



The IPC Hockey Team made it through to the Grand Final after an impressive performance at the Queensland All Schools Hockey tournament in Toowoomba.

From the Principal

Dear Parents, Friends and Caregivers

Ignatius Park College acknowledges that the land we meet on today is the traditional lands for the Bindal and Wulgurukaba People and that we respect their spiritual relationship with their Country. We also acknowledge the Bindal and Wulgurukaba People as the traditional custodians of the Townsville region and that their cultural and heritage beliefs are still as important to the living Bindal and Wulgurukaba People today.

Wellbeing may simply be defined as the combination of feeling good and functioning well. Over the past 20 years, research has found that a student who has high levels of wellbeing is also likely to have better physical health, better social relationships, more optimism for the future academic performance. Having high wellbeing at school also has a positive impact on a student's life after graduation and well into their adult life. Research shows that the development of positive wellbeing in the teen years can impact on employment, earning capacity, relationship satisfaction and the likelihood of engaging in volunteer work in the community in their 30s and 40s.

At Ignatius Park College the wellbeing of our students is the highest priority. In Australia today, approximately one quarter of teenagers are experiencing symptoms of mental distress, starting as young as four years of age. If a student has any issues related to mental illness, this directly effects both their behaviour and learning. The Melbourne Declaration on Educational Goals for Young Australians, as agreed by all state Education Ministers, advocates that wellbeing should be a central outcome of schooling aiming to produce successful learners, confident and creative individuals and active and informed citizens. Furthermore, the Australian Curriculum lists 'personal and social development' as one of the seven general capabilities that need to be developed by schools.

For our teachers, their role is not just to build academic learning but, through their practice, to impart positive wellbeing. There are many ways a teacher can enhance wellbeing while also teaching academic content. For example, a Maths teacher could use a challenging Maths problem to help students understand their emotions (e.g. fear, uncertainty, excitement, curiosity), to help them bounce back when they make a mistake (resilience), and to encourage the student to understand how their mindset (e.g. growth or fixed) determines whether they believe that they can work through a problem or give up.

We need to train our teachers to use instructional practices that work to enhance academic learning and wellbeing, through face-to-face interaction as well as through informal exchanges in day-to-day activities. Our students live in challenging and exciting times, where they are living more in a virtual world and often parents are overwhelmed by the pressure of daily life, which can see a breakdown of communities and loss of our core values.

From the Principal Continued

On Tuesday, Dr Arne Rubinstein facilitated workshops for both our staff and parents on *Thriving Not Just Surviving Teenagers*. Thank you to all the parents that attended the workshop. Arne is an international presenter who advocates all schools need a Rite of Passage framework. He believes that young people thrive when they feel a sense of belonging, are safe, seen for who they are, learn key life skills and are present with each other. Through using a Rite of Passage approach within our curriculum, we can promote the wellbeing of each student. This Rite of Passage framework is achieved by allowing our students to:

- Share stories as a way of building communities;
- Recognise that every person has challenges and resilience is about learning to deal with these challenges in a positive way;
- Create a healthy vision for the future; and
- Acknowledge and support to bring out each individual's unique gifts, talents and genius.

In 2019, Ignatius Park will be initiating this framework, it allows our students to recognize important transition points in their life. This is especially important in the crucial shift that takes place when a boy becomes a man. Further information on Dr Arne Rubinstein can be found on his website <https://ritesofpassageinstitute.org/> or watch his Tedx talk here <https://www.youtube.com/watch?v=rC5GR3Q1ZWI>

“ But the difference between being a boy and a man is that I know when I'm being a boy. ”
Arne Rubinstein

Dr Rubinstein was involved in a recent study by the University of Singapore entitled *Future Ready Report 2017*. This research identified that graduates weren't gaining employment. It also highlighted that to be successful in the 21st Century, students needed to develop the following skills: resilience, curiosity, adaptability, insight, empathy, emotional sensing, entrepreneurial thinking, pursuing convictions and vision. This vision of the future was reinforced by Prince Harry at the closing of the Invictus Games last weekend who stated:

What they are achieving isn't impossible nor is it magical. You have seen it happen before your very eyes because these competitors have made it happen. They are men and women who have confronted a challenge and overcome it. They are ordinary people doing extraordinary things... That is something we can all aspire to...When you accept a challenge is real, you can have hope. When you understand your vulnerability, you can become strong. When you are brave enough to ask for help, you can be lifted up. You can start living, doing, feeling – not simply surviving.

Today is All Saints Day and tomorrow, 2 November, is All Souls' Day. All Souls' Day commemorates the faithful departed. The exact origins of these celebrations are uncertain, although, after the legalisation of Christianity in 313, a common commemoration of Saints, especially the martyrs, appeared in various areas throughout the Church. The 1 November was given by Pope Gregory III (731-741). Tomorrow we keep in our thoughts and prayers family friends and loved ones who have departed and are in the arms of a loving God.

*God of Compassion,
Your power brings us to birth,
Your providence guides our lives,
and by Your command we return to dust.*

*Lord, those who die still live in Your presence,
their lives change but do not end.
I pray in hope for my family,
relatives and friends,
and for all the dead known to You alone.*

*In company with Christ,
Who died and now lives,
may they rejoice in Your kingdom,
where all our tears are wiped away.
Unite us together again in one family,
to sing Your praise forever and ever.*

Live Jesus in our Hearts. Forever.

Shaun Clarke | Principal



Prayers in preparation for Christmas (written by Year 8 students in Mr Hawke's/Whitley's class)

God, We are truly not worthy to be given the Gift of Your Son, Jesus. Please give us a chance and we shall reflect and ask him for your forgiveness. Amen

Gospel Spirituality



We invite people into the story of Jesus and strive to make his message of compassion, justice and peace a living reality within our community.



Does IPC model the Gospel practices of forgiveness and reconciliation by the manner in which conflict is resolved?

Halloween, All Saints Day and All Souls Day

Hallow is the same word for “holy” that we find in the Lord’s Prayer, and e’en is a contraction of “evening”. The word Halloween itself is a shortened form of “All Hallows Eve,” the day before All Saints Day. Halloween has its roots in the ancient Celtic tribes of Ireland, Scotland, Wales, and Brittany. In 835, Pope Gregory IV moved the celebration for all the martyrs (later all saints) from May 13 to November 1. The night before became known as All Hallow’s Evening or “holy evening.” Although Halloween has become mostly a secular holiday, we need to remind our families of its Christian roots.

All Saints Day is celebrated on November 1. The feast of All Saints was established by the Church because a very large number of martyrs and other saints could not be accorded the honour of individual celebrations since the days of the year would not suffice. From the very beginning the commemoration of All Saints included also, in a special way, the Blessed Virgin. When Pope Boniface IV, in 615, dedicated the former pagan temple of the Pantheon in Rome as a church, he called it the church of the “Blessed Virgin Mary and all the Martyrs.” Thus All Saints is really a great feast day of Mary, too.

On November 2, the Roman Catholic Church celebrates All Souls Day. The purpose of these Catholic feasts is to remember those who have died, whether they are officially recognized by the Roman Catholic Church as saints or not. It is a celebration of the “communion of saints,” which reminds us that the church is not bound by space or time.

This year, Ignatius Park College has purchased a Book of the Dead or Book of Remembrance. It is an important book we can keep in Our Lady of the Mount Chapel to honour members of our community who have died. If you have a name to contribute, please email johanna.smith@ipc.qld.edu.au with the person’s name, the date of their death, and please outline their connection to the College.

Faith in Action

LAST WEEK for Vinnie’s Christmas Appeal

To help families who are struggling to really enjoy a Christmas celebration, please bring in (to the value of \$5):

Baillie – mixed nuts
Carew – soft drinks
Nolan – sweet biscuits
Putney – cordial

Reid – savoury biscuits
Rice – Pringles (or similar)
Treacy – packets of lollies

Retreat News

The Year 8 Retreat will be held on Wednesday 07 November during Periods 1 and 2. Normal school lessons will occur Period 3 to Period 6.



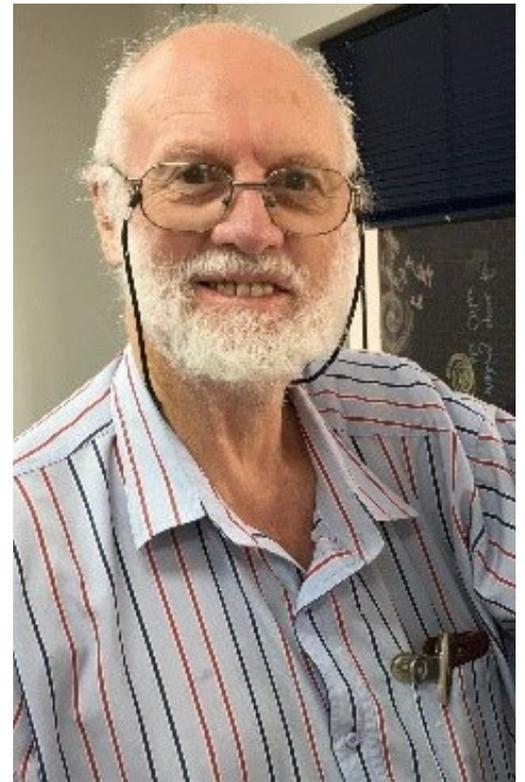
Help Br Ray help in Sierra Leone

Br Ray Weston (a Christian Brother who lives at the College) has a real passion for woodwork. He has been busy creating a collection of painted woodwork pieces to raise money for his charity work in Sierra Leone. The money raised helps provide school fees for young ladies to go to school. If your family would like to purchase a piece to help with this vital work, your son is welcome to come and view them in the Identity Office (red door).

Pieces range in price from \$30 down to \$2. They are lightweight so make posting overseas or interstate for Christmas is easy.

Br Ray is also happy to make any individual pieces, just let us know what you would like.

Johanna Smith | Deputy Principal - Identity and Mission



VET & Industry Placement

Last Friday, the VET Department held an Industry Engagement afternoon to obtain feedback from local industry on the facilities, equipment and training involved with VET qualifications at IPC. We would like to thank the following businesses for volunteering their time and assistance with this process:

- Jordan Jilg, Rummage Technical
- Jeff Turner, BM Webb Industrial Property
- Gerard Schick and Jason Parker, NQ Carpentry



The Industry Engagement was followed by an Employer Appreciation Afternoon to thank all the employers who accommodated our boys as work experience providers this year. The College values the time, effort and experience Industry Placement provides to our students and the Appreciation Afternoon was a small gesture of our appreciation.

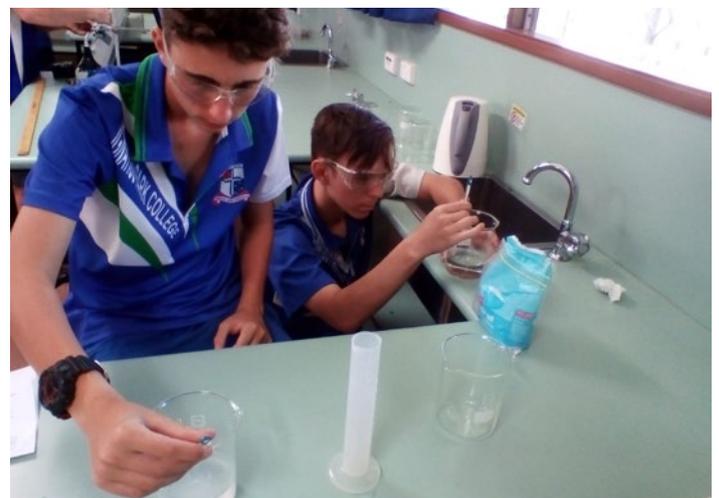
Shane Dove | VET Program Leader



11 Physics Incursion Day

This term, the Year 11 students have been working on an Extended Experimental Investigation. From lasers to projectiles, collisions to electric circuits, they spent their incursion day with Mr DiGiacomo and Mr Lucas performing their experiments and collecting data to refine their investigations. It was a successful day with many skills mastered to propel them into Senior Physics next year. A big thank you to Mrs Annette Gregory and Mr Sean Stringini for their valuable assistance leading up to the big day.

Tom Lucas | Teacher



Year 7/8 Football – Blue

Unbeaten Run Continues

Firstly, I would like to congratulate the IPC Blue boys on their outstanding attitude and sportsmanship. It was a pleasure to fill in for Mr John Deer (Attending PDev) when we travelled to Cathedral School for this week's match.

The boys started slowly but quickly got into gear and were rewarded with an Own Goal (by Cathedral) after multiple attacks. It wasn't long before Lucas Anderson added a goal. This was quickly followed by winning a penalty, which Finn Knowles put away confidently. Looking comfortable at 3-0, the boys relaxed too much, allowing Cathedral to score a very good goal from long range. Many positional changes were made during the second half, with James Bonyhai scoring a well struck goal and then James Hayden who had swapped the goal keeping duties for the striker role) scoring a 30 yard screamer to finish the winners by 5 goals to 1.

Well done to all the boys involved. Man of the Match was Dom Taylor (Rugby player who has seen the light now) for his one and only trick ... used with great success ... at least 20 times, leaving his opposition baffled by his foot work.

Mr Deer will be back for Monday's training.

Paul Bruce | Teacher



Year 7/8 Football – White

Undefeated Run Continues

With Coach, Mr Pearce, out of action and in need of some serious beauty sleep after the delivery of his second child late last week, Team Manager, Mrs Gregory stepped up to the coaches box and channeled her inner Pochettino to direct the boys in blue and white to victory over the team in red, Southern Cross Catholic College. An early goal and a penalty set the boys up for a good game on the uneven playing surface, leading the opposition 3-1 at the break.

Many a chance went astray due to the unpredictability of the pitch but the boys pulled away and finished the game 5-2 victors.

Many thanks to the boys for their willingness to listen, play in different positions than usual and come off the field to give their team mates an even turn. Training is on Monday, and our last game is Tuesday 6 November for IPC vs Kirwan on our home field with a 4:00pm kick off.

Annette Gregory | Coach/Manager



Queensland All Schools Hockey

Congratulations to the IPC Hockey team that won the Silver Medal at the Qld All Schools Hockey tournament in Toowoomba. Throughout the tournament the IPC boys demonstrated outstanding teamwork, sportsmanship and skills. On day one the team won all five games placing them first in their pool and entry into Division 1 of the tournament. Day 2 had some very closely contested games and IPC finished second in their pool with one win and four draws. IPC won their semi-final 3 – 1 and the Grand Final was an exciting and highly skilled game.

This was the first time IPC has sent a team to the Qld All Schools Hockey and it is an awesome achievement to have played in the Grand Final. Well done to our Co-captains, Max Spriggs and Benjamin Judge and congratulations to Callum James who was the top goal scorer for the tournament.

Thanks to Geoff Brown and Peter Spriggs for coaching and as Manager, I am very proud of the way the team conducted themselves on and off the field.

Jacinta Foley | Teacher



Under 14 Rugby Union Development Trip

Last weekend, 26 young men travelled to Brisbane as part of the Under 14 Rugby Union trip. While there, we visited Ballymore for a training session with Queensland Rugby Union Development Officers and toured the facilities where the Reds train. We then went on to our host school, St Laurence's College where we had a strength and conditioning session before going home with our billeting families. A very hot Saturday morning saw us all meet up at Souths Rugby Club where the teams played each other in our annual development game. Led by Captain, Dan Franettovich, the boys played a tight game that had multiple lead changes, but the boys ran away with the game in the last quarter to finally win 35-15. Man of the Match was hooker, Ben Dixon, and the tries were scored by Andrew Hardy, Jay McPerson, Vincent Trimmer and Diesel Jacobssen-Rhodes.

As always, the highlight of the trip was the opportunity to develop connections with students from our brother school and give students an opportunity to experience rugby at a higher level than is available in Townsville. The hospitality of the billeting families was wonderful and we were looked after very well by the staff of St Laurence's College. Congratulations to all the boys for their effort and conduct. They were excellent ambassadors for the College.

Andrea Tarttelin | Coach/Manager

Hospitality Events

2018 Emirates Melbourne Cup presented by Ignatius Park College Year 11 Hospitality

1960s Theme

Tuesday 6 November

3 course meal Complimentary glass of champagne on arrival

11am - 3pm Edmund Rice Hall \$50 per ticket or \$500 for a table of 10

Uniform Shop Volunteers

It is that time again! Yes, the year has gone so fast!

Would like the opportunity to show your support for IPC, meet some new faces, welcome the new cohort of students joining our school or to just get away from the children at home?

Then please register your name to help in the Uniform Shop anytime from Saturday 19 January through to Thursday 24 January. Opening times will be confirmed shortly.

Most people find it an enjoyable experience and it is a 3 or 4 hour time commitment, at most.

If you can help, please give Larissa (Uniform Shop Co-ordinator) a call on 4796 0222 or email larissa.moule@ipc.qld.edu.au.

Larissa Moule | Uniform Shop



**Christmas Country Fair
Craft Market**
Sunday 4th November
8.30am - 2.00pm

Holy Spirit School
Junior Assembly Shed
Entrance via
Ross River Road or Hatchett St Cranbrook,
Townsville

50 High Quality Stallholders
Enquiries - Kathryn 0420936721
Raffles and Café

Proudly supporting Australian children...
THE CURE STARTS NOW
Curing Cancer, One Child at a Time.
www.thecurestartsnow.org
<https://www.facebook.com/christmascraftmarketstv>

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Social Summer 6's

Wednesday's 31st October—12th December 2018
Come and Try Hockey,
Stay Fit and have fun with friends this Summer!

Social Mixed Teams

- Junior—11-14yrs—\$50 per player
- Senior—14 yrs plus— \$70 per player
- Mixed/Corporate— \$70 per player

To be paid at time of registration.
[Register Here](#)

Registrations close on the 24th Oct,
Draw will be released on the 29th Oct.

Contact Briode
office@townsvillehockey.com or 4778 4810
with any enquiries

- Please supply your team name on your registration (if you have one)
- Min of 6 and Max of 10 per team
- Teams will be expected to provide an umpire for 1 match per week—(please email team umpire name)
- If you cannot supply an umpire a charge of \$10 per week (\$90 total) is to be paid upfront.
- Please note on registration if you can umpire

**Social Summer Coordinator is
Michael Jenvey**

CATHY'S ANNUAL

DEPLOYED SOLDIER CHRISTMAS APPEAL

DONATION ZONES

- City Lane Woolworths
- IGA Domain Central
- Thuringowa RSL
- Kirwan Woolworths Parkside Plaza
- Stockland Customer Care Desk
- Rasmussen Woolworths
- North Shore Woolworths
- Townsville RSL
- Annandale Central - Scorpion Project
- Office of Cathy O'Toole

Thinking of & thanking our Defence Members for their service during the Holiday Season

FINAL DONATION DAY:
Tuesday 20th November, 2018

JOYCE MAYNE™

TUESDAY 20 NOVEMBER
7:00PM TO 9:00PM
IGNATIUS PARK COLLEGE
FAMILY SHOPPING EVENT
JOYCE MAYNE, TOWNSVILLE