I have had a chance to show a number of people around Salesian House over recent weeks. It is the time of enrolments and the search to determine a place at St Mark’s. There are parents enquiring about boarding. They are caring mums and dads and they are examining the world of Salesian House. They are looking for the best boarding outcomes for their son or daughter. They bring to the tour a deep sensitivity about transition, about safety and about community. They want their son or daughter to be welcomed. They want them to have the best learning experience at school and the best living experience in the boarding context. The tours are always a time of good discussion and a chance for me to articulate how ideal Salesian House really is. During those tours I am able to tell parents that we meet every Tuesday for an inspiring reflection or prayer. I tell them that study is supervised; food is plentiful; games are played outside; telephones don’t get in the way of personal connection and that there is a genuine sense of gratitude which is a foundation of life at Salesian House. I show them the photos on the bookshelves and say that every effort is made not to let this place be a cold institution. I tell them about the number of boarders who were in the musical, or who are doing very well in their studies or who represented the College in leadership or sport. I speak about the noisy laughter, visits downtown on Wednesday and the friendships. It’s the friendships that seem so important. I show them into a bedroom and whilst protecting privacy we get a sense of how the boarders live. (I must say that it is easy to tell the difference between a girl’s room and a boy’s room. Now why is that?) The tour remains for me a rich time of affirming a great community. I have absolutely no difficulty in reassuring them that this is an outstanding place with a wonderful energy and an intimacy that guides and supports. I am certainly confident that we have created the right place for so many sons and daughters of caring parents.

Greg Hay
Principal

Maddison, Patrick C, Patrick W, Ellen & Bernie received Academic Excellence Awards for Semester 1
Salesian Conference

I recently had the pleasure of travelling to Melbourne with Mr Hay, Ms Kilpatrick, Ms Smith and Mr LoBasso to attend the Salesian Educational Leaders’ Conference. The theme of the conference was ‘Meaning through Stories, a Salesian Perspective’, in other words, the Don Bosco stories and our own stories. The challenge was;

- How well we know the stories
- How well do we know the Bosco stories
- How well we know the Scriptures

and to love the stories and know them by heart. This being the Bicentennial year of Don Bosco, we need great renewal and commitment to the charism and spirituality received from Don Bosco and demonstrate that in the year of 2015 and onwards. We need to build community through stories and ‘who wouldn’t I love if I knew the story?’

It was a deeply meaningful conference and I was enlightened and inspired of the importance of care to our young people.

Denise Arbon
Boarding House Coordinator

Keeping Motivated!

With the first half of the school year now complete it seems timely that an article to remind us all how to keep motivated for the second half of the year 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 our 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)

Ms Kilpatrick joined us for tea and led our prayer
Soup kitchen

Students and staff from Saint Mark’s gathered in the Home Ec centre to prepare and cook soup to be donated to St Vincent de Paul (Fred’s Van) and Uniting Care Wesley. The soup kitchen was organised by teacher, Stephanie Bordignon, to help those who are homeless and/or in need of food in the Port Pirie community. As National Homelessness Prevention Week was from August 3rd to the 9th, the action was perfect to promote and make people aware of how lucky we are to have food on the table and a secure roof over our heads each night, when 1 in 200 Australians don’t have this luxury that we often take for granted. There were a total of 25 students, including 12 of the boarders, as well as 8 teachers who supervised and assisted in the making of the soup. Over 40 litres of soup was cooked, which filled 100 plastic containers to be donated to those in need. The students and staff felt as if they were contributing in a positive way, and knew that they were making a difference to the lives of those who need it most.

On Sunday the 16th of August, George, Miss Bordignon and I helped out at the St Vincent de Paul Fred’s Van in Port Pirie. There were a few children from Benedict and a couple of teachers/parents who helped as well. The Fred’s Van offers a meal to homeless or disadvantaged people in Port Pirie every Sunday night, and we were able to get to know some of these people and share a meal with them. The regular volunteers were very thankful that we were there to help out and it was a great opportunity to see how lucky we are to have reliable food and water, when there are so many who go without.

Year 12 Retreat

At the end of Term two, we began our Year 12 retreat. We arrived at Port Hughes Accommodation Centre ready to begin an emotional, spiritual, and self-learning retreat. We did not know what we were going to be doing on retreat as none of the teachers had given us clues. We were involved in many activities throughout retreat, however one that stood out to us most was “Dancing with the Principal.”

Mr. Hay accompanied us on retreat, and we had many sessions with him learning basic dances. In total we learnt five dances that got us laughing and moving with the whole grade. This was one of the many opportunities we were given to bond with the whole grade. Overall retreat was a very special way to reconnect with old friends, welcome new ones, and strengthen our existing friendships, and it should be an event that all future year 12’s should look forward to. Ellen & Gen

Crystal Brook Show

The boarding house was represented by Natasha, Tom H, Josh and myself. In the School’s Led Steer Under 450 kg Class, Bert our Hereford bred by A & M Wilson from Kerlson Pines came first and Ottis, our Shorthorn bred by GE Ashby & Sons, Bundaleer came second. In the Over 450 kg Class Corey, our Simmental bred by AJ & JD Head, Caloundra came second. Overall in the combined classes Bert, our Hereford won Reserve Champion. While I was at the Show I got the chance to lead for a friend David Leese, the owner of Davelle South Devons Stud, Jamestown. The bull won grand champion. After leading the cattle I entered into the junior wool judging where I won reserve champion. Overall St Mark’s had a good day and we all look forward to competing at the Royal Adelaide Show. George

Maddison & Gen made their Debut at Jamestown
Year 10 Work Experience

Rick
Jamestown Engineering and Manufacturing hosted me for my work experience and they kept me very busy for the week I was there. I did a whole range of jobs, including grinding and welding and really enjoyed the time I spent there.

Edward
In the last week of Term 2 I went to the Jamestown Physio for work experience. During the week I was involved in variety of activities, such as Pilates, hydrotherapy pool lessons and I also observed patients being treated at the clinic. I thoroughly enjoyed the week and it is definitely something I would like to do in the future.

Zac
For work experience I went to Woodcroft College in Adelaide where I was mentored by Scott Sutherland, the primary school Physical Education teacher. The staff at the school were so nice and welcoming. I had to work with years F-5. We played a variety of games with the kids. I didn’t just do PE though as Scott had lessons off, I also had Japanese and Art. I had a lot of fun and I hope it can be a future job for me.

Josh
As part of SACE we were required to complete a week of voluntary work placement or work experience. I completed mine at LBH Accountants in Adelaide. The main reason I chose to do my work experience at LBH Accountants was because accounting is something I am interested in maybe one day pursuing a career in. Whilst I was there I worked with and met many new people. I also learnt many new things including how to interview clients, accounting terminology and basic accounting skills.

Natasha
I spent Week 10 at Flinders Motorcycles in Port Pirie. During the week I completed tasks such as putting together new motocross bikes, servicing customers’ motorbikes and stocking the shelves with new stock arriving every day. The part I enjoyed most was getting to test ride the motorbikes after I had serviced them.

Rick
For work experience I went to Kelly Brothers Toyota in Jamestown. I was working as a mechanic and helped wherever I was needed. It was a good experience and helped me figure out a bit more what I might like to do in the future. I really enjoyed the experience and would love to do it again.

Henry
For work experience I went to Jamestown Physio for work experience. I was working as a mechanic and helped wherever I was needed. It was a good experience and helped me figure out a bit more what I might like to do in the future. I really enjoyed the experience and would love to do it again.

Zac
For work experience I went to Woodcroft College in Adelaide where I was mentored by Scott Sutherland, the primary school Physical Education teacher. The staff at the school were so nice and welcoming. I had to work with years F-5. We played a variety of games with the kids. I didn’t just do PE though as Scott had lessons off, I also had Japanese and Art. I had a lot of fun and I hope it can be a future job for me.

Josh
As part of SACE we were required to complete a week of voluntary work placement or work experience. I completed mine at LBH Accountants in Adelaide. The main reason I chose to do my work experience at LBH Accountants was because accounting is something I am interested in maybe one day pursuing a career in. Whilst I was there I worked with and met many new people. I also learnt many new things including how to interview clients, accounting terminology and basic accounting skills.

Natasha
I spent Week 10 at Flinders Motorcycles in Port Pirie. During the week I completed tasks such as putting together new motocross bikes, servicing customers’ motorbikes and stocking the shelves with new stock arriving every day. The part I enjoyed most was getting to test ride the motorbikes after I had serviced them.

Rick
For work experience I went to Kelly Brothers Toyota in Jamestown. I was working as a mechanic and helped wherever I was needed. It was a good experience and helped me figure out a bit more what I might like to do in the future. I really enjoyed the experience and would love to do it again.

Henry
For work experience I went to Jamestown Physio for work experience. I was working as a mechanic and helped wherever I was needed. It was a good experience and helped me figure out a bit more what I might like to do in the future. I really enjoyed the experience and would love to do it again.

Sacha
I went to Cleland Wildlife Park in the Adelaide Hills. Cleland is run by the Australian Government Department of Environment, Water and Natural Resources. I chose to work at Cleland because I have always had an interest in animal management, conservation and education. There was a range of communicating involved from talking to the public doing educational shows to keeper feeding times. I found this experience very useful in getting an insight into the industry of Animal management/conservation and education. I also found out that there is not a set pathway to get into the animal management industry. New ideas that I have about some pathways leading to this industry are Tafe courses in Captive animals or Environment and conservation, also there are university courses available including Animal behaviour, Marine biology and many more.

George