



St Josephs Catholic High School Canteen Summer Menu 2017

Hot Food

Table listing hot food items and prices: Chicken Goujons (\$2.20), Sausage Roll (\$2.50), Pasta - Daily Variety (\$3.00), Meat Pie (\$3.50), Chicken Pie (\$3.50), Potato Pie (\$3.50), Hot Dog (\$3.00), Garlic Bread (small) (\$1.20), Noodle Cups (orders only) (\$2.50), Spinach & Ricotta Rolls (\$3.00), Chicken Burger (Plain \$3.50, Lettuce & Mayo \$4.00, Salad \$4.80), Warm Mexican Wrap (Crumbed chicken, cheese & sweet chilli sauce \$4.00, Above wrap with Sour Cream & Avocado \$5.00)

Salads (orders only)

Table listing salad items and prices: Chicken (\$5.50), Egg (\$5.50), Ham (\$5.50), Tuna (\$5.50), Salmon (\$6.00), Salad Dressing (\$0.50)

Sandwich

Table listing sandwich items and prices: Vegemite (\$2.50), Cheese & Tomato (\$3.00), Egg & Mayonnaise (\$4.00), Curried Egg/Lettuce (\$4.50), Ham (\$4.00), Ham, Cheese & Tomato (\$4.50), Salad (\$4.00)

Table listing sandwich items and prices: Ham & Salad (\$4.50), Chicken (\$4.00), Chicken & Salad (\$4.50), Tuna (\$4.00), Salmon (\$5.00)

Extras

Table listing extra items and prices: Large Roll (\$0.70), Small Roll (\$0.50), Wrap (\$0.50), 2 Slices Bread (\$1.50), 2 Slices Bread (Gluten Free) (\$2.00), Tomato/Sweet Chilli Sauce (\$0.30)

Cakes

Table listing cake items and prices: Muffin (\$2.00)

Breakfast

Table listing breakfast items and prices: Toasted 1/2 sandwiches (Cheese \$1.00, Ham & Cheese \$1.50), Warm Cheese & Bacon Buns (\$1.50)

Snack Foods

Table listing snack food items and prices: Pretzels (\$1.50), Piranhas (Gluten Free) (\$1.50), Red Rock Chips (\$1.50), Eucalyptus Drops (\$0.70), Rice Crackers (2) (\$0.50), Jelly Cups (\$1.00), Yoghurt, Muesli & Fruit Cup (\$2.50)

Fruit

Table listing fruit items and prices: Seasonal Fruit (\$1.00), Fruit Salad (\$4.00)

Freezer

Table listing freezer items and prices: Zooper Doopers (\$0.60), Frozen Juice Cup (\$0.70), Icy Twist (\$1.30), Moosies (\$1.00), Paddle Pops (\$1.70), Callipos (\$1.20), Frozen Yoghurts (Bulla \$2.00, Twisted \$2.10)

Drinks

Table listing drink items and prices: Juice (\$2.20), Moove 300ml (\$1.60), Moove 600ml (\$2.80), Water 600 ml (\$2.00), Small Water (\$1.00), Up & Go (\$2.20), Ice Tea (\$2.00)

Specials section with a purple 'Specials' header. Items: Tuesday - Chicken Caesar Salad \$6.00, Thursday - Rice Paper Rolls \$5.00. Note: ** Check canteen board for Daily Specials **

Recess & Lunch orders must be placed in a lunch bag with money, name & homeroom clearly written. Orders are to be collected from canteen.



ST JOSEPH'S CATHOLIC HIGH SCHOOL

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1st February 2017

Friday Fortnightly School Sport - Years 7-10

Dear Parent/Guardian,

St Joseph's provides a wide range of sporting opportunities for students. With regards to school sport, students participate in activities on a fortnightly basis on Fridays. Year 7 Sport takes place during periods 5 and 6, Year 8 during periods 1 and 2 and Years 9 and 10 during periods 3 and 4.

Please find below a proposed outline of school sport for 2017:

Year 7

Term	Sport	Venue/s	Transport
1	Surf Awareness (Girls)	Shellharbour North Beach with Pines Surfing	Students meet at the back gate at 1:20pm and return at 3:25pm (end of Period 6). Travel is by bus. The surf awareness program is led by qualified instructors and supervised by St Joseph's staff members. Note - students are to bring appropriate swimming attire (swimmers, towel, sunscreen).
	Ten Pin Bowling (Boys)	Shellharbour Ten Pin Bowling	Students meet at the back gate at 1:20pm and return at 3:25pm (end of Period 6). Travel is by bus. Ten Pin Bowling is supervised by St Joseph's staff members.
2	AFL	School and Con O'Keefe Oval	Students will walk to Con O'Keefe Oval to participate in an Auskick program conducted by qualified instructors from NSW/ACT AFL and supervised by St Joseph's staff members.
3	World Cup House Competition	School Croome Rd Sporting Complex Con O'Keefe Oval Other local facilities if required	This is a house-based sporting competition organised and supervised by St Joseph's staff members. Sports include: Volleyball, Netball, Oztag, Soccer and Modified Rugby Union.
4	Surf Awareness (Boys)	Shellharbour North Beach with Pines Surfing	Students meet at the back gate at 1:20pm and return at 3:25pm (end of Period 6). Travel is by bus. The surf awareness program is led by qualified instructors and supervised by St Joseph's staff members. Note - students are to bring appropriate swimming attire (swimmers, towel, sunscreen).
	Ten Pin Bowling (Girls)	Shellharbour Ten Pin Bowling	Students meet at the back gate at 1:20pm and return at 3:25pm (end of Period 6). Travel is by bus. Ten Pin Bowling is supervised by St Joseph's staff members.

Year 8

Term	Sport	Venue	Transport
1	Surf Awareness (Girls)	Shellharbour North Beach with Pines Surfing	Students meet at the back gate at 9.15am and return at Recess 2 (11.15am). Travel is by bus. The surf awareness program is led by qualified instructors and supervised by St Joseph's staff members. Note – students are to bring appropriate swimming attire (swimmers, towel, sunscreen).
	Ten Pin Bowling (Boys)	Shellharbour Ten Pin Bowling	Students meet at the back gate at 9.15am and return at Recess 2 (11.15am). Travel is by bus. Ten Pin Bowling is supervised by St Joseph's staff members.
2	Tennis Netball Fitness	School	Students will be able to choose Tennis, Netball or Fitness. Maximum numbers apply for each sport and students will be able to sign up via a Google form on a first in, first choice basis. External instructors will provide professional instruction in Tennis, Netball and Fitness.
3	World Cup House Competition	School Croome Rd Sporting Complex Con O'Keefe Oval Other local facilities if required	This is a house-based sporting competition organised and supervised by St Joseph's staff members. Sports include: Volleyball, Netball, Oztag, Soccer and Modified Rugby Union.
4	Surf Awareness (Boys)	Shellharbour North Beach with Pines Surfing	Students meet at the back gate at 9.15am and return at Recess 2 (11.15am). Travel is by bus. The surf awareness program is led by qualified instructors and supervised by St Joseph's staff members. Note – students are to bring appropriate swimming attire (swimmers, towel, sunscreen).
	Ten Pin Bowling (Girls)	Shellharbour Ten Pin Bowling	Students meet at the back gate at 9.15am and return at Recess 2 (11.15am). Travel is by bus. Ten Pin Bowling is supervised by St Joseph's staff members.

Years 9 and 10

Students will select one activity and participate in that activity each fortnight in Terms 1, 2 and 4. All students assemble outside their bus at the start of Recess 2 and return at lunchtime. Transport is by bus. During term 3, students will participate in a school based house sports program with the results contributing to the overall Champion House point score for 2017. This program will involve competing against other students in recreational sports activities such as Bubble Soccer, Footgolf, Savvy Fitness, Ten Pin Bowling, Roller Skating and Indoor Sports.

The sporting activities available are shown below:

Years 9 and 10

Sport	Venue	Transport
Savvy Fitness	School	Students participate in various group fitness activities in the school gym, ovals and tennis courts. These sessions will be run by a qualified personal trainer and supervised by a St Joseph's staff member..
Yoga	Shellharbour City Yoga Centre	Students participate in a Yoga class, led by a qualified Yoga instructor and supervised by a St Joseph's staff member.
Ten Pin Bowling	Shellharbour Tenpin Bowling	Students participate in one game of Tenpin Bowling supervised by a St Joseph's Staff member.
Gymnastics	Carmel & Co.	Students participate in gymnastic skills, led by qualified

	Gymnastics - Warilla	instructors and supervised by a St Joseph's staff member.
CrossFit	Crossfit South Bridge - Warilla	Students participate in resistance-based activities, led by qualified instructors and supervised by a St Joseph's staff member.
Beach Swimming or Surfing	The Farm or Shellharbour North Beach	Surfing and Beach Swimming is conducted by Pines Surfing Academy and supervised by a St Joseph's staff member. Students need to be able to swim 100m freestyle and tread water for 5 minutes to participate in this activity.
Beach Activities	The Farm or Shellharbour North Beach	Students participate in structured beach activities or power walking supervised by a St Joseph's staff member. Due to staff/student ratio, students are unable to swim.
Zumba / Aerobics	Fernwood Fitness Shellharbour	Students participate in aerobics, Zumba or circuit class activities, led by qualified instructors and supervised by a St Joseph's staff member.
Flip Out	Warrawong Business Park	Freestyle trampolining session for an hour. Students are to jump and perform the activities within their capabilities. Flip Out instructors and St Joseph's staff members will supervise the session. A waiver from Flip Out needs to be completed for this sport PRIOR to attending for the first time.
Water Polo	University of Wollongong Aquatic Centre	Games of water polo conducted by UOW and supervised by St. Joseph's staff members. Students need to be able to swim 100m freestyle and tread water for 5 minutes to participate in this activity.
Indoor Sports	University of Wollongong Sports Hub	The session will be conducted by URAC and supervised by St Joseph's staff members. Students will participate in indoor sports such as Soccer, Basketball, Netball, Badminton and Indoor Hockey.
Aqua Aerobics	Oak Flats Pool	Students participate in aqua aerobics conducted by a qualified instructor and supervised by a St Joseph's staff member.
Golf	Calderwood Valley Golf Course	Students play up to 9 holes of golf and will be supervised by a St Joseph's staff member. Golf clubs can be provided or students can bring their own. Students will need to bring their own golf balls and tees and follow the rules and etiquette that applies at the course (which is used by the general public at the same time).
FootGolf	Jamberoo Valley Golf Course	Students play up to 9 holes of footgolf (soccer golf) and will be supervised by a St Joseph's staff member. Soccer balls will be provided. Students will need to follow the rules and etiquette that applies at the course (which is used by the general public at the same time).
Bubble Soccer	Eight Fox Avenue Indoor Sports Centre - Coniston	Students play short games of soccer inside an inflatable plastic bubble. In the event of hot weather, this may be changed to indoor soccer.

Note: All proposed schedules for Years 7-10 sport are subject to change depending on weather, availability of instructors and venues.

Cost: There is a sport levy to cover the cost of school sport. This levy has been included in the 2017 school fee schedule. This means that money does not have to be brought in every fortnight for school.

Please Note: The school's policy is that no student will be allowed to leave or stay at a venue without being accompanied by their parent/guardian. Students are NOT permitted to walk home.

Uniform: Students are to wear their full sports uniform every Friday.

Wet Weather: Sport will go ahead on rainy days.

Student Behaviour and Participation Expectations: Students must use sport time to the best of their ability and active participation is expected from all students, in all sports. Students are representing the school and must endeavour to be excellent ambassadors at all times. Students are expected to behave as they would at school and respect is to be shown at all times to fellow students, staff members, instructors at the venues and other community members with whom they may come in contact. Misbehaviour will not be tolerated and students should expect to be placed on a **sport isolation** during their next sport period. If misbehaviour continues to occur, student may be banned from that venue and further consequences issued.

Sickness and Non-Participation: Students who cannot participate due to illness or injury must provide a note from their Parent/ Guardian and give it to their supervising teacher as the roll is being marked. These students will still go to the venue and watch unless they are physically unable to join the group.

If you have any questions feel free to contact Mrs Garbutt, or Mrs Behl via phone or email

Yours sincerely,

Mrs N. Behl
School Sport Coordinator
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4230 8500

Mrs M. Garbutt
Representative Sport Coordinator
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WOLLONGONG TERM 1, 2017

WORKSHOP BOOKINGS: 4227 1122

Workshops are at our Wollongong office (25-27 Auburn Street Wollongong) unless otherwise stated.



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

<p>STANDARD MENTAL HEALTH FIRST AID 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 15 & Thursday 16 March 9:30am - 4:30pm</p> <p>Workshop Fee: \$198 <i>incl manual/lunch both days</i></p>	<p>YOUTH MENTAL HEALTH FIRST AID This course teaches adults how to provide initial support to youth who are developing a mental illness or experiencing a mental health crisis.</p> <p>Wednesday 8 & Thursday 9 March 9am - 5pm</p> <p>Workshop Fee: \$198 <i>incl manual/lunch both days</i></p>	<p>MY KIDS & ME A program for parents who have had their children removed from their care. It explores grief & loss & the impact on parents & children. Helps participants to develop strengths & build support networks.</p> <p>7 Monday mornings: 10am - 12 noon 6, 13, 20, 27 February & 6, 13, 20 March</p> <p>Workshop Fee: \$15 per session</p>	<p>CIRCLE OF SECURITY® Parenting™ Helping parents understand their child's world by learning to read their emotional needs. Secure children have empathy, greater self esteem, better relationships and increased capacity to handle their emotions. This program is a must for all parents.</p> <p>5 Thursday evenings: 6 – 8:30pm 2, 9, 16, 23 & 30 March</p> <p>Workshop Fee: \$15 per session</p>
<p>SEASONS FOR GROWTH This program provides the opportunity for participants to understand and cope with grief and loss and changes that occur throughout life. It educates people about the grief process and assists them to develop skills for coping, problem solving and decision making. The program also builds a peer support network and helps restore self confidence.</p> <p>5 Monday afternoons: 2pm - 4pm 20, 27 February & 6, 13, 20 March</p> <p>Workshop Fee: \$15 per session</p>	<p>ROLLERCOASTER (8-12 years) Assisting children who are experiencing change & loss as a result of family separation. Helps children to understand & develop strategies for anger management and problem solving, and understand feelings & emotions.</p> <p>8 Tuesday afternoons: 4pm - 5pm 14, 21, 28 February & 7, 14, 21, 28 March & 4 April</p> <p>Workshop Fee: \$15 per session</p>	<p>GRASSROOTS PARENTING Toddlers 1 - 2 yrs - 22 February Child development, meeting toddlers needs, tantrums, safety and play Pre-Schoolers 3 - 5 years - 1 March Child development, behaviour and management of routine, rules and boundaries, safety and play School Aged Children 5 - 8 yrs - 22 March Child development, discipline, consequences, communication, negotiating, safety and play Nurturing the Whole Family - 29 March Self esteem, family resilience, assertiveness and nutrition</p> <p>4 Wednesday mornings: 10am - 12:30pm</p> <p>Workshop Fee: \$15 per session</p>	<p>KEEPING KIDS IN MIND A post-separation parenting program which helps parents learn how to deal with the emotional & practical issues of parenting after separation. The program helps explore grief & loss & the impact separation has on parents & their children.</p> <p>5 Tuesday mornings: 10am - 12:30pm 7, 14, 21, 28 February & 7 March</p> <p>OR</p> <p>5 Thursday evenings: 6pm - 8:30pm 2, 9, 16, 23, 30 March</p> <p>Workshop Fee: \$20 per session</p>
<p>123 MAGIC AND EMOTION COACHING 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 and consistent as a parent.</p> <p>3 Tuesday mornings: 10am-12:30pm 14, 21 & 28 March</p> <p>OR</p> <p>3 Friday mornings: 10am-12:30pm 10, 17 & 24 February</p> <p>Workshop Fee: \$15 per session</p>	<p>CIRCLE OF SECURITY® Parenting™ (FOR WOMEN) Helping parents understand their child's world by learning to read their emotional needs. Secure children have empathy, greater self esteem, better relationships & increased capacity to handle their emotions. This program is a must for all parents.</p> <p>6 Thursday mornings: 11am– 2pm 9, 16, 23 February 2, 9 & 16 March</p> <p>Illawarra Womens Health Centre 2/10 Belfast Ave, Warilla</p> <p>Workshop Fee: \$15 per session</p>	<p>SEEING RED Explores ways 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 & express anger in a more constructive way.</p> <p>3 Thursday mornings: 10am– 12:30pm 23, 30 March & 6 April</p> <p>Workshop Fee: \$15 per session</p>	<p>BRINGING UP GREAT KIDS This course is designed for parents who are seeking to learn more about their child's needs and how to better respond to behaviours.</p> <p>Participants will learn mindfulness techniques to increase awareness of thoughts and feelings.</p> <p>4 Friday mornings: 10am– 12:30pm 3, 10, 17, 24 March</p> <p>Workshop Fee: \$15 per session</p>