



ST JOSEPH'S CATHOLIC HIGH SCHOOL

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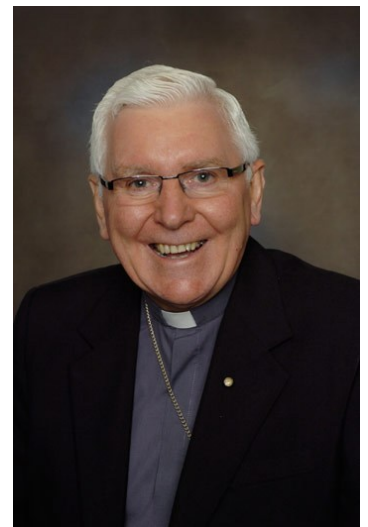
Term 3 Week 2B

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

This week the school seems a little subdued due to the shock of the MH17 disaster. We are horrified at such a criminal and evil act. We mourn for the victims, their families and friends. This senseless atrocity scares us and causes each one of us to reflect on the fragility of life. During our school assembly we prayed for all affected by the missile attack on MH17 and we continue to pray for world peace. In our daily actions *may we all become instruments of peace for the world.*

Congratulations to Bishop Peter Ingham - 50th Anniversary

We congratulate Bishop Peter Ingham on the 50th Anniversary of Ordination to Priesthood. Prior to his appointment as Bishop of Wollongong, Bishop Peter held various roles in the Sydney Archdiocese including the positions of Assistant Priest in several parishes, Private Secretary to Cardinal Freeman and then as Secretary of the Archdiocese of Sydney. As a school and as a diocese were most blessed to have such a wonderful man as our Bishop, guide and supporter. We offer our prayers of thanks for his many years of service and pray for God's continued support as Bishop Peter continues to lead our diocese.



Year 12 Trial HSC Exams 28 July to 11 August, 2014

Best wishes to our Year 12 students who will be sitting their Trial HSC Examinations during the next two weeks. By this stage of the HSC course, these exams are the final assessment task for most subjects. The trial examinations are the same length of time as the HSC exams, hence they are a realistic practice examination for all students. Please keep our students in your prayers that they be calm as they approach this difficult time and that they have every opportunity to do well in the exams.

P&F News

The next P&F Meeting will be held on Monday 28th July, commencing at 7pm in the Library. Mr Paul Hughes, Curriculum Coordinator, will be our guest speaker. Mr Hughes will speak about school reports, assessments, academic feedback and student performance. All welcome!

Mr John Barrington
Principal

Pupil Free Day

The Term 3 Staff Professional Development Day will be held on Tuesday 29th July (Week 3). This will be a Pupil Free Day.





Pastoral Care
Mrs Schibeci

One of the early topics for our Boys Group was something called, “**Mindful Awareness**”. In these sessions the boys learned about the parts of the brain like the amygdala and the prefrontal cortex. They learned that the amygdala is responsible for passing on and processing information to and from the prefrontal cortex. They learned that sometimes our amygdala gets ahead of itself and makes our prefrontal cortex respond too quickly and often, in the wrong way. The boys were taught about “Mindful Awareness”.

The practise of stopping and waiting - calming the amygdala so it passes the best response to a situation. This week’s article by Michael Grose is about this very practise. He reports that many adults are like this as a hangover from childhood and having these people in families and friendship groups can be very troublesome. He advises that children who tend to explode can often be taught to stop, think and then, act. It makes sense to teach them now, rather than have them evolve into these type of people. A great, worthwhile read.

Megan Schibeci, Pastoral Care Coordinator

Curriculum Update

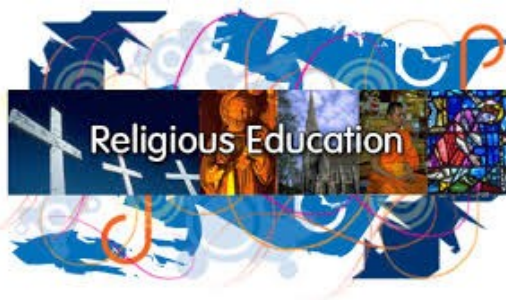
Please keep our Year 12 students in your prayers this week as we wish them the very best of luck for their HSC Trial Exams which commence on Monday 28th July and conclude on Monday 11th August.

Mr Paul Hughes, Curriculum Coordinator

2015 TVET Courses

Students wishing to participate in TVET Courses for 2015 must come and see Mr Milburn BEFORE Week 8 this term, to collect and return a TVET application. This includes current students who are mid way through their course, an application to continue studying is required. Places are competitive and late applications may jeopardise your chances in gaining a place or continuing in a specific course.

Nathan Milburn, VET/TVET Coordinator



ATTENTION YEAR 11 AND
YEAR 12 STUDENTS

Don't forget MUNDY!

Monday Afternoon

3:30-4:30pm in the Library

For further details contact

helen.sara@dow.catholic.edu.au

Preparing for HSC English Paper 1—Belonging
@ Dapto Library

Monday 28th July, 4pm to 6:45pm

Cost: Free

Pizza and Soft Drinks provided

Bookings essential by calling 4227 8555

The presentation will cover HSC English

Paper 1, Exam techniques and

General writing techniques!

Presented by Author Lyndall Hough BA MA

7.1 RE is coming to the end of the Unit, “The Bible: Sacred Story”. In small groups, students have been enthusiastically preparing and presenting dramatisations of Old and New Testament stories. Utilising a wide variety of technology, from iMovie to traditional acting with digital backdrops, each group has successfully engaged with the stories and deepened their knowledge and understanding of God’s revelation in our most sacred text, the Holy Bible. The following comments are from some students in 7.1, sharing their feelings about this activity: *Juliana* on Cain and Abel- “the film was really clever...and that violence is not the way of getting what you want”; *Nicholas* on Adam and Eve- “Always listen to what you’ve been told”; *Callum* on The Resurrection- “It was well thought out...the message was to believe that Jesus is the son of God...”; and *Nikita* on The Resurrection- “Jesus is the son of God, and really is the saviour”.

Mrs Therese Chard

SPORT REPORT

Diocesan Netball Gala Day

Year 7/8 Division 1—St Joseph's Blue

Performed well all day and registered wins against John Therry and St Johns. The girls played well all day and showed great sportsmanship on the day. The side would like to thank *Emily Irish* who refereed for the team all day.

Year 7/8 Division 2—St Joseph's Gold

Toiled hard throughout the day and were unlucky to lose games against Magdalene and John Therry. *Brianna Winley, Ruby Richardson, Kristine Puljak and Amy Martin* showed plenty of promise for future years.

Year 9/10 Division 1—St Joseph's Blue

The girls displayed outstanding sportsmanship throughout the day. They won one excellent game and bonded as a team as the day went on. An unfortunate injury to *Abby Golub* saw the team down a member, however the girls pulled together and played as hard as they could to finish 8th in their division. *Elise Sawtell, Olivia Blunden and Amber Ross* displayed excellent skills and showed great determination throughout the whole carnival.

Year 9/10 Division 2—St Joseph's Yellow

The girls played well as a team, they had two great wins against St Patrick's and Holy Spirit. A thank you must be given to Mrs Karen Edwards who gave up her time and coached the girls on the day.

Year 11/12 Division 1

The senior team was led by *Darcey McNeilly*, who unfortunately succumbed to an ankle injury during the day. The girls demonstrated great leadership and were excellent role models for their younger counterparts. The girls were coached by Mrs McNeilly and supported by Mr Russell.

Thanks to Miss Janson, Mrs Smith and Mrs Mitchell who took the teams on the day, Mrs Garbutt and Mrs Sharkey for their help selecting teams and organising at school as well as all the parents who helped on the day and turned up to support the teams.

Term 3 School Sport

This term as part of the recreational school sport program, students in Years 7-10 will be engaged in an inter-house competition. This will involve students participating in a range of sporting activities in house based teams. Points will be allocated after each activity and will contribute towards the overall house points tally for the year. Activities will take place at school, local sporting fields and facilities. Updates will be provided in coming weeks.

Congratulations to *Taylah Vella* (13th) and *Ben Niceforo* (20th) who represented NSWCCC at the NSW All Schools Cross Country last Friday in Sydney!!



Remember— 'Too much sport is never enough!!'

Brett Moran,
Sport Coordinator.

Sports Calendar 2014

Term 3

28th July- Closing date NSWCCC Boys Softball

13th Aug-NSWCCC Netball Championships and NSWCCC Boys Softball Selections

14th Aug-Diocesan Hockey and Volleyball Gala Days

18-19th Aug- Jnr Basketball Finals and SSA Hockey Championships

29th Aug-Diocesan Athletics Carnival

12th Sept-NSWCCC Athletics Carnival



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Important Dates for your Diary

Monday 28th July—11th Aug -Year 12 Trial Exams
Tuesday 29th July-Staff Development Day (Pupil Free Day)
Tuesday 5th Aug-School Vaccinations
Wednesday 6th Aug-Year 10 Retreat
Thursday 7th Aug-Australian Mathematics Competition
12th Aug-ICAS Maths Competition
27th Aug-School Social
8th-19th Sept-Year 11 Exams



The Science Faculty is extremely excited to announce that the St Joseph's Research Science Expo will be held during Week 6 this term. The Research Expo represents an outstanding opportunity for students to enhance their skills in a number of areas including research and public speaking. The Expo is open to all students from Years 7-12 however all Year 8 and 10 students (and some Year 11 and 12 students) have already completed a science research project that could be easily entered in the Expo. Apart from entering a research

project, there are many other categories that students can enter. These would be ideal for students in Years 7 and 9 to enter:

- * "Anything and Everything Science" Photography competition: take photos of anything to do with Science.
- * Science Masterchef: students bake cakes and decorate them with anything related to Science.
- * "Fast Science": create a 60 second iMovie about a scientific concept.
- * Famous Scientist: research, dress-up and impersonate a famous scientist and display your research on a board.

Students will be provided with a lot of information about the various categories and how to enter by their Science teacher over the next few weeks. It would be great if you could encourage your child to participate in the Expo and be part of something fun, educational and challenging. We hope you are as excited as we are!!! Bring on Science!!

The Science Faculty



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.

University of Sydney Open Day is Saturday 30th August. The program is available in the Careers Office.

Are you considering a career in Radiation Oncology or Medical Physics??? If so I have some information that may interest you located in the Careers Room, every L2. Please come and see me!

Interested in a Tertiary Course in Queensland or Northern NSW?? QTAC Guide is located in the Careers Room.

MIGAS have a variety of Apprenticeships and Traineeships on offer in a vast array of areas including Automotive, Horticulture, Light Vehicle Technology, Retail Nursery, Refrigeration, Sheet Metal Fabrication, Warehousing, Screen Printing and Mechanical Engineering. Visit www.migas.com.au for full details of each vacancy and application details or call 1300 464 427.

Community Notices

Worldwide Marriage Encounter Weekend - a marriage enrichment experience for married couples. 12-14th September at Mt Carmel Retreat Centre, Varroville, NSW. For bookings call 4283 3435 or email wsharpe@bigpond.net.au.

All Saints Parish Shellharbour City –Youth Group - Youth Group for this term will recommence this Friday 25th July at the Grealy Centre (which is located under the All Saints Parish Church, Shellharbour City) from 7 -9pm. Our youth group is for all secondary students and we meet fortnightly. Cost is a gold coin donation. Activities for this term will be a movie night and bowling. Contact Cait 0403 738 287 or Michelle 0437 042 010.

William Campbell Foundation - Short term and long term foster carers are needed. An Information Session will be held on Thursday 31st July from 5pm at Dapto Ribbonwood Centre, Princess Highway, Dapto. To reserve your place please call 1300 130 585.

Year 11 and Year 12 Studies of Religion II

Recently the Year 11 and Year 12 Studies of Religion 2 unit classes visited the Nan Tien Temple in Berkeley. Our tour began with an interesting insight into the layout and design of the largest Buddhist Temple in the southern hemisphere. From there, we were taken to the restaurant where we enjoyed a delicious authentic vegetarian meal. We were then given a tour of the grounds, including the buildings, statues, shrines and beautiful gardens. Our tour guide explained the meaning of the Buddhist symbols, took us on a tour of the precious artworks located in the museum and explained to us, Chinese culture and the beliefs and practices of humanistic Buddhism. Our visit culminated with a presentation about Buddhist ethics and beliefs. This excursion greatly enhanced our learning within the classroom and complemented our knowledge and understanding of different religious traditions. Thank you to Mrs Volf and Mrs Downing for helping with the transportation of students to and from the Temple.

Mr Comensoli and Mrs Schneider



Literature and Medical Research. The focus of the day was to develop debating skills and we were very fortunate to have the expertise of many experienced debaters from Sydney University on hand, to share with us their knowledge and skills. Despite the fact that we did not come away with a win, we certainly learnt a lot about the skills of speaking publicly, the art of arguing a point and the importance of reinforcing our views within a debate. We even learnt that Australians are renowned for our debating skills and are the current world champions in debating! Many thanks to Faye Willis for accompanying our debating team and sharing her wisdom and insights. Her contribution to our team is very much valued and appreciated.

Mrs Frances Schneider

Debating - In the last week of Term 2, an enthusiastic group of Year 11 students participated in the SWORDS Debating Competition held at Wollongong University. The students spent the day debating against schools from our local region, focusing on a variety of topics that incorporated a broad general knowledge from Science and Technology to English



Canteen Roster 2014

28th July	Terri Thomas, Karen Coombes, Lorissa Williams, Tracey Zimmermann, Megan Wilson
29th July	Linda Wilson, Sandra Jensen, Nell Derubeis
30th July	Narelle Keevers, Angela Walker, Sandy O'Connor
31st July	Shona Arcella, Lee-Ann Ginsburg
1st Aug	Tracey Teixeira, Alison Chetcuti, Susan Rayner, Michelle Partridge, Tracey Sumner, Nicole Oswald

Uniform Shop 2014

28th July	Help Required
31st July	Josephine Pulido



Host Families are Urgently Needed....

Dapto Primary School will be hosting a visit by Japanese students from the Chubu Region, in a program conducted by Alliu. We are giving interested families from outside this school the opportunity to Host.

This group of students is of various ages ranging from 10 to 15yrs both boys and girls.

***We are urgently seeking families who are willing to
Share their lifestyle and home while experiencing another culture***

- Daily program (Mon-Fri) organised by a Coordinator
- Japanese language not necessary
- Normal Australian meals
- Voluntary basis for approx 7 days
- A stipend of **\$30 per night per student max. 2 students.** will be given to each host family to assist with hosting costs.

Dates are: 28/07/14 – 4/8/14

***These students are eagerly waiting to hear from their new
Australian Family.***

If you can help or would like further information, please
phone

Rebecca on 0416 458 901
Or on 4256 1596



Parenting *ideas*

INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

RAISING space cadets

Learning to stop and think before reacting is one of the most valuable life skills a child can develop.

Know someone with a hair trigger? The smallest thing sets them off. That 'thing' maybe a cutting comment from someone, a nasty look or a thoughtless remark. Whatever it is, not a moment is taken to think, consider or weigh up options. They simply explode.

Anger exudes from every pore.

I know some adults like this. They are awful to live with. Their family walks on eggshells, not wanting to upset them. The trouble is, they've been like that since childhood.

I also know some kids like this. I wonder if their hair trigger will remain into adulthood. Such kids, who are usually highly strung, need to learn to put a space between an event (that leads to a reaction) and their response. They need to become space cadets, learning how to stop, think and act – all in a split second.

When a space cadet hears someone say something sarcastic he'll pause for a

split second while he thinks of different responses (ranging from doing nothing through to engaging in a bit of humorous banter) and only then choose the best of those responses. Some space cadets I know, who have been taught this skill, will call on their BEST SELF and choose the best response based on one that represents their values for that occasion.

Space cadets generally have healthier relationships as they are predictable, more considerate and better able to match their responses to their own BEST self.

Anyone who has ever regretted a remark they made to a friend, loved one or workmate under duress will know what I mean. You felt that the remark 'let yourself down'. Space cadets experience less of this guilt as they are more likely to make the right remark in the first place.

Space cadets have high emotional awareness which not only leads to better responses, but it also leads to better regulation of emotions and behaviour. That's why the development of self-awareness in kids is probably more important to long-term wellbeing, success and happiness than the development of self-esteem. If not, it's on a par because it's such a valuable skill to possess.

WHEN SOMETHING EVOKES AN UNPLEASANT EMOTION (ANGER, FRUSTRATION OR ANXIETY), ENCOURAGE KIDS TO:

STOP

AVOID reacting impulsively. Take some deep breaths. Be calm.

THINK

WHAT happened? How are you feeling? What are you thinking?

ACT

HOW can you best respond?

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.

