

## NEWSLETTER No. 28 – Thursday, 10<sup>th</sup> September 2009

*“We belong to God; all in us is His”*

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

Dear Parents, Students and Staff,

Last Friday and Saturday evening, full houses were privileged to witness what can only be described as a professional standard Musical Production. The students excelled in their singing, dancing and musicianship and the costumes were simply stunning. They were memorable nights for all present and it was an outstanding inaugural production – the first of a long tradition I hope. There were many staff involved, in fact eighty per cent contributed in some capacity, which is a great display of our community spirit. However, I must acknowledge the three key people driving the production – Andy Higgins (Producer), Janine Kerr (Choreography) and Nicholas Jack (Music).

Congratulations to the students who participated for their dedication and energy. You should feel very proud of your achievement.

*Mr Darren Atkinson, Principal*



### IMPORTANT DATES

#### UPCOMING EVENTS

**Friday 11<sup>th</sup> September -**

Staff Professional Development

Day/College Ball (**Student Free Day**)

**Tuesday 15<sup>th</sup> September -**

CAS Athletics (Melbourne)

**Thursday 17<sup>th</sup> September -**

College Mass (Sacred Heart Church)

**Friday 18<sup>th</sup> September -**

Last Day Term 3 -

2.30pm finish

**Monday 5<sup>th</sup> October -**

Term 4 Commences

## ST JOSEPH'S COLLEGE BALL

The 51<sup>st</sup> Annual College Ball will be held at the St Joseph's College Stadium tomorrow evening (11<sup>th</sup> September). We celebrate a great tradition on this evening and wish to maintain a standard that honours our rich heritage. The Ball will commence at 7.30pm and finish at 11.30pm.

## SMS ATTENDANCE ALERT

We are in a position to use the convenience of SMS technology to notify you of unexplained student

absence and will commence to do so on Monday. Our student attendance software will deliver an SMS message to your mobile if your son/daughter has been marked absent in Periods 1 to 3 each morning without parental notification to explain the absence. It is essential that we have a valid mobile number on our database, so if you have changed number recently please contact the office to correct your details.

*Mr Darren Atkinson, Principal*

## LOCAL EXCURSIONS

### Monday, 14<sup>th</sup> September

HUM072E,C Year 7 Hattah  
Excursion (Mrs Knight, Miss Jones,  
Mr McBride)

Period 2 & 3 MAT222A to Buronga Primary  
School (Mr Eddie)

Period 4 & 5 RELV22A to Buronga Primary  
School (Mr Eddie)

### Tuesday, 15<sup>th</sup> September

HUM072M,Y Year 7 Hattah  
Excursion (Mr Collins, Mrs Mack,  
Mr McBride)

Period 2 & 3 HUM082C to CBD (Mrs  
Chamberlain)

MATF02C to Tile Centre/Clive  
Peters (Mrs Knight)

Period 4 & 5 PEDOE0E to Apex Park (Mrs Pike)  
POD111A to Waves (Mr Reece)

### Wednesday, 17<sup>th</sup> September

HUM072R Year 7 Hattah  
Excursion (Mr Reece, Miss Jones,  
Mrs McKeever)

Period 1 & 2 REL072C, REL082D to Sacred  
Heart Church (Mr Aston, Mr Finn)

Period 2 & 3 POD111A to Waves (Mr Reece)

Period 4 & 5 ACC222A to TAFE (Mr Opie)

### Thursday, 17<sup>th</sup> September

Period 4 & 5 RELV22A to Buronga Primary  
School (Mr Eddie)

Period 6 & 7 ECO2222A to TAFE (Mr  
O'Connor)

MAT222A Buronga Primary  
School (Mr Eddie)

### Friday, 18<sup>th</sup> September

Period 2 & 3 RELVL2A to TAFE (Mr Eddie)

Period 4 & 5 PEDOE0B to Aero Ovals (Mr  
Doyle)  
LST222A to TAFE (Mr Opie)

## BINGO

### THURSDAY, 17<sup>TH</sup> SEPTEMBER

Sally Crothers	0418 145 821
Kiri Fillery	5022 2034
Cameron Crothers	0418 145 867
Ashley Munro	5025 3305
Emergency: Narelle Gallagher	5024 7136

### THURSDAY, 24<sup>TH</sup> SEPTEMBER

Catherine Healy	0437 936 276
Suliana Mataele	0448 658 687
Ken Knight	5025 7111
Neil Bradford	0427 947 650
Emergency: Chuck Audino	0427 686 405

## WHOLE SCHOOL PROFESSIONAL DEVELOPMENT DAY FRIDAY, 11<sup>TH</sup> SEPTEMBER

### LITERACY FOR ALL!

*A professional learning forum for all teachers  
at St Joseph's College, Mildura  
Friday, 11<sup>th</sup> September  
(Student free day)*

On **Friday, 11<sup>th</sup> September (student free day)** all teachers at St Joseph's College will partake in a professional development program that looks at "Literacy across the curriculum". Teachers will be concentrating on raising achievement through whole school literacy development. This is an area which all teachers are responsible for and I am hopeful that from the days efforts, teachers will walk away armed with an understanding of just what this means and some practical strategies that will assist them to deliver content that meets the literacy needs of students at St Joseph's College.

*Mr Greg Kluske, Director of Curriculum*

## LOVE DRUNK

On **Wednesday, 7<sup>th</sup> October** all Year 9 & 10 students will be involved in 'Love Drunk', a harm minimization program for upper secondary college students. 'Love Drunk' is a fast paced, action packed theatre performance with live singing/rap, break-dancing and lots of laughs. It explores an incident of sexual assault between three teenagers. More information will follow in future newsletters.

*Mr Kevin Towns, Deputy Principal*

## MEDIEVAL DAY REPORT

On Thursday, 27<sup>th</sup> August Year 8 students spent the day learning about medieval history. Throughout the day, students learnt about three different groups of people who lived in medieval times: upper class, peasants and middle class.

*Upper class:* like battles and dancing.

*Peasants:* these people had a hard life working all day and if their crops failed, they wouldn't have much money for the year, but they also had a good life. They had about 125 days off throughout a year. Sometimes they got paid more than the people in middle class.

*Middle class:* some middle class people didn't make as much money as the peasants. The first son in the family would get everything and the others had to prove themselves to their fathers.

At the end of the day students played games of tug-of-war and viewed different types of fights and how different types of armour could save your life.



Carlee Anesbury, HXA01



## CAREERS INFORMATION

### CIVIL ENGINEERING INFORMATION EVENING

Ever considered becoming a civil engineer? Want to study a course that leads to many employment opportunities? An invitation is extended to prospective students and parents to learn what a civil engineer does and how to become one, what scholarships are available to assist with costs while studying and the employment opportunities available after graduation. Practising engineers from GHD and Connell Wagner, as well as a representative from La Trobe University Civil Engineering will be in attendance to give their perspective and to answer questions.

**WHERE:** Brian Grogan Lecture Theatre, La Trobe University, Mildura Campus, 471 Benetook Ave, Mildura.

**WHEN:** Monday, 14<sup>th</sup> September, 7.30pm until 8.30pm.

## A THOUGHT FROM THE URSULA FRAYNE CENTRE

### TOP TEN WAYS TO SUPPORT SOMEONE IN BEING THEIR BEST

BY MICHAEL ANGIER

One of the greatest responsibilities we have is to support ourselves and others in living at our highest and best. Whether we're parents, partners, friends or leaders, it's incumbent upon us to help others to live as close to their unique potential as we can.

With everything we say and do, we're influencing, positively or negatively, the people we care about. The ideal is to do this with consideration and intention. Here are ten ways you can help others see and realize the best that's within them.

1. **Believe in Them:** We all have self-doubts from time to time. Our confidence is shaken. We lack the faith in our talents and skills to go for an important promotion or launch a new initiative. Having someone believe in you at these times is priceless. The stories of great men and women are saturated with examples of someone who believed in them even when they didn't fully believe in themselves.
2. **Encourage Them:** "You can do it. I know you can." These are words that are all-too-infrequently voiced. Sincere encouragement can go a long way in helping someone stay the course. The more specific you are, the better the results. "I remember when you got through your slump last year and ended up winning the sales contest. I'm willing to bet that you'll do even better this time."
3. **Expect a Lot:** We're often told not to get our hopes up. We're encouraged to have *realistic* expectations. But when it comes to helping others operate at their best, we sometimes have to up-level our expectations. This can

- be taken to extremes, but there are many times when a teacher, a parent or even a boss has required more of us than we thought we were capable. And we've risen to the challenge which enabled us to see further than before.
4. **Tell the Truth:** And tell it with compassion. We often avoid telling the hard truth because we don't want to upset anyone. We want to be *nice*. But telling the truth is a loving act. You may be the only person who can or will say to another what needs to be said. And you can confront someone without being combative.
  5. **Be a Role Model:** One of the best ways we influence is by our own actions. Who we are speaks much more loudly than what we say. Don't think that people aren't watching you. They are. And they're registering everything about you consciously and unconsciously. We automatically emulate our role models. And we're all role models to someone so let's be good ones.
  6. **Share Yourself:** Too often, we miss the value of sharing our failings. We don't want to be vulnerable so we hold back. In doing so, we deprive others of our experience, our learning and our humanity. When you share from your own experience, especially your failures, you increase empathy, you're more approachable and you increase your relatability to others.
  7. **Challenge Them:** The word "*challenge*" has some negative connotations. The meaning we're using here is, "*a test of one's abilities or resources in a demanding but stimulating undertaking.*" We all need to be challenged from time to time. Doing it for another is an art form. Go too far and it will backfire. Go too easy and you will appear patronizing. Remind people of their commitment to being their best and state your challenge. "*I challenge you to overcome these unimportant opinions and get on with the real task at hand, get the job done, make the commitment, etc.*"
  8. **Ask Good Questions:** A good therapist or coach doesn't tell their clients what to do. They ask good questions in order for the client to understand themselves better, to get clear on what the issue is and from there to make good choices. You can do the same. By asking elegant questions, you cause people to think and come up with solutions. They'll appreciate it.
  9. **Acknowledge Them:** You find what you're looking for. If you're looking for the best in someone, you'll see it. If you're looking for their failings, you'll see those. Catch people doing things right and tell them. When we acknowledge the good deeds of others, they tend to do more of them. Write a note. Send a card. Give them a call. Praise them in front of others.
  10. **Spend Time With Them:** We love what we give our time to. By devoting your most precious resource (time) to another individual, you're showing them that you truly value them and your relationship with them. Invest time in your relationships; it's what life is made of.

## PRAYER

Recently there was a report that showed that the number of marriages is on the increase and the number of divorces is on the decrease. What does this mean for the way that family is seen in our society? How do we support families when they are in need of special help? Relationships are complex realities trying to make varying personalities, circumstances, hopes and challenges fit together. Our prayer is for families, parents and children, as we face these challenges and celebrate the daily moments that make each relationship unique.

*Father of all, Son of the Father, Spirit of love binding and expressing the love of the Trinity,  
We pray for all families in our College community that we will always act with consideration  
of the needs of each other.*

*We pray for the wisdom to know how to enhance the dignity of each family member,  
even when conflict and tension are present.*

*We give thanks for the gifts that each family member brings to the family unit,  
and pray that we will always work to build our families in the image and likeness of the  
love shown in the life of Jesus.*

*We pray especially for healing for those who are struggling with broken relationships.  
May we be those who bring comfort to those who mourn the loss of close relationships.  
As the Father, Son and Spirit are one, we pray that we will build these bonds in our families.  
Amen.*