



ST JOSEPH'S CATHOLIC HIGH SCHOOL

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Date: 13th March, 2014

Term 1 Week 7A

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

2014 International Women's Day Assembly

Last Monday the school celebrated *International Women's Day* with a special school assembly. A group of Year 12 students, assisted by Mrs Sara (Year 12 Coordinator), planned and hosted an outstanding event. A key feature of the assembly were two enlightening addresses by Mrs Carolyn Hadley, Acting Director Schools, Diocese of Wollongong and ex-student,

Mrs Leonie Wilkinson (nee Goddard—Year 12 Class of 1993). Mrs Carolyn Hadley presented an overview of the steps taken towards equality and recognising the outstanding role and contribution of girls and women over the past 100 years or so. Mrs Leonie Wilkinson spoke of her life, study and career journey since graduating from St Joseph's. It was wonderful to hear of the projects and successes that Leonie has been able to achieve in such a short period of time. Both Carolyn and Leonie emphasised that while much has been achieved, there are still many people, nations and cultures that do not yet enjoy the equality, freedoms and opportunities that all people deserve.

The school presented a series of recognition awards as a way of acknowledging the effort of those in the past; enjoying the rewards of those who continue to create opportunities in our world today; and to look towards future leaders. Awards were presented in three categories: Former students, Staff and Students. Congratulations to the following recipients:

Former Student: Leonie Wilkinson

Staff: Mrs Louise Markwell and Mrs Megan Schibeci

Students: Taylah Allen (Year 8), Analise Evans (Year 9), Sabrina Minns (Year 10), Belinda D'Alessio (Year 11) and Aimee Marchesi (Year 12)





iPad and Laptop Bags-Reminder

Over the past few weeks we have had a number of incidents where student's devices (laptops and iPads) were damaged or lost. Can I highlight the importance to students of responsibly transporting laptops and iPads in the proper protective cases and carrying them inside the students' school bag for added protection. I also would like to remind students that they need to be more responsible with the way they carry their school bag and where they put the bag down. In this way we can minimise the likelihood of damage and additional cost to parents.

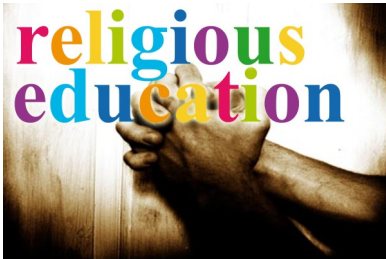
Deb Boughton, IT Coordinator



Pastoral Care
Mrs Schibeci

Our children can be quite the little manipulators! And some just can't be told no. They'll nag to the point of us saying yes, just to get some peace or they'll play Mum off against Dad. Michael Gross advises that "managing children who won't take no for an answer demands teamwork, willingness to hold your ground and, most importantly, good communication skills". Please take time to read the article attached to this week's newsletter.

Megan Schibeci, Pastoral Care Coordinator



Launch of Project Compassion

Last Tuesday a group of Year 9 students accompanied by Mrs Burns, attended the Diocesan Launch of Project Compassion. The event was held at John Therry Catholic High School and was led by Bishop Peter Ingham.



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thank
you!

Many Thanks! To the following students who spent a long day on Tuesday preparing and serving food for the Year 7 Information Evening. Well done Team!

*Ebony Burgess, Amelia Byrne,
Jordan Cann, Jaime Clark,
Charlotte Hall-Millington,
Joshua Hobbs, Helen Miletich,
Kayla Notorianni, Melanie Rigby,
Kim Robertson,
Samantha Simonoska,
Katherine Siuchnicka,
Carissa Vaartjes, Adrian Villano,
Rebekah Walsh, Grace Wilton.*



SPORT REPORT

Cross Country Carnival

Our Annual Cross Country last Friday was a successful day. With a new format due to issues with local bus companies and other challenges such as the heat, we managed to stage a challenging Cross Country for students while also providing our traditional house based novelty events at school. Instead of mentioning the students that did not make the effort to attend I would like to congratulate the large number of

students who not only turned up, but who chose to run the cross country despite the warm conditions. As always we make special mention of our age champions who this year are:

Age	Girls	Boys
12 Years	Taylah Vella	Blayze Lucic
13 Years	Emma Schloeffel	Joel Dowling
14 Years	Sarah Johnston	Aris Seitaridis
15 Years	Bree Balfour	Adam Barham
16 Years	Kaelah Austin	Bailey Warren
17 Years	Susie Seitaridis	Nathan Hore
18 Years	Whitney Noone	Benjamin Niceforo



After lunch students split into house groups at school for an inter-house "Rock, Paper, Scissors" Challenge. This generated a great deal of fanfare and banter between the various house groups and it was great to see the pride that students had not only within their houses, but in their school. Congratulations to Bradley Schmidt (Warrigal House) who was the eventual winner of our final "Rock Off" while Mr Dennelly (Murphy House) was victorious in the staff challenge.

The overall House Champions title was a close tussle all day but Murphy eventually beat all challenges with a comprehensive win. Final point score was: *Murphy 758pts, Marshall 689 pts,*

Kembla 667 pts, Macquarie 638 pts, Warrigal 609pts and Keira 539 pts.

Students that finished inside the top 6 in each age division have qualified for the upcoming Diocesan carnival. These students are asked to return the yellow expression of interest note to me before Friday 14th March, to assist in finalising preparations for the team. I would like to acknowledge the efforts of the many staff who assisted in the running of the day either at the cross country course, running novelty events or supervising students and ensuring that the day ran smoothly.



Diocesan Rugby League Gala Day Report

On Monday the Open and U/15 Rugby League teams took to the field in the Annual Diocesan Gala Day. Heading to Campbelltown the Opens battled the heat as well as their opposition on the day. Their first assignment was Edmund Rice and as always the side was competitive but we paid for a couple of errors to go down 10-0. Next was Magdalene and the team started to find their groove recording a comfortable 16-6 win thanks to tries to *Nicholas Rootes*, *Damon Dropulic* and *Joshua Poidevin*. The final pool game was against Holy Spirit and the side hit their straps recording a comfortable 10-0 win with *Nick Rootes* and *Kade Sampson* scoring tries. As a result the boys finished in a 3 way tie for first place in their pool but were relegated to 3rd place on a close count back. In their final game the boys outclassed Corpus Christi 16-0 with *Matt Arblaster*, *Michael Davis* and *Jake Westlake* crossing for tries. Despite losing only one game all day the side finished 5th overall on the day.

The U/15's had a mixed bag of results with early loses to Holy Spirit and John Therry but a draw against St John's was enough to get the side going which was followed by a 16-0 win against Magdalene despite being reduced to only 12 players due to injuries on the day. The side finished 7th on the day. The team would like to thank all the parents who supported them throughout the day as well as Mr Hetherington who looked after the team.

Permission Notes and Payments for Sporting Events

Recently we have started billing students selected to represent St Joseph's at various sporting activities. We still have issues with students not returning permission notes. This creates a lot of extra work and stress for staff who give up their time to take various sport teams away. As a consequence we will be strictly enforcing the return by date on permission notes. That is - any student who does not return their permission note by the return date indicated on the note, will not be allowed to attend the event. Where possible we try to give as much notice as practically possible (usually 1-2 weeks). This should be enough time for students to download the note, get it signed and return it to school. Your support in this matter will be greatly appreciated.



Congratulations to.....

- ◆ *Lachlan Young, Jayden Kemp and Joel Nicholson* who participated in the NSW All Schools Team Triathlon at Penrith last Friday. The boys finished 15th within NSWCCC schools (2nd from our Diocese and 113th overall) in a time of 1:07:48.
- ◆ *Kade Sampson and Nicholas Rootes* who were selected in the Diocesan Open Rugby League Team this week.
- ◆ *Matt Sperring* who has strung a series of impressive results together in a variety of surf lifesaving competitions including two Bronze medals and a Silver at the NSW Aged Surf Lifesaving Titles as well as a Silver medal in the U/15 Individual Surf Race at the NSW Open Surf Lifesaving Titles.

Remember - **'Too much sport is never enough!!'**

Mr Brett Moran, Sport Coordinator

Sports Calendar 2014

13th March– Diocesan Swimming
Carnival and Diocesan Teams Tennis
Gala Day

17th March– NSWCCC Golf Selections

19th March - Closing date NSWCCC
Hockey Trials

24th March - NSWCCC Boys/Girls
Hockey Trials

Term 2

28th April-Closing date NSWCCC AFL

29th April-NSWCCC Swimming
Championships

Canteen Roster 2014

17th March Antonela Adams, Nicole Norris,
atricia Zanatta, Helen Cheetham,
Marina Chang, Mary Daly,
Domencia Prince

18th March Joanne Glackin, Hilary Tavernese,
Danelle McNeilly

19th March Pat Faye, Carmen Formosa,
Romana Meta

St Joseph's Day

20th March Christine Callaway, Christine Brown,
Karen Thompson

21st March Mary Johnston, Nicole Roach,
Rebecca Hill, Jennifer Nelson

Uniform Shop 2014

20th March Karen Edwards
March

Please be advised....

No Meat products will be sold in the
canteen on Fridays during Lent.

****DON'T FORGET –Boy's long pants are now available for winter!! Don't leave it to the last minute!!
FOR SALE: 70 Denier Stockings are now for sale at the Uniform Shop. \$4.50 while stocks last!!**

School Choir

Congratulations to the St Joseph's School Choir who sang at the Kiama Jazz Gospel Service on Sunday. The students sang beautifully on the day and topped off the performance with a fantastic 'flash mob' rendition of the gospel song "Be Thankful". It certainly lifted the roof!! A big thank you to family and friends who make it possible for the students to attend these events, as well as attending early morning rehearsals.

"Then the singing enveloped me. It was furry and resonant, coming from everyone's very heart. There was no sense of performance or judgement, only that the music was breath and food".



"Bunch at Bluescope"

Six students attended the "Bunch at Bluescope" event to celebrate International Women's Day and were treated to four worthy speakers, speaking about their personal careers in helping women in domestic violence situations, Law, Fashion and Business and Indigenous Education. Congratulations to all six students for representing the school at this event: *Sienna Casolin, Emma Schneider, Sabrina Minns, Aimee Marchesi, Heather Burton and Naomi Abel.*





This term **Year 7 English** have been undertaking a unit on Creative Writing. The students were asked to write a piece of work using their imagination and lots of creative adjectives and adverbs. The standard was exceptionally high and demonstrated to me that we have some potential authors and screen writers at St Joseph's! Below are examples from two students-thank you Jasmine and Zak for your creative, imaginative stories!

Jasmine Wyber-Year 7.3 English

This is an extract from Jasmine's story edited for the newsletter.

America 1864. It started under the jade green canopy of the rare diamond blossoms, where Catherine Rose sat writing in her rose pink velvet diary. From under the tree she could see her home "The Rose Homestead", one of the richest homesteads in her small, lonely town.

Catherine placed the diary on the cold, dry dirt that surrounded her favourite place, the rare diamond blossom tree. She started to lift herself from the comfortable place against the soothing soft bark. She brushed the dead, fallen leaves from her pink patterned dress and started to walk out of the yard and to her home. She heard leaves cracking under her feet and in the distance, Catherine could see her father inside the courtyard. He was enjoying the day with her mother and she was in his arms. They looked happy.

She walked into the orange hall with lilies either side of the doorway in front of her. There was a knock at the door-it had a rhythm. She could see the outline of a figure in the cracked glass that surrounded the door. "Emelie?" Catherine called. A woman stepped from the stairway. She wore a dark brown dress with a tattered white apron and a white cap on her head that looked like it had never been washed in all its time. The women opened the door to reveal a man, a good-looking gentleman. He revealed blossoming flowers from behind his back "a gift for my lady". Catherine felt a rush of happiness move through her like a snake. She started to twist her long, wavy hair around her finger and revealed a smile.

Zak Kennedy Year 7.3

This is an extract from Zak's story edited for the newsletter.

The wind was blowing fast, the waves crashing against the side of the monstrous plateau. Suddenly, a unicorn fell out of a tree and broke its hind legs. This special tree that the fabulous stallion fell from was called the Cheese Tree.

The Cheese Tree cannot be trusted. It says it's made of Swiss Cheese but..it isn't. It's made of rock that is cleverly disguised as cheese. It will make bad things happen to those who try and eat it. When a unicorn wanted some tasty cheese, he went to the familiar tree and started to gobble on it. The tree used the magic word 'turkey' and it fell in the tree. Don't ask me how.

One day a squid heard about the untrustworthy tree and tried to cut it down. This failed, however, due to minor problems, it's made of rock. The squid realised how much of an idiot he was and jumped into the cloudy sky. Seriously, don't ask me how this is happening. Anyway the squid's actions made the other things realise that they could kill the tree by destroying its cobble roots and so a flying turtle went to the tree and started placing explosive baseball hats around it. At this moment the turtle realised the story that he was in had nothing to do with a cheese tree. They realised that the main concept of the story is...the colour of grass and dirt.

But this story has absolutely nothing to do with the grass or dirt. It is purely about the letter "eleventy". You may be thinking 'there's no such thing as eleventy' but we creatures say 'there's no such thing as the size of a human brain because they can't get past the letter Z'.

This story makes no sense but you should remember that you should try and make sense of it. Because if you do then...I don't know! I give up! I'm going home!

Kathy Woodall, English Teacher



Curriculum Update!

This week we'll explore the final tip for success this year.

This week's tip is to Supercharge Retention with Scientifically-verified Study Strategies

Everyone knows that taking notes is a good idea. However not many of us consider what is the best method to do this or how to use those notes to maximise understanding before tasks.

You've probably also learned that it's best to have a consistent place to study, one which is quiet, clean, and comfortable enough (but not TOO comfortable).

But one of the best things you can do this year is focus your efforts on strategies that have been scientifically-verified to boost your retention.

For example, one of the best things you can do is to take a break in the middle of your study sessions. In one study, psychologists wanted to find out whether there was any difference in "spacing" a study session (this means to take a break in the middle) or "massing" instead (which means that you hammer it out all at once).

The researchers took two randomly-chosen, equal groups of students, gave them the same amount of study time, gave them the same material, and tested them on the material afterward. The only difference was that one group took a short break in the middle and the other group didn't. The results were incredible.

The group that studied with "spacing" did 50% better than the group that studied with "massing." That means in the same amount of study time, you could potentially boost your retention by 50% by just taking a ten-minute break.

I would like our student's to consider also what it is you do during your breaks.

This is a great time to reward yourself for staying on task for the time that you've set aside for study and respond to the text that you received or the posts on your social media sites.

The point of this- to ensure that during the time that you're working there are no distractions and as we all know the above-mentioned devices or sites can be the most distracting element to our work that we should be completing.

The final suggestion within Tip 3 revolves around how you use the notes that you compile throughout your study. There is also strong evidence around the advice of completing tasks just as you would in your exams. You can develop a list of questions that a member of the family or a friend can test you on. This is the application of the knowledge that you've developed throughout each unit of work. You're far more likely to remember your content when your using it this way then you are to simply read over the notes in the hope of memorising it.

Once again can I remind all of our students that we have an online study skills site that each and every student can access. The details are as follows:

www.studyskillshandbook.com.au

Username: sjchs

Password: actjustly

Paul Hughes, Curriculum Coordinator.

Year 12 Half Yearly Exams

Commence Wednesday 2nd April, 2014

Students are to attend school on Monday

31st March and Tuesday 1st April.

"Always do your best. What you plant now, you will harvest later."
~ Og Mandino



This week we congratulate Kiarna from Year 11 who was successful in securing a traineeship which was advertised in last week's Careers Corner. We wish you all the best Kiarna.

Rotary Opportunities

Rotary Adventure in Citizenship Year 2014. This event will be held Saturday 10th May-17th May. Applications are open now and close Sunday 20th May. Visit www.raic.org.au for further information.

Rotary Youth Exchange Program 2015 for 15-17 year old students.

Applications are now open. Visit www.rotaryyuthexchange.com.au.

MUNA—Model United Nations Assembly. Saturday 10th May at Nan Tien Temple. For Year 11 students only. Visit www.d9675-muna.blogspot.com.au.

UOW National Youth Science Forum 2015. Applications close 31st May. Visit www.nysf.edu.au.

Apprenticeships and Traineeships exist in Sydney. Visit www.migas.com.au.

Whitecard Training -\$100 per student. Please see Mrs Kennedy for details.

Coast to Country Training Services are holding RSA, RCG and BAR Skills courses in the April School Holidays. Visit www.ctcts.com.au or call 1800 706 306.

UOW Early Admission Dates

Important dates for Year 12 Students:

June 2014-UOW Early Admission website refreshed with 2014 information—students should head there now if they'd like to sign up for email updates.

Friday 1st August—UOW Early Admission online applications open at 9am.

Friday 29th August—UOW Early Admission online applications close at 5pm.

Monday 29th September –Wednesday 1st October -UOW Early Admission interviews at UOW's Wollongong Campus.

Wednesday 3rd December-UAC preferences for December Early Round close.

Friday 5th December-Early round offers released by UAC.



Lent

At last week's Ash Wednesday liturgies, some staff and students gave a personal reflection about their understanding of Lent and the opportunities it offers. Following is the reflection given by Miss Sproule.

Time. One of the most valuable gifts we have been blessed with, and something that all people have an equal opportunity to use. In our current culture of quick fixes, fast food, easy solutions and busy schedules, we can see that time is highly valued. Yet, so many people waste their time and waste this gift we have been blessed with. It is something we all have, and it is something we can never get back once we've wasted it. I would like to devote this Lenten season to not wasting my time, to using my time wisely and to using it effectively. Time is something that everyone wishes they had more of. Junior students may wish they had spent more time on an assessment task to achieve a better grade. Senior students may wish they hadn't wasted their time doing nothing in a free period and wonder why they have so much homework that evening. Teachers may wish they hadn't wasted their time in their period off so that they can spend more time with their families in the afternoon and evenings. The disciples may have wished they just had a little more time to spend with their friend Jesus before he died. During Lent, I would like to stop wasting my time worrying or stressing, procrastinating, staring absent-mindedly into space or wasting my time doing things that I don't really enjoy or don't really need to do. I'd like to spend some time putting effort into my teaching and reflecting on all the blessings I have. I'd like to spend time doing the things I enjoy. I'd like to spend some quality time with the important people in my life and reflect on how I can share my time with those people. So how will you spend your time this Lenten season?



**The first School Social for the year will be held on Wednesday 19th March
-that's right- St Joseph's Day!!!!**

**To celebrate St Joseph's birthday, the theme of the social will be
CELEBRATION—HAPPY BIRTHDAY JOEY'S**

We will also be welcoming Year 7 to our school community.

**Entry fee remains at \$6, the canteen will be operating all night and proceeds will go to
Project Compassion.**

Come along and enjoy the fun—Let's Celebrate!

Same rules apply.

- ◆ Parents are urged to bring and collect their children from the school hall or to arrange transport with other parents.
- ◆ 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 any such students.

INSIGHTS

by Michael Grose – No. 1 parenting educator



Managing kids who won't take no for answer

Kids can be very strategic at getting you to agree to what they want. But two can play at that game!

Ever had a child who keeps asking for a favour or a treat over and over until they get the response they want?

These kids generally use one of two strategies. They may either nag or hound you until they get an affirmative response or they seek out another adult who will give them the answer they want.

Pester power wears you down!

From a kid's point of view, the first method, which is based on persistence, is generally very effective with tired parents and sole parents who are more vulnerable to this type of behaviour.

"All right have the ice cream. Anything for some peace and quiet," is a response that most people who have spent time around children are familiar with. The same applies to adolescents: "Okay, you can go to the party. Just stop nagging me about it!"

Playing one parent off against the other

The second method is a little more devious but very effective and usually occurs in dual parent families. You know the situation. A child's request for a treat, favour or outing is turned down for good reason ("No Jessica you can't have an ice cream now. Wait until after dinner"). The child then goes to the other parent (without sharing the conversation they've just had with you!) in the hope that he or she may well give them the positive answer they are looking for.

These situations can drive parents crazy and are indicative of two people operating on different parenting planes.

If it happens every now and again then it is no big deal. However, if one parent is always granting a child his or her wishes without consultation or thought about what the other parent thinks, then it's probably time to step back and reflect on how you can both work better together.

One "no" is enough

Be firm with a child or young person who goes to another parent in search of a 'yes' after they have received a knock back.

"Where did you get that ice cream from? I already said no."

"Daddy said I could have it."

"I am sorry but you should not go to Daddy after I said 'No'."

If in doubt, defer

The other technique that you can use when one parent tends



to give in more often is to agree to defer to each other whenever a child or young person asks something tricky.

"Okay Jessica, I'll just check with Dad and get back to you."

This strategy can be wearing and even artificial but it's helpful in bringing the other parent into the picture and it also demonstrates that you are double act.

It's the smartest way to **manage teens** as they have a propensity to corner you into making quick decisions. The principle here is to control the timing of your responses and not be railroaded into snap decisions.

Take it in turns saying "no"

Most dual parents play good cop/bad cop, with one being the disciplinarian or hard-line manager and the other more the play director. That tends to be the way of families. This is wearing on the bad cop so it helps if you can swap roles (or even backbones) occasionally so that the 'bad cop' parent gets a break. Sole parents play both roles, which is draining.

Managing children who won't take no for an answer demands teamwork, a willingness to hold your ground and, most importantly, good communication skills. The aim is to reach a point that when you say "No, not this time" (or however you say it), your kids actually believe what you say.

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.