Dear Parents, Staff, Students, and Supporters of St Joseph’s College,

The feast of Christmas will soon be with us. For Christians, the birth of our Lord Jesus Christ gives us a real opportunity to celebrate with great joy. It’s also a most important time for families and the significance of the Holy Family should not be lost.

As this is the last College Newsletter for the year, I would like to thank everyone associated with St Joseph’s College for their contributions no matter how great or small: teaching staff, support staff, parents and supporters, volunteers and particularly Fathers Michael Brady, Jim Griffin and John Darbyshire.

I’d like to acknowledge the efforts of the following staff members who will be leaving us at the end of 2006:

- Ms Natalie Bryett who has been job-sharing for the past two years.
- Ms Erin Gallagher who has taught PD/H/PE and Catholic Studies this year.
- Ms Maria Lucas who has been working in Special Education over the last two years.

Ms Bryett, Ms Gallagher and Ms Lucas have made huge contributions and are valued members of our community. I wish them all every success for the future and may God bless them.

I am happy to announce the appointment of the following staff members to positions of responsibility for 2007:

<table>
<thead>
<tr>
<th>Year 7 Coordinator</th>
<th>Year 8 Coordinator</th>
<th>Year 9 Coordinator</th>
<th>Year 10 Coordinator</th>
<th>Year 11 Coordinator</th>
<th>Year 12 Coordinator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mr Guy Davoren</td>
<td>Mr Gary Thorsby</td>
<td>Mr Chris Morrison</td>
<td>Mr Shane Rowland</td>
<td>Mr Shane Burns</td>
<td>Ms Kerrie Priddis</td>
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</table>

At this time I would also like to sincerely thank Mr Andrew Chambers who has given so much time, effort and energy in coordinating the Creative and Performing Arts Faculty over the last eleven years. St Joseph’s College is certainly grateful for all that Mr Chambers has done.

TERM DATES 2007
Term 1 commences on Tuesday 30 January
Term 1 concludes on Thursday 5 April
Term 2 commences on Monday 23 April
Term 2 concludes on Friday 29 June
Term 3 commences on Monday 16 July
Term 3 concludes on Friday 28 September
Term 4 commences on Monday 15 October
Term 4 concludes on a date to be advised
PARISH FUNCTION
On Monday 4 December, our Year 11 Hospitality students hosted a function for 150 guests of the Parish. The students did an excellent job preparing and serving. Sincere thanks to their teachers, Ms Parker and Mrs Sargent, who directed and supported them throughout the process.

AWARDS
Congratulations to all of the award winners for Years 7, 8, 9 and 11 whose names appear over the next two pages of this final 2006 Newsletter.

CHRISTMAS REFLECTION

“A Christmas Reflection” by Peter Westmore

In contemporary Australia, while Christmas is associated with family gatherings, gift-giving, and holidays in the sun, sand and surf, its true meaning is a celebration of that moment in time when, in the immensely attractive account of St Luke, God, in the person of Jesus Christ, was born in poverty in a stable in Bethlehem, because there was no room for Mary and Joseph in the local inn.

This obscure event, about 2000 years ago, in a distant province of the Roman Empire – the greatest the world had seen to that time – changed things forever. As Luke records the words of the Angels to the shepherds: “Behold, I proclaim to you good news of great joy that will be for all the people . . . A Savior has been born for you” (Luke 1:10-11).

In the powerful and mysterious words of St John the Evangelist, the Word of God “dwelt amongst us, full of grace and truth”.

There has been much strife and discord in the world since that time, even, sadly, during the past year. For that reason, we need to reflect on the message of Christmas once again.

That message is not one of mushy sentimentality, but of courage, faith, hope, love and strength. We pray:

Come, Holy Spirit, fill the hearts of Your faithful, and kindle in them the fire of Your love.

Send forth Your Spirit and You will renew the face of the earth.

Lord, by the light of the Holy Spirit, You have taught the hearts of Your faithful. In the same Spirit, help us to relish what is right and always rejoice in Your consolation.

We ask this through Christ our Lord. Amen.

Many thanks to Mrs Joseph who does a wonderful job typing this Newsletter every week.

I pray that God grants all members of the St Joseph’s College community a very happy, safe and Holy Christmas.

Best wishes and God Bless,

Mr Peter McLoughlin
Principal
End of Year Awards

Demi Swain Memorial Trophy
Jordan Charters (8)

Defence Force Award
Samantha Dunemann (11)

100% Attendance
Andrew Budzinauskas (7)  Samantha Fien (7)  Grant Hawley (7)
Charlotte Herridge (7)  Elise Kachel (7)  Jackson Kenney (7)
Jessica Reynolds (7)  Ashleigh Dunemann (9)  Sharna Mathieu (9)
Ryan Salmon (9)  Samara Appo (11)  Sean Bradley (11)
Michael Budzinauskas (11)  Tori Fisher (11)  Scott Glass (11)
Anthony Hammett (11)  Trent Johnson (11)  Daniel Marriott (11)
Dean Wrobel (11)  Jay Wrobel (11)

Sporting Excellence
(To qualify for this award a student must have represented the College at Diocesan level or higher and displayed an excellent level of performance.)

Geoffrey Harrison (7) ~ Athletics
Patrick Lynch (8) ~ Athletics
Katherine McCleary (8) ~ Touch Football & Cross Country
Ryan Taylor (8) ~ Rugby League
Jade Andrews (9) ~ Athletics
Jayden Kelly (9) ~ Rugby League
Dean Robinson (9) ~ Athletics
Clark Stanford (9) ~ Rugby League & Touch Football
Matthew Lesslie (8) ~ Athletics
Anastasia McCleary (8) ~ Touch Football & Cross Country
Xavier Ricketts (8) ~ Athletics
Shane Turner (8) ~ Athletics
Ashleigh Dunemann (9) ~ Touch Football
Stevie Peace (9) ~ Touch Football
Samuel Ross (9) ~ Rugby League
Matthew Lance (11) ~ Swimming
Benjamin Webb (11) ~ Surfing
End of Year Awards

Cultural Excellence
(To qualify for this award a student must have represented the College and/or presented at a number of significant performing and/or creative events and displayed an excellent level of performance.)

Charlotte Herridge (7)  Caitlin McGibbon-Goode (7)  Cailin Smyth (7)
Ellouise Southon (7)  Lauren Workman (7)  Torrey Atkin (8)
Christopher Boyle (8)  Jordan Charters (8)  Giovanna Falchi (8)
Matthew Lesslie (8)  Georgia McIntosh (8)  Kate Bolster (9)
James Bugden (9)  Tayla Gardner (9)  Jessica Godfrey (9)
Tess Lyon (9)  Stephanie Mai (9)  Karly Goodman (11)
Joseph Lanskey (11)  Jessica Teitzel (11)

Form Dux
(To qualify for this award a student must have demonstrated academic excellence in many aspects of the curriculum throughout the whole year. The student will have achieved the highest number of Yearly Academic Excellence Awards.)

Year 7 Joint Winners: Brendan Bartel (7) & Matthew Waugh (7)
Jordan Charters (8)  Tess Lyon (9)  Emma Riles (11)

Peace Through Justice Awards
(To qualify for this award a student, parent, teacher or staff member will have demonstrated outstanding contribution willingly and generously to the establishment of a spirit of social justice within our Christian community.)

Alana Baxter (7)  James Ryan (7)  Keeley Serone (7)
Jazmin Wozney (7)  Torrey Atkin (8)  Jordan Charters (8)
Patrick Lynch (8)  Brandon Mackay (8)  Lachlan Raso (8)
Jade Andrews (9)  Richelle Billiau (9)  Jacob Bush (9)
Lucia Campione (9)  Ashleigh Dunemann (9)  Jessica Godfrey (9)
Karly Goodman (11)  Alexander Leighton (11)  Bonnie O’Donohue (11)
Katie Spinks (11)

St Joseph’s College Award
(To qualify for this award a student must have demonstrated all round excellence and commitment to the ethos of the College.)

Torrey Atkin (8)  Jordan Charters (8)  Ashleigh Dunemann (9)
Jessica Godfrey (9)  Tess Lyon (9)  Karly Goodman (11)
Parents/Caregivers please note that
The school year will commence on
Tuesday 30 January 2007
ALL YEAR GROUPS RECOMMENCE
SCHOOL ON THAT DAY

DEPUTY’S NOTICES

SCHOOL & SPORT SHOES FOR 2007
Parents/Caregivers purchasing shoes during the holidays need to remember that:

- School shoes are to be of the traditional polished black leather lace-up style.
- Sport shoes are to be runners of the traditional lace-up style and predominantly white. Skate shoes, canvas style including Dunlop Volleys are NOT acceptable.

SEASONS GREETINGS
I would like to take this opportunity to wish everyone a safe, happy and Holy Christmas. I hope you get to enjoy the break with your family. Thank you for your support of the College in 2006.

COMING EVENTS

HOLIDAYS 2007
Wednesday 24 January
- Uniform Collection for Girls (9:00am-12:00noon & 1:00-4:00pm)
Thursday 25 January
- Uniform Collection for Boys (9:00am-12:00noon & 1:00-4:00pm)
Friday 26 January
- Public Holiday ~ Australia Day

WEEK 1
Monday 29 January……………………………………(Day 1)
- Staff Development Day
- Uniform Exchanges (9:00am-12:00noon & 1:00-3:30pm)
Tuesday 30 January……………………………………(Day 2)
- School commences for ALL Year Groups
Wednesday 31 January……………………………………(Day 3)
Thursday 1 February……………………………………(Day 4)
Friday 2 February……………………………………(Day 5)

WEEK 2
Monday 5 February……………………………………(Day 6)
Tuesday 6 February……………………………………(Day 7)
Wednesday 7 February……………………………………(Day 8)
Thursday 8 February……………………………………(Day 9)
- Year 12 CAPA Sydney Excursion (8 & 9 February)
Friday 9 February……………………………………(Day 10)

WEEK 3
Monday 12 February……………………………………(Day 1)
- Opening Mass
Tuesday 13 February……………………………………(Day 2)
Wednesday 14 February……………………………………(Day 3)
- College Photo Day
Thursday 15 February……………………………………(Day 4)
Friday 16 February……………………………………(Day 5)

Mr Peter Lyon
Deputy Principal
Students Absences: Please telephone the College between 7:45am and 9:30am on the day of the absence. A note is also required on the first day of the student’s return.

CHRISTMAS MASS TIMES

ST JOSEPH’S PARISH
All times shown are NSW times (one hour ahead of QLD)
MASS TIMES PHONE NUMBER IS: (07) 5536.7800
OFFICE PHONE: (07) 5536.7522

MASS TIMES
Sunday 24 December – Christmas Eve:
5:30pm (Music by St. James Music Group)
8:00pm and 12:00 midnight
Monday 25 December – Christmas Day:
St Joseph’s: 8:00am
Bilambil, St Camillus: 9:00am

SACRAMENT OF PENCEANCE
Friday 15 December: Service of Forgiveness
7:00-8:00pm (includes 1st Rite if required)

1st Rite
(Individual Reconciliation available at the following times)
Wednesday 20 December: Holy Family Chapel
~ 10:00-10:30am
Thursday 21 December: St Joseph’s ~ 9:30-10:00am
Friday 22 December: St Joseph’s ~ 9:30-10:00am
Saturday 23 December: St Joseph’s ~
9:30-10:30am and 4:30-5:30pm

2nd Rite
Wednesday 20 December: 7:00pm
We wish you all a very Happy and Holy Christmas!
Fr Michael Brady & Fr John Darbyshire

ST ANTHONY’S PARISH

RECONCILIATION
KINGSCLIFF
Monday 18 December: 7:00pm
2nd Rite of Penance and Reconciliation

Wednesday 20 December: 8:30-9:00am & 5:30-6:00pm
Thursday 21 December: 8:30-9:00am
Friday 22 December: 9:30-10:00am & 5:30-6:00pm
Saturday 23 December: 9:30-10:00am

POTTsville
Tuesday 19 December: 5:30-6:00pm
Thursday 20 December: 5:30-6:00pm
Friday 22 December: 8:15-8:45am

MASS TIMES
Sunday 24 December – Christmas Eve:
Kingscliff ~ 6:00pm & 12:00 midnight
Monday 25 December – Christmas Day:
Pottsville ~ 7:00am
Kingscliff ~ 9:00am

Fr Jim Griffin
Parish Priest

KIDS CAMP
Over the weekend of 17, 18 & 19 November, six Year 11 St Vincent de Paul Society representatives travelled to Lake Ainsworth for a Kids Camp.

Kids Camp is run every year and gives children experiencing some form of hardship in their life the chance to get away from their normal troubles for a weekend full of fun and exciting activities. We acted as leaders on the camp, looking after these kids 24 hours a day. Activities ranged from craft to archery and canoeing and, by the end of the weekend, both the children and all of us were totally exhausted.

It was a very rewarding experience seeing the joy these kids got from the camp and the work of St Vinnies and I know all of us would love to do it again.

ANNUAL CHRISTMAS APPEAL
The end of Week 8 saw the conclusion of our annual St Vincent de Paul Christmas Appeal.

A huge thank you must go to the students and teachers of the College who together raised over $1,300 to buy presents for children in our area who are less privileged than ourselves. This money brought over 80 presents for more than 60 children who will now wake up to a bright Christmas morning thanks to the generosity of our school.

Special thanks to the Atwood Family, owners of Toyworld, who assisted us in our buying of presents and gave us a generous discount so we could buy even more.

After our Kids Camp experience it’s wonderful to know where these presents will go and the joy they will bring.

Thank you for all your support of St Vinnies in 2006.

Karly Goodman (11A)

Do you know the meaning of this word?
Christmas: the annual commemoration by Christians of the birth of Jesus Christ, on 25 December.

Christian: a person who believes in and follows Jesus Christ; a person who possesses Christian virtues.

Jesus: also called Jesus Christ, Jesus of Nazareth, ?4BC?-?29AD; Founder of Christianity.

Questions to ask yourself:
Do you possess Christian virtues?
Are you a good Christian?
Do you have the spirit of Christmas with you?
A very dry year this year but the lawns and gardens held out pretty well. Some timely showers were a huge relief although the ice showers we had in November were hardly necessary.

We have applied for two (2) government grants this year with the most important considering the current drought crisis, Community Water Grant. This grant is for implementation of water storage tanks to collect rainwater from school buildings. The water harvested will be used to flush toilets and irrigate gardens. A huge amount of work has been put in to cover all criteria necessary with great support from local businesses and our Local Member of Parliament, Justine Elliot. We are now waiting to see if we have been successful.

Mr McLoughlin is pursuing a grant for grounds improvements and plans have been drawn to improve seating and shelter in front of the science block.

Mr Mark Travers-Jones has recently left us to pursue other interests and I thank him for all his efforts during his time here. He was a huge help to me, especially around the grounds and I'm sure you'll agree, he did a wonderful job. I thank Mr Peter Morgan for his help for the rest of the year.

We have since interviewed for Mark's replacement and the successful applicant is Mr Brenton Davie. Brenton will take on the Parks and Gardens Trade Certificate at Wollongbar TAFE and if he gets on with my mate – my dog 'Bear' – he should do well!

I would like to take this opportunity to wish all our students and staff, and their families, a safe and happy holiday for the festive season and see you all next year.

Wayne (and Bear) De Venny
Grounds & Maintenance Supervisor
The generic hospital odour had permeated my nostrils so long ago I no longer noticed the chemically sterile stench. My eyelids were heavily threatened by gravity and my consciousness was in danger. The tears had stopped and dried hours ago. Blood was encrusted into my skin and stained into the fabric of my shirt. My feet and legs were covered in mud and my hair was damp from the rain.

The waiting room was dark as I sat on the cold plastic seat alone. There was a dim light down the hallway in the direction in which I saw him disappear.

That was six hours ago. My eyelids were stinging and my legs no longer knew what it was to be still. I prayed if there was a God above, could he please save my friend, my brother. A nervous shaking had taken hold of my weak body. For eternity I sat alone in the darkness. The silence thundered in my eardrums, leaving a piercing feeling in my temple. Sweat dripped down my forehead and dried in turn. Pop was sorting out the legal documents with Mrs Jensen. The poor old woman had been reduced to tears in a second.

A dapper man in a white coat had told us on arrival that Bardo needed immediate surgery on his arm and had possible brain damage. Too bad the surgeon wasn’t there. For an hour, Pop and I waited to find out whether the man would turn up and finally he did, racing through the emergency ward he was informed of the situation. I watched him blankly. We hadn’t heard from anyone since.

Seven hours later, I sat on the frigid waiting chair, aware of every sound and movement within ten metres of me. A silhouette appeared in the double doorway at the end of the hall. The surgeon moved slowly towards me, shoulders sagging from lack of sleep. His eyes were encircled with black and his looked exactly how I felt. A look of resignation clouded his otherwise open face and he stopped in front of me.

I moved to stand up but he put his hands up, signalling for me to sit. I obeyed without emotion. The tall man sat slowly next to me and held my hand.

“He is the strongest and most courageous boy I have ever come across.”

At these words, my heart rose to my throat and my chest constricted. Tears began streaming down my face once again and my jaded body shook violently. My friend was dead.

“I would have never dreamed an eight year old boy could survive such a beating.”

My head snapped up and my eyes widened.

“Wh.”

The tall man stood up. I remained seated, rooted with shock, confusion and exhaustion. He picked me up in his arms and carried me along the long, tunnel-like hallway. We passed dozens of double doors until he turned into a dimly lit, smaller wardroom.

He placed me down next to a high, metal bed. I wiped tears, dirt and blood away from my eyes as I looked into the bruised, quiet face of Bardo. His sleeping body was evidently bruised and broken. His right arm was in a cast and his chest was wrapped in bandages. Slowly, his dark head moved and his round eyes opened and looked straight into mine. He painfully smiled his singular smile and softly laughed.

“I knew you wouldn’t give up on me,” he hoarsely whispered.

I threw myself on him, wrapping my arms tightly around his neck. He did the same to me with his unhurt arm and we stayed there for what seemed like minutes, crying and shaking. I had never been so happy to see someone smile in my life.

“I heard what you did for me…”

“Don’t worry about it,” I said, breaking away.

At that moment, a rotund police officer entered the room, accompanied by my father and Dotty and Betty Jensen. The two old women flung themselves on Bardo and wailed and kissed his bruised face. The policeman furrowed his brow at my ragged appearance and softly cleared his throat. Everyone in the room looked at him expectantly.

“We- ah- caught those fellas that are responsible for this, son,” He said to Bardo. With the help of the surgeon, Bardo sat up in his bed.

“They’ve been apprehended. Well, three of them have, the other two are in a similar situation to yourself, buddy.” We all looked at him questioningly.

“It appears that in your struggle, Bardo, you broke the nose and collarbone of one and twisted the other’s ankle,” he explained.

“My jaw dropped as Bardo’s eyes went wide with horror. “Oh, I’m sorry, sir. I didn’t mean to-” He began meekly.

The portly officer chuckled and shook his head.

“There’s no need for you to apologise, they deserved what they got and more.”

“Excuse me for interrupting, officer, but who were they?”

“The Lyells.”

Two days later, Bardo, Meg, Mum, Pop and I sat on our front veranda.

“They did it because I’m different, didn’t they Mr. Kiplan?”

“Well, yeah, son. That’d be pretty much it. But you’ve got nothing to worry about- it’s their problem,” my father said, smiling.

“Oh, I’m not worried, sir, I just don’t understand why,” Bardo said quietly. He held his cast in his lap, tapping it gently with his fingers.

Meg spoke quietly from beside Bardo.

“Racist people don’t have a reason, Bardo. They see different people as aliens. Especially when they’ve got no common sense like the Lyells.” At these words, my mother and father’s eyebrows raised before they began laughing.

“You know what?” I said, looking at the sunset, the sky shocked with scarlet and gold. “I don’t believe people’s colour makes them different. There are no different types of people- we’re all just human.”
A great big thank you to all the Canteen helpers who have given of their time throughout 2006 – we really couldn’t operate without your generosity! You have all been so very kind, happy and fun to work with, I can’t thank you enough.

I hope to see you all again next year – PLEASE!! I’ve started a roster for Term 1 2007 year and I have plenty of places to fill . . . maybe some of our newer mums/dads?

CANTENE NEWS & ROSTER

A great big thank you to all the Canteen helpers who have given of their time throughout 2006 – we really couldn’t operate without your generosity! You have all been so very kind, happy and fun to work with, I can’t thank you enough.

I hope to see you all again next year – PLEASE!! I’ve started a roster for Term 1 2007 year and I have plenty of places to fill . . . maybe some of our newer mums/dads?? In the meantime, I would like to wish everyone a safe and happy Christmas and of course we’ll see you in 2007!

Ms Margaret Bermingham
English Teacher

CANTENE ROSTER

<table>
<thead>
<tr>
<th>WEEK 1</th>
<th>WEEK 2</th>
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<tbody>
<tr>
<td>Monday 29 January</td>
<td>Monday 5 February</td>
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<tr>
<td>PUPIL FREE DAY</td>
<td>Sylvia Hendriks &amp; Sheree Lynch</td>
</tr>
<tr>
<td>Tuesday 30 January</td>
<td>Tuesday 6 February</td>
</tr>
<tr>
<td>Lyn Watkins &amp; Fem Wendi</td>
<td>Alison Hedge &amp; Shelley Wilson</td>
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<tr>
<td>Wednesday 31 January</td>
<td>Wednesday 7 February</td>
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<tr>
<td>Sandy Jaffies &amp; Mary-Anne Perlenstein</td>
<td>Helen Steele &amp; Sonia Haajier</td>
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<tr>
<td>Thursday 1 February</td>
<td>Thursday 8 February</td>
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<tr>
<td>Janene Neal &amp; Tracey Buckley-Dunn</td>
<td>Lyn Klein &amp; Julie Crouch</td>
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<tr>
<td>Friday 2 February</td>
<td>Friday 9 February</td>
</tr>
<tr>
<td>Sonia Orr &amp; Trish Baldwin</td>
<td>Donna Fien &amp; Margaret Putland</td>
</tr>
</tbody>
</table>

Mrs Dianne Pinkstone
Canteen Manager

Over the last six months we have been entertained and enthralled by the serialised adventures of KIP. I would like to pass on my congratulations and praise for a very talented and committed young author from Year 9, Tess Lyon.

Tess undertook this task with enthusiasm and every fortnight, without fail, produced a new chapter for our enjoyment.

Through the development of themes such as ‘Friendship’, ‘Family’ and ‘Racism’, the story of KIP also encouraged us to reflect upon the values of our community as well as those of the broader society. Thank you and congratulations Tess!

Ms Margaret Bermingham
English Teacher

UNIFORM SHOP NEWS

FOR THE COLLECTION OF UNIFORMS
AT THE START OF 2007

If anyone is able to help pack and/or sell uniforms during the week Monday 22 January to Thursday 25 January 2007, please contact me on the College mobile (0427) 364.583. Text or leave a message on the mobile and I will return your call.

This contact number is available to call/text in the holidays, should you find you can help out for one/any/all of these days. Your assistance would be invaluable! Please note that lunch will be provided.

REMEMBER 2007 UNIFORMS COLLECTION DAYS

Girls: Wednesday 24 January
(9:00am-12:00noon and 1:00-4:00pm)

Boys: Thursday 25 January
(9:00am-12:00noon and 1:00-4:00pm)

Exchanges Only: Monday 29 January
(9:00am-12:00noon and 1:00-3:30pm)

NEWS SHOES

When purchasing new shoes for next year, remember to please support ‘Williams the Shoeman’ at Tweed City! The Tweed City store of ‘Williams the Shoeman’ (and only this store) has a special offer with our College:

1. You will receive 10% off the price.
2. We will receive a $5 cashback for every purchase made in the store – this year we received $925.00!

Our School is Registered, But We Need Your Help!

For more information please contact the Indoor Green on (07) 5506.8157

Tweed Heads Bowls Club Indoor Green

Tweed Heads Bowls Club, Florence Street, Tweed Heads

Learn a sport, have fun and become a junior member

Tweed Heads Bowls Club, Florence Street, Tweed Heads

Junior Bowlers Program (under 18 years of age)

Come along and learn to bowl at the Tweed Heads Bowls Club Indoor Green

Learn a sport, have fun and become a junior member

For more information please contact the Indoor Green on (07) 5506.8157

Tweed Heads Bowls Club, Florence Street, Tweed Heads

Uniform Helpers Needed Urgently

Don’t just sit there . . . get over to the Tweed Heads Bowls Club where you can join the

Junior Bowlers Program (under 18 years of age)

Come along and learn to bowl at the Tweed Heads Bowls Club Indoor Green

Learn a sport, have fun and become a junior member

For more information please contact the Indoor Green on (07) 5506.8157

Tweed Heads Bowls Club, Florence Street, Tweed Heads

Our School is Registered, But We Need Your Help!

Unifor

Messages to Students: Office staff cannot disrupt teaching in order to deliver messages that are not of an urgent nature.

Year Coordinators will endeavour to deliver non-urgent messages at lunchtime, or prior to the end of the school day.
School Holiday Parent Kit

TACKLING HOLIDAY STRESS

A NSW Government Initiative

The everyday responsibilities of parenting can sometimes feel endless. Considering all the extra demands placed on you during the school holidays, you may feel more stressed than usual.

REMEMBER

What your family and your children really want most is to spend time with you.

Holiday stress may be caused by having to change work routines or child care arrangements, entertaining children or dealing with older children staying home alone.

Although we cling to the idea that the family will spend the holidays together and everyone will get along, it can be a difficult time.

When you are stressed it seems as though you have to sacrifice the things you enjoy. But often, the things you give up, such as keeping fit and spending time with friends, are activities that can help you manage stress or keep you from becoming frustrated with your children.

By taking some steps now, you can help to minimise stress later. The key is to recognise the triggers, do what you can to avoid or lessen their impact and learn some techniques to help you relax should you start to feel the tension rising.

Here are some simple tips to keep you healthy and manage stress. By looking after yourself you will be in a better position to care for your children.

- **Set priorities:** learn to say "no" to some things - choose quality over quantity. Your main priority may simply be spending time with your children and enjoying each other's company.

- **Plan ahead:** take charge of your holidays in advance by making lists of things to do and setting aside some time each day for them - nothing creates more stress than last minute shopping and preparations. When entertaining children, one different activity each day will keep them excited.

- **Stay in budget:** children will have more spare time during the school holidays so you might need to budget for more money being spent on entertainment. You might also think about ways children can be kept busy at a low cost.

- **Delegate:** you don’t have to do it all yourself - there is only so much time and people generally appreciate the opportunity to help out.

- **Look after yourself:** to take care of others you need to first take care of yourself. A healthy diet, regular exercise, learning to relax and getting enough sleep will also help to reduce stress.

- **Exercise:** research shows that exercising several times a week (even just a walk) can reduce stress and tension and improve your mood.

- **Deep breathing:** spend five to ten minutes several times a day practising the art of deep breathing. It helps to raise your energy levels.

- **Positive attitude:** try to think positive thoughts. Your thoughts influence your feelings - if you dwell on unhappy thoughts, you start to feel unhappy. Your attitude can be transferred to others and this is not helpful with children at home.

- **Talk to others:** if you are feeling stressed it can help to speak with people who can empathise with the position you are in, such as friends or family members.

- **Laughter:** nothing reduces stress as quickly or as effectively as laughter!

CONTACT NUMBERS

Lifeline 13 11 14 (24 hours, 7 days per week)
Parent Line 13 20 55 (9.00am - 4:30pm, Monday to Saturday)
Salvo Crisis Line 9331 2000 (24 hours, 7 days per week) or
Salvo Care Line 1300 363 622 (24 hours, 7 days per week)

www.community.nsw.gov.au
LAKE BURRENDONG SPORT & RECREATION CENTRE

JUNIOR SUMMER VACATION CAMPS 2007

Burrendon Bash -- Program Code 0023668
A fun packed five days, full of adventure with a range of activities to choose from. Try our flying fox, high ropes, outdoor rock climbing, grass skiing, adventure biking, kayaking, canoeing & paintballing. You'll also receive a water bottle to help you through the week.

Dates: 2nd - 6th January 2007
Age group: 8 to 12 years
Program code: 0023668
Cost:
12 years and under $214.40

Horsing Around -- Program Code 0023667
Experience the Central West and the thrills of riding a horse. You will also get to participate in other centre activities including grass skiing, archery, canoeing & kayaking. You will also receive a water bottle to help you through the week.

Dates: 2nd - 6th January 2007
Age group: 10 to 12 years
Program code: 0023667
Cost:
12 years and under $291.40

Junior Bushland Adventures -- Program Code 0023672
A fun packed five days, full of adventure with a range of activities to choose from. Try our flying fox, high ropes, outdoor rock climbing, grass skiing, adventure biking, kayaking, canoeing & paintballing. You'll also receive a water bottle to help you through the week.

Dates: 15th - 19th January 2007
Age group: 8 to 12 years
Program code: 0023672
Cost:
12 years and under $214.40

Horsing Around -- Program Code 0023671
Experience the Central West and the thrills of riding a horse. You will also get to participate in other centre activities including grass skiing, archery, canoeing & kayaking. You will also receive a water bottle to help you through the week.

Dates: 15th - 19th January 2007
Age group: 10 to 12 years
Program code: 0023671
Cost:
12 years and under $291.40

Transport: Transport available to the centre - coach pickup/drop off points include Central, Eastern Creek, Glenbrook, Hydro, Lithgow, Bathurst, Orange, $75.00 return / $37.50 one way.

To make a booking call 131302

LAKE BURRENDONG SPORT & RECREATION CENTRE

SENIOR SUMMER VACATION CAMPS 2007

Teen Mission Adventures -- Program Code 0023669
For those high energy teenagers looking for a breakaway then this camp is sure to get you active and trying new things. Bring along a group of friends or come and meet new ones. You can participate in a host of activities including archery, bushwalking, canoeing, abseiling and paintballing. You will also receive a water bottle. With so much to choose from you will not have time to get bored!

Dates: 9th - 12th January 2007
Age group: 12 to 16 years
Program code: 0023669
Cost:
13+ years $235.35
12 years $214.40

Sun Trail Blazes -- Program Code 0023670
Experience the Central West and the thrills of riding a horse. You will also get to participate in other centre activities including grass skiing, archery, canoeing & kayaking. You will receive a water bottle to help you through the week.

Dates: 6th - 9th January 2007
Age group: 12 to 16 years
Program code: 0023670
Cost:
13+ years $312.35
12 years and under $291.40

Teen Operation Outback -- Program Code 0023673
For those high energy teenagers looking for a breakaway then this camp is sure to get you active and trying new things. Bring along a group of friends or come and meet new ones. You can participate in a host of activities including archery, bushwalking, canoeing, abseiling and paintballing. You will also receive a water bottle. With so much to choose from you will not have time to get bored!

Dates: 22nd - 26th January 2007
Age group: 12 to 16 years
Program code: 0023673
Cost:
13+ years $235.35
12 years $214.40

Sun Trail Blazes -- Program Code 0023674
Experience the Central West and the thrills of riding a horse. You will also get to participate in other centre activities including grass skiing, archery, canoeing & kayaking. You will receive a water bottle to help you through the week.

Dates: 22nd - 26th January 2007
Age group: 12 to 16 years
Program code: 0023674
Cost:
13+ years $312.35
12 years and under $291.40

Transport: Transport available to the centre - coach pickup/drop off points include Central, Eastern Creek, Glenbrook, Hydro, Lithgow, Bathurst, Orange, $75.00 return / $37.50 one way.

To make a booking call 131302.
Scenes from 2006 at St Joseph's College

Enjoy a safe, happy & Holy Christmas and see you in 2007...