



# ST JOSEPH'S CATHOLIC HIGH SCHOOL

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Date: 4th August, 2016

Term 3 Week 3B

Dear Parents, Staff and Friends of St Joseph's Community,  
**Year 12 Trial HSC Exams - 8-19 August, 2016**

Best wishes to our Year 12 students who will be sitting their Trial HSC Examinations over the next two weeks. By this stage of the HSC Course, these exams are the final assessment tasks for most subjects. The trial examinations are the same length of time as the HSC exams, hence they are a realistic practice examination for all students. Please keep our students in your prayers that they be calm as they approach this difficult time and that they have every opportunity to do well in the exams.

### Mary MacKillop Feast Day - Monday 8 August, 2016

Mary was born on 15 January, 1842, in Fitzroy, Victoria to Alexander and Flora MacKillop. She was the eldest of eight children. When she was a young woman financial problems hit the family hard and Mary became a governess in order to support her family.

At the age of 24, she took the name Sister Mary of the Cross, devoting her life to the education of poor children in outback Australia. She became, with Fr Julian Tenison Woods, the co-founder of the Institute of Sisters of St Joseph, who became known affectionately as the Brown Joeys, because they wore brown habits. She died on 8 August, 1909 aged 67. She was canonized on 17 October, 2010, by Pope Benedict XVI.

(Source: The Little Brown Book by Sue & Leo Kane)

*Ever generous God,  
 You inspired Saint Mary MacKillop  
 To live her life faithful to the Gospel of Jesus Christ  
 and constant in bringing hope and encouragement  
 to those who were disheartened, lonely or needy.  
 With confidence in your generous providence  
 and through the intercession of Saint Mary MacKillop  
 we ask you to grant our request... ..  
 We ask that our faith and hope be fired afresh by the Holy  
 Spirit so that we too, like Mary MacKillop, may live with  
 courage, trust and openness.  
 Ever generous God, hear our prayer.  
 We ask this through Jesus Christ. Amen.*



### P&F News

The next P&F Meeting will be held on Monday 17 October, 2016 commencing at 7pm.

**Mr John Barrington**  
 Principal

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## Assistant Principal

All parents are reminded to please ensure that you view your child's School Report on the Parent Portal. Please be aware that your child's teachers may also have communicated some important information regarding your child's academic and/or behavioural progress (including demerits and/or merit awards) via the Sentral Parent Portal. If you require assistance accessing the portal please contact Mrs Penny Corradini on 4230 8500 as access only takes a few quick steps online.

Parents are also reminded that under no circumstances are black socks, visible undershirts, sloppy joes and hoodies permitted to be worn with the school uniform.

*Mrs Jenny Bell, Assistant Principal*



Educating children and young people about healthy eating is essential in helping them form positive habits from a young age. Enjoying a healthy diet can also be an opportunity to celebrate differences in culture in our communities and schools. Schools play an important role in developing in young people the knowledge, skills and attitudes to make healthy dietary choices that support strong growth and development. The mandatory PDHPE K-10 syllabus acknowledges the link between good nutrition and healthy lifestyle behaviour. Students develop skills that enable them to choose foods wisely and in an informed way.

In Years 7-10 PDHPE, students explore:

- \* healthy food habits, recommended dietary guidelines for children and young people and other sources of nutritional information
- \* the range of factors that influence food choices eg: culture, gender and media
- \* the relationship between sense of self, body image and gender
- \* critical health literacy skills and health consumerism
- \* diets, exercise and energy balance
- \* fluid replacement strategies for participation in physical activity
- \* positive management strategies to support good health and wellbeing

For more information relating to the benefits of healthy eating, visit the following websites: *Better Health Channel, Cancer Council - Eat it to Beat it, Healthy Kids Association, Life Education Australia, NSW Ministry of Health-Healthy Kids, Nutrition Australia.*

Free apps available to download: *Food labels with nutritional facts, Smoothie Recipes, Swap It Don't Stop It, Taste, Traffic Light Food Tracker.*

Also attached to this week's Newsletter is some information for parents regarding some monitoring tips for digital devices .

*Mrs Gail Tarrant, Pastoral Care Coordinator*

## YEAR 7

### Year 7 Geography Excursion Reminder

Next week Year 7 students , as part of their HSIE study, will be attending an excursion to the Sydney Sea Life Aquarium and Sydney Wildlife World, Darling Harbour. Please note the following details of the day:

Date: Thursday 11th August, 2016

Venue: Sydney Sea Life Aquarium and Sydney Wildlife World, Darling Harbour

Transport: By Bus

Time: 8:15am - Meet at the School NETBALL COURTS; returning to school by 3:25pm in time for afternoon buses

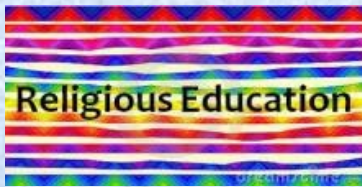
Dress: Full School Winter SPORTS Uniform

Bring: Clipboard and pen, device to take photos

Lunch: Please bring recess, lunch and water/drinks

This should be a great day! *Miss Sarah-Jane Janson, HSIE Coordinator*





### Message from Pope Francis at World Youth Day in Poland

Pope Francis has wrapped up his Polish visit with a huge outdoor Mass where he told young people to look beyond the instant gratification afforded by technology and instead try to change the world. Hundreds of thousands of young people, many of whom camped out for the night, waved national flags and cheered as Pope Francis arrived to say the Mass in a large field on the outskirts of Krakow at the end of his five day trip to Poland where he presided at the Catholic Church’s World Youth Day festivities. Pope Francis, sprinkled his sermon at the last major event of the trip with social media and technology terms. He urged the young people to “download the best link of all, that of a heart which sees and transmits goodness without growing weary”. Pope Francis encouraged them to continue “to be dreamers who believe in a new humanity, one that rejects hatred between peoples, one that refuses to see borders as barriers”. Miss Hurley, our Mission Coordinator along with many others from the Diocese of Wollongong are in attendance at World Youth Day in Poland and we look forward to hearing and seeing more on her safe return.

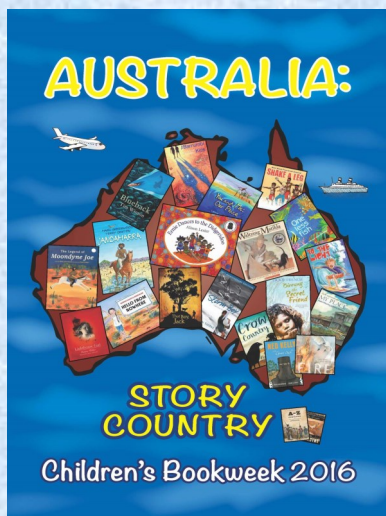


### Food and Flicks Night | Freedom Stories | Refugee Awareness Film

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](mailto: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*

### Uniform Shop

### Trading hours

**Monday 12noon - 4:15pm**

**Thursday 8:30am - 1:45pm**

**[uniformshop@sjchsdown.catholic.edu.au](mailto:uniformshop@sjchsdown.catholic.edu.au)**

# SPORT REPORT

## Olympic Games Update!!

There has been a major change in the Olympic Games Scoreboard after Round 2 of competition. Jamaica has dropped to 5th place! USA won all of the Year 10 sports except for Ten Pin Bowling and performed well in the Year 7 division. This takes them into the lead. It is early days though and all countries are still in contention for the gold medal at the end of the games. I'm hearing really positive feedback from the sports teachers about your enthusiasm and participation in the sporting events across

all year groups. Keep up the great work St Joseph's!

1st Place USA	175points
2nd Place Japan	161points
3rd Place Qatar	136 points
4th Place Germany	133 points
5th Place Jamaica	128 points
6th Place China	124 points



**Congratulations** to Ruby Sawtell and Martin Lavin who recently competed at the NSW All Schools Cross Country Championships at Eastern Creek. Both Ruby and Martin ran extremely well in their age groups finishing 39th and 29th respectively. This is a remarkable achievement for both athletes considering they were competing against over 100 of the best athletes in the state.

Further congratulations to Tahlia Dole who has been busy on the bike in the last few months and has had some excellent achievements. She was awarded a silver medal in the NSW Country Road Championship getting pipped on the line by the width of a tyre (this is a race where she won bronze last year but the field this year was a considerable step up in talent). The following day the city and interstate kids joined the fray in the Southern Cross Open Road Race which was awesome. Tahlia is now training for the State Championships in Wagga next week and then its on to the Nationals in Bendigo in September.

**Thank you** to Keiter and Zaiden Smith, Ryleigh Johnson and Mason Shimwell for refereeing at the South Coast Primary Schools Soccer Gala Day last Friday.

**Good Luck** to Danielle Vasquez who has been selected in the NSW Combined Schools Golf Team and has been named Captain for the girls side. She is competing at the School Sport Australia Championships in South Australia from 14th August to 20th August. We wish Danielle the best of luck at these championships.



## Upcoming Events

- Tuesday 16th August - CCC Netball Championships in Penrith
- Wednesday 17th August - Secondary Athletics Championships in Campbelltown
- Wednesday 24th August - Diocesan Open Hockey Carnival in Narellan
- Wednesday 24th August - Diocesan Open Volleyball Carnival in Unanderra

Mrs Michelle Garbutt, Sports Coordinator

"Did you see what happened at school today?"

## BREAKING NEWS & EVENTS FROM JOEYS



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

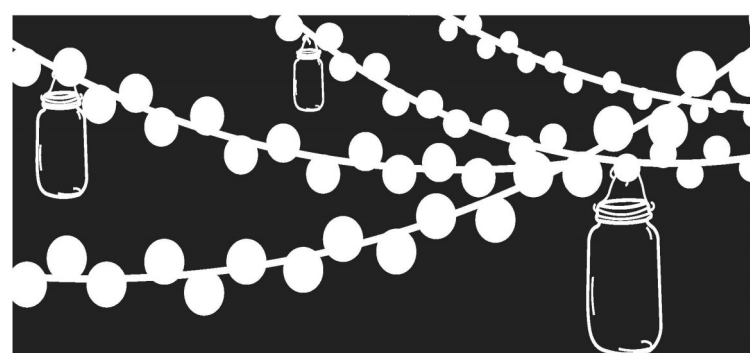


### Canteen Roster 2016

8th Aug	Terry Thomas, Christine Callaway
9th Aug	Colleen Walsh, Dianne Meharg, Elizabeth Oiteirin
10th Aug	Carmen Formosa, Emma / Garry McLaughlin
11th Aug	Nell Derubeis, Linda Wilson
12th Aug	Christine Brown, Agnes Gibbons, Linda Doonar

### Important Dates for your Diary

- 8/08 to 19/08 - HSC Trial Examinations
- 12/08 - SPARK Retreat @ Corpus Christi
- 18/08 - Science Expo
- 5/09 to 9/09 - Year 11 Work Experience  
and Work Placement
- 14/09 - Induction Ceremony  
2017 Student Leaders
- 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



# 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.