

# ST JOSEPH'S CATHOLIC HIGH SCHOOL

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Date: 31st March, 2016

Term 1 Week 10B

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

## Parents and Friends' Association News

Last week the Parents and Friends' Association held the 2016 Annual General Meeting. At the meeting we thanked and said farewell to two members of the executive as their youngest child completed Year 12 last year. The school is most grateful to Mr Michael Townsend for his 13 years of support in various dimensions of school activity including Rock Eisteddfods, Musicals, P&F Executive member as well as being P&F President for the past 3 years. The school is also very thankful of the contribution made by Mrs Jan Massie who has supported all aspects of school life as well as taking on the role of P&F Secretary for the past 6 years. Thank you Michael and Jan.

A new executive committee was elected for 2016. Thank you to the following parents for taking on these roles:

- President ~ Mr Paul Murphy**
- Vice Presidents (2) ~ Marlene Heffernan and Sandy O'Connor**
- Secretary ~ Wayne Thomas**
- Treasurer ~ Lisa Connelly**
- Diocesan Delegate ~ George Perini**

Also on the night, the P&F awarded the Year 7 Scholarships. Congratulations to the following students for receiving a 2016 Scholarship:

- Academic Scholarship ~ Zeke Markwell and Sarah Walker**
- Visual Arts Scholarship ~ Sophie King, Ella Lashbrook and Claudia-Lorraine Lucas**



Mr John Barrington, Principal.



### Girls Skirt Lengths

As we approach the upcoming school holidays, parents of our female students are reminded that the holidays are an opportunity for parents to check the length of your daughters' skirt to ensure that these are just below the knee, as required.

### Facial Piercings NOT PERMITTED at St Joseph's

A reminder to all parents that facial piercings are NOT permitted and it is therefore not appropriate for students to have these piercings done in the upcoming break because they will not be permitted to wear these at school when students return in Term 2.

### Hair Reminders

Students' hair colour must be of a natural colour. Boys' hair length must be cut so that it is above the collar and all boys are required to present clean shaven. Girls' hair is to be tied back off their face and partially up styles are not acceptable.

### Spray Deodorant Cans

A reminder to all parents that these are potentially very dangerous and are strictly NOT PERMITTED at school.

### Parent Portal Access

By now, all parents should have access to your child's Parent Portal information. A reminder that you can access your child's merit and demerit information, as well as their attendance details via the portal. These details need to be checked on a weekly basis for parents to stay up to date and informed about your child's academic and behavioural progress at school.

We thank all parents in anticipation of your ongoing support and attention to these details pertaining to your child's presentation according to School Policy each day as required. *Mrs Jenny Bell, Assistant Principal*



### Year 7 and Year 11 Interim Reports

Interim reports for students in Year 11 have now been published to the Parent Portal and can be accessed by parents.

Please go to the school website > Parent/Carer Links > Parent Portal logon. Once logged into your child's portal, you will see a tab stating "There are new published reports to view". Click on this link to view the report. Any parents still experiencing difficulty accessing the portal, please contact Penny Corradini on 4230 8511 or email [corradinip01@dow.catholic.edu.au](mailto:corradinip01@dow.catholic.edu.au) for assistance.

Year 7 Interim Reports will be published in the portal by Friday (1st April) afternoon. It is planned that all future reports will be published in the Parent Portal. Reports published in the portal will stay there for reference at any time.

As part of our school's move towards electronic communication, only students in Year 12 will receive a hard copy of their reports, in addition to being published in the portal. Parents may print as many copies as they please from the portal.



Continuing with our focus on Cyber Safety, this week I have included an article entitled "9 Social Media Red Flags Parents should Know About". This article highlights some social media features which may be of concern and what to do, check or discuss with your child before they are accessed. Please take the time to read this document with your child.

*Mrs Gail Tarrant, Pastoral Care Coordinator*

### Head Lice—Signs and Symptoms!

**It has come to our attention that a number of students have experienced Head Lice in the past weeks. Head Lice present by making a tickling feeling or the feeling that something is moving in your hair. This does cause discomfort, itching and irritability. Head Lice are spread by direct contact with the hair of another infected person and the sharing of hair brushes and combs. There are a number of commercial shampoos available from your local chemist. Please use these treatments as directed and ensure that following this, all eggs are removed with a lice comb to prevent reinfection. Parents will be called to collect their child should they present to school with head lice. Treatment is necessary before returning to school. Please check your child's hair regularly to help prevent the spread of Head Lice.**



## Year 7, 2017—Enrolments Now Open!!

Enrolments for students into Year 7, 2017 close on Friday 8th April, 2016.  
Application packages can be obtained from our Administration Office.

"Look what happened at school today...."

## BREAKING NEWS & EVENTS FROM JOEYS



<https://twitter.com/sjchsdow>  
Join us @sjchsdow



### Canteen Roster 2016

4th April	Terry Thomas, Christine Callaway
5th April	Colleen Walsh, Dianne Meharg, Elizabeth Oiteirin
6th April	Carmen Formosa, Emma and Garry McLaughlin
7th April	Nell Derubeis, Linda Wilson
8th April	Mary Daly, Wayne Thomas, Nicole Roach

### Important Dates for your Diary

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  
10-12/5 - Year 7 & 9 NAPLAN  
16/5 - Year 7, 2017 Interviews Commence  
20/5 - School Athletics Carnival  
23-27/5 - Preliminary VET Workplacement

### Uniform Shop

### Trading hours

Monday from 12 noon to 4:15pm And  
Thursday 8:30am to 1:45pm



### Term 2 Representative Sport

Early in Term 2, there are a multitude of sports on offer for St Joseph's students. Coaches are busy running trials and training, getting their squads ready to take on the best that our local schools have to offer.

Please make sure that you attend these training sessions as your coaches volunteer their time for you!!

Coming up early next term is the Diocesan Soccer Gala Day, Rugby Union Waratah Cup and 7's and 16's Rugby League. Notes for these sports are due very soon (Soccer next Thursday)!

Netball is also underway with trials and training. Keep an eye on Sentral as well as your emails so you know what's happening in Sport!!  
*Mrs Michelle Garbutt and Mrs Jodie Linsley, Sports Coordinators*

### Winter Uniform!!

A reminder that Term 2 commences on Tuesday 26th April, 2016 at which time all students will wear their winter uniform including blazer!



# MAKERSPACE OPEN LUNCHTIMES

this ain't like no regular class...

## COME HAVE A PEEK

what can you do for yourself?

BIGGER, BETTER, BRIGHTER, DEDICATED MAKERSPACE

NEW TIME... NEW LOCATION... SAME FOCUS... YOU...

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



THINK IT  
DESIGN IT  
CREATE IT

#MAKERSPACE

## 9 Social Media Red Flags Parents Should Know About

Find out which social media features are cause for concern -- no matter which app your child is using.

It can be hard to keep up with the latest apps that young people are using. Just when you've figured out how to talk to your children about *Facebook*, they've moved on to *Instagram* or *Snapchat*. But here's the deal: Even when new apps come along, adding new features such as the ability to disappear or track your location, they're often not that different from other apps. And if you know what to look for, you can help your child avoid some common social media pitfalls such as *drama*, *cyberbullying*, and *oversharing*.

Does a red flag mean your child shouldn't use a particular app? Not at all. Most young people use social media apps safely -- and they don't always use every feature of every app. Also, you can often disable certain features so they're no longer a problem. Finally, talking about using social media safely, responsibly, and respectfully is the best way to help your child identify and avoid red flags. Here are the most common social media red flags, the apps they're found in, and tips for dealing with them.

**Age-inappropriate content.** Some examples: *Ask.fm*, *Tumblr*, *Vine*

Friends can share explicit content via messaging (for example, sexting) but the bigger concern is whether an app features a lot of user-generated content that isn't appropriate to your child's age. Your teen may not even need to follow users who are posting explicit content to come across it.

- **What to do:** Ask your child who she follows, and ask to see what's being posted. Use the app yourself and get a sense of what comes up in an average feed. Then try searching for content you're concerned about and see how easy it is to find. Check the terms of use to see what the app allows and whether users can flag violators.

**Public default settings.** Some examples: *Instagram*, *Tumblr*, *Twitter*, *Vine*, *Ask.fm*

Many apps allow a user to have a public or private profile, only shared with friends; however, some apps are public by default, which means that a child's name, picture, and posts are available to everyone.

- **What to do:** As soon as you download the app, go into the settings to check the defaults. If a child is using the same program on a browser, check there, too.

**Location tracking and sharing.** Some

examples: *Twitter*, *Facebook*, *Snapchat*, *Instagram*, *Messenger*

Wherever you go, there you are -- and your social media apps know it. Though you may only indicate a city or neighborhood in a profile, allowing location identification often means that you're tracked within a city block, and your posts may include your location.

- **What to do:** Turn off location settings on the phone AND in the app; check to see whether previous posts include location information, and delete it.

**Real-time video streaming.** Some examples: *YouNow, Periscope, Meerkat (Facebook soon)*  
Live streaming is just that -- live -- so it's very easy to share something you didn't mean to. Young people may use these apps in private (such as in their bedrooms) and inadvertently share personal information without knowing exactly who is watching. Though they may seem temporary, embarrassing or mean moments are easily captured and shared later.

- **What to do:** Talk to your children about why they want to share video of themselves and what they should and shouldn't share. Talk about positive, constructive uses of video sharing, such as creating shorts using editing programs or creating an interest-based channel to funnel your teen's creativity.

**Ads and in-app purchases.** Some examples: *Kik, Line, Snapchat, Facebook*  
Free apps have to get paid somehow, and many developers do it through advertising and providing purchase opportunities. Some track what you buy and show you targeted ads, and some even have targeted chats with businesses, which means your child is invited into a chat with someone trying to sell a product.

- **What to do:** Know what's available in the app and set limits around purchases. Check out the types of ads coming at your children, teach them to recognize all the kinds of digital marketing, and talk about what to do if they're approached online by someone trying to sell something.

**"Temporary" pictures and videos.** Some examples: *Snapchat, Burn Note, Yik Yak, Line, Meerkat, Periscope, YouNow*

Nothing shared between devices is truly temporary, even when an app builds its whole marketing around it. Compromising pictures and texts get young people in real trouble because they believe what they're sending is private and will disappear.

- **What to do:** Let your children know that nothing they send is truly temporary, and it's easy for others to share what you've sent. Because it's often hard for young people to really consider consequences, and they might think it won't happen to them, it might be worth sharing some of the **recent cases** of young people getting in legal trouble because of "disappearing" pictures.

**Subpar reporting tools.** Some examples: *Yik Yak, Snapchat, Omegle, Yeti - Campus Stories*  
Most apps have a system for reporting abuse or violations of the terms of use -- but not all do. The level of moderation also varies widely. Some apps monitor posts or use automated filters to flag content.

- **What to do:** Read the terms of service to get an idea of what's allowed and how much posts are moderated, and have your children read it, too. Make sure they know how to report harassment and block other users when necessary.

**Anonymity.** Some examples: *Yik Yak*, *Whisper*, *Ask.fm*, *Omegle*

Anonymity doesn't always breed cruelty, but it often does. On anonymous sites, people feel that their comments are consequence-free -- and end up hurting others. Also, though young people may feel safe enough to share sensitive or painful things they might not otherwise, they often don't get the necessary support or help -- and may get attacked.

- **What to do:** Make sure your teen understands the risks involved and that they know how to block and report other users if necessary. Also, if they need connection but it's hard to talk about a problem (especially with you), give them opportunities to share with other safe, trusted people.

**Cyberbullying.** Some examples: *Yik Yak*, *Ask.fm*, *Burnbook* (only website right now)

Though many apps have improved their monitoring and reporting features, cyberbullying is still a reality. It can happen on any social media app, but some have a notorious mean streak. If an app allows anonymous posting and is used in schools, chances are some teens will abuse it.

- **What to do:** Ask around and pay attention to what parents, teachers, and other young people say about it to get a sense if it's stirring up trouble. Make sure your teen understands how to report and block other users, and check the school's policy around responsible and safe use of technology.



### **TAFE Free Courses**

Check out the TAFE website for many free courses for students who have left school.

### **Work Experience 2016**

September 5-9, 2016 students will be working in a job of their choice. Students MUST find appropriate places by contacting employers ASAP. Work Experience Placement Forms have been emailed to students and are due next term.

### **Year 12 Destinations 2017**

Early next term all Year 12 students will be asked to complete a destination survey. If students require any assistance in career planning please email Mrs Kennedy for an appointment.

### **Year 10 Students**

Please see Mrs Kennedy for an appointment to help you make subject selections next term for Year 11. This will come around quickly- act now, email me for an appointment for early next term.

**The following is an extract from MHSCAREERS NEWS if you wish to see more please email [sue.kennedy@dow.catholic.edu.au](mailto:sue.kennedy@dow.catholic.edu.au)**

### **Whitehouse Institute of Design: Events**

Work Experience is offered for year 10 students on the campus. Throughout the week students will be able to experience and watch photo shoots, illustration classes, and workshops and also learn about the administration tasks, including advertising and social media.

For further information email: [enquiry@whitehouse-design.edu.au](mailto:enquiry@whitehouse-design.edu.au)

<http://www.whitehouse-design.edu.au/>

### **UTS: Discover Sessions**

Nursing

16<sup>th</sup> June 2016, 5:30pm

20<sup>th</sup> July 2016, 5:30pm

16<sup>th</sup> November 2016, 5:30pm

Midwifery

28<sup>th</sup> April 2016, 5:30pm

These sessions include interactive workshops that allow anyone interested in a career in nursing or midwifery to attend and find out more about the courses and potential career paths.

<http://www.uts.edu.au/future-students/health/about-health/events-and-brochures/discover-sessions>

### **University of Newcastle: HSC Music Day**

6<sup>th</sup> May 2016, 9am to 2:30pm, Conservatorium of Music, Corner Auckland and Laman Streets, Newcastle.

The day is for students studying music in either year 11 or 12. It will include performances from Encore nominees, presentations from HSC markers and musicology and aural skills workshops.

The day costs \$40 per student and interested students should RSVP by the 8<sup>th</sup> of April 2016.

<http://www.newcastle.edu.au/events/community-and-alumni/hsc-music-day-2016>

### **UNSW Indigenous Winter School**

4<sup>th</sup> to 9<sup>th</sup> July 2016

Applications are now open for winter school; these are open to indigenous students in years 10, 11 and 12 who are interested in tertiary education. The residential program provides an opportunity to experience university life. The program is free for the students and there are a variety of subject areas offered. <http://www.nuragili.unsw.edu.au/winterschool.html>

### **University of Notre Dame: HSC Study Week**

11<sup>th</sup> to 15<sup>th</sup> July 2016, 104 Broadway, Chippendale

The study week has teachers with marking experience, senior and head teachers and senior markers. The week includes instruction on subjects each day as well as workshops on stress and time management. The program cost is \$290 per student.

<http://www.nd.edu.au/events/2016/hsc-study-week>

### **University of Notre Dame: A Day in the Life of a Nursing Student**

6<sup>th</sup> July 2016, 10:30am to 2pm, 160 Oxford St, Darlinghurst

For prospective students interested in nursing, the day allows students to meet academic staff, join in with clinical activities, campus tour and lectures. Students can register by following the link and completing the attached form.

<http://www.nd.edu.au/events/2016/a-day-in-the-life-of-a-nursing-student>

### **5 Steps to Becoming an Electrician**

<https://www.migas.com.au/news/5-steps-to-becoming-an-electrician/>

### **Sydney TAFE Degrees**

Sydney TAFE offers Bachelor and Associate Degrees in a range of subject areas including accounting, applied finance, applied management and property valuation. These degrees provide the opportunity to gain skills, real world experience, to study on your terms and the opportunity to make connections. <http://sydneytafe.edu.au/courses/higher-education>

### **Private Colleges**

#### **Kiama Community College**

Kiama Community College offers Diploma and certificate I, II, III and IV courses in Hair, Beauty, Languages, Training and Assessment, Computers and Digital Media, Music, Digital Photography, Business Management and Accounting. They also offer programs under the Smart and Skilled initiative. <http://www.kcc.nsw.edu.au/>

#### **Australian Institute of Personal Trainers: 2016 Indigenous Scholarship Opportunity**

The 2016 Indigenous Scholarship Program awards two scholarships per annum and recipients will have the opportunity to study the Australian Institute of Personal Trainers' Complete Personal Trainer course. Applicants must be 16 years or older. Applications close 29<sup>th</sup> April.

For more information and to apply, visit: <http://www.aipt.edu.au/indigenous-scholarship/>

#### **Sydney Flight College Theory Courses**

PPL Theory Course – 9<sup>th</sup> April 2016

This course runs over five weeks, on Saturdays, from 9am to 4pm.

CPL Flight Rules and Air Law – 18<sup>th</sup> to 22<sup>nd</sup> April 2016

This course is run over five days at Ultimo, from 9am to 5pm.

BAK Theory Course – 30<sup>th</sup> April 2016

This course runs over five weeks, on Saturdays, from 9am to 4pm. <http://www.sfcaero.com.au/>

#### **The Academy for Makeup Artist: School Holiday Courses**

Makeup Career Course – 11<sup>th</sup> to 13<sup>th</sup> April 2016, 10:30am to 4:30pm

Intro to Special FX – 17<sup>th</sup> April 2016, 10:30am to 4:30pm

Advanced Special FX – 19<sup>th</sup> to 22<sup>nd</sup> April 2016, 10:30am to 4:30pm

Personal Grooming Workshop – 15<sup>th</sup> April 2016, 10:30am to 4pm

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

**AFS Open Days - Online**

Tuesday 12<sup>th</sup> April, 7pm (Sydney Time)

AFS run exchange programs across the world, and Open Days are the chance to find out about the programs on offer. <http://www.afs.org.au/news-and-events/open-days/>

**Diploma of Aviation**

13<sup>th</sup> July 2016

The course is divided into four pathways, with the next intake for pathway 1 starting on the 13<sup>th</sup> of July. The four pathways are for different levels of flyers, with the option for beginners, those with private licences and commercial licences holders to complete the course.

[http://www.sfcaero.com.au/fly\\_for\\_career.a5w%20#Pathways](http://www.sfcaero.com.au/fly_for_career.a5w%20#Pathways)

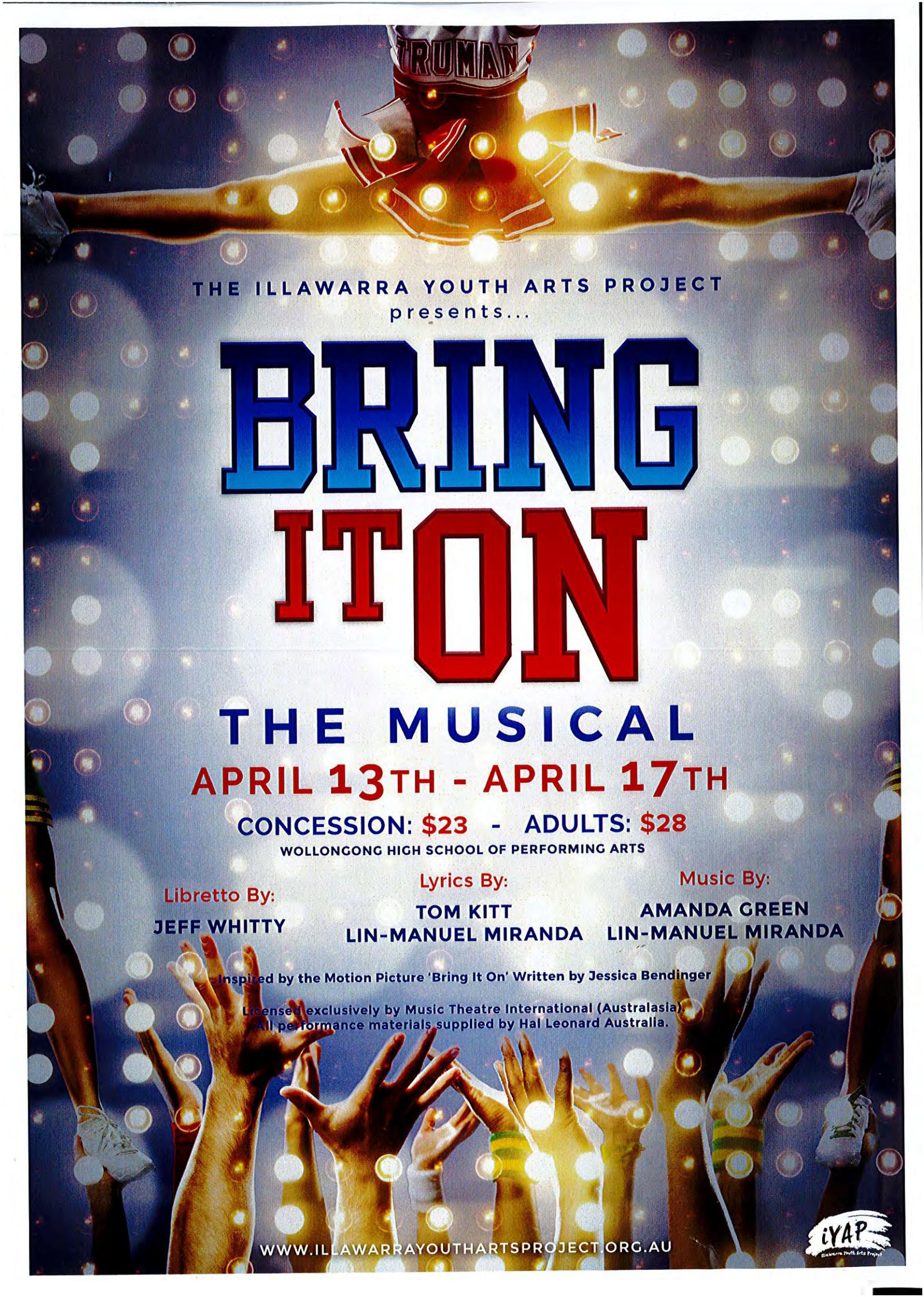
**Au Pair in America Online Information Sessions**

As an Au Pair in America participant you will live with an American Host Family providing childcare to their children. In return you will receive pocket money, accommodation and more.

If interested, find out more by registering for an online information session:

- Monday 11<sup>th</sup> April, 8pm – 9pm (AEST)
- Wednesday 11<sup>th</sup> May, 8pm – 9pm (AEST)

<https://www.anymeeting.com/aupairinamerica>



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presents...

# BRING IT ON

THE MUSICAL

APRIL 13TH - APRIL 17TH

CONCESSION: \$23 - ADULTS: \$28

WOLLONGONG HIGH SCHOOL OF PERFORMING ARTS

Libretto By:  
JEFF WHITTY

Lyrics By:  
TOM KITT  
LIN-MANUEL MIRANDA

Music By:  
AMANDA GREEN  
LIN-MANUEL MIRANDA

Inspired by the Motion Picture 'Bring It On' Written by Jessica Bendinger

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