

ST JOSEPH'S CATHOLIC HIGH SCHOOL

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Date: 29th January, 2015

Term 1 Week 1A

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

A very warm welcome to the 2015 school year. I hope that you have enjoyed a restful holiday break and feel refreshed and ready to start the new school year. A very warm and sincere welcome to new students, families and teachers who are joining St Joseph's Catholic High School this year.



New Staff Members

Miss Jessica Boniface - HSIE	Miss Kristine Davis - Special Education
Mrs Christina Fraser - TAS	Mrs Julie Keedle - Special Education
Miss Holly Madaschi - HSIE	Mrs Jenny McAlary - ICT Support
Miss Melanie Muniz - HSIE	Mrs Michelle Needham - English
Ms Elizabeth Thomas - Mathematics	

Also, welcome back to a number of staff who were on leave last year or have previously worked for St Joseph's: *Ms Anita Chmurycz, Mrs Nav King-Gee, Mrs Jodie McNamara and Mrs Gabrielle Watson.*

Communication

Should you have any concerns regarding your child, in most cases, the first point of contact should be your child's Year Coordinator. Year Coordinators for 2015 are:

Year 7 Mrs Maria Oliverio	Year 10 Mrs Louise Markwell
Year 8 Ms Vicki Sproule	Year 11 Ms Kim Stutchbury
Year 9 Mrs Elise Burns	Year 12 Mrs Sue Kennedy

2014 HSC Success

Congratulations to the *Class of 2014* for their achievements in the Higher School Certificate. On the 25th February, 2015, the school will host an assembly to celebrate their successes. The school has been very pleased to hear of the courses of study that these ex-students will be commencing at University or TAFE in the coming weeks, as well as the ex-students who have already commenced employment. I pray that 2015 will be a successful and rewarding year for everyone.

Building Works

The Refurbishment of the office and the construction of a new staffroom and new car parking facilities have commenced. **Due to the presence of construction vehicles in the carpark, parents are requested NOT to drive onto the school property until the new carpark is complete in Term 2.** The safety of students and staff is paramount.





James Arblaster (Year 12—2008)

In a recent St Paul's Parish newsletter Fr David Catterall PP announced that *James Arblaster*, a parishioner of St Paul's Albion Park, has been accepted by Bishop Ingham to begin seminary formation at the Seminary of the Good Shepherd in Homebush for the Diocese of Wollongong. James attended St Paul's Catholic Primary School and St Joseph's Catholic High School, finishing in 2008, before going on to complete a double degree in Law and International Studies at Wollongong Uni. James will now enter on a journey of reflection and study which, if he feels called to stay on, will last seven years until his ordination. We wish him all the best as he begins this time of discernment.

Mr John Barrington, Principal.

School Policies in Student Diary

Each year we ask parents and students to familiarise themselves with the School Code of Behaviour, the School Merit System, School Behaviours and Consequences, the Sexual Harassment, Bullying and Harassment, the Student Use of Digital Communication Devices, the Uniform and Grooming and Internet/Email Policies. This year we have included a number of changes to some of our policies and these have been outlined to students this week. As an acknowledgement of your understanding and agreement with the school policies, parents and students are asked to please sign these sections of the diary where indicated on pages 17 and 21 by next Monday, 2nd February. Parents are also requested to sign your child's diary each week thereafter in the space provided.

Skirt Lengths

Over the school holidays, some girls will have grown considerably. A reminder that the School Uniform Policy states that skirts are to be just below the knee. If parents could please check the length of your daughter's skirt and if required, take the hem down to meet the school's regulation length by next Monday 2nd February.

Uniform Infringements

This week students were informed that Uniform Infringements will be issued electronically as of this week to students who present out of uniform. Parents and students can view your child's Uniform Infringements, including the issues to be addressed, via the parent and student portal of the Sentral recording system. The uniform guidelines are listed on page 15 of the student Diary. Your support in ensuring that your child presents in full school uniform each day is greatly appreciated.

Parent and Student Portals

These can also be used to view for your child:

- ◆ Their attendance record, including late arrival and early leave and unexplained absences
- ◆ Their daily timetable
- ◆ A tally of merits
- ◆ A tally of demerits
- ◆ Their uniform infringements with details of each infringement
- ◆ A tally of their mobile phone or ipod confiscations.

Parents are advised to familiarise yourselves with these new and important avenues to stay up to date with your child's progress at school.

Final Reminder; Parent Email Addresses Required!!!

In Term 4 last year, a letter was sent to parents requesting that parents please return an email address to Penny Corradini. These email addresses are needed by next Tuesday 3rd February to enable parents to receive important messages regarding your child's homework and progress via the soon to be introduced e-diary system. This is an electronic diary, which facilitates easy communication between parents and teachers. Please forward your up-to-date email address to penny.corradini@dow.catholic.edu.au.

I wish all parents and students a happy and prosperous New Year and look forward to working in partnership with you to bring about the best possible educational outcomes for your child in 2015.

Mrs Jenny Bell
Assistant Principal



Pastoral Care
Mrs Schibeci

Welcome Back!!

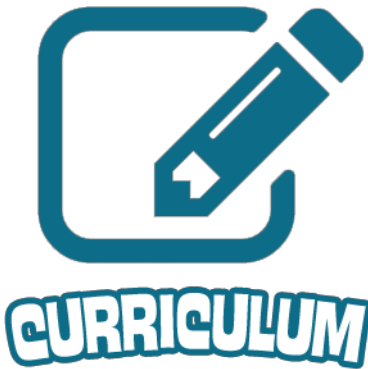
New beginnings are great things, especially the beginning of a new school year. And 2015 promises to be a productive one. Our Pastoral theme for the 2015 school year is:

GROWTH

Gratitude; Resilience; Organisation; Wellbeing; The Body; Happiness

These topics will be addressed in each of the special assemblies our students attend. These assemblies, under the guidance and leadership of the Year Coordinators, will be presented by a team of students and followed up with a "Pastoral Lesson", a special time allocated for exploration of the topic in the homeroom with homeroom teachers, happening twice a term. In fact, these topics will find their way into the entire school curriculum. The aim of the Pastoral Team this year is to get our students thinking positively, to build some gratitude and resilience, to highlight the importance of organisation and ultimately, help our students to be the best learners they can be. The Michael Grose articles will continue this year also. Our first is an informative piece advising on how to start the year off well for your child. Suggestions such as promoting friendship and being positive are just two of the four explained. If you get a chance, it's well worth a read.

Mrs Megan Schibeci, Pastoral Care Coordinator



Welcome back to the 2015 school year! I would like to take this opportunity to outline for you a key element of the learning that your children will be undertaking throughout this year.

In addressing the area of assessment and the stress that this can place on students, St Joseph's Catholic High School will become far more strategic in its implementation of assessment throughout 2015. The amount of formal assessment each child will undertake in years 7-10 will be reduced. Instead, students will be assessed in an ongoing manner (through the use of pre, post and informal assessment) within each of their courses. This method, as proven by educational research, has the greatest effect on student improvement allowing for the identified skills to be developed and checked on

many occasions in each course. It will be this approach to assessment that will ensure that students take advantage of the learning opportunities, as every lesson will be pivotal in the demonstration of understanding that will form the basis of the grades allocated in the reporting process.

Ongoing assessment will be varied catering for individual differences and throughout the term feedback will be provided to students and parents about how each student is performing. Parents and students are encouraged to seek further feedback when necessary to ensure that the path to improvement is always clear for all involved.

I am looking forward to working with you throughout 2015 and as always if you have any questions or concerns please don't hesitate to contact me.

Mr Paul Hughes, Curriculum Coordinator



St Joseph's School Choir

Welcome Year 7!!! An invitation is extended to all Year 7 students to come and join the St Joseph's School Choir. Choir comes together once a week on Tuesday morning before school. We cover a range of repertoire and performance opportunities. Choir begins for 2015 next Tuesday 3rd February - 8am in the Music Room - Room 42. All past choir members and new students from Years 8-12 are also welcome.

Mrs Angela Quinn, Music Teacher



Welcome to another year of sport at St Joseph's. Once again we will be looking to provide all students the chance to grow physically, socially and emotionally through our various school and representative sports programs. We shall regularly look to keep you connected with the world of sport via the newsletter but for more details please visit the sport section on the school website.

This year there have been some changes regarding the administration of Sport at St Joseph's with Mrs Garbutt and Mr Moran sharing the Sport Coordinator position. Mrs

Garbutt will be coordinating school sport for students in Years 8 and 10 as well as the girls representative sport program. Mr Moran will coordinate school sport for students in Years 7 and 9 as well as the boys representative sports program. As always any issues regarding either school or representative sport can be directed to either of us here at school. Email is usually the best way to make contact but you are welcome to call and leave a message and we shall endeavour to return your call as soon as possible.

Year 7 School Sport - Term 1

Students will begin the term participating in a range of activities to complement the basic skills being developed in their PDHPE classes (run, pass, catch). At the end of the term students will participate in a Rugby Union program run by NSW Rugby to further develop these skills. Students are strongly advised to bring a hat and drink bottle to sport at this time of the year.

Year 8 School Sport - Term 1

Students will participate in both ten pin bowling and a surf awareness program. A permission note with information about these activities can be found on the school website and is to be returned before Wednesday 4th February to ensure students can participate in these activities.

Year 9 and 10 School Sport - Term 1

Students will be able to choose an activity to participate in for the term. Selections are to be done online with more information provided to students in upcoming year meetings. Information regarding our recreational school sport program can be found on the sport section of the school website. Students in Years 9 and 10 and their parents must visit this site and download the permission note to access the information for school sport this year. Parents and students then need to sign and return the consent forms in order to participate in this program.

Swimming Carnival 2015 - Parent Helpers Needed!!!

The School Swimming Carnival will be held at Albion Park Swimming Pool on Thursday 19th February, 2015. This will be a competitor's only carnival. We are seeking parents who are able to help out on the carnival day by being time keepers, starters etc.

If you are able to assist please email:

penny.corradini@dow.catholic.edu.au and provide your contact details. Many hands make light work so the more volunteers we can gather, the smoother the event! Thank you from the PE Faculty!



Diocesan Gala Days

The Diocesan sports program gets under way with gala days for girls soccer and boys touch on Monday 23rd February (week 5). There are also various sports that students can nominate individually for. Please refer to the sports calendar for upcoming events and dates. Students are asked to make sure they listen to the daily bulletin in homeroom or check the notices section on the Sport page of the school website for further information. Feel free to see me or send me an email if there are any questions or issues. A reminder that those considering attending NSWCCC events or trails need to register for the event via the NSWCCC website (www.cssss.nsw.edu.au). Information regarding this process can be found on the school website.

Cross Country Carnival

The Cross Country carnival will be held on Friday 6th March (week 6). Students are encouraged to start thinking about undertaking a regular training program to assist them in their efforts on the day and reduce the risk of injury. For beginners you could spend this week doing a 20-30minute session every 2nd day comprising of walking for 1-2 minutes followed by jogging for 1-2 minutes. For those looking for more of a challenge and/or structure in their program consider downloading a training app to your phone to assist your preparations.



We would like to congratulate former student Ali Day who claimed the *Nutri-Grain Iron Man Title* over the summer holidays. Congratulations Alistair!!

Sport Calendar Term 1 2015

- 9/10 Feb - NSWCCC Open Boys Cricket Selections
- 17 Feb - NSWCCC Girls Softball Selections
- 19 Feb - School Swimming Carnival
- 23 Feb - Diocesan Girls Football Gala Day & Diocesan Boys Touch Gala Day
- 26 Feb - NSW All Schools Triathlon (Individual Event)
- 27 Feb - NSW All Schools Triathlon (Team Event)
- 2 March - NSWCCC Tennis Selections
- 3 March - NSWCCC Girls Cricket Selections
- 6 March - School Cross Country Carnival

School Tennis

Trials and training for all tennis players will be on again this term as the Diocesan day is coming up very soon. Please listen to homeroom notices for training times and days. There will be a girls and boys team which will travel to Beaton Park for this challenge. It's a great day where we have been very successful in past years. Hope to see all budding tennis players on the court!

Mr Michael Phipps, Tennis Coach

Remember - "Too much sport is NEVER enough"

*Mr Brett Moran and Mrs Michelle Garbutt
Sport Coordinators*

Canteen Roster 2015

- 2nd Feb Megan Wilson, Terry Thomas, Christine Callaway, Vanessa Henson
- 3rd Feb Vickie Austin, Marina Chang, Kellie Brown, Rachel Parkes
- 4th Feb Kellie Mundt, Rachael Woolfe, Belinda Ellis
- 5th Feb Christine Brown, Leisa Smith, Lorraine Grimson
- 6th Feb Jenny Quinn, Agnes Gibbons, Cathy Tagliaferro, Jaime Hart, Linda Doonar, Tania Giustiniani

Important Dates for your Diary

- 3/4 Feb - Year 7 Scholarship Exams
- 5 Feb - 7.1-7.3 iPad Bootcamp
- 6 Feb - 7.4-7.6 iPad Bootcamp
- 12/13 Feb - Year 7 Getting to Know You Days
- 25 Feb - HSC Class of 2014 Achievers Assembly
- 27 Feb - Pupil Free Day

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Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

Making a smooth start to secondary school

Getting used to new subjects and new teachers, as well as forming new friendships, are just some of the requirements of this transition.

Starting secondary school is a time of change and uncertainty, which places new demands on young people. Being at the bottom of the pecking order where they are unsure of the playground hierarchies is just one adjustment that they need to make.

Some kids take these new experiences in their stride but it is natural to experience some difficulty, particularly when it's accompanied by the potentially unsettling transition from childhood to adolescence. It's no coincidence that many research projects indicate that children's learning levels out in the transition year, presumably because the social tasks of adjustment take precedence over academic performance.

It helps to remember the Four P's to help your young person settle in:

1 Promote friendships

The quicker kids form new friendships the sooner they'll feel comfortable in their secondary school surroundings. Encourage your young person to be open to forming friendships with all sorts of kids; to be accepting of others who may be different to them; to take social risks by joining in activities even though they may feel uncomfortable; and to be friendly, approachable and positive!

2 Practice patience

Patience and understanding in the early weeks is essential. Brush up on your listening skills as you help your young person adjust. Talk to your young person about change and reassure them that it is normal to feel unsure or nervous in new circumstances. Let them know that many difficulties they face will be temporary.

3 Pursue a positive attitude

Confidence is catching so make sure you see this transition time as an exciting challenge that your child can handle rather than an event to be feared. Ask them about the new subjects or interesting activities they are doing, and try to shift their focus to the positive aspects of school. Discuss settling in issues with the appropriate person such as a year level coordinator, but give your young person time to handle them on their own before seeking help.

4 Process their day

Some young people may come home with fairly exaggerated accounts of secondary school and may not always paint a fair picture. They may become sensitive to things that they might have shrugged off in primary school. Listen without judgment and show a real interest in their new school, while providing

them with the space they need to get away for a while. Expect some behaviour blowouts as many kids let off steam in the relatively safe and stable environment of a loving family.

If your eldest is starting, then secondary school will be a relatively new experience for you too. It will take some time for you to adjust to the school's culture and communication methods.

Although secondary schools may seem a little foreign for those used to the relative intimacy of primary schools, one aspect is the same – outcomes for students are maximised when schools and parents work together in the best interests of the student.

One way to support your young person's school is by actively promoting the school's values. For instance, if respect is a prominent school value then you can discuss this in relation to the way your young person behaves around friends, relatives and family.

Most importantly, talk up your young person's new school, rather than talk it down, as kids of all ages take their cues from the most significant adults in their lives – their parents!

Michael Grose



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.

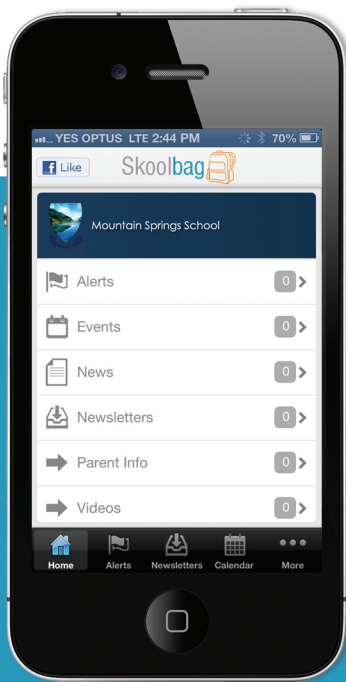


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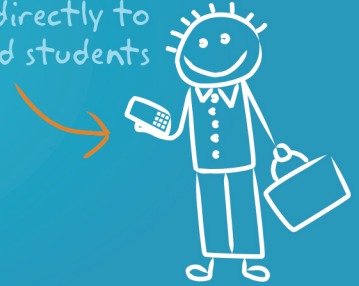
Smartphone school to parent communication



Skoolbag is a mobile App for your school to communicate directly to both parents and students. It works through both smart phones and smart devices (such as iPads and Android Tablets). Ideal for:

- > School, free push notification alerts
- > School events
- > School newsletters
- > School documents
- > School RSS feeds
- > School social media (Facebook, Twitter)

Skoolbag delivers school notices directly to parents and students



How To Install Skoolbag On Your Smartphone

iPhone Users

Simply search for your school name in the App Store on your phone, PC or Mac, and install.

After the app is installed on your phone, make sure that you select "OK" to allow push notifications. Also click on "more" then "Setup" and select which categories you would like to receive push notifications for.



Android Users

Simply search for your school name in the Google Play Store on your phone, PC or Mac, and install.

After the app is installed click on "more" then "Setup" and select which categories you would like to receive push notifications for.



Don't forget to like us on Facebook! 

Find out more at www.skoolbag.com.au

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