



*'We should be shining lamps, giving light to all around us.'*  
*Venerable Catherine McAuley*

## St Anthony's Girls' Catholic Academy Newsletter

Dear Parents/Carers,

Welcome to our first newsletter of 2024. As the journey to and from school is becoming a little lighter each day we are reminded that spring is on its way. We celebrate Ash Wednesday, the start of Lent, on Wednesday 14th February during half term. In a recent address Pope Francis invites us to "pause" for prayer and to assist our brothers and sisters in need, in order to change our own lives and the lives of our communities. As a Catholic school we continue to be inspired and take pride in our Catholic and Mercy traditions, with prayer and charity work at the heart of our way of life here at St Anthony's.

### **Our Mission Statement:**

- Christ-centred
- Faith enlightened
- Build communities
- Show concern for the poor, especially women and girls
- Pursue excellence

We want all in our community to be the best version of themselves and be ready to take the next steps on their journey, whatever path they choose. Our Key Stage 3 - 5 students had a fantastic time at our recent Careers Fair with 40 representatives from the world of work and education, from the City of Sunderland and beyond. It is an exciting time as they begin to shape their futures and explore the great opportunities on offer.

Our Year 11 and 13 students are counting down to final exams but have access to lots of exam revision classes and interventions at lunchtimes and after school. Please encourage your child to attend if they are finding exam preparation hard. It is not an easy time but we have a fantastic team of staff who are more than willing to help. This week is also Children's Mental Health Week. All of our students will have a special assembly led by our Mental Health Champions and will be reminded of the support on offer in school. We can also signpost to other agencies on request.

Thank you for your continued support for the academy, wishing all of our students and families a restful half term.

Best wishes,

Mrs M Lanaghan  
Acting Headteacher.





## Chaplain's Corner

This year is the Year of Prayer. Pope Francis asks us to begin our journey by rediscovering The Lord's Prayer.

### Year of Prayer

Preparing for the Jubilee Year



Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come,  
thy will be done  
on earth as it is in heaven.  
Give us this day our daily bread,  
and forgive us our trespasses,  
as we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from evil. Amen.

*"The Lord's Prayer 'is truly the summary of the whole gospel.'"* – Catechism of the Catholic Church 2761

- The Lord's Prayer

#### Food Bank - Appeal

We had very generous donations from De Sales House last week. **Thank you.**  
We are asking for new food donations in the coming weeks.

We welcome all items of food, particularly tinned meat and meat substitutes.

Food Bank rota:

De Sales Omega w/b 29th January  
Thomas w/b 5th February  
Gabriel w/b 19th February  
Lourdes w/b 26th February  
6th Form w/b 4th of March





## Chaplain's Corner



### The Source - 21<sup>st</sup> March

The Source is a free event taking place for students in Year 9 and above, in St Mary's Cathedral, Newcastle. It is a great opportunity to hear from speakers on matters of faith, for prayer and reflection. There will also be live music and chips!

We have hired a coach to take all those wishing to attend to and from the event at a cost of £8. **Please let Ms Szczepanska know if you want to come as soon as possible.**

### Summer Festival

This years Secondary Summer Festival at the Youth Village will take place from 3<sup>rd</sup> to 5<sup>th</sup> of July. This is open to Year 9 pupils, but be quick as there are limited places. All interested pupils need to register their interest with Ms Szczepanska who will provide more details.





## Chaplain's Corner

This year Lent begins on the 14th of February with Ash Wednesday and ends at Easter.

Lent lasts for 40 days, echoing the period of time Jesus spent in the desert. It is a time of preparation for the greatest feast in the Church year, Easter, when Jesus rose from the dead. During Lent, Christians devote more time to prayer, charity and sacrifice. During this time of the Church year many people fast or give up something so they can be closer to God. So, if you are thinking of denying yourself something this Lent, like less TikTok or gaming, use the extra time you have to talk to God and discover your mission. Our main focus this Lent is **Imago Dei**, which means; created in the image of God. We are created to live in loving relationship and Jesus' time shows us that human relationships are often full of difficulties, however we must always care and aim to treat each other with love and respect.

We will keep you updated about Lenten fundraising project via emails after the half term break.



### Parental prayer opportunities

Please join our school chaplain for the sessions below.

7th of February at 9:10am Walk and talk in Backhouse Park. We meet at St Aidan's reception at 9:10am

20th of February 2:15pm Meeting in St Aidan's Chapel, Let's talk about Lent.





## Chaplain's Corner

### The Edmund Rice trip to the United Nations - Student Reflection

On 21st January as Youth Human Rights Ambassadors, we embarked on our amazing human rights trip to Geneva for 3 days to meet with Edmund Rice International. We were greeted by Brothers Terry and Brian, who explained the work of NGO, Non-Governmental Organisation, and we attended the UPR of Senegal and China at the UN. Finally, we ended with a tour of the city and left with a vast amount of knowledge and passion for human rights.



### The United Nations

On both days of the trip, we had the opportunity to meet with Brother Brian and Terry from Edmund Rice International who enthusiastically discussed the definition and processes of the UPR and treaty bodies with us. They addressed certain issues that were happening in countries including the UK and the issues they discussed were about migration, disappearances and general human rights concerns we see daily. After the conversation, we made our way to the United Nations and entered with our passes to experience the UPR of Senegal (Day 1) and China (Day 2).

Throughout the UPR, we noticed the recommendations of every country towards Senegal and China and how they would either be very critical and harsh or more lenient and politer. The UPR process clearly showed us the relationship between countries and a brief note on the human rights situation and what the country was doing to improve within the 5-year period they have. We had the opportunity to view the UPR from the council chamber and it was an experience we will never forget. The famous ceiling shown in the picture above is said to cost £22 million, many argue the money could have been spent helping people instead.





## Chaplain's Corner

### The Edmund Rice trip to the United Nations - Student Reflection

My time in Geneva was one of the best experiences I have ever had. I met so many new people that have become my friends and who I keep in contact with as well as seeing amazing sights and taking part in life changing work. Getting to go to the United Nations was something I'd never thought I would be able to get to do or see but I am so thankful that I got the chance; and with this chance, and being able to witness the Senegal and China UPR specifically. It encourages me to continue working hard as a Youth Human Rights Ambassador and to help others in my community, other places and to encourage other people to make a difference too.

- Liv Darville, Year 12







## Chaplain's Corner

One of the things that has really stuck with me was mentioned by Brother Brian Bond and Mrs Maguire CEO of Edmund Rice Network. They both mentioned that any work we do as Youth Human Right Ambassadors should be done truthfully and with the right morals and ethics. They explained that it is easy to gain the trust of people through your words, but the actions and fruits of your work should be truthful and promoting justice and human rights.

Unfortunately, our trip on human rights had come to an end and it was time to say goodbye. However, we could not leave without a little tour. We managed to visit Lake Geneva, Reformers Wall and an aesthetic walk in the old town streets. Overall, it was an amazing experience and we had learnt so much. It was now an exciting trip back to share the knowledge with the rest of the school and encourage our peers to become a Youth Human Rights Ambassador and stand for what is right.





## Pastoral Updates

### Attendance and Punctuality

Thank you for your continued support in ensuring that your children attend and behave well. Academy attendance remains well above local and national figures and punctuality is very good. All students must be onsite before 8.30am to ensure a prompt start, an automatic detention is given to students who arrive to school late.

### Uniform and Equipment

All students must bring a suitable bag with them every day and they should also have their academy planner which is signed by parents every week. Student timetables are in the planner- please check to ensure that your child is wearing their PE kit only on days with a timetabled PE lesson. Students are not permitted to wear make-up and they will be asked to remove jewellery for health and safety reasons. They should not bring any valuable items into school as we cannot replace any items which are damaged, lost or stolen.

### Access to school

The entrance and exit to school are very congested at the start and the end of the school day. We are also increasingly concerned at the speed at which cars drive up and down the terrace when there are large numbers of children attempting to cross the road. Please avoid dropping off and picking up your children directly outside of school, wherever possible encourage them to walk for part of their journey and meet them in a neighbouring street.







## Design Technology



Year 12  
MetalWork Project





## Design Technology







## Foster *with* NORTH EAST

Share your home.  
Shape their future.

Could you offer the right home, at the right time  
for a child or young person through fostering?  
Find out more at [fosterwithnortheast.org.uk](http://fosterwithnortheast.org.uk)







**Foster with North East is England's first regional support hub for foster carers, combining 12 Local Authorities from all over the North East of England.**

We are looking for people with different experiences and backgrounds to care for babies, children and young people who are just as individual as our carers.

Whether it's fostering for a night, a week, a month a year or more, by sharing your heart and your home, you can shape a child's life and future for the better.



We're here to support you as you apply to be a foster carer and we look forward to working together to build better futures for children and young people in the region.

If you think you could share your home to shape the future of children and young people in the North East, we'd love to hear from you.

**Phone: 0800 917 7771**

**Email: [contact@fosterwithnortheast.org.uk](mailto:contact@fosterwithnortheast.org.uk)**

**Website: [fosterwithnortheast.org.uk](http://fosterwithnortheast.org.uk)**

**Foster** *with*  
**NORTH EAST**



## Safeguarding

### SAFEGUARDING UPDATE:

The Fearless site is a great site to promote to your children. It allows completely confidential reporting of crimes (think Crimestoppers for children.) Their website has all sorts of great help and advice for children and young people on a variety of issues. Encouraging children to use Fearless to report confidentially if they suspect someone carries a weapon or is being exploited has given Police and social care some really useful intelligence recently.

[Parents/guardians](#) | [Crimestoppers \(crimestoppers-uk.org\)](#)

Please find the information regarding the 'My Best Life' app from Together for Children. The app has been created to promote the free services and advice available from our Family Hubs:

Our brand-new website My Best Life is going to make it a whole lot easier to find out what's on in Sunderland for you and your family. With events and advice for all ages, My Best Life is an easy way to explore and discover exciting family-friendly activities and support services happening in Sunderland's @FamilyHubs and online.

- Family friendly events for all ages
- Support through Family Hubs and online
- Practical guidance and parenting support
- Connect to local resources and services
- Be part of the local community

Find us at [My Best Life](#)

### GROOMING:

Grooming is when someone builds your trust and makes a connection with you to get you to do something sexual or illegal. Grooming can happen to anyone, and it is never your fault.

Someone could be groomed by someone they know, by a stranger or by a person they met online. That person could be older, the same age, or even someone who's in a position of authority over you, like a teacher or sports coach.

Because grooming involves using trust against people, it can be hard to recognise when it's happening. For useful advice, please have a look at these websites:

[What Parents Need to Know About Sexual Grooming | NSPCC](#)

[Grooming and online grooming | Childline](#)





## Year 9 Options

We are currently running the Key Stage 4 Options programme for year 9 and parents. Information about the options and news about important dates and deadlines can be found on the academy website:

<https://st-anthonys-academy.com/students/year-9-options-2023/>

Here you will find copies of the brochure for each of the two option routes, a document containing slides of the presentation from Monday 5th February and a voiced presentation lasting about 25 minutes explaining the process.

There are also a series of short presentations from subject leaders about what to expect when a student opts to study one of the optional courses.

Key dates are listed on the [web page](#).

## Science

This half term, the Science department has started running a weekly Science club in which students have the opportunity to watch teacher demonstrations and participate in experiments and discussions across Chemistry, Biology and Physics.

So far, the students have made balloon rockets which were used to discuss the effect of different forces on the speed and distance travelled by the rocket. This week the students are making their own lava lamps using water, oil and food colouring.

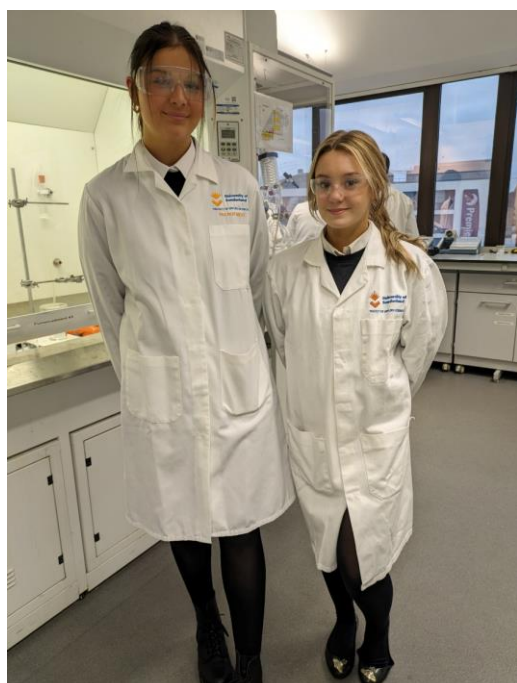






## Year 12 Applied Sciences

The University of Sunderland welcomed our Year 12 Applied Science students this half term. During the visit, students enjoyed using the high-tech university teaching labs to complete some practical work. Under the guidance of senior lecturer Dr Childs, students used thin-layer chromatography to separate and identify amino acids. Our students had a very interesting and informative experience and were pleased to have the opportunity to put their Applied Science theory into practice.

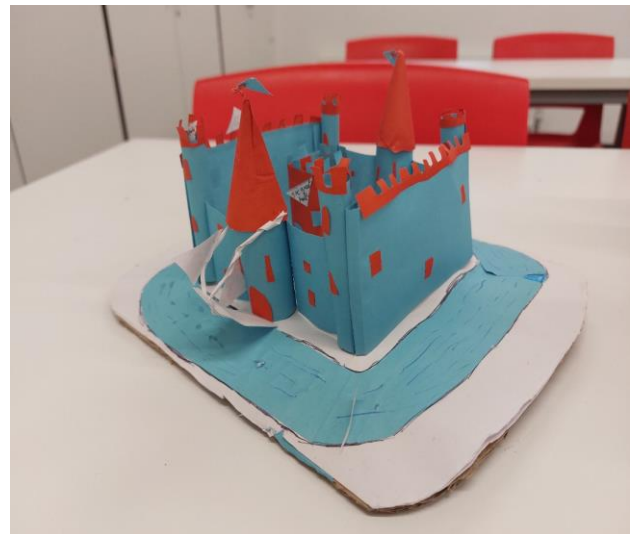




## History

### Year 7 History Work on Norman Castles

Year 7s have been learning about William the Conqueror and as part of their homework, they had to design a Norman castle. These students, Fuchsia and Fajr, put in an exceptional amount of effort. They created these 3D model castles reflecting different features required in a castle. Fajr's castle even includes a fully working drawbridge! Well done to the students for their hard work.







## Year 11 Food

The Year 11 Food Preparation & Nutrition students have been working on their skills demonstration tasks for their GCSE coursework. They have all worked really well and have produced some fantastic dishes.

This is all in preparation for their next task, which is to make 3 dishes in one 3 hour session, which contributes a large proportion of their coursework marks.







## Year 11 Food







## Year 11 Food







## Holocaust Memorial Talk

Year 12 took part in the Holocaust Educational Trust webcast to commemorate Holocaust Memorial Day. This year the theme is the fragility of freedom and reflects the historical and current battles for freedom that people are facing all over the world. Hedi Argent, a Holocaust survivor, told her story about escaping from Nazi Germany and the persecution that her family faced, simply because they were Jewish. She left us with a powerful quote from Nicholas Winton, who rescued 669 children from Nazi Germany: Don't be content in your life just to do no wrong, be prepared every day to try and do some good.







## PE

### Year 7 and 8 Football News

Well done to our Year 7 and 8 students who competed in the EFL 6 a side Football tournament on Friday 12th January.

The girls had three games in their section, winning one, drawing one and losing one. It was lovely to hear the girls receiving praise from other members of staff for their teamwork, positive attitudes and skill level.

Well done girls!







## PE

### Year 9 Football Activators

Congratulations to the St. Anthony's Barclay's Game on Football Activators. They attended the launch session at Castleview Academy last week. They identified their mission and vision of how they can inspire students to play football.



#### Active 8

The Year 7 Active 8 students thoroughly enjoyed their third session at Castleview Academy, taking part in team building and fitness activities.





## PE

### Year 7 & 8 Netball

The Year 7&8 Netball season is going very well.

Both teams played against Thornhill in their most recent games and won both matches. Well done!!

We have lots of games to play this season. Netball training is on a Monday evening from 3.00pm-4.00pm if you would like to come along and join us.



### U13 Cricket Competition

Well done to the year 7&8 Cricket team. They played in the U13 Lady Taverer's competition at the Beacon of Light. The team were placed third in their draw, narrowly missing out on the semi-finals. The students played extremely well







## PE

Interested in trying something new? Why not try Olympic Weight Lifting.

# GIRL POWER

## GIRLS ONLY SESSION

A FREE 6week course Saturday 12.30





## House Thomas Fundraising

This year, House Thomas raised £316.75 for our Christmas Charity this year, Tiny Lives, who are based at Newcastle and work alongside the RVI to support premature babies and their families. This was lead by our House captains and vice-captains and we did a Christmas cinema club, raffle and created Christmas cards to sell in order to raise funds.





## House Thomas Fundraising - Student Interview



***We interviewed some of our students about how this fundraising is linked to our Mercy Ethos.***

**How have you supported those in need through your actions?**

AE- We have supported the children and the families in the neonatal unit by providing them with toys and money for any supplies they may need, during and after their difficult time.

AO- The charitable action that my school, St Anthony's, is what I consider to be a great act and example of how people show concern for the poor- I consider it to be a good example of showing care for the needy as lots of students have managed to give to the fund amidst the rise of the cost of living.

ES- I have supported those in need by donating and raising money for charities and helping in every way I can.

**How did your actions reflect the teachings of Jesus?**

AE- Jesus taught us to "love thy neighbour" and "treat others as you wish to be treated". Our actions show love and support in our community.

AO- We show Jesus through out acts as a Catholic school by giving to charity and young lives. We do this as Jesus said "what you do unto others you do to me". We have shown Jesus through our actions by caring enough to donate to young lives in order to provide necessities for them.

ES- Alongside the charity work, we have also given to the foodbank this year, which follows the teachings of Jesus in line with how he would help the poor.

**What do you think will be the impact of your charitable acts?**

AE- I think our actions will provide many families with comfort and support in a difficult time. Whether the money goes towards care, toys or other needs for the families, I know it will benefit many people. I believe that the soft toys that were donated will also provide great comfort for the children involved in these scary matters.

AO- I believe that our donation will be appreciated and will have a helpful impact on families by providing the necessities for the organisation- Tiny Lives- such as the blanket and the goodie basket. The impact of our school donation would be helping people which shows and portrays our school's mercy ethos (showing concern for the poor, Christ centred, building communities and pursuing excellence).

ES- I think the impact will be huge by donating supplies for people that really need it and so they can have supplies that will help whilst in hospital.

AE = Abigail Emmerson

AO = Amarachi Ozorji

ES = Ellie Spain





## Art

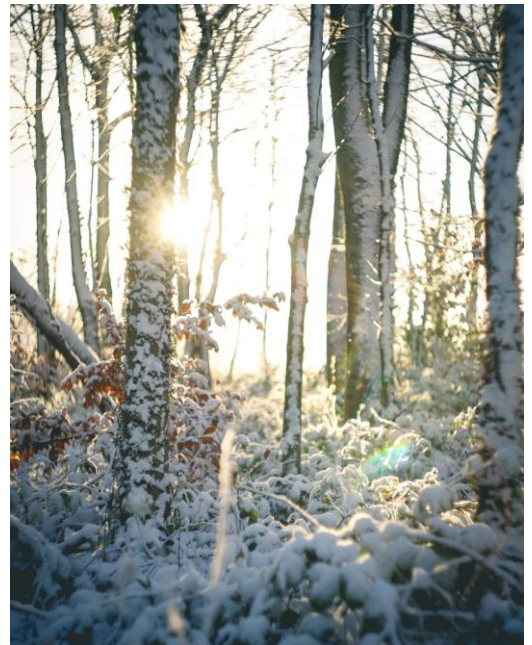
### Staff Photography Exhibition - WINTER Edition

Over the past few weeks the staff at St. Anthony's have been gathering their best shots to celebrate the beauty of the Winter period around us. We had another amazing response with a wide variety of entries. The staff digital exhibition is being shared on TV screens around school and builds on the amazing work of the Autumnal Exhibition. The response to the theme was amazing and the variety and quality of shots was clear for all to see. Well done to all staff who took part in the digital exhibition!

Feedback from the digital exhibition has been really positive, from both staff and students alike. It is great to see creativity flourish across the school and to share in the creative responses of so many.



Mrs Wheeler's  
Photographic entry



Mr Willis's Photographic  
entry

Mrs Dudley's  
Photographic entry



## Art

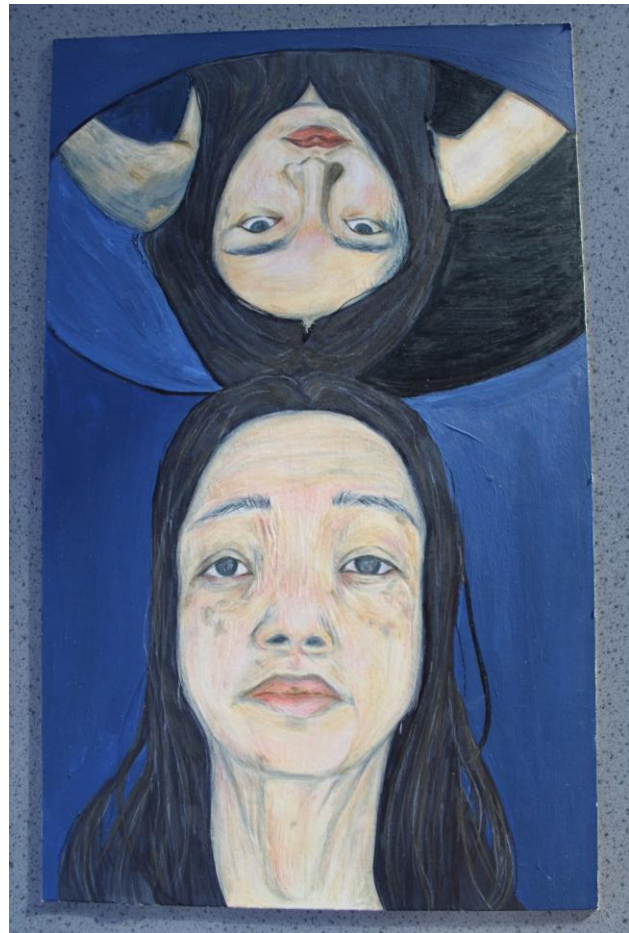
### Washington Arts Centre Exhibition Entries

The creative artwork and photography of our talented students has been sent to feature in a major local arts exhibition that will be advertised across the region.

Art and Photography students put forward their work that will hopefully appear in the Youth Arts Exhibition 2024: Bright Lights at the Washington Arts Centre.

The Bright Lights exhibition will showcase some of the most exciting artwork by young people from across Washington and the wider Sunderland area. This continues a rich vein of both exhibiting work and entering our students work into local and national competitions.

Well done to all those involved in the submission process and for their continued commitment and production of outstanding art and photography work.







## Photography

### Bright Lights: Young Wildlife Photographer Exhibition

I'm delighted to let you know that six photographs have been selected for display in the Art Lounge at Sunderland Museum & Winter Gardens from 3 February - 30 March 2024.

The work selected:

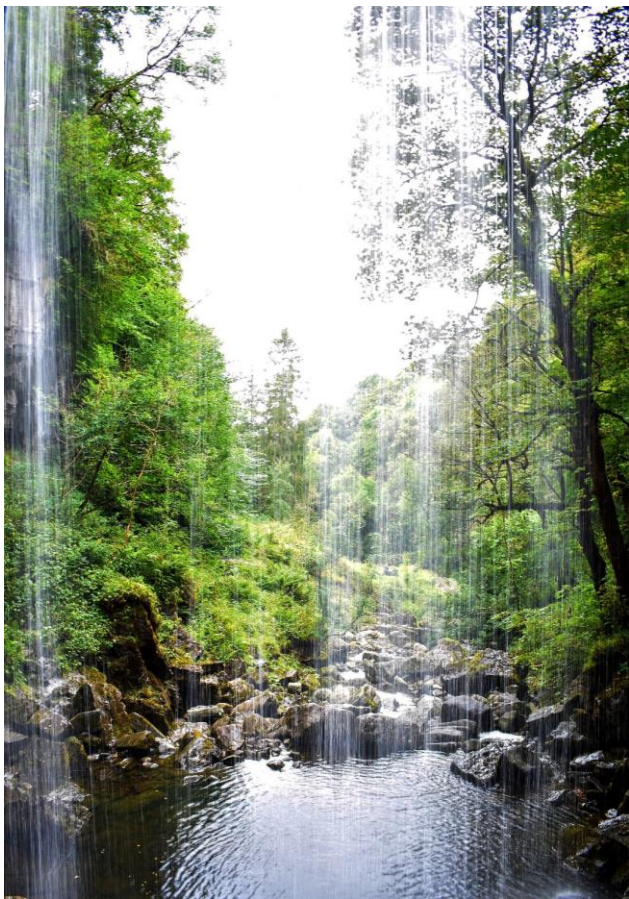
- Pigeon in Tree - Jessica Tyler - Year 10
- Best View in the House - Kate Michelle - Year 13
- Bee - Emily Bowley Year 11
- Swan on Water - River Randle - Year 7
- Looking Out
- Waterfall - Harry Bailey - Year 13

The photographs and label text will be printed onto sustainable board for display and our students are welcome to keep the prints after the exhibition closes. Family and friends/public will be able to view the artwork from 10am - 4pm Mondays - Saturdays during the exhibition run.



Best View in the House - Kate Michelle - Year 13





Waterfall - Harry Bailey - Year 13



Pigeon in Tree - Jessica Tyler - Year 10



Looking Out





Swan on Water - River Randle - Year 7



Bee - Emily Bowley Year 11





## Personal Development

It's been another busy half term for our students' personal development. Students have been engaging in opportunities to deepen their thinking and help them to make correct choices in life.

### Year 7: Smashed Live!

Our Year 7 pupils were treated to an interactive theatre experience all about alcohol awareness and empowering them to make the right choice about underage drinking. Students listened and engaged well, with some fantastic contributions and insights.

More information: [www.smashedproject.org](http://www.smashedproject.org)



# SMASHED

ALCOHOL EDUCATION  
TO EMPOWER  
A GENERATION



### Year 8: Josh Green: Road Safety

Year 8 students had a performance from a visiting theatre company promoting key messages around pedestrian safety, including on public transport. There were also messages about phones as distractions and the effects of risk-taking behaviour.

Isabel in Year 8, said "It was a really good performance and really made me think about some risks that could happen when you're not paying attention". Grace in Year 8, added "I really enjoyed the performance! The messages were clear and delivered in an effective way"

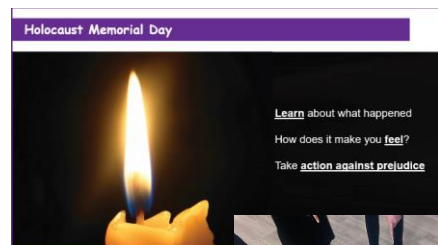
More information: <https://theriotact.co.uk/key-stage-3>

### Year 9 and 10: Visits from PCSO Allan Postings

Students in Years 9 and 10 had drop-in calls from our Police Community Support Officer, Allan Postings. Allan spoke to students about the dangers of taking drugs and drug abuse, Child Sexual Exploitation, and the dangers of knife crime. The sessions were very powerful and students engaged with some excellent questions.

Evie in Year 9, said "PCSO Allan was very helpful and answered our questions well - I have learned a lot about the laws around drugs today".

We have also highlighted two important events for our school community this half term: **Holocaust Memorial day** and **Childrens' Mental Health Week**. For both of these events our students listened to thoughtful assemblies led by Miss Dakin who highlighted the suffering during the Holocaust, and Ms Moran and our student leadership team 'Mental Health Champions' who led an assembly about how students can 'use their voice' to help others.





## Careers Fair 2024



We held our annual careers fair last week and welcomed 40 providers from further and higher education, training and apprenticeships, and employment into school to speak to our students in Years 9-13 about their possible future pathways. We have since received some wonderful feedback from providers:

*"An absolute pleasure to deliver careers advice to your students, their enthusiasm is commendable, their interest was fabulous". (Ministry of Defence)*

*"The students were so polite and confident - it was a pleasure to speak to them all. They actively listened and asked relevant questions. It was wonderful to see so many young people with positive career aspirations - they were a credit to the school". (Zest)*

Student feedback has been overwhelmingly positive about their experience:

*'The careers fair has allowed me to see other pathways and understand how to get there and what kind of things I could do to give me a better chance on my next steps. It allowed me to see what other opportunities there are for my future and what I could do to progress.'* - Sajida, Y12

*'I now know about different careers that I didn't know existed'* - Hoor, Y9

*'I feel excited for new changes and my work experiences'* - Saffron, Y9.

We also ran a 'Careers Credits' prize draw; students had to have meaningful conversations about their possible future pathways and once they had collected signatures from providers they were entered into a prize draw to win an amazon voucher. Congratulations to Imogen Reilly Y9, Gemma Potts Y10 and Sajida Begum Y12 who were the winners!







## Careers

### Jesus college, Cambridge

We had a visit from Student ambassadors from Jesus College, Cambridge University, in January, who delivered talks to Year 11 and Year 12 about studying at Cambridge University, and the different routes needed to get there. Students discussed what a degree entails, student accommodation and finance (and freshers week!) and learned a lot about the importance of study skills for their future careers.



### STEM mentoring

Our Local Enterprise Partner linked to St Anthony's is Sir Robert McAlpine. Anjana Raj who is Social Value Manager for the company, works with a group of students annually to give an insight into careers in the construction industry and STEM careers, as well as helping boost confidence with teamworking and speaking in public.

Anjana has just started working with a new group of Year 8 students who are really enjoying getting to know the workings of the construction industry. Her Year 9 students are now representing St Anthony's in the 'Wonder Challenge'; a challenge where students create mini construction companies to highlight the diverse opportunities within the built environment. The winners will be announced in June, and students could win prize money for themselves and their school. Good luck to everyone involved!

### Careers in the NHS

Year 8 were treated to a theatrical performance from Performance in Education all about careers in the NHS. Students were told about over 300 different jobs within the sector and learned about all the different pathways they could explore in order to achieve their dream jobs. They also debated 'what is a successful career' with the performers, with some excellent responses from the students!



Ellie, Year 8, said 'I never knew there were so many creative jobs in the NHS! I'm going to look into that for my future career'.

### National Apprenticeship Week

We have celebrated National Apprenticeship week this week as a school community. All students in Y7-11 have learned what an apprenticeship is in their Personal Development lesson and Year 12 had an assembly led by Mrs Birbeck.

For further information on apprenticeships, please visit [www.apprenticeships.gov.uk](http://www.apprenticeships.gov.uk).





## Alumni - Georgia Hales



I started at St Anthony's in 2013 and completed in 2019 achieving all my GCSE's. During my time at school I enjoyed all sport activities - especially athletics 200m sprint and it's fair to say I miss that aspect! Alongside completing a wide range of sporting events, I liked to be involved with extracurricular activities including playing the flute to a Grade 5 standard. In school I also had the privilege to participate in the Nissan Industrial Cadets which allowed me to explore what it would be like to work in the type of industry I'm currently employed at.



Upon leaving school I chose to undertake a Level 3 Business Administration apprenticeship with Unipres UK Ltd within the Training Academy. I have now worked at Unipres UK Ltd, who supply Nissan with car parts, for over 4 years. St Anthony's allowed me to build the foundations for a successful career and I have progressed and achieved my Level 5 Operations / Departmental Management. Within my role I have the enjoyment of promoting apprenticeships and going into schools to provide career advice. I work with our apprentices from the recruitment stage to employment and it's rewarding to see others create a successful career. I'm also a National Apprenticeship and STEM Ambassador and work closely with the networks to promote this industry and apprenticeships. Coming back to St Anthony's to support the career event brought back so many memories and was grateful to spend my school years at a highly credited school.

Having a rewarding career has allowed me to travel to various places including Portugal, Ibiza and Palma. I also regularly camp in the lakes and climbed 8 peaks last year and plan to complete all the Wainwright peaks. Without the support from St Anthony's I wouldn't have been able to achieve or grow into the person I am now. I will always be grateful for the support shown by the teachers throughout my time there!







## Closing Prayer

### Shining Lamps by Annmaria Varghese

Dear God,  
Help us be a great example to the world.  
As Catherine McAuley said "let us be shining  
lamps giving light to all around us".  
Help us spread our light to everyone around us,  
so we can spread love, hope and compassion and  
also help those in need.  
Amen