



ST JOSEPH'S CATHOLIC HIGH SCHOOL

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Date: 5th May, 2016

Term 2 Week 2A

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

Happy Mothers Day - Sunday 8th May

Best wishes to Mothers, Godmothers, Grandmothers, Step-Mothers, Foster-Mothers and all those who take on a 'mothering role' in your families. I hope that you and your family have a special day on Sunday. I include this prayer for your reflection.

Blessing Prayer for Mother's Day

God of Love

listen to this prayer

God of holy People

Of Sarah, Ruth and Rebekah;

God of holy Elizabeth, mother of John,

Holy Mary, mother of Jesus,

bend down Your ear to this request and bless the women of our families.

Bless them with the strength of Your spirit,

they who have taught our children how to stand and how to walk.

Bless them with the melody of Your love,

they who have shared how to speak, how to sing and how to pray to You.

Bless them with a place at Your eternal dinner table,

they who have fed and nurtured the lives that were helpless
but embraced in their love.

Bless the women of our families today,

now, in this life time, with good things, with health.

Bless them with joy, love , laughter

and pride in our children and surround them with many good friends.

May the women who cared for young life

be carried one day to Your divine embrace:

there, for all eternity, to rejoice with family and friends.

This blessing and all graces, we pray.

Descent upon the women of our families:

in the name of the Father, and of the Son and of the Holy Spirit.

Amen



Mr John Barrington, Principal



As previously communicated to parents last term, NAPLAN tests will take place next week for students in Years 7 and 9. Attached to this week's Newsletter is a letter to Parents from ACARA explaining NAPLAN testing. The timetable for NAPLAN tests is as follows:

Tuesday 10th May	Wednesday 11th May	Thursday 12th May
Period 2 <u>Language Conventions</u> Year 7 in the Hall Year 9 in C Block	Periods 1 and 2 <u>Reading Test</u> Year 7 in the Hall Year 9 in C Block	Period 2 <u>Numeracy Calculator Test</u> Year 7 in the Hall Year 9 in C Block
Period 3 <u>Writing Test</u> Year 7 in the Hall Year 9 in C Block		Period 3 <u>Numeracy Non-Calculator Test</u> Year 7 in the Hall Year 9 in C Block

Students are required to bring a pen and pencil for all tests and their school calculator for the Numeracy test on Thursday.
Mr Paul Hughes, Curriculum Coordinator



A recent article in the Sydney Morning Herald titled "Your Shout, MUM!" highlighted the practice of yelling at our children when things don't go right! Jacinta Tynan writes that "When I find the two children leaping on the bed trampoline-like after asking them not to at least 36 times and they follow this by breaking the lamp after falling off said bed-trampoline - I yell too! I always start with good intentions, then build up from polite requests to reasoning, bargaining, begging and even a warning of what's to come: "I'm about to lose my temper". Then lose my temper I might! A non-premeditated outburst from deep within, a tantrum of my very own, always swiftly followed by apologies (from me, not them) and no one's learnt a thing! By losing the plot when things don't go our way, our children - sponges that they are - think this is how it's done. A disturbing habit picked up for life! Dr Fiona Martin tells us that the reality is that we all lose it every now and then - we'd be lying if we said we didn't. However, Yelling isn't constructive. It doesn't work. It creates tension and it changes the emotional climate of the home. It can crush their self-esteem. When you're yelling, who's got the problem?"

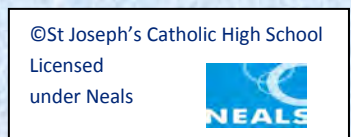
Therefore, next time you go to yell at your child - take a breathe, step away, splash cold water on your face, hum if you have to, whatever it takes to shift out of the "reptile brain" of fight or flight. No matter how bad your child's behaviour, it's a cry for help so role model a response that will benefit both of you.

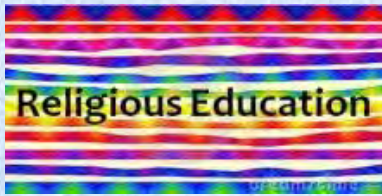
Mrs Gail Tarrant, Pastoral Care Coordinator



Parish Family Luncheon

In case you haven't heard, the St Paul's Parish Family Luncheon will be held on Sunday 29th May from 12 noon at the Albion Park Bowling Club. We've had a great response to ticket sales over the last two weekends and they will be on sale after all masses again this weekend. Tickets are \$30 per adult and \$10 for a child under 12. They can be purchased in a table of 8 or individually as required. This will include nibbles on arrival, a two course hot and cold buffet and dessert plus a chance to win the lucky door prize. There will be music, trivia, raffles, spot prizes and more. Don't be shy...there is room at the table for YOU! Come along for an afternoon of fun and light entertainment.
Norma Hollier, Coordinator from St Paul's Parish, Albion Park.





Spark Twilight Retreat—Friday 27th May, 2016

Your child has been invited to attend our SPARK Twilight Retreat from 3:25pm to 8pm on Friday 27th May (end of Week 5). This Retreat is an opportunity for students to explore where faith fits into their lives in a casual and engaging setting. We have a whole lot of fun and time for building great relationships too! This event has been organised for all students in Years 7 to 12 and will cost \$10.

Following the success of the Twilight Retreats in other schools across the Diocese, we are very much looking forward to a fantastic evening of fun and engaging activities, games, some sharing and story-telling, quiet time for reflection and a cooked dinner provided by our talented Hospitality staff. We've invited the Wollongong Youth Mission Team to help facilitate the night as they are experts in youth ministry. We've also invited our Diocesan Youth Director, Seth Harsh, to attend as well; Seth is a very talented musician and will be providing some live music with his band on the night. Our hope is that your child will take the time to nurture the SPARK within!

These events will be held twice this year after school from 3:25pm - 8pm (Friday 27th may and Friday 11th November), so that our students have an opportunity to think about their lives and how God's love works through their lives in a way that we hope will make a difference to them forever. Students who have attended previous Twilight Retreats across the Diocese have thoroughly enjoyed them and I hope that you will encourage your child to attend. Students can obtain a permission slip from myself, their RE Teacher, their Year Coordinator or from the front office. These permission slips can also be downloaded from the student Portal - Daily Notices. They are due back to the front office with \$10 in a sealed envelope with student name and homeroom by Wednesday 25th May. See you there!!

Mr Martin Pannell, Religious Education Coordinator



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

Canteen Roster 2016

9th May	Nicole Norris, Patricia Zanatta
10th May	Elizabeth Oiteirin, Vanessa Orlandi
11th May	Nicole Oswald, Wayne Thomas
12th May	Cathy Sperring, Sandy O'Connor, Joanne Barker
13th May	Michelle Partridge, Nicole Oswald, Tracey Sumner

Important Dates for your Diary

- 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
- 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

Have you LOST a pair of expensive Running shoes?

If you have...please visit the school office lost property! We may have then!



By Mrs Michelle Garbutt & Mr Brett Moran - Sport Coordinators

Diocesan Cross Country

It was a picture perfect day for the Diocesan Cross Country Carnival at 'Willandra' Farm on Monday. It was a tough course with the hills proving to be a challenge for quite a few runners. Our St Joseph's team consisted of over 70 athletes, with a few late withdrawals due to sporting injuries on the preceding weekend. There were some outstanding individual performances on the day with *Aris Seitaridis finishing in 2nd place, Chloe Pateman 3rd, Ruby Sawtell 4th, Martin Lavin 4th and Jayden Allen 6th*. These students have qualified as part of the Wollongong team to compete at the CCC Cross Country Championships on Friday 17th June. They have received a representative letter and will need to register online and return their consent form by this Friday 6th May.

St Joseph's finished in 4th place in the overall schools point score with Holy Spirit College taking home the trophy for the Champion Cross Country school. There is no doubt that Holy Spirit College had some talented runners, although the real difference on the day was they had a full team with 6 runners representing in all age groups. St Joseph's finished strongly behind St John's and Mt Carmel defeating Corpus Christi, Magdalene, St Benedict's and John Therry. I would like to thank all the Cross Country Team for getting up early, running to the best of their ability and being excellent ambassadors for our school. Thank you also to the many parents who assisted with transport and cheering on our athletes. We also had student helpers in Year 10 who were officials on checkpoints. Thank you *Jenna Irish, Jemima Galway, Keiter Smith, Brooke Guthrie and Braiden Williams* for your assistance in helping the event to run smoothly.

Diocesan Soccer Gala Day

15's Boys Team - This team was put together only recently. Enthusiasm was necessary as limited preparation meant the players needed to bond quickly. And the boys delivered. Drawing the group of death for the round robin did not faze the team as they began their exciting journey from Albion Park to Varroville. First game was the mammoth task of overcoming Edmund Rice; favourites to win the tournament. Playing back to back games off the bat, there was an interest in conserving energy. Yet, the boys fought and were gallant in limiting the opposition for some time. Mt Carmel were next. They had the home ground advantage and our warm up with Edmund Rice produced glimpses of the team beginning to gel. The opposition had the advantage of being fresh and our boys did one better than the first game, only going down by two goals. John Therry was our next venture and the bonding was evident with the talking starting to happen. Players took control and worked together, shaping the expedition nicely. Led by fearless captain, Brody Murrell we played our best match achieving a scoring draw. The highlight was fabulous lead up team work, releasing Brody to carve up the opposition and slot it away for a cracker which loosened the net. We experimented with changes in the final match, coming up short against the hungry and eventual winners Holy Spirit. Parents should be proud of the boys efforts and refined attitude the whole day towards the hosts, the opposition and to each other. The team: *Corey Murrell, Preston Ridley, Thomas Di Pietro, Jordan Buchanan, Joel Dowling, Lleyton Mundt, Jake Jolganovski, Jaiden Ketteringham, Bayley Davitt, Alexander Pulido, Andrew Rosandic, Noah Casolin, Vincent Iafrate, Joshua Lambert, Brody Murrell and Sam Pulido*.



13's Girls - This team consisted of Year 7 students: Sarah Walker, Corby Yanez, Lily Mundt, Ellyse Tyndall, Jorja, Yates, Ryleigh Johnson, Ella Carroll, Elli-Rose Warren, Madison Mitchell, Megan Arrighi and Year 8 students Jayde Chapman, Tanika Paton and Portia Prodanovski. Despite our limited opportunities to train as a team, the girls played extremely well together against some tough competition. They won their first game against John Therry, but lost to both St Mary's and St Patrick's. I would like to thank each student for their participation and for their positive behaviour on the day. I would also like to thank Keiter Smith and Mathew Sharp of Year 10 who gave up many lunchtimes to train the girls and who also helped to coach them on the day. Although there were many star players, Ryleigh Johnson played extremely well in attack and in defense as a goalie and deserves a 'Player of the Match' award!

Mrs Maria Oliviero



13's Boys - This team was well aware of the enormity of the task that lay ahead of them as they were drawn in the same pool as Edmund Rice A team, Holy Spirit, John Therry and Mt Carmel! The team started strongly against ERC A team but were under immense pressure for long periods of time. Our team were compact and resolute in defending and held out Edmund Rice for most of the game only to concede two late goals. We needed to win the next game and dominated possession in the game against Mt Carmel. Antoni Anic, Athan Dedis, Mason Shimwell and Bailey Sinclair bossed the midfield and toiled hard but sadly we were unable to convert our chances and went down 1-0 after a runaway goal and were unable to fight back. John Therry fielded a side brimming with rep talent and were very tall, fast and strong. Our defence led by Zeke Markwell, Adam Giudice and Ben Alexander worked hard all game and Ronan Bailey shone as a keeper. This was the game we fought hardest but ultimately went down 3-1.



Jimmy Windle and Corban Johnston worked well together up front to record our first goal for the day. In our final group game we came up against Holy Spirit. The boys were full of confidence and were working extremely well together as a team. Both times we went down a goal we fought back to record a 2-2 draw against a very good side with Corban Johnston scoring a brace! Thanks to all the boys - you did brilliantly. Antoni Anic gave his all on the field and is a natural leader on and off field. Also special mention to Ronan Bailey who belied his slight stature and was an absolute giant in the goals the whole day. Ronan continually put his body on the line with no thought for self-preservation and his decision-making and instincts make him a natural keeper. The team - Antoni Anic, Ronan Bailey, Cameron Charlton, Athan Dedis, Adam Giudice, Jacob Gordon, Corban Johnston, Ben Lavender, Zeke Markwell, Zane Mitchell, Juliam Mendez, Bailey Sinclair, Mason Shimwell and Jimmy Windle. Thank you to Dominic Plattner for volunteering to be linesman for the day and doing a great job supporting the team. There was no Leicester City FC fairy tale finish here but the boys did the school proud. Twas a pleasure!

Mr Danny Casolin

Open Boys - This team travelled to Woonona last Friday for the Diocesan Football Gala Day! In a challenging group our team suffered a defeat in Round 1 followed by some very positive results (draw and win). This left us with a final game that we needed to win to qualify for the semi finals. After a dominant display we were left empty handed and a little red faced after conceding a late goal that ultimately ended our chances on the day. A big thank you to the entire squad of players but a special mention must go out to Ashton Gauci who gained selection in the Diocesan Team for the upcoming NSWCCC Championships and Daniel Carella was also successful in gaining a position for the same team's shadow squad! Well done boys!

Mr Paul Hughes

Open Girls - Playing in the highest division on the day, the girls displayed admirable teamwork and skills, consistently holding their own against fierce competition. Beginning with a close match against St Mary's, strong defensive efforts meant a tight game but due to confusion between the officials about game length, the match was cut short, unfortunately resulting in a loss. Without a break the girls went on to play Holy Spirit. Regardless of being worn out from the previous game the team began with energy and great teamwork. Early on an unlucky tackle resulted in an ankle injury to *Kaelah Austin*. I'd like to thank Kaelah for her role within the team and her sportsmanship as she stayed to support the team all day after a trip to the medical centre. Despite the setback, the girls stepped up and continued for the full four games of the day achieving great results. Both defense and attack strategies were strong throughout the day. Thanks to Ms Mercieca for coaching and supporting the team and to *Emma Austin, Teresa Carter, Bella Foye, Mysti Foye, Brooke Guthrie, Emma Rossie, Keirly Walker, Sienna Casolin, Sarah Cassell, Elise Conte, Taylor-Jane Oswald and Kaelah Austin* for their participation and solid efforts on the day. Special mention and congratulations to Kaelah Austin for gaining selection in the Wollongong Diocesan Soccer Team.

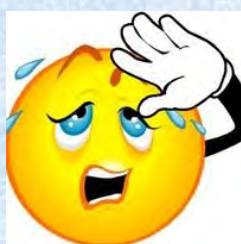
Sarah Cassell Year 12



Congratulations to....

Mikayla Stephens recently competed in the World Acrobatic Championships in China and finished in 16th place. This is fantastic achievement and an amazing opportunity for Mikayla. Well done!

What a huge week in Sport!! Well done everyone for your participation!



Phewwww.....



"Did you see what happened at school today?"

BREAKING NEWS & EVENTS FROM JOEYS

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