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

Often times you hear the phrase, "you are a product of your own environment". Our society in 2006 has been filled with talk of stress and depression. I recently read a book entitled, "Too Soon Old, Too Late Smart", written by Gordon Livingston, MD, a psychiatrist who has listened to people talk about their lives over the past thirty years.

As you could imagine, his patients come to see him because they feel cut off from the pleasures in life that others enjoy. He tells that there are effective treatments for the symptoms of depression but the medication itself will not make them happy. Livingston believes people need to look at the way they are living with a commitment to effect a change. He states it simply,

"We are what we do"

Too many times we focus on speaking instead of focusing on doing. Therefore, there is too big a gap between what people say and what they actually do. He goes on to point out that past behaviour is the most reliable predictor of future behaviour. Famous movie actor and director Woody Allen once said that, "Eighty percent of life is showing up." In keeping with this Livingston believes too many of us are afraid to take risks which leads to boredom.

He writes about three components of happiness:
- something to do
- someone to love
- something to look forward to

The cornerstone of the three is love. Love for all? Livingston writes: "We love someone when the importance of his or her needs rises to the level of our own." This is obviously not the case with everyone with whom we come into contact.

Love is a gospel value – a way of right living based on the values of Jesus. In the words of St Paul, "Love is patient and kind; it is not jealous or conceited or proud; . . . meanwhile these three remain: faith, hope and love; and the greatest of these is love."

Livingston concludes by saying:

"Often people alternate between the extremes of loneliness and self-deception. Somewhere in the middle lies our best hope at happiness. Finally, we are entitled to receive only that which we are prepared to give and most of our dissatisfactions with others reflect limitations in ourselves."

My interpretation of this is that it is all down to attitude. It’s like is the glass half empty or half full? The optimist or positive thinker sees the glass half full. Avoid fear.

I’d like to conclude by sharing with you some words of encouragement from Michael Jordan, widely acknowledged as one of the greatest sportsman of all time:

"I can see how some people get frozen by that fear of failure. They get it from peers, or just thinking about the possibility of a negative result. They might be afraid of looking bad or being embarrassed. That’s not good enough for me. . . That’s why my advice has always been to think positive and find fuel in any failure. Sometimes failure actually just gets you closer to where you want to be. The greatest inventions in the world had hundreds of failures before the answers were found."

Let’s all practice the value of being positive in the coming weeks.

Best wishes and
God Bless,

Mr Peter McLoughlin
Principal
The importance of etiquette, personal presentation, social skills and professional behaviour has not been forgotten. St Joseph’s College recognises the significance in building essential life skills and will be offering Millennium Training Academy’s ‘Deportment and Grooming’ course.

The training will be conducted over a two-day period and will cover key topics such as: deportment, etiquette, dress styling, confidence building and job interview techniques to name a few.

Please collect enrolment forms from the College office and return by Tuesday 5 September 2006. Numbers are limited!

**PRINCIPAL’S NOTES**

**ATHLETICS CARNIVAL**

A sincere thanks to Mr McLaughlin, the staff and students who participated in and enjoyed last Friday’s Annual Athletics Carnival. There was a great spirit and opportunity for all to be involved.

Best wishes to our athletes who now travel to Coffs Harbour this Thursday for the Diocesan Carnival.

Mr Peter McLaughlin
Principal

**Attention ALL families:**

*Have you paid fees on the internet?*

We are now searching for families who have paid their school fees via the internet WITH INSUFFICIENT INFORMATION TO DETERMINE WHO THEY ARE.

If you have made a payment, but have not noticed any reduction on your Parish account, please check the payments listed below. If any relate to you, please contact Mr John Klein on (07) 5536.8701 or 5536.7522 as soon as possible:

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**COMING EVENTS**

**WEEK 6**

**Monday 21 August**
- Year 7 “Sticks and Stones” Reflection Day

**Tuesday 22 August**
- Border Schools Debating (Evening, Murwillumbah)

**Wednesday 23 August**
- Year 10 St Martha’s visit

**Thursday 24 August**
- Diocesan Athletics Carnival

**WEEK 7**

**Monday 28 August**
- Year 12 Drama HSC marking

**Tuesday 29 August**
- Legacy Memorial Service
- Year 12 Physics Excursion to Tweed Hospital
- Border Schools Debating (Evening, Murwillumbah)

**Wednesday 30 August**
- Year 12 Semester 2 Reports posted
- Year 10 St Martha’s visit

**Friday 1 September**
- SOR Seminar Day

**WEEK 8**

**Tuesday 5 September**
- Year 10 HSIE Excursions
- Border Schools Debating (Evening, Murwillumbah)

**Wednesday 6 September**
- Leadership Mass
- Year 10 St Martha’s visit

**Friday 8 September**
- Years 9 and 10 Regional Debating

**WEEK 9**

**Tuesday 12 September**
- College EXPO

**Wednesday 13 September**
- Year 12 HSC Music Practicals
- Year 10 St Martha’s visit

**Thursday 14 September**
- Work Education TAFE visit

Mr Peter Lyon
Deputy Principal

**WEEKEND MASS TIMES**

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Fr Michael Brady       Fr Jim Griffin
Parish Priest           Parish Priest

The School Newsletter and School Calendar are both available online @ www.sjctweed.com.
The School Calendar contains year group events, assessment schedules and term dates.
**DIOCESAN ATHLETICS CARNIVAL**
**THIS THURSDAY, 24 AUGUST**
Permission notes due today
For outstanding responses, please see the Sports Coordinator with your note

**CURRICULUM NEWS**

**YEAR 11 END OF PRELIMINARY COURSE EXAMINATIONS**
These examinations are held at St Joseph’s College during Weeks 10 and 11 of this term. Year 11 students should have now commenced a program of intensive home revision. Throughout the term I will be interviewing Year 11 students to determine patterns of study for the HSC Course.

**YEAR 12 PREPARATION FOR THE FOR THE HSC EXAMINATION**
The remainder of this term and the following holiday period will be invaluable time for Year 12 to maximise their knowledge and skills before sitting HSC Examinations. Strong efforts in these examinations will greatly lift overall results.

**YEAR 10 INFORMATION**
Year 10 students are reminded about the procedures associated with an absence from an assessment task. Zero marks will be allocated if procedures are not followed during Semester 2 – please re-read the front pages of the Assessment Handbook.

Ms Helen Borrowdale
Curriculum Coordinator

**MUSIC NEWS**

**AUSTRALIAN MUSIC EXAMINATION BOARD**
Congratulations to the following students who completed their piano exams recently:
- Gregory Pieris (8C) 2nd Grade ~ Credit
- Blair Klein (9E) 4th Grade ~ Credit
- Karly Goodman (11A) 5th Grade ~ Honours
- James Clanfield (12E) 7th Grade ~ Pass

Mr Shane Rowland
Music Coordinator

**FATHER’S DAY**
**SUNDAY 3 SEPTEMBER**
**SRC FUNDRAISER**
Treat Dad to something special for Father’s Day
YUMMY CHOCOLATES & OTHER GOODIES will be on sale this week
Start saving to buy something to let Dad know how much you care . . .
Stock is limited so get in quick!

**YEAR 10 HSIE EXCURSIONS**
Parents are reminded that payment and permission notes for the HSIE excursions on Tuesday 5 September are now overdue. A number of students have not returned money or notes – these were due today, Monday 21 August.

Payment and permission slips must be finalised immediately. Thank you all those who have attended to this matter.

As both the History and Geography excursions are linked to School Certificate assessment tasks, assessment task variation forms will need to be completed and submitted by any student unable to be present.

Mr Tony Channell
HSIE Coordinator

**COMMUNITY ASSOCIATION “TUCKER BOX”**
Have you got anything for the “Tucker Box”?
The Community Association collects food items on behalf of the St Joseph’s College Community. These items are then used by families connected to the College who may be dealing with issues such as a family illness, and this assistance can sometimes be invaluable.
Food items can be left at the College Canteen and don’t forget that this can include canned goods or basic ingredients. Any items are gratefully accepted and many thanks for your support.

Extended Periods of Leave: If you are planning a holiday during the term dates, a letter requesting leave should be forwarded to the Principal in advance.
YEARN 11 NEWS

Term 3 is a very busy term for Year 11 as it is a time when the focus of their attention shifts as they enter the final stages of senior schooling. I don't need to remind them that next term they will begin Year 12 classes.

A highlight of Term 3 is the Year 11 Leadership Camp and I would like to commend the students on their behaviour whilst at Camp. I was very impressed with their general attitude and commitment throughout their time there.

The Year 11 Leadership Camp is a group event vital to the students’ role as the school leaders for the coming year. The aim of the Camp is to assist our Year 11 students in taking this step forward, to take their responsibilities seriously and to prepare them as the most senior students at the College.

The Camp is timetabled to coincide with the selection process of SRC members and College Captains. Year 11 take an active part in this selection process as 2007 school leaders.

Thank you to all the teachers who accompanied our students: Mr Besgrove, Mr Williams, Mr Wheatley and Mrs Heazlewood-Ross, Miss Gallagher and Mr McDermott. Thank you also to Mr Chambers who undertook the duties of "night-manager" for the Year 11 group.

Thanks also to the teaching staff who came out to visit with our Year group. The following account is from one of the students who attended the Year 11 Leadership Camp.

Ms Kerrie Priddis
Year 11 Coordinator

YEARN 11 LEADERSHIP CAMP

On Wednesday 2 August, an eager Year 11 group packed up their bulky suitcases and boarded the buses for a three-day adventure at Midginbil Hill, out back of Uki.

Set to develop our leadership skills before the process of electing School Captains and student representatives, the camp tested our teamwork skills, mentally and physically.

Activities ranged from canoeing, to self-evaluation, to problem-solving and raft building, while developing close bonds within our smaller group and discovering what it means to be a leader.

As a year group, we participated in liturgies and games that were not only fun, but also made us think about what we value in life. The game "Human Auction" was not only fun but also eye-opening to see what people valued the most in life: a good body or a supportive family? As a year group we established that key aspects of a leader include honesty, reliability and good communication skills.

The camp was a ball of fun; it was a chance to mingle within the grade and talk to people with whom you might not usually associate. The highlight of the camp, for many was the raft building and falling in the freezing dam, for others it was the antics of our teachers (especially Mr McDermott’s jokes).

What is for sure is that we will remember our time at "Midgihill", as we affectionately call it, for a long time to come.

A big thank you must go to our Homeroom teachers, Mr Besgrove, Mr Williams, Mr Wheatley and Mrs Heazlewood-Ross, as well as Miss Gallagher, Mr McDermott and Ms Priddis.

Karly Goodman (11A)

STUDENT REPRESENTATIVE COUNCIL
2006-2007

Last Monday, nominations closed for members of the Student Representative Council for the 2006-2007 school year.

Year Team Meetings were then held with Homeroom teachers, Pastoral teachers and the respective Year Coordinator to discuss the suitability of the nominees.

On Wednesday, students were notified of the outcome of their nomination and interviews for School Captains and Senior SRC and Year Representatives were held with the Principal, Year Coordinators and members of the Executive Committee.

Thursday, the nominees delivered their speeches to their Year Group and, at the conclusion of the speeches, voted for their Year Group representatives. Each Year Coordinator organised the voting.

Today, the counting of the votes will be finalised and by this Friday, the successful students will be informed. Letters to the relevant student’s parents will be sent inviting them to attend the Leadership Mass to be held on Wednesday 6 September 2006.

Ms Frances Stegeman

LEADERSHIP MASS
Wednesday 6 September 2006
College Assembly in the Doyle Centre
commencing at 9:00am
St Joseph’s College invites you to

**EXPO 2006**

A SHOWCASE OF OUR STUDENTS’ SKILLS AND TALENTS

Tuesday 12 September 2006

6:00pm to 8:00pm in the

DOYLE CENTRE & COLLEGE LIBRARY

St Joseph’s College
Banora Point

**FORMAL OPENING AT 7:00PM**
BY THE PRINCIPAL, MR PETER MCLOUGHLIN

THIS IS A VERY SPECIAL OCCASION TO CELEBRATE THE ACHIEVEMENTS OF OUR STUDENTS
COME ALONG AND CELEBRATE EXPO 2006!

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**ENGLISH NEWS**

**BORDER SCHOOLS DEBATING**

Border Schools Debating is underway but this year it is being hosted by Murwillumbah High School.

St Joseph’s College has entered teams in the Years 7, 8 and 9 Competitions. Our teams performed well this week but did not record any wins. We are certain they will improve with practice.

Sincere thanks to Ms Bermingham and Mr Connolly for organising the debating and for travelling to Murwillumbah to be adjudicators.

**YEAR 9 DRAMA PERFORMANCE**

Last Friday, Year 9 attended a performance which covered the entertainment industry throughout Australia’s history. It was a very enjoyable experience to watch and appreciate the skills of this one man show.

**ENGLISH TRIAL HSC PAPERS**

Year 12 students are receiving results and feedback following their Trial HSC Examinations.

Many students need to make a much greater commitment to their course. Studying for one three-hour period immediately prior to an examination is not sufficient.

Effective study involves revision and doing practice questions over a long period of time. All English teachers are happy to mark and review any work done by students.

Mrs Janet Crouch
English Coordinator

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**Night of Notables**

Wednesday 1 November 2006

(Term 4, Week 3)

6:00-8:00pm

The Doyle Centre
St Joseph’s College

Year 9 will be presenting their “Night of Notables” from 6:00pm culminating with a Parade of Students at 7:30pm

Parents and carers of Year 9 students are invited to attend the Doyle Centre and see their child take part in the 2006 Program.
That afternoon, Meg and I sat on the front verandah, eating our fruit and jumping under the sprinkler to rinse the sticky pulp off our hands and faces. Meg ran around the side of the house to get us a towel. I was turning off the tap when I heard a blood-curdling scream. I knew it had to be Meg . . .

Ms Margaret Bermingham
English Teacher

Included in today’s Newsletter is Chapter Two of the story of “Kip”. When we last heard from our mystery author, we read . . .

KIP
Chapter Two

By the time I had raced around the side of the front porch and down the stretch of grass between our house and the fence, a million possibilities of Meg’s safety – or lack thereof – had flashed through my mind. My heart pounded in my chest and, if I had known what such a thing was, I would have said I was seconds from an anxiety attack.

You can imagine how much of an anticlimax it was for me (although it was a great relief) when I found my little sister standing under the clothesline, her swimmers still dripping wet from the sprinkler, staring blankly at the other side of our backyard.

I followed her gaze to the frangipani tree and let out a yelp of surprise when I saw a small, dark, half-naked figure (much like my own state of dress at that moment) sitting, holding the delicate red flower to his nose, the better to catch it’s scent. His dark skin, pink palms and pearl-white teeth struck me as unusual, yet they intrigued me.

Slowly, the boy stood and padded his way across the grass to Meg. He looked awkwardly at his feet as he handed the flower to her. She took it quietly, not knowing what to say or do. Her eyes were wide as she turned to me. I shrugged my shoulders.

As the boy padded his way past Meg, towards me, he looked at his feet (which, I might add were webbed), and wrung his hands. He was about to walk past me shyly when I decided I should probably find out why he had been in our backyard.

“What’s your name?” I said bluntly.

“Bardo,” he said meekly, slowly turning back around.

“What does that mean?” Meg asked from behind me.

“Water.”

I remember thinking this made a lot of sense considering our location and his webbed feet. The boy had rapidly become more comfortable in our presence, even in the space of ninety seconds. I couldn’t think of anything more intelligible to say or do than: “Do you want a mango?”

He lifted his large, dark eyes to me and after a few seconds of thought, vigorously nodded his head. I told Meg to wait with him whilst I went inside and told Mum and Pop about our new friend. They came outside to meet him and Mum brought the whole box of mangoes with her.

In five minutes, we had resumed our game and Mum and Pop had gone back inside after giving me a smile and a pat on the head. It soon became quite clear to Meg and myself that Bardo had never eaten a mango in his life, or, if he had, had never been taught how to do it so as to get as much flesh as possible. We laughed as his thin fingers tried to pierce the skin and he squirited the juice onto his nose.

That afternoon, we played for hours in the sprinkler and gradually found out more about Bardo. He had moved here from a town about one hundred and fifty kilometres south of our own and was staying with Mrs Jensen, his grandmother’s sister, two streets away. He had got into our yard over the fence. The reason he was there was because he had wanted a frangipani.

The sun was setting and Pop came out to tell us dinner was ready and Bardo was more than welcome to stay, but he thanked Pop shyly and said he should probably be getting back to Mrs Jensen. Pop went back inside and Meg went to get us all towels.

The next morning, Bardo came over again and we went to the beach and collected pippies. His fish-like webbed toes proved themselves useful, as he beat both Meg and I by a mile from one end of the Bay to the other.

But on that clear, quiet afternoon, we had no way of knowing that befriending Bardo would bring us more trouble than we could ever have anticipated . . .

TO BE CONTINUED

LOOK OUT FOR CHAPTER THREE OF ‘KIP’ IN THE NEXT NEWSLETTER, MONDAY 5 SEPTEMBER
(you’ll have to wait till then as next week, Monday 28 August, is a news sheet week)
**CAREERS NEWS**

Part time work:
- KFC Coolangatta is currently seeking juniors (aged 14+) for evening/weekend/holiday work.
- Gloria Jeans Coffee Coolangatta, is seeking juniors (Years 11 and 12) for afternoon/evening/weekend/holiday work.

Attention Years 10 and 11 students:
- Students interested in studying TAFE-delivered VET subjects in 2007 must have applications completed prior to 22 September 2006.

Attention Year 12 students:
- Southern Cross University STAR ENTRY SCHEME and Scholarship applications for 2007 are now open and close on 8 September 2006.
- The University of New England (UNE) School Recommendation Admission Scheme (SRAS) for 2007 is now open and closes on 29 September 2006. UNE have a range of scholarships for 2007 currently available. Applications for these close on 30 September 2006.
- UAC and QTAC Applications for Semester 1 2007 are open and on-time applications close on Friday 29 September 2006.
- Federal Government Scholarships for next year are now open. These are **not academic** scholarships, rather **equity** scholarships. Closing date for applications is Friday 29 September 2006.
- There are a variety of scholarships up for grabs for university enrolments next year.

For more information, see me in the Careers Room.

Mr Matt Hall
Careers Coordinator

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**TAS NEWS**

**YEAR 10 FOOD TECHNOLOGY**

"SIZZLERS" VISIT

The following report is from one of our Year 10 Food Technology students. The students always enjoy this type of visit as it most helpful to their studies.

Ms Karen Parker
TAS Coordinator

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**We’re going to Sizzlers . . .**

We went to Sizzlers because we were doing a unit of catering and Sizzlers is a well-known caterer.

We went there in particular to experience and observe how things are done in the catering industry and also to observe the layout of a buffet setting.

I learnt the layout of a buffet, the table settings, the types of food (mostly cold) and the way the hosts have to dress as caterers.

The layout is pretty simple, as is the food. I also learnt about the type of equipment used, such as protective screens, for hygiene. Supervisors are also required for the food so no-one can contaminate the food.

Mainly, I learnt that hygiene is a major issue in the catering industry and needs to be monitored carefully.

Cherylyn Wong (10E)

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**Queensland Institute of Graphic Art Holiday Program**

**Monday 2 October to Friday 6 October**

**9:00am to 2:00pm**

During the upcoming October school holidays, the Queensland Institute of Graphic Art is offering an exciting and informative one-week holiday workshop.

The workshop is ideally suited to those students considering undertaking art, or graphic art subjects in the coming semesters, or Year 12 students who may be considering a career in the Graphic Arts and simply wish to gain an insight into the professional world of advertising design, packaging design, print media and publishing prior to making any future or financial commitment.

Areas covered during the workshop involve Graphic Design, Typography, Drawing and Illustration, Pre-Press and Print Media.

The workshop costs $160.00 and includes all art material.

Those students interested please see Mrs Taylor to reserve a place.
Valuables: Students are asked not to bring large sums of cash or valuable items to school.

New Caledonia 2006

Sadly, the proposed excursion for 2006 has had to be cancelled.

With only six (6) students making their deposits by the due date, it was deemed not viable to run the trip for this year. Maybe next year it will be bigger and better than ever!

Mrs Wendy Peterson

RRISK NEWS

REDUCE RISK – INCREASE STUDENT KNOWLEDGE

RRISK (Reduce Risk, Increase Student Knowledge) is a program which aims to encourage secondary school students to know the facts, be aware of the risks and make informed decisions before they act.

Primarily, the program’s target audience is Year 11, however, the information provided can be used by other/older year groups.

Year 11 will be attending a one-day seminar in November and in the lead-up to the seminar the College Newsletter will include articles relating to:

1. Young People and Risk Taking
2. Adolescent Drinking Behaviour
3. Parties: Will You Allow Alcohol at Your Adolescent’s Party? (this article will include a Party Report Form)
4. Talking to Your Sons and Daughters about Alcohol and Drugs
5. Young Drivers Aged 17-25 Years: Why are they “At Risk”?
6. Drugs, Driving and Roadside Drug Testing
7. Tips for Supervising Your Learner Driver
8. Points to Consider When Buying a Used Car
9. RRISK Seminar 2006

Today, we have included the first two articles, “Young People and Risk Taking” and “Adolescent Drinking Behaviour”.

I do ask Year 11 families in particular to please take the time to read these articles together as a family as they are extremely helpful.

Young People and Risk-Taking

Risk-taking in adolescence is not only normal; it is an essential part of learning and personal development. Every healthy adolescent takes risks as he or she grows towards independence. Most researchers agree that if there is no risk there is no growth. A common problem for some young people is their inability to evaluate the potential risks and consequences of everyday behaviour. 60% of adolescent deaths are caused by accidents – many of these are the result of risk-taking.

Road safety research shows up to 98% of road crashes are caused by human factors – tiredness, inexperience, alcohol use, speeding and failing to use a seat belt. Road crashes occur but many “accidents” on the road are preventable.

Thrill-seeking, the desire to impress one’s friends, feelings of invincibility and the search for new experiences are all motivating forces that drive many teenagers.

Students in Year 11 will be invited to attend a one-day RRISK seminar at Tweed Heads Civic Centre on 24 November 2006.

The RRISK Program aims to raise student awareness about the consequences of everyday risk choices involving alcohol and drug use, driving and partying. Look for information about the RRISK Program and risk taking in this newsletter over the coming weeks.

Adolescent Drinking Behaviour

Recent research shows that young people aged 16-24 report the heaviest drinking patterns in Australian society. A Keynote Speaker from the National Drug and Alcohol Research Centre (who is the keynote speaker at the north coast RRISK Seminars) said more young people drink “to get out of it, to get wasted” and that “Australia is one of the few countries where binge drinking is acceptable”.

Drinking to intoxication is a common and often planned behaviour when young people socialise. They are less likely than adults to be concerned about the negative consequences of heavy drinking. Young people are more at risk than adults as they are physically immature, lack experience with alcohol, more willing to engage in risk taking behaviour and often unaware of the dangers of excessive consumption.

Choosing not to drink or learning how to drink responsibly can be among the most difficult tasks facing young people today. Parents are often so concerned about the risks associated with illicit drug use that they forget that alcohol is the substance most likely to be the potential source of harm for their adolescent children. 42% of young people under the legal age of 18 report obtaining alcohol from their parents.

Parents can help their children to make safer decisions by discussing risks and safety strategies, particularly when celebrations are occurring. Parents should keep up with what is happening in their children’s lives and take positive steps to prevent them or others from drinking and driving.

School based courses (PD/H/PE) and the RRISK seminars also help students learn how to make safer choices.

Mr Peter Serone
PD/H/PE Coordinator

The following extract from this article suggests the rules we should follow to act as a self-respecting adult and attributes we would clearly like our adolescents to develop. The rules are an edited extract from “An Intelligent Life: A Practical Guide to Relationships, Intimacy and Self-Esteem” by Dr Julian Short (Copyright 2005, published by Random House Australia, RRP $24.95).

Perhaps they might give you an opportunity to reflect on your own experience and provide insights for developing your own young adults.

Ms Frances Stegeman  
Pastoral Advisor

What are the rules for acting as a self-respecting adult? Fortunately, the rules aren’t that hard or complex:

1. If you want to feel like a self-respecting adult, you need to behave as one. If you want to feel good, you must act well, especially when things are going wrong.

2. If you feel bad but there's nothing more you can do to fix the problem, remember that the best you can do in adversity is to behave with kindness and dignity. Then, at least, you will be a self-respecting adult who also happens to feel bad.

3. Carry yourself as if you believe you are worthwhile and equal but never act as if you think you are better than other people. Your bodily and verbal language must not signal certainty that you are right, but simply sufficient humility. Never reject the gift of thanks, even if you don't feel you deserve it. Truthfulness is hardly ever consciously transparent manipulations, which are usually transparent manipulations. You can never hope to be a self-respecting adult who also happens to feel bad.

4. You should say what you would like to happen and act as if you believe your wishes are probably acceptable. If you are in emotional pain, your pain should either be invisible or clearly spelt out with words. Remember, don’t signal it, say it.

5. It’s okay to say: “I’m feeling really threatened. Please give me some idea what to do”. By contrast, fishing for reassurance in various ways is undignified and won’t make you feel any better. “I know you’ll think I’m stupid”; “I’m usually much better than this”.

6. Respect other people’s rights before your own wishes, but don't put their wishes before your rights.

7. You probably don't believe you can read minds, so don’t act as if you can. All you can do is interpret others' feelings in the light of your own, so you are sure to get it wrong sometimes. You will never be able to fully trust your interpretation of other people's agendas, especially as it's hard enough to know your own.

8. If you don’t please someone, it doesn’t inevitably mean you are hurting them. If you use not hurting people as a life plan you'll do well, but if you equate not pleasing someone with hurting them and then use this as a reason to not assert yourself, you are in danger of feeling powerless and resentful, as well as being seen as weak.

9. A self-respecting adult will support and feed the sense of self-worth of another person if possible. Never use a put-down to make yourself feel bigger or better.

10. Conversely, never put yourself down in an effort to please someone, trying to show what a good and humble person you are and how relatively big the other person must be. A self-respecting adult never plays wounded and weak in an effort to make someone else guilty.

11. If you’ve done the wrong thing never take on the role of a contrite child. You should apologise and try to fix the problem, but shouldn’t grovel. Endless apology only shows your anxiety over rejection, not true remorse over your act.

12. Try to be honest, but remember that if you’re brutally honest in the belief you’re maintaining your integrity, you may be violating a more important value of not hurting someone unnecessarily.

13. If you must tell lies to protect your self-esteem, make them lies of omission, not embellishments. You can never hope to be rehabilitated if you’re caught making yourself grander than you really are, but it is more excusable to forget to mention some of the bad bits.

14. Don’t use words that say one thing but are designed to carry an underlying message. Hints, name-dropping or very long words are usually transparent manipulations, which other people hate.

15. Give compliments if you feel they are deserved and receive compliments with thanks, even if you don’t feel you deserve them or you’re afraid you’ll be seen as insufficiently humble. Never reject the gift of a compliment. Never deny someone the pleasure of being kind.

16. Finally, the golden rule for every interaction: treat other people as if you believe they like you.

School Shoes: Parents are reminded that school shoes are to be of the traditional, hard leather lace-up style.
SPORTS NEWS

Students from St Joseph’s College attended a Diocesan Netball Carnival at Grafton on Thursday 17 August.

It’s a long day of travelling, leaving at 5:30am, returning at 7:15pm and playing nine (9) games against some tough opposition. Some teams from between Port Macquarie and Tweed fielded state and national league players.

The girls performed really well and many were selected as best and fairest in their divisions. Of particular note were Kayla Rampling and Olivia Salmon in the Juniors and Lucy Fitzhugh, Mila Rampling and Ashleigh Dunemann in the Intermediates.

A special thank you goes to Courtney King and Katharine O’Halloran of Year 12 who accompanied the teams and competently umpired our matches.

We didn’t win overall but did score some great successes. Congratulations to all our team:

Richelle Billiau             Amber McKittrick
Molly Cornelius            Katharine O’Halloran
Teegan Crompton            Kayla Rampling
Ashleigh Dunemann          Mila Rampling
Lucy Fitzhugh              Kelsey Rundle
Ashleigh Hayes             Olivia Salmon
Danielle Hickling          Georgia Scaysbrook
Brooke Hobson              Keeley Serone
Maddison Jordan            Tayla Smith
Tiarne Judd                Katrina Stamper
Courtney King              Chantelle Walker

Mrs Wendy Peterson
Mr Peter Serone

SPORTS NEWS

Don’t forget, if you have any sports news or sporting achievements you’d like to share with the St Joseph’s College community, please send the information in and we’d be happy to put it in the College Newsletter.

REFLECTION DAY
8/9/06
Theme: “New beginnings”

Do you feel you need time out?

Do you find the time . . . just to be you?

The Pastoral Care Committee at St James School and St Joseph’s College invites all parents and caregivers to our Reflection Day to be held at St James Multi-Purpose Centre on Friday, 8th September from 9:30am to 2:30pm. Come along and meet other parents for a day that will truly revitalise you both physically and spiritually.

Sister Anne Shay of Ballina will facilitate the day.

Morning tea and lunch will be provided, so please join us for this special day. Parents of New Kindy, New Year 7 and New families – this is a great opportunity to meet other parents.

Cost: Gold coin donation

To assist us with catering:
PLEASE RSVP BY 5/9/06
TO SCHOOL OFFICE,
ATTN: PASTORAL CARE COMMITTEE REFLECTION DAY

Name: .............................................
Student’s Class: ...............................
Phone: ...........................................
STUDENT OF THE WEEK

Could this be a picture of you?

The nominated student is required to present themselves to the College Principal before Friday of this week. If this student does, they will receive a voucher to the value of $5 for purchases at the Canteen.

KEEP WATCHING THIS SPACE – THE NEXT TIME IT COULD BE YOU!

St James Primary

Annual Golf Day

SUNDAY 29 OCTOBER 2006

Coolangatta & Tweed Heads Golf Club

4 Person Ambrose

7:30am shotgun start

Open to Golfers and Non-Golfers

BOOK NOW

Spaces are limited

Entry Fee: $40.00 per player
Entry Fee Includes:
Golf Game
BBQ Lunch
Fun Day Out

Nomination Forms Available at: St James School
Phone: (07) 5524.9404
Fax: (07) 5524.9200

Further Information Contact:
Jason Clarke 0437 445.022
Donna Reynolds (07) 5524.4808

Open Day

New Tweed Heads PCYC facilities

Activities and displays from 1:00-4:00pm
Dance, Martial Arts, Gymnastics, Prize Giveaways, etc.
Something for all the family
Come and be part of the fun
Call THPCYC now for more info (07) 5599.1714

Preparation for Driver’s Licence Classes

Kingscliff TAFE is conducting a module for school students and community members aged 15 years and 6 months and over to prepare them to pass the learner driver test in order to get their “Ls”.

Time: Tuesday afternoons from 4:00pm to 6:00pm
Place: Kingscliff TAFE, Room FG 04
Dates: Ongoing enrolments (enrol when it suits you)

No administration fees apply to this course.

Contact details Marilyn Lowe: (02) 6670 .1204 or Andrew Mitchell: Andrew.Mitchell@tafensw.edu.au

Canteen News & Roster

Desperately seeking help - "TBA" WHERE ARE YOU?

Parents and carers may have noticed that we are showing TBA a lot lately in our canteen rosters. TBA stands for "To Be Advised", meaning that we are short one helper in the canteen for the day. Unfortunately, this shortage does affect all the other helpers who do come in, as they have to pick up extra shifts.

I understand that with work and family commitments, sometimes it’s not possible to help out on a regular basis. However, if you do find that you have a couple of hours to spare when we show a TBA, please call me and I would be only too happy to see you. Please keep an eye on the roster, and give me a call at the College.

Winter Meal of the Week

This week we have a special chicken dish: a lovely taste of the Caribbean which we have named (strangely enough) "CARIBBEAN CHICKEN". So come on in EARLY and order your WINTER MEAL as stock is limited.

WEEK 6

Monday 21 August
Sheree Lynch & Susan Klein
Tuesday 22 August
Lyn Watkins & Joy Goodman
Wednesday 23 August
Debbie Dunden & Sandy Jeffries
Thursday 24 August
Kathy Bush & TBA
Friday 25 August
Trish Baldwin & TBA

WEEK 7

Monday 28 August
Michelle Kirk & Janene Neal
Tuesday 29 August
Tracey Buckley-Dunn & TBA
Wednesday 30 August
Mary-Anne Perlenfein & TBA
Thursday 31 August
Gert Webb & Kim Mitchell
Friday 1 September
Vicki Rhodes & Wendy Morrison

Mrs Dianne Pinkstone
Canteen Manager
There is nothing more important than the safety and health of our children. Sadly, many accidents happen in and around our schools zones. Too many drivers ignore the slow down signs and travel at dangerous speeds.

When travelling in and around school zones please remember:

- Always slow to 40km/h
- Set down your child on the school side of the road
- Park only where parking is permitted, and
- NEVER call to your children from across the road.

In Tweed Heads our schools zones are enforced by the NSW Police.

Safety around schools is everybody's responsibility. We must all be conscious of the need to make safety a priority by observing the speed limits and parking signs at all times, particularly around school zones.

Four Handy Tips for Safe Parking

1. Allow enough time to get your child to the school gate safely and without rushing.
2. Always observe the parking signs outside the school. They are designed to keep children safe.
3. Never park illegally in a driveway, on or near a school crossing, or in a bus bay.
4. Never double park. Double parking blocks the vision for other drivers, forces children onto the road and obstructs the flow of traffic.

Parking unsafely can put children's lives at risk. You can be fined or lose points if you park where these signs apply:

- Stop on or near a pedestrian / children's marked foot crossing: Penalty exceeds $255 fine and 1 demerit point.
- Disobey no stopping sign: Penalty exceeds $175.
- Disobey no standing sign: Penalty exceeds $75.
- Stopping on or near an intersection: Penalty exceeds $175.
- Stop in a bus zone: Penalty exceeds $175.

You can also be fined for the following outside schools:

- Double parking: Penalty exceeds $175.
- Making an illegal U-turn: Penalty exceeds $175 and the loss of 2 demerit points.
- Speeding in a 40km/h school zone: Penalty exceeds $75 and the loss of 3 demerit points.

In a recent Media Release from the Pedestrian Council of Australia (PCA), the Chairman of the PCA, Mr Harold Scruby, has called on all Councils to adopt a zero-tolerance and covert parking enforcement program around all schools in NSW.

Mr Scruby said: "Claims that Councils are revenue-raising around schools are utter nonsense. Parents, carers and motorists risk children's lives by stopping in pedestrian zones, bus zones, No Stopping zones or who double-park or park on footpaths. They deserve to have the book thrown at them. The death of Bethany Holder at Pittwater House School demonstrated just how quickly and easily children can be killed or injured around schools. The NSW Coroner went so far as to recommend that these areas are so dangerous that large 4WDs be banned from parking within 200 metres of all primary schools.’’

The President of the Federation of Parents and Citizens’ Associations of NSW, Ms Sharryn Brownlee said: “Child safety around schools is paramount. At some schools, illegal parking is at epidemic proportions. The notion that illegally parking for only a few seconds will cause no harm is utterly untenable. Tragedies take a millisecond. Line of sight around schools is critical to both motorists and pedestrians alike. When vehicles obstruct that line of sight, tragedies occur, particularly with small children who are so difficult to see.”

Mr Scruby added: “1,378 primary school aged children were killed or injured on NSW roads from 2000 to 2004; half of which occurred during school travel time. Those parents who couldn't care less about the safety of children around schools are quite happy to take risks when they think the Police or Rangers are not on patrol. If they see the Police or Rangers, they park legally. But this is not a game. It's about protecting the lives and limbs of our most important asset: our children. And minimising the potential for harm at these notoriously dangerous locations. If parents believe that the Police Rangers are present, but possibly out of sight and they will be booked if they park illegally, even for a second, then the potential for harm will be minimised and lives will be saved. That's why a strategic, zero-tolerance, covert enforcement program is vital.”

DO YOU RECOGNISE THESE SIGNS?

DON'T STOP NEAR A PEDESTRIAN CROSSING
If you stop on or near a pedestrian crossing you will lose demerit points and be fined.

BUS ZONE SIGNS
You must not stop or park in a bus zone. Parking in a bus zone puts lives at risk.

NO STANDING SIGNS
You cannot stop on a length of road to which a No Standing sign applies except while picking up or setting down passengers.

NO STOPPING SIGNS
You cannot stop on a length of road to which a No Stopping sign applies for any reason.

NO PARKING SIGNS
Drivers are not permitted to stop their vehicles unless picking up or dropping off passengers. Vehicles may not stand for more than 2 minutes, and the driver may not move more than 3 metres from the vehicle.