Dear Parents,

One person’s idea of fun can be another person’s idea of pain. One person’s perception of teasing, can be perceived by another as bullying. It is a fine line between fun and pain, teasing and bullying and as we learn to socialise we become aware of this invisible boundary.

Many of us in our efforts to be funny or ‘to have fun’ have at some stage overstepped that mark, and if we do, we quickly recognise it and apologise. For some students (even adults) this social skill is evolving, and not yet refined. As parents and teachers it is our role to guide our children/students towards what is deemed as suitable behaviour, behaviour that doesn’t cause physical or emotional stress to another person.

Learning the fine art of what is and isn’t socially acceptable can be a difficult endeavour, a walk through a proverbial minefield. Just as someone might grumble about a member of their family or a very close friend, woe betide anyone outside that inner circle who also voices their discontent. Many people often feel they go through life with social ‘L’ plates. Just as learner drivers need to learn the rules of the road and practise those rules, our students need to learn social skills and practise them in the safe confines of home and school.

If together we guide and support our students towards healthy social and communication skills then we will all reap the benefits.

Yours sincerely,

Chris Leesong
Deputy Headmaster

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**Triathlon Junior Training Program Week 2**

Week 2 of the Junior Training Program saw a number of firsts for Junior Triathletes in Alice Springs. Our first ever indoor spin session, our first fitness test (a 60m sprint) and our first cycling session on the velodrome. The focus of the spin class was on technique with participants working up a sweat while completing some high cadence work and some single leg pedalling. The skills session on Friday saw the juniors complete their first fitness test, a 60m sprint. A strange test for an endurance sport but there is method to our madness. In time, all will be revealed. On Saturday, we completed our first session on the velodrome, which had a focus on becoming comfortable on the track before trying a flying lap and one from a standing start.

This session times are as follows:

- **Swim Sessions** – 6:00 – 7:00am Monday (Town Pool)
- **Run Sessions** – 3:30pm Tuesday at St Philip’s or 5:30 with Peter Eason
- **Spin Session** – 6:30 – 7:30am Wednesday (St Philip’s Gym)
- **Run Sessions** – 3:30pm Thursday at St Philip’s
- **Run/Ride Skills** – 6:30 – 7:30am Friday mornings (St Philip’s Gym)
- **Velodrome Sessions** – 3:30 – 5:00pm Saturday (Alice Springs Velodrome)

There are still space available for anyone wishing to be part of one or all of the sessions listed above. Contact Mr Knott if you would like to be involved.

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**Year 11 Subject Changes**

Year 11 students were given a letter on Friday 10 May, describing the process for interested students to change subjects after examinations in Week 7 of this term.

I am available to assist parents and students with any changes they are considering and the impact these changes might have on future pathways.

Please email or ring me and we can discuss your particular issues in person, on the phone or by email. My contact details are below.

Leslie Tilbrook
Career Adviser
8950 4553
leslie.tilbrook@stphilips.nt.edu.au
On Thursday afternoon we all did prep straight after school so that we could go and see the Year 12 Dance moderation in the evening. With eight girl boarders performing it was an event we didn’t want to miss. Our two boarders who were being moderated, Umema and Stella, were well supported by Rhiannon, Margo, Martha, Sunette and Helena. Also dancing was Sagarika, one of our exchange students, who gave us a lovely joyful Indian dance. All in all it was a lovely evening.

On Friday evening the boarders did a scavenger hunt with some keen competition from our Gap students, and on Saturday there were a variety of games such as charades, and straw and balloon games, followed by some snacks. The winning team was an all boys team, but we all had lots of fun and laughter.

I would just like to say a public thank you to all the girls this week. Having injured myself on the public holiday (trying to pretend I’m 20 not 60!) I’ve been very restricted in my movements, but the girls have gone out of their way to be helpful and I’ve especially appreciated the senior girls help in getting everyone off to school and in to bed on time. I’m fortunate to live with such an awesome group of young people!

Marg Stevenson
Head of Girls’ Boarding

Triathlon news....

JUNE CAMP 2013, DARWIN
DATES: 20-23 JUNE 2013

This is a cycling and running technical skills camp for junior triathletes aspiring to maximise their potential sport.

The running sessions involve theory and practical tuition in the technical skills associated with running at high speed, (maximum velocity). These sessions include tuition in the functional strength and mobility exercises that support this type of running development.

The running presentations and tuition will be delivered by Michael Watkins. Michael is the NTIS Athlete Services Manager, he is a NCAS Level 2 athletics coach and a Level 2 Strength and Conditioning Coach. He currently coaches National level Athletics athletes.

The cycling sessions are structured towards developing the cycle skills to competently ride in a draft legal triathlon. Subject to competently completing all cycling assessment tasks, the endorsement check list can be signed off for an athlete wishing to compete in the Australian Junior Triathlon Series ITU Youth Category.

For further information about the camp, please email: eotriathlonnt@gmail.com

Joke of the Week

Q. What do you do when you see a kidnapping?

A. Wake them up!
St Philip's College Senior Drama
proudly presents...

Lady Audley's Secret
-a melodrama-

By C.H Hazelwood
An original version of Miss Braddon’s popular novel, of the same name - in two acts
This adaptation was first produced at the Royal Victoria Theatre, London, 25 May 1863

Thursday 30 May & Friday 31 May
7.00pm
The Minnamurra Hall
St Philip’s College

Tickets $10 adult $5 child/conc
Available from Dymocks, Travelbaggers, College Reception and at the door
CALL FOR EXHIBITORS

REGISTER NOW - FREE

Do you belong to a sporting or community group, volunteer association, service club, craft/hobby group or provide a health and wellbeing service?

Be an exhibitor at the new ‘Sport & Wellbeing Expo’.

This is a community event, a 'one stop shop' where the people of Alice Springs can discover all about your group or the service you provide. It’s FREE!

To register please visit: www.sportandwellbeingexpo.com.au or call 8950 4561 or like us on Facebook, follow us on Twitter or email: enquiries@sportandwellbeingexpo.com.au

Proudly sponsored by:

Please support those businesses supporting this great event...
Angela Bevan
NT Judge of Children’s Book
Council of Australia Book Awards

Saturday 1st June
11:30 - 2:30pm
Alice Springs Public Library

Angela will talk about her role as judge, the judging process and the joys and agonies of choosing the six best books for each category.

This talk is perfect for teachers of all grades, parents, teacher librarians and all those interested in children’s books for all ages.

Light Refreshments will be served.

For more information or to RSVP contact Colleen Otley - colleys@bigpond.com or 0402176711
Angela’s visit is sponsored by CBCA NT

Location: Alice Springs Public Library,
Cnr Loichhardt & Gregory Tce Alice Springs
Chaplain’s Message

PSALM 121 - A SONG OF ASCENTS

Before you read this beautiful psalm, sit down somewhere quiet and allow the words to sink into your soul as a very personal message to you.

Sarah Pollitt
Chaplain

1. I lift up my eyes to the mountains—where does my help come from?
2. My help comes from the Lord, the Maker of heaven and earth.
3. He will not let your foot slip—he who watches over you will not slumber;
4. Indeed, he who watches over Israel will neither slumber nor sleep.
5. The Lord watches over you—the Lord is your shade at your right hand;
6. The sun will not harm you by day, nor the moon by night.
7. The Lord will keep you from all harm—he will watch over your life;
8. The Lord will watch over your coming and going both now and forevermore.

St Philip’s College Newsletter

What’s Happening in

Term 2 - Week 6

MONDAY 20 MAY

TUESDAY 21 MAY

~ Partridge House Service
~ P&FA Meeting - 7.30pm. Fred McKay Education Centre

WEDNESDAY 22 MAY

~ Current Affairs Long Assembly
~ Year 1 students from Living Waters visiting for National Simultaneous Storytime
~ Year 11 Leadership Abseil - Lunchtime, The Minnamurra Hall
~ Emails sent for overdue library resources

THURSDAY 23 MAY

~ McKay House Uniform Free Day - Salvation Army Red Shield Appeal
~ Year 10 NT Rural Health Services Workshop - Periods 1 & 2
~ Year 7 NT Rural Health Services Workshop - Period 3
~ Year 11 Leadership Abseil - Lunchtime, The Minnamurra Hall
~ Final Assessment Day for Year 11’s

FRIDAY 24 MAY

~ SPC Inter-house Athletics Carnival
~ Library/Homework Centre closed

French Tutoring

Laetitia de La Brosse is offering private French lessons for $15/hour.

She is happy to tutor in pronunciation, grammar, conjunction, culture, history and geography. She is also happy to share her experience of French cooking.

Please contact Laetitia on 0459 678 325 or laetitia.delabrosse@gmail.com

A note for your diary....

P&FA Meeting

The next P&FA Meeting will be held on Tuesday 21st May at 7.30pm in the Fred McKay Education Centre. All parents are welcome to attend.

AUSTSWIM

Become a Qualified Swimming Instructor!
TEACHER OF SWIMMING AND WATER SAFETY COURSE

Alice Springs
1st & 2nd June 2013

The AUSTSWIM Teacher of Swimming and Water Safety course provides candidates with essential competencies to teach swimming and water safety to persons from four years of age in swimming pools and confined natural shallow water venues. The certificate is valid for three years.

Enrolments close: 25th May 2013

For bookings and further information contact:
AUSTSWIM NT: (08) 8981 5036
EMAIL: trainingmanager@ntiss.org.au
ONLINE: www.royallifesaving.com