



St Joseph's College Newsletter

18 March 2011

Term 1 - Week 7

IMPORTANT DATES COMING UP

Mon 21 March

- Yr 7 Immunisation

Tues 22 March

- Father's Night
Kindy Blue 5.30-7pm

Thur 24 March

- Father's Night
Kindy Gold 5.30-7pm
- JS Assembly 9am Gym

Fri 25 March

- Junior School Inter-House Swimming Carnival
- Yr 10 Outdoor Education - Kalgan River Hike

Sat 26 March

- Commitment Mass - Confirmation 6pm HFC

General Information

- **Uniform Shop**
Open every Tuesday
8.15am - 9.15am and
2.30pm - 4.30pm
- **Absentee Phone Line**
9844 0280
- **Principal** -Mr Bradley Hall
- **Head of Secondary**
Mrs Sue Alderman
- **Head of Junior School**
Mr Mike Watson

Direct Deposits Welcome Bank Details:

Bank West - Bunbury
A/c Name: Roman Catholic
Bishop of Bunbury
BSB: 306 004
A/c No. 5309691

**Please quote School Code:
DDF226 & Family Name
with all deposits.**

PRAYER

St Joseph's Day



*Father, you entrusted our Saviour to the care of St Joseph.
By the help of his prayers
may your Church continue to serve its Lord, Jesus Christ,
who lives and reigns with you and the Holy Spirit,
one God, for ever and ever.*

Amen

FROM THE PRINCIPAL

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



Today we celebrated St Joseph's Day and paid homage to a man who, like Mary, was prepared to serve the Lord, at great risk to himself.

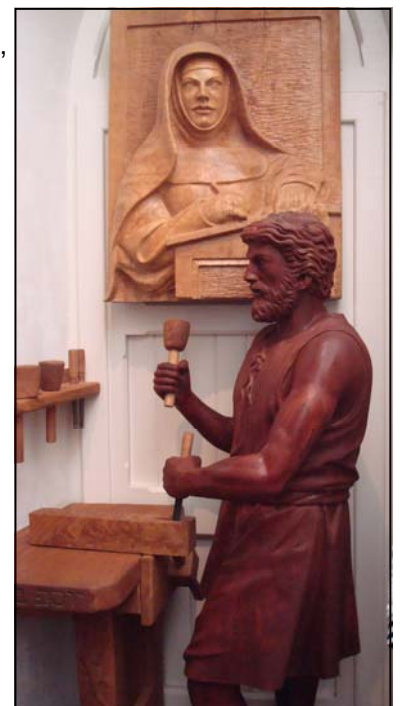
Special thanks to staff, students and parents who worked today to help others in need - all proceeds go to the Caritas Australia Lenten Appeal.

While our Lenten season is a traditional time of fasting, today we took time out to mark our Patron's Feast Day.

B Hall

Mr Bradley Hall - Principal

*Wood carving of St Joseph at
St Mary's Cathedral, Perth.
In the background is a wood
carved portrait of
St Mary MacKillop*



Phone:
9844 0222

Fax:
9844 0223

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

Internet:
http://web.sjc-albany.wa.edu.au

COLLEGE NOTICES

Cycle to School Day

Next Wednesday 23 March is the statewide Cycle to School day. Students, parents and staff are encouraged to not use the car or bus for the day and ride instead. As an extra motivator each student who rides can check in with event organiser, Mr O'Donnell in the morning to win cool giveaways as well as earning points for their House. So dust off those bikes and get riding safely!
Mr Paul O'Donnell - Physical Education Teacher



ACC Swimming Carnival

The team for Years 7-12 ACC Swimming Carnival has been selected and students have been informed of their races.

They will depart from the College on Sunday 27 March. We wish them the best of success.
Mr Paul O'Donnell - Physical Education Teacher

Swim Club

It is great to see the pool full with students getting some last minute training in for the upcoming swimming carnivals and best of luck to those students competing in the Associated Catholic Colleges (ACC) Swimming Carnival in Perth on Monday 28 March.



Order forms for Swim Kit Bags have been distributed via Home/Class Rooms for members who do not have a kit as yet. Early ordering of kit bags (by 25 March) will enable your child's name to be embroidered on the strap. Order Forms are also available from the Saints Swim Club Box at the College Office.

Parents/guardians are reminded that Swim Club fees are due before the end of Term 1. Registration Forms are also in the Swim Club Box at the College Office.

The Term 1 wind up will be held on Monday 11 April after school at the Albany Leisure and Aquatic Centre. Paid members from Years Four-Twelve are invited to attend the wind-up and they will enjoy fun relay games, water slide activities etc followed by pizza and a cool drink.

Renae St Jack - Secretary



JUNIOR SCHOOL NEWS

Swimming Carnival

The Junior School Inter-House Swimming Carnival for Years Four - Six students will be held next Friday 25 March commencing at 9.30am at Albany Leisure and Aquatic Centre. All students are encouraged to participate in the carnival.

Assembly

Our next assembly will be held on Thursday 24 March commencing at 9.00am in the College Gymnasium. Mrs McGlade's Year Four class will be conducting the assembly.

Scitech Visit

Students were privileged to have a visit from the Scitech team last Friday 11 March and Monday 14 March.

The Scitech team organised a number of Science activities for class groups to rotate through. The Space dome which was particularly popular with students.

Judging by the quality of some of the questions asked we may have a few budding scientists amongst our student group.

Pre-primary Candle Making 8-10 March

Last week the Pre-primary children learnt how to make taper candles with a man named Hans who makes candles with children in Switzerland. Each child made their own candle by carefully dipping a candle wick into red, blue, yellow or clear candle wax. They then dipped the candle into water to make it cool and dried it before dipping it into the wax again. This sequence was repeated many times, layering the different colours of wax and observing the changes in colour as each layer went on. The children enjoyed creating their own beautiful candles for Easter.

Mrs Judy Boston - Pre-Primary Teacher



SENIOR SCHOOL NEWS

Interim Reports

Senior School teachers are busy preparing the Interim report for those students in Years Ten, Eleven and Twelve. Interim reports are designed to give parents/guardians a quick overview of how their child is travelling in a particular subject. They are not an in-depth report.

Interim reports will be posted in the next few weeks after which parents/guardians will be invited to parent teacher interviews.

The Parent-Teacher interview night will take place on Tuesday 5 April. Please mark this important date on your calendar now.

I look forward to seeing you there!

Ms Sue Alderman - Head of Secondary

PARENTS & FRIENDS NEWS

Footy Tipping

The AFL season commences
Next Week - Thursday 24 March!

Support the P&F's Major Fundraising Event of the year by registering for the Tipping Competition at the College Office or download a form from the web site.

Great Prizes to be won throughout the season.

P&F News

The Parents and Friends Association has pledged \$20,000 towards the Trade Training Centre following a request from Mr Hall. We have already given \$10,000 with a further \$10,000 to be given to the College by the end of this term. The Trade Training centre is a great investment for the College, students and the community of Albany for our future.

For the Parents and Friends Association to make this pledge and further assistance to our College we do require your help. As some of you may be aware, the St Joseph's P&F intend to do a few extra fundraising activities this year. We are kicking off with the footy tipping, which we hope to be as successful as previous years - so everyone come on and get your tipping registration forms in!

PARENTS & FRIENDS NEWS

We are following this with an Easter raffle, and are asking families to donate an Easter egg - one per family, of any size. We then intend to have a few prizes for both Junior School and Middle/Senior School, which will be drawn at the last assembly before the Easter break. If donations could be bought in before **Friday 25 March**, collections will be made from Junior School classrooms, and the Canteen for Middle/ Senior Students. Remember, the more donations, the more prizes! Raffle tickets will be sold from outside the Sr Julia Cabagniol Early Learning Centre before school, and the canteen area before school and at lunch the week leading up to the draw. Good luck!

A notice will be coming out early next week with further information.

Another idea that is in the pipe line for fundraising is a possible Quiz Night, if you have any ideas on this please contact Angela Williams on 0417 938 448 as she will Chair a committee for this.

THANK YOU FOR YOUR CONTINUING SUPPORT
Mrs Sharon Berg - President

WEEKEND SPORT

St Joseph's Soccer Club Registrations – DON'T MISS OUT!

We have had a fantastic response to our school registrations so far. However, we are still chasing more registrations to fill our year groups. The stock of free soccer balls and drink bottles is running low so be quick!

Register early by contacting the committee members below:

Angela Paratore 0439204709
Tim Franklin 0407778501

The official Albany Registration Day will be at the North Road Soccer Ground on Saturday 26th March. Time to be advised.

We are also seeking coaches and assistant coaches (including students). No experience required (current 'Working With Children' card required - *we will help you with this*). Register interest to the committee members.

PARISH NOTICES

Confirmation Commitment Mass

Saturday 26 March at 6.00pm

A Commitment Mass for all Confirmation candidates will be held at our next Family Mass on Saturday 26 March at 6.00pm. All Confirmation candidates are encouraged to attend with sponsors, if possible, and family. Hope to see you all there.

Mrs Gloria Barnes

COMMUNITY NOTICES

St Joseph's Day Fair - Pony Rides

The ponies for the St Joseph's Day Fair were supplied by the Riding for the Disabled.



Riding for Disabled are desperately in need of volunteers. If you have any time on a Wednesday morning and would like to help, please contact Lyn Davies on 0418 958 946.

Radkidz – New Kids' Fitness Class at BodyCare Health Club

In response to the worldwide concern regarding child obesity and sedentary lifestyles among children, BodyCare Health Club presents **Radkidz!**

Radkidz is an educational programme of physical activity and exercise for children aged 6-10.

Games, circuits, dancing, gymnastics, postural movement, warmup routines and music interpretation are some of the fun ways we bring exercise to your kids in this 30 minute class.

Fully qualified children's trainer, starts Wed March 16th, 3.30pm. For bookings, contact BodyCare Health Club on 98 422 762

Cathedral Mass For Polish People

There will be a Mass for Polish people across the Bunbury Diocese in the new St Patrick's Cathedral on Saturday 26 March at 11am.

The Mass will be in Polish. All coming are asked to bring a plate for shared refreshments afterwards.

Cathedral Mass for Italians

There will be a Mass for Italians across the Bunbury Diocese in the new St Patrick's Cathedral on Saturday 2 April at 11am.

COMMUNITY NOTICES

The Mass will be in Italian. All coming are asked to bring a plate for shared refreshments afterwards.

School Holiday Program

Wanslea is running a school holiday program for up to 26 children during the April school holidays at Wanslea Family Services, 26 Prior Street, Albany.



We are open 8am to 6pm Monday to Friday (excluding public holidays).

If you are looking for a school holiday program packed with activities for children

Pre-primary to Year Four then Wanslea Vacation Care is the place for you.

Phone: 9842 9998

Email: albany@wanslea.asn.au

Website: www.wanslea.asn.au

MORE COMMUNITY NOTICES ON THE WEB

The following Community Notices can be viewed on the College's Web site at: <http://web.sjc-albany.wa.edu.au>

- Master Mind Australia - Academic Pathways - April Revision Programme
- Host Family Request and Scholarship Opportunities
- Checklist for Parents of Children with Asthma to help manage their Asthma at School
- The Dinosaurs are Coming - WA Museum
- AusKick Football Registration Day - Denmark-Walpole
- Trash and Treasure - Albany Scouts 26 March

Community Notices

18 March 2011 - Week 7

Master Mind Australia - Academic Pathways

April Revision Programme

Master Mind Australia will be conducting revision programs in the April school holidays for all Year Ten students and Year Eleven and Twelve WACE students. The classes are subject-specific teaching programs that focus solely on the syllabus and reinforce the work students do at school. Class sizes are small and aimed at improving the individual's academic performance. They offer students a structured learning environment that will prepare them for success in first semester examinations.

For more information contact Dr Robert Hallam on 9486 1377

Host Family Request and Scholarship Opportunities

Student Exchange Australia New Zealand is a not-for-profit secondary exchange organisation which is registered with education authorities in each State and Territory. You can find out more about our organisation by visiting www.studentexchange.org.au.

In June/July 2011 Student Exchange Australia New Zealand Ltd will be receiving exchange students from Europe, the USA and Latin America. Our new arrivals will live with a host family and attend a local school for 2-10 months.

As we plan for their arrival, we are keen to hear from suitable families who might be interested to host a student. Host families come in all shapes and sizes, backgrounds and ages. To this end, we would be grateful if you would place a notice in your newsletter/bulletin or mention it on your website. Please note that all our host families are interviewed in their homes and carefully checked for suitability.

You can download the newsletter notice here in [Word format](#), as a [JPG](#) or in [PDF format](#).

All students have at least basic levels of English, would attend a school in your local area and live the life of a local. Our group of students cover a wide variety of interests and hobbies. If you would like to provide your students, parents or language teachers with further information on our inbound students you can also download some student profiles in either [Word format](#) or as a [JPG](#).

This is just a small sample of all the students who will be arriving. Our staff members will be happy to discuss which student might be best suited to a family.

Hosting an exchange student can be a truly rewarding experience. It allows a family to experience a foreign culture first hand, be exposed to a new language and pass on a bit of our own culture. They might even make a friend for life!

If you have any questions about hosting an exchange student or would like to view profiles of students arriving from other countries, call our office on 1300 135 331. No obligation.

Each year we offer over 26 scholarships valued from \$2,500 up to \$10,800. Students don't need to be A-grade to apply and the top language student doesn't necessarily win.

- Creative Arts teachers may like to be aware of our 9 Creative Arts Scholarships. Valued at up to 35% of the program price these scholarships are in the form of an on-line t-shirt design competition called ['Make Your Mark'](#). The design theme for the current competition is 'FOREST'.

Community Notices

18 March 2011 - Week 7

- Physical Education teachers may like to inform their students of our [Sports Scholarships USA](#) program, which is open to recreational or amateur sports men or women of low, average, and high level ability involved in basketball, tennis, soccer, volleyball or golf. A dedicated online information session will be held on Thursday 7th April at 6.30pm (AEST) for any students interested in finding out more. Further information is also included in the [newsletter notice](#).

Please note that the deadline for scholarship submissions for all programs departing between October 2011 - March 2012 is 30th April, 2011. More information on scholarships is available from [here](#).



Checklist for Parents of Children with Asthma to help manage their Asthma at School

Does your child have an up to date Asthma Action Plan that tells how the school how to manage your child's asthma and what to do if their asthma gets worse?

Your child's asthma should be reviewed regularly with their doctor and their school should have a copy of their Asthma Action Plan. It is very common for children to have occasional or seasonal asthma; an asthma action plan is still needed for when this occurs.

Does your child carry their reliever puffer and spacer with them at all times?

Medication needs to be available wherever your child may be (school, sporting field, home). The expiry date of the medication and the amount of medication left in the canister should also be checked regularly.

Are you and your child aware of your child's asthma triggers and do you take steps to avoid them?

It is also important to highlight the key symptoms, triggers or special features of your child's asthma with their teachers so they can assist in managing your child's asthma more efficiently.

Do you listen to what your child says?

Your child will be aware of their asthma symptoms (depending on their age) and should be able to tell you when they need their medication. If your child is just starting school this is something to work towards over time, so that they are able to recognise and verbalise their symptoms.

Does your child take their asthma medication correctly?

Good technique allows more medication to get into the lungs where it is needed. If your child uses a puffer such as Ventolin or Asmol they should always have a spacer at school. This will deliver more to the airways in an emergency.

It is important to work with the school to ensure that your child's asthma is managed appropriately. Find out if the staff at your child's school have up-to-date asthma training. This training covers asthma management in the school setting. Asthma Foundation WA offers free Staff Asthma Training across the state for school staff. If your child's school would like to arrange a Training Session for their staff, please contact the Asthma Child and Adolescent Coordinator for WA on 9289 3639.

If you have any questions about asthma management at school or would like to discuss asthma further, please call the Asthma Information Line on 1800 645 130 or visit our website at www.asthmawa.org.au

Night Time Bedwetting (Nocturnal Enuresis)

Bedwetting can be a highly embarrassing problem which can stop people participating fully in many of the enjoyable activities of life. It can lead to avoiding school camps and holidays and present difficulties with friendships.

Many children who suffer bedwetting have been told they will grow out of it however there are a small percentage of teenagers and adults who have not.

Great Southern Community Health offers an Enuresis Program for children and young people from the age of 6 to 14 years. This program is evidenced based and involves the use of a mat and alarm to help the person to wake when needing to go to the toilet at night. It is supported by weekly meetings with a school nurse. It runs for eight weeks. This is a free service.

For more information regarding the program contact Jillian Betts, Senior School Nurse on 98427542.

Community Notices

18 March 2011 - Week 7

THE DINOSAURS ARE COMING! **PROUDLY PRESENTED BY**

Western Australian Museum, Albany

ERTH DINOSAUR PETTING ZOO

This exciting interactive show will delight and fascinate all ages.

Don't miss this truly unique experience of getting up close to the giants of Prehistoric times.

Saturday 2nd April, 2.30pm
at The Albany Entertainment Centre
Children \$14.95, Adults \$24.95

Tickets available at the
Entertainment Centre 9844 5005 or through
Bocs.

Check out this video for a taste of the
experience!

<http://www.youtube.com/user/countryartswa>



2011 Registration Days for
Denmark-Walpole AusKick
and Junior Football Club

Saturday 19 March 2011
10am to 1pm
Stay for the family fun day

Saturday 26 March 2011
9am to 12pm

All welcome (boys and girls)
Come down and find out how much fun
AusKick can be!

Under 7's (from 5yrs of age), U9's, U11's - \$75
Under 13's and Under 15's - \$90

Our season starts week 1 of term 2. All activities
are age appropriate.

Registrations can also be made online at
www.aflauskick.com.au

3rd Albany Scouts

Trash & Treasure

Saturday 26 March
9 am – 1 pm
Scout Hall
Cnr Sanford & North Roads



**Sellers can sell and Buyers can buy 2nd hand
bargains, crafts etc**

ON SALE – 2nd hand goods & new goods/Crafts
FOOD & DRINKS – Teas, Coffees, Dampers,
Sausage Sizzle & Cool Drinks

DISPLAYS & DEMONSTRATIONS – Scout
Memorabilia, First Aid, Rope Bridge & Solar Oven

ACTIVITIES - Throw the welly, tug- o-war,
quoits, & skittles....

MUSIC – scout buskers

So make time and clean out your cupboards,
as this is a great opportunity.



Public Entry – Gold Coin Donation
Stall holders \$10

Info Janet McCartney 98464211