I read an article recently that examined some of the thinking of Mr David Brailsford. I believe our students can take a lot from his thinking and apply it to their own pathway. Often as parents we tell our sons or daughters where we would like to see some improvement, but struggle to articulate the process of how to do this, other than general ‘work harder’, ‘apply yourself’, etc. (I know I do).

Brailsford took up the role of General Manager and Performance Director of Team Sky (Great Britain’s professional cycling team) in 2010. Up to this point, Great Britain had never had a cyclist win a Tour de France. Brailsford’s approach to change this was simple. He believed in a concept that he referred to as the ‘aggregation of marginal gains’.

The aggregation of marginal gains is ‘the one percent margin of improvement in everything you do’. Brailsford’s belief was that if you improved every area related to cycling by just one per cent, your small gains would add up to remarkable improvement.

Brailsford started working on the things you might expect; the nutrition of riders, their weekly training program, the ergonomics of the bike seat, and the weight of the tyres. Brailsford and his team however did not stop there; they searched for one percent improvements in tiny areas that...
were overlooked by almost everyone else. For example, discovering the pillow that offered the best sleep and taking it with them to hotels and teaching riders the best way to wash their hands to avoid infection. They searched for one per cent improvements everywhere.

Brailsford believed that if they could successfully execute this strategy, then the Team Sky would be in a position to win the Tour de France in five years time. He was wrong....they won in three years.

In the beginning, there is basically no difference between making a choice that is one percent better or one percent worse. In other words, it won't impact you very much today. But as time goes on, these small improvements or declines compound and suddenly you find a very big gap between people who make slightly better decisions on a daily basis and those who don’t. This is why small choices don't make much difference at the time, but add up over the long term. There is power in small wins and slow gains. Remember the tortoise and the hare fairy tale and who won the race.

The takeaway for all of us is to highlight how easy it can be to overestimate the importance of one defining moment, and underestimate the value of making better decisions on a daily basis. Almost every habit you have, good or bad, is the result of many small decisions over time. Improving by just one percent isn’t even noticeable, but it can be just as meaningful, especially in the long run. If you find yourself stuck with bad habits or poor results, it’s usually not because something happened overnight. It’s the sum of many small choices - a one per cent decline here and there - that eventually leads to a problem.

If you can spare 10 - 15 minutes together over the weekend, I would encourage you to sit down with your son and watch the following youtube clip Reel Wisdom: Lessons from 40 Films in 7 Minutes. Then discuss ways of finding inspiration to uncover the one percenters.

Success is a few simple disciplines, practised every day; while failure is simply a few errors in judgement, repeated every day. As we approach the end of Week 4, hopefully there is something in this for all of the students that they can take on board. Such as, being focused in class,
completing homework and assignments, being on time to school, wearing the college uniform correctly, having the correct haircut and following the college expectations. Tomorrow never comes, start making those one percent changes today.

Starting Wednesday, 27 February and on consecutive Thursdays at 7.25 am students from Years 7 - 10 will have the opportunity to join staff in a 40 minute fitness workout for all levels of ability, followed by breakfast. Students may come to school in their fitness wear and change into the college uniform after breakfast.

Physical activity can help greatly with maintaining mental wellbeing. The endorphins that the brain releases during exercise help to improve mood, energy levels and even sleep. Together, these positive effects help to improve self-confidence and resilience.

That’s all for now. In the meantime, get busy working on the little things (one percenters) to be your best self and A Grade.

Mr Dominic Ritchie
ASSISTANT PRINCIPAL

College Swimming Carnival

FRIDAY, 1 MARCH 2019
Students will be required to have a doctors certificate if they are absent from the swimming carnival unless they have obtained approved leave prior to the day.
From the Principal

COCKTAIL EVENING
Last Friday saw our annual Cocktail Evening. The night was highly successful and very enjoyable, giving parents and teachers the opportunity to interact in a relaxed and informal atmosphere. I would like to thank the many parents who came along to join with myself and the staff at De La Salle Catholic College Caringbah.

FRIDAY MORNING MASS
This week we have started a new initiative, our weekly Friday morning Mass. Each week religion classes will be rostered on to prepare and attend the 8.00am Friday morning masses. Mass will run for approximately 20 minutes and I would like to extend an invitation to all parents to join your son when his class is rostered on. Parents are also most welcome at other Friday morning masses and additional staff will also be present when they are available at these masses.

PARENTS IN TOUCH
This year we are continuing our Parents in Touch program. Parents in Touch is an initiative between DLSCC Caringbah and OLMC Burraneer and is run alternately at each school. Parents in Touch is an informative evening for parents on relevant issues which affect their children and will take place during Week 5 every term with the topics advertised in the newsletter.

WALKATHON
Our college walkathon will be held on Friday, 12 April, which is the last day of Term One. This year we are raising money for the church at OLF. Fr Julian is most grateful that our target of $25,000 will fund the sound and video system upgrade for the church. Please see Page 12 of this newsletter for more detail. It is my hope is that each student can raise $50 for this worthy cause. I would also appreciate any parent help on this day if you have time available.

Have a nice week.

Mr Peter Buxton
Principal

Breakfast Club
Have breakfast & do some study
Wednesday & Thursday mornings
College Library @7.30 - 8.20am
$2.00 fee for breakfast

Homework Club
Tuesday & Thursday afternoons
College Library
@3.00 -4.00pm
All welcome
We extend a warm invitation to all parents considering enrolling their children into De La Salle Catholic College Caringbah, Our Lady of Mercy Catholic College Burraneer and De La Salle Catholic College Cronulla to meet our principals.

PARENTS IN TOUCH

A CONVERSATION WITH THE PRINCIPALS

focusing on the three school partnership & the Newman Gifted program

MS ANN FREEMAN (Our Lady of Mercy Catholic College Burraneer)
MR PETER BUXTON (De La Salle Catholic College Caringbah)
MR CRAIG MOONEY (De La Salle Catholic College Cronulla)

TUES, 26 FEB 2019 @6.30PM
DE LA SALLE CATHOLIC COLLEGE CARINGBAH LIBRARY

RSVP: geraldine.wilson@syd.catholic.edu.au
Opening Mass - 14 February 2019
Opening Mass - 14 February 2019
Cocktail Evening - 15 February 2019
Target Setting Day - Tuesday, 5 March

A Target Setting Day has been designed for parents, guardians, students and Homeroom teachers to collaboratively formalise student learning goals for the 2019 academic year.

The process requires one 15-minute interview for each student with the student’s Homeroom teacher to negotiate and enter goals for the year ahead. Interview times will run in 15-minute intervals from 8.45am - 4.45pm on the day.

Prior to the Target Setting interview, it is expected that parents and students read through the Target Setting Information booklet together and complete the preparation activities. Students will receive the handout in their pastoral class.

It is the expectation that all students attend these interviews. If parents are not in a position to attend the interview on this day, then an alternative arrangement will need to be made by contacting the Homeroom teacher.

Immediately following the interview, students will be required to enter their goals into their Google folder. Student goals will then be available for parents, students and teachers. The parent portal is now open to select an interview time.

Students are required to bring the following equipment with them to their Target-Setting interview:

- Draft Target Setting template. This is the draft that students will complete in their Homeroom and at home.
- Pen and college diary
- Laptop (please ensure this is charged)

If you have any questions relating to the Target Setting Day, please do not hesitate to contact either your son’s Year Coordinator or Mr Ritchie at the college.
From the Religious Education Coordinator

OPENING SCHOOL MASS

We gathered as a community at Our Lady of Fatima Church on Thursday, 14 February for our Commencement Mass, as well as the investiture of our 2019 student leaders. It was also at this time that we officially commissioned new staff (both from this year and late 2018). As a new staff member myself, I would like to take this opportunity to thank students, staff and parents for my welcome.

I experienced such pride during the mass - many visitors commented on the etiquette of our young men, as well as the pride they took in singing and proclaiming their faith. I am grateful to all staff and students who assisted in the preparation of this significant college event, and am forever grateful to Father Julian and Father Mate for their spiritual guidance. I am humbled to be a part of this supportive and encouraging community.

At this Mass, badges were blessed (a gift from the De La Salle brothers), marking the Tercentenary (300 years) since the death of St John the Baptist De La Salle. We will be commemorating this significant anniversary throughout the year. We remember not only the work of our patron himself, but of the many people who followed after him continuing in the Lasallian mission. The theme of the Tercentenary is One Heart, One Commitment, One Life, which emphasises the fullness of the life of St John the Baptist De La Salle, as well as the mission which continues in 80 countries around the world. This reminds us of the community to which we belong - the Lasallian family.

NEW INITIATIVES

Our college is constantly evolving to meet the needs of our students academically, pastorally and spiritually. We are very fortunate to have our parish - Our Lady of Fatima Church - in walking distance. We are also very grateful for the support of our Parish Priest Father Julian, his Assistant Father Mate as well as Deacon Moses.

This term, three new initiatives are being introduced. Firstly, parents would have received a note regarding our Friday morning weekday masses. These will commence at 8.00am in the OLF Chapel, with the first being today. Each week, an RE class will be organising the mass. I thank both parents and students for their support of this initiative. It is a time for students to take some time out of their busy schedules and engage with their faith. Parents are more than welcome to attend any mass.

Secondly, students will notice Father Julian visiting the playground each Tuesday recess and visiting some classes each second Thursday. I encourage all students to feel welcome to approach Father and introduce themselves. He is very eager to get to know you more closely as your Parish Priest and answer any questions which you may have.

When I write the next article, Lent will be commencing and we will come together again to mark Ash Wednesday as a community. In the lead up to Lent, I recall what Pope Francis called on us to do last year: “Come back to the Lord with all your heart during Lent. Pause for a little while, refrain from the deafening noise that weakens and confuses our hearing, that makes us forget the fruitful and creative power of silence.” On Ash Wednesday, we will also launch our fundraising initiative for Term 1 - Project Compassion (Caritas). More information will follow about this from our Youth Ministry Coordinator, Ms Izabela Rudol, in our next newsletter.

Blessings,

Ms Angela Porro
Religious Education Coordinator
From the Leader of Learning

MINIMUM STANDARDS TESTING (YEAR 10)

Students need to pass online reading, writing and numeracy tests of everyday reading, writing and maths skills to show they meet the minimum standard of literacy and numeracy required to receive the HSC from 2020. The minimum standard online tests are based on the Australian Core Skills Framework (ACSF) with students' results reported as a level of achievement from 1-4. Students are required to achieve at least Level 3 in each of the three online tests to meet the HSC minimum standard.

Minimum Standard Reading Test - 45 multiple choice questions
Minimum Standard Numeracy Test - 45 multiple choice questions
Minimum Standard Writing Test - One question based on a visual or text prompt with up to a 500 word-response

The boys will have the opportunity to sit the tests at our college on Thursday, 2 May 2019.

ICAS COMPETITIONS

Our college promotes the ICAS series of competitions. This series is designed to assess students' ability to apply classroom learning in new contexts, using higher-order thinking and problem-solving skills. Ideal for Newman students, although open to all. This year we will be participating in the following ICAS competitions:

ICAS Digital Technologies 3 September 2019
ICAS Science 5 September 2019
ICAS Writing* 10 September 2019
ICAS Spelling Bee 12 September 2019
ICAS English 17 September 2019
ICAS Mathematics 19 September 2019

All competitions are online (with the exception of the writing task). Each competition costs $14.50 to enter and will be added to school fees. If you are interested in your son sitting these exams, please complete the online enrolment form.

Mrs Lynne Slater
Leader of Learning

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WANDA BEACH

Friday, 12 April

Raising money for OLF Church
House points for best dressed
Games and BBQ lunch

Sponsorship cards distributed soon

Wanda Beach to Boat Harbour and return

COLLEGE WALKATHON
Visual Arts

An ongoing area of focus and a longstanding tradition in the Visual Arts Department is engaging learners by creating community partnerships with the art world. To achieve this, students in the Year 9 elective class worked with MULGA the artists in an artist led ‘How to draw a Gorilla workshop’. The workshop focused on developing and refining their skill set in preparation for an upcoming practical assessment task which focuses on understanding art practice and how an artist develops their own style and technique.

The workshop led by MULGA introduced and built on art making skills in the area of drawing and graphic illustration using POSCA paint pens to create bright Gorilla artworks. Students thoroughly enjoyed the experience, particularly the opportunity to work with a renowned contemporary artist with such a close connection to the college community over the last 5 years.

Mrs Natalie McCaffrey
CAPA Coordinator
Monday Boardies

On Mondays at recess the library has been open for ‘Monday Boardies’. Over the past two weeks there have been over forty students each recess, ranging from Year 7 to Year 10, who have come along to play games. UNO and poker are both popular, but classics like Jenga get brought out of the games cupboard to play as well. Thanks go to the Year 10 student leaders who are helping to make this new initiative a success.

Mrs Conneely and Mrs McLennan
Can you help?

We need a variety of reading materials to help ensure that our SURFF’S UP reading program caters to all levels of student interest and ability. In particular, we need the following:

- sporting magazines, eg mountain biking, surfing, football, basketball
- comics and comic books
- graphic novels

If you have old magazines, comics and graphic novels that are in good condition, please donate via your son’s pastoral class.

Thanks and remember the wise words of Dr Seuss, “The more that you read, the more things you will know. The more that you learn, the more places you’ll go.”

Mrs Felicity Conneely
Literacy Facilitator
You are invited in presence and prayer to joyfully celebrate

INSTALLATION MASS
of
FR JULIAN BELICH

SUNDAY, 10 MARCH 2019
9.30AM

Celebrations to follow

OUR LADY OF FATIMA CHURCH
389 PORT HACKING ROAD CARINGBAH NSW
An college imitative to enable Year 10 commerce students first hand experience at business in the real world has been showcased in SCS “About Catholic Schools” magazine.

The program is in collaboration with Mr Rod Eagles from Jackson Surfboards. The article outlines future plans to sell the products the boys make.

“A winning group was chosen from each of the two classes based on presentations to a Shark Tank-style panel - one winning team pitched t-shirts and hats, the other singlets. Going forward, boys will create marketing plans to sell each product…”

To read the full article, click here
Canteen

On 6th March it is Ash Wednesday and the Lent season starts for forty (40) days ending on Easter Sunday.

It has been lovely meeting a few new Year 7 mums who have volunteered their time and we hope to get a few more. We are still short on a few days so if you are available to volunteer, please don’t hesitate to contact the school.

Thank you

Trish Edwards/Vera Andrews
CANTEEN MANAGERS

DAYS VACANT: requesting assistance
1st Thursday, 2nd Monday, 3rd Monday, 4th Tuesday,
5th Monday, 5th Tuesday, 5th Wednesday,
5th Thursday of the month

Help feed our young men
Our canteen runs solely on the support and generosity of people, just like you, who volunteer to provide this important service to our students.

PLEASE VOLUNTEER ONE DAY A MONTH

Canteen

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Careers

The following universities are offering information sessions for parents and Year 10 students who want to learn more about subject selection.

THE UNIVERSITY OF SYDNEY YEAR 10 INFORMATION EVENINGS 2019:
Registrations Are Now Open The University of Sydney is hosting a series of evenings for Year 10 students: Learn about making the most out of HSC subject choices, scaling and ATARs. This is a great opportunity for parents and students to hear from our academics and current students to help make informed choices about their future study. All sessions are free and book out fast, register now : www.sydney.edu.au/yr10-info-evening

UNIVERSITY OF NSW YEAR 10 SUBJECT SELECTION EVENING:
This evening is the best place for you to start if you are thinking about coming to uni in two years' time and are currently a Year 10 student. Navigating HSC subject selection we know that sorting out how HSC subject selection works and what impact it may have on your future options for study at uni can be confusing and overwhelming. We want to help by providing you with information straight from the Board of Studies and from our faculties and staff.

We offer a number of Year 10 Subject Selection & Information Evenings. Dates for 2019 are 10 April, 2 May, 20 May, 22 May. Please select the date that best suits you and don’t worry about attending more than one (they’re all the same). www.unsw.edu.au/event/year-10-subject-selection-evening.

UNIVERSITY OF WOLLONGONG YEAR 10 INFORMATION EVENING - GYMEA TRADIES
Tuesday, 2 April at 6.00pm. Registration will open soon.
Upcoming Event
PARENT INFORMATION EVENING

6 MARCH, 2019

Screen Overuse / Addiction in Children and Teens
Dr Wayne Warburton Associate Professor of Psychology, Macquarie University

From Wayne...
Many parents tell me they are concerned about the levels of screen use they see in their children and teenagers. This isn’t surprising - the most recent US polls show that teenagers have an average recreational (non-educational) screen use of 6 hours and 40 minutes a day, with their parents averaging more than 7½ hours! In Australia we are not far behind. We now know that about 10% of children use screens at a level that has a negative impact on key areas of their life, and that around 1-2% have a severe screen use problem that requires treatment.
For a lot of children, a key issue is around video games, and this fits with the recent identification by the World Health Organisation of Gaming Disorder as a serious mental health problem for some kids. This talk will examine screen overuse/addiction, including the impacts on a child’s developing brain, and will provide practical advice on managing screen overuse and promoting a healthy media diet.

Details
Venue: ST JOHN BOSCO PRIMARY SCHOOL ENGADINE
Date: 6 MARCH, 2019
Time: 6.30PM
Open to all parents of students at Sydney Catholic Schools
To Register: Email info@sjbpsengadine.catholic.edu.au
Important Note: This is a presentation for PARENTS only, not suitable for students to attend.