



# ST JOSEPH'S COLLEGE NEWSLETTER

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## *NAIDOC Prayer*

*God of our Journey, as we celebrate the goodness of Aboriginal and Torres Strait Islander people, may we journey with them, strong in faith and united in love for you and each other.*

*Let us continue forth on a strong faith journey to love and serve our God.*

*Amen*



## FROM THE PRINCIPAL

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

Last week St Joseph's College hosted the Albany District Primary Schools Sports Associations (ADPSSA) Cross Country. Bethel school organised the day but were greatly supported by Mr Small and staff and some St Joseph's student helpers from the Middle and Senior School.

The day was a good community sporting event, as were the Inter-School Athletics carnival held last Term and last year's Inter-School Swimming Carnival.

I sincerely hope that it is not the last event of its kind because of proposed changes to the makeup of the ADPSSA.

On the same day, the Middle/Senior School Cross Country House Competitors tackled the course in the cold and wet. Well done to these athletes who proved to Mr O'Donnell they are serious about trying out for the Inter-School Cross Country.

## Important Dates & Coming Events

Sat/Sun 5/6 July					
School Holidays		Term 2 School Holidays 5 - 22 July			→
Sat/Sun 19/20 July	Mon 21 July	Tues 22 July	Wed 23 July	Thur 24 July	Fri 25 July
School Holidays	Pupil Free Day Parent/Teacher Conferences (Yrs 1-7, 11, 12)	Students Commence Term 3 Constable Care Visit JS  Uniform Shop Open 8.00-9.00am & 2.30-4.30pm	STS Football Cup Final - Williams (Yrs 8-9)		

## PRINCIPAL'S REPORT

Special thanks to Ms Stringer for her organisation of the Year Eleven Retreat, ably assisted by Mrs Heward, Mr Trafalski, Mr Colgate and Mr Cohen. We will hear more of the retreat activities in our first Newsletter next Term.

Thanks also to Fr Msami, back from a well deserved rest, who led us in our NAIDOC Eucharist today. We wish our Aboriginal families all the best for NAIDOC.

Today we farewell Helena Cooper from the College. We thank her for her service and wish her well for the future. We also thank the following staff for their efforts in filling in for staff on leave: Mrs Jo Pulsford and Mrs Julia Saint. We wish Mrs Barbara McNeill, and Mrs Julie Wood all the best for their leave.

Mr Bradley Hall - Principal

## COLLEGE NOTICES

### Uniform Shop News

College spray jackets are now available from the Uniform Shop.



Just a reminder, they are a non-compulsory extra and can be worn in wet weather to and from school, on excursions etc.

They do not replace any uniform item such as the rugby jumper.

### Caritas Australia - A letter of thanks

*"Thank you for supporting Caritas Australia's Project Compassion 2008.*

*Project Compassion 2008 focuses on six stories of hope and transformation. Your donation of \$3,059.25 will help Caritas Australia to continue supporting projects such as:*

## COLLEGE NOTICES

- *Support non-formal adult education classes in the Philippines.*
- *Provide access to clean water and toilets in West Java, Indonesia.*
- *Support indigenous young people to learn about their traditional art and culture;*
- *Provide counselling, education, skills training, microcredit loans and legal advice to reunite families in Kenya;*
- *Provide education and support for children and young people in the slums of Sao Paulo, Brazil.*
- *Support vital agricultural programmes in Fiji.*

*Thank you for your donation - your generous gift is a wonderful display of compassion in action and makes a vital difference not only to these communities but to many others in similar conditions worldwide.*

*Jack de Groot - Chief Executive Officer"*

## QUIZ NIGHT

With a difference.....

### Friday 1 August

St Joseph's College  
**Gymnasium**  
Commencing at 7.30pm  
Tables of 8

Comper: Peter Watson, MLA  
Musical entertainment provided

Tickets: \$8 each

Can be purchased from St Joseph's College Office  
or the Naked Bean, Sanford Road

\* BYO Drinks/Nibbles \* Coffee for sale

Any donations would be greatly appreciated -  
contact Kerry Oakley Ph: 9841 4141

All proceeds to go to the Jason Cull Westpac Trust



## COLLEGE NOTICES

### Year 8-12 Inter-House Cross Country

Last Friday afternoon saw 57 students from the Middle and Senior Schools contest the Inter-House Cross Country. The steady rain did little to dampen the enthusiasm of the runners as they made their way around laps of the 1.2km course. The Year Eight and Nine students ran 2.4km, the Year Ten students and Eleven and Twelve girls ran 3.6km and the Year 11 boys ran 4.8km. The first five place getters in each year and gender group will be invited to attend next term's Inter-School Cross Country Championships at Great Southern Grammar.

Congratulations to the following students who were winners or runner-up in their respective year groups. The winners were presented with their Champions medallions on the day.

YEAR	DISTANCE	CHAMPION	RUNNER UP
8 Girls	2.4km	Ketisha Gill 11.13 min	Natasha Pierce 12.58 min
8 Boys	2.4km	Jacob Crowe 9.22 min	Todd Cook 9.44 min
9 Girls	2.4km	Eilish Fage 10.38 min	Abbie Leonhardt 11.30 min
9 Boys	2.4km	Carden Taylor 8.45 min	Bronson Leo 9.40 min
10 Girls	3.6km	Brianna Gibson 17.04 min	Rachel Jennings-Tovey 21.32 min
10 Boys	3.6km	Aarron Attwell 12.55 min	Michael Betti 13.04 min
11 Girls	3.6km	Cara Baker 23.23 min	Tauke Munro 23.23 min
11 Boys	4.8km	Dale Quain 23.00 min	Cameron Newbold 23.03 min
12 Girls	3.6km	Rebekah Baddeley 19.34 min	

In the overall Inter-House competition the final results were:

- 1st DeVialar - 185 points
- 2nd Ozanam - 98 points
- 3rd Cunningham - 97 points
- 4th McCormack - 68 points
- Mr Paul O'Donnell - Physical Education



## COLLEGE NOTICES

### Years 4-7 Inter-School Cross Country

Well done to our Cross Country team who performed very well by winning the Handicap Shield at last Friday's Inter-School competition. This was a great effort considering there were ten other participating schools. Thank you to Mr Romeo and Mr Small who worked hard to improve the fitness levels and endurance of team members during Term Two prior to the competition.

## JUNIOR SCHOOL NEWS

### Best Wishes

Best wishes to Julie Wood (Year One Teacher) who will be taking six months long service leave during Semester Two. We wish Julie a relaxing, well deserved break although we are going to miss her presence and the wonderful contribution Julie makes at the College both as a teacher and a staff member.

Best wishes and thank you also to Mrs Jo Pulsford who has been the relieving teacher in Year Three during Term Two while Mrs Jude Boston has been on long service leave. We have appreciated Jo's work with the Year Three students and hope the Pulsford family have a very enjoyable holiday break.

### Parent/Teacher/Student Conferences

A reminder that the Parent/Teacher Conferences for Years Two and Three and the Parent/Teacher/Student Conferences for Years Four-Six are scheduled for Day One of Term Three, Monday 21 July - a pupil free day.

Forms listing the times for each conference have been sent home with students. If any parents cannot make their scheduled conference meeting on the Monday please let the office know and then the message can be passed onto classroom teachers.

## JUNIOR SCHOOL NEWS

### Father's Night - Kindy

Last Wednesday evening the Kindergarten staff hosted a 'Father's Night'. Dads were invited into the Kindy with their children and were immediately engaged in a variety of Kindy activities including painting, gluing, constructing shapes and reading stories. On display were pictures of the Kindy students with their Year Six buddies and their associated stories. Mr Small is described in one of the stories as the 'boss of the buddies' - a very apt description!

Thank you to Mrs Neil and Ms Stevens for organising the night and making it an enjoyable interactive experience for all participants.



*Dad's put to the test  
at Dad's Night  
in Kindy*



## JUNIOR SCHOOL NEWS

### Year 2 Farm Excursion

The Year Two class has been learning about transport this Term. Mr and Mrs Barker kindly let us visit their farm. We had a wonderful time with a visit from a fire truck and then making boats and racing them on the dam. Thank you to all the parents who joined us for the excursion and a very big thank you to Mr and Mrs Barker. The Year Two class and parents had a wonderful time.

Miss Sarah Manolas - Year Two Teacher



## MIDDLE SCHOOL NEWS

### Smarter Than Smoking Cup

The date has been decided for the next round of the Smarter Than Smoking Cup Football competition. The Year Eight-Nine Football team will challenge the winners from the city Claremont zone in a match at the Williams town oval in the first week of Term Three on Wednesday 23 July. With the opposition likely to be Hale School from Perth there is a buzz of excitement about the St Joseph's side with the prospects of a fantastic game looming. Parents, spectators and supporters are encouraged to make the trip to Williams to support the team in their quest to reach the quarter finals of the STS Cup. The team had their final training session this week under the guidance of coach Gerard Cameron, with a scratch match against the U/15 Bulldogs side from the local football competition. We wish our team the best of success in their pursuits in Williams.

Mr Paul O'Donnell - Physical Education

## PARENTS & FRIENDS NEWS

### Footy Tipping

The winners for Round 13 footy tipping are:

\$50 - Pauleen Holden

Civic voucher - Sarah Manolas

Mrs Chris Annison - President

## WEEKEND SPORT

### Junior Soccer Canteen

Thanks to everyone who donated their time on Saturday. Yet again without bias we had the best hamburgers and display of cakes. Special thanks to Karlene Howarth, Stephanie Gorman and Carmel Moran who led the way all day. It was noticeable that many mothers and fathers came forward and made the day a financial success probably making a profit of around \$1,300.

Mr Mark Henson - President

## COMMUNITY NOTICES

### TEE Revision Courses in the July Holidays

Study skills and subject courses for Years Eleven and Twelve students. Now at three venues both North and South of the river, with small groups, expert teachers and individual help. For more information contact Dr Pam Bagworth or Dr Robert Hallam, Academic Task Force, Phone 9317 4421.

### Beginning Experience

The Beginning Experience is running a **WEEKEND PROGRAMME**, designed to assist and support people in learning to close the door gently on a relationship that has ended, in order to get on with living.

People who have had similar loss experiences themselves facilitate the programme. If you feel that this programme could benefit you or someone you know, you are invited to contact us.

The next weekend programme dates are:

**Friday 8 - Sunday 10 August 2008**

For further information please contact:

**Bev** Phone: **9332 7971** or

**Margaret** Phone: **9294 4892**

## Invitation

### Bibbulmun Track 10th Anniversary Celebration

**Wednesday 16 July 2008**

9.15am

At

Albany Town Hall

York Street

Farewell the walkers from the Town Hall or join them as they parade down York Street to the Southern Terminus to begin their end-to-end journey.

All Welcome!

More information: [www.bibbulmuntrack.org.au](http://www.bibbulmuntrack.org.au)

## COMMUNITY NOTICES

### HAPPINESS IS A DRY BED ! BEDWETTING (ENURESIS) PROGRAMME

Do you have a child who wets the bed and would like to be dry? Bedwetting is a common childhood problem and it can be resolved. Children will not necessarily 'grow out of it' and left untreated bedwetting can continue into adulthood.

In the past 30 years 1000's of WA children have become dry through the Princess Margaret Hospital's (PMH) enuresis programme and this is now available through the Albany community health service. Provided by local community health nurses the enuresis programme is available for your child if they are:

- aged 6 years to 13 years but not older than 13 and 9mths, (over 14 is an adult service)
- have 2 or more night occurrences of a wet bed in a week
- \* child is motivated to become dry

Please note there are only a limited number of staff to provide the service and mats available, - so it is expected that there will be a wait list of at least 3 months (priority given to those aged 11years and over)

Please contact community health on 9842 7500 for more information. If your child fits the programme criteria an enuresis package will be mailed out to you. Importantly a GP referral form will be in the package and must be completed by the GP and returned to community health where your child will then be waitlisted.

Alternatively, contact me for more information - Sally Hutchinson (School Nurse ) 0427-922663

## COMMUNITY NOTICES

### New FREE Resources for Parents

The Heart Foundation has developed a set of three new resources, Healthy Ideas for Young Hearts including:

- **Practical Ideas for Parents and Carers** A booklet containing a range of helpful tips and ideas to encourage children to eat well and be more active
- **Cooking Activities for Kids** recipe book - Full of simple, healthy recipes and tips to get children cooking up some fun in the kitchen
- **Meal and Snack Ideas wall chart** - Great to stick on the fridge at home.

To order a copy of any of these resources or for more information, contact Megan Booth at the Heart Foundation:  
megan.Booth@heartfoundation.org.au  
or Ph: 9382 5930

### 10 plus 10 equals ... less colds

Common cold viruses can get on our hands when we touch infected hands, surfaces and objects. When we put our unwashed hands in our mouth or rub our eyes and nose with them we can infect ourselves with a cold virus.

**Correct hand washing is one of the most effective ways to help prevent the spread of colds.**

- Wash hands thoroughly, especially **before eating** food and **after blowing** the nose, coughing or sneezing
- Here's how:  
**1 Lather** with liquid soap for **10 seconds**  
**2 Rinse** with running water for **10 seconds**  
**3 Dry** hands.

**Antibiotics don't work on viruses** so they won't stop a cold from spreading.

**The body is beating the cold**

**Antibiotics don't work on viruses**, including those which cause common colds. So when a child has a cold allow their body's natural defences to do their job.

- Green or yellow mucus from the nose is a positive sign that your child's immune system is fighting the cold.
- This colour change is normal and does not mean that the cold is getting worse or that the child needs antibiotics.

Colds last around 7-10 days. If symptoms persist or your are concerned, see your doctor for advice.