

# O'LOUGHLIN CATHOLIC COLLEGE

## Newsletter

7 September 2023

# Make Us One In Christ



## From The Principal, MEGAN EVANS

### Principal's Corner: Finding Inspiration at the 2023 Adolescent Success Conference

Dear O'Loughlin families,

Last week, I had the privilege of attending the 2023 Adolescent Success Conference in Brisbane, and I am truly excited to share the inspiration and insights gained during this transformative event. The conference, with its diverse array of sessions and passionate educators, reinforced my belief in our mission to prepare our students not just for today but for their future. In the ever-evolving landscape of education, it is imperative that we equip our students with the skills they need to thrive.

Inspired by the conference, we are continuing to explore ways to strengthen our educational approach. We will focus on nurturing skills vital to our students' future success: creativity, collaboration, digital literacy, ethical understanding, and a profound sense of care for our Earth. Our curriculum will continue to evolve to foster creativity through innovative projects and opportunities for self-expression. Collaboration will be embedded in learning opportunities, encouraging teamwork and diverse perspectives. Digital skills will be honed, preparing our students for a digitally driven world. Additionally, ethical understanding remains a focus for us, instilling values of compassion and empathy. We will also have a greater focus on environmental stewardship, reinforcing the importance of caring for our planet.

I am inspired by the endless possibilities that lie ahead. I am confident that we can work towards offering opportunities that will empower our students to excel in an ever-changing world. Let us work together to bring these exciting educational opportunities to life.

Warm regards,

Megan Evans  
Principal, O'Loughlin Catholic College



## Upcoming Events:

- |             |                                    |
|-------------|------------------------------------|
| • Sep 8     | Catholic Identity Day              |
| • Sep 8     | Pupil Free Day                     |
| • Sep 12    | Year 7 Immunisation Day            |
| • Sep 13    | College Tours                      |
| • Sep 14    | R U Okay? Day                      |
| • Sep 15    | CDU Vet Information Day            |
| • Sep 15    | Rugby 7's Gala Day U16's           |
| • Sep 15    | Senior School Squash               |
| • Sep 20    | Middle/Senior School Table Tennis  |
| • Sep 20    | Year 7 Enrolment Interviews        |
| • Sep 22    | Last Day of Term 3                 |
| • Oct 9     | Welcome to Term 4, Students Return |
| • Oct 9-13  | Stage 2 Exams                      |
| • Oct 18-19 | Year 7 Retreat                     |
| • Oct 20    | Middle School Squash               |
| • Oct 26    | Year 12 Reflection Day             |
| • Oct 26    | Year 12 Farewell Mass              |
| • Oct 27    | Year 12 Final Assembly             |

<https://www.oloughlin.nt.edu.au/> 'Our Events'

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FOLLOW US ON FACEBOOK!

<https://www.facebook.com/O'Loughlin-Catholic-College-1397508203804585>  
For updates and events within our O'Loughlin Community

*O'Loughlin Catholic College, along with the Catholic Diocese of Darwin, is committed to promoting the safeguarding of all children and young people. Consistent with gospel values and our Mission Statement, we follow the example of Jesus in respecting the dignity of each child, young person and vulnerable adult.*

# COLLEGE PRAYER

## *Feast of the Nativity of the Blessed Virgin Mary*



When you follow her; you will not go astray;  
When you pray to her, You will not despair;  
When you think of her, You will not err;  
When she holds you up, You will not fail;  
When she protects you, You will not fear;  
When she leads you, You will not be fatigued;  
When she favors you, You will arrive safely.

She keeps her Son from striking us;  
She keeps the devil from hurting us;  
She keeps our virtues from escaping us;  
She keeps our merits from being destroyed;  
She keeps our graces from being lost.

*-St Bernard.*

### Reflection

We can see every human birth as a call for new hope in the world. The love of two human beings has joined with God in his creative work. The loving parents have shown hope in a world filled with travail. The new child has the potential to be a channel of God's love and peace to the world. This is all true in a magnificent way in Mary. If Jesus is the perfect expression of God's love, Mary is the foreshadowing of that love. If Jesus has brought the fullness of salvation, Mary is its dawning.

Birthday celebrations bring happiness to the celebrant as well as to family and friends. Next to the birth of Jesus, Mary's birth offers the greatest possible happiness to the world. Each time we celebrate her birth, we can confidently hope for an increase of peace in our hearts and in the world at large.

<https://www.franciscanmedia.org/saint-of-the-day/nativity-of-the-blessed-virgin-mary/>

### Happy Birthday!

Sometime this year (and next year) it will be your turn for others to wish you a happy birthday. Birthdays should remind us that we are unique, special and that we matter. When celebrated well, birthdays also bring the hope of a future full of promise.

This week, on the 8th of September, the Church celebrates Mother Mary's birthday. Mary is special to us because she gave us her son, Jesus. Just as we can see Jesus as our brother, we can then welcome Mary as our Mother. Many Catholics have a deep devotion to Mary. We are inspired by her faith, trust, generosity and strength. She was a person, just like us, who loved God with all her being. We invite you to read more about Mary and the reason why we celebrate her birthday in the excerpt below...



### The Story of the Nativity of the Blessed Virgin Mary

The Church has celebrated Mary's birth since at least the sixth century. A September birth was chosen because the Eastern Church begins its Church year with September. The September 8 date helped determine the date for the feast of the Immaculate Conception on December 8.

Scripture does not give an account of Mary's birth. However, the apocryphal Protoevangelium of James fills in the gap. This work has no historical value, but it does reflect the development of Christian piety. According to this account, Anna and Joachim are infertile but pray for a child. They receive the promise of a child who will advance God's plan of salvation for the world. Such a story, like many biblical counterparts, stresses the special presence of God in Mary's life from the beginning.

Saint Augustine connects Mary's birth with Jesus' saving work. He tells the earth to rejoice and shine forth in the light of her birth. "She is the flower of the field from whom bloomed the precious lily of the valley. Through her birth the nature inherited from our first parents is changed." The opening prayer at Mass speaks of the birth of Mary's Son as the dawn of our salvation, and asks for an increase of peace.

September 8 • Franciscan Media • Saint of the Day



Image: *The Birth of the Virgin* | fresco by Giotto



# O'LOUGHLIN CATHOLIC COLLEGE

## Senior Leadership Team

Acting Deputy Principal  
Miranda Colquhoun



miranda.colquhoun@nt.catholic.edu.au

Dear O'Loughlin Catholic College community,

As we come to the end of a very busy term, I would like to thank our staff and students for their efforts in camps, Retreats, gala days, assemblies, and masses to name a few. It takes everyone to work together to make these happen and everyone at school to help with covering classes.

This week we completed our second Parent Teacher evening for the year and it was a great opportunity for families to meet and discuss their child's academic journey. If parents/guardians could not attend or could not get an interview time, please contact the teacher through SEQTA and they will set up a 10-minute phone call with you.

The staff on Friday will attend Catholic Identity Day which is run by the Catholic Education Office and provides a formation experience for Catholic educators around this year's theme of 'Finding our Hearts for These Times - Fullness of Life for All (John 10:10)' and allows us to enter into a time of listening, encounter and dialogue as we create kingdom spaces to enable the fullness of life for all.

We have our final camp of the term in Week 10, where our Year 9 cohort have chosen to attend different adventures. The first group head to New Zealand for some skiing and snowboarding, the second group to Noosa for surfing and other water-based activities and our third group will be exploring the NT on a remote camp. We wish these students and staff all the best on these trips.

### Punctuality

Punctuality in any environment, work, sport, or school, is important and is an area that the College continues to challenge students to meet expectations - arriving to both class and Homeroom on time. Students being late to school and classes has a significant impact on their education due to missed class time, as the table to the left shows.

## WHAT SORT OF START IS YOUR CHILD GETTING?

*Just a little bit late doesn't  
seem much, but...*

He/She is only missing just...	That equals...	Which is...	Over 13 years of schooling that's...
10 minutes/day	50 minutes/week	Nearly 1.5 weeks/year	Nearly <u>half a year</u>
20 minutes/day	1 hours 40 minutes/week	Over 2.5 weeks/year	Nearly <u>1 year</u>
Half an hour/day	Half a day/week	4 weeks/year	Nearly <u>1 and a half years</u>
1 hour per day	1 day/week	8 weeks/year	Over <u>2 and a half years</u>

*Did you know your child's best learning  
time is the start of the school day?*

*That's when every minute counts the most!*

Every day, every moment counts in  
the life of every child at our school.

### Top 10 Tips for Dealing with Test and Examination Pressure

#### 1. KNOW YOUR MATERIAL

The more confident you are about the topic(s) in your test, the less stress you will feel come exam time. Make sure you stay on top of your school work and homework throughout the term. Follow up with your teacher, or another subject matter expert, if there are things you don't understand, well before the exams. Trying to understand new concepts the night before a test is very stressful.

#### 2. PRACTISE

Make sure you do practise papers if they are available, or practise questions. This might include multiple choice, short answer or essay style questions. Always study in the way you will be tested. Work out a plan of action so you know how long you are going to allocate to each question type, what question types you will start with and what you will do if you come across things you aren't sure about.

#### 3. FUEL YOUR BODY AND YOUR MIND

In the days leading up to an exam make sure you get enough sleep. Being tired makes it harder to concentrate and remember. Fuel your body and mind by eating well and drinking plenty of water.

#### 4. MANAGE THE PHYSICAL SIGNS OF STRESS

Familiarise yourself with how your body feels when you are stressed. Do you get headaches? Tension in your neck or shoulders? Does your heart race faster? What happens to your breathing? Whenever you feel these effects, quickly start some relaxation exercises. A good one to try during an exam is to breathe in deeply for 4 seconds, hold for 7 seconds and breathe out for 8 seconds. Do this a few times to calm yourself down and allow yourself to refocus.

Continued on the next page...

# O'LOUGHLIN CATHOLIC COLLEGE

## Senior Leadership Team

**Acting Deputy Principal  
Miranda Colquhoun**



miranda.colquhoun@nt.catholic.edu.au

### Top 10 Tips for Dealing with Test and Examination Pressure Continued...

#### 5. BE PREPARED ON THE DAY

Make sure you have packed or prepared everything you need for the test the night before. Have a plan for how you are going to get to school on time - including a back-up plan if necessary. Eat a nutritious breakfast and make sure you are hydrated.

#### 6. VISUALISE

Use visualisation techniques to help reduce your stress on the day. Every day in the weeks prior to the exam, last thing at night and first thing in the morning, visualise yourself calmly walking into the exam room, preparing your equipment, reviewing and completing your exam paper and feeling good about how you did.

#### 7. INVOLVE YOUR PARENTS IN YOUR SCHOOLWORK

Throughout the term talk to your parents about what you are studying. Show them your bookwork and homework. The more your parents understand about what you are doing and how you are going along the way, the better they are able to manage their expectations. They may also be able to help you study by testing you on what you are learning.

#### 8. TALK TO YOUR PARENTS ABOUT REALISTIC GOALS

Keep talking to your parents about what you want to achieve, in individual subjects, at school overall and in other aspects of your life. Focus more on the learning and developing skills instead of just marks. Involve them in helping you to identify where to concentrate the most effort to achieve your goals.

### Top 10 Tips for Dealing with Test and Examination Pressure Continued...

#### 9. UNDERSTAND EXPECTATIONS

Many students feel like they are not meeting their parents' expectations. Often this is a result of poor communication about expectations by both parties. Assessment and reporting systems also change over time and are different in different schools and systems. Making sure your parents really understand what your report means may help them to understand what you are actually achieving. Your school can assist you to explain these to your parents if need be and most schools provide booklets of explanation. Often students are achieving, but reporting structures may not clearly represent this to parents.




#### 10. ASK FOR HELP

The most important way to deal with stress is by talking to people and asking for help. Don't try and go it alone. Your school, teachers, parents and friends are your support structure so keep lines of communication open (that means talk to them!) and let everyone know how you are feeling and what help you need.



### O'Loughlin Catholic College Mental Health Week Student Activities

*'Small steps' towards looking after your mental health!*

	Monday 11/9	Tuesday 12/9	Wednesday 13/9
Recess:	Fruit Platters & chats	Zooper Doopers & chats	Mindfulness colouring Flash Mob Dance
Lunch:	Mindfulness Colouring Room: G4	Making protein balls in the Cooking Room	Staff vs Students Volleyball game in the Gym
			
	Thursday 14/9	Friday 15/09	
Recess:		Mindfulness Colouring	
Lunch:	BBQ - SRC Yoga in the Barn	Staff vs Students Netball at the Precinct	
		Pilates in the Library	



# O'LOUGHLIN CATHOLIC COLLEGE

## Senior Leadership Team

**Acting Head of Senior School**  
**Jake Barnes**



[jake.barnes@nt.catholic.edu.au](mailto:jake.barnes@nt.catholic.edu.au)

Good Afternoon OCC! Isn't this term really moving along at a frightening pace! Things are getting down to the business end with assessments being due for Year 10s and 11s, and Year 12 students working on external assessments and starting to look towards Term Four, exams and the end of their schooling journey.

The year 10s have all just returned from their Cultural experience over on the Tiwi Islands, from all reports the students and staff had a great time and we are so excited to be able to offer such a rich experience to our students. A massive thank you to Ms Cassie Henderson and all of those behind the scenes to organize and facilitate this. Year 10s also had work experience earlier in the term and it was great to hear many students share stories of their work placements. This is again such an important part of helping students begin to look at career options and also pathways and subjects into their senior schooling.

The year 11s and 12s have been working well and ticking off assessments, completing VET placements, SBA workdays and all the things that will eventually help them with their NTCET and ATAR scores. Year 12s have also started planning and dance rehearsals for their Graduation which is always a great night for our community.

Thursday the 14th of September is national R U OK Day, and this years theme is "I'm here to hear". R U OK? is calling on all of us to let the people you care about know you're here, to really hear them. By taking the time for an R U OK? conversation and genuinely listening with an open mind, we can all help the people in our world feel supported and connected. O'Loughlin will also be celebrating Mental Health Week that week from Monday the 11th to Friday the 15th with plenty of lunchtime and recess activities for students to be able to attend and spark meaningful conversations in our community.

To our students, continue working hard and putting your best foot forward. It has been a big term and you are nearly at the last holiday break, where you will be able to stop, reflect and refresh. To our families, continue to support your young person, and always reach out to us at the College if you need anything.

Mr Barnes



O'Loughlin  
Catholic College  
Darwin

2023

Together  
Arise To Take  
Action



O'LOUGHLIN CATHOLIC COLLEGE

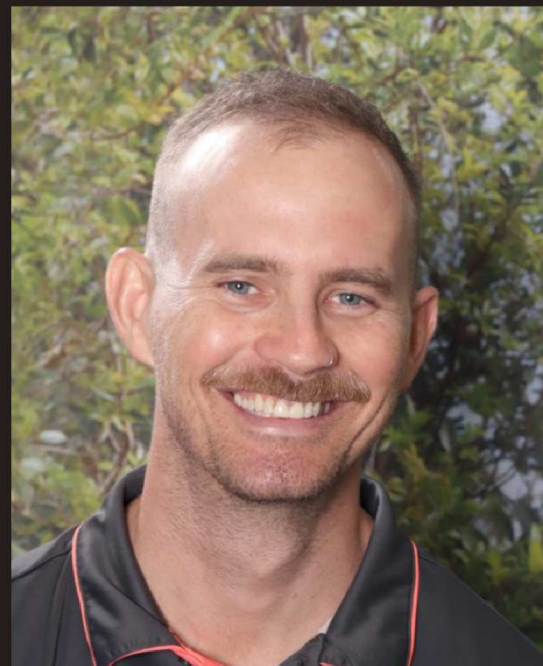
# SAFEGUARDING CONTACT PERSONS



Megan Evans  
Principal  
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Miranda Colquhoun  
Acting Deputy Principal  
[miranda.colquhoun@nt.catholic.edu.au](mailto:miranda.colquhoun@nt.catholic.edu.au)



Jake Barnes  
Acting Head of Senior School  
[jake.barnes@nt.catholic.edu.au](mailto:jake.barnes@nt.catholic.edu.au)

The Safeguarding Contact Persons are nominated by the school to promote the safety and wellbeing of children and young people. You might talk to a Safeguarding Contact Person if you:

- Are worried about a child, young person or family
- Are worried about the behaviour of an adult in the school toward children or young people
- Are a child or young person who wants help or support
- Want to know more about supporting children and young people
- Want to know more about what your school and Catholic Education Northern Territory have in place to safeguard and support
- Want to know more about children's rights - including those of your own children, or your rights if you are a child or young person
- Have ideas about how our school can make things even better for children and young people - especially if you are a child or young person yourself!



**P: 8945 1277**

**E: [secretary.oloughlin@nt.catholic.edu.au](mailto:secretary.oloughlin@nt.catholic.edu.au)**





DARWIN

*OLOUGHLIN CATHOLIC COLLEGE*

# Enrolments 2024



**Enrolments  
are open for  
Year 7  
2024**

**'Make us One in  
Christ'**

**Enrolment packs are  
available online or from  
the College.**

[www.oloughlin.nt.edu.au/enrolments/](http://www.oloughlin.nt.edu.au/enrolments/)  
Ph: 8945 1277





# College Tours

O'Loughlin Catholic College invites potential students from Years 7 to 12 to tour the College and discover the unique opportunities we have to offer. Immerse yourself in the 'Make us one in Christ' educational and pastoral journey.

PASTORAL CARE



CUSTOM FACILITIES



**13th  
September**

**3:30 - 4:30pm**



SPECIALISED LEARNING



PROFESSIONAL TEACHERS

Scan the QR code or click the link to  
book!

<https://www.trybooking.com/CIERN>



O'Loughlin Catholic College  
70 Mueller Road, Karama

*We can't wait to meet you!*



# YEAR 12

YEAR LEVEL CO-ORDINATOR MS. WARD  
12.1 HOMEROOM TEACHER MR. BEATTY  
12.2 HOMEROOM TEACHER MS. KATE

## SWIMMING CARNIVAL

The Year 12 students had an amazing day at the recent Swimming Carnival. The students ran the BBQ and sold over 300 sausages! They also had the Shave Ice van that was extremely popular. All proceeds will be going to the Year 12 Graduation later this year.

## GRADUATION DANCE

The Year 12 students have been practicing their dance during PD lessons on Fridays. Thank you to the team for leading practice - Lilla, Meena, Allie, Chloe, Frankie, Adelaide, Maya and Matilda. Your help and support is appreciated.

## MAHLI SEDEN - DARIWN FRINGE FESTIVAL 'ROTTEN'

Mahli Seden (12.1) wrote, directed and performed in an original play during Darwin's Fringe Festival. The play was delivered over two nights, Thursday 20th and Friday 21st July. With over a total of 80 audience members, the feedback for her performance was fantastic!



## BOOKWEEK



## ST MARY OF THE CROSS MASS



## YEAR 12 GRADUATION

The Year 12 Graduation is fast approaching. Please make sure that you have purchased your Graduation ticket on the Try Booking website. If you need to be sent the link again, contact Sharna or Miss Ward.

## UNICEF AUSTRALIA YOUNG AMBASADOR - JULES GABOR

Jules Gabor (12.2) is a part of an incredible group of changemakers who are ready to raise the voices of children and young people and push for positive change. She has been selected as a 2023 UNICEF Australia Young Ambassador!

The UNICEF Australia Young Ambassador program gives young people aged 15-24 the opportunity to speak up for children's rights and what matters to Australia's young people. Recruited from across the country, participants will be trained in leadership, advocacy, media and communications, and meaningfully engaging with other children and young people.

This 18-month volunteer program will have a particular emphasis on UNICEF Australia's Domestic Policy and Advocacy Priority Areas of **Climate Change & Disasters, First Nations Social Justice & Digital Safety and Wellbeing** with opportunities to use lived and living experience to support major campaigns. Good luck Jules!



Jules, 18, Northern Territory

Advocacy area: Digital Wellbeing



## YEAR 12 COHORT PHOTO



Year 12 cohort photo was retaken on Thursday 17th August. All students will receive a new copy in the coming months. Mr. Barnes and Ms. Ward made sure the photo was a much better outcome than the first attempt!

## BULLYING NO WAY

Year 12 students created posters for 'Bullying No Way' day that spread helpful and positive messages to all students at OCC.

## MAHLI SEDEN - DESIGN

Reform Clothing asked for permission to include Mahli Seden's Indigenous design in their online digital catalogue. Below is a screenshot of what that page looks like. Well done Mahli!

### Design Inspiration

We can incorporate First Nations artwork into your designs in many different ways.



Designed by Mahli Seden for O'Loughlin Catholic College

"The meaning behind the design is one of friendship and community. There are two main Indigenous symbols included: the arches with five points are footprints, and the arches with dots around them are people. This is a representation of the year 12 cohort all being on a journey together."

Get in touch to discuss how we can bring your vision to life.

OCC says

BULLYING NO WAY!

Treat people with kindness :)



OCC says

BULLYING NO WAY!

Bullying is not ok. Period!



OCC says

BULLYING NO WAY!

Don't be afraid to speak up when you see bullying! Put yourself in their shoes!



OCC says

BULLYING NO WAY!

Surround yourselves with good people.



REFORM



# YEAR 11



Max Jones - Year 11 Coordinator  
max.jones@nt.catholic.edu.au

Hello All,

As Term 3 is nearly complete, I trust all Year 11s are balancing their academic, personal and social responsibilities to the best of their ability. It is certainly a challenge for all, but it is an important time to practice 'the balancing act' ahead of Year 12. This has been communicated to the cohort, and we are always available to discuss and assist further.

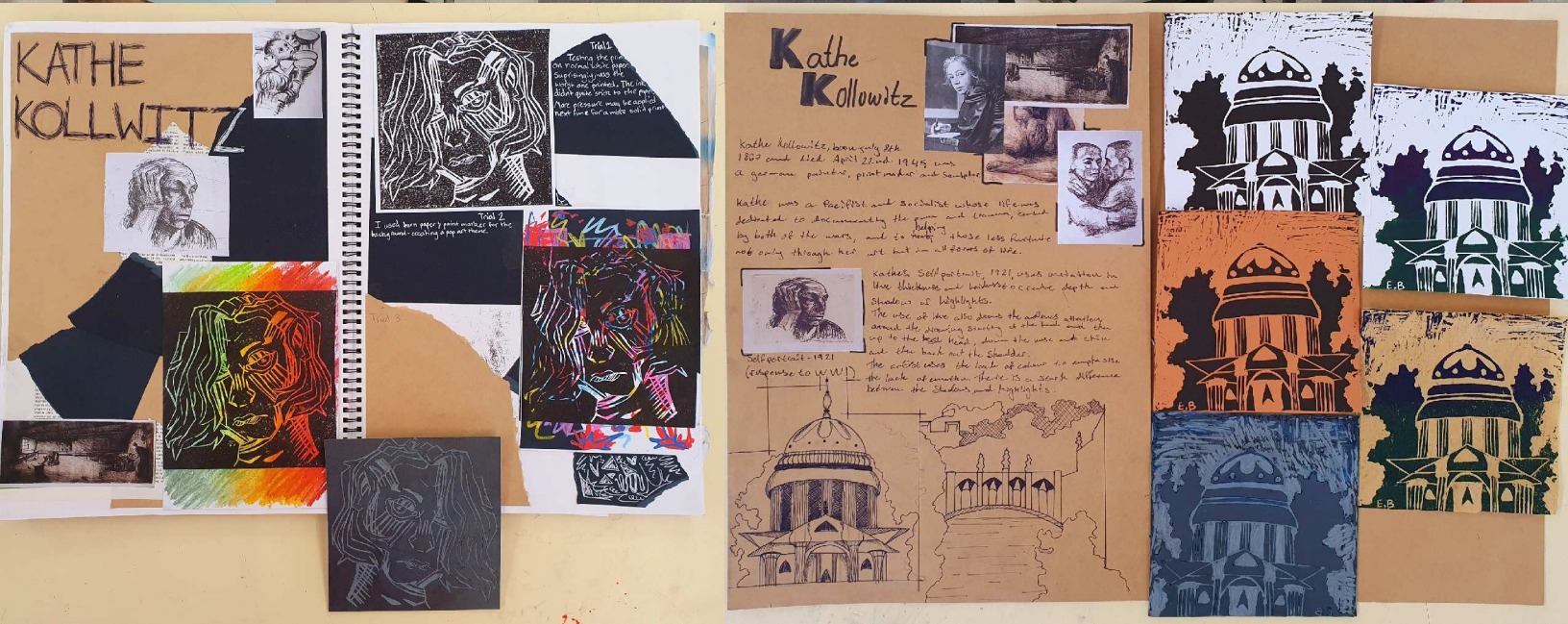
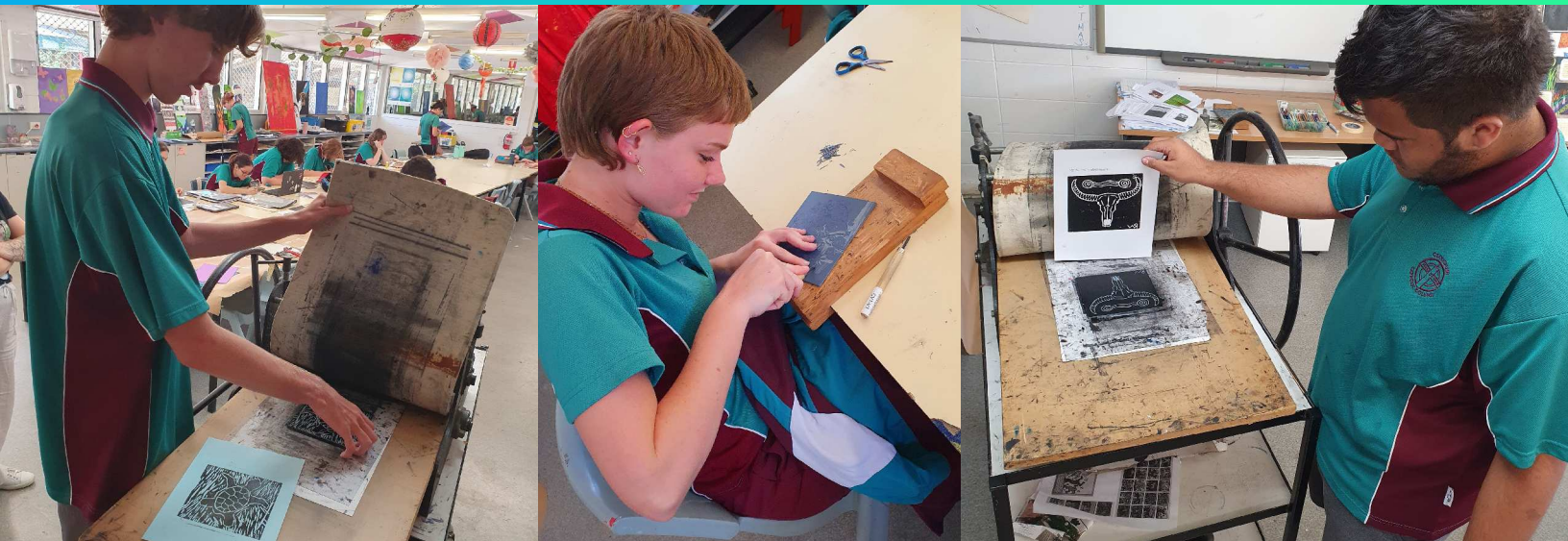
Earlier in the term, Mr Nick Jack spoke to the whole cohort regarding options and pathways through Year 12 and beyond school. This was initiated from student interest, particularly in understanding the Australian Tertiary Admissions Rank (ATAR) and how the university application process works. All Year 11s have been encouraged to meet with Mr Jack to discuss their subject and pathway preferences ahead of Year 12, which will begin in earnest in the Transition Weeks of Term 4.

Excitingly, last Friday in our PD lesson, we began the leadership nomination process for College Leaders in 2024. Students are aware of the timeline and process and can currently nominate themselves or their peers. It is a great opportunity for students to step forward and experience many more leadership opportunities and gain valuable experiences for life beyond school.

Please do not hesitate to get in contact with any queries or points of discussion. It is certainly an exciting time for the Year 11 cohort.

Max Jones

*Year 11 artists are producing some incredible lino prints.*





# YEAR 10

## YEAR 10 TIWI CAMP



Nicholas Lohmeyer - Year 10 Coordinator  
nicholas.lohmeyer@nt.catholic.edu.au

*Article supplied by Cassie Henderson,  
Camp Coordinator and written by Year  
10 students.*

Firstly, thank you to the Tarntipi Staff and all the Tiwi mob that helped on our cultural camp (especially Teddy and Marmalade the elders and TO's of the area). Also thank you to all the OCC teachers and staff that attended. Our Year 10 students learnt so much during their 3-day experience. This was the first time we have ran a camp over to Tiwi Islands and we are looking forward to doing it again next year. Here are some of the student's recounts of their camp:



On our year 10 camp to Tiwi Island, we stayed at Bathurst Island. Our trip there was by ferry (2.5 hrs), while our way back was only a 14-minute plane ride back. When we arrived, we were introduced to the Tiwi mob and got settled into our tents. Our first activity was a beach visit. Some people went fishing, while others just sat in the water, took in the views and relaxed. For dinner we had pasta and we had the opportunity to listen to dream time stories. The following days were spent learning about Tiwi culture, going to the beach and swimming in the freshwater hole that was close to camp. Our favorite part of the camp was going to the beach because it was beautiful. The hardest part of camp was the cold water showers and the drop toilets, but it waws all part of the experience.

Written by- Tiffany, Savvina, Anna, Keira.

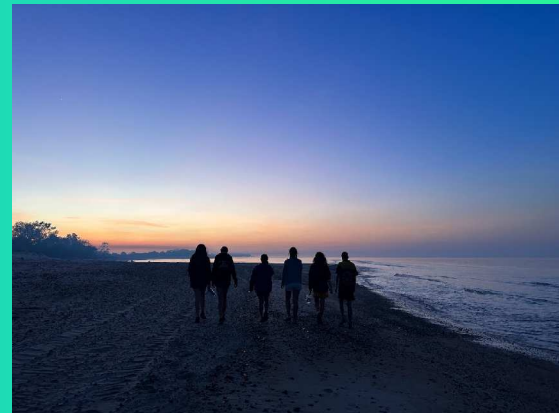
Tiwi islands was a great learning experience for O'Loughlin Catholic College students. It gave the group and I great perspective's and we learnt things we can bring back into our lives. Tarntipi campsite was a great camping area as we were in the heart of Tiwi Island. We were a perfect distance from the beach and from the freshwater hole. The beach was filled with activities like fishing, footy, and spear making. I was fascinated by the art works on display and the way the Tiwi People live. I will love to go to Tiwi again as it was a great experience and I hope to visit there again soon. A think to improve the camp they could improve the facilities because it was annoying when I had a shower I would walk onto dirt. But this is Tiwi life so it makes me appreciate the things I have at home.

Written by Lucas



Tarntipi was a once in a lifetime experience to explore the Tiwi culture and what the Tiwi people do in their every day life. It was a very special experience. We learnt about their different tribes, marriage rules and how they hunt. We learnt that girls and boys have very separate jobs that the other gender isn't allowed to participate in. For example the elder women taught us girls how to make paint, how to dot paint shells, and how they strip leaves ready to weave. Whereas the boys weren't allowed to participate in these activities, only watch. The boys went out to find sticks and turned them into spears and then painted those; and once again, the girls weren't allowed to join in. On the second evening we sat around the campfire and learnt some of there traditional dances and later we had the option to go possum hunting with the spears the boys made. Our group actually caught one possum, which no other group managed to do.

Written by Sarah and Shakaila





# YEAR 10

## YEAR 10 TIWI CAMP



Nicholas Lohmeyer - Year 10 Coordinator  
nicholas.lohmeyer@nt.catholic.edu.au

We were in camp group 1 and it was exciting to head to Tiwi Islands for our school camp. We went on ferry on the way there and came back on a small plane. The people that were in our group were Les, Lucas, Korbyn, Dinudi, Anna, Innes, Ciara, and a few others. Things that we learnt included how to make spears and bush medicine. We also did a bush walk, swam in the fresh water holes, went possum hunting at night, danced, sung songs, looked for turtle eggs and went fishing. The camp highlight for us was singing and dancing with the traditional owners around the fire at night and spending time chatting to the Tiwi mob.

Written by- Jesse and Alex



The highlight of the Year 10 camp was possum hunt because it was fun and something different that I had never done before. I learnt some Tiwi words and some cultural songs. We also learnt some of their traditional dances that they do for ceremony. I found dealing with the mosquitoes a bit difficult as well as the flies that bit you. It's a tough environment out there and it was nice to come home to our creature comforts.

Written by Louis

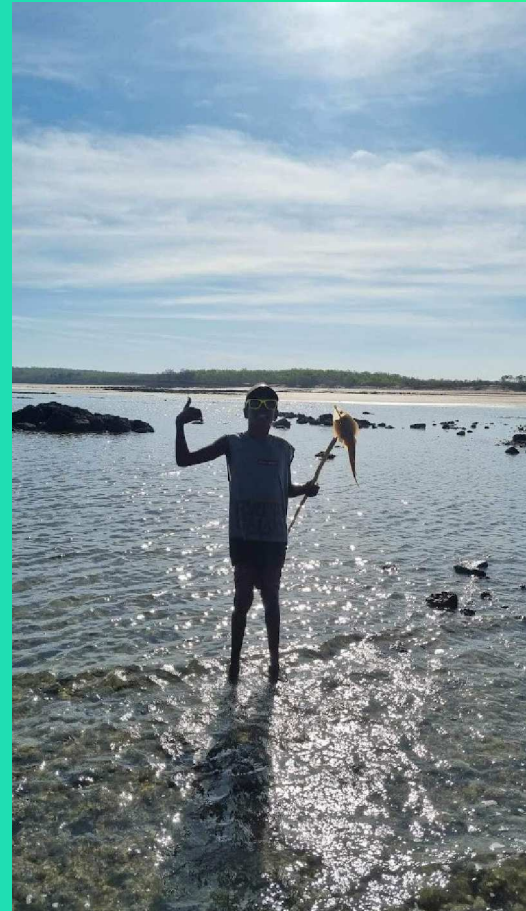


The highlight for the camp was definitely the possum hunting because it was quite exciting seeing the group hunt and do something they have never done before. I rate it a solid 9/10. Other great experiences during the camp were:

- The boat ride over to Tiwi (8.5/10)
- Chilling at the beach (8/10)
- Tiwi Taxi (7.5/10)

My worst experience at the camp was probably getting stuck on the mud while I was searching for a stick for the spear making. I had to stay muddy all day until I got back to camp (0.5/10).

Written by Benjamin Wallace





# YEAR 9



Maree Hammer - Year 9 Coordinator  
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## Camp Information:

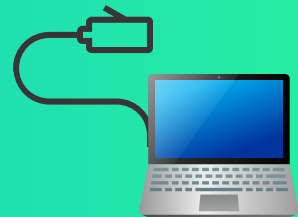
There is a real buzz amongst the Year 9 students at the moment as they get closer to their camps in week 10. On Thursday afternoon Cassie Henderson will run through some last minute information with the students and answer any questions the students may have. During the information sessions Cassie will provide students with the following:

- Printed flight documents
- Printed travel insurance documents
- A luggage tag they can use on their bag
- Travel hand sanitizer and wipes
- A printed version of the packing list
- A reminder of the times to meet at Darwin Airport



## Laptop Reminder

It is an expectation that all students at OCC bring a fully charged laptop to school each day. Not having a laptop at school can have a huge impact on students being able to complete classwork and assessment tasks.



## Amazing Year 9's

Daisha Daly and Niesha Casimiro for their selection to represent the Northern Territory at the Under 17 Indigenous Basketball Association Tournament in Brisbane.

Chanston Peris, Kairyce Monaei-Lowah and Jasper Da Rocha for their selection to represent the Northern Territory in Australian Rules Football in Melbourne.

Matthew Walmsley, Amy Fleming, Jade Knight, Elena Lewis, Cooper Bament, Harriet Harford and Lylah-Rose McKerrell for winning Highly Commended at Tournament of Minds.





# YEAR 8



Tara Branco - Year 8 Coordinator  
tara.guterresbranco@nt.catholic.edu.au

Dear Parents, Guardians and Students,

## Camp

We are excited to share with you the incredible experience that our Year 8 students had at Lake Bennett during their recent camp. This annual event is eagerly anticipated, and this year's camp was nothing short of remarkable. From biking riding and canoeing to escaping the maze of an Escape Room, crafting cultural treasures, and getting up close with wildlife, they had an absolute blast. Additionally, snorkeling at Florence Falls, a movie night under the stars, and telling stories around a campfire made for cherished memories.

A heartfelt thank you goes out to our dedicated staff and Camp Coordinator, Cassie Henderson, for making it all possible. Cassie's tireless efforts and meticulous planning were instrumental in making this camp an unforgettable success.

The Year 8 Camp was a journey of growth, learning, and connection with nature and culture. It provided our students with valuable life skills and a deeper appreciation for the world around them. We look forward to more adventures in the coming years and thank you for entrusting us with your child's education and growth.

## Retreat

The Year 8 Retreat, led by the Darwin NET Team from NET Ministries, was an amazing journey of self-discovery! Adolescent often brings with it questions about self-worth, personal confidence, acceptance and our self-image. The Retreat Day was designed to provide our students with guidance and insight.

What happened: Our students engaged in a day filled with laughter and transformation. From exciting team building activities that brought everyone close to moments of peaceful reflection, it was an experience to remember.

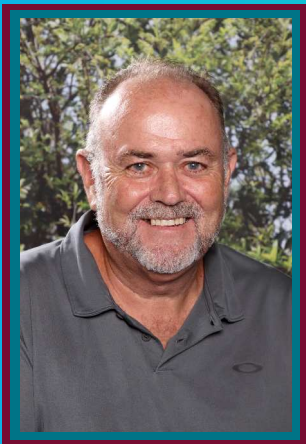
The Takeaway: Through these activities and discussions, our students were empowered to embrace their uniqueness, recognising their goodness as God's sons and daughters. A huge shoutout goes to the NET Team, Shania (our College Youth Minister) and Matthew Bourke (APRE) for organising this wonderful day. Let's continue to support one another as we celebrate our beautiful individuality and the love that surrounds us.

Kind regards,  
Tara Branco





# YEAR 7



Tony Judd - Year 7 Coordinator  
anthony.judd@nt.catholic.edu.au

As the term comes to a close it is good to reflect on some of the activities that our year 7 cohort participate in above and beyond their scheduled daily commitments.

Boys and girls have jumped at the chance to represent O'Loughlin in the Gold Coast Suns Middle School competition. Both our girls and boys team won their grand finals and the pride they have shown in representing our school is so pleasing to see. A special thanks goes to Mr. Kensey who gave up considerable personal time to organize the competition and coach our teams.

Not to be outdone by sport our Math inspired students have entered the Australian Maths competition assisted by Mr. Bament. The willingness of the following students to challenge themselves in this field beyond the classroom is great to see. Good luck to Francis Bowden, Daniel Gardiner, Francesca Hilario, Hayden Ip, Darius Krajsek, Lucas Nixon, Jonathan O'Brien-Keenan, Amrutha Rajaseker, Cody Reardon, Desabelle Reardon, Erin Reyes and Angus Welch. We eagerly await your results.

Finally, our Religious Education program ramps up early in Term 4 as all Year 7 Classes will participate in a retreat held here at the school. The retreats provide a great opportunity for fun activities and reflection and are an important part of developing their spiritual identity.

Anthony Judd  
Year 7 Coordinator



Congratulations to Saana Higlett, Maria Argyridakis, and Maddison Kennedy on being selected for the Darwin Cyclones Girls Basketball team, coached by our very own Mr Dan!

Kingston Peris is selected for the Darwin Cyclones Boys Basketball team, with Xavier Streeter selected for reserves.

The Under 14 teams will be travelling to Melbourne, Victoria in September 2023, to compete at the Australian Junior Club Championships.





# HEALTH & PE



Luke Beatty - Head of Health & Physical Education  
luke.beatty@nt.catholic.edu.au

## Swimming Carnival 2023

It was another fantastic OCC Swimming Carnival this year at Parap Swimming Pool. There was a great atmosphere and whether students were swimming in the 50m or 25m races, participating in the tug of war and lure casting competitions, or just relaxing and enjoying the music with friends, all had a great day.

Well done to our Age Champions and the students who broke school records (please see the Gym Noticeboard). And a big congratulations to our Champion House... Mackillop!!!

### House Scores

1st - Mackillop (627)

2nd - Collins (474)

3rd - Hunter (473)

4th - Gsell (319)



### Age Champions

	Girls	Boys
12 Years	Matilda Mobsby	Oscar O'Reilly
13 Years	Laura Hallett	William Murcott
14 Years	Catie Elliott	Liam Brown
15 Years	Phoebe Mighall	Joseph Bail
16 Years	Paige Preston	Bayleigh Young
17+ Years	Emma Stark	Dylan Mende





# OUTDOOR EDUCATION



Cassie Henderson - Camp Coordinator  
cassie.henderson@nt.catholic.edu.au

In week 5 of Term 3, the Stage 2 Outdoor Education Class embarked on the Lake Argyle Expedition that lasted 5 days and 4 nights. The class consisted of 10 students, with 3 supervisors, totalling at 13 people overall. We kayaked a total distance of 56km over the trip and the highlights were fishing for big Catfish, improvement to our kayaking, so much swimming, so much eating (especially Samson and Ari) and of course, socialising with our amazing group. As his trip was a self-reliance assessment, we were in charge of mostly everything on the camp. This included choosing the distances of travel, the equipment we packed and being in charge of navigation around the lake using compass bearings and maps. Our supervisors took a step back (although hesitatingly) from the spotlight and let us run the show, which we run at an (almost) perfect level if we do say so ourselves :) Please enjoy our recap....

At 6am on a Saturday morning, the class met at the College and prepared to embark on our journey. The drive down to Lake Argyle was tedious and lengthy, with most people relying heavily on sleep to get through, but the experiences ahead were highly anticipated. We had crossed the border of Western Australia and travelled 1 ½ hours back in time, and continued our drive to the Lake Argyle Resort. On our first night, we had set up tents in the Caravan Park and treated ourselves to dinner at the restaurant, whilst focusing entirely on the Matilda's game that evening.

The next day, we woke up at 5am AWST and prepared for our paddling adventure. We had waterproofed all our gear prior to the camp and when we arrived at the boat ramp we had to spend time packing it into our kayaks. We were ready and on the water by 6.30am. We then paddled all the way to our first destination, Old Shady. It was long, arduous, and exhilarating; but our perseverance was what drove us to our destination. On the second day of the camp, we travelled 12km with a few breaks in between to break up the distance. We would spend our afternoon catching fish, setting up camp, and cooking fish over the fire (which Samson and Ari devoured almost every night). Who would have thought that catfish (or Silver Cobbler as the locals call it) would taste so good. It's actually a very sought after fish in other countries, which is why it is caught and exported from the Lake.

The third day of camp, we packed our camp up and embarked early in the morning to our second location, Hagan Island. Originally, due to the Outdoor Ed trip being entirely Self Reliant, we had the ability to run our camp the way we wanted to run it. Many of us agreed on the night before that the paddling during the day was hard, and considered going to a location much closer than the distance we were originally going to travel. We proceeded to a previous break point where we had to collect some lost goggles, then we decided collectively to travel the full distance to Hagan Island. It was a full on, 18km paddle all the way from one side of the lake to the other. Burning sensations in our shoulders, we gracefully arrived at our new campsite. It was a spectacular location, shielded on all sides by mountains, with the sun setting in the west on the backdrop of the surrounding mountainous region. We were all very proud of the long distances we were able to cover that day and felt accomplished that we stuck to the original plan. Our night consisted of more fishing, dinner under the stars and Hendo's funny light up stick figure (with glow sticks).

Our next day, we hit the water by 8am, a much later start than before, and we travelled to a camp site called Party Point. The paddling was extensive and rigorous, but we arrived at Party Point with a sigh of relief. But the work didn't stop there. Everyone had to pitch in and flatten out the camp to create tent pads. Some of the groups went above and beyond... even creating welcome mats at the front of their tent with rocks. That night we huddled around the bonfire and did our last ever ODE debrief and camp chat. So many great memories this year. A NSW surf camp, a kakadu hike and now a WA paddle trip under our belt.

Finally, on the final day we prepared for a super early departure and sunrise paddle. We were up at 4am, head torches on and paddling in the dark. This made navigation challenging but not impossible. It was incredible to be paddling as the sun rose in front of us. What a way to finish the trip.

Our overall camp experience was arduous, enjoyable, but underlyingly, worth it. It was a great finish to our class's final camp and our Outdoor Ed Journey. The photos do not do this incredible location justice. If you ever get a chance to visit Lake Argyle, we say DO IT!

Written by Ari and the ODE crew





# SPORTS

## OCC Sports

It has been a massive term of sport here at OCC, with plenty of highlights. The most pleasing part of my job is when I receive feedback from staff about how great OCC students are at the different Gala Days and events. Not about winning flags, but about their sportsmanship, manners, and the positive interactions they have with other schools. Keep up the great work OCC.

Mr Luke Beatty

**Term 3 Sports:**  
 Darwin Region Track & Field  
 Gold Coast Suns AFL Comp  
 Middle Beach Volleyball  
 Orienteering  
 Touch Football  
 Rugby 7's (u/16s)



The future stars were shining yesterday in the Inaugural Girls Gold Coast Suns Shield. The spotlight was on the Middle School competition Grand Final with O'Loughlin Catholic College emerging 49-to-13-point winners against Sanderson Middle School.

Guiding O'Loughlin to victory were their two talented captains, Daisha Daly and Peggy Rock, with Peggy securing the Best on Ground Medal. Their on-field intensity was matched by the formidable efforts of Jenara Grant and Tahlera Saffi, who displayed exceptional skill throughout the match.

The potential of women's footy in the NTLF appears bright as these emerging talents set the stage for a promising future. This combined with current NTLF young sensation Emma Stark officiating the game and Gemma Lacono, a 100-game Premier League star, coaching the Sanderson team, the women's game is in good hands.

The Gold Coast Suns Middle School competition was put together to address the major lack of games played by middle school students during the middle of the year. It has been a major success and is looking to expand with more schools entering the competition next year.

Up next, it is the boys turn, with O'Loughlin Catholic College up against Dripstone Middle School in the boys' Grand Final. The game is sure to be an exciting one, as both teams feature an array of exceptionally talented rising stars.

This exciting match is scheduled for tomorrow at TIO Stadium, set to kick off at 3:30 PM.

Mr John Kensey



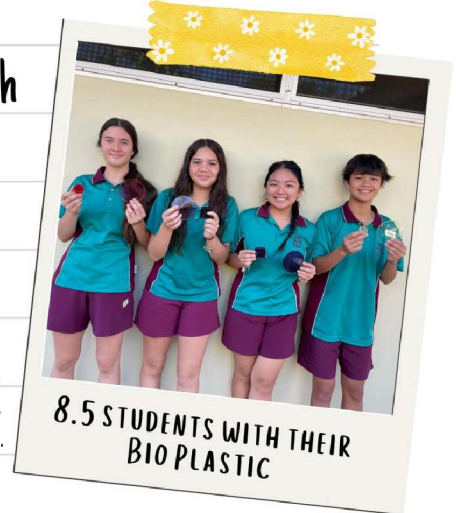


# NATIONAL SCIENCE WEEK 2023



This year's National Science Week's theme was Innovation: Powering Future Industries. Our STEM teachers put on multiple pracs over the week during recess & lunch for the students.

- biodegradable plastic making
- balloon powered rockets
- re-design the paper plane
- coding bracelets
- making a water pump



These pracs continued in the science lessons we had Yr 11 Bio compare the difference between fish and mammal circulatory systems through dissections along with light in yr 9, boiling water and using the bunsen burner in 7's.



Start planning for science week 2024!  
Species Survival -  
More Than Just Sustainability

ideas





# VET/CAREERS



Nicholas Jack - Careers Practitioner  
[nicholas.jack@nt.catholic.edu.au](mailto:nicholas.jack@nt.catholic.edu.au)

## VET Careers Expo

On the 18 May O'Loughlin student in years 10-11 attending the VET Careers expo to discover and learn more about VET career pathways. Hosting the 2023 Vocational Education and Training (VET) Careers Expo was the Industry Skills Advisory Council NT - ISACNT, in partnership with the Department of Education and GTNT Group. This was an excellent opportunity for students to engage with a variety of industries and learn about VET career pathways for students in the Northern Territory.



## Darwin Careers Expo

The 1st Annual Darwin Careers Expo held on 16th August had representatives from ALL faculties at Charles Darwin University, James Cook University, Bond University, and Flinders University as well as Universities from around Australia. Also in attendance were Private Education Providers, NT Police and Defence Forces, Government Agencies, Employment Opportunities, Gap Year & Exchange Programs, Scholarship, Financial and Bursary info, Study, Skills, Course & Career options information.



## University applications

A reminder to all Year 12 parents and Student that University applications for 2024 are now open. Most Universities first round applications close at the end of September.

Mr Jack is available to meet with Students and parents to provide support and advice.

Please contact Mr Jack Via SEQTA or Email  
[Nicholas.Jack@nt.catholic.edu.au](mailto:Nicholas.Jack@nt.catholic.edu.au)

## Work Experience

In week three all Year 10 students engaged in Work Experience placement as a part of their PLP coursework. Students were required to organise their own placements will complete an assessment based on their experience this term. The feedback from all of our host employers was overwhelmingly positive and Student have been discussing in class what they have learned and how this experience has informed their subject choices and Career pathway in the next few years.





# YOUTH MINISTRY



## Retreats!

In the past couple months, our wonderful Year 8s, 11s and 12s have had their annual chance to go on retreat.

Retreats can be a daunting experience, as in the lead up, there is always skepticism, doubt and frustration about having to go and what it will be like. Understandably, of course, as not many of us have had great experiences of a retreat.

However, the feedback from students for all retreats has been incredible, many of our Year 11s saying they wish it went for longer!

We don't often get time to step back from the busyness of life, sport, work, commitments. There is so much going on everyday, to even find five minutes can be challenging. But at retreat, our Year 12s were able to look back at their journey, not just in school, but in life and were able to see that through it all, they are cared for and they are loved by so many, and God has walked with them. Our Year 11s delved into the story of the Feeding of the Five Thousand (Matthew 14:13-21), where we are taken in, blessed, at times broken, but then through all of this, have so much to give the world. Finally, our Year 8s were able to understand a bit more that we are all intrinsically good, no matter what we do - there is goodness within us.

The response during these retreats were nothing short of incredible, with so many leaving tangibly different. Something had changed for many, and it continues to impact their lives now.

Retreats can be boring. But, they can also be beautiful and what we have seen over these last couple months is something extremely special. The changing of hearts and minds, and potentially even the changing of lives.

We all need time like this, to step away from the busyness, to look within and to maybe even turn to God. Because he is always there, ready to help, to ease that burden, even if it's just a little bit.



## Senior lunch group

Every Thursday, there is the opportunity for Year 10s, 11s and 12s to gather, share food and learn a little bit more about life and faith. The passing weeks have seen a regular group gather, where many questions have been asked, sharings about the impact God has had in people's lives have been heard and a deeper insight to what Jesus really did has been discovered. All this combined with some good food makes for a great Thursday afternoon! There are not many spaces to question faith and learn more, so it has been wonderful to see so many students turning up each week, so open and willing to hear what others have to say.

## Alpha

This term, our Year 12s have had the Alpha course as part of their curriculum. Alpha is an engaging video series that asks the bigger questions in life and prompts discussion. While they have each had to do an assignment on this, it has also been a special way to have deeper conversations. Alpha gives research bases and testimonial style answers to many questions we can wonder as human beings, such as "Is there more to life than this?" and seeing our year 12s engaging in such discussion with one another, sharing opinions and experiences, has been very special.



Thank you for taking the time to read this update!

Shania Wolbers - College Youth Minister



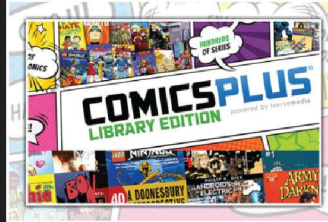


# LIBRARY NEWS



## From the Circulation Desk:

WOW! What a week Book Week was! Thank you to all the students and staff who took part in the assembly and activities running during week 6. The assembly was a hive of colour and fun. During Book Week we had dress ups, games, Blind Dates with Books and quizzes running! Congratulations to all of the winners. A HUGE thank you to the sponsors of our awards: The Bookshop Darwin, JoJo Harvey, Gerard Maley MLA, Event Cinemas Palmerston, Howard Springs Newsagency and Kezia Purick MLA.




To celebrate Book Week, the Library launched ComicsPLUS. Students have 24/7 online access to a huge collection of comics. Come see us in the Library if you have issues getting connected!



## Lunchtime activities:

MONDAY	Minecraft Monday 
TUESDAY	Uno Round Table 
WEDNESDAY	Wednesday Chill 
THURSDAY	Chess with Ms Kate
FRIDAY	Open for games and reading

## Upcoming events:

- ☐ Week 8 & 9 - RU OKAY? events.
- ☐ Week 9 - Please return or renew all loans.
- ☐ Term 4
- ☐ Week 1 - Be prepared to be Spooked! 

## Get in touch :

-  (08) 8945 1277
-  ashleigh.roccisano@nt.catholic.edu.au



See you in the Library soon, Ms Kate and Ms Ashleigh.



CHILDREN'S BOOK WEEK  
19 to 25 AUGUST  
HCBK2023

READ  
GROW  
Inspire 



# OFFICE NEWS

## School Fees

Dear caregivers,

Statements have been emailed to all families.

If you haven't yet received your statement or made a payment toward school fees, please make contact to our Finance Department via [finance.oloughlin@nt.catholic.edu.au](mailto:finance.oloughlin@nt.catholic.edu.au)

Kind regards  
Finance Team

## School Bus

For any issues with school bus services, please contact CDC Bus Company on 8944 2444.

CDC Bus company can assist with enquiries, feedback, and provide the current information on all school bus routes.

Alternatively, emails can be sent to [public.transport@nt.gov.au](mailto:public.transport@nt.gov.au)



## I.T. News

The way student devices connect to the internet will soon be undergoing an important upgrade.

This will provide increased security and allow for better connectivity.

More information will be released by the IT Department in the next newsletter for when this will be scheduled to occur.

Mr Kushal Gurung  
IT Manager



## Homework Centre

O'Loughlin Catholic College operates a Homework Centre on Monday and Wednesday from 3pm to 4pm in the Library (RC 2)

We encourage students to attend Homework Centre to seek help and support to get their Homework and assignments completed with the support of staff.

New students can register through:

<https://www.oloughlin.nt.edu.au/students/homework-and-resource-centre/>

# 2Go

for schools



## Consent2Go

Consent2Go allows parents/guardian's to provide the School with their child's up to date personal health and permission (consents) information in an accurate, timely and confidential manner as well as a quick and easy way for parents to grant excursion, event and camp permissions.

## AMADEUS MUSIC SCHOOL

Sign up  
Email Lilla Wallington  
[musicwithamadeus@gmail.com](mailto:musicwithamadeus@gmail.com)

'Where words fail, music speaks'

Amadeus Music is in partnership with O'Loughlin Catholic College to provide private music tutoring to students

### INSTRUMENTS

Guitar: Acoustic, electric, bass, classical  
Piano: Learning to read notation and/or by ear training  
Vocal: Pitch, technique and performance coaching  
Drumming lessons now available!

### Music Tutoring

Amadeus Music School are happy to provide private music tutoring to O'Loughlin students. Lessons are held two days a week on campus.

### Instruments

Guitar: Acoustic, electric, bass, classical

Piano: Learning to read notation and/or by ear training

Vocal: Pitch, technique and performance coaching

Drumming lessons are now available!

Expressions of interest can be emailed through to Lilla at [musicwithamadeus@gmail.com](mailto:musicwithamadeus@gmail.com)





# CIRCULAR

REF: CEO/CIR 068

DATE: 17 August 2023

The Catholic Education Council met on 11 August 2023 and recommended to the Bishop that school tuition fees be increased by 6.0% for both, Primary and Secondary in 2023. The Bishop has approved and authorised the following new tuition fee levels (per annum):

	2023 (+3%)	2024 (+6%)
<b>Darwin and Katherine</b>	\$per annum	\$per annum
Years T – 6	1,368	1,450
7 – 10	2,641	2,799
10*	-	3008
11 - 12	3,875	4,108
<b>Alice Springs</b>		
Years T- 6	1,754	1,859
7 – 8	2,559	2,713
9 – 12	3,378	3,581

The following are the recommended school tuition fee discounts for siblings attending Catholic Schools in the Territory:

First child	full fee
Second child	discount of 10% of his/her fee
Third child	discount of 20% of his/her fee
Fourth child	no tuition fee

This will be applied in the following manner to ensure all schools share the discounts.

First and eldest	full fee
Second child	5% of each child's fee
Third child	10% of each child's fee
Fourth child	33% of each child's fee