



ST JOSEPH'S CATHOLIC HIGH SCHOOL

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Date: 27th March, 2014

Term 1 Week 9A

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

St Joseph's Day Celebrations

On Wednesday 19th March, the school community celebrated our Patron, Saint Joseph. The celebrations consisted of: Mass, an awards ceremony, Catholic Mission "Detention for Detention" simulation activity, student concert and carnival rides. The SRC hosted a fundraising BBQ for Project Compassion. Sincere thanks to Fr George Condoorkla for presiding at Mass and the presentation of awards. Thank you to the many visitors including Year 6 students from St Paul's Albion Park and the many parents.

As part of the school's tradition, the annual presentation of *St Joseph's Day Awards* occurred. Congratulations to the following students for being recognised:

- Year 8* *Teresa Carter and Charlie Windle*
- Year 9* *Tori Sears and Thomas Iezza*
- Year 10* *Ellie Dixon and Reece Chandler*
- Year 11* *Naomi Abel and Damien Pulido*
- Year 12* *Kim Robertson and Travis Gonzalez*

Congratulations!



The school community also recognised and thanked a number of staff for outstanding loyalty and service to the school by presenting the *Teacher Years of Service Awards*. This year the school presented awards for 20 years or 30 years of service. Congratulations to the 20 Years recipients *Mr Stephen Armstrong and Mr John Larkin* and for 30 Years of Service - *Mrs Sue Biddle*.

Safety Message: Dropping off students in the staff car park.

Once again I ask parents not to drive into the Macquarie Street car park in the morning between 8:15am and 9:15am and in the afternoon between 3:15pm and 3:45pm. Parents using the staff car park at these times are disrupting parking and causing inconvenience to staff and the safety of students walking through the car park. Parents are therefore requested to please make arrangements to drop off and pick up your child in the available areas outside the school in Church and Macquarie Streets. Your anticipated support in this important matter would be greatly appreciated as we endeavour to keep all students safe inside the school grounds.



John Barrington, Principal

St Joseph's Table

As part of the St Joseph's Day celebrations last week, the staff enjoyed a luncheon which had a visual focus of "St Joseph's Table". This is a centuries old Italian tradition that focusses on the sharing of food with those who are less fortunate than ourselves. Traditionally the table consisted of a lace cloth, a statue of St Joseph, white lilies, votive candles and various types of breads. Here at St Joseph's we substituted the bread with various Italian pastries.



Parents & Friends Meeting Reminder
The next P&F Meeting will be held on Monday
31st March @ 7pm in the school Library.
We look forward to your company!



Pastoral Care
Mrs Schibeci

Last Friday was International Anti Bullying and Violence Day. Our junior students experienced an amazing assembly thanks to Year 8, all about Bullying; the types and what to do about it and our seniors held year meetings with Anti Bullying as the topic. Our commitment to banishing bullying is ongoing and, as a school, it is at the forefront of our Pastoral concerns. Every day should be Anti Bullying day and this is certainly a focus for us. We can't do this alone though, we need your support by having conversations at home about bullying and being clear about what bullying really is. One sad feature of the "Bully" culture we live in, is the "eternal victim" syndrome, which can develop. We need to fuel our children with resilience and let them know that the world is a positive place and that happiness is the most preferred state! Our children often let us know that they don't want to hear our voice- talk anyway, never stop! and never estimate the power of mealtimes! Gathering together around the kitchen table/ breakfast bar is paramount for building relationships and connecting with our children. Michael Grose points out that the most known food cultures in the world happen to have the best track record with keeping family together and connected. Use mealtimes and the sharing of food at any time to discuss bullying with your children.





Diocesan Teams Tennis

The Boys and Girls Tennis Teams did well at the Diocesan Gala Day in week 7. The girls team maxed their games in their first match to narrowly miss out on the next round by just 4 games! For the third year in a row the team that beat them in the first round went on to win the whole day so this demonstrates how close they were to being the eventual winners. *Mikayla Brown* led exceptionally well as the Girls Captain followed by an experienced and clinical display from *Megan Palermo*. Juniors *Brianna Winley* and *Taylah Davis*

also had an excellent day with multiple wins and good attacking tennis. Great to see another Winley in the fray!

The boys team were also under the pump with juniors *Nicholas Battaglia* and *Matthew Brown* punching above their weight. They had some amazing wins in both doubles and singles with matches that reminded me of David and Goliath! Matthew often played against opponents almost twice his height, yet he still took games off them and went close in a couple of others. Nicholas is also a player to watch as his big ground strokes pushed the other boys to the limit! Paul Mulligan again led from the front with his unbeaten record in Wollongong remaining intact, even though he had a couple of injuries hampering his game! As normal a gutsy effort against a player that was playing at his peak! The boys finished the day runners up to Edmund Rice College losing the final in a tight tussle. Considering these teams were playing against much older and more experienced players, the team did extremely well. 10/10 for effort from all. It's a pleasure working with such dedicated, committed and talented students. A big thank you to Mrs King and the parents who came and supported the teams on the day. Training will resume in Term 2.

Mr Phipps

Congratulations to *Riley Smith* who has been selected in the NSWCCC Open Girls Hockey Team and to ***Maddison Smith*** who has been selected in both the NSWCCC U/16 and Open Girls Hockey Teams! Further congratulations to ***Danielle Vasquez*** who has been selected in the NSWCCC Girls Golf team and ***Lavina Woolfe*** who was crowned NSW State Judo Champion in her division at the NSW Titles on the weekend.



Hockey Referees Needed - Wollongong Diocese is hosting the MacKillop Hockey Trials at Unanderra on Monday 5th May. To assist in the running of the day we have been asked to find referees to assist. You do not need to be qualified but a background in hockey and understanding of the rules is needed. Those that assist will be given lunch and refreshments on the day as well as a cash payment. If you are interested please contact me before the end of the term.

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

Brett Moran, Sports Coordinator



We are approaching exam time at St Joseph's and this year we would like to enlist the support of our parents to help with exam supervision. Exam supervision involves helping distribute and collect exam materials, assisting staff to usher students into and out of the exam venue, supervising and supporting students during the exam as required. You will be under the direction of school staff at all times. Volunteers would be required to supervise either a morning or afternoon period for a time of approximately 2-3 hours depending on the exam schedule. Please note however, parents will not be supervising exams of the cohort that their child is in!! If you are able to donate your time, please email

penny.corradini@dow.catholic.edu.au. Please include your Name, contact telephone number, your child's Name, your child's year group, the days of the week you are available and whether you would prefer a morning or afternoon session. Your contribution of time would be greatly appreciated.

If you would like to view some quick highlights of St Joseph's Day go to
<http://www.youtube.com/watch?v=6P3mVTTQmsg>

Sports Calendar 2014

2nd April-U/15 & Open Girls 12/Side
AFL

3rd April-Open Boys Rugby 7's
Term 2

28th April-Closing date NSWCCC AFL

29th April-NSWCCC Swimming
Championships

30th April –Diocesan Girls Touch Gala
Day and Diocesan Boys Football Gala
Day

1st-2nd May –NSWCCC Regional
Basketball Championships

2nd May –Closing date NSWCCC
Netball and Volleyball

Canteen Roster 2014

31st March Terri Thomas, Karen Coombes,
Lorrissa Williams, Tracey Zimmermann,
Megan Wilson

1st April Colleen Walsh, Wayne Thomas,
Rebecca Buchanan, Belinda Elliss

2nd April Kellie Mundt, Rachael Woolfe

3rd April Leisa Smith, Joanne Hunt,
Christine Brown

4th April Jenny Quinn, Agnes Gibbons,
Cathy Tagliaferro, Jaime Hart,
Linda Doonar

Uniform Shop 2014

31st March Joanne Glackin

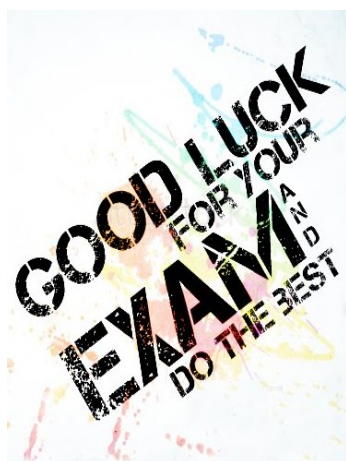
3rd April Janelle James

Please be advised....

No Meat products will be sold in the
canteen on Fridays during Lent.

SCHOOL BLAZERS NOW AVAILABLE FOR PICK UP

****DON'T FORGET –Boy's long pants are now available for winter!! Don't leave it to the last minute!!
FOR SALE: 70 Denier Stockings are now for sale at the Uniform Shop. \$4.50 while stocks last!!**



Year 12 Half Yearly Exams

A reminder to all Year 12 students that your **Half Yearly Exams commence Wednesday 2nd April, 2014 with the final day of exams being Friday 11th April**. Students have been issued with their exam timetable. If you did not receive your timetable, please see Mrs Corradini at the office immediately. Please note that students are expected to attend normal classes on Monday 31st March and Tuesday 1st April. In the event that you are sick and not able to attend an exam, please phone the office on the day of the exam by 9am. You will need to provide a Doctor's certificate to cover any missed exams and an Illness/Misadventure Form will need to be submitted to Mr Hughes upon your return. Remember: Morning exams commence at 9am and Afternoon exams at 1pm. We wish all students the best of luck!!



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NEALS





Attention Year 7! Need Help with your iPad?

If you are in Year 7 and need help with your iPad then visit the iPad01s (pronounced "iPadowans") in the Library Meeting Room 1 on Tuesday and Thursday at lunchtime. The iPad01s are a group of tech-savvy students from St Joseph's WeCanDOIT Technology Group who are willing and able to help students with their iPad queries. The students will be under the guidance of Mr Casolin and will be able to help students with iPad usage, app questions, Google Drive questions and any queries on the St Joseph's iPad program.

Recommencing our SMS System !!!

Over the next few weeks we will be trialling our new SMS System. This means you will receive an SMS if your child has been marked absent from Homeroom in the morning. You will then be able to reply by SMS and explain the absence, therefore eliminating the need to send a note when your child returns. We ask for your patience and feedback over the next few weeks and we hope to have it all operational by Term 2. If you have not previously provided up to date mobile phone contact details, please do so by emailing tanya.dipietro@dow.catholic.edu.au.



Finance Office Information-The Finance Office will be closed on the last day of term, Friday 11th April, 2014. And just a reminder- If you have not paid the first instalment of school fees, please do so as soon as possible.

Messenger community news

Lent: Giving your money, or giving yourself??

Communities in Asia, Africa and the Pacific seek people with qualifications and experience in education, health, agriculture, tourism, business administration, and other professional, technical and trades willing to volunteer and share their knowledge and skills for a minimum of 12 months from January 2015. If you are interest in further details, please come along to the Palms Information Session on Thursday 1st May from

5:30pm-7pm at the Xavier Centre (Ingham Room), 38 Harbour Street, Wollongong. Entry is directly behind the Cathedral. For enquires call Roger O'Halloran on 9518 9551 or email palms@palms.org.au.



University of Wollongong Early Admission Dates

Important dates for Year 12 Students:

June 2014-OUW Early Admission website refreshed with 2014 information—students should head there now if they'd like to sign up for email updates.

Friday 1st August—UOW Early Admission online applications open at 9am.

Friday 29th August—UOW Early Admission online applications close at 5pm.

Monday 29th September –Wednesday 1st October -UOW Early Admission interviews at UOW's Wollongong Campus.

Wednesday 3rd December-UAC preferences for December Early Round close.

Friday 5th December-Early round offers released by UAC.

Year 9 Visit - This week I visited Year 9 during their year meeting and explained my role as Careers Adviser. We also discussed the growth areas for employment, how to apply for jobs and each student has an email outlining a template for a cover letter and resume.

Toumanda adding to her Resume! Toumanda Fohrman of Year 8 has successfully auditioned for a place in Bangarra Dance Company "Re-Kindling" Program. This is a Torres Strait Islander and Aboriginal Dance Troupe. Well done Toumanda!

Work Experience

Last week Chad Harris completed a very successful week at St Luke's Retirement Village. Chad had the chance to view a range of careers and the feedback from his host employer was amazing..well done Chad! Students requiring work experience information for next school break, please see me.

Sue Kennedy, Careers Advisor

INSIGHTS

by Michael Grose - No. 1 parenting educator



The power of the kitchen table

“It’s no coincidence that those countries with strong food cultures also have strong families. When people eat together they talk. You can’t help but talk when your behind is anchored to a chair.”

The kitchen table is a parent’s best friend. It’s where conversations occur. It’s where thoughts are aired, complements are given and food is shared.

If you want to get a window into a child’s world then you need to sit around the kitchen table with him or her.

When I was a kid mum always made sure there’d be some food on the table when I came home from school. As soon as I came through the back door I’d throw my school bag in my room and come and sit down at the kitchen table to eat.

Mum used to sit at the kitchen table and have a cuppa at the same time. She always did..... or it’s seems like she did. My most vivid memories are sitting around the kitchen table with her.

It’s no coincidence that those countries with strong food cultures also have strong families. When people eat together they talk. You can’t help but talk when your behind is anchored to a chair.

People attach emotions to locations.

People attach feelings to different places. I’d like to think my family links happy, joyous feelings to our kitchen table. After all we’ve had plenty of birthdays, Christmases, fantastic dinners, big breakfasts and countless other gatherings around our kitchen table.

The kitchen table anchors my now adult kids back to their childhoods and gives them a sense of belonging. That’s why the kitchen table is the first place they go to when they come home for a visit. They feel at home again.

On my trips to England I’ve noticed that the English don’t use the kitchen table like Aussies do. In fact, about a third of English homes don’t have a kitchen table at all. Many families eat in shifts and in front of the television.

English educators are concerned. They want their parents to talk to their kids more. They know when parents talk with their kids they enrich their vocabularies, and better still, influence their thinking.

They know that the kitchen table is a powerful ally in creating talk between the generations. That’s why they are encouraging people to sit at the kitchen table more.



The power of the kitchen table is immense. Don’t underestimate it or underuse it!

You can build kids’ confidence around it. You can build their character around it. You can build resilience too. Better still, you can build a family around the kitchen table and that’s quite a feat.

Making mealtimes memorable

1. **Turn your evening meal into a night out at home.** Once a week dust off the best knives and forks and set the table in style complete with serviettes and candlesticks. Try waiting on your family restaurant style and impress on kids that they can use their best manners.
2. **Serve from the table.** Turn a simple meal into a communal activity by putting serving plates on the table, and plating up from the kitchen table. Kids usually stay longer when food is served this way.
3. **Any excuse for a celebration.** Look for reasons to celebrate with a sit down meal where everyone is expected to join in. Birthdays, term break-up days or a great school report are worth recognizing in this way.

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