Next Monday 27 April is a normal school day – there is no public holiday for ANZAC Day.

From the Principal

**PRAYER**

_The Monk and the Scorpion_

Two monks were washing their bowls in the river when they noticed a scorpion that was drowning. One monk immediately scooped it up and set it upon the bank. In the process he was stung.

He went back to washing his bowl and again the scorpion fell in. The monk saved the scorpion and was again stung.

The other monk asked him, “Friend, why do you continue to save the scorpion when you know its nature is to sting?”

“Because,” the monk replied, “to save is my nature.” — Zen Sayings

Dear Lord,

Sometimes when we keep getting ‘stung’ we feel that we should stop ‘saving’ those that have hurt us. Help and guide us in your love that you showed to all, to love one another as you loved us.

_Blessed Edmund Rice: Pray for us_  
_St Pius X: Pray for us_  
_Live Jesus in our hearts: Forever_

**TERM 2**

Welcome back to Term 2 to all students, parents and staff. The College has begun the term well and considering the wild weather we have been fortunate not to have suffered too much damage at the College. At the Chatswood Campus there have been a few leaks but overall nothing major and we had a large branch off a tree at the front of the school. Oxford Falls has been worst hit and power is still not available. Neither Year 7 nor Year 8 were able to access the site this week and there are a couple of trees down but none in the area near buildings or sporting areas.

I thank the College Maintenance staff for their efforts to maintain a safe school environment for all.

**DO YOU PICK UP YOUR SON IN KIRK ST AFTER SCHOOL?**

There have been some significant complaints about parents waiting for long periods in the Pick Up Zone in Kirk St. Our Lady of Dolours Primary School dismiss their students at 3.00pm and children are picked up by 3.20pm. It is making it extremely difficult for the primary school staff and parents when parents from St Pius X College arrive early and wait. This stops the whole pick up process and makes a mess of traffic coming into Kirk Street.
Our Senior School students are not dismissed until 3.15pm and don’t usually make it out the gate until 3.20pm. I ask parents to delay their pick up until at least 3.20pm to assist our Primary students from OLD to be picked up and the system to flow. I have been informed that the local Police and parking officers will be especially vigilant regarding this pick up zone and that drivers have only 2 minutes to stop and pick up children and that drivers must not leave their car.

The Junior School students are dismissed earlier and where parents pick up both Junior and Senior students, again I ask that the pick-up time be delayed until just after 3.20pm.

I am disappointed to hear that some parents have been quite defiant when asked to move on so that others can pick up their children. The best answer is to delay the pick for just 5 minutes or more.

I ask all parents to cooperate for the safety of the children and for good relations across all our community.

WELCOME TO NEW STAFF
On behalf of the College I welcome new staff this term following some changes last term. We welcome Mr Chris Moysa who is teaching RE, English and History. Mr Moysa is also an Old Boy of the College. We welcome Ms Sophie Allington who is teaching RE and HSIE. We also welcome Mrs Philippa Waters who will commence next Monday teaching RE and Music. Mrs Monique Braun continues in the Mathematics Faculty. We also welcome a new Maintenance staff member, Mr Andrew Darbin, and Suzie Franks who will be working several days in the Student Reception Office.

I offer thanks to Mr Simon Yue who is the Year 11 Guidance Coordinator this term, and to Ms Rachel Mowle who is taking responsibility as the Year 8 Guidance Coordinator this term.

PARENT TEACHER MEETINGS
Next week the Year 11 Parent Teacher Evening will be held on Wednesday 29 April. The Year 12 Parent teacher meeting will be held on Monday 4 May. Further details can be found in Mr Damo’s section on the following page, and information will be issued by the Guidance Coordinators. An opportunity for feedback will be made following these meetings.

P & F MEETING
The next P & F meeting is set down for Monday 11 May. All welcome.

Mr John Couani

From the Deputy Principal
ANZAC DAY HOLIDAY 2015: The College calendars and Student Diary currently show that Monday 27 April 2015 is a holiday. However it has been confirmed by the NSW Industrial Relations Office that this date is NOT gazetted as a public holiday in NSW.

Therefore NORMAL school will take place on Monday 27th April.

A St Pius contingent of students, staff, parents and friends are attending the Camp Gallipoli bivouac in Centennial Park on Friday 24 April and they will leave midday on Friday 24 April.

Enrolments for Years 5, 6 and 7, 2017
Application forms are available from the College office. A reminder that applications close 30 April 2015.

Ms M King/Ms C Jennings – Enrolment Registrars
From the Assistant Principal – Mission and Identity

As we begin our new term we reflect on the significance of the great celebration of our Lord’s resurrection on Easter Sunday. Term 1 concluded with our Holy Week Liturgy in Our Lady of Dolours Church as we recounted for our boys the season of Holy Week. It certainly left our boys with the important message that “Jesus Christ is our Teacher and Our Light” that we have now celebrated and continue to embrace with each other.

This Friday, 24th April at 11am the College is holding a Commemorative Anzac Day Centenary Service in our Junior School Playground. All are most welcome to attend as we mark this significant commemoration of the spirit of Anzac as we remember the human qualities of courage, mateship and sacrifice that has so much meaning and relevance for our sense of national identity.

From the Assistant Principal – Teaching and Learning

Dear Parents, welcome back to another term of Liberating Education at St Pius X College. During the holidays progress reports for Years 5 to 11 were sent providing an indicator of how your son is progressing so far this year. Mid-course reports for Year 12 will be sent out late next week.

Yesterday I took the opportunity to meet with all of our Year 9 Students and lead them through a reflective exercise on their progress report. I completed a similar exercise with Year 10 students last term. Each student had to review, analyse and summrate their progress. Their final step was to predict the grades they will achieve for their Semester One report. This process is very important as it has a huge effect on students learning. By self-reporting their grades and setting their own expectations provides them with an opportunity to think about their learning. Some students will be satisfied with what they expect to achieve at the end of this semester. Others will make a concerted effort to try and improve. A few will hastily set some goals and then hopefully remove this from their minds; but can they?

Ultimately, students are responsible for their own learning. They will make decisions that will impact their level of achievement. If they can establish their own expectations and can then perform beyond this, they will gain confidence in their own learning ability. (John Hattie, 2012)

PARENT TEACHER MEETINGS

Year 11 Parent Teacher Meetings are scheduled for 6.00 – 9.00pm on Wednesday 29th April.
Parents have been emailed details on how they can go online to book their times to meet teachers.
This same information has been included in this week’s Woodchatta Extras.

Year 12 Parent teacher meetings are scheduled for 3.45 – 7.00pm on Monday 4th May
Parents will soon be emailed with details on how to make bookings.

Years 7 to 10 Parent Teacher Meetings will take place on Monday 13th July

NAPLAN EQUATING STUDY

The College has been randomly selected by the Australian Curriculum, Assessment and Reporting Authority (ACARA) to participate in a NAPLAN equating Study. A small sample of students in Year 5 and 7 will participate in this study on Friday 1st May.

Equating tests are developed and administered so that current NAPLAN tests can be put on the same scale as previous years. The process involves a sample of students from each year, covering all States and Territories and school sectors, sitting the secure equating tests as well as the current year’s tests. Using a combination of methods, the equating tests and current year’s tests are placed on the same scales as previous years’ tests. Results from the equating study will not be available.

Mr M Casey

Mr A Damo
Performing Arts News

MEET THE MUSIC: Students of Years 9, 10, 11 and 12 Elective Music will be attending the second concert in this series TONIGHT, 6.30pm at the Opera House. All students have been given their tickets.

TWILIGHT CONCERT: This will be on Friday 1st May (Week 2). The following ensembles will be performing: Senior, Intermediate and Junior Concert and Jazz Bands, Intermediate and Junior Percussion and Guitar Ensembles, Senior and Junior Choirs, Senior String Ensemble and College Orchestra. The Performing Arts Parents Association will be running a barbecue. The concert commences at 5.00pm and all students are required to assist with packing up at the end of the evening which will conclude around 7.15pm.

I’M WITH CUPID! The cast had two solid days of rehearsals during the recent school holidays. Thank you to all students, Mr Combes, Ms Sumner and Ms Rawle who gave up their time. Tickets will go on sale in Week 4. Watch this space for details!

INSTRUMENTAL LESSONS: Any student who would like to commence instrumental tuition in Term 2 should collect an application form from the Student Office or the Performing Arts Office as soon as possible.

Ms T Bates – Performing Arts Coordinator

Your P&F In Action!

Mothers’ Day Liturgy and Muffins - Friday 8 May
The P&F would like to invite all our wonderful Mums and their sons along to the Mothers’ Day Liturgy and Muffins which takes place before school at the Sarto Centre on Friday 8 May.

Please go to This Link for more details, and simply RSVP right here This is a free event hosted by your P&F.

Twilight Concert - Friday 1 May
All parents and students are invited to the Term 2 Twilight Concert next Friday 1st May. All major bands will perform and an exciting music program has been organised for your listening pleasure.

These are very well-attended events for a good reason - our boys really are terrific musicians!

Cocktail Party Photos - now crash free!
Our sincere apologies if you tried to view the fantastic array of Cocktail Party photos before Easter but weren’t able to connect. It was such a popular post that you all crashed the site!

While still a little slow (we do our best) it is worth the wait, this is a great collection of snaps. You will find the link on the left hand side panel of the P&F website here.

Entertainment Book 2015/16 - new information!
Support your P&F and our boys, and save loads of money at the same time! Order your new Entertainment Books and Entertainment Digital Memberships via this link or the link in Woodchatta extras, and 20% of your Membership contributes to SPX P&F fundraising.

With the new Digital membership option, your Entertainment Book stays with you on your smart phone, so you never miss an opportunity to save! Go to this link and you are ready to go. Any questions? Just contact Clare at clarehb@bigpond.com

Steve Johnson - SPX P&F Secretary / Communications

Careers News


Ms D Janes – Careers Adviser
MindMatters for Families

MINDFULNESS AND WELLBEING: An invitation - Targetting Senior Students - to participate in a MindMatters Program.

“Mindfulness is the practice of intentionally becoming aware of the present moment; it involves paying attention in a particular way; on purpose, in the present moment, and non-judgmentally. That is, maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations and the surrounding environment – all without internal criticism.”

There will be an opportunity for the first twenty students to register by email, to attend three after-school sessions being arranged by the College with Mr Paul Jozsef who is a mindfulness practitioner working with Headspace at Chatswood. Further information on “What is mindfulness?” can be found in Woodchatta Extras.

Parents can email Mr Russo at rrusso@stpiusx.nsw.edu.au by Friday 24 April (end of Week 1, Term 2) if they would like their sons to be considered for this course.

SEVEN QUICK TIPS TO HELP YOUR STUDENT RELAX

The daily demands of life, such as exams, peer pressure, and homework assignments, or the challenges of relationships, family, or not making it on a sporting team can lead to an overwhelming feeling of stress. What students need to learn is how to cope with these situations in order to live a successful, productive, and happy life. Here are some proven techniques to help students (and parents!) relax and eliminate stress from the mind and body.

1. Eat in Moderation

Never skip a meal, especially breakfast. Breakfast replenishes your body and helps you start your day full of energy. Eat three main meals, and two to three snack meals a day. Eating five to six times in a day keeps your blood sugar levels balanced, giving you an overall sense of well-being needed for focusing on your tasks and responsibilities.

2. Exercise Regularly

Regular exercise, at least three times per week for a minimum of 30 minute sessions, can virtually “soak up” stress chemicals in your body and help you to relax and even sleep better. Brisk walking, aerobic classes, swimming, bike riding, or jogging are great exercises to release stress build up and relax your body and mind to either start or end your day right.

3. Remember to Breathe

When you feel your body start to tense, especially in your shoulders, chest, and abdomen when faced with a stressful situation, stop and take a few deep, slow breaths. If you are entering into a stressful situation, breathe slowly and evenly, using diaphragmatic breathing. This is a technique where you focus your breathing on your diaphragm where your belly rises and falls with each breath. Diaphragmatic breathing allows you to calm your nerves and relax your body and mind as your attention is placed on your breath.

4. Take a Time Out and be MINDFUL

As you go through your day, take little breaks, about two to five minutes, to relax and unwind. Whether it’s sitting quietly, listening to relaxing music, or meditation, take a moment to place yourself in your own calm state.

5. Pursue an Interest

Find something that you enjoy doing that is relaxing for you. When you find an interest that matches your personality, you can not only unwind and release stress, but engage your creativity in expressing yourself. This could be through painting, playing basketball, writing, playing a musical instrument, or signing up for a class that you have always been wanting to take.

6. Have a Support Network

Create a support network of close friends or family that you can turn to in times of stress. Good and loving relationships are key for your well-being and happiness. It makes you realize what is important in life and where your energies should be placed.

7. Avoid Bad Habits

When you are under stress, it is easy to turn to your established bad habits to deal with the stress. These habits are negative and will not take away stress, but only prolong it. The best way to avoid bad habits is to create new positive habits. Here is how to create a positive habit:

- Decide on the habit. Will you go for a walk each morning, go to the gym, take time out to do something special for yourself?
- Decide on where and when you will do this new habit. Choose a time and place and continue this new activity for 3 months (it takes around 66 days to establish a habit).
- Reward yourself each time you do this new activity. You may simply take a moment to notice how good it feels.

Mr R Russo – College Counsellor
From the Science Department

HSC Science Exam Preparation for Students

When: Thursday, July 16, 2015 8:15 AM - Saturday, July 18, 2015 3:45 PM
Where: The University of Sydney, Camperdown Campus Sydney

View Event Summary
View Event Program

Registration Deadline: Thursday, July 2, 2015

Please respond by clicking one of the buttons

YES  NO

http://www.cvent.com/d/lt-7eeRyUEumUAsM_Aa19A/18t8/P1/1Q?

From the Visual Arts Department

This term’s Twilight Concert will include a display of works from Year 10 Photographic and Digital Media students exploring the theme On The Surface.

Works from Year 9 PDM students and Year 11 Visual Arts will also be on show in the Br Colin McDonald Visual Arts Centre from 1st May.

SMART EXPRESSIONS
Willoughby Council are hosting works from 2014 Visual Art HSC students in the Concourse Art Space until 26 April. The works are from a selection students from North Shore schools including Nicholas Major, Haydon Falzon, Francis Nay and Matthew Miller from St Pius X.

Poster design by Alex McLarty Year 10.

Mr M Anderson - Coordinator

Homework Help
Homework Help will not be running next Tuesday 28th and Thursday 30th April as Ms Blanchard will not be at school.

Homework Help will usually be held every Tuesday to Thursday inclusive after school from 3.15pm - 4.00pm in the Senior Resource Centre. Students are to be actively engaged in school work, reading or study. All ages and levels of ability are welcome to attend, so come along and take advantage of the service.

Ms S Blanchard – Special Education Teacher
Debating & Public Speaking

ROUND 2 – St Pius hosting Rosebank - April 24
SPX vs Rosebank

This Friday night all debaters will have training from 3.30pm until 5pm. Students will then be allowed to travel over to Westfield to buy their dinner. All students are expected to behave appropriately in the public realm and are required to be back in the playground before 5.45pm. Students who are not travelling over to Westfield to purchase their dinner will be expected to stay in the Baby Brother playground until 5.45pm when we enter the gym. All debaters are expected to stay in the gym with their coaches and their teams from 6pm onwards. Senior student’s instructions and requests for assistance are to be acknowledged throughout the night.

Our guests, Rosebank, should arrive between 5.45 and 6pm and we hope to commence the evening as close to 6pm as possible. If we begin coin toss at 6pm then debates should commence at around 7.15 – 7.30pm. If we run to schedule we could conclude the evening at around 8.30pm. All students will have job allocations on the night and need to sign off with their coach before they leave with their parents at the end of the night. Students will be given a job allocation list at the Friday assembly meeting.

2015 CSDA DRAW AND DATES TO BE KEPT FREE FOR TERM 2 AND TERM 3

ROUND 3 - St Pius hosting Leos & Mercy - May 1
SPX A vs Leos
SPX B Jun vs Mercy
SPX B Sen vs BYE

ROUND 4 – St Pius travelling to Loreto Normanhurst - May 8
Loreto Norm vs SPX

ROUND 5 – St Pius travelling to Gilroy College - May 15
Gilroy vs SPX

ROUND 6 – St Pat’s, Strathfield hosting St Pius - May 22
SPC vs SPX

JUNE 19 - QUARTERFINALS OF DEBATING (This is the last night of term for private schools)

TERM 3: July 17 - Semi-finals of Debating
July 24 - Finals of Debating – St Pius is hosting.

Chess news

The NSW Junior Chess League competition will begin Friday 1st May, Week 2 of Term 2. The draw for the competition is available via the following link http://www.nswjcl.org.au/ To access the correct draw for the competition please follow the prompts: schools/metro secondary schools competition/draw and results/metro north. St Pius X has numerous teams: 1 Senior (Years 11-12), 4 Intermediate (Years 9-10) and 5 Junior (Years 7-8). Please ensure your son knows the correct name of his team, the contact details of all team members and most importantly the correct transport route for any away games.

Students in the Junior teams are encouraged to check with convenors the exact location of the opposing school and whether private transport is necessary/recommended. Each player should receive an individual draw during training before the scheduled Friday matches throughout the term. Thankyou for your support of your son’s commitment to this intellectually challenging extracurricular activity.

Ms M Waterson

Ms D Ramsey and Ms J Dempsey - Convenors
Junior School News

Uniform: The boys look very handsome in their winter uniform. I hope they continue to look that good for the remainder of Term 2 and Term 3.

Wet weather: It would be good if your son had a raincoat in this bad weather. An umbrella doesn’t work in the wind and can be dangerous to other people’s eyes.

THERE WILL BE NO SPORT TOMORROW – Thursday 23 April. Boys to attend school in sports uniform but no need to bring Rugby and Soccer Kit.

Congratulations: During the school holidays, David Jelovic flew to Italy for 11 days to participate in an international football youth tournament organised by his Soccer Academy, AC Milan Soccer School.

David was chosen by his academy from players around Australia to make up a team to participate in the Montecatini Football Youth Tournament in Italy. David was involved in friendly games within Italy and Switzerland before participating in the main tournament in Montecatini. Other countries involved included Switzerland, Japan, USA, Finland and Hungary. There they made it into the finals but had to contend with second place for their age group and pool.

David was the highest goal scorer for his team during the tournament. It was a great experience for David to see how the Europeans play the game.

Mothers’ and Grandmothers’ Day Junior School Mass: In Woodchattha Extras you will find an invitation to the Mothers’ and Grandmothers’ Day Junior School Mass. We require an RSVP for catering purposes for the morning tea after the mass. In past years parents who didn’t have to go back to work have organised to go onto lunch afterwards.

Mr T Long – Head of Junior School

Uniform Shop

TRADING HOURS – MONDAYS, TUESDAYS & WEDNESDAYS 8.00AM – 1.30PM

Orders can be placed via the College website http://www.spx.nsw.edu.au/facilities-resources/dsp-default.cfm?loadref=83 or by phoning the shop on 9414 4339 or by sending an email to uniformshop@stpiusx.nsw.edu.au. Parents are reminded that the Uniform Shop also sells second-hand school uniforms.

A price list is also available on the College website http://www.spx.nsw.edu.au/facilities-resources/dsp-default.cfm?loadref=83

Mrs D Muirhead – Co-ordinator

Canteen Roster

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<th>27/4 – 1/5</th>
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<td>A Spencer, J Bendall, P Scalf, S Roberts, A Berthold, R Baldock</td>
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Senior School Sport

COMBINED HIGH SCHOOLS SAILING CHAMPIONSHIP
(Report from Billy Moran)

During the first week of the school holidays, St Pius was well represented at the Combined High Schools Sailing Championship, with four boats carrying St Pius Boys in them. The regatta was highly competitive, and all 114 entries were sailing hard and putting up stiff competition. Despite this, our boats managed some great placing, doing the school proud.

Although we did not have enough boats to form a school team, there were some very promising individual performances. Jack Moran (Year 9) had the strongest result, placing 3rd in the Laser 4.7 class against other boys sailing at state level. Billy Moran (Year 11) placed 4th in the Laser Radial class, whilst Sebastian Majarian (Year 7) placed 13th in the highly competitive Flying 11 class. Jamieson Bennetts had a tough task ahead of him trying to learn to sail a bigger boat while still placing 2nd in the last heat in the Cherub class.

FOOTBALL

Dear Parents and Players,

Well done to the College 1st XI who competed in a high standard St Andrew’s cup during the Easter Holidays. It was a successful tournament with the 1st XI losing a tough battle in the Grand Final to Waverly College having gone through the tournament undefeated.

Unfortunately there has been no training this week due to the weather. Training will recommence next week as outlined in the previous Woodchatta. A reminder that all players should bring sneakers to each training session as well as boots in case training is shifted to an indoor facility. **There are NO GAMES THIS WEEKEND due to the ANZAC day holiday.** The official ISA season will commence on the 2nd of May with times and venues available in next week’s Woodchatta.

Mr S Yue - Convenor

CRICKET

SPX Cricket Presentation Night: Thursday 30 April 2015, 7 for 7:30pm in the College Gym. This is a compulsory event for all players. All players are expected to be in full winter uniform.

Mr D Reay - Convenor

RUGBY

For all rugby information and news, including attending the Waratahs Vs Rebels match, you can go to Rugby Club News in Woodchatta Extras.

Mr S Hopley - Convenor

“Hit the ground running”

Getting back into the playing/training/coaching groove can be slow after a break or holiday. Those who attended the Rugby Camp would have welcomed the rest. The players really “put in” and will benefit enormously for their efforts. A huge thank you to Mr Hopley for making it happen.

So how do you get back in the groove? I always find looking at exciting play gets me fired up! So have a look at 3 minutes from Super 15 last season and then pack your training bag. [https://www.youtube.com/watch?v=D7D6F7cC090](https://www.youtube.com/watch?v=D7D6F7cC090)

Mike Penistone – Rugby Development Officer

BOXERCISE FOR FITNESS & FUN

Boxercise is available for all students every Thursday and Friday morning at 7.30am in the Blue Room. Please contact Mr Russo if you have any queries.
Thursday Sport: Sport at Oxford Falls. Winter training for Football, Rugby and Tennis resumes.

Rugby: Round 1 commences on Saturday 2nd May. All relevant information, including an information letter, season draw and Code of Conduct document have been placed on the College website. Please ensure your son is kitted out in the correct St Pius gear for the season commencement next term.

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<tr>
<th>Team</th>
<th>Opponent</th>
<th>Rd 1 - Saturday 2nd May</th>
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<tr>
<td>Prep 1st XV</td>
<td>Shore</td>
<td>Northbridge ‘G’ (SCEGS Memorial Playing Fields) – Sailor’s Bay Rd &amp; Alpha Rd, Northbridge</td>
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<td>Prep 2nd XV</td>
<td>Scots</td>
<td>Christison Park NE – Old South Head Rd (cnr Village High Rd), Vaucluse</td>
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Rugby Armidale Tour: Our tourists returned from a successful tour to the TAS Tournament in Armidale on Sunday. The boys were exemplary in their conduct both on and off the field. They achieved 2 wins, 2 draws and 1 loss, but certainly returned having developed as players and as a team. This should stand them in good stead for the upcoming IPSHA season. See Woodchatta Extras for more detailed report and photos.

Football (Soccer): Round 1 commences on Saturday 2nd May. All relevant information, including an information letter, season draw and Code of Conduct document have been placed on the College website. Please ensure your son is kitted out in the correct St Pius gear for the season commencement next term.

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<tr>
<td>Prep 1st XI</td>
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<td>Prep 4th XI</td>
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Mr G Virgona – Junior School Sportsmaster
The following information is contained within this week’s Woodchatta Extras. Click on the link below to take you straight to that section.


1. **YEAR 11 PARENT INTERVIEWS – ONLINE BOOKING INFORMATION**
2. **MINDMATTERS FOR FAMILIES: WHAT IS MINDFULNESS?**
3. **JUNIOR SCHOOL MOTHERS’ AND GRANDMOTHERS’ DAY MASS**
4. **FOOTBALL CLUB NEWS**
5. **RUGBY CLUB NEWS**
6. **ARMIDALE RUGBY TOUR REPORT AND PHOTOS**
7. **WARATAHS VS REBELS SUPER 15 MATCH FLYER**
8. **SPX RUGBY – WEEKEND AWAY FLYER**
9. **SPX RUGBY – YULEFEST PACKAGE FLYER**
10. **SPX RUGBY DINNER FLYER**
11. **OLD BOYS NEWS**
12. **GENERAL NOTICES**
   - Go For Fun – Free 10 week fitness classes for 7-13 year olds
Dear Parents

Parent/Teacher/Student interviews for Year 11 will be held at the College between 6.00pm – 9.00pm on Wednesday 29th April. You can now book interviews for Teachers online. Go to www.schoolinterviews.com.au and follow these simple instructions.

BOOKINGS OPEN Wednesday 25th of March
BOOKINGS CLOSE Wednesday 29th of April at 3pm

Go to www.schoolinterviews.com.au

Enter the school event code. Then follow the 3 simple steps.

When you click finish, your interview timetable will be emailed to you automatically - check your junk mail folder if you do not receive your email immediately.

You can return to www.schoolinterviews.com.au at any time, and change your interviews - until bookings close.

For parents who don’t have access to the internet at home, at work, at a friend’s house or on their phones, computer kiosks will be available at Reception from Friday onwards, so that parents can still make their own bookings. Parents may send a note to school with the approximate times they require, or phone the school on 94114733. Students with written permission from parents may also have access to the kiosk. Interviews are strictly 5 minutes and spaces are limited. If you require more time, please contact your teacher directly to make alternative arrangements.

Parents can change their interview bookings, any time prior to the closing date, by re-visiting the www.schoolinterviews.com.au website, and using the event code. Remember to use the same name and email address, you used when you made your original booking. Parents wishing to change their interview times after the closing date, should contact the school directly on 94114733.
What is Mindfulness?
A short essay on mindfulness, its benefits and how to practice it.

‘Mindfulness’ has become somewhat of a buzz word of late. Companies including Google and Facebook regularly hold mindfulness sessions for their employees.

However mindfulness dates back to ancient times - its roots lie in the teachings of the Eastern philosophies of Buddhism and Taoism. In today’s world, mindfulness is just as relevant. Through the practice of mindfulness, we are better able deal with the emotional struggles we face on a day-to-day basis.

What is Mindfulness?
The founder of the modern mindfulness movement, Jon Kabat-Zinn, defines mindfulness as “paying attention in a particular way; on purpose, in the present moment, and non-judgmentally.” That is, maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations and the surrounding environment – all without internal criticism.

Essentially, mindfulness is the practice of intentionally being aware of the present moment.

Benefits of Mindfulness
One of the most sought benefits of mindfulness is learning to respond better to negative emotional states such as anxiety, stress, anger and regret. However, the benefits of mindfulness extend both more broadly and fundamentally.

Through the skilful use of mindfulness, we can learn to interrupt habits, such as getting lost in our thoughts and rumination. It are these thoughts, often focusing on the future or past events, which can add stress or anxiety to the ever present pressures of everyday life.

With a consistent mindfulness practice, we can learn to better understand our mind, its activity and the thought processes that shape and condition our lives. Most importantly, we can learn to recognise and interrupt these unhelpful processes.

By being mindful, we take our life off ‘autopilot’ and start taking a more active control of our emotions, rather than being driven by them. As a result, we become able to cultivate states of positive psychological and physical wellbeing.

How to Practice Mindfulness
1. Thoughts and feelings
Mindfulness involves consciously trying to observe our thoughts and feelings. We try to observe them arising. We then try to observe them passing through us. Eventually, we try to observe them leaving us, ceasing to exist.
2. Non-judgement
Practicing mindfulness involves trying to not judge our experiences of our thoughts and feelings as either good or bad; we simply try to notice them. If we find ourselves passing judgment, we simply try to observe this judgment and let it go. Mindfulness is an emotionally non-reactive state.

3. Letting it go
Through mindfulness, we try not attach to thoughts. If a distressing thought comes to mind, we try to just notice it. We try to notice how it feels. Are there any accompanying physical sensations? How do they feel? Where are they felt? We are not trying to get rid of anything, or do anything with the thoughts and feelings. Just notice. Mindfulness is simply the noticing of our thoughts and feelings. Once we notice them, there is nothing further to do. They are just thoughts. They will come and they will go; they are fleeting.

4. Non-attachment
Though mindfulness we learn that it is the attachment to thoughts and feelings that can cause us distress. That is, ruminating on things that we cannot solve by thinking about them over and again. By practicing mindfulness, noticing our thoughts and letting them go, we can bolster ourselves against the potentially negative effects of holding on to these thoughts and the potential stresses and anxiety that they may bring.

**When should I practice mindfulness?**
Mindfulness can be practiced anywhere, at any time. Your next meal is a good opportunity to practice mindfulness. As you eat, try to eat very slowly, consciously chewing your food. Notice how you feel in the moment. Pay attention to how the food tastes and feels in your mouth and the sensation of swallowing. Be aware of your level of enjoyment. Notice how you feel. This is the practice of mindfulness. Paying attention to, and accepting the present moment for what it is, nothing more, nothing less.
29th April 2013

JUNIOR SCHOOL MOTHERS’ AND GRANDMOTHERS’ DAY MASS

On the Friday before Mothers’ Day, 8th May 2015, the Junior School will be having a Mothers’ and Grandmothers’ Day Mass at 10.30 am at Our Lady of Dolours Church, Chatswood. All the boys’ mothers and grandmothers are invited. At the conclusion of mass we will have a morning tea for all the mothers and grandmothers, not the boys. There will also be a Mother’s day stall if you would like your son to buy you something. All the goods are made by the ladies of Candela in Peru (a shanty town) and all the proceeds are returned to them.

If you intend to come to the mass, please return this slip by Monday 4th May. We need to know numbers so we can plan accordingly.

A wonderful day of celebration of motherhood has been planned, if you wish to attend the mass could you please complete the reply slip below and have your son return it to his Junior School class teacher by Monday 4th May.

Yours sincerely

Timothy Long

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MOTHERS AND GRANDMOTHERS MASS

I / We will be able to attend the mass and morning tea.

Number attending: ____________ (Don’t count your son)

Name/s: ____________________________________________

__________________________________________________

Son’s name: ________________________________ Class: ____________
Welcome back to the start of the Football season. First games are on Saturday 2\textsuperscript{nd} May and this year the Committee is excited to launch a weekly results flyer that will feature the results and photos from the weekend fixtures.

The committee is working with Danny Johns the creator of the 1\textsuperscript{st} XI Fanzine and editor of last years ‘Year in Review’ publication for the Football Club to produce this.

The results flyer will be emailed each Wednesday so we need parents who volunteered to assist with teams to marshal parents and get those photos sent in each week. We are setting up a simple mechanism to allow you to post your photos. We will advise the details in coming days.

We hope this will create a ‘buzz’ around the football community at St Pius.

Good luck to all!

See our webpages for News, Calendars, Photos and Draws -
http://pandf.spx.nsw.edu.au/sports/football/football-news

Rodger Paino
NO MATCHES THIS WEEK but please try and keep the boys active as match fitness can fade throughout the holidays and with bad weather affecting training.

SUPER RUGBY – NSW WARATAHS V MELBOURNE REBELS, Sat 25th April.
Bring your boy/family along to support SPX old boys MICHAEL HOOPER and LUKE JONES as they battle for state pride. This is an annual event for Team Pius as a group, with all boys able to meet Michael and Luke after the game! See Flyer in the following pages for details.

SPX RUGBY CLUB DINNER 2015 – MC Rod Kafer with Special Guest STIRLING MORTLOCK
Following the success of the sell-out 2014 SPX Rugby Club Dinner, the 2015 SPX Rugby Club Dinner will be held on the evening of Friday 15th May, at the Roseville Golf Club.
We encourage all SPX parents & supporters to get along to this renowned event which is the key fundraiser for SPX Rugby, with all proceeds going to fund Rugby training and development programs across all SPX Age Groups. Get together with a few other parents to make up a table for your son’s team or Age Group, a great way to get to know the other parents with a guaranteed night of fun had by all! Further Details in the flyer in the following pages.

Calling For Your Support!
What better way to promote yours or a friends business and support your boys than to donate a prize for the main or silent auctions on the night. We are seeking any type of prize, voucher or reward to fill the coffers for this valuable part of the fundraising, which is always strongly contested by fierce bidding across the tables.
All donations will be recognised in the official program all attendees receive on the night.
Please contact Rosemary Murphy to donate or for further details
E: rugbyevents@pandf.spx.nsw.edu.au Ph: 0411 644 308

EASTER HOLIDAYS RUGBY CLINIC
A great few days that was well attended with great feedback from the boys and parents.
With an impressive line-up of senior external rugby coaches, the training provided the opportunity for intensive skills and specialist positional training.
Thanks to Mr Hopley and his team for organising and running this important annual event, which is vital in nurturing and developing our SPX rugby talent.
As part of the usual review process, we invite comment and suggestions from parents and boys for next year’s event - please email me on the address below, thank you.

ARMIDALE TOURNAMENT REPORT, Prep 1sts(Yr6)
Please see the report and photos from Mr Virgona, Coach Prep 1sts, which follows this Rugby Club News.
Congratulations to all the boys, Mr Virgona and Mr Carroll from the Rugby Committee. This annual Pius tradition is a fantastic opportunity to introduce the boys to the enjoyment of rugby touring; concentrated coaching, camaraderie and all that it offers.

SPX v ST STANISLAUS, away at Bathurst, Saturday 25th July
As part of the ISA competition, each year SPX travels to either Bathurst or Orange.
Parents and supporters always enjoy the opportunity to socialise by staying for a night or two.
Due to unforeseen circumstances all accommodation that suits SPX is unavailable due to a large event coinciding with our visit.
We have arranged a great alternative in beautiful Blackheath, in the heart of the Blue Mountains and all that the area offers. Please refer to the Flyer in the following pages for details and to make your booking.
MOUTHGUARDS - LANE COVE DENTURE CLINIC
Nicholas Ivey (SPX Old Boy) is offering a 10% discount for all SPX students (and their family members) for professional, custom made, slim line mouthguards for all sports, which are now available at his Lane Cove Denture Clinic. Each mouthguard is tailored to the player’s activity and dental care needs, including accommodating and protecting existing orthodontic appliances, such as braces. On-site health fund rebates are also available. Phone Nicholas at Lane Cove Denture Clinic on 9411 1179 for an appointment.

TEAM/AGE GROUP MANAGERS
All SPX teams will need a parent to act as Team/Age Group Manager to support the Coaches. The Managers will co-ordinate any assistance required by the Coaches by way of:
- communication with parents and players about arrangements for training/games; and/or
- any support needed on game days when the Coaches are busy warming up and preparing the boys for their games e.g. if any assistance is required to get parent volunteers to organise water bottles, act as touch judges etc.
Please contact me if you can assist your son by acting as a Team/Age Group Manager this season.

KEY DATES IN 2015 FOR SPX RUGBY SUPPORTERS
Please note the following dates in your diaries – more details will be communicated closer to the dates:
- Saturday 25 April – Waratahs vs Rebels match
- Friday 15 May – SPX Annual Rugby Club Dinner
- Saturday 23 May – ISA Round 1 vs St Gregory’s (Away)
- Term 2/Term 3 Holidays – Opens Rugby Tour (Queensland)
- Friday 24-Saturday 25 July – Parents & Supporters Trip to Bathurst - refer attached Flyer for accommodation options
- Saturday 8 August – P&F Trivia Night
- Tuesday 18 August – Rugby Presentation Night

For more information on everything SPX rugby, please refer to the Rugby Club website:
http://pandf.spx.nsw.edu.au/sports/rugby-club

David Bullard - SPX Rugby Club – 0491 119 113
rugbypresident@pandf.spx.edu.au

SPX Rugby Club Calendar is on the following page …
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<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
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<tr>
<td>Monday</td>
<td>20-Apr</td>
<td>Term 2 Starts</td>
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<tr>
<td>Monday</td>
<td>20-Apr</td>
<td>Committee Meeting #8</td>
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<tr>
<td>Saturday</td>
<td>25-Apr</td>
<td>Waratahs vs Rebels</td>
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<tr>
<td>Saturday</td>
<td>2-May</td>
<td>Rugby Trial #3 - TBC</td>
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<td>Rugby Trial #4 vs St Patrick’s (H)</td>
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<td>Friday</td>
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<td>SPX Rugby Club Dinner</td>
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<td>Saturday</td>
<td>16-May</td>
<td>Rugby Trial #5 vs Sydney High (H)</td>
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<tr>
<td>Saturday</td>
<td>23-May</td>
<td>Rugby ISA R1 vs St Gregory’s (A)</td>
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<tr>
<td>Saturday</td>
<td>30-May</td>
<td>Rugby ISA R2 vs Oakhill (A)</td>
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<tr>
<td>Monday</td>
<td>1-Jun</td>
<td>Committee Meeting #10</td>
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<tr>
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<td>Rugby ISA R3 vs St Patrick’s (A)</td>
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<td>Thursday</td>
<td>18-Jun</td>
<td>Term 2 Finishes</td>
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<tr>
<td>TBC</td>
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<td>Opens Rugby Tour QLD</td>
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<tr>
<td>Tuesday</td>
<td>14-Jul</td>
<td>Term 3 Starts</td>
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<tr>
<td>Tuesday</td>
<td>14-Jul</td>
<td>Committee Meeting #11</td>
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<tr>
<td>Saturday</td>
<td>18-Jul</td>
<td>Rugby ISA R4 vs Kinross/The Scots School (H)</td>
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<tr>
<td>Friday/Saturday</td>
<td>24-25 Jul</td>
<td>Parents &amp; Supporters Trip to Bathurst</td>
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<tr>
<td>Saturday</td>
<td>25-Jul</td>
<td>Rugby ISA R5 vs St Stanislaus (A)</td>
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<td>Monday</td>
<td>27-Jul</td>
<td>Committee Meeting #12</td>
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<tr>
<td>Saturday</td>
<td>1-Aug</td>
<td>Rugby ISA R6 vs St Augustine’s (H)</td>
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<tr>
<td>Saturday</td>
<td>8-Aug</td>
<td>Rugby ISA R7 - A’s BYE/C’s vs BMGS (H)</td>
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<tr>
<td>Saturday</td>
<td>8-Aug</td>
<td>P&amp;F Trivia Night</td>
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<tr>
<td>Tuesday</td>
<td>18-Aug</td>
<td>Rugby Presentation Night</td>
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<tr>
<td>TBC</td>
<td>TBC</td>
<td>Rugby Club AGM</td>
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<tr>
<td>Friday</td>
<td>18-Sep</td>
<td>Term 3 Finishes</td>
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**Term 2 Activities**

- **Committee Meetings**
- **Social Activities**
- **Trial Games**
- **Training & Development Days**
- **Tours/Camps**
- **ISA Games**

Please check the Woodchatta each Wednesday afternoon for any changes to venues or start times which may arise during the course of the season.
Armidale Rugby Tour 2015

Twenty of our Year 6 cohort were selected in a Prep 1st XV squad to attend the TAS Rugby Carnival, held over the Easter Holidays in Armidale, NSW. The tournament again proved to be invaluable in terms of preparation for the IPSHA season, especially as we had 4 students new to the College meshing with our current players for the first time.

Saturday saw us scheduled in 4 x 25 minute fixtures, short and sharp but intense nonetheless. The players were a little slow out of the blocks but finished strongly to draw the first fixture against Shore. A more aggressive performance in the 2nd game saw the team leading 11-6 against Pacific Lutheran College, QLD at half time. Unfortunately the game was shortened due to an injury to an opposition player (he was later cleared of any injury) but we certainly played with greater continuity, often going 5+ phases in attack and thus claiming the win. The team comfortably accounted for Lismore City in the 3rd game and so needed to beat Cranbrook to claim 1st place in the pool. Both teams played with width despite the small field and scored some great tries in the process. Whilst our scrum was dominant and our attacking play direct, the game finished in a 10-10 draw.

Our final game on Sunday pitched us against Shore again, though this time in the wet. The 0-17 defeat did not reflect the closeness of the contest. Whilst Shore were the better side and deserved victors, we perhaps had a bit of ‘white line fever’ when in great attacking positions and botched a few certain tries through bad luck and impetuous decision making. Shore’s first two tries came against the run of play, the kind that hurt you both on the scoreboard and between the temples. Nevertheless we are far better for the experience and match time, enhanced in confidence and cohesion.

Our parents and spectator crew were superb in their support, healthy cheering and importantly, in the manner they allowed their boys independence and space to enjoy the team camaraderie – I thank them for this. Mr Carroll accompanied the team as manager and was faultless in his attention to all things administrative and pastoral, enhancing the experience for the team. On behalf of the team and staff I sincerely thank the SPX Rugby Club for their financial support which subsidised the trip for all involved. Finally, I am again proud of the manner in which our players carried themselves both on and off the field. They met my high expectations and were a pleasure to take away, certainly a fantastic advertisement for our school.

Mr Greg Virgona - Coach

Please see the photos on the following page …
WARATAHS VS REBELS ANZ
STADIUM HOMEBUSH

THIS SATURDAY 25th APRIL 2015 – BOOK TICKETS ASAP

SPX Old Boy Michael Hooper

SPX Old Boy Luke Jones

The SPX Rugby Club has organised tickets and transport for SPX Players, Parents, Friends and Supporters to go along to cheer on the Waratahs Vs the Rebels in their Super 15 match this Saturday night.

Boys are encouraged to wear their SPX rugby jerseys as we will look to organise photo opportunities with SPX Old Boys Michael Hooper (Waratahs) and Luke Jones (Rebels) after the match.

Details are as follows:

Date: Saturday, 25th April 2015
Depart: 6:00 pm sharp from the corner of Macquarie St & Boundary St Chatswood
Returning: 10:00pm from Sydney Football Stadium to the corner of Macquarie St & Boundary St Chatswood (arrive approx 10.30pm)

Tickets: The cost of tickets to the game is Students $15/Adults $20.

Order Your Tickets: Please order your tickets by 5pm Thursday 23/4/15 by emailing; David Bullard at; rugbypresident@pandf.spx.nsw.edu.au
Use the description in the subject line: WARATAHS

Please include in your email;
- The name of each person attending
- Are they - Student (S) or Adult (A)
- Your Mobile number
- Your credit card details including; type of card (Visa & Master card only), Name on the card, number, expiry & 3 digit security number on the back of the card.
SPX RUGBY WEEKEND AWAY – 24-25 JULY 2015

COMFORT INN - REDLEAF RESORT
13-17 Brightlands Avenue, Blackheath
Phone: 47878108
www.redleafresort.com.au

- 13 Queen rooms 1-2 people (1 queen bed) $115.00 per room
- 13 twins 2-3 people (1 double and 1 single) $130.00 per room
- 16 family rooms 3-4 people (1 double and 2 singles) $150.00 per room
- 2 (spa 2-bedroom suites) 6 people (1 queen in one room, 2 singles in other room & 2 sofa beds in lounge area) $190.00 per room
- 1 room (108) 5 people (1 queen in one room & 3 singles in the other room) $165.00 per room
- 1 room (109) 4 people (1 queen in one room & 2 singles in the other room) $155.00 per room

FRIDAY NIGHT DINNER: 2 course meal
$25 per person 2-12 years
$35 per person 12 years and up

SATURDAY BREAKFAST: full buffet includes hot and continental buffet
$14.00 per person 2-12 years
$19.00 per person 12 years and up

Phone and book accommodation with the Resort as soon as possible as these 46 rooms will book out quickly. When booking ensure you mention that you are from SPX Rugby

FOR MORE INFORMATION PLEASE CONTACT:
ROSEMARY MURPHY: rugbyevents@pandf.spx.nsw.edu.au
(0411664308)
SPX RUGBY – YULEFEST PACKAGE

Winter 2015 at the Comfort Inn Redleaf Resort

Come to the Blue Mountains & enjoy the Wonder of Winter. During the day enjoy activities that the Blue Mountains have to offer and then relax and celebrate the magic of Yulefest at The Comfort Inn Redleaf Resort!

Dinner, Bed & Breakfast

$115.00 Queen or twin share for 2 people
$90.00 adults & $55.00 Children under 12
- Traditional 5 course Yulefest Dinner
- Entertainment, Decorations and Bon Bons
- Visit & Gift from Santa
- Full Buffet Breakfast $19.00 per person

The Yulefest package is available for Dinner on the 4th and 25th of July 2015
Other dates available for groups over 25 pax dinner or lunch

To celebrate Yulefest, make your reservation now.

Comfort Inn Redleaf Resort  Evans Lookout Road Blackheath  NSW 2785
Phone: (02) 4787 8108  Fax: (02) 4787 8907
reservations@redleafresort.com.au
St Pius X Rugby Club
Annual Dinner 2015

Our special guest for the evening is former Wallaby captain Mr Stirling Mortlock

Stirling Mortlock has scored over 1,000 points in 140 Super Rugby games and has won 2 Super Rugby titles (2001 & 2004) with the Brumbies. Stirling was named Super Rugby Player of the year in 2002. In 2009 Stirling became the highest point scorer in Super Rugby history and is one of six Brumbies to win 100 caps for the club. In 2010 Stirling played at the Brumbies with SPX’s Michael Hooper and later that year, Stirling signed with the Melbourne Rebels and in 2011 was named as their inaugural captain, playing with SPX’s Luke Jones.

With nearly 500 test points for the Wallabies, and 80 caps Stirling has created many memorable moments for us all as a Wallaby and is a household name in rugby circles.

Stirling was made a Member of the Order of Australia in the 2012 Australia Day Honours List.

MC for the evening is former Wallaby and Fox Sports Commentator, Mr Rod Kater

Stirling will be our special guest for the evening where he will share his insights on the Wallabies, Super 15 and rugby in general. There will also be opportunity for you to ask Stirling questions. There will be an array of items auctioned, silent auctions and raffles.

Come and join the fun and support SPX Rugby at our major fund raising event for 2015

Friday 15th May 2015, 7pm to 11.30pm • Roseville Golf Club, 4 Links Rd, Roseville

Tickets: $155 per head • Early Bird Special $140.00 per head until 26/4/15

Bookings: Bookings close 8/5/15 - go to http://www.trybooking.com/125483

For more information contact: Rosemary Murphy: 0411 644 308
or rugbyevents@pandf.spx.nsw.edu.au
OLD BOYS NEWS

VALE – Matthew Travers ‘92
Sadly we learned of the sudden passing of Matthew Travers ’92. Please keep Matthew, his family and friends in your prayers.

The funeral is to be held at 12 noon on Friday 24 April at Our Lady of Victories, Shortland Church, Sandgate Road Shortland (Newcastle).

NEW OLD BOYS WEB SITE
The new Old Boys web site is currently under construction and it is hoped that it will be launched very soon. Stay tuned!

OLD BOYS NEWS
If you have some news for the old boys that you would like included in this section, please let us know at: info@oldboys.spx.nsw.edu.au

SPX OLD BOYS RUGBY – BROTHERS RUGBY CLUB SYDNEY

BROTHERS RUGBY – SEASON 2015:
Congratulations to 1st and 3rd grade who secured good wins over St Ignatius Old Boys at the weekend. Also congratulations for a good round the previous week against Petersham, securing several wins including 1st’s and colts. Brothers are currently sitting in 3rd place in the 1st division club championship.

Training – Roseville Chase Oval, 6.45pm Thursdays.

To get involved with your old boys rugby club, go to: www.brothersrugby.com.au

David Bullard (’82) – President SPX OBA & Brothers Rugby
info@oldboys.spx.nsw.edu.au
0491 119 113
GENERAL NOTICES

COMpletely FREE!

Go4Fun
Healthy Active Happy Kids

With each passing week I could see my son gaining confidence and showing interest in physical activities.

Elizabeth Chernishov, Go4Fun parent

A free 10 week program for kids aged 7 to 13 years and their families to become fitter, eat healthier and improve their self-esteem.

When
Wednesdays
4.30pm-6.30pm
Starts 22nd April

Where
Fix Australia
319 Penshurst St
Chatswood

Register now
Freecall 1800 780 900 or go4fun.com.au

Fix Australia
Health
Northern Sydney
Local Health District

Click here to return to Woodchatta Extras Index page