

## NEWSLETTER No. 31 – Thursday, 15<sup>th</sup> October 2009

*“Don’t let crosses vex or tease - Try to meet all with peace and ease.”  
Catherine McAuley (1778-1841) Foundress of the Sisters of Mercy.*

Dear Parents, Students and Staff,

Planning for 2010 is in full swing at present and we have commenced the process of working student subject choices into a viable timetable. When this timetable is finalised, we will be able to distribute booklists to families with the details of the materials required for next year. This process will occupy the next month. We have experienced healthy levels of enrolment to date and this has created an opportunity for another class to be added at both Year 7 and Year 8 for 2010. While this will allow the core groups sizes to be a little smaller, we also now have a limited number of vacancies open at both Year 7 and Year 8. If you are aware of family or friends who believed they had missed the deadline for enrolment, please inform them that it is worth making an enrolment enquiry as soon as possible if they would like to secure a place.

Mr Darren Atkinson, Principal

### STAFF PROFESSIONAL DEVELOPMENT – MILDURA SHOW DAY (OCTOBER 16)

Tomorrow is a professional development day and students are not required to attend school. The focus of the day is Religious Education and staff will participate in a range of workshops related to Scripture; Catholic Liturgy; the Mercy story; and the research findings of Dr Tony Finn on attitudes towards Religious Education. The other presenters include Fr John McKinnon, Fr Matthew Thomas and Mrs Denise Knight. These types of professional learning days are very important to our staff as we re-examine our core purpose as a Catholic School.

### NATIONAL SCHOOL PRIDE PROJECT

Work commenced this week on the redevelopment of the undercroft area of SJC Stadium as part of the Australian Government Building the Education Revolution National School Pride fund. The area will be redeveloped for fitness/gym activities and will also be made into a passive recreation and eating space for students at the Stadium. Building works are being undertaken by King Construction.

### REMEMBRANCE DAY

The Hon. Ken Wright of the Mildura RSL WW1 Memorial Steering Committee has invited St Joseph’s College to participate in a Dedication Service on Remembrance Day. To better understand the role of past students of the College in WW1, we are seeking assistance from families who know that their forebears were students of St Joseph’s College and servicemen or women in The Great War. We are particularly interested in those who made the ultimate sacrifice and did not return from war. Sadly, records of the early years of the College cannot be found and students of History are undertaking research to see what they can discover from this period. Should you have any information that may be helpful please contact History Teacher, Miss Belinda Quick, at the College.



### YEAR 8 LOTE SELECTIONS

Year 8 families were requested to return a form by last week indicating if their son/daughter intended to continue with the study of Italian in 2010. There are still many forms to be returned and this delays our planning. Please return this form by Monday. Any students without a nomination submitted at this time will be allocated to Mercy Works.



## AUSTRALIAN BUSINESS WEEK

It was a pleasure to participate in the presentation evening on Friday for the Year 11 Commerce students who had participated in this years' ABW at Sunraysia TAFE. The presentations of each of the student teams were of a very high standard. Thanks to SuniTAFE for hosting the event and very generously allocating resources to its success. I also appreciate the many business mentors and guest speakers who volunteered their time and business expertise to the student teams. Congratulations to Miss Paula Cox, Mrs Andrea Chamberlain, Miss Edwina Jones, Mrs Julia Lewis and Mr Dave Eddie for co-ordinating another very successful event.

## RIVER HEALTH CONFERENCE

Year 8 students, Joshua Galbraith and Joseph Sheahan, have been invited to join a team from Sacred Heart Primary School to attend the Murray Darling Basin Commission International River Health Conference in Canberra, ACT from the **17<sup>th</sup> to 21<sup>st</sup> October**. Our student's presentation titled: "*It's a balancing act*", will be presented to other young people at the Conference. We wish the boys every success with this great opportunity.

*Mr Darren Atkinson, Principal*

## PLEASE NOTE: OFFICE CLOSURE

The St Joseph's College office will be closed on **Friday, 16<sup>th</sup> October** until 12.30pm due to Staff Professional Development.

## DEPUTY PRINCIPAL REPORT

In these last two weeks, many of our students from Year 7-10 had the opportunity to attend performances and forums related to mental wellbeing as part of Mental Health Week. People would have noticed an increasing awareness in society that many of our social concerns relate to wellbeing. Happy people tend to lead more fulfilled lives and cause fewer disharmonies to others.

Our modern society may be making it harder for people to live happy and harmonious lives and there are a number of initiatives in the wider society such as Beyond Blue which encourages those suffering depression to seek support. Many of the programs at the College are designed to encourage wellbeing and to support those who suffer circumstances which effect mental wellbeing. We hope that our students are having a school experience which is enhancing their wellbeing and happiness, but in order for us to do better, we will be asking a sample of parents, students and staff to complete a survey in the coming weeks. If you receive an invitation to complete a "MindMatters Survey", I encourage you to take the time to complete the survey as honestly and fully as you can. All information is collated anonymously but will be of great benefit to the MindMatters Committee who will use the data to consider our approaches and programs for the future.

*Mr Kevin Towns, Deputy Principal*

## RELIGIOUS EDUCATION

Last week, we spoke about the need to engage parents in Religious Education, but what does this really mean for working parents who are struggling to find time to read the daily paper let alone try to keep up with information about what is happening in the Religious Education classroom of their child? Local research shows that parents care a lot about what is being taught in RE, Art, PE, Biology, etc but these parents expect that the teachers know what they are doing and trust teachers to play their part in helping students to build skills and understanding in various subject areas. The issue in terms of building relationships between parents and the school is how best to enable communication between parents and teachers about Religious Education.

Parents said that they value the newsletter as a means of communication, both in electronic and hard copy, for the desktop at work and for the fridge at home. With this in mind, we offer an overview in this newsletter of what is happening in the College this term. Our hope is that you take a moment to discuss with your children what is being covered in the various topics listed for year levels. If you can get past the initial monosyllables offered as answers, there might be some very good insights into how RE is trying to broaden the thinking of students as they grow into the challenge of building an identity. This challenge is much greater than was the case for many parents, for whom the identity was more clearly defined by family traditions and religious values and beliefs. Children today are required to navigate a minefield of options and opportunities, often conflicting values, which create many questions, but few clearly defined answers. As parents, you have the privilege of being co-travellers with your children as this journey winds through the teenage years.

So what is happening at St Joseph's College in the Religious Education curriculum this term in Years 7 and 8? *Next week we will look at Years 9 and 10.*

**Year 7:** Finishing off a unit on Jesus and his mission to encourage a Kingdom of justice and peace so as to enable respect for others as a sign of the love of God in the world. This is to be accompanied by a unit on identity and relationships in which students are encouraged to see their potential as people in community who build a better world for others and the future, as co-creators with God. This will lead into a unit on Advent and Christmas; in which Christmas won't be found in shopping catalogues, but will be presented as part of story of a God who so loved the world that he came into it to share its joys and pain. This is a God of giving - the true spirit of Christmas.

**Year 8:** The unit 'Jesus the Human Face of God' aims to help students to understand Jesus as a human man, who lived an ordinary daily life in Nazareth and surrounding areas, probably as a carpenter as his father was. This Jesus was moved by compassion for others, enjoyed the company of his friends, and finally had to face the challenges and consequences of remaining true to him and his mission. This very human Jesus was once a young

person like these students. Students will then investigate some of the different religious traditions in our society including the ancient Aboriginal faith and the traditional Jewish and Islamic faith traditions. The other unit this semester will be related to Christian Decision Making. Students will explore the realities of making decisions which lead to varying consequences. This unit challenges the idea that all values are equal, by helping students to value decisions that lead to positive outcomes for others rather than simply for self. Traditional Christian principles such as the Commandments are used as guidelines for making decisions and for evaluating the outcomes of decisions. Parents were very strong in their support for Religious Education to address morality and decision making skills.

Supporting these classroom programs has been Mercy Works, in which students have been engaged in community projects such as planting salt resistant bushes in wetlands to improve water quality and to enhance the natural beauty of the area; mural painting to provide positive messages for the student community within the College; working with primary students to build self-esteem and to assist their learning and working at the Botanical Gardens to build a community facility to encourage peaceful reflection and to provide space and time to stop and 'smell the roses' and many other plants.

Year 7 and 8 are also attending the parish Masses to interact with local parish members and to grow an understanding of a living faith life beyond the College. Parents have expressed a desire for students to know about parish life, even if this is difficult for many families to share with their children.

*Dr Tony Finn, Director of Religious Education*

### END OF YEAR MASS AT THE ST JOSEPH'S COLLEGE STADIUM

**FRIDAY, 20<sup>TH</sup> NOVEMBER**

The final Mass for 2009 will be an opportunity for parents, families and friends to show their prayerful support for our students, especially our departing Year 12 students. This Mass, which will be co-ordinated by Xavier House and Mr Doyle, will be an occasion to gather as a College community in prayer and celebration for the gifts that have been evident in our lives in 2009. Parents of all year levels are invited. We ask that you inform Mrs Tracy Aston at the College of numbers attending, so that suitable seating arrangements can be prepared. This Mass is usually a time for Year 12 parents to reflect on the journey of their children through school and to pray for them as they venture on to new studies or employment in the future. If you have elderly or persons requiring special arrangements please also advise Tracy. Again, this liturgy reinforces the parents' response that they wished to have their children exposed to and come to value, Christian liturgy and prayer.

*Dr Tony Finn, Director of Religious Education*

### 2009 MERCY SCHOLARSHIP

Applications are currently being taken from **Year 11 students** for the 2009 Mercy scholarship.

The purpose of the scholarship is to foster leadership in Mercy tradition. The successful recipient will be a student who demonstrates the following criteria:

- Exercise genuine concern for others
- Promote school spirit
- Be active in their involvement with fund raising and assistance for others less fortunate
- Be involved in community service and activities
- Take a stand on human rights

Applicants must present a written application (200 words), outlining how they meet the criteria, no later than **Monday, 26<sup>th</sup> October** to Mrs Knight.

*Mrs Denise Knight, Mercy Ethos Coordinator*

### LOCAL EXCURSIONS

#### Monday, 19<sup>th</sup> October

**Period 4 & 5** RELV22A to Buronga Primary School (Mr Eddie)  
**10.30 - 12.30** Meals on Wheels - *selected students* from HMC10

#### Tuesday, 20<sup>th</sup> October

**10.30 - 12.30** Meals on Wheels - *selected students* from HMC04

#### Wednesday, 21<sup>st</sup> October

**Period 2 & 3** PEDOB0B to Lock 11 (Mr Ficarra)  
**Period 6 & 7** GEO222A to CBD (Mr Liepins)  
**10.30 - 12.30** Meals on Wheels - *selected students* from HMC11

#### Thursday, 22<sup>nd</sup> October

**Period 2 & 3** MWS082E to Botanical Gardens (Mrs Knight)  
MWS082C to Etiwanda Wetlands (Mr Finn)  
**Period 4 & 5** RELV22A to Buronga Primary School (Mr Eddie)  
**Period 6 & 7** GEO222A to CBD (Mr Liepins)  
**10.30 - 12.30** Meals on Wheels - *selected students* from HMC03

#### Friday, 23<sup>rd</sup> October

**Period 4 & 5** PED0B0B to Apex Park (Mr Doyle)  
**10.30 - 12.30** Meals on Wheels - *selected students* from HMC08

### BINGO

#### THURSDAY, 29<sup>TH</sup> OCTOBER

Kara Toms	0414 778 178
Pam Gooding	0400 277 995
Craig Stanbridge	5021 1417
Richard Bryans	5024 7800
<i>Emergency: Di Eagle</i>	5024 2667

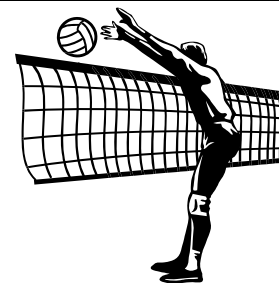
#### THURSDAY, 5<sup>TH</sup> NOVEMBER

Margaret Burton	0409 502 414
Sally Fishwick	5024 7299
Robert Burton	0409 502 414
Ron Leamon	5022 1904
<i>Emergency: Alan Cameron</i>	0429 201 326

## AUSTRALIAN VOLLEYBALL ALL SCHOOLS CUP 2009

This year St Joseph's College will be sending four teams to the Australian Volleyball All Schools Cup in Melbourne. Well over 300 teams from over Australasia participate in 3 divisions. The tournament provides a professionally run event for students to play and develop and is also a key platform for national selectors to identify juniors who may, through their skills or simply their physique, be earmarked for future development.

We are very fortunate to have Davison Ford on board as a sponsor this year and into the future. Their generous support will enable us to maintain the same costs as last year, yet improve our accommodation; ensuring the players are well relaxed and recover thoroughly during an exhaustive week.



This years teams are:

### JUNIOR GIRLS:

**Coach:** Allan Hassell

Tanzina Kazi	Bridie Atkinson	Zoe Scott	Chloe Fraser	Alexandra Antonysen
Jemma Barry	Gemma Cesco	Emily Carmichael	Katerina Stephens	Emilie Dyson-Berry

### JUNIOR BOYS:

**Coach:** Paul Freckleton

Nai Mataele	Lachlan Cumming	Christian Sullivan	Liam Hermans
Willison Poto	Joseph Nguyen	Tyson Woolcock	Liam Galbraith

### SENIOR GIRLS:

**Coach:** Ian Smith

Cara Meyer	Ingrid Bergens	Stephanie Strange	Lauren Dyson-Berry	Alexandra Pettigrew
Nikita Scott	Elly Davison	Stella Cox	Emma Sanderson	Lucy Timmons

### SENIOR BOYS:

**Coach:** Brad Hassell

Daniel Slorach	Ashby Smith	Sam Dawson	Riley Harper
Zach Kelly	Matt Donaldson	Tim Rowland	Ryan Neyland

Congratulations to all these students!

It has been a long and thorough selection period and I hope that those players who did not make this year's squad try out again in the future, or come down to the St Joseph's College Stadium on a Monday night and enter into the social competition that is running at present.

*Mr Ian Smith, Coach*

## CAS ATHLETICS

On Monday 14<sup>th</sup> September, nine students travelled to Melbourne to compete at the Catholic All Schools Athletics Championships. The carnival was held at Melbourne Olympic Park and showcased the best athletes from over 30 Catholic schools from all over Victoria. The College had some fantastic results with Sophie Fox, Alexandra Theodoulou, Lucy Sanderson, Claire Zeppel, Ashby Smith and Miles Leamon achieving personal best times in their events. Some outstanding results were:



**Rohan Broadhead**

- 1<sup>st</sup> in Triple Jump with a jump of 11.92m
- 2<sup>nd</sup> in Discuss with a Throw of 30.29m
- 4<sup>th</sup> in long jump with a jump of 5.85m

These results placed Rohan equal second in the 16 Year age group.

An extraordinary result.



**Miles Leamon**

- 8<sup>th</sup> the 100m final in a time of 12.92 in the 15 Year Boys age group



**George Hancock**

- 3<sup>rd</sup> in Javelin with a throw of 39.76m in the 17 to 21 Year Boys

Well done to all athletes who represented the College with pride and distinction.

*Mr Josh McCormack, Sports Coordinator*

**A THOUGHT FROM THE  
URSULA FRAYNE CENTRE**

**LIVING WITH TEENS PART 1**

Adolescence can be a challenging time for young people and their families. Your teenager is going through rapid physical and emotional changes and parents and teenagers must both make changes in their relationships to adjust to this new stage. Teenagers go backwards and forwards between wanting freedom and yet still needing the security of the family.

Parents want their children to grow to happy independence, yet fear for their safety as they watch them try their wings. Parents have to cope with the fact that the dreams they have had for their children may not come true—for teenagers have their own dreams. Teenagers have to cope with their parents who often don't let them do the things they so much want to do.

A good relationship with your teenager will help you both to weather the ups and downs.

**Living together**

Raising teenagers and helping them toward maturity requires more than loving care and limit setting. Teenagers can be very persistent and demanding and parents can feel worn down and uncertain at times. Growing up involves tension and often your teenager may go through periods of emotional ups and downs.

These years require parents to:

- know how to really listen
- tolerate differences
- have a willingness to give opportunities to try again after mistakes.

It makes a difference when parents and teenagers learn to deal with disagreements. While hard to do, try to understand each other's point of view and accept the fact that each has a right to their viewpoint (without necessarily agreeing).

Work out together and be clear about family rules and consequences when things are calm, not in the middle of a crisis. Things such as use of mobile phones, computers, internet, cars, driving with others, are more likely to work if teenagers feel they have some say in the rules and consequences. It is much easier for a parent to say 'we agreed on this' when things break down.

Sometimes parents are reluctant to say 'no' for fear their child won't love them or see them as their friend. Remind yourself you're the 'grown up' and stay confident in your role as a parent.

Often parents feel the imbalance of 'give and take', where they feel they put in all the effort and make all the compromises, while the teenager begrudgingly puts in very little. This is a common experience of parents of teenagers. Trying to put yourself into their shoes may help you to handle these feelings.

**MILDURA ABORIGINAL CORPORATION**



*Do you have spare time? Do you have grown up children? Would you like to give back to the community? Would you like to make a difference to a child?*  
If yes, why not become an Indigenous Foster Carer. Please join our information session on **Wednesday, 28<sup>th</sup> October** at 10am at the

Mildura Aboriginal Corporation. Refreshments provided. Please phone Barbara on 50221852 or call into 120 Madden Avenue to register your interest.



**PRAYER**

*Lord, its so easy to like people who think the way we do,  
act the way we do and always agree with us.*

*Let us learn to accept and respect those who have different ideas than we have.*

*Let us learn to be more tolerant, open-minded and loving.*

*Remind us that we can't really know why others are as they are and act as they do,  
unless we have walked for awhile in their shoes.*

*Amen.*