From the Acting Director of Boarding

After a hectic week interstate I was very happy to return to sunny Sydney last Saturday and have the Spring Fair to look forward to the next day. Saturday was an unusually hot day for this time of year but I was concerned at the predicted rain for the following day.

While Sunday started off with rain, the morning remained dry and overcast. However, I was delighted to see how plentiful the Boarder Parent Stall looked when I arrived. Trestle tables filled with interesting and delicious produce, bottled wines and sauces and above all - the many eager volunteers to help sell the donations provided by generous parents and friends.

There were farm fresh eggs, quince paste and jams, preserves and cumquats, and even lemon butter, fresh made lemon cordial, and crunchy muesli ready to enjoy. Yummy wines from Mudgee and a donation of a huge slab of lamb for a raffle were the highlights of the stall. Splash Cola and fruit juices, peanut brittle and other sweet temptations, all made it a difficult choice to NOT buy everything in sight.

At the risk of being pushy - can you start collecting jars and bottles for next year’s effort?! If we can collect these items throughout the year we can help parents out who want to cook and preserve with some items to reduce their costs. Those who are crafty have a whole 12 months to decide on what to create for next year, and get started on producing their craft items for sale. A big seller this year were Maggie’s crocheted lap rugs - colourful and comfy, and I think they all sold very quickly. A little forethought and planning goes a long way to stocking the stall with interesting and creative pieces for sale. There were many mums and dads available to help on the day and to help sell items, cook on the BBQ etc, but I would like to highlight Julie Mooney, Steph Gelland, Natalie Quinn and Angela Gordon for their unflagging efforts behind the scenes, and their sales acumen behind the counter. We were very lucky to avoid the rain predicted on the day and just enjoy the conversation and company of many other boarder parents. I managed to meet a few people who I only had spoken with over the phone and never met, so I thoroughly enjoyed the day. I have added some pictures to this issue (on the next page) kindly provided by Julie Mooney, and as you can see it was an appealing addition to the Spring Fair stalls.

The other highlight of last week was the Year 11 Leadership elections and I am delighted with the results for the Boarding House. We congratulate Brigid McManus, and Meghan Thomas (day student), on their appointment as College Co Captains for 2015/2016. Pip Gelland and Paula Bassett as Boarding Co Captains, and Prue Gordon as Liturgy Captain. It is always a difficult time to put yourself forward for this type of situation. It takes courage and strength to do so and there were many girls in boarding and the day school who gave leadership a go. Not everyone is successful the first time they embark on such a journey, and for all those girls who did not manage to secure a leadership position, take comfort in the thought that even the most successful people often don’t succeed the first time around. The strength of character is in how often you challenge yourself to keep trying to better yourself. I found a great quote from a famous scientist I like:

"Try not to become a person of success, but rather try to become a person of value."  Albert Einstein

This quote resonates with me because it indicates that we are all capable of becoming ‘people of value’ and that it is not measured by other people’s ideas of what is ‘successful’. So if you didn’t secure a leadership position, continue to challenge yourself to be a person of value in the College community over the coming 12-15 months. This value may be in the role model you set for junior students, the commitment you show to social justice, or the value you add to your classroom discussion. As parents, I am sure your girls will debrief their leadership experiences over the past few weeks, and your positive encouragement is sure to help ease their concerns and help build greater resilience in their character.

In my absence last week I would like to thank Janette Gaffney and the other boarding coordinators for taking care of the boarding house while I was away. I attended a training course on Youth Mental Health First Aid which I will share with all boarding and day staff in the near future. This is a two day course for staff designed to help them identify students who may be experiencing mental health issues and to ensure our care of the girls is all encompassing. Being able to train staff on site should result in less disruption to the College and rapid up-skilling of teachers and coordinators in ‘best practice’ care of the girls.
At the end of last week there was a change in staffing that has resulted in Victoria Murray becoming a permanent boarding coordinator until the end of the year with Years 7/8, from Friday afternoon to Sunday morning. Tori has worked often as a casual coordinator and is a regular in the boarding office and with the boarders during Study Support. She is an ex-student of the College who is really engaged with and caring of the girls. The juniors are lucky to have such a talented young lady to share their boarding experience. Tori replaces Susan Khan who you might still see in the boarding office on weekends.

Preliminary Exams commence next week for Year 11 students, so I expect they will be studying hard over the coming week to prepare for these examinations. If you haven’t discussed exam preparation with your daughter perhaps now is the time to assist them with advice on study schedules and exam techniques. The stresses you felt as a young person are still there for today’s generation and every bit of encouragement and positivity you can muster would be helpful for your daughter.

The weekend activity in week 9 will be at Taronga Zoo. Janette has visited the venue to check out the requirements of the Ropes course.

The following must be adhered to:

- All shoes must be fully enclosed with rigid soles, NO slip-on shoes or barefoot shoes allowed (eg Vibram Five Fingers).
- No exposed skin from the ankle down.
- Your waist should be covered and any piercings should be taped over or taken out.
- Long hair must be tied back.
- Glasses, including prescription glasses, may only be worn with a strap. Straps are available for purchase from the Wild Ropes arrivals desk.
- Nothing can be taken onto the course, including telephones, cameras, keys and coins. Free lockers are available for your convenience, and on-course photography will be available for you to purchase.
- A waiver form must be signed prior to participating on the Ropes course by each individual participant.
- Compulsory safety equipment must be worn at all times.

The equipment provided includes:

- Harness
- Continuous belay system
- Pulley
- Helmet
- A compulsory safety briefing prior to the commencement of the activity must be participated in.

Note: If you miss this briefing you will not be able to participate. Once participants have demonstrated that they are safe to go, they are allowed onto the courses.

This week in boarding I spoke to the senior girls about kindness. I read an interesting article in the weekend newspapers, about how good it was for your well-being to do conscious and random acts of kindness. I will list a few of the suggestions in the article because it related more to adults than teenagers, but I adapted it for the girls in my discussion with them. Kindness can be a very small and simple thing such as a compliment to another student, to offer them the butter before you use it, holding the door open as they follow you or enter a room as you leave, or it can be more overt, such as inviting someone you don’t know well to sit at your table for breakfast. It is the little things in life that convey such important messages. The theme of well-being was recurrent throughout the day school with Yoga and Zumba sessions and healthy eating demonstrations among others. There will be more on Wellness Week in the next College Bulletin from Ms Tardo.

Advice in the new article included such things as putting a coin in the parking metre for someone else, buying an extra coffee and it being served to someone who couldn’t afford to pay for it otherwise. Another suggestion is if someone lets you into traffic, give them a “thank you” wave. By the same token, allow a car in front of you into your lane. Consider volunteering with “Meals on Wheels”, the local animal shelter or helping with the St Vincent de Paul Winter Appeal. Organisations such as this rely heavily on volunteers - perhaps do this volunteering in the holidays with your daughter?

There is quite a lot of evidence that these acts of kindness, volunteering and the like are good for your physical and mental well-being. After reviewing forty studies from the past twenty years of the link between volunteering and health, researchers at the University of Exeter Medical School in the UK concluded, that those who gave of their time displayed lower rates of depression and an increased sense of well-being.

Speaking at a TEDx conference in the UK, Dr David Hamilton, author of ‘I heart me: The Science of Self Love’, described oxytocin as being ‘cardio-protective’ in that it helps the heart by lowering blood pressure.

I have included (on the next page) the visual part of the article from the Sunday Telegraph’s Body and Soul section, so you can review the suggestions for yourself.

Penny Radford
How to Be Kind Every Day

No-one is suggesting you sell the house and become a missionary. Little acts of generosity are easier than you think.

- If someone lets you into traffic, give them a “thank-you” wave. By the same token, allow a car in front of you into your lane.
- Buy your next latte from a cafe with a suspended coffee program. This lets you order one coffee for you and another for someone doing it tough. The coffee shop will then hand over this beverage when the opportunity arises. Visit suspendedcoffees.com
- Send a card to someone without it being prompted by an occasion such as a birthday.
- Pay someone’s parking meter.
- Make it a goal to give at least one compliment a day.
- Buy the big issue. $3 from each $6 magazine will help the homeless, marginalised and disadvantaged seller.
- Tick the organ donation card on your driver’s licence.

Greek Islands Theme Dinner

Rod and the dining room staff created a lovely atmosphere last Wednesday with one of their regular themed dinners. This time around it was a Greek Islands theme. It was a thoroughly enjoyable dinner with very special treats from this locality. It made everyone want to be in a warmer climate and sailing the Greek Islands. Thanks for all your effort with this amazing dinner - we’ll look forward to the next one (German Oktoberfest) with anticipation.
**A BIG “THANK YOU” to all the parents who cooked, sewed, knitted and donated their produce for the Spring Fair. The boarder parents stall was well attended by volunteers and customers alike.**

Steph Gelland, Angela Gordon, Julie Mooney and Natalie Quinn manned the stall with many other volunteers - all effort gratefully received!

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**Table of the Week**

<table>
<thead>
<tr>
<th>Student</th>
<th>Year</th>
<th>Reason</th>
<th>Nominated by</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abby Davies</td>
<td>7</td>
<td>Generosity of Spirit for helping boarding parents set up the stall for the Spring Fair</td>
<td>Maggie</td>
</tr>
<tr>
<td>Rose Bowcock</td>
<td>10</td>
<td>Generosity of Spirit for so graciously supporting the boarders choir to St Vincent’s Clinic liturgy</td>
<td>Nanette</td>
</tr>
<tr>
<td>Ava Reid</td>
<td>10</td>
<td>As above</td>
<td>Nanette</td>
</tr>
<tr>
<td>Niamh O’Brien</td>
<td>10</td>
<td>As above</td>
<td>Nanette</td>
</tr>
<tr>
<td>Tegan Weldon</td>
<td>10</td>
<td>As above</td>
<td>Nanette</td>
</tr>
<tr>
<td>Shania Shaw</td>
<td>8</td>
<td>As above</td>
<td>Nanette</td>
</tr>
<tr>
<td>Tamarla Bell</td>
<td>8</td>
<td>As above</td>
<td>Nanette</td>
</tr>
<tr>
<td>Melissa Yeung</td>
<td>8</td>
<td>Generosity of Spirit for helping boarding parents set up the stall for the Spring Fair</td>
<td>Maggie</td>
</tr>
<tr>
<td>Grace Fletcher</td>
<td>9</td>
<td>Showing kindness and support to Bridget Campbell when she injured her ankle.</td>
<td>Maggie</td>
</tr>
</tbody>
</table>
## Term Dates 2015

<table>
<thead>
<tr>
<th>TERM</th>
<th>LAST DAY OF SCHOOL</th>
<th>BOARDER’S RETURN</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>Friday 18 September (Boarders’ Country-Link travel day)</td>
<td>Monday 05 October from 3.00pm</td>
</tr>
</tbody>
</table>
| 4    | Thursday 03 December (Country-Link travel day Friday 04 December) | 2016 Classes Commence:  
Years 7, 11, 12 - 29 January  
Years 8, 9, 10 - 01 February |

## Boarding House Contact Details

**Office Hours:**
- **Monday - Friday:** 3.00pm - 5.00pm  
- **Saturday:** 6.00am - 5.00pm  
- **Sunday:** 8.00am - 6.00pm  

**Location**

- **Boarding Facsimile:** 02 9358 3237  
  (Then dial extension as listed below)  
- **Boarding Phone NBR:** 02 9356 4329  
- **Day School Phone NBR:** 02 9368 1611  
  02 9356 2118  
  collegesecondary@stvincents.nsw.edu.au  
- **Day School Facsimile:** 02 9356 2118  
- **Day School Email:** collegesecondary@stvincents.nsw.edu.au  

**Telephone Number**

- **Boarding Office number:** 9356 4329 (internal extension 265)  
- **Acting Director of Boarding** - Penny Radford  
  - Ext 225  
- **Years 7 & 8**  
  - Ext 240 - Eunice Grimes / Victoria Murray  
- **Years 9 & 10**  
  - Ext 244 - Nanette McManus / Maggie Flower  
- **Years 11 & 12**  
  - Ext 241 - Janette Gaffney / Linda McCabe.  
- **Year level phone extensions**  
  - Ext 245 - Years 7 & 8 Corridor  
  - Ext 246 - Years 11 & 12 Corridor  
  - Ext 247 - Years 9 & 10 Corridor  

**Boarding Staff**

- **On-Duty Mobile Numbers**  
  - 0417 681 112 - Years 7/8  
  - 0458 249 256 - Years 9/10  
  - 0409 745 469 - Years 11/12

**College Postal Address:**  
St Vincent’s College  
Locked Bag 2700  
Potts Point NSW 1335

**Acting Director of Boarding - Mrs Penny Radford**  
Office: Extension 225  
Monday to Friday 8.30am - 6.00pm  
dob@stvincents.nsw.edu.au

**College Nurse**  
Ms Cate Behenna  
8.00am - 4.00pm Monday to Friday  
Extension 236 (internal)  
mobile 0419 694 924  
health@stvincents.nsw.edu.au

**Coordinators Email Addresses:**

- bcy07@stvincents.nsw.edu.au  
- bcy08@stvincents.nsw.edu.au  
- bcy09@stvincents.nsw.edu.au  
- bcy10@stvincents.nsw.edu.au  
- bcy11@stvincents.nsw.edu.au  
- bcy12@stvincents.nsw.edu.au