St Joseph's Catholic High School Newsletter 2014

St Joseph's Catholic High School

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Date: 7th August, 2014 Term 3 Week 4B

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

Feast of St Mary of the Cross - 8th August

MARY MACKILLOP AND THE SISTERS OF ST JOSEPH

Mary MacKillop was born in Fitzroy Melbourne in 1842. She was the daughter of Alexander MacKillop and Flora MacDonald who were both migrants from the Scottish Highlands.

In 1866 at Penola in South Australia, she founded the Congregation of the Sisters of St Joseph with Fr Julian Tension Woods to meet the needs of Catholic Education for the poor children of the bush.

'Never see a need without doing something about it'
was Mary's motto in life.

Within a few years the Sisters were responding to educational and social needs and foundations were established in different parts of the country and in New Zealand.

Today the Sisters of St Joseph respond to a wide variety of needs in our time and have also established foundations in Peru (1981) and Ireland.

Diocesan foundations of the Sisters of St Joseph were established in Perthville (1872) NSW, Whanganui in New Zealand (1880), Goulburn (1882) NSW, Lochinvar (1883) NSW and Westbury Tasmania (1887). In 1968 these five Congregations formed The Australian-New Zealand Federation of the Sisters of St Joseph.

Mary MacKillop serves as an outstanding role model for our work here at St Joseph's. From her story we draw strength, inspiration and faith. Reflecting upon and seeking to live Mother Mary's vocation helps us to remain a good school.

Mr John Barrington, Principal

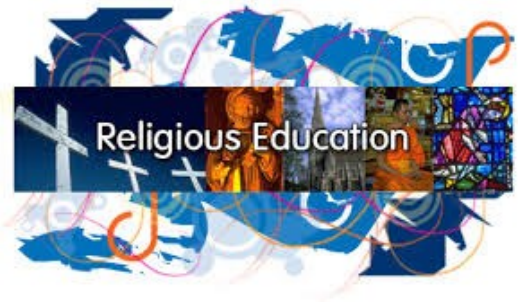
Boy's Hairstyles and Uniform Reminders

A reminder to parents that extreme hairstyles are not permitted at St Joseph's. Recently, a very small number of boys have presented with an unacceptable style of shaved sides with an undercut where the hair at the top meets the shaved sides. These styles are not acceptable at St Joseph's and students who present with extreme haircuts are required to rectify this situation by having their hair re-cut into another more conventional hairstyle. Boys are also required to be clean shaven.

All students are also required to wear their blazer to and from school and girls are required to wear the regulation black school tights with their winter uniform and to have their hair tied back off their face. As always, the support of students and parents for maintaining our school's high uniform standard is greatly appreciated. *Mrs Jenny Bell, Assistant Principal*

Pastoral Care
Mrs Schibeci

Talking to your children about the danger of drugs is so important. We cover this at school in many parts of our curriculum, including PDHPE, Religion and through our Pastoral Plan. However, some of the most effective information will come from you as a parent. Talking in the car is fantastic, the kids can't escape! You can ask them questions about what they know and you can share experiences/stories of your own. Being armed with information will make your attempts to communicate about this topic more credible for them. The attached Michael Grose article is informative. He states that for our students, and according to reliable research, alcohol, tobacco and cannabis are of most concern. Alcohol effects brain development in young people, apart for the danger it brings when young people can't make good decisions and feel infallible. Tobacco is a stimulant, and a poison to the body, which basically brings ill health, at some point in life, one way or another and cannabis is a depressant. Many young people turn to cannabis because they feel low, not realising the life long damage it does to their mental health. In fact, the article reports that "..alcohol, tobacco and cannabis are the drugs..parents should focus on". So, if you get time, have a read of this article and get talking. *Mrs Megan Schibeci, Pastoral Care Coordinator*



Year 9 Religion

For the past few weeks the class of 9.4 Religion has been looking at the topic 'Images of Good and Evil'. We have been creating collages of good and evil with explanations of each, looking at newspaper articles and listing some topics on good and evil. By looking at this topic, it has really had an impact on the class, in a positive way by demonstrating that good can overcome evil and that even small things play a big role under the topics of good and evil.

Corey Daley and Nathan Marecic

From the Finance Office

Payments for Excursions Online

All payments that are made for excursions online must have the confirmation slip or confirmation number recorded on the permission slip and forwarded to the finance office. Without this information the payment cannot be processed! **AND** a reminder that School Fee Statements have now been sent home with students.

Business Owners and Year 11 Business Studies Classes

The Year 11 Business Studies classes are currently studying Business Planning and would benefit from a short talk by business owners in our school community network. Can you spare an hour to come in and talk to the students about your business???? Topics may include: Why you started your business, challenges you face, HR, Marketing, your target clients etc. If you can help, the students will benefit from your expertise and experience. Please contact Sue Kennedy by email sue.kennedy@dow.catholic.edu.au or phone the school on 4230 8500. Many thanks. *Mrs Sue Kennedy*

St Vincent de Paul Society
good works

Vinnies Winter Appeal 2014

The Vinnies Winter Appeal has begun!! Please help to bring some comfort and warmth to needy families in our community this winter by donating tins of soup, scarves, socks or knitted squares (12 x 12cms) in homeroom, each day until the end of August.

Sport Permission Notes
A reminder that permission notes for all sporting events can be downloaded from the school website (click the notes and payments link and look for the sport section). Also a reminder that payment for sporting activities must be made either online or at the front office before the due date specified on the permission note. Late payments will not be accepted and may result in teams being withdrawn from the activity. Your cooperation in this matter is highly appreciated.

Good Luck to *Maddison Smith* who travels to Adelaide next week as part of the NSW U/16 All Schools Hockey Team for the School Sport Australian Hockey Championships and to our Junior and Intermediate Girls Netball Teams who travel to Penrith for the NSWCCC Championships on Wednesday. And finally, good luck to our Hockey and Volleyball Teams who will participate in Diocesan Gala Days next Thursday.

"Remember - Too much sport is never enough!!"
Brett Moran, Sports Coordinator.

Sports Calendar 2014

Term 3

13th Aug-NSWCCC Netball Championships and NSWCCC Boys Softball Selections
14th Aug-Diocesan Hockey and Volleyball Gala Days

18-19th Aug– Jnr Basketball Finals and SSA Hockey Championships

29th Aug-Diocesan Athletics Carnival

12th Sept-NSWCCC Athletics Carnival

White Card—Change of Date!!

The scheduled White Card Course at Illawarra iTEC has been changed to Friday 15th August, 2014. See Mr Milburn for any concerns.

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We are looking for Volunteers to help at the Uniform Shop for Year 7, 2015 fittings. Volunteers are required for the following dates and times:

Mondays– 25th August, 1st September, 8th September and 15th September from 12-4:15pm

Thursdays-28th August, 4th September, 11th September, 18th September from 8:30-1:45pm

Saturdays– 30th August and 13th September from 9-3pm.

If you can help please contact Lina on 4230 8590!!

Canteen Roster 2014

11th Aug	Antonella Adams, Nicole Norris, Patricia Zanatta, Helen Cheetham, Marina Chang, Mary Daly
12th Aug	Vickie Austin, Marina Chang, Rachel Parkes
13th Aug	Leanne McMillan, Oriana Dimise, Tina Brown, Amanda Quintal, Sandy O'Connor
14th Aug	Cathy Sperring, Sue Bezzina, Joanne Barker
15th Aug	Donna Parsons, Gianne Alexander, Amanda Walker

Uniform Shop 2014

11th Aug	Joanne Glackin
14th Aug	Karen Edwards

Important Dates for your Diary

12th Aug-ICAS Maths Competition
27th Aug-School Social-Farewell Year 12
8th-19thSept-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
Friday 19th Sept-Year 12 Final Assembly
Friday 19th Sept-Last Day Term 3

UOW's Early Admission Program opened Friday 1st August. A representative from the University of Wollongong will speak to all Year 10, 11 and 12 students at the next Senior Assembly on Monday 18th August. Parents are welcome to attend!!

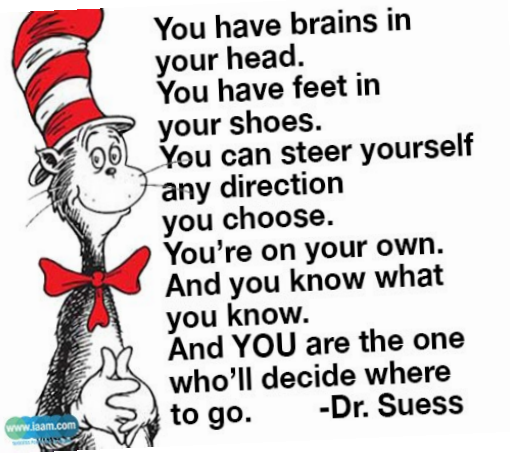
Open Day UOW August 16
Year 10, 11 and 12 students are encouraged to attend the University of Wollongong Open Day. Visit the UOW website for more details.

UAC Applications
Year 12 students who wish to apply for a place at University, need to consider all their options and start applying from August 6 till September 30, 2014. It is recommended to put PIN numbers for your UAC application in your phone as a back up! Year 12 are advised to enter preferences with a wide range of options to take into account a range of ATAR scores –be realistic, put down your dream course but also a realistic option. If you need any assistance please see Mrs Kennedy.

Traineeship Available
Certificate III in Child Care Traineeship at Bright Beginnings, Albion Park. The centre is currently seeking a 16 or 17 year old to train for 12 months. You must be outgoing, love children and committed. If you would like to apply for a trial, either see Mrs Kennedy or ring Silvana on 4257 1505.

Notre Dame Young Achievers Early Offer Program
The Young Achievers Early Offer Program rewards students for more than just their academic potential and is open to current Year 12 students and those who have completed Year 12 within the last 5 years. Students interested in applying for this should email me for more information. If there are students from Year 10 and 11 who would like to apply in the future, please come see me.

Sydney TAFE Open Day August 30, 2014.
NIDA applications are open and will close 30th September.
Visit www.nida.edu.au/courses.
iTEC Open Day 4th and 5th August from 4-6pm. Students interested in Music or Live Production industries should check out VET courses as part of your HSC. Visit www.illawarraitec.com.au.
Sydney Conservatorium of Music Open Day
Open Day will be held on 30th August from 10-3pm. The day is relevant to Year 12 students and also Year 10 and 11 students considering Music Studies at a tertiary level.
University Western Sydney Parent Information Evening August 13 at Parramatta Leagues Club from 6:30-8:30pm. This evening will provide information on ATAR, Early Offer, courses, fees, campus life, scholarships, alternative pathways and UWSCollege. Visit the UWS website for details.



St Joseph's Catholic High School

ScienceEXPO – Thursday 21st of August 2014

Submit your entry by: **Friday 8th August (Week 4), 2014**

Prizes available to 1st, 2nd and 3rd place in each category.

A forensic science incursion for the top 15 students in each year group.

To enter the EXPO follow these steps:

Decide if you are: Entering a science project on a board, Entering a project on a Scientist of your choice, Entering a photograph, Entering Fast Science (iMovie 60 seconds), Entering Science Master Chef. Go to this website for the SJCHS 2014 ScienceEXPO categories information sheet attached to the email sent on Monday 4th August. Read the details carefully. If you don't satisfy the criteria, you may not be eligible for a prize.

Go to this website and complete the online entry form. http://bit.ly/1kkDmzZ
Make sure you follow all instructions.

Remember – you don't have to 'get science' to get involved.
The Science Team

Farewell Year 12 School Social

The farewell social to our Year 12 students will be held on Wednesday 27th August, 2014. Starting at 7pm, come along and join our Year 12 students celebrate the end of their school years. Entry will be just $6 and the canteen will be operating with lots of yummy treats! All money raised from the evening will go to Mary MacKillop Charities. Don't miss this special night for Year 12. The theme will be announced next week.

Same rules apply.

* Parents are urged to bring and collect their children from the school hall or to arrange transport with other parents.
* Students who are absent from school on the day of the social are NOT permitted to attend.
* Students will be required to be at the hall no later than 7.10pm and may not leave until the end of the dance unless collected by a parent. Students who will be late because of prior commitments should inform Mrs Pitt well in advance by supplying a note. Late students who have not informed Mrs Pitt will not be admitted unless accompanied by a parent.
* Only current students are permitted to attend.
* Smoking is not permitted. Any student who is suspected of consuming alcohol or illegal drugs will be denied entry. Parents will be contacted and asked to collect students.

Excursion Name	Date	Payment/ Permission Note Closing Date
OHS Construction Induction Card	08.08.14	**CLOSED**
NSW CCC Netball Championships	13.08.14	**07.08.14**
Secondary Diocesan Hockey Gala Day	14.08.14	**07.08.14**
NSW CCC State Basketball Championships	18.08.14 & 19.08.14	**11.08.14**
Wollongong Diocesan Volleyball Gala Day	17.08.14	**07.08.14**
Careers Vocational Ed Day Taronga Zoo	20.08.14	**06.08.14**
Elevate Young Leaders Forum Leadership Program	21.08.14	**CLOSED**
Yr 12 Chemistry	22.08.14	**15.08.14**
Wollongong Diocesan Athletics Carnival	29.08.14	**20.08.14**
Yr 10 Marine and Aqua – Sydney Aquarium	02.09.14	**26.08.14**
Yr 12 Picnic Day 2014	18.09.14	**15.08.14**
Strictly Ballroom Musical	24.09.14	**CLOSED**
Yr 12 Formal	21.11.14	**05.11.14**
Elevate Young Leaders Forum Leadership Program	05.11.14	**CLOSED**
NO LATE PAYMENTS WILL BE ACCEPTED. PLEASE DO NOT	**PLACE INTO**	**THE BOX AFTER CLOSING DATE**

Invitation to Students
2014 ILLAWARRA TRADES ROADSHOW

The Illawarra Trades Roadshow's purpose is to provide Year 9 & 10 students (plus Year 11 and Year 12 students interested in a specific trade) with an opportunity for a "hands on" experience of the wide variety of trade opportunities & non-university careers on offer in our region.

Tradespeople & apprentices from a diverse range of trades including Carpentry, Plumbing, Electro-Technology, Mechanical Technology, Automotive, Hospitality, Bricklaying, Horticulture, Animal Science, Admin, Nursing plus more will be presenting interactive experiences.

Students will get to try brick laying, prepare food, electrical wiring, weld metals, test drive & monitor performance of go-karts, check blood pressure, decorative painting techniques, typing tests, panel repairs, air brushing plus much more.

Following participation in the "Illawarra Trades Roadshow", students will be better informed of the wide range of opportunities available to them when they leave school and head into the workforce. They will also be better informed to select their pathways for completing their senior secondary schooling including VET courses, TAFE VET courses, School Based Apprenticeships and Traineeships plus training and flexible pathways offered by Five Islands Secondary College.

Each school session will last 80 minutes, with 5 sessions per day.

On arrival, students will undergo a briefing session and safety induction. Students will then be split into groups and rotate through each booth during their session time. Each booth will be staffed by local tradespeople, apprentices or skilled specialists. In this role, they will 'coach' the students on how to do simple tasks that are an introduction into the trade.

Booking essential: Queries should be made ASAP to your School Career Advisor or general queries to Tracey on 02 4225 2526 or tracey@iswlp.org.au. Parents welcome to attend.

Transport: Free Bus transport will be organised for your school for a specific Session time.

To be held:

Wednesday September 3rd 2014
Thursday September 4th 2014
Five Islands Secondary College, Military Rd, Port Kembla

Parentingideas INSIGHTS

Building parent-school partnerships

WORDS Livia Gamble

The Drugs kids are actually using

Talking to young people about drugs has a significant impact, but you need to get the facts about the current drugs available.

The sex talk is one of the most confronting conversations parents have with their children but there is another topic of conversation that is of equal importance and it often gets overlooked. Drug use is something that parents need to talk about with their children. Australian website, the Other Talk focuses on helping families speak openly about drugs with their children. But to be able to start the conversation early parents need to know what drugs kids are being introduced to today.

Geoff Munro from the Australian Drug Foundation says parents should focus on the drugs that pose the biggest risk to young people and they are not necessarily the ones that first come to mind.

Munro said: "I think it's really important that parents understand that the drugs kids are faced with today are the traditional ones, alcohol and tobacco and pharmaceutical drugs to a certain degree."

"Cannabis is also certainly available in the community so alcohol tobacco and cannabis are the ones we really think parents should focus on," said the National Policy Manager.

In particular, parents should direct their attention to alcohol and its effects as it is the most accessible.

However, parents need to know the facts and consequences of drug and alcohol use before they can educate their children against it. Here is what you need to know before you have the conversation.

ALCOHOL

In 2011 the Australian secondary school students' surveys revealed around "three out of four Australian secondary students ages between 12 and 17 had tried alcohol.

According to the Drug Info website drinking:

- Increases risk of injury and self-harm - poor decision making, violence, using illicit drugs.
- Effects mental health - young people who drink to cope with problems are more likely to suffer from depression.
- Effects brain development - memory, ability to learn, problem solving skills can all be affected.
- Contributes to the three leading causes of death amongst adolescents - unintentional injuries, homicide and suicide.

TOBACCO

Munro says, "Tobacco is still a substance that young people are often tempted to try but only about 17 – 18 per cent of young people smoke tobacco."

Tobacco is a stimulant drug which speeds up the messages travelling between the brain and the body. While there are more than 4000 chemicals in tobacco smoke, the three main ones are:

- Nicotine – is what smokers become dependent on.
- Tar – is released when a cigarette burns and coats the lungs and can cause lung and throat cancer.
- Carbon Monoxide – a toxic gas that reduces the amount of oxygen available to the muscles, brain and blood.

There is no safe level of tobacco use. Long-term effects include a higher risk of heart disease, hardening of the arteries and other circulatory problems.

CANNABIS

LA spokesperson for the Drug and Alcohol Coordination Unit with the Police Department has said, "Generally speaking it's [cannabis] the one that's most available and most accessible."

Cannabis is a depressant drug, which means unlike cigarettes its use slows down the messages travelling between your brain and body.

Long-term effects may eventually cause memory loss, learning difficulties, mood swings, decreased sex drive and regular colds.

Those with a family history of mental illness are more likely to also experience anxiety, depression and psychotic symptoms after using cannabis.

But other than alcohol, tobacco, and cannabis, what other drugs should parents be aware of when starting the conversation with school-aged children?

more on page 2 »

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Parentingideas INSIGHTS

... the drugs kids are actually using ...

Building parent-school partnerships

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INHALANTS

Inhalants are something that some kids experiment with but it is usually a passing faze. People who inhale products like paint, cleaning fluid and glue to get high may experience an initial rush, confusion, disorientation or drowsiness, but the comedown can last several days.

Side effects from inhalants include: headaches, nausea and dizziness and can also cause permanent damage. Chemicals from the products can build up in your system, irritate the stomach and worst case, cause organ damage.

Synthetics or new psychoactive substances (NPS)

In the past, kids were experimenting with synthetic drugs but that may have been because they were legal.

Also referred to as herbal highs, party pills or bath salts, synthetics come in the form of powders, pills and dried herbs that have been soaked in chemicals and designed to mimic the illicit drugs; banned drugs are replaced with new ones.

Even though these drugs might be legal, this does not mean they are safe. The ever-changing ingredients mean it is difficult to know the effects. For more information on synthetic drugs visit the Drug Info website.

When it comes to keeping your children away from drugs and alcohol, Geoff Munro says most parents don't realise how influential they are.

"The research shows that if parents make it clear to their children that they don't want them drinking or smoking, their children are less likely to do that."

Livia Gamble

This article first appeared in Essential Kids on 16th June 2014 and is reproduced with permission.

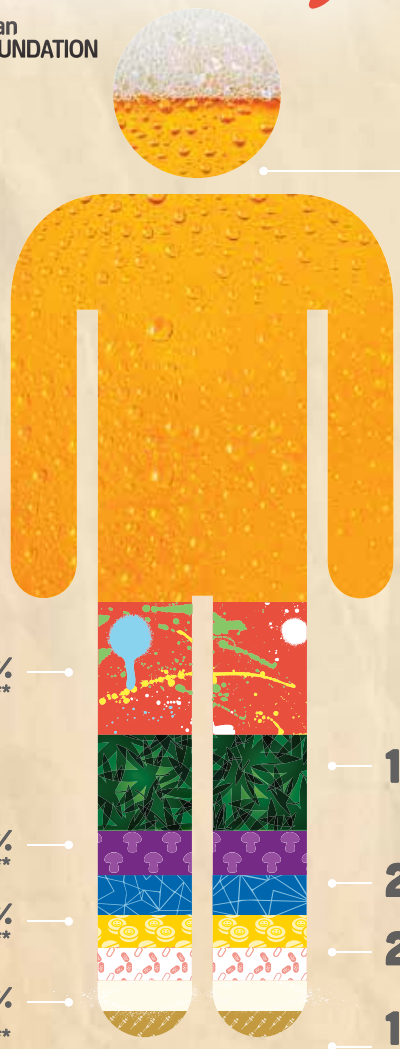
WHAT 12–17 YEAR OLDS ARE REALLY USING

australian drugFOUNDATION

SHORT TERM

Alcohol contributes to the 3 major causes of teen death: injury, homicide & suicide.

Young people are more likely to drink to excess and take risks than adults. ***



LONG TERM

Alcohol (and other drugs) can damage the developing brain.

This affects memory, learning & problem solving. And can cause mental health problems. ***

* 2010 National Drug Strategy Household Survey report
** 2011 Australian School Students Alcohol and Drug (ASSAD) Survey
*** 2009 Australian Guidelines to Reduce Health Risks from Drinking Alcohol

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