FROM THE MASTER

The last week has been a busy time for students settling into the Curfew period as they prepare for upcoming exams and follow up on assignments due at this late stage. I remind each of you that curfew is set up to ensure we value respect for each other and, as importantly, ourselves during this stressful time.

I have enjoyed the opportunity to conduct interviews with almost all of our first years and the overwhelming response is one of feeling that they have been immersed in an inclusive and supportive environment. This is not only due to the leadership group, although as importantly, to the entire student body whose support of each other is the absolute strength of this great College.

Mick McGuiggan and I have also conducted ongoing interviews with our Residential Support Team and these have reaffirmed our belief in the structures we have in place, as well as the protocols we utilise to create an environment which enables students from diverse backgrounds to thrive.

Fr Francis continues to offer insightful homilies at our College Mass each Tuesday at 5pm and I encourage our students to join us at this time, as we take the opportunity to reflect and to strengthen our faith and relationship with each other.

This week’s homily was focused on the courage it takes to seek help when in need, as it makes you a better person by being open to the insight and support that others can offer you both in your roles at College and in your life. To that end, I encourage all our students to have the courage to seek out support in times of need, as it will truly assist you to reach the goals and aspirations each of you fully deserve to achieve.

I wish all of our students every success in your upcoming exams and remind you of the importance to respect each other’s needs and the expectations of the College during this intense time.

With my very best wishes,

Jas Lincoln

FROM THE DEAN

Last week Mark Buttenshaw, Gerard Ryan, Jacinta Condon, Ollie Grimble and Gen Cassegrain accompanied me to Sydney whilst we visited a number of schools getting the Albies’ name out there to potential students. We attended the Careers Expo at St Ignatius College, Riverview, as well as presenting to senior students at St Gregory’s College, Campbelltown. The trip was a huge success, with us returning with almost 200 expressions of interest from school leavers. I would like to thank the students who came on this trip for all their efforts in promoting the Albies’ product, with a good balance of enthusiasm and mature thought.

Exam Curfew is now well underway and our students are very busy preparing for their upcoming Trimester 1 exams. All students are reminded of the exam curfew rules being enforced at this time. Fines and further disciplinary action may occur for breach of curfew offences. I would like to take this opportunity to wish all students the best of luck in their upcoming exams.

With thanks as always,

Mick McGuiggan
As the second week of curfew approached, it was hard to contain the cabin fever over the weekend, as a studious bunch of scholars that are celebrating their last trimester needed some well-deserved time to blow off some steam. The weekend brought a full round of footy, Scone Cup and a 21st or two.

As the day of days arrives this Saturday, which is Ladies day at the rugby, this brings out the all you can drink champagne, cob loaf like no other and a strong combination of footy, beer and general standard operating procedures.

With being not much to report as the social side of college has come to a close, it is only a blink of an eye till Silly Season rolls round at the start of Trimester 2.

Study hard and good luck in your exams,

Freddy

Albies Trimester 1 Flashback

UPCOMING EVENTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Friday 20 May</td>
<td>Internal Lectures End</td>
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<tr>
<td>Saturday 21 May</td>
<td>Albies Rugby Ladies Day</td>
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<tr>
<td>Monday 23 May</td>
<td>Examinations Commence</td>
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<tr>
<td>Friday 3 June</td>
<td>Trimester 1 and Examinations End</td>
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<tr>
<td>Saturday 4 June</td>
<td>Internal Students Depart from College by 10am</td>
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<tr>
<td>Monday 13 June</td>
<td>QUEEN'S BIRTHDAY PUBLIC HOLIDAY</td>
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<td>Sunday 26 June</td>
<td>Internal Students Return</td>
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Academic Report

With exams just around the corner things are ramping up around the college, in regard to studying. Following the refurbishments earlier in the year we now have a fantastic array of facilities upstairs that are available to all students to use for study. The dining hall also continues to remain open during the day and of an evening. Nerd Night will once again be held on Wednesday evening. This is a fantastic opportunity (for first years in particular) to touch base with your AAs and ask any questions that you might have about the exams.

A few crucial things to bear in mind and check off before the exams are:
- re-check your exam timetable taking note of the location and time of the exam
- have a look at the exam format by checking Moodle and looking at past papers on myUNE
- take a form of photo identification into exams i.e. student card or driver’s license
- arrive at LEAST 15 MINUTES prior to the scheduled start of the exam, as they begin seating people then. Aim to leave college 30-40 minutes prior to the start of the exam to allow time to get a park and get to the examination centre.
- take in any permitted materials and aids. Please note that all calculators must be approved by UNE, if they are required in the exam. A list of approved calculators is provided on the UNE website.

All the best and good luck with the upcoming exams and enjoy the Mid-Year Break.

Peta Bradley
SAA

TUTES THIS WEEK

<table>
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<tr>
<th>WHEN</th>
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<th>CONTACT</th>
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<tr>
<td>7.00 Monday</td>
<td>1st Year Sports and Exercise</td>
<td>Tutorial Room</td>
<td>Peta</td>
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| 4.00 Tuesday
  7.00 Tuesday | 2nd Year Med QM161          | Tutorial Room   | Bucko       |
  |                 |                              | Conference Room | Georgia     |
| 6.30 Wednesday
  7.00 Wednesday
  7.00 Wednesday | BIO110 MTHS110 LAW161       | Conference Room | Fi          |
  |                 |                              | Conference Room | Sarah        |
  |                 |                              | Tutorial Room   | Steph        |
| 4.00 Thursday | 1st Year Med                | Tutorial Room   | Tim         |

NERD NIGHT
7.30pm Wednesday in the Dining Hall - Peta

If you can’t attend your tutes please contact your AA and let them know.

LET’S TALK WITH LOUISE

Hi All,

Looking after yourself, or self-care, is important in helping you stay at the top of your physical, emotional and mental well-being. Self-care includes any intentional actions you take to care for your overall well-being. Some people include exercise, sleep, socialising in their self-care repertoire; what do you do?

I’m at college Mondays, Wednesdays and Thursdays from 12-3.30 pm. I am also available at the Centacare office in the morning on the same days. I can be contacted on 67387200 or via email: l.carstairs@centacarenew.com.au

Hope you all have a great week.

Cheers,

Lou (College Counsellor)
The weekend’s events of MB Water Polo and PT Hodsdons Relay were the last for this trimester. The girls water polo took place on Saturday morning. This was a major clash for students who play netball and hockey, making it tricky to find numbers for the event. As the saying goes, ‘The show must go on’, and the girls rallied around and found nine girls to play the first game at 9 o’clock. The girls met with the competition leader, Austin College, and beat them convincingly 7-1. There were standout performances up front from Kaiti McGregor and Tanielle Basson and excellent defence from Claudia Powell and Harriette Spork. With five Albies netball teams playing while our second water polo game was scheduled, we unfortunately had to forfeit our second game giving up our chances of playing in the 1st and 2nd place playoff. This was really disappointing as this event was one that we were very confident in taking the win in. The girls second game was once again a convincing win over Mary White in the 3rd and 4th place playoff. Thanks to all the girls who were able to play and to all the support they were shown.

On Sunday the 15th, at the Hodsdons Relay, Albies had a large show of numbers, so our six boy runners and five girl runners had plenty of support during their runs. The girls race was kicked off with a strong first leg from Harriette Spork, who put the girls in a good position when she handed the baton onto our joint runners Alice Bowler and Natalie Aquilina. The girls helped and inspired each other on finishing their leg and handed the baton on to Katherine Clements. Katherine ran a fantastic leg jumping us back up a few spots into 6th. She handed the baton on to Natalie Lambeth who kept the pace up. She over took the Robb and Wright runners to put us into 4th. With one runner to go Sarah Barton snatched the baton. She ran a great leg and held the position for the girls to finish in 4th.

The boys kicked off their relay as Kieran Smith set the pace for the Albies boys. He handed the baton to Elijah Barnes who took it in his stride to get the boys on track for the win. He took the lead and handed the baton over to Todd Ellis, who continued the pace, leading the whole stretch of his leg. As our 4th runner set off, the pace slowed a little as Tim McDermott was caught fractionally by Austin and EPC runners. He was able to hand on the baton in 1st place to Brendon Power, only to have 1st taken from him during his leg when the Austin and EPC runners breezed past. Our 6th and final leg was run by Ollie Grimble, one of our highly esteemed college seniors. Ollie kept up with the pace set by two very impressive runners from Austin and EPC, only to have them build their pace and move away, leaving the Albies boys having to settle for 3rd place.

A big thank you to all our runners and the support they were shown by spectators.

Furthermore, a big thank you from Grace, Kaiti, Elijah and myself for all the efforts put into all the events that took place this Trimester. We look forward to a bigger and better second trimester, where we plan to chase down Austin College for the win in both the MB and PT competitions.

Thanks,
Craig Norrie

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<th>MB / PT SCHEDULE TRIMESTER 2 2016</th>
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<tbody>
<tr>
<td>MB</td>
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<tr>
<td>Basketball</td>
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Sports Report

Albies Netball Club
Team Of the Week: B Blue
Coaches: Meg Pegler, Catie Bartelen and Ollie Grimble
Captain: Jacqui Gamack

This week B Blue played a fantastic game winning 22-2. From the beginning the team were on fire as they surged through the game with ease and skill. Despite starting the season with no shooters, Jacqui Gamack and Ashleigh Mortimer, who have stepped into the shooting role, both had an amazing game moving well in the circle outplaying their defenders. Watching the game you could not have picked that this was their first season shooting, with both scoring multiple goals.

Duval were blown away by B- Blue and unable to keep up with the Centre court, as Jane Lee, Kate McIntyre, Lucy Martin and Diddy Gilder’s precision passing, effortlessly moved the ball up the court.

Likewise, the defence team stayed strong with Sarah Wall and Tommy Morrison making multiple intercepts allowing just two goals past them.

The entire netball club had great results over the weekend coming through with 5 wins and two very close and unlucky losses. More importantly than the wins there have been huge improvements in all teams, which was reflected on the scoreboard.

Harriette Spork, Catie Bartelen and Ollie Grimble

Albies Rugby Club

Round 7 kicked off for Albies on Friday night with the 4th grade side going up against Robb 3rds in the New England 3rd grade competition. The match saw a number of players returning to the field after stints on the sideline due to injury. It was a tight game which saw the lead change several times, however in the end both teams had to settle for the draw (subject to change).

On Saturday 3rd grade faced an improving Wright College, while 2nd grade hosted the table-topping Guyra Ghosts. Albies 3rds ran away as 57-0 victors, whilst Guyra showed why they are undefeated this year as they beat Albies 25-19. This weekend coming we have the much anticipated Albies Rugby Ladies Day, with 3 grades playing against Blues and one against Barbarians. Added to the day our women’s team will play their much anticipated first game of the season. Make sure you get into the books this week so that you can come and support the men’s and women’s teams on Saturday for a study break!

Mork Buttenshaw

Albies Hockey Club

Coming off the back of a big win over United the previous week, Saturday afternoon saw the Albies Hockey 3rd Grade Team take on Guyra. The afternoon was an absolute scorcher by Armidale’s Mid-May standards.

This week Mikaela suited up and took on the role of goalie and she had an amazing game, managing to keep Guyra scoreless. Albies dominated Guyra with their skills and speed through the mid field and the first goal came 20 minutes into the 1st half, when Nat Aquilina offloaded to Sarah Barton who managed to get it past the Guyra goalie for her first goal in hockey. Despite having a number of opportunities off penalty corners our girls couldn’t seal another goal. With only 5 minutes remaining in the 1st half Alice Bowler, again displayed some great work in the mid-field and scored a well-deserved goal.

The second half saw the girls initiate some great team plays and Claudia Mitchell and Katherine Munn played extremely well in the forwards. The only goal in the second half went to Fiona McDonald who once again had a solid game both in defence and up the front. Guyra put up a good fight in the latter part of the half but Albies managed to hold them out, with score after the full time bell being 3-0 to Albies.

Peta Bradley

Students, Alumni, Affiliates, SCR, Parents, Staff & Friends of Albies College please mark the 10th of September in your diary as an event not to be missed. The 'Back to Albies Race Day' is going to combine the historical Albies Race Meeting with an Alumni event to remember.

The SCR welcomes the College ‘past & present’ to join each other to reunite and reminisce about their ‘Albies life’, all the while enjoying a wonderful day of racing. The weekend will be full of events, including the traditional Friday night calcutta, a breakfast at the college with Alumni, a hosted lunch for all, fashions of the field and a final informal gathering for those that can make the distance.

Please take the opportunity to spread the work and the SCR looks forward to seeing you at this highly anticipated weekend.

Angus, Julie & Greg

Great news: The ATM machine, located outside the office, has had its transaction fee reduced to $2.00 per transaction.

MASS TIMES - COLLEGE AND TOWN

SAINTS MARY AND JOSEPH CATHOLIC CATHEDRAL
Sunday Mass is held at 8am, 10am and 5.30pm each week.

COLLEGE MASS
Held each Tuesday afternoon at 5pm in the College Chapel.