FROM THE PRINCIPAL

MR DAMIAN MESSER

“Gala auction tickets can be purchased online at -

African Immersion
During the last week of school and the first week of the holidays it was my privilege to attend the Carrigg Karibu Immersion experience into East Africa. The immersion gave me an opportunity to visit and work within the Christian Brothers Ministries in both Nairobi, Kenya and Arusha, Tanzania. The Christian Brothers have been in the country for a number of years and now play a significant part in the role of education, social advocacy and community development in the region.

I visited seven different ministries in which the Brothers’ work, exploring the
educational offerings and also the outstanding work done with the marginalised people in the country. Spending significant amounts of time again with the Christian Brothers brought me back to my early education with them and their commitment they have to justice and peace.

Obviously as a member of the St Virgil's community a personal highlight of the trip was my visit to the Mary Rice Centre. It was amazing to meet with the 26 students and six staff members who work and learn in the Centre. The gratitude they have for the support for our community is very difficult to put into words. The smiles on their faces and the genuine gratitude they feel towards our Hobart community is one for us to be very, very proud of.

Over the coming weeks I will spend time exploring many different aspects of my trip with the boys and I encourage you as parents to talk with them about the experience. Another good way to keep in touch is by maintaining a link to the Mary Rice web site www.maryricekenya.com where articles are constantly posted about the Centre. Of the current seven articles available for reading on their site, six of them contain reference to the support of St Virgil's.

I would like to thank you all for the privilege you afforded me in representing the St Virgil's College community on my trip. It was with great pride that I explained the structure of our community and the way in which we willingly support others who are in need.

I look forward to catching up with you in the future.

**Gala Dinner Auction**

Today in the mail at Austins Ferry and handed to the boys at the Junior School was a letter encouraging all families of our community to join me at the major community event for St Virgil's College in 2014, the Gala Dinner Auction which is being held next Saturday evening, August 2 at 6.30pm. The evening promises to be a wonderfully entertaining night with some great bargains up for grabs. The cost of the night is $30 per person which includes a two course meal. The venue for the event is the New Town Bay Rowing Centre, Marine Parade, New Town.

For those who are unable to attend on the evening, absentee bidding is available if you wish to support this Parent & Friends event. A list of auction items is attached to the newsletter at [http://www.stvirgils.tas.edu.au/2014-gala-auction-ticket-details-and-auction-items-preview/](http://www.stvirgils.tas.edu.au/2014-gala-auction-ticket-details-and-auction-items-preview/)

As we need to know numbers for catering purposes I urge you to book online at [www.easybookings.com.au/event/2014-gala-auction-evening](http://www.easybookings.com.au/event/2014-gala-auction-evening). If you need any assistance with your booking or have any queries please contact the Director of Development, Mark Waddington – mwaddington@stvirgils.tas.edu.au or 0429 990980.

**Parent/Student/Teacher Conferences**

Next Tuesday at Austins Ferry the second round of Parent/Student/Teacher Conferences will be held. I encourage all parents to book times with staff and take the opportunity to bring your son out to have a discussion about his progress. The partnership between the three is critical to the learning journey of each and every one of our boys.

A reminder that you can make bookings at [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au). If you have any queries or problems please contact Mrs Jane Allwright at the Austins Ferry campus on 6249 6555.

In the spirit of Blessed Edmund.

Damian Messer
Welcome back to a chilly beginning to Term 3 to all members of the St Virgil’s College community. As is always the case there are many worthy activities planned for the Term and keeping informed of what is going on in the school lives of your sons can be quite a task at times. The Student Diary is an excellent ongoing means of communications between school and home and I encourage parents to ensure that their sons use it correctly.

Obviously The Star and the College Website are also avenues for keeping informed. Some of the upcoming events to note are:

- Next Monday, July 28 the Grade 10s will be attending the GYC Subjects Expo at the Glenorchy Campus. This day is vital for the boys to be better informed in regards to subject selection for 2015.
- Parent/Student/Teacher Conferences take place next Tuesday, July 29. Details were posted home with reports.
- Grade 10s will take part in their Retreat programme on either August 7 or 8. More information about these Retreats will be included in an upcoming edition of The Star.
- The whole College Athletics Carnival is scheduled for Friday August 29.
- The Grade 8 Outdoor Ed. programme will commence in Week 7 and parents should expect the details to come home in the coming weeks.
- Another round of Grade 7 and 9 Immunisations are scheduled for Tuesday September 16.

Prefects’ Assembly
At our final Prefects’ Assembly last Term we presented the Academic Awards for Semester One. At the end of each semester we present these awards which are based on the mid and end of year reports. Academic awards are awarded to the top ten students in each grade who have received the most number of “Extending” for their Assessment Strands and Commendable awards are awarded to the top ten students in each grade who have received the most number of “Exceeding expectations” for their attitude and application to learning.
The College would like to congratulate the following award winners:

<table>
<thead>
<tr>
<th>Grade 7 Academic Award</th>
<th>Grade 8 Academic Award</th>
</tr>
</thead>
<tbody>
<tr>
<td>Liam Watling</td>
<td>Joshua Woodward</td>
</tr>
<tr>
<td>Alexander Fracalossi</td>
<td>Spencer Hall</td>
</tr>
<tr>
<td>Jakob Haas</td>
<td>Luke Haas</td>
</tr>
<tr>
<td>Blake Knight</td>
<td>Jarrod Hunter</td>
</tr>
<tr>
<td>Samuel Marschke</td>
<td>Harry Blizzard</td>
</tr>
<tr>
<td>Nick O’Connell</td>
<td>Sam Plunkett-Smith</td>
</tr>
<tr>
<td>Oscar Paprotny</td>
<td>Joshua Pride</td>
</tr>
<tr>
<td>Steven Roach</td>
<td>Hudson Wakefield</td>
</tr>
<tr>
<td>Jacques Draschkowitz-Wade</td>
<td>Joseph Turmine</td>
</tr>
<tr>
<td>Vishal Verma</td>
<td>Felix Yeomans</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Grade 9 Academic Award</th>
<th>Grade 10 Academic Award</th>
</tr>
</thead>
<tbody>
<tr>
<td>Liam Cooke</td>
<td>Jonah Lilley</td>
</tr>
<tr>
<td>Thomas Maksimovic</td>
<td>Patrick Vout</td>
</tr>
<tr>
<td>George Rutherford</td>
<td>Blake Pearce</td>
</tr>
<tr>
<td>Nicholas Haydon</td>
<td>Liam Clark</td>
</tr>
<tr>
<td>James Gobbey</td>
<td>Gabriel Miles</td>
</tr>
<tr>
<td>James Graham</td>
<td>Lewis Arnold</td>
</tr>
<tr>
<td>Andrew Kang</td>
<td>Jed Morgan</td>
</tr>
<tr>
<td>Toby Peppin</td>
<td>George Cripps</td>
</tr>
<tr>
<td>Ainsleigh Gray</td>
<td>Cody Felmingham</td>
</tr>
<tr>
<td>Alec Hastie</td>
<td>Daniel Groom</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Grade 7 Commendable Effort Award</th>
<th>Grade 8 Commendable Effort Award</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kalen Robey</td>
<td>Jarrod Hunter</td>
</tr>
<tr>
<td>Aaron Evans</td>
<td>Quillan Spaulding</td>
</tr>
<tr>
<td>Sebastien Burford</td>
<td>Lucas Horton</td>
</tr>
<tr>
<td>Adam Direen</td>
<td>Benjamin Spinks</td>
</tr>
<tr>
<td>Ryan Graham-Daft</td>
<td>Nick Manser</td>
</tr>
<tr>
<td>Oscar Bresnehan</td>
<td>Tyler Morris</td>
</tr>
<tr>
<td>Jaidyn Gluskie</td>
<td>Joshua Nus</td>
</tr>
<tr>
<td>Hugh Gable</td>
<td>Zac Dodge</td>
</tr>
<tr>
<td>Augustus Morgan</td>
<td>Ty O’Dwyer</td>
</tr>
<tr>
<td>Lachlan Sice</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Grade 9 Commendable Effort Award</th>
<th>Grade 10 Commendable Effort Award</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reece Williams</td>
<td>Nicholas Barker</td>
</tr>
<tr>
<td>Harrison Bantick</td>
<td>Liam Devlin</td>
</tr>
<tr>
<td>Solomon Roach</td>
<td>Kobe Kemp</td>
</tr>
<tr>
<td>Joshua Crane</td>
<td>Konrad Wojtowicz</td>
</tr>
<tr>
<td>Charles Gerke</td>
<td>Phillip Gardner</td>
</tr>
<tr>
<td>Aidan Sullivan</td>
<td>Jakub Cis</td>
</tr>
<tr>
<td>Thomas Pitt</td>
<td>Jacob Barrow</td>
</tr>
<tr>
<td>Josh Eggins</td>
<td>Samuel Blackwell</td>
</tr>
<tr>
<td>Austin Keeling</td>
<td>Liam Hawkesford</td>
</tr>
<tr>
<td>Brad Percey</td>
<td></td>
</tr>
</tbody>
</table>
A Special Guest
Also featuring at the assembly was Old Virgilian Matt Bevilacqua. It was wonderful to have Matt back at the College who spoke to the boys about his journey to becoming the first Tasmanian to feature in the Nutri Grain Iron Man Series. He also qualified for the Australian Surf Life Saving Team for the World Championships in France in August.

Matt spoke glowingly of his time at the College, the importance of a balance between school work and other interests, and explained how important to him goal setting is. Matt’s inspirational address finished with the following message - “try your best at everything you do and if you dream of something you want, with hard work and determination, you can achieve your dreams”.

College Psychologist
Mrs Ali Morse

How to reduce your child’s risk of depression and clinical anxiety

Strategies for parents of primary-school aged children

The University of Melbourne, with funding from beyondblue, has developed new guidelines for parents to reduce the risk of their children developing depression or anxiety.

*How to reduce your child’s risk of depression and clinical anxiety: Strategies for parents of primary-school aged children* is a general set of recommendations that may also be useful for parents whose child is already experiencing some symptoms of depression or anxiety. The University of Melbourne and beyondblue recognise that each family is unique, and so parents may need to adapt these strategies to their specific situation.

To view the guidelines, please visit [www.parentingstrategies.net/depression](http://www.parentingstrategies.net/depression)

*Please note that a similar guide for teenage children is also available at the above link.*
JUNIOR SCHOOL

MR ANDREW PINELLI, HEAD OF JUNIOR SCHOOL

“The doors we open and close each day decide the lives we live.”

Flora Whittemore

Term 3 Commencement
Term 3 commenced with a very cold day for all of the boys. It has been great to catch up with the boys and hear about what they got up to during the two week break. This week we also welcomed Mr Mitch Ellis to the Junior School Campus. Mr Ellis is replacing Mrs Norton who is on maternity leave. Mr Ellis also has classes at the Senior School Campus. We also welcomed back Mrs Borghesi (formerly Mrs Huber) who has returned this term from a period of leave.

ICAS Computer Skills Assessment
Last term, a number of boys from each class undertook the ICAS Computer Skills Assessment. Congratulations to the boys listed below who achieved special awards for their results.

Grade 3 Distinction Daniel Tang
Grade 5 Distinction Callum Parssey
Grade 6 Distinction Thomas Goward

Grade 3 Credit Nicholas Skelly
Grade 4 Credit Lucien Foong
Grade 5 Credit Riley Ringrose

Grade 3 Merit Jack Pritchard
Grade 4 Merit Charlie Gray
Grade 5 Merit Bailey Cowen, Joe Powell

P & F Association
Gala Auction
All Junior School families are asked to support the upcoming Gala Auction to be held next Saturday August 2. This will be a great College event where parents can socialise whilst also raising funds for the P & F. We look forward to seeing many parents in attendance. Tickets are available at http://www.easybookings.com.au/event/2014-gala-auction-evening

2014 Junior School Fair
Preliminary discussions were had at this week’s monthly P & F meeting in regards to this year’s Junior School Fair to be held on Sunday September 14 (please mark this date on your calendar). As is tradition, ALL boys are expected to be in attendance and to assist with their class/grade stall. Any suggestions are welcome in regards to possible stalls. Please direct any suggestions to P & F President, Mark Waddington, via email mwaddington@stvirgils.tas.edu.au The next planning meeting for the Fair will be held at 7pm on Tuesday August 5 in the Junior School Library.

End of Semester Assembly
Our end of Semester Assembly was held in the Joyce Performance Centre at the Austins Ferry Campus on the last day of Term 2. Many parents and friends were able to attend as we highlighted the boys’ efforts and achievements during the first semester of 2014. The staff and the boys are to be commended for their efforts during the term and also into their
presentations at the assembly. Congratulations to those boys who received certificates that acknowledge their efforts during Semester 1. Thank you to the staff of the Senior School who assisted as well as the talented Grade 10 boys who did all the behind the scenes jobs. Thank you also to all the parents and friends who were able to join us for this special occasion.

**Calendar update**

Parents and guardians are reminded to subscribe to the College’s online calendar. The great advantage of this is that if there are necessary changes to dates these changes can be made immediately. Please check the calendar at: [http://www.stvirgils.tas.edu.au/calendar/](http://www.stvirgils.tas.edu.au/calendar/)

Significant, upcoming events are summarised below:

### July
- ICAS English Assessment
- Hamilton Wing Official Opening @ Senior School Campus

### August
- P & F Gala Auction
- 5 M Excursion
- 5 O Excursion

**Junior School Sport**

**Water Polo**
This week’s game (Friday July 25) is at 8pm v Princes St PS. Training for those who can attend is on Tuesday mornings at 6.30 am.

**Soccer**
Central Region soccer also re-commences this week after a three week break. Please check the website for game times and match status in case of inclement weather. Good luck to all teams!

**Junior School Canteen**

<table>
<thead>
<tr>
<th>Date</th>
<th>Canteen Leaders</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday July 25</td>
<td>T Donohue / J Hickey</td>
</tr>
<tr>
<td>Wednesday July 30</td>
<td>K O'Donnell / M Lipscombe</td>
</tr>
<tr>
<td>Thursday July 31</td>
<td>M Careless / M Gerathy</td>
</tr>
<tr>
<td>Friday August 1</td>
<td>F Nuss / R Fergusson</td>
</tr>
</tbody>
</table>

If any volunteers are available on the following dates, please contact me on oleon@stvirgils.tas.edu.au; August 27, September 24 and October 22.
DIRECTOR OF LEARNING AND TEACHING
MISS HEIDI GREGG

Homework Club
Ms Claire Graham
All students are invited to attend ‘Homework Club’ each Wednesday after school. A number of teachers will be present to provide assistance in a range of learning areas. Homework Club runs from 3.15 pm to 4.15 pm and students will be provided with a Milo and snack prior to the session commencing. A bus will run from the College to the CBD following each session.

For more details please email cgraham@stvirgils.tas.edu.au

DIRECTOR OF TRANSITION
MR CAMERON ALEXANDER

GYC Course Counselling - Important Dates

Monday 28 July - visit GYC Glenorchy for the Pathways Expo
Time: 12.30 - 2.30
Dress: Formal Uniform
Lunch: No Lunch Orders available for students on this day

Please note the Expo is open during the evening for parents to visit, special events during the evening include a Health Industry Careers Presentation at 6.30pm and a parents information presentation at 7.00pm

Friday 22 August - Preliminary Course Choice forms returned

SPORT
Mr James Dalton
Director of Sport

Jarrod is Right on Target!

Jarrod Hunter has achieved some outstanding results in archery in 2014. In April Jarrod went to Adelaide to compete in the 2014 Archery Australia National Youth Championships.

For Jarrod’s Age & Bow Type (Recurve Barebow) his results were:

- Clout - GOLD
- Target – GOLD
- Field – GOLD

Last weekend Jarrod went to Burnie for the 2014 Australian Indoor National Championships, achieving the following result:

- Indoor Target – GOLD

Jarrod is Right on Target!
SPORT

Grade 7&8 Football

The Grade 7/8 AFL Football Roster is set to begin this Friday August 25, 3.30-4.45pm @ SVC. With close to 90 boys wishing to play, teams will be organised on Friday.

Boys only need to bring Boots, shorts and a suitable (random) playing top for this week. SVC tops will be provided for each game once the season commences.

Games will be played at either SVC, Dominic or St Aloysious (Huntingfield). A full roster will be published next week and will be available at http://sport.stvirgils.tas.edu.au/78-football-set-to-begin/

Transport will be provided to the games, with parents required to collect boys from the venue by approximately 4.45pm.

Any parent able to assist with coaching, team management or First Aid would be greatly appreciated. Please contact Director of Sport, jdalton@stvirgils.tas.edu.au for further information.

Grade 7 & 8 Soccer

Commences on Thursday July 31. Games consist of two 25min halves, starting at 4pm at various school grounds around Hobart. There are two teams for each grade and the first game will be at SVC and will be used to sort teams.

Grade 7 on JPC Oval

Grade 8 on Main Oval

Grade 9 & 10 Soccer

Commences on Wednesday July 30.

Games consist of two 25min halves, starting at 4pm at various school grounds around Hobart.

Grade 9  SVC v HUT @ HUT Sth Oval

Grade 10  SVC v HUT @ Lwr Queenborough
ST VIRGIL’S COLLEGE – THE STAR

COLLEGE COMMUNITY NEWS

Austins Ferry Canteen
Mrs Carol Hilyer

The Winter Menu has commenced. The Menu is available on the website or students can obtain a copy at the Office or the Canteen.

<table>
<thead>
<tr>
<th>Thursday</th>
<th>July 24</th>
<th>Maree Workman</th>
<th>Lindy Laycock</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday</td>
<td>July 25</td>
<td>Susan Roberts</td>
<td>Tina Jenkins</td>
</tr>
<tr>
<td>Monday</td>
<td>July 28</td>
<td>Lindy Laycock</td>
<td>Anita Stevenson</td>
</tr>
<tr>
<td>Tuesday</td>
<td>July 29</td>
<td>P/S/T</td>
<td>CONFERENCES</td>
</tr>
<tr>
<td>Wednesday</td>
<td>July 30</td>
<td>Janita Winthrop</td>
<td>Karl Pepper</td>
</tr>
<tr>
<td>Thursday</td>
<td>July 31</td>
<td>Selina Percey</td>
<td>Help Needed</td>
</tr>
<tr>
<td>Friday</td>
<td>August 1</td>
<td>Mandy O’Connell</td>
<td>Sally Feldmanis</td>
</tr>
</tbody>
</table>

Uniform Shop
Mrs Cindy Gangell

2014 UNIFORM SHOP OPENING HOURS

SENIOR SCHOOL CAMPUS
Tuesday and Thursday 8.30 am to 3.30 pm

JUNIOR SCHOOL CAMPUS
Tuesday 8.30 to 9.30 am Thursday 2.00 to 3.30 pm

All 2014 Leavers’ apparel orders must be in on or before later than August 1.
No late orders will be accepted as the College is on a very tight schedule for delivery at the end of this term.
Designs for apparel can be viewed at http://www.stvirgils.tas.edu.au/senior-school-grades-7-10/senior-uniform/

ONLINE ORDERS
All on line orders can be collected from recess (10.00 am) on Tuesday or Thursday at the Uniform Shop
If you have paid you order and you son does not collect his order on these day you may collect at the Front Office on Wednesday and Friday.
Parent Information Session – The Importance of Sleep for Children

Wednesday August 6, Junior School Library, 7.30 pm.
Gold Coin Donation to support the Edmund Rice Foundation
RSVP for Catering purposes to mwaddington@stvirgils.tas.edu.au by August 5.

“IF YOU DON’T SLEEP, YOU DIE”

A parent’s guide to sleep in children and adolescents and why it’s important and how you can manage it!

Sleep is crucially important in supporting physical and mental health, cognitive development and academic achievement during childhood and adolescence. Technology use, social and academic pressures and even normal physical and brain development make sleep problematic for many children and most adolescents. Poor sleep can lead to academic failure, increased risk of alcohol and drug abuse and a reduced quality of life for parents as well as children. Dr Ian Colrain (St Virgil’s 1974-1979) has agreed to talk about how parents can help manage sleep in their children and teenagers and why it is important to do so. This practical, fun filled session will provide parents with key information and strategies to assist their children in developing healthy sleep habits to ensure they are ready to achieve their best at school each day.

About Ian
Dr Ian Colrain is the Senior Director and Department Chair for Health Sciences at SRI International in Silicon Valley California. He also holds an appointment as a Professorial Fellow in Psychology at The University of Melbourne.

Ian has a Ph.D in Sleep Physiology from the University of Tasmania where he also completed a B.Sc. Honors degree in Computer Science and Psychology. Following a post-doctoral fellowship in Anatomy, he held academic appointments in Neuroscience at the University of Auckland in New Zealand and the University of Melbourne. Prior to founding the sleep research program at SRI he was the Senior Clinical Research Scientist at the Stanford Sleep Disorders Clinic.

Ian is the author of over 200 scientific papers chapters and presentations, is an associate editor for the journals SLEEP and Frontiers in Respiratory Physiology, and is an active member of the Academy of Sleep Medicine and the Sleep Research Society. He has been funded to conduct sleep studies on children, adolescents and adults by the National Institute on Alcohol Abuse and Alcoholism, the National Institute on Drug Abuse and the National Heart Lung and Blood Institute of the NIH, and works with early stage medical device companies to develop new treatments for sleep disorders.
Parents and Friends Association

2014 Gala Auction Night
Saturday August 2, 6.30 pm
New Town Bay Rowing Centre

A great night of fun, music, bargains, great company and sumptuous food! A range of amazing items will be available at competitive prices during silent and out loud auctions. Tickets are just $30 per person which includes a sumptuous 2 course meal.

Get a table of friends together and make it a night to remember! All proceeds will be allocated to projects that benefit all students at the Junior and Senior campuses.


- 2014 Instrumental Music Programme Enrolment Form
- Kids Sleep and Screen Time Seminar

![Junior School End of Term Assembly](image1)

![Junior School End of Term Assembly](image2)
A WEEK IN THE LIFE OF THE COLLEGE

Each week boys at St Virgil’s College are involved in a wide range of exciting curricular and co-curricular experiences.

These experiences provide a rich source of learning, fun and personal growth – here is just a snapshot of these activities, captured through the lens of Br Peter Flint and Mr Andrew Pinelli.

Additional photos can be accessed at: Svcpics.phanfare.com

Footy action!

SVC v Tasmanian Under 15 team at New Town Oval. Tasmania won by 10 points.

2014 Winter Warmers Concert

Mr Messer receiving a gift from the Mary Rice Centre

2014 Winter Warmers Concert

Term 2 Junior School Spirit Award Winners