



ST JOSEPH'S CATHOLIC HIGH SCHOOL

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Date: 16th October, 2014

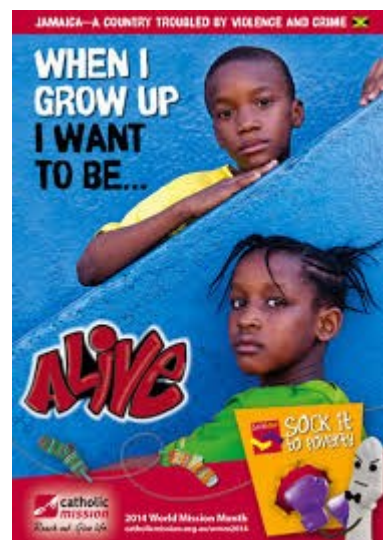
Term 4 Week 2B

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

World Mission Month

World Mission Day (part of World Mission Month here in Australia) is celebrated every year in every country wherever there are Christians committed to building a better world for all of God's people, a world where everyone has all they need to live a dignified and fulfilling life. It is the day on which we reflect on the urgency to proclaim the Gospel in our times. This year, World Mission Sunday is 19th October, 2014.

The theme of this year's resource is:
'When I grow up I want to be...ALIVE'
 with a special action focus
'Sock it to poverty in Jamaica'



We invite the questions: What response do we make to Pope Francis' call to respond with joy to the Gospel? How do we contribute to Jesus' mission of life for all, especially the poor who are so close to the heart of Pope Francis? We invite you to wonder about how you bring the joy of the Gospel to your life and work.

We hope that the students' understanding of 'mission' and 'missionaries' will be nurtured and that students will be encouraged and supported to live as Christ challenges us....

"for I was hungry and you gave me food, thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me."

(Matthew 25: 35-36)

Source: <http://cm.org.au/WMM2014/teachersmission.htm>

Mr John Barrington
 Principal



Pastoral Care
 Mrs Schibeci

Our main focus here at St Joseph's is to provide a safe, secure learning environment that operates according to our Catholic values and tradition and thus allows the best learning outcome for each of our students. We do our best to detect what might be limiting the learning capabilities of our students and address these issues. One HUGE problem for our students is a basic lack of sleep. This comes about mainly because of social

media. Many of our students sleep with their phones and receive texts and access Facebook, Twitter, Instagram etc into the early hours. Another big issue is gaming, particularly with our boys. The attached Michael Grose article, all about gaming, is timely and informative. This world is just so far removed from us parents at times that we need to do all we can to bridge the knowledge gap. Please take some time to read the article.



Showcase 2014

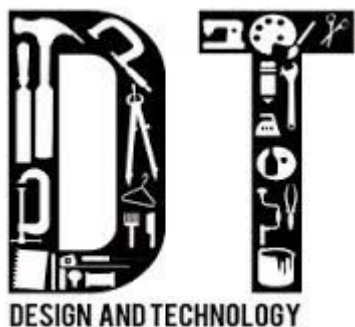
St Joseph's Annual Showcase Night is fast approaching. It will be held on Thursday afternoon and evening 6 November. Once again it is a wonderful opportunity for parents, staff, students and friends of the school to come together to share in the celebrations of student talents and their works.

Students Leaving at the End of 2014

The school would be grateful to receive early notification of any students in Years 7 to 11 who will not be returning to St Joseph's in 2015. There are waiting lists for all year groups. Please contact the school at your earliest convenience.

P&F Meeting

The first P&F Meeting for Term 4 will be held on Monday 27th October commencing at 7pm in the school library. All welcome.



Design and Technology

Our Year 12 Design and Technology students have again excelled themselves and produced some outstanding work for submission this year. The Project and Folio forms 60% of their annual assessment. Many hours of work have gone into Design, Development and Management of these projects. To view this year's HSC Major Works click [here](#).

Mr Glenn Lowe, TAS Coordinator

Important Dates for your Diary

HSC Continues

Wed 22nd October - Year 9 Camp & Senior Retreat

Mon 27th Oct-Blood Bank Visit

Mon 3rd –Fri 7th Nov-Year 10 Yearly Exams

Mon 10th Nov-Years 7-9 Yearly Exams

Tue 11th Nov-Year 12 Sign Out Day @ Library

Thurs 13th Nov-Year 7 2015 Orientation Day

Fri 21st Nov-Year 12 Formal @UOW

Wed 26th Nov-School Social

Sports Calendar 2014

Term 4

23rd Oct-Diocesan Cricket Gala Day (Boys & Girls)

27th Oct-NSWCCC Regional Cricket Selection

(if required)

11-12th Nov-NSWCCC U/15 Boys Cricket Selections

(Auburn)

14th Nov-CDF Diocesan Sports Awards

Canteen Roster 2014

20th Oct Karen Davies, Janelle Johnston,
Norella O'Sullivan, Kim Power,
Vanessa Schofield, Sharni Barton

21st Oct Vickie Austin, Marina Chang,
Rachel Parkes

22nd Oct Leanne McMillan, Oriana Dimise,
Tina Brown, Amanda Quintal,
Sandy O'Connor

23rd Oct Cathy Sperring, Sue Bezzina,
Joanne Barker

24th Oct Donna Parsons,
Gianne Alexander,
Amanda Walker

Uniform Shop 2014

20th Oct **Help Required**

23rd Oct Christine Callaway

School Choir

This weekend the Catholic schools of the Diocese will be hosting the Primary Catholic Schools Basketball weekend. A part of this weekend is the celebration of Mass on Saturday night. The St Joseph's school choir will be leading the congregation in song at this Mass. Students can wear any appropriate casual clothing to the Mass. The Mass will be held at Croome Road Basketball Stadium. Students are to arrive at 6pm for a 6:30pm Mass and the event is scheduled to finish by 7:30pm.

Mrs Angela Quinn

SPORT REPORT

Diocesan Basketball Gala Day

The senior girls tried their hardest all day with most players having very little basketball experience. First up were town rivals Corpus Christi. The girls played valiantly against their much taller opposition, but lost 19-34. Next was John Therry and the side looked set for a win and a spot in the playoffs, when Bree Balfour suffered a serious knee injury. Without her beautiful driving and layups the side lost its momentum going down

8-10 and narrowly missing out on the playoffs.

The junior girls convincingly won their first 3 pool games against St Mary's 2, Magdalene and John Therry. Their final pool game against undefeated St John's determined the pool winner. In a tightly contested game, the girls lost by 2 points with St John's landing a shot on the buzzer. As a result we played Holy Spirit in the bronze medal game. The girls were down for most of the game, but some excellent steals and shooting resulted in a late surge with the girls cutting the margin to 1 point with 30 seconds to go. In a nerve racking final 30 seconds, the girls were unable to land the vital basket they needed and finished in a very respectable 4th Place.

All the girls were wonderful sports and beautifully behaved on the day-great representatives of St Joseph's. Thanks to all the parents who came to cheer us on and help out, to Shontelle Ferguson for refereeing and to Mr Lewis and Mrs Musgrave for their expert coaching.

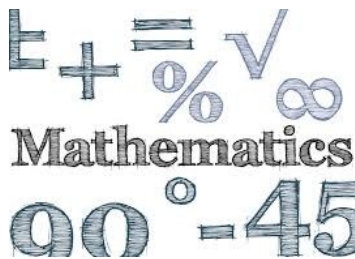
The boys travelled to Campbelltown for their gala day. The senior boys played reasonably well and made a decent showing. They registered a solid win against Magdalene High. The next challenge was NSW All School Champions Holy Spirit. The boys lifted accordingly and matched their much more credentialed opponents 4-4 in the opening minutes before eventually succumbing 42-14 to a much bigger and experienced side. The junior boys team played 8 games across the day. The team put in fully committed performances against some very strong opposition. The highlight was a 20-10 victory over St Benedict's and were very competitive in a number of other games. The team played very well in defence and created many opportunities in offence, but were repeatedly unlucky with the final shot. All players should be commended on the team spirit and positive attitude they maintained throughout the day.



Thanks to Mr Plattner and Mr Reavell for coaching the teams and to Jayden Ferguson for refereeing on the day.

Good Luck to our junior boys and girls cricket teams who have their Diocesan Gala Days next Monday!!

'Too much sport is never enough!!'
Brett Moran, Sports Coordinator



Mathematics Competitions

In August of this year a number of students from St Joseph's took the opportunity to enter the Australian Mathematics Competition (AMC) and the International Competitions and Assessment for Schools (ICAS) Mathematics Competition.

The Australian Maths Competition is a major mathematics event that has been running since 1978 and forms part of an enrichment and problem-solving program. It tests everything from basic numeracy skills through to advanced problem solving. Hundreds of thousands of students from around 40 countries sat the AMC on 7th August. Thanks to Mrs Stewardson for coordinating the competition for our school. Congratulations to the following students on achieving a Distinction or Credit:

Certificate of Distinction: Year 9-James Connelly

Certificate of Credit:

Year 7-Jaiden Ketteringham, Year 8-Aris Seitardis,

Soumala Nachampassak, Chloe Pateman

Year 9-John Paul Ong, Michael Bennett Year 10-Sienna Casolin,

Emma Schneider, Baylee Edlundh,

Martin Lavin

Year 11-Daniel Kneipp, Natalie Chang, Teja Booth, Melanie Bletas

Special congratulations to Sienna Casolin for winning the Prudence Award. This is awarded to the student in each school with the highest number of consecutive correct responses.



Congratulations!



The ICAS competitions have been running for over 30 years. This test was designed to assess students' academic ability in aspects of Mathematics. ICAS are independent evaluations of students' skills and knowledge in core learning areas and can provide insight into students' understanding. Students from Australia and a further 20 countries globally sat the test on 12th August. Thanks to Mrs Leicht for coordinating the competition for our school. Congratulations to the following students on achieving a Distinction or Credit:



Certificate of Distinction: Year 7-Lily Nicoll Year 8-Lleyton Callaway, Nathan Duncan, Kyle Quinn

Certificate of Credit:

Year 7-Juliana Avtarouski, Thomas Blunden, Noah Casolin,

Darcy Grimson, Jaiden Ketteringham, Connor McAlister, Taylah Vella

Year 8-Samuel Apps, Ryan Castles, Jessica Dowsett, Alexis Edwards, Mitchell Heffernan, Ashley Imsides, Charlie Windle

Year 9-Michael Bennett, James Connelly, Carey Dunn, Jessica Gonzalez, Nicholas Lord, John-Paul Ong, Kyla Petiquin, Maddison Warren

Year 10-Heather Burton, Belinda Carrasco, Baylee Edlundh, Charlotte Gordon, Martin Lavin, Emma Schneider, Kirralee Shay, Kalynda Watson, William Woolfe

Special congratulations to Kyle Quinn for winning the Principal's Award for his achieving the highest percentile in the school!



St Joseph's is now subscribing to a company who have a comprehensive list of all sorts of careers events and information. Below are two examples from their webpage that the whole school community now have access to which is a real asset for everyone. Click [here](#) or to receive the Careers News by email

send your name, school name and email address to mhsceers@internode.on.net. To view the news pages and calendar on the website please ask for the login and password from Mrs Kennedy.

Charles Sturt University Webinars

Thursday 16th October 7pm-8pm. Learn about the Bachelor of Social Science (Gerontology), Graduate Certificate in Gerontology and Master of Gerontology. Click [here](#). For Bachelor of Agriculture Business Management Webinar click [here](#).

University of NSW Minerals Summer School

19th January-22nd January. Applications close 17th October. Students in Year 10 and 11 who are interested in science or engineering can take part in this 4 day residential summer school. Students will learn about study, careers, lifestyles and opportunities in the Australian minerals industry. Click [here](#) for further details.

Sydney TAFE

Sydney TAFE is excited to offer a diverse range of free short courses to assist students in Years 10 and 11 evaluate their future options including TVET, TAFE studies, Apprenticeships and employment possibilities. Please note that there will be no information sessions held this semester. All enquiries can be made directly to the appropriate college or to Karen Kearney on 9394 5728 on Tuesdays or Wednesdays. For students to be considered for a course, we request the Expression of Interest Form be either emailed or faxed by Friday 24th October.

Mrs Sue Kennedy, Careers Advisor

Messenger

community news

All Saints Parish Shellharbour City Youth Group

Youth Group for this term will recommence this Friday 17th October at the Grealy Centre (which is located under the All Saints Parish Church, Shellharbour City) from 7-9pm. Our youth group is for all secondary students and we meet fortnightly. Cost is a gold coin donation. Activities for this term will be a Halloween party, movie night and Christmas activities. Contact Cait 040 738 287 or Michelle 0437 042 010.

Saverplus—Can we help with high school costs????

Saverplus was developed by ANZ and the Brotherhood of St Laurence and is delivered in the Illawarra and Wollongong by the Smith Family. Join Saverplus and match your savings, dollar for dollar, up to \$500 for educational costs including uniforms, text books, computer, laptops, excursions and camps etc. Contact Lindi Jamieson-Brown on 4254 4505 for further details.

Shellharbour City Council Learner Driver Parent Workshop

A free 2 hour workshop for parents and other supervisors of learner drivers will be held at 6pm on Monday 10th November at the Council Chambers, ground floor, Lamerton House, Shellharbour City Council. Bookings are essential. Please call Jenny Davies on 4221 6124.

DIOCESE OF WOLLONGONG PRESENT CELIA LASHLIE LIVE

‘Growing Gorgeous Boys into Good Men’ at Edmund Rice College, West Wollongong on Thursday 30th October, commencing at 7pm. \$20 per person or \$35 per couple.

Registration and payment <http://www.trybooking.com/101510>

Contact Rebecca Hill for more information parentforum@dow.catholic.edu.au

Nominate a Young Achiever Today!!

If you know a person aged 12 to 28 years that is providing an invaluable service in your community or excelling in their field of endeavour, why not nominate them for a Young Achiever Award. There are seven categories to choose from. For further details contact the Awards Office 02 9643 1677 or visit www.awardsaustralia.com.

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MEDIA RELEASE: October 7, 2014

CARITAS NETWORK RESPONDS TO EBOLA OUTBREAK

As part of the Australian Government's Humanitarian Partnership Agreement (HPA), Caritas Australia, the Catholic Church's agency for international aid and development, along with three other Australian humanitarian agencies (World Vision, Save the Children and Plan) have been allocated a total of \$2.5 million to provide urgently needed assistance in the Ebola outbreak in West Africa.

The funds will be in addition to the Caritas Australia funding for the Emergency Appeal of Caritas Sierra Leone and will enable the Caritas network in Sierra Leone to provide assistance to almost 230,000 people at risk of Ebola. This will include: the provision of medical supplies, essential public health support and the training of health workers in the West African nation.

Caritas Australia is part of Caritas Internationalis, the second largest humanitarian network in the world, which has a mandate to work with the poorest of the poor.

In Sierra Leone, Caritas will be working with our Caritas sister agency Catholic Relief Services – Caritas and World Vision are also working together to rapidly scale-up community-based Ebola prevention activities in high-risk districts.

The Caritas network is also actively engaged in responding to Ebola in other countries in West Africa including: Guinea and Liberia, the global appeal for the region is an estimated \$3.4 million. This Ebola outbreak is the largest ever known, causing over 3,400 deaths to date. The outbreak has also devastated fragile healthcare systems and damaged the economies of the nations affected, some still recovering from war and conflict.

Caritas Australia's, Manager of Humanitarian Emergencies, Melville Fernandez, said the current Ebola outbreak is unprecedented in scale and geographical reach.

"The situation is grave and the spread of Ebola transmission continues to double every three to four weeks. Some parts of Sierra Leone are now becoming hot spots. So there's an urgent need to scale up community awareness in the country to change behavior, stop the transmission of the disease and strengthen the health system," Mr Fernandez said.

"The latest HPA funds will boost efforts to fight Ebola across remote villages, slums and towns in Sierra Leone.

"It's clear that many families and communities will suffer long-lasting trauma after the disease is gone, including poverty and social exclusion and we'll also need to help families and communities recover."

Caritas Internationalis Special Advisor on HIV and AIDS and Health, Monsignor Robert Vitillo, who was recently in Australia for the UN AIDS and Catholic pre-conference in Melbourne, has just been in Liberia responding to the crisis. He said the need for international help was great.

"Many hospitals and clinics are closed in Liberia, so it is very difficult to get medical treatment for other diseases. Some people die in the streets looking for medical treatment for infection or for a whole host of other diseases," Monsignor Vitillo said.

"The Catholic Hospital of Saint Joseph in Monrovia, was considered the best health facility in the country, but was closed after the director and eight other staff members died of Ebola. The Brothers of St. John of God and the Catholic Archdiocese of Monrovia are now working with the government authorities to re-open this much-needed facility."

For more information contact: Media Advisor, Nicole Clements on 0408 869 833 or nicolec@caritas.org.au.

Caritas is a partner of the Humanitarian Partnership Agreement between the Australian Government and six of Australia's leading international NGOs, together they are responding rapidly to global disasters and to build resilience to future crises.

ALL NEW 2014 MISSION EVENT

PRESENTED BY **THE CATHOLIC GUY**

ALL SAINTS CATHOLIC PARISH

19 COLLEGE AVENUE, SHELLHARBOUR CITY NSW

22-28TH OCTOBER 2014



**DISCOVER FOR YOURSELF THE
MISSION EVENT THAT HAS CHANGED
THOUSANDS OF PEOPLE**

BE CHANGED ...BE RENEWED

...BE INSPIRED

**FREE
ADMISSION**



THE CATHOLIC GUY
inspiring you to dream

TheCatholicGuy.com

5 Inspiring Sessions:

Session One

Wednesday 22 October	7:30pm
Thursday 23 October	10:00am

Session Two

Thursday 23 October	7:30pm
Friday 24 October	10:00am

Session Three

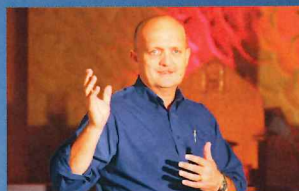
Friday 24 October	7:30pm
Monday 27 October	10:00am

Session Four

Monday 27 October	7:30pm
Tuesday 28 October	10:00am

Session Five

Tuesday 28 October	7:30pm
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Building parent-school partnerships

WORDS Catherine Gerhardt

When does fun flip into addiction?

Gaming has come a long way since Space Invaders. Unfortunately with that growth has come an addiction to gaming in some young people. Catherine Gerhardt describes how to spot the signs and what to do about it.

Gaming addiction is a relatively new phenomenon. When I was growing up, video game addiction didn't really exist. Kids played video games when they went to the arcade, and were limited to their pocket money. Then came the invention of home video game systems, and today millions of homes around the globe are equipped with both game consoles and personal computers. Remember Pac-Man and Tetris? My how gaming has changed.

When does fun flip into addiction?

Gaming gets into our deepest motivational drivers. As human beings we have a great need to be social. Games allow us to connect with others and give us the feeling of control over our own social environment. This can be a key motivator for youth who feel like they have very little control over their daily lives; teachers, parents and others always seem to be controlling them.

We are all driven towards pleasure, and the pleasure component in gaming is about intermittent rewards. The rewards are random, they are not predictable and they keep us waiting and therefore playing. Intermittent rewards are the same

foundation that gambling is based on, and researchers are currently looking deeper into a potential correlation between gaming and gambling.

In massive multiplayer games there is often punishment for logging off. Fear and pain are, again, major motivational drivers. Some games, like World of Warcraft, penalise players through loss of progress if they are turned off before a goal or the next level is reached. Now it is the game controlling the player and not the other way around. Once players become involved in a guild then there is the added responsibility to that online community, and when they log off they may be letting other players down.

Signs that your child may be developing a gaming addiction include:

- the inability to control the use of games
- finding it difficult to stop playing even if they want to
- experiencing withdrawal symptoms – physical and mood related changes such as bad temper, poor focus, or feeling empty, frustrated or angry

- exhibiting defensive behaviour when questioned about use
- making social and recreational sacrifices such as cutting off real life friends and only having online friends
- secrecy and solitude – playing alone and even in secret, sneaking it in when they can
- lying about use – they tell you they spent one hour playing when really it was two.

What does this mean for parents?

Have you had yelling matches with your child over the amount of time they spend gaming? Have you threatened to take their access away? If you think there might be a problem, then there probably already is.

Many parents feel alone in regards to their child's problematic internet use, but be assured you are not alone. Parenting experts and parents are beginning to find ways to help with this serious behaviour problem.

more on page 2 >>



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.





... When does fun flip into addiction? ...

You can start to help your child by implementing some simple steps:

Set time limits – Only allow a certain number of minutes (not hours) per day. Consider requiring that your child earns game time through responsibilities. Once you set the limits, you must enforce them.

Limit content – Ratings are there for a reason. Exposure to elements such as violence and gambling are a risk if you allow your child access to age inappropriate or adult content. Read reviews or test the game yourself before you give it to your child. Although they may say “everyone else is playing it”, we know that is not the case.

Keep gaming out of the bedroom – This follows the basic rule of no media in the bedroom. Monitoring content and usage becomes very difficult behind a closed door. We want kids where they can interact with other people to help limit the solitude and secrecy that can occur. Interaction with other family members, even whilst gaming, is a protective factor.

Gaming is a privilege, not a right – Other activities such as homework and chores must be done first. Having dinner with the family, doing some exercise or doing music practice takes priority over games.

Families have found it useful to use behavioural charts to clarify what needs to be done before gaming is permitted, and how much gaming is allowed. Gaming is about balance, and there is room for some negotiation. They want to earn more gaming? Perhaps consider an extra 15 minutes for every extra hour of physical activity they do.

Video games are not a babysitter – Too many parents are relying on technology to keep their children quiet and occupied. Children and youth must learn to socialise and find the ‘grit’ required to get through social situations. There are other things kids can do to keep themselves busy besides relying on technology.

Search for a therapist – If your child’s gaming has already become too far out of control, then you may want to search for a professional therapist or a treatment program that specialises in adolescent addictions. Recovery from video game addiction is possible.

There isn’t anything wrong with gaming itself – it’s a great way to have fun, to connect with others and to learn. However, when gaming becomes the priority over other areas of life, then an addiction may be brewing. According

to www.video-game-addiction.org, “kids who are easily bored, have poor relationships with family members, feel like outcasts at school, or tend towards sensation seeking are more easily drawn into video game addiction because it fills a void and satisfies needs that aren’t met elsewhere”.

There is some debate as to whether gaming addiction is a diagnosable disorder, however the behaviour undeniably exists. The combination of intentional programming by designers and the predisposition some teens have to addictive behaviour means this is a real issue that parents, teachers, and friends should be aware of and may need to take action towards.

Catherine Gerhardt

Kidproof Melbourne is dedicated to creating safer communities around the world. Looking for a way to compliment your safety education? – keep Kidproof top of mind.

www.kidproofsafety.com.au

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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.

