



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: 19th March, 2015

Term 1 Week 8B

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

Last week the Diocese of Wollongong celebrated the Annual Education Mass at the Co-Cathedral at Fairy Meadow. The Mass was a wonderful celebration for all Catholic Schools in the Wollongong Diocese. Bishop Peter Ingham acknowledged the role of the staff in providing children and students with an education firmly grounded in the Catholic faith with Jesus Christ as our role model.

At the end of Mass, Mr Peter Turner, Director of Schools, launched the 2015-2017 Vision and Strategic Direction entitled "*Lighting the Way through faith and learning*". Mr Peter Turner committed our schools to continually seek to reach out to those with the greatest need. All schools are challenged to have a strong focus on improvement on being **'the best that we can be'**.

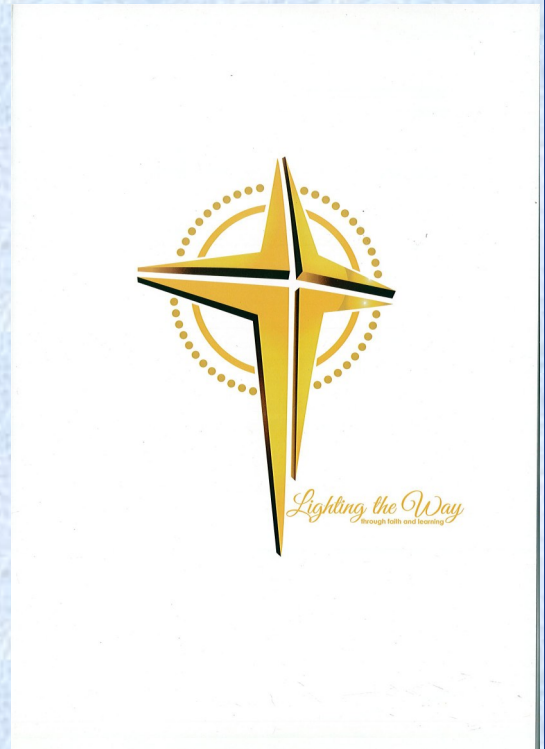
The Diocese also launched a new logo to coincide with the new Vision and Strategic Direction. The key features of this logo being:

The Cross: Jesus Christ as the Light of the World and by his life, death and resurrection gives ultimate meaning and purpose to our existence. The four points of the cross also represent the four regions of the Diocese.

The Star: Just as the star of Bethlehem pointed the way towards the infant Jesus, we are also called to Light the Way for others towards the fullness of life in Jesus. Catholic schools contribute to lighting the way through creating vibrant communities of faith and learning.

The Aboriginal Art: The Diocese of Wollongong is enriched by the significant presence and influence of Indigenous life and culture. The circle dots represent the meeting place where people gather to grow in faith and learning as they share wisdom stories with elders.

The Colour Gold: Gold represents light and hope, and the radiance that comes from truth and wisdom - the fruits of faith and learning. The 3D image is dynamic and robust suggesting the vibrant communities of faith and learning we are called to create.



Mr John Barrington
Principal.

©St Joseph's
Catholic High
School
Licensed under





Pastoral Care
Mrs Schibeci

Electronic devices can be such a positive in our lives. Whether it be catching up with people, sourcing information at the touch of a button or even just getting engrossed in some silly game. However, as Michael Grose points out in this week's article, there is a flip side. Sometimes "all of our concentration is directed at them, rather than our kids". Grose suggests that parents who have their heads stuck permanently in phones or iPads risk the sad situation where kids stop asking questions - they kind of give up. How do our kids learn? By asking questions. This week's article encourages parents to choose to "be in the moment with your child".

Grose points out that doing so presents so many wonderful opportunities for parents. It provides time to build your relationship with your children and to create memories. If you get time, read the other suggestions - very simple, but powerful.
Mrs Megan Schibeci, Pastoral Care Coordinator



Students vs Teachers Basketball Game

On Tuesday the 17th March, a Students versus Teachers Basketball game was held during lunch in the gym to raise money for Project Compassion. Thank you to Mr Phipps, Mr Dennelly, Mrs Garbutt, Mr Plattner, Ms Sproule, Mrs Nascimento, Mr Lewis, Mr Shanahan and Mr Lowe who gave up their lunch time to play on the teacher's team. There were five student teams who took it in turns to play by subbing each other off. After what looked like a promising start for the students, the teacher's managed to gain back points in the second half of the match and narrowly won the game with a score of 28-22. We raised \$166 for Project Compassion through student team registration as well as a gold coin donation made by students watching the game! It was great to see so many students participate in a team and come along to support a worthy cause.

Miss Senitta Hurley, Social Justice Coordinator



Public Speaking

Year 10 and 11 students 'Quota International of the Leisure Coast Inc' have invited Year 10 and 11 students from our school to enter the '2015 Student of the Year Quest'.

The competition requires students to present a prepared and an impromptu speech focusing on general knowledge and current affairs. The preliminary rounds will be held on the evening of Tuesday 19th May, starting from 6pm with the final held on Thursday 21st May at 7pm at the Illawarra Grammar School.

Any student from Years 10 or 11 who wish to enter the competition, please see Mrs Schneider in the library for more details.

Mrs Francis Schneider, Librarian.

COMMUNITY NEWS!

Stella Maris Catholic Primary School Autumn Fair

Stella Maris Primary School Shellharbour will be holding it's annual Autumn Fair this Saturday 21st March, 2015 commencing at 10am, to conclude by 3pm. Come along and enjoy a day out with carnival rides, face painting, balloons, chocolate wheel, cake and lolly stalls and much more!!



Year 12 News!!

Twilight Revision Workshop

The first of these workshops is this week. This is an opportunity for all Year 12 students to work collaboratively in small groups sharing their revision techniques and content in preparation for the exams next week. Thank you to the following staff - Mrs Schibeci, Mrs Schneider, Mrs Bell, Mrs Stewardson, Mrs Garbutt and Miss Muniz.

Thank you to Mr Hughes, our Curriculum Coordinator, for your motivational speech at this week's Year Meeting. Please ask your child about how the speech motivated them to succeed in the exams.

Exams—all students last day here before the exams is Monday 23rd March, 2015.

Mrs Sue Kennedy, Year 12 Coordinator

School Fees Reminder!!

The first instalment of school fees is overdue. If you are paying by the three instalments, please make the first payment as soon as possible.

Student Information Update

We are currently in the process of mailing out Student Information Verification Forms. Could you please check that all our information is correct and return the signed copy to the office as soon as possible. Please return the form whether changes are made or not!



THE SPIRIT
LIVES
2014 - 2018

St Joseph's Catholic High School - Centenary of ANZAC Living History Project

As part of our school community's ANZAC Day celebrations for 2015, we are creating a Living History Project. The aim of the project is to recognise and acknowledge those members of our school community whose relatives have served for our country. The HSIE Faculty would like to compile a video of "Our ANZAC's". To do this we are asking staff and students to bring in a photograph or a high quality scanned photograph of a

relative(s) to be included in the video. Staff and students need to bring their photograph to the HSIE staffroom with the following information: *Name, Service Number, Ranking, Relation to student and Area of Service: Defence Force/Army/Navy*. Photographs and information can be brought to the HSIE staffroom by the end of Week 10.

Mrs Sarah-Jane Janson, HSIE Coordinator



School Tennis

A great day was had again with the St Joseph's Opens Tennis Teams! The boys team again did well getting to the finals level with some convincing individual and team wins by *Paul Mulligan and Nicholas Battaglia*. Our new members to this team *James Connelly and Nicholas Lord* also had some hard fought singles and doubles wins. In the finals we were beaten by a team peaking at the right time with *Paul Mulligan* narrowly losing a tie break and *Nicholas Battaglia* pulling off an upset to beat a player 4 years older than himself. Bad luck to the boys who went so close again to being in the final.

The girls team started against another favourite team and struggled against some strong opposition. They did however work hard to make the opposition really earn their points before going down in the initial match. Having been racked by injuries and other event clashes this team really gave it their all and acted very justly in defeat. They are to be congratulated on their good sportsmanship and their never say die attitude under some heavy offensive tennis. As normal *Mikayla Brown* left nothing on the court and *Brianna Winley* supported her gallantly in a good team effort. Congratulations to *Madelyn Burns and Annelissa Ryan* who slotted perfectly into this team to make the opposition earn their stripes! Madelyn even playing with a strapped knee. I hope to see all of these great players trailing again for the team at the end of the year.

Mr Michael Phipps, Tennis Coordinator



Cross Country Carnival

The Annual Cross Country was successfully conducted on Friday 6th March. Another new format for 2015 saw the event held on the land of St Joseph's and St Paul's. The course provided a new perspective of the schools grounds for many students and memories for some of the former St Paul's students. Races were conducted in Year groups making the competitors race against each other as well as against the clock. Congratulations to this year's Age Champions:

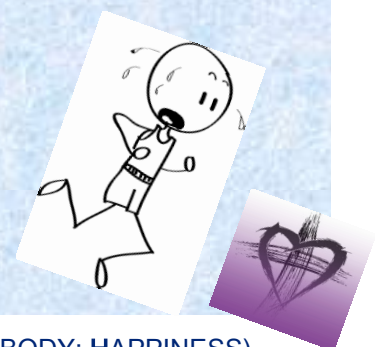


Age	Males	Females
12yrs	Owen Crawford	Jessica Pateman
	Antoni Anic	Jayde Chapman
	Dominic Schymitzek	Molly Sumner
13yrs	Jayden Allen	TBA
	Samuel Giles	
	Riley McLaughlin	
14yrs	Isaac Jones-Astone	Kristina Puljak
	Joshua Lambert	Victoria Barham
	Joel Dowling	Keeley Mercieca
15yrs	Aris Seitaridis	Emma Rossi
	Mathew Connelly	Mysti Foye
	Lleyton Callaway	Bella Sumner
16yrs	Matthew Sperring	Hayley Seeney
	Bailey Jones	Lavina Woolfe
	Brock Goroch	Jessica Green
17yrs	Bailey Warren	Charlotte Gordon
	Martin Lavin	Kaelah Austin
	Baylee Edlundh	Daniella Battaglia
18+yrs	Nathan Wilson	Seychelle Albert
	Kade Sampson	Erin Levy
	Mitchell Callaghan	Shanae Allen

While one year group raced the other participated in the novelty events. This year House v House in Rob the Nest and Tug-O-War. Points were allocated for victory in the events. House points for the Cross Country were: *Macquarie - 306, Warrigal - 306, Keira - 342, Kembla - 374, Murphy - 440, Marshall - 473.*

Students that finished in the first 6 positions in each age group have qualified for the upcoming Diocesan Carnival. I would like to thank ALL staff involved in the day, especially the PDHPE staff who worked tirelessly all day. A special thank you to Mr Bruce Coyte and Mr Brian Hetherington for their organisation and assistance.

Mr Stephen Armstrong, PDHPE Coordinator





Diocesan Swimming Championships

Last Thursday 25 eager students represented St Joseph's at the Wollongong Diocesan Swimming Championships. Although we were a small team, our athletes demonstrated a lot of mental toughness to compete in numerous swims, beyond their preferred events. Their enthusiasm helped elevate St Joseph's to third position in the Diocesan Championships. A pleasing aspect of the day where the efforts of *Nathan Wilson and Mitchell Callaghan*, who made themselves available so we could enter an Open Boys Relay. As always our sporting events would not operate without parental help. Thank you to all our parents who helped out on the day and supported our students to

achieve excellent results. There were several outstanding performances on the day including:

Jacob Lord - 1st AWD 50m Freestyle (New Record), 1st AWD 50m Backstroke NR

Sophie Mills - 1st 13yrs 50m Backstroke

Rachael Thompson - 3rd 15yrs 50m Freestyle, 3rd 15yrs 100m Freestyle

Hayley Seeney - 1st 16yrs 100m Freestyle, 2nd 16yrs 50m Freestyle, 2nd 16yrs 50m Butterfly, 2nd 100m Int Backstroke, 3rd 16yrs 50m Backstroke, 2nd Int 200m Ind Medley, 2nd Int 100m Butterfly

Leisha Ryan - 2nd 17+yrs 50m Freestyle, 3rd 17+yrs 100m Freestyle, 3rd 17+yrs 50m Backstroke

Ashleigh Seeney - 3rd 17+yrs 100m Breaststroke, 3rd Snr 200m Ind Medley

Zac Sturley - 2nd 17+yrs 50m Butterfly, 3rd 17+yrs 100m Freestyle, 3rd 17+yrs 50m Backstroke

Thomas Blunden - 2nd 14yrs 50m Backstroke

Matthew Sperring - 3rd 16yrs 100m Freestyle,



Team Results: 2nd 4 x 50m Senior Female Relay, 3rd Female 6 x 50m All Age Freestyle Relay, 3rd Junior Boys 4 x 50m Medley Relay, 3rd Senior Girls 4 x 50m Medley Relay, 3rd 4 x 50m Jnr Male Relay.

Also, *Ashleigh Seeney* was named Age Champion in the U/18's, *Hayley Seeney* 2nd U/16's, *Leisha Ryan, Jayden Allen and Matthew Sperring* were all 3rd in their respective age groups.

Congratulations to Jacob, Sophie, Matthew, Hayley and Leisha who have all made the Diocesan team for the upcoming NSWCCC Swimming Championships. Thanks to Ms Sharkey who took the team on the day as well as Mrs McNamara who assisted with the running of the carnival on the day.



- ◆ To *Matthew Sperring* who won Gold Medals in the U/15 Ironman, Surf Race and Cameron Relay at the NSW State Surf Lifesaving Championships on the weekend.
- ◆ *Amy Snowden* (Year 7) for receiving an award for winning the Australia Day Regatta.
- ◆ Former student *Jordan Zunic* who won the New Zealand Open Golf Tournament last weekend.

Good luck to *Danielle Vasquez* who is attending the Southern Female NSWCCC Golf selections this week!

Mr Brett Moran and Mrs Michele Garbutt, Sports Coordinators
Remember—"Too much sport is never enough"

Year 7 ~ 2016 Information Evening

Tuesday 17th March saw perspective students for Year 7, 2016, attend our annual Information Evening. The event was well attended and as usual, our Senior Hospitality Students spent the day preparing food and then served throughout the night.

Congratulations to all students and staff who helped add a little bit of 'special' to the evening.

Click [here](#) to take a look at the photo gallery.





Career Corner

University of Sydney HSC Preparation Courses
University of Sydney offers HSC Preparation Courses throughout the year for a range of subjects, including Biology, Mathematics, Economics, Physics and more.

The University also offers a free download guide on how to cope with the HSC. Click [here](#) for details.

Professional Cadetships Australia 2016 Cadetship Programs

Business Cadetship applications are now open and close on Wednesday 13th May.

Engineering and Technology Cadetship applications are open and close on Tuesday 28th April.

PCA offers cadetships for Year 12 students who will be attending University in 2016. Participants for the programs will be chosen based on their academic effort and achievement, transferable skills, evidence of leadership potential, team involvement, work experience and personal motivation. Click [here](#) for more!

UOW College: Information Sessions

Certificate IV Community Services - Session: Wednesday 1st April 5:30pm-7:30pm

Alternative pathways to UOW - UOW College Information Evening: Tuesday 19th May 6pm—8pm

Click [here](#) for further information.

Sydney TAFE Information Sessions and Classes

Certificate IV Training and Assessment and Business and Management Courses: Wednesday 25th March 6-7pm, Building AG01, Gymea Campus, corner Hotham Road and The Kingsway, Gymea

Certificate IV Training and Assessment and Business and Management Courses: Thursday 26th March 6-7pm, Building G1.6, Ultimo College, Mary Ann Street, Ultimo.

Intro to Digital Photography Short Course: Saturday 2nd May 9-1pm, Ultimo College

Three Day iPhone App Development Course: Saturday 25th July—Monday 27th July

Click [here](#) for further information.

Australian Disability and Indigenous Peoples' Education Fund

Applications close Tuesday 31st March. This fund distributes small quarterly grants of up to \$2,500 to help people with disabilities to continue their learning. For further details click [here](#).

Med Entry UMAT Preparation Courses

Each year Med Entry holds courses to assist students in their preparation for the UMAT Test.

Wollongong - Monday 6th April-Tuesday 7th April at St Mary Star of the Sea College.

Sydney - Friday 3rd April-Saturday 4th April and Sunday 5th April-Monday 6th April at University of Technology. Click [here](#) for details.

MyJob App

The MyJob App and website provides easily accessible information for students looking for work.

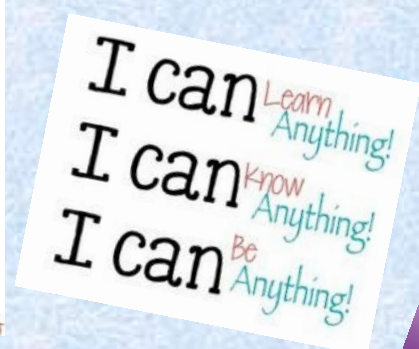
Information provided includes:

- ◆ What you need before you get a job
- ◆ How to find a job
- ◆ How to work out what skills you have
- ◆ How to write a resume, cover letter and key selection criteria
- ◆ Interviews

The MyJob App is available for free on iOS and Android. Click [here](#) for details.

The Careers Room is open every day at Lunch 2. Please visit for help with Career planning in Room 54 (the yellow door)!!!

Mrs Sue Kennedy, Careers Advisor (sue.kennedy@dow.catholic.edu.au)



Canteen Roster 2015

23rd March	Rachael Scremin, Cathy Whiteman, Leanne Greathead, Janelle Davis, Maree Chin, Lara Podolski, Nerissa Hartley
24th March	Kaylene Paoletti, Hilary Tavernese, Danelle McNeilly, Danielle Laidlaw
25th March	Faye Webb, Emma McLaughlin, Unneka Guernier, Carmen Formosa
26th March	Cathy Sperring, Sandy O'Connor, Joanne Barker, Jodie Duff
27th March	Amanda Walker, Nicki Collingburn

Junior Boys Long Winter Trousers and
School Ties have now come in and are
available for purchase from the
Uniform Shop!

As we are in the season
of Lent
there will be NO meat or
chicken products
available from the
Canteen on Fridays for
the remainder of Term 1.

Uniform Shop Helper for Next Week!!
23rd March ~ Vanessa Henson

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

24 March-1 April - Year 12 Half Yearly Exams
25 March - Year 7 Immunisations
**25 March-27 March - Year 10 PASS &
Year 11 PDHPE Outdoor Camp**
30 March - Blood Bank Visit
2 April - Easter Liturgies/End of Term 1
3 April - Good Friday
20 April - Staff Development Day Pupil Free
21 April - Term 2 Commences

Sport Calendar Term 1 2015

23 March - NSWCCC Hockey Selections
26 March - U/15 Girls AFL - Swans Cup
Term 2
22 April - Diocesan Boys and Girls
Touch Gala Day
23 May - NSWCCC Boys AFL Selection Trials
27 April - NSWCCC Girls AFL Selection Trials
28th April - NSWCCC Volleyball Selection
Trials
29th April - Diocesan Cross Country



Year 7 - Australia's Biggest Morning Tea

Cancer affects the lives of many families in our school community. On 28th May, Year 7 students will host the Biggest Morning Tea by running a cake stall on behalf of St Joseph's as their fundraiser for this very important cause. As well as supporting the cake stall, we welcome any monetary donations on our fundraising page, which can be made by clicking [here](#). Thank you in anticipation of your support!

Mrs Maria Oliverio, Year 7 Coordinator

Parenting *ideas*

INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

Lost in concentration



It's more challenging than ever to be present with our kids, and so easy to get lost in concentration on a device. Here are 5 tips to really impact and make the most of every opportunity you have with your kids

I can't help but admire my young colleague Sonia, mother of a 4-year-old boy and a seven-year-old girl. She is an avid user of social media and other electronic devices, but she is disciplined enough to set them aside when she is with her kids. Sonia chooses to focus her attention on her children, so she limits her use of communication devices to the times when she is alone – which she admits is less often than she'd like.

Electronic devices such as tablets and mobile phones are ever present. They are heaps of fun, the source of so much knowledge and a great way to stay in touch with others. The flip side is that their hypnotic effect is powerful so that frequently all our concentration is directed at them rather than our kids. When this happens you'll more than likely miss some wonderful opportunities to really impact your child

There are five BIG opportunities available to you as a parent if you, like Sonia, choose to be in the moment when you have children.

When you are fully present you can:

1 **Build their language**

Recently, I saw a mother walking side by side with a young toddler playing a simple language game. She would make a sound with her mouth and her young son would mimic her. She changed or added to the sounds and her son tried to replicate the sounds. This is language building at its most natural and finest, and wouldn't have happened if this mother was on the mobile phone rather than being present with her child. Whether you are with a toddler, primary aged child or a teen the language building opportunities are endless. You just have to focus on the one you are with and let things happen naturally.

2 **Teach your children about their world**

Most children are naturally curious and will ask lots of questions. "Why do dogs bark?" "Why is the sun round?" "Where do babies come from?" Yes, some are simple, some are hard to answer and some you are just

not ready for. But it's through these simple interactions that you become your child's first and most important teacher. My hunch is that most kids will stop asking these questions of you if your attention is focused elsewhere, such as on a mobile phone or other electronic device.

3 **Impact their thinking**

Influential British educator Charles Des Forges says, "If you want to influence your child's thinking then you need to talk to him. If parents want more influence then they need to talk more to their children." According to Des Forges it's through the conversations that parents have with their children that they impact the way they think, as well as influence their values. Nothing kills personal conversation with a child or young person like a mobile device.

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.



... Lost in concentration ...

4 Build relationships

Relationships are built through common interest, good intent and respectful behaviour. I can think of no better reason for being in the moment with your child than the opportunity it presents to build some common interest and rapport. Time spent giving attention to your child is like putting money in the bank for the future. You never know when you are going to withdraw some of the deposits that you've made, so it's reassuring to know that you've made plenty of deposits of goodwill to draw on, particularly in the tricky teenage years.

5 Build memories for you

As a parent of adult children I now treasure the memories of times I was fortunate to have spent with them as young children. It's strange how these memories resurface at the most unexpected time. Recently, I was in a supermarket and I remembered the time when I enthusiastically asked my youngest, who was three at the time, to get the box of cereal with the big red K. Off she went feeling all important and returned with a triumphant smile armed with a box of dog food. "Thanks darling. Nearly!" was my reply desperate not to quell the enthusiasm to help that only a three year old can have.

Yes, there are million memories such as this available to parents who are willing to focus attention on the children rather than be distracted by the lure of communication devices.

As a parent you have competing demands on your time, and the allure of communication technology can be overwhelming. However, as Sonia is so aware, the time for parents to really impact on kids is limited so you want to make the most of every opportunity you have with them.

The key to positively influencing your kids, building strong relationships and building enough fond memories to last a lifetime is to make sure that your mind is where your body is and be fully present when you are with your kids.

Michael Grose



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.





Expressions of Interest St Joseph's Catholic High School Indigenous Dance Group

All students who would like to learn traditional & contemporary Indigenous dance are welcome.

Sessions will be held at school during school hours at no cost to students.



Image: Rainbow Lorikeet, photographer Vanessa Mylett

Contact: Ms Val West, Aboriginal Education Assistant AEA, at St Joseph's Catholic High School every Tuesday & Thursday located at the school Library or email

valerie.west@dow.catholic.edu.au

cc john.barrington@dow.catholic.edu.au or complete Expression of Interest form and return it to the School Administration Office.



Expressions of Interest Form St Joseph's Catholic High School Indigenous Dance Group

All students who would like to learn traditional & contemporary Indigenous dance are welcome.

**I would like to participate in the
St Joseph's Catholic High School Indigenous Dance Group**

Name:

Year: **Homeroom:**

Contact: Ms Val West, Aboriginal Education Assistant AEA, at St Joseph's Catholic High School every Tuesday & Thursday located at the school Library or email

valerie.west@dow.catholic.edu.au

cc john.barrington@dow.catholic.edu.au or complete Expression of Interest form and return the School Administration Office.