

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: 20th November, 2014

Term 4 Week 7A

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

School life continues to be very busy at St Joseph's Catholic High School. With only a few weeks remaining there are a number of significant events to take place. These include:

- * Year 12 Formal - Friday 21st November
- * School Assembly- Annual Sports Awards Presentation - Monday 24th November
- * P&F Meeting - Monday 24 November
- * School Social - Wednesday 26 November
- * Canteen Volunteers Luncheon - Tuesday 2nd December
- * Vaccinations - Tuesday 2nd December
- * Giving Mass - Friday 5th December
- * Year 11 Awards Presentation Assembly - Thursday 11 December 9:30am
- * Years 9 & 10 Awards Presentation Assembly - Thursday 11 December 11:30am
- * Years 7 & 8 Awards Presentation Assembly - Friday 12th December 9:30am
- * Parent Teacher Interviews (by appointment) - Monday 15 December

Canteen Volunteers Luncheon - Canteen Closed

This is advanced notice that the canteen will be closed on Tuesday 2nd December while the canteen volunteers have their annual thank you luncheon.

Annual School Report—Parent Survey

Parents are invited to participate in the preparation of the 2014 Annual School Report by completing a short "on line" survey that will take only two or three minutes. Please click [here](#). The survey will close on Monday 24th November, 2014.

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.

Mr John Barrington
Principal



Caritas 50th Anniversary

On Tuesday this week, the Diocese of Wollongong celebrated the 50th Anniversary of Caritas

Australia with an uplifting Mass of Thanksgiving at St Francis Xavier Cathedral. The Mass was celebrated by Fr Ron Peters (Bishop Ingham was unwell) and was attended by representatives from Caritas, Diocesan schools and a number of agencies active within the Diocese.

St Joseph's was represented at the Mass by our School Captains, Talin Kennedy and Melanie Bletas and Mr Comensoli. Melanie and Talin were presented with a Certificate of Appreciation in recognition of the fantastic efforts of the school community each year for Project Compassion.

Mr David Comensoli, Religious Education Coordinator





**Pastoral Care
Mrs Schibeci**

Raising a family is hard work! What to say to your children at particular times, how to react to different issues that may arise, what to believe and what not to react to are just a few of the hardships parents face. This week's Michael Grose article is a helpful list of research backed suggestions for helping to raise resilient and sensible young people. Michael Grose suggests paying attention to birth order, being aware of your own mental health as a parent and ensuring that your family does have some fun time together. He also reinforces the importance of encouraging positive sibling relationships and as the positive psychology trend advises, role model the helping of others. This is a great article and very helpful. Please take the time to have a read!!
Mrs Megan Schibeci, Pastoral Care Coordinator



Vinnies Christmas Appeal is now in its last week. Please support this great appeal and make one final donation before the closing date-Thursday 27th November, 2014. This is a wonderful cause and has been greatly supported over the past couple of years so please, make a donation to help those in much more need than ourselves.
Mrs Jane Pitt



Last School Social for 2014-Wednesday 26th November

The last social for the year will be held on Wednesday 26th November and the theme will be "Merry Christmas". Cost is still \$6, 7pm-10pm. Come along dressed in your Christmas attire and have a fun night with your friends. Please try to have the correct money for entry to assist with change. Please take note of the follow rules for the evening:

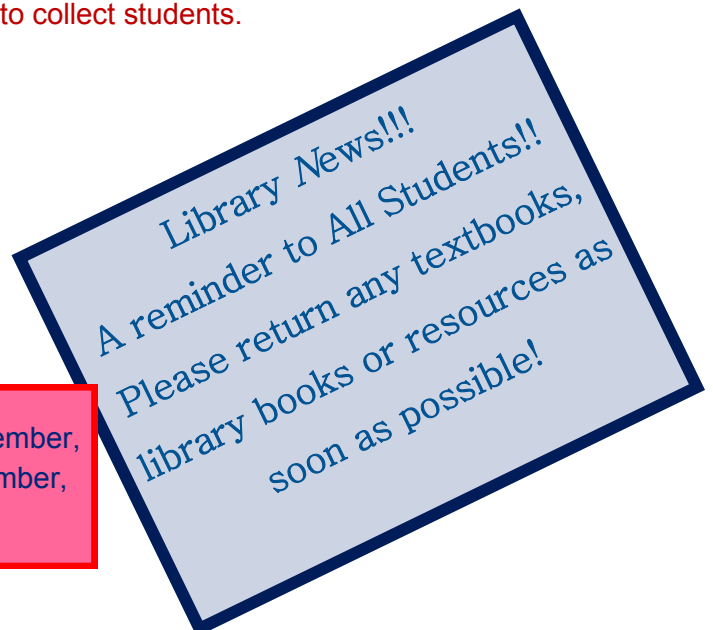
Same rules apply.

- * Parents are urged to bring and collect their children from the school hall or to arrange transport with other parents.
- * Students who are absent from school on the day of the social are NOT permitted to attend.
- * Students will be required to be at the hall no later than 7.10pm and may not leave until the end of the dance unless collected by a parent. Students who will be late because of prior commitments should inform Mrs Pitt well in advance by supplying a note. Late students who have not informed Mrs Pitt will not be admitted unless accompanied by a parent.
- * Only current students are permitted to attend.
- * Smoking is not permitted. Any student who is suspected of consuming alcohol or illegal drugs will be denied entry. Parents will be contacted and asked to collect students.

CHEMCLUB!!

Year 11 Chemistry students are invited to attend ChemClub-Monday afternoons 3:30-4:30pm to assist with exam techniques, skills in science and to consolidate chemistry concepts. Room 48!!

The Finance Office will be closed on Friday 28th November, 2014 and will close for the year on Friday 12th December, 2014.





The Duke of Ed

On the 13th and 14th November, 23 eager Year 10 students were up at 4:30am to set off on their Duke of Edinburgh's Award Bronze Qualifying Hike! We arrived at Ku-Ring-Gai National Park in North Sydney and set out on our 18km journey. Students had to carry all their equipment— tents, sleeping bags, cooking equipment, as well as 3-4 litres of water in their packs. It was a tough walk, with many uphill and steep climbs, these being even more difficult when temperatures reached 36 degrees on Friday.

The walk is the final component the students need to complete in order to attain their Bronze Award and all students have definitely earned the award!! The students supported and encouraged one another through the scorching weather and tough sections of the hike. They all displayed a positive attitude and were a credit to themselves, their parents and the school. Thank you to Miss Sharkey for all her hard work in organising the hike and a big thank you to Mr Hetherington and Mr Batten for accompanying the students.



Uniform Shop Reminder!!

Last day of trading will be
Thursday 27th November, 2014.

Re-open Thursday 22nd January and
Friday 23rd January, 2015
from 9am-3pm.

©St Joseph's Catholic High
School
Licensed
under Neals



Important Dates for your Diary

Fri 21st Nov-Year 12 Formal @UOW
Mon 24th Nov-Sport Award Assembly
Wed 26th Nov-School Social
Tue 2nd Dec-Volunteers Luncheon
Thurs 11 Dec-Final day for Year 11, 10 & 9
Fri 12th Dec-Final day for Year 8 & 7
Fri 19th Dec-Term 4 Ends

2015

Wed 28th Jan-Year 7 commence
Thursday 29th Jan-Years 8-12 commence



Accounting Professionals is an energetic, growth focused Chartered Accounting Firm located in Shellharbour City among some of the fastest growing commercial and retail businesses in the state. Due to continued and sustained growth they currently have positions available for two Trainee Accountants. These positions are open to candidates in the final year of secondary school or who have commenced or completed the first or second year of their undergraduate degree. The successful candidate will be committed, proactive, engaging, be able to work independently and also as part of a team and have the ability to work under pressure. This is an excellent opportunity to further advance your career and in return you will be offered an attractive salary package which includes ongoing professional development as well as in-house and external training and mentoring. Applications including a cover letter, resume and academic record should be forwarded by email to The Manager - recruitment@accpro.com.au.

Attention Indigenous Students - Traineeship at Waterfall

Seeking Aboriginal candidates interested in completing a 12 month Assistant in Nursing Traineeship at Garrawarra looking after high risk dementia patients. All applicants must have a drivers license and their own vehicle. Successful candidates will be paid at full rate of pay (ie not at trainee wage!). This is a great opportunity. All resumes must be referred before the close of business on Thursday 20th November, 2014. Please contact Michael or Liz from Yarn'n on 9319 4000.



UOW: Your ATAR Your Options

Friday 19th December at 3:30pm, Live on YouTube.

An opportunity to speak to University of Wollongong staff and have questions answered after ATARS have been received.

Click [here](#).

Automotive Apprenticeships

WPC Group is offering opportunities to commence working with one of Australia's leading automotive companies in its servicing department whilst completing a Certificate III in Automotive (Light Vehicles). Apply by sending your resume to recruitmentnsw@wpcgroup.org.au. Click [here](#) for further details.

Australian Catholic University: 2014 Year 10 and 11 Course Guide

A course guide is available for information that can help Year 10 and 11 students when they're choosing their final subjects at school. Click [here](#) to find out more!

Illawarra TAFE Choices Day

Saturday 6th December, 2014 9-1pm at Wollongong TAFE. Speak to staff about the courses that are available for 2015. Click [here](#) for further information.

MIGAS Apprenticeships

Click [here](#) for further information or see the flyer attached.

Sydney TAFE are hosting a range of short courses in Photography. They will run over the summer holidays. Places are limited so for further details call 02 9217 5431 or click [here](#).

University of Wollongong Discovery day

Year 11 students will soon receive their permission notes about next year's Discovery Day scheduled for 5th February, 2015. Students will also receive information about their online preferences for classes at this event. Stay tuned for further details.

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

Canteen Roster 2014

24th Nov	Antonella Adams, Nicole Norris, Patricia Zanatta, Helen Cheetham, Marina Chang, Mary Daly
25th Nov	Colleen Walsh, Rebecca Buchanan, Belinda Elliss
26th Nov	Kellie Mundt, Rachael Woolfe
27th Nov	Leisa Smith, Christine Brown
28th Nov	Jenny Quinn, Agnes Gibbons, Cathy Tagliaferro, Jaime Hart, Linda Doonar

Uniform Shop 2014

24th Nov	Joanne Glackin
27th Nov	Help Required



ST JOSEPH'S CATHOLIC HIGH SCHOOL

16 Macquarie St, Albion Park NSW 2527
PO Box 130, Albion Park NSW 2527
Tel: (02) 4230 8500
Fax: (02) 4256 5793
Email: info@sjchsdown.catholic.edu.au

20 November 2014

Dear Parent/Guardian

I am writing to advise you that our school currently has a student who is recovering from treatment for cancer. Currently she/he is actively involved in the school community.

As this student has a compromised immune system (which makes him/her more vulnerable to disease), it is important that you do not send your child to school if he/she is unwell. For example, if your child has an infectious disease (such as measles, chickenpox, shingles or diagnosed flu), he/she should stay at home until no longer contagious. For more information about how long an illness is contagious, contact your GP or visit the NSW health website at www.health.nsw.gov.au.

I would also appreciate it if you would notify me if your child has an infectious disease. This will allow me to assess the potential risk of the disease and if necessary, to notify the student's parents and medical team.

We appreciate your cooperation. Please do not hesitate to contact the office if you have any questions.

Yours sincerely,

John Barrington
Principal

CELEBRATING 50 YEARS
OF LOVE AND COMPASSION

Certificate of Appreciation

PRESENTED TO:

*St. Joseph's Catholic High
School - Albion Park*

**CARITAS AUSTRALIA RECOGNISES YOUR COMMITMENT TO STAND IN SOLIDARITY
WITH THE WOMEN, CHILDREN AND MEN MOST VULNERABLE TO POVERTY AND
INJUSTICE, HELPING TO TRANSFORM LIVES IN MORE THAN 120 COUNTRIES**

"Truly I tell you, just as you did it to one of the least of the members of my family,
you did it to me." Matthew 25.35

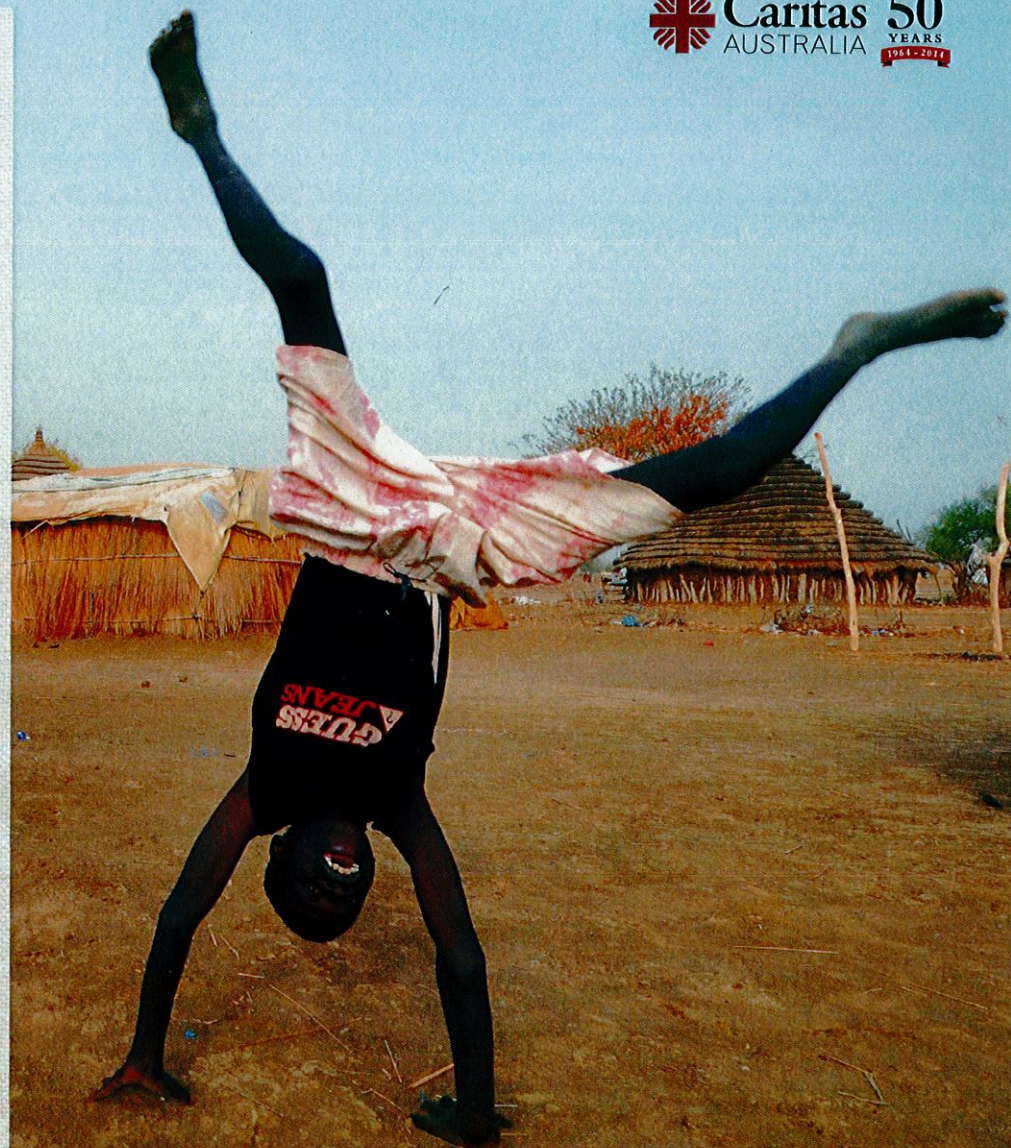
+ *Philip Wilson* *Paul O Callaghan* *Diocesan Director*

Archbishop Philip Wilson
Chairperson Caritas Australia

Paul O Callaghan
CEO Caritas Australia

Diocesan Director

 **Caritas** 50
AUSTRALIA YEARS
1964-2014



END POVERTY. PROMOTE JUSTICE. UPHOLD DIGNITY.

1800 024 413 www.caritas.org.au

The Catholic Agency for International Aid and Development



Log onto www.migas.com.au

Making a difference



KICK START YOUR CAREER

CURRENT MIGAS VACANCIES

Apprenticeships

- Certificate III in Production Nursery (Horticultural Apprenticeship) at Glenorie - 1st Year
- Certificate III in Auto-Motive Body Repair Technology (Heavy Vehicle Body Builder) at Girraween - 3rd or 4th Year
- Certificate III in Stonemasonry (Monumental/Installation) Apprenticeship at Beard (ACT) - 1st Year
- Certificate III in Retail Nursery (Horticultural Apprenticeship) at Terrey Hills - 1st Year
- Certificate III in Retail Nursery (Horticultural Apprenticeship) at Taren Point - 1st Year
- Roof Plumbing (Roof Plumbing Apprenticeship) at Schofields - 1st or 2nd Year
- Certificate III in Production Nursery (Horticultural Apprenticeship) at Dural - 1st or 2nd Year
- Certificate III in Roof Plumbing (Roof Plumbing Apprenticeship) at Newport Beach - 1st or 2nd Year
- Certificate III in Automotive Body Repair Technology (Heavy Vehicle Body Building) at Girraween - 1st Year
- Certificate III in Engineering (Mechanical Apprenticeship) at Girraween - 1st Year
- Certificate III in Engineering (Fabrication Trade) at Riverstone - 2nd Year
- Certificate III in Engineering (Fabrication Trade) at Silverwater - 1st or 2nd Year
- Certificate III in Electrotechnology (Electrical Apprenticeship) at Seven Hills - 2nd or 3rd Year
- Certificate III in Painting & Decorating (Apprentice Painter) at Greenacre - 1st or 2nd Year

Traineeships

- Certificate III in Warehousing Operations (Warehousing Traineeship) at Hornsby
- Certificate III in Customer Contact (Customer Service/Sales Consultant Traineeship) at Arndell Park
- Certificate III in Warehousing Operations (Warehousing Traineeship) at Hornsby
- Certificate III in Process Manufacturing (Process Worker Traineeship) at Arndell Park
- Certificate III in Business Administration (Salesperson Traineeship) at Parramatta

For full details of each vacancy and to apply please visit www.migas.com.au

Be the next generation of qualified trades people.

Log onto www.migas.com.au



1300 4 MIGAS

1 3 0 0 4 6 4 4 2 7

Call for your nearest branch

www.migas.com.au

MIGAS

APPRENTICES & TRAINEES

Parenting *ideas*

INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

10 research-backed tips for raising happy kids



I have just returned from a research trip to the Yale Center for Emotional Intelligence near New York. The Yale Center is home of the **RULER Program**, the world's best emotional intelligence program for children and families. I visited the Center in preparation for the introduction of the **RULER Program** tools to all Parentingideas Club members. We'll be doing that soon – and I can't wait!

The thing that I love about the **RULER Program** is that it's totally evidence-based. Its effectiveness is backed by mountains of scientific evidence, so credibility is assured. But that's all I can tell you about the program now – you'll just have to wait.

In the meantime, there are plenty of other evidence-based tips for parenting that I can share with you. Here are 10 research-backed tips for raising what most parents want: happy, successful kids.

1 Birth order matters

Birth order is something parents need to work with. If you disregard the birth order of your children you are overlooking a vital piece of your parenting puzzle. For instance, research has shown that eldest children tend to experience greater mental health problems, particularly anxiety, than children in any other birth position. Happiness can be elusive for this group so they require a parenting style that is cognisant of their drivers, and that releases pressure rather than placing extra pressure on them.

2 Positive peers matter

Your child's friends impact heavily on their wellbeing and frame of mind. When peer relationships are smooth, children seem to be happier, more content and even learn better. Recent research I was involved in demonstrated that the wellbeing of teenage girls is highly influenced by their peer groups. A positive peer group usually equated with high life satisfaction regardless of what other factors were at play.

3 Parent mental health matters

If you want happy kids then you need to get yourself happy. Parent anxiety and depression is linked to behavioural problems in kids; it also makes our parenting less effective.

4 Sibling relationships matter

Research shows that over the long haul healthy relationships makes kids happier. But how do you go about teaching kids to get on? Start by encouraging children to build small acts of kindness, which builds

empathy. Help them mend relationships that have broken down. Start this with siblings first. With only-children, make sure you build these skills through plenty of interactions with peers.

5 Developmental matching matters

A number of studies have shown that much of what is considered 'poor parenting' has more to do with poor developmental matching. Put simply, parents who raise an eleven-year-old like they did their eight-year-old may find that conflict and resistance become their constant companions, and unhappiness accompanies their child.

6 Good parenting matters

Permissive, laissez faire, autocratic or authoritative parenting? These are parenting styles most parents use at some point.

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.





Building parent-school partnerships

... The right time to start a relationship ...

If you want your child to be happy and succeed over the long term, then extensive British research shows the way. The links between authoritative parenting (a mixture of firmness, warmth and family participation) and children's happiness and wellbeing are well drawn.

7 Family dinners matter

Yes, you've got to eat. But you need to eat together. Significant research links family strength and children's wellbeing with regular family mealtimes. Importantly, there is a high correlation between teenagers who eat with their family at least five times a week and good mental health.

8 Fun matters

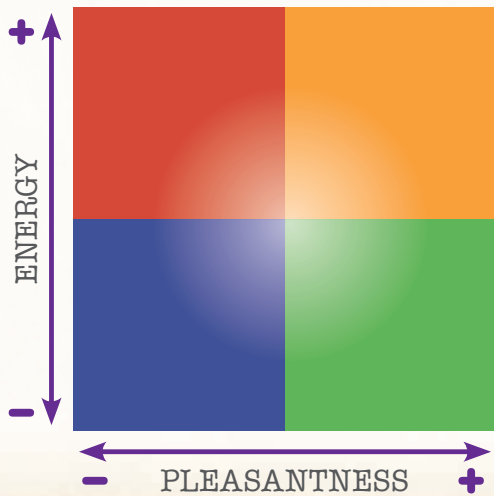
Many kids get too little unstructured time these days. Play that is not initiated by adults is more than just mucking around: kids learn and grow through such play. Researchers believe that the dramatic drop in unstructured play time is in part responsible for slowing kids' cognitive and emotional development. Unstructured play helps children learn how to work in groups, to share, negotiate, resolve conflicts, regulate their emotions and behaviour, and speak up for themselves.

9 Helping others matters

The Positive Psychology movement know what they are talking about when they put volunteering at the forefront of an individual's wellbeing. Helping others makes you happy over the long term. The same applies with kids. Just don't let their grumpiness put you off when you expect them to help.

10 Emotional intelligence matters

Emotional intelligence is a skill, not an inborn trait. Believing that your kids will just naturally come to understand their emotions (let alone those of others) doesn't set them up for success or happiness. Kids learn best when they have concrete tools to assist their learning, whether learning to read (books come in handy), playing sport (a ball and some goalposts helps) or learning to dance (some suitable music helps). The wonderful tools in the RULER Program toolkit make learning emotional intelligence accessible for kids.



So let's recap - to raise happy, successful kids:

- 1 Birth order matters
- 2 Positive peers matter
- 3 Parent mental health matters
- 4 Sibling relationships matter
- 5 Developmental matching matters
- 6 Good parenting matters
- 7 Family dinners matter
- 8 Fun matters
- 9 Helping others matters
- 10 Emotional intelligence matters

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.

