



# ST JOSEPH'S CATHOLIC HIGH SCHOOL

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Date: 14th August, 2014

Term 3 Week 4B

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

## August 15 Assumption of Our Lady

Tomorrow the Church celebrates the Feast of the Assumption of Our Lady. This feast celebrates Mary's passage into heaven at the end of her life, a divine recognition of her fidelity and her role as the mother of the Son of God.

The Feast of the Assumption offers us a practical lesson of coping with the difficult times in our lives. The Assumption reflects something we have already gained from our faith in Jesus Christ; the encouragement of life in hope; to believe that good will conquer evil; to accept with all our hearts that life is stronger than death; and to believe that no matter what crosses we are called on to bear, we will be raised by a loving Father.



The Assumption is a celebration of hope. Christians are resurrection people. In times of despair, hope enables us to endure and conquer.

## Annual Science Week and Expo

Next week is Science Week with the St Joseph's Science Faculty hosting a range of activities including the Annual Expo. Next Thursday evening all parents and students are invited to visit the display of projects in the School Hall from 6pm. Students have had the choice to enter a range of categories including: Scientist of own choice, Photography, Fast Science (iMovie) and Science MasterChef!

*Remember-You don't have to 'get science' to get involved.*

Mr John Barrington  
Principal



## 2014 Mary MacKillop Award

Last Friday was the Feast of Saint Mary MacKillop. Mary, as a person was constantly determined to help anyone in need-especially those ignored by others-it's what gave her life meaning and happiness. Each year at this time, an award is given to a Year 9 student who, like Mary MacKillop, helps others who are in need. The recipient of the award is decided by the Year 9 students themselves. Last week, each student was asked to nominate 3 students from their year group who they believe go out of their way to be helpful to anyone in need. Many students received nominations. They were *Analise Evans, Olivia Sherriff, Melissa Binney, Sione Lufe, Logan Reilly, Tahlia Wilson, Sarah Hilton, Tori Sears, Joseph Timpano and Felicity Abel.*

**The 2014 Mary MacKillop Award goes to *Joseph Timpano*. Congratulations Joseph!**



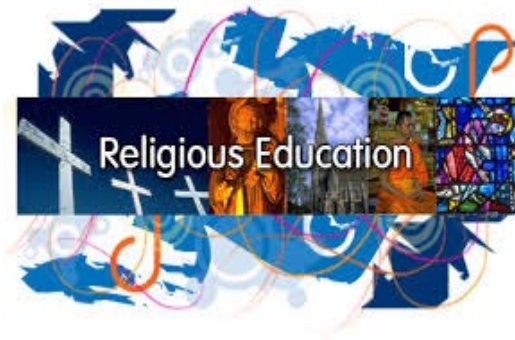


Pastoral Care  
Mrs Schibeci

It seems the number of young people experiencing anxiety is on the rise. Some might say that kids have always had to deal with difficulties, it's part of growing up. Now, however, it is different! This became even more apparent to me when the guest speaker at our staff day the week before last, refuted the idea that kids have always put up with bullying. He explained that the bullying some of our kids experience, doesn't stop at the school gates or bus stop like it used to, they carry it on their person, by way of their phone and they go back to it again and again, keeping the cruel experience close at hand and fresh in mind. They get very little refuge. Our kids today do have

so much more to contend with and not keeping up with or dealing with all these things can bring on anxiety. In the attached article, Dr Jenny Brockis outlines some strategies for raising calm kids. Have a read if you get time, it's well worth it!

*Mrs Megan Schibeci, Pastoral Care Coordinator*



### Year 8 Religious Literacy Assessment

On Monday 18th August all of Year 8 will undertake the Diocesan Religious Literacy Assessment Part A. As previously communicated to parents via a letter from the Catholic Education Office, this assessment is undertaken by all students across the Diocese of Wollongong and is similar to assessments undertaken by students in Catholic Schools throughout NSW. All students are encouraged to thoroughly prepare themselves for this assessment by revising topics studied in Year 7 and so far in Year 8. A pencil will be provided for the exam, however students will need to bring their own eraser.

### Year 10 Religious Education

Year 10 Religion are busily completing their assessment task at present within the topic of 'Personal & Moral Responsibility'. The task requires students to choose from a list of scenarios and apply their best judgement including the teachings of the Church to a position paper responding to the scenario. The task is an extension of what students are learning in their classes and is a task that all students can achieve well in. A scaffold has been provided for the purpose of planning and it is encouraged that all students use this and seek feedback on their work to assist in refining their finished products.

*Mr Paul Hughes*

### Walkathon Funds to Tanzania!

In 2012, the Year 10 students of the time (now Year 12), raised a substantial amount of money during the Walkathon for a very poor Diocese in Tanzania. At the time, the Diocese needed funds to help build a mud brick classroom which was to be used as a homework centre. Due to a number of unforeseen circumstances this project was abandoned. The school was asked how we would like the unused funds to be used. It was decided that they would go to the provision of computers for a Catholic Secondary Boys School. A couple from Albion Park Parish, Tony and Sheelagh Abela, recently returned from a visit to Tanzania and saw first hand the computers in use-all of which were paid for by the donations from Year 10 in 2012.



## Sports Calendar 2014

### Term 3

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

29th Aug-Diocesan Athletics Carnival

12th Sept-NSWCCC Athletics Carnival



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!!*

### Aboriginal and Torres Strait Islander St Joseph's Group

Our school population of Aboriginal and Torres Strait Islander students has increased over the last couple of years. We would like to extend a welcome to all of you and ask you to join together and connect through a group email. There are often employment opportunities, courses and other information that is relevant to you and its important to us that the information gets to you. Could you please respond by sending an email to Sue Kennedy who will coordinate the group email. Please reply by sending your email address to: [sue.kennedy@dow.catholic.edu.au](mailto:sue.kennedy@dow.catholic.edu.au).



### St Joseph's Pie Drive

The Year 10 APE Class are holding a Pie Drive as a way of raising fund to contribute to the costs of an overnight excursion to Canberra and provide a donation to the Mary MacKillop Foundation: Life Skills for Disability Project. This project was chosen because it represents an experience based enrichment program for people with intellectual disabilities; comparable to the APE program which represents an experience based enrichment program for students with intellectual abilities. If you would like further details please see

Mr Lemmon in the Science Staffroom. An order form is attached to this weeks Newsletter.

## Canteen Roster 2014

18th Aug Cathy Whiteman, Leanne Greathead, Lindy Verryt, Racheal Scremin, Janelle Davis

19th Aug Colleen Walsh, Wayne Thomas, Rebecca Buchanan, Belinda Elliss

20th Aug Kellie Mundt, Rachael Woolfe

21st Aug Leisa Smith, Joanne Hunt, Christine Brown

22nd Aug Jenny Quinn, Agnes Gibbons, Cathy Tagliaferro, Jaime Hart, Linda Doonar

## Uniform Shop 2014

18th Aug Help Required

21st Aug Help Required

Congratulations to Year 8 student *Kyle Dropulic* for winning First Prize in the secondary schools section of the iDo Expo Art Competition. Special mention goes to Samuel Tonks in Year 10 and Sophie Wilson in Year 8 who also won highly commended prizes in the competition. In August, seven students from Year 7 to Year 12 represented St Joseph's by entering the exhibition held at the Illawarra Master Builder's Club in Wollongong. Thank you to Mrs Oliver and Mrs Berto for all of their creative guidance and support.



**Worldwide Marriage Encounter Weekend** (a marriage enrichment experience for married couples) 12th –14th September at Mt Carmel Retreat Centre, Varroville. For bookings please call 4283 3435 or email [wsharpe@bigpond.net.au](mailto:wsharpe@bigpond.net.au).

### Important Dates for your Diary

**27th Aug-School Social-Farewell Year 12**  
**8th-19th Sept-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](http://www.nida.edu.au/courses).

#### **Trade Roadshow**

If you are interested in a trade and would like an opportunity to see what is required in that career, please see last weeks newsletter as a flyer was attached. Email Mrs Kennedy and express your interest. Permission notes will go home on Friday for this event coming up early September.

#### **Year 11 Work Experience Program**

13th –17th October, 2014

All Year 11 students will be involved in either Work Experience or Work Placement at this time. All students have received the Work Experience Placement Form. This is the yellow form that must be filled in by parents, students and employer. This form is due on 26th August to Mrs Kennedy. Students must find their own placement for the week. All students are covered by insurance for the week which has been included in school fees.



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## St Joseph's Research Science EXPO!!

The Science Faculty is extremely excited to announce that almost 350 students from Years 7-11 will be involved in the St Joseph's Research EXPO which will be held on Thursday 21st August! The Research EXPO represents an outstanding opportunity for students to enhance their skills in a number of areas including research and public speaking. The number of student entries in the research, photography, Masterchef, Fast Science and scientist/character sections of the EXPO has been amazing, and we would like to extend a warm invitation to parents, grandparents and other family members to come along to the EXPO Extravaganza evening on Thursday 21st August from 6pm to 8pm in the Hall, so that you can share in celebrating the students' hard work (a formal invitation will be sent home with your child this week). The boards, photos, cakes, characters and iMovies will be available for viewing and judging by parents and there will be a number of fascinating and fun science demonstrations as well as a students versus parents quiz show.

In addition, the Science Faculty will be running a number of exciting scientific events during Science Week, including Science Quizzes, Fun Facts, Amazing Demonstrations and the much-anticipated "What's in the Box?" competition. Students are encouraged to listen to the daily bulletin and announcements for information and updates about these activities.

Get involved, SCIENCE IS EVERYWHERE



## 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.



## 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.

### 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 students.

## **Year 12 Students-Important procedures to follow BEFORE Sign Out Day!!**

*Please follow these procedures:*

When you have completed your final HSC Exam, your laptop will need to be returned to the IT Office and school textbooks will need to be returned to the Library.

- ◆ Your LAPTOP will need to be re-imaged so that you can be made an administrator and allow you to manage your computer. This process may take a few days.
- ◆ All school/site licensed software is also removed, as this is a legal requirement.
- ◆ Re-imaging wipes the computer hard drive\*\*, so it is crucial that you backup your data first.
- ◆ Your laptop may ONLY be picked up from the IT Office, if you have finalised all laptop payments.

**You will not be signed out until this process is complete!!**

\*\*Note: If your hard drive is not backing up, you need to bring it along with your laptop to the IT Office for assistance as soon as possible.

*Mrs Boughton, Information Technologies Coordinator*



## **Year 9 Incentive Camp**

Preparation is will under way for our annual Year 9 Incentive Camp. Lock in the date 22nd-24th October, 2014.

As you are aware we have been offering the Year 9 Incentive Camp for the past three years as an incentive and a reward to those students who continually strive to do their best inside the classroom and as a contributing community member. The camp also serves to reinforce that bad behaviour is not accepted. I am proud to say that the majority of Year 9 students will be attending the camp, however, as a consequence of poor behaviour choices some students will be required to apply to attend this camp and will undergo an interview with Mr Barrington as part of the application process. As a result of this interview, Mr Barrington will make a decision. Some students may not be allowed to attend the camp.

All students should have received their information letter with the required medical and consent forms. All students, even those at risk of not attending the camp are required to complete these forms and return them to the office by Friday 5th September, 2014. Copies are also available on the school website or at the office if needed. Students who are at risk of not attending the camp will have received information and an application to attend the camp in the mail. These students are required to complete the application, address it to Mr Barrington and submit it to the front office by the due date. Failure to complete and submit all camp consent forms and application by the due dates will forfeit your opportunity to attend the camp.

We are aware some students require special dietary and medical treatment. I would very much appreciate if you could contact me in regards to these circumstances. A conversation is often needed to supplement the information provided on the medical forms. If I am aware in advance I can then contact the Camp Coordinator and do my best to put in place all necessary adjustments to ensure we can cater for everyone's needs.

I know the students are eagerly looking forward to finalising the accommodation, activity and bus groups over the coming weeks.

*Mrs Louise Markwell, Year 9 Coordinator*

<b>Excursion Name</b>	<b>Date</b>	<b>Payment/ Permission Note Closing Date</b>
<b>NSW CCC Netball Championships</b>	13.08.14	<b>CLOSED</b>
<b>Secondary Diocesan Hockey Gala Day</b>	14.08.14	<b>CLOSED</b>
<b>NSW CCC State Basketball Championships</b>	18.08.14 & 19.08.14	<b>CLOSED</b>
<b>Wollongong Diocesan Volleyball Gala Day</b>	17.08.14	<b>CLOSED</b>
<b>Careers Vocational Ed Day Taronga Zoo</b>	20.08.14	<b>CLOSED</b>
<b>Elevate Young Leaders Forum Leadership Program</b>	21.08.14	<b>CLOSED</b>
<b>Yr 12 Chemistry</b>	22.08.14	<b>15.08.14</b>
<b>Wollongong Diocesan Athletics Carnival</b>	29.08.14	<b>20.08.14</b>
<b>Yr 10 Marine and Aqua – Sydney Aquarium</b>	02.09.14	<b>26.08.14</b>
<b>Yr 12 Museum of Diseases UNSW</b>	10.09.14	<b>27.08.14</b>
<b>Yr 12 Picnic Day 2014</b>	18.09.14	<b>15.08.14</b>
<b>Strictly Ballroom Musical</b>	24.09.14	<b>CLOSED</b>
<b>Yr 12 Formal</b>	21.11.14	<b>05.11.14</b>
<b>Elevate Young Leaders Forum Leadership Program</b>	05.11.14	<b>CLOSED</b>
<b>NO LATE PAYMENTS WILL BE ACCEPTED. PLEASE DO NOT</b>	<b>PLACE INTO</b>	<b>THE BOX AFTER CLOSING DATE</b>

# PIE FOR JUSTICE



CHECK EMAILS  
FOR DETAILS





Empowering people with disabilities to lead their lives the way **they** want to

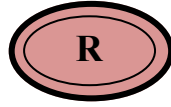


Product	Cost	Amount	Name/Homeroom	Paid
Beef Mince	\$10			
Angus Chunky Steak	\$11			
Chicken & Vegetable	\$11.00			
Curry Chicken & Vegie	\$11			
Mushroom & Mince	\$10.50			
Potato & Mince	\$11.00			
Pea/Potato & Mince	\$11.00			
Curry Mince & Vegetable	\$10.50			
Pepper Pie	\$10.00			
Beef & Bacon	\$11			
Beef/Bacon & Cheese	\$11.00			
Pizza Pie	\$11.00			
Vegetable Pie	\$10.00			
Apple Pie	\$9.00			
Apple Crunch	\$9.00			
Blueberry Pie	\$9.00			
Cheesecake	\$10.00			
Slices-Box-Caramel	\$12.00			
Slices-Box-Brownie	\$12.00			
				Total:

Betta Maid fundraising uses 100% Australian beef. All family pies are 19cm in diameter. Cash only. Prices are inclusive of GST. Print off order form and hand into the office by Friday 22<sup>nd</sup> August.

St Pauls Catholic Primary School

# Trivia Night



Let your colours shine...

**BOOK YOUR TICKETS NOW**

## Trivia Night

**5th September, 6.30pm**

St Pauls School Hall

\$15 per person

*Games, Raffles, Prizes, Fun*

BYO Nibbles and Drinks

*P&F Association Fundraising Event*

### **Advertise your business and support our school.**

Make a donation to the St Pauls Catholic School Trivia night.

If you are interested in contributing vouchers, goods or services

contact Kellie Mundt on 0438 257 755.

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### ***To book your trivia night table***

**Call Kellie Mundt on 0438 257 755**

If you do not have enough to fill your table, we will be able to group you with others.

Payment can be made to Kellie on event night or before.

*Once your table is booked you will receive confirmation and a team colour. Come dressed to impress.*

# Parenting *ideas*

## INSIGHTS

*Building parent-school partnerships*

WORDS Jenny Brockis

# Raising calm kids

With childhood and adolescent anxiety on the rise there's a simple but powerful technique that all kids should practice. Parentingideas contributor Dr. Jenny Brockis explains the link between quiet time and the development of calm in kids.

### Let me share the stories of two very different kids who shared a common challenge.

The first is Isobel. From her first day of child care, Isobel would cry incessantly when her mum tried to leave. In primary school she made a number of friends but lacked self-confidence. By the time she was in secondary school, she was known as a bit of a loner. In Year 10, Isobel started missing school.

The second child is Jamie, who was always a bundle of energy. He had continuous 'ants in his pants'. His hyperactivity led him to be assessed for attention deficit disorder, though this was ruled out. His teachers found his classroom antics difficult; he would constantly distract the other kids and muck about. Jamie ended up being suspended from school.

As you can see, Isobel and Jamie were two very different kids. But the challenge they faced was eventually recognised as being the same: anxiety.

While not always as severe as that suffered by Isobel and Jamie, anxiety – especially in those under 25 – is increasing at an alarming rate. It's thought that the constant busyness of modern life, with little or no down time, is part of this problem. New technology allows our kids to connect with each other constantly, but paradoxically this has led in some instances to a huge sense of disconnect – and to anxiety.

Our brains were not designed to be constantly stimulated. All brains need some time out. In a constantly connected world what we need is more balance.

So what can we do to help our kids restore this balance?

One of the most effective ways is to help children to know how they can proactively quieten down their mind, especially if it's making them feel mad or sad.

**You can teach your kids how to enjoy quiet time. Here's a technique that works well.**

### TIPS FOR QUIET TIME

- 1 Choose a time that suits you and your child. Morning or evening, just what ever works best for you as a family.
- 2 Schedule in ten to fifteen minutes for the practice. You may need to start with just two to four minutes at first.
- 3 Find a place that allows your child to stay quiet. This could be their bedroom or any other room in the house that they like being in and in which they can feel relaxed.
- 4 They can choose to sit or to lie down on a blanket or rug on the floor. Try to avoid their bed as they may fall asleep, which isn't the purpose of the exercise. Get them to gently close their eyes

or look down towards the ground. Now it's time for them to take a slow deep breath in through the nose, hold it for one to two seconds and then breathe out. Get them to do this two more times.

- 5 After the third breath, ask them to continue breathing in the same way, now noticing the air as it passes in and out through their nostrils. After the next ten breaths, direct their focus to the rising and falling of their chest or tummy.
- 6 The next sequence requires them to notice any tension or muscle tightness in their shoulders, tummy or elsewhere and then, on each breath out, to let all that tension just float away, enjoying the sensation as they allow their muscles to become more relaxed.
- 7 Continue with the breathing exercise until you reach the end of your allotted time. When it's time to stop, your child can just open their eyes, wriggle their toes and fingers and after a moment or two get up to resume the rest of their day.

**Practicing regular quiet time should start to produce some positive differences quite quickly. Once they have mastered the technique, it will always be available to them any time they feel over anxious or stressed. Just three deep breaths may be all they need.**



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

