



# ST JOSEPH'S CATHOLIC HIGH SCHOOL

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Date: 4th September, 2014

Term 3 Week 8B

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

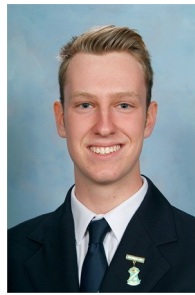
## SRC and Student Leaders for 2015

This week the school held the Annual Induction Ceremony of new student leaders for the next 12 months. It has been wonderful to see so many students in all year groups putting themselves forward to be representatives of their respective groups. Congratulations to all SRC Representatives and the Senior Student Leadership Team for 2015.

### School Captains

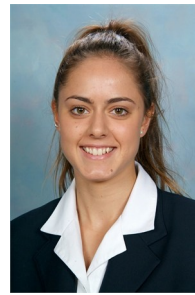


Melanie Bletas

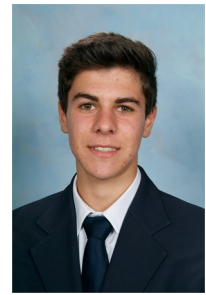


Talin Kennedy

### School Vice Captains



Hayley Golub



Davide Zanatta

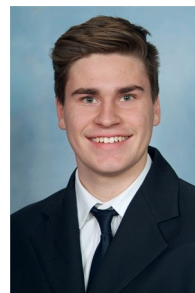
### Councillors



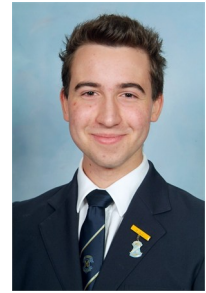
Bethany Downing



Erin Levy



Benjamyn McGeehan



Damien Pulido



Michael Rossi



Brittany Ryan

### Sports Captains



Riley Smith



Bailey Warren

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



## Junior Councillors for 2015

**Year 7:** Marcus Chieffe, Jennifer Klepzcarek, Kristina Puljak, Tara Walker

**Year 8:** Teresa Carter, Ashley Hayes, Taylah Mate, Charles Windle

**Year 9:** Yianni Bletas, Shaylee Costello, Tori Sears, Joseph Timpano

**Year 10:** Mikayla Brown, Ellie Dixon, Martin Lavin, Laura Markowski, Nicholas Marin, William Woolfe



Many thanks also to the school band who performed for us at our special school assembly.

Mr John Barrington,  
Principal

## Respecting Our Neighbour's Property

As we are all aware, our school is located in the middle of a residential area of Albion Park. Therefore, it is important that we show care and consideration for our neighbours. Students who drive to and from school need to ensure that they follow the NSW Roads and Transport Authority regulation of never encroaching on one of our neighbours' driveways to avoid receiving a parking fine.



In addition, when we have our socials, students are asked to respect our neighbours, by making a concerted effort to keep their voices to a minimum. Parents are asked to please be mindful not to park on the footpaths, in driveways and/or on our residential neighbours' property when picking up your child. Your anticipated support and understanding in relation to these matters is greatly appreciated.

*Mrs Jenny Bell, Assistant Principal*

## Student Exchange ~ HOST FAMILY NEEDED!!

Student Exchange Australia New Zealand is looking for a volunteer host family for a 17 year old Italian Boy who arrived in Albion Park in July 2014 and is currently attending St Joseph's Catholic High School. He is interested in Music, Sport and learning about the Australian culture. Together with his new host family he would love to experience new activities and simply be part of his host family's daily life.

We are looking for a family able to host him from the end of September until April 2015.

If you can help, please phone Marg at the student Exchange Office 1300 135 331.



Pastoral Care  
Mrs Schibeci

This Sunday is Father's Day! Father's Day calls for us to reflect on lots of things about Fathers: the fact that they come in all sorts of shapes and sizes, (stepdads, granddads, uncles, special family friends and the regular Dad), memories of Fathers we have lost and the importance of the role of a Father. Michael Grose has published the attached article about fatherhood and outlines 7 ways for fathers to build better relationships with their children. Consider a couple of the headings he uses: "Spend time with your sons", "Treat your daughters well" and "Don't *whimp* out on discipline". This is such simple advice and yet the long term effects are astounding. Our children

don't really want the best gadgets and THINGS, they just want us. Also below, I have included some quotes for you to enjoy about Fathers. Happy Fathers Day, Dads, including those of you who are unconventional Dads!!

### Favourite Quotes about Fathers

"I know what a good man is because I saw it in my Father" *Raimond Gaita*

"A Father is someone who will play with you, even though he has friends his own age to play with" *Unknown*

"If you can give your son or daughter only one gift, let it be enthusiasm" *Bruce Barton*

"Just do what we say, Dad, and no one will get hurt" *Two daughters*

"Your children need your presence more than your presents" *Jesse Jackson*

"The fundamental defect of fathers is that they want their children to be a credit to them" *Bertrand Russell*

"One of the unseen benefits of having children is that they deliver you from your own selfishness. There's no going back" *Martin Amis*

"What a father says to his children is not heard by the world: but it will be heard by posterity" *Jean Paul Richter*

"When you have kids, there's no such thing as quality time. There's just time. There's no, 'Ooh, his graduation's better than going to the mall'. It's all kind of equal. Changing her nappy and her winning a contest - it's all good" *Chris Rock*

"My Father gave me the greatest gift anyone could give another person: he believed in me" *Jim Valvano*

"Having a kid is like falling in love for the first time when you are 12, but every day" *Mike Myers*

"A man knows he is growing old because he begins to look like his father" *Gabriel Garcia Marquez*

"When I was a boy of fourteen, my father was so ignorant I could hardly stand to have the old man around. But when I got to twenty-one, I was astonished at how much he had learned in seven years" *Mark Twain*

"I have found the best way to give advice to your children is to find out what they want and then advise them to do it" *Harry S. Truman*

"My sisters and I can still recite Dad's grilling rules: Rule No. 1: Dad is in charge. Rule No. 2: Repeat Rule No.1" *Connie Schultz*

"My father taught me that the only way you can make good at anything is to practice, and then practice some more" *Pete Rose*

*Mrs Megan Schibeci, Pastoral Care Coordinator*



St Vincent de Paul Society  
*good works*

**Last days for the Vinnies Appeal!!  
Please support this important cause  
and help a family in need this winter!**

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School  
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# SPORT REPORT

## Term 3 School Sport

The inter-house competition wraps up this week. The competition is very tight with the results from Sport this week determining the Champion House for 2014. The champion House for 2014 will be announced at a 'Gala' School Assembly next Monday (Week 9).

## Diocesan Athletics Championships

Last week just over 50 students travelled to Campbelltown for the Diocesan Athletics Carnival. Due to injury, illness and sadly in some cases, apathy, this number was well short of the

100 students originally selected after our school carnival in Term 2. In saying this the students who attended deserve a big pat on the back for their efforts as many of them accepted the challenge of filling the events that were vacated due to the large number of students that did not attend. In many cases these students were out of their comfort zone participating in events that often did not come naturally to them for the sole purpose of representing St Joseph's. As a result of these efforts the team managed to finish 3rd out of all Diocesan schools on the day which is a fantastic effort. I would personally like to congratulate all of them, especially those that filled in events, for their commitment and the pride they showed in their school. This result means that St Joseph's has placed in the top 3 schools at the 3 major Diocesan Carnivals this year (Swimming, Cross Country and Athletics). A tremendous result!! Thanks to the many parents who attended as well as Ms Sharkey, Mrs Smith, Mr Reavell and Miss Skeers (our PE Prac Student) who organised the team and officiated at various events on the day. Some of the better performance were:

*Mitchell Johnston - 1st High Jump (set a new PB by 15cm), 3rd 100m, 2nd 14yrs Age Champion*

*Joshua Lambert - 1st High Jump, 3rd Javelin, 3rd Long Jump, 2nd 13yrs Age Champion*

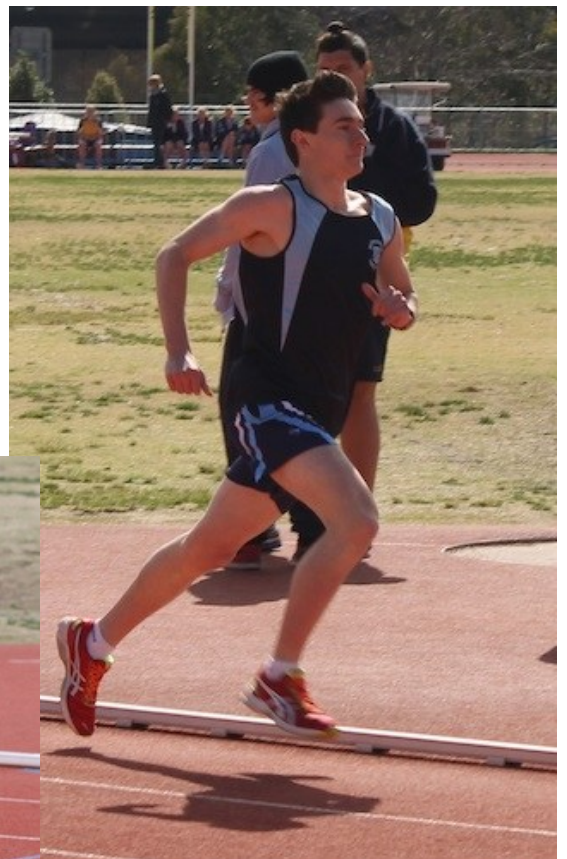
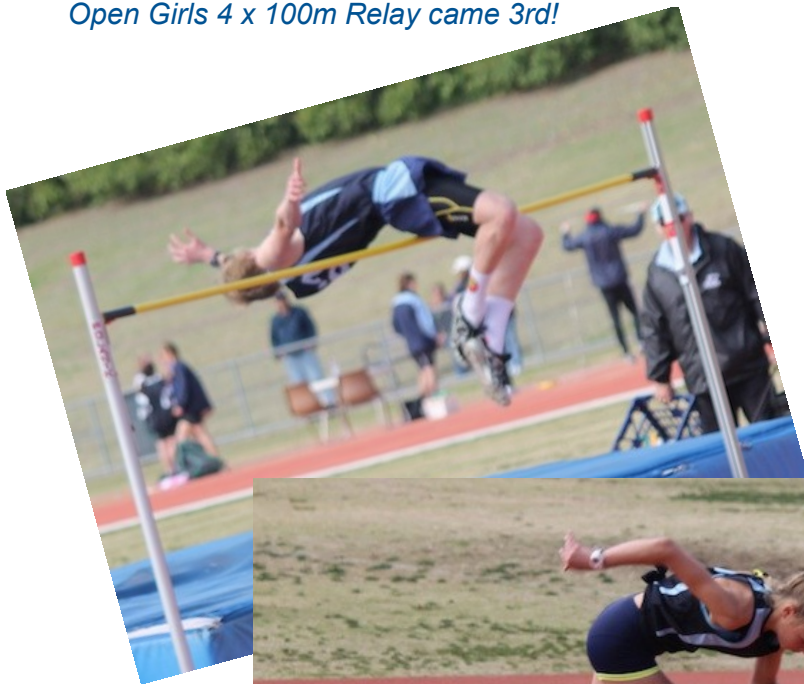
*Daniella Battaglia - 1st 100m, 200m; Ben Niceforo - 1st 1500m, 800m, 2nd 18yrs Age Champion*

*Jarrold White - 1st Shot Put; Taylah Vella - 1st 800m (New Diocesan Record), 2nd 100m, 200m, 400m, 2nd 12yrs Age Champion; Susie Seitaridis - 1st Javelin, 3rd Shot Put, 3rd Discus;*

*Jye Shumack - 2nd High Jump (also setting a PB); India Jardim - 2nd Discus; Leisha Ryan - 2nd 1500m, 3rd 800m; Sophie Edwards - 2nd Javelin; Zoe Seitaridis - 2nd Javelin; Blake Dimise - 2nd Discus;*

*Amelia Dwyer - 3rd 200m; Baylee Edlundh - 3rd U/16 800m; Charlie Gordon - 3rd 400m;*

*Nathan Marecic - 3rd Long Jump; Blayze Lucic - 3rd Shot Put; Jesse Stanway - 3rd Javelin; and the Open Girls 4 x 100m Relay came 3rd!*



**Congratulations and Good Luck** to Daniella Battaglia, Ben Niceforo, Mitchell Johnston, Jarrod White and Joshua Lambert who have been selected to represent Wollongong Diocese at the NSWCCC Athletics Championships at Homebush next Friday!

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

*Brett Moran, Sports Coordinator*

### **Important Dates for your Diary**

**10th-19th Sept-Year 11 End of Year Exams**  
**Tuesday 16th Sept-Last day of lessons for Year 12**  
**Wed 17th Sept-Year 12 Breakfast and in the evening**  
**Year 12 Graduation Mass and Presentation**  
**Thurs 18th Sept-Year 12 Picnic Day**  
**Red and Blue Day**  
**Friday 19th Sept-Year 12 Final Assembly**  
**Friday 19th Sept-Last Day Term 3**

### **Sports Calendar 2014**

#### **Term 3**

**12th Sept-NSWCCC Athletics Carnival**  
**9th Oct-Diocesan Basketball Gala Day**  
**10th Oct-Closing Date NSWCCC Boys**  
**Cricket Selections (U/15 & Opens)**  
**23rd Oct-Diocesan Cricket Gala Day**  
**(Boys & Girls)**

### **Year 12 Students-Important procedures to follow BEFORE Sign Out Day!!**

*Please follow this procedure:*

When you have completed your final HSC Exam, your laptop will need to be returned to the IT Office and school textbooks will need to be returned to the Library.

- ◆ Your LAPTOP will need to be re-imaged so that you can be made an administrator and allow you to manage your computer. This process may take a few days.
- ◆ All school/site licensed software is also removed, as this is a legal requirement.
- ◆ Re-imaging wipes the computer hard drive\*\*, so it is crucial that you backup your data first.
- ◆ Your laptop may ONLY be picked up from the IT Office, if you have finalised all laptop payments.

### **You will not be signed out until this process is complete!!**

\*\*Note: If your hard drive is not backing up, you need to bring it along with your laptop to the IT Office for assistance as soon as possible.

*Mrs Boughton, Information Technologies Coordinator*

### **Year 9 Incentive Camp-Term 4 Wednesday 22nd-Friday 24th October**

A reminder that the camp consent form and medical forms are both due to the front office by this Friday 5th September. Students who have been identified as "at risk" of not attending the camp are required to submit their completed application to the front office by this Friday 5th September also. Additional copies of the application and the consent forms can be picked up from the front office or alternatively you can download a copy from the school website. Students are also encouraged to carefully read their email as I have recently sent information about the procedure required for signing up for their cabins! The sign up documents have been shared with the year group. These documents are located in their 'shared with me' folder in their google drive.

*Mrs Louise Markwell, Year 9 Coordinator*



### **Year 11 Exams**

A reminder that Year 11 Yearly Exams will commence on Wednesday 10th September. Students do have flexible attendance during the exam period, however, please ensure you are familiar with your exam timetable. If you are sick on the day of your exam, please call the office on the morning of your exam to let us know of your absence and a doctor's certificate will be required. Prepare well and good luck!!





# HELP WANTED

The Canteen is in urgent need of volunteers to help prepare lunches and provide service at recess and lunch. We have had a large number of volunteers unable to continue on the roster therefore a request for new volunteers is necessary. If you are able to assist in any way, please contact Debbie or Donna at the Canteen on 4230 8580. Your assistance will be gratefully accepted!

Due to the cold weather, the canteen has had a number of requests from students to heat food items. Unfortunately, the canteen is unable to heat food. We are sorry for this inconvenience.

## YEAR 11~2015 UNIFORM FITTING DATES!

Appointments can now be made for Year 11, 2015 Uniform fittings. Please make your appointment by contacting the school office. Students can go to the uniform shop in their allocated time, parents are NOT required to attend the fittings. All orders are to be paid for and picked up by Week 8, Term 4. The following dates and times are available for bookings:

Mondays –6th Oct, 13th Oct, 20th Oct and 27th Oct from 12noon-4:15pm; and

Thursdays-9th Oct, 16th Oct, 23rd Oct, and 30th Oct from 8:30am-1:45pm.



this. Go to UOW website to register or for more information.

**UOW Business School Open Day** 30th September. Visit the website for further details.

**MIGAS Apprenticeships and Trainees** Visit their website at [www.migas.com.au](http://www.migas.com.au).

**UNSW Art & Design Open Day** 6th September, 2014.

**Notre Dame Open Day** 30th September –visit the website for further details.

### Career and Course Counselling for School Leavers

- \* 2 hour program where students are given a career assessment
- \* Parents are invited to attend
- \* Cost is \$45
- \* Shellharbour TAFE Wednesday 10th September-6pm-8pm
- \* Ring Customer Service Centre 1300 766 123 or Sally Kettley on 4229 0535

### Attention Year 11

This summer, UOW is expanding the Summer Master Class Program that previously offered the ARTS001 subject 'Belonging in the Community' and they are now offering five new subjects across all five UOW Faculties. Students starting Year 12 in Term 4 of this year are invited to apply. This subject will support their HSC marks, establish connections with Faculty staff and reward students with 6 unspecified credit points towards their UOW degree and will guarantee them an Early Admission Interview! Over 3 weeks in January 2015, students will be enrolled as a university student and will take part in lectures, tutorials and master classes. To apply for the Summer Master Class Course students will be required to complete an online application form from Monday 1st September at the Summer Master Class website.

### Year 11 Work Experience Program 13th-17th October, 2014

All Year 11 students will be involved in either Work Experience or Work Placement at this time. All students have received the work experience placement form. This is the yellow form that must be filled in by parents, students and employer. This form was due on 26th August to Mrs Kennedy. Students must find their own placement for the week. All students are covered by insurance for the week. If you have not contacted me about Work Experience please see me before the end of this week.

## Canteen Roster 2014

8th Sept	Antonella Adams, Nicole Norris, Patricia Zanatta, Helen Cheetham, Marina Chang, Mary Daly
9th Sept	Vickie Austin, Marina Chang, Rachel Parkes
10th Sept	Leanne McMillan, Oriana Dimise, Tina Brown, Amanda Quintal, Sandy O'Connor
11th Sept	Cathy Sperring, Sue Bezzina, Joanne Barker
12th Sept	Donna Parsons, Gianne Alexander, Amanda Walker

## Uniform Shop 2014

8th Sept	Help Required
11th Sept	Josephine Pulido

# Year 12 Industrial Timber Major Projects

Another impressive year for the Year 12 Industrial Technology Timber class. Students have been conscientious in their approach to project and folio completion. Students are Murray Corradini (Electric Guitar), Sarah Kras (Coffee Table), Eddy Obeid (Cabinet), Max Gordon (Surf Board) and Renae Crnojlovic (Cabinet). Congratulations !!!



# Junior Joey's



Year 9 Child Studies students are hosting a playgroup on **Thursday 18<sup>th</sup> September** from **10am-12 Midday** in the school **library**.

Parents, grandparents and carers are most welcome to bring children under 6 years of age along for a morning of fun activities (art and craft, singing, dancing, music and face painting).

A healthy morning tea will be provided.

As numbers are limited, please reserve your place by emailing

[michelle.garbutt@dow.catholic.edu.au](mailto:michelle.garbutt@dow.catholic.edu.au) or contacting Michelle Garbutt at the school.

See you there!



<b>Excursion Name</b>	<b>Date</b>	<b>Payment/ Permission Note Closing Date</b>
<b>Yr 9 Child Studies</b>	28.8.14 to 04.12.14	<b>11.09.14</b>
<b>Illawarra Trades Roadshow 2014</b>	03.09.14	<b>CLOSED</b>
<b>Yr 12 Museum of Diseases UNSW</b>	10.09.14	<b>CLOSED</b>
<b>Yr 9 Marine &amp; Aqua</b>	15.09.14	<b>08.09.14</b>
<b>Yr 12 Picnic Day 2014</b>	18.09.14	<b>CLOSED</b>
<b>Strictly Ballroom Musical</b>	24.09.14	<b>CLOSED</b>
<b>Yr 12 Formal</b>	21.11.14	<b>05.11.14</b>
<b>Elevate Young Leaders Forum Leadership Program</b>	05.11.14	<b>CLOSED</b>
<b>NO LATE PAYMENTS WILL BE ACCEPTED. PLEASE DO NOT</b>	<b>PLACE INTO</b>	<b>THE BOX AFTER CLOSING DATE</b>

# Parenting *ideas* INSIGHTS

## Building parent-school partnerships

WORDS Michael Grose

# Being a great dad

Many dads tell me that they want a better relationship with their children, particularly their sons, than they had with their own fathers.



There's no doubt that fathering has changed in recent years. Gone is the distant dad of the 1960's and 70's who saw his main job as keeping a roof over his family's head and bread on the table. An occasional game in the backyard and dishing out the heavy discipline that mums couldn't deal with was the extent of his involvement with his kids.

Many dads tell me that they want a better relationship with their children, particularly their sons, than they had with their own fathers. Sadly, many men still don't enjoy a close relationship with their fathers, but they are determined to change things with their own kids.

**Here are seven ideas to help you form close relationships with your kids, and maximise your effectiveness as a parent and a partner:**

### 1 Find something in common with your kids

Dads need something in common with their children. They relate better when they have a shared interest or shared passion with their kids. Many men relate to their kids while being active, and teach many important lessons through games and play. But if sport is not your bag, find something else that you and your kids have in common. A common interest is a great help for fathers who live apart from their kids who are looking to maximise the time they have with them.

### 2 Spend time with your sons

A dad can do little wrong in the eyes of a young boy. From around the age of five years a boy thinks his dad is like superman. Ironically, he may give his mum a hard time at this stage. Dads need to spend as much time with their sons in these impressionable years as possible. They just need to be careful not to push their sons too hard or turn every game into a lesson. That's when boys turn off their dads.

### 3 Don't whimp out on discipline

Dads are traditionally the kings of play, but they can go missing when it comes to discipline. They get their kids excited in a game before going to bed, then expect their partner to settle them down. It helps if both parents can take their share of managing children's behaviour.

### 4 Treat your daughters well

There are strong links between close fathering and the healthy development of girls. Dads teach their daughters strong lessons about how they should be treated by males. So dads need to treat their daughters respectfully so they learn to expect this treatment in their future relationships with men.

### 5 Say good bye Superman, hello Clarke Kent

Adolescent boys are programmed to challenge their fathers. It's part of the growing up process. Australian author John Marsden refers to this phenomenon as the 'old ram, young ram syndrome'. He's right. It's a type of rite of passage

that plays out in many Australian homes. Verbal jousting matches are a popular father-son game where boys take great delight in proving their fathers are fallible. A dad at this stage needs a sense of humour as well as a willingness to stand back and allow other mentors in to his son's life.

### 6 Support your partner

Fathers may play an integral part in the lives of their children but they also have a profound effect on the quality of mothering that children receive. There is little doubt that a woman who can share the emotional and financial burdens of child-rearing with a supportive partner is more likely to be a loving, affirming mother. Supportive fathering is one of the keys to better mothering.

### 7 Change as your child changes

Kids grow up at the speed of light and change before you know it. They're kids one day and teenagers the next. They can catch many fathers unaware. The most effective dads are those who change their parenting to suit the needs of their kids at each stage of development, rather than stubbornly hold to outmoded ideas of how they think their kids should be.

Those fathers who are a little apprehensive or lack sufficient confidence should become involved in as many aspects of parenting as they can. The best way to learn about parenting is by doing it. Children are a terrific resource for fathers - men can learn about children from children themselves. By being alert, watchful and learning to listen to their children fathers can learn all they need to know about parenting.

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](http://parentingideasclub.com.au). You'll be so glad you did.



# WOLLONGONG TERM 4 2014

## LIFT

A group for men and women who may be feeling or experiencing high levels of stress and anxiety. Participants are able to explore feelings in a safe and friendly environment, challenging negative thinking patterns and discover how to build and improve relationships.

5 Monday afternoons 4pm-6.30pm  
3, 10, 17, 24 November & 1 December  
CatholicCare, 25-27 Auburn St, **Wollongong**

Workshop Fee: \$20 per session

## KEEPING KIDS IN MIND

A post-separation parenting workshop. Learn how to deal more effectively with the emotional and practical issues of parenting after separation. Explores loss and grief in parents and children, communication with your ex-partner, anger, assertiveness, power grabs & impact on children.

5 Tuesday Afternoons 12noon-2.30pm  
21, 28 October, 4, 11 & 18 November  
or  
5 Thursday Evenings 6.30pm –9pm  
23, 30 October, 6, 13 & 20 November  
CatholicCare, 25-27 Auburn St, **Wollongong**

Workshop Fee: \$20 per session

## KIDS & BULLYING - ACROSS THE SPECTRUM

This workshop helps parents of children with Autism Spectrum Disorder (ASD) better understand the challenges faced by their children when dealing with bullying and cyberbullying. It explores: definitions of bullying, characteristics of an ASD child which may make them more vulnerable to bullying. Warning signs that your child may be being bullied, prevention strategies, resilience, strategies and involving the school.

2 Tuesday Mornings 10am –12.30pm  
7 & 14 October  
CatholicCare, 25-27 Auburn St, **Wollongong**

Workshop Fee: \$15 per session

## MY KIDS AND ME

A workshop for parents who have had children removed from their care. Assists participants to identify parenting skills, strengths and resources and to develop relationships with their children.

7 Friday Mornings 10am -12:30pm  
24, 31 October, 7, 14, 21, 28 November & 5 December  
CatholicCare, 25-27 Auburn St, **Wollongong**

Workshop Fee: \$15 per session

## ROLLERCOASTERS 8-12 years

An 8 week program developed to assist children who are experiencing parental separation, divorce or parents who have re-partnered. Rollercoaster helps children to understand change and loss; develop strategies for anger management and problem solving; and understand a whole range of feelings and emotions.

8 Tuesday Afternoons 4pm -5pm  
14, 21, 28, October, 4, 11, 18, 25 November & 2 Dec  
CatholicCare, 25-27 Auburn St, **Wollongong**

Workshop Fee: \$15 per session/family

## 123 MAGIC & EMOTION COACHING

This time tested workshop provides easy to follow steps for disciplining children aged 2-12 years without yelling, arguing or hitting.

3 Monday Evenings 6.30pm –9pm  
13, 20 & 27 October  
or  
3 Wednesday Mornings  
29 October, 5 & 12 November  
CatholicCare, 25-27 Auburn St, **Wollongong**

Workshop Fee: \$15 per session

## SEASONS FOR GROWTH (Adults program)

This program provides the opportunity for participants to understand and cope with grief and loss and changes that occur throughout life. It educates people about the grief process and assists them to develop skills for coping, problem solving and decision making. The program also builds a peer support network and helps restore self confidence.

4 Monday Afternoons 12noon-2.30pm  
20, 27 October, 3 & 10 November  
CatholicCare, 25-27 Auburn St, **Wollongong**

Workshop Fee: \$15 per session

## BRINGING UP GREAT KIDS

Parents will learn “mindfulness” techniques to increase awareness of their thoughts & feelings. Parents will learn to be more aware of their children’s/teen’s needs & how to better respond to their child’s behaviour to improve children’s self identity, Decrease parental stress & enhance the parent / child relationship.

6 Thursdays  
12noon-2.30pm 9,16, 23, 30 October & 20 Nov  
10am-12.30pm on 6 November  
CatholicCare, 25-27 Auburn St, **Wollongong**

Workshop Fee: \$15 per session

## WORKSHOP BOOKINGS

**Campbelltown 4628 0044**  
**Wollongong 4227 1122**  
**Nowra 4421 8248**

