



ST JOSEPH'S CATHOLIC HIGH SCHOOL

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Term 3 Week 1A

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

Welcome to Term 3

Term 3 is always a very busy time as we begin elective subject selections for Year 8 and Year 10 students (in preparation for 2015), Year 12 students are finalising their HSC major works as well as sitting their Trial HSC exams (commencing in Week 3), while our Year 11 students are only weeks away from sitting their Preliminary exams.

Fr David Catterall

As many of you would have heard via your parish or via your children, Fr David Catterall (Parish Priest of St Paul's, Albion Park and ex-student of St Joseph's) is not well.

Fr David discovered in 2000 that he had breast cancer. A health scare in 2005 followed, where it was thought that the cancer had spread to his rib. Miraculously the tumour was benign. Fr David has now been diagnosed with non-Hodgkin Lymphoma and has already commenced chemo-therapy. During his months of



treatment Fr David will remain Parish Priest of Albion Park with help from some non resident clergy. Fr David will continue to live in St Paul's Presbytery, and he hopes to have the strength, from time to time, to celebrate some public parish Masses and be part of the ongoing life of the Parish and our school. The staff and students of St Joseph's have commenced praying a *Novena through the intercession of St Mary MacKillop* for the special request that Fr David will quickly return to full health. I would ask all families to include Fr David in your prayer intentions.

Parent/Teacher Interviews

A reminder that Years 7 to 10 Parent Teacher Interviews are being held this afternoon/evening (3:50pm to 8pm) and tomorrow (11:30am to 3pm). 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.

P&F News

The next P&F Meeting will be held on Monday 28th July, 2014.

Pupil Free Day

The Term 3 Staff Professional Development Day will be held on Tuesday 29th July (Week 3). This will be a Pupil Free Day.



School Musical

Congratulations to all involved in this year's musical *Happy Days*. I was 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 the 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.

Mr John Barrington Principal



Welcome back to Term 3!! And a fresh start for our students. Our Year 8 students presented a wonderful segment at the assembly they ran on Monday morning about not giving up. They chose to play the clip about the recent case of a young girl on *The Voice*, who was not selected by any of the 4 celebrities and was left crying on stage. Of course, she was comforted by them at the time, but the complaints and commentary about this event ran hot. While some raged about a child being left in that cruel position, experts and her very own family named the event a learning experience and explained that failure is part of growing up and learning. It's

what makes us resilient. It is important for our children to fail and if we don't allow them these experiences and buffer or fight every failure or hardship that comes their way, we can do real damage. Michael Grose explains how to help your child overcome difficulty and challenges (leapfrog it!) in the article attached to this week's newsletter. If you get some time, have a read—it's well worth it!

Mrs Megan Schibeci, Pastoral Care Coordinator

Curriculum Update

Term 3 is a busy term in the area of teaching and learning.

Preparations have begun for 2015 with Year 11 completing their subject selections and they will in the coming weeks receive their official patterns of study. Year 8 subject selections will be next, allowing students to choose 2 electives that they are interested in so that they can gain an insight into the subject/s with a view to either continue their study in the field or move on to another area of interest for the HSC. The final selections that will happen later in the term is for our Year 7 students who will select their mandatory Language for 2015. In addition Year 11 will complete their Preliminary studies this term and of course our Year 12 students are about to tackle their trials and then finalise their preparations for their HSC examinations early in Term 4.

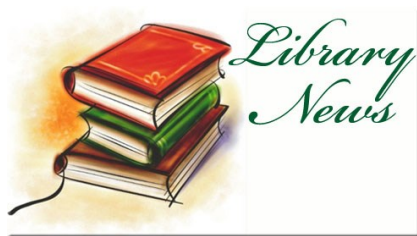
Term 3 also marks the beginning of a new reporting period and although what you have achieved in Semester One remains important, the grade allocation process begins again this week. I encourage both students and parents to identify the areas of improvement highlighted by your teachers throughout the first 2 terms and implement strategies to address them in each of your classes for the remainder of the year. In doing this you will ensure that the final 2 terms are either more successful or as successful as the first semester. Have a great Term !!

Mr Paul Hughes, Curriculum Coordinator

Years 11 and 12 MUNDY

The MUNDY Study Program has resumed this term. Year 11 and 12 students are encouraged to take the opportunity for extra study every Monday afternoon from 3:30-4:30pm. For further details please contact helen.sara@dow.catholic.edu.au.

Mrs Helen Sara, Year 12 Coordinator



The Library have extra copies of "Divergent" by Veronica Roth and assorted John Green titles available now for borrowing!!

We have also recently ordered 2013 Board of Studies Past HSC Papers and Answers for various HSC subjects.



Well Done to Year 11 student Riley Smith who represented the Australian U/16 Schools Team on their tour of South Africa during the holidays. Riley was an integral member of the team that went through the tour undefeated including a 3-0 whitewash of the South African team in their 3 match series. Riley showed her talents with several goals including 2 in the 4-0 victory in the first game against South Africa.

Congratulations

Good Luck to the girls attending next week's Diocesan Netball Gala Day and to the Open Rugby Union Team who head to Cowra next week for the Southern NSW Country finals of the Waratah Cup!!

Term 3 School Sport

This term as part of the recreational school sport program, students in Years 7-10 will be engaged in an inter-house competition. This will involve students participating in a range of sporting activities in house based teams. Points will be allocated after each activity and will contribute towards the overall house points tally for the year. Activities will take place at school, local sporting fields and facilities. Updates will be provided in coming weeks.

Remember— 'Too much sport is never enough!'
Brett Moran, Sport Coordinator.

Sports Calendar 2014

Term 3

18th July-NSW All Schools Cross Country

21st July-Diocesan Netball Gala Day

28th July- Closing date NSWCCC Boys Softball

13th Aug-NSWCCC Netball Championships and NSWCCC Boys Softball Selections

14th Aug-Diocesan Hockey and Volleyball Gala Days

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

29th Aug-Diocesan Athletics Carnival

12th Sept-NSWCCC Athletics Carnival

Canteen Roster 2014

21st July	Cathy Whiteman, Leanne Greathead, Lindy Verryt, Rachael Scremin, Janelle Davis
22nd July	Colleen Walsh, Wayne Thomas, Rebecca Buchanan, Belinda Elliss
23rd July	Kellie Mundt, Rachael Woolfe
24th July	Leisa Smith, Joanne Hunt, Christine Brown
25th July	Jenny Quinn, Agnes Gibbons, Cathy Tagliaferro, Jaime Hart, Linda Doonar

Uniform Shop 2014

21st July	Help Required
24th July	Janelle James

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Important Dates for your Diary

Thursday 17th July - Parent Teacher Interviews 3:50pm-8pm
Friday 18th July - Parent Teacher Interviews 11:30am-3pm (Pupil Free Day)
Monday 28th July—11th Aug -Year 12 Trial Exams
Tuesday 29th July-Staff Development Day (Pupil Free Day)
Wednesday 6th Aug-Year 10 Retreat

3.1415926
 π

Pi (π) is the mathematical constant that has been known for almost 4000 years. Its value is the ratio of any circle's circumference to its diameter in Euclidean space or the ratio of a circle's area to the square of its radius. The value of pi is approximately equal to 3.1415926, but it is an irrational number and its decimal representation never ends or repeats. The lower case Greek letter is used because it is the first letter of the Greek word περίμετρος for perimeter.

Pi Day!

Pi Approximation Day is held on Tuesday 22nd July because it is the approximate value of π ($22/7 = 3.14$). St Joseph's will be celebrating Pi Approximation Day by selling Pi cupcakes for \$1.50 at recess outside the canteen.

Mrs Therese Horley, Mathematics Teacher



The Science Faculty is extremely excited to announce that the St Joseph's Research Science Expo will be held during Week 6 this term. The Research Expo represents an outstanding opportunity for students to enhance their skills in a number of areas including research and public speaking. The Expo is open to all students from Years 7-12 however all Year 8 and 10 students (and some Year 11 and 12 students) have

already completed a science research project that could be easily entered in the Expo. Apart from entering a research project, there are many other categories that students can enter. These would be ideal for students in Years 7 and 9 to enter:

- * "Anything and Everything Science" Photography competition: take photos of anything to do with Science.
- * Science Masterchef: students bake cakes and decorate them with anything related to Science.
- * "Fast Science": create a 60 second iMovie about a scientific concept.
- * Famous Scientist: research, dress-up and impersonate a famous scientist and display your research on a board.

Students will be provided with a lot of information about the various categories and how to enter by their Science teacher over the next few weeks. It would be great if you could encourage your child to participate in the Expo and be part of something fun, educational and challenging. We hope you are as excited as we are!!! Bring on Science!!

The Science Faculty



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.

The Shellharbour Club is looking for an apprentice Chef. If you are interested in this position, please see Mrs Kennedy for more details.

Excursion Name	Date	Payment/ Permission Note Closing Date
Yr 9 Child Studies AP Library & St Paul's Kindergarten	17.7.14	CLOSED
Secondary Dio Netball Carnival	21.7.14	16.7.14
Open Boys Rugby Union Waratah Cup	23.7.14	17.7.14
Yr 10 Child Studies Westmead Children's Hosp Tour	25.7.14	17.7.14
Wollongong Diocesan Volleyball Gala Day	17.8.14	07.8.14
Careers Vocational Ed Day Taronga Zoo	20.8.14	06.8.14
Elevate Young Leaders Forum Leadership Program	21.8.14	CLOSED
Yr 12 Chemistry	22.8.14	15.8.14
Yr 12 Formal	21.11.14	5.11.14
Elevate Young Leaders Forum Leadership Program	05.11.14	CLOSED
NO LATE PAYMENTS WILL BE ACCEPTED. PLEASE DO NOT	PLACE INTO	THE BOX AFTER CLOSING DATE

Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

Helping kids leapfrog their difficulties with these 5 ideas



A parent's attitude to their child's difficulties will determine how successfully they meet and overcome many of the obstacles and hurdles they meet.

Whether it's going to school for the first time, making new friends or even going to school camp, children often experience difficulties that they need to overcome.

When children overcome problems and deal with unpleasant situations they learn they are capable, which is the basis of self-esteem and confidence.

Children's resilience is fostered when they overcome problems and manage unpleasant social situations such as teasing or going into new situations. Protecting kids from challenging experiences robs them of chances to learn, develop and grow.

Resilient kids look back and draw on skills and understandings they have developed in the past to help them deal with present challenges. For instance, a sixteen year old girl recently revealed how her time spent on a twelve-day adventure camp helped her overcome the homesickness she experienced on a six-month student exchange.

She remembered how on the first day of her school camp she didn't think she could make it – but she did. She experienced those same doubts early in her exchange but she knew that just as she had coped before she would do so again, but this time in more difficult circumstances. She was drawing on the same resources.

Here are five great parenting ideas to help your kids leapfrog their difficulties:

1 Frame the problem as a challenge:

Frame the difficulty as a challenge rather than a problem. Kids take their cues from their parents so the frame of 'challenge' gives kids something to rise to rather than be overwhelmed by.

2 Coach kids to do well:

Talk kids through their challenges, give them ideas to cope and manage. Consider rehearsing some skills or language that they may need.

3 Show confidence they will succeed:

Children generally meet their parents' expectations so make sure your expectations are realistic, positive and supportive of their feelings.

4 Give kids a chance:

Allow kids to approach challenges in their own way without constantly checking on them. Your nervousness is definitely catching.

5 Celebrate their success:

Even if they were partially successful, such as they went to school camp for two out of the three days, then praise their efforts. They've got a great building block for next time.

The attitude and approach of parents and teachers will determine how successfully children and young people meet and overcome many of the hurdles they encounter. That attitude needs to be courageous, sensitive and hopeful that your child will meet, and overcome with assistance, all the challenges they encounter.

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.

