

# ST JOSEPH'S CATHOLIC HIGH SCHOOL

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Date: 3rd September, 2016

Term 3 Week 8B

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

## SRC and Student Leaders for 2015

On Wednesday, the school held the Annual Induction Ceremony of new student leaders for the next 12 months. Congratulations to all SRC Representatives and the Senior Student Leadership Team for 2016. I encourage all students to embrace any opportunity to develop their leadership. It provides them with life-long skills and supports their development into the leaders of tomorrow. These students are to be commended for accepting this challenge.

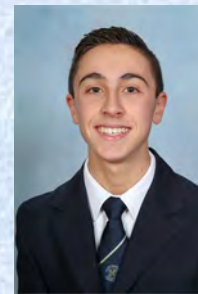
### School Captains



Sienna Casolin



Christopher Davis



Baylee Edlundh



Laura Markowski

### School Vice Captains

### Councillors



Mikayla Brown



Heather Burton



Ellie Dixon



Alfredo Ferraro



Martin Lavin



Zac Sturley

### Sports Captains



Kaelah Austin



Isaac Lambert

*"Act Justly, Love Tenderly  
and  
Walk Humbly with God"*



## Junior Councillors for 2016

**Year 8** - *Simon Berto, Bianca Cacciola, Thomas Di Pietro, Mayha Podolski*

**Year 9** - *Marcus Chieffe, Jennifer Klepczarek, Brooke Smith, Tara Walker*

**Year 10** - *Teresa Carter, Ryan Castles, Darcie Clarke, Toumanda*

**Year 11** - *Jackson Green, Lachlan Pearce, Bradley Schmidt, Joseph Timpano, Rachel Wilkins, Tahlia Wilson*

Many thanks to the school band who performed for us at our special school assembly and to the many parents in attendance.

**Mr Neil McCann, Relieving Principal**



*Congratulations*



It's so hard to parent teens. As parents, we want to be able to help them develop into responsible, contributing young adults, but it can seem like disciplining erodes any shred of relationship we have with them. Sadly, sometimes, parents find it more manageable to ignore negative behaviours, much to the detriment of the young person. This week's Insights article is all about this difficult balancing act. Michael Grose suggests a twofold approach; *follow through and follow up to reconnect*. The basic idea is that if you tell your child that there will be a particular consequence due to bad behaviour, you really should follow through with that. The second part of the approach explains how important it is not to shut your child out after a negative incident. Once the deed and consequence are wrapped up, reconnect with your child; assure them your relationship with them is in tact and begin anew. If you get time, have a read of this worthwhile article.

*Mrs Megan Schibeci, Pastoral Care Coordinator*



**Year 12 News**

The end of school for Year 12 is fast approaching. As well as working hard to achieving their best in their subjects, students are organising gifts for teachers and formal table seating plans. It is a very busy time for all students. This week the Social was held as a farewell from the school community. Formal tickets are being sold via the office and online; the Formal is at UOW Hall on Friday 20th November. Last day for payments for the Formal is 4th November.

**Dates for your diary:**

16th September - Year 12 Breakfast and Mass Practice at St Paul's Church followed by the Year 12 Mass and Graduation Ceremony commencing at 6pm. Students are required to be at St Paul's Church by 5:30pm in full School Uniform including Blazer.

17th September - Year Group Picnic to Taronga Zoo departing at 8am from Church Street and returning by 4pm to Church Street.

18th September - Farewell Assembly in the school hall from 9:20am - 11:00am. Parents are asked to be seated in the hall from 9am.

Year 12 students will receive an information sheet with all events planned. A reminder that the Year 12 End of Year Events Booklet was issued to each student earlier in the year.

*Mrs Sue Kennedy, Year*



**11 Coordinator**

**Year 11 Update**

I would like to take this opportunity to wish Year 11 students all the best for their upcoming exams. These will commence on Wednesday 9th September and will conclude on Friday 18th September. Monday and Tuesday of next week (Week 9) are compulsory school days. I would expect that you will be using this time before exams to implement an effective study program that incorporates the construction of study notes, developing a

detailed understanding of the syllabus dot points, going through past papers and seeking feedback from your teachers on your responses.

It is important to remember that the Year 12 Final Assembly will on the last day of term starting at 9:20am. It would be good to see as many Year 11's there as possible to farewell Year 12.

The start of Term 4 is going to be very busy. Year 12 Course work commences in Term 4. Work Experience is in Week 2, Retreat is in Week 3 - Wednesday to Friday and the RYDA Road Safety Education Program is on November 3rd (Tuesday of Week 5). The RYDA note was issued this week and needs to be returned by the 4th November.

*Miss Kim Stutchbury, Year 11 Coordinator*

**Canteen Roster 2015**

7th Sept	Kim Power
8th Sept	Linda Wilson, Zora Volf, Nell Derubeis
9th Sept	Leanne McMillan, Oriana Dimise, Tina Brown, Amanda Quintel
10th Sept	Robecka Perri, Christine Brown, Tracey McLaughlin
11th Sept	Tracey Teixeira, Nicole Oswald, Susan Rayner, Michelle Partridge, Tracey Sumner



## Year 8 APEL (Academic Program of Enrichment for Literacy)

On Tuesday 1st September, Year 8 APEL students were lucky enough to host a meeting with Stephen Jones, the Member for Throsby. We invited him to speak to us about 'Student Voice' and creating change in the school community. We discussed his role in Parliament and what he has achieved in the 5 years he has been working in his position. Mr Jones talked about the obstacles he has hurdled and overcome. He inspired us to not take "no" for an answer, and to push for what we think is right. He has given us motivation to continue in our endeavours to make changes for the better in our school and our community. We were very fortunate to have Mr Jones speak to us and enrich us with his knowledge. *Year 8 APEL Students*



**\*\*\*\* Important Dates for your Diary \*\*\*\***  
**9th Sept - Final Preliminary Exams**  
**16th Sept - Year 12 Graduation Mass and Presentation Night**  
**18th Sept - Year 12 Final Assembly**  
**Last day Term 3**  
**6th Oct - Staff Development Day**  
**12th Oct - Year 11 Work Experience**  
**20th Oct - Year 7 Vaccinations**  
**21st Oct - Senior Retreat & Year 9 Camp**

## Illawarra Trades Roadshow Excursion

Last Thursday 27 students from Year 9 and 10 attended the Illawarra Trades Roadshow at Five Islands Senior College. Students enjoyed the opportunity to have a hands on experience sampling trades. Students tried welding, cooking, bricklaying, electrical, automotive, spray painting and many more. Everyone benefited from the experience and perhaps some of those students will one day take up apprenticeships in some of these fields. Days like these help students to determine future careers and subject selections.

*Mrs Sue Kennedy*  
Careers Advisor



**Uniform Shop Helper**  
**7th September - Vanessa Henson**  
**10th September - Nickie Collingburn**



**!Reminder!**

**Keep collecting your stickers and don't forget to submit your Woolworths Earn and Learn Sticker sheets @ the School Library or while your at Woolworths Albion Park!**



### World Cup Tournament Update

Brazil is still in the lead although Greece is closing the gap. Last week saw the countries in Year 7, 8 and 10 play each other in Basketball and also Ten Pin Bowling in Year 10. With only two rounds to go, it looks like Brazil may be the St Joseph's 2015 World Cup Champions!

Brazil	1st	260 points
Greece	2nd	217 points
Japan	3rd	210 points
Spain	4th	197 points
Tonga	5th	193 points
Latvia	6th	187 points

**Congratulations....** to *Elizabeth Giustiniani* of Year 10 who performed in the opening ceremony for the Netball World Cup at the Acer Arena. It was an amazing experience for her. *Jenna and Abby Golub* were ball girls for several games throughout the competition. What a buzz for these students.



**Boys Diocesan Volleyball Gala Day**  
A big thank you to the following students for participating in the Diocesan Volleyball Gala day in Unanderra on Wednesday 26th August. *Matt Gaynor, John Iafolla, Hayden Waples, Lachlan Wallace, Jerico Pica, Jayden Capetta, Chris Milan, Alfredo Ferrero, Chris Davis and Darcy Peters.* The boys had a lot of fun and learned a lot about a sport most of them were rather

unfamiliar with. It was a pleasure coaching them as they all demonstrated teamwork and a willingness to learn. Well done boys! *Mr Chris Plattner*

### Girls Volleyball

The girls team had an abrupt start to the day with their bye round quickly turning into a game against one of the strongest teams in our pool to replace a team who was running late. The girls found their feet in the second set but the St Mary's team were too strong. The girls from John Therry brought some big hits and strong serves, with our girls getting some great returns. Holy Spirit and St Joeys had a fairly even match, with all sets coming down to a few points. The highlight of the day was our girls going up against Magdalene who came 3rd overall and just losing each set 13-15 - an awesome effort against a very strong and experienced team. The St Joey's girls performed well and displayed excellent sportsmanship on the day. Congratulations to *Seychelle Albert, Brooke Coomby, Tori Arnone, Emma Wilson, Brianna Tagliaferro, Tamiaka Garcia, Maria Jayme, Emma Austin and Sienna Rhazouani* who represented St Joseph's and were great ambassadors for the school. *Miss Vicki Sproule*

### Boys Hockey

The Boys Hockey team gave a very creditable team performance last Friday at the Unanderra Hockey Turf. The side came 4th overall and 2nd in their pool. This was a brilliant effort considering only 3 of the boys play hockey and one of these had not played regularly for 3 years!! The boys showed great enthusiasm, persistence and collaborative teamwork. *Tim Wilson* (our goalie) gave his all and saved countless goal attempts from the opposition. *Isaac Lambert* coordinated the team on field and provided sound defence. *Clayton Ritchie* provided sound linking between our forwards and halves. Our players new to the sport (*Luke Arthur, Baylee Edlundh, Martin Lavin, Ryan Potter, Tobias Speirs, Alan Stewart, Michael Whiteman and William Woolfe*) performed outstandingly, at times surprising and delighting themselves at their new found skills!



## Girls Hockey

The girl's team had a great day at the Diocesan Hockey carnival on Friday 28th August, starting well with a 3-0 win against Holy Spirit. Goal scorers' were *Sarah Hilton (2)* and *Lexy Dodovich (1)*. Next we played Mount Carmel and went down 0-2, holding strong through to the end. This meant we needed to at least draw our 3rd game against Magdalene to get into the semi final. This proved to be a very difficult game for both players and umpires as we both had very similar uniforms. Fortunately we managed a gritty 0-0 draw to place us 2nd in our pool and a spot in the semis. The girls played some of their best hockey for the day against St Patrick's, setting up some good attacking raids as well as holding out in defence. The game resulted in a 0-0 draw, however St Pat's progressed to the final as they were top of their pool. We then played Mount Carmel again for 3rd position, coming out with a 2-1 win and an outstanding effort from all players, with some excellent team work. Goal scores *Lexy Dodovich (1)* and *Natalie Chang (1)*. This was the final game for our Year 12 students *Natalie Chang* and *Erin Massie* who have represented the school since they were in Year 7. We appreciate the wonderful contribution both girls have made to St Joseph's school hockey. Team - *Natalie Chang, Erin Massie, Zoe Imisides, Ashley Cummins, Lexy Dodovich, Georgia Gregory, Sarah Hilton, Chloe Hurt, Chelsea Jensen, Lavina Woolfe, Taylah Gilbert, Zali Markwell, Katie Saunders, Kirra Schofield.*



## Relay for Life 2015

On the weekend of 19th and 20th September, a team of St Joseph's staff, students, family members and friends will be participating in the annual Illawarra Relay for Life. The relay is a community event with team members walking over a 24 hour period in memory of loved ones who have lost their battle with cancer and to show support for survivors and carers. This year we will walk again in memory of former St Joey's teachers Mr Robson and Mr McLaughlin and former student Tamara Bianco.



This year we invite all members of the St Joseph's school community including students and their family members to join the team. Our goal this year is to raise \$1000 for the Cancer Council. If you would like to join the team or make an online donation, please click [here](#).

Upon registration, I will share a Google doc for interested participants to register the time/s they would like to walk. There are hourly time slots available starting at 9am on Saturday 19th September until 10am Sunday 20th September. Thank you for your continued support.

*Mrs Michelle Garbutt and Mrs Jodie Linsley  
Sports Coordinators - Remember "Too much sport is never enough"*



when nothing  
goes right....  
go left.

think it  
design it  
create it

rm 7 lunchtimes  
mon-thurs  
@makerspacejoeys



### **Year 11 Work Experience**

Students will meet today to receive their Safety Card and Work Experience Report. Students with any questions about Work Experience should refer these to Mrs Kennedy before the end of Term 3. Work Experience is Monday 12<sup>th</sup> October till Friday 16<sup>th</sup> October, 2015. Students should ring their employer a week prior to starting and return the blue form to the office which was given out today. All the best to all our Year 11 students for what should be a fabulous week.

### **The University of New England Early Entry Program**

Applications close Wednesday 30<sup>th</sup> September.

UNE's Early Entry program allows Year 12 students to gain a place at UNE before ATARs are released. Selection for the program is based on an applicant's ability to work and learn independently, as well as their overall potential for academic success.

<http://www.une.edu.au/study/study-on-campus/get-early-entry/about>

### **Australian Business College Open Day**

Wollongong: Friday 25<sup>th</sup> September, 313-323 Crown Street, Wollongong.

Meet students, graduates, trainers and more. <http://acbc.nsw.edu.au/2015-campus-open-day.html>

### **The University of Notre Dame: Twilight Tour & Course Information Evening**

Tuesday 24<sup>th</sup> November – Thursday 26<sup>th</sup> November, 104 Broadway, Chippendale.

The Prospective Students Office will be open for extended hours to assist potential students with tertiary study options and admissions information. Contact: 02 8204 4404 or [sydney@nd.edu.au](mailto:sydney@nd.edu.au)

<http://www.nd.edu.au/events/2015/twilight-tour-and-course-info-evening-nov2015>

### **ACU: Teaching at ACU**

This online booklet provides information about the teaching courses and alternative pathways available for anyone who would like to enroll in a teaching degree 2016, but may not have the academic requirements for direct entry.

[http://www.acu.edu.au/\\_\\_data/assets/pdf\\_file/0006/769434/Teaching\\_at\\_ACU.pdf](http://www.acu.edu.au/__data/assets/pdf_file/0006/769434/Teaching_at_ACU.pdf)

### **UNSW: Art & Design Open Day**

Saturday 5<sup>th</sup> September, Paddington Campus, CNR Oxford St & Greens Road, Paddington.

As part of UNSW's Open Day, the Paddington campus will also be open to showcase their range of facilities. Those who attend will be able to participate in a portfolio entry workshop, and speak to staff and students about course options.

<https://www.artdesign.unsw.edu.au/whats-on/events/open-day-2015-paddington-campus>

### **My Future Scholarships**

The MyFuture website lists a large number of scholarships available to students who will be studying at university in 2016. To view their scholarships visit:

<http://myfuture.edu.au/tools-and-resources/study-or-training-options/scholarshipsearch>

### **Canberra Academy of Dramatic Art: Certificate III in Performance (Acting) Audition**

Saturday 10<sup>th</sup> October, 2.00pm, 1/9 Lithgow St, Fyshwick ACT

The audition will involve an information session followed by a workshop. No preparation required.

<http://www.cada.net.au/81118act-certificate-iii-in-performance-acting.html>

### **National Institute of Dramatic Art: Holiday Courses**

Monday 21<sup>st</sup> September – Friday 2<sup>nd</sup> October, Kensington.

The National Institute of Dramatic Arts (NIDA) will be holding a number of holiday courses for students in Years 7 – 12. Attendees can participate in a range of courses covering acting, audition preparation, and dancing. <https://www.open.nida.edu.au/courses/Demographic/Young+People>



### **Museum of Human Disease: HSC Biology Study Day**

Tuesday 29<sup>th</sup> September, 9.30am – 4.00pm, Samuels Building (F25), Via Gate 11 - Botany St, University Of New South Wales. A one-day workshop which aims to provide attendees with up-to-date exam techniques, revision strategies, and inspiring talks to ensure students achieve their best for the final HSC Biology exams.

<https://medicalsciences.med.unsw.edu.au/news-events/hsc-biology-revision-day>

### **The University of Sydney: HSC Preparation Workshops**

The University of Sydney, Camperdown.

Throughout September The University of Sydney will be holding a number of exam preparation courses for Year 12 students. Courses are usually three hours in length, with costs of each course ranging from \$120 - \$158. <https://cce.sydney.edu.au/courses/education/HSC>

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### **Become a Psychologist!**

The Australian Psychological Society has outlined the pathway to become a registered Psychologist. In short it takes a minimum of six years in education and training broken into undergraduate study, postgraduate study, internship and a registrar program.

<http://www.psychology.org.au/studentHQ/studying/study-pathways/>

### **Maths Ad(d)s**

Maths Ad(d)s gathers together mathematical and statistical jobs that have recently appeared online across a broad spectrum of industries. The online booklet provides an overview of possible careers available to university students after graduation if they include mathematics or statistics in their degrees. <http://careers.amsi.org.au/mathssadds/>

### **Careers in Sport**

This website is for anyone interested in a career in Sport and Fitness. There is information about recommended qualifications and pathways, along with a list of available positions and courses.

<http://www.sportspeople.com.au/>

### **Nursing and Allied Health Scholarship and Support Scheme**

This scholarship provides assistance to nursing and midwifery students studying at an Australian university or registered training organization. Contact: 1800 117 262 or [scholarships@acn.edu.au](mailto:scholarships@acn.edu.au)

<http://www.acn.edu.au/nahsss>

# what you can expect at our place

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## SAFETY

First consideration in all we do



## HONESTY

Respect & integrity in everything we do



## PEOPLE

We treat employees like family & customers like guests



## QUALITY

Strive for continuous improvement



## TEAMWORK

It's not about individuals it's about team work



## RESPONSIBLE

Deliver on promises & acknowledge mistakes



## CUSTOMER SERVICE

Deliver an unbeatable customer experience

# supporting our community

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We are committed to providing careers to local people in the areas where we do business.

# apply now!

ARE YOU IN YEAR 12?

WILL YOU BE COMPLETING THE HSC THIS YEAR?

HAVE YOU PREVIOUSLY COMPLETED YOUR HSC  
IN THE LAST TWO YEARS?

ARE YOU INTERESTED IN AN EXCITING CAREER  
WITH ONE OF THE MOST TRUSTED & SUCCESSFUL  
HOME BUILDERS IN THE COUNTRY?

**THEN APPLY FOR A CADETSHIP WITH  
McDONALD JONES & THE MJH GROUP.**

*For more information on our company visit  
[mcdonaldjoneshomes.com.au](http://mcdonaldjoneshomes.com.au)*

*or call Mark Maguire on 02 4918 2645 for more  
information on the Cadetship Program.*



# building a future

by providing career opportunities

02 4918 2645

[mcdonaldjoneshomes.com.au](http://mcdonaldjoneshomes.com.au)

Head office: 9B Huntingdale Drive, Thornton NSW 2322



# let us

introduce ourselves

The MJH Group is an Australian owned company specialising in building innovative and affordable homes throughout NSW, QLD and ACT.

Established in 1987 as McDonald Jones Homes, the business has developed an enviable reputation for building excellence and has been the proud winner of multiple awards along the way. Building everything from introductory three bedroom single garage homes through to spacious country manors, our design portfolio consists of stylish single level, split level and two storey homes. McDonald Jones is also recognised by the HIA as being one of Australia's top 20 builders and is currently the number one project home builder in NSW.

Over 25 years of experience in the industry has enhanced our skills and taught us a lot along the way. Now with over 360 permanent staff and over 2,000 sub contractors we are ready for the next 25 years.



# looking

for a place to call home?

The MJH Group Cadetship Program offers an exciting career opportunity in the residential building industry. If you are motivated, passionate, willing to learn, and have an interest in this industry, we may have the career for you. Applications are invited from students who are completing their HSC this year and those who have completed their HSC in the past 2 years.

## ABOUT THE PROGRAM

We offer a number of Cadetships that align with our company's needs. Upon successful completion of the program, Cadets will have completed a Certificate III in Business and a Certificate IV in Building and Construction (Estimating).

Cadets will often have the opportunity to rotate through different departments within the company including Sales, Customer Service, Sales Estimating and Production Estimating. This will enable the Cadet to gain a broad range of skills and experience as well as unrivalled exposure to the residential housing industry.

## WHAT'S IN IT FOR YOU?

- On the job training;
- Full time employment with a reputable industry leader;
- A career in the residential building industry; and
- Achieve two accredited qualifications

*When you start your Cadetship with us you are more than just part of the team; at the MJH Group we treat one another like family.*

# we are

with you every step of the way

You will never be on your own at the MJH Group. There will always be someone supervising you to make sure you are working safely and learning valuable skills that will help you to successfully complete your Cadetship.

You will be provided with training and ongoing support to help you expand your skills, hone in on your interests and grow your knowledge of the residential housing industry.

The MJH Group will monitor our Cadets during the program to provide mentoring, guidance and ongoing development. At the conclusion of the Cadetship, permanent placement within the MJH Group will be determined based on operational needs.

We are committed to providing you with the tools and opportunities that will allow you to reach your full potential in the MJH Group.



## Be challenged. Become an Air Force Cadet.

The Australian Air Force Cadets (AAFC) is a youth oriented organisation that is administered and actively supported by the Royal Australian Air Force.



### No 338 Squadron Albion Park

A recruit Information Night will be held on 9 Sep 2015 commencing at 7pm at Lake Illawarra Cadet Facility 2/1 Northcliffe Drive, Warrawong, our current place of parade.

Should you have a family member or know of someone who may be interested in joining please email:

Adrian MILLER

FLTLT(AAFC)

CO

FQM

[co.338sqn@afc.org.au](mailto:co.338sqn@afc.org.au) and register their attendance.

Information about the Air Force Cadet can be found at: <http://www.aafc.org.au/>



# Parenting *ideas*

## INSIGHTS

### *Building parent-school partnerships*

WORDS Michael Grose

## Maintain a strong relationship with your teen

How do you maintain a good relationship with a teenager? Here are two simple strategies to help parents hit the right parenting mark through this sometimes-challenging stage.

One of the biggest challenges parents of teenagers face is how to maintain a good relationship with a young person while managing also their sometimes tricky and anti-social behaviour. The balance between good guy and bad guy is precarious indeed.

There are two simple strategies, when used in tandem, can really help parents straddle this great divide. They are - following through and following up.

When used wisely and consistently they can help parents manage teenagers even during their more difficult stages while maintaining a respectful relationship.

### **Following through to teach responsibility**

'Following through' means doing what you say you'll do. If you say "You're grounded" yet then let a young person off the hook when they came home from an outing later than agreed, you are merely issuing a meaningless threat. Most young people know a meaningless threat when they hear one.

'Following through' is about taking parent action and the most appropriate action is the use of behavioural consequences. When young people behave poorly, irresponsibly, transgress family rules or someone's

individual rights, then the experience of a negative consequence teaches them that there is a link between their behaviour and outcomes. If this sounds high-handed then relax. It's how a civil society operates. Drive too fast and you'll receive a fine. Harm someone and hopefully you'll be issued with a suitable punishment that matches the offence. 'Cross a line and something happens' is the accepted wisdom in our community, in school and in family-life.

It's important that the consequence issued matches the misdemeanour. When we go too far - "you're grounded for the term" - then we generally get resentment. Not strong enough - "you should apologise" and they become ineffective. It also helps when consequences are related to the misdemeanour. Taking away a teenager's regular pocket money to remind him to come home on time defies teenage logic and will generally lead to resentment. Be mindful that a rational, logical approach is a parent's best defence against teen emotion.

The key to the successful use of consequences rests with how you implement them. If you issue them in anger (even though that's how you feel) then you are inviting a young person to challenge you. Implement consequences dispassionately

and calmly and you'll increase the likelihood of them being mad at themselves rather than mad at you. Nonchalance is a parent's best friend when it comes to managing the behaviour of highly-charged teens.

### **Following up to reconnect**

It's easy to lock a young person out emotionally following a behaviour meltdown or disagreement, particularly when they've said or done hurtful things. Once the dust has settled after discipline or a dispute then it's time to follow-up with a kind word, an enjoyable activity or even just a sincere smile. It generally takes the adult in the relationship - parents or teachers - to make the first move to put the relationship back on an even keel. It's smart to choose a time when you are both more relaxed to reconnect rather than rush to make up before either person is ready, which can make matters worse.

Following through and following up are a dynamic discipline duo when they are used together as they help parents straddle the good guy, bad guy line that seems to appear on almost a daily basis. Use one without the other and you'll come across as either too soft or too harsh. Use them in tandem and you're more than likely hit the right parenting mark.

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at [parentingideas.com.au](http://parentingideas.com.au). You'll be so glad you did.

