



ST JOSEPH'S CATHOLIC HIGH SCHOOL

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Date: 12th May, 2016

Term 2 Week 3B

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

Pentecost - Sunday 15th May

This Sunday, the Church celebrates the Feast of Pentecost, which is a Christian feast on the seventh Sunday after Easter, commemorating the descent of the Holy Spirit on the Apostles.



Pentecost is a Greek word meaning fifty, for it was fifty days after the resurrection of Jesus that the Holy Spirit appeared to the disciples gathered in a room in Jerusalem. This was a fortuitous time for this event to occur since Jerusalem was crowded with people celebrating the harvest season and it coincided with the celebration of the handing of the Law of Moses on Mount Sinai. Pentecost represents the decisive outpouring of the Holy Spirit which began the mission of the Church.

The Pentecost episode portrays the disciples of Jesus as being able to speak ecstatically and with diverse tongues or languages. Like wise, the celebration of Pentecost should empower each generation to new beginnings in the Christian ministry. Pentecost is considered the high point of the Church's calendar as it symbolises the commencement of the mission of the Church when the Apostles were empowered to spread the word of God around the world.

For Catholic schools, the message is an important one as we consider our evangelical mission to promote the message of the gospels, not just in our schools but in the community through our social justice programs.

Parents and Friends' Association - Term 2 Meeting

The next General Meeting will be held on Monday 23 May, 2016 in the staff lunch room commencing at 7pm. All parents and friends are most welcome

Mr John Barrington, Principal



School Uniform Requirements

A reminder to all parents that we have changed over to the winter uniform which includes 40 denier black opaque tights for girls and long pants and ties for boys. All students are expected to wear their blazer to and from school and boys' shirts are to be tucked in throughout Terms 2 and 3. Students are not permitted to wear their sports uniform to and from school on any days, except Fridays. Students must also wear white socks with the sports uniform. Under no circumstances are students to wear black socks with their sports uniform. Non-school uniform over-garments are also not permitted. These will be confiscated until the end of the day if these are worn and a uniform infringement issued, in accordance with the School Uniform Policy. The support of all parents in monitoring your child's presentation each day is greatly appreciated.

Mrs Jenny Bell, Assistant Principal

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Year 12 Reports

Last Friday, Year 12 students received their Half Yearly Report. These reports have now also been published in the Parent Portal. If you have any questions or wish to

discuss the contents of your child's report, please contact the class teacher to arrange a meeting so that any concerns can be addressed as soon as possible.

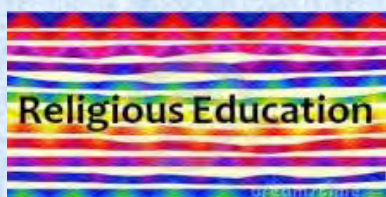
Mr Paul Hughes, Curriculum Coordinator



In Praise of a Great Night's Rest!

A recent article published in the Sun-Herald focused on the importance of a good night's sleep. Sleep deprivation is a particular problem for young people, due to increased school demands and ever present social media. The cost of not enough sleep is not just lost productivity and poor health outcomes, but also can lead to low self esteem, changes in personality and depression. It is recommended that a 16 year child should aim for 9 hours sleep a night and for a 10 year old child, 10 hours sleep per night. So please encourage your child to organise their time, keep mobiles out of the bedroom at night and turn off the TV, ipad or laptop and go to sleep! Life may not be as challenging when your body is getting enough sleep!

Mrs Gail Tarrant, Pastoral Care Coordinator



Recently our students in Year 8 enjoyed the opportunity to attend both a Reflection Day and a Pastoral Day. Year 9 enjoyed their Reflection Day last Friday and they will have their Pastoral Day later in the year. The students themselves were outstanding in their behaviour and many of our staff and our guest speakers spoke so highly of the students, so please do congratulate them on the way they participated so positively. As a Catholic school we dedicate time and resources to

encourage the faith life of our students and we also invest in helping our students to be wholesome and responsible young adults in our fast-paced and diverse society. As parents and as teachers, we are working together to equip our students to have strong minds and gentle hearts, ready to make a positive difference in the world. On Thursday April 28, we ran a Reflection Day for our Year 8 Boys in the school hall, with a range of activities including lots of games, singing, posing for photos, as well as some excellent input from our three guest speakers; Joshua Cotter from the Catholic Education Office, who is employed as a Youth Development Officer, Seth Harsh our Diocesan Youth and Young Adults Coordinator and Simon Carrington from Parousia Media based in Sydney. Joshua spoke on the importance of self-care and respect for others, particularly in the arena of using social media. Seth gave some excellent input from a theological perspective around honouring ourselves, others and God in the way we live our lives and Simon gave some excellent input on human dignity and growing up as a young Christian in this modern world. These three guest speakers also presented to our Year 8 Girls on their Reflection Day down at Centenary Hall in Albion Park on the following day. The girls Reflection Day was also a great success with a mini impromptu concert at lunchtime and lots of singing and dancing too! Both of these Reflection Days provided opportunities for our students to bond with each other in small discussion groups, as well as lots of games and fun and the excellent input provided our students with a great opportunity to learn and discuss important themes. The Year 8 Girls Pastoral Day on the Thursday was a great success with Chloe, our guest speaker from an organisation called *Lovability*, who specialises in addressing significant topics for our girls such as body image, self-esteem and valuing ourselves and others. Mrs Gail Tarrant our Pastoral Care Coordinator did an excellent job in providing some great input and engaging activities on the Girls Pastoral Day and Mrs Sharkey also gave some brilliant and heartfelt input that was greatly valued by the students. On the Friday, our boys had a Pastoral Day in the Library with a guest organisation called *Top Blokes* presenting 6 different seminars on topics highly relevant to our boys such as body image, making sensible choices and respecting our sexuality. I would like to thank all the teachers involved in helping to organise and facilitate these days, especially our Year 8 Coordinator, Mrs Helen Sara and our Year 9 Coordinator, Miss Victoria Sproule. It was a wonderful opportunity for our students in Years 8 and 9 to engage with each other, with our guests and with the excellent information presented and discussed. We are providing a follow-up opportunity for our students in the form of our SPARK Twilight Retreat being held here at school in Week 5 on Friday 27th May from 3:25pm-9pm.

Mr Marty Pannell, Religious Education Coordinator



Fire & Rescue NSW Open Day

The Annual Fire Station Open Day will be Saturday 21st May from 10am-2pm. Come along and watch fire safety demonstrations, road crash rescue scenarios, hop aboard a fire truck and learn about becoming a firefighter. Free! See you there!
Albion Park Fire Station - 1 Russell Street, Albion Park.



School Photos Tuesday 21st June

School Photos will be held on Tuesday 21st June. Students are required to wear Full Winter Uniform, including Blazer for school photos. Girls are required to have their hair tied up and no make-up is permitted. Normal School Uniform Policy applies. Individual and Siblings photos can be purchased. Students will be supplied with an envelope for photo day which they will need to present to the photographer in the hall when they go to have their photo taken. Payments can be made online prior to photo day by visiting www.advancelife.com.au and entering the online payment code (which can be found on your child's envelope).

Mrs Christina Fraser, Administration Coordinator



Skype with Dr Karl Kruszelnicki!

On Wednesday 4th May, students from 9.1 Science and 12.1 Biology had the opportunity to attend a Skype Q&A session with Dr Karl Kruszelnicki. The students had spent time in class reading through Dr Karl's books and coming up with questions to ask, which

included:

**Considering the development and uses of new technologies and new discoveries in science, what do you think science will be like in the future? (Juliana Yr 9)*

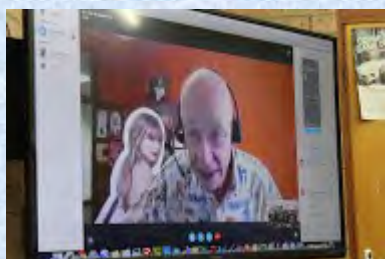
**What is consciousness and why do we dream? (Rebecca Yr 12 & Noah Yr 9)*

**Does everyone perceive colour in the same way, or do people 'see' colour differently and is it possible for humans to 'see' an entirely new colour or shade? (Lily Yr 9)*

**Is there a limit to how smart someone can be when they are born? Are humans born with all their intellectual potential? (Emily-Rose Yr9)*

**Where do you think evolution will take man-kind next? (Lara Yr 9)*

Dr Karl was brilliant and entertaining, referred to each speaker from the audience as "Dr" and encouraged the students to read further about the questions they had posed by providing documents and links as he spoke to the students. It was a very rewarding experience for all those involved. Thanks to Dr Karl who also gave our library eight free, personally addressed books of his!



Ms Nascimento and Mrs Musgrave

Canteen Roster 2016

16th May	Leisa Smith, Jodie Duff
17th May	Colleen Walsh, Dianne Meharg, Elizabeth Oiteirin
18th May	Carmen Formosa, Emma and Garry McLaughlin
19th May	Nell Derubeis, Linda Wilson
20th May	Mary Daly, Wayne Thomas, Nicole Roach

Important Dates for your Diary

- 16/5 - Year 7, 2017 Interviews Commence
- 20/5 - School Athletics Carnival
- 23-27/5 - Preliminary VET Workplacement
- 2/06 - Conversation with the Bishop
- 7/06 - Year 7 Vaccinations
- 21/06 - School Photos
- 29/06 - 2/07 - School Musical
- 1/07 - Last Day of Term 2

Uniform Shop

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



By Mrs Michelle Garbutt & Mr Brett Moran - Sport Coordinators

U/15 Girls Soccer

The U/15's Girls Soccer Team recently travelled to Nowra to participate in the Diocesan Gala Day. The team was set a tough challenge first up, drawn against Holy Spirit. The team fought hard throughout, missing a few chances, but ultimately falling 5-0 to a very solid team. The girls bounced back in very strong fashion, defeating John Therry 7-1 in their next game. Tahlia Petrovski and Jennifer Klepczarek each scored multiple goals and backed up that performance with another strong showing in a 6-0 win against St Patrick's. The girls were playing well as a team and with confidence. The girls were left with needing to defeat Mt Carmel in their final pool game and hope for other results to go their way, to make the final. In a hard fought match, the girls led 2-0 at half time and defended with great passion and spirit to hang on and win 2-1. Unfortunately, results didn't fall their way and the girls just missed the final, finishing 3rd overall. The team played very well throughout the day, improving with each game. Ruby Richardson, Kirra Schofield, Amy Gouveia, Tahlia Petrovski and Mia Chieffe shared the tough duties of goalkeeper throughout the day and also performed admirably as outfield players. Alannah Dedis, Casie Piccirilli, Zali Mowbray, Kirsty Vezinias and Kieara Quintal held the defence together well. Genevieve Milan, Grace Warren and Jessica Rossi controlled the midfield well, with Taylah Vella, Tahlia Petrovski and Jennifer Klepczarek demonstrating dynamic skills in attack. Special mention to Zoe Seitaridis. Well done to all the girls who played with great spirit and fairness and who consistently attended training sessions.



Athletics Carnival

The Athletics Carnival will take place at John O'Dwyer Oval (Croome Sporting complex) next Friday 20th May. Attendance is compulsory for all students. Our House Captains have been working hard to come up with ways to promote the carnival, increase participation and maximise the enjoyment. More information will be provided next week but a few things to be aware of:

- ◆ Students wishing to participate in the 1500m race and Triple Jump are asked to arrive at Croome Rd by private transport by 8:30am.
- ◆ Students can make their own way to the venue or come to school as normal. Those coming to school first will be required to go straight to the gym to have their name recorded for attendance. They will then be placed on a shuttle bus to take them to the venue. These students will also get the shuttle bus back to school in the afternoon in time for regular buses to take them home as normal.

- ◆ Students who need to leave early on the day (eg appointments) are asked to obtain a pass-out from the school office before the day to assist in the administration duties on the day.
- ◆ Students interested in participating in the 4 x 100m House relays need to register via the Google Form that was emailed to them this week.
- ◆ School sport uniform is to be worn. Students can change into appropriate clothing when participating in events if they wish.
- ◆ As always any help on the day (time keeping etc) will be greatly appreciated. If you can assist please contact Michelle Garbutt (garbuttm01@dow.catholic.edu.au) or Brett Moran (moranb01@dow.catholic.edu.au).

Good Luck to

- ◆ Sione Lufe who will be attending the NSWCCC U16's Rugby Union Trials in Sydney next week.
- ◆ The U16 Rugby League Team who will be attending the All Schools Carnival next Tuesday.
- ◆ Kaelah Austin and Ashton Gaudi who are playing as part of the Diocese of Wollongong Open Girls and Boys Soccer Team at the NSWCCC Selection Trials in Glenwood next Monday and Tuesday.

Congratulations

Congratulations to our talented swimmers who recently competed at the NSWCCC Swimming Championships at Homebush. The Open Boys Medley Relay Team finished 4th, swimming a personal best time of 2:07:30. Congratulations to Hayley Seeney, Matthew Sperring and Jacob Lord who gained selection into the NSWCCC Swim Team to compete at the All Schools Swimming Championships tomorrow.



Further congratulations to Mitchell Austin who recently competed in the Jack Newton Golf Shield Tournament in Foster. After a nervous start on the first day, he regrouped to shoot a personal best score of 6 over Par around the tough tree-lined demanding Tallwood's Gold Course. Mitchell finished 14th out of 37 competitors in his age division. He gained a lot of experience, made some new friends and is already looking forward to playing next year. Well done Mitchell!

And finally, last week Danielle Vasquez competed in the NSWCHS All Schools Championships in Taree. Danielle came 2nd in the NSWCCC and Runner Up in the Girls Match Play. This is a fantastic effort. Congratulations Danielle.



Cross Country Photos!



Year 7 Drumbeat!

On Thursday 5th May, Year 7 were treated to an entertaining and educational performance incursion by Mark Stewart and Tony Azzopardi from "Drumbeat". Students were shown a variety of skills and techniques in percussion with a vast array of percussive instruments such as: Djembe, Guiros, Talking Drums, Congas, Gongs, Box Drums, Cowbells, Maracas and the Handsonic Digital Pad. Each instrument's origin and use was explained to us and we were taught how to create different beats and rhythms. The whole performance was lively and enjoyable and at the end, students were allowed to use the instruments to explore the range of sounds. This has reinforced the work that Year 7 have been doing in class about percussion instruments. Thank you to the Creative Arts Faculty for providing this opportunity for Year 7.

Ruby Oliver, Year 7



Tennis Training

Boys compulsory tennis training is on Friday afternoons from 3:30-4:30pm on our newly fenced Tennis Courts! This will prepare us well for the State Title Attempt!!

Mr Phipps



Forum: Why Gonski Matters!

On Friday 13th May, 2016 Stephen Jones, Tanya Plibersek and Sharon Bird will host a Forum to discuss the importance of Gonski funding and why it is so important. The Forum will be held at Dapto Ribbonwood Centre, 93 Princes Hwy, Dapto. Everyone is welcome.

Authorised by Stephen Jones 2/1 Bong Bong Road Dapto NSW 2530

"How was school today?"

BREAKING NEWS & EVENTS FROM JOEYS



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Year 8 and Year 9 Reflection Days

