Dear St Michael’s College Community,

The week that was …

Last week showed yet again what a vibrant and diverse place schools can be. It also highlighted the need for, and benefits of, partnerships and community. A selection of “the week that was” follows:

- On Monday we held the Year 8 Parent Information night/BBQ. Attendance on the night was outstanding, even to the point where we have now outgrown the MacKillop Centre as a venue.
- The Class of 2012 Academic Assembly was held on Wednesday in Founders Hall with 1400 in attendance.
- The Primary Mass on Thursday morning also included the presentation of the polo shirts to the Year 7 boys as a symbol of their leadership role as senior students of the Campus.
- Also on Thursday, SANTOS stadium was the venue for our Secondary Athletics Day.
- On Friday, I had the pleasure of presenting certificates to all of the news boys to St Michael’s College at the Primary Welcome Assembly.
- Saturday saw College sport in full swing at a multitude of venues.

What was striking about all of these events was the positive involvement of staff, students and parents. Be it in planning, coordinating, participating or supporting, working together in partnership resulted in the success of each event and in so doing enhanced the community which is St Michael’s College. Thank you to everyone for your ongoing involvement.

Wednesday Chapel

Following the Year 12 Mass in Week 2 I had the pleasure of meeting the Grandmother of one of the boys. She was full of praise for the students and explained how she would love to see more families attend our weekly year level Masses at the Secondary Campus. In addition to the invitation in the STAR each week (for both Secondary and Primary), below is a personal invitation from Marina:

During the past year I have set aside time to attend 9:00 am Wednesday Mass in the Chapel at Henley. It has become a wonderful part of my week, giving me the time to listen, reflect and participate with the students of different year levels each week. It is a refreshing experience!

The staff and students put time into Mass preparation. I believe that it is good for the students to see significant adults in their lives taking an interest in what they prepare and present. For me it is wonderful to see the future generation taking on the role of readers for their peers, and in so doing, grow in self-confidence and faith.

The Mass is just 30 minutes duration and is good for the mind and soul.
So why don’t you join me and show the students that they do have a wider interested audience for their work.

Yours sincerely

John Foley
Acting Principal

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SECONDARY CAMPUS | 15 Milton Avenue, Henley Beach SA 5022 | T 8356 5966 | F 8356 1092
PRIMARY CAMPUS | 78 East Avenue, Beverley SA 5009 | T 8346 6548 | F 8346 9449
STUDENT ABSENTEE/LATE ARRIVAL LINES: | Primary: 8150 2397 | Secondary: 8150 2323
W: www.smc.sa.edu.au | E: smc@smc.sa.edu.au | E: smcprimary@smc.sa.edu.au
REST IN PEACE

Mr Felice Cirillo
Grandfather of Anthony Babb

Mrs Anna Dodd
Auntie of Nicholas and Anthony Andriolo

Mr Brian Mitchell
Grandfather of Oscar and Angus Mitchell

Eternal rest grant unto them O Lord
and let perpetual light shine upon them.
May their souls, and the souls of all the faithful departed,
through the mercy of God, rest in peace. Amen

What is the Year of Grace?
The following is an extract from a recent talk given by Heather Carey, a Chancellor of the Adelaide Archdiocese. Permission to reprint has been given.

"In this Year of Grace and Faith we are called anew to a relationship with Jesus and during this Year of Grace we have the opportunity to be open to this. We can use this Lent to recognize the moments of Grace that we have experienced in our lives.

The Grace I am talking about needs no definition, it is the unconditional love of God which we have already experienced, understood and know, we live it. It is part of our daily lives, in our breathing, our connections, our giving, our prayers, our relationships, our laughter, our work and our moments of stillness when we are surrounded with the enfolding arms of God.

We all experience those moments of recognition when we recognize, sometimes immediately, sometimes later, the presence of God in our lives. Such moments are sometimes large, sometimes small, sometimes filled with joy and sometimes tinged with sadness, but always moments of Grace and understanding.

Grace is a gift. We receive Grace without asking, no matter who we are or what we do. The gift of Grace is in the moments when we are held … held in Grace … held in love … held in God’s unutterable love.

This Lent we have the chance to look more closely at these moments in our lives."

We do not always recognize God’s presence in our lives, as we can be so involved in our day to day busy-ness and the seeming ordinariness of our lives. But God IS with us, waiting for us and loving us, no matter what we do. Perhaps during the times we take a break for a cup of coffee, wait for the traffic lights to change, or before we drift off to sleep we can find one time when, perhaps in hindsight, we are aware that God has been with us; in the love someone has shown me, in the opportunity that I have had to let God act through me, through my kindness to another, or in a moment of sadness when someone has been there for me. This Year of Grace and this Lent is a time for thanks.

We are all aware of the events of the last week. Let us pray for our Pope, Benedict XVI, who took the courageous and historic step to retire so that a younger, stronger man could step into his shoes.

Our Church is going through a difficult time and so we all need to pray to the Holy Spirit to inspire the Cardinals in the Conclave to elect the right person to lead us at this critical time.

We also need to constantly pray for the person who is elected Pope that he will be led by the Spirit in all his decisions and be given the necessary grace, health and courage needed to do so.

MASS
Parents and parishioners are warmly invited to attend Mass at either Campus each week during school time. Please do not hesitate to contact the College with any queries.

PRIMARY: Thursday at 9:05am
SECONDARY: Wednesday 9:00am
Primary Community Garden

In 2013 the College proposes to form a committee to maintain the Primary Community Garden. Mrs Robyn Palmer, primary parent, has agreed to coordinate a parent group to support staff in developing a more sustainable garden.

Robyn and I are interested in meeting with parents and family members who have a passion for gardening and would be interested in forming part of a roster throughout the year. If you are interested there will be a meeting on Friday 8 March at 3:00 pm in the Primary Staff Centre. Please contact the St Michael’s Primary Administration Centre to register your interest.

Mr Damian Patton, Deputy Principal – Primary

First Reconciliation

The following information is provided to Year 3 parents who are considering options for their son making his First Reconciliation.

First Reconciliation Information: Parents interested in learning more about Catholic Reconciliation or having their children take part in the Parish Reconciliation Programme can get further information by ringing the Parish Office on 8356 8888 or emailing office@henleybeachparish.com.au. This program will be conducted by the Missionaries of the Sacred Heart.

Primary Sports Uniform

The Sports Uniform, which can be worn on the designated days of sport must be St Michael’s College sports attire. A new line of sport shorts which has the College crest on the leg is being introduced. Please note items of clothing made available for Secondary Campus students are not part of the Primary Campus Uniform, eg 1st XI soccer shorts or baseball style peaked caps.

Please refer to the College uniform policies on pages 16 - 18 of the College diary. Also, students require an SMC crested hat for outside play, a “No Hat, No Play” policy applies. If on occasions your son is unable to comply with the uniform expectations, please write a note to your son’s class teacher with a brief explanation.

Mr Kym Clark, Director Lasallian Mission

About The Woolworths Earn & Learn Program

Woolworths Earn & Learn program was open to all primary, secondary and early childhood learning centres in Australia. Between May and August last year, shoppers were encouraged to collect Earn & Learn stickers for schools to redeem against a wide range of more than 9,000 educational resources.

This year more than 12,500 schools and early learning centres across Australia will be welcoming a raft of new supplies earned through the Woolworths Earn & Learn program. Students and families from St Michael’s College Primary Campus collected a total of 33,300 stickers which equated to almost $4,000 to spend on equipment from Modern Teaching Aids.

Our school was one of the top achieving schools in our local newspaper readership area. We have ordered and received a variety of Science equipment:

- 12 Lego Simple Machine Kits, 1 Simple Machine Activity Pack and Set of 2 Simple Machine Books
- 7 Big Books - Inclined Planes, Levers, Pulleys, Wedges, Wheels, and Machine Screws
- 4 Lego Simple Powered Machine Kits
- 2 Primary Mechanics Kits
- Science Learning Chart Combo pack - Electrical Circuits, Simple Machines, Laws of Motion, The Scientific Method Learning Chart and Weather Factors Chart

Since the Woolworths Earn & Learn program commenced, more than $26 million worth of new equipment and resources has been contributed to schools across Australia. We look forward to registering again this year, so start collecting those stickers as soon as they appear!

Ms Louise Kometer, Director of Teaching and Learning Primary
Parent Teacher Interviews - Wednesday 6 March 2013
Please note: All interviews will be held in the Founders Hall

The first Parent/Teacher night for 2013 is scheduled for Wednesday 6 March. Information will be sent home in relation to booking interview appointment times with your child’s teachers. The College is using a web-based booking system, where parents can request interviews with staff, and staff can request interviews with parents. Please follow instructions on the letter to be sent home and watch the instructional video for more information. If you have not received a letter via Australia Post by 27/02/13 or do not have access to the internet, please contact Lynda White in Student Services. Parent Teacher Interviews allow you to meet with your child’s Subject Teachers to discuss learning plans and strategies for improvement. We believe these discussions provide valuable early feedback to you and your child in determining both a study focus and identifying areas of concern to be addressed to ensure a successful completion of the school year. Naturally, we encourage students to also attend as their input is an important part of the interview process. We look forward to your attendance on Wednesday 6 March. Accordingly, please note that school will finish at lunchtime (1:05pm) on this day.

SUMMARY OF DATES /TIMES:
- Monday 25 February, 4:00 pm Access to Edval Parent/Teaching Interviewer Scheduler.
- Friday 1 March, 9:00 am Program closed for processing.
- Friday 1 March, 4:00 pm Program reopened at which time schedules can be viewed and printed.
- Monday 4 March, 9:00 am Program closed for final time. No further appointments can be made.

Please remember to print your schedule and bring it with you on the day. 

Ms Bron Kemp, Director of Teaching and Learning

Years 8 & 9 Student Immunisation 2013
The 2013 school-based Immunisation Program will be provided by the City of Charles Sturt on Thursday 14 March, Thursday 16 June and Thursday 24 October. All forms should now have been returned to the College, whether students wish to receive immunisations or not.

All Year 8 Students will be offered:
- 2 dose course of Hepatitis B vaccine
- 1 dose of Varicella (Chicken Pox) vaccine

All female Year 8 students will be offered:
- 3 Dose course of Human Papillomavirus (HPV)

Year 9 Students:
- 1 dose of diphtheria /Tetanus/Pertussis (Whooping Cough) vaccine

Mr Wayne Hoffman, Director of Information Systems

Year 10 Mum’s Dinner
Come along and enjoy a meal, drink and catch-up with other Year 10 mums on Wednesday 8 May 2013 at Lakes Resort Bistro, Brebner Drive, West Lakes at 6:30pm for 7:00pm dinner. RSVP by 1 May to either Stephanie Francesca franbock@adam.com.au 0140 470 614 or Rosie McCann rosie.mccann@internode.on.net / 0412 440 172

Music
Currently there are vacancies for Piano, Clarinet, Flute, Saxophone (both Alto & Tenor), Bass Guitar, Vocal, Drums, Trombone & Trumpet. If you are interested please be prompt in returning your signed applications. Other interested students in Years 9–12 can request sign up forms directly via email to Pauline.Cutt@smc.sa.edu.au

It is expected that students who had lessons in 2012 will be continuing lessons with their instrumental teachers in 2013 and will be automatically scheduled on timetables for Term 1, 2013.

Lessons commenced in Week 2 and it is expected that students will check timetables on the noticeboard located in the Music Centre. Any students wishing to discontinue lessons in 2013 need to contact Mr Donovan or Mr Musci directly during recess or lunch. If you have any other queries please do not hesitate to contact the Music Office on 8356 5966.

Mr Musci, Head of Music
Athletics Day

The second staging of the St Michael’s College Athletics Day at Santos Stadium in 2013 was a major event on the Term 1 calendar. Building on the success and enthusiasm from the inaugural event in 2012, both staff and students were eager to get the day underway and begin to further rebuild the House culture.

Battling 36°C heat, all competitors demonstrated fantastic commitment, application and sportsmanship to both traditional track and field events, and the novelty events, including Tug-O-War, High Ball Catch and the 3-Legged races. As with all Athletics Days, various Houses were leading the points race at various times throughout the day, with last year’s winners, Turon, struggling around the middle of the table at the half way point of the day.

Heading into the last hour of competition there were several Houses still in with a chance to win the overall points cup and the 4x100m relays became even more important due to the double points awarded to these events. Miguel, Turon and MacKillop House were winning the majority of the relays and this was going to make it hard to establish a clear winner for the day.

A new concept introduced this year by our Girls Co-Coordinator, Mrs Kellie Casserly, was the ‘Champion of Champions 100m Race’. This race, conducted after the relays and contributing to the overall points, allowed the fastest eight runners from each gender, regardless of year level or House, to battle it out for the title of the fastest male or female at St Michael's College.

**Boys 2013 Champion of Champions 100m Race**

1st Jack Pannucio Miguel (Year 8) – 11.33 sec handheld
2nd Jess Rafanelli Turon (Year 12)
3rd Jack Firns Miguel (Year 12)

**Girls 2013 Champion of Champions 100m Race**

1st Chelsea Gilbert Miguel (Year 10) – 13.84 sec handheld
2nd Janice Piscioneja Jaime (Year 12)
3rd Madeleine Dawes Mutien (Year 9)

Overall, each House participated to a very high level, all fighting to win the Br Chris Gorringe Sports Day Cup and showing off a lot of team spirit along the way. In the end the 2012 winner, Turon (Purple), came away with their second consecutive victory. Solomon House (Gold) showed their high level of spirit throughout the day and won the Geoff Cornish Spirit and Sportsmanship Cup, also for the second consecutive year. Without the help of Mr Lees, Mrs Casserly and the Physical Education faculty this day would not have been such a great success.

The College was fortunate to have local athlete Jordan Caldow to present awards at the end of the day. Jordan, son of Mrs Dorian (front office), is the 2010 and 2011 Bay Sheffield Champion and the 2012 World Beach Sprint Champion. We thank Jordan for his attendance.

Mr Dylan Hicks, Head of Department – Health & Personal Development

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Left:
*Br Chris Gorringe Sports Day Cup: TURON*

L-R: Jordan Caldow, Carly Reed (House Captain), Jess Rafanelli (House Captain) & Mr John Foley

Right:
*Geoff Cornish Spirit and Sportsmanship Cup: SOLOMON*

L-R: Jordan Caldow, Tim Zavrl (House Captain), Samantha Townsend (House Captain) & Mr John Foley
Music Performance News

SMC Choir
This year our choir has already grown in size and indeed in quality. Led by our choir director and singing teacher Ms Laura Knowling, the choir has over 20 students and is rehearsing on Tuesday afternoons. Last week the choir was singing a wonderful African song in 3 part harmony, and they are sounding terrific! We look forward to a fantastic year of performing for our choir.

Chamber Group
2013 has seen the advent of a new and exciting ensemble in the music department, our Chamber Group. This ensemble plays a more classical repertoire, and has been in planning for some time. Ably led by Ms Tori Phillips, they are already sounding great! Included are 4 violins, 2 flutes, clarinets and piano. Rehearsals are held on Monday afternoons at 3:30 pm. We look forward to hearing the Chamber Group performing at various events throughout the year and into the future.

If you have any questions regarding the co-curricular music participation at St Michael’s College, please call me in the music office.

<table>
<thead>
<tr>
<th>Ensemble Name</th>
<th>Rehearsal Days/Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Guitar Band</td>
<td>Monday 3:30 – 4:30 pm</td>
</tr>
<tr>
<td>Chamber Group</td>
<td>Monday 3:30 – 4:30 pm</td>
</tr>
<tr>
<td>Big Band 1</td>
<td>Tuesday 3:30 – 4:45 pm</td>
</tr>
<tr>
<td>SMC Choir</td>
<td>Tuesday 3:30 – 4:30 pm</td>
</tr>
<tr>
<td>Big Band 2</td>
<td>Wednesday 3:30 – 4:30 pm</td>
</tr>
<tr>
<td>Motown Band</td>
<td>Wednesday 3:30 – 4:30 pm</td>
</tr>
<tr>
<td>Jazz Band</td>
<td>Friday lunchtime</td>
</tr>
<tr>
<td>Drum Corps</td>
<td>TBA</td>
</tr>
</tbody>
</table>

2013 INTERNATIONAL COMPETITIONS AND ASSESSMENTS FOR SCHOOLS (ICAS)
For the last 30 years ICAS has taken place each year in schools throughout Australia, New Zealand, Singapore, Malaysia, Brunei, the Pacific region and South Africa. Your child is invited to participate in 2013. ICAS provides an opportunity for all Years 3 – 12 students to gain a measure of their own achievement in an external testing situation. It provides teachers, parents and students with comprehensive reporting of results.

All students receive a certificate and an individual student report indicating which questions they answered correctly and their score compared with the rest of the students tested. The tests are an excellent preparation for National tests and the student report is useful for highlighting your child’s strengths and weaknesses. The UNSW certificate and individual student report are also suitable for your child to include in a portfolio.

High quality UNSW certificates are awarded for each year level as follows:
- High Distinction to the top 1% of entrants
- Distinction to the next 10% of entrants
- Credit to the next 25% of entrants
- Participation to all other participating students.

A UNSW Global medal is awarded when the highest score in each year level in each state is judged to be sufficiently meritorious. These medals are presented at either a Medal Presentation Ceremony or at a school assembly. Students must sit on the official sitting dates to be eligible for a medal.

For Science, the entry fee per student is $8.00 (5 June 2013).

For more information please visit the EAA website at www.eaa.unsw.edu.au or contact Customer Service on (02) 8344 1010 or by email at info@eaa.unsw.edu.au

This information applies to secondary students only. Students will complete the test during normal lesson time. Past papers are available from Mr Dempsey. If you would like your son or daughter to participate please complete the information below and place it in an envelope with the $8.00 and mark it “science competition” and hand it into the front office before March 21. Please note the date of the test on your calendar and remind your son or daughter if they are participating. Enquiries can be addressed to Mr Dempsey Head of Science.

Mr Robert Dempsey, Head of Department – Science

I wish for my son or daughter to participate in the Science Competition and have enclosed the entrance fee in the envelope.

Student Name ........................................ Pastoral Class ........................................
Parent Signature ........................................
Pathways to Medicine Dentistry and Optometry
Year 11 and Year 12 students should be aware that a competitive score in the Undergraduate Medical Admissions Test UMAT is one of the first steps to qualifying for entry into Medicine, Dentistry and Optometry in South Australia (and most other similar courses in Australia). We have held sessions for students interested in these pathways to explain this. We will be having a Medicine, Dentistry and Optometry Parent and Student Information session later this Term. Both the company that administers the UMAT: ACER and the Universities who consider UMAT as one of the key entry requirements do not recommend doing any private UMAT preparation courses. ACER has practice material available on their website http://umat.acer.edu.au/

In reality many students choose to do a private workshop. The choice is up to the families of course. The courses are quite expensive ranging from $590 to $1500. Our two students who scored the highest on the UMAT Test in 2012 did not do a private preparation course. We have just been notified by Blackfriars Priory School that they have negotiated a special price for a 2 day UMAT preparation workshop to be held in the forthcoming school holidays at a price of $590 per student. The MedEntry Premium course can be researched at: http://www.medentry.edu.au/

To obtain a position in this discounted course which will run on April 13 and 14 at Blackfriars Priory School, please follow the link on the website: www.bps.sa.edu.au Click on platinum package then group platinum. You will then be automatically offered the group discount. Please be aware places are limited in this discounted course.

In the past we have been able to negotiate a discounted price on the grounds of financial need, genuine interest, involvement in school and community life and academic ability. We will be asking students to nominate soon. We can only nominate one student to be considered for this discounted rate.

The other main company that offers private workshops is NIE http://www.nie.edu.au/ and you may want to consider what they offer as well. One offers online practice materials and the other some hard copies. Some students choose to do these workshops in Year 11, others in Year 12 and some not at all.

A reminder that most medicine, dentistry and optometry courses also have a range of pre requisites and assumed knowledge subjects that we would hope students are aiming for or completing. Many interstate universities require Year 12 English. If you have any questions please feel free to phone Rose Coorey, Career Counsellor on 81502353 Tuesday Wednesday or Thursday.

Work Experience Placements Wanted
All Year 11 students are required to undertake one week of Work Experience in Term 2, Week 4 (20-24 May, 2013). If you, or anybody you know, is willing to help out with a placement, please contact me via the front office on 8356 5966 or email me at anthony.vizaniaris@smc.sa.edu.au . Any help would be appreciated and dates can be negotiated if required. 

Ms Rose Coorey and Mr Anthony Vizaniaris, Careers

Senior B Girls’ Tennis
After finishing on top of the ladder last year, the Senior B Red tennis girls Jessica Joseph, Sabrina Sghirripa, Sonya Lorenzoni and newcomers Rose Ciampa and Chantelle Bardadyn have made a great start to the new season by defeating Marryatville1, 5 sets to 1. Not only did they show the skill and determination needed to win, they did it all with a smile and with excellent team work. As their coach, I am sure this first win is just a taste of things to come.

Mr Damien Fanto (Senior B Red Tennis Coach)
CO-CURRICULAR RESULTS

Students can access fixture information via the College intranet
All enquiries to Daniel.Lees@smc.sa.edu.au / Kellie.Casserly@smc.sa.edu.au / Lachlan.Bartlett@smc.sa.edu.au

PRIMARY CAMPUS

CRICKET
Year 4/5A
SMC 125 V Rostrevor 66; Runs: W Foley 44 no, A Nielsen 28 no

TENNIS
PRIMARY A
SMC 6 v CAB 3; Doubles: J Pett/S Noon 3-6, D Mrdjenovic/L Clarke 6-2, S Perrotta/P Hellmanns 6-0, Singles: J Pett 6-3, S Noon 6-2, D Mrdjenovic 6-2, S Perrotta 6-6, Pierre Hellmanns 6-0, F Campanella 6-0

SECONDARY CAMPUS

BOYS
BADMINTON
Year 8/9
SMC 9 v EC 1
OPEN B
SMC 3 v PAC 9; Goals: T Young, S West, B Selby, A Stewart
OPEN C
SMC 5 v UHS 7; C Nielsen 1, J Bennett 2, S Impett 3; Best: C J Nielsen, J Bennett, S Impett, J Lucas

CRICKET
First XI
SMC 7/179 v IC 95; Drew 87no, Peters 33, I Johnson 18; O’Dwyer 3/19, Drew 3/28
Year 10A
SMC 151 v IC 8/159; Best: R Foster 3/19 & 22; S Ebenezer 46
Year 8A
Year 8B
SMC 57 v SHC 6/115; B Kozned 2/5, M Boulton, J Dawkins, N Caruso, 1 wkt each

TENNIS
Drive
SMC 5 v SJGC 4; Doubles: H Johnston/R Johnston 6-0, C May/J Hambly 6-3, S Firth/J Mittiga 6-1

Senior A
SMC 7 v RC 2; Doubles: J Mitton/T Reichstein 6-2, I Mittiga/James Mei 6-2, J Stewart/I Iannazone 6-2; Singles: J Mitton 6-0, A Cecchin 6-0, J Stewart 6-4, A Manning 6-0, L Iannazone 6-0, J Mei 6-1

Senior B
SMC 2 v IC 10; Doubles: N Cockshell/Leonard 6-1, A Gniady/L Taylor 6-4, G Haberfield/B Gangur 6-0; Singles: N Cockshell 6-1, J Mitton 6-0, A Cecchin 6-0, J Stewart 6-2, A Manning 6-0, L Iannazone 6-0, J Mei 6-1

Middle B
SMC 0 v BFC 8; Doubles: Bufi/Perkovic 0-6, Eddy/Perkovic 1-6, S Firth/J Mittiga 2-6; Singles: J Mitton 6-0, A Cecchin 5-7, J Stewart 6-4, A Manning 6-0, L Iannazone 6-0, J Mei 6-1

VOLLEYBALL
Junior
SMC 0 v IC 3

SECONDARY CAMPUS - GIRLS

BASKETBALL
Junior
SMC1 59 v Cabra1 19; A Watts 20pts, A Pearce 15pts, B Taylor 12pts, O Watts 8pts, R Nelli 4pts

SOFTBALL
B Grade
SMC 8 v SC 25
C Grade
SMC 11 v PG 9

9/02/13
Senior B
SMC 27 v MERC 9
SMC 12 v MERC 14

TEENIS
Senior B Red
SMC 5 v MHS 1

TOUCH FOOTBALL
Senior B
SMC 4 v OLSH 3
Junior A
SMC 1 v UHS 10; Goals: L Ljubicic 1; Best: K Hall, P Rowe, B Barry
Junior B/C
SMC 3 v PEM 4
Junior B
SMC 3 v SIC 2

VOLLEYBALL
Junior Indoor
SMC 0 v Marymount 3, SMC 3 v MERC 1

WATER POLO
SMC 1
SMC 1 v WAL 1; Best: K Rigney, B Bisset; Goal: K Rigney 3, B Bisset, E Marinoff

SAAS Swimming
SMC: 364; WC: 282; SIC: 236
Best: L Zille, J Zille, B Hope, B Dorian, S Morgan, K Burgess, E Eckert, N Azzollini

Co-Curricular News
Term 1 – February 2013

See the first edition of the Co-Curricular News attached to this week’s edition of The Star or view online via the College website and intranet.
COMMUNITY INFORMATION

Please note parents and caregivers need to make their own inquiries and assessments about the suitability of the events and services, as advertised below, for their needs and those of their children.

Blue Light Disco (Ages 10 – 17)
Friday 22 February – 7:30pm – 10:00pm
Woodville Town Hall, Woodville Road, Woodville
Entry: $5.00. Enquiries: 8207 6325

Asthma Foundation SA Workshops
Free n’ Live Well’ information sessions for parents – for more information visit http://www.asthmasa.org.au/index.php/selectedContent/2136228863

Speakers in Schools Seminar

Real Life stories about choosing the right subjects!

Want to help the students in your life develop a successful career in an already thriving field in South Australia?

Advantage SA’s Speakers in Schools program is inviting you to attend an exclusive seminar for parents, teachers and students, to gain a better understanding of STEM (Science, Technology, Engineering and Mathematics) career tracks and to help guide students along this pathway to meet the growing needs of our local industries.

The seminar will be facilitated by Associate Professor Brenton Dansie, Dean of Teaching and Learning in the Division of IT, Engineering and the Environment at the University of South Australia. Brenton has long worked with schools in the northern regions of Adelaide to provide opportunities for students to choose tertiary pathways.

You will also hear from speakers working in the STEM industries and receive guidance in what skills and subjects are needed in order to pursue a career in these increasingly important fields.

Don’t miss out! Register now!

Thursday 21 February
6:30pm to 8:30pm
Dame Roma Mitchell Centre
1 Adley Place
Golden Grove

No cost
Light refreshments and canapes provided

Welcome back to the 2013 school year,

I hope that you all had a safe and refreshing break and are looking forward to an exciting year of co-curricular activities in 2013.

2012 was, without doubt the most successful we have had in my 10 years as Co-Curricular Coordinator at the College. Looking back at a few that readily spring to mind are …

- The Open A Netballers who won back to back State Championships;
- The Open A Girls Football team who won their fourth State championship in a row;
- The Open A Soccer boys winning the State Title for the first time in 12 years;
- The SMC Rowing Team’s “dream” becoming a reality with the boys team winning several races throughout the season.

We are always looking for ways to improve our delivery of the Co-Curricular Programme, with the ultimate goal of giving our students the best possible chance to “be the best they can be”. We believe that participation in Co-Curricular forms an integral part of developing students holistically.

When looking at Co-Curricular departmental goals, you notice the direct correlation to the “real world”. Words such as punctuality, uniform, working in a team, leadership, mentoring, sportsmanship, commitment etc. are all fundamentally important to becoming a positive part of our great Lasallian community. Hundreds of years ago, our founder St John Baptist De La Salle, made reference to the notion of educating children to be “better humans” … a challenge we are looking forward to taking on in the Co-Curricular department this year.

At the end of 2012, a survey was sent out to key stakeholders within the program in an attempt to improve what we do. One of the key themes highlighted was ‘profile development’ and from this the “Co-Curricular News” initiative was born. At the beginning and end of term, we will endeavour to distribute this newsletter as a way of communicating and celebrating the great achievements that took place during the term. We look forward to also communicating information from the Primary Campus and constructive feedback would be welcomed from the community at any time.

We welcome Mrs Kellie Casserly to the co-curricular team this year. Kellie brings a wealth of experience and innovative ideas to build on the already strong girls’ co-curricular culture.

If you would like to pass on any co-curricular related information to us, please do so via the adjacent key contact information.

2012 was certainly one to be proud of and we intend to make 2013 even more successful.

Daniel Lees
Co-Curricular Coordinator
CALENDAR

For detailed information on any of the following events, please contact Co-Curricular Coordinators.

Term 1 Calendar information can be found on the Intranet Page. Please note that this calendar is subject to change.

FEBRUARY:
9  Girls Softball commences
   Term 1 Boys Sport Begins
14  Girls Water Polo commences
   SMC Sports Day @ Santos
15  Boys Volleyball commences
   Rowing Come & Try
16  Girls Sport commences
27  Open Netball Trial 3:30 – 5:00 pm
28  Year 10 Netball Trial 3:30 – 5:00 pm

MARCH:
4   Year 9 Netball Trial 3:30 – 5:00 pm
5   Year 8 Netball Trial 3:30 – 5:00 pm
6   SASSA Swimming – A Grade
19  Catholic Girls Swimming Carnival
20  Co-ed Swimming Carnival
21  Junior Soccer Trials
25  Co-ed Athletics @ Santos

APRIL:
2   Catholic Girls Athletics

POSITIONS VACANT

We are seeking energetic, enthusiastic and reliable sports people to join the rapidly expanding sports program at St Michael’s College.

We have over 100 sporting teams in a range of sports including soccer, netball, football, cricket, basketball, badminton, volleyball, tennis, softball, sailing, athletics, pedal prix, rowing, touch football, water polo, squash, table tennis and swimming.

If you have an interest in assisting, be it as a Coach, Manager, Trainer etc, please do not hesitate to make contact. Telephone the College on 8356 5966 or email daniel.lees@smc.sa.edu.au

NUTRITION & FITNESS

Exercise is a positive step forward in developing a healthy mind and body, but a poor diet can cause you to take backwards steps in achieving your health and fitness goals. Eating a well-balanced diet can help to reduce the incidence of illness and can boost everyday energy levels. There are foods that can boost metabolism levels such as apples, spinach and yoghurt and there are ‘super fruits’ that contain important minerals and vitamins such as kiwi fruit, strawberries and oranges.

Pre-exercise and post-exercise nutrition is an essential part of being able to perform maximally and then to recover quickly to enhance fitness results. Having an understanding of the ‘Glycemic Index’ [GI] and the time frames required to consume both high and low GI foods allows for diets to be planned ahead.

For more information on sports nutritional strategies, check out the website: Greatist Health and Fitness News

Sports Uniform Shop

SPORTS CENTRE SCHOOL WEAR
142 Port Road, Hindmarsh
(08) 8346 3411

Open Monday - Friday
9.00am – 5.30pm

Saturday
9.00am – 2.00pm

To speak with a St Michael's College shop representative, please ask for Josie McArdle
Welcome to the summer season Term 1 2013!

The year has begun with record number of girls nominating to play sport across all the various co-curricular options available and it is an absolute privilege to be a part of an innovative, dynamic and blossoming sporting program. We encourage as many students as possible to actively participate in the Co-curricular programmes offered here at the College and we do remind students that if they play club sport it is an expectation that they also play school sport as per the College Policy.

As always, Term 1 is a busy time of the year and we rely on the full commitment and participation of students to ensure that a smooth and positive tone is set for both training and playing matches. Sports contracts have been sent home to remind all students about their responsibilities for playing in a sports team and further information regarding playing draws, coaching information and college expectations has been distributed and is also available on the intranet. Students are encouraged to check the sports notice board and their emails each Friday afternoon in case of a late change to the playing draws.

St Michael’s College participates in the South Australian Catholic Secondary School Girls Sports Association Inc. [SACSSGSA]. If there is a problem with availability for mid-week or weekend sport, please inform Mrs Kellie Casserly [via a note in the diary, email or phone call] and the team coach as soon as possible before the game. The same applies for training sessions. If a student cannot play and the team does not have enough players, it is the responsibility of the student to assist in finding a replacement. Please adhere to the guidelines specified in the Sports Contract.

**KEY REMINDERS**

**Sports Uniform**
Students are required to wear their correct SMC sports uniform to all training sessions and matches including a hat where possible.

**Absence**
If a student is absent through illness on any Friday, and is in doubt for Saturday’s match, a phone call must be made to the coach of the team and Mrs Kellie Casserly, as early as possible. Additionally, in the event of other injuries, illnesses or family commitments, a note or message must be given to Mrs Casserly PRIOR to the Saturday match or training, or a Friday after school detention may be issued.

**Hot weather Policy**
Students will be notified at their last training or by Friday lunchtime if the match will be cancelled.

**Medication / Safety**
It is important that all students have access to their personal medications/safety equipment (eg puffers, mouthguards, hats) during both coaching sessions and matches.

**WHAT’S ON!**

**Netball Academy**
St Michael’s College is pleased to announce the implementation of a Netball Academy for all students Years 8-12. Academy training commences Friday 22 February.

The goals of the St Michael’s Netball Academy are:

- To improve the basic skills of all students;
- To provide some introductory education on Goal Setting, Time Management, Injury Prevention and Recovery and Nutrition to enhance on-court performance;
- To introduce students to field testing to enable more specific training programs;
- To identify talented players for State Knockout Netball;
- Build relationships between students across year levels and mentoring/leadership skills;
- Look ahead for key dates, including winter sport trials in the middle of Term 1. You can find this information on the Co-Curricular Calendar via the intranet.

All the best for the season ahead and if you have any questions or feedback please don’t hesitate to contact me.

*Mrs Kellie Casserly*
SECONDARY BOYS SPORT

When I look back on the 2012 College sporting year I feel a sense of pride for what we have achieved and look forward to the opportunities that lay ahead in 2013. It is a privilege to be a part of this special community which offers many opportunities for students to excel in ALL aspects of College life.

We extend a special welcome to the new Year 8 students and wish them all the best on their St Michael’s journey. At the Welcome Assembly on Day 1, I told the students that my parents still tell me regularly that sending me to SMC was the best decision they ever made. I hope we can gain a similar approval from you as we begin to shape your school story.

I take this opportunity to reinforce the importance of using key communication processes as below:

- **Student emails**: Co-Curricular information will be sent out to the relevant students. These will include weekly fixture information, training changes/conformation and all other key details;
- **School Intranet Page** (http://intranet/index.htm): Sporting fixtures for the Term, College Policies, Co-Curricular Calendar, Training details, key contact information and weekly match details (maps for away venues);
- **Internet Page** (smc.sa.edu.au): College information as well SPORT CANCELLATION DETAILS (these will also be emailed);
- **Sports Notice Boards**: All information detailed above as well as weekly team selection sheets;
- **The STAR**: General Co-Curricular information, including key dates and weekly sporting results.
- **Co-Curricular Coordinators**: If all else fails please contact the relevant Co-Curricular Coordinator: Daniel Lees (Boys) and Kellie Casserly (Girls)

**WHAT’S ON!**

- Summer sport is under way and our 1st XI Cricket Team won their Knockout match against our arch rivals Sacred Heart at Sacred Heart.
- Our Drive Tennis Team also got off to a flier on Saturday morning at Memorial Drive against Blackfriars and SJGC. With Old Scholar Luke Diamond as head coach, I’m sure we will see some great results this year.
- The 1st XVIII Football squad has begun the 8th week of pre-season training and has been very impressive. With incredible numbers and a competitive attitude, the boys are well on their way to re-establishing a fierce football culture. With the appointment of Mr. Dom Gagliardi and the combined effort of setting up the “SMC Football Academy” I am confident that we will continue to improve as a division one football team. Please take the time to read the feature article that will explain the academy program in more detail.
- Look ahead for key dates, including winter sport trials in the middle of term 1. You can find this information on the Co-Curricular Calendar via the intranet.

**LEGENDARY QUOTE:**

“Character is defined by what someone chooses to do when no-one is watching”.  

... from Port Adelaide Football Club legend and SMC Parent, Mr Tim Ginever

I challenge students to keep this quote in mind as we prepare for the Term ahead!

*Mr Daniel Lees*
The St Michael’s Football Academy aims to encourage students to grow and develop their self-worth, and community awareness through football by providing an environment where students feel comfortable and inspired to “be the best they can be”.

The programme will include an organised Junior Development Program, whereby older students will be asked to mentor younger footballers and provide guidance for their transition into Senior Football. Furthermore it also aims to incorporate the Lasallian values of “Big Brother” and strives to develop these young men into “better humans” (St John Baptist De La Salle).

As well as providing an avenue for Year 11 & 12 students to play Senior Football, the College is endeavouring to involve all levels of football in the programme to give the students greater ownership. The Academy will run concurrently to other elite football programs at SANFL level and we will seek to liaise with them so best outcomes for the student’s welfare and football can be achieved.

The key components that students will be expected to satisfy in order to graduate from the SMC Football Academy will include, but are not limited to:

**Module 1: Attendance – Football Program commitment and expectations.**

**Module 2: Testing (Pre-season and In Season) and Strength and Conditioning Program**

**Module 3: Football Knowledge**

**Module 4: Community Awareness, Leadership and Junior Mentoring program**

Students will be given a rating of Outstanding, Strong or Average in the modules above and will receive a certificate upon successful completion of the program.

The response from students so far has been outstanding; with attendance numbers already at an all-time high. Team work and camaraderie has been outstanding. The enormous improvement in fitness testing results shows that this group is committed to the task.

2013 will prove to be an exciting year for College Football both on and off the field. The friendships that will be formed will last a lifetime and, with hard work and a commitment to leadership and self-improvement, success will come.

Thank you and have a great term.

*Mr Dom Gagliardi*

1st XVIII Coach
CONGRATULATIONS TO ...

• **Nikolas Kartas** (right) 10FE, for becoming the youngest A-grade cricketer in Port Adelaide’s 116 year history. As a 15 year old, this is an incredible achievement and we wish Nikolas all the best.

  It’s no coincidence that Nikolas is also one of the most talented footballers we have had come through the College in recent years; keep an eye on this little superstar with a huge heart.

• **Madeline Turner** (right) 12BU for her selection in the U/19 State Netball Team which will compete at the National Championships in April this year. Madeline was also selected in the U21 State Netball Team which will travel to Canberra to compete in the Nationals in March. Furthermore, Madeline has been selected for the SASI tour. Well done Maddy!

• **Jessica Martin** (below), Class of 2007 was selected in the Women’s Australian Water Polo Team (Stingers). Jess travelled to Perth to engage in some match simulation with China in preparation for International Water Polo fixtures. The Stingers won the test series 7-6. This series will act as a crucial part of Jess’ preparation for the Rio Olympics.

  We wish Jess all the best with her Water Polo endeavours. You can check out Jess in action below!

If you have any information you would like to share and add to the “Super Stars” please contact **Mrs Casserly** or **Mr Lees**.
TERM 1 ACTION