

# ST JOSEPH'S CATHOLIC HIGH SCHOOL

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Date: 5th March, 2015

Term 1 Week 6B

## Third Sunday of Lent - 8 March

*John 2:13-25 Cleansing the Temple*

The Jews revered the Temple in Jerusalem as the place where God was present in a special way. One day Jesus came to the Temple and found a lively trade going on in animals and birds for sacrifice, and money changing. Taking a small whip Jesus drove the traders out of the Temple and overturned the tables of the money changers with the words : 'Stop making my Father's house a marketplace!'

The vigorous reaction of Jesus was due not only to the desecration of the Temple but also to the fact that these traders were part of a system which used the Temple to exploit the poor.

That same concern for the disadvantaged drives Caritas Australia to support programs such as the Centacare Wilcannia-Forbes *Manage Your Income, Manage Your Life Program*, which aims to break the cycle of poverty and malnutrition for First Australians in remote NSW.

While there is abundant food in Australian cities, the story is starkly different for First Australians living in rural communities, where low incomes and limited access to nutritious, affordable food reduces the health and well-being of families.

Karen, a sole mother of six living in remote Central NSW had few places to buy food and prices were high due to freighting costs, and lack of local competition. Karen had neither the skills nor the money to provide a nutritious diet for her family - until two years ago when she enrolled in the Centacare program.

Through a series of budgeting and nutrition workshops and monthly budget planning sessions and cooking activities, Karen has gained the tools she needed to take control of her money, and provide regular, healthy meals for her family, 'Food for Life'.

(Source: <http://www.caritas.org.au/projectcompassion/resources>)



Mr John Barrington  
Principal

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Pastoral Care  
Mrs Schibeci

Alarming, it seems that one of the issues that threatens the development of our children at the moment is their access to pornography. Researchers have found that children as young as eight years old are viewing pornography regularly. This has many extremely concerning negative impacts on our children, both now and in their future. It is especially damaging for the future relationships our children will have. As parents, we all want our children to live happy, comfortable lives in a relationship and family of their own when they have grown up. Access to pornography jeopardises this happy future. The article attached this week warns that online filters and blockers aren't fool proof and responsible parenting is really your best bet. The article advises on how to be proactive about this. Please make time to have a read - well worth it!

*Mrs Megan Schibeci, Pastoral Care Coordinator*



Last week, Tuesday 24th February, the first Social Justice meeting was held. Students across all year groups were invited and there was a phenomenal turnout of more than thirty students! It was great to see so many students interested in social justice and keen to make a difference.

Social Justice is about equality and fairness between human beings. It works on the universal principles that guide people in knowing what is right and what is wrong. This is also about keeping a balance between groups of people in a society or a community. We uphold the principles of social justice when we promote gender equality or the rights of Indigenous

peoples and migrants. We advance social justice when we remove barriers that people face because of gender, age, race, ethnicity, religion, culture or disability. Our school motto, "Act Justly", encourages students to promote equality and remove obstacles that people face.

This term, our school will focus on raising money for Project Compassion and the students have been busy brainstorming some creative ideas for this. The next Social Justice meeting will be held on Tuesday 10th March at the start of lunch in Room 27. All students are welcome to attend. Hope to see you there!

### Mater Dei Peace Eggs for Sale this Easter

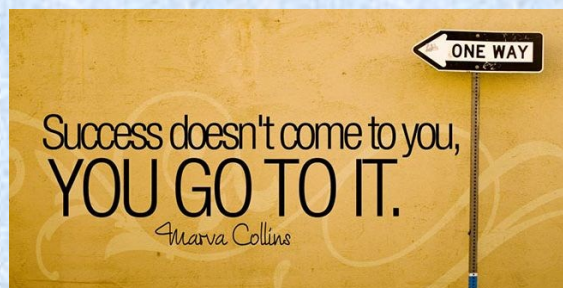
Most of us will spend money on chocolate eggs at Easter time. The Peace Egg provides a terrific opportunity for you to purchase a Chocolatier Australia chocolate egg as well as do something special for others. People not only like the egg, they appreciate the significance of it being a sign of peace and new life and also that all the proceeds from the sale of the egg will help do what it symbolises. In this particular case, help improve the quality of life for children with intellectual disability by funding some of the community based and therapy programs at Mater Dei, Camden. This Easter give the gift that gives twice by completing the attached order form and return it with the correct money to the front office by Friday 13th March, 2015.

*Miss Senitta Hurley, Social Justice Coordinator*

### Year 12 News!!

Just a couple of reminders for Year 12 students this week!

- ◆ 18th March in the school library is our first Twilight Revision Workshop from 3:30pm-7:30pm. This is open to Year 12 students and is an opportunity to work in small groups to consolidate the content in their courses before their Half Yearly Examinations. More details in next week's newsletter.
- ◆ Half Yearly Examinations are in Weeks 9 and 10. Students should be incorporating revision into their study routines. To assist the students in study techniques, Mrs McCann will speak at our Year Meeting about developing an ongoing study routine.



- ◆ At our Year meeting we will also be hearing from an ex-student, Luke McNamara who will be speaking about success, teamwork and never giving up to achieve your dreams.

*Mrs Sue Kennedy, Year 12 Coordinator*



## Year 11 Update!!

Last Thursday, Year 11 had the opportunity to listen to the words of advice from the 1999 Young Australian of the Year National Finalist, Glen Gerreyn. Glen spoke about leadership, goal setting, motivation and most importantly, commitment. He explained his story addressing:

- ◆ His health concerns and the implications of these on his dreams of being a competitor in both the World Championships and Olympics.
- ◆ The knockbacks that he received as he readjusted his goals.
- ◆ His successes in achieving his goals as he “disregarded the impossible”.

Glen provided quite a number of motivational ideas. Some of these included:

1. Empty pockets never held anyone back, only empty hearts and empty heads.
2. Take a moon-shot: a big audacious goal.
3. Your dream has to be big enough to motivate YOU, if your dreams don't motivate you, get another dream.
4. Motivation is not the problem, the problem is lack of vision.
5. You don't have to know how your dreams are going to come together.
6. If you say what you feel, you will feel what you say.
7. All the competition is doing the easy stuff. If you want to be better, then don't do the same as everyone else. Challenge yourself. Explore and dream BEYOND your comfort zone.
8. To succeed, you have to believe in something with such passion that it becomes a reality.
9. An oak tree is only a nut that held its ground.
10. Look forward, not back, that is why the windscreen is bigger than the mirror.
11. Each one of you has the seeds of greatness. They need to be planted, watered (practice, train, study, rehearse), pull out the weeds (doubt, fear, negativity), season it (life is full of ebbs and flows. During the dark seasons, don't give up).
12. Complaining is just watering the weeds of your negative thoughts.

Remember, Glen made it very clear at the end of his presentation that he didn't come to our school to get you motivated. He came to get you COMMITTED. He advised you to do ONE thing every day to get you closer to your dream and by doing so, at the end of the year, you will be 365 steps closer to your goal! Make your first step by keeping your vision obvious. Make your “vision board”. Represent your dreams with words and pictures.

*Miss Kim Stutchbury, Year 11 Coordinator*

## Year 11 and Year 12 Parent Teacher Interviews

A reminder to parents that Parent Teacher Interviews for Years 11 and 12 students will be held on Tuesday 10th March from 3:50pm –8pm. Please make your bookings via the Parent Portal. Bookings will close at 5pm on Monday 9th March. Information for registering to the Parent Portal was sent home to parents last year. If you did not register at this time or you have forgotten your password, please email penny.corradini@dow.catholic.edu.au and your registration details will be emailed to you or your password reset. The automatic “Forgot my password” option is not working due to a problem with our provider and therefore you will need to email Mrs Corradini to have your password reset. \*\*When accessing or registering for the portal, please use Safari or Chrome to access the site as we are experiencing problems when trying to access through Internet Explorer.

*Mrs Deb Boughton, ICLT Coordinator*



### SMS Student Absence Reminder

Parents are reminded that the best way to explain your child's absence is by replying to the SMS received on the day of the absence. This reply can then be automatically recorded on your child's record and there is no need to provide a note on your child's return to school. A record of your child's attendance can be seen on the Parent Portal.



# SPORT REPORT

## Diocesan Boys Touch Gala Day

Last week the boys Touch teams travelled to Fairy Meadow for the Diocesan Gala Days. The Opens led the way recording wins against St John's (3-1), Magdalene (6-1) and Mt Carmel (5-2) as well as draws against Corpus Christi and John Therry. The side was outstanding in all areas of play, sportsmanship and team work.

The U/15 boys started off well with a win against Magdalene with *Mitchell Heffernan* starting off his try-scoring streak a few minutes in. *Lleyton Mundt* put us further ahead with a sneaky try in the corner and gave us some confidence for our second game

against Edmund Rice. A great start couldn't be sustained against this strong team even with some quick footwork from *Ryan Castles* and great communication in the centre by *Braiden Williams*. The boys went on to smash St Benedict's 5-0 with another try each for *Mitchell* and *Lleyton* and some great tries scored by *Jarrood Coomby* and *Jack Katrivesis*. Round 4 saw another win against Mt Carmel with some cool-headed play by *Mathew Connelly*, quick and agile attack by *Lleyton Callaway* and an outstanding 4 tries from *Ryan Jones*. The next game saw us with a devastating loss against arch rivals Corpus Christi despite a great getaway try from *Jaiden Fenwick*. The next few games the boys had some tough competition with some strong teams such as Holy Spirit even though our hopes were raised after a great try by *Angus Barnett*. The boys all played well and are to be commended on their excellent sportsmanship on the day. They were great representatives of the school. A big congratulations to *Mitchell Heffernan* who was our leading try scorer on the day.

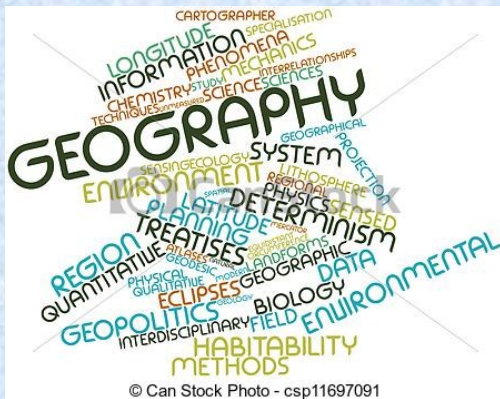
The boys U/13's recorded wins against St Benedict's and John Therry and a draw against Magdalene. The side showed great sportsmanship and teamwork throughout the day and came up against some tough competition but put in a great effort for all nine games! *Cooper Jones* and *Harrison Chater* showed great speed and playmaking on the day, assisted by their teammates. A great effort boys, you all really represented the school well and were enthusiastic and great sports all day. Well done!!



**Congratulations.....**to *Kaelah Austin and Tahlia Wilson* who have both been selected in the NSWCCC Girls Cricket Team and to our Junior and Intermediate Girls Triathlon Team that attended the NSW All Schools Triathlon at Penrith last Friday. Our Junior Girls team of *Myra Apps, Grace McLeod and Molly Sumner* finished 79th overall in a time of 36 minutes 35 seconds. This ranked them 6th in the Diocese and 28th in NSWCCC schools. The Intermediate Team of *Taylah Allen, Bella Sumner and Chelsea Jones* finished in 125th position in a time of 1 hour, 13 minutes and 43 seconds ranking them 6th in the Diocese and 28th amongst NSWCCC schools. Well done girls!

**Good Luck.....**to our *Swimming Team, Open and U/15 Rugby League Teams and Boys and Girls Tennis Teams* who will be participating in Diocesan Carnivals next week and to former student *Mitch Rein* who kicks off another season with the St George Illawarra Dragons in the NRL this week while another ex student *Josh Daley* also pulls on a Dragon's jumper in the U/20's competition!!

*Mr Brett Moran and Mrs Michele Garbutt, Sports Coordinators*  
Remember—"Too much sport is never enough"



### **2015 Australian Geography Competition**

All students are cordially invited to compete in the 2015 Australian Geography Competition!! The Competition challenges Australian secondary school students to demonstrate their geographical knowledge and skills as well as their passion for the subject. It rewards student excellence with great prizes, including selection for Australia's International Geography Team. The competition will be held in Week 9 and is only \$3 to enter!

If you are interested in registering for the competition please see or email Miss Muniz ([melanie.muniz@dow.catholic.edu.au](mailto:melanie.muniz@dow.catholic.edu.au)) or visit the HSIE Faculty before Thursday 26th February, 2015.

### **2015 Australian History Competition**

I invite students in Years 8 and 10 to compete in the 2015 Australian History Competition. It is an excellent opportunity for students to demonstrate their knowledge and skills in History. In 2015 the competition will be offered at two levels: A Year 10 Competition will be broadly based on the Australian Curriculum: History for Years 9 and 10 and a Year 8 Competition will be broadly based on the Australian Curriculum: History for Years 7 and 8. It rewards student excellence with certificates and prizes. The competition will be held in Week 6 of Term 2. Entry is \$6. To register email Miss Muniz ([melanie.muniz@dow.catholic.edu.au](mailto:melanie.muniz@dow.catholic.edu.au)) by Wednesday 1st April.



### **University of Western Sydney - Academy Scholarships**

The Academy of UWS offers substantial financial support for high-achieving students who are committed to academic excellence and to making a contribution to

their community. Scholarships include the VC Leadership Scholarship, valued at \$10,000 per year, and the Dean's Scholarship and Academic Excellence Scholarship valued at \$5,000 per year. Click [here](#) for further information.

### **Sydney Dance Company - Two day April School Holiday Workshop**

A 2 day dance workshop with Sydney's leading choreographers and dance teachers featuring Contemporary, Lyrical, JKH Hip Hop and Theatre Jazz. Contact Tamara Wheeler 02 9258 4818 or click [here](#) for details.

### **The HSC and Careers Expo 2015**

Thursday 28th May-Sunday 31st May, Royal Hall of Industries, Moore Park, Sydney. The expo will feature over 145 exhibitors providing information and resources for the HSC, university study, TAFE, career advice, exchange and gap year programs. Click [here](#) for more details.

### **Work Experience in Surveying**

Secondary school students who are interested in a career in surveying can submit their details to this online form. A life Without Limits will then attempt to put them in touch with an appropriate company for work experience. Click [here](#) for further information.

### **Au Pair in America Online Information Session**

Tuesday 10th March 8pm-9pm.

An Au Pair in America specialist will be live and on hand to provide all the information needed and answer any questions about the program. Click [here](#) for more details.

The Careers Room is open every day at Lunch 2. Please visit for help with Career planning in Room 54 (the yellow door)!!!

*Mrs Sue Kennedy, Careers Advisor ([sue.kennedy@dow.catholic.edu.au](mailto:sue.kennedy@dow.catholic.edu.au))*



## Canteen Roster 2015

9th March Janelle Johnston,  
Norell O'Sullivan, Kim Power,  
Vaska Kitanovski, Sharni Barton

10th March Colleen Walsh, Dianne Meharg,  
Jan Collins

11th March Karran McIlvain, Angela Walker,  
Joanne Wallace

12th March Sandy O'Connor,  
Lee-Ann Ginsburg, Karen Ladlow

13th March Tracey Teixeira, Nicole Oswald,  
Susan Rayner,  
Michelle Partridge,  
Tracey Sumner

Junior Boys Long Winter Trousers and  
School Ties have now come in and are  
available for purchase from the  
Uniform Shop!

As we are in the season  
of Lent  
there will be NO meat or  
chicken products  
available from the  
Canteen on Fridays for  
the remainder of Term 1.

**Uniform Shop Helper for Next Week!!**  
**12th March ~ Karen Edwards**

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

**6 March - Cross Country**

**10 March - Year 11 and 12 Parent Teacher Interviews**

**11 March - International Women's Day**

**17 March - Year 7/2016 Information Night**

**19 March - St Joseph's Day**

**24 March-1 April - Year 12 Half Yearly Exams**

**25 March-27 March - Year 10 PASS &**

**Year 11 PDHPE Outdoor Camp**

**30 March - Blood Bank Visit**

## Sport Calendar Term 1 2015

6 March - School Cross Country Carnival

9 March - Diocesan Rugby League Gala Day

12 March - Diocesan Swimming Carnival

Diocesan Teams Tennis

16 March - NSWCCC Golf

17 March - NSWCCC Baseball Selections

23 March - NSWCCC Hockey Selections

26 March - U/15 Girls AFL - Swans Cup

Term 2

22 April - Diocesan Boys and Girls

Touch Gala Day

23 May - NSWCCC Boys AFL Selection Trials

## Year 7 - Australia's Biggest Morning Tea

Cancer affects the lives of many families in our school community. On 28th May, Year 7 students will host the Biggest Morning Tea by running a cake stall on behalf of St Joseph's as their fundraiser for this very important cause. As well as supporting the cake stall, we welcome any monetary donations on our fundraising page, which can be made by clicking [here](#). Thank you in anticipation of your support!

*Mrs Maria Oliverio, Year 7 Coordinator*



# Parenting *ideas* INSIGHTS

## Building parent-school partnerships

WORDS Catherine Gerhardt

### Help your kids build their own firewall against online Nasties

The online world provides endless access to inappropriate content for our kids. Filters can play a part, but as Catherine Gerhardt describes, it's much better to have a fully rounded approach to tackling the issue.

**Fiction vs. reality.** One of the biggest concerns I have as a parent at the moment is the relative ease with which children can have access to online pornography. Recent studies revealed that children as young as eight years old have seen it, and most kids have witnessed it before parents have even considered discussing it. For me, it's about considering what the long-term effects are going to be on our children's future relationships. With wide access to the internet, including mobile devices and gaming systems, it is too easy for even young children to reach inappropriate content.

Most kids who have seen pornography know immediately that it feels wrong. They can feel 'strange' and their personal instincts kick in like an alarm system telling them something is not quite right. They may feel sick, embarrassed, confused. Some kids stumble across it (many porn sites know popular key strokes kids use), and others are exposed to it by friends or family.

**Is pornography really that big of a deal for our kids?** The simple answer is yes. Pornography damages their brains

by tricking them into releasing the same pleasure chemicals that drugs do. "A child's brain is more vulnerable as it is rapidly forming neural connections. Viewing pornography can reprogram a child's brain and initiate an addiction that is often harder to overcome than drugs or alcohol," says Kristen Jenson, author of *Good Pictures, Bad Pictures*.

**Pornography harms relationships.** Youth are being exposed to pornography even before they have had the opportunity to experience a relationship. Teens tell researchers that they don't like pornography but they feel pressured to watch it, and they even acknowledge that it provides a model for them to follow. When we start to think about kids getting sex education from pornography, we can start to understand why we should be worried about their future relationships. Viewing pornography is setting up unrealistic expectations and desensitizing sexual expectations. Pornography can distort a person's view of what a healthy relationship should be, and devalues the principles of mutual respect, trust and love we expect our children to experience in the future.

#### What can parents do to build their child's firewall?

**Be proactive, be preventative.** Like most things it's helpful for parents to begin the conversation before their child becomes interested in porn. Younger kids are more likely to see the parent as a dependable source of information; by the time they are teenagers peers become the reliable source and peer pressure and curiosity can lead them down a path of unrealistic expectations and perhaps, even addiction.

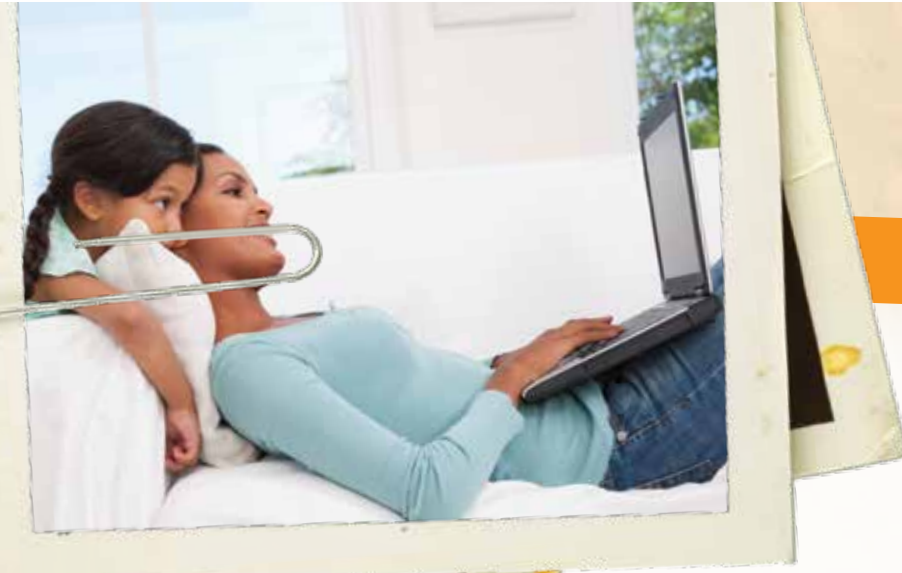
**Be open.** Most kids won't tell their parents because they know they shouldn't be looking at that stuff and, worst of all, you might take the technology away from them. Be honest, for many of us that might be our first reaction. But in hindsight it only prevents kids from telling us about their online experiences later on. It's okay to say, "Thanks for telling me, I've had that happen too", or "Let's look into that together".

more on page 2 >>>

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.



### ... Help your kids build their own firewall against online Nasties ...



**Start by asking your child.** Ask whether they have ever seen inappropriate photos online. Let them know that if it happens you expect they will come and tell you, assuring them they will not get into trouble and will not have the device taken away from them. You can suggest your child leaves a note for you if they see something online that makes them feel uncomfortable. This lets you know when they are ready to discuss it and gives you the chance to have a chat with them on the subject when you are ready.

**Internet filters and porn blockers.** These are important, but they are not a one-stop shop on protecting our kids. They can certainly help by minimising the risk of 'random' porn attacks, but they won't safeguard them either. Even if we feel we have placed adequate measures within our own homes, children must, and do, go out into the wider world where they will have exposure that is beyond our control.

**Developing internal filters** is about getting kids to understand what pornography is, how it affects their brain, and coming up with strategies they can use when they are exposed to it. Children need to be able to make safer choices when they are in situations where content filters or adults are not monitoring their behaviour. It is normal for kids to be curious and as they head into the teenage years that curiosity peaks. As children grow they spend more time online and

get exposed to more of the online world, with parents having less control over their viewing habits.

**Parenting responsibility.** Websites and governments are taking the minimum responsibility on these issues, so it has to become primarily a parenting responsibility. Children can be protected and harm can be minimised by taking some common sense approaches. Parents need to establish their expectations about children's viewing; make sure communication devices are used in public places; install net nannies and firewalls where appropriate and don't be afraid to keep a check on website histories. Investigate how you can protect your children and minimise their exposure by installing a porn site blocker onto your internet connected devices. A quick Google search will provide some options which best suit your family.

Discussions about pornography need to be part of an ongoing conversation within the family. Talking won't put your kids at increased risk; in fact, it increases their awareness and empowers them to make safer decisions when the time does come. Short, frequent discussions will help your child remember information – rather than one big long lecture. As bestselling author Steve Maraboli advised: "Take action! An inch of movement will bring you closer to your goals than a mile of intention."

Catherine Gerhardt



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MATER DEI

# PEACE EGG

## School Order Form

**THIS EASTER, GIVE AN EGG THAT WILL MAKE A DIFFERENCE**



### The "Original" PEACE EGG (100g, 12cm tall)

Chocolatier Australia milk chocolate

**\$3 each** (12 per carton)

cartons required

**TOTAL \$** \_\_\_\_\_



### The 80g gift box PEACE EGG Chocolatier Australia milk chocolate

**\$5 each**

number required

**TOTAL \$** \_\_\_\_\_



### The 160g gift box PEACE EGG Chocolatier Australia milk chocolate

**\$10 each**

number required      **TOTAL \$** \_\_\_\_\_

**Please email this order form to [alisonmc@materdei.org.au](mailto:alisonmc@materdei.org.au) or fax to 02 4654 8717 by March 16, 2015**

Please tick if POS Material is required

Thank You

School ..... Contact Name .....

Delivery Address .....

Email ..... Phone .....

Please find enclosed total payment of \$ \_\_\_\_\_

Please charge total payment of \$ \_\_\_\_\_ to my  Mastercard  VISA  AMEX

\_\_\_\_ / \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Expiry \_\_\_\_ / \_\_\_\_ CCV \_\_\_\_\_

Name on Card \_\_\_\_\_ Signature \_\_\_\_\_

The Mater Dei PEACE EGG is proudly sponsored by Chocolatier Australia, Hollier Dickson and Tony Wolf & Son Quality Printers

**PEACE is the motto of Mater Dei Camden. The Peace Egg represents peace and new life. Money raised from the sale of these eggs improves the quality of life for children with intellectual disabilities at Mater Dei.**