Dear Parents, Friends, Staff and Students,

It is sometimes the simple solutions that we overlook or dismiss all too readily – one ingredient for a healthy and balanced life frequently overlooked is ‘praise’. Many fail to fully appreciate how lifegiving and nurturing authentic praise can be.

Research psychologist Martin Seligman, of the University of Pennsylvania, believes that one’s view of life, either optimistic or pessimistic, affects health, life expectancy and success. In his recent book ‘Learned Optimism’, he sets out twenty years of evidence for his claims.

Pessimism and depression have risen rapidly since the Second World War, with young people ten times more likely to suffer severe depression than their grandparents. He says that pessimists attribute bad events, such as the loss of a job or the breakup of a marriage, to causes that are pervasive, long-lasting or permanent and always their own fault; whereas optimists see the causes of such events as temporary, limited to the present case and the result of circumstances, bad luck or other people’s actions. Pessimists see success as luck; optimists as a result of their own skill and efforts.

Dr. Seligman believes that both optimism and pessimism are learned in childhood. When children fail, the criticism of both parents and teachers has a big impact. Dr. Seligman’s research shows that if children fail a test and then hear a ‘permanent and pervasive’ criticism, such as ‘you are stupid or no good’, then this becomes part of what they believe about themselves. But if the response explains that problems are solvable and specific, then that is how they see them.

Overcoming negative thinking takes work and practice, but Dr. Seligman believes optimism is easy to maintain once you have learned the habit.

Susan Mitchell in her book ‘Be Bold and Discover the Power of Praise’ tells us that to be optimistic, to do your best to banish negative thoughts and replace them with positive ones, is a form of praise. Praise in all its guises is the beginning of starting to improve the relationship that you have with yourself.

Susan Mitchell goes on to say that we are all constantly battling negativity in our own minds, which is why we need all the help we can get.

Making the effort to acknowledge one another and to affirm achievement, success or improvement needs to be a core value if a school is to be a healthy and life-giving place. Greeting one another, acknowledging success, affirming and supporting those doing it tough all ensure that a school community is a positive and vibrant place to be.

Mother Teresa sums it up so well when she says, “Kind words are short and easy to speak, but their echoes are truly endless”.

With best wishes

Br Bill Sullivan, fms
Headmaster
Congratulations to all these boys on their Special Achievements in a number of different fields. Well done!

Daniel Cleary
Year 11
Invited to join the NSW Institute of Sport Hockey Squad of 25 members, including Australian players from NSW

Sam Barlett
Year 12
Refereed Rugby Grand Final and chosen as Junior Referee of the Year for the Eastern Suburbs/Randwick Rugby Referee Association

Brett Black
Year 7
Placed 5th in U13 Division of the NSW State Surfing Titles and U13 Rugby League Souths District Premiers 2007 season, South Eastern

Aaron O’Brien
Year 8
U13 Rugby League Souths District Premiers 2007 season, South Eastern

Sam Ross
Year 7
U13 Rugby League Souths District Premiers 2007 season, South Eastern

Reece Townley
Year 7
U13 Rugby League Souths District Premiers 2007 season, South Eastern

Justin Brook
Year 7
U13 Rugby League Souths District Premiers 2007 season, South Eastern

Liam Phelan
Year 7
U13 Rugby League Souths District Premiers 2007 season, South Eastern

Jackson Garlick
Year 7
U13 Rugby League Souths District Premiers 2007 season, South Eastern

Jake Nurmi
Year 8
U13 Rugby League Souths District Premiers 2007 season, South Eastern

Cameron Kennedy
Year 7
U13 Rugby League Souths District Premiers 2007 season, South Eastern

Robbie Jacobs
Year 8
U13 Rugby League Souths District Premiers 2007 season, South Eastern

Madalitso Masache
Year 8
U13 Rugby League Souths District Premiers 2007 season, South Eastern

Tim Dillon
Year 12
First place in Advanced English, Business Studies and Extension English Semester One

Dylan Cleary
Year 9
Winner ESCA Stephens Tennis cup Division 1. Undefeated champions
from the headmaster

Australian Government Investing in Our Schools Grant

Over the upcoming holiday break we will be installing airconditioning in the Greenstead Administration Wing. This area comprises offices, a tutorial room and bookhire room. This is being funded by a grant of $35000 from the Federal Government. I would like to pass on my acknowledgement and appreciation to the Federal Government for this most helpful financial contribution to the Marcellin College community.

SpecialParents in Touch Evening

I will be holding a special Parents in Touch evening on Tuesday 24th October commencing at 7.30pm in the Vaughan Centre. The purpose of this night is to gain parent feedback on the progress being made in the College with seven areas of our Strategic Plan.

It is imperative that we gain parent feedback on such issues so I would encourage parents to come along to the night. To make this a worthwhile activity we need a minimum of 60-80 parents. I look forward to a large roll-up of parents on the night. No preparation is required. We simply require parents to provide feedback to us based on your experience of the Marcellin community. Please reserve this night. A separate invitation will be sent home in Week One of Term Four.

Upcoming Events

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<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>Monday 18th September</td>
<td>Year 11 Preliminary Exams commence</td>
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<tr>
<td>Thursday 28th September</td>
<td>Year 12 Graduation Day. There will be no sport on this day. Boys will be dismissed from school at approximately 2.00pm</td>
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<tr>
<td>Friday 29th September</td>
<td>Normal classes for Years 7-10. Holidays commence at 3.20pm.</td>
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<tr>
<td>Monday 16th October</td>
<td>Term 4 commences 8.40am.</td>
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<td>Tuesday 17th October</td>
<td>Year 10 Trial School Certificate</td>
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<tr>
<td>Wednesday 18th—Friday 20th October</td>
<td>Year 7 Camp</td>
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<td>Thursday 19th October</td>
<td>HSC Commences</td>
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Oncology Children’s Foundation Ride

Macleay Lewis, Year 9, is cycling around Sri Lanka to raise funds for the Oncology Children’s Foundation. He will be the youngest member of the cycling team. Macleay is selling raffle tickets at school for the cost of a gold coin to help raise funds for the trip and the Foundation. He leaves on the 28th of September. The College wishes Macleay all the best for this fund raising adventure.

St. Aidan’s Community

The St. Aidan’s Maroubra community are holding a retirement dinner and fundraiser for Miss Pam Purdon who taught there for 46 years and is well known to many families in the local area. The dinner will be held on Saturday 21st October at 6.30pm at the Twin Reception Centre, Alexandria. $70 per person ($55 Seniors) includes a 4 course meal with beer, wine and soft drinks. Please phone 9344 6364 for further details.
The Rugby Union Grand Finals were held on the 7th September at Heffron Park in wet and wild conditions. The U/13’s continued their stellar season to win the Grand Final defeating a strong Pagewood team 10-0. Our Junior Rugby team held a slender 5-0 lead at the break and were able to post another 5 pointer in the second half despite running into the strong wind. The U/13 team have achieved the amazing statistics of 5 wins from 5 games including scoring 176 points and not having a single point scored against them. An outstanding achievement from an incredible team. The player of the match in the final was Andrew Norton.

The U/15 team met a determined Kogarah outfit, who were able to get off to a flying start and lead 17-0 early. The Randwick boys were confident they could come back in the second half with the wind at their backs. Despite their best efforts Randwick found Kogarah too strong and finished up winning 20-5. The player of the match in the final was Chad Edwards. A thank you to our coaches Ms. Scevity, Mr. Burke and Mr. McBride for all their time and efforts in preparing the teams throughout the season. Congratulations to all boys for another successful and positive Rugby season.

Last Thursday the U/15 and Opens Volleyball teams competed in the MCC Championships at the Sydney Indoor Centre at Homebush. The U/15’s found themselves in a strong pool and lost their opening 2 round games to the finalists in Lewisham and North Shore. With some better combinations and improved confidence the U/15’s were able to win their last 2 games against Pagewood and Wahroonga. The Opens had a solid win over Pagewood in their opening round, went down to Ashfield and won a thriller over the fancied Lewisham side during the round games. Unfortunately the Opens missed qualifying for the semi finals on point’s difference and were beaten by North Shore in the 5th and 6th playoff. Many thanks to Ms. Thompson and Ms. Gissing for coaching and preparing the teams for the carnival.