



## Dear Parent/Caregivers,

What a jam packed few weeks we have had, with excursions, Learning Conversations, Catholic Schools Music Festival and that's before we even mention the fantastic learning which has been happening in the Homerooms. I think everyone will be ready for their holidays come Friday.

### City-Bay Fun Run

On Sunday 18 September I was fortunate enough to join the Year 8 students as part of their 'Steps to Success' elective and take part in the City-Bay 12km run. Between the Year 8 students and staff, we all managed to run/walk either 6 or 12km. At the end of it I couldn't feel my legs but the Year 8 students were ready for more. Thanks to the teachers who took part and to Michael Goode for all his hard work organising the event for the students. We look forward to next year and hopefully, I'll do a little more training to prepare myself.

As part of the elective the students were also raising funds for Australian Marist Solidarity (AMS) a foundation that works to ensure that all young people have access to educational opportunities.

AMS believes education has the power to eradicate poverty. Their projects focus on providing access to education for vulnerable young people and building facilities for the future to ensure safe spaces for learning. Thanks to the kind donations on the fundraising page and the money from the Casual Clothes Day, the Year 8 students were able to raise over their \$1000 target with \$1123. Well done to them all and thank you to everyone who donated to this very worthwhile cause.

### **Catholic Schools Music Festival**

On Monday night the students from the Cardijn College Galilee Festival Choir sang their hearts out at the Catholic Schools Music Festival at the Festival Theatre. It was an absolute joy and privilege to see their performance on the night. They performed brilliantly to a sold-out audience and showed what they could do as a Festival Choir. The song 'I will follow Him,' from the movie Sister Act was one of my favourites along with the Abba medley at the end. Congratulations to the whole choir for their dedication over the year and special thanks to Kathryn Thomson for training the choir. I look forward to next year.

### **Building**

It has been great to see the development of the building over the last few weeks, window frames going in and block paving going down. There is still a bit to do on the inside but we are looking forward to having the building handed over before the end of Term 4, so we are ready to welcome our Year 7-9 students into the space in 2023.

### **Uniform**

Just a reminder that students can wear their summer uniform from the start of Term 4. Please see the Campus website for details on the uniform policy.

Have a great holiday everyone and see you all on Monday 17 October at 8:45am.

Nick Wright

Head of Campus



GALILEE 2022

# Disco



# Being calm in the storm

Last week Catholic School Parents South Australia presented a seminar by Madhavi Nawana Parker – 'Anxiety and Worry'. Madhavi is the director of Positive Minds Australia and has written many books about development of social skills, resilience, and wellbeing.

It was lovely to gather with some parents to watch the online event. Madhavi discussed how anxiety is one of the hardest human emotions and can be just as uncomfortable for the children as it can be for parents and carers. She reminded listeners that the goal in helping your child is not to rescue them, and for them to never experience anxiety. Anxiety is a part of life; the goal is to raise children with a sense of confidence and competence to know they can deal with it.

She reminded listeners to say as little as possible when a child is elevated, they need your empathy, compassion, support, and optimism to help them to see their worry separate from who they are. She spoke of the importance of teaching children to solve their problems and when they come to us with a problem or concern ask, 'What are you going to do about it?'

Madhavi presentation was honest and real, and she reminded listeners that there are no perfect parents only real parents and that you know your family and your child and can find a way that works for you. She spoke about a framework of thinking around development of competence, connection, character building, development of coping skills, contribution to society, control, and courage as ways to support a child's growth.

If you are interested in more information about this topic please see link - [Catholic School Parents SA | Let's Talk About](https://cspsa.catholic.edu.au) ([cspsa.catholic.edu.au](https://cspsa.catholic.edu.au)) which will provide you access to the recording of the event, presentation slides and links to Madhavi's resources.

Wishing you well for the term break.

Kerri Gould

Deputy Head



# Parliament House



On Monday the 19<sup>th</sup> of September, Year 6 Guilfoyle and Evans went on an excursion to Parliament House to see what we've been learning about all term.

Leon Bignell showed us around and taught us about the different places and even what Queen Elizabeth II had for dinner when she visited (it was mock turtle soup). Leon Bignell showed us the House of Assembly and how and where the mace was placed and how someone would knock on the door with the Black Rod. He also taught us that the Mace was locked away in a safe when it wasn't used and that the royals weren't allowed in the House of Assembly because of a feud that included King Charles I and King Charles II. We had a great time and learnt a lot. - Annabel Year 6



# Smell the roses!

We wish everyone a restful term break and hope you are able to find some time to 'smell the roses.'

This week at Community Prayer Ms Gregory's homegroup reminded us that we can find peace and stillness in small and simple ways. They shared with us their thoughts about finding God in the ordinary and everyday.

*We wondered how and when we can talk to God.*

*We can talk to God whenever we want to.*

*Inside or outside.*

*In our heads or out loud.*

*By ourselves and with others.*

*A prayer space is special, it helps us feel close to God.*





CARDIJN  
COLLEGE  
GALILEE

## PARENT ENGAGEMENT EVENING

# *Creating a Positive Partnership with Schools*

**Life is busy.** The words - "work/life balance" seem like a mirage in a desert. When you are juggling five balls with just two hands, it is easy to let things drop.

So why do we need to create a positive partnership between parents and school? What educational, spiritual and community improvements does this provide? And how on earth can I fit it in?!

Attend our parent engagement evening and hear from Executive Officer, **Trish Jarvis** of **Catholic School Parents South Australia** on how we can achieve this – and why!

**OCTOBER 25 • 6:30PM**  
**GALILEE HALL**  
**CARDIJN COLLEGE - GALILEE**

**EMAIL TO REGISTER:**  
[info@galilee.catholic.edu.au](mailto:info@galilee.catholic.edu.au)  
Refreshments provided





If your child is going to be absent, late, or leaving early please notify the office by SMS on 0407761162 before 9am. Please provide the following details:

- Child's name
- Reason for absence/early departure/late arrival
- Child's home room teacher

## Galilee Directory

### School

info@galilee.catholic.edu.au  
p 85579000

**Fr. Josy Sebastian** p 83821717

**Sr Margaret Ann Connelly**  
p 0488287552

**Centacare**  
p 82156311

**Galilee OSHC**  
p 85579043  
Director m 0411382054

**Galilee Playgroup**  
Mondays during term time  
9am – 10.30am  
Melanie Wilson p 85579000

**Second-hand uniform**  
Opening times  
Wed 8.30am – 9am and  
2.45pm – 3.30pm  
and Fri 2.30pm – 3pm

# KEY DATES

## TERM 3

Fri 30 Sept

Last Day Term 3

## TERM 4

Mon 17 Oct

First Day Term 4  
**SUMMER UNIFORM BEGINS**

Tues 25 Oct

Parent Engagement Evening  
6.30pm – see flyer above for details

Fri 28 Oct

Reception 2023 Transition begins



Congratulations to Macy for receiving a Cardijn College Curriculum Merit Award for Semester 1.

Macy received A's in every subject for both Academic Achievement and Academic Endeavour. There were only two Year 8 recipients across both campuses.

What an outstanding achievement and a true testament to Macy's determination, resiliency and drive for excellence.