



ST JOSEPH'S CATHOLIC HIGH SCHOOL

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Date: 28th May, 2015

Term 2 Week 6B

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

Last week, along with many other Principals from the Wollongong Diocese, I attended the State Conference of the 'Association of Catholic School Principals'. The theme of the conference was *Encounter New Horizons*. The conference provided an opportunity to further explore issues and challenges that face our Catholic schools.

The inspiration for the conference theme comes from Pope Francis' call to *'create, with our faith, a culture of encounter'* and from the assertion in the Catholic School on the Threshold of the Third Millennium *"(that) new requirements have given force to the demand for new contents, new capabilities and new educational models"*. The conference provided opportunities to explore leadership, innovation and spiritual dimensions of school leadership.

The conference proved to be a valuable time to reflect upon the challenges that we face as well as the opportunities for growth for the St Joseph's Catholic High School Community. The challenges faced by students in 2015 are significantly different to those encountered by their parents when they were teenagers.

At St Joseph's Catholic High School, I am very pleased to be working with a very dedicated staff who constantly strive to bring the Word of God to students as they continue to strive to *'make Jesus known and loved'* in our world today.

Mr John Barrington,
Principal



It's the old conundrum, yes, the problems our children have are, in many ways, the same kinds we had growing up and yet, they're so different too. Like 'healthy ways to manage emotions' for instance. Yes, our families had problems, some suffered through family breakdown, we had a teacher we didn't like, but no-one really talked about 'managing our emotions' back then. *Maybe they should have!*

Some adults have developed some useless tactics to manage emotions. These might include: *"avoidance, denial or even blame"* and unfortunately, we model this to our children. This week's parenting article presents some great strategies for managing emotions. You might be able to try some for your self and certainly help teach your children these. They'll be vital life-long skills. I encourage you to take some time to read this article.

Mrs Megan Schibeci, Pastoral Care Coordinator

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Senior Study

As part of a new initiative to support our senior students to prepare for the Preliminary and Trial HSC Examinations, the Library has started to offer lunchtime study sessions each Friday. We began this new concept with a free pizza lunch for all senior students last Friday. The library is set up in stations with copies of HSC papers, 'Excel' study guides and sample responses on offer in every subject area to support students so that they maximise their results. We encourage students to attend these special study

sessions each Friday at lunch time.

Mundey

The library continues to remain open for extended hours each Monday afternoon until 4:30pm for students in Years 11 and 12. These students are encouraged to access the library resources in preparation for their end of year examinations. A big thank you to Mrs Rowena Stewardson who tirelessly gives up her time to provide assistance with Mathematics, Mrs Schibeci for assistance with Studies of Religion and Mr Hughes who offers assistance with PDHPE.

2014 School Magazine

We are very grateful to *Lara Alfiero* who very graciously and willingly answered our call to design the cover for our 2014 School Magazine. Lara is pictured here with a recently printed copy of the magazine, displaying her creative and artistic talent. All families will be receiving their copy of the magazine before the end of this term.



It is hard to believe that we are already approaching the halfway point of the year. To date teaching staff have undertaken a shift in teaching practice, moving away from significant numbers of formal assessment and introducing increased numbers of informal assessments targeting specific skills within each unit of work. It is those skills that will be targeted in the upcoming reporting period for Years 7-10. In what will be a slight change to the reporting process, each teacher will target up to 3 areas of strength relative to each student and they will also identify up to 3 areas for growth.

The aim of this change will be to provide specific and accurate information regarding what each child has demonstrated throughout Semester One. We encourage parents to follow up this report by attending Parent Teacher Interviews in Week 1, Term 3 so that teachers can explain and showcase the evidence that has been collected of each child's progress.

Year 8 and Year 10 Subject Selections for 2016

In addition the subject selection process is now well under way for both Year 8 and Year 10 students. Next week, on Monday we will hold our Year 10 Information Session in the evening for students and parents and prior, during the day, students will have the opportunity to discuss their choices with students in Year 11 and the KLA Coordinator of each subject area.

Year 8 will meet with Subject Coordinators in the coming weeks to provide them with the most relevant information for their choices.

Both Year 8 and Year 10 have been sent via email the Subject Selection Handbooks relevant to their year group. Please ensure that you save this document for reference.

If you have any questions or concerns please feel free to contact me at school.

Mr Paul Hughes, Curriculum Coordinator

YOU CAN MAKE A DIFFERENCE ~ BECOME A CARESOUTH CARER TODAY!

Foster Care can be short-term, long-term or respite. CareSouth's Family Choices program supports children with a disability and their families by providing respite care. Our Uncles & Aunts volunteer carers regularly share a small amount of time to mentor a child. Call 1300 554 260 or visit caresouth.org.au

Uniform Shop Helper

4th June

Karen Edwards



Congratulations to *Sione Lufe and Izak Parkes* who were selected in the NSW Southern Country Rugby League team who competed in the NSWCCC trials on the 22nd and 23rd May. The boys played against MCS, Northern Country and MCC. Izak was selected in the NSWCCC Country touring team to play against other NRL Development Squads. He will attend a week long camp in the June/July school holidays having an opportunity to train with 2 NRL squads. Best of luck Izak!

Good Luck to *Jenna Irish, Alexis Edwards and Mikayla Stephens* who are competing at the National Acrobatics Championships in Melbourne this week.

Basketball - If you are interested in representing St Joseph's in a Basketball Gala Day please see Mrs Linsley in the PE Staffroom ASAP. If you have already signed up, there is no need to do so again! Keep your eyes and ears open about further meetings, trials and trainings.

Rugby League Gala Day - Please ensure that you return your Rugby League Permission note and payment by Monday 1st June (that's next week). You will find a note on the school website or pick one up from your coach. No note...no play!! The Gala Day is on Tuesday 9th June.

Mrs Michele Garbutt and Mrs Jodie Linsley
Sports Coordinators

Remember—"Too much sport is never enough"



School Musical 2015

This year's School Musical is 'Seven Brides for Seven Brothers' and will be held in Week 10 of this term. Ticket sales open Friday 29th May. Tickets this year can only be purchased online or at the door prior to performance times.

Show times this year are:

Wednesday 24th June @ 7:30pm

Friday 26th June @ 11:30am and 7:30pm and

Saturday 27th June @ 2pm and 7:30pm

To purchase tickets please go to the school website and access the link or click [here](http://www.trybooking.com/HXRU) or visit <http://www.trybooking.com/HXRU>.



Year 11 Work Experience

Year 11 students are asked to finalise their Work Experience and submit their forms to Mrs Kennedy no later than 26 June. This is only 5 weeks from now!! If you need help please see me immediately! WORK EXPERIENCE DATES ARE 12-16 OCTOBER.

Mrs Kennedy, Careers Advisor

Canteen Roster 2015

1st June	Antonella Adams, Nicole Norris, Patricia Zanatta, Helen Cheetham
2nd June	Linda Wilson, Zora Volf,
3rd June	Leanne McMillan, Oriana Dimise, Tina Brown, Amanda Quintel
4th June	Robecka Perri, Christine Brown, Tracey McLaughlin
5th June	Tracey Teixeira, Nicole Oswald, Susan Rayner, Michelle Partridge, Tracey Sumner

***** Important Dates for your Diary ****

29 May - P&F Trivia Night

1 June - Year 11 2016 Subject Selection Information Evening

2 June - School Athletics Carnival

8 June - Queens Birthday

16 June - School Photos

18 June - Year 7 Vaccinations

24 June - School Musical Opening Night

26 June - School Musical

Final day Term 2

27 June - School Musical Final Night



Career Corner

Cadetship Program in Accounting

RSM Bird is a mid-tier National Accounting Firm. The Sydney office is currently looking for cadets to join the firm in 2016. The program offers full-time paid employment to gain industry experience while

simultaneously completing a Business/Commerce Degree part-time at university. Applications are now open and close midnight Sunday 31st May. Click [here](#) for further details.

UNSW: Co-Op Program - Create Your Career Sessions

Wednesday 3rd June, 6-8pm, UNSW Kensington Campus. This program offers students the opportunity to hear from industry leaders and gain an insight into the career opportunities which exist through the degrees available in the Co-op Program. Click [here](#) for further details.

Group Training Association of NSW & ACT Careers Guide

Group Training organisations employ more than 8,000 apprentices and trainees in NSW and ACT. The Careers Guide has information regarding over 500 apprenticeships and traineeships and provides information about entry requirements, qualifications, careers prospects and more. Click [here](#) for details.

UNSW - Interior Architecture Workshop

Thursday 23rd July, 9am-12noon, Built Environment Gallery, UNSW Kensington.

Learn about the Bachelor of Interior Architecture and studying at UNSW by participating in fun activities in a student run workshop. Click [here](#).

UNSW - Power of Engineering

Monday 6th July, 9-4pm, UNSW Kensington Campus - FOR FEMALE YEAR 9 AND 10 STUDENTS

The day will feature inspirational and informative speakers, site tours of local projects and hands-on workshops. Click [here](#) for details.

UWS Parent Information Evening

Bankstown Campus, Wednesday 22nd July. Click [here](#) for details and other venues.

Raffles College of Design & Commerce - School Holidays Workshop

Monday 29th July - Thursday 2nd July or Monday 31st August - Thursday 3rd September

Workshops available in Photography, Fashion Design, Fashion Marketing, Graphic Design and Interior Design. \$120 for 4 days, all material provided. Click [here](#) for details and to register.

Sydney Dance Company - 2 Day July School Holiday Workshop

Thursday 9th-Friday 10th July, Pier 4, 15 Hickson Road, The Rocks. Click [here](#) for details.

Royal Australian Chemical Institute Career Profiles

The Career Profiles provide an insight into the jobs available for students interested in a career working within the chemistry field. Click [here](#) for further information.

Apprenticeships & Traineeships Information Sessions

Tuesday 23rd June, 2015 6-8pm at The Builders Club, Wollongong and Wednesday 24th June, 6-8pm at The Shellharbour Club. Come along and hear about what employers want, where to find the jobs and strategies and resources to secure employment. Group Training Companies, the Australian Apprenticeship Centre, TAFE NSW and current apprentices will be on hand. Bookings are essential and the event is free. Click [here](#) to secure your place.

Brodie Long Grew Chartered Accounting Firms

Brodie Long Grew are now hiring Trainees to commence in 2016 and invite enquiries from bright young Year 12 students with passion, motivation and a keen interest in business or accounting. For initial enquiries and applications click [here](#). Applications close Friday 29th May, 2015.

Kenvale College

Applications are open for Hospitality and Event Management Scholarships with Kenvale College. Please see the information attached to this week's Newsletter.

Careers Room, Room 54
Open every Lunch 2.

Come visit, get motivated and be inspired!

Mrs Sue Kennedy,
Careers Advisor

Important Dates for your Diary:

26th June - Applications for Work Experience close for Year 11

1st July - BlueScope Cadetships for 2016 posted on their website

3rd August - UOW Early Admission Opens

29th, 30th June - BlueScope Cadet Snap Shot Days

12th-16th October - Year 11 on Work Experience

EXCURSIONS		
Excursion Name	Date	Payment/ Permission Note Closing Date
1st XV Rugby Union Waratah Cup	28 May	CLOSED
Ancient History HSC Study Day 2015	4 June	29 May 2015
Secondary All School Rugby League Gala Day	9 June	1 June 2015
Yr 12 Formal 2015	20 Nov	4 Nov 2015
<p>NO LATE PAYMENTS WILL BE ACCEPTED. PLEASE DO NOT PLACE INTO THE BOX AFTER CLOSING DATE - REMINDER THAT ALL PERMISSION NOTES ARE ON THE SCHOOL WEBSITE.</p>		

Junior Joey's



Year 9 Child Studies students are hosting a playgroup on **Wednesday 10th June** from **9.30am-11.30am** in the school **library**.

Parents, grandparents and carers are most welcome to bring children under 6 years of age along for a morning of fun activities (art and craft, singing, dancing, music and face painting).

A healthy morning tea will be provided.

As numbers are limited, please reserve your place by emailing michelle.garbutt@dow.catholic.edu.au or contacting Michelle Garbutt at the school.

See you there!





St Joseph's Catholic High School

1st May 2015

ANNUAL SCHOOL ATHLETICS CARNIVAL

Croome Road Sporting Complex

Tuesday 2nd June 2015.

STUDENT INFORMATION

Our annual school Athletics carnival will be held on Tuesday the 2nd June, at John O'Dwyer Oval, Croome Road Sports Complex in Albion Park. The Athletics Carnival is a whole school event and all students are expected to attend. The Athletics carnival provides students with the opportunity to participate in a range of physical fitness activities both in competitive and social environments. The Athletics carnival also provides competitive athletes with a pathway to go on and represent St Joseph's at the Diocesan Athletics Carnival and the possibility of representing NSW CCC.

1. The carnival will be held at John O'Dwyer Oval, Croome Road Sporting Complex.
2. If it has been raining a message will be placed on the school website (<http://www.stjosephs.woll.catholic.edu.au/>) - (Remember to refresh your page!!) informing you if the carnival has been postponed. A message will also be sent to your mobile phone if you have downloaded the SJCHS Skoolbag app. Alternatively a message will also be broadcast over both i98FM & Wave FM radio stations at around 7:20am, please do not ring the stations.
3. Students are to wear **full school sports uniform including a hat** and are also advised to bring track pants, jumpers, sun protection, a water bottle and to be in appropriate and supportive running shoes. Students may change into running attire for their events. Regular school uniform rules apply. No singlet style shirts, thongs, slip on style footwear, jewelery, body piercings etc. will be permitted. Refer to your diary for more details. Uniform infringements will be issued as normal for those not meeting uniform expectations.
4. Students are required to bring their school diary with them as per a normal school day.
5. Students wishing to compete in the 1500m event are asked to make their own way to the track by 8:30am. This event will start at 8:45 am.
6. Students wishing to compete in triple jump are asked to make their way to the track by 9:15am. This event will run between 9:15am and 10:00am.
7. Parents and Guardians of Year 11 and Year 12 students are also required to adhere to the School Driving Policy regarding the requirement of obtaining the Principal's permission to transport themselves, siblings or another student to and/or from the venue.
8. Students who can walk / ride etc. to Croome Rd are asked to arrive by 9:00am.
9. All students who go straight to Croome Rd need to ensure they get their name recorded at the administration desk to make sure they are not marked as absent on the day.
10. For all other students normal buses will drop you at school as normal. You will have completed the permission note and returned it to the office by Wednesday 27th May. On arrival at school you will need to see the teachers on the netball courts to get

- your name marked off and will then be guided to one of the shuttle buses that will take you to Croome Rd. These buses will return you to school in the afternoon in time to catch your regular bus home.
11. Rolls will be marked at Croome Road at 9:00am. Normal homeroom will apply for roll marking. Yr. 7 will line up at the Southern end of the oval, Yr 12 at the Northern end.
 12. All students will be required to remain at the Carnival for the whole day as per usual school attendance rules. If there is a valid reason that parents require early leave for your child on the Athletics Carnival Day, your child is required to obtain a Pass Out from the front Office on Monday, 1st June i.e., the day prior, by presenting a written explanation of the reason for early leave.
 13. Students will be competing in their age groups. Age is determined by the age the student will be at the 31 December 2015.
 14. Students should take the opportunity to participate in all activities. Both the track and field events provide opportunity for students to gain points that go towards their house. Students are to stay in their appropriate year groups throughout the entire day if not participating in an event.
 15. Any student who is sick and cannot compete on the day, must report to the administration desk upon arrival at the track. You will need to provide a note from your parents/guardians explaining your situation and will be provided with alternate duties for the day.
 16. Parents are most welcome to attend on the day. Students can be driven to and from the course by their parents. School policy is that parents may only take their own children home and not friends.
 17. Ball Games, Radios, CDS, MP3 players, I Pods, game consoles, Mobile Phones and other electronic devices are not permitted on the day. They will be confiscated.
It is strongly recommended that students do not bring these items to avoid potential issues arising.
 18. Students who wish to use toilet facilities must obtain permission from their year Coordinator or supervising teacher.
 19. Students who place 1st in the 1500m, 800m, Relay, Discus, Shot Put, Javelin, Long Jump, and High Jump events and finish 1st or 2nd in the 100m, 200m, 400m and triple jump events will go on and represent St Joseph's at the Diocesan Athletics Carnival next term.
 20. There is a set lunch break. Each age group will experience a bye once throughout the day. Students will be able to access the canteen at this stage but must remain in the designated area. No one will be permitted to walk across the track if they are experiencing the bye.
 21. Students are urged to place all rubbish in bins throughout the day so as to keep the field in good condition for those participating in events and to avoid the need for a mass clean up at the end of the day.

If you are interested in the program of events for the day you can download it from the sport section of the school website: www.stjosephs.catholic.edu.au

I hope you all have an enjoyable day and take the opportunity to participate in as many events as possible.

Mr S. Armstrong
PDHPE Coordinator

2015 PROGRAMME OF EVENTS

Event	Time	Track	Field	Age Group
1	8:45	1500m	-	All
	8:45	Staff Meetings: <ul style="list-style-type: none"> Field event managers are to meet with Jodie McNamara Track managers to meet with Patricia Smith Year Coordinators and staff not required at track to be at school, marking roles and traveling with students on shuttle busses to John O'Dwyer Oval		
	9.00	Students will instructed to move to their year group area. Announcer to provide expectations. Staff to supervise the oval. Roster as follows: <ul style="list-style-type: none"> CPL, JTA, MSC, JKE 8.50 - 9.10 WDO, SGA, GWA, FGA 9.10 - 9.30 MSH, EVL, JLY, SWU 9.30 - 9.50 		
	9:00-9:50	Homeroom – Students arriving directly to track will assemble in Year group areas. Rolls will be marked during this time. Students wishing to participate in triple jump to go to jump pits. Event will continue during 1st rotation if required.		
	9:50	Assembly to outline program, venues etc		
2	10.00	400m 12 – 14 15 – Open	Shot Put Long Jump High jump Discus Triple Jump Bye	16 (yr 10) 15 (yr 9) Open (yr 11/12) 14 (yr 8) nominees only 12/13 (yr 7)
3	10.40	100m 12 – 14 15 – Open	Shot Put Long Jump High jump Discus Bye	12/13 (yr 7) 16 (yr 10) 15 (yr 9) Open (yr 11/12) 14 (yr 8)
4	11.20	200m 12 – 14 15 – Open	Shot Put Long Jump High jump Discus Bye	14 (yr 8) 12/13 (yr 7) 16 (yr 10) 15 (yr 9) Open (yr 11/12)
5	12.00	Lunch / Relays Supervision Roster: BLE, SBE, MPH, ACH 12.00 - 12.20 MNE, HSA, HMA, DBO 12.20 - 12.40 ANA, RRU, NBA, SMA 12.40 - 12.50		4 x 100m Relays Junior Girls (Yr 7, 8, 9) Junior Boys (Yr 7, 8, 9) Open Girls (Yr 10, 11, 12) Open Boys (Yr 10, 11, 12)
6	12.50	800m 12 – Open	Shot Put Long Jump High jump Discus Bye	Open (yr 11/12) 14 (yr 8) 12/13 (yr 7) 16 (yr 10) 15 (yr 9)
7	1:30		Shot Put Long Jump High jump Discus Bye	15 (yr 9) Open (yr 11/12) 14 (yr 8) 12/13 (yr 7) 16 (yr 10)
8	2.10	Presentation & Roll Call		
9	2:15	Students Transported Back to school	Pack Up of equipment & Clean Up	

Note: Times may vary throughout day.

Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

15 healthy ways to manage emotions

Here are 15 healthy ways to manage your emotions that you can pass on to your children.

What training did you get from your parents in managing emotions?

If you are like me, you didn't get much really constructive help in recognising or regulating feelings.

"Don't worry! It will all turn out right!" was about the extent of the emotional management in my house.

I guess that's why many people automatically default to ineffective ways to manage difficult emotions as adults.

Ineffective ways such as:

- 1 **Avoidance** "I'm okay, really!"
- 2 **Denial** "Nothing wrong with me!"
- 3 **Wishful thinking** "She'll be right!"
- 4 **Worry** "What if...."
- 5 **Self-denigration**
"What do you expect? I'm a loser!"
- 6 **Blaming others**
"She makes me feel so mad!"
- 7 **Acting out (also abusing alcohol and other drugs)** "Come here you! I'll show you"

And they pass those same ineffective methods on to their children. Anxiety (a legitimate feeling), anger (also legitimate) and apathy (not a recommended state) are now at epidemic proportions among children and young people, even though we live in affluent times.

Here are 15 healthy ways to manage your emotions that you can pass on to your children:

1 Breathe deeply

The trick here is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight (or stand up straight) count to 3 quietly while breathing through your nose, and count to 5 while breathing out. Breathe slowly and deeply. You may even feel a little 'heady', which indicates deep (and low) breathing.

2 Find a favourite relaxation exercise

There are many instant relaxation exercises you can use to change your emotional state. My favourite way to manage nerves and tension is to tense my body for 3 seconds and then relax. Repeat this a number of times and you can't help but feel calmer. You can isolate part of your body such as your shoulders and arms to release the tension around your neck. There are plenty of quick techniques you can use to relax. Choose one or two and use them.

3 Use a positive reappraisal

Sometimes known as positive reframing, positive reappraisal is a simple technique you can use to help you look at a situation or event in a different light. Emotions are caused not by an event, but by the way we look at an event. A wedding speech to one person is a chance

to strut your stuff (so they feel excited), while someone else may see it as a nightmare (so they feel anxious). Change the way you view something and you'll better be able to manage your emotional response. "This is a challenge, not a problem" is a catch-all reappraisal. The more specific the reappraisal the more effective it will be.

4 Use positive, REALISTIC self-talk

Ever talked yourself out of doing something exciting, new or challenging before you've even started? Maybe you've said something like: "I'll never be able to do that." "This will stress me out big time." "I'm no good at..." "I know I have. I talk myself into feeling stressed out.

Next time you catch yourself talking yourself or something down replace the negative with something realistic but more positive. Something like "I've done it in the past and I survived. So I should be able to do it again."

Repeat this a few times and your emotional state will shift to a better one. You may not exactly be jumping over the moon with confidence but you will feel less stressed. That's what emotional management is about.

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.





Building parent-school partnerships

5 Exercise

Exercise releases endorphins; nature's feel-good chemical, which will move your mood to a better state. The paradox is that we often don't feel like exercising, when we really need it. Let's face it, when you come home from work tired and stressed, exercise is the last thing on your mind. BUT going for a run, walking the dog or even a playing a game outside with the kids is the very thing you need to feel better.

6 Distract yourself

A healthy distraction such as phoning a friend, reading a novel or watching a comedy is a way many people use to manage difficult emotions. It's a highly recommended strategy for natural worriers! It's amazing how much better a situation will seem after a short break.

Longer term strategies

7 Have constructive habits and hobbies

One of the tenets of good emotional health is that a person needs hobbies and interests that lift them up, making life enjoyable. Single-tracked lives— all work and no play — are recipes for emotional disasters. If you can relate to this, then I suggest you take the time to find a hobby or interest that juices you up.

8 Make physical activity a habit

How much do you move during the day? 10,000 steps a day is related to good physical and mental health. This was relatively easy to do before modern transport made walking largely redundant as a mode of transport. Now we have to purposefully exercise if we are going to getting anywhere near to close to the amount we need for optimum mental and physical health. Daily walks, regular swims, playing team and individual sports are all great mood shifters we need to incorporate into our lives.

9 Meditate to stop those thoughts

If you struggle to close down the thoughts that race through your brain, then meditation will offer you the relief you need. Living with a brain that never seems to close down, or at least never stops ruminating and examining all sorts of scenarios can be exhausting robbing you of

huge amounts of emotional energy. Alcohol is one solution, but not necessarily healthy. Parentingideas recommends meditation as a life skill that will help you balance to your emotional state.

10 Let me entertain you!

Fun is an antidote to poor mental health. People who have no fun in their lives have no mechanism for pushing their moods into a positive direction. Music, television, and video games are all great forms of entertainment that help change moods. It's unhealthy though to use entertainment as a permanent escape from the situation that caused unpleasant feelings in the first place.

11 Find spirituality or something bigger than you

It's no coincidence that most sustainable cultures have an aspect of spirituality present—that is, there is something or someone bigger than us present. As Western cultures have become more prosperous the place of religion specifically, and spirituality in general, has diminished. We are the poorer for it as we've become insular as individuals. If religion whether organised or unorganised is not your bag, then find a cause that inspires you and makes you feel significant through your contribution. Adding meaning to your life will help you make sense of difficult feelings, and importantly, keep the blue moments in perspective.

12 Modify the situation

Ever lay in bed stewing over a problem or situation and worked your self into a real knot. Suddenly you feel overwhelmed. I've done this often. The best solution for me is to get to work on the problem, rather than stew over it. Plan that talk, make that difficult phone call, have that difficult conversation. Action is a great antidote to worry.

13 Change your goal

Sometimes our emotional state is giving us a message— that is, we are not on the right path. There are times when we set ourselves targets or aspire to goals that are unrealistic and unattainable. The result of our honest efforts

is that we continuously feel overwhelmed, swamped and stressed. If this is the case, then it maybe time to reassess what you are trying to achieve so that you can more easily manage your emotional state.

14 Get support from others

Asking for help takes many forms. It may be simply having someone at work you can offload your worries to when needed through to joining a specific support group (such as a parent group of children on the spectrum) so that you can share your experiences and get validation for the frustration, stress or anxiousness you maybe experiencing.

15 Seek professional counselling

We all get stuck from time to time by aspects of our lives, such as experiencing loss, transition or trauma. When this happens we need a professional who can help us take the steps needed to become 'unstuck'. A well-known song by US singer Kenny Rogers went, "You've got to know when to hold 'em, know when to fold 'em and know when to walk away." I'd like to add another line— "You've got to know when to get some help." Seeking help is something we are getting better at as a community, but we still have a long way to go until it accepted and normalised.

Check out how many of these healthy emotional management techniques you currently practice. My guess is that you do many of these intuitively, but you weren't aware that they are emotional management techniques.

What would you like your kids to say?

There are plenty of healthy ways to regulate our emotional states, but often we simply default to unhealthy, unhelpful ways out of habit or because we know no other ways.

If someone asked your children in thirty years time to articulate the lessons they learned from you, hopefully they'll be able to recount some of the right ways outlined above rather than pull out strategies from the 7 wrong ways list.



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.





kenvale COLLEGE

knowledge experience humanity

High Flyer Program

Hospitality & Events Scholarship

www.kenvale.edu.au

High Flyer Program

Hospitality & Events Scholarship

The Program

The High Flyer Program (HFP) is a joint project of Kenvale College and five star Radisson Blu Hotel Sydney for Year 12 Students. Ten students will be selected to receive two days of work experience and host a gala dinner at Radisson Blu. The program will culminate in the announcement of the scholarship winner.

Selection Process

1. Completion of High Flyer Entry Form.
2. Interview at Kenvale College, including group activities and an individual interview.
3. Selected students win two days of training at the Radisson and an experience of hosting a gala dinner at Radisson Blu, Sydney
4. Post training Interview at the Radisson Blu
5. On the evening of the dinner, one scholarship winner will be selected and announced.

Key Dates

June 1, Mon HFP Closing Date

June 15-16 Mon-Tues HFP Interviews (regional Skype interviews June 11-12)

June 29-30 HFP Training

June 30 Tues HFP Dinner

July 1, Sat HFP High Tea



The Scholarship

This is a partial scholarship whereby the winner will receive:

- Entry into the Kenvale Hospitality and Event Management program
- \$3,000 towards their college fees
- A position working at the Radisson Blu Hotel Sydney
- A rotation program through the departments of the hotel
- One week of work experience at Radisson Blu Resort Fiji, Denarau Island (at the end of their first year) including airfares, meals and accommodation.

Contact Bernie McFarlane
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Entry Form

High Flyer Program

Personal Details

Title Mr Mrs Ms Miss

Family Name

First Name

Other Name(s)

Preferred Name

Phone Numbers	H	W
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Mobile Number

Email Address

Street Address 1

Street Address 2

Suburb

State Postcode

School Attending

Any jobs you have now or have had previously:

Proposal

Explain why you should be selected for this year's High Flyer Program.

Should you need to provide more information, simply submit additional pages with your entry form to:

High Flyer Program
Kenvale College Hospitality & Event Management
38 High Street, Randwick, NSW 2031



www.kenvale.edu.au



Hospitality & Event Management

Fold

Affix
Stamp
Here

High Flyer Program

Kenvale College

Hospitality & Event Management

38 High Street

Randwick NSW 2031

Fold & Tape