



Parents & Friends Association  
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## **P&F Report** **St Ursula's 2015 Magazine**

This year the Committee decided to focus on the College theme by shining the light on the many talents of our College population and sharing these with our parents and our community. We hope you managed to attend the *Winter Soiree* in July where the Hospitality, Arts, Music departments, and new Middle School shone. Thank you to all involved.

We also learnt about *Parental engagement* from the P&F Federation with overwhelming research showing the key to a teenager's success is the positive involvement of their parents. It was suggested that parents' most common needs were advice and emotional support (O'Mara et al, 2010). So with this in mind, Luke Delvecchio (CQUniversity) was invited to present to parents and students his research on the 'sitting disease' and how to reset our lives back to active levels.

Lastly, your donations were distributed as follows: the Practical Arts Department received furniture; the Arts Department, sponsorship of an exhibition at the Mill Gallery; the HPE Department received funding to replace trophies and sponsorship to attend the State Touch Footy competition in Brisbane; the Music Department received a new saxophone, music scores and funding to attend the Qld. Catholic Schools' & Colleges' Music Festival; Boarding was donated funds for their 'getting to know-you' activities early next year; Mathematics, Science & Technology and English & LOTE Departments each received funds to upgrade equipment and supplies; and a donation was made to the Gabriel Hogan House renovations.

Thank you to all our parents, staff, students, and the Senior class of 2015 who made it a great year.

Alison Craggs, Helen Newell, Juanita Weston-Wright, Elizabeth Pilcher, Melissa Collins  
P&F Executive Committee 2015  
16 November 2015