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NEWSLETTER

31 AUGUST
ISSUE 24



THE WIZ

A message from Principal, Roger Herbert



Dear Parents,

This week I want to speak about the importance of an active lifestyle for our students. Although hours of studying burns mental energy, the body and mind need physical exercise to function at their peak! Not only can exercise help with concentration and focus but also with mental health. This is why PE is such an important part of our curriculum, and why we don't encourage it purely for our sport obsessed students, it's there for the students' own health.

Exercise helps memory and cognitive function, stimulating chemicals in the brain that affect the health of brain cells, which is imperative for getting through these schooling years. Exercise will also improve mood and sleep, and reduces stress and anxiety. Problems in these areas frequently contribute to poor performance at school, and cause ripple effects in their lives.

I recommend students get involved in some form of physical activity, and I don't really mind whether it is mountain biking or just going for a walk, as long as it is something. Let's all move towards a healthier, happier St Philip's community.

Regards,

Roger Herbert
Principal

Student news

Tom Scollay Cricket Mentoring



Old Saint Tom Scollay, and founder of *Cricket Mentoring*, was in town this week to talk all things cricket with our students and the wider community

He is a top order batsman and off spin bowler and currently captains his 1st-grade side in the WACA Premier competition. Tom has also had a stellar career playing for Middlesex in the United Kingdom and our students were lucky enough to *pick his brain* this week.

Tom went through drills with our most keen cricketers and gave them a real insight into top level professionalism. He also held an information session for the wider community at the FeedMeNow restaurant on Wednesday night.

We are always very happy to have such inspirational Old Saints, like Tom, returning to our College.



Junior Round Square Action

Thank you to the many students who arrived to assist with our Junior Round Square Action on Thursday afternoon. A group in the Peace Garden planted 8 small shrubs then moved down to help the bulk of students dig a little trench which was then filled with stones along the back of the English block. When all the pipe work in that area is completed and filled in, the true glory of what we achieved will be appreciated!

The students from Year 7 through to the Leaders were wonderful and worked like the proverbial Trojan Horse!

Afternoon tea was consumed outside my office and everyone went home with a great sense of achievement and maybe a few sore muscles! Carting close to two tonnes of stones by bucket is no mean feat. Well done all involved!

Sarah Pollitt
Director Chaplaincy, Student Leadership & Round Square



Country Education Foundation

The Country Education Foundation of Central Australia is a not-for-profit organization committed to providing assistance to young people undertaking further study or training beyond high school.

For further information you can contact us on:
Email: caef.info@gmail.com
Facebook: CEFCA - Country Education Foundation of Central Australia
Instagram: cef_central_australia



IMPORTANT DATES - WEEK 7

Monday 3 September.....	Stage 2 Outdoor Ed Larapinta Trail Walk departs Reading Week begins
Tuesday 4 September.....	Year 11 Leadership Breakfast
Wednesday 5 September.....	Reading Day Assembly Year 11 (2019) Subject Advice Afternoon: 3:30-5:30pm The Minnamurra Hall (bookings online)
Thursday 6 September.....	Year 11 Meeting: 8:20am Fred McKay Education Centre Year 7 Positive Health Day
Friday 7 September.....	Stage 2 Outdoor Ed Larapinta Trail walk returns Reading Week ends

Editor's note: We sincerely apologise for the incorrect caption in last week's newsletter. The name should have read Nicholas Butter.





Soccer



Tennis



Ultimate Frisbee



Badminton



Netball



Touch Football

WINTER CARNIVAL 2018



Orienteering



Beach Volleyball

Ryan Standish (Class of 2011) selected for USA team for 2018 Mountain Bike Marathon World Championships



Used with kind permission @paolopenimartelli

Congratulations to Sports Wall of Fame recipient and Class of 2011 alumni, Ryan Standish for being selected in the USA team for the 2018 Marathon World Mountain Bike Championships to be held in Italy in September.

Ryan is well known in the mountain biking community here in Alice Springs and Australia, and trained on the rocky and spikey trails around town. After years of training and competing here in Australia and in the US, Ryan's riding this year has gone to the next level.

He won the Otway Odyssey (one of Australia's most respected off-road cycling events) earlier in the year. He then travelled back to the States and placed on the podium at Epic Rides events and performed well in other races and in August, he travelled to Mongolia and won the Mongolia Bike Challenge (an epic, 6-stage mountain bike race in the land of Genghis Khan). He was then selected for the US Team for the 2018 Mountain Bike Marathon World Championships in Auronzo Di Cadore. We wish him the best of luck at the World Championships.



Chaplain's Message



Wishing to encourage her young son's progress on the piano, a mother took the small boy to a Paderewski concert. After they were seated, the mother spotted a friend in the audience and walked down the aisle to greet her. Seizing the opportunity to explore the wonders of the concert hall, the little boy rose and eventually explored his way through a door marked "No Admittance."

When the house lights dimmed and the concert was about to begin, the mother returned to her seat and discovered that her son was missing. Suddenly, the curtains parted and spotlights focused on the impressive Steinway on stage. In horror, the mother saw her little boy sitting at the keyboard, innocently picking out "Twinkle, Twinkle Little Star." At that moment, the great piano master made his entrance, quickly moved to the piano, and whispered in the boy's ear, "Don't quit, keep playing."

Then leaning over, Paderewski reached down with his left hand and began filling in a bass part. Soon his right arm reached around to the other side of the child and he added a running obligatio. Together, the old master and the young novice transformed a frightening situation into a wonderfully creative experience. The audience was mesmerized.

That's the way it is with God. What we can accomplish on our own is hardly noteworthy. We try our best, but the results aren't exactly graceful flowing music. But with the hand of the Master, our life's work truly can be beautiful. Next time you set out to accomplish great feats, listen carefully. You can hear the voice of the Master, whispering in your ear, "Don't quit, keep playing." Feel His loving arms around you. Know that His strong hands are playing the concerto of your life. Remember, God doesn't call the equipped, He equips the called.

May we sit quietly at our stool and listen for His call on our lives.

Pastor Sarah Pollitt - Chaplain

We're supporting Aussie Farmers!



College Vice Captain, Matt Whear is cutting off his mullet for the 'Buy A Bale' organization supporting Aussie Farmers in drought.

Donations will be taken until Wednesday, 12th September through Student Access and online through the 'Buy A Bale' Website. If you donate via the website, please be sure to email your receipt to Matt (matthew.whear@stphilips.nt.edu.au).

But that's not all... The HIGHEST DONOR GETS TO CUT IT!

Anyway, get around it and help support a good cause!

Click on the following link to get involved:

https://www.buyabale.com.au/donate/?supporter_id=

GIRLS' BOARDING HOUSE PRESENT

Jazz & High Tea

**3-5PM SUNDAY 16TH SEPTEMBER
SCHOOL QUAD**

Tickets: \$10
An initiative in aid of drought relief
Buy a bale!

Tickets available from Student Access, Reception or
Marg Stevenson (041783412)

Phones Off!

Phones must be turned off from the moment students enter the campus in the morning until the end of the day at 3pm. Phones may NOT be left on 'silent'. They must not be used at recess or at lunch.

Anyone found with their phone turned on during the day - texting, taking photos or using their phone for any other purpose - will have it confiscated immediately by a staff member.

Phones are available from 3pm the day after they are confiscated. They can be collected from the Deputy Principals' office by a parent.

LOVE, SIMON

HE'S DONE KEEPING HIS STORY STRAIGHT.

Everyone deserves a great love story, but for 17-year-old Simon Spier, it's a little more complicated. He hasn't told his family or friends that he's gay, and he doesn't know the identity of the anonymous classmate that he's fallen for online. Resolving both issues proves hilarious, terrifying and life-changing.

**4:00PM - FRIDAY 7TH SEPTEMBER
FRED MCKAY THEATRETT**

FOR YEAR 11 OR 12 STUDENTS ONLY WHO WISH TO ATTEND



Videos for Change is a powerful way for young people to channel their passion and creativity to lead social change

We invite students from Years 7-12 to step up to the challenge and create a one-minute video on a social issue that they are passionate about, with the chance to be featured on **Network Ten's 'The Project'** and to win a share of over \$12,000 worth of prizes.

Four Grand Prizes: valued at \$3,000 per winning team

- Best Junior High Video - Years 7 - 9
- Best Senior High Video - Years 10 - 12
- People's Choice Award
- Founders Award for Indigenous Youth Voice

Entries close September 30 so get your school involved today!

videosforchange.org

ADD A LITTLE COLOUR TO YOUR DAY

THURSDAY
SEPTEMBER 27, 2018

COLOURFUL HEADSPACE AWARENESS DAY

Step 1: Buy a bright **COLOURFUL** pin from the Wellbeing Committee!

Step 2: Bring a gold coin to spend at the **COLOURFUL** cake stall and enter the photo competition!

Step 3: Lets talk about Youth Mental Health!



headspace, the National Youth Mental Health Foundation, provides mental health support to young people aged 12-25 years and their family and friends. For more information, visit: <https://headspace.org.au/headspace-centres/alice-springs/>

ENTRY FEE
\$20.00
Contribution \$15*
Bike hire only \$10*



9 SEPTEMBER 2018

RUN, WALK OR STROLL YOUR WAY TO THE SUMMIT DURING THIS YEAR'S IODNIO YMCA KING OF THE MOUNTAIN EVENT.

Free breakfast will be provided and breathtaking views of Alice while the sun rises. There will be an award ceremony and Medallion for everyone who completes the event.

Registration forms are now available from:

YMCA, 71 Goddard Road and Intersport, 40/80 Todd St
or call 8952 5666 email: reception.kro@ymca.org.au



Junior Come & Try Day

Fun Games & Activities

5:30pm - 6:30pm

Friday, 21st September

Traeger Park

Ages 5+, Primary & Secondary

Students Encouraged To Attend

Free BBQ & Drinks

Email: ntcricket@ntcricket.com.au



This newsletter is produced weekly by the PR & Marketing Department, St Philip's College.
Please submit contributions to: Harry Carter (08) 8950 4534 or email: harry.carter@stphilips.nt.edu.au
Deadline for Friday's issue is 5pm on the preceding Tuesday.

