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

“Mind your own business!”

Some people love to know what other people are doing. Many people have a fascination with the lives of celebrities and other people in the public spotlight.

Richard Carlson talks about life being difficult enough with our own mental health issues, problems, habits, and the contradictions and complexities of life. He states:

> How often do you find yourself saying things like, “I wouldn’t do that if I were her,” or “I can’t believe he did that,” or “What is she thinking about?” How often are you frustrated, bothered, annoyed, or concerned about things that you not only cannot control or be of actual help with, but are also none of your business?

> This is not a prescription to avoid being of help to people. Rather, it’s about knowing when to help and when to leave something alone. I used to be the type of person who would jump in and try to solve a problem without being asked. Not only did my efforts prove fruitless, they were also almost always unappreciated, and sometimes even resented.

> Since recovering from my need to be overly involved, my life has become much simpler. And, now that I’m not butting in where I’m not wanted, I’m far more available to be of help when I am asked or truly needed.

Carlson goes on to say that taking part in eavesdropping, gossiping, talking behind other people’s backs, or analysing, or trying to work other people out, tends to be an avoidance of trying to look at ourselves.

He suggests that if we find ourselves becoming involved in a situation where we don’t really belong, we should show wisdom and humility by ‘backing off’.

There is much positive energy that can be used dealing with our own personal challenges in this area. There has been much written in the media lately telling other people how they should live their lives.

Put simply, John’s Gospel states Jesus’ reply to those who wanted to stone a woman to death who was found committing adultery, “Whichever one of you, who has committed no sin, may throw the first stone at her.”

Naturally, they all left without throwing any stones.

Let’s all practice minding our own business and not throwing any stones in the coming weeks.

Best wishes and
God Bless,

Mr Peter McLoughlin
Principal
We are already in Week 4 of the final term for 2006 - just where does the time go?

Bearing in mind that these next weeks will go by in a flash, a couple of reminders for our students and their families:

- Year 10 students will be sitting their compulsory School Certificate exams Monday, Tuesday and Friday of next week. These students have been given an ‘end of year’ letter explaining their final program of events.
- Also next week, our Year 12 students complete their final HSC exams. Next Wednesday, they will be attending their College Graduation Formal.

And for students in other year groups, there will be more examinations before the term is out:

- In Week 9, students in Years 7, 8 and 9 will be taking their end of year exams.
- Week 9 will also be an assessment week for Year 11 students.

Families should note that this exam/assessment week will be compulsory for all Years 7, 8 and 11 students.

All in all, a very busy time. We hope you enjoy today’s Newsletter.

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PRINCIPAL’S NOTES

PRAYERS

Please pray for the repose of the soul of Mr Tom Rowland, father of Mr Shane Rowland, and grandfather of John Rowland (12E), who passed away on 28 October.

“Eternal rest grant to Tom O Lord and may perpetual light shine upon him. May he rest in peace. Amen.”

NIGHT OF NOTABLES

My sincere thanks to the students of Year 9 and their English teachers, Mrs Janet Crouch, Mr Tim Connolly, Mrs Sharyn McConnell, Ms Margaret Bermingham, and Ms Charmaine Vella, for all of the hard work put into last Wednesday night’s ‘Night of Notables’. The ‘all weather’ venue of the Doyle Centre is a great showcase for this type of school event and our Year 9 really did us proud. All are to be congratulated.

As next week is a News Sheet week, the next Newsletter (going out to families on Monday 20 November) will include a report about the ‘Night of Notables’.

BEACHATHON

Many thanks to everyone who has supported the Beachathon. I am very grateful to everyone who has been involved. Again, my thanks to the hard working committee of staff who organised the Beachathon, as well as Mrs Singleton and Luke Barnes who “motivated” the students.

NOTICE TO ALL YEAR 10 FAMILIES

SCHOOL CERTIFICATE EXAMINATIONS

Monday 13 November:
- English (9:20am-11:30am)
- Science (12:50pm-3:00pm)

Tuesday 14 November:
- Mathematics (9:25am-11:30am)
- Australian History, Geography, Civics and Citizenship (12:50pm-3:00pm)

Friday 17 November:
- Computer Skills test (11:00am-12:15pm)

ALL YEAR 10 STUDENTS MUST SIT THE ABOVE MENTIONED EXAMINATIONS TO BE ELIGIBLE FOR A SCHOOL CERTIFICATE.

Please note:
- Normal school uniform is to be worn.
- Students must stay at school AFTER exams UNLESS they have written permission from their Parent/Carer.

Mr Peter McLoughlin
Principal

MENTAL HEALTH WEEK 2006:

‘Get Back Our There, Link up for Life’

As a part of Mental Health Week 2006, a SJC Health Directory has been set up providing health information for students, parents and staff on loads of issues such as drugs and alcohol use, relationships and general mental health.

Feel free to check it out and recommend it to your children, family and friends. You can access it via the SJC intranet home page, just click on Pastoral Care.

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.
COMING EVENTS

WEEK 4
Monday 6 November ......................................... (Day 1)
- Tweed Valley Schools Golf Day

Tuesday 7 November ......................................... (Day 2)
- Year 9 History Excursion
- Year 9 Geography Excursion
- Diocesan Waterpolo Competitions

Wednesday 8 November .................................... (Day 3)
- Year 11 RRISK Meeting
- CSPA "How to Drug Proof Your Kids"
  (at Mt St Patrick College – 1st night)

Thursday 9 November ....................................... (Day 4)
- Diocesan SLS Carnival (9/11 & 10/11)

Friday 10 November ......................................... (Day 5)
- Remembrance Day Assembly
- Diocesan SLS Carnival (9/11 & 10/11)
- "Family Portraits" SRC Fundraiser (3:00-8:00pm)

WEEK 5
Monday 13 November ....................................... (Day 6)
- School Certificate Exams (English; and Science)

Tuesday 14 November ..................................... (Day 7)
- School Certificate Exams (Mathematics; and
  Australian History, Geography, Civics and Citizenship)

Wednesday 15 November .................................. (Day 8)
- Year 12 Graduation Formal
- CSPA "How to Drug Proof Your Kids"
  (at Mt St Patrick College – 2nd night)

Thursday 16 November .................................... (Day 9)

Friday 17 November ....................................... (Day 10)
- School Certificate Exams (Computing Skills)

WEEK 6
Monday 20 November ....................................... (Day 1)
- Year 10 First Aid Course
- Year 7 2007 Parent/Student Information Evening

Tuesday 21 November ..................................... (Day 2)
- Year 7 2007 Student Orientation Day
- Year 10 Performance Pathways Seminar

Wednesday 22 November .................................. (Day 3)
- "Mock Café"
- Year 10 Motivational Speakers
- CSPA "How to Drug Proof Your Kids"
  (at Mt St Patrick College – 3rd night)

Thursday 23 November .................................... (Day 4)
- Year 10 Reflection Day

Friday 24 November ....................................... (Day 5)
- Year 10 ‘Dreamworld’ Day
- Beachathon winners ‘Wet ‘n’ Wild’ Day

WEEK 7
Monday 27 November ..................................... (Day 6)
- Year 10 Farewell Liturgy

Tuesday 28 November .................................... (Day 7)

Wednesday 29 November ................................. (Day 8)
- Year 11 Assessment Talks (Evening)
- CSPA "How to Drug Proof Your Kids"
  (at Mt St Patrick College – 4th and final night)

Thursday 30 November .................................. (Day 9)
- ‘World of Maths’

Friday 1 December ........................................ (Day 10)
CURRICULUM NEWS

CURRICULUM AWARDS ON ASSEMBLY
At last week’s Assembly, the following students were presented with their Curriculum Award for excellence in formal assessments during October:

Year 11
- Ronan Gibson: Sport, Lifestyle & Recreation, Legal Studies, PD/H/PE
- Scott Glass: Ancient History, Information Processes & Technology, Industrial Technology-Multi Media
- Karly Goodman: Chemistry, Advanced English, Music
- Anthony Hammett: Information Processes & Technology, Industrial Technology-Multi Media, Business Studies
- Benjamin Heffernan: Chemistry, Music, Photography
- Belinda Lincoln: Textiles & Design, Ancient History, Community & Family Studies
- Daniel Marriott: Chemistry, Sport, Lifestyle & Recreation, Advanced English, Studies Of Religion 1
- Emma Riles: Chemistry, Advanced English, Hospitality, Studies of Religion 1
- Jessica Short: Advanced English, Community & Family Studies, PD/H/PE
- Emma Stamp: Ancient History, Visual Arts, Photography
- Louise Turner: Standard English, Textiles & Design, Business Studies
- Nicholas Waugh: Industrial Technology-Timber, Senior Science, Photography
- Dean Wrobel: Sport, Lifestyle & Recreation, Photography, Business Studies

Year 9
- Hayley Elkington: Food Technology, Geography, English
- Jackson Fisher: PD/H/PE, Food Technology, English
- Jessica Godfrey: Catholic Studies, Food Technology, English
- Alexander Newman: Industrial Technology-Timber, Catholic Studies, English

Year 8
- Rachel Amos: Visual Arts, Catholic Studies, English
- Stephen Baker: Science, Music, Catholic Studies
- Matthew Bourgeois: Catholic Studies, Music, Science
- Jessica Clarke: HSIE, Technology, Science
- Finn Davoren: HSIE, Technology, Science
- Katherine McCleary: HSIE, Technology, Science
- Thomas Monaghan: Catholic Studies, Music, Technology
- Annie O’Donohue: HSIE, Technology, Science
- Timothy Wong: Music, Catholic Studies, Science

Year 7
- Allie Capellari: PD/H/PE, Music, Science

If group bookings are requested, payment for the full table is required.

Thank you, Mr Davoren.

YEAR 7 2007
INFORMATION EVENING – FOR PARENTS & STUDENTS
Monday 20 November
ORIENTATION DAY – FOR STUDENTS ONLY
Tuesday 21 November

MATHMATICS NEWS

AUSTRALIAN MATHEMATICS COMPETITION
Last July we had 44 students sit the Australian Mathematics Competition. Of these, three (3) students received Distinctions and twenty (20) students received Credits. Well done to Jack Klein (7B), Connor van Rossum (8A) and Lachlan Raso (8D) for achieving Distinctions. I would also like to thank Mr Paul Bush for his organisation.

YEAR 10
Year 10 have just finalised their last Assessment Task and will shortly be sitting the External School Certificate Exam. This exam consists of a non-calculator and calculator section. It is not divided into levels and everybody does the same test. From this, a mark out of 100 is allocated and students are placed in bands 1-6 with 6 the highest. Also, at the present time, we are deciding the grades that students will receive, based on their assessment tasks and what level they are at. This year the Board has recommended 9 grades A10, A9, B8, B7, C6, C5, D4, D3, E2. This grade will appear on the School Certificate.

YEAR 12
Year 12 have just finalised the Maths HSC Examinations and most students found the papers quite challenging. We wish them luck with their results.

Mrs Helen Borrowdale
Curriculum Coordinator

Mr Greg Gazal
Maths Coordinator

Mobile Phone Policy: Mobile phones are not to be brought to school.
If there are exceptional circumstances, the phone is to be left at Student Reception upon arrival and collected on departure.
ENGLISH NEWS

2006 ST JOSEPH’S COLLEGE WRITING COMPETITION

The winners of the 2006 St Joseph’s College Writing Competition were presented with their awards last week. Congratulations to all those who entered.

The competition is very popular with our students and we have noticed the standard and number of entries continues to increase. Thank you to Ms Bermingham for organising this important College competition.

A list of the winners and those highly commended is included:

2006 ST JOSEPH’S COLLEGE WRITING COMPETITION “Spring”

Senior Winner: Annie Lyon
Highly Commended: Katie Pinkstone
Emma Riles
Dean Wrobel

Junior Winner: Christopher Boyle
Highly Commended: Tess Lyon
Claudia Osborn
Holly Rigby
Alexander Wyper

Mrs Janet Crouch
English Coordinator

SPORTS NEWS

DOWNIE SHIELD CRICKET

The College First XI cricket side did battle with Xavier College of Lennox Head in the first round of the Downie Shield competition.

St Joseph’s College batted first and made a reasonable start, at one stage being 3 for 89. The jitters quickly set in, however, and we were all out for 122. Luke McCarron (10F) and Nicholas Lock (11D) both batted well.

Defending such a small total was always going to prove difficult. Xavier quickly gained the upper hand and reached our total relatively easily. Ryan McCulloch (11B) and Jack Mulherin (10F) bowled well.

All members of the team applied themselves admirably to their tasks on the day and were outplayed by a superior and far more experienced team on the day.

Mr Tim Connolly
Coach

STUDENT REPORTS

During the last school holidays, Lauren Teitzel (8A) attended a competition in Gosford, as part of a team of eight players from the North Coast Academy of Sport. Lauren and her team played in a teams tournament against teams from seven other NSW regional academies (including two metropolitan academies) and won. This was an exciting victory for Lauren, as was her win in the 13-year-old singles event at the NSW Country Tennis Championship held in Forster last August. Congratulations Lauren!

Congratulations also to Matthew Lance (11B) who took part in the Noosa Triathlon recently. Matt came 1st in his age group and was placed 43rd overall.

DIOCESAN CARNIVALS

All students attending this week’s Diocesan Carnivals for Water Polo, Tennis and Surf Life Saving are to make sure they return their permission form together with payment to Student Reception as a matter of urgency.

In our next Newsletter we will have the results from each of the respective carnivals as well as the Softball Carnival held in Week 3 of this term.

Mrs Gail Elliott
Acting Sports Coordinator

Beachathon 2006

Look out in the next Newsletter for all the news about this year’s Beachathon

STUDENT COUNCIL

“MELBOURNE CUP HAT DAY”
TUESDAY 7 NOVEMBER (TOMORROW)

MAKE A FASHION STATEMENT!

COME AS THE MAD HATTER!
IF THEY THINK YOU’RE CRAZY NOW,
WAIT TILL THEY SEE YOUR HAT!

COME ONE, COME ALL!
GET in the spirit and wear
your favourite hat to our
‘MELBOURNE CUP HAT DAY’

FABULOUS PRIZES TO BE WON!
BRING a gold coin donation...

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.

Mrs Gail Elliott
Acting Sports Coordinator

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.
 SRC LEADERSHIP DAY
On Tuesday 31 October, the new SRC for 2007 had their Leadership Day.
This day was a huge success and the school can expect big things from this great team of people. The day was full of great activities; we had some fun but then got down to business.
We discussed what we wanted to achieve this year. This included the usual SRC fundraisers that we do annually, but also we have planned several new and exciting days with our main aim being to create a stronger sense of school spirit at St Joseph’s College.
The Captains spoke about the need for hard work, commitment and love of our school. This year will be a big one for the SRC and all 30 or our dedicated members from Years 7-12 are looking forward to it.
Our first project is the new war memorial to be built, surrounded by beautiful gardens, in front of the College flagpoles. This will mark the entrance of the College even better. The construction will take place in the Christmas holidays.
Our thanks go especially to Ms Stegeman for her continued efforts and support; and to our Captains who assisted in running the day.

Student Council

THERE ARE STILL PLACES STILL AVAILABLE, BUT YOU MUST CONTACT MS STEGEMAN AT THE COLLEGE ASAP TO MAKE A BOOKING!

FAMILY PORTRAITS
Reminder about the
St Joseph’s College Student Council
Family Portrait Fundraiser
Your Framed Family Portrait for only $10
(valued at $110.00)

Rule No. 1:
Minimum of two generations in family portrait (children must be photographed with parents)

Rule No. 2:
No person may appear in two fundraising family portraits

When: THIS Friday 10 November
afternoon/evening from 3:00pm to 8:00pm.
Where: Doyle Centre.
What: For $10 you will receive a beautiful framed portrait of your family. Additional poses will be available for purchase.
Why: So you will have a pictorial record of your family in 2006 and maybe some memorable Christmas presents AND the Student Council receives the total booking fee ($10 per family) which we can then spend on student-requested improvements from which all students benefit.

WE NEED YOUR HELP! TALK YOUR FAMILY INTO IT!!

PASTORAL NEWS

Last week we celebrated Mental Health Week here at the College.

Mental Health Week is a National initiative celebrated during our school holidays from 8th to 14th October with the aim of raising awareness of, and breaking down the stigma, attached to mental illness. The theme for Mental Health Week 2006 is Link Up For Life: Get Back Out There.

The theme highlights the importance of getting involved and being active. “Link Up for Life: Get Back Out There” links with the World Federation for Mental Health’s focus on the union between mind and body; health as a holistic concept.

We also look at connectedness and involvement within our communities (locally and on a world scale). Coinciding with the year of the outback, this year’s theme can even be interpreted in that way – get back out there, into the outback!

In order to, as a community, promote mental health – and where possible, act to reduce stigma and discrimination, promote recovery and understanding, and increase appropriate, early help-seeking behaviour for mental health problems and illnesses – we need to develop ways to influence the community, and to attract attention.

Here at the College we have attempted to raise awareness through posters about the school and daily information and facts about mental health in the daily notices.

Last week also saw the launch of a new Mental Health Noticeboard. It is prominently located outside the PD/H/PE classrooms and will display helpful information for students about mental health and the services available to support them.

Thanks to Mr Trimboli for acquiring this noticeboard and his efforts to promote mental health awareness during the College’s Mental Health Week.

Caring for our mental health is equally important as caring for our physical health. There are many ways we can protect our mental health and prevent or successfully manage mental illness. These include: good diet and nutrition, regular exercise, communicating well, rest and relaxation, support from family, friends and social contacts, good problem solving skills, positive thinking, prioritizing and good organisation, and having realistic goals and expectations.

Whilst many of us quickly seek a doctor’s assistance when physically ill, it is estimated that 60% of Australians with a mental health concern do not seek help.

Paying as much care and attention to our mental health as we do our physical health and expanding our knowledge of mental health issues will help us ensure our ongoing mental and physical wellbeing.

What have you done for your mental health this week??

Ms Frances Stegeman
Pastoral Advisor
Congratulations to Karly Goodman (11A) who, during Winter, was a Bond University’s ‘Student for a Semester’. Karly successfully completed a subject in International Relations, and gains a credit for this subject when she starts her University study in 2008!

Looking for extra work? Thinking of a traineeship? What about studying? Look no further:

§ In Year 11 and got some free time over the Christmas holidays?? Interested in studying law? Southern Cross University offers Year 11 students a chance to complete a subject in law over the Christmas holidays through the Star Fast Track Scheme. Study at home and attend two weekend workshops at the Tweed Heads Campus.

§ There are several part-time and holiday jobs currently available for students 15 years and older.

§ There are numerous School-based Traineeships currently on offer for students in Years 10 and 11.

For more information about these or other Careers issues, see Mr Hall in the Careers Room.

Mr Matt Hall
Careers Coordinator

COMMUNITY ASSOCIATION TUCKER BOX

Have you got anything for the “Tucker Box”? 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.
A ‘Gifted and Talented Science Day’ was held on Tuesday 31 October with the theme being “DNA: The Chemical of Life”.

Students from St James, St Anthony’s and the College attended the day. Students were involved in extracting DNA (genetic material) from strawberries as well as a range of other chemical reactions. Laura Wilson (10C), who recently gained a High Distinction in the Australian Chemistry Quiz, provided additional assistance to the participants.

The students who attended were:

**St Joseph’s College:**
- **Year 7:** Jack Shambrook (7A), Liam Bolster (7A), Allie Capellari (7A), Alexander Wyper (7B), Lauren Workman (7C) and Brodie Sweeney (7E)
- **Year 8:** Timothy Wong (8B), Christopher Best (8C), Jordan Charters (8C), Torrey Atkin (8D), Stephen Baker (8D) and Christopher Boyle (8E)

**St Anthony’s Primary School:** Tian Hunt, Sam Hunter, Louis Oram and Jessica Rutledge

**St James Primary School:** Maccalla Fenn, Kurt Johnston, Brayden Pringle and Rose-Marie Samuels

*Ms Gail Berry*

*Science Teacher*
Included in today’s Newsletter is Chapter Six of the story of “Kip”. Our mystery writer left us with . . .

“As I lay in the hammock that night, trying as hard as I could to get to sleep, my conscience was screaming at me, telling me I was a coward for not telling someone. But the worst thing was, I couldn’t get the image of Bardo lying in the pond surrounded by frogs, surrounded by beasts who were releasing their issues into his frail body with their feet, out of my mind.”

Chapter Six

This image haunted me for the next week of holidays, which passed with no great event other than the inner battle of my conscience. The exciting atmosphere that always precedes Christmas was intensifying and the trees that lined the streets of Aldea had already been laced with tiny lights made out of coloured paper and candles. It was a warm night, only a week before Christmas Day when Pop took Meg and I for a walk to see our neighbours’ decorated houses.

People had hand made, cardboard cut outs of reindeer pulling sleighs, with the conventional fat man in a red furry suit sitting in with a large, lumpy sack that could not possibly hold enough presents for every child in the world. Huge trees were so heavily draped with candle fairy lights their branches were drooping. One house even had electrical lights, which we stood gazing at for what seemed like hours. Others had cotton wool stuck to the edge of their trees, making it look like snow, which led to Pop having to explain to my sister and I why we didn’t have a White Christmas.

Despite its size, I truly believed that Aldea was the most Christmas-spirited town in all of Western Australia. Every year, there was a huge picnic held in Frances Park on the beach, where everyone was welcome and gifts were exchanged. This was usually held a few days before the actual day.

We walked back along the street towards our house, where supper awaited us, carefully prepared by Mum. “Pop, can Bardo come with us to the Christmas picnic tomorrow?”

“Sure thing, Kip,” he said, smiling and putting his arm around me. Meg and I looked at each other and decided to confess what had been on our minds for a while now.

“Pop, I’m not sure and I’m probably wrong, but I don’t think Bardo’s ever had a Christmas before.”

“At least not like this,” Meg added when Pop began chuckling.

“Well at least we’ve raised sharp children,” he laughed. His tone then turned serious and he stopped under the tree that was bright with candle lights.

“Kids, where Bardo comes from, they didn’t really have the luxury of things like Christmas and Easter and the nice things he gets here. They knew it existed but were, well, really too poor to celebrate it like we do. This year will, as you say, probably be Bardo’s first real Christmas. And, I was going to surprise you, but because you’re so precocious, I suppose I have to ruin it for you.”

This sentence was followed by a series of pleas for him to tell the secret, as well as a whole lot of hand and shirt tugging. “All right, all right!” he laughed. “Keep your hats on. I was just going to say that I was talking to Mrs Jensen a couple of days ago and she was telling me how she was travelling interstate for the week over Christmas to spend it with her sister. Now, I didn’t think Bardo would enjoy this terribly, so I proposed to her the idea of Bardo spending Christmas with us while she was gone,” he said simply, laying his hands out as we reached the front porch of our house.

I was simply flabbergasted. Meg and I jumped in glee and started speaking over each other at ridiculous speeds. Our mother instantly knew the reason for our jubilation when we walked through the front door sounding like a pair of ruffled minor birds. She laughed and told us to wash our hands before dinner. We did so obediently, not wanting her and Pop to take back their agreement to have Bardo stay for the most exciting time of year.

My sister and I were so excited that night we could hardly sleep and woke early for the picnic the next day. We stopped at Mrs Jensen’s house on the way to Frances Park and almost bowled her over in her front yard (looking much like a stuffed giant bag, with layers of lace and cotton, I might add) in our mission to reach Bardo and tell him the good news.

Five minutes later, we left Mrs Jensen’s and left Bardo with an extraordinary grin on his face. When we arrived at Frances Park at ten o’clock, the almighty feast was already underway. There were so many barbequed chickens and legs of ham that I began to imagine the now empty farm they would have originally come from. However, my hunger won over this shade of guilt two hours later when I delighted in two meat and salad rolls, as well as some pasta salad, potato bake and Banana Cake for good measure. I had never eaten so much in my life, even at the picnic the year before and felt as though I was going to burst at my navel. Bardo had made a good meal of the luncheon too. I remembered how Pop had said that he probably wouldn’t have had the luxury of these kinds of foods where he came from and smiled at how he now had the chance to have them. Not to mention the ambience of kind-heartedness and warmth in the air.

A game of football was started between the men and children and, of course, Meg, who had never got along with the other girls, who sat primly on the sideline with their mothers, brushing their hair and daintily picking at their food. Our team soon realised that Bardo had no idea what he was doing, but to compensate, had a lot of speed, which led to him scoring the winning try. The whole town laughed merrily as Bardo sped along the grass, followed, but nowhere near close to being touched, by even the fittest men of the town. When he reached the line, he had no clue what to do and everyone, even the people on the other team, were yelling at him to put the ball down. He did so, rather awkwardly, and was charged at by his team members, who lifted him onto their shoulders and cheered.

I knew then that I would never forget the look on my friend’s face. The look that told me that was the best moment of his life.

TO BE CONTINUED

LOOK OUT FOR CHAPTER SEVEN OF ‘KIP’ IN THE NEWSLETTER, GOING OUT TO FAMILIES ON MONDAY 20 NOVEMBER.

(You will have to wait till then as next week, Monday 13 November, is a News Sheet Week)
In today’s Newsletter we have the eighth part of the RRISK information kit provided to schools. No doubt you have already marked down the Year 11 RRISK Seminar on 24 November . . .

Points to Consider When Buying a Used Car

Know what type of vehicle is allowed. On 11 July 2005, the NSW Government introduced changes that prohibit all new provisional (P1 and P2) drivers from driving certain vehicles while on their provisional licence. Prohibited vehicles are those with:

≈ Eight or more cylinders
≈ A turbocharged engine (diesel exempt)
≈ A supercharged engine (diesel exempt)
≈ Engine performance modifications
≈ High performance six cylinder engines

Know what you want:
Do some research and work out what type of car will suit, whether manual or automatic, what the car will be used for, running costs and level of safety. Cost is obviously a big concern, but be aware that operational costs, repairs and maintenance should be considered.

Know where to look:
There are many options – licensed dealers, auctions, or private sales.

Know what to check:
Check the vehicle’s identity; its VIN (vehicle identification number), engine number, compliance number plate, and check to see whether the vehicle has money owning on it. REVS (www.revs.nsw.gov.au) can also tell if the car’s been stolen, re-registered or classified as a write-off.

Know how it drives:
Take the vehicle for a test drive, but before you do, make sure the seller has an insurance policy that will cover if there is a crash. Listen for odd noises and rattles. Does the engine run smoothly when you change gears, slow down, accelerate? Do the brakes work effectively? Does the car stop straight and smooth? How does it steer? Does it steer straight or drift left or right.

Know that the vehicle meets all safety checks:
A comprehensive pre-purchase safety inspection and an authorised inspection (pink slip) will ensure your wheels are in good enough shape to be driven on the road. Ensure that all faults are repaired before you take possession of the vehicle.

Do you know the meaning of this word?
Kindness (n.) the practice or quality of being kind; a kind or helpful act.

Do you know what it is to be “kind”?
Kind (adj.) having a friendly nature or attitude; helpful to others or to one another (a kind deed); considerate or humane; cordial; courteous; pleasant; Informal: beneficial or not harmful.

Have you been kind to someone today?
You know, all it takes is just a smile . . .

BRING HOME A BROTHER OR A SISTER

In February 2007, students, aged 15-18 years, from over 15 countries will be arriving in Australia to study at local schools for 5 or 11 months. Opportunities exist to act as a host family in a volunteer/unpaid capacity. Hosting can be on a temporary, short or long term basis.

Host families help provide students with the chance to study and experience life in Australia. This is a great way to learn about another country and culture, establish a lifelong link to a family in another country and contribute to international goodwill. If your family can offer a friendly, supportive and caring home environment, contact us today.

To learn more about this opportunity call Student Exchange Australia on 1300 135 331 or visit our website www.studentexchange.org.au

Valuables: Students are asked not to bring large sums of cash or valuable items to school.
STUDENT OF THE WEEK

Could this be a picture of you?

If you think this group looks familiar, you would be correct! In this photograph you can see our hardworking Year 10 Construction Program students building a new BBQ surround in the College grounds. What a fantastic new addition to the College!! Thanks guys!!

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!

Student Council

CANTEEN NEWS AND ROSTER

HELPERS NEEDED

I know that I have been asking a lot for help lately . . . and today is going to be no different! If anyone has any time they could spare – it’s only for a few hours – to help out in the College canteen, your help would be greatly appreciated.

CHECK OUT THE BLACKBOARD MENU THIS WEEK

At the time of going to print there was no special menu prepared for the week. Any interested students are asked to please check out the blackboard at the Canteen for the weekly special.

CANTEEN ROSTER

<table>
<thead>
<tr>
<th>WEEK 4</th>
<th>WEEK 5</th>
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| Monday 6 November  
Susan Klein & TBA  
Tuesday 7 November  
Donna Schmitt & Alison Hedge  
Wednesday 8 November  
Nicky Lonergan & Fern Wendt & Tracey Buckley-Dunn  
Thursday 9 November  
Joy Goodman & Kim Mitchell  
Friday 10 November  
Trish Baldwin & Leanne Adshead | Monday 13 November  
Debbie Davey & TBA  
Tuesday 14 November  
Lyn Watkins & TBA  
Wednesday 15 November  
Mary-Anne Perlenfein & Gert Webb  
Thursday 16 November  
Jeanette Lanskey & Sandra Jeffries  
Friday 17 November  
Tracey Buckley-Dunn & Janene Neal |

For the information of our families, today we also include a page from Andrew Fuller as part of his ongoing series ‘Creating Resilient Families’.

These pages can often provide ideas, with a touch of humour, on how to cope with the things modern life throw at us both from within and from outside the family unit.

Enjoy!

School Shoes: Parents are reminded that school shoes are to be of the traditional, hard leather lace-up style.
**CREATING RESILIENT FAMILIES**

### FRIENDSHIP SKILLS
**MOST IMPORTANT**

The ability to get along with others and to work as a team member may be more important in determining success than intelligence, school marks or level of schooling.

![Diagram of friends and activities]

**How Parents Can Help Children Develop Friendship Skills**

Children who don’t seem to be able to make friends often rely on their parents to provide social contact and as a result, they may develop adult interests that may alienate them from their peers. It is quite often for the parents of these young people, because spending more time comforting a child may make them even more reliant upon a parent but if they’re not taken out, they remain around the house looking miserable.

Most social situations and parenting styles that parents are encouraged to participate in a wide variety of social groups while they are all at primary school, will help to protect them against bullying and loneliness if they have some friends during their early years.

**SHOW THEM HOW**

Mrs. Lee of Hope Valley spoke of her resolution. I know that it was expected that parents would become their children’s last resort. I mean had one of those car showers. “Warning – Based Parent Dr. Brown.” I was so worried that my children wouldn’t make good friends and I spent so much time checking them and there, that I forgot to show them that I can make friends too. They haven’t seen me go out in years and the nearest was school. I hadn’t been out for years. So I invited my daughter to go out with me. She was so shocked she agreed. She wanted to know where I said it’s a surprise. I took her to a play, I invited it. She loved it and told me how easy my social interests were: “Get a life.” was her basic sentiment, so I did.

*Coolly really* I *still* invite my teenager along and I figure if they never see me have fun, how else are they going to learn to do so themselves?

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**FRIENDSHIPS CONTRIBUTE TO RESILIENCE**

In a survey of young people, getting along with peers was rated as an essential factor in parents’ wellbeing.

Research tells us that having at least one positive friend with meaning in their lives, a broad range of social contacts, belonging to a group who do not engage in taking and dehumanizing with identity, and having friends who have a positive outlook on life and involve themselves in a range of activities are powerful protective factors for young people.

**LOSS OF FRIENDS**

Kids often become more upset over disputes with friends, while boys may be more likely to angrily assault the person they are arguing with. For both, however, the loss of relationships can be quite devastating.

**CHECKLIST**

- Do your children get to see you doing social activities with your friends?
- Do your children get to see you make up with friends if there has been a difference of point of view?
- Do your children see you mix with other adults who you do not know well?