

# ST JOSEPH'S CATHOLIC HIGH SCHOOL

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Date: 21st August, 2014

Term 3 Week 5A

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

I recently came across this thought provoking passage titled "Becoming a Disciple". It offers simple and practical advice for us to adopt even in our modern and busy lives.

## Becoming a Disciple

*"Becoming a disciple doesn't usually involve leaving one's occupation; for most of us, the call is to make a difference within the familiar circles of family, friends, work and faith community.*

*However secular our lives may seem, there are always opportunities to reach out to others in love, for the sake of Christ. Without even mentioning God or Religion, we can evangelise others by the way we treat them-through warm hospitality, attentive listening, simple acts of kindness.*

*Fascinated, those we encounter may begin to question the source of our love; they, too, may start treating others with greater consideration. In turn, these people may also become more loving.*

*And so the catch grows large and the nets expand....."*

Elizabeth-Anne Stewart.

Source: Living Faith, Jan-March, 2009, Feb 8.

Mr John Barrington

Principal



## Relay for Life 2014

Join the fight against Cancer and walk in the St Joseph's Relay For Life Team. Relay is an opportunity to raise important funds for the Cancer Council whilst remembering loved ones who have passed away from cancer. Walk by showing your support for people who have cancer and celebrate survivorship.

**When:** 20th and 21st September (Walk for an hour during this time)

**Where:** Kerryn McCann Athletics Centre Beaton Park, Wollongong.

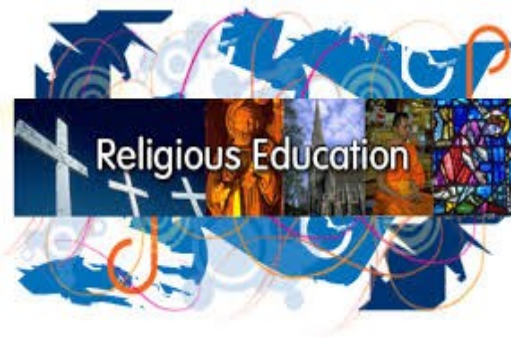
**How to Register:** Go to the St Joey's Team Page

[http://fundraising.cancer.org.au/site/TR/RelayforLife/CCNSW?team\\_id+7763&pg+team&fr\\_id=1842](http://fundraising.cancer.org.au/site/TR/RelayforLife/CCNSW?team_id+7763&pg+team&fr_id=1842)

Donations and messages of support can also be made at the above link. For more information, please contact Michelle Garbutt via the school office or email [michelle.garbutt@dow.catholic.edu.au](mailto:michelle.garbutt@dow.catholic.edu.au).

Mrs Michelle Garbutt.





## Year 7 Religion This Week!!

This week in Religious Education, Year 7 have been working through their latest topic 'God and People in Creation' and their assessment task on the 'Old Testament'. To use some of their technology skills, the students are making a Fakebook (see classtools.com) on an Old Testament character of their choice. Most students are enjoying writing interesting updates from characters such as Noah- "Hurry sons and help me build this ark before the flood comes!"

It is a great form of presentation which finalises a lot of our class work on the Old Testament. Further, it is both entertaining and relevant for the students and their communication with one another. The Year 7 Team can't wait to see what they all come up with.

*Emma Webster, 7.3 Religion Teacher*



## St Joseph's Choir

St Joseph's School Choir and Corpus Christi School Choir sang together at the Diocesan Mass for the feast day of Mary MacKillop on Friday 8th August. The celebration was held at St Paul's, Albion Park. Bishop Peter Ingham led the celebration while parish members from the Wollongong Diocese, the Catholic Women's League and students from St Paul's Primary School attended. The two choirs have been working together on developing new repertoire for Masses and enjoyed coming together for this special feast day.

## Important Information regarding Year 11 Exams

Year 11 Exams will commence on Wednesday 10th September (Week 9) and continue until the end of the term. The exam timetable will be distributed to students early Week 7. Students in Year 11 are required to attend school as normal on Monday 8th and Tuesday 9th September. When exams commence on the Wednesday 10th, Year 11 students are only required to attend school when they have scheduled exams.

## MUNDY!!

A reminder to senior students that Mundy runs every Monday in the Library till 4:30pm. In the final weeks of school for Year 12, this is the time to put in some extra effort with your study. There is always a Maths and English teacher available for Mundy and other teachers are available from time to time. Year 12, you are so close to the end of your schooling. Please make a strong effort to complete school doing and being the best that you can be.

*Mrs Helen Sara, Year 12 Coordinator*

## From the Finance Office

### Payments for Excursions Online

All payments that are made for excursions online must have the confirmation slip or confirmation number recorded on the permission slip and forwarded to the finance office. Without this information the payment cannot be processed! Even though the payment has been made online, the school still requires a signed permission slip for the student to attend the excursion. Please ensure that the permission slip is returned to the office for all excursions/events.

### School Fees

If you are paying by three instalments, the last instalment of school fees is due on Friday 5th September, 2014.



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Pastoral Care  
Mrs Schibeci

This week's Michael Grose article is all about discipline. Stating the obvious, discipline is just so very important for our students. What I have noticed over the years is that parents seem to be in this difficult nowhere man's land of understanding the importance of discipline, but not willing to tackle it themselves or being upset when the school has to issue discipline. I think that over the years, our minds have been muddled by advice that says we need to be our child's best friend and we need to be their first support. That is true, but not to the point where we fight it or refer the discipline of our

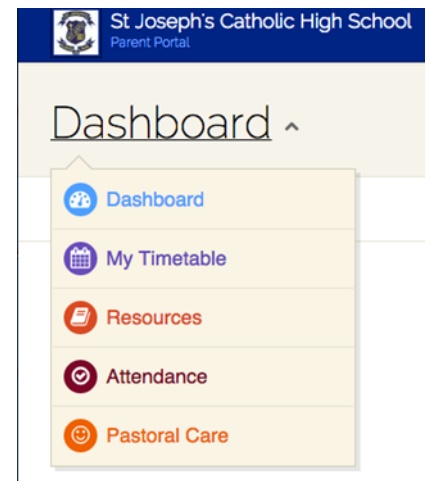
children to other areas of their life, like preschool or high school. Examples of this that I have come across are: "my child won't get out of bed in the morning, can you issue a punishment at school" or, "my child is always on the computer at home, can you speak to them"!! The one thing that goes hand in hand with discipline is consistency. Children will play parents off against each other-their kids, they'll try anything, so being "on the same page" is vital. Please read the article attached to today's newsletter-it's worth reading.

### Student and Parent Portal-RELEASE!!



We are pleased to inform parents that from Week 7 (25th August, 2014) students will be able to log into their Student Portal and parents will be able to register and log into our new St Joseph's Catholic High School Parent Portal. The portal will provide parents and students with a new level of customised access to school information for every family in our St Joseph's community. The features to be initially released for the Parent Portal will include:

- ◆ **Dashboard** for access to Student/Family Access Key to register, your child's timetable for the current day, the current School Newsletter and recently posted school notices.
- ◆ **My Timetable** to see your child's timetable and teachers for the fortnight cycle.
- ◆ **Resources** access to other school documents and archived Newsletters.
- ◆ **Attendance** to view an overview of your child's attendance record, including late arrival and early leave, explained, unexplained and exempt (excursions, sporting events organised by the school) and absences.
- ◆ **Pastoral Care** tallies of merits and demerits received by your child for each term.
- ◆ **School Interviews** online bookings for Parent Teacher Interviews to be added in Term 4.



In the student Portal, each student will have access to their daily timetable, daily notices, messages from teachers, their attendance record, merit and demerit tallies and other resources such as school documents relevant to their learning.

We trust that the student portal will enhance communication between teachers and students, and hope that as many parents as possible will register their access to the parent portal using your own family access key, to be provided to parents next week. A reminder that registration will be required in order to book your Parent Teacher Interviews at the end of Term 4. In the meantime, all parents are encouraged to register and login to view the current information that is available to assist you in monitoring your child's progress and attendance at school. More features will be released in due course. Should you have any questions regarding the use of the Student and Parent Portals next week, please feel free to contact me on 4230 8500.

*Mrs Deb Boughton, Learning Technologies Coordinator*

# SPORT REPORT

## Diocesan Hockey Gala Day

Last Thursday our Boys and Girls Hockey teams participated in the Diocesan Hockey Gala Day at Unanderra. The girls took to the field with a strong side and looked the goods with strong performances in the early rounds. First up was a comfortable 4-0 win against Holy Spirit with Kirra Schofield, Riley Smith, Sarah Hilton and Tahlia Wilson all finding the back of the net. The girls then took on St Patricks and once again recorded a comfortable 3-1 win with Riley and Sarah again slotting goals as did Georgia Naulty. The final pool game saw Riley and Tahlia again beat the defence to set up a 2-0 win against John Therry. For the second year in a row the girls played the final against St Marys who came out of the blocks fast, scoring an early goal. The girls clawed one back thanks to Georgia but like last year a victory wasn't meant to be with the girls going down 2-1 to finish runners up on the day. Thanks to Mrs Davis for her expertise in coaching the team on the day.

The boys took to the field with great enthusiasm starting with an entertaining 1-1 draw with Holy Spirit thanks to a Jake Westlake goal. The next game was against St. Johns with Brannon Duncan slotting a goal but it was not enough as the boys went down 2-1. The final pool game was against Mt Carmel with Jake once again finding the back of the net as the boys registered a 1-0 win. Unfortunately this was not enough to progress to the finals. Thanks to Mr Armstrong for organising the team and managing the side on the day.



**NSWCCC Netball Championships** were held in Penrith last Wednesday 13th August. A Year 7/8 and 9/10 team represented St Joseph's. The Year 7/8 team was highly competitive throughout the day scoring good wins against Lithgow, Merrylands and Taree. Mudgee and Armidale narrowly defeated them. The team finished 4th in their pool but were good sports and played to the best of their ability against what was tough competition. Alyssa O'Sullivan was voted the most valuable player on the day shooting many great goals, defending well and showing willingness to play in any position for the benefit of the team. Rachel Formosa shot beautifully and Emma Schoeffel was brilliant in defence, as was Georgia Ross. Jenna Irish played consistently well in the centre court position and showed her versatility by defending when needed. Ella Quinnell, Alexis Edwards and Brooke Smith ran tirelessly around the court and never gave up. Zali Mowbray defended well, supported the team and played to the best of her ability. Many thanks to Karen Edwards for assisting with the coaching of the team.



The Year 9/10 Netball Team demonstrated outstanding sportsmanship throughout the day. With only the basic seven players and no reserves, all team members had to play every game without a break, they demonstrated a fighting spirit and worked well as a team.

They had some challenging opponents but played their best and demonstrated an excellent level of skill throughout the carnival. With no substitute players some team members had to play several games out of position and did so with outstanding grace and all team members had an excellent day of Netball. Elise Sawtell and Sophie Edwards were a formidable defence combination, Emma Wilson, Brittany Stoker, and Olivia Nicholson proved to be extremely versatile in the centre court and Amber Ross and Kalynda Watson demonstrated excellent shooting skills and were extremely accurate during the carnival. All team members had an excellent day and they should be proud of the dedication and drive they displayed.



Thank you to Mr Hetherington for driving the bus and assisting with first aid, Emma Viselli from Fairy Meadow Netball Club for umpiring, Miss Jansen for coaching the Year 9/10 team and Mrs Garbutt for organising the teams and the trip. The girls were great ambassadors for St

Joseph's in the wider community and were courteous and friendly towards the players from other schools. Well done!

### Term 3 School Sport

The inter-house competition continues during school sport with Soccer and Touch being the focus in recent weeks. The competition continues to tighten with the lead of Marshall house under serious threat with 4 weeks remaining. The updated point score as of Week 5 is:

House	Swim	XC	ATH	Wk 2	Wk 3	Wk 4	Wk 5	Total
Kembla	10	20	25	10	10	16	10	101
Keira	20	5	10	16	13	5	13	82
Warrigal	15	10	5	7	16	2	7	57
Murphy	5	30	15	2	2	7	16	77
Marshall	30	25	30	7	5	10	2	109
Macquarie	25	15	20	13	10	16	7	106

**Congratulations** to Matthew Sperring who won at the recent Surf Life Saving Pool Rescue Championships. Matthew came 1st in the Obstacle Tow event narrowly missing a new Australian record by 3/100th's of a second. Matthew also gained 2nd place in both the Manikin carry and Manikin tow events. **AND further congratulations** to John Iafolla who on the weekend won the Northern Territory State Championship in the Junior Nation Light and Junior Nation Heavy Go Karting competition, held in Darwin.

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

## Sports Calendar 2014

### Term 3

29th Aug-Diocesan Athletics Carnival

12th Sept-NSWCCC Athletics Carnival

9th Oct-Diocesan Basketball Gala Day

10th Oct-Closing Date NSWCCC Boys  
Cricket Selections (U/15 & Opens)

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



We are looking for Volunteers to help at the Uniform Shop for Year 7, 2015 fittings. Volunteers are required for the following dates and times:

**Mondays– 25th August, 1st September, 8th September and 15th September from 12-4:15pm**

**Thursdays-28th August, 4th September, 11th September, 18th September from 8:30-1:45pm**

**Saturdays– 30th August and 13th September from 9-3pm.**

*If you can help please contact Lina on 4230 8590!!*



### Attention Students who travel on Bus 15!!!

Due to the closure of Shone Avenue between Horsley Drive and West Dapto Road on 1st September, changes will apply to the morning and afternoon school services. Bus 15 will commence **15 minutes earlier (7:30am)** from West Dapto Road and Princes Hwy and proceed along West Dapto Road to Jersey Farm Road and return West Dapto Road to the Princes Hwy then along the Hwy turn right at Bong Bong Road then left into Shone Avenue and resume normal route.

In the afternoon Bus 15 will leave school at the normal time and follow the normal route via West Dapto but instead of going along Shone Avenue, will return via Bong Bong Road to the Hwy at Dapto and turn left at the Hwy then left at West Dapto Road to Jersey Farm Road and return West Dapto Road to the Princes Hwy.

If you have any questions or concerns with regard to this information, please contact Premier Illawarra directly on 4271 1322.

## Canteen Roster 2014

25th Aug Megan Wilson, Terri Thomas,  
Karen Coombes

26th Aug Linda Wilson, Zora Volf,  
Nell Derubeis

27th Aug Narelle Keevers, Angela Walker,  
Sandy O'Connor

28th Aug Shona Arcella, Lee-Ann Ginsburg

29th Aug Tracey Teixeira, Nicole Oswald,  
Susan Rayner, Michelle Partridge,  
Tracey Sumner

## Uniform Shop 2014

25th Aug Help required

28th Aug Christine Callaway

## Important Dates for your Diary

**27th Aug-School Social-Farewell Year 12**

**10th-19th Sept-Year 11 End of Year Exams**

**Tuesday 16th Sept-Last day of lessons for Year 12**

**Wed 17th Sept-Year 12 Breakfast and in the evening**

**Year 12 Graduation Mass and Presentation**

**Thurs 18th Sept-Year 12 Picnic Day**

**Friday 19th Sept-Year 12 Final Assembly**

**Friday 19th Sept-Last Day Term 3**



### **Year 11 Work Experience Program**

13th –17th October, 2014

All Year 11 students will be involved in either Work Experience or Work Placement at this time. All students have received the Work Experience Placement Form. This is the yellow form that must be filled in by parents, students and employer. This form is due on 26th August to Mrs Kennedy. Students must find their own placement for the week. All students are covered by insurance for the week which has been included in school fees.

**UOW's Early Admission Program** opened Friday 1st August. A representative from the University of Wollongong will speak to all Year 10, 11 and 12 students at the next Senior Assembly on Monday 18th August. Parents are welcome to attend!!

### **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.

**Sydney College of the Arts Open Day** will take place on Saturday 30th August, 10am to 3pm.

**Apprenticeships 2015 HVTC** application close 3rd September, 2014. If you are interested in Engineering, Mechanical Fitting and Machining, Engineering Fabrication-Boilermaker or Electrotechnology-Electrician, apply online at [hvtc.com.au/jobs](http://hvtc.com.au/jobs).

**Wollongong City Council in conjunction with HVTC** are currently advertising 2015 Apprenticeships and Traineeships in Sports Turf Management, Horticulture and Recordkeeping. Applications close 27th August. Go to [hvtc.com.au/jobs](http://hvtc.com.au/jobs) and apply online. Alternatively apply to [rgrozdanic@wollongong.nsw.gov.au](mailto:rgrozdanic@wollongong.nsw.gov.au) or ring 4227 7116 and speak to Rose Grozdanic.

**MIGAS Apprenticeships and Trainees** Visit their website at [www.migas.com.au](http://www.migas.com.au).

### **Illawarra Trade Roadshow**

A couple of positions still exist if you are keen on attending this event. See previous newsletters for flyer and information.

### **Sydney TAFE Open Day August 30, 2014.**

**NIDA** applications are open and will close 30th September.

Visit [www.nida.edu.au/courses](http://www.nida.edu.au/courses).

### **Farewell Year 12 School Social -NEXT WEDNESDAY NIGHT!!**

The farewell social to our Year 12 students will be held on Wednesday 27th August, 2014. Starting at 7pm, the theme is GROUPS! Come along as friends getting dressed up as music groups, animal groups, work groups, sporting teams..the list goes on! Entry will be just \$6 and the canteen will be operating with lots of yummy treats! All money raised from the evening will go to Mary MacKillop Charities. Don't miss this special night for Year 12.

### **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.



St Vincent de Paul Society  
*good works*

### Vinnies Winter Appeal 2014

The Vinnies Winter Appeal has begun!! Please help to bring some comfort and warmth to needy families in our community this winter by donating tins of soup, scarves, socks or knitted squares (12 x 12cms) in homeroom, each day until the end of August.

### Year 12 Students-Important procedures to follow BEFORE Sign Out Day!!

*Please follow these procedures:*

When you have completed your final HSC Exam, your laptop will need to be returned to the IT Office and school textbooks will need to be returned to the Library.

- ◆ Your LAPTOP will need to be re-imaged so that you can be made an administrator and allow you to manage your computer. This process may take a few days.
- ◆ All school/site licensed software is also removed, as this is a legal requirement.
- ◆ Re-imaging wipes the computer hard drive\*\*, so it is crucial that you backup your data first.
- ◆ Your laptop may ONLY be picked up from the IT Office, if you have finalised all laptop payments.

**You will not be signed out until this process is complete!!**

\*\*Note: If your hard drive is not backing up, you need to bring it along with your laptop to the IT Office for assistance as soon as possible.

*Mrs Boughton, Information Technologies Coordinator*

### Languages News!!!

#### Fundraising BBQ

On Sunday 17th August, the students who are going to Italy next month and their parents, ran the fundraising BBQ at Bunnings Shellharbour. It was a very successful day indeed as it was cold and

wet and everyone felt like having a sausage sizzle. In fact, we went through 33kgs of sausages!!! I would like to acknowledge and thank the following sponsors for their donations:

**Falcone Bakery, Port Kembla Meats and Steel City Beverages.**

Also, special thanks to Mrs Louise lafolla for coordinating the event and to Bunnings Shellharbour for allowing us to run the BBQ.

#### The Future of Languages

The quote below is from the following link and refers to the new BOSTES Languages Policy.

*“It will be the first time NSW has a formal languages policy and will elevate languages to the same level of importance as subjects such as Maths, English and Science.”*

<http://www.smh.com.au/nsw/language-studies-to-be-overhauled-in-schools-20140621-zsge7.html>

*Mr Michael Timpano, Languages Coordinator*





<b>Excursion Name</b>	<b>Date</b>	<b>Payment/ Permission Note Closing Date</b>
<b>Careers Vocational Ed Day Taronga Zoo</b>	20.08.14	<b>CLOSED</b>
<b>Elevate Young Leaders Forum Leadership Program</b>	21.08.14	<b>CLOSED</b>
<b>Yr 12 Chemistry</b>	22.08.14	<b>CLOSED</b>
<b>Wollongong Diocesan Athletics Carnival</b>	29.08.14	<b>20.08.14</b>
<b>Yr 10 Marine and Aqua – Sydney Aquarium</b>	02.09.14	<b>26.08.14</b>
<b>Yr 12 Modern History HSC Study Day</b>	04.09.14	<b>28.08.14</b>
<b>Yr 12 Museum of Diseases UNSW</b>	10.09.14	<b>27.08.14</b>
<b>Yr 12 Picnic Day 2014</b>	18.09.14	<b>CLOSED</b>
<b>Strictly Ballroom Musical</b>	24.09.14	<b>CLOSED</b>
<b>Yr 12 Formal</b>	21.11.14	<b>05.11.14</b>
<b>Elevate Young Leaders Forum Leadership Program</b>	05.11.14	<b>CLOSED</b>
<b>NO LATE PAYMENTS WILL BE ACCEPTED. PLEASE DO NOT</b>	<b>PLACE INTO</b>	<b>THE BOX AFTER CLOSING DATE</b>

# Parenting *ideas*

## INSIGHTS

*Building parent-school partnerships*

# Ten common discipline mistakes

WORDS Michael Grose

Here are 10 common and easily avoided mistakes parents make when disciplining their children. Replace these mistakes with better techniques and you'll be on your way to parenting easy street.

**Discipline is easy when children are easy. It can be downright tricky when children are difficult, have interesting personalities or are at one of the challenging developmental stages.**

It's with kids in these difficult categories that we need to get our discipline techniques right. Here are 10 common mistakes I see many parents make when trying to get cooperation from their children, keep them safe or teach them to behave well.

**Do any of these bloopers ring a bell?**

### 1 Repeating yourself

If you do this, you are training your kids to become 'parent deaf'. Kids learn more from respectful actions than your repeated words, so speak once – twice at most – then DO something.

### 2 Shouting to be heard

You will get better results by going below the noise baseline to get their attention rather than raising your voice.

### 3 Setting limits too late

If you set a limit a few weeks after new object or situation is introduced (e.g. a kid gets a new mobile phone, a teen starts going out at night), you will be seen to be taking away a freedom. It's better to set limits first then loosen them up later.

### 4 Setting no limits

Boundaries, rules, expectations and standards teach kids what's expected. Boys love them. They also like to push against them, so you need a firm backbone.

### 5 Failing to follow through.

Talk! Threaten! Nag! No way! See No. 1 above.

### 6 Making consequences too harsh

"You're grounded for a month, Mr 6-year-old" is a tad harsh and will usually bring resentment, not to mention confusion. Stick to the 3 Rs – respectful, reasonable and related to the behaviour – when setting consequences and you can't go too far wrong.

### 7 Applying consequences when you, or they, are angry

When anger is in the air kids will become mad at you ... if they listen at all. Calmness makes a huge difference to effectiveness at the point of discipline.

### 8 Mixing discipline with counselling

Never mix the two as it sends mixed messages. If a child misbehaves manage that situation. If you suspect something negative is going on in their life, then deal with that at a separate time.

Keep the two actions separate so they can both be effective.

### 9 Deferring discipline

Deferring discipline to a child care centre, preschool or school. This is taking the easy way out and teaches kids that you don't have real authority. Have the confidence to be the authority and take a lead.

### 10 One parent is always the bad guy

This gets wearing. Also it's hard to have fun when you are the tough cop all the time. If you are in a two-parent situation take discipline in turns. If you are parenting solo, bring spares into the act.

**We've all made mistakes when disciplining kids. Tiredness, emotion and lack of skill can get in the way of effective discipline. But part of the evolution and growth of you as a parent involves eradicating some of your old ways, and replacing them with new, more effective, more sophisticated ways of managing yourself and your kids.**

For better, more sophisticated and more effective discipline techniques visit my online parenting manual – the Parentingideas Club. There are 1,000s of strategies waiting to be used. Take your FREE trial now at [parentingideasclub.com.au](http://parentingideasclub.com.au)

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](http://parentingideasclub.com.au). You'll be so glad you did.

