

ST JOSEPH'S CATHOLIC HIGH SCHOOL

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

Date: 7th May, 2015

Term 2 Week 3A

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

Happy Mothers Day - Sunday 10th May

Best wishes to Mothers, God mothers, Grandmothers, Step-mothers, Foster-mothers and all those who take on a 'mothering role' in your families. I hope that you and your family have a special day on Sunday. I include this passage for your reflection.



A Mother's Love

By Chris Charles

A mother's love is something
That no one can explain,
It is made of deep devotion
And of sacrifice and pain,
It is endless and unselfish
And enduring come what may
For nothing can destroy it
Or take that love away...

It is patient and forgiving
When all others are forsaking.
And it never fails or falters
Even though the heart is breaking...

It believes beyond believing
When the world around condemns,
And it glows with all the beauty
Of the rarest, brightest gems...

It is far beyond defining.
It defies all explanation,
And it still remains a secret
Like the mysteries of Creation...

A many splendored miracle
Man cannot understand
And another wondrous evidence
of God's tender guiding hand.

Source: Birthright International *Life Guardian*, Spring 2002



Mr John Barrington
Principal

parents & friends

A reminder that the Term 2 general meeting will be held this Monday evening 11th May, 2015, at 7pm. The meeting will commence in the TAS building as Mr Lowe is hosting a demonstration of the Laser Cutter that was co-funded by the P&F last year. The meeting will then continue in the library. Everyone is very welcome!

P&F Trivia Night

Don't forget to organise and book your table for the P&F Trivia night to be held on Friday 29th May in the school hall. Tickets are just \$10 and can be purchased from the school office. Please see the flyer attached to the Newsletter for further information.

Assistant Principal

Uniform Requirements

Parents are reminded that all aspects of school uniform are compulsory requirements, including blazers. Please ensure that your child presents wearing full winter school uniform each day, with the exception of Fridays. Please note that Friday is the only day students are permitted to wear their sport uniform for the whole day, unless otherwise indicated for special days such as Retreats and St Joseph's Day.

A further reminder that girls' hair is to be completely tied back and partially up styles are not permitted. Every boy is required to wear a tie in winter (with top button done up and shirt tucked in). Visible facial piercings are not permitted. It is an expectation that all St Joseph's students will wear their uniform with pride each day.

eDiary

Parents of students in all years with digital devices are reminded that your child's teachers may be communicating with you via the new eDiary messaging facility. Parents are also able to communicate with your child's teachers at any time using the eDiary messaging system. A reminder that the eDiary is accessible via the Sentral Parent Portal. During the eDiary implementation phase, all students are still required to bring their hard copy diary to school and to have this with them in every lesson during the day. Students who lose their hard copy diary will also be required to purchase a new diary via their Year Coordinator. Please contact Mrs Deb Boughton should you be experiencing any difficulties accessing the eDiary or adjusting to this new method of communication.

Absentee Notes - Responding to SMS Messages regarding Student Absences

Parents are reminded that it is a legal requirement that all student absences are explained in writing. Many parents have moved to using the SMS response facility and are finding this a very helpful and easy way to provide a written explanation for their child's absence.

Mrs Jenny Bell, Assistant Principal



Pastoral Care

This week, our students have donated to the Nepal Appeal. The number of people killed, injured and rendered homeless is appalling. Our TV screens and social media are full of horrifying and sad images. We all want to spare our children from these sad scenes, but that's unrealistic! Our children will see these pictures and words and many will be effected by them. This week's article from Michael Gross is filled with advice on how to deal with natural disasters like this. He makes suggestions like: reassure your children that they are safe, let them find a course of action - perhaps donate some money and try not to keep the TV on in the background all the time. There are many other helpful tips as well. If you get time, please read this article. *Mrs Megan Schibeci, Pastoral Care Coordinator*

St Mary's OP Shop Ball

Students and parents are advised that the payments and permission notes need to be in for the St Mary's OP Shop Ball by Monday 11th May. No extensions will be granted. This is an opportunity for Year 12 students from Catholic High Schools to meet and relax in the final year of their education.

Date: Friday 15th May, 2015

Venue: SGN Hall, St Mary Star of the Sea College, Wollongong

Time: 7pm-10pm

Cost: \$8 per student, to be paid to the St Joseph's School Office

Mrs Sue Kennedy, Year 12 Coordinator

"When everything old is new again!"

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School
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Neals





NAPLAN 2015 - Years 7 and 9

NAPLAN (National Assessment Program - Literacy and Numeracy) examinations will take place next week. This is compulsory testing for all students in Years 7 and 9. Exam dates are as follows:

Tuesday 12th May - Language Conventions/Writing, Wednesday 13th May - Reading and Thursday 14th May - Numeracy Non-calculator and Calculator. Friday 15th May will be a make-up day.

Students are required to bring with them on the day of the exams: 2B pencil, Pencil Sharpener, Eraser and your school calculator.
Mr Paul Hughes, Curriculum Coordinator



It's All About Attitude!

When students start secondary school, they are usually very positive and optimistic about school. Once students reach Stage 5, the content, skills and knowledge required to be successful starts to increase in difficulty and can become very challenging. Some students may become discouraged with their results. Year 10 is also a time when friends start to influence peer attitude. Some students are able to overcome these obstacles and challenges through the development of a strong work ethic, perseverance, the use of goal setting and striving to achieve their personal best. Sadly, other students are adversely affected by the increased pressures of the course content and peer pressure and can experience a lack of motivation, develop a poor attitude and become disengaged. Over the past 3 years we have been involved in a continual process of assessing and evaluating our efforts and also our teacher feedback to determine whether or not you are working to your potential and aiming to achieve your personal best. Now is a critical time to revisit the notion of setting goals and working towards achieving personal bests. It is time to set goals and determine reasons to increase effort into your schoolwork. **Think about which of the following reasons might be motivating for you:**

To achieve the best mark you are capable of at school

To provide you with information about your personal skills, talents and interests so you can be informed about what subjects you would like to choose in the senior years

To provide you with opportunities to gain an insight into what you would like to do when you leave school

To experience a personal sense of satisfaction about doing your best

To show your gratitude to your parents for giving you an education

To avoid getting in trouble from your teachers

To avoid getting in trouble from your parents

To avoid getting a detention or other negative consequences from not working

To avoid disappointing your parents

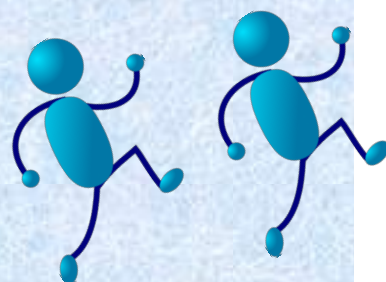
So you don't feel bad about wasting your parent's time and money giving you an education

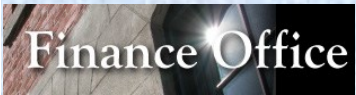
You may have heard people refer to the 'carrot' or the 'stick'. Some students are motivated by working towards rewards (carrots), while others are motivated to avoid negative consequences (the stick). ***Are you a student who is motivated more by rewards or are you motivated to complete work to avoid negative consequences?*** Understanding what motivates you and what affects your attitude can make it easier for you to make positive changes.

This fortnight you are going to learn more about how to motivate yourself and deal with distractions and procrastination by working through a new unit on www.studyskillshandbook.com.au. The next topic for completion is called 'Developing Motivation'. ***This unit can be found in the 'working at home' modules. This unit must be completed by Friday Week 5, 22nd May.*** All Year 10 students have been sent a reminder email with login details, the unit title and the due date.
Mrs Louise Markwell, Year 10 Coordinator

School Athletics Carnival

A reminder that the school Athletics Carnival will take place on Tuesday 2nd June at Croome Road Complex. Students are asked to register their mode of transport to the venue, on the Google Doc sent to them via email from Mr Hetherington, as soon as possible. Further details will follow in the next few weeks.
Mr Stephen Armstrong, PDHPE Coordinator





School Fee Payments

The school now has the facility for Online Bank Transfers for payment of school fees. It is vital that if you are using this facility that a reference is entered. To ensure that the money is credited to the correct family, please use the reference number off the statement. This is the number commencing with 1756.

The details of the account are as follows: BSB: 066-711
Account Number: 001756
Account Name: St Joseph's High Albion Park
Reference: 1756***** (Off your fee statement)

This facility is **only available for fee payments** - please continue to use Try Booking for excursion payments.

Diocesan Sport Refunds

Refunds for the Diocesan Boys Soccer and Diocesan Girls Touch Football have been processed. Payments made on Try-Booking have been refunded to your credit card. Other payments have been refunded off school fees.
Mrs Cathy Bagnall, SSO Finance

Canteen Roster 2015

11th May	Rachael Scremin, Cathy Whiteman, Leanne Greathead, Janelle Davis, Lara Podolski, Neriaa Hartley, Mrs Payton, Michelle Pateman
12th May	Hilary Tavernese, Danelle McNeilly, Danielle Laidlaw
13th May	Faye Webb, Carmen Formosa, Emma/Garry McLaughlin, Unneka Guernier,
14th May	Cathy Sperring, Sandy O'Connor, Jo Barker, Jodie Duff
15th May	Mary Daly, Wayne Thomas, Nicole Roach

Uniform Shop Helper for Week 4, Term 2
Thursday 14th May - Janelle James

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

- 11 May - P&F Meeting
- 12 May-15 May - NAPLAN Years 7 & 9
- 29 May - P&F Trivia Night
- 1 June - Year 11 2016 Subject Selection Information Evening
- 2 June - School Athletics Carnival
- 8 June - Queens Birthday
- 16 June - School Photos
- 18 June - Year 7 Vaccinations
- 24 June - School Musical Opening Night
- 26 June - School Musical Final day Term 2
- 27 June - School Musical Final Night

Good Luck

To Brandon Formosa, Izak Parkes, Jaiden Fenwick, Mitchell Heffernan, Jacob Belo, Sione Lufe and Kade Sampson who travel to Wagga this week to trial for the NSWCCC Rugby League Teams.

If you know of sporting achievement worthy of a mention, please contact either Mrs Garbutt michelle.garbutt@dow.catholic.edu.au or Mrs Linsley jodie.linsley@dow.catholic.edu.au via phone or email at the school.

Sport Calendar Term 2 2015

- 19-20th May - NSWCCC Rugby Union Selections
- 21st May - 7-A-Side Rugby Union Gala Day
- 25th May - NSWCC Basketball Selections
- 25-27th May - NSWCCC Football Selections
- 28th May-Rugby Union Waratah Cup
- 2nd June - School Athletics Carnival

SPORT REPORT

Diocesan Cross Country

On Wednesday 29th April, a team of 60 St Joseph's students braved the muddy conditions to compete at the Diocesan Cross Country Championships at "Wilandra" Farm near Nowra. All students should be commended on the way they represented our school and for the sportsmanship and team spirit they displayed throughout the day. Congratulations to *Ruby Sawtell (Year 7)* and *Aris Seitaridis (Year 9)* who came 3rd in their events and to *Nathan Wilson (Year 12)* who finished 6th. We wish these students all the best in their training and preparations for the NSWCCC Cross Country Championships to be held at Eastern Creek on 12th June.

The following students are also to be commended on finishing in the top 10 places in their age groups: *Molly Sumner*, *Antoni Anic*, *Taylah Vella*, *Logan Coombes* and *Mitchell Callaghan* who all finished 9th. We were fortunate to have the support of many parents on the day who assisted with transport and cheering on our teams. There was also a group of Year 10 and 11 students who gave of their time to assist as officials on checkpoints. These students were *Abbey Ullric*, *Connor Burton*, *Lachlan Wallace*, *Aiden Merceica*, *Kristy-Lee Scremin* and *Tameeka Collins*. By all accounts these students did a fine job and were well looked after with delicious sandwiches, lamingtons, lollies and a ride in the truck! Mr Daniel Lewis also did a marvellous job assisting as Team Manager, Checkpoint Supervisor and First Aid Officer! Next year we look forward to improved participation rates as there were many late withdrawals which resulted in only two students representing in some age groups. This impacted on the overall results which saw St Joseph's finish in 5th place. Any student who took home one of the schools running singlets is kindly asked to return it to the PDHPE staffroom ASAP.



CONGRATULATIONS!
CONGRATULATIONS!

Congratulations....

- ◆ *Danielle Vasquez* who placed 2nd in the NSWCCC and 4th overall at the NSW All School Golf Strokeplay Championships at Wentworth Falls and Blackheath last week. Danielle has now qualified for the NSWCCC Team and will attend the NSW All Schools Trials at Macquarie Links during the last week of Term 2.
- ◆ *Hayley Seeney* swam exceptionally well at the recent NSWCCC Swim Championships at Homebush. She placed 1st in the 100m Freestyle and 3rd in the 50m Butterfly and 200m Freestyle. *Jacob Lord* came 4th in the 50m Freestyle and 50m Butterfly events which is a commendable performance. Thank you to Mrs Jodie McNamara for managing the Wollongong Diocese team at these championships.





UNIVERSITY OF
WOLLONGONG



UOW Open Day

Saturday 15th August
Tours and information
sessions covering degrees,
scholarships and accommodation will be held

throughout the day. Click [here](#) for further information.

University of Sydney - Year 10 Information Evening

Wednesday 3rd June and Monday 22nd June 6pm-8pm

The information evenings are designed to help Year 10 students and their parents choose subjects for the HSC and navigate through the process of applying to university. Click [here](#) for more details.

University of Sydney - Scholarships Information Evening

Tuesday 16th June 6pm-8pm

The information evening for Year 12 students aims to give insider hints and tips on completing the Sydney Scholars application. Click [here](#) for more details.

UNSW - Engineering High School Information Day

Wednesday 20th May 9am-3pm, John Niland Scientia Building, UNSW Kensington Campus.

The Faculty of Engineering's High School Information Day aims to give students the opportunity to sample several fields of engineering through interesting and hands on activities. Click [here](#) for more!

University of Sydney - School Duxes Place Guarantee

High School duxes in NSW will be offered a guaranteed place at the University of Sydney as part of a trial program launching in 2016. Click [here](#) for more.

Special Tertiary Admission Test

STAT is used by many tertiary institutions in Australia as part of their admissions procedure for certain applicants. Click [here](#) for details.

Local Government Careers

This website aims to help provide an understanding of the diverse range of careers on offer in Local Government and provides information on training required. Click [here](#) for information.

IN2UNI Learning Labs

Learning Labs is an academic enrichment program for high achieving students in Years 7-10. Workshops are held in the July school holidays. All workshops are held over two days and presented by university academics and specialists. To be held on 2nd and 3rd July. Cost \$155 @ UOW Main Campus 71C Campus. Click [here](#) for further details.

Cultural Care Au Pair Information Session

Wollongong 23rd May @ 10am, 41 Burelli Street, Wollongong.

Cultural Care Au Pair offers work placements as au pairs/nannies in the US. Past au pairs will share their experiences and advice. Click [here](#) for details.

Bluescope Talk Friday!!

All Year 10, 11 and 12 students have been invited to attend a talk Friday at lunchtime. Andy Stirling from Bluescope will be addressing the students on Cadetships available and the application process. Students who wish to attend should register their interest with Mrs Kennedy by Thursday evening.

Careers Expo

Tuesday 12th May all Year 12 and Year 10 students will be attending the Carers Expo. Students will travel by bus from school to the Expo. Permission notes have been distributed to all students. A public session will be held on Tuesday 12th May from 3:30-5:30pm at the Sports and Hockey Stadium, Waples Road, Unanderra - all parents welcome!

Careers Room, Room 54, open every Lunch 2. Come visit, get motivated and be inspired!

Mrs Sue Kennedy,
Careers Advisor

Important Dates for your Diary:

12th May - Careers Expo @ Hockey Stadium, Unanderra

13th June - TAFE Choices Day

26th June - Applications for Work Experience close for Year 11

1st July - BlueScope Cadetships for 2016 posted on their website

3rd August - UOW Early Admission Opens

29th, 30th June - BlueScope Cadet Snap Shot Days

12th-16th October - Year 11 on Work Experience

EXCURSIONS WITH MONEY		
Excursion Name	Date	Payment/ Permission Note Closing Date
Australian Economics Competition	7 May	CLOSED
Yr 7 Geography Sydney Sea Life Aquarium	7 May	CLOSED
Australian Business Studies Competition	14 May	CLOSED
St Marys Annual Op Shop Ball Yr 12	15 May	Mon 11 May
NO LATE PAYMENTS WILL BE ACCEPTED. PLEASE DO NOT PLACE INTO THE BOX AFTER CLOSING DATE		

St Joey's Social Trivia Night

2015



\$10

per head

8 - 10

per table

(18 years and over)

Friday 29th May
School Hall
7pm - 10pm
Doors open 6:30pm

Tickets purchased at the School office

Ph: 4230 8500

Book your table by
Friday 22nd May

BYO Drinks & Supper

Run & supported by:
St Joseph's P&F
Association

Prize for the best themed table.
So dress it up people!

Parenting *ideas*

INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

Help your children make sense of natural disasters

As adults we all want our children to live carefree lives and keep them from the pain and even horror of tragedies such as natural disasters. In reality we can't do this.

Recent natural disasters wreak incredible havoc on so many people's lives and will no doubt leave an indelible imprint on our collective psyches. Graphic images have been brought into our living rooms via the media over the last few weeks, and will continue to do so in the immediate future.

As adults we all want our children to live carefree lives and keep them from the pain and even horror of tragedies such as natural disasters. In reality we can't do this.

So what is a parent, teacher, or other caring adult to do when the natural disasters fill the airwaves and the consciousness of society? Here are some ideas:

1 Reassure children that they are safe

The consistency of the images can be frightening for young children who don't understand the notion of distance and have difficulty distinguishing between reality and fiction. Let them know that while this event is indeed happening it will not affect them directly.

2 Be available

Let kids know that it is okay to talk about the unpleasant events. Listen to what they think and feel. By listening, you can find out if they have misunderstandings, and you can learn more about the support that they need. You

do not need to explain more than they are ready to hear, but be willing to answer their questions.

3 Help children process what they see and hear, particularly through television

Children are good observers but can be poor interpreters of events that are out of their level of understanding.

4 Support children's concerns for others

They may have genuine concerns for the suffering that will occur and they may need an outlet for those concerns. It is heartwarming to see this empathy in children for the concerns of others.

5 Let them explore feelings beyond fear

Many children may feel sad or even angry with these events so let them express the full range of emotions. They may feel sadder for the loss of wildlife, than for loss of human life, which is impersonal for them.

6 Help children and young people find a legitimate course of action if they wish

Action is a great antidote to stress and anxiety so finding simple ways to help, including donating some pocket money can assist kids to cope and teaches them to contribute.

7 Avoid keeping the television on all the time

The visual nature of the media means that images are repeated over and over, which can be both distressing to some and desensitizing to others.

8 Be aware of your own actions

Children will take their cues from you and if they see you focusing on it in an unhealthy way then they will focus on it too. Let them know that it is happening but it should not dominate their lives.

9 Take action yourself

Children who know their parents, teachers, or other significant caregivers are working to make a difference feel hope. They feel safer and more positive about the future. So do something. It will make you feel more hopeful, too. And hope is one of the most valuable gifts we can give children and ourselves.

Children's worlds can be affected in ways that we can't even conceive of so adults need to be both sensitive to children's needs and mindful of what they say and how they act in front of children.

In difficult times, it is worth remembering what adults and children need most are each other.



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

