



# ST JOSEPH'S CATHOLIC HIGH SCHOOL

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Date: 4th December, 2014

Term 4 Week 9A

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

## Building Program

I am very pleased to be able to inform you that the long awaited building program will commence next Monday 8th December, 2014. The project will provide:

- ◆ New carpark creating an additional 50 parking spaces;
- ◆ New staff study and lunch facilities; and
- ◆ Minor refurbishment of the Administration Building.

During the period of construction there will be some inconvenience for students, staff and parents however, when complete, the new facilities will be greatly appreciated and well used. Until the new carpark is operational, hopefully by the middle/end of Term 1 next year, I would urge all parents and visitors to park in Macquarie Street.

## End of Year Assemblies

A reminder that lessons for each year group formally conclude with their Annual Awards Presentation Ceremony. The ceremonies will be held in the school hall at the following times:

- ◆ Year 11 - Thursday 11th December commencing at 9:30am
- ◆ Years 9 and 10 - Thursday 11th December commencing at 11:30am
- ◆ Years 7 and 8 - Friday 12th December commencing at 9:30am

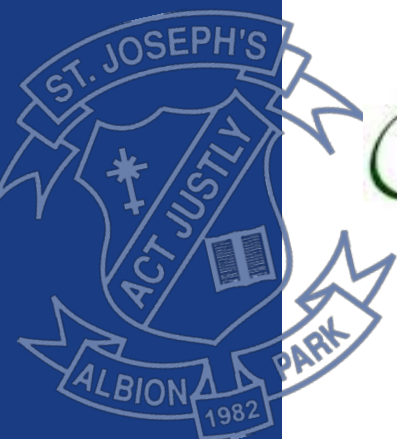
## Parent Teacher Interviews

End of year Parent Teachers Interviews for Years 7-11 will be held on Monday 15th December, 2014 from 8:00am-10:30am. This is a pupil free day however students are encouraged to attend the interview with their parent/s.

## Students Leaving at the End of 2014

The school would be grateful to receive early notification of any students in Years 7 to 11 who will not be returning to St Joseph's in 2015. There are waiting lists for all year groups. Please contact the school at your earliest convenience.

Mr John Barrington  
Principal



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How hard is it to be a parent? So many times I find myself telling a parent that if I had the answers to all the problems and issues around bringing up children, I'd be a billionaire!! Us Aussies don't help ourselves much either, it's proven that we prefer not to ask for help as we often perceive that we may be judged. The attached article from Michael Grose outlines some helpful hints around seeking help with parenting when you need to! The point about communication with

school is so poignant. School can't fix all of the problems parents have, but it can direct you to effective help and after over 30 years experience in schools, I can safely say that speaking positively to your child about their school and supporting the school is one of the most powerful ways you can help shape your child's future.

*Mrs Megan Schibeci, Pastoral Care Coordinator*

### Year 9 Imagine

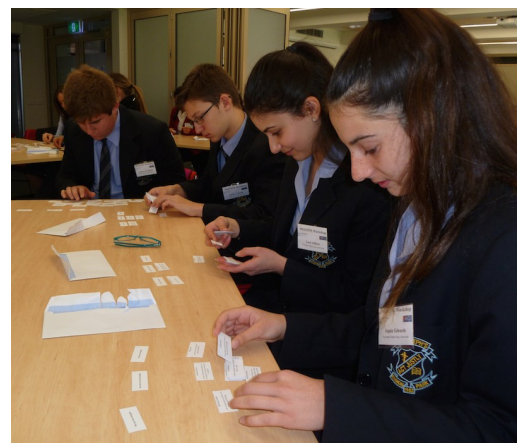
Imagine 2014 is the result of a five-year partnership between the Catholic Education Office Diocese of Wollongong and a number of tertiary institutions in Wollongong and Sydney and is largely the vision of Professor Joseph Ciarocchi, a Psychology Lecturer at ACU, who is passionate about developing emotional intelligence and leadership skills in young people. Alongside Mrs Gail Tarrant, an Education Officer; Pastoral Care Religious Education and Learning Services at the Catholic Education Office *Lara Alfiero, James Connelly, Sophie Edwards and Joshua Liaropoulos* were the selected students representing St. Joseph's for the Imagine initiative this year.

The Imagine initiative brought together 32 Year 9 students from Diocesan schools for a workshop in August, where the students were guided in a number of activities around effectively managing emotions, voicing opinions appropriately, identifying goals, building respectful relationships, using personal strengths and developing resilience. After the workshop the students were empowered and challenged to return to school and positively influence the St Joseph's community. Upon returning our student leaders spent many weeks brainstorming ideas, planning, creating and implementing a pastoral initiative around the theme of wellbeing, specifically, random acts of kindness, with the ultimate aim of improving mental health within our school communities. The year 9 students identified the Year 11 students as a group of students in our community who needed a boost and so they decided to create a prayer card which detailed personal hand written positive affirmations and well wishes for the Year 11 students who are about to embark on their final year of secondary education. The prayer cards were written by each year 9 student with the intention of being an anonymous random act of kindness. The year 11 students received their cards in homeroom last week. Year 9 students hope that our senior students received a boost of energy and increased self esteem and that after reading their personal message feel loved, supported and valued here at St Joseph's. The year 9 students felt empowered and received a great sense of enjoyment and satisfaction knowing they will have made someone's day a little brighter.

In the words of Princess Diana "*Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you.*"

The Year 9 students came away from this experience with a wealth of knowledge in relation to adolescent issues and are planning to continue with this theme each year focussing on random Acts of Kindness during Mental Health Month.

Below is a link to a small video clip which helps explain that kindness helps the world stay afloat. Click [Here](#).





### Industrial Technology Timber

Tameeka Collins entered some of her Industrial Technology Timber projects into the *2014 NSW Year 9 Industrial Technology Competition, run by the University of Wollongong*.

Tameeka has been awarded one of the major prizes offered. Congratulations to Tameeka for her outstanding effort. A big thank you to Mr Phipps and to Mr Brown for teaching/mentoring her through this process.

*Mr Glenn Lowe, TAS Coordinator*

### Cancellation!!

#### The Super Heroes Playgroup Party

**Scheduled for Monday  
8th December has been cancelled.**

**We apologise for any  
inconvenience.**

**Library News!!!**  
A reminder to All Students!!  
Please return any textbooks,  
library books or resources as  
soon as possible!

### Year 10 Careers Talk

This week all of our Year 10 students attended a session on accessing Career Information. Included in this talk was an explanation of the process to follow when applying for Work Experience. Work Experience will take place for all Year 10 students next year from October 12-16, 2015. All students attending these sessions this week will take home a Parent and Carers Guide to the Work Place which includes information about the parent and child gaining a suitable Work Experience position and supplying the school with the details by June 26th, 2015. The students all took home a similar book explaining the steps to follow for getting the best possible position for Work Experience.



### Indigenous Students Career Paths

Often information comes to me about training, positions and career paths for Indigenous students. If you would like me to forward this type of information to you or your family, please

email me and I will forward this valuable information to your email address each week.

### AFL Sports Ready Traineeships

AFL SportsReady is an independent, not-for-profit company dedicated to helping young Australians develop careers through traineeships and educational opportunities. [Click here](#) to see more information.

### Academy Hospitality Australia: Online RSA & RCG Courses

For further information regarding Responsible Service of Alcohol and Responsible Conduct of Gambling Courses [Click here](#).

### 1300 Apprentice: Interview Preparation and Research

To view a blog which explains the interview preparation and research stage of finding an apprenticeship/traineeship [click here](#).

### TAFE Choices Day - Saturday 6th December at Wollongong TAFE - 9-1pm.

HVTC Illawarra has advertised an Engineering Fabrication Apprenticeship. If you are interested, please see Mrs Kennedy as soon as possible.

## CHANGES TO THE SECONDARY SCHOOLS TAX FILE NUMBER PROGRAM IN 2015

The Secondary Schools Tax File Number (TFN) Program will not continue beyond 31 December 2014. This means that School TFN forms will no longer be processed beyond this date. **How students can apply for a TFN from 1 January 2015** The Australian Taxation Office in partnership with Australia Post is making it easier for individuals to apply for a TFN. Students can now apply for a TFN online and have their identity verified through an interview at a participating Australia Post office.

Applying online is the fastest and most convenient way for students to get a TFN. More information on applying online can be found at [ato.gov.au](http://ato.gov.au) by searching for 'QC27248' Students who are unable to visit a participating Australia Post office will need to complete the Tax file number - application form or enquiry for individuals form (NAT 1432). More information about lodging this form can be found at [ato.gov.au](http://ato.gov.au) by searching for 'QC22604'

If you require any further information you can phone 1300 130 282 between 8:00am and 5:00pm Monday to Friday.



TRUTH  
JUSTICE  
HEALING  
COUNCIL

# YOUR OPPORTUNITY TO QUESTION THE CHURCH'S ROYAL COMMISSION SPOKESPERSON



**FRANCIS SULLIVAN** will address three main questions:

- **What are the major learnings from the Royal Commission to date?**
- **As a Church and as a Diocese – what should we be doing NOW to respond to these learnings in a robust manner?**
- **What are the learnings from the Wollongong case which went before the Commission?**

There will also be opportunity for questions from the audience.

**THE ROYAL COMMISSION** into Institutional Responses to Child Sexual Abuse has been engaged in its work for almost two years now and **Bishop Peter Ingham has invited Mr Francis Sullivan**, the Chief Executive Officer of the Truth, Justice and Healing Council (TJHC) **to visit the Diocese** again.

This TJHC was established at the commencement of the Royal Commission to:

- Speak for the Church in matters related to the Commission and child sexual abuse;
- Coordinate the Church's legal representation at the Commission;
- Identify systemic institutional failures that have impeded the protection of children; and
- Indicate to the Commission the procedures that have been put in place over the past 20 years.

**WHEN:** THURSDAY 11 DECEMBER 2014  
7.30PM – 9.00PM

**WHERE:** XAVIER CENTRE  
38 HARBOUR STREET, WOLLONGONG  
NEXT TO CATHEDRAL

**WHO:** ALL PARISHIONERS IN THE DIOCESE

**RSVP:** 5 DECEMBER 2014 (FOR CATERING)

**CONTACT:** JENNIFER.RAPOSIO@DOW.ORG.AU  
02 4222 2411

**COST:** FREE (INCLUDES LIGHT SUPPER)

# Parenting *ideas* INSIGHTS

## *Building parent-school partnerships*

WORDS Michael Grose

## Are you amongst the 10% of smart parents?

Parenting is challenging but you don't need to go it alone. We all need help from time to time. Here are some ideas to help parents build their support network.

New Queensland research revealed that half of parents struggle with the stress of raising children, but only 10 per cent regularly ask for help. They are the smart 10 per cent!

Parents need assistance, advice and support from others to help them successfully raise their kids. Yet, 90 per cent of them do not regularly ask for help.

My experience suggests this is an Australia-wide phenomenon.

### **Help-seeking behaviours are healthy**

Traditionally, Australians have not been great at asking for help of any kind. The term 'battler' is an endearing term attributed to someone who is doing it tough.

But for every battler who has fought against the odds and succeeded there are at least ten who struggled alone and never really got anywhere. And their families suffered as a result.

### **Fear of judgment**

Anecdotal evidence suggests that many parents don't seek help through fear of being judged as poor parents. Of course, the reality is that ALL parents struggle from time to time coping with their children's behaviours and attitude. We can all use some help, as it's easy to get STUCK in your parenting.

**Help comes in many forms. It's essential to build your network of support. Here's how:**

#### **1 Start with family and friends**

You need between three and five trusted, non-judgemental people who you can call on for help. Count how many you have right now. If you fall short, look for ways to build your social capital.

#### **2 Work alongside your child's teacher**

Develop an open and communicative relationship with your child's teacher so that you can work with them, seek support and develop ongoing strategies. Understand the best time to touch base with your teacher and establish how regularly this contact is needed.

#### **3 Find counselling, parent education services and professional assistance**

Whether paid or free (such as Parentline), there are various services that you can go to when you need significant assistance. Foster a relationship with a professional (general practitioner, psychologist, specialist in a child's disorder, social worker) that you can trust and return to over time.

#### **4 Follow a voice you can trust**

Part of modern parental stress comes from the plethora of information about raising kids. Answering the basic question, "Am I doing a good job?" is now super-confusing. Choose expertise wisely.

#### **5 Don't blaze trails**

Many parents think like the Lone Ranger, they are blazing a trail through uncharted territory. Raising twins on your own? You're not the first. Got a child with ADHD, another with autism and your 15 year old wants to get a tattoo? You're not the first. Seek out like-minded parents or experienced professionals who have been down these paths, or have helped people navigate similar situations and get their perspectives. Trail-blazers are easily lost.

If you are like the majority of parents who find the job tough from time to time then I encourage you to be one of the smart 10 per cent and adopt help-seeking behaviours. The alternative, struggle along with the majority of parents, is just not necessary.

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



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

