

## ST JOSEPH'S CATHOLIC HIGH SCHOOL

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Date: 29th October 2015

Term 4 Week 4B

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

### Halloween

Below are some excerpts of a letter from Bishop Peter Ingham about Halloween. It identifies the religious significance of the event.

Halloween is growing in popularity but its roots are lost on most people. It is observed on 31 October, the "een" or "eve" of All Hallows Day (All Saints Day) on 1 November. "Hallow" occurs in the Lord's Prayer - "hallowed be thy name" (may God's name be held holy) - so to celebrate Halloween without connecting it to All Saints Day would be like celebrating Christmas Eve without a Christmas Day. Halloween, like Christmas, is becoming very commercial. As a result, we do not even come close to thinking of it in terms of faith and religion. Here are some suggestions:

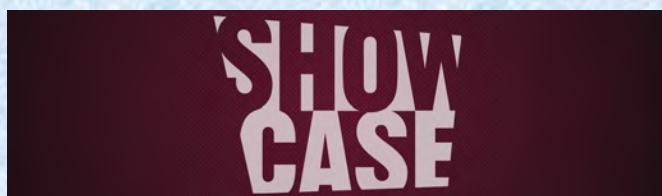
First, before going out "trick or treating", why not gather the family to offer a prayer for deceased members and friends. Second, on All Saints Day, possibly around the dinner table, have family members research the saint after whom they are named and tell everyone something about him or her. Finally, you might bring some of the things you may get by going around tricking or treating to a nursing home or send to the St Vincent de Paul Society.

### Farewell

This is my last week as Principal at St Joseph's. My 8 week stint has been most enjoyable and I would like to acknowledge the many members of the school community who made me feel very welcome during this time. I have met many parents and students and have been impressed by the caliber of the students at the school. I have found the staff to be hard working and dedicated and particularly thank them for the affirmation they have given me. Good luck to all students as they prepare for their final assessments for the year.

**Mr Neil McCann**

**Relieving Principal**



The Annual School Showcase will be held this year on Friday 6th November. The evening will begin with displays of student artworks in the Creative Arts block and other faculty displays from 4:00pm followed by a P&F sponsored BBQ outside the Trade Training Centre from 5:30pm. The night will end with a concert in the school Hall highlighting performers from Years 7-12 including some HSC performance work. Everyone is welcome to this outstanding celebration of the work completed by St Joseph's students in 2015. See the flyer attached to this week's Newsletter for further details.

*Mr Michael Shanahan, Creative Arts Coordinator*





## School Excursions

At St Joseph's, we are keen to ensure that we are offering our students many co-curricular events to participate in to enrich their academic, sporting and cultural school life. For students to participate in excursions and sporting events, however, it is necessary that written or electronic consent is returned and payments are made by the due date indicated on the parent note provided. Otherwise, as a school we are unable to meet our duty of care requirements and/or we have to cancel excursions, often incurring a cancellation fee. We would therefore like to ensure that all parents are aware of the option to send us your consent electronically, by signing the electronic form available for all excursions and sporting events, when you install the St Joseph's SkoolBag App on your phone or tablet device. We have included the directions for installing the Skoolbag App onto your electronic device at the end of this week's Newsletter. The school website [www.sjchsdown.catholic.edu.au](http://www.sjchsdown.catholic.edu.au) also has an online payment option for parents wishing to use this facility.

*Mrs Jenny Bell, Assistant Principal*



**Pastoral Care**  
**Mrs Schibeci**

This week's article is all about managing your teenager, while keeping your relationship with them in tact. This one has been in the newsletter before, but it's so good, it's worth a second showing! Being consistent is one of the things parents battle with. Our children need to know we mean business, but that we love them as well. This is hard! If you get time, have a read - you won't be disappointed, especially if you missed it the first time around.

*Mrs Megan Schibeci, Pastoral Care Coordinator*



The end of the year is near which means that assessment across all courses is also drawing to a close. In the coming weeks especially Week 5 and 6, students may be involved in a range of formal tasks that will assess some of the content that has been learnt throughout Semester 2.

Notifications for formal tasks are a requirement of the school as per the assessment policy so students will know exactly what they will be undertaking in the coming weeks.

It is important to note that even though we no longer have a formal examination or task period we will be assessing within an assigned time frame resulting in some extra pressure for students.

This final task is also only one small element of the "big picture" of the evidence of learning that has taken place within the past 2 terms so this result will only be used as a part of the grade allocation process and will not dominate the assigning of grades.

The teaching staff are also fully aware of the pending tasks and they will accommodate and assist where necessary to support all students.

Good luck to all students in the coming weeks and be sure to revise well, seek feedback where necessary and to complete each task to the best of your ability as this is all that parents and teachers can expect from you.

Year 11 students will be receiving their Preliminary Reports next week. Parents are encouraged to contact class teachers if you have any questions or concerns regarding the information supplied in the report.

*Mr Paul Hughes, Curriculum Coordinator*

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# SPORT REPORT

By Mrs Michelle Garbutt & Mrs Jodie Linsley - Sport Coordinators

## Sports Star of the Month



The Junior Sports Star of the Month for September is *Jye Schmack*. Jye is a talented athlete who won the 15 years Male High Jump at the Diocesan Athletics Championships held at Campbelltown Athletics Track in August. He then went on to represent the Diocese of Wollongong at the NSWCCC Athletics Championships at Homebush in September and came second, taking home a silver medal which is a fabulous achievement.

Well done Jye!!



### **Congratulations**

On the weekend of 16-18th October both *Mitchell Heffernan* and *Izak Parks* travelled to Coffs Harbour to represent the Illawarra in the 15's Boys Coastal Vipers Oztog Team at the Australian Junior Oztog Championships. Both boys had an amazing weekend, and Mitchell captained the team to an outstanding second place. With only one loss from seven games the team played a hard fought grand final, but were defeated by the very strong Country Bulls from the Central Coast.



### **Basketball**

On Monday 26th October, the Senior and Junior Boys Basketball teams went to Campbelltown to compete in the 2015 Diocesan Basketball Gala Day. Both teams were outstanding representatives of the St Joseph's student sporting body, and both teams played tremendously well. Both teams were able to pull off some wins in their round robin matches and the Senior boys team in particular lost a heartbreaking semi-final game in the dying seconds of regulation time. All the boys should be very proud of their performances and we are looking forward to next year's round of competitions.

*Mr Plattner and Mr Lewis*





### **Basketball Gala Day - Senior Girls**

On Monday 26th October, the Senior Girls Basketball Team competed in the Wollongong Diocesan Basketball Gala Day at Berkeley Stadium. 9 schools competed, but only 1 school could triumph. St Joseph's had a tough first round against Holy Spirit going down 32-8. After four more games, our girls did their best but were outclassed on the day. This did not dampen the spirits of our St Joseph's team, the girl's showing great sportsmanship (on and off the court) and team collaboration throughout the tournament. The girl's displayed a fantastic attitude, had lots of fun and should be very proud of their efforts. A big congratulations and thanks to the following girls for all their time, effort and commitment: *Tamieka Garcia, Mira Jayme, Kaelah Austin, Sienna Casolin, Sarah Cassell, Elise Conte, Courtney Cooper, Emily Giudice, Jaya Spencer and Amalia Tavernese.*

*Miss Natalie Popovska*

### **Junior Girls**

The Junior Girls team played exceptionally well all day. They defeated both St Benedict's and John Therry convincingly. Unfortunately Magdalene and St John's Nowra were too strong for the girls. Congratulations to the whole team for their efforts in attending the day and representing St Joseph's. Both *Keeley Mercieca and Samantha McGlashan* lead from the front, playing big minutes and contributing at both ends of the court. Our Year 7 students, *Lara Formosa and Bianca Cacciola* improved each and every game. A big thank you to *Yasmin Harrison and Sonia Iafolla* who stepped in, enabling the team to have enough players to play. Thanks also to Aiden Mercieca for refereeing all day. He did a wonderful job.

*Mrs Jodie Linsley*

### **Junior Boys Cricket**

On Tuesday 27th October, the Junior Boys Cricket Team played round one of the Berg Shield. It was a 30/30 match held at Albion Park Rail oval against St John's Nowra. Our boys won the match by 146 runs, dominating all facets of the game. *Blake Nikitaris* relished his time out of the classroom with a quick fire 54 and captain courageous *Ryan Castles* looked to be on his way to a maiden century falling short on 80. In the field, all bowlers contributed with a mix of pace and spin - *Roach and Callaway* spearheading the attack. But it was the way the boys carried themselves as a team that would win most praise from the small but captive crowd. Constantly supporting and encouraging each other, backing up and chasing down everything in a performance that should give them confidence moving into the next round. Well done boys!

*Mr Daniel Lewis*

"What happened at school today dear?"

**BREAKING NEWS & EVENTS...**

<https://twitter.com/sjchsdow>  
Join us @sjchsdow



### **Are you interested in Programming, Web Design or Robotics??**

The National Computer Science School at Sydney University is providing an opportunity to spend a week of intensive computer programming, web design and robotics from 3-12 January, 2016 at Sydney Uni. You will be challenged to think like computer scientists and assisted by leading academic staff and professionals in this area of study. You do not need to have any prior knowledge of computing to attend this camp. You will be introduced to Python, Robotics and Professional Web Design.

The school is residential, with all students staying with staff in full-board accommodation provided by The Women's College located on campus. The program is heavily subsidised by a number of sponsors. The cost is \$440 plus any travel costs. The fee may be waived if there is financial hardship.

For further information please contact Mrs Boughton via email, or directly at school through the front office. Further information can also be found by searching NCSS January 2016 on the web!

Applications are online by clicking [here](#).

*Mrs Deb Boughton, Learning Technologies Coordinator*



**LAST CHANCE!**

### Year 12 Formal - Final Reminder

If you wish to attend the Formal, please provide your payment and dietary requirements by Wednesday 4th November, 2015. Payment can be made online or at the Finance Office. Please also forward your seating arrangement to Mrs Kennedy by this date. Don't be disappointed!!!!!!

**Good Luck to all Year 12 Students as you enter the final week of the HSC Examinations!**

#### Canteen Roster 2015

2nd Nov	Nicole Norris, Patricia Zanatta, Helen Cheetham
3rd Nov	Vickie Austin, Kelli Brown, Rachel Parkes
4th Nov	Kellie Mundt, Rachael Woolfe
5th Nov	Christine Brown, Leisa Smith
6th Nov	Amanda Walker, Nicki Collingburn

#### Important Dates for your Diary

1st Nov - Shellharbour Parish Mass  
12th Nov - Year 7 2016 Orientation Day  
10th Nov - Year 12 Sign Out Day  
20th Nov - Year 12 School Formal  
25th Nov - Annual Sports Presentation  
9:15am in the Gym  
1st Dec - Volunteers Luncheon  
4th Dec - End of Year Mass  
10th Dec - Years 9, 10 & 11 Presentation Day and last day of school  
11th Dec - Years 7 & 8 Presentation Day and last day of school  
16th Dec - HSC Results released  
17th Dec - ATAR's released & Year 12 Celebration 11am-12:30pm

#### Uniform Shop

School Bags are now available for sale!  
\$50 each.

**FINAL DAY OF TRADING FOR 2015**  
will be Thursday 26th November.  
Re-Open 21st and 22nd January, 2016  
from 9:30 till 3pm and then normal trading hours when Term 1 commences.  
Uniform fittings for Years 11 and Year 7, 2016 must be finalised by Thursday 12th November. There will be no more fittings after this date!

#### Don't Forget!!

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

**THANK YOU**

#### Community News

Wollongong City Council will again be running the Learner Log Book Run. This is a practical course for learner drivers who have completed a minimum of 40 log book hours. The program provides learner drivers and their supervisors the opportunity to participate in a planned drive which follows a route in the Wollongong region including a range of driving experiences. The run will take place on Sunday 15th November commencing at 9:30am till 12 noon. Starting point will be Bulli PCYC. There is no cost and the morning includes a driver revive stop with snacks provided and a pizza lunch on completion. Bookings are essential by calling Wollongong City Council on 4227 7111 or email [rso@wollongong.nsw.gov.au](mailto:rso@wollongong.nsw.gov.au).



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



# What's happening at St Joseph's

## Year 9 Camp

**WOW!** What an amazing couple of days was had by all at the Year 9 Camp last week which was held at The Great Aussie Bush Camp at Tea Gardens. I would publicly like to congratulate each and every student for their behaviour, attitude and enthusiasm to tackle some very different and difficult challenges. These challenges were not only the activities they participated in but being away from the comforts of home, not spending all day with their 'besties' and making new friends and eating food that may not have been served at home. Well done all!!!!

I would also like to thank the wonderful staff who encouraged, supported and cared for the students and supported me in EVERYTHING! A huge thank you to Michael Shanahan, Daniel Lewis, Michael Phipps, Rachael Conlon, Natalie Popovska, Jenny McAlary and Michelle Thomas.



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





### **Year 12 Positions Vacant**

Traineeship at Avondale Early Childhood Centre. If you are 18 and interested please ring Leanne Hamilton 0447170271

**Daley & Co. Chartered Accountants** are recruiting for a Full Time Undergraduate Accountant (to commence in February) and are looking for potential Year 12 students who are considering studying for a degree in Commerce or Business (majoring in Accountancy) at the University of Wollongong. The closing date for applications will be Monday the 16<sup>th</sup> November with interviews expected to be conducted the week commencing 30<sup>th</sup> November. If you would like to discuss this or have any enquiries please do not hesitate to contact the Business Manager Janet Marzini on 02 4229 6477 or email [www.daley.com.au](http://www.daley.com.au).

The following is an extract from MHSCAREERS NEWS if you wish to see more please email me [sue.kennedy@dow.catholic.edu.au](mailto:sue.kennedy@dow.catholic.edu.au)

### **Year 10 - 2016**

#### **UNSW: Science Work Experience Program 2015 Pilot Initiative**

Monday 30<sup>th</sup> November – Friday 4<sup>th</sup> December, 9.00am – 4.00pm, UNSW Kensington Campus  
UNSW Science will be trialing a work experience pilot program and is currently collecting expressions of interest from students in Years 10 or 11 that are enrolled in an Australian secondary school. Students who participate in the program will gain insight and experience into the faculty's everyday work, gain relevant work experience, and explore their careers and study interests. Up to 20 places will be made available in the pilot round.

Contact: 02 9385 7788 or [studyscience@unsw.edu.au](mailto:studyscience@unsw.edu.au)

<http://www.science.unsw.edu.au/events/unsw-science-work-experience-program-2015-pilot-initiative>

#### **Greencross Vets: Nurse Internship Program**

Applications close: Sunday 15<sup>th</sup> November

Program commences: February 2016

A 9 month program that combines study with a professional internship at Greencross Vets. Participants will be able to complete a Certificate II in Animal Studies while also getting comprehensive training and support from an experienced mentor.

Contact: [internships@greencrossvet.com.au](mailto:internships@greencrossvet.com.au)

<http://www.greencrossvet.com.au/Careers/Internship-Overview.aspx>

#### **Sydney Film School: Digital Filmmaking Distinction Course**

Monday 18<sup>th</sup> January – Friday 22<sup>nd</sup> January, 10.00am – 3.30pm, 82 Cope St, Waterloo

A short course for senior high school students that seeks to develop technical skills in the production of digital films as well as refine students' critical appreciation of cinema. The course scope includes film grammar, script writing, the production process, camera skills, studio production, the art of editing, and distribution.

Contact: [admissions@sydneyfilmschool.com](mailto:admissions@sydneyfilmschool.com)

<http://www.sydneyfilmschool.com.au/news-events/news/digital-filmmaking-distinction-course.aspx>

#### **Aviation Australia: Cabin Crew Session**

Wednesday 11<sup>th</sup> November, 6:30pm, Qantas Centre of Service Excellence, 70-80 Euston Road, Alexandria

Aviation Australia's Cabin Crew Session will provide the chance to learn more about their world-class training as well as the opportunity to speak to industry experts to discover the options available to develop a career as a flight attendant.

<http://www.aviationaustralia.aero/cabin-crew-career-sessions/>

The Defence Force is currently recruiting in a number of roles. For further information on military training and study at ADFA visit: [defencejobs.gov.au/adfa](http://defencejobs.gov.au/adfa) or call **13 19 01**.



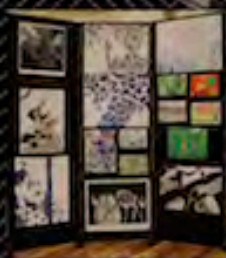


Everyone is welcome to this outstanding celebration of the work done by St. Joseph's students in 2015.

# SHOWCASE 2015

FRIDAY, 6TH NOVEMBER  
COMMENCING AT 4PM

**3D Printing**  
**Sticker Printing**  
**Movie-making**  
**Virtual Reality**  
**Photography**  
**iPad Video Wall**  
**Religious Literacy display**  
**And lots, lots more.....**



The evening will begin with displays of student artworks in the Creative Arts Block, & TAS Block plus catering by our talented hospitality students from 4:00 pm followed by a P & F BBQ outside the Trade Training Centre from 5:30 pm. The night will end with a concert in the Hall highlighting performers from years 7 - 12 including some HSC performance work.

Sponsored by St Joseph's P&F Association





## How To Install Skoolbag On Your Smartphone

### For iPhone and iPad users:

1. Click the "App Store" icon on your Apple device.
2. Type your school name in the search, using suburb name will help.
3. You will see your school appear, click "Get" then "install".
4. The app is FREE to download.
5. When installed click "Open"
6. Select "OK" to receive push notifications, when asked.
7. Click the "More" button on the bottom right of the App, then "Setup".
8. Toggle on the Push Categories that are applicable for you by tapping the on/off switch.



### For Android users:

You must first have signed up with a Google Account before installing the app.

1. Click the "Play Store" button on your Android Device
2. Click the magnifying glass icon at the top and type in your school name, using suburb name will help.
3. Click the school name when it appears in the search.
4. Click the "Install" button.
5. Click "Accept" for various permissions (please note, we do not modify any of your personal data on your device).
6. Click "Open" when installed.
7. Click the "More" button on the bottom right of the App, then "Setup".
8. Toggle on the Push Categories that are applicable for you by tapping the on/off switch.



Please Note: Some brands of Android phones need the setting in "Notification Manager" changed to "Allow" instead of "Notify" in order for the push notifications to work. The phone must also be running at least version 4 system software to run the app.

### For Windows 8.1 Phone and Windows 8.1 or 10 device users:

1. Go to the Windows Store on your 8.1 Windows Phone or Windows 8.1/10 Device
2. Search for "Skoolbag" in the keyword app search
3. Install the Skoolbag app
4. Find your school either by using the keyword search or location service.
5. Click the "Pin" icon to pin the school tile to your Windows Phone home screen.
6. Click the "More" button on the bottom right of the App, then "Setup"
7. Toggle the Push Categories that are applicable to you by tapping the on/off switch.

Please Note: The Skoolbag Windows App is for 8.1 version Windows Phones, or Windows 8.1 and 10 devices.





# Parenting *ideas* INSIGHTS

## *Building parent-school partnerships*

WORDS Michael Grose

## Maintain a strong relationship with your teen

How do you maintain a good relationship with a teenager? Here are two simple strategies to help parents hit the right parenting mark through this sometimes-challenging stage.

One of the biggest challenges parents of teenagers face is how to maintain a good relationship with a young person while managing also their sometimes tricky and anti-social behaviour. The balance between good guy and bad guy is precarious indeed.

There are two simple strategies, when used in tandem, can really help parents straddle this great divide. They are - following through and following up.

When used wisely and consistently they can help parents manage teenagers even during their more difficult stages while maintaining a respectful relationship.

### **Following through to teach responsibility**

'Following through' means doing what you say you'll do. If you say "You're grounded" yet then let a young person off the hook when they came home from an outing later than agreed, you are merely issuing a meaningless threat. Most young people know a meaningless threat when they hear one.

'Following through' is about taking parent action and the most appropriate action is the use of behavioural consequences. When young people behave poorly, irresponsibly, transgress family rules or someone's

individual rights, then the experience of a negative consequence teaches them that there is a link between their behaviour and outcomes. If this sounds high-handed then relax. It's how a civil society operates. Drive too fast and you'll receive a fine. Harm someone and hopefully you'll be issued with a suitable punishment that matches the offence. 'Cross a line and something happens' is the accepted wisdom in our community, in school and in family-life.

It's important that the consequence issued matches the misdemeanour. When we go too far - "you're grounded for the term" - then we generally get resentment. Not strong enough - "you should apologise" and they become ineffective. It also helps when consequences are related to the misdemeanour. Taking away a teenager's regular pocket money to remind him to come home on time defies teenage logic and will generally lead to resentment. Be mindful that a rational, logical approach is a parent's best defence against teen emotion.

The key to the successful use of consequences rests with how you implement them. If you issue them in anger (even though that's how you feel) then you are inviting a young person to challenge you. Implement consequences dispassionately

and calmly and you'll increase the likelihood of them being mad at themselves rather than mad at you. Nonchalance is a parent's best friend when it comes to managing the behaviour of highly-charged teens.

### **Following up to reconnect**

It's easy to lock a young person out emotionally following a behaviour meltdown or disagreement, particularly when they've said or done hurtful things. Once the dust has settled after discipline or a dispute then it's time to follow-up with a kind word, an enjoyable activity or even just a sincere smile. It generally takes the adult in the relationship - parents or teachers - to make the first move to put the relationship back on an even keel. It's smart to choose a time when you are both more relaxed to reconnect rather than rush to make up before either person is ready, which can make matters worse.

Following through and following up are a dynamic discipline duo when they are used together as they help parents straddle the good guy, bad guy line that seems to appear on almost a daily basis. Use one without the other and you'll come across as either too soft or too harsh. Use them in tandem and you're more than likely hit the right parenting mark.

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at [parentingideas.com.au](http://parentingideas.com.au). You'll be so glad you did.



[parentingideas.com.au](http://parentingideas.com.au)

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