



ST JOSEPH'S CATHOLIC HIGH SCHOOL

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Date: 26th June, 2014

Term 2 Week 9B

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

Senior Assembly - Week 9

The most recent Senior Assembly (for Year 10, 11 & 12 students) was hosted by the Year 10 team. They chose the theme: *Life Balance and Planning for a Career*. The assembly was a timely focus for the senior students of the school. I am repeating parts of their presentation in the newsletter as a handy reference point and reminder for students.

To get a life balance, it is important to have a balance between:

- * Sleep, Diet and Physical Activity
- * Social Outlets, including social networking
- * School Work, Paid Work
- * Relaxation and fun



Focusing on the need for adequate rest and relaxation the question raised is: *Why do we need 9-10 hours of sleep each night? Answer: Not enough sleep can lead to:*

- * Reduced academic performance, Fatigue, Loss of concentration.
- * Shorter attention span, Accidents and mistakes, "Drifting off" in class.
- * Moodiness, Tantrums (and yes, teenagers can have a "tantrum") and aggression.
- * Slower reflexes, Memory impairment.
- * Poor decision making, Risk taking behaviours.

What stops sleep?

- * Use of electrical technology before going to bed eg: phones, laptops, television. These devices can be a distraction to going to sleep and also, the exposure to light from these devices keeps the brain "switched on".
- * Caffeine drinks, chocolate, smoking and alcohol before bed.
- * Stress, anxiety, depression.
- * Insufficient sleep. This can cause the brain to become more active. This vicious cycle can mean that being over-tired makes it harder to get to sleep.
- * A light room.

Undoubtedly all people need to have a balance in their lives but especially teenage students as they face up to the academic rigors of secondary education.

John Barrington
Principal

Back to School
Monday 14th July
Week 1A



Curriculum Update

Academic Reports

Reports for students in Years 7-10 will be distributed today. Students in the school Musical will receive their report at the Theatre and reports for students who are absent on the last day of school will receive their report in the mail. It is hoped that parents will find the reports informative and use this information for preparation of Parent/Teacher Interviews.

Parent Teacher Interviews Years 7-10

Interviews will be available for all Year 7-10 students and their parents on Thursday 17th July from 3:50pm-8pm and Friday 18th July from 11:30am-3pm. I strongly encourage all parents and students to attend this evening or day to discuss with teachers the progress that has been made and what can be improved for Semester 2. The amount of information provided to you at a discussion like this can be invaluable, providing further insight into the learning each child is undertaking. The booking system for interviews will be online. Bookings will open on Friday 27th June, 2014 and close Wednesday 16th July at 3pm. To make your booking visit www.schoolinterviews.com.au. Enter the School Event Code of **2R7K2** and follow the prompts. A full flyer of instructions is attached to this week's Newsletter. *Mr Paul Hughes, Curriculum Coordinator*

Years 11 and 12 MUNDY

The MUNDY Program has been very successful this term. Many Year 11 and 12 students are taking advantage of the time to talk to teachers or just form study groups to help each other in different subject areas. The program will resume in Week 1, Term 3. Teachers from the Mathematics, English, Religion and Science faculties will be on duty. *Helen Sara, Year 12 Coordinator*



As mentioned in a previous post, report time can be challenging for many families. Having expectations that are just too big can be troublesome, but allowing your child to float through their schooling without much effort is also troublesome. And, what about 'praise'? How much do we give? Can we over praise? According to Jenny Brockis, in the attached Michael Grose article, we can. If you time, have a read. Enjoy the holidays. Our students are certainly ready for a rest. What a big term! *Megan Schibeci, Pastoral Care Coordinator*

Year 9 Commerce Market Day for Little Joeys!

As part of their formal assessment, students in our Year 9 Commerce classes were required to create and run their own business, a market stall held at school, with all profits going to Little Joeys! At lunch on Thursday 19th June, the COLA was humming with excitement as the students held their market stalls selling a variety of goods such as hot food, slushies, lollies, popcorn, cakes, drinks, hot chocolate, loom bands and more. The students put in weeks of effort preparing for their stalls and raised a huge \$1,022.30 for Little Joeys!! We would like to congratulate these students on a great achievement and also extend thanks to all St Joey's students, teachers and parents for their support on the day. We are already looking forward to next year! *Mrs Leanne Gregory, Commerce Teacher*

Year 7 St Joseph's Biggest Morning Tea!!

Last week, Year 7 hosted St Joseph's Biggest Morning Tea. The day was a great success with Year 7 students bringing in lots of cakes, slices and cookies to sell for morning tea. Thank you to all the students and parents who donated some goodies or went to the effort to bake some treats to sell on the day. With the support of St Joseph's students and teachers, the Year 7 students managed to raise a whopping \$632.70 which will go towards valuable research and support through the Cancer Council. Well done Year 7!! *Miss Vicki Sproule, Year 7 Coordinator*





Good Luck to Year 11 student Riley Smith who will represent Australia in the U/16 Schools Team on their tour of South Africa during the upcoming holidays. Riley was selected after outstanding results for NSW All Schools over the last 2 years where she has been an integral part of the victorious NSW Team.



Gol / Trickshot Competition

Again with the World Cup in mind we have launched a competition for students (and their families) to shoot the best Gol/Trickshot they can manage. This is based on the same principle as the current McDonalds advertisement with the idea being that we will then be able to create our own Gol/Trickshot compilation movie. Prizes will be awarded for the best effort but it has been made clear to students that any footage that is deemed to have been unsafe, illegal or damages public property will not be accepted. Entries close the end of Week 1 Term 3, so students have the holidays to be creative and start ‘shooting’ their ideas. Again further information has been emailed to all students.

Remember— ‘Too much sport is never enough!!’

Brett Moran, Sport Coordinator.

Sports Calendar 2014

Term 3

18th July-NSW All Schools Cross Country

21st July-Diocesan Netball Gala Day

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

29th Aug-Diocesan Athletics Carnival

12th Sept-NSWCCC Athletics Carnival

Canteen Roster 2014

14th July	Antonella Adams, Nicole Norris, Patricia Zanatta, Helen Cheetham, Marina Chang, Mary Daly, Domecia Prince
15th July	Vickie Austin, Marina Chang, Kristie Fenwick, Rachel Parkes
16th July	Leanne McMillan, Oriana Dimise, Tina Brown, Amanda Quintal, Trinny Notrianni
17th July	Cathy Sperring, Sue Bezzina, Joanne Barker
18th July	Parent Teacher Interviews Pupil Free Day
Uniform Shop 2014	
14th July	Help Required
17th July	Christine Callaway

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Important Dates for your Diary

25th-28th June-School Musical 'Happy Days' @ the Roo Theatre

Friday 27th June– Last day Term 2!

Monday 14th July - Term 2 Commences Week 1A

Thursday 17th July - Parent Teacher Interviews 3:50pm-8pm

Friday 18th July - Parent Teacher Interviews 11:30am-3pm (Pupil Free Day)

University of Wollongong Leadership Day 2014

On Thursday 12th June, I, along with Melanie Bletas, Davide Zanatta and Brittany Ryan, had the opportunity to visit the University of Wollongong and attend the Elevate: Young Leaders Forum. This program runs three times a year and focuses on different themes each session. The theme for day one was: *Inspiring Action*.

The day began by being split up and placed in groups with people from schools all across the Illawarra, Highlands and even some schools from Sydney. Each of our groups was lead by current Uni students who, during their time in high school, participated in the Elevate program. They were insightful, energetic and all round inspiring people. They gave us our first task of the day: to show what a leader truly looks like. To do this, we had to dress up a group member in newspaper. Many representations of a leader carried a newspaper sword (a symbol of strength), a newspaper heart (to show courage) and of course a shield (to deflect evil and negativity).



To finish the day we had two guest speakers present to us, as to how they were inspired to action. They shared with us their stories of success and, at times, hardship along their journey to leadership and action. It was a day full of laughs and learning. There are still two more days to attend later this year, and I think it is safe to say that we are all keen to go back again and learn even more.

Talin Kennedy, Senior SRC Representative

Year 8 Religious Education

In Religious Education, Year 8 have been learning about The Settings of the Gospels and 8.4 were lucky enough to have Mr Comensoli give a presentation on his trip to The Holy Land early last year. Below is one student's report on Mr Comensoli's presentation:

Last Friday, 20th June, Mr Comensoli shared a presentation with my class 8.4. He gave the presentation to show and inform the class of what Israel was like at the time of Jesus and to help us understand the topic extensively. This presentation fits well into our topic of The Settings of the Gospels because the places and sites he talked about were the Settings of the Gospels. Mr Comensoli discussed with us a variety of topics but mainly the lifestyle, culture and practises of the people of Israel at the time of Jesus. He showed us the clothes, weather, way of life, how they made their structures and different materials and how they grew their food. Mr Comensoli showed us and talked about the places Jesus had visited and the things or stories that took place there. He passed around and showed us numerous objects and photos from his time in Israel. On the Power Point he presented there were many photos of sites and of the areas of Israel he had visited. Mr Comensoli passed around a map of early Israel and a blessed cross made of Olive wood. My favourite thing was the different ways of producing and manufacturing necessities compared to today's techniques. The most interesting point Mr Comensoli spoke about was the Dead Sea. This is the lowest point anywhere on Earth, and the water is so full of salt you just simply float when you hop in. Mr Comensoli's favourite fact was that it snows in some parts of Israel in Winter. This surprised me considering the deserts and the hot climate of Israel.

Written by Lleyton Callaway, Year 8.

Literary Luncheon 2014

On Tuesday 24th June, 2014 St Joseph's hosted the Literary Luncheon. The competition aims to showcase the 'Beauty and Artistry of Literature' and is open to Year 11 students in the Illawarra Area and the Highlands. Each competitor has 8-10 minutes in which to present an oral recitation and discussion of their favourite text, exploring its "Beauty and Artistry". This year we were again fortunate to have Associate Professor Louise D'Arcens, English Literature Program from the University of Wollongong as the Adjudicator. The day was a great success. The Adjudicator was very excited about the high standard of the presentations and the sophistication of the texts chosen. This year the novel was the preferred choice of text to speak about. Texts such as 'A Thousand Splendid Suns' by Khaled



Hosseini, 'The Book Thief' by Marcus Zuzac, 'The Princess Bride' by William Goldman, Harper Lee's 'To Kill a Mockingbird', and 'Mao's Last Dancer' by Li Cunxin, were some of the texts presented in a very interesting and sensitive manner, both entertaining and inspiring the audience. First place went to Louise Ellsmore from Smith's Hill High School, second place to Dominic Mortimer from The Illawarra Grammar School and equal third to Mahalia Crawshaw from Smith's Hill High School and Holly Small from St John the Evangelist. All the contestants must be congratulated on their perceptive analysis and articulate presentation of their chosen text on the day. Part of the enjoyment of the day was the delicious morning tea and lunch helping to make the occasion a special event. Congratulations to the prize winners and all the competitors for making it such a valuable and entertaining experience for all involved. *Ruth Russell, Literary Luncheon Coordinator*

Kids' lunchbox snacks rate poorly in Health Star Rating calculator, consumer group Choice says !!!!

By Consumer Affairs Reporter [Amy Bainbridge](#)

Choice has used the Health Star Rating calculator to assess the nutritional value of 260 children's snack foods, and has found most rate poorly under the system. The Health Star Rating system is a voluntary scheme brokered by consumer, health and industry groups and is designed to allow consumers to see how well a product rates out of five stars. Earlier this year, a [website explaining the system was controversially pulled down](#) by the Assistant Health Minister Fiona Nash. The system is supposed to be available for voluntary use by July this year. So far, [one muesli manufacturer has introduced the stars on its labels](#), but it remains unclear if major companies will follow suit. Choice campaigns Manager Angela Cartwright says the analysis found more than half of the products scored two and a half stars or less, and just three snack products for kids received the maximum of five stars.

"I think the big surprise was that in very similar products there could be huge differences in the ratings," Ms Cartwright told the ABC. "When we looked at fruit snack products we found that a number of these products were very high in concentrated sugar because they're made from dried fruit and fruit puree". Ms Cartwright said some of these products rated two stars and lower in the rating system.

"Products which were made with actual fruit and fruit juice rather than jelly or syrup, we found that these options were up around four stars, so it was quite surprising to see the difference." Concerns over cost to implement system and other 'serious flaws'. The Australian Food and Grocery Council (AFGC) has raised concerns about the cost to industry to implement the labelling system, which it puts at \$200 million. It also believes the existing Daily Intake Guide (DIG) is an effective way to help consumers see the relationship between a serve of food and their daily requirements. The DIG is also a voluntary labelling scheme and has thumbnails on a product's packaging, to indicate the amount per serve for energy and nutrients (protein, carbohydrate, sugars, fat, saturated fat and sodium) and the percentage of daily intake these represent per serve. Food manufacturer Mondelez has previously raised concerns about the Health Star Rating system, saying there were "serious flaws". "One of the concerns we have with the health star rating is that consumers may think they're comparing like for like products, when they are in fact not," the company said in a statement in April.

Sanitarium has previously told the ABC it will not comment on the labelling system until it is finalised.

The Choice website can be found at www.choice.com.au/kidssnacks



The Catholic Education Office in Wollongong is again running competition that asks students to use their IT skills in the areas of building a robot and computer programming. This year we are offering you the chance to:

Investigate real world computing

Create a robot or computer game

Communicate your work to your parents, teachers and friends about your entry.

You may choose from 3 competitions to enter:

CREATING A GAME - Students work in teams of 3-4 with a Raspberry Pi (small simple computer) and the programming language Python. The students will use Python to produce a game that runs on the Raspberry Pi (Raspberry Pi, Loaded SD card and a case)

PROGRAMMING A ROBOT TO AVOID OBSTACLES - Students work in teams of 3-4 using an Insectbot mini DIY Kit (provided by the CEO). They will program the robot to avoid obstacles whilst navigating through a maze.

PROGRAMMING A ROBOT TO FIND AND FOLLOW A LINE - Students work in teams of 3-4 using an Insectbot mini DIY Kit (provided by the CEO). The program the robot to locate the start of a line and follow the line to the end.

You can see further details and a video for each of the competitions here to help you make your decision:

<http://spotlight14.dow.catholic.edu.au/competitions>

Remember you must read and follow these instructions carefully:

- Get in a team of 3 to 5 (not one not 2 not 6)
- Create a team name and blog about your entry (using blogger)
- Get a teacher to sponsor you and help you enter the competition online.

Entries will close on the 18th of July to allow you time to be sent the robot kit or Raspberry Pi and there are a **maximum of two entries per school for each competition** (so that's a maximum of 6 teams here at St Joseph's). Completed and uncompleted robots and games need to be returned to the CEO for judging by the 27th of October 2014 at **The Spotlight in Technology** conference 2014 event in November.

Do you need more information OR you have a team already to go?

Come to the information session this Friday 20th June, in Room IT-1 (at the back of the Library) during lunch. Bring your lunch if you wish.

Mrs Deb Boughton, Learning Technologies Coordinator



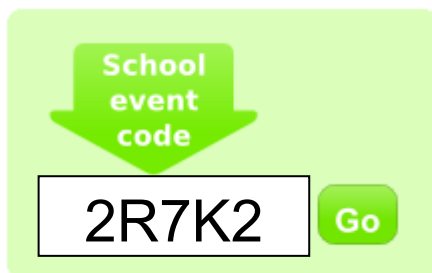
Book School Interviews Online

Dear Parents

Parent/Teacher/Student interviews for **Years 7-10 Half Yearly Interviews** will be held on Thursday 17th July from 3:50pm-8pm and Friday 18th July, from 11:30am-3pm, 2014.

You can now book interviews at times that suit **YOUR FAMILY BEST**.
Go to www.schoolinterviews.com.au and follow these simple instructions.

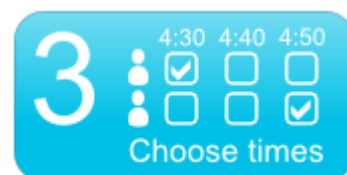
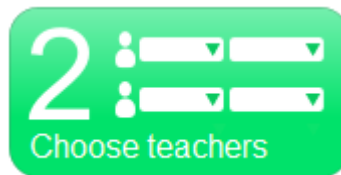
BOOKINGS OPEN Friday 27th June, 2014 at 9am.



Go to

www.schoolinterviews.com.au

Enter THIS school event code.
Then follow the 3 simple steps.



When you click **finish**, your interview timetable will be emailed to you automatically - **check your junk mail folder** if you do not receive your email immediately.
You can return to www.schoolinterviews.com.au at any time, and change your interviews - until bookings close.

BOOKINGS WILL OPEN ON Friday 27th June, 2014.

For parents that don't have access to the internet at home, at work, at a friend's house or on their phones, computer kiosks are available at the School Library, so that parents can still make their own bookings. Parents may send a note to school with the approximate times they require, or phone the school on 4230 8500. Students with written permission from parents may also have access to the kiosk. Interviews are strictly 5mins and spaces are limited. If you require more time, please contact your teacher directly to make alternative arrangements.

Parents can change their interview bookings, any time prior to the closing date, by re-visiting the www.schoolinterviews.com.au website, and using the event code. Parents wishing to change their interview times after the closing date, should contact the school directly on: 4230 8500.

Excursion Name	Date	Payment/ Permission Note Closing Date
Yr 9 Child Studies Albion Park Library & St Paul's Kindergarten	26.6.14 & 17.7.14	CLOSED
HSC Chemistry Excursion	25.6.14	CLOSED
Yr 7 Musical Excursion	25.6.14	CLOSED
Debating Excursion	26.6.14	CLOSED
Yr 11 & 12 Industrial Technology Timber	27.6.14	CLOSED
Senior Jacket	27.6.14	27.6.14
Careers Vocational Ed Day Taronga Zoo	20.8.14	06.8.14
Elevate Young Leaders Forum Leadership Program	21.8.14	CLOSED
Yr 12 Chemistry	22.8.14	15.8.14
Yr 12 Formal	21.11.14	5.11.14
Elevate Young Leaders Forum Leadership Program	05.11.14	CLOSED
NO LATE PAYMENTS WILL BE ACCEPTED. PLEASE DO NOT	PLACE INTO	THE BOX AFTER CLOSING DATE



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- Certificate III in Carpentry (Carpentry Apprenticeship) at Hurstville - 1st Year
- Certificate III in Engineering Fabrication Trade (Engineering Fabrication Apprenticeship) at St Mary's - 1st Year
- Certificate III in Carpentry (Carpentry Apprenticeship) at Glendenning - 1st or 2nd Year
- Certificate III in Engineering Fabrication (Fabrication Apprenticeship) at Campbelltown - 1st or 2nd Year
- Certificate III in Engineering Mechanical (Engineering-Mechanical Apprenticeship) at Campbelltown - 1st or 2nd Year

Traineeships

- Certificate III in Food Processing (Process Worker Traineeship) at Kulnura
- Certificate III in Warehousing Operations (Warehousing Traineeship) at Hornsby
- Certificate III in Warehousing Operations (Warehousing Traineeship) at Padstow
- Certificate III in Business Administration (Part Time Business Administration Traineeship) at Kirrawee

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Building parent-school partnerships

WORDS Jenny Brockis

Why praise can be a double-edged sword

The way we praise our children, even from a very early age, can have a lasting impact. When done effectively, it can really promote resilience.

It seemed to come out of nowhere. One day we had a happy, confident, thriving daughter who was doing really well at school and the next she was alternating between a quiet sullenness and loud arguments, telling us, "I just don't care".

The problem appeared to lie with her maths. She had previously found maths quite easy, and had got good enough marks to be put up into the higher level with the 'smart' kids. The result: a very unhappy daughter and a significant slump (aka tailspin) in her performance.

Putting on our best parental hats, we tried to work out what was going on. Our daughter's response to our gentle probing was "I should never have been put into the smart kids' class because I'm dumb" and "My teacher just thinks I'm not "trying".

Kids (and adults!) learn best when feeling confident and motivated to do well, even when the work is hard. The trouble is that in many instances our education system is set up to reward cleverness or smartness before effort. Those who excel in learning and passing exams often enjoy an elevated status and are held up as the example for others to emulate. There is much less recognition for effort alone.

The problem with this is that it potentially damages the confidence and self-belief of some children around their abilities.

As parents it is natural to want to see our children do well. When we see our kids reaching those first milestones, we marvel and celebrate their brilliance. It turns out those words we use in praising our kids at the age of one to three years will determine the mindset and desire for challenge that shows itself five years later, when they start school. This can even affect the way we think about ourselves right into adulthood.

When we praise intelligence – "You are so smart", "Aren't you clever!" – we are using language that suggests that these are the traits that we value the most, and that make our children different from others.

In contrast, when we praise effort – "I can see you tried hard with that", "Well done for doing all that work" – we are rewarding progress and intrinsic motivation. That promotes a 'growth' or 'possibility' mindset.

Unfortunately for our daughter, somewhere along the line she had come to believe that she was only doing well if she consistently got 'A'. Being put in a class designed to stretch her capability resulted in the opposite occurring as she was no longer achieving those high scores. She now felt a failure and, not liking to be made to feel stupid, had decided it wasn't worth giving the harder work a try.

What she needed was more of a growth mindset. Helping our children to develop a 'growth' versus 'fixed' mindset is what makes the biggest difference in determining our their level of self-confidence, resilience and motivation. Professor Carol Dweck, in her book *Mindset*, describes how by choosing to develop a growth mindset we can start to learn from our mistakes, and feel we are succeeding when we master a new skill or piece of learning that has been challenging or difficult.

Our mindset is not something we are born with, it is formed and shaped through experience, and who we hang out with. We used to think that intelligence was innate, a 'fixed' quality, and we now know that is simply not true.

Tips for encouraging a growth mindset:

- 1 Look at learning as a way to stretch and grow the brain. Learning new things is great exercise for seeing new possibilities or ways of doing things. It encourages imagination and creative thinking.
- 2 When congratulating your child, use words that praise the outcome that has resulted from their putting in the work and effort.

more on page 2 >>

Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW Parentingideas Club** today at parentingideasclub.com.au. You'll be so glad you did.



... why praise can be a double-edged sword ...

2

Building parent-school partnerships

- 3 When things go wrong, ask, "What could you do differently next time to get a better result?" Failure and making mistakes is normal. Learning to deal with them effectively helps build resilience.
- 4 Use the power of "Yet". If your child tells you, "I'm no good at..." or "I can't do that", your response could be, "You're just not there ... yet". This implies that it is work in progress and success may come through perseverance. It's not about false hope, but encouragement.

Other research is now uncovering additional benefits from adopting a growth mindset. It can:

- encourage a student to want to stay at school longer
- facilitate transition to university
- diminish bullying or aggressive behaviour
- develop resilience in the face of adversity
- help see challenge as opportunity
- develop tenacity in persevering to overcome obstacles
- help see effort as the route to mastery
- build the ability to use criticism as something to learn from
- promote inspiration and new learning from sharing in the success of others.

We all want our children to do well and one of the best ways we can help is to promote a growth mindset so they become more positive in their outlook as to their own capabilities, broaden their perspective of the world and elevate their resourcefulness.

Dr. Jenny Brockis is a brain health specialist. Her focus is on promoting optimal health and function for all brains. She is also an author and speaker, and mum to two young adults. www.drjennybrockis.com

Jenny Brockis



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.

