



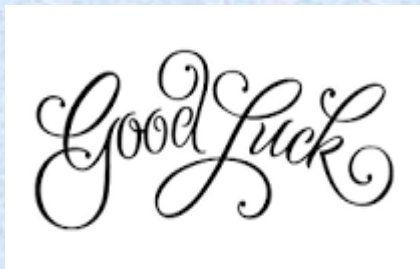
# ST JOSEPH'S CATHOLIC HIGH SCHOOL

Principal: Mr John Barrington  
Tel: (02) 4230 8500  
Fax: (02) 4256 5793  
Student Absences: 4230 8585  
Postal Address: PO Box 130, Albion Park NSW 2527  
Email: [info@sjchsdown.catholic.edu.au](mailto:info@sjchsdown.catholic.edu.au)  
Website: [www.sjchsdown.catholic.edu.au](http://www.sjchsdown.catholic.edu.au)

Date: 13th October, 2016

Term 4 Week 1B

Dear Parents, Staff and Friends of St Joseph's Community,



## Higher School Certificate Examinations

As we begin the final term for 2016 we are especially mindful of our Year 12 students who commence their HSC Examinations today. Exams are scheduled each day until Friday 4th November, with many students having two exams on the same day. Let us all keep them as a special

prayer intention during this important and challenging time.

## P&F News

The next P&F Meeting will be held on Monday 17th October, 2016 commencing at 7pm. The meeting will be held in the Staff Lunch Room (accessed via the office entrance). Mrs Sue Kennedy in her role of Careers Adviser will give a presentation outlining some of the many pathways and options that are available to students in Years 10, 11 and 12.

## Assistant Principal's Appraisal - Mrs Jenny Bell

This is a final opportunity for you to complete the Parent Survey as part of the process of Mrs Bell's Assistant Principal Appraisal being conducted by the Catholic Education Office. Surveys need to be completed by Monday 17 October, 2016. Please access the [link here](#).

## Students applying for Exemption from Attendance at School

Parents are reminded that the NSW Government has strengthened the requirements regarding student attendance. Parents must seek exemption from attendance at school PRIOR to the absence except for particular reasons eg: exceptional domestic circumstances. As Principal, there are limitations to the type and extent of the exemption that I am allowed to grant.

Mr John Barrington  
Principal



©St Joseph's Catholic High School  
Licensed under Neals



## Important Dates for your Diary

- 13/10 - HSC Exams commence
- Year 11 Exams continue
- 17/10 - P&F Meeting
- 25/10 - Yr 7 Vaccinations
- 26-28/10 - Senior Retreat
- 26-28/10 - Yr 9 Aussie Bush Camp
- 18/11 - CDF Sports Awards
- 9/12 - Giving Mass





### **Cookies for Catholic Mission in Cambodia**

The 2016 schools appeal with the theme 'Just as you did it to one the least of these you did it to me', focuses on the lives of children in Cambodia who cannot go to school because their families live in poverty. Reaching out to these children is one way in this Year of Mercy, to live out Pope Francis' call to be the hands of mercy. Thankfully, with the help of Catholic Mission, Sister Eulie developed and implemented an innovative Mobile Tuk-Tuk Education Centre, which visits local villages once a week to provide a free and accessible education

to the children in the community who are not able to attend school.

Sadly, there are still countless children across Cambodia who are not able to attend school. Sister Eulie needs your help so that the Mobile Tuk-Tuk Education Centre can visit more communities in need and help more and more children have access to education. Particularly, they would like to be able to afford to visit the villages more than just one half a day per week, which is not enough for the kids to receive a proper education.

This term, our school community will raise money for Catholic Mission by participating in a Cookie Dough Fundraiser. Students are encouraged to place orders for tubs and there are incentive prizes for the number of tubs sold including sports equipment, toys and a drone. [Please click here](#) for more details. Order forms will be available to students in homeroom and at the Front Office. Orders must be returned to the Finance Office by Friday 4th November, 2016.

*Miss Senitta Hurley, Mission Coordinator*



**Giving praise** and compliments to our children is something that is often left out in the busyness of our everyday lives. We always give them praise for their achievements but often forget to acknowledge their good character traits. Here are 21 examples of instances where we should compliment our children for their good character. These are the things you often can't capture on paper or in photos.

1. The first time they help someone who is hurt.
2. Seeing them stand up for a sibling or friend.
3. The first time they buy a gift with their own money.
4. When a child is loving and kind to older relatives.
5. The first time they are buried in a book.
6. The first time they realise a song has touched their soul.
7. When they learn to appreciate art.
8. When they make the best of a bad day on their own.
9. The first time a child shows compassion and puts others first.
10. The first time a child shows mercy and gives someone another chance.
11. The first time your child genuinely cheers for a weaker teammate.
12. Hearing them offer sincere advice to a sibling or friend.
13. The first time they take the time to teach a younger child.
14. When they realise how important friendships are.
15. The first time they find moral issue with something and take a stand against it.
16. Their first heartfelt attempt at asking for forgiveness.
17. The first time they wholeheartedly forgive.
18. The first time a child tries something new when the odds are against them.
19. When they know they're marching to their own beat and they are proud of that.
20. Not just trying, but trying again and again.
21. The first time they accept rejection with grace and dignity.

*Mrs Gail Tarrant, Pastoral Care Coordinator*



# SPORT REPORT

Mrs Michelle Garbutt

It is shaping up to be another busy term of sport at St Joseph's!! This Friday, school sport commences with Year 7 students participating in a Cricket program conducted by Cricket NSW on Con O'Keefe Oval. The females in Year 8 are learning about Surf Awareness through involvement in a program run by Pines Surfing Academy at Shellharbour North Beach and the males will participate in Ten Pin Bowling. Year 9 and 10 students are fortunate to be able to enjoy the sports of either Aqua Aerobics, Waterpolo, Trampolining, Golf, indoor sports, Ten Pin Bowling, Rollerskating, Tennis or beach games. We are also trying to get our very first mountain biking group up and running!

Representative sports kicks off with a Berg Shield Cricket match against St John's Nowra on Friday 21st October. This will be followed by girls AFL in Campbelltown on Monday 24th October and boys AFL at Fairy Meadow on Thursday 27th October. The Diocesan Basketball Gala Day is also being held on Monday 31st October at Berkeley for the girls and Minto for the boys teams. Please note that the permission notes to play in these gala days are due back early next week.

**Congratulations to Danielle Vasquez who** continues to excel on the golf course! She recently represented NSW at the Australian All Schools Golf Championships in South Australia as Captain of the Girls Team. This required extra responsibilities such as making speeches throughout the week and addressing the other states, managers and dignitaries. Danielle completed her responsibilities with maturity and pride and was an outstanding representative for her state, school and family. The format of golf for the week was physically and mentally demanding. All players completed a 36 hole stroke play event and Danielle finished third in this event - 4 shots off the overall winner from Western Australia. Danielle was awarded a bronze medal for this event. NSW were presented with the bronze medal for third place in the team's event to winners Queensland then Victoria who were placed second. It was very close competition and is worth noting that Danielle was advised by her physiotherapist to take 6 weeks off golf because of a wrist complaint and she delayed this action until after competing in the National Championships. This speaks volumes for her determination, character and the value she placed on playing for and captaining her state.



Further congratulations to the students in Marshall House (USA) for winning the St Joey's Olympic Games Competition by 25 points from Warrigal (Germany) and then Keira House (Japan). A pizza lunch will be held at lunchtime in the hall on Wednesday 9th November (Week 5) for our gold medalists!! Well done USA!!!

**No act of kindness,  
no matter how small,  
is ever wasted.**  
- Aesop

It was wonderful to read the story in the Illawarra Mercury about **Aaron Rahme** saving a drowning child from the wave pool at Blacktown Leisure Centre in the holidays. Aaron was hailed a hero for noticing a seven year old boy unresponsive at the bottom of the wave pool, grabbing him and pulling him to the surface so that the lifeguard could commence CPR. Good on you Aaron for remaining calm and being able to use the skills you have learnt at school to help save the young boy's life. I'd like to award you with the Sports Star of the Month Award for October for your heroic efforts in the pool! To see the full story of Aaron's selfless act, [click here](#).



## Uniform Fittings for Year 11, 2017

Uniform fittings for students continuing to Year 11 in 2017, will be held in the first 4 weeks of Term 4 during normal Uniform Shop trading hours. Bookings for these fittings must be made at the front office. All uniforms are to be collected before the end of November, 2016. If you have any enquiries regarding the fittings please contact the Uniform Shop on 4230 8590 or by email [uniformshop@sjchsdow.catholic.edu.au](mailto:uniformshop@sjchsdow.catholic.edu.au).

## Uniform Shop Trading Hours

**Monday**

**12 noon - 4:15pm**

**Thursday**

**8:30am - 1:45pm**

Senior Boys Ties are now back in stock at the Uniform Shop!!

### Canteen Roster 2016

17th Oct	Leisa Smith, Jodie Duff
18th Oct	Colleen Walsh, Dianne Meharg, Elizabeth Oiteirin
19th Oct	Carmen Formosa, Emma/Garry McLaughlin
20th Oct	Nell Derubeis, Linda Wilson
21st Oct	Christine Brown, Linda Doonar

## Year 12 Assembly Final Photos!!



# WOLLONGONG TERM 4, 2016

**WORKSHOP BOOKINGS: 4227 1122**

All workshops are at our Wollongong office (25-27 Auburn Street Wollongong).



*Concessions may apply dependent on financial circumstances.  
Limited childcare may be available*

<p><b>STANDARD MENTAL HEALTH FIRST AID</b> This course teaches adults how to provide initial support to adults who are developing a mental illness or experiencing a mental health crisis.</p> <p>Wednesday &amp; Thursday 26 &amp; 27 October 9:30am - 4:30pm</p> <p><b>Workshop Fee: \$198</b> <i>incl manual/lunch both days</i></p>	<p><b>BRINGING UP GREAT TEENS</b> A workshop for parents of teenagers covering connecting with teens, managing conflict, big issues and psychological challenges.</p> <p>5 Tuesday <b>evenings</b> 6pm - 8pm 11, 18, 25 October 1 &amp; 8 November</p> <p><b>Workshop Fee: \$15 per session</b></p>	<p><b>MY KIDS &amp; ME</b> A program for parents who have had their children removed from their care. It explores grief &amp; loss &amp; the impact on parents &amp; children. Helps participants to develop strengths &amp; build support networks.</p> <p>7 Monday <b>afternoons</b> 1pm - 3:30pm 10, 17, 24, 31 October 7, 14 &amp; 21 November</p> <p><b>Workshop Fee: \$15 per session</b></p>	<p><b>SEEING RED</b> Explores way for parents to deal with feelings of anger within themselves and their children. Participants will learn to recognise their own feelings and needs and those of others, communicate and listen to these feelings and needs, be assertive &amp; express anger in a more constructive way.</p> <p>4 Tuesday <b>mornings</b> 10am - 12:30pm 15, 22, 29 November &amp; 6 December</p> <p><b>Workshop Fee: \$15 per session</b></p>
<p><b>PARENTING CHILDREN WITH A DISABILITY</b> Support and information for issues related to parenting a child with a disability. It explores: Expectations verses reality, dealing with feelings, behavior management strategies, communication skills, self-esteem, teaching children to care for themselves, routine, rules and boundaries and coping strategies. Resources will be made available.</p> <p>4 Monday <b>mornings</b> 10am - 12:30pm 17, 24, 31 October &amp; 7 November</p> <p><b>Workshop Fee: No fee</b></p>	<p><b>ROLLERCOASTER (8-12 years)</b> Assisting children who are experiencing change &amp; loss as a result of family separation. Helps children to understand &amp; develop strategies for anger management &amp; problem solving &amp; understand &amp; feelings &amp; emotions.</p> <p>8 Tuesday <b>afternoons</b> 4pm - 5pm 18, 25 October, 1, 8, 15, 22, 29 November &amp; 6 December</p> <p><b>Workshop Fee: \$15 per session</b></p>	<p><b>123 MAGIC &amp; EMOTION COACHING</b> This time tested program provides parents with easy to use disciplining techniques for their children, without letting emotions get the better of them. Learn to be present &amp; consistent as a parent.</p> <p>3 Monday <b>afternoons</b> 12noon - 2:30pm 28 November 5 &amp; 12 December</p> <p><b>OR</b></p> <p>3 Friday <b>mornings</b> 10am - 12:30pm 25 November, 2 &amp; 9 December</p> <p><b>Workshop Fee: \$15 per session</b></p>	
<p><b>KEEPING KIDS IN MIND</b> A post-separation parenting program which helps parents learn how to deal with the emotional &amp; practical issues of parenting after separation. The program helps explore grief &amp; loss &amp; the impact separation has on parents &amp; their children.</p> <p>5 Friday <b>mornings</b>: 10am - 12:30pm 21, 28 October 4, 11 &amp; 18 November</p> <p><b>OR</b></p> <p>5 Thursday <b>evenings</b>: 6pm - 8:30pm 10, 17, 24 November 1 &amp; 8 December</p> <p><b>Workshop Fee: \$20 per session</b></p>	<p><b>WOMEN AS MOTHERS*</b> WAM offers a supportive &amp; nurturing environment for new mothers to make new friends whilst sharing parenting experiences, coping strategies &amp; encouraging realistic expectations of themselves &amp; their relationships. Topics include Becoming a mother &amp; the needs of baby; Motherhood myths; Changing Relationships; Self Care and Baby Massage.</p> <p>5 Wednesday <b>mornings</b> 10am - 12noon 2, 9, 16, 23 &amp; 30 November</p> <p><b>Workshop Fee: \$15 per session</b> <i>* facilitators trained by Karitane</i></p>	<p><b>CIRCLE OF SECURITY</b> Helping parents understand heir child's world by learning to read their emotional needs. Secure children have empathy, greater self esteem, better relationships &amp; increased capacity to handle their emotions. This program is a must for all parents.</p> <p>6 Thursday <b>afternoons</b> 1pm - 3:30pm 3, 10, 17, 24 November 1 &amp; 8 December</p> <p><b>OR</b></p> <p>5 Tuesday <b>evenings</b> 6pm - 8:30pm 11, 18, 25 October 1 &amp; 8 November</p> <p><b>Workshop Fee: \$15 per session</b></p>	