

ST JOSEPH'S CATHOLIC HIGH SCHOOL

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Date: 21st July, 2016

Term 3 Week 1B

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

Welcome to Term 3

Term 3 is always a very busy time as we confirm elective subject selections for Year 8 and Year 10 students (in preparation for 2017), Year 12 students are finalising their HSC major works as well as sitting their Trial HSC exams (commencing in Week 4), while Year 11 students are only weeks away from participation in our Work Experience Program.

School Musical

Congratulations to all involved in this year's Musical - *Hairspray*. I was very pleased to attend the musical and was very impressed with the high quality performances of all students. St Joseph's have always had a high reputation in the field of performing arts. Once again this year the high standard was maintained. Thank you to all students, staff and parents who were involved in the production especially Mrs Elise Burns, Mr Heath Denny, Mr Michael Shanahan and Mrs Michelle Thomas. Also, thank you to the many students and families who came along to support the production by attending the performances.

Student Attendance Requirements

At the end of last term I was disappointed with the high rate of student absenteeism during the final days. While I acknowledge that a number of students did have Principal's Approved Leave and there were a number of students suffering illness, there were many students who simply did not turn up on those final days. Students need to be reminded that each school day is important and that student learning and academic activity is a priority at St Joseph's. Also, parents and students are reminded that the **NSW Education Act 1990** "requires all students to regularly attend school up to the age of 17 years. All students who are enrolled at school regardless of their age are expected to attend whenever instruction is provided."

P&F News

The next P&F Meeting will be held on Monday 1st August, 2016 commencing at 7:00pm.

Mr John Barrington, Principal

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**Welcome
new and returning
students!**



If your teenagers are still turning their noses up at healthy foods, then it's time to get serious. Below are some useful tips on how you can make more nutritionally rich foods appeal to those growing taste buds.

Smoothie Heaven - An afternoon smoothie in the kitchen blender can be made in less than 3 minutes and do wonders for their health. Frozen berries or banana, 3/4 cup of organic milk, rice milk, or almond milk and a splash of vanilla extract can create a fast and delicious snack. Go tropical and try using 1/4 cup of coconut milk for an inviting Pina Colada flavour change too.

Fancy some afternoon Salsa? - Yes, the nacho can taste good and be nutritionally rich too. Look for baked, rather than fried corn chips and lay them on a baking dish. Next, place a drained can of kidney beans over the chips, a jar of all natural salsa, and a sprinkle of cheddar cheese on top. Bake until the cheese has deliciously melted and its ready to serve.

Power up with Protein - to balance blood sugar when the afternoon slump hits, try this simple protein ball. Combine 1 cup of almonds or walnuts, 1/2 cup of seedless organic dates, 1/4 cup of shredded coconut and one teaspoon of cocoa powder. Place in a food processor and whiz for 3 minutes and they are ready to roll into balls. Enjoy immediately or refrigerate for tomorrow's lunch box!

Breakfast for Afternoon Tea? - That's a yes if you're looking for something quick that provides energy and stabilises your blood sugar. Think breakfast foods like eggs or oats. In less than 5 minutes you can scramble an egg and place it in a wrap, topped off with a bit of all natural tomato sauce over the top. Craving something sweeter? Try adding frozen blueberries to some oats with a splash of pure maple syrup.

Munch and Crunch - Tamari flavoured almonds are not just delicious, they are also a good source of protein and don't contain any sugar. You can purchase pre-made Tamari almonds nuts and seeds, but making them yourself could be just as easy. Simply pour a small amount of Tamari over a baking sheet, sprinkle the nuts or seeds on top and place in an oven on low heat for 15 minutes.

Go Crackers - There is a world of healthy crackers out there, whether they are from wholegrain, brown rice, quinoa or flaxseed - or a combination. They can be found in the local supermarket and often in the 'health food aisle'. Often in this same aisle you will find low sugar peanut butter spread, ABC (almond, brazil and cashew) spread and other nut butters. Nut butters can provide essential fatty acids without added sugars - excellent brain food for studying teenagers.

The Yoghurt Sundae - Create a creamy, sweet, eye-appealing sundae in minutes. Place a few scoops of natural yoghurt in a bowl, sprinkle berries and/or slices of banana around the rim, add some shredded or tasted coconut and chopped nuts on top. For chocolate lovers, sprinkle with cocoa bits. Surprisingly much less sugar than the typical store-bought fruit yoghurt. *Mrs Gail Tarrant, Pastoral Care Coordinator*



Work Studies - Volunteers Needed!!! Can you help?

On Thursday 4th August, Year 11 Work Studies students will be involved in "mock interviews". We would welcome parents, friends and ex-students available on the day or part of the day to interview students with set questions for their assessment. A teacher will be present in the room and you will be guided through the exercise. Lunch and morning tea is provided and we would be thrilled to have you join the Human Resource Team for the day here at school. If you have some free time and would like to

help and/or would like more information, please email kennedys01@dow.catholic.edu.au or call 4230 8500 and leave a message. *Mrs Sue Kennedy, Careers Advisor/Work Studies Teacher*

Uniform Shop
Trading hours
Monday 12noon - 4:15pm
Thursday 8:30am - 1:45pm
uniformshop@sjchsdow.catholic.edu.au

Important Dates for your Diary
29/07—TAIZE Prayer Night @ St Paul's 7pm
1/08 - P&F Meeting
8/08 to 19/08 - HSC Trial Examinations
12/08 - SPARK Retreat @ Corpus Christi
18/08 - Science Expo
14/09 - Induction Ceremony
2017 Student Leaders

Year 9

The Year 9 Camp is fast approaching and students should have received permission notes and medical forms late last term. Please go through these forms with your child and ensure that ALL FORMS are returned by Week 4, Friday 12th August.

Please be aware that this is an incentive camp and acts as a reward for students who are positive representatives of St Joseph's and try their best to live out the school motto of *Act Justly*. As such, some students will be required to submit an application form to attend camp and demonstrate improvements in behaviour and attitude in order to be invited on Year 9 Camp. Letters will be sent home to parents of these students shortly.

If you have any questions or concerns about the Year 9 Camp, please feel free to contact me via email sroulev01@dow.catholic.edu.au or by phone 4230 8500.

Mrs Vicki Sproule, Year 9 Coordinator

Outstanding Canteen Debts

A reminder that any debts due to the Canteen for food purchases are to be finalised as soon as possible after the purchase date. Failure to do so will result in this procedure of good faith, being removed.

Canteen Roster 2016

25th July	Nicole Norris, Patricia Zanatta
26th July	Vickie Austin, Rachel Parkes
27th July	Leanne McMillan, Oriana Dimise, Amanda Quintel
28th July	David Smith, Valerie McMillan
29th July	Mary Daly, Wayne Thomas, Nicole Roach



Spark Twilight Retreat

Date: Friday 12th August 2016
Time: 3:30pm - 9:00pm
Venue: Corpus Christi Catholic High School, Chisholm Space
Cost: \$10 (Covers dinner, supper and drinks)
Guests: Wollongong Youth Mission Team and Diocesan Youth Director.
Schedule: Fun, games, community building, engaging output, group activities and musical performances.

ST. PAUL'S PARISH +
ST. JOSEPH'S
CATHOLIC HIGH
SCHOOL
PRESENTS:

AN
EXPERIENCE
OF
TAIZE!

KEEP THE **SPARK**
GOING WITH PRAYER,
SONG + SILENCE.

IT'S ACTUALLY
AMAZING WHAT
SILENCE CAN
ACHIEVE!

CHECK OUT THE TAIZE
COMMUNITY ONLINE
WWW.TAIZE.FR/EN

RSVP VIA EMAIL TO:
MR PANNELL

COME + TRY
SOMETHING NEW.
ALL STUDENTS ARE
WARMLY WELCOME.
COST: FREE



ST. PAUL'S
CATHOLIC CHURCH
251 TONGARRA RD
ALBION PARK
FRI 29TH JULY
7PM START
8.30PM SUPPER
9PM FINISH

SPORT REPORT

Mrs Michelle Garbutt ~ Sports Coordinator

Congratulations to Danielle Vasquez who has been selected in the NSW Combined High Schools Golf Team and has been named Captain of the girls team! Danielle will be competing in the All Schools Golf Championships in South Australia in August.

Further congratulations to Dylan Simmons who was a member of the Illawarra South Coast Under 13 1st Division Team that competed at the State Hockey Championships in Grafton. Dylan's team was undefeated and finished first in their pool. They were unlucky in the semi final against Tamworth being defeated 1-0 by a goal midway through the second half. The team had plenty of opportunities to even up the score but couldn't get one in. A draw would have seen them through to the final, however, they finished 3rd out of 10 teams. This was a great personal result for Dylan who, as the goalkeeper, only had 2 goals scored against him for the whole of the championships. Many short corners were called against the team but not one got through the goalkeeper! Dylan has been selected in the NSW training squad with the possibility of being selected to compete at the Australian Championships to be held in Perth in September. Well done!



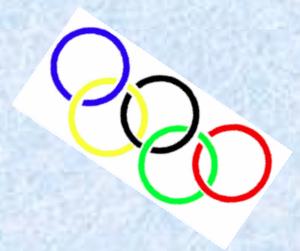
Good Luck to Ruby Sawtell and Martin Lavin who are members of the NSWCCC Cross Country Team contesting the NSW All Schools Cross Country Championships in Eastern Creek this Friday 22nd July.

The Olympic Games are coming to St Joseph's!!

This Friday will see the commencement of the St Joseph's Olympic Games competition. During sport, students in Years 7-10 will play each other in a range of sports including: Soccer, Touch Football, Netball, Basketball and AFL (Years 7 & 8) and Ten Pin Bowling, Footgolf, Bubble Soccer, Rollerskating and a SAVVY Survivor Challenge (Years 9 & 10). Students have been placed in countries based on their house groups.



China	Kembla House
Germany	Warrigal
USA	Marshall
Japan	Keira
Jamaica	Murphy
Qatar	Macquarie



And finally, congratulations to former student Blake Govers who has been selected in the Australian Hockey Team (The Kookaburras) for the upcoming Rio Olympic Games!

