



# ST JOSEPH'S COLLEGE NEWSLETTER

Phone  
9844 0222

Fax  
9844 0223

Email  
admin@sjc-albany.wa.edu.au

Internet  
www.sjc-albany.wa.edu.au

15 February 2008

## REFLECTION

### *Lent: A Time for Returning*

*Return to me with all your heart,  
with fasting, with weeping, and  
with mourning;  
rend your hearts and not your clothing.*

*Return to the Lord, your God,  
for he is gracious and merciful,  
slow in anger, and abounding in  
steadfast love.*

*(Joel 2:12-13)*



## FROM THE PRINCIPAL

Dear Parents, Guardians, Families, Students and Members of our College Community,

This week we began the Term One series of Information Nights for parents.

These are important occasions for imparting information and also to get to know the staff involved in your child's schooling.

Tonight (Friday) the Middle/Senior School Swimming Carnival will be held at the Mt Barker pool. Special thanks to Mr O'Donnell and Ms van Hulssen for organising this event. Good luck to our swimmers and may the best House on the night win.

House points from the Carnival tonight will be added to the running totals that have already made the House Point Board in the undercroft area. Students have taken up the challenge enthusiastically and have earned House Points from a variety of activities so far this Term.

Mr Bradley Hall - Principal



*Frances Cowcher distributes ashes to Ashley Gregory at the Ash Wednesday Mass last week*

## IMPORTANT DATES COMING UP

Mon	18 Feb	Pre-Primary whole group
Mon	18 Feb	Kindy whole group
Mon	18 Feb	Parent Information Night (Yrs 1-3)
Wed	20 Feb	Immunisation (Yr 7)
Thur	21 Feb	Parent Information Night (Yrs 4-6)
Fri	22 Feb	Yr 8 Orientation Activities
Mon	25 Feb	Immunisation (Yrs 8-10)
Wed	27 Feb	Parent Information Night - Middle School

## COLLEGE NOTICES

### Is your child getting enough sleep?

Many students are sleep-deprived, and that really hurts their performance in school. New brain studies suggest that during deep sleep, 'filing clerks' in our brains are storing newly-learned vocabulary and other information in long-term memory. We should start with the fact that children need nine hours of sleep and backwards-plan school hours, activities, and homework from that with sleep as a non-negotiable.

*Acknowledgement: Notes from a keynote address by Dr Mel Levine Professor of Paediatrics University of North Carolina Medical School.*

### College Newsletter

The College Newsletter will now be sent home to the youngest child in the family to alleviate excess duplication. Kindergarten students who have siblings at the school will not receive a hard copy as there is no class for these students on a Friday, so a copy will be sent home with the second youngest child per family. If you would like to receive an electronic copy, please contact the College Office with your email address.

### Absentee Phone Line

Messages can be left on the Absentee Phone Line Ph: 9844 0280 for students who are absent from school.

### Term 1 - Family Calendar & Canteen Menu

Please find attached with this week's Newsletter an updated copy of the Term Calendar and the Canteen Pricelist and Menu.

## Parent and Friends Meeting

Thursday 28 February  
At 9.00am

Conference Room  
(upstairs)



## COLLEGE NOTICES

### Canteen News Next Friday's Special



Frittata and Water for \$4.00

## JUNIOR SCHOOL NEWS

### Tutorials

Tutorials commenced this week for Year Four-Six students. The tutorials are held each Wednesday in the Library from 3.05pm - 4.00pm. Students who would like assistance with Homework or who wish to work on assignments are welcome to attend the tutorials.

### Parent Information Nights

A reminder that Parent Information Meetings are on next week on the following dates and times:

### Years 1 - 3 Meetings Monday 18 February

Time	Meeting
6.15pm - 7.00pm	Year One Class Meeting
7.00pm-7.30pm	Parents (Years One-Three) meet in the Chapel for a general information session.
7.30pm-8.15pm	Year Two and Three Class Meetings

### Years 4 - 6 Meetings Thursday 21 February

Time	Meeting
6.15pm - 7.00pm	Year Four Class Meeting
7.00pm-7.30pm	Parents (Years Four-Six) meet in the Chapel for a general information session.
7.30pm-8.15pm	Year Five and Six Class Meetings

Parents are encouraged to attend these meetings to meet teaching staff and to find out about learning programmes in place for the 2008 school year.

Mr Mike Watson - Head of Junior School

## JUNIOR SCHOOL NEWS

### **Pancake Day**

On 5 February 2008, Year Four B made pancakes!! We made pancakes because it was Pancake Day! Pancake day is the day before Ash Wednesday.

To make pancakes we needed some adults, so we sent a note home. The next day some parents came in. The parents names were Mrs St Jack, Mr Gorman, Mrs Bontempo and Mrs Anderson. My parent helper was Mr Gorman.

We didn't have much time to make the proper stuff so we just all used the pancake mix out of the bottle. Because there was so many of us and not as many parent helpers we got split up into four groups, then we halved our groups! I went in the second half of my group, with Maddy and Philip.

We went over to the gym kitchen (where we were cooking them). Mrs St Jack's group had finished, so Philip went over to her, so then it was just Maddy and I! First Maddy poured it on then I did and we did them twice. After I did my last one I got to pour one in the middle for Mr Gorman. Because Maddy and I were the last ones we got to do really, really "BIG" pancakes. When we flipped them we did it in the order we poured it in. Finally it came to the best bit of all "EATING THEM". On mine I had lemon and sugar.

That day was the best day of all my school years!

Written by: Ashleigh Smith - Year 4B

## MIDDLE SCHOOL NEWS

### **Resourceful Adolescent Programme (RAP)**

Adolescence is a time of considerable change, during which children are required to navigate a variety of developmental obstacles. The Resourceful Adolescent Program (RAP) has been designed to help adolescents in a very positive way. By providing them with coping strategies that will build their resilience and coping skills, RAP will help them deal with stress both now and in the future. RAP has been running in schools in the Great Southern Region for a number of years.

## MIDDLE SCHOOL NEWS

St Joseph's College will be conducting RAP as part of the Year Eight Health Education course. RAP is a positive information programme that aims to buffer adolescents against emotional problems, including depression, by increasing their resourcefulness and resilience and by strengthening family supports. The programme addresses such issues as stress reduction skills, increasing self-esteem and self-management skills, and promoting family harmony.

The programme is enjoyable, very meaningful and very helpful for the students involved.

Year Eight students have been given a Parent Information sheet about RAP to take home and discuss with their parents. If you have any questions or concerns about this programme, please contact us as soon as possible.

Mr John Bova – Head of Middle School

[bova.john@cathednet.wa.edu.au](mailto:bova.john@cathednet.wa.edu.au)

Ms Meghann Old - NGSPS

[old.meghann@cathednet.wa.edu.au](mailto:old.meghann@cathednet.wa.edu.au)

## MIDDLE & SENIOR SCHOOL NEWS

### **Middle and Senior School Inter-House Swimming Carnival**

A large number of students from Years Seven - Twelve nominated for the Inter-House Swimming Carnival. The carnival is to be held tonight at the Mt Barker Pool between 6.00pm - 9.00pm.

The Individual Champions and Runners-up from each Year Group will be presented at next week's assemblies along with the overall House Shields. Complete results will be in next week's newsletter.

## PARENTS & FRIENDS NEWS

### **St Joseph's College/Holy Family Parish Business Directory**

Just a reminder that entries for the 2008 Business Directory close on Monday 18 February. Please return all forms to the College Office as soon as possible.

## WEEKEND SPORT

### Royals Saints Netball Club

#### Trials and Registration 2008

Trials and registration of players for the 2008 season will be held this Sunday, 17 February 2008 at the St Joseph's College Gymnasium, Martin Road.

The following times apply for the different divisions:

Sub Juniors: 10am - 12pm  
Juniors : 1pm - 3pm  
Seniors : 3pm - 5pm

Years Two, Three and Four students will be able to register through St Joseph's College. No trials required.

2008 registered players only are required to attend final grading Sunday, 24 February 2008 at the College Gymnasium.

Registration forms, uniform order forms and fee structures will be available on the day or by logging on to [royalsaints@westnet.com.au](mailto:royalsaints@westnet.com.au).

Please be prepared to pay all costs at trials. All players taking to the court are to be dressed appropriately for playing netball.

Enquires please contact the secretary Carly 0428629027 or Catherine at the College or A/H 98417230.

## PARISH NOTICES

### Youth Group

Our second birthday was fun and successful.

Now we are going canoeing at Big Grove. We will have a picnic and play volleyball on Friday 22 February between 3.30pm - 6.30pm. Students from Year Seven and up are welcome to attend.

There will be transport at the St Joseph's College car park leaving at around 4.00pm so you can get changed before we go. See you there. Please bring a gold coin donation.

## PARISH NOTICES

### KIDS CLUB

Kid's Club is back for 2008.

All Primary school aged children are invited to join us after the 9.30am mass.

The dates for Term 1 are as follows:

Sunday 24<sup>th</sup> February  
Sunday 2<sup>nd</sup> March  
Sunday 16<sup>th</sup> March  
Sunday 6<sup>th</sup> April

Where: Holy Family Church

Time: 10.30am to 12 noon (after 9.30am Mass)

Please bring a snack to share.

Come along and catch up with your friends and meet some new friends along the way.

For more information please contact

Sarah on 0413 000240 or  
[starah\\_30@hotmail.com](mailto:starah_30@hotmail.com)

## COMMUNITY NOTICES

### Football (Soccer Academy)

2008 will be the start of a Football (Soccer) Academy in Albany for further information contact Andy Walsh on 044 8673311 or Melaine Wallace on 0424 114446.

### Junior Soccer Registration Day Sunday 17 February

10am - 2pm and

### Saturday 23 February

9am - 2pm at

North Road Soccer Clubrooms



Football West will be on site on 23 February to demonstrate small sided games for ages 6, 7 & 8.

Any enquiries please call Mark Hensen on 9842 3593

### Auskick Registration

It's that time of year again and registration for the 2008 Auskick footy season is on **Sunday 24 February 2008** following the NAB Challenge match at North Albany. Contact Mr Small at the College for a Registration Form.

# St Joseph's College

## 2008 Canteen Menu and Pricelist

### COOL SERVES

Salad Roll	\$3.50
Chicken & Salad Pitta Sandwich	\$4.00
Cheese & Salad Roll/Pitta Sandwich	\$3.50
Egg & Salad Roll/Pitta Sandwich	\$4.00
Ham & Salad Roll/Pitta Sandwich	\$3.50
Vegemite Roll Sandwich	\$2.50
	\$2.00
Chicken & Salad Platter	\$4.00
Egg & Salad Platter	\$4.00
Ham & Salad Platter	\$4.00

### DRINKS

Milk Drinks	300ml \$1.50
	600ml \$3.00
Fruit Juice	300ml \$1.50
	600ml \$3.00

Supershakes \$3.00

### WARM SERVES

Hot Chicken & Mayo Roll	\$3.50
Hot Chicken, Mayo, & Cheese Roll	\$4.00
Pizza Rounders	\$2.00
Pizza (Thursday)	\$2.00
Lasagna	\$2.80
Spaghetti Bolognaise	\$2.80
Yummy Drummies in a Salad Bun	\$1.00
	\$4.50
Hot Dog (Tuesday) with Cheese	\$2.50
Hamburger/Chicken	\$3.00
Toasted Cheese	\$4.00
Extras	\$2.50
	.50

### ICY

Ice Creams RRP  
(as per display)

Cornjacks	\$1.60
Chicko Rolls	\$1.80
Chicken Tenders	\$1.00
Chicken Tenders in Roll	\$4.50

### RECESS & LUNCH

Swiss Roll	\$0.50
Cheesies	\$0.70
Cake (Homemade)	\$0.50
Doralane Slices	\$2.00
Pizza Cheesies	\$1.00

### EXTRAS

Jellycups (Summer)	\$0.50
Yogo	\$1.60
Yoghurt	\$1.60

### MONDAY & THURSDAY

Pies	\$2.60
Pasties	\$2.60
Sausage Rolls	\$2.20
Party Pies	\$1.00
Sauce	\$0.30
Curry Chicken Pies	\$3.00
Veggie Pies	\$3.00

PLEASE NOTE: SALADS CONSIST OF LETTUCE, CARROTS, CUCUMBER, TOMATO & ALFALFA SPROUTS  
SLICED BREAD IS WHOEMEAL, ROLLS ARE WHITE AND PITTA IS WHITE.  
PLEASE DO NOT SEND IN FOOD FOR RE-HEATING, AS REFUSAL MAY OFFEND.

**ST JOSEPH'S COLLEGE - TERM 1, 2008**

	MON	TUES	WED	THUR	FRI	SAT/SUN
	28 • Australia Day Holiday	29	30 •	31 • Teachers Start	1 February •	2/3
1	4 • Students Start • KG/PP interviews.	5 • KG/PP interviews	6 • PP commence (half group) • KG commence (half group) Ash Wednesday Mass	7 • PP commence (half group) • KG commence (half group) • Liturgical Music Camp	8 • PP (commence whole group – half day) • Liturgical Music Camp	9/10
2	11 • PP ( whole group - half day) • KG (half group)	12 • KG (half group)	13 • KG (half group)	14 • KG (half group) • SS Parent Information Night	15 • MS/SS Inter - House Swim Carnival (Mt Barker 6-9pm)	16/17
3	18 • PP ( whole group - half day) • KG (commence whole group) • Parent Info Night (Yrs 1-3)	19	20 • Immunisation (Yr 7)	21 • Parent Information Night (Yrs4-6)	22 • Year 8 Orientation Activities (P6 & 7) • SWL Launch Le Grande 1 – 3pm	23/24
4	25 • PP (whole group – commence whole day) • Immunisation – (Yrs 8 – 10)	26	27 • MS Parent Information Night	28 • Outdoor Ed Excursion (Yr 10) • P&F Meeting 9am Conference Room	29 • SunSmart Cricket Carnival • JS Emu Point Fun Day (Yrs 1-3)	1 /2 March
5	3 • Labour Day Public Holiday	4	5	6 • Student Leadership Camp	7 • Student Leadership Camp	8/9
6	10	11 • ACC Travel Day • Uni/TAFE Visits Yrs 10-12	12 • ACC Swimming Carnival – Perth	13 • Interschool Tennis (MS/SS)	14 • St Joseph's Day Mass and Fair	15/16
7	17 • Harmony Week	18	19	20 • Immunisation – (Yr 7)	21 • Good Friday Public Holiday	22/23 • Easter Sat/Sun
8	24 • Easter Monday Public Holiday	25 • Easter Tuesday Holiday	26 • JS Inter House Athletics Field Events	27 • Interschool Swim Carnival (Yrs 7 – 12) • JS Inter House Athletics Track Events	28	29/30 • College Ball (Princess Royal Sailing Club)
9	31	1 April • Interschool Triathlon (MS/SS)	2	3	4	5/6
10	7	8 • Interschool Athletics Field Events (Yrs 4-7)	9 • SS Parent Teacher Interview Night	10 • Interschool Athletics Track Events (Yrs 4-7)	11 • Last Day of Term	12/13
H O L	14	15	16	17	18	19/20
	21	22	23	24	25	26/27