



From the Principal

Mr Adrian Drane

Dear Parents and Students

Over the past week the following reflection has been used in a number of forums with students across the College. In essence it speaks of inner belief and truth, being yourself in spite of what happens around, or to you. Often it is attributed to Mother Teresa, though it has its true original source elsewhere. It offers a framework to remind us of what in the end is the most important thing, that being our sense of self, how we hold, conduct and carry ourselves and our relationship with our own spirituality.

The Final Analysis
*People are often unreasonable, illogical, and self-centered;
...Forgive them anyway!
If you are kind, people may accuse you of selfish, ulterior motives;
...Be kind anyway!
If you are successful, you will win some false friends and some true enemies;
...Succeed anyway!
If you are honest and frank, people may cheat you;
...Be honest and frank anyway!
What you spend years building, someone could destroy overnight;
...Build anyway!
If you find serenity and happiness, they may be jealous;
...Be happy anyway!
The good you do today, people will often forget tomorrow;
...Do good anyway!
Give the world the best you have, and it may never be enough;
...Give the world the best you've got anyway!
You see, in the final analysis, it is between you and God;
It was never between you and them anyway.*

I believe this reflection is a wonderful reminder of the integral point that knowing who we are and what we stand for is central to our own sense of being and purpose. I hope you find it useful to you and your family.

In this edition of the Star there are a number of items that relate to how to set yourself or assist your child in setting themselves up for academic success. I encourage you to take the time to read through these items and have a discussion with your sons and daughters about what these hints and tips mean for them on a daily basis. While primarily aimed at Senior College families there are certainly aspects of great relevance for all families regardless of year level.

Inside this issue

Senior College Study Skills.....	2
Golden Key Conference.....	2
Top 10 Study Tips.....	3/4
Visitors to the College.....	4
Tutoring @ LEC.....	4
Tas Catholic Parents Newsletter..	5
Sports News.....	5/6

COLLEGE CALENDAR

THURSDAY, 27 FEBRUARY
Compulsory attendance SC
Swimming Carnival
FRIDAY, 28 FEBRUARY
Year 7 camp week concludes
Remar Red Embark Camp
TUESDAY, 4 MARCH
Shrove Tuesday
WEDNESDAY, 5 MARCH
Ash Wednesday Liturgy
THURSDAY, 6 MARCH
Compulsory attendance Middle Years Swimming Carnival
MONDAY, 10 MARCH
Public Holiday
TUESDAY, 18 MARCH
Commencement Mass and McAuley Centre Blessing/Opening
NSATIS Swim Carnival
SAT./SUN., 22/23 MARCH
Relay for Life
THURSDAY, 27 MARCH
SATIS Swim Carnival
29 MARCH TO 4 APRIL
MSA Basketball Carnival
THURSDAY, 10 APRIL
Reports sent home
FRIDAY, 11 APRIL
Science Engineering Challenge

From the Deputy Principal

Ms Ann Roberts

Senior College study skills opportunities

It was wonderful to see so many Senior College students and parents/caregivers attend the welcome evening on Tuesday, which has become an annual, growing event. I have included in the Star this week, for those unable to attend, an amalgam of *Top 10 Study Tips* that I have synthesised from a range of sources. I encourage students to go online to access the many resources available to support learning. The University of New South Wales has some excellent resources for example: <https://student.unsw.edu.au>

Expression of interest forms were also distributed for study sessions that could be arranged at the College covering topics such as developing a study timetable, establishing goals and plans, learning about learning, making study materials, essay writing, punctuation, referencing, exam preparation and managing pressure. If you were unable to attend you can get your expression of interest form from the Student Services office. These need to be submitted by Friday, 28 February so planning can commence for the 2014 study skills program.

Georgia Cottnam represents Marist at the Golden Key Conference

Congratulations to Georgia who represented Marist Regional College at the recent Golden Key Asia and Pacific leadership conference: THINK local ACT global, hosted by the University of Tasmania on the 14 January in Hobart. Georgia was invited to represent the College from the high achieving Year 11 students based her outstanding results.

The conference was held at the UTAS Medical Science building and students were given the opportunity to tour the facilities at the medical campus and the Institute for Marine and Antarctic Science.

Georgia Cottnam commented that ..."The experience was really eye opening. The Golden Key Conference had several different sections and covered useful ideas that will become handy when applying for university and scholarships. "In the first section of the conference we were introduced to the key note speaker, Dare Jennings, an extremely successful entrepreneur who started Mambo Clothing before moving on to create the world-wide brand Deus Ex Machina. Dare discussed challenges in his career, his entrepreneurial achievements and gave advice on how to make the most of opportunities. We were then treated to a forum with a panel of industry professionals, who discussed topics such as how to apply for scholarships, and how to make the best first impression. This was followed by a guided tour of the Menzies Research Institute where many working scientists were happy to discuss their current research projects with us. This made me extremely interested in perusing a career in Medical Research after College. The final session of the day was held at the Institute of Marine and Antarctic Science where we had a tour and viewed their latest expedition exhibit."

Georgia said that the conference was a once in a lifetime experience and she felt extremely privileged to attend.



Pictured: Georgia Cottnam at IMAS while attending the Golden Key Conference 2014



TOP 10 STUDY TIPS

1. Set up your study space

Everyone has their own idea about the best place to study. Find a space that works for you and set up. Here's a few things to think of before you get set up-Do you prefer to study in silence or listen to music? Do you work better alone or with other people? Do you like to study at home or at school/library?

2. Be organised

Make sure you have all the materials you need in your study space before you start studying. Getting up to look for a calculator or pen and paper will break your concentration, make you frustrated and waste your time.

3. Clear your mind - feel the flow, feel the energy...

If you've got a lot on your mind, take a moment to write yourself some notes about what you're thinking about and put them to the side. This will help to clear your mind and focus on studying. You can come back to what you were thinking about during a study break.

4. Set yourself goals and get motivated

Set yourself clear goals such as what ATAR /Results you want to achieve. This will help motivate you to study as you want to achieve what you have set yourself. Consider what goals would be appropriate to set yourself, it may be getting into a particular course or a particular university you want to go to. You should think about how you will feel if you achieve the ATAR/Results/Qualification you wanted. If you set yourself goals and keep the end result in mind it will help you stay motivated.

5. Plan your time (and stick to it...)

It helps to plan when you will study and how you can make the most of your study time. Use a calendar or a list of dates to help you keep track of exam dates and plan ahead. Be sure to space out your study time for the term or lead up to exams. Cramming it all in the night before doesn't work! Do the hardest work when you're feeling your best; save the easy stuff for when you're tired. After you have studied with your notes, set yourself a time limit and practice on past TCE exams to answer questions under practice exam conditions, this will help improve your memory recall by sitting in similar conditions to the exams.

6. Learn about learning

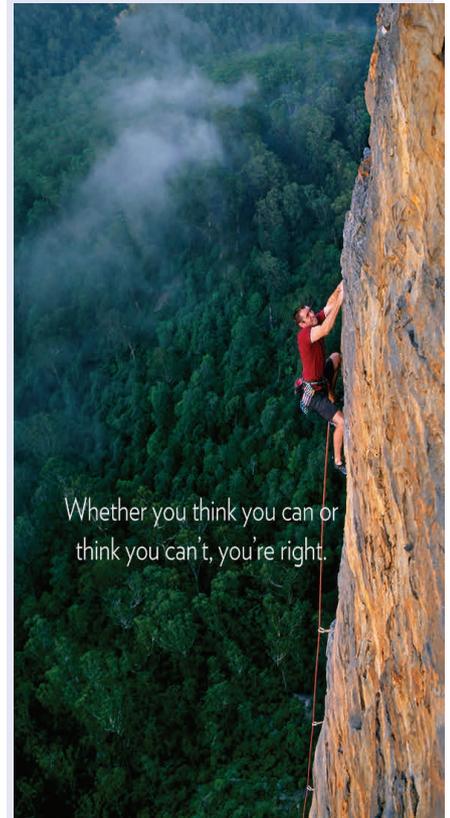
You study better when you're feeling good so make sure you eat well, stay hydrated, exercise and get enough sleep. Learning about how and when **you** learn best, learning about habits of mind and some basic neuroscience can help you to optimize **your** learning.

7. Use your notes

Taking detailed notes in class will save you lots of time later on. Re-writing and adding to your notes is a great way to revise what you've learned. Check out websites, attend a study session or ask your teachers about effective note taking tips to make your note taking more effective.

8. Make your own study materials

Think up some practice exam questions, create your own flash cards to help you study, and check out past TCE exams and revision resources. This way you'll be able to apply what you have studied to practice questions which may have appeared in previous exams. If you prepare your own study material you'll learn what you have studied twice: once when you make the study materials and again when you use them to revise.



Whether you think you can or
think you can't, you're right.

From the Deputy Principal

Ms Ann Roberts cont.

TOP 10 STUDY TIPS cont.

9. Test yourself

Don't wait for an exam to test your knowledge – test yourself regularly. Get a friend/group or family member to quiz you on key concepts or offer to help other students with their work. It's a great way to get confident with what you do know and find out what you still need to learn.

10. Take time out and reward yourself

The key to study/exams is balance. Make sure you achieve a balance between studying, catching with friends, eating well and exercise. Allow yourself some breaks when you study. It's good to have a break every 20 to 40 minutes when you're studying as this will help you study more effectively. You'll study better if you take care of yourself. Reward yourself for studying. This will get you keep motivated to continue studying to achieve your personal goals.

From the Deputy Principal

Mr Michael Ireland

As I reflect on the beginning of the school year it is evident that staff and students have been extremely busy in the life of the College.

On Thursday the Year 7 teachers gathered with parents and students to get to know each other and share the hospitality that is shown within the Chanel Centre. This was an opportunity for parents to get to know their son/daughter's teachers and other members of the Marist community. Thanks must go to the Hospitality students who provided light refreshments for the evening.

On Friday we had an extended lunch so that a staff verses students cricket game could occur. This was an opportunity for all who participated to build on the community that we at Marist have established over the years. It was good to see the 'hill' overlooking the No. 2 Oval filled with onlookers enjoying the cricket game.

This week we wish our Year 7 students all the best for their camps that are held at Camp Banksia. The camp is a good way in which Year 7 students are able to get to know each other better and further forge the friendships that have been built up since the beginning of the year. I am sure we look forward to hearing about the Year 7 Camp in the near future.

Visitors to the College

Just a reminder that if you have organised a meeting with your son/daughter's teacher or would like to meet with their teacher, that it is a requirement you sign in at the main office. Please do not just arrive expecting a teacher to be free as they do teach. It is advisable to ring the front office first and arrange a time to meet. By doing so you will avoid disappointment.

If you would like to learn more about any of the 10 study tips please book yourself into a Study Tips Session.

These will be advertised on the daily bulletin or in the Marist Star.

OR

Talk to your Year Level Coordinator or Subject Teachers

Senior College Tutoring LEC

Please book in to show your interest & secure a place for

Maths /Science

Day 1 period 1, 2, 3 & 4
Day 3 period 3 & 4
Day 4 period 3 & 4
Day 6 period 1, 2, 3 & 4
Day 7 period 1, 2, 3 & 4

Humanities & VET support

Day 1 period 3 & 4
Day 2 period 3 & 4
Day 3 period 3 & 4
Day 4 period 5 & 6
Day 6 period 3 & 4
Day 7 period 1, 2, 5 & 6
Day 9 period 3 & 4
Day 10 period 3 & 4

Years 7 to 10 Tutoring LEC

After school Maths Tuition for Years 7 – 10 from 3pm to 4pm in the LEC area on
Wednesday for Years 7 & 8.
Thursday for Years 9 & 10.

Please contact the LEC if interested to secure a place.

Triangle Newsletter

Feb.2014 Term 1 Vol. 1 Issue 1

Quarterly Newsletter of the Tasmanian Catholic Schools Parents Council (TCSPC)

Inside this issue

Tasmanian State Election Saturday 15th March 2014—What are Catholic School communities seeking from the political parties ? 2
News in Brief—Review of National Curriculum 2
Questions to Candidates and political leaders 3
Engaged learning in a socially connected world 3
National voice for Catholic School Parents 4
2014 Calendar of Events 4
National day of action against Bullying and Violence 5
Why we need a TCSPC? 5
Contact details 5

For full version of this Newsletter click on the link below:

<http://www.tcspc.org.au/content/triangle-newsletter-term-1-february-2014>

SPORTS NEWS

NSATIS summer sport round 2

Summer sports action moved into round 2 last week with both the boys and girls basketball and tennis teams travelling to Launceston to play St Patricks College.

BASKETBALL

In a tightly contested affair, the Boys Firsts managed to take the points against St Patricks College, 41-39. Marist won the match in the last minute with some cool ball handling and level heads. Best players included Brad Wescombe, Daniel Bransden and Kyle Harman.

The Seconds managed to defeat a larger, more experienced St Pats team by 18 points. The boys combined well to outrun and outscore their opposition in the final two quarters. Joel Purton, Kobi Jackson and Tre Armstrong were influential at both ends of the court and Matt Donnelly showed great tenacity in pulling down some great rebounds.

Next week the boys will travel to Launceston to play Scotch in what is expected to be our toughest match to date.

Mr Grant Sims | team manager

BASKETBALL GIRLS

St Patricks College challenged Marist Girls Firsts during the first quarter. With quick plays by Sinead Freeman and Rebecca Heald, Marist managed to keep the score close. Hayley Shephard and Calli Schumann were the star interceptors in the second quarter as Marist took the lead. The third quarter saw the girls reading plays successfully allowing them to increase the gap. With Bridget Hofing’s defending, Keigan Lucas’ rebounding and Rebecca Abel’s alertness and overall skill Marist was able to defeat St Pats 39-28.

The Girls Seconds dominated their match from the outset. Steals from Abbie Hoiberg-Cox, accurate shooting by Abbey Latham and strong defence from Chloe Dennison and Karli Lillico forced the opposition to make errors, which saw Marist take off. All-rounder Marnie Shephard, along with star-shooter Sophie Hammond, helped Marist win 84-19.

Ms Delmy Brito | team manager

SPORTING ACHIEVEMENTS

OUTRIGGING

Congratulations to Ella Revell and Cameron Bartlett who attended the Outrigger Canoe Nationals and received a Gold Medal as an OC2 combination placing them as National Under 14 Champions, a huge achievement for both Ella & Cameron.



CRICKET

Brodie Hayes has been selected to represent Tasmania in the State U15 Cricket so will be away in Canberra at the end of February.



NSATIS summer sport round 2 cont.

TENNIS BOYS

Outstanding singles performances from Connor Parke and Cameron Graham-Jones lead the Boys Firsts to a resounding win over St Pats, 5 rubbers to 1. Although the Boys Seconds went down 6-0, the team is relatively inexperienced and improving every week. With continued effort a win in the Seconds is not too far away.

Mr Shaun Summers | coach

TENNIS GIRLS

The Girls Firsts annihilated St Patrick's College 6 rubbers to nil in the round 2 matches played in Launceston this week. Montana Bradley and Sophie Johnstone won the first doubles 6-1, 6-2. Stephanie Wylie and Kennedy Parke were just as convincing in their match, winning 6-1, 6-1. Singles results were all in our favour with wins for Montana Bradley, 9-6, Sophie Johnstone, 9-3, Stephanie Wylie, 9-8 and Kennedy Parke, 9-0.

The Girls Seconds finally made it on court this week and notched up a strong 4 rubbers to 2 victory over St Pats. Kaylee Hardy and Grier Brindley lost their first doubles in a marathon super tie-breaker 6-2, 3-6, 3-10. Madison French and Luka Dann thrashed their doubles opponents 6-0, 6-1. Kaylee Hardy lost her singles 6-9, Grier Brindley won her first match representing Marist with a 9-4 singles result. Madison won her singles in convincing fashion 9-1 and Luka continued the winning streak with a result of 9-2.

The girls hope to continue their unbeaten start to the season against Scotch Oakburn next Wednesday in Launceston.

Mrs Amanda Johnstone | coach

BNA Winter Netball Teams

The BNA winter netball roster commences on the 15 March and teams have been selected. Team lists are listed on the sports noticeboard in the Harcombe Centre along with being displayed on the school's sports website: www.sportmaristregionalcollege.wordpress.com

Each team will be required to provide a coach (Preference is for an adult however this can be a student with adult supervision) and a competent referee (minimum of one per team). If you would like to assist in either a coaching or referee capacity, please make contact with Mr Williams (Head of Sport). Each team will be registered with the BNA upon confirmation of a coach and referee for the BNA Winter season, but not before.

All team members must be available for their teams' scoring duty on a rotational basis.

SPORTING ACHIEVEMENTS

HOCKEY

Romani Kenworthy will be representing Tasmania in the U15 Women's Hockey team at the National Championships in Hobart in April.



Jemma Kenworthy will be representing Tasmanian in the U18 Women's team to play at the U18 National Hockey Championships in Melbourne in April.



SWIM CARNIVALS

Swimmers who will be on leave from school on swim carnival dates and who wish to remain eligible for the NSATIS squad need to see Sports coordinator **Xavier Williams**

Carnivals:

- 27 Feb—Senior Carnival
- 6 Mar—Middle Years Carnival
- 18 Mar—NSATIS Carnival
- 27 Mar—SATIS Carnival

OPEN DAY

South Burnie Hockey Club

HAWKS

9 March 2014

FOR MORE INFORMATION
SouthBurnieHC@gmail.com
www.facebook.com/SouthBurnieHockeyClub
Soon up: www.sbhcc.com.au
Call: 0414431101 (J. House)