I have enjoyed the wonderful spirit of the Boarding community in 2015. They have lived well together, eaten happily, prayed creatively, thought about things, told jokes, slumped around, made sandwiches and toasted them, listened a bit, and got on with life. I have watched them excel at school, play games way into the darkness of the night and smile and chat easily. I have enjoyed the warmth of a hello in the yard from them and from a distance have seen friendships grow and the unity develop.

When I watch the boarders saunter over to school, or I see a car picking up a boarder from youth theatre or air cadets, or some activity, I understand how ordinary and normal and busy it all is. The routines, the friendship, the discipline of ordinary life, the support, the Mrs Arbon lectures on respect, the care she creates and moments of growth. There is a wonderful opportunity about the place.

I thank Denise, Pauline and David for their work and care. They give young people a sense of safety, predictability, love and some important reminders about good manners. And they create a hope and security; they determinedly make this a home. They develop a culture, a spirituality, an encouragement, and they make the time to do the extra things. We are so lucky to have them.

I thank teachers, for coaching, prayers, time in conversation and support. I thank Greg for food and badminton enthusiasm and Tanya for her patience and professionalism in keeping the place clean.

I thank our Year 12 Boarders for their contribution. We will miss their laughter and all the chatter all of the day. They all experience every blessing in leaving. They will be remembered for care and goodness. There is a loving joy about the girls and the way they seem to connect so deeply to one another and the boys have been rollicking big brothers, with a larrikin presence and love of a joke. And the girls model warmth and scholarship and the blokes create community and fun, and important memories for the younger fellas. The girls have a beautiful gentleness, the boys a robust physicality. But they all have deep smiles from sensitive hearts.

I thought that it was a wonderful night when our Boarding community gathered with their parents to farewell our Year 12 boarders. It struck me how important this whole Salesian House relationship and commitment had become. We assembled to thank families for a really successful partnership. It was a touching moment in the chapel, and then at supper in Salesian House there were stories to tell. I thank parents for their trusting relationship with us and also recognize the exceptional work of Denise and David Arbon and Pauline Broekx. Stay well.

Greg Hay
Principal
Salesian House Report

The days have passed quickly, but one thing for sure the students will remember the friendships formed in Salesian House in 2015. The students and staff in Salesian House will also remember the teaching staff who have generously given their time after school hours to share a meal and chat, lead us in a presentation and prayer once a week, drive the St Mark’s bus to transport them for time out, shopping or eating at one of the takeaway venues once a week and for the not so fun activity, study or homework with tutoring. In actual fact when a teacher was here for tutoring they could at least chat to them even if it was not always about school work.

Most of the boys in the house this year engaged in sporting activities of various different kinds. A couple of the girls did also but the other girls were more inclined to find something quieter to do most of the time, some mingling together to chat.

On 10th September Katrina Johns organised an afternoon tea with balloons and stickers to celebrate RU OK Day. It was a fun afternoon.

The students birthday list is almost completed for the year with Greg (Chef) having only a few more birthday teas to prepare. With only about four nights left, the group of about 12 students have enjoyed their Wednesday night badminton, which has proved to be both a lot of fun and competitive.

Long after the Year 12's have forgotten their exam marks they will remember the friendships, the fun, the laughter and the jokes. Good luck in the future to Gen, Cameron, Jess, Ellen, James, Maddison and Ben, and thanks to all their families for their support.

I would like to take the opportunity to thank all the parents who were members of the Salesian House Parent Council, especially the mums of Year 12 students, Marie Manners, Robyn Bowley and Annie Kleinig who we farewell this year. Your input and support to this Council and to Salesian House was very much appreciated.

Thank you to Katrina Butterick for representing Salesian House on the College Board. Your effort, dedication and support is greatly appreciated.

I would like to thank all the parents of all the students. I have enjoyed the interaction, the support you have all given and the friendship and companionship during this year.

Thank you to Mr Greg Hay and Ms Kate Kilpatrick for their ongoing support and encouragement. We were never forgotten and always included in the whole package of St Mark’s College thanks to them, along with Mr LoBasso, Mr Richens, Admin and Bosco staff, IT technicians, maintenance staff and Tanya and Greg (Alliance staff).

As Boarding Coordinator it is always inspiring and enlightening to work with a very caring and competent supervisor and I have been very lucky to again work with Pauline as she fits all those words and it is a pleasure to be in her company. I would also like to acknowledge Mrs Cherie McAdam who I had the pleasure to work with in Salesian House for a few months early in the year. Cherie has a caring nature and was always trying to think of activities to keep the students happy. We wish Cherie all the best of luck in the future.

I pray the students return to school in 2016 with renewed spirit and energy and I wish all students, families, St Mark’s College staff and Alliance staff a Merry Christmas and a Happy New Year.

Denise Arbon
Boarding Coordinator

Sacha was among Air Force and Army cadets who attended the service at the World War I Memorial Gates, to reflect on the end of World War I and the signing of the Armistice at 11am on November 11, 1918.

The Salesian House photo can be viewed and ordered by parents online on the Academy Photo website using the shoot code - 59NPXF7U. Go to ‘Online ordering’, Page 6.

Congratulations to Patrick Williams, who along with Eve Cappelletto, was elected College Captain for 2016.
Keeping Motivated!

As term 4 races towards the finishing line of the 2015 school year and the shops fill with reminders of the beginning of the Christmas season; it is important to keep our momentum going until the siren signifies the close of the school year. It seems timely that an article to remind us all how to keep motivated occur! Motivation is what drives us towards our goals, to get up in the morning and tackle the tasks for the day – however staying motivated isn’t always easy! This article will give you some tips on how to find (and keep!) motivation.

Everything that could possibly motivate you can fit into one of two categories:

- **Positive motivations**, which focus on the positive things that will happen when you take action. For example, ‘Finishing this assignment means I’m one more step closer to successfully finishing school’.

- **Negative motivations**, which focus on the negative consequences that will occur if you don’t take action. For example, ‘If I don’t finish this assignment in the next few hours I will fail’.

Both negative and positive motivation can be effective in different situations however, people are much more likely to succeed when they’re doing something because they actually want to, rather than trying to avoid an outcome they don’t want. This means that it is important to focus on positive motivation as this usually has a bigger and better outcome.

So how can we keep positive motivation? Here are some ideas for you:

- **Set goals.** Setting a goal is making a personal decision to go for what you want; this gives us direction and focus to help keep motivation.

- **Choose goals that interest you.** You’re much more likely to stay motivated if you are working towards something that you really want to do or achieve.

- **Look for positive motivation in all situations.** Sometimes we need to things that we don’t find interesting or don’t like to do. However try to find something within that task that does motivate you. For example; ‘I don’t like maths, but it’s something I need to learn and will also help me get the grades I need for University’.

- **Make your goal public.** If you tell someone else or write it down, you’ve essentially promised to keep your word.

- **Track your progress.** When you are working towards something, it can be really motivating if you can see that you are making progress.

- **Reward yourself.** Give yourself some sort of reward each time you complete a step/task towards your goal.

- **Keep up the positive self-talk.** Keeping your thoughts positive like ‘I am totally going to get through this exam’ rather than thinking ‘I am going to fail this exam’ is very beneficial not only to motivation however out general well-being.

If you would like any further information please contact Katrina, School Counselling.

*Information based on article by Reach Out (au.reachout.com)*
Mr Hay chatting to James Hepenstall’s parents after our End of Year Liturgy and presentations

Miss Kilpatrick with Salesian House Captain Jake Dolphin and his parents

Harrison, Sacha, James and Tom receive some tutoring from Ms Bordignon

Ms Kelly with Natasha, Maddison and Kim

Enjoying their last meal together in Salesian House – Jake, James and Ben

Josh, George, Maddison and Natasha

George, Patrick, Natasha and Bernie after a hard-fought game of Twilight Netball

Archie, Sacha, Will and Tom discuss their Pistol Club scores