

ST JOSEPH'S CATHOLIC HIGH SCHOOL

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

Date: 15th October 2015

Term 4 Week 2B

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

*Lord, let your mercy be on us, as we place our
trust in you.*

*Our soul waits for the LORD, who is our help
and
our shield.*

*May your kindness, O LORD, be upon us who
have put our hope in you.*

Pg 33

HSC

This week marks the start of the HSC and we wish all our students luck in the weeks ahead. It is a long journey and the students have finally made it. I acknowledge the work of the teachers of the HSC students who go through the trials and tribulations with the students.

Attendance

Over the past few weeks, I have signed a number of exemption forms for students who are taking family holidays outside the school vacation time. Whilst I realise that for some families this is at times unavoidable, I encourage all families to make 100% attendance a first priority.

Senior Retreat

Next week the new Year 12 students will attend their Senior Retreat. I am sure this will be a wonderful opportunity for the students to reflect on their lives. The retreat experience is generally a real highlight for students. Thanks to the teachers who give up much of their time and energy preparing for and attending the retreats.

Mr Neil McCann
Relieving Principal





Pastoral Care Mrs Schibeci

Bringing up our children is the biggest and most important job we'll ever do and the parents of today have even more to contend with. Our students are inhabitants of cyberspace and that brings along a whole lot of responsibility for parents. Children need to be guided and taught, from a very early age, what is appropriate and right social media behaviour. As Michael Grose explains, you need to develop your child's social media scripts, just like you would teach them how to respond to particular behaviours that might come from other students. A favourite that we use here at school when advising students to be careful about what they post online is "*would you like your grandmother to have to see that?*" This week's article has some other statements that should become as known to your children as, "*if you can't say something nice, say nothing at all*". If you get time, have a read!
Mrs Megan Schibeci, Pastoral Care Coordinator

From the Finance Office...\$\$

The Finance Office will close for the year on Friday 11th December. No payments will be taken over the counter after that date. Parents paying by three instalments - your last payment is now overdue - please pay immediately.
Mrs Cathy Bagnall, SSO Finance

Canteen Roster 2015

19th Oct	Terry Thomas, Christine Callaway, Vanessa Henson
20th Oct	Linda Wilson, Nell Derubeis
21st Oct	Leanne McMillan, Oriana Dimise, Tina Brown, Amanda Quintel
22nd Oct	Christine Brown, Tracey McLaughlin, Karen Thompson
23rd Oct	Tracey Teixeira, Nicole Oswald, Susan Rayner, Michelle Partridge, Tracey Sumner

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

- 20th Oct - Year 7 Vaccinations
- 21st Oct - Senior Retreat & Year 9 Camp
- 1st Nov—Shellharbour Parish Mass
- 12th Nov—Year 7 2016 Orientation Day
- 10th Nov - Year 12 Sign Out Day
- 20th Nov—Year 12 School Formal

Uniform Shop

School Bags are now available for sale!
\$50 each.

The Importance of Backing up to Google Drive!!

All students are reminded that it is *your responsibility* to ensure that all work from your device is backed up on Google Drive firstly (additional backup should be on a USB drive.). The Board of Studies states that the school is not responsible for any assessment work that is lost if you have not backed up your work.

Remember.....create your work in Google Drive (Google Docs, Sheets or Presentations) and/or save your work to Google drive as a back up. Do not rely on your computer as the only place to store your work.

Mrs Deb Boughton, Learning Technologies Coordinator

SPORT REPORT

By Mrs Michelle Garbutt & Mrs Jodie Linsley - Sport Coordinators

Year 10 Sport

Sport commences for Year 10 this Friday 16th October with the opportunity to go to many new and exciting venues. Thank you to the majority of students who have returned their permission notes. These need to be returned immediately in order to attend sport this week.



Save the date

The 2015 Annual Sport Presentation will be held on Wednesday 25th November commencing at 9:15am in the school gym. Parents and Guardians will be notified if their child is receiving an award and are invited to attend a special morning tea after the presentation.

Run Wollongong!

Over the past two years the funds raised by the community through *Run Wollongong* has significantly contributed to the construction of the brand new Illawarra Children's Assessment Unit, which is now home to a purpose-built community paediatric clinic and specialised assessment areas in a family-friendly environment. Construction of the Illawarra Children's Assessment Unit was phase one of the Illawarra Paediatrics Development. This year sees the commencement of phase two of that development which will focus solely on the Wollongong Hospital Children's Ward; Planning is currently underway for the extensive refurbishment works.

The redevelopment will include a Paediatric Assessment Unit with outpatient clinic rooms and a short stay/observation area, as well as a new and improved playroom for the young patients and upgraded parent facilities. The aim is to redevelop the unit in stages over the next 5 years. Just by supporting Run Wollongong you will significantly help impact this much needed redevelopment.

Run Wollongong is on this Sunday 18th October. To register or for more information click [here!](#)

Sports Star of the Month

Let us know what you are doing outside of school. Nominate yourself or a friend for this award. Email Mrs Linsley or Mrs Garbutt today!



St Joseph's Amazing Race

Each and every day over the next 3 weeks you will receive a clue that will guide you to finding a letter. Collect these letters to unjumble the "Moto" for Term 4. This "Moto" is a characteristic of a reliable team member. You cannot submit your answer until the last day of the Amazing Race. There will also be some spot prizes that you can win along the way. Be sure to read your Sentral messages each and every day to get all the clues!

World Mission Month Activities

This Friday, as part of World Mission Month, the school community will be running a number of activities to raise awareness and funds for the children of Madagascar who do not have access to clean water and proper sanitation. Students can wear non-school uniform socks with their sports uniform on the day for a gold coin donation. The more colour, the better!!



Students will have the opportunity to get out of class for Periods 1 and 2 to watch the film *Madagascar* by purchasing a ticket prior to Friday. Tickets are \$2 for students in Years 7 & 8 to view the film in the Gym and \$5 for students in Years 9 & 10 to watch it in the Drama Room. Students can cool down by purchasing ice cream in the colours of the Madagascan flag in the Cola at lunch. One scoop will cost \$2 and two scoops will cost \$3. Friday also sees the return of *Wetucation!* Students can pay to throw wet sponges at teachers and students. The cost will be \$1 for one throw and \$2 for three throws.

All money raised will be donated to Catholic Mission who are working to provide physical water and spiritual support to the children of Madagascar.



Attention Year 7 Parents

The final round of Year 7 Vaccinations will be held on Tuesday 20th October. Students will be allowed to wear their PE uniform on this day!

"What happened at school today dear?"

BREAKING NEWS & EVENTS...

<https://twitter.com/sjchsdow>

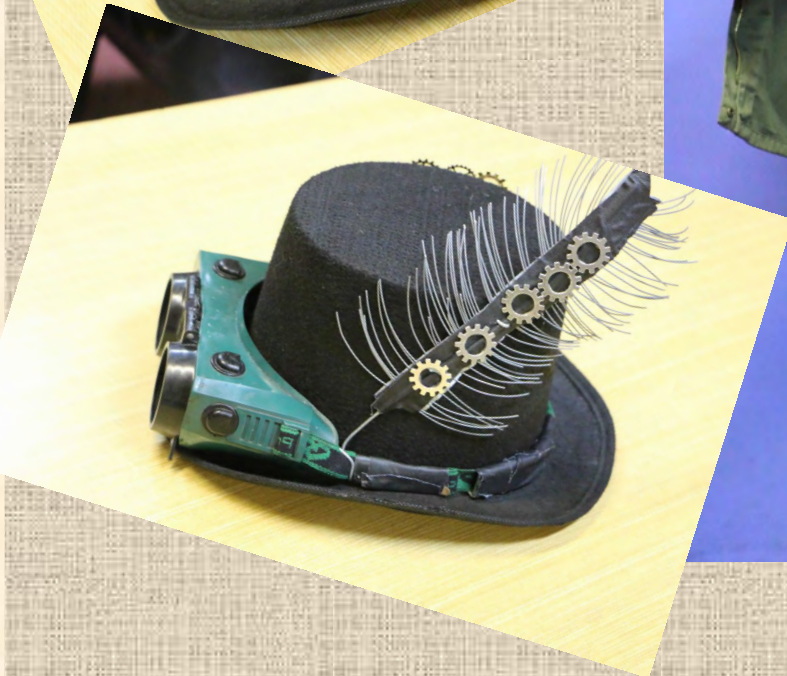
Join us @sjchsdow



What's happening at St Joseph's

Makerspace Update

Sophie O'Connor from Year 9 has been working on a costume and in particular a steampunk-inspired hat for a character called Orion from a book she plans to write one day. Here are a few photos of Sophie proudly wearing her creation. Costume-making/design and cosplay are a great way for students to get creative. In the creation of a costume (and the creation of a character) students can learn many different skills.



For more information on Makerspace, please come and see the Makerspace Team in Room 7, Mondays-Thursday at lunchtime. Follow us on Twitter [@makerspacejoeys](https://twitter.com/makerspacejoeys).

Mr Danny Casolin, ICT Specialist

"And so, *students*
my fellow ~~Americans~~:
ask not what your
~~country~~ *school* can do for you;
ask what you can do for
your ~~country~~ *own learning*."

~~JFK~~
anon

Follow us on  @makerspacejoeys rm7 - lunchtimes

think it
design it
create it

life is about using the whole box of crayons - rupaul



Bringing up Great Teens

This workshop covers connecting with teens, managing conflict, big issues and psychological challenges.

Topics covered

- Managing and Resolving Conflict
- Peers
- Dealing with anger
- The journey to independence
- Setting Limits
- Accepting your teenager

When: Thursday October 22, 7pm

Where: Library, St Josephs High School, Macquarie St, Albion Park

Cost: Free

Bookings (essential): libby.warren@catholiccare.dow.org.au

RSVP: Monday October 19



Catholic CARE

hope begins with us

For more information or to see other workshops on offer, please go to: www.catholiccare.dow.org.au



Building parent-school partnerships

WORDS Michael Grose

Developing your child's social media scripts

It's important to start conversations with children about using social media at a young age to prepare them to be savvy users when we're not around.

"If a job's worth doing, it's worth doing well."

This mantra always pops into mind whenever I'm about to cut some corners or do a rushed job in any endeavour. As a result I double-check every article I write for mistakes. I over prepare every talk I give. And I continually edit and re-edit my books. This message keeps me at the top of my game.

I can thank, or blame, my mother for inserting this mantra in my mind as she repeated it whenever I did a rushed job as a youngster making my bed, doing homework or cleaning up my bathroom mess.

Parents of every generation have always found ways to frame messages of safety and success for their children to remember. Parents of past generations who only had to contend with the offline or real world intuitively knew that they needed to teach child important lessons about safety and manners rather than assume they'll be understood.

The same maxim holds true for the world of social media that children now inhabit from an increasingly young age. Even though our children are growing up with technology as a part of their every day lives, they will still make plenty of mistakes while using it. This means we need to have direct conversations with our kids about the comments and posts that are okay to make using social media of all forms.

As parents we teach our kids to talk politely and clearly so that they know how to speak to others when we're not around. In effect, we give our kids social scripts to fall back on when they talk to friends, teachers and relatives. There's no guarantee they'll look an adult in the eye when they speak to them, but our discussions, reminders and lessons about manners will hopefully hold up when we're not around.

The same applies to social media. Our conversations and lessons will prepare them to be savvy users when we're not

around. Here are some ideas to get you started:

1 "Is this worth posting?"

The relatively impersonal nature of social media means that we can post information and pictures with relative immunity. Also its immediacy means that we can do so without much thought. This means that kids need to be very critical about what they see online. 'Is this accurate?' and 'Is this worth posting?' are two valid questions children can ask when they read posts placed by others.

2 "Have you taken a big breath?"

A child who blurts out everything that comes into his mind without thinking is sure to put plenty of people offside. 'Think before you speak' is the type of message that every child should have in mind.

more on page 2 >>

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.





... Developing your child's social media scripts ...

The same applies to social media. Just because they think something doesn't mean they post it. 'Take a big breath' may just about be the most important message to give your kids about social media.

3 "Do you want the principal to see this?!"

An invitation to a teenage birthday party posted on social media is one way to get more attendees than you bargained for! The viral nature of social media means that kids should only post messages and photos that they want to be spread and read by a large audience.

4 "How does this post make you feel?"

We need to teach kids that not every post needs to be commented upon and not every thought needs to be shared, particularly when they are angry. Teaching them to walk away and then to step back in when they've calmed down is perhaps the most important communication lesson of all. It is very relevant to social media as emotions are often the last thing on many people's minds when they haphazardly post a message.

5 "How will you fix this?"

Social media just like any social space requires kids to behave ethically and with kindness. When kids overstep the mark and post hurtful things then it's fair that they fix their mistakes, and apologise. It's reasonable that we teach our children to act with tolerance and with empathy online, and if mean things are posted then they should be expected to try to repair relationships through social media, just as they should offline.

I agree with *Galit Breen* author of *Kindness Wins* who says that parents should have conversations with children around social media before they reach the teenage years. Starting these conversations when they are younger means that they are more open to our parenting opinions, as well as being a little more amenable to the messages of tolerance, kindness and empathy that we need to encourage.

Michael Grose



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.

