

ST JOSEPH'S CATHOLIC HIGH SCHOOL

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Date: 26th November, 2015

Term 4 Week 8B

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

ADVENT - A Time of Expectancy

This is the season which emphasises the perpetual prayer of the Christian: Come Lord Jesus (Rev 22.20). But it is also a time of spiritual challenge to us, the disciples of the Lord.

Many of the readings of Advent are taken from the prophets and the prophets usually brought unpalatable truths to their hearers.

The message of the prophets was very simple but challenging: God was going to redeem us from our sins. In the prophet Isaiah (Isaiah 63; 16-17; 64:1.3-8) we hear of the desire for this to happen.

But the Jews had other ideas. They wanted a Redeemer who would deliver them - from other people's sins - from the injustices inflicted upon them, the oppression and the physical slavery they were suffering at the hands of others.

They would welcome with open arms a Saviour who would deliver them from others, but as for a Saviour who would deliver them from themselves - no thanks. That is why the prophets were so unpopular. Jesus himself was rejected by the people of his time, due no doubt to his challenging preaching.

As the angel told Joseph, the Son who was to be born of Mary was to be called Jesus, Saviour, because he is the one who is to save his people from their sins.

The subject of sin (unpalatable truths) today is not a very popular preaching topic, much like the days of the prophets, however the fact is that Jesus' mission was to deliver us from our sins - he is our Saviour (Catechism of the Catholic Church Compendium 118, 119 and 122).

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Annual School Report - Parent Survey

Parents are invited to participate in the preparation of 2015 Annual School Report by completing a short "on line" survey that will take only two or three minutes. Please [click](#) here to access the link.

Students Leaving at the End of 2015

The school would be grateful to receive early notification of any students in Years 7 to 11 who will not be returning to St Joseph's in 2016. Please provide written communication to the school office at your earliest convenience.

Mr John Barrington
Principal





Pastoral Care
Mrs Schibeci

Gone are the days when our children moved out of home in their 20s. So many more are staying put! Good or bad? HMMMMMM!! Not sure, but there are many valid reasons for this. Research is saying our children are lacking in independence. It is vital that our children get to exercise their independence muscle. In the article attached to this week's newsletter Michael Grose provides some tips about how to do this as parents. It is an interesting article so please take some time read it!
Mrs Megan Schibeci, Pastoral Care Coordinator

End of Year Presentations

Thursday 10th December

Year 11 - 9:30am-11:00am

Years 9 & 10 - 11:30am - 1:00pm

Friday 11th December

Years 7 & 8 - 9:30am- 11:00am



The Canteen will be closed on Tuesday 1st December while the canteen volunteers have their Thank You Luncheon!

Please remember to bring all your food and drink requirements as there will be no food sold at school on this day!

We apologise for any inconvenience this may cause.

What did you miss at Joeys this week?



Highlights from Sports Assembly...

Who won what award in the different sports categories?...

Y10 Marine Tech class in action in TAS space...

The learning continues at home - Justin and Sam's fog machine...

Mrs Markwell's Y7 Tech class using their hands (and minds)...

Bridge-building designs - see the marvellous creations...

International Men's Day tribute...

The new filtered water drink stations (thanks to P&F and Y12 ss)...

#staycool competition and winners.

and much much more... (click on link below)

<https://twitter.com/sjchsadow>

JOIN US @sjchsadow



positions vacant

The P&F Association invites Expressions of Interest from persons who would be able to work in the Uniform Shop when the Shop Manager is absent, as well as a few days at peak times of the year. The successful applicant will be paid an honorarium based on the number of hours worked. Please send an Expression of Interest to the school via email to info@sjchsdown.catholic.edu.au by Friday 4th December, 2015.

The P&F also wish to advise school families, that due to a price increase by our uniform supplier, *Rainer*, there will be an increase in prices for school uniforms effective from 1st March, 2016. This will mean a 6% increase across the whole uniform range.

Uniform Shop

FINAL DAY OF TRADING FOR 2015
will be Thursday 3rd December.
Re-Open 21st and 22nd January, 2016
from 9:30 till 3pm and then normal
trading hours when Term 1 commences.

Canteen Roster 2015

30th Nov	Nicole Norris, Patricia Zanatta, Helen Cheetham
1st Dec	CANTEEN CLOSED
2nd Dec	Kellie Mundt, Rachael Woolfe
3rd Dec	Christine Brown, Leisa Smith
4th Dec	Amanda Walker, Nicki Collingburn

Don't Forget!!

The Finance Office will close for 2015 on
Friday 11th December!
NO PAYMENTS WILL BE ACCEPTED OVER THE
COUNTER. PLEASE SETTLE ANY OUTSTANDING
FEES PRIOR TO THIS DATE.
THANK YOU

Important Dates for your Diary

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
14th Dec - Parent Teacher Interviews
Years 7-10
16th Dec - HSC Results released
17th Dec - ATAR's released &
Year 12 Celebration 11am-12:30pm
18th Dec - End of Term 4



Changes to Student Travel for 2016

From 2016, all school students in NSW will be issued with an Opal Card for school travel. This will replace current bus passes. For students who currently have a student bus pass, they will automatically receive a School Opal Card in 2016. Any current student does not need to apply for an Opal Card. However, an application will need to be made if:

- ◆ The student is just starting high school in Year 7
- ◆ The student is changing schools or
- ◆ If the student's personal details have changed (ie: address)

Please see the flyer attached to this week's Newsletter.



Vinnies Christmas Appeal

This year, we have more families than ever who need our help! Each homeroom has been allocated a local family from either the Albion Park or Shellharbour area. Each student is asked to bring in an item to contribute to a Christmas Hamper for his or her allocated family. Your generously donated gifts will be distributed by Vinnies volunteers to ensure every child in need

will experience the joy of having a gift under their Christmas tree this year. As important as it is for a child to experience the joy of receiving a gift at Christmas, this act also affords parents dignity. To be able to provide your child with a gift at Christmas is something every parent hopes they can do. Please do not wrap gifts! Gifts can be donated until 30th November! We sincerely thank you for your support.

Miss Senitta Hurley, Social Justice Coordinator

Parent Teacher Interviews Years 7-10

End of Year Parent Teacher Interviews will be held on Monday 14th December, 2015.

For students in Years 7-10, interviews will commence @ 8am to 10:30am.

Bookings can only be made through the Sentral Parent Portal and will open on Monday 7th December at 3pm and close Sunday 13th December at 5pm.

School Choir

A reminder that the Choir will be singing at the Albion Park Carols in the Car Park on December 13th @ 7pm! These carols are being held outside St Paul's Catholic Church. A BBQ and singing - a great way to celebrate the end of year! Please come along and join us on this evening.

Mrs Angela Quinn



Farewell Gift from Year 12

Students are thrilled with the 3 new Water Chiller Refill Stations around the school. These have been kindly donated by Year 12 as their farewell gift, supported by the P&F and through money raised by HSIE classes. The stations provide cool chilled water to students which they can access outside class time simply by refilling their drink bottle.

Thank you to the St Joseph's P&F Association, Year 12 - 2015 and all the students who raised money and contributed to the stations.





By Mrs Michelle Garbutt & Mrs Jodie Linsley - Sport Coordinators

As we come to the end of the school year, it is with a great sense of pride that we looked back at our Annual Sports Awards Presentation on what has been achieved in the area of sport. There has been many commendable individual and team performances across a wide range of sports. We would like to thank the parents who have assisted with coaching and managing teams, transporting students, paying for competitions and supporting our athletes. Without our parents and our dedicated teachers who coach teams, we would not be able to enter teams in the many sporting competitions available.

There is much more to sport than just the athletic performance. We learn life lessons of team work, resilience, setting goals and working hard. We learn about winning graciously and coping with not winning or non-selection. Sport compliments and promotes academic achievement; it builds social connections and lasting friendships. It encourages physical activity in a time where lifestyle disease in Australia is at alarming levels. Don't under estimate the importance of sport in your life, keep it on your agenda and always stay active.

Congratulations to the many students who received sports awards. It was wonderful to see many parents, grandparents, family members and friends in attendance. Our guest speaker was Dan Hunt from the St George Illawarra Dragons. He was an excellent role model for the students and gave helpful advice about succeeding in sport and tackling mental health issues. We thank Dan for giving up his time to speak to the students and assist in the presentation of our major sporting awards.

The following students received major awards at the ceremony:

Junior Female Sportsperson of the Year - Ruby Sawtell

Junior Male Sportsperson of the Year - Mitchell Heffernan

Senior Female Sportsperson of the Year - Danielle Vasquez

Sporting Team of the Year - Girls Cricket Team

Dragon's Medal Recipient - Izak Parkes

The Sports House Captains for 2016 were also presented to the St Joseph's School Community. They are:

Keira - Hayden Byrne and Elise Conte

Murphy - Blake Dimise and Leisha Ryan

Marshall - Lachlan Wallace and Brooke Coomby

Macquarie - Emily Klepczarek and Brie Graham

Kembla - Will Green and Phoenix Box

Warrigal - Jayden Cappetta and Victoria Arnone

The Spirit of St Joseph's Shield was awarded to Marshall House as the Champion House for 2015

We look forward to an even bigger and better year of Sport in 2016. Our goal is to improve student commitment and participation in Diocesan sporting events, have our best teams participate and bring the Vince Villa Trophy home to St Joseph's! Congratulations to all our students!

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What's happening at St Joseph's

Year 12 Formal

Last Friday evening 120 St Joseph's Graduates were presented on stage to conclude their secondary education. The evening was a great success, some of the comments spoke about the "Classy venue" and how beautiful the UOW Hall looked for their special night. Thanks to the Formal Committee, all the staff who attended and helped to make the evening a fantastic experience for all concerned. Year 12 students who paid for a disco photos, may now pick this up from the school office and if you would like to purchase one which contains 10,000 images of the event, they are available for \$10 each from the office. Don't miss out on this great momentum of your special evening.



2015: GROWTH (GRATITUDE; RESILIENCE; ORGANISATION; WELLBEING; THE BODY; HAPPINESS)

What's happening at St Joseph's

Embracing the Transition to High School

A small group of Year 7 students represented St Joseph's at a Transition to High School Day for Year 6 students in the southern cluster schools. They led small groups of students and offered their words of wisdom on what it is like to go from primary to high school. They also spoke to students about all of the wonderful subjects and activities we have on offer at the school. Their strong

leadership skills and their behaviour were exemplary. Thank you to the following students:

Kaitlyn Fleming, Amy Snowdon, Mayha Podolski, Bianca Cacciola, Thomas Di Pietro and Simon Berto.





McDonald Jones Homes Cadetships

Anyone interested from Year 12 should email me for more information. Applications close very soon.

The following is an extract from MHSCAREERS NEWS if you wish to see more please email me kennedys01@dow.catholic.edu.au

Hunter Valley Training Company

HVTC provides jobs and training to people throughout NSW and currently provides services to around 1100 people a year. They offer nearly 200 apprenticeship trade courses and more than 1000 traineeship qualifications. <http://www.hvtc.com.au>

Sydney TAFE: New Bachelor of Property Valuation

From Semester 1 2016, Sydney TAFE will be offering the only Property Valuation degree in Australia. The three year full time or six year part time degree prepares students for a career as a Valuer of all property classes nationally and internationally.

<http://sydneytafe.edu.au/newsevents/news/bachelor-property-valuation>

Australian Apprenticeships & Traineeships Information Service: Video Presentations

Thursday 10th December, 1.00pm – 4.00pm, (AEDT)

Tuesday 15th December, 1.00pm – 4.00pm, (AEDT)

Video presentations will provide information on:

- The Australian Apprenticeship Pathways website
- The Career Interest Explorer
- Australian Apprenticeships My Gain videos
- Self Help Job hunting tips and job sites
- Flowcharts on the steps to becoming an apprentice or trainee
- Industry Careers and Practice Aptitude Quizzes

Contact: 1800 338 022 or events@aatinfo.com.au

<http://www.aatinfo.com.au/What-s-New---FAQ/Events>

ANU: Equity Scholarships

Love Undergraduate Scholarship

Available for 2015 school leavers from disadvantaged backgrounds. \$50,000 over five years.

The Poppy Undergraduate Scholarship

Available for prospective domestic ANU students who are in financial need and who will be studying either Sociology, Economics, Commerce or Law at ANU. \$5,000 a year for three years.

The Bachelor Undergraduate Science Scholarship

Available for refugees who are in financial need and who intend to study Science (excluding Medical Science) at ANU. \$5,000 a year for three years.

<http://www.anu.edu.au/students/scholarships-support>

UNSW: Scholarships

While applications for the majority of school leaver scholarships closed on September 30, applications are still open for the Robertson Scholars Leadership Program and UNSW's Equity Scholarships.

https://scholarships.online.unsw.edu.au/scholarship/sc_al_search.search?p_session=&p_srch_type=internal&p_ky=&p_cd=&p_cs=&p_st=&p_fac=&p_sab=&p_oc=UAC_OR_EAS&p_ocx=N&p_stat us=all#srch_rslt

John Koowarta Reconciliation Law Scholarship

Applications close Tuesday 15th December

The John Koowarta Reconciliation Law Scholarship is available to Aboriginal and Torres Strait Islander students enrolled in an approved course which is a prerequisite to admission as a legal practitioner in Australia.

<http://www.lawcouncil.asn.au/lawcouncil/index.php/about-the-law-council-of-australia/scholarships/john-koowarta-reconciliation-law-scholarship>

University of Wollongong: Graduate Exhibitions

Digital Media & Media Arts: Saturday 21st November – Friday 11th December, Digital Media Centre, Mike Codd Building, Innovation Campus, Squires Way, North Wollongong

Visual Arts & Graphic Design: Saturday 28th November – Friday 18th December, Building 25 - Creative Arts, University of Wollongong, Northfields Avenue, Wollongong.

The Visual Arts showcase will include work coming out of the textiles, sculpture, photography, and painting studios. While the graduating students in Digital Media and Design have made interactives, constructed 3D and 4D environments, web-based works and apps, along with print projects that explore branding, identity, and design.

<http://lha.uow.edu.au/taem/exhibitions/UOW204786.html>

Year 12 Graduates...

Earn an accredited Certificate IV in Health Care (Ambulance) (HLT41012)
or a Diploma in Paramedical Science (HLT50412)

Become a Paramedic



Kick start your career as a Paramedic or as a stepping stone into University

The Paramedical Services' Certificate IV Health Care (Ambulance) (HLT41012) and the Diploma of Paramedical Science (HLT50412) are nationally accredited qualifications that allows individuals to work in State Ambulance authorities and non-emergency patient transport services or as a recognised pathway into University.

Paramedical Services offers a practical based training methodology, **guaranteed on the job training** and **ambulance ride along** for non-emergency transports and sporting events.

For further information please contact Paramedical Services on
02 9608 0222 or admin@paramedical.com.au

School students

Tap into



Applications now being accepted.
Find out if you're eligible today.



Visit transportnsw.info/school-students





Building parent-school partnerships

WORDS Michael Grose

The many faces of independence

Here are 5 ways for parents to give their children skills, encouragement and support in their quest for independence.

It's been well documented in recent years that children/young people are dependent on adults for longer. In Australia one in four 18-30 year olds still lives at home and those numbers are on the increase. There are many reasons for this including lack of housing, affordability, working and partnering later, and simple convenience.

The propensity for many parents to do too much for children is a massive contributor to this increased dependency. Oddly, this is the exact opposite of what parents have always done, which is to develop their children's independence, and in doing so effectively become redundant from their children.

There are a number of reasons for the current high level of dependency parenting including family shrinkage (parents are able to do a great deal for kids in small families), older parents (often over-concerned), busyness of life (it's easier to do than delegate) and a heightened fear that the world is a

dangerous place for children and young people.

Independence is the point

When independence becomes your priority then suddenly you've found a pathway to the development of other positive qualities and traits in your children including the key four – confidence that comes from facing fears; competence that's built through mastery; creativity that's encouraged when kids must resolve their own problems; and character that is forged under the duress of challenge and hardship.

Adults are the gatekeepers for children's independence. And of course, independence takes many guises including:

1 Self-help skills

The starting point for independence building is giving kids the skills, know-how and confidence to look after their own wellbeing and welfare. This is shown in the many everyday

situations where parents model, teach and provide opportunities for children to look after themselves. Including toddlers undressing themselves, primary-aged children preparing their own snacks, and teenagers organising their own transport to school and after school activities. Kids develop real confidence from being able to look after themselves and others.

2 Autonomy to make choices and mistakes

Without realising it, as parents we frequently make choices on our children's behalf. We choose the food they eat; the games they play; their leisure activities and often the clothes they wear. When families are large (four or more children) parents usually give their children more space to make their own decisions as well as opportunities to learn from their poor choices.

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.





... The many faces of independence ...

This may mean that children choose healthy interests and pursuits that parents are unfamiliar with, or even swim against the tide of their parents' wishes. In small families parents often know so much about minutiae of children's lives that inevitably we tend to impose greater well-intentioned control over children's decisions.

3 Freedom to explore the neighbourhood

On a recent trip to Italy I was struck by how much freedom to wander their neighbourhoods Italian children had. It was a throwback to the type of childhood that many of today's parents experienced, where we had the opportunity to navigate our neighbourhoods on our own without having to check in with our parents all the time.

4 Freedom to explore unpredictable and potentially risky environments

Independence is also built when children spend time in unpredictable, potentially risky environments such as the bush or new environments beyond their neighbourhood. There may be some risk involved but this is where real learning lies for children and

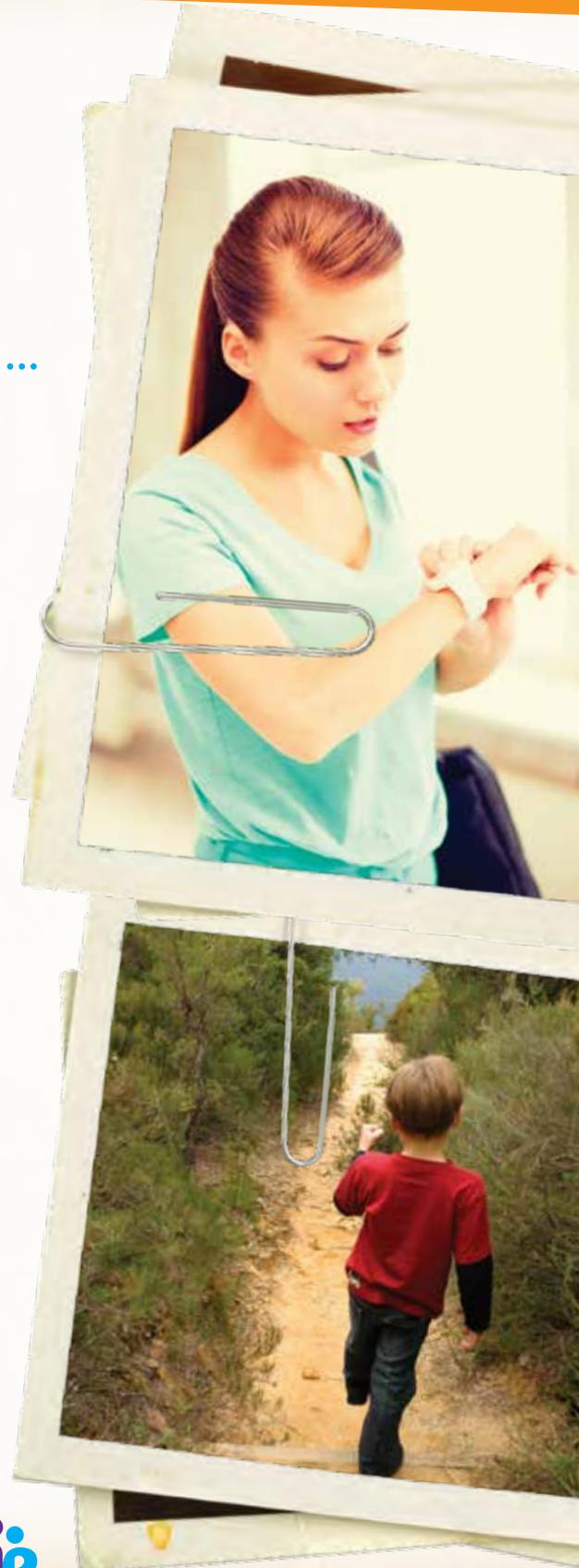
young people. Eliminate the risk and you eliminate the learning.

5 Taking responsibility for your own problems and actions

There's no doubt many kids are adept at shifting their problems and responsibilities to adults. One of my children would always blame me when they were late for school. Even though the child in question had an alarm clock and was more than capable of using it, any lack of punctuality was somehow shifted to me. Go figure! Independence comes when children take ownership of their responsibilities rather than using someone else as a scapegoat.

In order to grant children and young people the type of independence outlined parents need to be brave rather than fearful; work hard to develop the skills and know-how kids' independence requires; and be willing to give kids the encouragement and support they need to step out of their comfort zones when independence seems to hard.

Michael Grose



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.

