went for an hour and the students of the College were well behaved during it. After the Mass all the houses had a war cry competition to gain some points for the start of a fun day, then each house had their own cake decorated in their house colours for morning tea.

The overall experience for me was a fun filled day with many memories to remember. All the teachers that were stationed at their activities did an excellent job of explaining what the activity was and how we playing them. I especially would like to say thanks to Mrs Warren for setting the event up and for any other teachers that helped out. The grade 12 students had a great time for our last Feast Day that we will ever have. We will always remember how the Good Shepherd Feast day is one the best school events the college has for everyone to partake in. “

Daniel Bishop





Good Shepherd Catholic College Mount Isa

Experience the Community Live the Values Achieve the Success



**Ms Nicole Dalla Vecchia
HPE Curriculum Leader**

Health & Sport

On Friday 21st July, Mount Isa held the 2017 Interschool Athletics Carnival at Sunset Oval. For many years now, Good Shepherd Catholic College has won this event, but unfortunately this year we could not hold the title. Spinifex performed really well on the day and they are to be commended on their attendance and participation this year. Those that represented GSCC on the day, did extraordinarily well, claiming most of the records broken. I would also like to congratulate all students who came away with Age Champion including, Mitch Nicol, Conor Bowden, Remmy English and Lachlan McCoy.



Those that did place in events at the Interschool carnival, have been selected to attend the North West Athletics Carnival in Longreach next weekend. A reminder to students that only those students who are selected in and nominated to represent their District Team are eligible for North West selection. Students can compete for an Athletics club on the day in any event, however, they need to nominate and pay for these through the Athletics club. If there are any parents who may be able to assist at this carnival as an official, please email myself or Lexine O'Donnell lodonnell1@goodshepherd.catholic.edu.au.

Also happening in sport next week, is the Girls Rugby League 'come and try' clinic. The clinic will be run by North Queensland Cowboys legend, Matty Bowen next Wednesday 8th August at Alec Inch Oval. Any girls who are interested in Rugby League are encouraged to attend this clinic which will be held from 4pm - 5.30pm. GSCC will also be starting Girls Rugby League development sessions this week, and are looking forward to taking another team away to the NQ School Girls Challenge in October this year.

Athlete Report

Congratulations to Ryan Bowler who was selected to represent the North West for Soccer. Ryan travelled away to Hervey Bay last week to participate in the carnival. This is a fantastic achievement for such a young athlete and we look forward to seeing Ryan continue to develop his skills in Soccer in the years to come.

Also representing the North West region in Sport, is Luke Maye and Darcy Ryder. Luke and Darcy were nominated into the under 15 years boys president team for Touch Football. They travelled to Rockhampton last week and played extremely well. Both boys have been training and preparing for this event for a while now, and play regularly in the local Touch Football comp. Congratulations to these two boys and their achievements.



Experience the Community Live the Values Achieve the Success

QISSN Trip – Wrap Up



**Mrs Melissa Allen
Year 12 Pastoral Leader &
QISSN Manager**

The Queensland Independent Secondary School Netball Carnival (QISSN) is an exciting opportunity our Good Shepherd Catholic College students get to participate in each year. The QISSN Carnival is held each year in the first week of the June/July school holidays and each year hosted by a different region. In 2017, Brisbane and Mount Alvernia College hosted the carnival and games were played at the Boondall Entertainment Centre in the first week of the June/July school holidays.

The girls played 9 games over 3 days of play then there were 2 days of finals. The girls had a stellar Monday coming away with 3 wins from 4 games. The following days we could see the competition increase as teams settled into the competition. The competition has grown from 48 schools this year including 12 new schools – to now 60 schools in total.

The competition provides our Mount Isa girls with a high level of competition against students of their own ages. All games are played in high spirits with sportsmanship at the forefront of every game. Our girls always do us proud both on and off the court when we travel to this carnival.

The girls this year have worked incredibly hard on and off the court to get to Brisbane with early morning training sessions, afternoon training sessions, lots of fundraising events to get them to Brisbane with the best opportunity ahead of them to play netball.

The girls placed 7th in their division and came away with their heads held high knowing they had put in 110% to each game.

We as a school, an association and community, are very proud of these girls and what they achieve through their netball. A special mention must go to Erena Arsenich who was awarded the Most Valuable Player award voted by the opposition coaches for each game we played. For our own awards, Erena also received best all-rounder player with exemplary behaviour and commitment both on and off the court. Hannah Clauson and Remmy English received the most improved awards for our team. All players stepped up to the challenge of the competition and now know what we need to work on and build on for 2018.

Not only did the girls play some very high level netball, they had the opportunity to experience Brisbane and all it offers. The girls spent some serious amounts of time shopping and “buying gifts for everyone” as well as having the opportunity to go and watch the Melbourne Storm smash the Brisbane Broncos!

This trip takes a lot of time and effort from managing and coaching staff and this trip would not be possible without dedicated staff who are always willing to put their own time and often money into this trip. Thank you to Hayley Holtham and Julie Hutchinson for their time and dedication to our young and upcoming netballers.

The 2018 carnival will be held in Townsville and hosted by Ryan Catholic College. We are looking forward to running trials again at the end of this year to build on a new squad for 2018. Students of Good Shepherd Catholic College are encouraged to attend these trials.

The GSCC Roar team will now finish up their season in Mount Isa over the coming weeks as they enter the finals period. The girls are currently placed in 2nd position only 2 points behind first position with one game to go. We wish the girls all the best with their final game and also as they move into the finals.



Experience the Community Live the Values Achieve the Success

QISSN Trip – Wrap Up – Continued





Good Shepherd Catholic College Mount Isa

Experience the Community Live the Values Achieve the Success



Mrs Sonja James
Curriculum Leader - Arts

Mount Isa Agricultural Show

Congratulations to the students who entered the Mount Isa Show's Art and Photography sections through the school. We had a range of talented students working in a variety of mediums. The following students received awards:

In the Art Category:

- Taylah Williams - First Place - 17 years any medium
- Kody Christie - Second and Third Place - 17 years any medium
- Ethan Fleming - Third Place - skateboard art

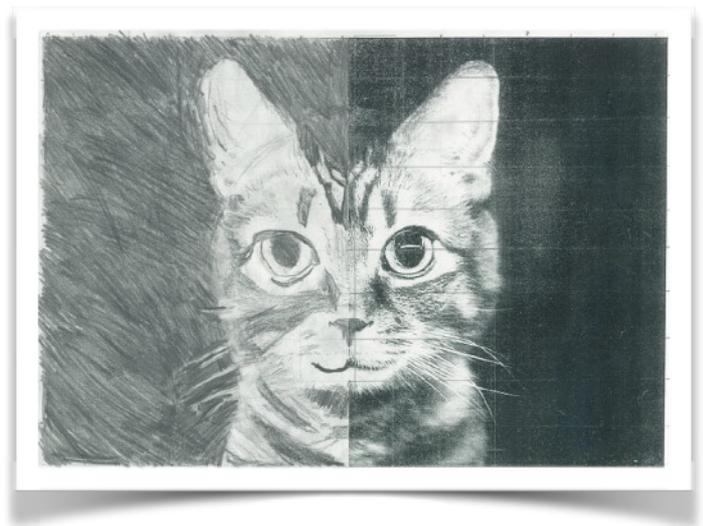
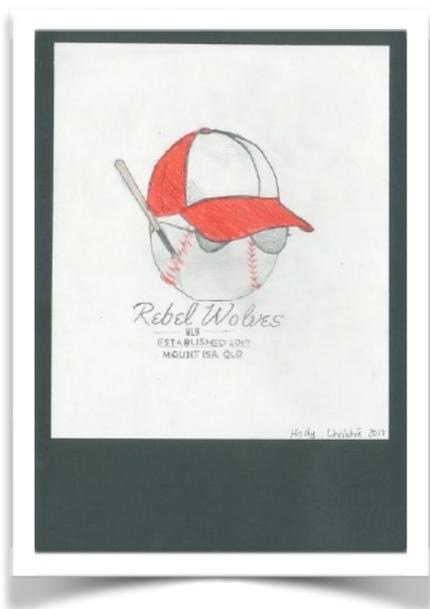
In the Photography Category:

Stephanie Reddish - First Place - Smart Phone Photograph

NAIDOC Art Competition

On the Wednesday of last term, NAIDOC came to the art room as part of our NAIDOC day celebrations. Each student decorated their own boomerang and we were inundated with some outstanding work. It was difficult for Mrs Morgenson to choose but the following students did an exceptional job and will receive a prize on assembly this week.

1. Willow Shaw 7A
2. Ryley Price 7B
3. Jarrell Quinlan 7D
4. Charlie Stretton 8C
5. Maddisyn Webber 8D



Kody Christie

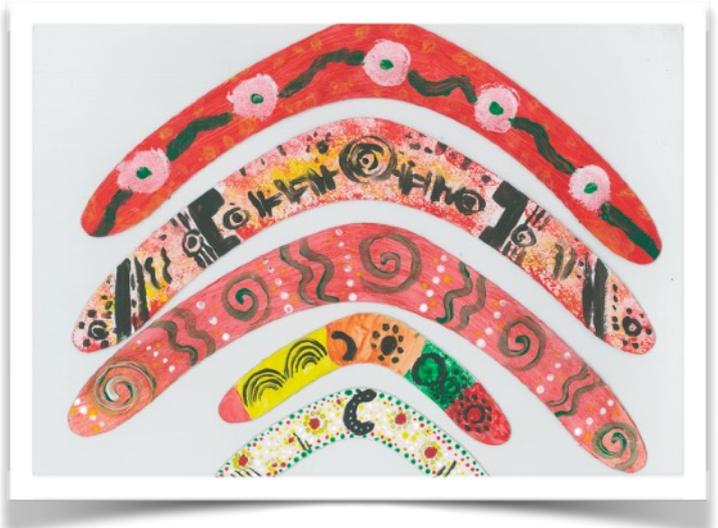


Experience the Community Live the Values Achieve the Success

Mount Isa Agricultural Show – Continued



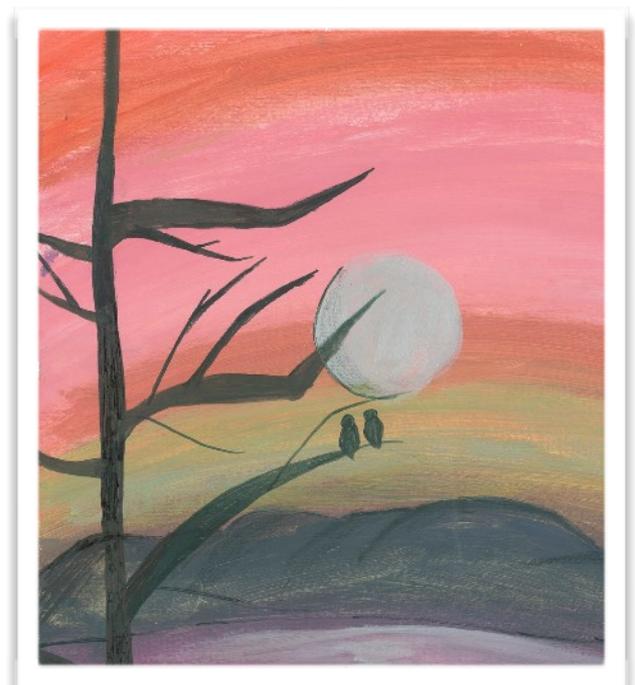
Ethan Fleming



NAIDOC Week



Taylah Williams



Gyllin Liad



Good Shepherd Catholic College Mount Isa

Experience the Community Live the Values Achieve the Success



Mrs Fiona Coghlan
Careers

Careers Department

Bobby Shepherd - Completed Traineeship

Congratulations to Bobby Shepherd who recently completed his School Based Traineeship and qualification Certificate II in Retail Services at McDonalds Restaurant.

Bobby worked really hard to completed this qualification in under 12 months. Well done Bobby!



CONGRATULATIONS CONOR!

Last week Conor Campbell commenced a School Based Traineeship with Reece. Conor will study a Certificate II in Warehousing Operations and hopes the traineeship will steer him in the direction of his preferred career - Plumbing.

QLD Minerals & Energy Academy - Holiday Workshops

During the June school holidays nine of our Year 11/12 students participated in QMEA Trade and Engineering Workshops hosted by Glencore.

These programs allowed students to work on projects within teams under the guidance of industry professionals. This was an important step in our students identifying career pathways. Students who participated were:

Trade Workshop

Gage Shaw
Maclean Gosney
Isaak Anderson
Joseph Rittner
Ellen Cunningham
Jack Oliffe
Sam Fisher

Engineering Workshop

Crissa De Sagun
Mikyla Nataya





Good Shepherd Catholic College Mount Isa

Experience the Community Live the Values Achieve the Success

Careers Department – continued

CAREERS WEBSITE

<http://www.goodshepherdmtisacareers.com/>

Our Careers Website has lots of helpful information including:

- ❖ Bullseyes - select an area of interest and see what qualification you need to be employed within that industry.
- ❖ Tax file numbers - how to apply.
- ❖ Year 10 Qld Tertiary Admissions Centre (QTAC) Guide for 2020
- ❖ OP's, QCS & QCE information
- ❖ Post school options
- ❖ Work Experience
- ❖ School Based Traineeships/Apprenticeships
- ❖ ABCD Parenting - a site dedicated to providing information about raising teenagers.





Experience the Community Live the Values Achieve the Success

COMMUNITY NOTICES



Sibworks

A Program For Siblings Of Children With Special Needs

Siblings of a child with special needs can sometimes feel forgotten and isolated

Sibworks is a Townsville-first program for 8 to 12 year olds who have a sibling with a disability. It bridges a gap in existing support services for families of children with special needs.

Sibworks is a 5 week program (1.5 hours per session) that aims to help participants.

- learn new skills to boost resilience
- enhance communication with family and friends
- develop a deeper understanding of their sibling's disability
- identify and explore strengths in themselves and their siblings
- connect and talk with peers who also have a sibling with a disability
- plus much more...

Visit: centacarenq.org.au | Call: 1300 NQ Care (1300 672 273)
At: 410 Ross River Road, Cranbrook, QLD



GIRLS COME AND TRY
With Matthew Bowen

Alec Inch Oval – Thompson Rd
Wednesday 9th August
4:00pm-5:30pm

Come down and meet one of our former origin greats. No experience necessary.

For further questions call:
Ian Kearton 0422617672



PLAYNRL.COM

We Need Your Help!

If you are interested in working with an amazing group of parents and friends, this opportunity could be for you

The Good Shepherd Catholic College Parents and Friends Association are calling for expressions of interest for the 2018 Easter Fete Convenor. If you are interested in being involved in the organisation of this amazing event, please contact Amy Webb awebbr@goodshepherd.catholic.edu.au for more details.





Experience the Community Live the Values Achieve the Success

COMMUNITY NOTICES

headspace Mount Isa proudly presents

OUTBACK YOUTH HAS TALENT

TUESDAY 8TH AUGUST
AT THE MOUNT ISA CIVIC CENTRE
6:30 pm

SPECIAL GUEST
TIMOMATIC

DANCE WORKSHOP
4:00 pm

CALLING ALL DANCERS, SINGERS, BANDS, SONGWRITERS, MC'S, DANCE TROUPES, COMEDIANS, MAGICIANS AND MORE!
AGES 25 YEARS & UNDER

3rd PRIZE \$150
2nd PRIZE \$300
FIRST PRIZE \$750



headspace Mount Isa | MOUNT ISA CITY COUNCIL | Queensland GOVERNMENT | hit 102.5 | Southern Cross

TO GET ON STAGE VISIT www.outbackyouth.com.au



You wouldn't eat 16 teaspoons of sugar - so why drink it?

16 teaspoons sugar per bottle	8 teaspoons sugar per bottle	9 teaspoons sugar per bottle	7 teaspoons sugar per can	16 teaspoons sugar per can	25 teaspoons sugar per cup
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youtube.com/user/VACCHOinc
rethinknosugarydrink.org.au

VACCHO | Queensland GOVERNMENT | Food & Drug | Diabetes Australia