Dear Parents, Students, Staff and Friends of Marcellin,

I was driving out the gate of the College one morning last week and I met the Mum of a boy at Marcellin who I think is on the right track. She seemed focused and so I asked how things were going. “It’s not been a good morning,” she went on to explain. Things had gone wrong at home and she had come up to school to try and sort out an issue which, according to her son, was the end of the world. “But it’s not the end of the world and somehow I’ve got to get him to understand that things go wrong, and life moves on.” She’s teaching him a critical life view, and instead of giving in to his emotional imbalance she’s teaching him a skill which will make him a much more balanced and even happier young man because the world is just not interested in our little ‘catastrophes’ which all too many people make too much of – they haven’t learnt not to ‘sweat the small stuff.’

In an insightful article entitled 7 Strategies for Building Your Families Resilience, Paula Davis-Laak lists ‘shutting-down catastrophic thinking’ as number one. “If you’re the parent of a teenager, you have likely observed this thinking style, but adults catastrophise too. It’s a downward spiral style of thinking that leaves you unable to take purposeful action. Your seventeen year old might break up with her boyfriend and think her world is over. As a parent, you might turn around in a store and notice your seven year old isn’t standing next to you. Both result in anxiety, even panic; but, not being able to take purposeful action to find a solution makes this style of thinking particularly worrisome.”

I find that most parents are good at helping boys keep things in perspective but in my observations the ones who are more inclined to catastrophic thinking are those who believe they have to compensate for some deficit they see in their parenting. To make up for their deficit, either perceived or real, they give in to the catastrophic outbursts in the hope that the emotional pacification will show their son or daughter that they really do care about them. In the long-run it just doesn’t work. Children and teenagers develop the instinct to sniff-out the opportunity to be emotionally indulged and they are inclined to manipulate it and thus develop bad habits as they move into adulthood.

The centre pages of this newsletter advertise our next Parents in Touch evening. We’ve engaged the services of the entertaining and insightful speaker and author Andrew Fuller and asked him to address the issue of CREATING RESILIENT FAMILIES. I encourage you to come along and please feel welcome to bring along neighbours, family members and friends who have children in other schools. This Parents in Touch evening is a community event because we think the topic is so important – every parent should be building resilience within their son and indeed their whole family.

In the meantime I commend to you the wisdom of Michael Grose who provides a list of ten phrases that he thinks should be used in families trying to build resilience. I share it with you because after my last article on self-esteem and self-respect some people were paraphrasing my message as “just tell them to get-over-it and move on!” While there’s some value in this pithy, oft-used saying I think Michael Grose’s ideas are much more beneficial:

“Resilient families develop their own words and phrases to help each other get through the inevitable tough times that each person experiences. The language of resilience generally refers to coping strategies such as empathy, humour and acceptance. Here are 10 examples of the language of resilience, the coping skills each reflects and the types of situations in which they are applicable.”

1. “Come on, laugh it off”
   Strategy: Humour
   Good for: Kids who experience disappointment, failure and even loss.

2. “Don’t let this spoil everything”
   Strategy: Containing thinking
   Good for: Kids who feel overwhelmed; kids who experience rejection; perfectionists.

3. “Let’s take a break”
   Strategy: Distraction
   Good for: Kids experiencing stressful situations; kids who think too much; kids with busy lives.

4. “Who have you spoken to about this?”
   Strategy: Seeking help
   Good for: Kids who experience bullying and social problems; handling all types of personal worries.

5. “I know it looks bad now but you will get through this”
   Strategy: Offering hope
   Good for: Kids experiencing loss, bullying, change or extreme disappointment.

6. “What can you learn from this so it doesn’t happen next time?”
   Strategy: Positive reframing
   Good for: Kids who make mistakes, let others down or experience personal disappointment.

7. “Don’t worry – relax and see what happens!”
   Strategy: Acceptance
   Good for: Kids who worry about exams or performing poorly in any endeavour; pessimists.

8. “This isn’t the end of the world”
   Strategy: Maintaining perspective
   Good for: Kids who catastrophise or blow things out of proportion.

9. “You could be right. But have you thought about ...”
   Strategy: Flexible thinking
   Good for: Kids who catastrophise; experience extreme feelings; who exaggerate.

10. “What can we do about this?”
    Strategy: Taking action
    Good for: Kids who mope; who experience disappointment; who feel inadequate.

Why don’t you give it a try, with my best wishes.

Br David Hall FMS
Headmaster
FROM THE DEPUTY HEADMASTER

As I sit here and look back on half a year gone, I see great success at Marcellin College. I am looking out of my office and I see the most beautiful school I have ever been associated with. The place is bright yet strong, happy yet strict. It is no wonder boys experience success in such a wonderful environment filled with the highest of standards. In preparation for this week’s Semester One Academic Assembly, the printers are churning out certificate after certificate to be presented to hundreds of students this Friday, celebrating Academic and Learning success. This Thursday, the whole school will put learning aside for the day to spectate and support five Rugby League and one Soccer team, at their MCC Grand Finals. As I write, I can hear some of our musicians practise for assessments and whole school events. As I walk around the school, I see high quality teaching and learning in action every single day.

Boys at Marcellin College are very fortunate yet should never take this for granted. The highest of expectations are insisted upon at school and boys take their learning very seriously. Great success will only eventuate if learning continues at home. Success doesn’t come easy, so practice, hard work, homework and revision must be happening every night at home and parents need to monitor this right up until the HSC.

Student Absence
I would like to remind parents that when your son is away from school, a phone call must be made to the office on the morning of his absence. Parents are not able to send an SMS to the school. When the office sends out an SMS to parents, it is computer generated and does not accept a reply.

Mr Peter Buxton
Deputy Headmaster

TOURNAMENT OF MINDS

The Tournament of Minds (T.O.M.) is a program designed to enhance the potential of our youth by developing diverse skills, enterprise, time management and the discipline to work collaboratively within a challenging and competitive environment. It looks behind academic achievement and understands that the pursuit of excellence knows no boundaries.

Tournament of Minds is a team of 7 students working together in a team to solve a challenge. The Long Term Challenge is in one of the following disciplines – Applied Technology, Language Literature, Social Science and Maths Engineering. This challenge involves six weeks preparation time, ten minute presentation time in front of an audience and a panel of judges. The students must solve the problem, write a script, and make their props and their own costumes on a limited budget.

This year Marcellin College will enter a team in each of the following disciplines: Language Literature and Maths Engineering. We are still looking for students from Year 10 to contribute to the teams. Teams will meet one day a week for preparation and training for the tournament day.

Mr Cheriachan, TOM Coordinator

TERM 3 CALENDAR EVENTS

Wednesday 24 July   Year 8 & 9 Parent Teacher Interviews
Friday 26 July   Headmaster’s Assembly - Semester One Academic Awards
Monday 29 July   Trial HSC - concludes Friday 9 August
Monday 5 August to Friday 9 August   Activities Week Years 7 to 11
Tuesday 13 August   Parents In Touch
Saturday 31 August   Old Boys Mass & Lunch
Thursday 19 September   Year 12 Graduation & last day of classes for Years 7 to 11
Friday 20 September   School Holidays commence

OLD BOYS ANNUAL REUNION

When: Saturday 31 August
Where: 11am Mass at Marcellin College followed by lunch at 12.30pm at Coogee Surf Club
Cost: $65
Bookings: Available through the College Office
Contact: Mrs Sharon Elliot: (02) 9398 6355 or sharon.elliot@syd.catholic.edu.au

CLASS REUNIONS

Class of 1993   Friday 27 September   Randwick Labor Club - contact Mr Jamie Grant on 0438 398 669
Class of 1983   Saturday 19 October   Coogee Surf Club - contact Mr Michael Daley on 0418 161 452
Many people may well have read the article that appeared in various places in the print media during the school holidays regarding plans for Souths Football Club (the Rabbitohs) to take up residence on the Marcellin College site at Heffron Park. There have been varied responses to this news ranging from deep satisfaction about the potential, through to scepticism about entering into such a relationship with a league football club. I hope the following points help set the record straight and appropriately responds to legitimate fears that Marcellin College runs the risk of being the losers in this venture.

1. Marcellin College has been associated with the Heffron site for 45 years. It was in 1967 that we first entered into discussions with Randwick Council about leasing a site for recreational and sporting purposes. At that time the part of Heffron that we occupy was a relatively disused site; nothing but overgrown vegetation on sand hills. Over many years, under the guidance of the Men’s Auxiliary as it was called at the time, the land was cleared, a pitch was planted and nurtured, and an irrigation system was installed. There was considerable investment of the Marcellin community in this site which was to eventually include the building of a pavilion. Our commitment to maintaining a clean, safe and appealing site has not waned nor wavered over these 45 years.

2. Our current lease has nine and a half years to run. We lease the site from Randwick Council and sublease it to Souths Juniors who make a financial contribution to the maintenance and upkeep of the site.

3. In the latter part of June this year I was approached by the Mayor of Randwick to consider the possibility of relinquishing our current lease with a view to establishing a new one in the wake of Randwick Council having entered into discussions with Souths Football Club. On 24 June I convened a meeting at the College with the Mayor and General Manager of Randwick Council, representatives from Souths Football, including the CEO, the Member for Maroubra, and representatives from the Catholic Education Office Sydney. At this meeting I gave an ‘in principle’ agreement that Marcellin College would be happy to participate in this venture as long as our interests were respected and protected.

4. It is important to emphasise that at this stage we have not relinquished our current lease and nor do I intend to give consent to this until such time as we have a firm agreement that Marcellin College retains its current use of Heffron according to our schedule and all of the rights and privileges that go with this. I hold this position confidently as Marcellin has been committed for 90 years, since 1923 when we opened our doors, to providing a service to the people of this part of the eastern suburbs. We have educated in excess of 70 000 locals and we remain committed to this mission.

5. The current plans would see a government grant being given to Randwick Council who would work with Souths Football to establish a facility (buildings and playing fields) that would incorporate the needs of their club, as well as Marcellin College and Souths Juniors. I am of the firm position that Marcellin College will be no worse off than we currently are and that because this venture is to be funded by a government community grant, a school so imbedded in the local area as we are, should end up better off. At this stage I have every confidence in Randwick Council in establishing appropriate leases and facilities that will respect the rights and needs of all three parties.

As plans advance I will post updates in this Newsletter. Any views or concerns on the matter can be directed to our Director of Development and Communications, Mr Brian Vane-Tempest: brian.vanetempest@syd.catholic.edu.au

Br David Hall FMS
Headmaster

2013 YEAR 7 ORIENTATION DAY AT HEFFRON
MCC SPORT AT HEFFRON
2012 YR 11 REFLECTION DAY AT HEFFRON
Dear Parents & Friends,

You are invited to join the Marcellin community for a special Parents in Touch presentation with guest speaker Andrew Fuller. Over nine decades Marcellin has developed a degree of expertise in the education of teenagers, boys in particular.

Our success in this area can be attributed to many factors, one of them being our ongoing quest to engage contemporary thinkers with imagination and practical thoughts on how to educate boys. Andrew Fuller is one such person.

We invite you to this community event which is open to all parents and friends of the Marcellin community. I would encourage as many parents as possible to attend and thank all parents for your continuing support of MCR. You are most welcome to invite your friends - include them in your RSVP. It is an evening for parents, not boys. Please return the slip below to your son’s homeroom teacher during the week or reply via email.

With thanks,

Br David Hall FMS
Headmaster

Son’s name:______________________________ Homeroom:___________
_______(number) will be in attendance at the Parents in Touch evening on Tuesday 13th August. Please RSVP by Friday 9th August by returning this slip to your son’s homeroom teacher or via email: brian.vanetempest@syd.catholic.edu.au
About Andrew...

Andrew has recently been described as an “interesting mixture of Billy Connolly, Tim Winton and Frasier Crane” and as someone who “puts the heart back into psychology”. As a clinical psychologist, Andrew Fuller works with many schools and communities in Australia and internationally, specialising in the wellbeing of young people and their families. He is a Fellow of the Department of Psychiatry and the Department of Learning and Educational Development at the University of Melbourne.

Andrew has been a principal consultant to the national drug prevention strategy REDI, the ABC on children’s television shows, is an Ambassador for Mind Matters and is a member of the National Coalition Against Bullying.

The concept of “resilience” offers a coherent framework for the creation of schools that are sensitive to the developmental needs of young people and their teachers. As Andrew describes, resilience is “the happy knack of being able to bungy jump through the pitfalls of life - to rise above adversity and obstacles.”

He is the author of TRICKY KIDS, GUERILLA TACTICS FOR TEACHERS, HELP YOUR CHILD SUCCEED AT SCHOOL, RAISING REAL PEOPLE (ACER), FROM SURVIVING TO THRIVING (ACER), WORK SMARTER NOT HARDER and BEATING BULLIES.

Andrew has also co-authored a series of programs for the promotion of resilience and emotional intelligence used in over 3500 schools in Britain and Australia called THE HEART MASTERS.

Andrew has established programs for the promotion of mental health in schools, substance abuse prevention, and the reduction of violence and bullying, suicide prevention programs and for assisting homeless young people. Andrew continues to counsel young people.
Unfortunately the final round against Ashfield was washed out (for the second time!) in the last week of Term Two. Last week twelve out of thirteen winter teams contested the Semi Finals (results and photos are below). To have so many teams qualify for finals is an outstanding achievement and I congratulate all players and coaches who have been involved in the 2013 winter season.

**MCC WINTER SPORTS - SEMI FINAL RESULTS**

<table>
<thead>
<tr>
<th>Team</th>
<th>A Grade</th>
<th>B Grade</th>
<th>Under 15</th>
<th>Under 14</th>
<th>Under 13 Div 1</th>
<th>Under 13 Div 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soccer</td>
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<tr>
<td>Opposition</td>
<td>DNQ</td>
<td>Kogarah</td>
<td>Kogarah</td>
<td>Lewisham</td>
<td>Kogarah</td>
<td>Lewisham</td>
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<tr>
<td>Result</td>
<td>DNQ</td>
<td>L: 2-1</td>
<td>W: 2-0</td>
<td>L: 2-0</td>
<td>L: 5-0</td>
<td>L: 6-1</td>
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<td>Player of the Match</td>
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<tr>
<td></td>
<td>Adam Sheen</td>
<td>Perase Dolan</td>
<td>Philipp Trupke</td>
<td>Jeremy Quigg</td>
<td>Kieran Pennesi</td>
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<thead>
<tr>
<th>Team</th>
<th>A Grade</th>
<th>B Grade</th>
<th>Under 15</th>
<th>Under 14</th>
<th>Under 13 D1</th>
<th>Under 13 D2A</th>
<th>Under 13 D2B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rugby League</td>
<td></td>
<td></td>
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<td></td>
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</tr>
<tr>
<td>Opposition</td>
<td>North Shore</td>
<td>North Shore</td>
<td>Kogarah</td>
<td>Ashfield</td>
<td>Pagewood</td>
<td>Kogarah</td>
<td>Pagewood</td>
</tr>
<tr>
<td>Result</td>
<td>W: 52-0</td>
<td>W: 40-4</td>
<td>L: 36-14</td>
<td>W: 50-6</td>
<td>L: 26-0</td>
<td>W: 14-4</td>
<td>L: 42-6</td>
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<tr>
<td>Player of the Match</td>
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<td></td>
<td>Josh Ellison/ Jack Erickson</td>
<td>Nathan Radford</td>
<td>Kurtis Preece</td>
<td>Campbell Graham</td>
<td>Jye Southworth</td>
<td>Bailey Neville</td>
<td>Noah Johnson</td>
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</tbody>
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**MCC GRAND FINALS**

This week we will be represented in five Rugby League Grand Finals and one Soccer Grand Final on Thursday 25th July. I wish our Grand Final teams and coaches all the best of luck. As all year groups will be supporting our teams at different venues, a letter has been sent home outlining specific details and arrangements for the day. The match details are as follows:

<table>
<thead>
<tr>
<th>Rugby League</th>
<th>Start Time</th>
<th>Venue</th>
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<tbody>
<tr>
<td>U13 Div 2a</td>
<td>10:00am</td>
<td>Bexley Oval</td>
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<tr>
<td>U14</td>
<td>9:30am</td>
<td>Leichhardt Oval</td>
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<tr>
<td>U15</td>
<td>10:45am</td>
<td>Leichhardt Oval</td>
</tr>
<tr>
<td>B Grade</td>
<td>12:00pm</td>
<td>Leichhardt Oval</td>
</tr>
<tr>
<td>A Grade</td>
<td>1:15pm</td>
<td>Leichhardt Oval</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Soccer</th>
<th>Start Time</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>U15</td>
<td>10:45am</td>
<td>Jensen Park (Regents Park)</td>
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</table>

**RUGBY LEAGUE REPRESENTATIVES**

During the recent school holidays two of our students achieved selection in the Australian Schoolboys Rugby League teams. Lachlan Lam was selected in the U15s and Cheyne Whitelaw was selected in the U18s, while also being named ‘Player of the Tournament’. While these boys are competing in a team sport, they have excelled individually and thoroughly deserve such recognition. Congratulations and well done!

**NSW ALL SCHOOLS CROSS COUNTRY**

On Friday 19th July three of our boys competed at the NSW All Schools Cross Country Carnival at Eastern Creek. Joshua Dever (U16), Robert Murphy (U17) and Jordan Foote (U17) had performed exceptionally well to achieve selection in the NSW CCC Cross Country Team. My congratulations to each of these boys on a fantastic performance in what is considered one of the toughest endurance events on our sporting calendar.

**MCC ATHLETICS**

Our Athletics squad has begun training in preparation for the MCC Carnival to be held on 22nd August at ES Marks Field. For those boys involved in this squad, training will be held each week on Tuesday afternoon at ES Marks Field (3.45pm – 5.00pm) and Thursday at Marcellin Fields during regular sport time.

**INTERNAL SPORT**

Our Internal Sport program is under way for Term 3. Boys in Year 7 & 8 will participate in their year group/house sport at Coral Sea Park, while Years 9, 10, & 11 are involved in various Free Choice Sport activities. Year 12 boys will continue with the Literacy Program unless they are involved in MCC Sport.

Mr Luke MacNamara  
Sports Coordinator
COMMUNITY NEWS

Memorial Mass for Sr Mary Fyfe

There will be a Memorial Mass for the repose of the soul of Sr Mary Fyfe FDNSC who died in Melbourne on 26th June 2013.

Sr Mary Fyfe was the Superior General of the Daughters of Our Lady of the Sacred Heart from 2005 to May 2013 and the Principal of OLSH College Kensington from 1984 to 1995.

Mass will be celebrated in the OLSH Convent Chapel, 2 Kensington Rd, Kensington on Friday, 26th July at 2.30 pm. Fr Malcolm Fyfe MSC will be the main celebrant.

Palms Australia is a Catholic organisation that has been sending volunteers to developing countries for over 50 years.

Pope Francis calls Catholics back to Core Values. Volunteering to share your skills is a great place to start. Palms global volunteers mentor and exchange skills in countries across Asia, Africa and the Pacific. Positions exist in education, health, administration, agriculture/farming, trades and other areas.

ENQUIRIES: Sarah Torcasio | 02 9518 9551 | sarah@palms.org.au | www.palms.org.au

Surf’s up at Maroubra Beach this July for the Beach Breaks Carnival!

Beach Breaks Carnival
Maroubra Beach
Sunday 28 July

8am-12pm Surfing NSW Junior Surfing Titles contest & presentation
12pm-4pm Beach Breaks Carnival
1pm 2013 Surfing Walk of Fame inductees

- yummy food stalls – hot pies, gozleme, pancakes and coffee!
- FREE rides and activities – dodgems, pirate ship & laughing clowns
- DJ Will (Martini Club)
- market stalls – jewellery, clothing, hats and sunnies
- bring your board down for FREE Custom Airbrush and Posca Art application by renowned artists Caspian de Looze and Vinnie Gracanin
- FREE community surf lessons throughout the day by ‘Let’s go surfing!’
- tarot readings & henna tattoos stall
- give-aways from surf sponsors