



ST JOSEPH'S CATHOLIC HIGH SCHOOL

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Date: 30th October, 2014

Term 4 Week 4B

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

St Joseph's Annual Showcase

On Thursday 6th November the annual Showcase will be held. In partnership with the Parents and Friends, staff and students have organised a wonderful afternoon of entertainment and displays. From 4pm-5:30pm there will be Visual Art displays in the Creative Arts block and finger food, tea and coffee will be provided by Hospitality students. From 5:30-6:30pm the P&F will have a free BBQ at the Trade Training Centre and you will be entertained by Music buskers. The night will conclude with a concert in the school hall, with supper being provided at interval by Hospitality students. Please come along and support this event. The flyer attached to this newsletter provides further information.

Halloween 2014

I am including with this newsletter a very interesting reflection on "Halloween" written by Bishop Peter Ingham. I am sure that you will find the article both informative and encouraging of our Christian faith.

Students Applying for Exemption from Attendance at School

Parents are reminded that the NSW Government has strengthened the requirements regarding student attendance. Parents must seek exemption from attendance at school PRIOR to the absence for particular reasons eg: exceptional domestic circumstances; family holidays. As Principal, there are limitations to the type and extent of the exemption that I am allowed to grant.

Mr John Barrington
Principal

Summer Uniform Reminders

Parents are reminded of the following School Uniform requirements:

- * Students are not permitted to wear their school tracksuit top with the summer uniform.
- * White socks and a pair of non-fluro joggers are to be worn with the sports uniform.
- * Black socks are NOT permitted.
- * All girls hair is to be tied back off their face.
- * Boys are required to be clean shaven and hair is to be neatly groomed.
- * Extreme hairstyles are not permitted.
- * Undergarments are not to be visible.
- * Girls are permitted one earring in each ear.
- * Visible facial piercings are not permitted.

Students Leaving at the End of 2014

The school would be grateful to receive early notification of any students in Years 7 to 11 who will not be returning to St Joseph's in 2015. There are waiting lists for all year groups. Please contact the school at your earliest convenience.



How many times in the day do we state how busy we are??

And it's true, we are busy, too busy! The fast pace of our life really does stop us from enjoying the good things. Sometimes we find ourselves just marking off the days –how sad is that? The article attached this week offers some good advice about slowing down the crazy pace we try to maintain. Surely our families and children would benefit from this too! Have a read if you get time, but don't rush it, don't want to make you busier! I've also attached information about a free course some parents might be relieved to hear about.

Mrs Megan Schibeci, Pastoral Care Coordinator

The Finance Office will again be closed on Friday 29th November, 2014.



Outdoor Parish Memorial Mass at St Paul's

This Friday 31st October, commencing at 6pm, the Parish will hold a special Memorial Mass to pray with and for parishioners and friends of St Paul's Parish who mourn the death of loved ones. This year we are blessed that Bishop Peter Ingham, Bishop of Wollongong, has accepted an invitation to be the principal celebrant at this Mass. The Mass will be held in the grounds of the Parish Cemetery (weather permitting). We ask that you bring a chair or a rug with you to sit on. Please RSVP to the Parish Office for catering purposes.

Sports Calendar 2014

Term 4

11-12th Nov-NSWCCC U/15 Boys Cricket Selections (Auburn)
14th Nov-CDF Diocesan Sports Awards



Important Dates for your Diary

HSC Continues

Mon 3rd –Fri 7th Nov-Year 10 Yearly Exams
Mon 10th Nov-Years 7-9 Yearly Exams
Tue 11th Nov-Year 12 Sign Out Day @ Library
Thurs 13th Nov-Year 7 2015 Orientation Day
Fri 21st Nov-Year 12 Formal @UOW
Wed 26th Nov-School Social
Tue 2nd Dec-Volunteers Luncheon
Thurs 11 Dec-Final day for Year 11, 10 & 9
Fri 12th Dec-Final day for Year 8 & 7
Fri 19th Dec-Term 4 Ends

Congratulations to *Matt Sperring* who recently swam at the Victorian Open Water State Championships in Morwell. In the 5km event Matt finished first in the under 15 age group and second in the Open all age group.

'Too much sport is never enough!!'
Brett Moran, Sports Coordinator

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Year 9 Incentive Camp 2014

Last Wednesday 144 Year 9 students had the fantastic experience of embarking on our annual Incentive Camp at The Great Aussie Bushcamp in Tea Gardens. This camp acted as a reward for those students who continually strive to do their best and make positive contributions within our school community. We were blessed as the weather was fantastic and the programmed activities provided numerous individual and team challenges for the students to face and overcome. Some of the activities the students participated in included:

Crate Climb –harnessed climb using crates to reach various heights!

High Ropes –harnessed aerial obstacle course

Dual Flying Fax –Fully harnessed dual flying fox

Giant Slide –10 metre vertical slide

Kayaking –single and double kayaks

Leap of Faith –an adrenalin rush, leaping off a 5, 7, 9 or 10 metre pole

Lost (Mud World) -Teamwork challenge, Water style obstacle course

Survivor Challenge –water based teamwork challenge

Giant Slide – An adrenalin rush where students are hoisted up a 17 metre high swing

The students were able to experience life in tents without technology as they had no access to power. There is no doubt that the Great Aussie Bush Camp delivered a fantastic outdoor recreation program that was fun, challenging, diverse and memorable.

I would like to take this opportunity to thank Ms Conlon, Mrs Stewardson, Ms Masi, Mr Larkin, Mr Hetherington, Mr Lowe and Mr Milburn for offering to attend the camp. They gave up their personal time away from their families to come along and support the Year 9 students for three days. The students very much appreciate your efforts and say 'thank you'.





Relay For Life 2014

During the holidays, a team of St Joey's staff members, families and friends participated in the Illawarra Relay For Life. It was a fabulous community event in which cancer survivors were celebrated, loved ones remembered and pledges made to fight back against cancer. It is an alarming statistic that 1 in 2 Australians will be diagnosed with cancer before the age of 85. Each dollar that was raised during the event will help to fund the Cancer Council's research, prevention, education and support services. Hopefully new and improved treatments will continue to be developed with the money raised from this event.

Thank you to the many members of our school community who gave generous personal and online donations as well as the following staff members who were part of the relay team: *Miss Janson, Miss Sproule, Mr Lewis, Mrs Tranter, Miss Hurley, Mrs Oliverio, Miss Webster, Mrs Biddle, Ms Masi, Mr Hetherington, Mr Comensoli and Mr Armstrong.*

I would also like to extend my appreciation to the Walsh Family and ex-students Isabella Armstrong, James Arblaster and Rachel and Amelia Edwards for their generous time commitment to the St Joey's team. The Walsh Family walked for many hours during the day and the team of awesome ex-students took care of the night shift!

Stay tuned for the 2015 Relay For Life dates. I'm hoping that more students will get on board and join the team next year. It would be fantastic if we could also hold a fundraising event in 2015 to continue our support of the Cancer Council.

Michelle Garbutt
Relay For Life Team Captain



Mark 'Robbo' Robson
1958-2005



Hamish 'The Kilt' McLachlan
1973-2010



St Joseph's is now subscribing to a company who have a comprehensive list of all sorts of careers events and information. Below are two examples from their webpage that the whole school community now have access to which is a real asset for everyone. Click [here](#) or to receive the Careers News by email

send your name, school name and email address to mhsceers@internode.on.net. To view the news pages and calendar on the website please ask for the login and password from Mrs Kennedy.

University of NSW Minerals Summer School

19th January-22nd January. Applications close 17th October. Students in Year 10 and 11 who are interested in science or engineering can take part in this 4 day residential summer school. Students will learn about study, careers, lifestyles and opportunities in the Australian minerals industry. Click [here](#) for further details.

Women in Navy engineering Work Experience Camp

On Monday 24th November and Tuesday 28th November, HMAS Cerberus Westernport, Victoria. Applications close Friday 24th October! Navy Engineering Camp is designed to give participants a comprehensive overview of life in the Navy, particularly as an Engineering Officer. During the program participants will tour a warship, visit the weapons firing range and immerse themselves in the newest addition to technical training at HMAS Cerberus-the Engine Room Simulator. Applicants must be 16 years or older at the time of placement. Visit [here](#) for further information.

Daley & Co Accountants

Daley & Co are offering a full-time undergraduate accountant position, based from our Wollongong Office. The successful applicant will be either commencing or continuing a Commerce/Business degree (majoring in Accountancy) at the University of Wollongong. You will be employed full time and complete your degree on a part-time basis, gaining valuable experience as you work towards achieving a qualification that gives you options. Applications close Friday 14th November. If you have an outgoing personality, enjoy working with people and have the drive to work within a high performance (yet social) team, send your resume to The Staff Partner, Daley & Co, PO Box 333, Wollongong NSW 2520. Email: daley@daley.com.au

Mrs Sue Kennedy, Careers Advisor

Messenger

community news

“Staying Connected When Emotions Run High”

This free workshop run by NSW Health will be extremely relevant if you support someone who has relationship difficulties, demonstrates changing emotions and strong overwhelming feelings, displays impulsive and destructive behaviour or has a personality disorder. The workshop will be held at the Aboriginal Cultural Centre, 22 Kenny Street, Wollongong on Tuesday 18th November. Registration is at 9:15am and the day will start at 9:30am and conclude at 3:30pm. RSVP to Toni Garretty by email to toni.garretty@sesiahs.health.nsw.gov.au.

Are you interested in becoming a Foster Carer?

Find out more about fostering today at www.fosteringnsw.com.au.

St Joseph's Annual Showcase

Thursday 6th November

Save the Date!!

Canteen Roster 2014

3rd Nov	Cathy Whiteman, Leanne Greathead, Lindy Verryt, Racheal Scremin, Janelle Davis
4th Nov	Linda Wilson, Zora Volf, Nell Derubeis
5th Nov	Narelle Keevers, Angela Walker, Sandy O'Connor
6th Nov	Lee-Ann Ginsburg, More help required
7th Nov	Tracey Teixeira, Nicole Oswald, Susan Rayner, Michelle Partridge, Tracey Sumner

Uniform Shop 2014

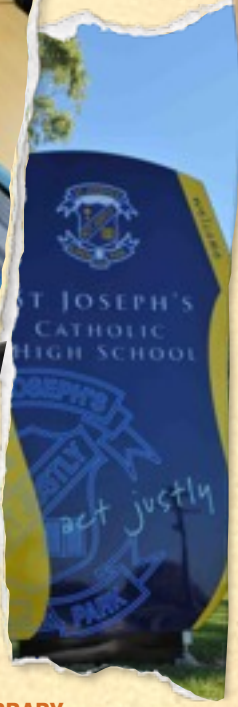
6th Nov	Josephine Pulido
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ST JOSEPH'S CATHOLIC HIGH SCHOOL

6

NOV
2014

SHOWCASE 2014



LIBRARY
MEMORABILIA
YEAR 8 DIOCESAN RELIGIOUS
LITERACY EXHIBITION - THE
BEST FROM ALL SCHOOLS
INCLUDING 5 FROM
ST JOSEPH'S

IT1 COMPUTER LAB
ROBOTICS WORK

TTC CAFE
LIVE FOOD AND BEVERAGE PREPARATION
P & F BBQ

TAS - ROOM 7
NEW RAYJET LASERCUTTER
MAKE YOUR OWN KEY TAG!

DRAMA
SPONTANEOUS DRAMA PERFORMANCES
LIVE STREET THEATRE

CREATIVE ARTS
STUDENT MAJOR PROJECTS
ARTWORKS

HALL
CONCERT PERFORMANCE

WHAT IS SHOWCASE?

It is a wonderful opportunity for parents, staff, students and friends of the school to come together to share in the celebrations of student talents and their works.

Come and share the experiences and have a look at what is happening in and around the school and in how education is changing and how it impacts on the lives of our students.

Proudly organised by P&F and school. Come and be part of it!

HALLOWEEN

**Bishop Peter Ingham
31 October 2014**

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.

If you take away the Saints from Halloween, along with our Christian beliefs about the dignity and destiny of human beings, then all you have left is a pre-Christian Celtic celebration held at the end of summer in the northern hemisphere. As days shorten and winter nights lengthen, the spirits (goblins and ghouls) have more dark time to be mischievous and haunt. The pagans appeased them with treats so as not to suffer their tricks. The "trick or treat" tradition comes from people disguising themselves as evil spirits, both to fool them into leaving them alone, as well as to steal the treats left by people to appease the evil spirits.

When Christianity came to Ireland, they wisely baptised "Halloween," sifting out what was true and disposing of the superstitious. We Christians believe in a spirit world of angels and saints. All the baptised, both on earth and who have gone before us in faith, belong to the Communion of Saints. So the old pagan custom of appeasing the spirits became a Christian holy time of remembering them, of being connected with them in love, and not being frightened of them.

In time there developed (it seems in Ireland) a feast of the spirits who intercede for us, not frighten us. This became the celebration of All Saints at the end of the northern summer and some time later evolved All Souls Day to pray for the spirits on the way to God but who needed help.

All this reminds us, despite our modern day individualism, of the unbelievable connections we have in the family of God – on earth, in purgatory and in heaven. So these days of Halloween, All Hallows (All Saints), All Souls celebrate what we believe and name the "Communion of Saints."

Fr William Bausch says dressing up for Halloween ritually connects us and symbolically joins us to the community of the invisible world. He says that the scary masks (witches, skeletons, etc) from a Christian point of view, are a symbol of human disfigurement brought on by sin, betrayal, sickness and death. But faith reminds us that eventually those masks, by the grace of God and our faith, will be removed and we shall be made beautiful as ugliness dissolves, sin is cleansed and even the last enemy, death, falls before the everlasting mercy of Christ.

Jack-o-the Lanterns, roaming forever between heaven and earth, holding his pumpkin lantern high, is a one-man morality tale associated with Halloween. Jack is smart enough to outwit the devil himself, but it is not enough to get him into heaven. Jack was so self-centred that he never helped another human being. He used his giftedness only for himself. While Jack knew about faith and the power of the Cross, he failed to take up his cross and follow Jesus.

Fr Bill points to the irony of our modern world which really discounts faith, the interior life and organised religion, yet plays this cultural game of secular Halloween. But the spiritual, in fact, sneaks in, as secular people flirt on Halloween with the possibilities of another world and, as Fr Bill puts it, Halloween “scratches a growing spiritual itch without losing face.” He says it shows that our very one-dimensional secular world still needs fulfilment and peace – something deeper.

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. To help us make the connection, Fr Bausch suggests:

First, before going out “trick or treating,” why not gather the family to offer a prayer for deceased members and friends, people of our past who meant something to us and whose influence is still with us.

Second, bring out the family album for the triduum of Halloween, All Saints, and All Souls; put it on the coffee table with a little lit candle in front of it. This makes a statement to your children or grandchildren that we all come from a long line of people who loved us and that Halloween is sacred time as well as fun time, that we are part of their journey as they are of ours.

Third, 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.

Halloween, All Saints, All Souls: is especially a time of faith but can also have a touch of “trick or treat” fun!

[Fr William Bausch “Once Upon a Gospel” Pp 572-574.]

Halloween also invites us to talk openly about death which is a taboo topic for so many, almost as if it were not a real fact of life! You and I need to press the “pause” button in our crowded lives to reflect on our own mortality, with all the spiritual and practical consequences that go with it. Fortunately each year the Church gives us two feasts, All Hallows (Saints) and All Souls (the Commemoration of all the Faithful who are departed) to do this.

Parenting *ideas*

INSIGHTS

Building parent-school partnerships

WORDS Malcolm Dix

Oh, so serious!

When Malcolm Dix found himself taking life too quickly and too seriously, he decided to take a dose of his own medicine.



Everywhere I go I hear from parents that they are too busy, too stressed, and have too much to do and not enough time. Many social observers say parents seeing themselves as 'time poor' is at epidemic levels, a belief that is only compounded by technology that enables us to be connected 24/7.

At one point I personally had to take some time to stop and honestly reflect upon my own life and that of my family. It didn't take long for me to see that I too had become caught up in the 'busyness' of life.

I knew that for the sake of my kids and my family, I had to make a change but it requires a day-in day-out conscious level of commitment – a commitment to practise joy, fun, patience, forgiveness, silliness, bad dancing and reflection.

Currently I'm doing seven things to calm my life down and that of my family while trying to create more space for my children to simply enjoy their childhood. (Some of the following I'm sure you already do but it's taken me a while to figure them out).

My strategies to slow down and not be so busy are as follows:

1 Eat together as a family at the table at least four nights a week

There has been more and more written about the importance of families eating together and the positive effect it has on children and adults alike. I have to say I'm enjoying it.

2 Avoid watching the nightly news

I've stopped watching the news and to my surprise the sky never collapsed as I had feared. I'm a much happier man not watching the oh-so-depressing' news.

3 Turn off the TV and sit around an open fire

I've constructed a simple fire pit in our inner-city backyard and every second weekend my partner, the kids and I toast marshmallows, listen to funny songs, talk and look up at the stars. Who needs to go camping to enjoy the outdoors! My eldest boy (13 years old) is also learning to set a fire and his younger brothers are learning a lot about flames, hot coals and what happens to marshmallows when they are left in the fire for too long. Meanwhile my 16-year-old daughter will stare at the flames for an hour thinking about who knows what ... but for me this is better than seeing her staring at social media or watching mindless television.

4 Dance together

I've made the conscious decision to start dancing in the kitchen with my kids at least three times a week. I can't dance to save myself, however I have three boys and if they are ever going to learn to dance and be comfortable with moving their bodies, I suddenly realized I have to lead the way. This parenting caper sure can be humiliating at times, but we wouldn't have it any other way.

5 Exercise together

I exercise with my kids at least four times a week, usually at the local park kicking the footy, throwing a frisbee, running with our dog and so on. I have realised that the best way to get them all moving is by moving myself too.

6 Explore nature together

I've started spending more time in nature with my kids by taking them to the river, the hills, lakes, nature parks. I keep it local, with the occasional longer drive on weekends. I contacted my local council and found so many fun things to do as a family in my local area that I never knew existed ... who would have thunk it!

7 Limit your own social networking

I have severely reduced my time spent on social media such as Facebook, Twitter etc. My personality type could disappear into social media and never come back so I knew I had to significantly change my ways and, once again, it's all about positive role modelling for my kids.

So there you have it, my strategies for simplifying and calming my family life. As a result I'm happier, less stressed and far more 'present' for everyone which, in turn, is having a positive effect on my kids.

Malcolm Dix

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.





Wed 5 November,
3.30pm-5pm

Mindfulness tips
and tricks for
everyday life

THE CHILL ZONE



Contact Clem on 4220 7660 or
headspace@gph.org.au for bookings.

Workshop for ages 12-25 years.

Discover the tools of mindfulness
and meditation in our pop-up chill
zone at **headspace** Wollongong!

Our guides will take you through
tips and techniques to help you
relax, unwind, and handle the
challenges life throws your way.



4220 7660

www.headspace.org.au/wollongong