



ST JOSEPH'S CATHOLIC HIGH SCHOOL

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Date: 11th August, 2016

Term 3 Week 4A

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

I'm sure that many of you, like myself, are spending quite a deal of time watching the Olympic Games. There are many insightful lessons for life that can be taken from sport in general as well as the elite athletes themselves. I am including an abridged article written during the 2014 Winter Olympics by Steve Siebold titled **Five Lessons to Learn from Olympic Athletes**.

1. Olympians are Obsessed with Their Goals

We've all heard the stories how Olympic athletes literally eat, breathe and sleep their sport. But most people don't realise just how far this goes. The training begins early on in childhood, and in the teenage years it's not uncommon for athletes to live with their fellow teammates and coaches far from home, and not attend traditional schooling.

Life is focused on one thing: becoming the world's best at that sport. Champions have a singleness of purpose most people will never take the time to discover, and this thought process allows them to climb higher every day.

2. Olympians Have A Sense of Urgency

Olympic athletes are extremely sensitive to time. They have a sense of urgency because they are operating at a level of awareness that constantly reminds them the present moment is all they really have. They're on a mission to fulfill the dream of winning the medal, and they know the clock is ticking.

An Olympian gets one shot every four years, and can realistically compete for two or three games. Life is short, and if you're going to make something happen, now is the time.

3. Olympians Have Tremendous Faith

Olympians have an extremely high-level of trust even when they are failing or going through a slump. This faith in self may stem from being raised in a positive environment, or from performers talking themselves into it. Muhammad Ali admits he told the world he was the greatest before he truly was as a way to bolster his faith in his own skills.

The difference is champions like Olympic athletes have faith in their goals and dreams while most people are often deathly afraid of believing in something that may or may not happen.

4. Olympians are Coachable

Human beings are primarily emotional creatures, and competent coaches are experts at stoking the fires that burn within. Coaches can't create a flame, but the good one can turn a small flame into a blow torch.

The logic behind coaching is simple: when two champions go head-to-head, many times the only thing that favours the winner is a slight edge in thinking, strategy and technique. Coaching can provide this advantage that all champions look for.

5. Olympians are Masters of Their Work/Rest Cycles

To be an Olympic athlete means having to exert maximum effort. Olympians also know the enemy of all champions is physical and emotional burnout. That's why they go to great lengths in the performance planning process to insure burnout never occurs more than once.

In our daily lives we're consumed with both personal and professional stressors. Time off and life balance are key factors in performance cycles, as are massive influxes of effort. The magic is in the mix. Olympians are pushed to the max physically, emotionally and mentally, and it's why their training regimen is filled with plenty of time to rest, refresh and rejuvenate.

Source: <http://inspiyr.com/five-lessons-learn-olympic-athletes/>

P & F NEWS:

The next P & F Meeting will be held on Monday 17 October 2016 commencing at 7.00pm.

Mr John Barrington, Principal.



An Evening with Michael Grose

I would like to let all parents know of an upcoming Parent Workshop being hosted by TIGS. Well known author Michael Grose will be presenting this workshop which will give parents insight and take home strategies for raising confident and resilient kids. Please note that childcare is not provided at this event and parents are encouraged to organise alternate care for their children so that they can best benefit from this

opportunity. The evening will be held on Monday 22nd August commencing at 7:30pm. Places are limited so please reserve your seat by booking a [free ticket here!](#)

Mrs Gail Tarrant, Pastoral Care Coordinator



Mock Interviews for Year 11 Work Studies Students

As part of their assessment for their course, Year 11 students studying Work Studies had the fantastic opportunity to participate in 'mock interviews'. These were conducted by members of our school community and the Kiama Lion's Club. The students had to face their interview with a panel of two interviewers and were asked beforehand to prepare answers.

The activity was successful and students learnt so much from the experience. We hope to continue to invite into our school community groups and members as it is through the wealth of experience of others that we all grow. Thank you to all the interviewers - your assistance and support on the day was very much appreciated.

Mrs Sue Kennedy, Work Studies Teacher



Olympic Games Update!!

Due to the closure of Con O'Keefe Oval and the wet grounds at school last Friday, there was a change to the program for school sport. Year 7 and 8 played Basketball with their Touch Football round being postponed until Week 7. Year 9 competed in Putt Putt Golf instead of Footgolf as well as competitions in Bubble Soccer, Savvy Challenges, Ten Pin Bowling and Rollerskating. It was another fabulous day of sporting action with Japan and Germany dominating the Year 7

and 8 competition but USA proving too strong again in the Year 9 sports. Countries score 16 points for winning each sport (with male and female divisions in Years 7 and 8) which means there is potentially 144 points up for grabs each week. It is still any country's gold medal with a tight contest developing at the top of the tally board!

1st Place USA	271points
2nd Place Japan	239 points
3rd Place Germany	221 points
4th Place Qatar	216 points
5th Place Jamaica	200 points
6th Place China	186 points



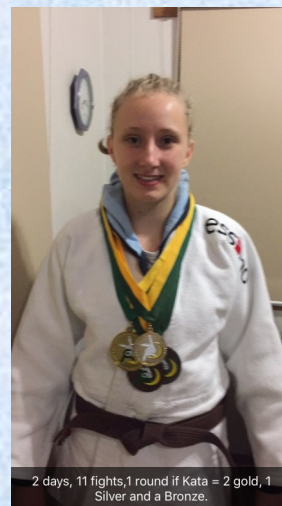
Sports Stars of the Month

Congratulations to our Sports Stars of the Month Winners for June and July.

Sports Star of the Month ~ June



Junior Sports Star for June ~ Mason Shimwell
NSW MMA champion for Wrestling, Boxing and Kick Boxing



Senior Sports Star June ~ Lavina Woolfe
National Judo Champion

Sports Star of the Month ~ July



Junior Sports Star for July ~ Ruby Sawtell
Diocesan and NSWCCC Cross Country Representative



Senior Sports Star for July ~ Martin Lavin
Diocesan and NSWCCC Cross Country Representative

Good Luck to our Golfing superstar, Danielle Vasquez who is heading to South Australia next week to captain the NSW Combined High Schools Golf Team at the School Sport Australian Championships.

Upcoming Events

CCC Netball Championships in Penrith - Tuesday 16th August

Secondary Athletics championships in Campbelltown - Wednesday 17th August

Diocesan Open Hockey Carnival in Narellan - Wednesday 24th August

Diocesan Open Volleyball Carnival in Unanderra - Wednesday 24th August

I will be on long service leave for the next 2 weeks. Ms Sharkey and Mrs Behl will be Acting Sport Coordinators during this time. Please email any sporting achievements to sharkeyb01@dow.catholic.edu.au or behln01@dow.catholic.edu.au.

Mrs Michelle Garbutt, Sports Coordinator

"Did you see what happened at school today?"

BREAKING NEWS & EVENTS FROM JOEYS



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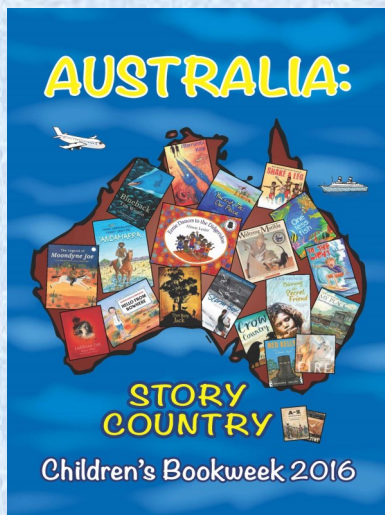


Food and Flicks Night | Freedom Stories | Refugee Awareness Film

St Paul's Parish are hosting the acclaimed film "Freedom Stories" which is a film that explores the achievements and stories of former 'boat people' who arrived in Australian waters seeking asylum from the Middle East. Locked in remote detention centres and then placed on temporary protection visas, their limbo lasted for years.

Now Australian Citizens, they are finally building secure lives and contributing to their new country. "The collective wisdom of the characters is astonishing. They've had so much taken from them, yet they give so much". The film will be held on Thursday 18th August from 6:15pm-8pm at St Paul's Parish Meeting Room, Tongarra Road, Albion Park. A gold coin donation is requested for entry. Bookings are essential for catering purposes. Please confirm your attendance by Sunday 14th August via email to pannellm01@dow.catholic.edu.au.

Mr Martin Pannell, Religious Education Coordinator



Book Week 2016

This year the book week theme is: *Australia! Story Country*. Book week begins on August 20 and as a way of promoting book week and introducing our students to the wonderful books shortlisted for the Children's Book Council, our school library is holding a poster competition. Students are asked to devise a poster based on the book week theme: *Australia! Story Country*. For inspiration, ideas and examples of posters that students from all around Australia have devised, [click here](#).

Great prizes are on offer to students who submit the best posters. Posters may either be hand drawn or digitally mastered and can be submitted to your English Teacher or one of the library staff by Monday 22nd August, 2016.

Let's be creative and celebrate Australian Children's Literature!

Mrs Francis Schneider, Teacher Librarian

Year 9

Year 9 Camp

Parents are reminded that all permission notes and medical forms for Year 9 Camp are due back this Friday 12th August. Notes can be found on the school website under 'Notes & Payments' section.

Ms Vicki Sproule, Year 9 Coordinator

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Important Dates for your Diary

8/08 to 19/08 - HSC Trial Examinations
12/08 - SPARK Retreat @ Corpus Christi
5/09 to 9/09 - Year 11 Work Experience and Work Placement
14/09 - Induction Ceremony
2017 Student Leaders
19/09 - Sports Awards Presentation
1:45-3:15pm
21/09 - Year 12 Breakfast and @6pm - Graduation Mass and Presentation
22/09 - Year 12 Picnic Day
23/09 - Year 12 Final Assembly
Term 3 concludes

Uniform Shop

Trading hours

Monday 12noon - 4:15pm

Thursday 8:30am - 1:45pm

uniformshop@sjchsdow.catholic.edu.au

Canteen Roster 2016

15th Aug	Kim Power, Bev Timbs
16th Aug	Kellie Mundt, Rachael Woolfe
17th Aug	Angela Walker, Jan Collins
18th Aug	Sandy O'Connor, Lee-Ann Ginsburg
19th Aug	Michelle Partridge, Nicole Oswald, Tracey Sumner