

ST JOSEPH'S CATHOLIC HIGH SCHOOL

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Term 2 Week 8B

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

Facing Up to Challenges

Each day students are required to face new challenges. It is interesting to observe how individual students respond differently to the same challenge. The following tale provides a good source of reflection on this theme.

Struggles in Our Life

Once upon a time a daughter complained to her father that her life was miserable and that she didn't know how she was going to make it. She was tired of fighting and struggling all the time. It seemed just as one problem was solved, another one soon followed. Her father, a chef, took her to the kitchen. He filled three pots with water and placed each on a high fire.

Once the three pots began to boil, he placed potatoes in one pot, eggs in the second pot and ground coffee beans in the third pot. He then let them sit and boil, without saying a word to his daughter. The daughter, moaned and impatiently waited, wondering what he was doing. After twenty minutes he turned off the burners. He took the potatoes out of the pot and placed them in a bowl. He pulled the eggs out and placed them in a bowl. He then ladled the coffee out and placed it in a cup.

Turning to her, he asked. "Daughter, what do you see?" "Potatoes, eggs and coffee," she hastily replied.

"Look closer", he said, "and touch the potatoes." She did and noted that they were soft.

He then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg.

Finally, he asked her to sip the coffee. Its rich aroma brought a smile to her face.

"Father, what does this mean?" she asked.

He then explained that the potatoes, the eggs and coffee beans had each faced the same adversity-the boiling water. However, each one reacted differently. The potato went in strong, hard and unrelenting, but in boiling water, it became soft and weak. The egg was fragile, with the thin outer shell protecting its liquid interior until it was put in the boiling water. Then the inside of the egg became hard. However, the ground coffee beans were unique. After they were exposed to the boiling water, they changed the water and created something new.

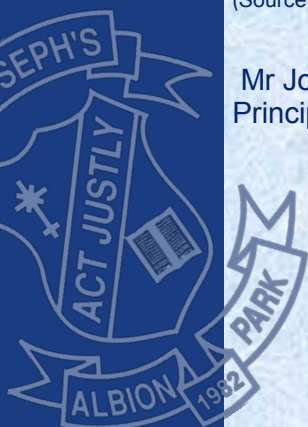
"Which one are you?" he asked his daughter. "When adversity knocks on your door, how do you respond? Are you a potato, an egg, or a coffee bean?"

(Source: <http://www.moralstories.org/struggles-of-our-life/>)

Mr John Barrington,
Principal



"You never know how strong
you are, until being strong is
your only choice." - Bob Marley





The year is rushing by so quickly. Student reports will soon be finalised and making that perilous journey from teacher to school bag to your hands. This can be a very anxious time for many students. Some will be very worried about how their parents will react to the report, while some won't really give it second thought. This week's article is all about 'Report Time'.

Michael Grose outlines some strategies around how to get the best out of the school report situation. He advises that parents have realistic expectations, not make the focus of the report purely academic and to focus on the strengths of the report. He wisely points out that employees value skills such as independence and cooperation. This one is well worth a read!

Mrs Megan Schibeci, Pastoral Care Coordinator

Vinnie's Winter Appeal

Students are reminded to bring in cans of soup for the St Vinnie's Winter Appeal! Every winter, St Joseph's participates in this appeal and students are encouraged to bring in cans of soup to help those families in the Illawarra who are struggling to get by this winter. By donating, students are contributing to making a difference to the lives of 1 out of 18 people in Australia. A sincere thank you to everyone who has already brought in donations and a gentle reminder that the cans will be displayed as a pyramid in the library.

Lara Alfiero and the Social Justice League



School Reports Years 7-10

Staff are at present preparing student reports which will be ready for distribution on the following days: Year 9 and Year 10 on Thursday 25th June and Year 7 and Year 8 on Friday 26th June. Reports will not be available for collection before these dates and if students are absent, the report will be held in the Curriculum Office for collection when school returns after the holidays. No reports will be posted home this semester. Reports for students involved in the school musical will be sent to the theatre to be distributed there.

Parent Teacher Interviews Years 7-10

Parent Teacher Interviews for students in Years 7-10 will be held on Thursday Evening 16th July (3:50pm-8pm) and Friday morning 17th July (8:40am-11:10am) which is Week 1, Term 3. Once again, bookings for interviews can be made through the Parent Portal. Bookings will open on Monday 22nd June at 9am and close Wednesday 15th July at 3pm. The link will NOT appear on the portal until the opening day! It is hoped that parents take the time to attend these interviews to keep up to date with your child's academic progress.



Elevate Education

Year 12 have only weeks before the Trial HSC Examinations. In preparation for their continued success in these exams and also for their HSC Examinations, students will be attending seminars here at school on Thursday 11th June. Elevate Education will be leading students in two seminars: *Memory Mnemonics and Ace Your Exams*. *Memory Mnemonics* includes - understanding memory and how to manipulate it, examination of why we forget and how to ensure more information is retained. *Ace Your exams* includes -

effective work, fixing mistakes, allocation of time and exam room techniques.

Leadership Breakfast

Our Year 12 School Leaders: *Talin Kennedy, Melanie Bletas, Davide Zanatta and Haley Golub* attended a breakfast for leaders at Corpus Christi High School on Wednesday 10th June. Thank you to Corpus Christi staff and students for the kind invitation, it was a valuable experience for all who attended.

Athletics Carnival

The Athletics Carnival was well attended by Year 12 students who enjoyed their last carnival and opportunity to dress up for a fun day! Parents are encouraged to email or call Mrs Kennedy if you feel your child is not coping with the stress of the HSC.





Shellharbour Council National Reconciliation Week School Flag Walk 2015

St Joseph's Catholic High School Indigenous students attended the Shellharbour Council National Reconciliation School Flag Walk on 3rd June at Shellharbour Village. The walk was attended by Elders, civic leaders and more than 145 students from 27 Illawarra schools all bearing Australian, Aboriginal and Torres Strait Islander flags. The students attended and participated in a number of events on the day including:

- ◆ National Reconciliation School Flag Walk and official ceremony which included a Welcome to D'harawal Country by Aunty Bev Amer and Shellharbour Council Mayor, Marianne Saliba, honouring the Aboriginal culture and heritage of the community.
- ◆ Performance by the Flame Trees, a Didgeridoo and Indigenous Artefacts workshop and Boomerang and Art Symbols Workshop
- ◆ Viewing the Reconciliation Council exhibition based on images and information provided by the Australian Institute of Aboriginal and Torres Strait Islander Studies which were developed by the former Aboriginal and Torres Strait Islander Commission (ATSIC), intertwined with local images and artworks by local artist Steven Henry which accompanied the exhibition titled Illawarra 200.

Thank you to *Lachlan Rodda*, the flag bearer for St Joseph's and to all the students who participated and contributed to the success of the day. Further thanks is extended to *Mr Phipps* who supervised the students.
Ms Val West, Aboriginal Education Assistant - Indigenous Education

Year 7 and 8 iPad Program - Effective Power iMessage Problem

Please be aware of a new 'prank' for the iPad that students in Years 7 and 8 have just become aware of. The school has taken steps to curb this issue but we are asking parents to assist us by taking steps to restrict the problem on their child's device (iPad). **What is the problem?** A 75 byte sequence of Unicode characters triggers the glitch and can be smuggled into text messages and iMessaging, causing iThings (iPads, iPhones) to crash if they appear in the victim's notification screen. Click [here](#) to read more.

How to Fix it!.....Restrict iMessage

You can turn off iMessage and/or lock the ability to change account settings to prevent this issue from affecting your child's device and their learning. Click [here](#) to get clear instructions on how to do this!

Would you please take the time to check your child has iMessage turned off in their iMessage settings to avoid any chance of the glitch affecting their device and their learning.

Mrs Deb Boughton, Learning Technologies Coordinator

Uniform Shop Helper
18th June
Nickie Collingburn

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SPORT REPORT

Athletics Carnival

On Tuesday 2nd June, the school conducted the 32nd Annual Athletics Carnival in cool autumn conditions! Students who attended the carnival deserve congratulations, as does the staff who worked tirelessly to make the day a success. It is hoped that in the future, students and parents will recognise the carnival as a school community day and that student attendance will increase. There were many outstanding performances on the day and *Sam Tonks* (Year 11) established a new record in the Shot Put event. Congratulations Sam on an outstanding effort. Final results of the carnival are as follows.

Age Champions 2015

12 Years	Molly Sumner	Benjamin Lavender
13 Years	Taylor Vella	Patrick Ong
14 Years	Amelia Dwyer	Joshua Lambert
15 Years	Mysti Foye	Mitchell Heffernan
16 Years	Abbey-May Ullrich	Bailey Jones
17 Years	Melanie Bletas	Jayden Cappetta
18+ Years	Susie Seitaridis	Kade Sampson



Great Effort

Great Effort



House Championship Points

6th Place	Macquarie	1136
5th Place	Murphy	1210
4th Place	Warrigal	1223
3rd Place	Kembla	1347
2nd Place	Keira	1457
1st Place	Marshall	1478

Students selected to represent the school at the next carnival will be informed. I wish them the best of luck and I am sure that they will be fine ambassadors for the school.

Mr Stephen Armstrong, PDHPE Coordinator



School Musical

Seven Brides for Seven Brothers– Tickets are on sale now!!!!

Show times this year are:

Wednesday 24th June @ 7:30pm

Friday 26th June @ 11:30am and 7:30pm and

Saturday 27th June @ 2pm and 7:30pm

To purchase tickets please go to the school website and access the link or click [here](#) or visit <http://www.trybooking.com/HXRU>.



Senior Study - Friday Lunchtime

A reminder to senior students that the library is open each Friday lunchtime for study. Resources are on hand for referencing and all senior students are encouraged to attend these special study sessions to assist with their success in the HSC.

And don't forget Munday! Every Monday afternoon from 3:30pm-4:30pm for senior students. Teachers from various facilities will be on hand to assist students with current assessment requirements and study.

South Coast Public Speaking Competition

Holy Spirit College, Bellambi, is once again hosting the South Coast Public Speaking Competition. The competition is open to students in Years 7-11 from high schools in the Illawarra, Southern Highlands Nowra and Campbelltown areas. It will be held on Tuesday 18th August from 6:45pm to approximately 10pm. Students are asked to prepare a speech from a range of topics, including "The lesson I've learnt from my mother/father/grandparents" and "I want it....but I don't need it". All students interested in public speaking are encouraged to participate in this year's competition. For further details please speak with your English Teacher or Mrs Schneider in the Library.

2015 Student of the Year Quest

Recently *Bailey Ryan*, from Year 10, participated in the Quota International of the Leisure Coast Public Speaking competition and deservedly gained 3rd place for his efforts. We congratulate Bailey for his achievement and accomplishment and continue to encourage his endeavours in the future.

St Vincent de Paul Winter Appeal

Please continue to bring your cans of soup to the library to support our Winter Appeal. Our knitting group continues each lunchtime and your assistance and support are very much appreciated for this worthy cause.



Mrs Francis Schneider
Teacher Librarian



Help keep our Catholic school communities connected!
Once a term the Council of Catholic School Parents (CCSP) NSW/ACT sends out two e-newsletters (CCSP eNews & Parent Talk), to our Catholic school communities. If you would like to receive these eNewsletters directly, please visit the CCSP website to subscribe!
Click [here](#) to get started!

Canteen Roster 2015	
15th June	Leanne Greathead, Lara Podolski, Nerissa Hartley, Michelle Pateman
16th June	Vickie Austin, Marina chang, Kellie Brown, Rachel Parkes
17th June	Kellie Mundt, Rachael Woolfe
18th June	Christine Brown, Leisa Smith, Lorraine Grimson
19th June	Amanda Walker, Nicki Collingburn

**** Important Dates for your Diary ****
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
13 July - Term 3 Commences
16th July - Parent Teacher Interviews 7-10 (from 3:50pm)
17th July - Parent Teacher Interviews 7-10
Pupil Free Day



Charles Sturt University Webinar: Bachelor of Health Science (Food and Nutrition) - Wednesday 10th June 7-8pm. Click [here](#) for details.

Northparkes Mines Apprenticeship Intake 2016
Applications open July 2015. Apprenticeships available include Electrical, Mechanical and Light

Vehicle Automotive. Applicants must be at least 17 years old, completed year 12 and receive good reports and referee reports. Click [here](#) for details.

TransGrid - Apprentice Program Intake 2016

Applications close Sunday 21st June. TransGrid is seeking expressions of interest from students who have completed Year 10, have sound mathematics and communication skills and a genuine interest in working within a high voltage electricity transmission network. Call (02) 9620 0222 or click [here](#) for details.

Glencore Coal NSW Apprenticeship Intake 2016

Applications close Sunday 21st June. Mechanical and Electrical apprenticeships are on offer. Students must have completed Year 10 by the end of 2015. Click [here](#) for details.

Apprenticeships for 2016

Students that are interested in undertaking an apprenticeship in 2016 are encouraged to start looking now. A number of local and national organisations will begin to advertise positions over the coming months. For general information click [here](#).

Martin: New Diploma of Interior Design and Decoration

Learn how to conceptualize and plan the layout of a residential or commercial space by studying either online or on-campus. Click [here](#) for details.

Australian Theatre for Young People - Holiday Workshops

Short courses are available in Short Film, Stage and Screen, Sketch Comedy and The Outsider.

Venue: Pier 4/5 Hickson Road, Walsh Bay. Call (02) 9270 2400 or click [here](#) for further information.

Moore Stephens Accounting Cadetship Program

Applications close Wednesday 24th June. Cadets will study part-time while working an equivalent of 4 days per week during study periods and full-time during semester breaks. Click [here](#) for more information.

Working at the ABC!

A host of opportunities are available for students interested in gaining work experience within the media broadcasting sector through the ABC. Cadetships, Scholarships and Work Experience places are on offer and all applications can be made online. Click [here](#).

National Mathematics Summer School

Sunday 3rd - Saturday 16th January, 2016 - applications close in July. Students usually attend in the summer between Years 11 and 12. Click [here](#) for details.

Year 11 Work Experience

A reminder that ALL Work Experience forms should be completed and returned by 25th June to Mrs Kennedy. Work Experience is October 12-16th and an electronic copy of the form has been emailed to all students. DON'T MISS THE DEADLINE!!!!!!

Mrs Sue Kennedy, Careers Advisor

Important Dates for your Diary:

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

I never dreamed about success.
I worked for it.
-Estee Lauder

School Photos

School photos will take place on 16th June. Students requiring a family (sibling photos) can collect an envelope from the front office. All individual photo envelopes will be distributed in Homeroom. Envelopes are to be handed back to the photographer on the day of school photos.

Year 7 Vaccinations

Year 7 will have their second vaccinations on 18th June. This will occur during normal school hours in the school library.

Mrs Christina Fraser, Administration Coordinator

EXCURSIONS		
Excursion Name	Date	Payment/ Permission Note Closing Date
UOW HSC Mathematics Revision Day		CLOSED
Working with Wood Show 2015	12 June	CLOSED
Leadership Breakfast		CLOSED
Design Display & iTec 2015	15 June	CLOSED
NSW CCC Open Boys Basketball Championships - Updated Permission Note		10 June
1st XV Rugby Union Waratah Cup: State Finals (No Cost)	16 June	12 June
South Coast Primary Schools Netball Gala Day - Umpires	16 June	12 June
Under 13's Boys Soccer Gala Day 2015	17 June	10 June
HSC UOW Business Studies Study Day 2015	17 June	11 June
HSC Chemistry Excursion 2015	18 June	11 June
Yr 10 Child Studies Westmead Children's Hospital, Kidsafe House and Ronald McDonald House Tours	18 June	15 June
Secondary Dio Netball Carnival 2015	20 July	13 July
Ancient History Museum Tour and Exhibition 2015	23 June	16 June
Year 7 School Musical Excursion	24 June	12 June
Yr 12 Formal 2015	20 Nov	4 Nov
NO LATE PAYMENTS WILL BE ACCEPTED. PLEASE DO NOT PLACE INTO THE BOX AFTER CLOSING DATE - REMINDER THAT ALL PERMISSION NOTES ARE ON THE SCHOOL WEBSITE.		

Science Opportunities

UNSW is offering opportunities for students interested in STEM (science, technology, engineering and mathematics).

**EVENT 1: Engineering and Science Student Parent Info Night –
Thursday 11 June 2015, 6-8pm, John Niland Scientia Building**

The Student Parent Info Night will be a mix of presentations and an Expo where you can ask the engineering academics questions and chat to them about your career aspirations. Light refreshments will be served.

Parking available in Botany St Carpark, Gate 11.

Visit: www.unsw.to/student-parent

**Do you have girls in years 9 and 10 who are interested in
Science, Maths or Engineering?**

**Please encourage them to attend
POWER OF ENGINEERING!**

What is Power of Engineering?

A free, activity packed day that will give girls in years 9 and 10 the chance to:

- explore different types of engineering
- learn about and participate in a real local engineering project
- talk to current engineering students.

Event Details:

When: Monday 6 July, 9am-4pm

Where: UNSW Kensington Campus

Who: Female students in years 9 and 10 with an interest in maths and science

For more information or to register, visit www.unsw.to/poe

For more information on the Student Parent Info Night please contact:
Sandra Harrison, Student Recruitment Manager, engineering@unsw.edu.au or ph. 0417468321

For more information on the Power of Engineering activity day please contact:
Alex Bannigan, Women in Engineering manager, a.bannigan@unsw.edu.au

Mr Pope
Science Coordinator.



Under the Influence~

Protecting our children

Almost 1 in 8 deaths and 1 in 5 hospitalisations of people aged under 25 is due to alcohol.

Parents play a key role in building resilience in young people and help them to navigate decisions through the bombardment of media and social cues that saturate our community.

These workshops aims to provide parents with:

- ✓ Increased understanding of factors that impact on consumption (and non-consumption!) by young people.
- ✓ Strategies to assist in protecting young people against factors that encourage alcohol misuse.
- ✓ Opportunities to contribute to a community that can support our young people to grow and develop in an environment which actively supports reducing alcohol related harm.

Shellharbour Monday 15th June

12:30pm-2:30pm Centenary Hall, Tongarra Rd, Albion Park



Wollongong Monday 15th June (followed by a Community Forum)

6:00pm-8:00pm Salvation Army Hall, level 2, 11-13 Burelli St Wollongong
(parking entry via Stewart St)



Nowra Tuesday 16th June

9:30am-11:30am Showground Meeting Rooms West St, Nowra



All workshops are FREE

A \$2 donation at the door will support activities that reduce alcohol related harm

Professor Sandra Jones is the Director for Centre for Health and Social Research at the Australian Catholic University in Melbourne. Sandra has worked in academic and industry roles in marketing, social marketing and public health. For over a decade her research has focused on influences on young people's alcohol consumption, including media, marketing, social norms around underage drinking.



Amy Ferguson is a Senior Policy Officer at the Foundation for Alcohol Research and Education. Amy is the coordinator of the NSW ACT Alcohol Policy Alliance. She has a Masters in Public Health. Amy has worked on health and social policy development in both the public sector and not-for-profit sector.



Bookings Essential: Book directly by pressing the BOOK NOW link beside the event you wish to attend alternatively - contact (02) 4254 2794 or email Donna.forknall@sesiahs.health.nsw.gov.au.



Health
Illawarra Shoalhaven
Local Health District



Shellharbour
CITY COUNCIL

Shoalhaven
City Council



CDAT community drug
action team
We're Stronger Together

Raising Resilient Teenagers



FREE online program empowering parents to make sense of adolescence and parent their teenager more confidently.

We are seeking parents and their teenagers to take part in a trial of a new online parenting program designed to provide parents with strategies to deal with adolescence, and protect their teenagers' mental health.

Who can take part?

Parents or guardians of at least one child aged 12 to 15 who live in Australia, are fluent in English, and have internet access.

As our program is designed to **prevent** depression and anxiety disorders in teenagers, it is best suited for parents of teenagers who are **not** already having difficulties with depression or anxiety.

If you are concerned about your teenager's mental health, we recommend that you see a trained mental health professional instead of participating in this trial.

What's involved?

- As a parent, you will receive a brief, individually tailored parenting program that will give you feedback about your current parenting and strategies to reduce the risk of depression and anxiety in your teenager.
- You will be allocated to one of two groups, either receiving the program straight away, or in 3 months' time.
- We will ask both you and your teenager (if they agree to take part) to complete some online surveys, at the beginning, and after 3 months. We may also ask you to complete similar surveys after 6 and 12 months.

In total over 12 months, your participation will take a few hours of yours and your child's time. To say thank you, both you and your child will be reimbursed with e-gift vouchers.

How do I find out more?

To find out more, or to register to participate, please go to www.parentingstrategies.net/depression.brief.intervention

For further details, you can contact the researchers at med-parentingstrategies@monash.edu or on (03) 9905 1250.

Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

Reading your child's report

Reports can mean anxious times for children. Will my parents be disappointed or proud? This is the main concern of most children.

Could try harder ... always does her best ... lacks concentration ... easily distracted ... a pleasure to teach ... Do these comments, taken from a batch of student reports sound familiar? Student reports bring mixed feelings for parents. Pleasure and pride if they are performing well but considerable angst when children are not progressing as you hoped.

Reports can mean anxious times for children too. Will my parents be disappointed or proud? This is the main concern of most children. Kids of all ages take their cues from their parents, so your reaction to their school report can affect the way they see themselves as learners and as people.

Before you rip open the sealed envelope containing the report do a little self-check to see if you are in the right frame of mind:

1 Are your expectations for your son or daughter realistic and in line with their ability?

Expectations are tricky. If they are too high then kids can be turned off learning. Too low and there is nothing to strive for. Pitch your expectations in line with your child's abilities. A quick check of your child's last report cards may provide you with a good yardstick.

2 Do you believe that children learn at different rates?

There are slow bloomers, late developers and steady-as-you-go kids in every classroom, so

avoid comparing your child to siblings, your friends' children and even yourself when you were a child. Instead look for individual progress.

3 Are you willing to safeguard your child's self-esteem rather than deflate it?

Self-confidence is a pre-requisite for learning, so be prepared to be as positive and encouraging as possible.

School reports come in different formats. Some are prescriptive while some use grading systems such as A, B, C, etc. with room for teacher comments. Regardless of the format school reports should provide you with an idea of your child's progress in all subject areas, their attitude and social development.

Here are some ideas to consider when you open your child's report:

- **Focus on strengths.** Do you look for strengths or weaknesses first? The challenge is to focus on strengths even if they are not in the traditional 3Rs or core subjects.
- **Take into account your child's effort and attitude to learning.** If the report indicates that effort is below standard, then you have something to work on. If your child is putting in the required effort, then you cannot ask any more than that, regardless of the grading.

- **Broaden your focus away** from academic performance to form a picture of your child's progress as a member of a social setting. How your child gets along with his or her peers will influence his happiness and well-being, as well as give an indicator to his future. The skills of independence and co-operation are highly valued by employers so don't dismiss these as unimportant.
- **Take note of student self-assessment.** Kids are generally very honest and will give a realistic assessment of their progress. They are generally very perceptive so take note of their opinions.
- **Discuss the report with your son or daughter** talking about strengths first before looking at areas that need improvement. Ask for their opinion about how they performed and discuss their concerns.

After reports are read and discussed celebrate your child's efforts with a special activity or treat. In this way you will recognise progress and remind them that the holidays are just around the corner when they can forget about assessment, tests and reports for a while.

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. You'll be so glad you did.



parentingideas.com.au

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