

ST JOSEPH'S CATHOLIC HIGH SCHOOL

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Date: 21st May, 2015

Term 2 Week 5A

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

Pentecost Sunday 24 May

Pentecost is often called "*the birthday of the Church*". On this day, with the descent of the Holy Spirit, Christ's mission is completed, and the New Covenant is inaugurated. It's interesting to note that St Peter, the first Pope, was already the leader and spokesman for the Apostles on Pentecost Sunday.

In years past, Pentecost was celebrated with greater solemnity than it is today. In fact, the entire period between Easter and Pentecost Sunday was known as Pentecost (and it still is called Pentecost in the Eastern churches, both Catholic and Orthodox). During those 50 days, both fasting and kneeling were strictly forbidden, because this period was supposed to give us a foretaste of the life of Heaven. We pray....



Come Holy Spirit,

Fill the hearts of your faithful

and kindle in them the fire of your love.

Send forth your Spirit and they shall be created.

And You shall renew the face of the earth.

Amen.

Leadership Team Professional Development

Next Monday and Tuesday the school leadership team comprising of Mrs Bell, Mr Comensoli, Mrs Schibeci, Mr Hughes, Mrs Fraser and myself will be attending a professional development activity. During our absence please direct any concerns or enquires to Mr Shanahan, Mr Armstrong or Mr Lowe.

Mr John Barrington,
Principal



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Pastoral Care
Mrs Schibeci


There is such a thing as “emotionally intelligent” parenting. Michael Grose explores this in this week’s article. Grose suggests that emotionally intelligent parents “don’t dismiss children’s behaviour, and allow them to do as they please”. Grose goes on to explain that if a child is rude and naughty in public, that the parent deal with it, but, sometimes emotionally intelligent parents learn there are times when they have to look beyond the behaviour to work out what’s really going on. Grose highlights 5 strategies for emotionally intelligent parenting, including focussing on the present and developing a language around feelings. This article is well worth the read!

Vinnie’s Winter Appeal

As the months grow colder and the cost of living continues to escalate, we see many families who are struggling to buy food, pay the bills and simply make ends meet. This term, we are focusing on contributing to the Saint Vinnie’s Winter Appeal. The Saint Vincent de Paul Society makes a real difference in the lives of 1 out of 18 people in Australia. Each student is encouraged to bring in at least one can of soup to help those less fortunate. Unfortunately, there has only been a small amount of soup donations so far. The cans will be displayed in a pyramid in the library. Let’s see how big we can make the pyramid. *Miss Senitta Hurley*



The Power to change a life is within us all...




Year 8 and 10 Students

Students who have not returned the copy of ‘Blueback’ or ‘The Hunger Games’ issued to them during the Year 7 and 9 English course in 2014, are asked to do so this week. The current Year 7 and 9 students will need these texts soon.

2015 Australian Catholics Young Journalist Award

Write a story about someone inspiring in your community for the chance to win this award. Students in Years 7-9 are eligible to enter. Entries close 29th May, 2015.

Spring Poetry Festival

Students and teachers are invited to submit poems to this year’s Spring Poetry Festival. A selection of the best entries will be published in the ‘Spring Poetry Edition of Opinion’. Entries close 7th August, 2015.

Book Week 2015

Don’t forget our Book Week competition for this year’s theme ‘Books Light Up our World’. There are two areas, visual and written. Entries close Friday 14th August.

Please see staff in the English Faculty or visit the school library for further details regarding the above competitions!



St Mary’s Op Shop Ball

Our students combined with three other local Catholic schools at the annual Op Shop Ball which was held last Friday evening. A great night was had by all and our 50 students were great ambassadors for our school. Many thanks to teachers who supervised the night until 10pm. *Mr Brown, Miss Madaschi, Miss Muniz and Miss Povoska.*

Year Meeting

This week we focused on keeping the *main thing the main thing!* Students were challenged to manage their time, relax, stop being overwhelmed and take time to do their best at everything they do without losing sight of the big picture.

Any parent with any concerns about their Year 12 child is encouraged to contact me and discuss any concerns.

Mrs Sue Kennedy, Year 12 Coordinator





Congratulations to *Sam Giles* who has been selected to attend the NSW Basketball Talented Athletes Camp at the Sydney Academy of Sport from the 25th to 27th May.

Further congratulations are extended to *Hayley Seeney* in Year 10 who came 4th in the 100m Freestyle at the NSW All Schools Swimming Championships at Homebush on Monday. This is a fabulous effort considering *Hayley* was recovering from illness.

School Sport Expectations

Students are reminded that they are ambassadors for St Joseph's in the wider community when they participate in sport on Friday afternoon. Members of the local community form

opinions about our school and the school establishes a reputation by the way students conduct themselves in the community. Whilst travelling on buses, it is a safety requirement to remain seated and avoid distracting the driver. Students are to show respect at all times to staff members, instructors, fellow students and the equipment at each venue. Sport is a time where students must display active participation in all sports and are encouraged to use the time to develop their skills and fitness. If students are injured, they are required to provide a note to the supervising teacher and assist at their normal sport venue as an official or spectator. Misbehaviour and/or disrespect will not be tolerated and students can expect an isolation or suspension from sport as a consequence for inappropriate behaviour. Students are not permitted to walk home from venues in the afternoon unless prior arrangements have been made with Mr Barrington. Parents and caregivers are the only people permitted to pick up their own child from the venues at the conclusion of sport. St Joseph's offers a wonderful sport program for students which aims to promote a range of opportunities for students to be physically active and develop a lifelong love of sport.



- ◆ *Simiki Lufe and Brody Ford* (Year 12) who are trialling for the NSWCCC Rugby Union Team.
- ◆ *Izak Parkes and Sione Lufe* (Year 9) who are representing the Wollongong Diocese in the Rugby League in Wagga Wagga on 22nd and 23rd May.
- ◆ *Nathan Wilson* (Year 12) and *Kaelah Austin* (Year 10) who are competing in the NSWCCC Football Championships in Blacktown on the 25th and 26th May.

- ◆ St Joseph's Rugby 7's Gala Day at Kiama Showground on 21st May.

Mrs Michele Garbutt and Mrs Jodie Linsley
Sports Coordinators

Remember—"Too much sport is never enough"



School Athletics Carnival

A reminder that the school Athletics Carnival will take place on Tuesday 2nd June at Croome Road Complex. Students are asked to register their mode of transport to the venue, on the Google Doc sent to them via email from Mr Hetherington, as soon as possible.

Please remember to return your signed permission note to attend the day.

No note - no attending the carnival!

Mr Stephen Armstrong, PDHPE Coordinator

Sport Calendar Term 2 2015
 21st May - 7-A-Side Rugby Union Gala Day
 25th May - NSWCC Basketball Selections
 25-27th May - NSWCCC Football Selections
 28th May - Rugby Union Waratah Cup
 2nd June - School Athletics Carnival

******* Important Dates for your Diary *******
 29 May - P&F Trivia Night
 1 June - Year 11 2016 Subject Selection Information Evening
 2 June - School Athletics Carnival
 8 June - Queens Birthday
 16 June - School Photos
 18 June - Year 7 Vaccinations
 24 June - School Musical Opening Night
 26 June - School Musical Final day Term 2
 27 June - School Musical Final Night

P&F Trivia Night
Friday 29th May ~ 7-10pm
\$10 per head
Tickets available from the school office!!



HSC in the Holidays: HSC Trial Preparation Exams

Monday 29th June until Friday 10th July at various Universities. Click [here](#) to find out more!

Bentleys Cadetship 2016

Applications are now open!

Bentley's is a consultancy which provides advice and services for business. Bentley's is looking for people who are passionate and committed to achieving a rewarding career. Click [here](#) for further details.

Bluescope Cadet Program 2016

Cadetships are available to students who will complete Year 12 this year or who have recently completed Year 12 and will be studying at the University of Wollongong in 2016. Click [here](#) for details.

Logo Program

The Logos Program is a University Developed Board Endorsed Course, counting as a 2 unit Preliminary Course towards a student's HSC pattern of study. Students who successfully complete the 2 unit course will have the Logos Program appear on their HSC Record of Achievement. Results from the program do not contribute to the calculation of the ATAR, however, students who successfully complete the 2 unit program will be eligible to apply for Advanced Standing for two of the Core Curriculum units in any undergraduate degree offered by the University of Notre Dame Australia. Click [here](#) for more details.

Sydney University Scholarships Information Evening

Tuesday 16 June, 6-7:45pm. The evening is hosted by the Scholarships Office and will share insider hints and tips on completing the Sydney Scholars application. Click [here](#).

Engineering and Science Student / Parent Information Night

The UNSW Faculties of Engineering and Science invite Year 11 and 12 students and their parents to attend an information evening on 11 June. 5:30pm. Click [here](#) for details.

College of Event Management Winter Intake

Enrolling now for July intake. Click [here](#).

Journalism / PR Career Taster Days at Macleay College

If you love social media, are curious and great with words then consider a Taster Day in the July school holidays. Click [here](#) for details.

University Experience - ACU Canberra

A free program offering students a taste of life at ACU. Click [here](#) for details.

Get Set Program

The ANU College of Engineering and Computer Science is running its most popular event again this year. Click [here](#) for details.

Fashionmasters - Master your Potential - Open Day Click [here](#) for details.

University Experience - Australian Catholic University

Get a taste of life at ACU. Register online. Click [here](#) for details.

Whitehouse Institute of Design Open House

Friday 19th and Saturday 20th June. For bookings and information email enquiry@whitehouse-design.edu.au.

University of Sydney - Bachelor of Science and Doctor of Dental Medicine - Click [here](#) for details.

University of Sydney - New Career Ready Program for Arts and Social Sciences - Click [here](#) for details.

University of Newcastle - Mid-Year Information Session - Click [here](#) for details.

ACU Aboriginal & Torres Strait Islander Special Entry Scheme - Click [here](#) for details.

CSU Diploma of General Studies Pathway Option

Students who don't meet the entry requirements or require further preparation for university can undertake this diploma. Click [here](#) for further details.

Au Pair in America Scholarship

A fully paid scholarship awarded to one individual each year. Experience cultural exchange and gain valuable personal and professional experience. Click [here](#) for details.

Big Day In @ University of Canberra - Thursday 11 June. Click [here](#) for details.

ACU Elite Athlete Program

This program is designed to support future and current students who have maintained a record of excellence in sporting performance throughout their studies and wish to pursue a sporting career alongside an academic one. Click [here](#) for further information.

Resources for Students - FREE

Discover your career opportunities in construction and property services. Click [here](#) for details.

Careers Room, Room 54, open every Lunch 2. Come visit, get motivated and be inspired!

*Mrs Sue Kennedy,
Careers Advisor*



Year 11 Work Experience

Year 11 students are asked to finalise their Work Experience and submit their forms to Mrs Kennedy no later than 26 June. This is only 5 weeks from now!! If you need help please see me immediately! WORK EXPERIENCE DATES ARE 12-16 OCTOBER.

Mrs Kennedy, Careers Advisor

Important Dates for your Diary:

26th June - Applications for Work Experience close for Year 11

1st July - BlueScope Cadetships for 2016 posted on their website

3rd August - UOW Early Admission Opens

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

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

Uniform Shop Helper

25th May

Vanessa Henson

St Mary Star of the Sea College Bi-Annual Film Festival

You are cordially invited to **Icepix!** So, what is Icepix? Icepix is St Mary's bi-annual film festival which features films of all genres, created and starred in by the girls at St Marys College in Wollongong. This year the theme of the night is 'Masks' and so the night will be a masquerade ball! A chance to dress in your loveliest clothes, don a mask to rival Carnevale, watch some great short films and performances from the Drama and Dance departments, all while eating delicious movie night food! The event will be held on 22nd May in the SGN Hall at St Marys from 6-9pm. Tickets are \$5 each or 4 for \$15 and can be purchased on the night. All welcome.

*"IT'S TOO HARD" IS NEVER A VALID EXCUSE!
WORK HARD, KEEP A POSITIVE ATTITUDE AND
YOU CAN ACCOMPLISH ANYTHING!*

Canteen Roster 2015

25th May	Janelle Johnston, Kim Power, Vaska Kitanovski, Sharni Barton
26th May	Colleen Walsh, Dianne Meharg
27th May	Karran McIlvain, Angela Walker, Joanne Wallace, Jan Collins
28th May	Sandy O'Connor, Lee-Ann Ginsburg, Karen Ladlow
29th May	Jenny Quinn, Agnes Gibbons, Jaime Hart, Linda Doonar

EXCURSIONS		
Excursion Name	Date	Payment/ Permission Note Closing Date
7 A Side Rugby Union Gala Day	21 May	CLOSED
1st XV Rugby Union Waratah Cup	28 May	CLOSED
<p>NO LATE PAYMENTS WILL BE ACCEPTED. PLEASE DO NOT PLACE INTO THE BOX AFTER CLOSING DATE - REMINDER THAT ALL PERMISSION NOTES ARE ON THE SCHOOL WEBSITE.</p>		



ITALIAN WEEK
23 MAY – 2 JUNE
“LA SETTIMANA ITALIANA 2015”
SPOTLIGHT ON ITALY
Draft: 13 May 2015

Sunday 17 May
10.00am - 4.00pm

Castagne Day at the Fraternity Club

Market & International Food Stalls
Live Entertainment & Demonstrations
Traditional Roasting of the Chestnuts
Plus all your favourite carnival rides for the kids
Pre Purchased Day Pass - \$20, On the Day Pass - \$25,
Single Ride Tickets - \$5
Fraternity Bowling and Recreation Club
11 Bourke Street, Fairy Meadow
For tickets telephone 4283 3333 – www.fraternityclub.com.au



Saturday 23 May
2.00pm - 4.00pm
Launch of Italian Week
“Spotlight on Italy”
Organised by I.A.T.I.
Centro CBD – 28 Stewart Street, Wollongong

“Pietro Tedeschi Award” Poster Competition

Poster Competition Finalists:

Theme “Spotlight on Italy” – stained glass windows

Display of posters by students of the Illawarra,
in the Foyer of the

Wollongong City Library

Burelli Street, Wollongong

26 May – 3 June



Sunday 24 May
8.30am

Italian Mass

Sacred Heart Chapel
28 Stewart Street, Wollongong

Wednesday 27 May
11.30am

Organised by I.A.T.I. inc for students studying Italian in local primary schools.
Fraternity Bowling and Recreation Club
11 Bourke Street, Fairy Meadow.

Primary School Luncheon



Wednesday 27 May
8 pm



Italian Folka Danza

Organised by the Wongawilli Colonial Dance Club
Wongawilli Community Hall
West Dapto Road, Wongawilli
Enjoy some Italian dances and some Australian dances with Italian music.
Cost: \$3 for adults, children free - includes light Italian flavoured supper
For more information or bookings telephone 0409571788

Saturday 30 May
9.30am – 4 pm

Italian Day – Tutti in Piazza **Wollongong Crown Street Mall, Wollongong.**

The Mall is transformed into an **Italian Piazza** with delicious foods on sale, music and many displays.

Come and enjoy entertainment by local students and artists.

Organised by I.A.T.I. Inc.

Supported by Italian and Italo-Australian Associations, local groups and Destination Wollongong.

All Welcome



Sunday 31 May

10.00am

Italian Mass

Organised by the Italian Catholic Federation
Co – Cathedral, St John Vianney's
Princes Highway, Fairy Meadow.

1.00pm - 4.00pm



Celebrating Italian Culture

Organised by the Wollongong Art Gallery
Live music by David De Santi and Zumpa.
“*Che Cosa!*” floor talk with curator David Capra.
Announcement of the winner of the Friends Torino Galetta
Retro Scooter Raffle.
Antipasti and refreshments provided. All Welcome

Monday 1 June

9.30am - 2.30pm

Italian Day

Organised by the Country Womens' Association
Activities, Italian lunch and entertainment
Cost \$20
For further details telephone 4256 2142 RSVP by 25 May

Tuesday 2 June

7.00pm



Trivia Night

Organised by I.A.T.I. Inc and supported by The Fraternity Bowling
and Recreation Club
Cost: \$10 per person. Tables of 6-8 people.
Baci Bar
Fraternity Bowling and Recreation Club
11 Bourke Street, Fairy Meadow.
Tickets available by telephoning IATI on 4225 1144

Wednesday 3 June

10.30am

Pizza, Ciambelle e Tombola

Organised by It. So. Wel. Ladies Committee
It. So. Wel. Hall
21 Stewart Street, Wollongong



**For further information please telephone
the I.A.T.I. Office on 4225 1144 or 0407 932 316
or email: iati@speedlink.com
www.teachersofitalianillawarra.com**

3 or 4 days of **Science Activities** for students in years 9 & 10

THE CONOCO PHILLIPS SCIENCE EXPERIENCE



Enjoy 3 or 4 days in which you will be introduced to some of the wonders of science and technology.

Hear leaders in science, technology and engineering.

Perform interesting experiments in a university laboratory.

Learn about careers in science and technology.

Located at 35 campuses nationally.

Cost is \$120 (inc GST) for 3 days and \$160 for 4 days.

Programs are non-selective.

Sponsorship may be available through Rotary or the National Office.

Further information and application forms are available from The ConocoPhillips Science Experience website:

www.scienceexperience.com.au

Early application is advised as we have only limited places available in all programs

The ConocoPhillips Science Experience

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www.scienceexperience.com.au

follow us on



Parenting *ideas*

INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

What it means to be an emotionally intelligent parent



Ten year-old Elle liked to be active, but one weekend things got out of control. A jazz ballet concert, a game of netball, and a family visit to her cousin's house meant no time to herself.

And she let her parents know it with constant moaning, as well as a tantrum or two.

Her father held his tongue for most of the weekend, but couldn't help but give her some fatherly advice on Sunday night. "You've spent the whole weekend moaning about how busy you are. Maybe you need to drop one of your activities, if they are stressing you out so much!"

A tantrum followed...from Elle.

Elle's mum took a different tack. She had a hunch that something was bothering her daughter. "You sound like something is bothering you big-time. What's up?"

"I've got to give a talk at school on Monday in front of the whole school and I haven't time to prepare. It'll be awful and everyone will laugh."

Her mum replied, "You sound like you might be pretty nervous. That makes sense. Giving a talk in front others can be nerve-racking."

Elle dropped her shoulders, smiled and said, "You bet!" She was relieved because

her mum understood how she felt. In fact, her mum had unlocked the problem for her and reflected back how she felt.

Elle's dad focused on her behaviour and responded in kind (with well-meaning advice about her future behaviour), while her mother focused on the feelings that acted as a possible driver to her daughter's behaviour. She took an emotionally smart approach, which turned out to be the right one in this circumstance.

Emotionally intelligent parents don't dismiss children's behaviour and allow kids to do as they please. There are times that we need to focus on a child's behaviour. A child who is rude in public should be reminded in no uncertain terms that poor manners are inappropriate.

However, there are times when smart parents need to look beyond the obvious behaviours to get a good understanding of what's happening to their child, and to help a child better understand and manage their emotions.

So what does an emotionally intelligent parent look like? And importantly what is the impact on kids, parents and families of this approach?

Emotionally intelligent parents have the following five attributes in common.

They will usually:

1 Listen more and judge less

There is nothing better than being understood. Parents who operate from an emotionally-smart mindset are more likely to listen to their kids when emotions are high, trying to access what may be going on, rather than clamping down their behaviour or closing them down with well-meaning advice.

IMPACT: Better, more open relationships.

2 Accept strong emotions

Anyone who lives with teenagers will know that emotions can run very high. They can say the worst possible things to each other and, at times, to you. Ten minutes after delivering a hateful tirade they can be cuddling up to the person who was the butt of their anger, frustration or anxiety. Emotionally intelligent parents know that feelings need to be expressed rather than bottled up, and allowed to fester. They also believe there is nothing so bad that a child can't give voice to in a family, however there are behaviours that are not unacceptable.

IMPACT: A healthy expression of emotions.

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.





... What it means to be an emotionally intelligent parent ...

3 Focus on the present

Most parents are rightfully future-focused. We focus on the homework that needs to be handed in tomorrow; the washing that needs to be done; the meal that needs to be cooked. That's part of everyday life. Children generally focus on the here and now. That of course can be frustrating to a task-oriented future-focused mother or father. However when we lower our gaze we are more likely to pick up how kids are feeling, and importantly help them understand and manage their moods and emotions.

IMPACT: Happier families and less stress felt at home.

4 Use rules rather than their moods to determine discipline

Some parents discipline according to their moods. If they feel good then they give children plenty of lenience. If they are feel bad then they pick their kids up on every little thing. It's better to stick to the family and house rules; that makes you more predictable, which kids really crave.

IMPACT: More consistent parenting

5 Develop a language around feelings

A family develops a vocabulary around the things that are important to them. Kids in a sport mad family will inevitably have a rich vocabulary around their chosen sport. The same holds for emotional intelligence. Families that truly value building emotional smarts will develop in kids a rich palette of words that will help them describe how they feel. This vocabulary will inevitably stay with them for life.

IMPACT: Better relationships later in life at work and in their own families.

At a time when anger and anxiety has never been so high in families, there is a massive need for a parenting approach that includes emotional intelligence. Many parents struggle in the area of helping children understand and manage their emotions because we've never had any training in it. We didn't learn it from our parents, and more than likely haven't learned it at work. Emotional intelligent parenting can be learned. At Parentingideas emotional intelligence is central to the work we do with parents. We know first hand that kids who have parents versed in Emotional Intelligence are more likely to raise kids with the skills to be **happier**, enjoy **better relationships** and experience **more success** at school.



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.

