



ST JOSEPH'S CATHOLIC HIGH SCHOOL

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Term 2 Week 1A

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



Anzac Day Commemoration

Yesterday as a school, and next Saturday as a nation, we pause to reflect and remember the great sacrifices that have been made for our country through wars. Each year, and especially in this ANZAC 100th Anniversary Year, we look back upon and give thanks for the many sacrifices

that individual Australian and New Zealand Defence Force Personnel have made for the good of their fellow citizens.

Sonnet for ANZAC Day

*Sound the Last Post again, lest we forget
the freedom that we cherish has been bought
not found like mushrooms in the field;
the debt
is our to pay, mindful of those who fought
and fell - yet still they held the torch aloft!
May we remain as zealous to withstand
the traitors who would make our fibres soft,
as well as enemies beyond the land.*

*The trumpet has the power to move us still,
and though the debris of a flood of years
lies over hand and mind,
an aching thrill
comes rising perilously close to tears.*

*Sound the Last Post to hold the memory bright,
then sound the Rouse and keep the torch alight.*

(Source: <http://www.anzacday.org.au/anzacservices/poetry/ADsonnet.htm>)

Alf Wood



Mr John Barrington
Principal



e-Diary

Parents of students in all years with digital devices who have not already done so, are requested to follow the link provided in an email to parents on 4th April to register your access to your child's eDiary. This is now being used by teachers to communicate important information regarding your child's homework, assignments and academic and behavioural

progress at school. Such information is now accessible in your child's My eDiary under the **messaging facility**. These messages to parents do not appear in your child's diary (hard copy nor electronic) so it is important that all parents check your child's eDiary messages on a regular basis to receive this communication. Please ensure that your access to your child's eDiary is registered by no later than Wednesday 29th April. Please contact Mrs Deb Boughton (deb.boughton@dow.catholic.edu.au) should you require assistance in making the adjustment to the use of the eDiary. *Mrs Jenny Bell, Assistant Principal*



Welcome back! Term 2 is a very busy term as students have exams and reports will be due. Home life also continues to be busy as families try to squeeze in everything that has to be done. This week's article is all about getting your children to help more around the house and therefore build their independence. Michael Grose says "developing independence is really about stepping back to allow children in doing less, rather than more! He goes on to say that parents really need to give over appropriate jobs to their children and if the parent worries about whether or not the child will complete the job to satisfaction, then they may as well do the job themselves! In fact, Grose sets an interesting challenge for parents. If you get a chance, please read this week's article.

Mrs Megan Schibeci, Pastoral Care Coordinator



Euthanasia

The ethical issue of Euthanasia has generated much discussion in recent years. For some it is totally wrong and also extremely harmful to society's view of the sanctity of life. For others it is about the rights of the individual. This particular ethical issue can at times be made more difficult to fully comprehend due to the "emotional" aspect and a possible lack of a deep understanding of the place of the life support systems and palliative care. The Catholic church, along with

most religions and governments, does not support euthanasia. The Australian Catholic Bishops have recently published a brochure which outlines quite succinctly why euthanasia must never be approved. It can be found at: www.catholic.org.au/euthanasia. *Mr David Comensoli, Religious Education Coordinator*

Year 7 - Australia's Biggest Morning Tea

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

Mrs Maria Oliverio, Year 7 Coordinator



St Mary's Op Shop Ball

This is an annual event where Year 12 students from St Mary's, Edmund Rice and St Joseph's get together for a social evening. Students must wear Op Shop clothes. The event this year will be held on 15th May. Year 12 students will receive a permission note and further information this week.

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Year 10 PDHPE!

Year 10 students have been completing a unit called “Thrills and Spills”. So far in this unit students have explored factors that influence making decisions, investigated and discussed the effects of alcohol, summarised the consequences of drink driving and texting while driving. The lessons are on their laptops, so take time to have a look and engage in discussion with your child.

The “Drinkwise” website <https://www.drinkwise.org.au> is designed for parents and young adults and addresses the drinking culture of Australians and Australian youth. Talking to kids about alcohol and setting the boundaries and expectations to keep them safe can be a daunting task. Drink wise provides practical advice on how to be a positive influence and delay your child’s introduction to alcohol. If you would like to know more click [here!](#)

From the PDHPE Team



English Faculty News....

The Fellowship of Australian Writers is holding a ‘Young Writers Short Story Competition’ that is open to students from all year groups. This competition is a fantastic way for all students to share and highlight their creative gifts and talents and possibly win one of the great prizes that are on offer. Students may enter work that they have completed in class or at home. Please see the library notice board or Mrs Schneider for more details.

This year the Children’s Book Council of Australia celebrates its 70th Anniversary and the book week theme is “Books Light up our World”.

In preparation for Book Week, our faculty is holding a competition to promote, encourage and embrace a love of reading amongst our school community. There are two aspects to the competition, a visual and a written component.

Visual - Devise a new front cover for one of the books shortlisted for this year’s CBCA awards. You may use any format you choose - “Pages” on your iPad or traditional colouring pencils and paper!

Written - Write a speech based on the topic: ‘Books light up our World’. Your speech may be up to 1000 words in length. Students may enter either or both categories and we have great prizes on offer to students from each your group. Please speak with your English teacher for more information.

Miss Francesca Gazzola, English Coordinator

Library News.....

As the winter weather sets in, the Library is preparing for the ‘Winter Warmers Appeal’. Each year our school community knits and crochets ‘squares’ that are then made into blankets and distributed within the wider community. Our knitting and crocheting has already begun so if you are able to give up some time at lunch, your efforts will be very much appreciated. Wool, knitting needles, crochet hooks and great company are provided in a warm and comfortable environment. Hope to see you in the library at lunchtime!

Mrs Francis Schneider, Teacher Librarian

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

- 23/24 April - Year 8 Retreat
- 27 April - Staff Development Day Pupil Free
- 30 April-1st May - Year 9 Retreat
- 11 May - P&F Meeting
- 12 May-15 May - NAPLAN Years 7 & 9
- 29 May - P&F Trivia Night
- 2 June - School Athletics Carnival
- 8 June - Queens Birthday
- 16 June - School Photos
- 18 June - Year 7 Vaccinations

Uniform Shop Helper for Week 2, Term 2

- Monday 27 April - Christine Callaway
- Thursday 30th April—Josephine Pulido

Careers Expo ~ Tuesday 12th May
All Year 10 and 12 students will be attending this year’s Expo.
Information will be sent home in the coming weeks.

Mrs Kennedy



Postponed Events

Girls Touch Football and Boys Soccer has been postponed to Friday 1st May. The revised permission note is due in by next Tuesday 28th April. It is imperative that permission notes are returned by the due date. It is time consuming and inconvenient having to chase students and call parents after hours for outstanding permission notes. There is a great deal of organisation that goes on behind the scenes for sporting events to run smoothly. Parents and students are kindly asked to assist with this matter.

The Open Boys Basketball to be held at Penrith has also been

postponed. A new date is yet to be published.

NSWCCC Online Registration - U/15 and Open Netball

nominations are due on Friday 1st May. Selections are being held at Homebush on 5th May (U/15) and 6th May (Opens).



Good Luck to our team of 77 students attending the Diocesan Cross Country Carnival at Nowra on Wednesday 29th April.

Permission notes and money are now OVERDUE for this event.

Congratulations....

- ◆ Mr Moran has accepted a temporary 12 month PDHPE position at St John's Nowra. We thank Mr Moran for his dedication and services to sport over the past 4 years and welcome Mrs Jodie Linsley to the Acting Sports Coordinator role. Mrs Linsley has been a KLA Coordinator at Gilroy for many years and brings a wealth of experience to the role. I look forward to working with Mrs Linsley in 2015 and sharing the sports coordinator position with her.
- ◆ During the holidays, Matt Sperring competed at the Australian Surf Lifesaving Championships at North Kirra Beach on the Gold Coast. He led both the Swim and Ironman events only to be caught by a competitor on a wave from behind close to shore. Matt finished the carnival with two Australian silver medals which is a fabulous effort. Well done Matt!

If you know of an outstanding sporting achievement of one of our students or staff that deserves a mention in our school newsletter, I would love to hear about it.

Please email michelle.garbutt@dow.catholic.edu.au

*Mrs Michele Garbutt and Mrs Jodie Linsley,
Sports Coordinators*

"Remember—"Too much sport is never enough"



AUSTRALIAN CAREERS
Business College
'Empowerment Through Education and Training'

Next Wednesday during lunchtime in the Hall, representatives from the Australian Careers Business College will be here speaking to students who are interested in finding out more about the college and the courses they offer. Interested students are encouraged to look up their courses online and email Mrs Kennedy with their intention to participate next Wednesday at lunchtime.

This is a great opportunity to take a look at yet another option after you have completed your HSC.

Mrs Sue Kennedy, Careers Advisor

Sport Calendar Term 1 2015

Term 2

23 May - NSWCCC Boys AFL Selection Trials

23 May - NSWCCC Open Boys Basketball
Championships

27 April - NSWCCC Girls AFL Selection Trials

28th April - NSWCCC Volleyball Selection
Trials

U/15 Boys AFL - Swans Cup

29th April - Diocesan Cross Country

4th May - NSWCCC Swimming

5th May - NSWCCC U/15 Netball Selection
Trials

6th May - NSWCCC Open Netball Selection
Trials

NSWCCC Southern Country Rugby League
Selection Trials

19-20th May - NSWCCC Rugby Union
Selections

Canteen Roster 2015

27th April	Janelle Johnston, Norell O'Sullivan, Kim Power, Vaska Kitanovski, Sharni Barton
28th April	Colleen Walsh, Dianne Meharg, Jan Collins
29th April	Karran McIlvain, Angela Walker, Joanne Wallace
30th April	Sandy O'Connor, Lee-Ann Ginsburg, Karen Ladlow
1st May	Jenny Quinn, Agnes Gibbons, Jaime Hart, Linda Doonar



For Sale!!!!

Nachos are now available at recess and lunch during the winter from the Canteen. Orders MUST be made before school!!!

**trust
yourself.
you know
more than you
think you do.**

(dr. spock)



Sydney TAFE Information Seminar for Year 10, 11 and 12 Students and their Parents!

To be held Tuesday 28th April from 6 -7:30pm at Sydney TAFE, Building W, Level 8 (old Marcus Clark Building), 827-839 George Street, Sydney (adjacent to Railway Square and a short walk from Central Station). Information regarding career planning and course choices will be provided. It will also cover how students can gain entry from TVET course to trades and higher education.

Bookings are essential- Phone 02 9217 4854.

Australian Catholic University - HSC Enrichment Day

North Sydney-Business Studies and Legal studies - Thursday 9th July

Strathfield - Economics and English - Thursday 2nd July

Listen to lectures and get practical HSC advice. Click [here](#) for further details.

UTS Business School Undergraduate Information Evening

Thursday 30th April from 5:30-8pm, CB08 Dr Chau Chak Wing Building, Building 8, Haymarket, Sydney City.

For further information click [here](#).

UTS Galuwa Engineering and IT Experience

Monday 29th June - Friday 3rd July, University of Technology, Building 1. Registrations close Friday 29th May. A five day program for young indigenous students who are interested in the fields of Engineering or IT. Click [here](#) for further information about this course.

University of Notre Dame - Day in the Life of a Nursing Student

Wednesday 1st July, 10:30am, 160 Oxford Street, Darlinghurst. Click [here](#) for more information.

University of Notre Dame - Career in Business and Law

Thursday 2nd July 9am-12pm, 104 Broadway, Chippendale. Click [here](#) for more information.

Engineering Link Project UTS

Thursday 1st October - Friday 2nd October 8:30am-4pm. Cost \$58.50 without accommodation and \$120.50 with accommodation. This is a two day event where Year 10 and 11 students complete two different day-long engineering projects under the guidance of a professional engineer. Click [here](#) for more!

Australian Defence Force One Year Roles

Experience what it's like to work in the Army for a year during your Gap Year. Contact 13 19 01.

Australian Apprenticeships Pathways

View the potential career pathways within an industry that begin with an apprenticeship. Click [here](#) for further information. And click [here](#) to try some quizzes that show the expected level of literacy, numeracy and comprehension that people attempting an apprenticeship in a particular field should have.

2015 Peter Howard Future Chef Scholarship

Applications close Monday 31st August. Two students are selected for a supported culinary adventure, including travel and accommodation, to train and get valuable hands-on experience with a leading industry partner. The scholarship is open to Year 12 students in NSW and ACT who are studying Hospitality as part of their HSC. Click [here](#) for more information.

Bert Evans Apprentice Scholarships

Applications close Saturday 30th May. The Bert Evans Apprentice Scholarship assists apprentices in NSW who have meet a certain criteria. A maximum of 50 scholarships valued at \$5000 for up to three years will be awarded. Click [here](#).

UAC: Special Tertiary Admissions Test

Test dates: Saturday 16th May and Saturday 30th May. Registrations for mid-year Special Tertiary Admissions Tests are now open. The Special Tertiary Admissions Test (STAT) is used by many tertiary institutions to assess an applicant's ability to think critically and analyze material, competencies that are considered important for success in tertiary study. Click [here](#) for further details.

Macquarie University: Non-school Application Online Chat

Wednesday 22nd April, 6.30pm – 8.00pm. Macquarie university representatives will be available online to answer questions about the admission process, recognition of prior learning, alternative pathways, enrolment and much more. Click [here](#) for details.

Macquarie University: Student and Parent Information Evening

Wednesday 20th May, 5.30pm – 8.30pm, Campus Hub Building C10A, The Atrium, Macquarie University, North Ryde. Students in Years 10 to 12 and their parents are invited to learn more about Macquarie University including degree programs, entry programs, exchange opportunities, bonus point schemes, scholarships and campus life. Click [here](#) for details.

The University of Sydney: Kickstart in the School Holidays

Biology: Tuesday 30th June, Chemistry: Wednesday 1st July, Physics: Monday 29th June

The kickstart program will be offered at the University of Sydney Camperdown campus in the June school holidays. Each module will be available at a cost of \$29.70. Click [here](#) for register.

Professional Cadetships Australia: Business Engineering and Technology Cadetships

[Business Cadetships](#) - Applications for the Business Cadetships Program run by Professional Cadetships Australia opened on the 9th of March and close on 13th of May. Under the Program, UBS will continue to offer cadetship opportunities across the firm. Information on the Program is provided on the website. Click [here](#).

[Engineering and Technology Cadetships](#) - Applications for the Engineering & Technology Cadetships (ETCAD) Program will open on the 28th of April. The 2015 Program provides Year 12 students with the opportunity to apply for an Engineering Cadetship at Rolls-Royce or a Technology Cadetship at Westpac. On completion of their cadetship, Technology Cadets are well-placed to pursue a career in ICT and in business. Click [here](#) for details.

Macquarie University: Physics and Chemistry Enrichment Days

[Physics](#) - Wednesday 1st July, 8.30am – 4.30pm, Building E7B, Theatre 2, Macquarie University.

Macquarie university academics will present a one-day study program in Physics to assist year 12 students in preparing for their HSC exams. Click [here](#) for details.

[Chemistry](#) - Friday 3rd July, 8.10am – 4.10pm, Price Theatre, Building W5A, Macquarie University.

A one-day program presented by Macquarie academics covering core material in The Production of Materials as well as Chemical Monitoring and Management modules to prepare students for the HSC.

Click [here](#).

Australian Catholic University: University Experience

Canberra: Tuesday 7th July, North Sydney: Friday 10th July, Strathfield: Wednesday 8th July.

An opportunity for year 10, 11 or 12 students to experience university life by living a day as a student studying arts, business education, health or theology. Click [here](#) for details.

The Careers Room is open every day at Lunch 2. Please visit for help with Career planning in Room 54 (the yellow door)!!!
Mrs Sue Kennedy, Careers Advisor (sue.kennedy@dow.catholic.edu.au)

Excursion Name	Date	Payment/ Permission Note Closing Date
Dio Girls Touch Footy Gala Day	22 April	Tues 31 March
Dio Boys Soccer Gala Day	22 April	Tues 31 March
NSW CCC Boys Basketball	23-24 April	Wed 1 April
Boys Swan Cup Gala Day	28 April	Wed 22 April
Wollongong Dio Cross Country	29 April	Wed 22 April
Yr 9 Retreat 2015	30 April	Fri 24 April
Australian Economics Competition	7 May	Tues 31 March
Yr 7 Geography Sydney Sea Life Aquarium	7 May	Fri 1 May
Australian Business Studies Competition	14 May	Tues 31 March
NO LATE PAYMENTS WILL BE ACCEPTED. PLEASE DO NOT PLACE INTO THE BOX AFTER CLOSING DATE		



EVER CONSIDERED BECOMING A FOSTER CARER?

==== FIND OUT MORE ====

Attend a foster care Information Session and hear about fostering from local foster care agencies and foster carers

You will learn about:

- *steps to become a foster carer*
- *roles and responsibilities of foster carers*
- *support available to foster carers*
- *the need for all types of carers, especially Immediate 'crisis' carers*

Thursday 30th April

6:30pm - 8pm

Venue: Ribbonwood Centre
93-109 Princes Hwy
Dapto

To register your attendance
contact Savita on:

9281 8822

savita@acwa.asn.au

Find out more about fostering today: www.fosteringnsw.com.au

Parenting *ideas*

INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

Do less, not more, for your kids

With school-aged children we can find ourselves making lunches, getting kids out of bed and cleaning out schoolbags rather than giving these basic tasks of living over to them.

The basic task of parenting, whether you have a two year old or a twenty-two year old, is to work yourself out of a job at the first possible chance.

REDUNDANCY should be the aim of the game! We never become redundant in a relationship sense – the emotional connection between our children and us is never severed.

In a practical, physical way we need to make children less, rather than more, reliant on us.

Developing independence is really about stepping back to allow children in. Doing less rather than more!

We develop greater independence in our kids one job at a time. Recently I gave my 22 year old son a job that I had been doing for a while. He lives in North America and I had taken on the job of being the connector between him and one of his sisters, who lives in the UK. It had been my job to pass messages on between the two via telephone and emails. I would update each of them about how the other sibling was going.

Frustrated being the go-between I made sure he had contact details and let him know that it was his job, not my job, to connect with his sister.

WE EASILY TAKE ON CHILDREN'S RESPONSIBILITIES

It is easy as parents to take on the jobs and responsibilities that really should belong to our children. With toddlers it is so easy to dress, feed and clean up after them rather than give these jobs over to them.

With school-aged children we can find ourselves making lunches, getting kids out of bed and cleaning out schoolbags rather than giving these basic tasks of living over to them. And as I discovered, it is easy to still do the basics of life for adult-aged children.

TIP NO. 1

for developing independence:

Like children, every teacher is different with their own specific expectations, goals and interests. Get to know your child's teacher and gain an understanding of their approach and aspirations for your child's class.

TIP NO. 2

for developing independence:

Never be more worried about a child's job than they are, otherwise it becomes your job, not theirs.

This mum remained very clear that it was her job to wash the clothes but not to place them in the washing basket. She would remind kids about washing night, but never nag them to put clothes in the basket. She knows that as soon as she keeps reminding them, it becomes HER job rather than her children's job to put the washing in the clothes basket.

The school holidays provides a good opportunity to reflect on the whole notion of job-sharing. It's also a good time for kids to increase their job load when they are not burdened with schoolwork and extracurricular activities.

Here's my challenge for you: Think of a job that you regularly do for your child that he or she can do for him or herself. Then step back and enable your child to do that for themselves on a full-time basis. Do less not more for your kids.

If you do that, then you can congratulate yourself as you have moved one step more toward REDUNDANCY.



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.



ILLAWARRA COAL REGIONAL CAREER EXPO 2015



Discover
the options
...get inspired

SCHOOL SESSIONS

TUESDAY MAY 12TH

8.45AM TO 3.30PM

WEDNESDAY MAY 13TH

8.45AM TO 1.30PM

PUBLIC SESSION

TUESDAY MAY 12TH

3.30PM TO 5.30PM

Illawarra Credit Union Sports And Hockey Stadium Waples Rd, Unanderra

Find out all of the info and friendly advice you need to inspire your future career decisions. The Careers Expo provides local and national representatives from Unis, TAFE, Defence Forces, Training Organisations and Employers

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