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

Next week is exam week for Years 7-10. In the last Newsletter, I wrote about ‘Personal Best’. I certainly hope students are focusing on achieving personal best in the exams.

To achieve personal best, one needs to commit. We can’t just sit around and wait for success to happen, we have to make it happen. In his book ‘Being Happy!’, Andrew Matthews states:

“Everybody who achieves in life makes a decision to do so. The mountain climber who conquers Mt Everest is the one who says, “I WILL do it.” Gandhi’s life was testimony to the fact that one person, totally committed, could change the course of a nation’s history.”

So it’s about being committed to doing whatever it takes to achieve one’s personal best. The thoughts below are those of poet WN Murray of the 1951 Scottish Himalayan Expedition:

**Commitment**

“Until one is committed there is hesitancy, the chance to draw back,
always ineffectiveness.
Concerning all acts of initiative (and creation) there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves too.
All sorts of things occur to help one that would otherwise never have occurred.
A whole stream of events issues from the decision, raising in one’s favour all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamt would have come his way.

W.N. Murray

Let’s all practice commitment to personal best.

Best wishes and
God Bless,

Mr Peter McLoughlin
Principal
The School Newsletter and School Calendar are both available online @ www.bps.lism.catholic.edu.au. The School Calendar contains year group events, assessment schedules and term dates.

The School Calendar contains year group events, assessment schedules and term dates.

Included with today’s Newsletter is an open letter from Catholic Church Insurances Limited about accident protection for students at the College. Please take the time to read this very important information.

As you will see from our contents, we have lots to share with you today: our students have been very busy! And as you will note from the Coming Events they will continue to be busy! We hope you enjoy today’s issue.

**IN THIS ISSUE:**
- SRC DISCO - Tonight!!
- OPEN DAY - 14 June
- Principal’s Notes
- School Fees Notice
- Deputy’s Notices
- Editor’s Correction
- Curriculum News
- History News
- World Youth Day - the Countdown continues . . .
- Word of the Week
- St James Primary School Fundraiser
- HSIE News
- CAPA News
- Weekend Mass Times
- ‘Strategies for Success’ Program
- Jumpers for the Needy - Thank you
- Literacy and Numeracy News
- Year 12 News
- Careers News
- Sports News
- Pastoral News
- “Student of the Week”
- Uniform Shop News
- Tweed Valley Results
- Canteen News & Roster

**IN THIS ISSUE:**

**SRC DISCO**
Monday 28 May
7:00-10:00pm
Coolangatta-Tweed Golf Club
Theme: “I LOVE AUSTRALIA”

**TONIGHT’S DISCO IS OPEN TO TICKET-HOLDERS ONLY**
You MUST present your ticket upon arrival
Please note that we WILL NOT be selling tickets at the Disco tonight – ticket sales close at lunchtime today . . . so don’t miss out!!
Students are reminded that the Disco is a school event at which the usual code of behaviour and appropriate dress applies.

Karly Goodman & Luke Barnes, College Captains

**OPEN DAY**
Thursday 14 June
11:00am – 1:00pm
Year 7 2007 Enrolments
Close Thursday 21 June

**Principal’s Notes**

**PARENT/TEACHER/STUDENT EVENINGS**
In the coming weeks we will stage Parent/Teacher/Student Evenings as follows:

| Year 12 | Monday 4 June (Week 7) |
| Year 11 | Tuesday 12 June (Week 8) |

This is an ESSENTIAL part of the reporting process and all students are encouraged to attend the interviews with their parent(s) or caregiver(s).

Attending the Parent/Teacher/Student Interviews is a great outward sign to children that their parent(s) or caregiver(s) value their education and I look forward to seeing all parents and students at these nights. I ask that parents please sign in at the main entrance of the Doyle Centre upon arrival.

**PRAYERS**
Your prayers are asked for the repose of the soul of the grandfather of Ms Kylie Evans who passed away on 22 May, and also the soul of the grandmother of Ms Anna Fin-Roja who passed away the previous week:

"Eternal rest grant to them O Lord
And may perpetual light shine upon them.
May they Rest in Peace. Amen.”

Please also pray for Mrs Vicki Sargent as she recovers from recent surgery. Many thanks to Mrs Sandra Hames who has returned to the College to teach Mrs Sargent’s classes.

**YEAR 7 2008**
My thanks to Ms Kerrie Priddis who spoke to Year 6 students from our three feeder schools: St James, St Joseph’s and St Anthony’s on 21 May. A special thank you to our six Year 7 students who returned with us to their primary schools to speak with Year 6: Georgia Green, Emma Hickling, Taylor Johnson, Katherine O’Donoghue, Brayden Pringle, Tremayne Saxby.

**HEAD LICE**
A reminder to all families of the College’s policy of dealing with head lice:

When we encounter an incidence of head lice, parents are contacted to have their child’s hair treated. Health regulations stipulate that students are not to return to school until all eggs and lice have been eliminated.

Mr Peter McLoughlin
Principal

**Important Notice ~ School Fees**

Did you make a Parish School Fee payment by cheque in at the College during the week 14/5/07 to 18/5/07? If so, could you please contact the College ASAP.
**DEPUTY’S NOTICES**

**COMING EVENTS**

**WEEK 6**

**Monday 28 May** ...........................................(Day 6)
- Mock Café
- School Disco (Coolangatta-Tweed Golf Club, 7:00-10:00pm)

**Tuesday 29 May** ...........................................(Day 7)
- Year 12 Semester 1 Reports distributed
- Year 11 IT Furniture Industry Study
- Sustainable Strategies Forum (29-30 May) (selected students)
- Bill Turner Cup Trophy (P2-P4)

**Wednesday 30 May** ...........................................(Day 8)
- Year 11 Semester 1 Reports distributed
- Year 10 St Martha’s visit (selected students)

**Thursday 31 May** ...........................................(Day 9)
- G&T Regional Days (31 May & 1 June) (selected students)
- Year 10 St Martha’s visit (selected students)

**Friday 1 June** .............................................(Day 10)
- Year 11 Biology Field Trip (selected students)
- Year 12 Bond University Presentation (P5 Library)

**WEEK 7**

**Monday 4 June** .............................................(Day 1)
- Years 7-10 Half-Yearly Exams (4-6 June)
- Year 11 Retail Work Placement (4-6 June)
- Year 12 Parent/Teacher/Student Evening ☑ Diary Note

**Thursday 7 June** ...........................................(Day 3)
- Year 10 St Martha’s visit (selected students)

**Friday 8 June** .............................................(Day 5)
- Year 11 Meals on Wheels (selected students)

**WEEK 8**

**Monday 11 June** .............................................(Day 6)
- Public Holiday ~ Queen’s Birthday

**Tuesday 12 June** ...........................................(Day 7)
- HPV Immunisations (2nd of 3 doses)
- Year 11 Parent/Student/Teacher Evening ☑ Diary Note

**Thursday 14 June** ...........................................(Day 8)
- OPEN DAY
- Year 10 St Martha’s visit (selected students)

**WEEK 9**

**Tuesday 19 June** ...........................................(Day 2)
- Year 11 “Speak Easy” Incursion
- Year 8 into Year 9 2008 Elective Evening

**Wednesday 20 June** ...........................................(Day 4)
- Diocesan Soccer competition

**Thursday 21 June** ...........................................(Day 3)
- Year 7 2008 enrolments close
- Year 10 St Martha’s visit (selected students)

**Friday 22 June** .............................................(Day 5)
- Diocesan Surfing competition
- Murwillumbah Festival (selected students)

**WEEK 10**

**Monday 25 June** .............................................(Day 6)
- Year 10 Work Experience (selected students)

**Tuesday 26 June** .............................................(Day 7)
- Year 9 ‘Kinda Party’ (selected students)

**Wednesday 27 June** ...........................................(Day 9)
- Tweed Valley Finals

**Friday 29 June** .............................................(Day 10)
- Year 10 ‘Macbeth’ excursion (selected students)
- TERM 2 ENDS – THIS IS A NORMAL SCHOOL DAY
- SEMESTER 1 REPORTS POSTED

Mr Peter Lyon
Deputy Principal

---

**CURRICULUM NEWS**

**COMING EVENTS - Term 2**

**WEEK 2**

**Diocesan Soccer competition**

**WEEK 3**

**Diocesan Surfing competition**

**WEEK 4**

**Murwillumbah Festival (selected students)**

---

**CURRICULUM AWARDS ON ASSEMBLY**

At last week’s Assembly, the following students were presented with their Curriculum Award for excellence in formal assessments during April:

**Year 12**
- Karly Goodman: Studies of Religion 2 Unit, Music, Modern History
- Annie Lyon: Studies of Religion 2 Unit, English, Modern History
- Daniel Marriott: English-Advanced, Modern History, Drama

**Year 11**
- Phoebe Cuppies: Legal Studies, Biology, Mathematics, French
- Brittany James: English Standard, Photography, Visual Arts

**Year 10**
- Jackson Fisher: English, Food Technology, French
- Jacqueline Baker: Catholic Studies, PD/H/PE, English
- Christopher Best: Catholic Studies, Music, English
- Jordan Charters: Catholic Studies, Physical Activity & Sports Studies, English, PD/HPE
- Jessica Clarke: Catholic Studies, Food Technology, English
- Nicholas Leighton: Catholic Studies, PD/HPE
- Katherine McCleary: Catholic Studies, PD/HPE, English, Drama
- Thomas Monaghan: Catholic Studies, PD/HPE
- Annie O’Donohue: Catholic Studies, Food Technology, English, PD/HPE
- Lauren Teitzel: Catholic Studies, Food Technology, English, PD/HPE
- Connor van Rossum: Catholic Studies, English, PD/HPE, Physical Activity & Sports Studies

**Year 9**
- Brendan Bartel: Catholic Studies, Technology, Science, Music
- Liam Bolster: Catholic Studies, PD/H/PE, English
- Samantha Fien: Catholic Studies, PD/HPE, Science
- Samara Hayes: Catholic Studies, HSIE, Music, Science
- Tamar Phillips: Catholic Studies, Science, Music
- Ellouise Southon: Catholic Studies, English, PD/HPE
- Sascha Webb: Catholic Studies, HSIE, Music, Science
- Corrin Wilson: Catholic Studies, Science, Technology

**Year 8**
- Katarina Crouch: Technology, English, PD/HPE, HSIE
- Maccalla Fenn: Catholic Studies, Technology, English, PD/HPE, HSIE
- Jacob Holt: Catholic Studies, English, HSIE
- Felix Lagenbach: Catholic Studies, HSIE, Music
- Hayley Raso: Catholic Studies, HSIE, Science
- Sinead Scott: Catholic Studies, HSIE, Music
- James Swift: Catholic Studies, HSIE, Music

Ms Helen Borrowdale
Curriculum Coordinator

---

**Editor’s Note ~ Please be advised of the following correction:** In last week’s News Sheet families of students in Year 10 were asked to diarise the Year 10 – 11 Subject Information Night. The date mentioned is incorrect. Please note that this is on Thursday 19 July 2007 NOT 10 July as advertised. My apologies for any inconvenience caused.

---

Students Absences: Please telephone the College between 7:45am and 9:30am on the day of the absence.
A note is also required on the first day of the student’s return.
On Monday 14 May, Mr Lionel Veale, an AIF Coast Watcher, spoke to Year 10 students. Please enjoy the student report, following the visit, in the student’s own words:

Lionel told us the intricate details about his experiences of fighting in World War II and in particular the Battle of the Coral Sea.

One particular story he told that really depicted the emotional turmoil felt in war was of when he and a few of his ‘mates’ as he fondly called his fellow soldiers, found where many of the Japanese were situated and sent this information to Australian forces posted in Port Moresby.

Unfortunately the Japanese intercepted and desperately tried to find who was responsible for revealing their cover. Soon after, the Japanese had captured a group of missionaries, including children and under the belief that these people had sent the message, murdered them – all of them.

As he went on bravely, he explained that the deaths of these people rested on his conscience. He finished with, “But that’s war.” As horrific as it seems this statement was so true and depicted exactly what war is like both emotionally and physically. His story really made me look up to soldiers like Lionel with new gratitude.

Jessica Godfrey (10C)

I’d also like to thank Mr Lionel Veale and Mr Keith Shackley of the Australian-American Association on the Gold Coast for the donation of books made to the College.

Some Year 10 students have entered an essay writing competition on the significance of the Battle of the Coral Sea. Entries for this closed on Friday 25 May.

Miss Helen Gooley
History Teacher

The Pope at Randwick Racecourse
What are the odds?
500,000 : 1
Young people and the Pope.
Together.
414 DAYS TO GO
“You will receive power when the Holy Spirit has come upon you; and you will be my witnesses.”
Acts 1:8

Do you know the meaning of this word?
Committment: (n.) the act of committing (oneself) to a pledge, to a particular cause or a course of action.
Are you committed to something: to working to the best of your abilities; to studying; to making your life better; to being all you can be?
The following quote relates to ‘commitment’:
‘Once you make a decision, the universe conspires to make it happen.’

Fundraiser for St James Primary School
As part of its fundraising initiatives, St James Primary School is seeking donations of any old, unused, unwanted mobile phones – and in ANY condition (in pieces, broken handsets, whatever).
Please make your ‘phone donation’ at the Primary School or the College between now and the end of this term.

AND COMING SOON

We will have all the details on other recent events, including:

“WORLD’S GREATEST SHAVE”
Luke McCarron (11C) finally got his hair cut! Yes folks, right here at the College on the night of the Finals of the Talent Quest, Luke had his own “World’s Greatest Shave”. Look out in the next newsletter for all the details.
Sydney and Canberra

52 students from Year 10 have recently returned from a week visiting our national capital, Canberra, and Sydney.

The experience was stimulating, educational and eye-opening. As part of our role within the HSIE faculty we aim to educate our students in the areas of civics and citizenship. We want students who graduate from St. Joseph’s College to be able to play an active, effective and productive role in their community.

We had great opportunities to explore incredibly diverse artworks at the National Portrait Gallery and the National Gallery of Australia. The National Museum of Australia, Questacon Science and Technology Centre, the National Archives, the Australian Institute of Sport, the High Court and the National Capital Exhibition were also featured activities from which the students derived a huge amount of enjoyment and enlightenment.

From there it was on to a couple of action-packed days in Sydney before our return to eager families at Coolangatta Airport, all of whom had no doubt missed their sons and daughters immensely.

The staff who accompanied me on this trip – Mrs Janet Crouch and Mr Andrew Chambers – are to be congratulated on their enthusiasm, dedication and energy in supervising our students 24 hours a day for the entire trip. Without their generous efforts this trip would not have been the success that it was.

I would also like to acknowledge the financial assistance from the Australian Government through their PACER programme – this programme provides a subsidy for each student who attends and eases the financial burden on families. Without this subsidy I am certain that many families would find it significantly more difficult to be able to afford this most worthwhile educational experience.

Mr Tony Channell
HSIE Coordinator
CREATIVE AND PERFORMING ARTS (CAPA) NEWS

NIDA 2007
St Joseph’s College Drama department is pleased to announce their partnership with NIDA. The NIDA On Tour Program providing 4 days of drama workshops focusing on NIDA acting techniques for students aged 12 and over, will be conducted in the Drama Space of the Doyle Centre in the first week of the July school holidays from **Tuesday 3 to Friday 6 July 2007**.

Each full-day workshop commences at 10:00am and concludes at 5:00pm, with appropriate breaks in between. The course deals with identifying and experiencing NIDA acting techniques. Students will develop their skills in movement, improvisation and characterisation. They will also be given opportunities to respond to scripts and relate to others effectively.

The cost for the four-day program is $395.00 with an early bird discount of $25.00 bringing the fee for the course to $370.00. All enquiries should be made to NIDA on tour Phone (02) 9697.7626 or email open@nida.edu.au quoting the Course number 07TNS0501

As part of our commitment to the performing arts, NIDA has provided two full scholarships and two half scholarships for deserving students with passion, skills and talents in the area of dramatic performance.

To be eligible for consideration of any of the four scholarships on offer, students will need to submit a portfolio of their theatrical and or dramatic experiences and write in 1,000 words or less detailing why they believe that they should be considered for a scholarship to the course.

The full scholarships are worth $395.00 each, the half scholarships are worth $200.00 with students paying the remaining $195.00.

Please direct any enquiries to Sharon Singleton-Newell, head of the Creative and Performing Arts faculty at the College.

STUDENTS TAKE OUT TOP AWARDS IN LOCAL FILM COMPETITION

St Joseph’s College students have been very busy with their cameras over the past months involving themselves wholeheartedly in the short film competition ‘Sandscripts’.

Sandscripts was devised by former TV producer Cherilyn Evans, who has relocated to the Tweed from Sydney, where she was also involved in arts access programs for the disabled.

Students and schools from around the Tweed region were invited to participate in the competition, which attracted more than 100 entries from Primary and Secondary school students.

Students were invited to tell the story of their lives on the Tweed emphasizing what they liked about the region. When Ms Evans spoke on the assembly to the students at St Joseph’s College earlier in the year, one of the reasons that encouraged her to create the competition with students in the area was to have colleagues and friends in Sydney eat their words regarding the Tweed region. When she first decided to relocate many of her closest friends questioned her choice of area informing her that the local region was full of retirees waiting to die.

The youth of the community have certainly proved such sceptics wrong led by the students of St Joseph’s College whose three student entries have all won major prizes in their categories.

Three Year 8 boys: Nick Lovett, Nick Miranda and Josh Correia took out the sponsors’ prize for Best High School Short Film. When speaking with Ms Evans she said that it was a unanimous decision by the sponsors that the boys should win the sponsorship prize hands down. The film titled ‘Team Tweed’ features fellow student Nick Compton who has previously tried out for the junior Titan team.

The other students who entered the competition were honored on 20 May at a special presentation afternoon at South Tweed Heads Sports Club. Year 8 student Hannah Hardy has won a major judges prize and will be receiving prizes for herself and the College to the value of $3,000.00. Her film captures the personality of the Tweed and sensitively captures the experience of her next-door neighbor who was a victim of the Sari Club Bali bombings.

Year 11 student Alex Miranda has also been honored with a prize from the judges. His work was hampered by a problem with his ankle that prevented him from completing his initial brief on the film. Obviously the creative skills of cinematography run in the family, as both Miranda boys winning major prizes are brothers.

All of the students are to be congratulated for their award winning entries and the courage to contribute to the creative promotion of the Tweed and their school.

Mrs Sharon Singleton-Newell
CAPA Coordinator
**WEEKEND MASS TIMES**

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

Fr Michael Brady  
Parish Priest

Fr Jim Griffin  
Parish Priest

---

**LITERACY AND NUMERACY NEWS**

Students in Years 7 and 8 have recently participated in the state-wide testing for ELLA and SNAP. Individual results will be available later this term. There are many strategies you can use to improve your child’s literacy and numeracy skills at home. These reinforce the learning of students at school. Your support is vital to your child’s education.

Mrs Serena Rose & Mr Carlo Trimboli  
Literacy and Numeracy Coordinators

---

**Literacy and Numeracy**

**What is Literacy?**

Literacy is the ability to read and use information and to write appropriately in a range of situations. It includes the ability to use modern technology with understanding. Literacy involves many skills in reading and writing as well as in speaking, listening, viewing, representing ideas, researching and critical thinking.

Each subject has its own literacy requirements. For example, writing up an experiment in Science is quite different from writing about an event in History. Subject teachers will guide your child in how to use literacy in each subject.

**How can you help?**

Families are strong role models. Let your child see you reading, researching, writing and viewing:

- Newspapers, recipes, TV guides, junk mail, labels, instructions, signs.
- Maps, films, documentaries, computers, ATM screens.
- Comment on the readability of material sent to the home, such as ‘That instruction leaflet was so helpful.’ ‘This diagram shows me how to install the …’ ‘I’ll draw you a map so you can find the shop and ask for a catalogue.’ ‘This article about sportsperson/team claims that …’ would you like to read it and tell me what you make of it?

**Activities:**

- Talk and read with your child in your home language if you speak a language other than English. First language maintenance is important.
- Continue to read to and with your child especially with more challenging books or journals.
- Are there items in the house that your child may be interested in reading: film, comics, fashion or sports magazine? Buy a subscription to a favourite magazine may be an idea for a present or borrow magazines from the local library.
- Assist your child in effectively using and navigating printed and electronic reference materials (dictionary, thesaurus and encyclopaedia). Discuss how to use an index, a contents page and how synonyms and subtle interpretations of a word can be found in a thesaurus when you need the right word.
- Encourage your child to read widely – newspapers, magazines, the internet, menus, packets, brochures. (Subject matter may still need to be monitored.)
- Reading quality contemporary and classic poetry can be very satisfying. The concepts explored by poets enable readers to think beyond themselves.
- Ask your child to show you his or her plan for getting an assignment done, the ideas and the timing involved.
- Could your child rehearse oral presentations in front of family members and ask for feedback?
- Assist your child to write for the purpose of a given task, eg. write a report or a procedure. Using an organiser (such as a mind map) is often very helpful as a starting point. You may want a recipe recorded (a procedure). Some children need explicit instructions for cleaning their room – ask them to write down what needs to be done and the order in which it needs to be done.

---

**Jumpers for the Needy**

Thank you to everyone who so very kindly donated jumpers this year. Your donation will be very gratefully received.

Thank you, Mrs McConnell
Congratulations to all our Year 12 students who took part in one of the rituals of their final year of schooling, the Year 12 Retreat. The following report is from one of our two College Captains.

Ms Kerrie Priddis
Year 12 Coordinator

During Week Three of the school term Year 12 Students embarked on their annual Retreat.

A wonderful team of teachers including our Year Coordinator Ms Kerrie Priddis, Mr Scott McDermott, Ms Frances Stegeman, Mr Mark Williams, Mrs Vicki Sargent, Mrs Karen Evans, Mr Carlo Trimboli, Mr Gary Wheatley, Mrs Michelhe Heazelwood-Ross, Mr Tom Nethery, Mr John Besgrove and Father Michael Brady, accompanied us. The three days spent at the Tyalgum Ridge, was a fantastic experience and very much enjoyed by every Year 12 student.

The Retreat urged students to live life to the fullest, study hard in Year 12 and explore their thoughts and feelings around themselves and their families. Activities for three days ranged from bushwalking, high ropes activities, mountain biking and a few games of tennis. In all of the activities, participation from the students was great, everyone had a go, and that was fantastic. In terms of spirituality, the Retreat made us all explore our relationship with God, and also our relationships with our families, friends and teachers. The Retreat definitely made us stronger people ready to face whatever is thrown at us in the future.

The theme of the Retreat was “To thine own self be true”. This year’s theme challenges us all to be true to ourselves. The journey towards finishing Year 12 is at times tough, but the Retreat showed us all that there is a light at the end of the tunnel, and in the long run it is a very rewarding time. The theme is the centrepiece of the Year 12 banner, where each year all Year 12 students paint a section of the banner representing themselves. The banner will be a major feature at the Year 12 Graduation Mass.

To thine own self be true

The Retreat was a fantastic experience, something that will stay with us for a long time. On behalf of Year 12, I would like to thank all the teachers who accompanied us on this great event, and thank Ms Priddis and Mr McDermott for all their work behind the scenes organising the Retreat – we all very much appreciate your efforts.

After attending St Joseph’s College for many years now, teachers become friends. The relationship that students form with teachers, particularly in Year 12 is very special, and the Retreat definitely made these friendships even more unique. To all the teachers, thank you for such an amazing time on Retreat and thank your friendship, guidance, love and support, and to Year 11, look forward to this experience, it is a highlight of the Year 12 school calendar, we all loved it!

Luke Barnes, College Captain

BEST ON THE COAST QUIZ NIGHT, BOND UNIVERSITY

Last Tuesday evening, the Year 12 St Josephs College students Luke Barnes, Karly Goodman, Daniel Marriott, Annie Lyon, Emma Riles and Brendon Farrell, Team name “Joey’s”, competed in the Best on the Coast Trivia night, hosted by Bond University.

The evening saw 25 schools from all around Northern NSW and South East QLD compete for the glory of ‘School Trivia Champions’. Team Joey's, along with our chaperone Ms Kerrie Priddis, represented the college extremely well. The Trivia questions were all general knowledge based, in many different subjects, ranging from world affairs, sport, science and entertainment. There were ten rounds of 10 questions each. At intermission, after five rounds, the Mighty St Joseph’s College “Joey's” were top of the leader board, winning by only 3 points to take First Place at half time. In the final rounds, the questions got harder and tougher, and after round 10, Team Joey’s finished 4th, 1 point behind second and third placed. Team Joeys returned to the College, with 8 new games for our SRC games room, what an achievement!

On behalf of Team Joeys, we would like to thank Ms Priddis who accompanied us on the night to Bond. It was truly a really fun night and we are all thankful for a fantastic experience.

Luke Barnes, College Captain

CAREERS NEWS

We continue with information from our last Newsletter:

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.

Applications are now open for accommodation places at Griffith University for 2008. Applications are completed online at www.griffith.edu.au/ocs/accommodation.

Bond University is running a ‘Student for a Day’ Program between 18 June and 13 July. If any Year 11 or Year 12 student is interested in being a Bond University ‘Student for a Day’, please see me as soon as possible as positions will be filling quickly.

Please see me about any of these careers matters. Look out for the exciting competition in the next Newsletter to celebrate National Careers Development Week: 4-8 June 2007.

Mr Matt Hall
Careers Advisor
SPORTS NEWS

SURF TEAM CHALLENGES FOR TITLE
Eight students recently competed in the Tweed Coast Challenge Cup for high schools on the Tweed.

This is the second year that this event has run and our school has improved tremendously to narrowly miss out on claiming the top school position which went to Kingscliff High School, with St Joseph’s College placing 2nd and Lindisfarne Anglican College coming in 3rd.

Outstanding individual performances on the day were delivered by:

Benjamin Webb - 1st Open Boys
Michael Budzinauskas - 1st Open Body Board
Benjamin Phillips - 2nd Open Body Board
Mitchell James - 3rd Junior Boys

Others to compete well were team members Alexander Leighton, Casey Ainsworth, Madison Jordan, and Catherine Conlan.

As expected, the standard of competition was extremely high. Congratulations to the team on the great results. Next competition is the Diocesan titles in June.

Thank you to the Tweed Daily News for the wonderful photos provided in this article.

Mr Gary Wheatley
Team Manager

DIOCESAN CROSS COUNTRY CARNIVAL
St Joseph’s College was well represented at the Diocesan Cross Country Competition held on Wednesday 23 May at the Catherine McCauley College, Grafton.

Twenty-one of our finest athletes competed in the gruelling event covering distances ranging from 3km for the Under 13s up to 8km for the Under 18 age division. The well organised event gave competitors an opportunity to walk over the course prior to the start and this helped to settle a few pre-race nerves.

Our athletes performed very well alongside some of the state’s best runners, with our best results as follows:

<table>
<thead>
<tr>
<th>Event</th>
<th>Name</th>
<th>Placing</th>
</tr>
</thead>
<tbody>
<tr>
<td>U/14 Girls</td>
<td>Katherine McCleary</td>
<td>2nd</td>
</tr>
<tr>
<td></td>
<td>Anastasia McCleary</td>
<td>3rd</td>
</tr>
<tr>
<td>U/18 Boys</td>
<td>Matthew Lance</td>
<td>2nd</td>
</tr>
</tbody>
</table>

Congratulations to the whole team on a very enjoyable day.

Mr Greg Harris

DIOCESAN TOUCH CARNIVAL
On Thursday 10 May, four teams (Senior Girls and Boys and Junior Girls and Boys) travelled to Lismore for the Diocesan Touch Championships.

Historically this a fun yet challenging day and 2007 was no different. All teams faced very skilled competition in their round games, recording many wins and a few losses. Unfortunately, even though both boys’ teams displayed some great teamwork and skills, neither one advanced to the semi-final round.

Both girls’ teams were rewarded for their hard work in the rounds with a berth in the semi-finals. Senior Girls played Port Macquarie – which was always going to be a tough game. The girls combined well and there was lots of ‘talk’ but Port proved too strong and our girls were outplayed, losing 4-0.

Our Junior Girls met Xavier in the semi-final and also combined well with some of the more experienced players helping guide the girls around the field. SJC girls proved too skilful and came out winners 2-0 to advance to the finals. It was the toughest game of the day. All the girls were very tired and sore but all managed to ‘dig deep’ to find something extra. The final was very close, 0-0 at full time, leading to extra time. It went down to a 3 on 3 drop-off – it was nerve-wracking when Katie McCleary threw a massive ‘dummy’ to make a break and score! SJC won 1-0!!

Well done to all the girls and a big thank you to all students for their commendable behaviour and participation. SJC also had eight students then picked to go to Wagga as part of the Diocesan team:

Katherine McCleary
Anastasia McCleary
Hayley Raso
Olivia Salmon
Shane Turner
Ashleigh Dunemann
Stevie-Lee Peace
Amy Turner

Our First Diocesan Touch Champions team!

Well done to all the girls and a big thank you to all students for their commendable behaviour and participation. SJC also had eight students then picked to go to Wagga as part of the Diocesan team:

Mrs Cherie Fenn
Take a hard look at how you handle your temper. Children do copy violent, unpredictable world. Not easy, especially if they have been in the habit of using quick tempers to deal out their frustrations. Calming a hot temper is not achieved not only teachable but also a more peaceful family. So don’t wait! Begin your teaching children a new way to cope with their intense feelings is not easy, especially if they have been in the habit of using quick tempers to deal out their frustrations. Calming a hot temper is not only teachable but also essential for growing up in a sometimes predictable world.

Besides, eliminating this behaviour will do absolute wonders in creating not only a calmer child who is far more enjoyable to be with, but also a more peaceful family. So don’t wait! Begin your child on the path of self-control, calmness and peacefulness by starting this attitude tune-up right now. What’s wrong with your current response? Do you explode and yell back at him/her? Do you put your hands over your ears and grimace? Do you try to change the subject or offer a bribe to be quiet? Do you spank him/her? Start by thinking of the last time your child displayed a short fuse. Why haven’t these responses worked? Most important, what was his/her reaction to your response? Did it really quiet him/her down or enrage him/her ever more? What is the one thing that you will never try again?

Facing your own bad attitudes: Your attitude is a living textbook to your child, so the first place to start a bad attitude makeover is by reflecting on your temper and how you deal with frustrations. These questions might help: How did your parents handle anger? How about among your siblings? Who, if anybody, in your family or close friends, had a quick temper? How do people respond to it? How well are you controlling your temper at work? With your partner? With friends? A problem at home? Have you had a better understanding of this attitude and where it's coming from?

Don’t give me that attitude! 24 Rude, Selfish, Insensitive

This week we bring you the third in our series of ‘Bad Attitude’ articles. It sounds so easy on paper but is much harder in practice! Consistency and perseverance are key elements. Good Luck!

Today we take a look at the ‘bad attitude’ BAD-TEMPERED, and what we can do about it.

<table>
<thead>
<tr>
<th>Bad Attitude</th>
<th>Attitude Antidote and Replacement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bad-Tempered</td>
<td>Self-Control, Calmness, Peacefulness</td>
</tr>
</tbody>
</table>

Emergency Attitude Intervention: Take a hard look at how you handle your temper. Children do copy our attitudes and behaviours, so keep a lid on, stop yelling, stifle your road rage and other outbursts, and make sure your child has a good example.

Yelling. Fighting. Hitting. Name-calling. Tantrums. Biting. Sound familiar? They are typical behaviours bad-tempered children use to make their needs known and to get their way. Yes they are signs of poor self-control, but they are also signs of selfish and rude attitudes. Need proof? Just be in the company of a screaming, tirading toddler or explosive teenager, and in seconds you know this child sure isn’t thinking about others. He/She is concerned only about getting his/her agenda met, and the antics he/she uses to achieve that aim are anything but civil. In fact, he/s/he’s a leading candidate for membership in the Big Brat Factor All-Stars.

Teaching children a new way to cope with their intense feelings is not easy, especially if they have been in the habit of using quick tempers to deal out their frustrations. Calming a hot temper is not only teachable but also essential for growing up in a sometimes violent, unpredictable world.

Besides, eliminating this behaviour will do absolute wonders in creating not only a calmer child who is far more enjoyable to be with, but also a more peaceful family. So don’t wait! Begin your child on the path of self-control, calmness and peacefulness by starting this attitude tune-up right now.

Bad Attitude Alert:
Nip that bad-tempered attitude in the bud by quickly focusing on how it started. Sure, some kids are born with quicker fuses, but anger can be managed, and tempers can be controlled. And more often than not, quick tempers are learned.

Diagnosis:
How many of the following behaviours are indicative of your child’s behaviour:

- Frequently interrupts or blurs out answers or questions
- Has trouble waiting his/her turn
- Becomes physically agitated, red-faced, starts hyperventilating or can’t think straight
- Has difficulty managing her/his own impulses or urges
- Blows up, has angry outbursts, or loses control quickly
- Resorts to physical aggressions, such as hitting, kicking, fighting or pushing
- Behaves recklessly
- Needs reminders, coaxing or reprimanding to control temper
- Has difficulty bouncing back from an upsetting or frustrating situation

How does your child typically display his/her quick temper?

Why?

- Why does your child have this attitude? Why has he/she learned that flaunting his/her temper is effective in getting his needs met? Could he be copying someone’s behaviour? Does he/she know how to calm down?

- Is there a change in your family that might be causing undue stress? Is something going on at school? In his/her relationships? With friends? Is he/she frustrated, pick, on, overwhelmed, overscheduled, needing attention, or physically tired? Does he/she feel he/she isn’t being listened to? Might he/she be feeling powerless or depressed? Might a bad-tempered attitude be a way to vent his/her frustrations?

- What? Are there particular issues or things he/she usually gets more upset about? Are they about a conflict with a sibling, homework, chores, a tight schedule? Watch your child’s outbursts closely over the coming week. Consider tracking the frequency of incidents – it may help you tune into what may be provoking the outbursts.

- Who? Does he/she display the same quick temper to everyone? Are there some individuals he/she does not flare his temper toward? If so, who? Why not? Who does he/she yell at? Is there someone he/she does not get so irritated at? Does he/she yell at friends, siblings, his teacher, you, your partner?

- When? Is there a particular time of day, week, or month he/she has a quick temper? Is there a reason? Also ask yourself when this attitude started. Has your child always had a quick temper? Or just lately? Why the change? Could it be a sign of trouble at school? With friends? A problem at home?

- Where? Are there certain places where he/she is more likely to be more quick tempered (at school, at home, the shops, a sporting event, at Grandpa’s)? Why do you think this is so?

Now take a look at your answers. Are you seeing a predictable pattern? Do you have a better understanding of this attitude and where it’s coming from?

What's wrong with your current response?
Do you explode and yell back at him/her? Do you put your hands over your ears and grimace? Do you try to change the subject or offer a bribe to be quiet? Do you spank him/her? Start by thinking of the last time your child displayed a short fuse. Why haven’t these responses worked? Most important, what was his/her reaction to your response? Did it really quiet him/her down or enrage him/her even more? What is the one thing that you will never try again?

Facing your own bad attitudes:
Your attitude is a living textbook to your child, so the first place to start a bad attitude makeover is by reflecting on your temper and how you deal with frustrations. These questions might help: How did your parents handle anger? How about among your siblings? Who, if anybody, in your family or close friends, had a quick temper? How do people respond to it? How well are you controlling your temper at work? With your partner? With friends? How do you act in front of your child/ren after a hard, stressful day? How do you control your stress? Can you stop in the middle of an argument and say: “Let's get calm?” What lessons might your child/ren be learning from these actions? What is the first step you need to take in yourself to be a better example to your sons and daughters of dealing with their quick tempers?

The “Don’t give me that attitude” makeover:
Step 1 ~ Convey Your Attitude Expectations
Begin by firmly conveying that flaunting quick tempers will no longer be tolerated. Tell your child that while its normal to be angry from time to time, he may not use a yelling voice, hurtful words, a tantrum or fists to express his/her feelings. Consider asking them to take a ‘no yelling’ vow, pledge as a family. Once everyone is clear on your attitude expectations, absolutely refuse to engage with a quick-tempered child: "That's yelling, and I only listen when you use a calm voice." Or "I understand you’re upset, but you need to control your temper before I will listen.” Then walk away and go about your business until your child acts correctly. If you have to lock yourself in the bathroom, do so. He/She needs to know you mean business, so be consistent.
Step 2 ~ Identify Temper Warning Signs
Explain to your child that we all have our own little signals that warn us our tempers are ready to blow and that we should listen to them because they can help us stay out of trouble.

Next, help your child recognize his/her specific warning signs that he/she is starting to get upset – for example, talking louder, flushed cheeks, clenched fists, pounding heart, dry mouth, or faster breathing. Once he/she is aware of the signs, point them out to him/her when he/she first starts to get frustrated and before he/she loses her temper: “Looks like you’re starting to get out of control.” “Your hands are in a fist now. Do you feel yourself starting to get upset?”

The more we help our children recognize those early warning signs when their temper is triggered – usually when they first show signs of tension and stress – the better able they will be to calm themselves and learn to regulate their tempers.

Step 3 ~ Teach Ways to Calm Quick Tempers
Once your child is aware of his/her unique signs that warn him/her that his/her temper is ready to blow, he/she needs to know how to handle his/her frustrations or temper. Explain that anger is normal: how we choose to deal with it can be healthy or unhealthy, as well as get us in trouble to keep us out of trouble. There are a number of anger management strategies to cool tempers. The goal is to find the one the works best for your child and then help him/her rehearse it again and again until it becomes a habit. Here are a few possibilities:

- **Deal with the anger** – help your child find the most effective way to calm his/her temper, and then teach him/her the technique.
- **Go to a calm spot** – ask your child to help set up a place where he/she can gain control; put soothing things such as a book, pens and paper, music and encourage him/her to use the spot to calm down.
- **Leave the scene** – sometimes the best strategy is to leave the scene. Do emphasise this to your child. Whenever he/she feels he/she can’t control his temper, he/she can walk away. It’s always safer.
- **Use self-talk** – help your child learn to say a simple, positive message to himself/herself to control his/her temper; “I can handle this.” “Stay in control.” “Stop and calm down.” Have your child choose a phrase he/she feels most comfortable saying, then help him/her rehearse.
- **Teach “Stop and Breathe”** – tell your child as soon as he/she feels he/she is losing his/her temper to say to himself/herself: “Stop! Calm down.” He/She then immediately takes a deep, slow breath (or two or three if necessary) from his/her tummy. Getting oxygen into the brain is one of the fastest ways to relax.
- **Imagine a calm place** – ask your child to think of a place he/she has been where he/she feels calm and peaceful – for instance, the beach, his bed, Grandpa’s backyard. Right before his/her temper starts to flare and he/she feels those body warning signals kick in, tell him/her to close his/her eyes and imagine the spot while breathing slowly. Some children say it helps them to pretend they are pulling a ‘stop sign’ in front of their eyes. The sign warns them to control their temper.

Step 4 ~ Teach How to Express Frustrations Appropriately
Many children are quick-tempered because they have never learned ways to stay in control and to express their frustrations in a healthy manner. Find one that works best for your child, and then help him/her practice it again and again until he/she learns it and can use it without your guidance. Here are three possibilities:

- **Say how you feel** – younger children or those with limited language skills can often have trouble expressing how they feel to their offender. You must teach your child an ‘emotion’ vocabulary (feeling words) so he/she can express how he/she feels (such as angry, upset, mad, frustrated, furious, stressed, tense, nervous, anxious, irritated, etc.). Then encourage him/her to use his/her feeling words whenever his/her temper starts to flare: “I’m really angry.”

- **Use an “I message”** – Once your child knows ‘emotion’ words, he/she can use them to tell the other person how he/she feels or what he/she wants the other to do. The statement must be delivered calmly and focus on the problem. No name-calling or put-downs allowed because they just fuel the other person’s temper: “I’m angry that you took my CD without asking. Next time ask my permission.” Or “I am feeling really stressed about this test coming up, so I need some space.”

- **Talk to someone about it** – sometimes it may be counterproductive or even destructive to confront someone with your anger, especially on the spot, just after something has happened to provoke it. So talk to your children about when to hold off and vent elsewhere, a useful technique especially for pre-teens and teens.

Step 5 ~ Reinforce Peaceful Behaviour
One of the simplest ways to change your child’s behaviour is to catch them being good. Any time you notice your child handling a difficult situation calmly, expressing his/her frustrations without losing his/her temper, acknowledge his/her behaviour and that you appreciate his/her efforts: “I noticed you were really angry, but you walked away to control your temper. That’s really good.” Congratulate your child on the effort he/she is taking to control his/her temper.

Step 6 ~ Monitor Media Consumption
Children learn behaviour. They learn attitudes about temper not only from you, but also from their peers and other adults, even from characters in books, movies and television. What they’re watching could also be troubling. Think of all those violent images and how they affect them. It has been said that “viewing entertainment violence can lead to increases in aggressive attitudes, values and behaviours, particularly in children”. Monitor what your child/ren watch and listen to what he/she consumes.

Step 7 ~ Use a Consequence When Inappropriate Temper Displays Persist
What do you do if your child continues displaying a quick, inappropriate temper? First, stay cool yourself; then its time for consequences. Make sure you explain the consequence at a relaxed time – not during a screaming match. Reinforce this each time your child displays his/her bad-tempered attitude.

For a younger child, each time they display their bad-temper, give them a time-out to remind them to control their temper. Time starts AFTER they control their temper. For an older child, losing a privilege, such as the telephone or television for a set length, say an hour/evening of TV, depending on the circumstances. Once you set the consequence, use the consequence every time. Your child needs to know you are serious about helping him/her alter his quick temper.

Immediately institute a Bad-Temper Cure Policy by setting one rule: “We talk only when we’re calm.” Then establish a family guideline: “When anyone feels their temper is ready to flare, they take a time-out”. Everyone in the family should honour that guideline. The best place to practice controlling tempers is in our homes, and intentionally doing so as a family is the most effective way to ensure your child can control his/her temper in the real world.

**Attitude Makeover Pledge:**
How will you use these steps to help your child control his/her quick temper and achieve long term change? What can you do in the next twenty-four hours to begin changing your child’s attitude so he/she is less quick tempered?

**The New Attitude Review:**
All attitude makeovers take hard work, constant practice, and parental reinforcement. Each step your child takes toward change may be a small one, so be sure to acknowledge and congratulate every one of them along the way. It takes a minimum of twenty-one days to see real results, so don’t give up! And if one strategy doesn’t work, try another. Keep track of your child’s weekly progress.

**Ongoing Attitude Tune-Up:**
Where does your child’s attitude still need improvement? What work still needs to be done?

**Attitude Makeover Resources:**
Resources, such as the book mentioned in this article, “Don’t Give Me That Attitude”, by Michael Borba, Ed.D., can be of great help for both parents and children.


For **Children:** “Anger Management Workbook for Kids and Teens”, by Anita Bohensky; and “Harriet, You’ll Drive Me Wild!”, by Mem Fox.

Ms Frances Stegeman
Pastoral Advisor
School Shoes: Parents are reminded that school shoes are to be of the traditional, hard leather lace-up style.

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

UNIFORM SHOP NEWS

SCHOOL BACKPACKS

It has been noticed that a number of students are wearing their College backpack incorrectly. The manufacturer of our bags advises the following for correct usage and packing:

- Keep the load close to your spine. Do not let it hang below your hips or pull away from your body. Carry only what you need for the day.
- Always wear the pack over two shoulders.
- Pack heaviest item against the spine and at the back of the bag.
- Pack midweight objects in the middle section.
- Pack lightweight objects in the front section.

UNIFORM SHOP HOURS

Monday to Friday

(8:30am – 12:00noon AND 1:00 – 3:30pm)

Ms Debra Dawson

Uniform Shop Manager

TWEED VALLEY RESULTS

Round 6 -vs- Wollumbin High School

Wednesday 23 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>Won 40-37 Mitchell Bemet</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>Lost 22-18 Jake Davenport</td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>Lost 37-26 Janryd Paxman</td>
<td></td>
</tr>
<tr>
<td>Volleyball A</td>
<td>Won 2-1 Anthony Hamnett</td>
<td></td>
</tr>
<tr>
<td>B</td>
<td>Won on Forfeit</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>Lost 3-0 Timothy Wong</td>
<td></td>
</tr>
<tr>
<td>Tennis A</td>
<td>Won 32-10 Leon Smith</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>Won 30-4 Matthew Byrne</td>
<td></td>
</tr>
<tr>
<td>Touch A</td>
<td>Won 13-2 Nicholas Lock</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>Won on Forfeit</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>Won on Forfeit</td>
<td></td>
</tr>
<tr>
<td>Soccer A</td>
<td>Draw 1-1 Nathan Colombo</td>
<td></td>
</tr>
<tr>
<td>B</td>
<td>Won 7-1 Xavier Ricketts</td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>Won 2-0 Michael Gardner</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>Won 6-0 Luke Spence</td>
<td></td>
</tr>
<tr>
<td>League A</td>
<td>Won on Forfeit</td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>Won on Forfeit</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>Won 14-12 Carne Rhodes</td>
<td></td>
</tr>
<tr>
<td>Softball A</td>
<td>Won on Forfeit</td>
<td></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 24-12 Amber Pearson</td>
<td></td>
</tr>
<tr>
<td>B</td>
<td>Won 26-10 Eliza O'Donohue</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>Won 34-2 Kristie Morgan</td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>Won 34-10 Sascha Webb</td>
<td></td>
</tr>
<tr>
<td>Volleyball A</td>
<td>Won 2-1 Karley Bell</td>
<td></td>
</tr>
<tr>
<td>B</td>
<td>Lost 2-1 Tara Di Manno</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>Won 2-1 Maddison Jordan</td>
<td></td>
</tr>
<tr>
<td>Tennis A</td>
<td>Won 24-6 Gemma Hughes</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>Won 2-0 Emma Heise</td>
<td></td>
</tr>
<tr>
<td>Touch A</td>
<td>Won 7-0 Kelsey Rundle</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>Won 7-0 Stephanie Lesslie</td>
<td></td>
</tr>
<tr>
<td>Soccer A</td>
<td>Won 2-1 Aria Dorocinska</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>Lost 3-0 Callin Smyth</td>
<td></td>
</tr>
<tr>
<td>Netball OPEN A</td>
<td>Won on Forfeit</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>Won 36-7 Hayley Gibb</td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>Won 56-0 Georgia Scaysbrook</td>
<td></td>
</tr>
<tr>
<td>13A</td>
<td>Won 38-2 Madison Teasdell</td>
<td></td>
</tr>
<tr>
<td>13B</td>
<td>Won on Forfeit</td>
<td></td>
</tr>
<tr>
<td>Softball A</td>
<td>Won 24-2 Emily Payne</td>
<td></td>
</tr>
</tbody>
</table>

Mr Peter McLaughlin, Sports Coordinator

CAKTEEN NEWS & ROSTER

MEAL OF THE WEEK

This week – by popular demand – we have the ‘Joey’s Spesh Fried Rice’ for the very affordable price of $3.00.

Now that the weather is cooling down – finally – please remember to order your recess and/or lunch BEFORE school, especially with hot food orders, to avoid the disappointment of missing out!

CAKTEEN ROSTER

WEEK 6

<table>
<thead>
<tr>
<th>Monday 28 May</th>
</tr>
</thead>
<tbody>
<tr>
<td>Michelle Clarke &amp; Jan O’Donohue</td>
</tr>
<tr>
<td>Tuesday 29 May</td>
</tr>
<tr>
<td>Robyn Crowe &amp; Janene Neal</td>
</tr>
<tr>
<td>Wednesday 30 May</td>
</tr>
<tr>
<td>Sandy Jeffries &amp; Jean Colivas</td>
</tr>
<tr>
<td>Thursday 31 May</td>
</tr>
<tr>
<td>Kim Mitchell &amp; Jeanette Lanskey</td>
</tr>
<tr>
<td>Friday 1 June</td>
</tr>
<tr>
<td>Tracey Buckley-Dunn &amp; Donna West</td>
</tr>
</tbody>
</table>

WEEK 7

<table>
<thead>
<tr>
<th>Monday 4 June</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kim van Rossum &amp; Di Lance</td>
</tr>
<tr>
<td>Tuesday 5 June</td>
</tr>
<tr>
<td>Pauline Mclean &amp; Lyn Watkins</td>
</tr>
<tr>
<td>Wednesday 6 June</td>
</tr>
<tr>
<td>Kathy Bush &amp; Julie Crouch</td>
</tr>
<tr>
<td>Thursday 7 June</td>
</tr>
<tr>
<td>Janelle Teasdell &amp; Margaret Putland</td>
</tr>
<tr>
<td>Friday 8 June</td>
</tr>
<tr>
<td>Sylvia Hendriks &amp; HELP!</td>
</tr>
</tbody>
</table>

Mrs Dianne Pinkstone, Canteen Manager

School Shoes: Parents are reminded that school shoes are to be of the traditional, hard leather lace-up style.
IMPORTANT INFORMATION ABOUT ACCIDENT PROTECTION FOR
STUDENTS AT ST JOSEPHS COLLEGE, BANORA POINT

Dear Parent

Every day there are accidents involving children. To assist parents with the costs associated with those accidents, Catholic Education in association with Catholic Church Insurances Limited have developed the SchoolCare
Children’s Accident insurance program.

ST JOSEPHS COLLEGE is pleased to be a part of this program and our
School Activities Only policy provides protection to all children attending our school.

SchoolCare is worldwide student’s personal accident insurance.

The School Activities Only policy includes cover for school camps, school sports (including sports out of school hours, as long as they are organised by the school), work experience, travelling to and from school or school activities. It also includes any activity organised or authorised by the school. This includes before and after school care, if organised by the school. Cover is worldwide.

Our policy covers three important areas of care, any one accident may be claimable under one or more of these areas. It is important to note that the policy cannot cover any Medicare service including the Medicare gap. Cover includes:

1. Up to $5,000 inclusive per accident for medical costs from the following registered medical practitioners:
   - Dentist
   - Chiropractor
   - Osteopath
   - Physiotherapist
   - Remedial Massage
   - Podiatry
   - Acupuncture, and also costs from a
   - Chemist, and
   - Hospital Accommodation and Facility Fees

2. Fixed amounts for defined events – for example – when a child accidentally receives a fracture of a hand the policy will pay a fixed amount of $300. The full table of benefits lists all the defined events covered under this policy and the fixed amount payable. The full table of benefits is printable from www.ccinsurances.com.au.

3. A number of other benefits:
   - Emergency transport
   - Home tuition
   - School Fee relief
   - Hospital Inconvenience Allowance
   - Nursing allowance
   - Professional Counselling Fees

These are all limited to specific amounts per accident, specific amounts are detailed in the table of benefits.

Your child may have an accident so please cut out the information below and keep it on your fridge or in a handy place.

YOUR CHILD IS PROTECTED BY A
SCHOOLCARE ACCIDENT POLICY

NAME OF SCHOOL  ST JOSEPHS COLLEGE
POLICY NUMBER  02.PAE.113973
POLICY TYPE  School Activities Only - Basic
INFORMATION  If you have any questions please call the SchoolCare Accident HelpLine
             1300 138 498

MAKE A CLAIM  You can print a claim form and the policy wording from www.ccinsurances.com.au. Your child’s school will need to endorse the claim form prior to it being submitted. You will need a Doctor or Dentist’s Certificate and copies of accounts or invoices for any claimable expenses.

Catholic Church Insurances SchoolCare cannot pay for any Medicare service including the Medicare Gap.

Catholic Church Insurances Limited
Serving Church