



## ST JOSEPH'S CATHOLIC HIGH SCHOOL

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Term 1 Week 5A

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

Please find below a continuation of last week's article with *Handy Hints for Improving Learning* from Andrew Fuller's book "*Help Your Child Succeed at School*".

6. **Know your child's "Down" time.** Everyone has a down time when they learn new information less well. As a rough guide, think of the time they go to sleep, then think of the time they usually wake up, calculate the midpoint of their sleep, add twelve hours and around that time is their "down time". For example, if your child sleeps from (9:30pm to 7am, the midpoint of their sleep is 2am. Adding twelve hours takes us to 2pm which is the time your child is likely to learn least well. It is important for teachers and parents to know students likely down times so they can schedule in active, hand on learning at these times.
7. **Eat a good breakfast.** If your Mum ever said have fish or eggs for breakfast because it's brain food, she was right! As long as it's medically safe to do so, a breakfast that is high in protein (think cheese, milk, bacon, eggs) and lower in carbohydrates (think cereal, orange juice and toast) promotes concentration and learning. Also encourage your child to drink lots of water—the brain runs on it! Students who don't eat breakfast are not only more likely to gain weight; they will also have to work harder than others to do well at school.
8. **Use Music.** There is growing evidence to suggest that playing instrumental music softly in the back ground enhances learning. Pachelbel's Canon, Mozart and Baroque music seem to be particularly effective though you might like to use a range of music. It is always good to have students study for some time without music. Exam rooms don't have music playing in them.
9. **Use Aromas.** Most people have had the experience of smelling a particular aroma and having a series of memories flood back. Partly this is because your olfactory nerve is directly linked to the hippocampus, which is the part of your brain where memories are integrated. The aromas most often associated with improvements in concentration and memory are lemon, basil and rosemary.
10. **Monitor their use of Video and Computer Games.** Video games are incredibly popular and give a sense of great mastery, challenge and involvement. Boys particularly use video games in a social way. It is important to realise that the use of video and computer games is not completely passive. Too much playing of these games can be negative. These games can be so compelling they become addictive. While some games require quite intricate problem solving, the skills learned on these games do not appear to readily transfer into other areas of life. Very few of the games require creative problem solving or an opportunity to be an active participant in determining a story line. Some exposure to computer games is good.

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Too much, though, can be toxic. Sadly, there is no research that tells us what the right amount of time spent on computer games should be so you'll need to think about the balance of your child's life and their range of activities and interests.

11. **Help them to build the essential skills for success.** Three of the skills needed for success at school ( and in most areas of life) are concentration, memory and sequencing or getting things in the right order. The games that parents play with their children such as Snap, Uno, Concentration, Battleships, Monopoly, Chess, Jigsaw puzzles all play an incredibly important role in developing these skills of success. Computer versions of these games are not as effective in helping children develop these skills. To really help your child to succeed at school every so often switch off the TV, unplug the computer and pull out a game.
12. **Limit the amount of part-time work.** Senior secondary students should not work more than ten hours a week at a part-time job. If they do so, there is clear evidence that their marks will suffer.  
From "Help Your Child Succeed at School" by Andrew Fuller. For more details visit [www.andrewfuller.com.au](http://www.andrewfuller.com.au)

Mr John Barrington, Principal.

### Technology Use at School



St Joseph's Catholic High School would like to remind students and make parents aware, that students should not be using their iPad or laptop or the school iMacs for entertainment purposes (such as gaming and chatting) during recess, lunch, before or after school. All devices should be safely stored in their protective cases and kept in their school bags until lessons begin. Students should not take the devices from their bags until they are in their classroom. This is in the interest of device safety, coupled with student health and well-being.

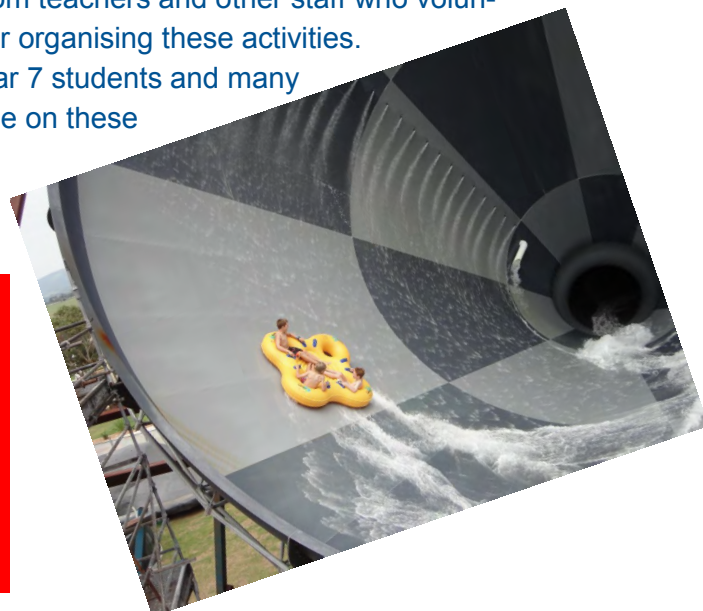
Technology is a learning tool in the school environment. In particular, the school library is a place for study, reading and homework completion. Students should not be using the Library for any other purpose, such as gaming. If students are found to be disobeying this instruction they will be asked to leave the library and from next Monday (3rd March) will be given a demerit. *Deb Boughton, Learning Technologies Coordinator*

### Year 7 "Getting to Know you Days"

On 13th and 14th February, Year 7 students participated in their *Getting to Know you Days*. On the Thursday, students were at school partaking in some fun activities with their Year 10 Peer Support Leaders. Students were able to participate in some discussion, have some reflection time and play some team building games. On the Friday, students headed off to Jamberoo Recreation Park. Everyone had lots of fun, with many braving the Taipan and the Funnel Web! Thank you to all our Year 10 Peer Support Leaders for your friendly and helpful attitude and to all Year 7 Homeroom teachers and other staff who volunteered to join us at Jamberoo. Thanks also to Mrs Schibeci for organising these activities.

The *Getting to Know you Days* were highly valuable for all Year 7 students and many students have commented on how many new fiends they made on these days.

*Vicki Sproule, Year 7 Coordinator*



### !! WANTED !!!

The Science Faculty is looking for an unwanted (but functional) Air Hockey Table to conduct Physics investigations relating to Newton's Laws of Motion. Anyone with a table they would be interested in donating, please contact Mr Lemmon!



Sometimes the simplest of approaches are the most effective. This could include setting routines in a household and making sure we keep healthy food choices in the cupboard and fridge. Take a moment to read the below tips from Michael Grose. You can also access his magazine, full of interesting pieces to help families, at [www.parentingideas.com.au/Parents/Parenting-Magazine](http://www.parentingideas.com.au/Parents/Parenting-Magazine).

### DEVELOPING A HEALTHY LIFESTYLE

The benefits of children's healthy living habits are well documented. Healthy kids learn better, have more positive social interactions and have greater potential for success in life. Children learn what they live so the best place to learn about a healthy lifestyle is at home. The family is the strongest presence in the life of a child, so the habits that a child practices at home become the foundation for life as a teenager and beyond. The school can teach children about good health but the lessons have more strength when practiced at home each day. Parents and guardians can encourage children to be more active by having them participate in family activities as well as sports. Following are some ideas you can use to keep your kids healthy:

- ◆ **Limit the amount of children's television, computer and electronic games usage to a maximum of two hours a day.** Very little physical exertion is needed to watch TV or use other electronic equipment so for the sake of fitness their use of these needs to be limited. One third of Australian children would prefer to play computer games than play outside so parents may have to be assertive and, at times, over-zealous but so be it.
- ◆ **Encourage children to walk and play outside.** Most children would get their required minimum two hours of exercise a week by walking or riding their bikes to school. This is a contentious issue but a recent poll revealed that 60 per cent of Australian 6 – 13 year olds would like to walk to school but only 30 per cent actually do.
- ◆ **Keep unhealthy food out of the trolley and include more fruit.** As keepers of the family purse parents have the main stake in what food goes in and what stays out of the shopping trolley. Only 43 per cent of Australian children eat fruit after school so more fruit could be a good place to start.
- ◆ **Parents play with their children or join them in a physical activity.** It should be easy for adults to sell their children on the virtues of playing physical games outside as play comes before work in most children's dictionaries.
- ◆ **Make sure you and your children get sufficient sleep.** Choose a reasonable bedtime that allows for nine to 12 hours sleep for a school-aged child – some teens need even more sleep than a young child!

Do as I do not as I say is the idea here. It is little use parents telling their kids to go out and play as they tuck into their second wine or they slump onto the couch. Modelling is the most important tool in the armory if we want children to develop sustained healthy eating and exercise habits. *Mrs Megan Schibeci, Pastoral Care Coordinator*



### Year 12 Chemistry

students are reminded that revision lessons have commenced on Monday afternoons from 3:30pm to 5pm in Room 48. All chemistry students are welcome.

*Shannon Marecic, Chemistry Teacher*



### Worldwide Marriage Encounter Weekend

Relationship enrichment for married couples 21-23 March at Mt Carmel Retreat Centre, Varroville. For bookings please call 02 4283 3435 or email [wsharpe@bigpond.net.au](mailto:wsharpe@bigpond.net.au).





## Cross Country Carnival

The Cross Country carnival will be held on Friday 7th March (week 6). This year's carnival will be different to our usual carnival as Premier Buses will no longer drop students at our regular venue at Croome Road. Below is the routine that will take place on this day.



- Students are to come to school as normal.
- Students will be transported via shuttle bus from school to Terry Reserve, two year groups at a time to complete the cross country.
- When not participating in the cross country students will be at school participating in our usual novelty events from our cross country.
- In the afternoon there will be a separate house based challenge followed by a presentation for the Age Champions.

This information will be placed on the school website once details have been finalised- hopefully early next week. Don't forget to make sure you have comfortable shoes and socks for the day. A hat and sunscreen are always recommended and prepare well by eating a healthy meal the night before and for breakfast on the day. Don't forget to hydrate and bring a drink bottle for the carnival.

This week's sample Training Program: Time to step up the intensity by running continuously at a steady pace for the duration of the session. Try to run continuously at a steady pace for 30-45 minutes or alternate between 15-20 minutes at higher intensity with a 2-3 minute run at a lower intensity or rest. For those looking for more of a challenge consider including some hills in your run!

## NSWCCC Information

A reminder that for students interested in attending NSWCCC trials, you will need to complete an expression of interest or registration form on the NSWCCC website. Information regarding this process can be found on the sport section of our school website and all parents and students are encouraged to look at this information to ensure you do not miss any opportunities.

## Diocesan Swim Carnival

A reminder that permission notes are due to be returned and can be accessed via the sport section of the school website. Students interested in participating in long distance and off stroke events at either the NSWCCC or NSW All School Carnivals need to return their nomination forms by Friday 7th March. We would also like to hear from parents who will be attending the Diocesan Swim Carnival who may be able to assist with officiating on the day (eg: timekeeping, judging etc). If you can help out please contact me here at school as soon as possible.

## Changes to Payment for Representative Sporting Events

Due to ongoing issues collecting money from students attending representative sporting events, we will be trialling a new system for collecting these fees from this week. Instead of sending the required levy for each activity to school with the return permission note, the levy for the chosen activity will automatically be billed to the students upon selection. If there are any questions or concerns regarding these changes feel free to contact myself or the school finance department.

## Congratulations

- ◆ *Kaelah Austin* who was selected in the Diocesan Open Girls Football team this week.
- ◆ *Kade Sampson and Corey Daley* who were selected in the Diocesan Open and U/15 Boys Touch teams this week.

**Remember—*"Too much sport is never enough!!"***

*Mr Brett Moran, Sports Coordinator*



### Sports Calendar 2014

27th Feb- Closing date NSWCCC Open Girls Cricket Trials

3rd March – NSWCCC Tennis Trials, NSWCCC Girls Cricket trials (closing date NSWCCC Golf Trials)

4th March - NSWCCC Baseball Trials

6-7th March - NSW All Schools Triathlon

7th March– School Cross Country Carnival

10th March– Diocesan Rugby League Gala Day (U/15 & Opens)

13th March– Diocesan Swimming Carnival and Diocesan Teams Tennis Gala Day

17th March– NSWCCC Golf Selections

19th March - Closing date NSWCCC Hockey Trials

24th March - -NSWCCC Boys/Girls Hockey Trials

### Canteen Roster 2014

3rd March Terri Thomas, Karen Coombes, Lorrissa Williams, Tracey Zimmermann, Megan Wilson

4th March Colleen Walsh, Wayne Thomas, Rebecca Buchanan, Belinda Elliss

5th March Kellie Mundt, Rachael Woolfe

6th March Leisa Smith, Joanne Hunt, Christine Brown

7th March

### Cross Country Carnival

### Uniform Shop 2014

3rd March

6th March Josephine Pulido

**\*\*A reminder from the Uniform Shop -if you HAVE sold your second hand uniforms on the website could you please let Lina know via email so that they can be removed promptly.  
[uniformshop@sjchsdow.catholic.edu.au](mailto:uniformshop@sjchsdow.catholic.edu.au)**



**Jim Giles Pharmacy Albion Park Rail** require a Junior Pharmacy Assistant. 13-14 years of age, preferably a female to be trained as an assistant. This is a casual position working after school or weekends. Candidates must be enthusiastic, willing to learn, have good communication skills, listening skills and be trustworthy. Please send your resume to [pharmacy@jimgiles.com.au](mailto:pharmacy@jimgiles.com.au).

**National Parks and Wildlife Services Field Officer Traineeship Program**  
Applications close 7th March, 2014. Visit [www.jobs.nsw.gov.au](http://www.jobs.nsw.gov.au) for information and application details.

**Business and Engineering and Technology Cadetships Programs** - applications open 10th March. There are two programs this year-Business Cadetship Program and Engineering & Technology Program. Year 12 students are encouraged to visit [www.businesscadetships.com.au](http://www.businesscadetships.com.au). Applications close 14th May, 2014.

**Indigenous Students** seeking work should come to the Careers Room for some options to consider or email Mrs Kennedy.

The Careers Room is open Lunch 2 every day except Friday.

*Mrs Sue Kennedy, Careers Advisor*

# Curriculum Update!

## Top Tips for a great new School Year

Over the coming weeks I will provide three Top Tips to encourage students to boost their academic achievement in 2014. The key to making the most of a new school year is focusing on the things that will bring the biggest return. Consider prioritising these tips to get the most from your education in 2014.

### 1. Simplify Your Organisation System

Every student has an organisation system. True, the definition of “organisation” may be looser for some students than others, but everyone has a way they stay organised (or attempt to).

Maybe you’re the “Type-A” student and you have a clearly defined system. You’ll know that you’re “Type-A” by the file folders you both own and use, the folded socks in your drawer, and all the lists by which you keep track of important information. You probably have a calendar, a planner, and you know exactly which clothing is clean and which is dirty.

But not everyone fits in such a naturally organised world. These students can be called “Type-B.”

If you’re a “Type-B” student, you’re not alone, but organisation probably requires more effort. “Type-B” students tend to prefer “piling systems” to filing cabinets. Calendars often seem like too much work, so they’d rather just put everything in their backpacks and find it later. Students on the far end of the “Type-B” universe may even find themselves sorting laundry via the “smell check” method.

Regardless of whether you are a Type A or B student, one of the biggest difference-makers this year is your organisation system. Few things will save time and improve academic performance the way an effective organisation system will.

A great organisation system has at its center one goal: replace your brain.

The more organised you are, the less you have to think. Your organisation system should be simple enough that you don’t have to make any decisions about where you put new assignments, where to find completed assignments, or what to do with graded assignments. You shouldn’t have to go through a mental checklist every time you study because your organisation system does it for you.

The fewer decisions you need to make, the more your thoughts and energy can focus on things that matter, thus the simpler your system, the better. Consider these four questions to determine how simple your organisation system is right now:

Do you have only one place for each category of assignments: not completed (“to-do”), completed (“to-turn-in”), and graded (“to-file”)?

Do you have only one place where you keep your notes for class?

Do you have a system to make sure that all assignments get on your calendar?

Do you have a system to focus on what needs to be done today and not just what’s due tomorrow?

When you can answer each of these four questions without thinking, you’ll know that your organisation system is simple enough to be a major asset in 2014.

I’d love to hear from you, the students, about what changes you implement in the coming weeks to optimise your potential to **M.O.V.E** Be **M**otivated, **S**eize **O**pportunities, **V**alue self and others, Be **E**nthusiastic throughout this school year. I would love to publish those ideas in upcoming articles (you can remain anonymous if you like).

Next week we’ll look at breaking the cycle of cramming before it becomes part of your 2014.

Learn more this year about how to improve your results and be more efficient and effective with your school-work by working through the units on [www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au) . Our school’s access details are:

**Username:** sjchs

**Password:** actjustly

*Paul Hughes, Curriculum Coordinator.*