



ST JOSEPH'S CATHOLIC HIGH SCHOOL

Principal: Mr John Barrington
 Tel: (02) 4230 8500
 Fax: (02) 4256 5793
 Student Absences: 4230 8585
 Postal Address: PO Box 130, Albion Park NSW 2527
 Email: info@sjchsdown.catholic.edu.au
 Website: www.sjchsdown.catholic.edu.au

Date: 1st May, 2014

Term 2 Week 1B

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

I would like to extend a warm welcome for the start of Term 2 to all staff, students, families and friends. The school term has begun with great enthusiasm and promises to be filled with many opportunities for our students to develop academically, socially and emotionally.

On Tuesday as a school and last week as a nation, we paused to reflect and remember the great sacrifices that have been made for our country through wars. Mr Larkin, assisted by ABC TV, shared with the school part of his father's experience as an Australian soldier during World War II. The short segment which was broadcast on the ABC was a very meaningful way for the St Joseph's students to understand more fully the sacrifices that our Armed Forces Personnel have made for us (you might like to view the segment yourself by using this link: <http://www.abc.net.au/news/2014-04-25/one-sons-quest-to-track-down-his-fathers-burma-pow-mate/5411624>). Also, a sincere thank you to the students and staff who attended local commemoration services on Anzac Day.

In Flanders Fields

*In Flanders fields the poppies blow
 Between the crosses, row on row,
 That mark our place: and in the sky,
 The larks, still bravely singing, fly.
 Scarce heard amid the guns below.
 We are the Dead. Short days ago,
 We lived, felt dawn, saw sunset glow.
 Loved and were loved, and now we lie,
 In Flanders Fields.*

*Take up our quarrel with the foe:
 To you from failing hands we throw,
 The torch; be yours to hold it high.
 If ye break faith with us who die,
 We shall not sleep, though poppies grow,
 In Flanders Fields.*

John McCrae (1872-1918)



Mr John Barrington, Principal.

Parents and Friends Update!

Just a reminder that the next P&F Meeting will be held on Monday 5th May at 7pm in the school Library. And please claim the date in your diary - **P&F Trivia Night Friday 30th May, 2014**. I hope to see as many parents as possible at these evenings.

Michael Townsend, P&F President

©St Joseph's Catholic High
 School
 Licensed under
 NEALS



Curriculum Update!

Welcome back to Term 2!!! :-)

Although our shortest term of the year, Term 2 is shaping up to be our busiest! Of particular interest is the upcoming NAPLAN testing and half yearly examinations for the remaining year groups.

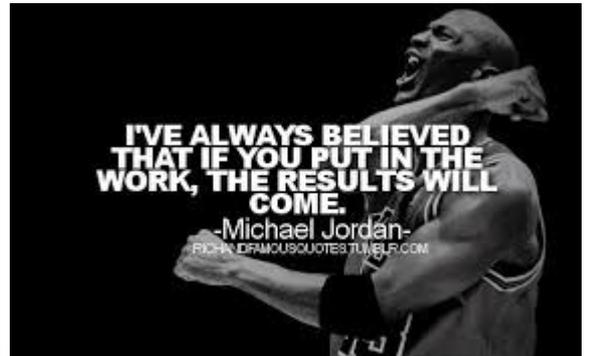
The 2014 NAPLAN test dates are as follows:

- * Tuesday 13th May Language Conventions and Writing
- * Wednesday 14th May Reading
- * Thursday 15th May Numeracy
- * Friday 16th May Catch-up for absent students

I encourage students to be present for all required elements and if for any reason they are absent, Friday 16th May is the time that we can catch up on any missed assessments. If for any reason there is a need to withdraw your child from the NAPLAN testing I ask that you contact the school to discuss this matter with Mr Barrington or myself as soon as possible.

NAPLAN acts as a measuring tool and most importantly it helps the teaching staff pinpoint areas that may need developing in the coming months and years. It is for this reason that it shouldn't be feared but seen as a further opportunity for learning.

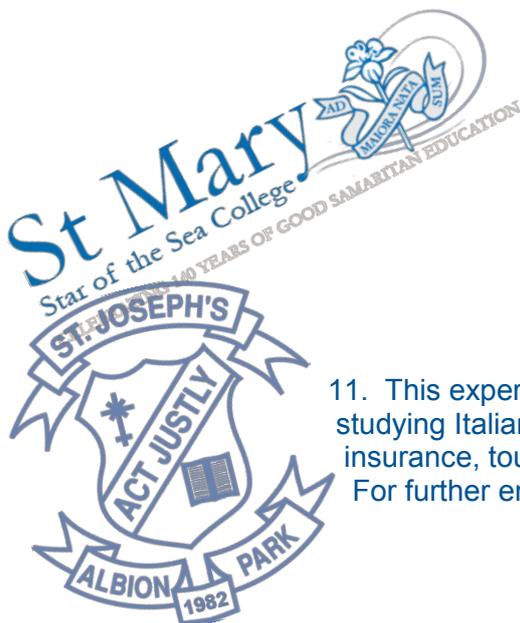
Half Yearly Examinations will be taking place for all year groups at various stages in the coming weeks. Students will receive notification of the tests and/or assessments that will be completed so it is important that they remain aware of impending tasks and parent's can play an enormously important supporting role within this. Exam timetables will be completed and distributed in the coming days but preparation can begin now. If you are not sure where to start it is critical that you seek advice from your teachers in the next few lessons.



Upcoming Events in Term 2

- | | |
|------------------------------------|---|
| Year 10 Half Yearly Examinations: | Commence 12th May and conclude 16th May |
| Year 7-9 Half Yearly Examinations: | Commence 19th May and conclude 23rd May |
| NAPLAN Testing Years 7 and 9: | Commence 13th May and conclude 15th May |

Mr Paul Hughes, Curriculum Coordinator



Languages News!

Cultural Trip to Italy 2014

Once again St Joseph's together with St Mary Star of the Sea Wollongong will be organising a Cultural Trip to Italy. The trip includes a two week school/home stay and a one week tour of Italy departing 21 September returning 14 October, 2014. A few spots are still available, so we have decided to offer this experience to any student in Year 10 or

11. This experience would be especially beneficial for Year 10 students interested in studying Italian Beginners in 2015. The cost is \$5,865 and includes airmiles, taxes, insurance, tour and all meals except for lunch whilst on tour.

For further enquiries please email michael.timpano@dow.catholic.edu.au.

Michael Timpano, Languages Coordinator



Welcome back to another term of sport! This term promises to be just as busy as the last with plenty of opportunities for students to represent the school, challenge themselves in a range of activities and possibly gain selection in Diocesan or NSWCCC teams. As always students and families are encouraged to read the newsletter each week as well as access the sport section of the school website to keep up to date with all the latest sporting details. Lately information

has also been emailed to students to ensure that everyone is aware of the opportunities available and the process to follow should students wish to participate in any activity.

NSWCCC Swimming Championships

Zachery Sturley, Jacob Lord, Ashleigh Seeney and John D'Alessio represented Wollongong Diocese at the CCC Swimming Championships at Homebush on Tuesday. Amongst their results Ashleigh finished 8th in the 200m Individual Medley, Zac came 4th in the 100m Freestyle, Jacob finished 4th in the 50m Butterfly and 5th in the 50m and 100m Freestyle while John D'Alessio finished 17th in the 100m Backstroke.

Congratulations

- ◆ *John Iafolla* who competed in the Australian National Go Kart titles on Easter Sunday. In a skilful drive John started in 7th place on the grid but worked his way through the field to finish in first place to be crowned Australian Champion!
- ◆ *Alexis Edwards* of Year 8 and *Mikayla Stephens* Year 9 who have been selected as members of the 2014 Acrobatics State Team and will be attending the National Championships in Melbourne at the end of May.



Good Luck to.....

- ◆ Our Junior Girls and Intermediate Boys who travel to Penrith this week to participate in the NSWCCC Regional Basketball Championships.
- ◆ The U/14 and Open Boys AFL teams take to the field in the Regional round of the Swans Cup.
- ◆ *Nicholas Rootes* and *Kade Sampson* travel to Wagga to represent the Wollongong Diocese at the Southern Country Rugby League trials.

Remember- 'Too much sport is never enough!!'

Brett Moran, Sports Coordinator



Thank you to the students who came and sang at the Holy Thursday Mass at St Paul's in the holidays. It was also great to have some of the Corpus Christi students also involved in this Mass. We are hoping to collaborate again with Corpus in a concert later in Term 3. I would like to remind the choir students that we will be continuing with Choir on Tuesday mornings from 8am-9am to build repertoire and prepare for this performance. Remember that everyone is welcome to come and sing with the choir!

"Then the singing enveloped me. It was furry and resonant, coming from everyone's very heart. There was no sense of performance or judgement, only that the music was breath and food."

Anne Lamott, Traveling Mercies: Some Thoughts on Faith

Sports Calendar 2014

Term 2

1st-2nd May –NSWCCC Regional Basketball Championships

2nd May –Closing date NSWCCC Netball and Volleyball

5th May-NSW All Schools Swimming

6th May-NSWCCC U/15 Netball Selections

6th May-Swans Cup AFL U/14 and Open

7th May-NSWCCC Open Netball selections

7th May-Sth Country Rugby League Trials

9th May-Diocesan Cross Country Carnival

22nd May-NSWCCC U/16/Opens Rugby Nominations close

Canteen Roster 2014

5th May	Cathy Whiteman, Leanne Greathead, Lindy Verryt, Racheal Scremin, Janelle Davis
6th May	Vickie Austin, Marina Chang, Kristie Fenwick, Rachel Parkes
7th May	Leanne McMillan, Oriana Dimise, Tina Brown, Amanda Quintal, Trinny Notrianni
8th May	Cathy Sperring, Sue Bezzina, Joanne Barker
9th May	Donna Parsons, Gianne Alexander, Louisa Cappetta, Amanda Walker

Uniform Shop 2014

5th May	Linda Doonan
8th May	Karen Edwards



Pastoral Care
Mrs Schibeci

Welcome back—it's shaping up to be a very busy, but productive time!! Michael Grose has published this great article on how to teach your children skills that may help them when slashing their way through the online jungle. This article is all about Social "Netiquette" and perhaps the most powerful statement that is written is that it isn't only the children who have a new big responsibility in the world of online socialising, the parents do too. Please take some time to read the article which is attached to this week's newsletter.
Megan Schibeci, Pastoral Care Coordinator

Attention Year 11 and Year 12 Students

During Terms 2 and 3, the MUNDY Program will be operating every Monday afternoon after school. This is a support program for Years 11 and 12 only, where they can receive guidance and tutoring from teachers. Students can receive advice, tips on studying or direction and help with homework. It will run from 3:30pm to 4:30pm and we encourage as many students as possible to take advantage of the extra support from their teachers. Students will have to make their own arrangements to get home at 4:30pm. Please email helen.sara@dow.catholic.edu.au for further details. MUNDY will commence Monday 5th May, 2014.

Important Dates for your Diary

Tuesday 6th May-Unanderra Parish Mass

Wednesday 7th May-Year 8 Retreat

Monday 12th May-Year 10 Half Yearly Exams Commence

Tuesday 13th May-NAPLAN Testing commences

Monday 19th-Year 7-9 Half Yearly Exam commence

Monday 26th May-Year 11 VET Work Placement



University of Wollongong Early Admission Dates

Important dates for Year 12 Students:

Friday 1st August—UOW Early Admission online applications open at 9am.

Friday 29th August—UOW Early Admission online applications close at 5pm.

Monday 29th September –Wednesday 1st October -UOW Early Admission Interviews at UOW's Wollongong Campus.

Wednesday 3rd December-UAC preferences for December Early Round close.

Careers Expo

All Year 10 and 12 students are invited to attend the Careers Expo. Information will be sent home this week.
Date: Tuesday 13th May, 2014 Time: 12:30pm leave school and return at 2:30pm

NSW Mining Pathway Session

The NSW Minerals Council will once again be hosting a Careers in Mining Pathways session on Monday 12th May, 2014. Registrations are essential and close on Wednesday 7th May, 2014. The session will be held at the Ocean Room, Wollongong Unicentre, University of Wollongong from 4-6pm. Light catering will be provided.

Dealing with HSC Stress for Parents

Wollongong City Library would like to invite parents of students from Year 11 and 12 to attend an information session on dealing with HSC Stress for Parents. Wednesday 25th June commencing at 6pm, Corrimal District Library. Bookings essential by phoning 4227 8179.

Log onto www.migas.com.au for information about the below opportunities!!

Apprenticeships

- Certificate III in Production Nursery (Horticulture Apprenticeship) at Glenorie - 1st Year
- Certificate III in Roof Plumbing (Apprentice Roof Plumber) at Glendenning - 1st, 2nd, 3rd or 4th Year
- Certificate III in Carpentry (Carpentry Apprenticeship) at Glendenning - 2nd, 3rd or 4th Year
- Certificate III in Auto-Motive Sales (Spare Parts Apprenticeship) at Erskine Park - 1st Year
- Certificate III in Electro-Technology (Electrical Apprenticeship) at Nowra - 2nd, 3rd or 4th Year
- Certificate III in Retail Nursery (Horticulture Apprenticeship) at Moorebank - 1st Year
- Certificate III in Heavy Commercial Vehicle Mechanical Technology (Heavy Vehicle Auto-Motive Apprenticeship) at Fairfield East - 2nd Year

Traineeships

- Certificate III in Warehousing Operations (Warehousing Traineeship) at Macquarie Park
- Certificate III in Warehousing Operations (Warehousing Traineeship) at Padstow

HOW essential CAN HELP YOU
EMPLOYMENT & TRAINING

ARE YOU THINKING OF LEAVING SCHOOL & NEED HELP FINDING A JOB?

AT ESSENTIAL EMPLOYMENT & TRAINING WE OFFER EMPLOYMENT SERVICES. TRANSITION TO WORK (2 YEAR EMPLOYABILITY SKILLS PROGRAM) & INDIVIDUAL FUNDING ACTIVITIES (SUBJECT TO ELIGIBILITY)

CONTACT OUR FRIENDLY & PROFESSIONAL STAFF TODAY

FREECALL: 1800 243 513 EMAIL: info@eetgroup.com
PHONE: (02) 4227 3111 WEB: www.eetgroup.com.au

Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Catherine Gerhardt

Social Netiquette

Today's transition to high school usually comes with a transition to a greater online presence. Here are four great ways to help your children develop 'social netiquette'

I am in transition and it has happened way too fast. I hope I am prepared. I am now the mother of a high school student. Entering high school is a phenomenal year of change for parents and youth. Actually, it was the first week that really made its mark. Suddenly my daughter has her own laptop, email addresses and a smart phone.

When I was her age I had a fairly simple transition. I simply walked across the parking lot and turned right towards the high school instead of left for the primary school and the transition had occurred. That was one of the privileges of a rural education – not the norm for most youth as they make the change from primary school to secondary college. Back then, thoughts of laptops and phones with internet connection were non-existent, or at least only possible in the realm of movies like Star Trek. Fast forward to today and our kids are carrying these devices around in their backpacks.

With all this technology comes a great deal of responsibility for youth and their parents. I know I expect my children to use their manners, show respect and treat others as they would like to be treated. I expect this in the real world and I expect this online – constantly and consistently. Social netiquette is exactly that: online rules and guidelines that match real world rules and guidelines.

Here are some guidelines you can teach your child to help them develop social netiquette:

Don't be an 'open book'

Giving away too much information, too soon, to people you may not really know can put your child at risk. What you need to know and understand is that your child is now hanging out in the biggest possible public place there ever was. Placing themselves online and being an open book can make your child a target. Once they have put themselves out in this public place, they are accessible to billions of people. Even with tight privacy settings and all the awareness in the world, that post, that photo is out there; chances are that sometime, someone out there is going to make a derogatory comment about something they put online. I'm not saying that is right, but I am saying that it is bound to happen. Be prepared for that, and talk to your kids about what to do when it does. We recommend they do not respond, let a trusted adult know what has happened and do not re-enter that conversation.

Building your personal brand

In a world where social media rules, we have all become brands. Everything we do online is either adding or detracting from our personal brand. Does your child want their brand to be

like a Nike or Coca Cola: a top shelf brand that people want to buy into because it is seen to have value? Everything your child says, 'likes', re-posts, comments or retweets on social channels tells others what they are all about. Online presence is not only about the content that they provide themselves – it is also about what's written or posted about them by others. Today's first impressions occur on the internet.

Your child's personal brand will take them further than any education or university degree. In today's world an individual's online reputation is far more believable than anything they can provide on a piece of paper. A comment on a piece of paper doesn't have a lot of 'weight', but what others can see about them on the internet – now that is 'real'. A strong personal brand will allow your child to move between opportunities with ease.

Housekeeping required

Your child's personal brand will also outlive any of their personal and professional achievements. Setting up and maintaining social networking requires constant work. Work with your kids to maintain a clean house, so to speak.

more on page 2 >>

© 2014 Michael Grose



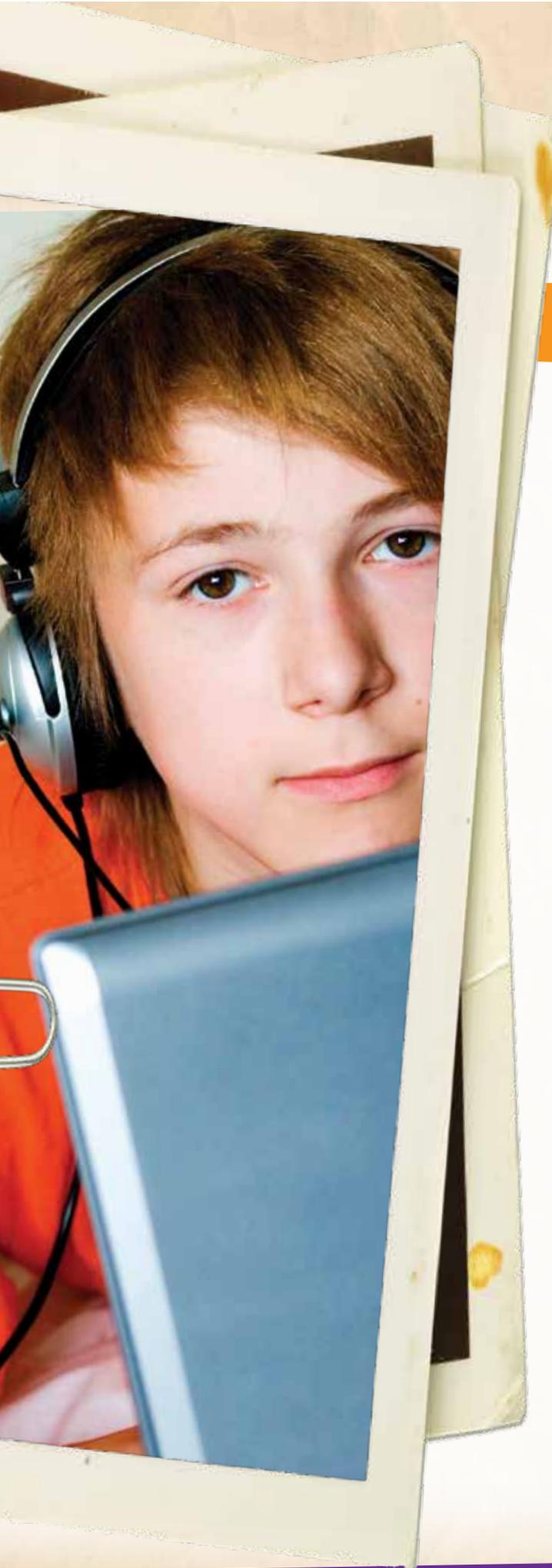
Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW Parentingideas Club** today at parentingideasclub.com.au. You'll be so glad you did.



parentingideas.com.au



Help develop 'social netiquette'



Keep social networks tidy and tight. Some apps make it very easy to connect with people they have never met. Have a conversation with your child about why 'quality friends' should win over 'quantity of friends'. Are they connecting only with real life face-to-face friends? Who will stand beside them if they don't, and things go wrong?

Mistakes will be made, and our aim is to minimise the slip-ups our children will make. The first thing is to reassure your child that you will be there to help if something goes wrong or gets out of control. Yes, we may be angry at first, but your child will need your support; we may be disappointed, but we will get over it. Let your child know that you are far more likely to respect them for being upfront about issues rather than trying to bury any mistake they have made.

Even the most insignificant online actions can have an influence on how your child will be perceived. Take a proactive and preventative stance – spending the time now to help your child navigate their way through their new digital world, and to help them attend to any stains and spills that might happen along the way, will pay off in the long run. Learning how to edit, block and delete content is a great place to start.

Encourage kids to T.H.I.N.K.

This is an 'oldie but a goodie' and it works every time. Work with your kids to have them answer these five simple questions before they post. Is it True? Is it Helpful? Is it Inspiring? Is it Necessary? And is it Kind? If your child can answer yes to those questions, then certainly they can consider putting their material online. But even a single 'no' to one of these questions means they will be pushing the boundaries of social netiquette.

Times certainly seem different these days, but the rules are still the same. Be nice in public, make a first good impression, tidy up your mess and think twice before speaking.

So far the transition has gone smoothly and we have both settled into the new demands of online learning and the world of 'bring your own device'. Being the mother of a high school student is a privilege, and I welcome the new challenges it will bring.

Catherine Gerhardt

'eSmart Schools has found the content in the Kidproof Safety program to be a valuable and credible resource on cybersafety for schools'
The Alannah and Madeline Foundation



Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW Parentingideas Club** today at parentingideasclub.com.au. You'll be so glad you did.

