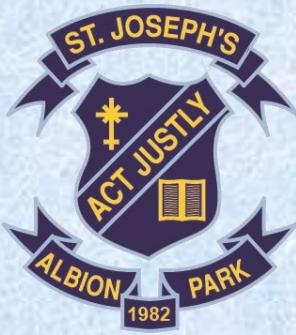


ST JOSEPH'S CATHOLIC HIGH SCHOOL NEWSLETTER 2015



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@sjchsdow.catholic.edu.au
Website: www.sjchsdow.catholic.edu.au

Date: 22nd October 2015

Term 4 Week 3A

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

Recently, Pope Francis released a document called Laudato Si. It calls for Catholics to be engaged in the stewardship of creation. I include a quote from the document.

"It must be said that some committed and prayerful Christians, with the excuse of realism and pragmatism, tend to ridicule expressions of concern for the environment. Others are passive; they choose not to change their habits and thus become inconsistent. So what they all need is an "ecological conversion", whereby the effects of their encounter with Jesus Christ become evident in their relationship with the world around them. Living our vocation to be protectors of God's handiwork is essential to a life of virtue; it is not an optional or a secondary aspect of our Christian experience." (217)

Retreats and Camp

Good luck to the students and teachers attending the two Year 11 Retreats and the Year 9 Camp this week. These are a fantastic part of the broader curriculum and I would like to acknowledge the work of the teachers who give up many hours to prepare and attend these.

Mr Neil McCann
Relieving Principal



The Annual School Showcase will be held this year on Friday 6th November. The evening will begin with displays of student artworks in the Creative Arts block and other faculty displays from 4:00pm followed by a P&F sponsored BBQ outside the Trade Training Centre from 5:30pm. The night will end with a concert in the school Hall highlighting performers from Years 7-12 including some HSC performance work. Everyone is welcome to this outstanding celebration of the work completed by St Joseph's students in 2015.

Mr Michael Shanahan, Creative Arts Coordinator

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Pastoral Care Mrs Schibeci

This week's Michael Grose article is so interesting! He says a mix of firmness and nurturance is needed to bring up teenagers. He suggests we manage our teenagers using the inner "cat" and "dog" we all have! Michael explains the characteristics of a cat: confident, in charge, stance strong, as well as the characteristics of the dog: easy to relate to, fun, loving. This article is a great read, I strongly advise you to take some time to go through it!

Mrs Megan Schibeci, Pastoral Care Coordinator

From the Finance Office...\$\$

The Finance Office will close for the year on Friday 11th December. No payments will be taken over the counter after that date. Parents paying by three instalments - your last payment is now overdue - please pay immediately.

Mrs Cathy Bagnall, SSO Finance

Canteen Roster 2015

| | |
|----------|--|
| 26th Oct | Kim Power |
| 27th Oct | Hilary Tavernese, Danelle McNeilly |
| 28th Oct | Emma/Garry McLaughlin, Carmen Formosa |
| 29th Oct | Cathy Sperring, Sandy O'Connor, Joanne Barker, Jodie Duff |
| 30th Oct | Mary Daly, Wayne Thomas, Nicole Roach |

Important Dates for your Diary

- 20th Oct - Year 7 Vaccinations
- 21st Oct - Senior Retreat & Year 9 Camp
- 1st Nov - Shellharbour Parish Mass
- 12th Nov - Year 7 2016 Orientation Day
- 10th Nov - Year 12 Sign Out Day
- 20th Nov - Year 12 School Formal
- 1st Dec - Volunteers Luncheon
- 4th Dec - End of Year Mass
- 10th Dec - Years 9, 10 & 11 Presentation Day and last day of school
- 11th Dec - Years 7 & 8 Presentation Day and last day of school
- 16th Dec - HSC Results released
- 17th Dec - ATAR's released & Year 12 Celebration 11am-12:30pm



Child Studies - Save The Date!!

Would you like to go to the movies and help sick children?

St Joseph's Child Studies students are hosting a movie night fundraiser at Greater Union Cinemas Shellharbour on Thursday 26th November at 6:30pm. Come along and see the Hunger Games: Mockingjay Part 2 (Rated PG-13) and help us raise money for the new Ronald McDonald House at Westmead.

Tickets are \$15 each, Friends and family most welcome! Stay tuned for more details about ticket sales.

Mrs Michelle Garbutt, Child Studies Teacher

Uniform Shop
School Bags are now available for sale!
\$50 each.



Ronald
McDonald
House®
WESTMEAD

SPORT REPORT

By Mrs Michelle Garbutt & Mrs Jodie Linsley - Sport Coordinators

Gala Days

Best of luck next week to our Basketball, Cricket and League Tag Teams. All teams will be competing in the Wollongong Diocese Gala Days on Monday, Tuesday and Wednesday of Week 4.

Save the date

The 2015 Annual Sport Presentation will be held on Wednesday 25th November commencing at 9:15am in the school gym. Parents and Guardians will be notified if their child is receiving an award and are invited to attend a special morning tea after the presentation.



Congratulations to our highly talented and humble golfer, Danielle Vasquez who has been selected to attend the 1st LMJGT Hills India International Junior Open Championships in Delhi from 17th November-20th November. She is one of only 2 junior players from Australia who have been selected to play in this tournament which is part of the Little Masters Junior Golf Tour. This is an incredible honour and we congratulate Danielle on her continued success in the sport of golf. We wish Danielle well as she plays against other players from countries around the world.

Run Wollongong

It was great to see many St Joseph's students participating in *Run Wollongong* last Sunday. It was a fabulous community event with 3250 participants raising over \$105,000 for the redevelopment of the children's ward at Wollongong Hospital. Shania Hill's sister Stephanie, was the ambassador of the event along with Sally Fitzgibbons and Wendell Sailor. Jessica Mauboy entertained the crowd with an awesome live performance after the run.



Sports Star of the Month

Let us know what you are doing outside of school. Nominate yourself or a friend for this award. Email Mrs Linsley or Mrs Garbutt today!



Great Job!

Catholic Mission Fundraising

Last week's activities to raise money for Catholic Mission who are helping to provide the physical and living water that the people of Madagascar so desperately needs, was a great success. Students and teachers alike donned colourful socks for a gold coin donation and the students enjoyed viewing Madagascar in Periods 1 and 2 with their pre-purchased tickets. Lunchtime was buzzing with activity.



Students cooled off with a refreshing ice cream and were hugely entertained by teachers getting sponges thrown at their faces for a small fee. We raised a total of \$1,040.35 on the day - a huge success! Thank you to everyone who participated.

To view some more photos of this great day, click [here!](#)



VALID Year 8 Science Test

On Monday 9th November and Tuesday 17th November, Year 8 students will participate in the VALID (Validation of Assessment 4 Learning & Individual Development) Science test. VALID is an online test and is provided by the NSW Department of Education. It is a diagnostic test that is based on all the outcomes and essential content covered in Year 7 and 8 Science. The test contains multiple choice, short response and extended response tasks that are grouped around real-world issues, including scientific investigations. Students are assessed on their knowledge and understanding of science, understanding and skills in the process of scientific investigation, their ability to evaluate evidence, make judgements and think critically and their ability to access information and communicate scientific ideas. *Each student is required to bring their own headphones or earbuds for the test. Earbuds for an ipod or portable player are suitable.* Further information has been sent home to all parents.

Mr Matthew Pope, Science Coordinator

Year 12 Reminder!!!

If you wish to attend the Formal, please provide your payment and dietary requirements by 4th November. Please also forward your seating arrangement to Mrs Kennedy asap.

"What happened at school today dear?"

BREAKING NEWS & EVENTS...

<https://twitter.com/sjchsdow>
Join us @sjchsdow



What's happening at St Joseph's

Congratulations Talin Kennedy



At Year 12's final school assembly we were honoured to be witness to our School Captain, Talin Kennedy, being presented with the ADFA Education Award for 2015. This award recognised Talin's achievement in being dedicated to his studies as well as continuing his commitment to the Army Cadets, where he spends a lot of his spare time mentoring young people. To view a great article about Talin click [here](#). We wish Talin well as he strives to achieve his dream of studying at ADFA.

Year 8 APE Literacy

On the 19th October, Melanie Barnes came to our school to talk to the Year 8 APE Literacy class about social activism. Melanie has helped make a documentary about the history of Wollongong. It's called *Radical Wollongong* and it's out now on DVD. Melanie has also taken part in several campaigns and fought many battles for social change, most of which she won. She has received several awards for her tremendous effort. Melanie is a hard-working, dedicated activist who believes that anything is possible if you work hard enough. We would like to formally thank her for her time and wisdom.

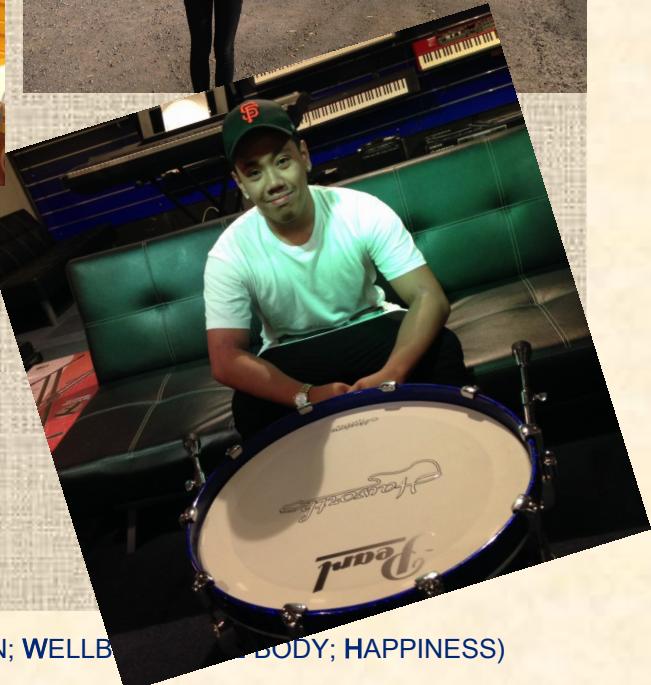
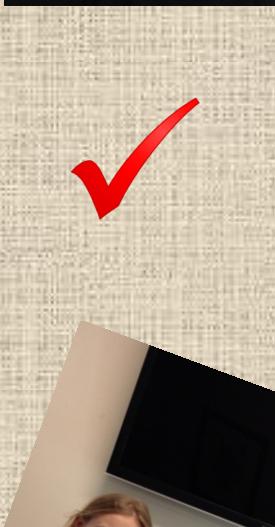
Tara Walker
8APEL



What's happening at St Joseph's

Year 11 Work Experience

Last week our Year 11 students had the opportunity to participate in our Work Experience Program. Miss Stutchbury, Mrs Schneider and I had the pleasure of visiting the students in their workplaces through the week. We were greeted with smiling faces and students having fun out there in the 'real world'! Gemma Bradbury secured a casual job, Kayte Sharp confirmed her career path with a glowing report from the National Museum of Australia, Nikolaos Davlouros was working hard in the Target Warehouse and the students at Stella Maris were having a ball teaching! It was so nice to see our students enjoying their week and setting some goals for their future as a result of being involved in the program.





UNSW: Minerals Summer School

Monday 18th January – Wednesday 20th January

Applications close Saturday 31st October

Students in Year 10 or 11 who are interested in science or engineering can take part in this four day residential summer school. Students will learn about study, careers, lifestyles, and opportunities in the Australian minerals industry.

Contact: mining@unsw.edu.au

<http://www.engineering.unsw.edu.au/mining-engineering/unsw-minerals-summer-school>

UNSW Parent Information Guide

https://www.unsw.edu.au/sites/default/files/documents/parent_information_guide%20FINAL_1.pdf

University of Wollongong Options Day

Tuesday 5th January, 9.00am – 2.00pm, UOW Building 67

Prospective students can bring their results on the day to receive advice from academics, representatives from UOW College, and TAFE.

Contact: 1300 367 869 or futurestudents@uow.edu.au

<http://www.uow.edu.au/future/options/index.html>

The University of Sydney: Information Day

Tuesday 5th January, Camperdown

An opportunity to chat with current students and staff about study options before finalizing ATAR preferences for the main round offers.

<http://sydney.edu.au/study/admissions/events-for-future-students.html>

The University of Sydney: Gifted and Talented Discovery Program

Registrations for the program's qualifying exams close Friday 23rd October.

The program aims to provide talented high school science students (in Years 9 and 10) with additional challenges and stimulation in the areas of biology, chemistry, and physics. Students are provided with the opportunity to engage with university teaching staff and current researchers, access first-class facilities, and make friends with people who have a mutual interest in science.

<http://sydney.edu.au/science/outreach/high-school/gifted/index.shtml>

One-on-One with ANU

Sydney: Tuesday 1st December – Wednesday 2nd December, 9.00am – 5.00pm, The Office Space, 6/69 Reservoir St, Surry Hills

Canberra: Wed 25th November, 12.00pm – 5.00pm, Student Central, Marcus Clarke Street, Acton

Canberra: Wed 2nd December, 12.00pm – 5.00pm, Student Central, Marcus Clarke Street, Acton

Canberra: Wed 9th December, 12.00pm – 5.00pm, Student Central, Marcus Clarke Street, Acton

Canberra: Wed 16th December, 12.00pm – 5.00pm, Student Central, Marcus Clarke Street, Acton

Canberra: Wed 23rd December, 12.00pm – 5.00pm, Student Central, Marcus Clarke Street, Acton

Discuss future study options one-on-one with an ANU Recruitment Officer.

<http://www.anu.edu.au/study/events>

ANU: Advisory Days

Sydney: Thursday 17th December, 10.00am – 2.00pm, The Australian National Maritime Museum, 2 Murray Street

Canberra: Friday 18th December, 10.00am – 2.00pm, Melville Hall, ANU

Learn about ANU programs, student accommodation, exchange programs, and support services.

<http://www.anu.edu.au/study/events>

UOW: Learning Labs

Thursday 21st January – Friday 22nd January, 9.30am – 3.30pm, University of Wollongong Campus

An enrichment program for students in Years 7 – 10 with curriculum being pitched at a flexible Year 11 and Year 12 level. Workshops will be innovative, challenging and aim to stimulate the interests of high achieving students. <http://www.uow.edu.au/in2uni-myway/learninglabs/index.html>

TAFE & Apprenticeships

Sydney TAFE: Information Sessions

Graphic Design: Wednesday 21st October, 6.00pm – 8.00pm, Design Centre Enmore
Accounting and Financial Planning: Wednesday 21st October, 6.30pm – 7.30pm, St George Campus

Accounting and Financial Planning: Wednesday 21st October, 6.30pm – 7.30pm, Ultimo Campus
Business Administration, Legal Services and Accounts Administration: Wednesday 4th November, 4.00pm – 5.00pm, Ultimo College

Jewellery & Object Design: Wednesday 4th November, 6.00pm – 8.00pm, Design Centre Enmore
Library Services: Thursday 5th November, 5.30pm – 7.00pm, Ultimo College

3D Art and Animation plus Concept Design: Thursday 5th November, 6.00pm – 8.00pm, Design Centre Enmore

Library Services: Wednesday 11th November, 2.00pm – 3.00pm, Ultimo College

Library Services: Wednesday 11th November, 4.00pm – 5.00pm, Ultimo College

Accounting and Financial Planning: Wednesday 25th November, 6.30pm – 7.30pm, St George Campus

Library Services: Tuesday 1st December, 10.30am – 12.00pm, Ultimo TAFE

Business, Administration, Legal Services and Accounts Administration: Wednesday 2nd December, 4.00pm – 5.00pm, Ultimo TAFE

Entertainment, Design & Illustration: Wednesday 2nd December, 6.00pm – 8.00pm, Design Centre Enmore <http://sydneytafe.edu.au/newsevents/events>

Australian Apprenticeships & Traineeships Information Service Career Resources

This website provides a range of career resources for people interested in a variety of industries. Included are charts which can give students an indication of pathways they can take in a selected industry, practice aptitude quizzes for a range of jobs, occupational videos, and much more.

<http://www.aatinfo.com.au/Career-Resources/Career-Services/National>

Actors College of Theatre & Television: Auditions

Advanced Diploma of Music Theatre: Monday 9th November

Advanced Diploma of Stage and Screen Acting: Monday 16th November

Auditions are conducted in individual and group-based scenarios and also provide an opportunity to receive constructive feedback. <http://www.actt.edu.au/admissions/auditions/>

Ella Baché College of Skin and Beauty Therapy Open Day

Saturday 9th January, 11.00am – 1.00pm, Level 2/77 Berry Street, North Sydney

Staff and former students will be available to speak about courses and post-graduation career options.

<http://www.ellabachecollege.edu.au/study-on-campus/attend-a-college-open-day>

Student Exchange Australia & New Zealand: Early Bird Discount

Applications close: Saturday 31st October

Anyone planning to go on exchange between April and September 2016 may be eligible for an early bird discount or scholarship. Scholarships are valued at \$3,500 each with significant discounts available those who apply early. <http://studentexchange.org.au/>

Open Universities Australia Career Advice and Online Readiness Tools

Open Universities Australia has two online services to assist future students with their study decisions. The career advice tool aims to help students in their career choice. Search options and based on job type and industry type. <http://www.open.edu.au/careers>

Defence Work Experience Program Year 10 Naval Aviation

Applications close: Wednesday 28th October

Monday 16th November – Friday 20th November, HMAS Albatross, Albatross Road, Nowra
Students will participate in a range of activities in Australia's largest operational Naval establishment and the Navy's only Air Station.

Mechanical Equipment Operational & Maintenance Section

Applications close: Friday 30th October

5 days: Monday to Friday

An opportunity to gain experience conducting maintenance on Heavy Vehicles, Aircraft Ground Support Equipment and Aircraft Arrester Systems. This placement would ideally suit students who are considering an Air Force career in the trades of heavy vehicle mechanic or fitter and turner.

<https://defencecareers.nga.net.au/cp/index.cfm?event=jobs.listJobs&audiencecode=defenceworkexp>

Cultural Care Au Pair Information Sessions

Wollongong: Saturday 24th October, 10.00am Wollongong City Library

Cultural Care Au Pair offers work placements as au pairs/nannies in the US. Past au pairs will share their experiences and advice. <http://culturalcare.com.au/join-info-meeting/>

Traineeship at Avondale Early Childhood Centre. If you are 18 and interested, please ring Leanne Hamilton 0447 170 271



Building parent-school partnerships

WORDS Michael Grose

Manage like a cat, nurture like a dog



Here's how to get the mix of firmness and nurturing right when communicating with young people.

When speaking about raising teenagers I make the planned observation that parents should 'manage like a cat and nurture like a dog'. So what does this mean?

Teenagers need a mix of firmness and nurturance from their parents. Like toddlers many teenagers wear L-plates when it comes to navigating their expanding world. Of course, the world a teenager inhabits is far broader than that of a toddler so the risks are multiplied hundredfold. They still need to be managed, but not necessarily in controlling or confrontational ways.

Due to physiological changes most teens will revert straight to their reptilian brains when they feel threatened or experience angry, aggressive discipline. They will fight you all the way, or escape conflict by going to their rooms or withdrawing into themselves. Better to manage like a cat so they hear your message rather than pick up your vehemence.

Finding your inner cat

We all have some cat and dog in us. It's just a matter of accessing those parts and bringing them out when we need them. The cat is the credible side we all have, but find difficulty accessing. It is always expressed through your non-verbals – that is, your tone of voice, your posture and your head.

A cat speaks with a flat, clipped voice. His or her head is very still and body upright and confident. The quickest way to access your inner cat is to speak with you palms facing the ground. You can try this now. Stand up with both hands in front of you with your palms facing the ground. Now start speaking. You'll find you'll naturally speak like a cat – clipped voice, still head and body and more serious expression. This is your credible (and calm) side.

When you speak from your cat side people will usually believe what you have to say. It gives you authority.

Australia's foreign minister Julie Bishop is a good example of using cat behaviour.

Like her or loathe her you can't deny she has authority. That's because she accesses the cat side of her nature in public.

You manage a teen like a cat by speaking calmly, quietly and staying still when you speak. Cats will also withdraw eye contact rather than stand and argue so look away or respectfully walk away rather than become involved in argument.

Cats also look for ways to manage visually (look away to indicate not arguing) or kinaesthetically (a touch on the shoulder, move close and whisper) rather than repeating themselves. If they do repeat themselves they are more likely to lower their voice than raise it to get attention. These cat behaviours work well when managing teens.

Using your inner dog

We also have a dog side to our nature. This is the approachable, conversational, relationship-building side. When you access this side you'll speak with lots of inflection in your voice.

more on page 2 ➤



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.



Building parent-school partnerships



... Manage like a cat, nurture like a dog ...

Your head will bob up and down. You'll probably lean forward as you speak and you'll smile a lot. The quickest way to access your dog nature is to speak with your palms up. You can try it now. Stand up; put your hands out with your palms up and start speaking. You should notice a big difference in how you deliver your message from when you spoke with palms facing down. If not, alternate speaking with palms up and down until you see a difference.

The dog side of our natures is what many of us feel more comfortable with. If you are in a management position there is a fair chance that you spend more time accessing your cat than your dog. Although effective managers will move seamlessly between the two accessing their dog when networking and relationship-building then finding their cat for negotiations or when making decisions.

Actor Hugh Jackman is an example of a public figure who is dog-like as he usually speaks with lots of cadence in his voice, a big smile and open body language. However, I've seen him switch to cat mode in interviews when he talks about something serious. He will invariably speak quietly, calmly and his head will

stay very still. We believe him when he speaks. He's no lightweight. It's his ability to switch from cat to dog and back again that makes him so charismatic.

Bringing cat and dog to your parenting

From experience I've found that effective parents nuance their communication. That is, they alter their style to suit the situation rather than let their moods dictate their communication styles. This is not necessarily conscious. However do it often enough and switching from cat to dog and back again becomes a habit.

My challenge for you is to bring your cat to the table when you want to manage teenagers and access your dog side when you encourage them, build relationships and listen to them.

Get your cat and dog wrong and you'll be ineffective. Manage like a dog and you'll do one of three things:

- 1 Whine at your kids
- 2 Use an angry voice
- 3 Do nothing because you don't want to offend them.

Build relationships like a cat and you'll be distant, stiff and unapproachable. Get the mix right and you'll be able to give

your young person exactly what they need. That is, the leadership and safety that cats provide and the nurturance and encouragement that comes naturally to dogs.

So does the cat side or the dog side come more naturally to you? Think about it. When you discover what you default to then you need to be aware of two things. First, you will need to work a little harder to access the other side. Second, make sure you don't rely on one side of your nature to do the work in your communications with your young people. If you do then you will more than likely either manage or nurture well but rarely do both well. However get the mix right and your parenting (or leading of any group of people) and you'll have discovered the key to charismatic parenting and leadership.

'Manage like a cat, nurture like a dog.'
Who would have thought it's that simple!

Michael Grose




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