

ST JOSEPH'S COLLEGE NEWSLETTER



Term 2 - Week 3

Friday, 16 May 2014

General Information

- **Uniform Shop**
Opening Hours
Tuesdays
8.15am - 9.30am and
Wednesdays
2.15pm - 4.00pm
- **Absentee Phone Line** 9844 0280
- **Absentee Email:** absent@sjc-albany.wa.edu.au
- **Principal** - Mr Bradley Hall
- **Head of Secondary**
Ms Sue Alderman
- **Acting Head of Junior School**
Mr Jim Morcom
- **Business Manager**
Mrs Marion Leonhardt
School Fees & Direct Deposits

Important Dates Coming Up

WEEK 4

Mon 19 May

- Immunisation Year 8

Wed 21 May

- Cunningham House Liturgy

Thurs 22 May

- JS Assembly 9.00am

Fri 23 May

- Bishop Holohan Visits Confirmation Candidates

Sat 24 May

- Sacrament of Confirmation and Family Mass 6.00pm HFC

WEEK 5

Mon 26-28 May

- Scholastic Book Fair - Cunningham Block

Mon 26-27 May

- Year 10 Outdoor Education

Prayer

God, in Baptism you called me by name
and made me a member of your people, the Church.
Help all your people to know their vocation in life,
and to respond by living a life of holiness.
For your greater glory and for the service of your people,
raise up dedicated and generous leaders
who will serve as sisters, priests, brothers, deacons, and lay ministers.

Send your Spirit to guide and strengthen me
that I may serve your people
following the example of your Son, Jesus Christ,
in whose name I offer this prayer.
Amen.

From the Principal

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



Mentoring Programme

This week the Year Ten Mentoring Programme was launched. Our Year Ten students are very fortunate to have our Mentors' input on a weekly basis (report in this Newsletter).



Year Six Camp

On Wednesday an excited group of Year Six students departed for Camp Quaranup for their three day camp. My thanks to Mr Romeo, Mrs Scanlon and Ms Hancock for their co-ordination and supervision - a full report next week.

NAPLAN

Thanks to Mr Morcom and Ms Alderman for the organisation of NAPLAN this week.

Weekly Mass

Thanks to Fr Christian, Mass will be held in Ave Maria Chapel at 8.00am each Friday - parents and students welcome.

Phone:
9844 0222

Fax:
9844 0223

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

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

Canteen News

Chinese Tuesday

Next Tuesday we will be serving Chicken Chow Mein for \$3.50.



Nutrition Seminar



Thank you to Nicole Forgione for delivering informative and useful information to parents on food nutrition for children on Thursday morning. This provided parents with lots of ideas on what to pack in school lunchboxes and safe food keeping ideas, whilst ensuring children are eating nutrient packed food for growing bodies. Parents also enjoyed a cuppa whilst sampling recipes Nicole prepared for the session.

Thank you again Nicole for providing this informative seminar to the College community.

Principal's Report

College Exams

Exams begin in a few weeks. Students in Years Ten, Eleven and Twelve should be preparing by studying regularly. Our school Psychologist, Dana Hotchin has had some study workshops and this week offered a pre-exam mediation, relaxation workshop in the Home Room period.

Capital Development

Next week the Panel from the Catholic Education Commission will visit the College to assess the application for Matheu Stage Three.

The Matheu family have made preparations to travel to Albany from Catalonia, Spain in September for the opening of Stage One.

B Hall

Mr Bradley Hall - Principal

College Notices



Scholastic Book Fair

26, 27, & 28 May
(Mon, Tues, Wed in Week 5)

This is a wonderful opportunity to browse the books before you purchase and a fabulous way to put vital resources into our children's classrooms – a substantial amount of credits are always raised through Book Fair.

A READING OASIS AWAITS

Where: Cunningham Block

When: Monday 26th May 8:15am - 8:45am and 3:00pm - 3:30pm

Tuesday 27th May 8:15am - 8:45am and 3:00pm - 3:30pm

Wednesday 28th May 8:15am - 8:45am

Bendigo Community Bank's High Schools Netball Carnival Report

On Friday 9 May, high school students from all around the Great Southern descended upon the Katanning Leisure Centre for the annual and highly popular Bendigo Community Bank's High Schools Netball Carnival. After meeting at 6.45am, twenty seven Years Eight to Twelve girls exited the College buses two hours later full of anticipation and keen to take on the opposition. We had three teams entered this year: one Lower School team made up of Year Eight and Nine students and two Upper School teams – one Year Ten team and a combined Year Eleven/Twelve team).



WHY TRUE GRATITUDE IMPROVES OUR LIVES

Teaching our children to say "thank you" is important, but truly instilling a sense of gratitude in them is another matter entirely. Gratitude goes beyond good manners - it's a mindset and a lifestyle.

Studies show that children who count their blessings reap concrete benefits, including greater life satisfaction and a better attitude about school.

Why is it important to cultivate an attitude of gratitude?

First of all, gratitude is healthy for us, adults and children alike. Cultivating gratitude increases happiness levels. Gratitude can also help individuals live happier, more satisfied lives and enjoy increased levels of self-esteem, hope, empathy and optimism. Children who practise grateful thinking have more positive attitudes toward school and family.

Gratitude gives perspective. When you take into account the sheer number of opportunities, privileges and material possessions most children enjoy through no effort of their own, it's easy to see why many of them feel entitled. After all, they get used to getting stuff without knowing or caring where it comes from. Practising gratitude, on the other hand, underscores the fact that all those toys and creature comforts don't just pop out of thin air. When children recognise that the things they own and the opportunities they have come from someone other than themselves, it helps them develop a healthy understanding of how interdependent we all are. Then they may be more inclined to treat others with genuine respect.

Gratitude improves relationships. Would you rather show up at work every day to colleagues who freely acknowledge and appreciate your contributions, or colleagues who take your efforts for granted with a perfunctory grunt of thanks? It's a simple principle: gratitude fosters stronger, more positive and more genuine relationships. Gratitude counteracts the 'gimmies'. Fundamentally, gratitude is about being aware of who or what makes positive aspects of our lives possible, and

College Notices

In the Lower School Girls Division, which had 20 teams competing, St Joseph's had a brilliant day out, winning all of their preliminary rounds to get through to the Divisional Final. Unfortunately, Bethel proved too strong in that final game even though it was hard fought until the final siren (Bethel did have some older students in the team due to allowances for smaller school populations). This team holds great promise for future carnivals in the years to come.

The Upper School Girls Divisions had 14 teams entered in the competition. St Joseph's College 1 (Year 11/12), although not having a highly successful day in terms of wins, equipped themselves well, showed improvement as the day progressed and had a great time. St Joseph's College 2 (Year 10's), with another two years in this division, had an excellent debut to this level, winning the last three of their six games after some very tight losses early in the day.



Congratulations to all girls on their commitment to the teams and their exceptional sportsmanship throughout the day.

A huge thank you to team umpires/coaches on the day: Sam Jones, Dani Lynch and Tracy Myers. Thanks also to Sam Jones and Trish Hines for assistance at trials and Maddy Jones for some early morning coaching. We look forward to the 2015 Carnival here in Albany.

Ms Kate van Hulssen - Physical Education Teacher

College Photo Day

Academy Photography will be at the College on Wednesday and Thursday 28 and 29 May (Week 5) to take school photographs. Please find below an outline of the scheduled times. Please note these times are subject to change. Order Envelopes have been sent home with students this week and students are required to bring their envelope on the day of their photo session, even if you are not placing an order.

Wednesday 28 May

8.30am	All Staff	Individual Photos
8.45am	Cunningham 2	Herb Wiegele
9.00am	Year 1 Blue	Eloise Wilson
9.20am	Kindergarten Blue	Deb Neil
9.40am	McCormack 2	Martin Long
10.00am	Year 1 Blue	Elizabeth Bain
10.20am	Pre-Primary Gold	Kelly Shepherd
10.40am	MORNING TEA BREAK	
11.00am	de Vialar 3	Julia Goodlad
11.20am	Ozanam 2	Richard Habal
11.40am	Year 7 Blue	Jane Bennett
12.00noon	Pre-Primary Blue	Jude Boston
12.20pm	Leaders (Junior and Secondary) Year 12, Year 12 Lifers, Liturgical Music Group, Leaders (Junior and Secondary)	
12.50pm	Family Photos (Junior School Only)	

acknowledging that. When children learn to think in those terms, they can be less apt to make mindless, self-centred demands. Plus, they begin to appreciate what they have rather than focusing on what they wish they had. Acknowledgement: Andrea Reiser (Principals' Digests Vol 19, 10)

P & F News

Book Fair

Scholastic Book Fair is only one week away. Children in Years One to Six will get to browse the books Friday afternoon 23 May. Parents and children of Kindy and Pre-Primary classes have been invited to come along during the Book Fair, Monday or Tuesday morning at 9/9:15am, to have a special look together. We hope to see you there.



Connor Bennett, Jessica Williams and Max Swarbrick are looking forward to the Scholastic Book Fair

Disco

Tickets for the Junior School Disco will be going on sale from Monday 26th May. They will be sold from our usual position outside the Early Learning Centre and are \$5 each. Glow products will be available to purchase on the night, along with drinks and snacks.

Canteen Help

The canteen are looking for volunteers to help out on a daily basis. If you can spare a morning, even just once a Term, it would be a huge help. Jan and Estelle have a roster up in the canteen, so pop in and see them - they would love to see you.

College Notices

1.15pm	LUNCH Break	
1.40pm	Kindergarten Gold	Deb Neil
2.00pm	Year 2 Gold	Lauren Clarke
2.15pm	Year 2 Blue	Alexis Mercado
2.40pm	Year 3 Blue	Colleen McGlade

Thursday 29 May 2014

8.30am	All Staff	Individual Photos
8.45am	Ozanam 3	Alberto Runco
9.00am	Ozanam 1	Paul O'Donnell
9.20am	McCormack 3	Robert Palmer
9.40am	Cunningham 3	Rita Mouchacca
10.00am	de Vialar 2	Michael Crowe
10.40am	Morning Tea	
11.00am	Year 4/5 Gold	Christine Palfrey
11.20am	McCormack 1	Andrew Cole
11.40am	Year 5 Blue	Jen Grimes
12.00noon	Year 7 Gold	Greg Cranwell
12.20pm	Lunch	
12.50pm	Family Photos (with Secondary Student)	
1.30pm	Cunningham 1	Kate van Hulssen
1.50pm	Year 4 Blue	Sharleen Cavanagh
2.10pm	Year 6 Blue	Paul Romeo
2.30pm	Year 6 Gold	Sue Scanlon
2.50pm	de Vialar 1	Glyn Benari

Junior School News

Kindergarten Celebrate Mothers Day

Mothers' Nights were held this week at Kindergarten for both Blue and Gold Groups. The children brought their mums to Kindergarten in the evening to spend some special 'one-to-one' time together. They were very excited to be at Kindergarten in the dark! The parents loved reading the stories their children 'wrote' about how wonderful their mum is and they loved the beautiful portraits drawn by each child. The students and their mums read stories together, played with blocks and other building activities. Some enjoyed creating lovely paintings with each other, or playing matching and counting games. Our 'hospital' play area was busy with many Mummy patients. The parents also had some fun chatting and catching up with each other without having to rush. Thanks to all those mums who came along for the evening and thanks also to the Kindergarten staff who volunteered their time to stay.

Mrs Deb Neil - Kindergarten Teacher



Thank you to those who came to our P&F meeting on Tuesday night.
Mrs Amanda Thompson - President

Parish Notices

Celebration of the Sacrament of Confirmation and Family Mass

Saturday 24 May 2104
6.00pm
Holy Family Church
All Welcome!

We hope to see you there.



THE CHAPLAIN'S CORNER

by Fr. Christian Saminal



This time, let me share with you the wisdom of Pope St. John Paul The Great on the Eucharist, which was taken from

his encyclical letter on the Eucharist:

"The Church draws her life from the Eucharist. This truth does not simply express a daily experience of faith, but recapitulates the heart of the mystery of the Church. In a variety of ways she joyfully experiences the constant fulfilment of the promise: "Lo, I am with you always, to the close of the age" (Mt 28:20), but in the Holy Eucharist, through the changing of bread and wine into the body and blood of the Lord, she rejoices in this presence with unique intensity. Ever since Pentecost, when the Church, the People of the New Covenant, began her pilgrim journey towards her heavenly homeland, the Divine Sacrament has continued to mark the passing of her days, filling them with confident hope.

Junior School News

Junior School Assembly

The next Junior School Assembly will be held on Thursday 22 May. Year One Gold and One Blue will both perform items. The Assembly starts at 9.00 am in the College Gymnasium.

NAPLAN

Congratulations to all Years Three and Five students for their efforts with the NAPLAN Assessment this week. Well done to Mrs McGlade, Mrs Palfrey and Mrs Grimes for the time and effort they have put into preparing the students. NAPLAN results will be posted to parents in the final week of Term Three.

In-Term Swimming Lessons

A reminder that swimming lessons for Years Pre-Primary Gold to Year Seven Gold begin in Week Five. Permission slips to participate and travel by bus have been sent home and need to be returned promptly. Please see your child's classroom teacher or Mr Morcom if you have any queries in regard to In-term swimming lessons.


Mr Jim Morcom - Acting Head of Junior School

Middle School News

NAPLAN

Congratulations to Years Seven and Nine students for the great effort with your NAPLAN Assessments this week. Your results will come later on in the year. In the meantime, keep up the good work.

Ms Sue Alderman - Head of Secondary



WANTED A DAD

To come with us on the
Year 8 Camp
23rd to 27th June 2014

Please contact Anna Palmer at the College
if you can help or if you would like more information.

Senior School News

Career Mentoring Programme

The Career Mentoring Programme commenced this week. Each Wednesday morning ten people from the Albany business community will volunteer their time to help St Joseph's College Year Ten students explore career options and prepare for what their future employers might expect from them.

Career mentoring at St Joseph's College is part of a programme funded and managed by the Great Southern Employment Development Committee (GSEDC), where each mentor brings their own specialist expertise to the task.

The Second Vatican Council rightly proclaimed that the Eucharistic sacrifice is "the source and summit of the Christian life". "For the most holy Eucharist contains the Church's entire spiritual wealth: Christ himself, our passover and living bread. Through his own flesh, now made living and life-giving by the Holy Spirit, he offers life to men". Consequently the gaze of the Church is constantly turned to her Lord, present in the Sacrament of the Altar, in which she discovers the full manifestation of his boundless love.

To contemplate Christ involves being able to recognize him wherever he manifests himself, in his many forms of presence, but above all in the living sacrament of his body and his blood. The Church draws her life from Christ in the Eucharist; by him she is fed and by him she is enlightened. The Eucharist is both a mystery of faith and a "mystery of light". Whenever the Church celebrates the Eucharist, the faithful can in some way relive the experience of the two disciples on the road to Emmaus: "their eyes were opened and they recognised him" (Lk 24:31)."

In this manner, we will do the same. We will respond with great enthusiasm to see Jesus in the Eucharist, and allow Him to stay with us, so that all of us may be beacons of God's love, and through us, we may share Jesus. Hence, we will be celebrating this mystery in our Class Masses, and invite everyone to recognise His presence in the Eucharist.

Senior School News

Mentors Richard Akubuiro, Lindy Burton, Lynne Bearcroft, Scott Leary, Jeremy Stewart, Morris Wilkinson, Clem Wright, Lisa Monaco, Grant Westthorp, Paul Terry and relief mentor Martin Anderson will be working weekly with groups of four to five students for ten weeks.

Mentor Jeremy Stewart said being involved in the GSEDC's career mentoring programme at St Joseph's College since it began five years ago had been a rewarding experience for him. "It is a wonderful opportunity to have a positive influence on young people's lives, whether it's teaching life skills, goal setting, employment skills or assisting them to make a contribution to society," he said. "The programme, supported by College Principal Bradley Hall's positive commitment, has given many local business people the chance to mentor students who will be future leaders of our community. It's a great way to give back and a very well-run programme that I am privileged to be part of."



Mrs Rosanna Page & Mrs Sally Pamburger (GSEDC) - Career & Enterprise Coordinator

2014 Youth Science Forum

Year Ten students attended the 'Science Rocks' Youth Science Forum at the Albany Town Hall today. The Forum gave the students the opportunity to explore the many career and learning paths in science by interacting with local scientists and witnessing a range of science demonstrations occurring in the Great Southern. The highlight of the Forum was listening to the 'Naked Scientist' Chris Smith about his experiences in science. Thanks to the Great Southern Science Council for organising the Forum and Mr Wiegele for supervising the students.

Mr Mike Crowe - Science Learning Team

Community Notices

Relationships Australia

Mums Raising Teen Boys @ The Dome Café Albany

Wed 4 Jun 9:00 am to 12:00 am Fee: \$15 p/p

As Mothers we need to have some knowledge of our son's world

Fly In Fly Out (FIFO) & Other Jobs @ Family House - North Rd

Fri 6 Jun 9:00 am to 11:30 am Fee: \$15 p/p (Concessions Avail.)

Tue 16 Jun 9:00 am to 11:30 am @ The Dome Café Albany

Explore the strengths and challenges of a FIFO relationship.

Epilepsy Action Australia Is coming to Albany

Thursday 5 June

10am - 12 noon

(Registration from 9.30am)

Lotteries House Building
211-217 North Road, Albany
Cost: Free (includes morning tea)

Bookings essential as places are limited:

Please email: epilepsy@epilepsy.org.au or call 1300 37 45 37



Talking to kids about changes to family structure - Issue 10.

It's important to tell your children that you and your partner will be separating as early as possible so they have more time to adjust to the change. Here is a suggested plan to help you talk to your children about separation.

1. **Decide when, where and how you are going to tell the kids.** Ideally, also decide ahead of time if you will tell the kids together or separately. Even if you don't have all the answers about what will happen next or how things will work, it's important to tell children what's going on before anything changes – and especially before one parent moves out. Sometimes it's hard when there's tension between parents, but this conversation can be easier to have if everyone is present. Parents can back each other up so children can see that both parents will support them even though their family structure is changing.
2. **Explain clearly, and in an age appropriate way, that you and your partner won't be together anymore.** Try not to blame the other parent or say bad things about them. Calmly explain that you won't be living together as a family anymore and how things will work in the future. Reassure children that even though you won't live together as a family, both parents still care about them and love them very much.
3. **Give children the opportunity to ask questions.** Children often want to know what it means for them and how things will be different. They might ask how they will get to school, whether or not they can bring things when they go to the other parent's new house and what will happen to family pets. Some children will want to know why their parents are separating or getting divorced. If this is the case, a calm, matter-of-fact response is often best. Before you talk to your children, consider planning how you will answer these sorts of questions.

And don't forget to manage your own stress. Strong feelings and mood swings are part of a normal reaction when you separate, so allow yourself time to come to terms with feelings of grief and loss.

You may also be interested in the KidsMatter resource on [When parents separate](#).

Winter Camps 2014

Footy Camp - School Years 9-11
9 July - 14 July

Camp vs Wild - School Years 8-10
13 - 18 July

Cooinda - School Years 5-7
7 - 12 July
To apply online, please visit:
www.suwa.org/camps

Soccer Camp - School Years 5-7
7 - 12 July 2014

White Water Rafting Camp - School
Years 10-12
7 - 12 July

Apply Now!
To apply online, please visit:
www.suwa.org.au/camps

Visit us on Facebook and like our page to get the latest updates on holiday camps.
www.facebook.com/suwacamps
Phone: 9371 9100

Leavers 2014

Scripture Union WA is offering school leavers three amazing camps in three great locations just for leavers!

Leavers Melbourne - 23-28 November
Leavers Ningaloo - 22-30 November
Leavers Esperance - 22 - 29 November

Apply online: www.suwa.org.au/leavers