

## NEWSLETTER No. 16 – Thursday, 4<sup>th</sup> June 2009

*“The simplest and most practical lesson I know... is to resolve to be good today,  
but better tomorrow. Let us take one day only in hand...”*

*Catherine McAuley (1778-1841) Foundress of the Sisters of Mercy.*

*Dear Parents, Students and Staff,*

*It has been the sort of week that we hope never to have to face. I appreciate the great support that we have received from our community – parents, staff, and our excellent networks. I really must commend our students on their conduct. They have been sensible and considerate. There is a strong sense of optimism in our community and a generosity of spirit in the finest tradition of Mercy.*

*I was fortunate last week to see our senior Drama students present their ensemble piece “Nearlywood”. The performance was very impressive and enjoyed by a small, but enthusiastic, audience. Congratulations to the students involved and their teacher Mrs Jade Kemp.*

*The Australian Ballet has also been in the College this week conducting workshops with our Dance students. The workshops appeared to be a roaring success and the students were able to produce very entertaining short pieces. The co-ordinator was most impressed with both our students and the Mercy Theatre and there are hopes that we may be able to host this type of activity again at a future date.*

*Year 8 students have returned from a very successful camp in the Grampians. I mentioned last week how much the students were enjoying the challenging activities. I want to recognise the significant contribution our teaching staff make to such events. Not only do they volunteer for these duties, but they do so willingly and enthusiastically. I pass on my thanks to these teachers and other volunteers who allow such camps to occur.*

*Mr Darren Atkinson, Principal*

### PRAYER

#### **PENTECOST - THE COMING OF THE HOLY SPIRIT - THE BIRTHDAY OF THE CHURCH**

After the death of Jesus, the disciples went into hiding, too afraid to speak about the Good News that Jesus had shared with them. When the Spirit came on the day of Pentecost, they experienced a dramatic transformation. It was as if they finally understood the complete message that Jesus had taught them about the love that God has for all, as expressed in the life, death, and resurrection of Jesus. All people are called to share in this awareness of the love of God in our lives.

*Spirit of God, transform our lives just as you transformed the lives of so many on that first day of Pentecost. May we be freed from fears that so often restrict us as individuals and as a community. Rekindle our understanding and passion for the Good News of Jesus Christ, so that our words and actions may bring positive transformation to the lives of others, particularly our families and school community. Spirit of God, transform us. Amen.*

### IMPORTANT DATES - ADVANCED NOTICE

Thursday, 11<sup>th</sup> June – VCE General Achievement Test (GAT) – **No VCE classes on this day.**

Friday, 12<sup>th</sup> June – Report Writing Day (**Student Free Day**).

Monday, 22<sup>nd</sup> June to Friday, 26<sup>th</sup> June – Year 12 Retreat (Anglesea).



## YOUTH ALLOWANCE

The College Advisory Council has decided that they would like to express their reservations about the proposed changes to the eligibility criteria for Youth Allowance. There is concern that rural students will be disadvantaged with the changes and choose not to continue with tertiary studies. A letter will be drafted to go to the Federal Member for Mallee, Mr John Forrest. There is information on Mr Forrest's website as to his position on this matter: <http://www.jforrest.com/news/default.asp?action=article&ID=790>. Senator Sarah Hanson-Young is also very active on this issue, including a petition: <http://sarah-hanson-young.greensmps.org.au/>.

*Mr Darren Atkinson, Principal*

## ADVICE FROM THE CATHOLIC EDUCATION COMMISSION OF VICTORIA RE: H1N1 INFLUENZA

As parents would be aware, there are currently a number of confirmed cases of H1N1 Influenza (Human Swine Flu) in Victoria. Appropriate measures are being taken in relation to these cases. Specific concerns from parents about H1N1 Influenza can be referred to any of the following:

- The Swine Influenza Hotline - 180 2007
- Nurse-on-Call - 1300 606 024 - for expert health information and advice (24 hours, 7 days)
- Your doctor (GP) - if you have an influenza-like illness (fever, cough and fatigue) and have travelled to the United States, Mexico, Panama, Japan or Canada in the past seven days.

Families should continue with standard good general health hygiene practices, such as ensuring your son/daughter undertake regular hand washing and

cover their nose and mouth if sneezing and coughing.

This practice is being reinforced with students while at school. If your son/daughter is unwell, you should seek medical attention and avoid public places and close contact with others.

The Department of Human Services is also asking parents of students returning from USA, Canada, Japan, Mexico and Panama to voluntarily keep their son/daughter home for seven (7) days from arrival back in Australia. This is a precautionary measure to assist in managing the further spread of the virus.

## RELIGIOUS EDUCATION COMMUNITY SERVICE

Last week, students in Year 11 collected for the Salvation Army Annual Appeal by door knocking in the Mildura area. This was an opportunity to support local social justice networks and complemented our work with Mercy and other Catholic agencies in supporting the needy. The collection was extremely successful, with \$986 raised. Students approached the task with enthusiasm. This is the same support that we have received from families and students all year with various projects such as Project Compassion for Caritas. Next term, we will have the opportunity to learn about and support Mercy Works projects within and beyond Australia. These experiences reinforce our key Mercy values of Compassion, Service and Justice.

*Mr Tony Finn, Director of Religious Education*

## VIBE ALIVE FESTIVAL - MILDURA

**JULY 29<sup>TH</sup> & 30<sup>TH</sup>**



The VIBE Alive Festival will again be held in Mildura as one of the five sites selected throughout Australia. The venue is the Two Rivers College - TAFE grounds on Benetook Avenue. This is really exciting news for our community. The festival is run as a competition between male or female teams over four levels; junior years 5 & 6, middle years 7 & 8, high years 9 & 10 and senior years 11 & 12. Last year we entered one middle level girls team in the festival and they were successful winning a first (see photo). This year we hope to send four teams; two middle level girls teams, one high level girls team and a high level boys team. A team is made up of a minimum of 8 members, maximum of 12. The team that achieves the most points throughout the festival wins the festival trophy.

I have again volunteered to be on the local committee to assist with organising the festival and there is a lot of motivation and enthusiasm amongst the committee members. If you are interested in helping with sponsorship, donations or volunteering for the two days of the festival

providing support for the students, contact Melissa Park by email on [melissa@outthereproductions.com.au](mailto:melissa@outthereproductions.com.au) or phone 1800 623 430 or contact: Gloria Clark, Mildura Rural City Council on 5018 8100.

You can read more about the festival on the VIBE website <http://www.vibe.com.au>

*Mrs Kay Turvey, Koorie Educator*

## BINGO

### THURSDAY, 25<sup>TH</sup> JUNE

Julieanne Rigby	5023 2776
Debra Williams	5023 4704
David Anderson	0427 247 248
Steve Jensen	5023 7208
Emergency: Veronica Kidd	5021 3019

## URSULA FRAYNE CENTRE

### SOME ADVICE FROM ASSOCIATE

#### PROFESSOR DAVID BENNETT,

#### THE HEAD OF ADOLESCENT MEDICINE AT THE CHILDREN'S HOSPITAL, WESTMEAD

Bennett advises people dealing with teenagers; not to lecture or have too many deep and meaningful conversations with them. "*Do things which are fun and things which don't involve eye contact,*" he says. "*I tended to talk to my kids while we were washing up. Sitting down at a table and saying 'Let's talk' is a real turn-off.*"

He suggests parents keep things in perspective, turn a blind eye to messy rooms and pierced navels for example, and concentrate on safety issues. "*There are some unwinnable conflicts, mostly over fashion, but things to do with safety, such as drink driving, should not be negotiable,*" he says.

"*Parents should not lose sight of the (ultimate) goal, which is to create a good person who is self-reliant and decent.*" Research shows that the sort of parenting that works best across all socio-economic groups is authoritative parenting, which has three components:

- be warm, nurturing and responsive
- be firm and demanding of maturity
- and foster and encourage psychological autonomy.

"*If parents are not prepared to be authority figures, they are disadvantaging their children,*" Bennett says.

### HANDLE WITH CARE

- Love your children.
- Respect them, but demand respect back.
- Set boundaries and stick to them.
- Encourage self-reliance.
- Don't overindulge.
- Have proper conversations - don't make them all deep and meaningful.
- Don't lecture or overreact.
- Tailor your approach to the individual.
- As far as possible, know where your children are and who they are with.
- Keep in touch with the parents of their friends and with teachers.
- Do things together that are fun.
- Don't take things too personally.

## LOCAL EXCURSIONS

### **Tuesday, 9<sup>th</sup> June**

**Periods 6 & 7** MWS081E to Round Again (Mrs Knight)  
MWS081C to Botanical Gardens (Mr McCormack)  
PEDSK03 to Sunraysia Ten Pin Bowl (Ms Howley)  
MWS081E to Princes Court (Mr Towns)

**Period 7** ENG071C to MRCC Library (Ms Appleby)

**Periods 2 & 3** PEDSK0A to Sunraysia Ten Pin Bowl (Mr Collins)

### **Friday, 12<sup>th</sup> June**

**Periods 2 & 3** PEDSC0A to Sacred Heart Primary School (Mr Ficarra)

## ROWING - SCHOOL HOLIDAY PROGRAM

**29<sup>TH</sup> JUNE - 10<sup>TH</sup> JULY 2009**

The Mildura Rowing club is embarking on a new school holiday rowing program and is inviting students from St Joseph's College to participate.



The program is designed to introduce rowing to students over an intense two week 'Learn to Row' program and will cover some basic components including water safety, rowing skill/techniques, general fitness and teamwork.

The course will be conducted at the Mildura Rowing Club premises at Hugh King Drive, Mildura and will consist of two 90 minute sessions in each week of the holidays. The cost is \$20.00 per student for the two weeks. This will cover the use of the rowing boats and equipment, club facilities and qualified rowing instructors.

The Mildura Rowing Club intends to run the program again during the September holidays in the hope to then introduce a schools rowing program to commence in 2010.

If you are interested please contact Mr Josh McCormack or Ms Karyn Cross at the College via email [sport@sjcmda.vic.edu.au](mailto:sport@sjcmda.vic.edu.au).

## SACRED HEART TENNIS CLUB



There will be Tennis held for all Juniors this **Saturday, 6<sup>th</sup> June** and for all Seniors on **Sunday, 7<sup>th</sup> June** at the Aero Courts. For more information, contact Merle Watson on 5023 2883.