



ST JOSEPH'S CATHOLIC HIGH SCHOOL

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Date: 31st July, 2014

Term 3 Week 3A

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

School Activities

Year 12 students are undertaking their Trial Higher School Certificate Examinations. These exams will continue until Monday 11th August. Year 8 students attended subject information sessions regarding selecting elective subjects for 2015. Next week Year 10 students will be involved in their Retreat Day.

Dropping Off Students in the Staff Car Park

I again ask parents not to drive into the Macquarie Street car park in the morning between 8:15am and 9:15am and in the afternoon between 3:15pm and 3:45pm. Parents using the staff car park at these times are disrupting parking and causing inconvenience to staff and the safety of students walking through the car park.



Uniform Matters

There is continued concern that there are a number of students who are not following the school and parent developed expectations regarding the wearing of school uniform and grooming. I would ask all parents to stress the following points:

- * School blazer is a compulsory part of the school uniform (during Terms 2 & 3)
- * School scarves only
- * Undergarments should not be visible
- * Wearing of sports uniform is only permitted on Fridays
- * School jumper is not to be worn with sports uniform
- * Overall grooming must be neat and acceptable for a workplace environment. Eg: hair off face; girl's long hair tied back; boy's hair above the collar; boys' clean shaven; tinting of hair colour to be kept close to natural hair colour; no extreme hair styles allowed
- * No make-up is to be worn by junior students
- * Ties must always be worn and tied properly, with the top button of shirt done up. Shirts must be tucked in at all times
- * Proper foot wear: no joggers, suede or skate styles to be worn with regular school uniform.
- * No coloured or printed T-shirts to be worn under school shirts
- * No external piercings or tattoos

The appropriate grooming and wearing of the school uniform is a high priority at St Joseph's. I thank parents for your continued support in these matters.

Mr John Barrington
Principal

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Pastoral Care
Mrs Schibeci

Our Staff Development day on Tuesday was a very successful one. Educator/Speaker/Presenter/Academic, Dan Haesler, addressed the staff. The first session outlined the problems our students face, including depression and disconnectedness. The second was about how we can best get our students to “Engage” in our classes. (Really learn-not just learning for grades!) and the third session involved all of us getting together in our faculties to create projects for our students which encourage good student-teacher relationships, autonomy and mastery.

On another note, the recent Malaysian Airlines disaster has shocked us all, including many of our students. Following is a helpful article written by Michael Grose which might help manage your child’s response to this sad event.

Helping kids make sense of the MH17 Air Disaster by Michael Grose

Reports of the recent shooting down of Flight MH17 over Ukraine air space has saturated newspapers, television and the Internet for the last week. The events were shocking and many of the images shown on our television screens have been quite confronting. Worldwide outrage has been the result. But what about the impact of the event and the subsequent media coverage on children and young people? As adults we all want our children to live carefree lives and keep them from the pain and even horror of such tragedies and natural disasters. In reality we can’t do this. So what is a parent, teacher, or other caring adult to do when such events fill the airwaves and the consciousness of society? Here are some ideas.

- ◇ *Reassure children that they are safe. The consistency of the images can be frightening for young children who don’t understand the notion of distance and have difficulty distinguishing between reality and fiction. Let them know that while this event is indeed happening it will not affect them directly.*
- ◇ *Explain what happened. Sounds obvious but it’s important not to simply assume that children and young people understand what’s happened. Be calm and stick to the facts, using a map to show older children where it happened.*
- ◇ *Be available. Let kids know that it is okay to talk about the unpleasant events. Listen to what they think and feel. By listening, you can find out if they have misunderstandings and you can learn more about the support that they need. You do not need to explain more than they are ready to hear, but be willing to answer their questions.*
- ◇ *Help children process what they see and hear, particularly through television. Children are good observers but can be poor interpreters of events that are out of their level of understanding.*
- ◇ *Support children’s concerns for others. They may have genuine concerns for the suffering that will occur and they may need an outlet for those concerns. It is heartwarming to see this empathy in children for the concerns of others.*
- ◇ *Let them explore feelings beyond fear. Many children may feel sad or even angry with these events so let them express the full range of emotions.*
- ◇ *Avoid keeping the television on all the time. The visual nature of the media means that images are repeated over and over, which can be both distressing to some and desensitising to others.*
- ◇ *Be aware of your own actions. Children will take their cues from you and if they see you focusing on it in an unhealthy way then they will focus on it too. Let them know that it is happening but it should not dominate their lives.*

Children’s worlds can be affected in ways that we can’t even conceive of so adults need to be both sensitive to children’s needs and mindful of what they say and how they act in front of children. In difficult times, it is worth remembering what adults and children need most are each other!

Megan Schibeci, Pastoral Care Coordinator

2015 TVET Courses

Students wishing to participate in TVET Courses for 2015 must come and see Mr Milburn BEFORE Week 8 this term, to collect and return a TVET application. This includes current students who are mid way through their course, an application to continue studying is required. Places are competitive and late applications may jeopardise your chances in gaining a place or continuing in a specific course.

Nathan Milburn, VET/TVET Coordinator



Waratah Cup Rugby Union

On Tuesday 22nd and Wednesday 23rd July, the 1st XV Rugby Team travelled to Cowra for the Waratah Cup State Semi Finals, playing for an opportunity to represent Country NSW at the upcoming State final in Sydney.

After what could only be described as near Antarctic conditions (-10 degrees over night in cabins that barely heated above freezing!!) our gentlemen arrived at a frost covered balmy Cowra Rugby Park Pitch ready to battle against formidable opposition from Erindale College (ACT 1), St John's Dubbo (Central NSW) and Lake Ginninderra

College (ACT 2), all winners of their particular regions. In Game 1, St Joseph's took on the Canberra Raiders NRL feeder school Erindale College in a classic battle of David and Goliath. A team of 6ft 100kg plus monsters greeted our boys at the halfway line and with Nathan Ford's assurance that they looked small and soft, the whistle sounded. The first half was an outstanding display of hard goal line defence and running rugby from both teams, turning the heads of all of the other attendees including a few local merino's that had come to view the action. Erindale scored a lucky try right before the halftime bell to lead 5-0. Outstanding defence by Declan Boyle, Joshua Poidevin, Nathan Ford and Captain Michael Davis.

The second half was a tight tussle with Erindale scoring again before the might of Joey's kicked into gear. Vice Captain Jake Westlake took on the biggest meanest player, up-ending him and dislocating his shoulder causing a turn over and Nathan Wilson used his blistering pace and "Benji Marshall" step to score a 60 metre try and with 90 seconds remaining the boys were trailing 10-5. From the kick off Nathan Ford channelled the power of Hercules and broke through multiple defenders to offload the ball to Nick Rootes who got within metres of the line before unfortunately being dispossessed before having the opportunity to even the ledger. Whistle blows, game ends. Erindale won 10-5.

In game 2 we faced a St John's Dubbo team boasting 3 NSW Country Representative players and a very technically proficient rugby structure. The first half was a torrid battle of hard running and heavy defence from both sides with the only points going to Dubbo after a turn-over from a maul deep in St Joseph's territory. Nick Rootes' kicking game kept the Dubbo boys guessing and some punishing defence from Jarrod Mallon, Josh Poidevin and Michael Davis, saw a limited number of points available. Possession was well retained from both sides and substitutions of key impact players George El-Moujaber, Josh Norris, Ryan Greenland and Jacob Lester kept the intensity going St Joey's way. It was only off the back of an intercept and a dubious forward pass that Dubbo added extra points to their score eventually winning 17-0. The scrummaging of St Joseph's in this game was noticed by NSW Rugby officials who were clearly impressed by the forward pack as a whole not to mention debutants Braydon Joliffe, Jarrod Mallon, Declan Boyle and Chris Davis, who played their first ever contested scrums. Lineouts were a stunning success in this game with Justin Schmidt winning all of our throws and pilfering a few from the Dubbo boys.

With the goal of progressing to the finals gone, the boys warmed up and focused on the tough prospect that was Lake Ginninderra College (the high school of recent NBA draftee Dante Exum). In a team coached by former Brumbies superstars and direct access to the AIS we needed to lift for this final game and the St Joey's boys were up for the challenge. Overcoming a forward pack that out weighted ours 10-1, the boys dominated the scrum early allowing a raid into Ginninderra's territory which paid dividends when tight head prop Nathan Ford used the opposition backs as a battering ram, offloading to Kyle Garcia who scored in the corner for a 5-0 lead. Soon after the kick off some heavy defence and scrummaging saw some Ginninderra players cautioned for offside play and illegal tactics. St Joey's kept their composure and structure and continued the long march down field toward the goal posts. With half time looming Chris Davis made a hard run toward the try line dragging 4 players over the line to extend the lead to 12-0 and with a Kyle Garcia conversion at half time.

The bench was employed in the second half and dug in for a drive that lasted 13 phases toward the opposition try line seeing



super sub Jacob Lester earn a 100% record in his debut rugby tournament of 1 catch 1 try elevating him to cult status with the local fans!! Kyle Garcia slotted the kick of the day from the side line to bring the score to 19-7.

From the kick off and buoyed by the super human efforts of Lester, St Joey's edged their way toward the try line wanting to add to an already impressive display of running rugby. Ryan Greenland received a beautiful pass from Kade Sampson and barged his way over for a superb last second try. Final score 24-7.

Players Player of the Day was split between Michael Davis and Josh Poidevin. The team were an absolute credit to the school and their representation at this level was of the highest standard, earning praise from local restaurant owners and staff at Cowra Rugby Club for their conduct and general demeanour. Thanks to Mr Dennelly who put in a lot of hours before and after school coaching the team and providing the players with such a memorable experience.



Term 3 School Sport

Last week students in Years 7-10 participated in the first week of their inter-house competition. Students took to the field in a range of activities such as Touch, AFL and 10-Pin Bowling. The students were highly engaged and once again relished the chance to represent their house with many relishing the 'competitive' nature of the activities. Points have been awarded to each house based on the results of each activity. These results include the points that have already been awarded from our 3 carnivals earlier this year and will assist to determine our champion house at the end of the term. The current house point score can be seen below:

House	Swim	XC	ATH	Wk 2	Total
Kembla	10	20	25	43	98
Keira	20	5	10	46	81
Warrigal	15	10	5	33	63
Murphy	5	30	15	27	77
Marshall	30	25	30	31	116
Macquarie	25	15	20	41	101



Congratulations to Danielle Vasquez who competed in the Subaru State Golf Championships in the recent holidays. She came 4th in the State U/14 years division and 17th overall for 18 years and under. Danielle came 2nd in the NSW Country Girls Championships. Her efforts have been rewarded with selection in the NSW State Development Squad. And further congratulations who has gained selection in the NSW U/17 Rugby Union Squad last weekend.

Remember— 'Too much sport is never enough!!'
Brett Moran, Sport Coordinator.

Important Dates for your Diary

Tuesday 5th Aug-School Vaccinations
Wednesday 6th Aug-Year 10 Retreat
Thursday 7th Aug-Australian Mathematics Competition
12th Aug-ICAS Maths Competition
27th Aug-School Social-Farewell Year 12
8th-19th Sept-Year 11 End of Year Exams
Tuesday 16th Sept-Last day of lessons for Year 12
Wed 17th Sept-Year 12 Breakfast and in the evening
Year 12 Graduation Mass and Presentation
Thurs 18th Sept-Year 12 Picnic Day
Friday 19th Sept-Year 12 Final Assembly



St Vincent de Paul Society
good works

Vinnies Winter Appeal 2014

The Vinnies Winter Appeal has begun!! Please help to bring some comfort and warmth to needy families in our community this winter by donating tins of soup, scarves, socks or knitted squares (12 x 12cms) in homeroom, each day until the end of August.

Farewell Year 12 Final School Social—Wednesday 27th August
Claim the Date!! Further details next week!!



School Vaccinations

Next Tuesday 5th August will be the second round of vaccinations. This will involve:

- ◆ All Year 7-dose 2 of HPV; and a single dose of Varicella and/or dTpa if required.
- ◆ Year 9 Boys-dose 2 HPV vaccine.
- ◆ Catch up HPV for students in Year 8 as required.



UAC Applications

Year 12 students who wish to apply for a place at University, need to consider all their options and start applying from August 6 till September 30, 2014. It is recommended to put PIN numbers for your UAC application in your phone as a back up! Year 12 are advised to enter preferences with a wide range of options to take into account a range of ATAR scores –be realistic, put down your dream course but also a realistic option. If you need any assistance please see Mrs Kennedy.

Notre Dame Young Achievers Early Offer Program

The Young Achievers Early Offer Program rewards students for more than just their academic potential and is open to current Year 12 students and those who have completed Year 12 within the last 5 years. Students interested in applying for this should email me for more information. If there are students from Year 10 and 11 who would like to apply in the future, please come see me.

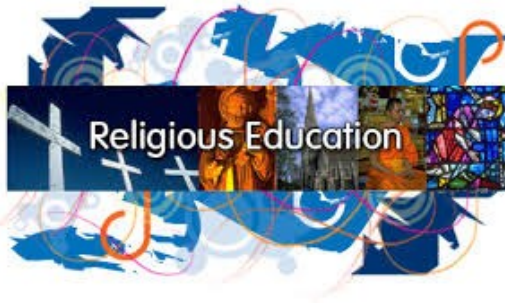
Open Day UOW August 16

Year 10, 11 and 12 students are encouraged to attend the University of Wollongong Open Day. Visit the UOW website for more details.

Sydney TAFE Open Day August 30, 2014.

NIDA applications are open and will close 30th September. Visit www.nida.edu.au/courses.

ITEC Open Day 4th and 5th August from 4-6pm. Students interested in Music or Live Production industries should check out VET courses as part of your HSC. Visit www.illawarraitec.com.au.



This term in Year 8 Religious Education, we are learning about Early Christian Communities. This unit coincides with the Religious Literacy Assessment that all Year 8 students will be completing this term.

Students in 8.2 Religion have learnt about Pentecost and discussed why this event is often considered as *the birth of the Church*. We have also been discussing why Christians were persecuted at this time and imagined what it would have been like to be a Christian at this time. Many students are shocked to hear

about everyday people who became martyrs because they were prepared to witness their faith and were killed. The students in 8.2 RE are beginning to gain an appreciation of how these events in the early Church have ultimately shaped the Church as we know it today.

Miss Vicki Sproule, Religion Teacher



Strictly Ballroom

The Creative Arts Faculty has organised an excursion to see Strictly Ballroom in the first week of the school holidays, 24th September, at the Sydney Lyric Theatre. The cost is \$58. One of our own ex-students, Ryan Gonzalez, brother of Travis and Kyle, is a part of this professional production. Ryan will be taking us on a backstage tour at the conclusion of the show! There are still some tickets available so any teachers, parents or family members who wish to attend can fill in a permission slip with the number of students attending. Payments can be made online or money sent into the office. Please visit the Creative Arts staff room for a permission note.



St Joseph's Catholic High School

ScienceEXPO – Thursday 21st of August 2014

Submit your entry by: **Friday 8th August (Week 4), 2014**

Prizes available to 1st, 2nd and 3rd place in each category.

A forensic science incursion for the top 15 students in each year group.

To enter the EXPO follow these steps:

Decide if you are: Entering a science project on a board, Entering a project on a Scientist of your choice, Entering a photograph, Entering Fast Science (iMovie 60 seconds), Entering Science Master Chef. Go to this website for the SJCHS 2014 ScienceEXPO categories information sheet.

<http://bit.ly/1oFA9dW> Read the details carefully.

If you don't satisfy the criteria, you may not be eligible for a prize.

Go to this website and complete the online entry form. <http://bit.ly/1kkDmzZ>

Make sure you follow all instructions.

Remember – you don't have to 'get science' to get involved.

The Science Team

Pi Approximation Day

St Joseph's celebrated Pi Approximation day last Tuesday 22nd July by enjoying Pi cupcakes. Special thanks goes to Mrs Louise Markwell, Elise Rogers and the Hospitality students for creating some amazing cupcakes. Further thanks to Taylor Bussoletti, Jemima Galway, Bianca White and Emma Rossi for giving up their recess and lunch time to help on the day.

Mrs Therese Horley, Mathematics Teacher



New Addition at the Library!!

The Library now has new Bean Bags Lounges, a comfortable place to sit and read. Come along and give them a try!!



White Card—Change of Date!!

The scheduled White Card Course at Illawarra iTEC has been changed to Friday 15th August, 2014. See Mr Milburn for any concerns.

Sports Calendar 2014

Term 3

13th Aug-NSWCCC Netball Championships and NSWCCC Boys Softball Selections

14th Aug-Diocesan Hockey and Volleyball Gala Days

18-19th Aug- Jnr Basketball Finals and SSA Hockey Championships

29th Aug-Diocesan Athletics Carnival

12th Sept-NSWCCC Athletics Carnival

Canteen Roster 2014

4th Aug

Help Needed

5th Aug

Joanne Glackin, Hilary Tavernese, Danelle McNeilly

6th Aug

Pat Foye, Carmen Formosa, Romana Meta

7th Aug

Christine Callaway, Christine Brown, Karen Thompson

8th Aug

Mary Johnston, Nicole Roach, Rebecca Hill, Jennifer Nelson

Uniform Shop 2014

4th Aug

Linda Doonan

7th Aug

Jill Neumann

Excursion Name	Date	Payment/Permission Note Closing Date
OHS Construction Induction Card	08.08.14	04.08.14
Secondary Diocesan Hockey Gala Day	14.08.14	07.08.14
Wollongong Diocesan Volleyball Gala Day	17.08.14	07.08.14
Careers Vocational Ed Day Taronga Zoo	20.08.14	06.08.14
Elevate Young Leaders Forum Leadership Program	21.08.14	CLOSED
Yr 12 Chemistry	22.08.14	15.08.14
Wollongong Diocesan Athletics Carnival	29.08.14	20.08.14
Yr 10 Marine and Aqua – Sydney Aquarium	02.09.14	26.08.14
Yr 12 Picnic Day 2014	18.09.14	15.08.14
Strictly Ballroom Musical	24.09.14	09.08.14
Yr 12 Formal	21.11.14	05.11.14
Elevate Young Leaders Forum Leadership Program	05.11.14	CLOSED
NO LATE PAYMENTS WILL BE ACCEPTED. PLEASE DO NOT PLACE INTO THE BOX AFTER CLOSING DATE		

Building parent-school partnerships

WORDS Lakshmi Singh

Understanding separation anxiety

Although the average age range for developing an anxiety disorder is between six and 11 years, the typical age of onset varies between different disorders. Parentingideas writer Lakshmi Singh looks at one of the more common disorders that may start at any time: separation anxiety.

A collection of fears and worries about being separated from loved ones can manifest anytime: in a child from as young as a few months old right through to a fully grown adult. It can happen after a traumatic event or seemingly for no apparent reason.

To understand why your child is clingy, appears worried or obsesses with thoughts depicting doom, a lesson in identifying the important factors at play is in order.

THE UNDERLYING FEAR:

"Children with separation anxiety disorder feel constantly worried or fearful about separation," says Rebecca Swinbourne, a child and adolescent psychologist at Sydney South Child Psychology. She describes a chain of thoughts that involves one or more of the following:

- Fear that something terrible will happen to a loved one.
- Worry that an unpredicted event will lead to permanent separation.
- Nightmares about separation.

Cindy Russell, a life skills educator who coaches children and adults to manage their anxiety, suffered from separation anxiety herself while in primary school.

"I used to describe separation anxiety as the most intense fear you can imagine. Like hearing over a loud speaker the world will be ending in 60 seconds," she says.

Over the years, Russell recognised that her fear was brought on by the unconscious mind feeding on irrational thoughts – thoughts that in fact posed no real threat. But her mind would react with severe panic, as if there was a detrimental threat, including symptoms such as a lack of oxygen.

DEVELOPMENTALLY APPROPRIATE

Although only about three to four per cent of children will be diagnosed with separation anxiety, it is not uncommon for a child to feel anxious at the thought of being physically separated from a primary caregiver, says Swinbourne.

"It is developmentally appropriate for 'stranger anxiety' to appear between eight and 10 months of age, and separation anxiety between 14 and 18 months. Usually stranger anxiety tapers off around age two. Separation anxiety tapers off more slowly and may last until the child is five years old."

Though less commonly seen in adolescents, Swinbourne explains that anxiety around separation may be 'carried' into the later years and may manifest as other disorders, particularly if there has been no intervention.

THE TRIGGERS

Like any other type of anxiety, separation anxiety is caused by the interplay of biological, cognitive, genetic, environmental, temperament and behavioural factors, says Swinbourne.

Stressful or traumatic events like a stay in hospital, the death of a loved one or a change in environment could all trigger the condition.

Russell believes that her curious nature and habit of questioning as well as analysing life and death contributed to her developing a "fear of the unknown".

"I would get thoughts about bad things happening to my parents. I felt safe when I was with them," she says.

She also believes that her anxiety played a part in her own daughter displaying signs and symptoms of the condition.

This link is not uncommon, says Swinbourne.

"In fact, it may not necessarily be a disease of the child but a manifestation of parental separation anxiety as well – parent and child can feed each other's anxiety. In addition, the fact that children with separation anxiety often have family members with anxiety or other mental disorders suggests that a vulnerability to the disorder may be inherited."

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.



... understanding separation anxiety ...

Building parent-school partnerships

MANAGING IT

It is important for parents to remember that many fears are a normal part of development, says Swinbourne.

"But children and adolescents who develop anxiety disorders do not seem to have the resources and coping mechanisms available to them at the time (internally and externally) to overcome these fears, hence they manifest into disorders," she explains.

Swinbourne advises parents to help their children understand the 'fight or flight' state that their body and brain can go into as a result by offering a two-step management process.

"First parents can help their children to recognise when they begin to feel the physical signs of anxiety and teach them to relax their body and slow their breathing and heart rate down."

"Secondly, once the body is relaxed, it gives the brain the opportunity to rationally assess the situation and challenge their default response (the anxious behaviour)."

For younger children, it is more appropriate to calm them down by holding them, distracting them or engaging in a fun activity and then reassuring them that they are safe in the company of their caregiver, she says.

Lakshmi Singh

» Experts' tips to minimise a child's anxiety «

- Talk to the child about what they are feeling. Bringing awareness to their thoughts will not make it worse.
- Ask the child how they would like to feel in the same situation and if they can think of a time they have felt that way. This gives them an example of where they are already doing this.
- With your child, think up some steps that the child can take to get them one step closer to the way they want to feel when separating from you.
- Talk everyday about how they applied one of these steps, what worked and what didn't.
- Celebrate their successes, no matter how small.
- Be patient and be a role model by showing them how you successfully cope with your own anxieties.
- Do not stop when things are okay: continue to focus on helping the child be clear about what they want and what steps they can take to get it.



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.

