



ST JOSEPH'S CATHOLIC HIGH SCHOOL

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Date: 11th February, 2016

Term 1 Week 3A

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



Lent 2016

Please find included in this week's newsletter Bishop Peter Ingham's 2016 Lenten Pastoral Message entitled 'Am I a Spiritual Person?' Bishop Peter poses this question to each of us in the concrete context of 2016—here and now. He also gives us practical indicators of what this means:

- * Do we have the capacity for transcendence and a sense of harmony (are you aware that there's something more to life beyond this material world)?
- * Do we have a sense of vocation (that your life counts and that you were put here for a reason)?
- * Do we use spiritual resources to solve problems?

Bishop Peter writes : *"Finally and practically, we are spiritual people if we do decent things all the time. **It's as simple as that.** We engage in honourable and virtuous behavior. We actually show forgiveness, we express gratitude, we display compassion and we are a generous donor to worthwhile causes"*.

I would encourage everyone to commence the Lenten Season by reading and reflecting upon this Lenten Message.

Evacuation Process

As previously communicated to all families, the school carried out an evacuation procedure last Friday in response to a hoax phone call. I was very impressed with the calm and methodical way that staff and students carried out their task of gathering in the evacuation assembly area so that attendance and safety checks could be completed. The Police response was prompt and their tasks were carried out with the minimum of fuss. The school community was able to return to the buildings after 45 minutes.

One issue during and immediately after the evacuation was the fact that some students had sent messages to their parents that either the school was closed or that they could be picked up early. This created undue stress for parents and for others some confusion. Please be reassured that once the Police gave the school the "all clear" the school was able to return to normal routines. The school promptly communicated to the parent community via the Skoolbag app (for mobile devices) and via email addresses. There was a small number of families who received a hard copy of the letter. The staff are evaluating the procedures and welcome any feedback from parents and students.

Mr John Barrington, Principal.

2016: COMMUNITY

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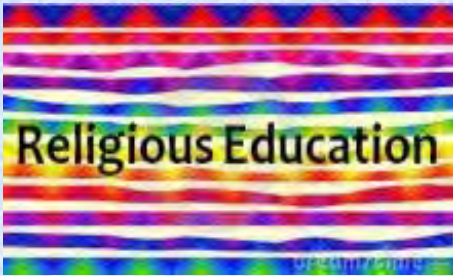
Pastoral Care

Quality Pastoral Care focuses on the whole student: spiritual, physical, intellectual and emotional and it engages all members of the school community as providers of pastoral care. It actively involves the community in consistent, comprehensive, multi-level activities, which incorporate whole of school, class or other group approaches, individual programs (early intervention) and casework.

I am delighted to be a part of St Joseph's Catholic High School and look forward again to working in partnership with our parish, staff, students and wider community to continue to implement practices that build a strong, safe, supportive and faith-filled learning community.

Mrs Schibeci and I would like to extend our congratulations to the students and parents of Year 7, who have settled in well to the secondary school routine. If you have any concerns about the wellbeing of your child, please feel free to email me tarrantg01@dow.catholic.edu.au.

Mrs Gail Tarrant, Pastoral Care Coordinator



What exactly is the Year of Mercy?

Pope Francis says, "We need constantly to contemplate the mystery of mercy. It is a wellspring of joy, serenity and peace. Our salvation depends on it. Mercy: the word reveals the very mystery of the Most Holy Trinity. Mercy: the ultimate and supreme act by which God comes to meet us. Mercy: the fundamental law that dwells in the heart of every person who looks sincerely into the eyes of his brothers and sisters on the path of life. Mercy: the bridge that connects God and man, opening our hearts to the hope of being loved forever despite our sinfulness."

At times we are called to gaze even more attentively on mercy so that we may become a more effective sign of the Father's action in our lives. For this reason I have proclaimed an Extraordinary Jubilee of Mercy as a special time for the Church, a time when the witness of believers might grow stronger and more effective. The motto for the year, *Merciful like the Father*, serves as an invitation to follow the merciful example of God who asks us not to judge or condemn but to offer love and forgiveness instead.

It has been a long-standing tradition of Catholics to 'give up' something during lent, and that is certainly a good practice. Another good suggestion is to 'take up' something. Perhaps a kind deed every day, perhaps doing some 'work of mercy' during Lent. Imagine if we shared this idea with our friends and family and everybody 'took up' some random act of kindness, the world would certainly be a better place and we'd be doing our part in building a better community."



Mr Marty Pannell, Religious Education Coordinator

Careers Room is Open!!

Students may visit the Careers Room F8 at Lunchtime on Tuesdays or Fridays or by appointment at other times. All year groups welcome.

Mrs Sue Kennedy—Careers Adviser

Uniform Shop Trading

Monday from 12 noon to 4:15pm

And

Thursday 8:30am to 1:45pm

Important Dates for your Diary

12/2 - Yr 7 "Getting to Know you"

16/2 - Year 7 Retreat

17/2 - Year 7 iPad Support Day and

High Achievers Assemble 9:20am in the Hall

18/2 - School Swimming Carnival

23/2 - Year 7 Vaccinations

26/2 - Staff Development Day (Pupil Free)

2/3 - School Cross Country

YEAR 7

Our Year 7's have started the year brilliantly. They've navigated their way around our huge school and have managed to locate classes, teachers and sports houses very well. We are very proud of the way they have transitioned so far.

The school's Pastoral Theme this year is "Community". This works very well with our new Behaviour Management Policy and is just so appropriate for our Catholic Christian school. The Year 7 cohort have been introduced to this theme and we are reinforcing the idea that as a Year 7 Catholic Learning Community, we endeavour to look after each other and as such, there is no place for being hurtful to others. Student's are also concentrating on being active listeners, being organised and taking some responsibility for their own learning.

The next few weeks are going to be very busy, starting with Jamberoo Action Park this Friday with our Peer Support Leaders, our Year 7 Reflection Day on the 16th February and the Swimming Carnival on the 18th February.

As well as promoting our theme of belonging to community, our 7's will be encouraged to grow their skills of resilience - the best gift we can give our children is to help them to have skills that will see them through the hard times in life. As a parent, I know there is nothing more heartbreaking than watching your child suffer through some situation, but smoothing every bump in the road for them can lead to a deficit of skills in later life. So far, as mentioned above, the 7's have shown that they can deal with some of the challenging things that can be tossed their way: being lost, feeling a bit lonely, being a bit worried, felling unsure. These are all normal responses to such a new environment and encouraging our 7's through these things is so important. Our parents are so vital in all this. Reassuring your child that these things can be very normal- normalizing, can be so powerful. Helping them not to make mountains of molehills and "taking the drama out" of some situations is a good thing to do. Letting them know that making new friends and leaving the old ones behind sometimes is normal and ok, too. Encourage them to be thoughtful of other students and remind them about how to sort out problems with friends the most appropriate way. As a parent, however, you know your child best and if you thought your child was simply not coping at all, please make contact with me!

Let's hope 2016 is a great one for all our Year 7 students and let's hope we survive the Funnel Web!!!!

Mrs Megan Schibeci, Year 7 Coordinator

Library news & updates

Munday

WOW! What a wonderful turn out to this week's Munday group! It was fantastic to see so many students working collaboratively, studying intensely and seeking help from their peers and teachers. It was also great to see the Excel,

Dot Point and HSC study guides being accessed from their new location in the library. Of course Munday this week would not have been so successful without the support and encouragement from the following teachers:

Mrs Stewardson, Mrs Williams, Miss Hurley and Miss Masi. Many thanks to all involved for yet another fantastic Munday!

Year 7

We began our 'Introduction to the Library' lessons this week, with Mr Skvorc's Year 7 English class. Students learnt about accessing the library catalogue, Overdrive, Clickview and they spent some time borrowing a book and enjoying the library facilities. At the present time, Mrs Sandra Tamburini is busy photographing our Year 7 students in preparation for including student photographs on our library catalogue and the Sentral Communication System, enabling our Year 7 students to be more efficiently and easily recognised.

Outstanding Texts

If a student has a text outstanding it is paramount that these texts are returned promptly to the library. It is important that in the spirit of our school community, we return all texts prior to their due date, so that all students can enjoy the wonderful resources we have available.

Mrs Francis Schneider, Librarian



2016: COMMUNITY





By Mrs Michelle Garbutt & Mrs Jodie Linsley - Sport Coordinators

Swimming Carnival

Our annual Swimming Carnival will take place next Thursday 18th February (Week 4) at Albion Park Swimming Pool. The carnival is compulsory for all students in Years 7 and 8 and for competitors in Years 9-12. All students will attend school first, go to homeroom and walk to the pool under the supervision of staff (unless they are in the 200m Medley event). There will be championship and non-championship races on the day as well as novelty events. Students who would like to swim in competitive races need to be entered into a data base for the allocation of heats. This should have already been indicated. Students are advised to check their emails and the attachment sent from Mrs Garbutt and advise her immediately via email if they would like to swim in competitive races and their name isn't on the list. Students need to swim in competitive races to have their race timed and be eligible for a place, age champion and selection in the St Joseph's swim team to compete at the Diocesan Swimming Carnival. Please click [here](#) for further information about the carnival.

NSWCCC

A reminder that those considering attending NSWCCC events or trials need to register for the event via the NSWCCC website. www.csss.nsw.edu.au/nswccc-home.aspx. Currently nominations for students wishing to trial for AFL, Baseball, Basketball, Cricket - Girls, Diving, Golf, Hockey, Netball, Rugby League, Rugby, Softball, Tennis, Rowing, Triathlon and Volleyball are open. Softball nominations close today!

Cross Country Carnival

The Cross Country Carnival will be held shortly. Students are encouraged to start thinking about undertaking a regular training program to assist them in their efforts on the day and reduce the risk of injury. For beginners you could spend this week doing a 20-30 minutes session every 2nd day comprising of walking for 1-2 minutes followed by jogging for 1-2 minutes. For those looking for more of a challenge and/or structure in their program, consider downloading a training app to your phone to assist your preparations.

NSW All Schools Triathlon

The NSW All Schools Triathlon will take place at Penrith in Week 5. The individual event will take place on Wednesday 2nd March. Students wishing to enter this event must do so via the NSWCCC website. The team event will take place on Thursday 3rd March. Students wishing to enter a team for this event need to see Mrs Linsley ASAP to enter. Entries close Tuesday 16th February. Please be aware that no teachers will attend this event and all competitors will be required to make their own transport arrangements to and from Penrith in order to participate.

Diocesan Gala Days

The Diocesan sports program gets under way with gala days for girls Soccer and boys Touch on Monday 23rd February. Selection trials are taking place this week. Students selected in teams to attend these events are to download the permission note and return with the correct payment by the end of Week 4. Next are the gala days for boys Touch Football on Thursday 25th February and girls Touch Football on Monday 7th March. Boys Rugby League and girls League Tag will be held on Thursday 24th March. Tennis is on Thursday 10th March, which is the same day as the Diocesan Swimming Carnival. Team selections are well underway for these sports and we thank our staff and student coaches for giving up their recess and lunch times to coach these teams.

Volunteers

Volunteers are required to assist with the sporting opportunities offered to St Joseph's students in 2016. Volunteers can be parents, grandparents, university aged siblings and relatives. If you are able to assist with managing, coaching, umpiring, timekeeping or scoring at any of the school carnivals or Diocesan sporting events, please email Michelle Garbutt (garbutt01@dow.catholic.edu.au) or Jodie Linsley (linsleyj01@dow.catholic.edu.au).





School Tennis

Tennis training and trials for all tennis players hoping to make the school tennis teams for Open girls and boys will be held Friday afternoons from 3:30-4:30pm on the school tennis courts. Please email or see Mr Phipps if you cannot attend! Match day is Thursday 10th March, 2015.

Congratulations... to Kaelah Austin who received a NSWCCC Blues Award for Cricket at an awards ceremony held in Sydney this week and to Tahlia Wilson who has been selected in the Cricket Australia U18 Female Development Squad. As part of the 22 player squad, Tahlia will attend the Cricket Australia Centre of Excellence Training Facility in Brisbane this coming September. This selection comes from her recent success in the ACT/NSW Country Cricket Team.

Mrs Michelle Garbutt and Mrs Jodie Linsley, Sports Coordinators



NSW Roads and Maritime Services Safer Drivers Course

The Safer Driver Course aims to provide learner drivers with driving strategies such as speed management, gap selection, hazard awareness and safe following distances so students are more prepared when they drive unsupervised on their provisional licences. Participants must have 50 actual hours logged in their log books to be eligible for the course. On completion of both modules of the course a learner driver will receive a 20 hour credit in their learner driver log book. The cost of the course is \$140 including GST. Places are available in Kiama at the community college on 27th February and 9th April, 2016. For bookings, please call 0424 628 703. For a complete overview of the course, online booking and more dates please click [here](#).



iPad Survivor Case Pricing Error - Correction and Apology

Please be aware that the information the school received about the pricing of a iPad Survivor Case was directly from Wollongong franchise of the Mobile Phone Hospital. We were unaware that this business is a franchise. The Shellharbour store cannot offer that pricing apparently as each franchise purchases from different suppliers. The Shellharbour Franchise has the following pricing:

Cases:

- * iPad Mini Survivor Case \$55
- * iPad 2/3/4 Survivor Case \$60
- * iPad Air 1 Survivor Case \$65
- * iPad Air 2 Survivor Case \$70

Repairs:

- * iPad mini 1/2 screen repair \$170 (takes 2-3 weeks)
- * iPad 2/3/4 screen repair \$130 (takes 2-3 days)
- * iPad Air screen repair \$170 (takes 2-3 days)

All customers receive \$5 off any case with any repair. The school wishes to apologise for the error to both our Year 7 parents and the Shellharbour Mobile Phone Hospital.

Mrs Deb Boughton, ICLT Coordinator

Canteen Roster 2016

15th Feb	Nicole Norris, Patricia Zanatta
16th Feb	Kellie Mundt, Rachael Woolfe
17th Feb	Angela Walker, Jan Collins
18th Feb	Sandy O'Connor, Lee-Ann Ginsburg
19th Feb	Michelle Partridge, Nicole Oswald, Tracey Sumner

2016 Vaccination Program

The 2016 Vaccination program will commence on February 23rd. All Year 7 students will receive a consent package next week in Homeroom. Any Year 8 students who require catch-up HPV vaccinations will also receive a reminder notice in Homeroom next week. For further information please click [here](#).

Mrs Christina Fraser, Administration Coordinator



What's Happening at St Joseph's

Wollongong Diocesan Project Compassion Launch 2016

Pope Francis tells us that “education is an act of hope” and this year, Project Compassion celebrates the power of learning. Yesterday - Ash Wednesday - marked the beginning of the season of Lent. Pope Francis tells us that “Lent is a time for drawing near to Christ” through prayer, fasting and almsgiving. By giving alms during Lent, we show our commitment to justice and take real actions to make life better for our brothers and sisters in Christ. In this 50th year of Project compassion and this Year of Mercy, Pope Francis invites us to show each other merciful love and never judge nor condemn. As a school community we can empower the world's poorest people with the opportunity to learn, grow and create change.



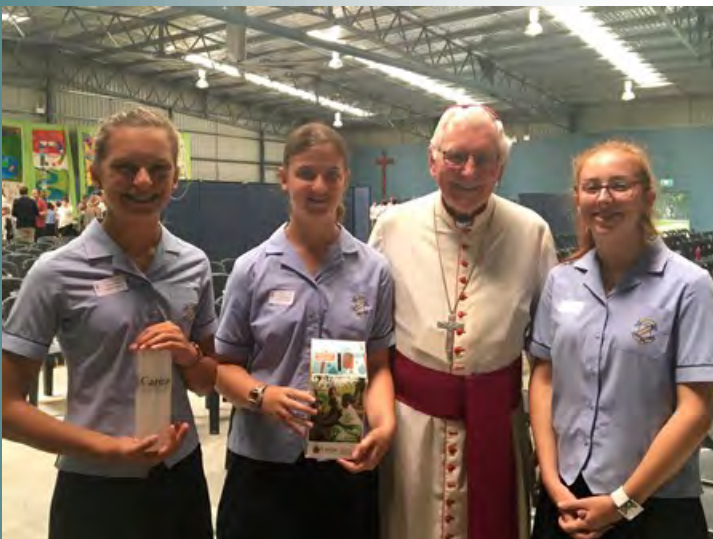
Miss Senitta Hurley, Mission Coordinator

Tuesday's selling of pancakes for Shrove Tuesday was a great success, made possible due to staff involvement and the students' commitment to raising money for Project Compassion whilst also getting a sweet treat! Our next fundraising event will be on Monday 15th February. Chocolate hearts will be sold at recess and lunch - 50c each or 3 for \$1. All proceeds will go to Project compassion.

50 Years of Project compassion

This year marks the 50th Anniversary of Project Compassion. As a group, we were invited to represent the school at Holy Spirit College, taking part in the launch. Bishop Peter Ingham was there, as well as a number of other representatives from the Catholic Education Office and Caritas Australia. The speakers inspired us to look beyond what we have and give to those who need it most. As part of our participation in the ceremony, we were gifted with a Project Compassion box and a Caritas candle to start us on our journey.

By Tara Walker, Jennifer Klepczarek and Kristina Puljak



When: Monday, 15th February Recess and Lunch Where: Canteen



50¢
each
OR
3 for
\$1

**CADBURY
CHOCOLATE HEARTS**

All proceeds go to Project Compassion

powered by
Piktochart
make information beautiful



Positions Vacant Shellharbour Blooms Chemist

Junior staff members for weekend work/ Thursday nights etc.- please email me or come into the Careers Room on Friday for more information.

Year 12 students visit to UOW for Discovery Day

Last Thursday our Year 12 students interested in attending UOW next year visited the University campus. They had the opportunity to experience a day on the Uni campus. They enjoyed the various lectures, lunch and entertainment at the Uni Bar and the opportunity provided by the University. Year 12 are encouraged to make use of the Careers Room through the year to access relevant information to make informed choices for their transition beyond school.



The following is an extract from MHSCAREERS NEWS if you wish to see more please email me - sue.kennedy@dow.catholic.edu.au

Apprenticeships and Traineeships Information

This NSW Government run website provides information on apprenticeships and traineeships. There are also links to further information on apprenticeship providers, rules and regulations, financial help, school based apprenticeships and many more relevant topics.
https://www.training.nsw.gov.au/individuals/apprenticeships_traineeships/index.html

NSW Country Apprentice Scholarship

This scholarship is available to individuals in the country undertaking an apprenticeship. It is valued at up to \$15 000, with ten scholarships awarded each year. Nominations for the scholarship involve obtaining a supporting statement from an employer.
http://www.illawarra.tafensw.edu.au/support-for-students/scholarships/*41*

Chef Apprenticeship Positions Available

There are apprenticeship positions for school based and full-time apprenticeships with HTN. Positions are available in the Greater Sydney region.
Email: recruitment@htn.com.au or Call: 1300 139 108

Master Painters GTC Bootcamp

Free training – 3 day Bootcamp, 29th February to 2nd March in Sydney.
Possibly leading to an apprenticeship in Painting & Decorating.
T. 9758 8988 <http://www.masterpainters.com.au/>

William Angliss Institute Trial-a-trade

12th April 2016, 10am -12pm

Trial-a-trade provides prospective students with the opportunity to have a hands-on experience of any of the following areas: chefs, barristers and those interested in travel, events and hospitality.
<http://www.angliss.edu.au/register-for-trial-a-trade>

AIE VET in Schools

AIE's VET in Schools and Certificate courses are commencing once again in February for students in years 10 to 12. These courses are a great way for students to learn the fundamental skills in Animation, Game Art, Game Design and Game Programming. Courses are run in the evenings or the school holidays.

For more information; <http://www.aie.edu.au/shortcourses> or contact 02 8541 8800

Makeup School Sydney

Makeup School Sydney offers an accredited course for students to take while they are still at school. T 0413 755 299 or enquiries@makeupschoolsydney.com.au
<http://www.makeupschoolsydney.com.au/>

National Youth Science Forum 2017

The National Youth Science Forum (NYSF) is a 12 day residential program for students entering year 12 who are passionate about science, technology, engineering and maths.

2017 Session Dates

- Session A Canberra
Monday 2 – Saturday 14 January 2017
- Session C Canberra
Monday 16 – Saturday 28 January 2017

Expressions of interest open 1st March 2016. <http://www.nysf.edu.au/>

Kickstart Science Workshops

The Kickstart Science Workshops at the University of Sydney are aimed at HSC science students and teachers. Workshops are available throughout the year at a cost of \$29.70/student.

<http://sydney.edu.au/science/outreach/high-school/kickstart/>

Defence Jobs Australia Information Sessions

Wollongong – 10th February, Defence Careers Information Session

Parramatta – 10th February, ADF Fitness Information Session

Online – 11th February, Submariners Facebook Q and A

Parramatta – 16th February, Gap Year Information Session

Wollongong – 16th February, Army Reserve Information Session

Various information sessions are run about the job opportunities the Defence Force provides ranging from Army Reserve information to Submariner and Aviation Careers.


<https://www.facebook.com/DefenceJobsAustralia/events>

Student Exchange Australia New Zealand Information Sessions

Wollongong – 17th March, 3rd August and 8th September 2016, Wollongong City Council.

The Student Exchange Information Sessions are a chance to have questions about the program addressed, hear further information about the programs offered, and meet others who are considering the exchange programs.

<http://studentexchange.org.au/info-sessions/in-person-city-sessions>



“The
spiritual
person
notices.”



MOST REV PETER W INGHAM DD
BISHOP OF WOLLONGONG

LENTEN PASTORAL MESSAGE 2016

“Am I a Spiritual Person?”

When we hear stories of the Prophet Isaiah, we don't often realise he was a well-bred young man, with every advantage in life, destined to serve in the Royal Court and aiming for a life of culture, luxury and power – that was until he had a religious experience of God calling him to something deeper and he knew his life could never be the same again! He became a changed person, giving up his privileged life to become a fiery prophet for God.

Remember how Moses, from being an overseer of Hebrew slaves in Egypt, was called by God to lead those very slaves to freedom; his life was turned up-side-down. Zacchaeus, the tax collector from Jericho, upon meeting Jesus, was changed from being a cheat to becoming an honest man, and it cost him.

The successful Pharisee, Saul of Tarsus, upon encountering the Risen Lord Jesus Christ on the road to Damascus, became Paul, Christ's formidable apostle to the Gentiles. And then, in the Gospel today we hear the same theme: three young men, two brothers and a friend are fishing. Their lives could have continued, as was the plan for Isaiah, but they too, all of a sudden, have a religious experience: the large catch of fish at the behest of the stranger on the shore, tells them that they are in the presence of something more. They immediately protest their sinfulness – they are afraid. The merciful Jesus says to them,

“Do not be afraid.” Henceforth, they would no longer just catch *fish*, they were to catch *people* for God.

You and I are challenged by the main thrust of all this. If we are really alive, there must be movement – we can't stop still. We can't turn back the clock. To stay as we are is to miss out on the life that God offers us. We need to grow, which means we have to outgrow the past and the present and move into a generous future, a noble, a holy, even an heroic future, however uncertain that future may be. And it will cost us – but the fringe benefits are out of this world!

Every year, with the season of Lent upon us, you and I are challenged to answer Christ's call to live God's way of life better than we did the year before. Don't be put off when I call God's way of life our “spiritual life”. It is quite realistic, it's robust, it's very challenging and, while the spiritual life is for everyone, it's not for the faint-hearted as Isaiah, Paul and Peter found out.

How do you or I know if we are a spiritual person or not? How can we tell? Well, let me give you some sensible, practical indicators to show whether you and I are – or are not – spiritual people.

Firstly, we are spiritual people if we have the *capacity for transcendence and a sense of harmony*. Simply put, it means that we are aware that

there's something more to life than what meets the eye and we are wonderfully suspicious that something more, beyond this material world, is going on. This is in contradiction to secular proponents whose words and actions say quite loudly that there is no God, no life after death, no ultimate purpose or meaning to life, what you see is what you get, full stop. But, not so the spiritual person. He or she sniffs hidden presences. They sense something in every flower, in beauty, in art, in friendship, in kindness, something that hints at something more to life. In fact, such things hint at *someone* more. They also sense a harmony. It can happen sometimes while praying or perhaps coming upon a stunning sunset or having your child fall asleep in your lap. All for the moment is well, and for the moment we are pulled into something higher, something quite gracious.

Many have been converted because, although they were successful in their careers, they felt something was missing and they felt a mystery beckoning them. In Dostoevsky's novel, *The Brothers Karamazov*, the priest's brother, who had left the faith and returned during his illness, is dying. Dostoevsky has him say, "Yes, there was such a glory of God all about me: birds, trees, meadows, sky; only I lived in shame and dishonoured it all and did not notice the beauty and glory." The spiritual person notices.

Secondly, we are spiritual people if we have developed a *sense of vocation*. This means, for example, that such people tend to see what they do, not just as a job, but as a calling. For them, marriage has a spiritual significance. Spiritual people feel that they are a part of a higher purpose; that their life, however unfamous, counts – that they were put here for a reason. They have a "purpose driven life", to quote the title of Rick Warren's book.

As Blessed John Henry Cardinal Newman prayed:

*God has created me to do
him some definite service.
He has committed some work to me,
which he has not committed to another.
I have my mission ...
I am a link in a chain,
a bond of connection between persons.
He has not created me for naught.
I shall do good; I shall do his work.
I shall be an angel of peace,
a preacher of truth in my own place ...*

Thirdly, we are spiritual people if we also use *spiritual resources to solve problems*. Of course, we use all of the wonderful natural resources there are and we turn to people whose skills can help us. But we also turn to prayer; we seek solitude or perhaps talk things over with a spiritual director. A spiritual person tries to put life into a larger context.

Finally and practically, we are spiritual people if we do decent things all the time. It's as simple as that. We engage in honourable and virtuous behaviour. We actually show forgiveness, we express gratitude, we display compassion, and we are a generous donor to worthwhile causes.

During Lent, Project Compassion is our self-sacrificing outreach to people in need. Because our faith becomes an integral part of our life, we bring our religion to all aspects of our life. We are honest and always try to tell the truth, and occasionally, we might even be heroic. Our outreach to the poor becomes an oasis of mercy. Our humanity is where the reality of our faith lives.

While spiritual people close to God are aware of their sins and moral failings, they are more aware that Jesus is our Saviour, rich in mercy and forgiveness. In this Year of Mercy, we ought to get into the habit of regularly approaching the Sacrament of God's mercy and reconciliation. Pope Francis said, "God's mercy is a spring that will never run dry."

Lent is a program of spiritual exercises of prayer, fasting and almsgiving to strengthen us to help us grow in our spiritual life and open us up to receive God's mercy so that you and I will become merciful as our heavenly Father is merciful.

Have a blessed Lent and Easter.

A handwritten signature in black ink, reading "+ Peter W Ingham". The signature is written in a cursive, flowing style.

Most Rev Peter W Ingham DD
Bishop of Wollongong



If the cap fits...wear it!
Staff Recruitment

AUSTRALIAN AIR FORCE CADETS



Adult Staff Instructors Recruitment Information

What is the Australian Air Force Cadets?

The Australian Air Force Cadets is a voluntary youth organisation sponsored by the Royal Australian Air Force. Our aim is to deliver an active, challenging and adventurous aviation focussed experience to young people throughout Australia.

Adult Instructors get the opportunity to train and develop young people in such subjects as Leadership, Instructional Technique, Aviation (powered flying and gliding), Fieldcraft, Survival, Adventure Training, Engineering, Aeromodelling, Firearms Training and Teamwork.

Adult Instructors have the privilege and responsibility of teaching vital Life Skills.

Who is eligible to become an Adult Instructor?

Vacancies for Adult Instructors within the Australian Air Force Cadets are open to:

- Australian citizens or hold permanent residency and have applied to become Australian citizens.
- Applicants need to possess a sufficient broad knowledge of aviation, or associated subjects as listed, to be able to positively contribute to the training and development of the cadets, and AAFC activities.
- Members of the RAAF, Navy or Army (Permanent or Active Reserve elements) may be appointed to the AAFC. No AAFC adult instructor can have dual mess status.
- Applicants cannot be a member of the Australian Navy Cadets (ANC) or Australian Army Cadets (AAC).
- Instructor applicants must be 18 years of age and Officer applicants must be at least 20 years of age.

Security Requirements:

To be eligible for appointment as an Instructor or Officer within the AAFC, you MUST receive unencumbered clearance from the Australian Federal Police in response to the Police Records Check and a Working with Children check (as appropriate for the state that the applicant lives in), which you will be required to complete during the application process.

Medical Requirements:

The applicant is to be medically and physically fit and be able to carry out the normal range of activities without the risk or detriment to themselves or others. Applicants must undergo a medical examination using the AAFC Medical Examination Record, which can be obtained from the AAFC Resource Centre.

Psychological Testing:

All applicants must undergo a psychological examination to determine their suitability for appointment to the AAFC.

Senior First Aid Certificate:

All Staff Members must hold a current senior First Aid certificate. This is a pre requisite at the time of application, and instructors must remain current in senior First Aid throughout their AAFC appointment.

Code of Conduct:

Members wishing to join the AAFC will need to sign the Code of Conduct if they want to join and remain in the Australian Air Force Cadets.

What is the Selection Process?

Each applicant will be required to attend an initial interview with a Commanding Officer and when the security checks have been completed, regularly parade and participate with a unit for at least 3 months while they undergo their selection process. Final selection for Instructors will be through a formal interview with the Officer Commanding, Air Force Liaison Officer (AFL) and a senior staff member. Applicants who apply for Officer rank must go before the National Officer Selection Board.

Staff Instructor/Officer Training:

Successful applicants must be prepared to attend an 8 day staff initial course that includes training in Occupational Health and Safety, Equity and Diversity, Adolescent Behaviour, Duty of Care, Youth Development Philosophies, Legal and Societal practises and procedures within the AAFC and other important subjects to assist them with undertaking their AAFC staff role. Additional training courses will be held which will provide staff with job specific skills and to help them progress within the AAFC.

For further information

338 (City of Shellharbour) SQN
Albion Park Regional Airport
Wednesdays - School Terms
6.30pm to 9.30pm
Email: co.338sqn@aafc.org.au

AUSTRALIAN AIR FORCE CADETS
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When: Thursday March 3, 7pm

Where: Staff Common Room, St Josephs High School, Macquarie St, Albion Park

Cost: FREE

Bookings (essential): Contact Libby from CatholicCare

Email: libby.warren@catholiccare.dow.org.au

RSVP: Monday February 29

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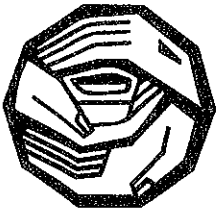
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Contact Lindi Jamieson-Brown your local Saver Plus Worker:
(02) 4254 4505 / 0427 439 234
or lindi.jamieson-brown@thesmithfamily.com.au

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered throughout Illawarra and Wollongong by The Smith Family. The program is funded by ANZ and the Australian Government.



St Vincent de Paul Society

NSW/ACT

good works

St Vincent de Paul Conference – Shellharbour City

President: Anna Leschnik
Vice President: Brendan Newton
Secretary: Yvonne Hughes
Treasurer: Pat Hughes

PO Box 268
Warilla NSW 2528

17th December 2015

The Principal, Staff and Students
St Joseph's Catholic School,
PO Box 130
Albion Park NSW 2527

The members of our All Saints, Saint Vincent de Paul Society, Shellharbour would sincerely like to thank you for the beautifully prepared Christmas Hampers you donated. We have many families in need in our community and your generosity has made Christmas a happier time for them.

Thank you again. Your support of the Saint Vincent de Paul Society is always very much appreciated.

Yours sincerely,

Yvonne Hughes

Yvonne Hughes
Secretary

10 Confidence-Building Strategies every Parent and Teacher should know!

By Michael Grose

Instilling confidence takes more than heaping praise on kids. Here are 10 practical confidence-building strategies for parents and teachers of children and young people.

Children with healthy self-esteem and self-confidence learn more, achieve more and are generally happier than those with low confidence levels. Building children's and young people's confidence is complex. It's more than being a praise robot and heaping positive comments on a child at the first sign of them doing something well. Confidence building requires a number of approaches that impact on how they think, how they feel and what they can do.

Here are ten practical strategies that you can use to build real self-confidence in kids of all ages:

1. Model confident thinking

Kids soak up the language, thinking and behaviour of those closest to them in their environment. Parents and teachers, play a part in modelling confident thinking and behaviour particularly when it comes to tackling new activities. In particular, let kids hear positive self-talk when you tackle something new. They should hear something like, "I'll have a go at this. If I don't do so well then I can try again tomorrow." This is far more effective than "I'm no good at this. I'll probably stuff it up."

2. Focus on effort & improvement

Current thinking shows that people who believe that they can increase their intelligence through effort and challenge actually get smarter and do better in school, work, and life over time. One way to develop a growth mindset is to focus your language on effort and improvement rather than on the results of what they do. By linking success with effort you are teaching them success comes from something other than purely their ability, talents or smarts.

3. Praise strategy

While effort is key for achievement, it's not the only thing. Kids need to try new strategies and seek input from others when they're stuck. They need this repertoire of approaches – not just sheer effort – to learn and improve. It helps too to focus language on better and smarter ways on improving. Comments such as "That was a smart idea to tackle the hardest task while you were fresh!" (strategy) and "You recognised the first few steps were the most important but then after that you were right" are descriptive statements that have significant instructional value for kids.

4. Develop self-help skills from an early age

A child's self-esteem comes as a result of his or her successes and accomplishments. The most important competencies to build confidence are basic self-help skills. These form the building blocks upon which other competencies such as organisational skills and many social skills are formed.

5. Give them real responsibility

From a young age start giving children responsibility for some aspects of their lives. By giving kids responsibility for many aspects of their lives we are sending a powerful message that we think they are capable. Also they are learning the skills necessary to care for themselves.

6. Practise unconditional acceptance

Your ability to accept children and young people's best efforts in any area of endeavour, irrespective of the results, will go a long way toward determining their self-esteem and confidence. If a child makes their bed to the very best of their ability, resist fixing it, even though it may fall short of your adult standards. Instead remind them next time of how to do it well.

7. Expand their horizons

Some kids are confident and capable at home but are fearful and nervous when it comes to new social situations and unfamiliar environments. Children today, have less opportunity than those in the past to negotiate and explore unpredictable situations. Wherever possible look for opportunities to expand children's horizons to include unfamiliar places and unfamiliar locations including catching public transport and walking to friends' places unattended when capable.

7. Recognise improvement

Focus your comments on children's effort and improvement rather than on winning the game or getting top marks. Help kids set realistic goals in line with their capabilities and interests. Learning five new spelling words a week maybe more realistic than 20 words that his school may require.

8. Put the training wheels on to support learning

Putting training wheels on a bike is a great way to teach a young child to ride. They keep them upright and mobile while get they are getting the knack of balancing. We can use the same principle to support kids learning while they develop independence in many areas of life. For instance, we can accompany anxious kids to birthday parties and stay for a short time so they become comfortable before leaving.

9. Build teaching and training into your day

Teaching and training needs to be part of the everyday repertoire of a parent. This means we need to add a little extra time to many of our interactions so we can help children acquire many of the basic skills of living, whether it is a young child learning to do up his or her shoelaces or a teenager learning how to fill out his or her tax form for a part-time job. When adults are busy it is often easier to do things ourselves.

10. Ask children for help

Doing things together is a great way to build competency and build the confidence that mastery brings. A simple way to initiate joint activity is to ask your child or young person to give you hand with something. Better still, get them to teach you or show you how to do something you are unfamiliar with. Being a teacher rather than the learner is a great confidence-builder particularly for those kids who struggle with activities that others find easy.

Most importantly, great parents and teachers have a knack of communicating confidence in kids. They find ways to let kids know that they believe in them – that they know their kids will perform and succeed, that they have faith that they can deal with life's challenges and know that they can become more independent.