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

I read an article recently written by Associate Professor Andrew Martin of Sydney University. The article is entitled, “Personal best in the classroom – what elite athletes can teach us”.

Professor Martin wrote about how research conducted in Australia has found that a ‘Personal Best’ focus at school can have far-reaching benefits. In swimming, swimmers I have seen interviewed after a race are always elated when they have achieved a ‘PB’ – Personal Best.

How does a ‘PB’ relate to school? A ‘Personal Best’ approach to school is when a student aims to do as well or better than their previous best.

Martin suggests this may be in terms of a mark or in the way they do things – like being better organised. The benefit extends to evoke the sort of energy that friendly competition can provide. Competition with oneself, that is.

For that reason it is a great positive because the excellence one aims at is in personal and achievable terms.

Schools that have trailled this approach say that it:

- energises and motivates students
- makes them more optimistic
- makes them more persistent

Professor Martin suggests five steps to work towards personal best:

1. Know what a PB is and what PB’s are appropriate for you
2. Set your PB
3. Write out the steps involved in achieving your PB
4. Reflect on how well you did in achieving your PB
5. Set the next PB (to start the cycle again)

The Professor believes that setting a PB gives every student the opportunity of achieving success. It’s something we have been emphasising here at St Joseph’s College for some time now.

Professor Martin has a website: www.lifelongachievement.com.

Let’s all aim at personal bests in the coming weeks.

Best wishes and God Bless,

Mr Peter McLoughlin
Principal
I would like to acknowledge the efforts of the remaining students who attended school. While every effort is made to make the week as ‘normal’ as possible, these students were focused and cooperative for the whole week. Rather than take advantage of the situation, the students were responsible and attentive. Well done!

COMING EVENTS

WEEK 4
Monday 14 May ......................................................... (Day 6)
  ✐ Bill Turner Trophy
Tuesday 15 May ........................................................ (Day 7)
  ✐ HPV Immunisation (Pl 1)
Thursday 17 May ....................................................... (Day 8)
  ✐ ‘Big Science’ Competition
  ✐ Year 10 St Martha’s visit (selected students)
Friday 18 May .......................................................... (Day 10)
  ✐ Tweed Coast Cup
  ✐ Talent Quest Finals (6:00pm in Doyle Centre)
WEEK 5 ~ Catholic Schools Week
Tuesday 22 May ........................................................ (Day 2)
  ✐ Years 11 & 12 Legal Studies Court Excursion
  ✐ Years 10 & 11 RTA Roadshow
Wednesday 23 May .................................................... (Day 4)
  ✐ Diocesan Cross Country competition
Thursday 24 May ....................................................... (Day 3)
  ✐ G&T Regional Day (selected students)
  ✐ Year 9 HSIE Excursions
Friday 25 May ........................................................... (Day 5)
  ✐ G&T Regional Day (selected students)

Mr Peter Lyon
Deputy Principal

CAREERS NEWS

We have quite a lot of information for students today:

- If any students would like a free copy of the 2007 Job Guide, see me in the Careers Room. There is a limited number available.
- The Undergraduate Medicine and Health Service Admission Test (UMAT) registration is now open. On-time registrations close on 1 June 2007.
- Bond University is holding a Scholarship Information Session at 6:15pm on Tuesday 15 May. Bond University Scholarship applications close 31 July 2007.
- Applications are now open for accommodation places at Griffith University for 2008. Applications are completed on-line at www.griffith.edu.au/ocs/accommodation.
- Price Waterhouse Coopers, a global professional services firm, are holding a Trainee Insight session in Brisbane on 14 July 2007. The firm offers traineeships whilst completing a Commerce or Business degree (majoring in Accounting) at University.Registrations for the information sessions close on 21 May. The offer is open to Year 11 and Year 12 students.
- Campion College, Australia’s first Catholic Liberal Arts College, are visiting on Thursday 17 May at lunchtime in the Careers Room. Year 12 students interested in studying Liberal Arts please attend this meeting.
- The University of Wollongong offers St Joseph’s College students three (3) UAI points on all UAC preferences for their courses.
- The University of NSW, University of Newcastle and University of Sydney will be hosting the Rural High Schools Medicine Careers Week during Monday 9 July to Friday 13 July (in the school holidays). The universities offer students an all-expenses-paid workshop on what it is like to be a medical student. Applications close on 19 May 2007 and the workshop is open to Year 11 and Year 12 students. See me for applications.

Please see me about any of these careers matters.

Mr Matt Hall
Careers Advisor

PRINCIPAL’S NOTES

MOTHER’S DAY
A belated but sincere best wishes to all mothers for Mother’s Day yesterday. I hope you were all suitably spoilt.

YEAR 12 RETREAT
Our Year 12’s return to school today, having participated in their Retreat on Wednesday, Thursday and Friday of last week. My thanks to:

- Mr Scott McDermott who organised the program.
- Ms Kerrie Pridids who organised the venue/transport etc.
- Mrs Jane Joseph who typed the Retreat staff program and student booklets.
- Mrs Debra Dawson who photocopied the Retreat booklets.
- Mrs Vicki Sargent, Mrs Michelle Heazlewood-Ross, Mr Carlo Trimboli, Mr Mark Williams, Mr John Besgrove, Mr Gary Wheatley, Mr Tom Nethery and Ms Frances Stegeman who facilitated small groups and supervised the students. Also thanks to Mr Peter Serone who performed the role of ‘Night Manager’.
- Fr Michael who spent three days of his own time with Year 12.

I hope the Year 12 students will treasure the experiences of the Retreat.

PRAYERS
Please pray for the repose of the soul of the great-grandmother of Jack McAllister (8A) who passed away last week. Your prayers are also asked for Mr Gary Thorsby and his family. Mr Thorsby’s father passed away on 7 May.

Eternal rest grant to them O Lord, And may perpetual light shine upon them, May they rest in peace. Amen.

Mr Peter McLoughlin
Principal

DEPUTY’S NOTICES

REMINDER
Immunisations for HPV will take place on Tuesday 15 May (tomorrow). Each girl in Years 10-12 received a package two weeks ago containing information and permission cards. The permission cards must be returned tomorrow if immunisation is to take place.

YEAR 10
This past week, approximately half of Year 10 was away on an excursion to Sydney and Canberra. (I am sure there will be a report on this valuable excursion in a forthcoming newsletter).
SPORTS NEWS

COCHRANE CUP
Last Friday, the U/14’s Rugby League team took part in Rounds 2 and 3 of the Cochrane Cup. We travelled to Woodlawn where we met with very hot conditions. All games were reduced to 15 minutes each way.

Our first game was against Woodlawn. We won 26-0. Our second game was against St Mary’s Casino which we won 20-6. Despite the heat, all players performed well both on the field – and at McDonald’s later on!

Thank you to Mr Cree for driving the bus and coordinating the sidelines. Thanks also to Mr Norvill for his help with providing ice and drinks for the players at the end of the day, as well as taking a video of our games. We now play Trinity to complete this section of the competition to see if we progress to the next stage.

Thanks and congratulations to our players:

Ryan Anderson Hayden Krass
Nicholas Bell Nicholas Lovett
Liam Bolster Jack McAllister
Joshua Camp Jackson McCulloch
Samuel Crimmins David Norvill
Nicholas Crompton Jacob Orr
Geoffrey Harrison Tyler Swaney
Brant Hawley Brodie Sweeney
Jacob Holland Alexander Wyper

Mr Michael Joseph
U/14 Coach

QUEENSLAND NETBALL STATE TITLES
5-7 May 2007

Students from St Joseph’s College, as part of representative teams from Tweed Netball Association, competed at the 2007 QLD Netball State Titles held at Ipswich over the QLD long weekend.

All competitors were great ambassadors for the school and their sport.

The 13’s team ended the carnival as runners-up and the 15’s reached the semi-finals. All others performed well in tough divisions and there will be some memorable stories about points, games, other teams, and the whole weekend.

Students competing were:

**Year 7**
Allie Capellari Olivia Crowe
Deneika Crompton Georgia Green

**Year 8**
Tamika Ebsworth Keeley Serone
Madison Smith Katrina Stamper

**Year 9**
Kayla Rampling

**Year 10**
Ashleigh Dunemann

Mrs Wendy Peterson

TWEED VALLEY RESULTS

Round 4 -vs- Kingscliff High School
Wednesday 9 May 2007

<table>
<thead>
<tr>
<th>Male Sports</th>
<th>Results</th>
<th>Best &amp; Fairest</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball A</td>
<td>Lost 45-37</td>
<td>Matthew Riles</td>
</tr>
<tr>
<td>15</td>
<td>Lost 45-18</td>
<td>Andrew Boulton</td>
</tr>
<tr>
<td>14</td>
<td>Lost 58-9</td>
<td>Kel West</td>
</tr>
<tr>
<td>Volleyball A</td>
<td>Lost on Forfeit</td>
<td></td>
</tr>
<tr>
<td>B</td>
<td>Lost on Forfeit</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>Lost 3-0</td>
<td>Casey Ainsworth</td>
</tr>
<tr>
<td>Tennis A</td>
<td>Won 24-12</td>
<td>Leon Smith</td>
</tr>
<tr>
<td>15</td>
<td>Lost 15-12</td>
<td>Jack Klein</td>
</tr>
<tr>
<td>Touch A</td>
<td>Lost 6-5</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>Lost 6-4</td>
<td>Mitchell Willmot</td>
</tr>
<tr>
<td>13</td>
<td>Lost 13-3</td>
<td>Dakota Atkinson</td>
</tr>
<tr>
<td>Soccer A</td>
<td>Lost on Forfeit</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>Lost 5-2</td>
<td>Xavier Ricketts</td>
</tr>
<tr>
<td>14</td>
<td>Lost 4-0</td>
<td>Michael Gardner</td>
</tr>
<tr>
<td>13</td>
<td>Draw 2-2</td>
<td>Ricardo de Azevedo</td>
</tr>
<tr>
<td>League A</td>
<td>Lost on Forfeit</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>Lost 16-6</td>
<td>Liam Bolster</td>
</tr>
<tr>
<td>13</td>
<td>Lost 12-6</td>
<td>Nicholas Wheatley</td>
</tr>
<tr>
<td>Softball A</td>
<td>Lost 15-14</td>
<td>Shaan Ahear</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Female Sports</th>
<th>Results</th>
<th>Best &amp; Fairest</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball A</td>
<td>Lost on Forfeit</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>Won 26-2</td>
<td>Jessica Orr</td>
</tr>
<tr>
<td>14</td>
<td>Lost 10-6</td>
<td>Brittany Bruce</td>
</tr>
<tr>
<td>Volleyball A</td>
<td>Lost 3-0</td>
<td>Jessica Carroll</td>
</tr>
<tr>
<td>B</td>
<td>Lost on Forfeit</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>Won 3-2</td>
<td>Bonnie Imeson</td>
</tr>
<tr>
<td>Tennis A</td>
<td>Lost 25-9</td>
<td>Lauren Ostrowski</td>
</tr>
<tr>
<td>15</td>
<td>Won 21-5</td>
<td>Hannah Clarke</td>
</tr>
<tr>
<td>Touch A</td>
<td>Won 6-0</td>
<td>Ashleigh Dunemann</td>
</tr>
<tr>
<td>15</td>
<td>Won 6-4</td>
<td>Olivia Salmon</td>
</tr>
<tr>
<td>13</td>
<td>Lost 11-2</td>
<td>Georgia Green</td>
</tr>
<tr>
<td>Soccer A</td>
<td>Lost on Forfeit</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>Lost 1-0</td>
<td>Caitlin McGibbon-Goode</td>
</tr>
<tr>
<td>Netball OPEN A</td>
<td>Lost 36-23</td>
<td>Teegan Crompton</td>
</tr>
<tr>
<td>15</td>
<td>Lost 34-9</td>
<td>Alex McLean</td>
</tr>
<tr>
<td>14</td>
<td>Lost 25-24</td>
<td>Keeley Serone</td>
</tr>
<tr>
<td>13A</td>
<td>Won 24-14</td>
<td>Kirra Manning</td>
</tr>
<tr>
<td>13B</td>
<td>Won 34-5</td>
<td>Ellie McMillan</td>
</tr>
<tr>
<td>Softball A</td>
<td>Lost 25-5</td>
<td>Annie O’Donohue</td>
</tr>
</tbody>
</table>

Do you know the meaning of this word?

**Good:** (adj.) having admirable, pleasing, superior, or positive qualities; not negative, bad or mediocre.

**Better:** (adj.) the comparative of good; more excellent than others; improved.

**Best:** (adj.) the superlative of good; most excellent of a particular group, category; most suitable.

Are you a **good** person? Do you **do your best** in all things? Or could you do **better**? Think about becoming the **best** person you can be . . .
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!

Student Council

CANTEEN NEWS & ROSTER

LET’S DO LUNCH – MY SHOUT!

It’s come to that time again! I still have some days with just one mum, so I am “IN SEARCH OF” some more mums (or dads) to help out in the canteen. You’ll be making lunches for our students and the best news is if you do come in – lunch is on me!!

Please check the list below and call me if you can help out. Any time you could give would be greatly appreciated.

<table>
<thead>
<tr>
<th>DATE</th>
<th>HELPER/S NEEDED</th>
<th>HOW MANY NEEDED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday 16 May</td>
<td>~ 2 people needed</td>
<td></td>
</tr>
<tr>
<td>Friday 1 June</td>
<td>~ 1 person needed</td>
<td></td>
</tr>
<tr>
<td>Wednesday 20 June</td>
<td>~ 1 person needed</td>
<td></td>
</tr>
<tr>
<td>Tuesday 26 June</td>
<td>~ 1 person needed</td>
<td></td>
</tr>
<tr>
<td>Thursday 28 June</td>
<td>~ 1 person needed</td>
<td></td>
</tr>
</tbody>
</table>

MEAL OF THE WEEK

This week we have the ever-popular “Butter Chicken and Rice” for the affordable price of $4.00. Please come on in EARLY to ensure your meal will be ready in time!

CANTEEN ROSTER

<table>
<thead>
<tr>
<th>WEEK 4</th>
<th>WEEK 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 14 May</td>
<td>Monday 21 May</td>
</tr>
<tr>
<td>Ashleigh Manning</td>
<td>Jan MacQueen &amp; Michelle Kirk</td>
</tr>
<tr>
<td>Tuesday 15 May</td>
<td>Tuesday 22 May</td>
</tr>
<tr>
<td>Donna Schmit &amp; Jan Kelly</td>
<td>Joy Goodman &amp; Gert Webb</td>
</tr>
<tr>
<td>Wednesday 16 May</td>
<td>Wednesday 23 May</td>
</tr>
<tr>
<td>HELP &amp; HELP!</td>
<td>Helen Steele &amp; Mary-Anne Perlenfein</td>
</tr>
<tr>
<td>Thursday 17 May</td>
<td>Thursday 24 May</td>
</tr>
<tr>
<td>Donna Fien &amp; Margaret Pulland</td>
<td>Wendy Morrison &amp; Sylvia Hendriks</td>
</tr>
<tr>
<td>Friday 18 May</td>
<td>Friday 25 May</td>
</tr>
<tr>
<td>Trish Baldwin &amp; Leanne Adshead</td>
<td>Sonia Orr &amp; Debbie Davey</td>
</tr>
</tbody>
</table>

Mrs Dianne Pinkstone
Canteen Manager

WEEKEND MASS TIMES

<table>
<thead>
<tr>
<th>St Joseph’s Parish</th>
<th>St Anthony’s Parish</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday Vigil: 6:00pm</td>
<td>Saturday Vigil: 6:00pm (Kingscliff)</td>
</tr>
<tr>
<td>Sunday: 7:00am &amp; 9:00am</td>
<td>Sunday: 7:00am (Pottsville)</td>
</tr>
<tr>
<td>Sunday: 9:00am (Bilambil)</td>
<td>Sunday: 9:00am (Kingscliff)</td>
</tr>
</tbody>
</table>

Fr Michael Brady
Parish Priest

Fr Jim Griffin
Parish Priest

JUMPERS FOR THE NEEDED

We are still collecting jumpers for the needy.

If you have any unused / unwanted jumpers that are clean and in good condition please bring them in to the College.

Thank you, Mrs McConnell

Talent Quest Finals

Year 12 invite you to the Finals of the 2007 Talent Quest to be held in the Doyle Centre at the College this Friday, 18 May, commencing at 6:00pm

A huge array of talent to be seen, and heard!
Lots of yummy food on offer for very reasonable prices (Food will be served outside the Doyle Centre)
Great raffle prizes

Entry – gold coin donation

The Family Centre’s Family Relationship EXPO

When: 9:00am to 3:00pm, Saturday 19 May
Where: The Family Centre, 15 Rivendell Drive, Tweed Heads South
Celebrate: National Families Week ‘Families Investing in Time Together’
Cost: Free!
Contact: The Family Centre (07) 5524.8711 (Bookings Essential)

HELP US HELP KYLE

Hungry Jacks South Tweed would like to ask everyone to come along and support a young boy with Cerebral Palsy have a brighter future.
Kyle, who is 6 years old, recently received an electric wheelchair.
He needs a suitably modified vehicle to transport him to school, medical appointments and getting out in the community. Hungry Jacks South Tweed is holding a fundraising night on 21 May with 20% of total sales from 5:00-8:00pm on the night to be donated to Kyle.
Kyle’s older brother and sister both attended St Joseph’s College.
Thank you for your support for local boy Kyle.
For further information please contact manager Leisha Evin on (07) 5524.6777

“Freedom is Access” Poster Competition

The Disability Access Committee of Tweed Shire Council invite those living in the Tweed Shire between the ages 12-15 years to create and submit a poster which will be used to launch and promote the inaugural 2007 Access Awards.
The Access Awards seek to encourage and reward those business owners who make their premises and services accessible to all.
See Mrs Evans for further information.
Enteries close 25 May, 1st Prize $200.