



Ignatius Park College Newsletter

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From the Principal

Dear Parents, Friends and Carers

The Ignatius Park College Community would like to humbly acknowledge the Wulgurukaba peoples on whose land our College is located, as well as the Bindal peoples on whose land many of us live and travel across daily. We respectfully thank the elders of this traditional land both past and present for guiding us through the journey of time to where we are today. This spiritual and cultural journey is significant in allowing the freedoms our society has today. As a community we reflect on the history of Australia and its First Nations peoples and ask all elders to guide us to a promising and enriching future. As a community we will continue to develop our minds to be respectful and learn from Aboriginal and Torres Strait Islanders as well as all people who make up this country of Australia.

A famous quote once stated: *There are moments which mark your life. Moments when you realise nothing will be the same and time is divided into two parts, before this and after this.* The COVID-19 experience is one which our students will not forget for the rest of their lives. Although we are gradually seeing the easing of restrictions, our perception of life will not be the same as we journey together through this pandemic and towards a “new normal.”

It was wonderful this week to welcome back all Year 7 – 10 students on campus with things starting to look a little more normal than they have over these past few weeks. Like all staff, I have really missed the young men of the College and it was great to see the excitement on their faces as they walked through the front gates where our senior student leaders greeted them and welcomed them back to the College for Term 2. Even though students have returned to school, things will not be quite 'normal' just yet. We still will not be having Assemblies, Excursions and Camps until further notice from health authorities and State Government. All students will be required to maintain their personal hygiene by regularly washing their hands and remembering to keep their social distance. These are small inconveniences when we observe what is happening around the world.

Parents and carers are reminded that the College is currently offering the James McCarthy Scholarships. This is a two-year scholarship for Year 11 and 12 for students commencing Year 11 in 2021. The application for this scholarship is currently on our website www.ipc.qld.edu.au/scholarship and closes on Monday, 16 June.

Thank you to all parents and carers who supported our parent/teacher conferences over the past two weeks. The conferences provided an opportunity to connect with your son's Pastoral Care Teacher and as well as the ability your son's wellbeing and his application to his studies this year. Despite students working online from the beginning of this term, the conference provided an opportunity for parents and caregivers to discuss with their teachers how families journeyed through the challenges of online learning. With the return of all students to face learning this week, the focus will be now on completing assessment tasks over the next five weeks of term.

This week we celebrate National Reconciliation Week. It is such an important time for our nation as we remember the past, acknowledge the present and look, with hope, to the future. Aboriginal and Torres Strait Islander Peoples have the oldest continuous cultures in the world. As our first nation people they have faced some poor treatment over 200 years and yet their cultures remain a powerful reminder of their strength and resilience as a people whose relationship to the land and sea contains much wisdom that provides a deeper understanding to the benefit of all.



A Catholic Secondary College in the Edmund Rice Tradition

The Edmund Rice Community acknowledges the traditional custodians of the land on which the College stands, the Bindal and Wulgurukaba People, and pay our respects to the Elders past, present and future.

From the Principal (continued)

As a nation, acknowledging the hurt that has been inflicted upon Aboriginal and Torres Strait Islander peoples is an uncomfortable, but important first step. There is no glossing over it. As the first Europeans arrived to settle a new colony and, through subsequent generations, a lot of horrific things occurred including massacres and forced encampments that took Aboriginal peoples away from their land.

Sadly, the reality is that this is not ancient history. Forced separations of children from their families, which led to the stolen Generation, is part of our living memory. Likewise, the ongoing discrimination, much of which is subconscious, stills occurs today.

Reconciliation Week is built around the anniversary of three key dates: National Sorry Day which was first held in 1998; the referendum of 1967; and the Mabo Decision of 1992.

The first Sorry Day was held on 26 May 1998; exactly one year after the Bringing Them Home Report was presented to the Federal Parliament. Of course, this finally led to the apology on 13 February 2008 when then Prime Minister, Kevin Rudd, apologised to Aboriginal and Torres Strait Islander people, for the policies which, in the Prime Minister's words: *inflicted profound grief, suffering and loss on these, our fellow Australians*.

27 May marked the anniversary of Australia's most successful referendum and a defining event in our nation's history. The 1967 referendum saw over 90% of Australians vote to give the Commonwealth the power to make laws for Aboriginal and Torres Strait Islander peoples and recognise them in the national census. Until that time, States had varying laws which, in Queensland's case, restricted the right to own land, allowed for pay discrimination, restricted their voting rights and did not include them in the Census.

The anniversary of one of Australia's most important legal rulings occurs on 3 June. In 1992 the High Court of Australia delivered its landmark Mabo decision which legally recognised that Aboriginal and Torres Strait Islander peoples have a special relationship to the land that existed prior to colonisation and still exists today. This recognition paved the way for land rights called Native Title.

To recognise Reconciliation Week, the College unveiled a beautiful artwork in the quadrangle, designed by Robbie Paul, which depicts the journey of a boy through Ignatius Park College, who gradually grows in confidence, pride and respect for one and others as he leaves to go out into the world beyond the school gates. Thank you to Robbie Paul for his creativity and for sharing this story through his culture.

As a College community we are committed to reconciliation and we have launched our Reconciliation Action Plan on our website. In our introduction to our Reconciliation Action Plan we state:

Ignatius Park College is proudly a Catholic school in the Edmund Rice tradition. As a College community we are committed to influence and lead a consciousness within and outside our school where equality and respect for Aboriginal and Torres Strait Islander peoples is enacted through our touchstones of Gospel Spirituality, Inclusive Community, Liberating Education and Justice and Solidarity. It is through our touchstones that we have carefully thought and reflected upon shaping our College Reconciliation Action Plan, that has brought in the wisdom of many voices within our community and more importantly the wider Aboriginal and Torres Strait Islander community. As we take this next step in our reconciliation journey, Ignatius Park College is committed to learn more, understand more, and to do more to ensure that Australia's First Peoples are respected and empowered in their country.

In developing our College Reconciliation Action Plan (RAP), we aim to be a united community. A community that is committed to delivering a strong sense of relationships, respect and opportunities for all people. Reconciliation requires the forming and maintaining of trusted, respectful relationships. Ignatius Park College is committed to forging partnerships and working collaboratively with Aboriginal and Torres Strait Islander that strives to create a future where disadvantage no longer exists, and equality is a feature of our lives. As an Edmund Rice school, we are called to Christ's invitation to serve humanity and create an inclusive, just and connected world for Australia's First Peoples.

Live Jesus in our Hearts. Forever.

Shaun Clarke | Principal





Identity and Mission

Reconciliation Week

God of Love, you are the Creator of this land and of all good things. We acknowledge the pain and shame of our history and the suffering of our peoples, and we ask your forgiveness. We thank you for the survival of Indigenous cultures. Our hope is in you because you gave your Son Jesus to reconcile the world to you. We pray for your strength and grace to forgive, accept and love one another, as you love us and forgive and accept us in the sacrifice of your Son. Give us the courage to accept the realities of our history so that we may build a better future for our nation. Teach us to respect all cultures. Teach us to care for our land and waters. Help us to share justly the resources of this land. Help us to bring about spiritual and social change to improve the quality of life for all groups in our communities, especially the disadvantaged. Help young people to find true dignity and self-esteem by your Spirit. May your power and love be the foundations on which we build our families, our communities and our nation. AMEN

Best Foot Forward – Pink shoelaces available now

At Ignatius Park, we understand that our liberation is tied with the liberation of others. IPC is supporting an Edmund Rice Foundation Australia (ERFA) initiative called “Best Foot Forward”. This initiative is devoted to supporting women in developing countries by offering them an education. In doing so, these women will be able to put their best foot forward and have the freedom to achieve more in their life. Educating women in developing countries is proven to help reduce the infant mortality rate, as well as improve the living standard of the whole community. For more information, visit <https://bestfootforward.org.au/>.

Support this initiative and purchase laces for your dress shoes or sandals, come to the Identity and Mission Office with \$10. Laces can be worn at school from Monday of Week 7 until the end of term. Be a BFF!

Identity and Mission continues IPC Online

The Identity and Mission team continues to provide daily resources for your son and your family. To find these resources, go to IPC Essentials on STILE:

- Mindful Monday – a thoughtful reflection or meditation,
- Touch-base Tuesday – reflective practice questions for individuals and families,
- Woke Wednesday – justice issues, with a focus on sustainability and connection with Earth,
- Thoughtful Thursdays – all sorts of information, including a focus on EREBB, and
- Formation Friday – tips, challenges, quotes and prayers for you, from the staff (available on Facebook and STILE).

Mass will continue to be livestreamed on Facebook at 8.00am on Wednesday mornings. We are now able to host a congregation of eight for our Mass. We would LOVE to see more students and community members on a Wednesday morning.

Johanna Smith | Deputy Principal - Identity and Mission



*Join us
for Mass*

**WEDNESDAY MORNINGS
8.00AM
VIA FACEBOOK**

Science

Week 4 and 5 Science Stile Stars for Online Learning



In continuation of recognising our Science Stile Stars for Week 1 to 3 of this term, the Science faculty would now like to highlight the diligent performance of students for the Week 4 and 5 sessions of online learning. Teachers of each Year 7 to 10 Science class have nominated one student to be awarded a little Science prize for their academic efforts during working from home in Week 4 and 5. Students who have been recognized in the below list, in addition to the list from the Week 1 to 3 Stile efforts, will receive a little prize during one of their Science classes this week. Congratulations to the following Week 4-5 Science Stile Stars:



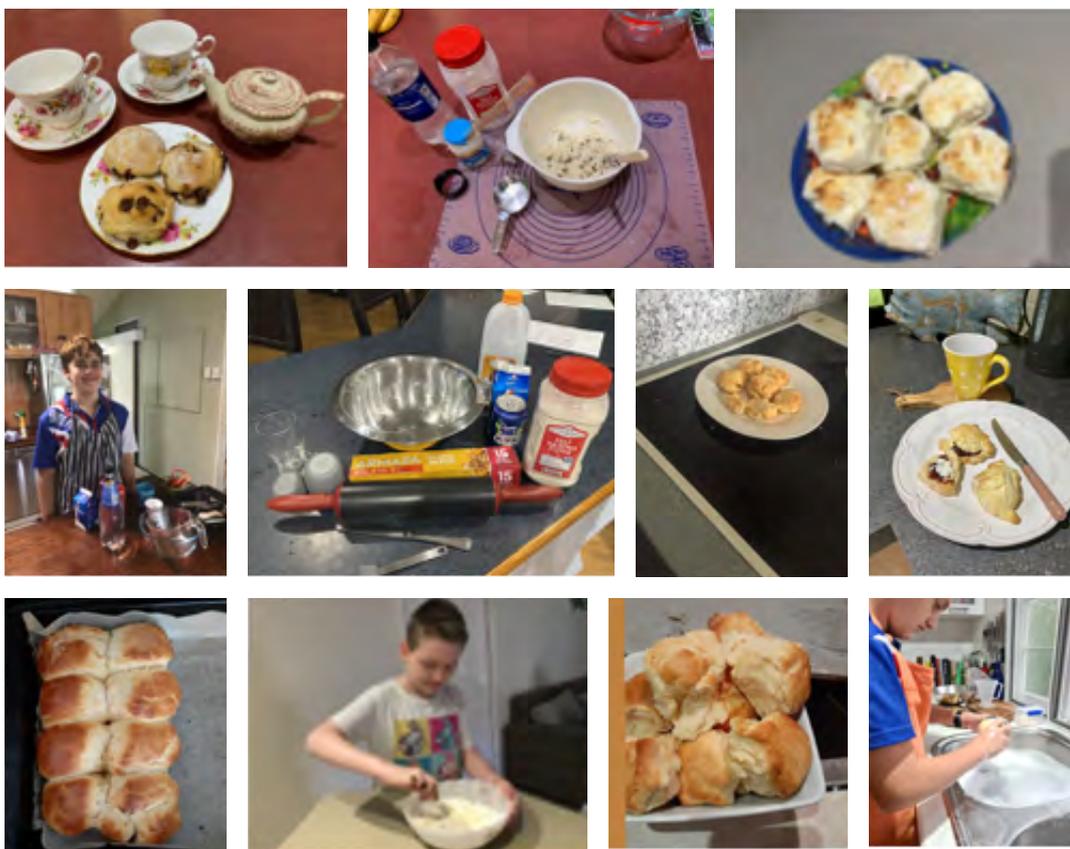
Year 7 Science	Vinh Luong, Ben Hore, Cooper Brook, Rookie McMinn, Logan Magenti, Thomas Dodds, Liam Tesoriero
Year 8 Science	Calam Sinclair, David Scott, Lucas Lazzaroni, Connor Kenyon, Max Daldy, Darcy Fredericks, Luke Madsen
Year 9 Science	Jalen Anderson, Josh Eggins, Vaughn Tully, Brohdie Gibson, Thomas Holland, Kye Stallan
Year 10 Sciences	Harry Coleman, Jack Ford, Keil Duxbury, Lachlan Holmes, Jamal Shibasaki

Alyssa Deer | Faculty Leader - Science

Hospitality

The final week of home cooking for our online learning saw the Year 7 students try their hand at Lemonade Scones. Once again it was fantastic to see the results and read the feedback from parents. Each week, improvement in the boy's cooking skills became evident. Photos showed the boys to be organised and prepared for their cooking, and the final product was always well presented. Year 8 and 9 Food Technology students continued working on designing burgers and curries for their assessment. A big thank you to all the parents who helped their sons with their cooking experience. The support we received was very much appreciated.

Michelle Kenyon | Teacher

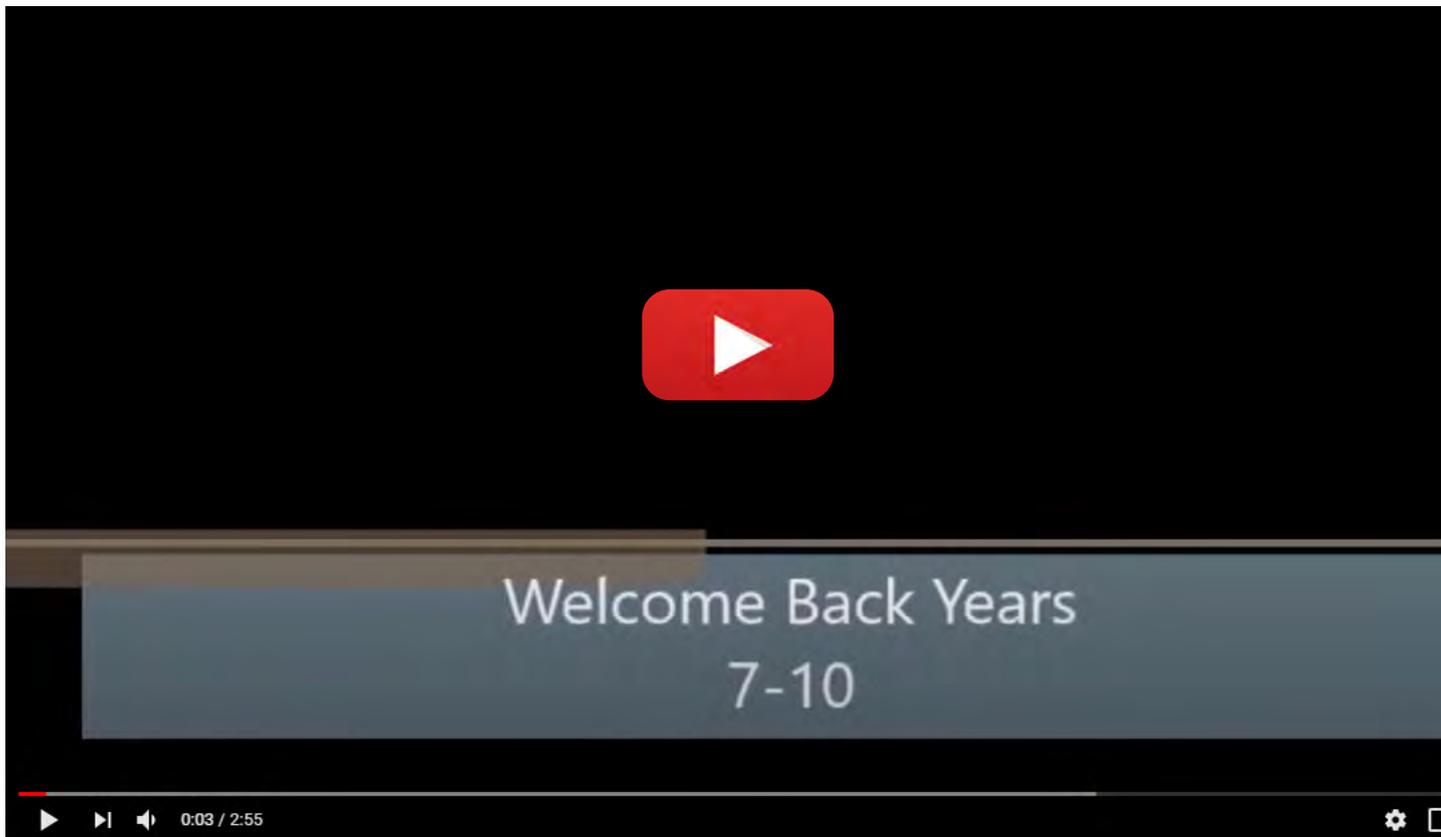


THANK YOU!

Welcome Back!

Students from Year 11 and Year 12 put together these videos welcoming our Years 7-10 back to school. Enjoy!

Patrick McMahon | Identity and Mission Coordinator - Faith in Service



Rowing

The Principal, Mr Clarke, and myself are currently negotiating the re-commencement of on-water training under the Stage 2 'Return to Play' guidelines which come into effect on Friday, 12 June. Stage 1 guidelines prohibit any squad training or organised sessions. Only individuals accessing the club for their own recreational rowing are permitted. Supervision of any sort would require a coach in a tinnie beside the rower and hence constitute an organised session.

Adding to the logistical issues directly associated with our sport the following restrictions currently apply to the sport of rowing due to COVID-19:

- The Townsville and James Cook University Rowing Club cannot accept any new members so any school rowers who are not members of the club prior to the current restrictions cannot row out of the club.
- Rowing can only occur in the presence of specified club members in the mornings by a booking system through the T&JCU club.
- Only single and double sculls can be rowed (no coxed boats),
- The numbers at the shed are limited to 5 at anyone time. Any club sessions are staggered to accommodate this.
- A boat can only be rowed once every 24 hours to ensure adequate cleaning.

When you start adding up all the restrictions and caveats it is easy to see why we have been land bound for so long. TASRA are meeting on a fortnightly basis to plan for an altered rowing season for the remainder of 2020 with potential regattas to be coordinated by the schools. Rowers who are a member of the T&JCU club are more than welcome to participate in club sessions at their own convenience.

Firstly, some facts that we are going to have to absorb and get used to:

- The Queensland Schools State Rowing Championships have been CANCELLED. There will be no event this year.
- Working from the best advice to date, there will be NO coxed boats in any Term 3 regatta.
- All rowing training must be in done single and double sculls only as per the Rowing Queensland guidelines.

Last week the Townsville All Schools Rowing Committee proposed the following preliminary ideas as a Term 3 agenda:

- Holding an interschool indoor rowing competition as the first event in Term 3. A mix of serious events plus a relay style
- One regatta to be hosted at Riverway Rowing Club.
- One Regatta to be hosted at Townsville & JCU Club.
- The Head of the River regatta possibly held in place of the vacant State Championships date on Sunday, 21 September. Venue yet to be determined.
- The North Queensland Schools Rowing Championships (hosted by Rowing Queensland) may still proceed but on a new date yet to be determined.

Rowing Queensland has advised they are still waiting on some rowing-specific clarifications to come from Qsport and the Department of Sport and Recreation around what Stage 2 and 3 Restrictions may entail for our clubs and schools. A return to the water in organised groups with coaches is an expected part of this roadmap and so we will be moving forward now in readiness for that outcome.

Until the restrictions are relaxed school rowers for IPC, SMMC and SPC will not be going back on the water. We eagerly anticipate a return to the water in term 3. So to plan for the commencement of training, it important to take stock of our 2020 team again and ensure that everyone who signed on for Team Rowing in Term 1 is still on board for the season ahead. Costs will be determined in the near future but for now, I am simply calling for any student that DOES wish to remain in the 2020 Rowing Team for the schools to email through their interest to rowing@ipc.qld.edu.au, we understand that in the current circumstances their may be some families who have changed their intention to participate. Please include the following information:

- School:
- Student name:
- Year level (DOB):
- Returning rower or finished learn to row in 2020

In the meantime, Matt from Synergy will commence sessions at IPC, times and days are being confirmed and will be communicated through TeamApp.

Tracy Klaassen | Rowing Coordinator IPC SMMC SPC

INSIGHTS

Successfully transitioning students back to school

The recent home-schooling experience of Australian students is about to end with most states and territories transitioning kids back to school. For parents, many of whom have discovered just how complex teaching can be, the return to school will be a welcome relief. For children, going back to school may bring a mixed bag of feelings. Eager anticipation about reconnecting with friends and teachers will probably be accompanied by a level of anxiety about what school may be like upon return.

School undoubtedly will be a different experience for students post COVID-19. For a start they've just experienced a prolonged period of remote learning and an absence from their friends, which will take time to process when they return to school.

With organised extra-curricular activities put on hold most children have had a great deal of free time, which has placed the locus of control firmly in their hands. I suspect many kids will grieve their lack of freedom, as they've had a glorious glimpse of what an unstructured life is like. It may take some time for them to get back into the swing of school life.

With the return to school imminent here are some sensible strategies to make adjustment easier for students.

Get ready for a return

Worriers and anxious types in particular like to know what's ahead so your approach will make a difference. Prepare your child for a return by discussing the safety procedures the school will be implementing. Let young children know that an adult won't be accompanying them past the school gate. Ask your child what they are looking forward to and check in with how they are feeling about a return. Validate any fears and apprehensions and correct any misconceptions.

Go slowly

This period will mirror the start of the school year when your child had to adjust to new teachers, different classmates and a new year level. Adjusting to change takes a great deal of personal energy, so your child or young person may become tired, grumpy, even moody at home. Make allowances for these personal changes and make sure they have plenty of free time to unwind after school.

Focus on reconnection

Make reconnection the theme for your child's return to school. He or she will have to reconnect with friends, teachers and learning, which takes time. In all likelihood, your child's teachers will use many strategies to help your child connect with their friends, reflect on their time at home and move them back into full-time learning mode. Support these activities and keep your learning expectations for your child in check.

It may take the rest of the term for some children to adjust to their life back at school.

parenting * ideas

Stay calm

Anxiety is very contagious, so it's easy for us as parents to take on our children's worries and fears. The reverse is true, and kids can pick up our worries, taking them on as their own. As a buffer against anxiety ensure you do something each day that brings you some joy, whether it's listening to music, going for a walk or having a coffee with a friend.

Look after yourself

In recent months parents and teachers have been doing significant emotional labour. The learning and adjustment curves have been massive, with little time to relax and take a break. Consider your own emotional resources and make your wellbeing a priority, which will make it easier for you to stay calm if your child experiences difficulties.

Communicate confidence

It's a fine line that many parents walk between being flippant ('you'll be right') and showing confidence ('you'll do okay') when kids struggle to adjust to change. My research into childhood anxiety reveals that children and young people want parents and teachers to understand their fears and anxieties, and to coach them to negotiate difficulties including adjusting to change. You can support your child through sharing stories of resilience, focusing on the positives and letting them know that will eventually adjust.

The COVID-19 pandemic has thrown up many difficulties requiring us all to quickly adapt to new situations. Flexibility is a prime characteristic of resilient people, so if nothing else, getting through these challenging times will make us all more resilient.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.

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WISH eGift Card*



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Your support makes a big difference



Nature Play QLD
GETTING OUR KIDS OUTDOORS

City of Townsville

Week 4 Nature Play Activity List

THERE WILL BE 10 PRIZES TO BE WON EACH WEEK FOR FIVE WEEKS

1. Complete one or all the activities
2. Take a picture doing the activity
3. Enter by visiting townsville.qld.gov.au/natureplay

- TAKE YOUR DOG FOR A WALK AROUND YOUR NEIGHBOURHOOD.
- MAKE ART FROM THINGS YOU FIND IN NATURE.
- SIT ON YOUR BALCONY AND DRAW EVERYTHING YOU CAN SEE.
- INVENT YOUR OWN GAME YOU CAN PLAY WITH YOUR FAMILY ON YOUR BALCONY! BE AS CREATIVE AS YOU LIKE!
- CREATE YOUR OWN OBSTACLE COURSE USING ITEMS AVAILABLE AT HOME. FUN FOR THE WHOLE FAMILY!
- GIVE A 'COO-EE' AND HEAR IT ECHO IN THE DISTANCE!
- LAY DOWN OUTSIDE, LOOK AT THE CLOUDS WHILE YOU LISTEN TO MUSIC.
- CAMP IN YOUR BACKYARD.
- CHASE YOUR SHADOW.
- SET UP GOALS AND KICK AT LEAST TEN GOALS.

TOWNSVILLE.QLD.GOV.AU/NATURE PLAY →



Join our Community

www.ipc.qld.edu.au/enrol

Enrol your son now

EDUCATING YOUNG MEN

 Ignatius Park College

Second round offers close 10 June!

 New bus service to Northern Beaches starting in 2021

