

Its Time

Semester 1 2021

“If you want peace, work for justice” - Pope Paul VI



By The Social Justice Action Group

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Where are we Taking Action and Where are we Headed?

By Ms Gillian Daley (Director of Identity)

Welcome to the first edition of It's Time for 2021, and for quite a while. The magazine team in the College's Social Justice Action Group (SJAG) have spent a lot of time researching, writing and gathering articles to showcase what we have been doing at the College and to show what is topical in the field of justice and advocacy.

Talking about justice and service are second nature at St Patrick's College, but I worry sometimes that many are becoming complacent and our comfortable lives don't always want to be jolted into an authentic sense of giving and advocating.



As a College and individually we do a lot, but do we do enough and do we do what is really needed? Do we really stand up to make the world a better place? I believe we do this in pockets – the boys in Junior School Justice (JSJ), the Faith in Action Team (FIAT) and SJAG definitely get it and aim to make a difference. General comments around the grounds – not always so great. Working for justice is hard work, sadly. We often have to bang our head against a brick wall – made up of resistance, laziness, comfort, ignorance, apathy, lack of interest, and people not being affected so they don't care. Wouldn't it be great if things were flipped and the majority

of people worked for authentic justice and advocated for those in need. It would make things easier for all, and life would be more peaceful everywhere.

What we hope is that our boys learn about issues (awareness) and aim to help out (action), but then just as, if not more importantly, work to fix the problems that cause injustice in this first place and speak on behalf of those who need us (advocacy). This can happen at any age, but its what we see our students do beyond school that shows the success of a liberating education. We all have a voice and we need to make it heard, if it is for the common good. One person can make a difference in the world – we hear about it all the time – so don't avoid doing something because you think it won't help. Just keep on going until it works!! And remember, when we work together we can be even more powerful!

It also helps to put our own lives into perspective. Complaining about what the College expects when so many in the world would give anything for an education, whinging about or wasting food that is given to you when so many don't eat, complaining about how long it takes to get home when so many walk many kms to school or work (or even to just get water). All of these things might be annoying and you're entitled to be disappointed, but we need to really think about things we want as opposed to what others need. We need to save our energy for what is truly important and give our time in service of others.



Congratulations to all those boys and young men of the College who are working hard to make the lives of others better through their Shining Our Light (SOL) Service and Social Justice Service. Thanks to all who are saving our planet one little step at a time. Thanks to all who do all of this because it is the right thing to do and who really care. It doesn't matter if you are not seen helping, it is your integrity that grows – and don't forget that God sees everything.

I encourage you to have a read of the articles throughout this magazine and see what might challenge you to be more involved in the world we live in; to be agents of change in word and/or deed. As our Sustainability Prefect, Vincent Younes, recently reminded us 'Politics is when you say you are going to do one thing while doing another. So, we must forget the politics to become the change we want to see in the world'.

A special thanks to all who prepared this It's Time, particularly Michael Bejjani, Nicholas Coffey and Blake Timillero (Year 11 students in SJAG).

Gillian Daley
Director of Identity

ps We **need a lot more Year 10 boys to join SJAG**. Come now while Year 11 and 12 are here to guide the way. Wednesdays from 3.20 – 4.50pm in the Bangawarra Room.

2021 College Theme

By Darcy Patterson (College Captain)

'Just as water reflects the face, so one heart reflects another' (Proverbs 27:19)

Coming up with a College theme isn't as easy as it seems. The Bible is bursting at the seams with inspirational quotes and thousands of quality one-liners. However, in our search for a College theme we recognised a common resonating quality, that of our shared experiences.

This year's College theme is all about our shared stories, a truly fitting theme for such a diverse community. We are a community built on the back of thousands of stories, past, present and future. The beautiful thing about our stories is the fact that we are continually re-writing and revising them, they are forever bound by imperfection. However, it is in sharing our experiences, regardless of our imperfections, that allow us to truly create something special. For no matter how different our stories and experiences may be, we all reflect the same face, the same heart. To be involved within College life is to share your story with the community. We all come from different walks of life, but no matter where your story has come from, each of our hearts reflect one another's. When you don the school uniform and walk through those gates, you enter into a community; one that is strengthened



through action, a community with many faces, but one heart that looks after each other. To reflect yourself within the other is to live in the way of Blessed Edmund Rice, and share in a great story of love, faith, pride and passion.

As noted in Dr Lavorato's letter of welcome to the 2021 school year, often contemporary society places undue focus on people's appearance and it is all too easy to post images and comments on social media that are edited to project yourself in what you think your viewers would like to see or be impressed by. "But what lies beneath?"

The 2021 College Theme challenges us to seek justice through our actions and words, and in doing so, our heart may be reflected in each other.

The Social Justice Action Group in 2021

By Harry Richardson (Social Justice Prefect)

This year like any other has been very busy for the Social Justice Action Group (SJAG). We have spent the year focusing on what is truly at the heart of SPC, justice and solidarity. Along with our many sustainability initiatives such as the Cooks River Stormwater Project, our Return and Earn system and the St Francis of Assisi Sustainability Gardens, SJAG has truly strived to make the world a better place by helping the marginalised, especially focusing on our partners this year, Callan Services PNG, St Joseph's Flexi Centre Alice Springs, and the Edmund Rice Life Training Centre in Rabaul, PNG. Through our yearly Lenten fundraising, Winter Appeal collection, work for International Women's Day and our Reconciliation Week initiatives, among other things, I can truly say that each and every member of SJAG has done their part in making a difference in our community.

The SJAG team has also worked closely with other members of our community to gain new insights on justice and sustainability outside of SPC. One of these inspirational people is Chelsea Ovijach, founder of *The Good Company*. Chelsea came into SJAG and spoke to the group about how she created her own company and began designing, producing, marketing, and selling a sustainable toothpaste alternative all on her own. She inspired our group by proving that with hard work, an individual can make a real change in the world. Another influential speaker that came in and spoke with us was Jodi McKay, leader of the opposition (at the time). McKay spoke to SJAG about her role as a female leader, as well as her duty to help the marginalised in our community using her wide influence in Australia. These inspirational women have taught the boys in SJAG a vital lesson that no matter how unlikely their aspirations to help others may seem to be, hard work and dedication will find a way.

While it's already been a busy year with a lot on, we are far from done, in the coming weeks the school will be acknowledging Refugee Week in our holidays, holding the Winter Sleepout, and the World's Greatest Shave fundraising initiative as well as many other activities. As demonstrated by SJAG and the work we do, justice plays a big role at SPC. As young people with access to an amazing education and the privilege of being able to have our voices heard by thousands of people at school and on social media, we have a responsibility to help those who do not have the same opportunities as us. We share a deep bond with our justice partners, and although we are separated by land, we are united in faith and love. The entire SPC community worked together in our Lenten fundraising to help our partners who we walk with us each day, and who help strengthen the SPC community as a whole, as well as strengthening our relationship with God and each other. In the end, human connection is what justice is all about, we are connected as a species and must help one another to thrive in our communities. We are in the very fortunate position to be able to help the millions of people in our world that are living on the margins, and more importantly to amplify their voice for all to hear. Remember that a little love can go a long way, with enough of it, we might just be able to change the world.



Sustainability at SPC

By Vincent Younes (Sustainability Prefect)

At SPC we strive to be as sustainable as possible not only within our school but also our lives outside of school. There are many opportunities for boys to become involved with sustainability at school, both on individual projects and through the Social Justice Action Group (SJAG), Faith in Action Team (FIAT) and Junior School Justice (JSJ).

Within our school we have two major projects aimed at reducing our environmental impact. The first of these is the Cooks River Stormwater project that is run by all the Councils along the Cooks River. This Project is a multi-school initiative that aims to reduce pollution and waste entering the Cooks River system. Any waste that ends up within the river eventually either runs into the ocean or ends up in the ecosystems surrounding the Cooks River. Any waste and polluted water ending up in these ecosystems leads to the decay and eventual death of these ecosystems. The project aims to reduce waste from entering into the drains by stopping it at the source through the reduction of rubbish being produced and utilizing catchment nets within major drains around Schools and Councils that run into the Cooks River. Within SPC we have begun to install these drainage nets that stop rubbish from entering the waterways at major drainage points throughout the school. These drainage nets help to reduce physical waste from entering the drains though there is also pollutants



from run off water that also enters the Cooks River System. At SPC we have installed a Rain Garden that is designed to filter the water entering into the drains with natural plants that absorb harmful pollutants.

To target this issue we have the Cooks River Sustainability group which is made up of boys from all year groups that are passionate about reducing our schools environmental impact. This group was formed last year and helped to evaluate the major drainage points and determine the best solutions for our school.

As a school we have also been invited to join a pilot program run by EP&T which is an engineering company based on the use of Internet of Things devices to reduce carbon emissions, operating costs and water wastage within businesses. This program aims to reduce the schools carbon emissions, operating costs and water wastage through the use of data analysis that is captured through various sensors that are being deployed around the school to track in real time the schools usage data. Through the analysis of this data as a school we are able to reduce our overall carbon footprint by targeting specific problem areas within the school. This project involves boys from all year groups and gives them a taste of what is possible through data analysis and that this possibly could be a career path for them to lead into after school.

In the Social Justice Action Group we also take care of and develop the St Francis of Assisi Sustainability gardens. These gardens are located throughout the school and are maintained by the students. They aim to sustainably produce vegetables and herbs that are available to be used by staff. These gardens also help to educate the boys on how to sustainably grow and manage plants within their own homes. These gardens also incorporate composting and worm farms that allow for the production of natural fertilizers and help reduce the food waste around the school.



Sustainability is a constantly evolving component of SPC life that is integral to our College's identity especially moving into a net carbon zero world. As a college we must help the boys to realise that their actions and decisions affect the environment and that they need to be ambassadors for the environment within their lives.

Fratelli Tutti

By Patrick Tandiono (Faith Formation Prefect)

On the 3rd of October 2020, Pope Francis released his latest encyclical (papal letter) to the world. Given the unprecedented difficulties that have faced the world, this encyclical particularly serves as an important reminder of the global need to care for one another. The pope highlights how the coronavirus pandemic has revealed the lack of global human fraternity towards common goals and the greater good. Therefore, Pope Francis challenges humanity and ourselves to,

“dream [...] as a single human family, as fellow travellers sharing the same flesh, as children of the same earth which is our common home, each of us bringing the richness of his or her beliefs and convictions, each of us with his or her own voice, brothers and sisters all.” (Fratelli Tutti, 8)



To recognise our commonalities as one family yet individuals, diverse in beliefs and voices, there's a clear emphasis on the well-known parable of the Good Samaritan that I am sure many of you are familiar with. Pope Francis however offers a new contextual interpretation, where during times of pain and suffering the need to 'imitate the Good Samaritan' becomes a moral duty; to aid those most vulnerable as we are all a part of one combined societal community.

With the school's focus on 'inclusive community', Pope Francis' message becomes especially relevant within our own local community. It becomes a great place to start in working towards better relationships between each other; a seemingly small change with a large impact. With the ideals of our faith that have been instilled within us we must at least attempt to promote greater unity within our St Patrick's College community and beyond. Change and repair begins within ourselves and with faith our relationships and community can only strengthen.



Each of us can learn something from others. No one is useless and no one is expendable. This also means finding ways to include those on the peripheries of life. For they have another way of looking at things; they see aspects of reality that are invisible to the centres of power where weighty decisions are made. (FT, 215)

Kindness frees us from the cruelty that at times infects human relationships, from the anxiety that prevents us from thinking of others, from the frantic flurry of activity that forgets that others also have a right to be happy. (FT, 224)

Lenten Fundraising

By James Hraiki (Year 11 Student)

The period of Lent means many things for the SPC community. If you visit the College during this time, you will often see stalls and advertisement posters sprawled about the grounds aiming to raise money for the SPC Lenten Appeal, ranging from food stalls to lolly jar guessing competitions, from wet sponge throwing events, to football tipping – the list goes on. But with all these fundraisers taking place during this time, the notion of Lent can tend to become easily diluted. Hence, it is important to think back and reflect on what Lent is truly about. The Lenten season is a time of contemplation, of contrition, of fasting and of almsgiving. At its core,



Lent is all about giving to others without the expectation of receiving something in return. This is what the SPC community strives to accomplish particularly during this time, evidenced by the multitude of initiatives that take place. The College provides many opportunities for its community to fundraise for the Lenten Appeal. One notable initiative particularly worth mentioning is the Junior School Lenten Fundraising Fun Run. This sees the Junior School students collectively run an extended distance as individuals on a given day during the Lenten Season, raising thousands of dollars in the process. This initiative, while significant, is only one of the many generous contributions to the Lenten Appeal. Other initiatives such as this that raise money towards the Lenten Appeal and should not

be overlooked include, but are not limited to, homeroom collection cases, Lenten Dance fundraising and the St Patrick's Day Mufti Day. However, it is important not to become complacent in only providing monetary donations. We should strive also to commit our time and effort to a cause and raise our own awareness. During the Lenten Period, the College holds a moving liturgy on Ash Wednesday to cement the true meaning of Lent in its students, staff, and all others partaking in it. The donations that come out of the appeal, be them monetary, tangible or intangible, support SPC's various Lenten partners, including St Joseph's Flexible Learning Centre at Alice Springs and the Edmund Rice Life Training Centre, PNG. It is through these fundraisers and donations, through the act of giving without the prospect of a reward, that SPC is better able to live out their Edmund Rice tradition.



Justice at SPC

By Michael Bejjani (Year 11 Student)

“Justice delayed, is justice denied!” – William E. Gladstone

After what was an unconventional and eventful year, Justice at SPC has continued to push through. Despite multiple events and opportunities being cancelled in 2020 due to COVID, the justice work at SPC hasn't given in. Last year saw the beginning of SOL service for some grades, with this year marking the commencement for all. With COVID protocols being put in place, many opportunities were postponed or cancelled, however that didn't stop the hundreds of students from completing their points and for some, doing more than required.

Although face-to-face opportunities were often cancelled, there were still numerous opportunities for virtual meetings and interactions, whereby bonds were formed, and relationships nurtured. The Social Justice Action Group continued their work, participating in multiple virtual meetings, including zoom calls with the fellas from St Joseph's Flexi Learning Centre, Alice Springs, as well as a face-to-face meeting with a representative from a women's refuge, as well as Jodi McKay.

With COVID restrictions easing towards the end of last year, more opportunities have been arising that many have been getting involved in. More recently, the school has been involved in numerous justice initiatives such as the Winter Appeal, various year groups' reflection and spirituality days, Reconciliation Week, Clean-Up Australia Day and Earth Hour.

During these times, it is often easy for us to push aside our justice work because it is easier to just sit at home and let others solve these problems. However, it is important that we ask ourselves, 'What are we doing for others?' Are we actively volunteering to help charities help those in need? Or are we sitting back and letting others do the work? Whether it may be helping your elderly neighbours do the gardening, or going to charities to help pack food for the needy, any form of justice work helps make a difference. As Christians, we are called to serve those who are not as fortunate as us because 'we are all created in the image and likeness of God'. Not only does justice work help those in need, but it also helps individuals grow in their faith and spirituality. Through working for others, we are able to grow closer to God, strengthening our relationship and continuing to walk alongside Him.



As a community, we are all lucky enough to be privileged with basic human rights such as a roof over our heads, food on our tables, and water to drink. It is important that we acknowledge these privileges and don't take them for granted, rather use them to help those who aren't privileged in the same ways that we are. There is a saying that goes, 'If you are more fortunate than others, build a longer table,

not a taller fence.' This saying stands true within our community here at St Pats. Through 'building a longer table' we are enabling ourselves, and those in need, to learn and grow in faith and community, to be a community that is inclusive. One that is grounded in faith and justice. This directly represents our College touchstones which call for all to work for justice in all aspects of their lives, continuing to be grounded by faith traditions.

In saying this, it is often easy for us to sit back and let others do the pressing work. In doing this, we are building a 'taller fence', blocking ourselves from being a part of and witnessing so many life-changing and

eye-opening experiences. These experiences not only change the individual, but change the community. The fence prohibits us from seeing some of the sad, but true, realities of the world. It limits us to only seeing what we want to see and think the world is, which in turn, inhibits our ability to make a difference in the world. Luckily, at SPC this isn't a prominent issue because all of the boys readily go out of their way to help those in need, and work towards making this world a more just place.

The Justice work here at SPC is something that has continually made a difference and is something that will continue to change the world.

The Aboriginal Touch

By Mrs Sinadinos

It has become common knowledge that Indigenous Australians have played a pivotal role as stewards of the earth and advocates for sustainable management practices. Recent research conducted by National Geographic (2018) suggests that whilst indigenous people represent less than five percent of the human population, they are a crucial component of the preservation of approximately 80 percent of global biodiversity.

In Australia, Aboriginal traditional knowledge is used for management of threatened species and in other aspects of conservation. It has been noted that when contemporary management and traditional management are combined, there are greater possibilities for successful rehabilitation of threatened species.

In addition to this, cultural burning to maintain country and protect habitats has proven to be extremely beneficial. This controlled management strategy aims to save flora and fauna by allowing fauna to escape and because of hazard reduction burning, young trees are able to survive, and grass seeds are kept intact for regrowth. According to Wurundjeri Elder Dave Wandin "Cultural fire means everything. It means healing Country and when you heal Country, you heal people." Additionally, because of cultural burning, it is estimated that 500,000 tonnes of greenhouse gas emissions were avoided in 12 months.

By integrating the knowledge of our Aboriginal elders and communities, we can better understand our beautiful landscape and integrate environmentally sustainable management practices for the long-term health of our flora and fauna.



Some sites and articles that may be of interest – connected to this issue.

<https://www.commonground.org.au/>

[Biological Diversity and Indigenous Knowledge – Parliament of Australia \(aph.gov.au\)](http://aph.gov.au)

Reconciliation Week

By Blake Timillero (Year 11 Student)

More than a word. Reconciliation takes action.

This quote, used as the theme for 2021 Reconciliation Week, urges the reconciliation movement towards braver and more impactful action. This year marks the 20th anniversary of Reconciliation Australia. National Reconciliation Week started as the Week of Prayer for Reconciliation in 1993 and was supported by



Australia's major faith communities. In 1996, the Council for Aboriginal Reconciliation launched Australia's first National Reconciliation Week. The year 2000, saw the organisation Reconciliation Australia established which aimed to continually provide national leadership on reconciliation. The dates that the week falls between align with significant events on the path to reconciliation. Every year, Reconciliation Week commences on May 27, the date of Australia's most successful referendum, which was

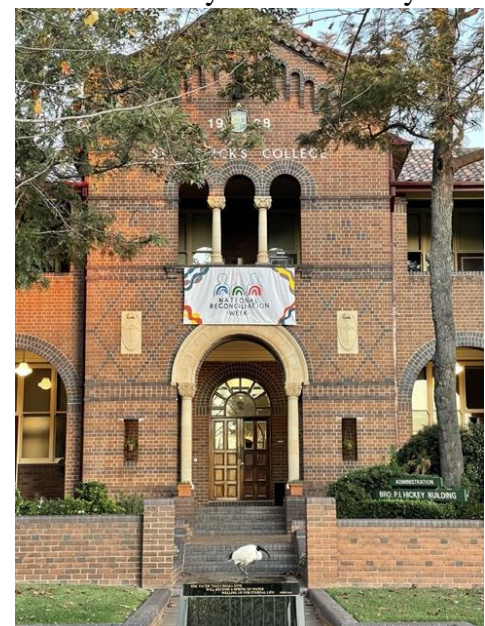
held in 1967. At the event, the Commonwealth was granted the power to make laws for Aboriginal peoples and recognise them in the census. Reconciliation Week finishes on the 3 June which reflects the High Court Mabo decision which recognised that Indigenous people had lived in Australia for thousands of years and enjoyed rights to their land according to their own laws and customs.



As an SPC community, there are many ways that we have observed Reconciliation Week. Every year, the Firsts team in all sports participate in a Reconciliation round of sport where they wear the jerseys designed with our Aboriginal brothers and sisters in Alice Springs reflecting our relationship and parts of their culture. Also, during this special round of sport, each team acknowledges country prior to playing. Through this, we are collectively able to acknowledge the thousands of years of history Aboriginal culture provides and the continuous work that must be done to assist the process of

Reconciliation. Around the school, there were announcements put into the daily announcements about Reconciliation Week facts, and year 5-6 and 11-12 participated in creating a mural with what Reconciliation Week means to them.

As a community, it is vital that we acknowledge that we all have a role to play when it comes to reconciliation and in playing our part we collectively build relationships and communities that focus on valuing Aboriginal and Torres Strait Islander peoples, histories, cultures and futures. It is also important to recognise that while there has been progress there is still a significant way to go to achieve Reconciliation.



Clean up Australia Day

By George Cheaib (Year 11 Student)



‘Clean Up Australia Day’ is an Australia wide event that takes place on the first Sunday of March annually. The event inspires people to clean up, fix up and conserve our environment within their own communities. Without the dedication from the volunteers, our parks, waterways, nature reserves and bushland across Australia would not be in the condition they are today. 2020, is a milestone year for the Clean Up Australia campaign, as it marks the 30th anniversary of this incredible environmental event. For 30 years, Clean Up Australia Day has seen over 17.7 million Australians volunteer their time to conserve our beautiful country by removing an estimated 365,000 tonnes of rubbish. This year alone there was an estimated 700,000 volunteers who together removed around 17 Ute-fulls of litter from our environment just in one day.

Despite a year full of College events being postponed and cancelled St Patrick's College's annual clean up Australia day went ahead as normal. Across the whole College the day was held on the Friday so that the whole school could participate. The boys did this through a number of ways; some of them being as simple as taking time out of their breaks to clean up the area around them, keeping in mind the amount of rubbish they pack in their lunches and by raising awareness for the cause through things like posters not only within the College but also the greater community. On Sunday 7 March near 100 students, mainly from the College's Social Justice Action Group (SJAG) and Faith in Action Team (FIAT), met at the school at 10 am for a clean-up of the streets of Strathfield. This was nearly double the number of students than previous years. This group which also included junior school students set out to their dedicated section of the surrounding streets of the college and as a group cleaned the streets.

Refugee Week

By Joseph Haddad (Year 11 Student)

The theme for Refugee Week in 2021 is *Unity*, with the theme being a reminder that regardless of our differences, we all share a common humanity. The SPC community is one that strives for harmony and togetherness, so how can students, as well as teachers and parents, celebrate Refugee Week amongst our community? The main aim of Refugee Week is to educate the Australian public about who refugees are, the challenges refugees face when coming to Australia and the contribution refugees make to our community. Simply making yourself informed about the issues refugees are faced with is one way the SPC community can get involved in Refugee Week, whether it be reading the stories of refugees online or listening to personal experiences of refugees you may know in real life. However, a creative, yet effective way SPC can educate ourselves in Refugee Week is through the BBC's interactive ‘Syrian Journey Escape Route’ activity, found at: <https://www.bbc.com/news/world-middle-east-32057601>

The activity asks you to think about what choices you would make for you and your family if you were in the same position of refugees, with the routes, options and outcomes in this ‘Syrian Journey feature’ being based on real stories of Syrians and extensive research. I encourage all students, teachers and even parents to take part in the interactive journey to understand the real dilemmas refugees face and become more informed on the experiences and issues of refugees and people seeking asylum. This is just one way our community can become involved in this year's Refugee Week, and I encourage all boys to ask their homeroom teachers and year coordinators for more information on how they can further involve themselves to commemorate the week, which falls in the first week of our holidays (20 – 26 June).

Garden Committee

By Francis Ters (Year 11 Student)

The gardening committee at SJAG has had a very busy year. Our quest to create sustainable, eco-friendly produce has come along in leaps and bounds, and has been led quite stringently by our sustainability prefect, Vincent Younes (Year 12) and Mrs Smith.

Near the library and upper Hodda, as well as near the chapel are our very own sustainability gardens. Grown here are mints, tomatoes, avocados and lemons and many other convenient fruits and vegetables, that we pick feverishly and sell to parents and friends after Friday morning mass. The process of growing these involves many things. We use fertiliser, which we place in and around the garden beds to assist in the growth of the plants, as well as worm juice, produced by the new worm farms and fresh rain water from the water tanks. These gardening techniques and alternatives are completely sustainable and environmentally friendly, while all profits yielded from the sales of our outputs are kindly donated towards our justice partners and back towards our next projects. In the near future, we hope to expand our line of working, and add new plants, tools and additional features to our gardens and sustainable works.

Fairtrade Fortnight

By Steven Dann and Joseph Tannous (Year 11 Students)

Fairtrade Fortnight is an annual initiative organised by the Fairtrade Foundation to raise awareness for their endorsed products. Farmers in developing countries are producing our food in dangerous working conditions, long unpaid hours and for minimal amounts of money each day. Most businesses don't pay workers an equitable amount of money for the amount of goods they provide and farmers are left facing inequality and don't have enough money to pay for food or education for their families.

The Fairtrade Foundation aims to tackle these issues by supporting farmers with a minimum buying price for their goods, as well as a list of other conditions that need to be met, so that they can have enough money to pay for basic necessities.

This year, Fairtrade Fortnight commenced on 22 February and ended on 7 March, with a theme of 'choosing the world you want'. During this time, the Social Justice Action Group raised awareness for Fairtrade products around the school. Our main attraction was a week-long fundraiser where we sold Fairtrade chocolates for the Easter season, to great success. Money spent on buying the chocolates goes to the Fairtrade Foundation and the money we earned from the stall is donated to our Lenten partners at St Joseph's Flexi Centre Alice Springs, Edmund Rice Life Training Centre PNG and Callan Services PNG. In the running of the stall, we also encouraged students to buy Fairtrade goods in the future to support farmers in need.

We are planning to host another fundraiser for Fairtrade goods in the near future, where we will be hosting a Fairtrade hot chocolate stall each day of the planned week, as well as various other activities that provide students with the opportunity to learn about and support Fairtrade. Hopefully this will continue to raise awareness for Fairtrade and promote ethical consumerism amongst students and staff, so that they may change their buying habits for the better.



Social Justice Service

By Joseph Chalitta and Noah Sleiman (Year 11 Students)



This year, like each year, Year 11 has been tasked with completing a minimum of 20 hours of Social Justice Service (volunteer) work with at least three different charitable or justice organisations. This journey has not only taught us what it means to live in the way of Edmund Rice but has tested many significant personal qualities such as perseverance and compassion. Through the Social Justice Service program we are blessed to work with amazing organisations such as St Merkorious' Charity, where we help prepare fresh meals for the needy, and the House of Welcome, where we help to sort out donated goods, creating hampers. This helped guide us through our spiritual journey from boys to men.

Throughout our volunteer work this year we have been faced with many significant challenges that made it difficult for us to complete the hours, with many organisations being cancelled or postponed due to the Covid 19 pandemic. Despite this, we were still able to pursue thanks to the help of Ms Daley and Mr Magro, who were able to swiftly locate new organisations and transfer over boys who had been affected by the cancellations. Through this service we have learnt many life lessons that have helped us grow and change for the better. We have learnt to focus on others and commit to putting the needs of others before our own. As Mary Mackillop once said, "Never see a need without doing something about it". We saw a need and did something about it. This is what we strive for here at St Patricks College. Whether it be packing hampers, sorting donated goods, or serving and preparing meals for those in need, this experience has taught us to appreciate all the blessings in our lives and opened up our eyes to how fortunate we really are to belong to families who love and care for us, and a school community that encourages us to be the best we can. It is these lessons that we will take with us well into our future and further enable us to continue our personal contribution to society and foster our Christian values of respecting human dignity, almsgiving, and social justice. It was important for us to put our faith into action and live out the words of Mary Mackillop and Edmund Rice, which has been an invaluable lesson for us to share as a cohort.



SOL Service

By Martin Quach (Year 10 Student)

Last year, SPC implemented a new initiative for the boys known as the Shining Our Light Service, better known as, SOL Service. This initiative was put in place to influence the boys to get involved in actively helping out in the home and community. This is what the school calls Service Learning which means; people learning through service and learning about the importance of service in the world, which is founded on our Faith Tradition. Each cohort has different amounts of points which they are required to complete, meaning the boys would have to complete various tasks and duties to accumulate points and it is expected that all boys do this with honesty and integrity. All service needs to be completed between the end of November in one year and the end of October the next.

To complete the standard amount of points required, boys need to complete numerous tasks. These could range from mowing the lawn for your neighbour to finding a charitable organisation to help at. The school also offers many initiatives for the boys to participate in to help receive SOL points. Some of these include: The Winter Sleepout, ushering at a College event and garden work at the College.



The school also offers Extra Service Awards for the boys who push themselves to serve the community as much as they can. The Br Chanel Powell award is presented at the student's respective Year Meetings and the other two awards, Mary MacKillop and Edmund Rice, are presented at Speech Night.

But what is it like from a student's perspective? For me, SOL service has been an extremely enriching and rewarding part of my life at SPC. Over the past two years, I have done numerous things such as housecleaning for a neighbour, taking care of the sustainability gardens at the school, as well as gone to Catholic Care to spend a day with adults with disabilities. I've found that by doing these services, I've been able to push myself out of my comfort zone and help out in the community. Helping out with the Sustainability Gardens at the school helped me understand the importance of creation and how it should be cared for, as well as being able to do this with my peers and have a fun time. A more eventful initiative was the visit to Catholic Care Industries in Belmore. On the day I was able to connect with adults with disabilities such as down-syndrome, and learn about their lifestyle, work-experiences and also understand how much we have in common with them, eventhough they may have disabilities. These two events are examples of how SOL Service can influence young SPC boys to learn, develop and serve as Christians and members of the school community.

Although some boys may feel discouraged to do extra work, the boys will get more meaningful messages out of the work as they understand what it means to serve and help out in the community, as well as create memories with their friends in some activities that will last a lifetime.



Winter Appeal

By Matthew Papavramidis (Year 11 Student)



Winter is upon us and as the cold starts to bite, we know there are thousands of vulnerable people facing the consequences of the harsh climate across Australia. This can have a profound effect on the health and wellbeing of many. Those in economic turmoil are forced to make tough decisions every day and night, in order to survive the winter. On average around 100,000 women, children and men are at risk of homelessness due to the economic and social sacrifices they must make in order to survive. A lack of shelter often results in a shorter life expectancy, especially when the living conditions on the streets are rough and the numbers of people sleeping

outside are constantly rising. In addition, many of those struggling with poverty are unable to compete with the rising cost of housing in Australia, which in turn also affects the cost of essential goods and services that are crucial towards an individual's survival. Whilst many of these people find it hard to cope with the struggles of the cold, many charity organisations such as St Vincent de Paul and The Smith Family gather essential resources, such as nutritional foods or clothing items, which they then donate to the disadvantaged. These services grant positive impacts to these people, ultimately assisting them in coping with the struggles of poverty and the cold that Winter brings.

Like charity services around Australia, here at St Patrick's College, Strathfield we conduct similar practices in what we call the Winter Appeal. This is where a list of goods that can help those in need during the Winter season, is divided amongst the boys at the College. Based around the kindness and generosity of others, the boys are able to assist in the appeal, bringing in their respective products and presenting them to social justice representatives who collect and organise all the goods. These essentials are things such as hygiene products, blankets and certain clothing items, which are then passed onto specific charity organisations who will go out into the streets and hand out the goods to the homeless and economically disadvantaged. This year, we are donating all of our goods to St Vincent De Paul, St Merkorious, the House of Welcome and a Women's Refuge. As a community, those at St Patrick's College are committed to giving others the choices that provide the sanctuary, security, and the safety each person deserves. Although only small-scale work, we strive to alleviate immediate need, to empower those less fortunate than ourselves. We thank everyone for their kindness and generosity in giving of necessary items this year.



For every homeless person we see, there are 13 others we don't see.

- The Salvation Army

Women's Mental Health

By Norton Brown and Anthony Ozlem (Year 11 Students)

In the modern day there has been an increase in depreciating mental health in women. This has been founded from a variety of factors some of which include; female sexualisation in the media, violence against women and sexual abuse as well as a heightened vulnerability to panic disorders such as GAD (Generalised anxiety disorder in adults) and PTSD (Post-traumatic stress disorder) exacerbated by other issues. The world health organisation cites that women are two times as likely to develop mental health issues than their male counterparts, partly due to the factors stated above. To combat this, we aim to work together as a community to make efforts to mitigate this degradation of mental wellbeing in women, through a variety of strategies that are able to be utilised both locally and nationally.

Eating disorders play a substantial role in the formation of poor mental health in women, mainly due to the over sexualisation of women and unrealistic beauty standards put onto women and girls in contemporary society. In the modern day women, especially those growing into maturity are exposed to a barrage of media content concerning beauty and what it means to be attractive in a superficial society. These unrealistic and often unachievable standards of beauty directly impact a woman forming her identity, and thus is exacerbated by the sexualisation of women in media. Consequently, this media influx exploits existing insecurities of appearance, leading to a strong depreciation in an individual's sense of self. As a result, adverse effects originate out of this confused and anxious state these women are predisposed to in wider culture. Notable examples of these effects include: binge eating, Nervous Anorexia and Bulimia. In a majority of cases,

binge eating to cope with feelings of depression from an inability to meet predetermined standards, is often the catalyst for Bulimia and purging behaviour in women, creating a vicious cycle of 'consume and purge', while the mental state is perpetually degraded.

In modern society mental health issues are becoming increasingly present in the makeup of our world. These mental health issues especially in women have been believed to cause panic disorders, which are a type of anxiety disorder. It causes panic attacks, which are sudden feelings of terror when there is no real danger. Panic disorders or (PD) are twice as likely to occur in Women compared to men, PD affects 6 million U.S.

adults, plus 19 million adults specific phobias. Scientific research into this field has shown that there is a direct correlation between mental health issues and PD. Along with being diagnosed with PD women are also twice as likely as men to be impacted by Generalised Anxiety Disorder (GAD). Along with GAD women are also twice as likely as men to develop PTSD in their lifetimes.

We all need to be more aware and work to create a better world for all, by being compassionate and supportive of all people who struggle with mental illness, male and female. This article simply draws attention to a growing area of concern. For support please contact a professional.

Lifeline – 13 11 14

[Anxiety, depression and suicide prevention support - Beyond Blue](#)



Australia and Waste

By Vincent Younes (Sustainability Prefect)



In Australia, on average, we generate 67 million tonnes of waste annually since 2016-2017. Of this only 37 million tonnes were recycled. This leaves 30 million tonnes being sent to landfill and oceans. This exorbitant amount of waste is produced as a product of our constantly developing society. This is as we have continued to innovate in many areas such as creating the cheapest or longest lasting packaging though we are still utilising many of the same recycling processes of the late 1900s which are not able process the new and improved packaging materials that contain hundreds of various raw substances that could be reused though are

extremely costly and inefficient to separate from the other substances that cannot be reused. This constant innovation has led to us developing a throwaway culture. This throwaway culture has become deeply rooted in all parts of our society most prominently the industrial production sector, though it has also permeated our school and personal lives. Pope Francis has mentioned this throwaway culture within his first encyclical 'Laudato Si' and his most recent encyclical 'Fratelli Tutti'. Within these he discusses how this throwaway culture "affects the excluded just as it quickly reduces things to rubbish." Within this COVID filled world this throwaway culture has been further exacerbated as millions of people are working from home and there has been an exponential increase in the use of disposable items to reduce the spread of the virus. Though this is not an inescapable problem that we can make no difference on, we are able to break out of this throwaway culture by voting with our wallets and how we interact with the rest of the world. We can vote with our wallets by buying from and supporting companies that support and have adopted a cyclical system of producing and recycling their products.



Check out this link for living more sustainably –
[Sensible things we can all do to live more sustainably | by Kitiara Pascoe | UpHarvest Digest](#)

Some links to help find sustainable businesses, but there are plenty more out there -
[Greenfinder Shop](#)

[7 environmentally friendly businesses changing the world | AGL Energy](#)

And to cut back on dental waste in your daily life check out [The Good Company \(choosegood.com.au\)](#) – mentioned earlier in the magazine. Highly recommended 😊

Black Lives Matter

By Luka O'Connell (Year 12 Student)

Looking at what has been happening around the world lately with black lives, it appears a lot of citizens and young adults just do not care about them that much. Instead, they just spit derogatory and racist comments in their ears and give them a life of not too much luck and no future in anything. It is just not right. Throughout the 17th and 18th centuries many were kidnapped from the continent of Africa and sent out to America and forced into slavery. As they were in slavery in America, they had no rights and were not as equal as the whites and were being called derogatory terms by society.

In 1788 as British settlement began in Australia, Aboriginal people began having their land and rights taken away from them like and heaps were killed to make way for the settlers. For decades, Aboriginal people have also been called racist names and have had lack of opportunities in life like struggling to get a good education or work and having higher incarceration rates. Our First Nations peoples definitely need to be treated with respect and have the same rights as others because they are the owners of the land on which we stand, and they have lived here way before our ancestors.

We should also respect our aboriginal brothers and sisters as they get into their teens as many then go through initiation. They are considered an adult, no longer boys. We usually call them fellas to avoid mistaking their responsibilities.

Another significant event that we all saw was what happened to George Floyd as he died in Minneapolis. The world saw a very violent and not so appropriate way to die or get arrested and just because George Floyd is black and had been doing some bad things does not mean he has to be help to the ground and killed. What I think is that an alternate to arresting George Floyd instead of kneeling him on the ground was to just arrest him and take him down to the station just like every other criminal. This would have been a better alternative and could help make the world better and happier. It would help people of colour to not see so much violence against themselves.



Violence against any people and particularly black people should definitely stop because violence is never the answer. When something bad happens and they have done nothing wrong and don't deserve it, it creates a lot of trauma and stress around the world for all.

Let us all just love one another.

2021 Its Time



By The Social Justice Action Group