



ST JOSEPH'S CATHOLIC HIGH SCHOOL

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Date: 17th March, 2016

Term 1 Week 8B

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

Palm Sunday of the Passion of the Lord - 20 March

Palm Sunday marks the beginning of Holy Week and is rich in ritual symbolism. We carry palms, we process and our church is no longer austere with purple but full of green branches and the red of vestments. The first Gospel recounts Jesus' triumphant entry into Jerusalem and our second Gospel proclamation takes us directly to the passion and death of Christ.

We could be tempted to see this day as an historical re-enactment of such powerful and tragic events in Christ's life. But, unlike those who witnessed this procession through Jerusalem 2000 years ago, we celebrate this day in the light of the resurrection. We know that sadness and death have given way to new life and that Christ has triumphed over death. We live with the anticipation of hope and the promise of salvation.

Our fasting, prayer and almsgiving intensify during this week - the only week in our Christian calendar that we officially call holy. As we relive the rich Church tradition of Christ's final days, we are reminded also of the many women, men and children around the world who are most vulnerable to extreme poverty and injustice. These are the face of the suffering Christ in our time.

Today we are particularly mindful of the nation of India, featured in Project Compassion this week. This country, with a burgeoning population and a growing economy, is also home to some of the poorest people in the world. As we recall Christ's triumphant entry into Jerusalem, and enter into the story of the passion, we are challenged to do our part to ensure that God's people are empowered to share in that new life, not only spiritually, but physically as well. We give with compassion and mercy. (Source: <http://www.caritas.org.au/projectcompassion/secondary-school-resources>)



Parents and Friends Association

The Annual General Meeting will be held on **21 March, 2016** in the staff lunch room commencing at 7pm. All parents and friends are most welcome.

Mr John Barrington, Principal



The National Day of Action Against Bullying and Violence is Friday 18th March. This year we will be holding our St Joseph's Day celebrations on this day, however; the Mission activities that students will participate in on this day will be linked to anti-bullying themes.

Attached to this week's newsletter is an article from Michael Grose which discusses the debate around Teasing V Bullying. Grose believes that 'bullying' may be a term that is being over used in today's society and becoming confused with teasing and rudeness. His article aims to clarify the difference between these behaviours and offers some advice. A timely article and one which every parent should take some time to read!

Mrs Gail Tarrant, Pastoral Care Coordinator



Year 11 Parent Teacher Interviews

Year 11 Parent Teacher Interviews will be held on Wednesday 30th March, 2016, commencing at 3:50pm and continuing until 8:00pm, in the school hall. Bookings can be made through the Sentral Parent Portal and will open

on Monday 21st March at 9am. Bookings will close at 12 noon on Tuesday 29th March, 2016. All parents of Year 11 students are strongly encouraged to attend these interviews to obtain progress information for students as they work their way through their Preliminary studies. If you have any problems booking interviews or with your access to the Parent Portal please contact Penny Corradini 4230 8511 or by email corradinip01@dow.catholic.edu.au.



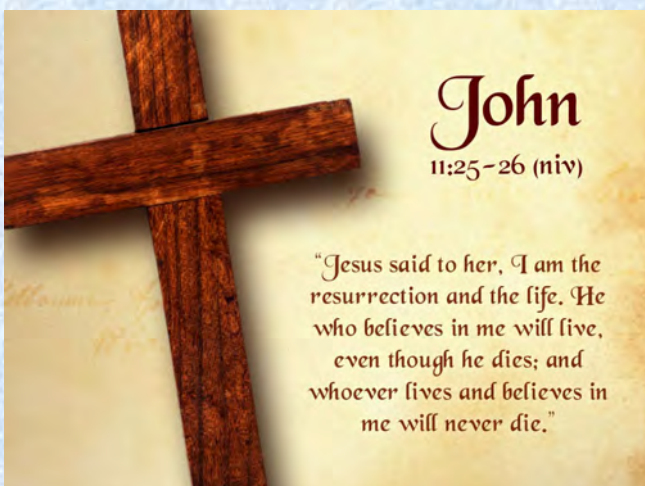
Easter Lottery

The Mission League have been working hard to organise an Easter Lottery to raise money for Project Compassion. Drawn on Holy Thursday, students can purchase lottery numbers in the COLA at Recess to be in the running to win a range of prizes.

This week's featured story focuses on Sreymom from

Cambodia. Education and training have helped Sreymom transform from an inexperienced young midwife into a confident healthcare worker. Now she has the skills to provide vital healthcare, support and information to indigenous mothers and children in remote Northeast Cambodia. Read more about her story [here](#).

The Mission Team is proud to announce the launch of our "Mission in Action" web page. The page is aimed at keeping our community up to date with regard to the organisations that we support and our yearly plan on how we will do that as well as keep you informed of current fundraising events that are taking place. Click [here](#) to access the page.



When: Monday, 13th March to Thursday, 24th March Where: COLA



\$2
for 3 entries
or \$1 an entry




EASTER LOTTERY

ALL PROCEEDS GO TO PROJECT COMPASSION

1st, 2nd, 3rd prize - Easter hamper
4th, 5th, 6th prize - Easter bunny
7th, 8th, 9th, 10th prize - Easter egg

powered by **Piktochart**
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Year 7, 2017—Enrolments Now Open!!

Enrolments for students into Year 7, 2017 are now open. Application packages are being delivered to Catholic Primary Schools or can be obtained from our Administration Office or collected at our Information Evening. Applications are due by Friday 8th April, 2016.

Day Tours during March will be held on Mondays and Thursdays commencing at 9:30am and An Evening Tour will be held on Thursday 31st March commencing at 5:00pm.

Bookings for School Tours are essential by calling the Administration Office on 4230 8500.

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### Uniform Shop

Trading hours - Monday from 12 noon to 4:15pm And

Thursday 8:30am to 1:45pm

Winter Jumpers are now in stock!!

### Price Rise

Unfortunately it has become necessary to increase uniform prices due to an increase from our supplier. Prices will increase from Monday 14th March. A new pricelist will be emailed to all parents as soon as possible.

**SORRY** - the Uniform Shop is no longer able to receive Cheques as payment. Full Eftpos facilities are available.

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### Important Dates for your Diary

18/3 - St Joseph's Day  
21/3 - Harmony Day  
P&F AGM - 7pm in the Office  
25/3 - Good Friday  
28/3 - Easter Monday  
30/3 - Year 11 Parent Teacher Night  
8/4 - Last day Term 1  
26/4 - First Day Term 2  
28 & 29/4 - Year 8 Reflection and Pastoral Days  
5 & 6/5 - Year 9 Reflection and Pastoral Days

### Canteen Roster 2016

|            |                                                   |
|------------|---------------------------------------------------|
| 21st March | Leisa Smith, Jodie Duff                           |
| 22nd March | Vickie Austin, Rachel Parkes                      |
| 23rd March | Leanne McMillan, Oriana Dimise,<br>Amanda Quintel |
| 24th March | David Smith, Valerie McMillan                     |
| 25th March | Good Friday                                       |

### 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

**VOLUNTEERS  
NEEDED!**

The Canteen is in urgent need of volunteers to assist with daily food preparation and service.

If you can spare any time at all please contact Deb or Donna on 4230 8580. Your assistance would be very greatly appreciated.



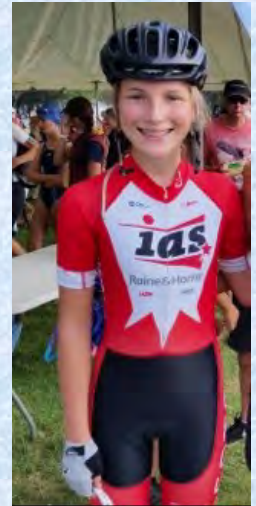
# SPORT REPORT

By Mrs Michelle Garbutt & Mrs Jodie Linsley - Sport Coordinators

## Sports Star of the Month

It is with great pleasure that we announce that our Sports Stars for the month of February are Tahlia Wilson and Tahlia Dole.

**Tahlia Wilson** is a talented cricket player who recently gained selection in the Cricket Australia U18 Female Development Squad. She will attend the Cricket Australia Centre of Excellence training facility in Brisbane in September. This selection comes from her success in the ACT/NSW Country Cricket Team. Tahlia was also selected in the NSWCCC Cricket Team and has been playing in the NSW All Schools Girls Cricket Championships in Campbelltown this week.



**Tahlia Dole** is an outstanding cyclist. She won the NSW State Team Sprint gold medal, qualifying fastest with a time of 44 seconds. She went on to better this time to 42.4 seconds over 500 metres to win the gold medal. Tahlia also finished 9th overall in the National Junior Track event. Tahlia was an integral member of the St Joseph's Junior Girls Triathlon Relay Team who placed 10th in a field of 200 teams at the All Schools Triathlon Championships. Tahlia placed 2nd for her bike leg which is an incredible result.

## Congratulations

**Jye Shumack** for an outstanding result at the Australian Junior Athletics Championships in Perth. Jye came 4th in the U17 event (he is only 15) with an incredible jump of 1.94m which is a new personal best record!

**Kaelah Austin** was named Captain of the NSWCCC Girls Cricket Team this week.

**Danielle Vasquez** competed in the NSWCCC Golf Trials at the Macquarie Links Golf Club on Monday, making it through to the match play and stroke play rounds.

**Hayley Seeney** who was named 17 yrs Female Age Champion at the Diocesan Swimming Carnival last week. **Leisha Ryan and Matthew Sperring** were runners up in their respective age groups.

Congratulations to our Senior Boys 4 x 50m Medley Relay Team: **Zachery Sturley, Jayden Cappetta, Lachlan Reasin and Matthew Sperring** who won their event. **Jacob Lord** had sensational swims in both the AWD 50m Open Male Freestyle and Backstroke events breaking the records and beating his nearest opponent by over 8 seconds. **Hayley Seeney** did the same in the Senior Female 200m Individual Medley smashing the record and finishing 9 seconds in front of the second placed swimmer. These talented athletes will represent the Wollongong Diocese at the NSWCCC Swimming Championships at Homebush on 29th April.

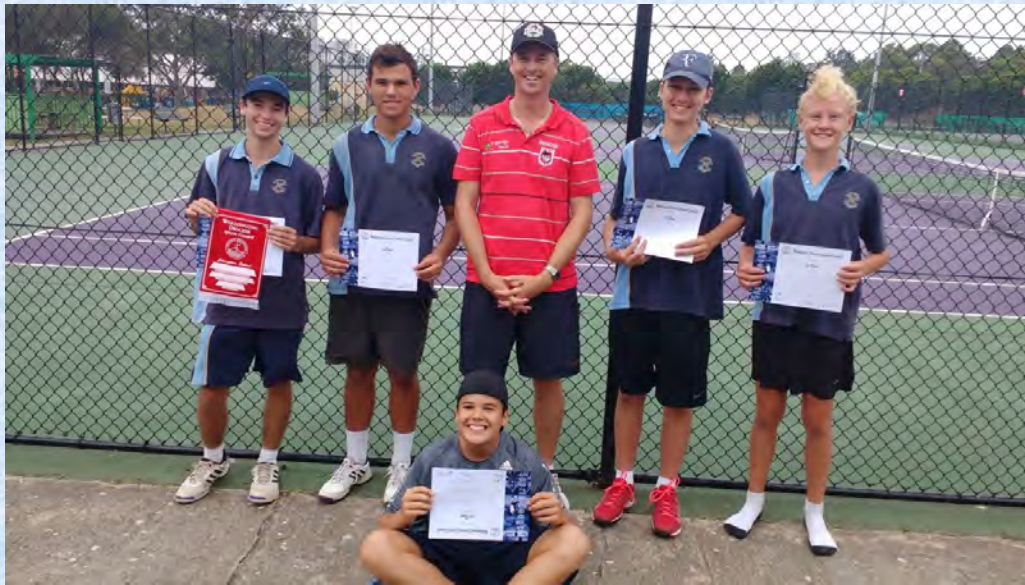


## Tennis 2016 CCC Teams Event

A great day was had by the teams in this event this year. A huge congratulations must be given to the Boys team who have again taken the Wollongong Diocesan Title!! (4 titles from 7 attempts since 2010 plus finalists last year!). After a close loss last year and in 2014, it was great to get back into the winning circle, especially against the same school who beat us last year - Edmund Rice! Standout performances again from all of the boys with a real team effort getting them to the finishing line! Special mentions must of course go to **Paul Mulligan** who again put his body on the line during the final. It should be noted that Paul has been in the team since Year 7 and only lost twice at the Diocesan or State CCC level in 6 years! A hard act to follow!







2016 saw the girls strike a very strong team in the first round and although they took some sets and games off them, they couldn't put St Mary's away. Brianna Winley did the most damage with some big ground strokes early on and in her singles which she won as did Bianca Cacciola. The girls then went on to the consolation round which they narrowly lost on games only. Mikayla Brown is leaving us this year which is a huge loss from this team but again she led from the front, never giving up against some high level tournament players. Well done girls with another gutsy effort!

#### **Australian Constitutional Convention 2016**

Year 12 student Heather Burton is one of 120 Year 11 and 12 students selected to participate in the 21st National Schools Constitutional Convention, being held at the Museum of Australian Democracy at Old Parliament House in Canberra from 16-18 March, 2016.

The National Schools Constitutional Convention programme provides senior students with an opportunity to become better informed about how Australia's Constitution provides a democratic framework and encourages them to take an active interest in the operation of government. The topic of the 2016 Convention is 'Education in a Federation'.

The convention is being facilitated by Emeritus Professor John Warhurst AO, Professor of Political Science at the Australian National University. Students will consider a range of arguments relating to the current division of responsibilities, assess whether it is working or if it is time for a change. This will include input from a panel of experts, group discussions on the issues and the opportunity to persuade other delegates of particular approaches. Students will participate in a mock referendum to determine the outcome of their deliberations. The Convention is funded by the Australian Government Department of Education and Training as part of its ongoing commitment to Civics and Citizenship Education.

In becoming a national delegate, Heather was selected from around 4,000 students from Government, Independent and Catholic schools, most of whom took part in feeder conventions in their home state or territory. This is a fantastic opportunity to go to Canberra and debate current constitutional reform issues. Being chosen to attend this convention is a great privilege and a massive accomplishment for Heather. The school community wishes her well as she partakes in this event this week.

*Miss Sarah-Jane Janson, HSIE Coordinator*

#### **Whooping Cough Warning!**

We would like to advise that a student at St Joseph's has been diagnosed with Pertussis (Whooping Cough). We believe this is an isolated case however we would like parents to be vigilant and ask that you watch out for any symptoms in your child. Whooping Cough usually starts with a snuffle or a cold but will develop into bouts of coughing, sometimes breathing difficulties and vomiting. Please seek medical advice immediately should any of these symptoms present. For further information, [click here](#) to access the NSW Health website.



### Mundey

As we head towards Easter and closer to the half yearly examinations, it is great to see senior students working collaboratively on Monday afternoons. Students availing themselves of the wonderful resources and the facilities that

our library has to offer, is testament to their desire to perform well in the HSC and secure themselves a positive future. Thank you to Miss Masi and Mrs Stewardson for their ongoing support of Mundey. All of the students who attend each week appreciate their expertise and valuable insights into the Mathematical world!

### Book Club

First Tuesday Book Club will start on Tuesday 5th April (Week 11). If you are interested in reading some fun titles and sharing your literary ideas, please attend our meetings at lunch times on the first Tuesday of each month. Book Club will give all members of our school community an opportunity to discuss some great works of literature in a relaxed and comfortable environment.



### Year 11 Update!

Year 11 have had a very busy start to the new year. Students have now had time to settle into the role of a senior student at St Joseph's and should now be starting to refine their home study regime. It is an expectation that Year 11 students are participating in 3 hours study and homework per night. We understand the need for our students to establish strong routines early into the senior years and to be informed about the requirements of the HSC. We are working to empower our students to make healthy decisions about their future. At this point in time we are focusing on the key factors of the need to develop and maintain self motivation,

adopting a growth mindset and having access to accurate information about the importance of the HSC. To facilitate these goals, Year 11 were provided with the opportunity to hear from two wonderful guest speakers.

**Glen Gerreyn** - was a champion athlete who was struck with a debilitating illness that ended his Olympic dream. During his presentation, he challenged our students to test their limits and set personal targets. Glen articulated a strong message of empowerment and imparted a sense of expectation concerning our student's future. As a result of learning to lift himself out of difficult situation and excel, Glen provided inspiration to our students to do the same. If you are interested, click [here](#) to view a TED Talk by Glen.

**Michael Addicoat** - Michael is an experienced leader in Education and a great motivational speaker. He spoke to our students about what they need to do to stay connected and achieve their best. He provided students with strategies to understand the HSC, the importance of striving to do their best and how to maximise their efforts to achieve results in the HSC. Parents, I encourage you to engage in conversation with your children about one of the following strategies that Michael spoke about; the bucket, my band 6, student relationships, collaborative learning and don't give up! Michael spoke highly of our Year 12 cohort and encouraged them to do well.





# What's Happening at St Joseph's

## Caritas Australia's Just Leadership Day

On Tuesday 15th March I was privileged to travel with two other Mission League members and Miss Hurley to Chevalier College to participate in Caritas Australia's Just Leadership Day. The day was filled with lots of opportunities to communicate with passionate students from schools in our Diocese. We also had the chance to see how other schools are fundraising and raising awareness for Caritas.

One of the activities required us to form groups of six with people from different schools. In our groups, each person was presented with one of the featured individual stories to read out loud. The stories brought us to the realisation that people can become empowered by education to make a change in their community.



Another activity we did was to build a tippy tap which emphasised the struggles people face in impoverished countries. It is a method that is used to bring sanitation to Dhaniram's community in India.

(Watch this [video](#) to find out more.)

At the end of the day each school got together and came up with ideas to fundraise and think of ways to raise awareness for Caritas' Project Compassion mission. We then presented these ideas to everyone. It was great to see that each school had come up with some creative ways to raise awareness and fundraise.

*Lauren Milligan, Year 11*



**St Joseph's Day - Support Miranda Moffat and Mrs Burns who will be taking part in the World's Greatest Shave to raise funds for Leukaemia research! Show your support by donating to this very important cause. Good luck to both Miranda and Mrs Burns.**

# What's Happening at St Joseph's



St Joseph's very first Twilight Retreat will be held on Friday 27th May from 4pm-8pm and all students are invited to attend.

The Twilight Retreat is an opportunity for St Joseph's to explore where faith fits into their lives in a casual and engaging setting. The event has been organised for all students in Years 7 to 12 with different sessions for various age groups. We have the Wollongong Youth Mission Team booked for the night which is very exciting as well as Sumo Suits just to start the fun in the early part of the afternoon!

Following the success of our Twilight Retreats across the Diocese in previous years, we are very much looking forward to an excellent evening of engaging activities, games, sharing and story-telling along with meaningful reflection time, a delicious cooked dinner provided by our staff and helpers and a performance by a band! Our hope is that your child will take the time to nurture their faith and have a great time at this event.

This Twilight Retreat is being held so that students have an opportunity to think about their lives and how faith integrates with their lives in a way that we hope will make a difference to them forever. The students who have attended previous Twilight Retreats across the Diocese have thoroughly enjoyed them and many are looking forward to this, our first one at school for the year.

If you consent to your child attending the Twilight Retreat, please complete the permission slip that will be sent home via students and return this to the front office with \$10, in an envelope clearly marked 'TWILIGHT RETREAT' with your child's name and homeroom by Wednesday 25th May, 2016.

Please email me if you have any questions regarding this fantastic event.

Mr Marty Pannell, Religious Education Coordinator  
[pannellm01@dow.catholic.edu.au](mailto:pannellm01@dow.catholic.edu.au)



# MAKERSPACE OPEN LUNCHTIMES

with everything... (including a kitchen sink)

## COME HAVE A PEEK

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Room F9 & F10 (End of Science Block - Down the Stairs)



THINK IT  
DESIGN IT  
CREATE IT

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## WORK EXPERIENCE

Year 11 are advised that they have approximately 12 weeks left to finalise Work Experience placements for September 5-9<sup>th</sup>, 2016. As previously advised you can apply to the Defence Forces but this opportunity closes Thursday. Students were emailed this information as recently as last Tuesday.

### **Work Experience Directory**

Resource connecting students and businesses for work experience.

<http://workexperiencedirectory.com.au>

### **Notre Dame: Medicine Information Session**

20<sup>th</sup> March 2016, 12pm, 160 Oxford Street, Darlinghurst

For those interested in studying medicine in 2017. Information will be provided on the admission process, an overview of the course, tours of facilities and an opportunity to speak to current students. <http://www.nd.edu.au/events/2016/medicine-information-session>

### **Notre Dame: Foundation Year Information Session**

19<sup>th</sup> April 2016, 10am to 11:30am, 140 Broadway, Chippendale

The session will provide information on pathways into university, including Foundation Year and the Tertiary Enabling Program. These programs act as a transition from high school to university with study assistance provided throughout them.

<http://www.nd.edu.au/events/2016/pathways-information-session>

### **University of Sydney HSC Preparation Courses**

The courses run at various times throughout the year. There are preparation courses for biology, chemistry, economics, exam preparation, legal studies, music, visual arts, business, design and technology, English, history, mathematics and physics. Dates for specific courses can be found by following the below link. <https://cce.sydney.edu.au/courses/education/hsc>

### **UNSW High School Information Day**

18<sup>th</sup> May 2016, 8:45am to 3pm, UNSW Kensington Campus

There will be the opportunity to sample different fields of engineering in hands on activities. There will also be the chance to speak to academic staff and current students to obtain a further understanding of the engineering courses offered.

Registrations close on the 11<sup>th</sup> of May or once filled.

<http://www.engineering.unsw.edu.au/high-school-information-day>

### **UNSW Science and Engineering Student Parent Evening**

23<sup>rd</sup> March 2016, 5:30pm to 8pm, UNSW Kensington Campus

The evening will provide information on the degrees offered in Science and Engineering. It is directed at prospective students and their parents. Attendees will be able to speak one-on-one to academic staff about the degrees and also life on campus.

<http://www.engineering.unsw.edu.au/2016-unsw-science-engineering-student-parent-evening>

### **International Film School Sydney Open Day**

23<sup>rd</sup> May 2016, International Film School Sydney, Surry Hills

There will be the chance to find out about student productions, view a live scene and speak to current students, lecturers and recruitment advisors.

<http://www.sydney.com/events/international-film-school-sydney-open-day>



### **Maths and Chemistry Video Tutorials**

To help your students move to the head of the class in Maths and Chemistry, Curtin University experts have developed a variety of instructional video tutorials.

<http://science.curtin.edu.au/outreach/video-social.cfm>

### **The Pinnacle Foundation Scholarships**

The Pinnacle Foundation provides scholarships to LGBTIQ youth who are studying in their final year of secondary school or at a higher education institution in Australia. Applications close 1<sup>st</sup> October for studies the following year. Contact: [applications@thepinnaclefoundation.org](mailto:applications@thepinnaclefoundation.org) or 02 9990 4708 <http://www.thepinnaclefoundation.org/index.php/scholarship/>

### **Careers in the Sign and Graphic Design Industry**

This website focuses on the range of careers in the Sign and Graphic Design Industry. It includes a list of available apprenticeships by state, career guidance, & more detail about the Sign and Graphic Design Industry. <http://www.signcareers.com.au/>

### **Dorothea Mackellar Poetry Awards**

This poetry competition for school aged students is now open and closes 30th June. The optional theme for 2016 is 'waiting'. For more information, visit the website:

<http://www.dorothea.com.au/>

### **Defence Careers Online Q&A's**

Find out more about opportunities in the Australian Defence Force by participating in an online Q&A.

- **Taking a Gap Year with the ADF:** Thursday 17<sup>th</sup> March, 6:30pm – 8pm (AEDT)
- **Learn to be a Leader:** Wednesday 23<sup>rd</sup> March, 6:30pm – 8:00pm (AEDT)

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

**Charles Sturt University (CSU) will be holding the following MyDay events during the April NSW School Holidays:**

#### **MyDay Clinical Science Dental Science, Pharmacy and Physiotherapy Event in Orange on Friday 15 April 2016, 9:30am - 2:00pm**

This event is for students who may be considering study in the Clinical Science, Dental Science, Pharmacy and Physiotherapy fields.

#### **MyDay Communication and Creative Industries Event in Wagga Wagga on Monday 18 April 2016, 9:30am - 2:00pm**

This event is for students who may be considering study in the Acting, Animation and Visual Effects, Design, Fine Art, Graphic Design, Photography and Television fields.

#### **MyDay Policing, Law and Criminal Justice Event in Bathurst on Monday 18 April 2016, 9:30am - 2:00pm**

This event is for students who may be considering study in the Policing, Law and Criminal Justice fields.

#### **MyDay Nursing and Paramedic Event in Bathurst on Thursday 21 April 2016, 9:30am - 2:00pm**

This event is for students who may be considering study in the Nursing and Clinical Practice (Paramedic) fields.

Interested students should contact Mrs Kennedy.





## Building parent-school partnerships

WORDS Michael Grose

# Teasing V Bullying



When speaking with parents when I present at schools, or engaging with them via our social media, bullying is always a hot topic. A recent Facebook post had one of our biggest engagement rates ever. It begged the question- "What is bullying? Do we mix it up with teasing and other forms of mean behaviour?"

It's an important topic that needs clarification.

Bullying is a term that's wrapped in emotion. For many people it's associated with bad childhood memories. It's been estimated that around 40 per cent of people have experienced bullying in the past. It's something that we don't want to happen to our kids.

But I fear it's being overused at the moment and confused with teasing and rudeness.

**Rudeness** refers to thoughtless behaviours and thoughtless words. Kids often do rude things to each other without thinking their actions through. Examples include breaking wind in a child's direction; joking about the colour of a child's hair in front of others; failing to share possessions and neglecting to acknowledge someone. Rudeness is usually about selfishness

and thoughtlessness. Taken on their own many rude behaviours can be seen as an element of bullying but when looked at in context they are more about thoughtlessness, lack of consideration and poor manners rather than a deliberate attempt to hurt someone.

**Teasing** refers to annoying, hurtful behaviour that is used to get a reaction from someone else. Teasing can be persistent in nature, but not always. It's generally an attempt to get under a person's skin. It can involve name-calling; it can be personal and hurtful in nature. It can also infringe on another person's rights. But generally teasing doesn't have the key ingredients that make up bullying.

**Bullying** is the *selective, uninvited, repetitive* oppression of one person or group by another. It involves **three elements** – intent to hurt or harm; power imbalance; and repetition over time. It takes many forms and guises including physical aggression; verbal abuse; emotional aggression (or blackmail); intimidation; harassment and exclusion.

The new cyber-dimension to bullying has moved the goalpost for many kids. In the past children and young people could escape bullying behaviours by being at

home. Cyber-bullying means that children can't escape bullies like they once could.

**Why the distinction?** I hear the term bullying misused a great deal in the media and when talking with parents. We run the risk of "The Boy Who Cried Wolf" Syndrome where we become so desensitised to the term that we (or teachers) ignore it when children really are the victims of bullying. We also run the risk of failing to skill our kids up to manage rudeness and teasing if we categorise every awful behaviour that kids experience as bullying.

Our ability to be discerning about bullying is as important as the action we take when we are sure that our child is on the receiving end of bullying behaviour. These actions include: dealing with feelings; providing emotional coping skills; getting others involved; building up a child's support networks; and building self-confidence that can take a battering.

Bullying needs to be taken seriously. But we also need to be discerning about bullying behaviours.

Michael Grose



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at [parentingideas.com.au](http://parentingideas.com.au). You'll be so glad you did.

