FROM THE MASTER

As the first trimester draws to a close I felt it timely that we recognise the many achievements of our students and thank them for their approach to College life. In particular I’d like to acknowledge those students who complete their studies this week and move on to their next adventure. Your contributions have been well known by your peers and you will be sadly missed by Albies, although I am well aware that exciting challenges await you as you commence your careers and travel in coming months.

This week we head to Sydney to showcase the Albies’ advantage at St Joseph’s College, Hunters Hill 2016 Careers Expo. I would like to thank Miller Dywer and Clancy Pattinson for accompanying us and promoting Albies from a student’s perspective. I would also like to encourage you to remind any family and friends that we’d love to see them whilst we are there.

I thank all our staff for their ongoing efforts whilst at the same time I trust that all students enjoy a deserved break in coming weeks and we look forward to your return for Trimester Two.

With my best wishes,

Jas Lincoln

FROM THE DEAN

As we enter the final week of Trimester 1, I would like to take this opportunity to congratulate and thank our students on a successful Trimester. We have seen a very busy schedule and many changes that have been embraced by all.

I would also like to wish our students good luck in their remaining exams, particularly those who will be sitting the final exams of their degree. A very big congratulations to those who will be finishing up and good luck with all your future endeavours.

We look forward to welcoming those that are leaving us back to the many alumni functions that we have in the pipeline. The first event being our 'Back to Albies Weekend' which is running in conjunction with Albies Race Day, on the 10th September.

A huge thank you also to all students for assisting with the Red Shield Appeal on Sunday. We had a huge show of support and this is greatly appreciated.

Safe travels to all who will be travelling home and to various other locations for the holiday period. Enjoy a well earned break and I look forward to welcoming you all back in Trimester 2.

With thanks as always,

Mick McGuiggan

Photo courtesy of Catie’s Captures
St Albert’s Community Service—Red Shield Appeal

Charity and community involvement are at the forefront of St Albert’s College’s values. So, on the 29th of May, over 100 St Albert’s students participated in the Annual Red Shield Appeal. Even on such a cold morning the Albies’ colours were well represented and we supported the Salvation Army with pride.

As always the Armidale community supported this great cause and we were thrilled with the amount we collected. Thank you to all the students who ventured out into the cold and supported this great charity.

Catie Bartelen and Alice Bowler-Community Officers

Photos courtesy of Catie’s Captures

UPCOMING EVENTS

Friday 3 June  
Trimester 1 and Examinations End

Saturday 4 June  
Internal Students Depart from College by 10am

Monday 13 June  
QUEEN’S BIRTHDAY PUBLIC HOLIDAY

Sunday 26 June  
Internal Students Return from 2.00pm
Academic Report

As we enter the last week for exams, I would like to wish everyone an enjoyable holiday. Results for this Trimester are released on the 17th of June — most likely late that afternoon. If you have any problems with your results, please feel free to contact myself or any of the AAs during the holidays.

I would also recommend that people enrol in their units for Trimester 2 ASAP, as some units have intensive schools during these holidays. All the best to those who have exams remaining.

Peta Bradley— SAA

LET’S TALK WITH LOUISE

Hi All,

I’ve talked about stress before and how a little bit can be healthy. Too much stress however, is not so healthy. What do you do when you are feeling stressed? Here are some ideas.

- Breathe – take 3-4 deep breaths; it can reduce your heart rate by up to 30%.
- Challenge your thinking by asking yourself what is the worst thing that is likely to occur from the issue, then rate how likely this is to occur. If the worst occurs, what actions can you take? Now ask yourself what’s the best case result? Ask yourself what is the most likely outcome? What steps can you take now to resolve the issue? Focus on solutions not problems.
- Exercise fights stress – exercise that raises your heart rate and involves you slightly puffing will reduce stress.
- Watch your sleep. If you are continually not getting the right amount of sleep your brain will not be working effectively.

This week I’m at college Monday and Wednesday (Mon 10.30-5.00, Wed 12.00-5.00). I can be contacted on 67387200 or via email: L.carstairs@centacarenew.com.au

Hope you all have a great week.

Lou
Sports Report

Albies Chugby Report – Alec Rainnie

This weekend the rugby club had our first Women’s 7’s games for the season against Barbets. The girls did incredibly well considering half the team had never played before. In the first game, the girls came out victors winning 24 points to 10, with Katherine Clements scoring a double and Ellie Gooch scoring in her first game ever. With conditions worsening the second game ended up being very wet and the girls ended up going down 10 points to nothing. However, Bernadette Lai had a very good defensive game.

Albies Rugby Club – Alec Rainnie

Over the weekend we had 4 grades play, with the top 3 grades playing Baa Baas at Alcatraz and 4th grade playing Wright College down at Sport UNE. With the weather conditions turning from bad to worse 4th grade celebrated a win against Wright 17 points to 8, with Nick Reyne and Will Ciesiolka playing good games and Josh McEnallay scoring a try in his first game back.

Meanwhile, over at Alcatraz and in similar conditions, 3rd grade suffered a defeat to Baa Baas going down 16 points to nothing. 2nd grade had a surprising draw, 13 points all, with James Davison and Harry Wardle having strong performances. In the worst conditions all season 1st grade had a tough day but were victorious winning 37 points to 17, with Ben Carmichael and Daniel Sweeney having solid performances.

Overall, considering the weather, the weekend was a success with 1st grade winning and sitting in a very comfortable position on the ladder and the girls having very strong performances for their first couple of games of the season.

Albies Hockey Club– Peta Bradley

On the weekend the Albies’ hockey girls took on the Flamingos in their last game of the Trimester. The first half saw some phenomenal hockey from the girls who were strong in all aspects of attack and defence. Nat Aquilina scored the first goal of the game due to some excellent passing down the sidelines from Sam Petty and Gabi Kassulke. Alice Bowler, Karen Wilcocks and Mikaela Donn-Paterson worked well in getting the ball up into attack. The second goal of the game went to Katherine Munn who scored at the post from a short corner. At half time the Albies girls had a 2-0 lead.

As we headed out for the second half the weather turned from bad to worse as wind, rain and hail settled in. The girls lost their rhythm a bit and were unable to score off a number of opportunities, however, they still kept the Flamingos out and were victorious at the final buzzer, 2-0.

Thanks to the supporters who braved the nasty conditions to come and watch.
With exams in full swing and MB and PT wrapped up for the term, our students have had their heads very much buried in the books. Both the MB and PT competitions in Trimester 1 were very successful for Albies, as we participated in a vast array of sports. Many hidden talents of students came to the forefront and these were specially shown when players took charge of games, even though many had no idea what was going on.

It has been a joy to be able to recognise that so many students are participating in sports far out of their own comfort zones and being surprisingly good at these different sports. This is being reflected in our position on both the MB and PT ladders which show our spot of second position being firmly held onto.

When Trimester 2 kicks off our talented lot will once again take on sports that many haven't got any expertise in. However, with the attitude ‘to get the win’ , in our first year back in the MB and PT competitions, as a College we will continue to participate with as much enthusiasm as in Trimester 1.

Craig Norrie

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<th>MB</th>
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To all our students, have a great break and travel safely. We look forward to seeing you all when you return.
HAPPY BIRTHDAY THIS ISSUE 25/5 - 31/5 TO:

- Grace Hopkins
- Kaitlin McGregor
- William Rice

St Albert’s College Charity Committee and Batyr

Remember your friends! Exam block is a strenuous and chaotic time for all! Don’t forget to check up on your friends and see how they are going! Make that extra effort to go and see them and leave your door open so that we can keep the conversations flowing! Good luck with all your exams and have a refreshing and well deserved holiday!

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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.