

# ST JOSEPH'S CATHOLIC HIGH SCHOOL

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Date: 16th July, 2015

Term 3 Week 1A

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

## Welcome to Term 3

Term 3 is always a very busy time as we confirm elective subject selections for Year 8 and Year 10 students (in preparation for 2016), Year 12 students are finalising their HSC major works as well as sitting their Trial HSC Examinations (commencing in Week 3), while Year 11 students are only weeks away from sitting their Preliminary exams.

## Reports and Parent / Teacher Interviews

A reminder that Years 7 to 10 Parent Teacher Interviews are being held this afternoon/evening (3:50pm-8pm) and tomorrow (8:40am-11:10am). These interviews are an important opportunity for you to discuss your child's progress with their class teachers. The feedback to students will assist them with future goals and directions for the second half of the school year.

## School Musical

Congratulations to all involved in this year's musical *"Seven Brides for Seven Brothers"*. I was very pleased to attend the musical and was very impressed with the high quality performances of all students. St Joseph's have always had a high reputation in the field of performing arts. Once again this year the high standard was maintained. **Thank you to all students, staff and parents who were involved in the production especially Mrs Elise Burns, Mr Heath Dennelly, Mrs Angela Quinn, Mr Michael Shanahan and Mrs Michelle Thomas.** Also, thank you to the many students and families who came along to support the production by attending the shows.

## Pupil Free Day

The Term 3 Staff Professional Development Day will be held on Friday 31st July, 2015 (Week 3).

## P&F News

The next P&F Meeting will be held on Wednesday 29th July, 2015.

Mr John Barrington  
Principal

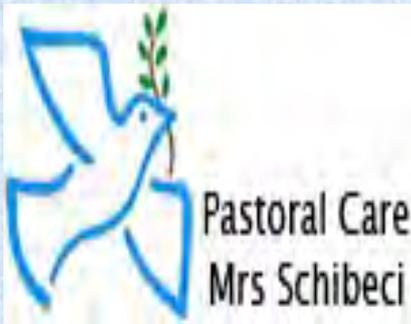


**Tomorrow, Friday 17th July is a  
Pupil Free Day!!!**



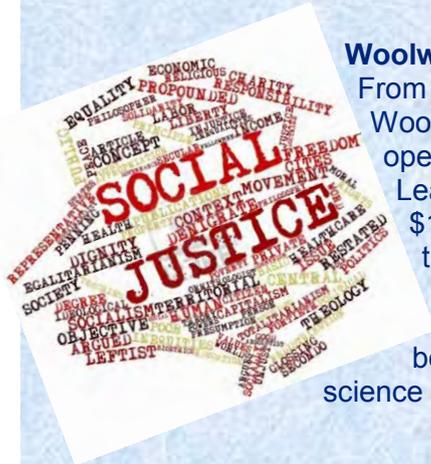
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Welcome back to Term 3! A lovely fresh start for our Juniors and a very challenging time for our Seniors, especially our Year 12 students who are preparing for the Trial Examinations. This week's article is all about 'time and place'. Michael Grose points out that as parents we are responsible for "socialising" our children. He provides strategies in order for parents to bring up sociable young people who have manners. One idea is to provide social scripts. That means, preparing appropriate sentences to deal with situations. However, one of the best things he says in regard to discipline when our children do misbehave is that "the best discipline happens before the event". Meaning preparation and practice may prevent mishaps. Just

as a reminder, this weeks newsletter also has a handy flyer directing to appropriate action if your child is on the receiving end of inappropriate use of technology. *Mrs Megan Schibeci, Pastoral Care Coordinator*



### Woolworths Earn & Learn Program

From Wednesday 15th July to Tuesday 8th September, 2015, when you shop at Woolworths you can collect Woolworths Earn & Learn Stickers from the checkout operator or through an online order and place them on a Woolworths Earn & Learn Sticker Sheet. There'll be one Woolworths Earn & Learn Sticker for every \$10 spent (with exceptions). Once completed, simply place the sticker sheet in the collection box. There are two available - one can be found in the school library and the other is located at Woolworths Albion Park. Last year more than 14,500 schools and early learning centres benefited from the program, boosting supplies in classrooms, libraries, music rooms, gymnasiums and science labs. Lets see what we can achieve!!

*Miss Senitta Hurley*



### Italian Exchange Students

On Thursday evening our Italian Exchange students will be arriving and staying with us for a week. After their stay in the Illawarra they will visit Canberra and then have a second home stay in Sydney and do some more sightseeing. This is such a worthwhile initiative for our school. Our students are very excited and are looking forward to this experience. Special thanks to the following families for hosting a student: Henriques, Rosandic and Knight.

*Grazie mille!*

*Mr Michael Timpano, Languages Coordinator*

### Book Week 2015

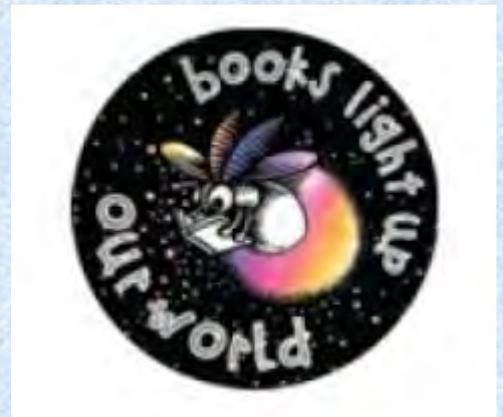
This year the Children's Book Council of Australia celebrates its 70th Anniversary and the book week theme is 'Books Light up our World'. In preparation for Book Week, the English Faculty is holding a competition to promote, encourage and embrace a love of reading amongst our school community. There are two aspects to the competition, a visual and a written component.

**Visual - devise a new front cover for one of the books shortlisted for this year's CBCA awards. You may use any format you choose .**

**Written - write a speech based on the topic: Books Light up our World.**

**Your speech may be up to 1000 words in length.**

Students may enter either or both categories and we have great prizes on offer to students from each year group. Please speak with your English teacher for more information. Entries close Friday 14th August, 2015.



Also, as part of Book Week celebrations, traditionally students from our school enter the South Coast Public Speaking Competition held each year at Holy Spirit College. In the past, many of our students have performed very well in their respective age groups. You don't need to be the most articulate student in your class or have fantastic oratory skills, you simply need to have faith in yourself and the courage to step outside your comfort zone and give it a go!! Your English teachers are more than willing to guide you through the process and we will support you all the way through the competition.

For more information about this and all of our other competitions, please speak with your English Teacher or visit the school Library. *Mrs Frances Schneider, Teacher Librarian*

### Canteen Roster 2015

20th July	Antonella Adams, Nicole Norris, Patricia Zanatta, Helen Cheetham
21st July	Hilary Tavernese, Danele McNeilly, Danielle Laidlaw
22nd July	Faye Webb, Emma McLaughlin, Unneka Guernier, Carmen Formosa
23rd July	Cathy Sperring, Sandy O'Connor, Joanne Barker, Jodie Duff
24th July	Mary Daly, Wayne Thomas, Nicole Roach

### \*\*\*\*\* Important Dates for your Diary \*\*\*\*\*

- 17th July - Parent Teacher Interviews 7-10 (from 8:45am-11am) Pupil Free Day
- 27th July - 10th Aug HSC Trial Exams
- 31st July - Staff Development Day
- Pupil Free Day
- 5th Aug - Year 10 Retreat
- 20th Aug - Science Expo

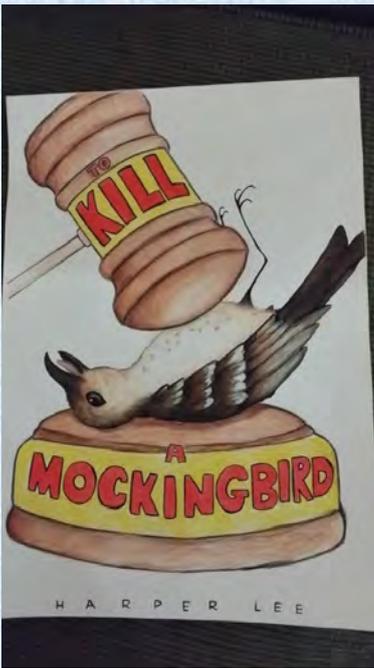
### Uniform Shop Helper

- 20th July - Vanessa Henson
- 23rd July - Josephine Pulido



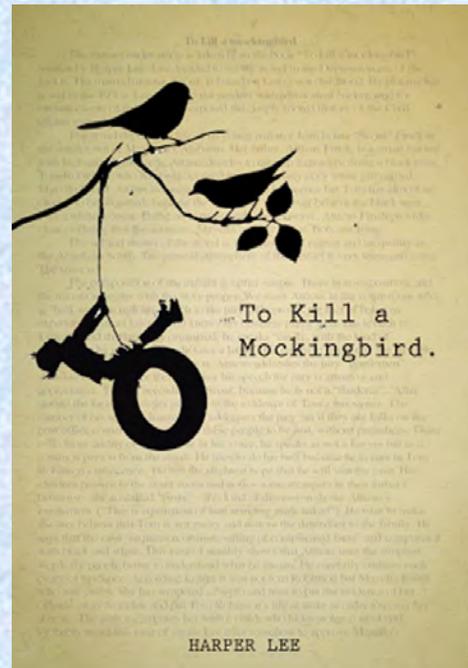
### Year 10 English

Students in Year 10 have been studying Harper Lee's 'To Kill a Mockingbird' as part of a unit on the theme 'Adversity'. They were given a series of activities to choose from as part of their assessment. The students came up with some very thoughtful and creative pieces of work and are to be highly commended for their effort and enthusiasm.



← Cristina Schymitzek  
(An alternative book cover - drawn and coloured by hand)

Lara Alfiero →  
(Alternate Book Cover)



### How To Kill a Mockingbird Affected Me – Lauren Newton

*To Kill A Mockingbird* is an extremely inspirational book. Harper Lee's story accurately represents the theme of Adversity. The novel has helped me to understand the struggles that people of different cultures experienced during the 1930's. It also helped me understand how they were discriminated against.

*To Kill a Mockingbird* has helped me to understand how important it is to have integrity and respect for all people despite their race and appearance, and that there is no need and no reason for racial intolerance within this world.

*Mrs Maria Oliverio, English Teacher*

# SPORT REPORT

## St Joseph's Athletics Team

Please check the Sports Notice Board outside the PDHPE staffroom for a list of students who have been selected to represent in the Wollongong Diocesan Athletics Carnival on Friday 21st August. To accept your position on the team, please either see or email Mrs Linsley or Mrs Garbutt by the end of Week 2. Notes and money must be returned by Friday 7th August.

\* Are you a walker OR hurdler? If so, then please see Mrs Linsley or Mrs Garbutt ASAP.

### Sign up for your Sport NOW!!!

If you would like to represent St Joseph's in one of the following sports this term, then you MUST fill in the Google Form that was emailed to all students by the end of Week 1. Teams will only be registered if we have sufficient players by the end of the week. \* Open Boys and Girls Hockey DOW Tournament - 26th August \* Open Boys and Girls Volleyball DOW Tournament - 26th August \* Boys Years 7-9 Cricket Berg Shield and Boys Years 7-9 and Girls Years 7-10 Cricket DOW Tournament \* Basketball DOW Tournament Junior and Senior Boys and Girls - 26th October

**Congratulations** to **Danielle Vasquez** who was selected in the NSW Combined High Schools State Team and to **Tahlia Dole** who won a bronze medal in an U/15 State Cycling Championship Event held at Sutherland over the weekend. Well done to both girls!

### Sports Star of the Month!

Congratulations to the following students who have been nominated for the Sports Star of the Month Awards for June.

**Junior Award - Cooper Jones (Athletics and Oztag) and Mitchell Heffernan (Rugby League, Touch Football and Athletics)**

**Senior Award - Kade Sampson (Rugby League, Rugby Union and Touch Football),**

**Lavina Woolfe (Judo), Bailey Warren (Touch Football, Oztag, Cross Country and Athletics) and Nathan Wilson (Soccer and Cross Country)**

The recipients of the awards for June are: **Mitchell Heffernan and Kade Sampson.**

**Mitchell** represented the Illawarra at the Country Rugby League Championships with the team winning the Champions Plate. He is a Diocesan Rugby League and Touch Football representative and the St Joseph's U/15 Athletics Age Champion.

**Kade** is a talented all rounder. He is a Diocesan Rugby League, Touch Football and Rugby Union Waratah Cup Representative. He was the St Joseph's U/18 Athletics Age Champion.

Congratulation to both Mitchell and Kade! Well Done!



Mrs Michelle Garbutt and Mrs Jodie Linsley  
Sports Coordinators

Remember - "Too much sport is never enough"



## **UOW Early Admission Important Dates!**

Monday 3rd August - Applications OPEN. Friday 28th August - Applications close at 5pm.

10th -12th September - Applicants will be notified if they have been shortlisted for an interview.

28th - 30th September - Early Admission interviews.

7th - 11th October - Early Admission outcomes sent to applicants.

1st December - all successful applicants will need to have their UOW Early Admission place as their first UAC preference by this date so that they can be made a formal UAC offer on 3rd December.

**UOW Open Day - 15th August.** All welcome on campus to discover courses and speak with staff and students.

### **UAC Undergraduate Admissions 2016**

Applications for Semester 1, 2016 open Wednesday 5th August. On-time applications close 30th September. Click [here](#) for further details.

### **Educational Access Scheme**

If you have suffered long term disadvantage and have been affected by circumstances out of your control during your HSC but wish to go to University, have a look into EAS on the UAC website for more information.

### **ACU: Passion for Business**

Applications close Monday 31st August. A guaranteed early entry program designed to nurture learning and provide a step up for students in their future business career. Click [here](#) for further details.

### **Puggy Hunter Memorial Scholarship Scheme**

Applications open Monday 21st July for studies taken in 2016. This scheme aims to encourage and assist Aboriginal and Torres Strait Islander undergraduate students in health related disciplines. Click [here!](#)

### **Why study a Business Degree?**

Click [here](#) to view an article which discusses the wide options available when you study a Business Degree.

### **Australian Government ICT Entry-Level Program**

The Australian Government ICT Apprenticeship Programme is for students who are currently completing their Year 12 Certificate and people with a passion for ICT who are looking for a new and exciting career change. Applications for the 2016 program open Monday 13th July, 2015. Click [here](#) for all the details.

### **Become a Bricklayer!**

There is currently a shortage of bricklayers, resulting in very good employment and apprenticeship opportunities. Click [here](#) for details!

### **Blue Mountains International Hotel Management School - Open Day**

Saturday 29th August, 10am-1pm, 1 Chambers Road, Leura. Click [here](#) for further details.

### **Australian Engineering Week - Sydney Event Calendar**

A number of engineering events will be held throughout Sydney from Saturday 1st August - Tuesday 11th August. Click [here](#) for details.

### **Sydney Dance Company Pre-Professional Year**

Applications close Thursday 13th August. Click [here](#) for full details.

### **Mining Careers.com**

Interested in a career in the mining industry? Visit this website for details regarding jobs and education pathways etc. Click [here.](#)

### **AFS Student Exchange Open Night**

21st July, 2015 6:30pm-8pm at Wollongong Public Library, 41 Burelli Street, Wollongong. For further details please click [here.](#)

### **Notre Dame Young Achievers Early Offer Applications**

Information night 31st July at 5pm. Visit the Notre Dame website for further details.

### **TSFX HSC Study Tips**

TSKX has released their study tips for a number of specific HSC subjects including Chemistry, Business Studies and General Maths. Click [here](#) for details.

### **Women in Physics**

This year's Women in Physics lectures will be held on Monday 24th - Wednesday 27th August. Click [here](#) for details.

### **Endeavour College of Natural Health Open Day**

Saturday 17th October, 10:00am - 12:30pm, 815-825 George Street, Level 2, Sydney. Click [here](#) for details.

*Mrs Sue Kennedy, Careers Advisor*

#### **Important Dates for your Diary:**

**Year 11 Work Experience forms ALL OVERDUE.**

**PLEASE SUBMITT YOUR INFORMATION IMMEDIATLEY**

*3rd August - UOW Early Admission Opens*

*29th, 30th June - BlueScope Cadet Snap Shot Days*

*12th-16th October - Year 11 on Work Experience*



Australian Government

Office of the Children's eSafety Commissioner

# How to report cyberbullying material



**1** Take action—block the person and talk to someone you trust

**2** Report the cyberbullying material to the social media service

If the content is not removed within 48 hours...

**3** Collect evidence—copy URLs or take screenshots of the material

**4** Report it to [www.esafety.gov.au/cyberbullying-complaint](http://www.esafety.gov.au/cyberbullying-complaint)

If you are in immediate danger, call Triple Zero **(000)**.

If you need to talk to someone, visit **Kids Helpline online** or call them on **1800 55 1800**, 24 hours a day, seven days a week.

# Parenting *ideas*

## INSIGHTS

### *Building parent-school partnerships*

WORDS Michael Grose

# Teach your kids about time and place

My mum used to tell me, “There’s a time and place for everything Michael, and this is not the time and place to behave like that!”

My mum’s words came back to me as I watched three kids (tweens and early teens) try to out-wrestle and out-shout each other while they waited in an airport queue with their parents. Their noise and wrestling quite obviously disturbed and interfered with fellow travellers, but their parents made no attempt to rein in their behaviour.

I couldn’t help thinking that there is a time and place for this type of behaviour and THIS WAS NEITHER OF THOSE!

**Time and place** is a brilliant socialisation lesson for children of any age or era to absorb. It starts by asking yourself as a parent: “What does this social situation reasonably require of my children at their age and stage of development?”

In the above case it’s reasonable to expect tweens and teens to be able to stand in a queue without disturbing others for the ten minutes that it took to get service. It should be easy for that age group to show some self-control and consideration for others.

That timeframe maybe a stretch for under fives, but some parental attention to distract them from being bored may do the trick. The principle is the same regardless of age or a child’s developmental stage, but the application varies.

### **Socialising kids**

It’s a parent’s job to socialise your kids. That is, it’s your job to develop a sense of OTHER so that they become aware of how their behaviour impacts on others. Many kids have L Plates when it comes to behaving in public so they need your assistance to behave according to the requirements of the situation – or according to the time and place. You do this by:

#### **1 Giving your kids social scripts**

There are times when kids don’t know what to say or how to act in different social situations. “Here’s what you can say when you meet Mrs. Smith.....” is the type of pre-emptive social scripting that benefits most boys, kids on the autism spectrum as well as kids who need extra help to get on with others.

#### **2 Regular behaviour rehearsal**

Practise appropriate social behaviours at home so kids know how to behave around others. For example, you can role-play a restaurant situation by serving your kids’ meals at the dinner table and expecting them to use their manners.

#### **3 Just-in-time prompts**

It helps to remind in positive terms how kids should speak and act around others before entering a social situation or a special place

such as a church, airport or restaurant. “In church most people.....”

#### **4 Teaching good manners**

Manners are social guidelines that teach kids how to behave around others. While some conventions change over time, basic good manners such as saying ‘please’ and ‘thank you’ never change. They are the basis of a civil society. Kids are never too young to start learning manners.

#### **5 Respectful use of consequences**

While the best discipline happens before an event (through behaviour rehearsal, prompts and teaching manners) there are times when the only way to get a message across about time and place is to DO something if the kids’ behaviour thoughtlessly or deliberately impinges on the rights of others. And the best action may be WITHDRAWAL from the place or activity that they are doing. That may mean that the kids (and you) miss out on an activity or being in a special place but such lessons are rarely forgotten and reinforce your important messages.

**Time and place** is a great parenting message for kids to learn. It’s about consideration for others; it’s about self-control and above all else, it’s about fitting into different social situations.



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.



[parentingideas.com.au](http://parentingideas.com.au)

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