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

**STUDENT LEADERS 2007 - 2008**

Congratulations to our Student Leaders. Please pray that God will guide them to perform their duties to the best of their abilities.

**COLLEGE CAPTAINS**

Eliza O’Donohue  
Matthew Coughran

**SENIOR STUDENT REPRESENTATIVE COUNCIL**

Erin Davoren  
Mark Bailey  
Lucy Fitzhugh  
Luke McCarron  
Kate McGrath  
Samuel Monaghan  
Rebecca Tilton  
Jack Mulherin

**JUNIOR STUDENT REPRESENTATIVE COUNCIL**

(CURRENT YEAR)

**YEAR 10**

Jacob Bush  
Daniella de Azevedo  
Ashleigh Dunemann  
Stephanie Mai  
Bernard Tsang

**YEAR 9**

Jordan Charters  
Janaya Neal  
Georgina Oram  
Jessica Orr  
Dean Stegeman

**YEAR 8**

Brendan Bartel  
Joel Cauchi  
Samantha Fien  
Jackson Kenny  
Keeley Serone

**YEAR 7**

Ricardo de Azevedo  
Maccalla Fenn  
Samm Jackson  
Andrew Lynch  
Monique Mai  
Hayley Raso

Best wishes and God Bless,

Mr Peter McLoughlin  
Principal
Term 3, Week 10

We have a very exciting Newsletter today: The announcement of the newly elected Student Representative Council (SRC); although our new office bearers are not officially ‘in office’ until after Year 12 complete formal lessons at the end of this Term.

This is the second to last Newsletter for this term, so we have plenty to share with you. Please take the time to read together as a family and don’t forget to have a look at our on-line copy at the College website: www.bps.lism.catholic.edu.au.

We hope you enjoy today’s issue.

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- Canteen News & Roster
- Young Endeavour Youth Scheme

ST JOSEPH’S CATHOLIC PARISH
Tweed Heads Catholic Presbytery
PHONE: (07) 5536.7522

PARISH YOUTH MASS
Our Next Youth Mass will be held on Sunday, 30 September in the Holy Family Chapel, St Joseph’s College, Doyle Drive, Banora Point, commencing at 5.30pm

PRINCIPAL’S NOTES

DEBATING
Special thanks this week to Mr Tim Connolly who accompanied our Year 7 debaters to Grafton on Tuesday of last week. They are now regional champions and will contest the state finals later this year.

Thanks and congratulations also to Ms Margaret Bermingham who has mentored them, and the team:

Maccalla Fenn (7A) Louis Monaghan (7C)
Morwenna Merley (7A) James Swift (7F)

PRAYERS
Please pray for the repose of the soul of the aunt of Ms Debra Dawson who passed away recently.

Mr Peter McLoughlin
Principal

OVERDUE EXCURSION ACCOUNTS:
Overdue Excursion Accounts were distributed to students this morning during Homeroom.

Please check with your son or daughter if they have received an account. If you are unsure, please contact the College to verify if there is anything outstanding on your account.

Please note: Non-payment of excursions could result in your child missing out on future excursions.

Thinking of going to World Youth Day 2008?
Register now and ‘Join the Journey’

Why register early?

❖ Our parish will provide the transport cost (by bus) to Sydney and back and also subsidize some of the registration cost - depending on numbers for all who register with our group.

❖ There is a full registration package available of $395 which covers accommodation (in communal settings ie: school/parish halls - sleeping bag on the floor), transport to venues in Sydney and some meals, as well as a package available for those who have arranged their own accommodation - priced accordingly at $335.

❖ We want everyone to have the chance to attend WYD08 and we will extend our group size if needed.

❖ The earlier you register, the earlier we can begin your preparation. We want our group to come together well before July 2008 so we can begin building friendships and companionship that will continue well beyond WYD.

❖ A $50.00 deposit to the Parish Office will secure your position. Full payment is requested by 30 May 2008.

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.
DEPUTY’S NOTICES

MOBILE PHONES

Students and parents are reminded that it is College policy that mobile phones are not to be brought to school. Camera phones present a threat to privacy and mobile phones in general are coveted by others and become a target for theft. They also cause disruption to the College program.

Students who need to contact parents throughout the day can do so via the blue phone outside the Library, or report to Student Reception. Parents can leave messages for their children also via Student Reception.

If a student has a special need for bringing a mobile phone to school, a note of explanation from the parent should be given to the Deputy Principal. The phone can then be left at Student Reception at the start of the day and collected after classes.

Students found in breach of this policy will be subject to the disciplinary processes of the College. Repeated breaches could well mean suspension.

HPV VACCINATIONS
TOMORROW ~ TUESDAY 18 SEPTEMBER

Please be advised that the third and final dose of the HPV Vaccination is only available to those students who have already undertaken their first and second doses.

COMING EVENTS

WEEK 10

Monday 17 September ..................................................(Day 6)
  ➔ Leadership Mass
Tuesday 18 September ..................................................(Day 7)
  ➔ HPV Immunisation (Part 3)
Wednesday 19 September.................................(Day 8)
  ➔ Year 11 End of Preliminary Course Exams (19-28 Sept)
  ➔ Year 10 HSIE Excursions
  ➔ St Martha’s Visit (selected students)
Thursday 20 September.................................(Day 9)
  ➔ Year 12 ‘Schoolies’ Talk

WEEK 11

Monday 24 September ..................................................(Day 1)
  ➔ Year 11 exams continue (19-28 Sept)
  ➔ Year 10 Work Experience (24-28 Sept) (selected students)
Tuesday 25 September ..................................................(Day 2)
  ➔ Berg Shield Cricket (selected students)
Thursday 27 September.................................(Day 4)
  ➔ Year 12 Graduation Mass
Friday 28 September.................................(Day 5)
  ➔ Year 12 Farewell Assembly
  ➔ TERM 3 ENDS – THIS IS A NORMAL SCHOOL DAY
  ➔ YEARS 7, 8, 9 AND 10 TERM 3 REPORTS-posted

Please note:

☐ The final Newsletter for this term will be distributed to students on Friday 28 September.
☐ Coming events for the first few weeks of Term 4 will be in that Newsletter.

SCIENCE NEWS

SCIENCE AWARDS PRESENTED AT LAST ASSEMBLY

Each year there are opportunities for keen and interested Science students to participate in various Science competitions.

This year, a number of our students took up the challenge of “achieving their best” in two competitions:

- The Australian Science Innovations’ Rio Tinto Big Science Competition – a competition open to students both in Australian and overseas, and in which 32,500 students from 493 schools worldwide participated this year.
- The Royal Australian Chemical Institute’s National Chemistry Quiz.

Obtaining Credits in the Big Science Competition were:

Year 8      Brodie Sweeney (8E), Lauren Workman (8C)
Year 7      Maccalla Fenn (7A), Thomas McGill (7C), Josie Rowles (7A)

This competition was a big step up from previous competitions in which Science students have participated. Congratulations to these students.

In the National Chemistry Quiz, the following students obtained excellent results:

Year 11    Alexander Pace (11A) ~ (High Distinction)
           Simon Campbell (11E) ~ (High Distinction)
Year 12    Ben Heffernan (12E) ~ (Distinction)
Year 10    Tess Lyon (10C) ~ (Credit)

Congratulations to these students.

The Science Department hopes the success of these students inspires more students to participate in the various science competitions next year.

CAREERS NEWS

- A full-time job for a school-leaver in powder-coating currently exists in our local area.
- An office administration traineeship is currently offered in a growing accounting and financial planning firm for a school-leaver.
- A local restaurant currently has opportunities for junior part-time employment.
- Year 12 Reminder: On-time University applications through UAC, QTAC and VTAC close on Friday 28 September.
- COLES are currently seeking juniors for employment during the summer holidays.

For more information on the above or other Careers matters, please see me in the Careers Room.

Mr Peter Lyon
Deputy Principal

Mr Geoff Cox
Science Coordinator

Mr Matt Hall
Careers Advisor

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.
Do you know the meaning of this word?

Captain: (n.) the leader of a team.
Leader: (n.) a person who rules, guides or inspires others.
Representative: (n.) a person or thing that represents another; serving to represent; representing a constituency or the whole people in the process of government: a representative council.

“Real Leaders are ordinary people with Extraordinary Determinations.” Karim

“Leadership is the capacity to transform vision into reality.” Warren G. Bennis

ENGLISH NEWS

Maccalla Fenn (7A), Morwenna Merley (7A), Louis Monaghan (7C) and James Swift (7F) are Year 7 Diocesan Debating Champions and next term they will contest the CSSDA State Finals in Sydney. Congratulations on this wonderful achievement.

Along with Maccalla, Morwenna, Louis and James, Laura Donnelly (7D), Georgia Murray (7B), Katherine O'Donoghue (7C) and Monique Mai (7C), were also joint winners of the Year 7 Division in the Border Schools Debating Competition.

At the Diocesan Debating held in Murwillumbah, our Senior Team of Jack Mulherin (11B), Phoebe Cupples (11B), Kate McGrath (11B) and Rosarna Geerz (11B) won two of their three debates and were Runners-Up in that competition.

Teams from Years 8, 9 and 10 have also done themselves and the College proud in both the Border Schools and Diocesan competitions. Team members were:

- Year 10: Tess Lyon (10C), Rachael Amos (10C), Jacob Bush (10C), Kate Bolster (10A)
- Year 9: Georgia McIntosh (9D), Jordan Charters (9C), Torrey Atkin (9D), Jessica Clarke (9E), Stephen Baker (9D), Lauren Teitzel (9A)
- Year 8: Laura Bailey (8B), Ellouise Southon (8B), Charlotte Herridge (8C), Lauren Workman (8C)

PUBLIC SPEAKING COMPETITION

“The Living in the 21st Century”

The Annual College Public Speaking Competition was held at EXPO. In the Junior Division, Maccalla Fenn (7A) won from Ellouise Southon (8B) and Laura Bailey (8B); while in the Senior Division, the contestants were Lucy Fitzhugh (11A), Phoebe Cupples (11B), Tess Lyon (10C), Jade Andrews (10E), and Luke Barnes (12B), who was declared the winner.

Thank you to all those who have participated in debating and public speaking this term. My special thanks to the students who assisted with our hosting of the Year 9 and 10 Diocesan competitions. I also wish to acknowledge the work of Ms Bermingham, Ms Priddis, Mr Connolly and Ms Vella, and sincerely thank Mrs Christine Mulherin for assisting with the judging of the Public Speaking Competition.

Mrs Janet Crouch
English Coordinator

YEAR 11 NEWS

“Night of Notables”

Wednesday 24 October 2007
(Term 4, Week 2)

The Doyle Centre
St Joseph’s College

Year 9 will be presenting their “Night of Notables” from 5:30pm culminating with a Parade of Students at 7:30pm

Parents and carers of Year 9 students are invited to attend the Doyle Centre and see their child take part in the 2007 Program

YEAR 11 MATTERS

Year 11 and their families should make note of the following important dates and details:

➢ End of Preliminary Course Examinations ~ Wednesday 19 to Friday 28 September.
Students are to report promptly to their examination room (as provided on the timetable), attending only for the appropriate exam. During their attendance at school, students must wear full school uniform.

➢ Practise for Year 12 2007 Graduation Mass ~ Thursday 27 September, 11:45am to 12:00noon.
All students who have an exam on the morning of Thursday 27 September are to attend the 15 minute practice that follows the exam (as indicated on the timetable).

➢ Year 12 2007 Graduation Mass ~ Thursday 27 September, 7:00pm.
All students in Year 11 are required to attend the Graduation Mass at St Joseph’s Catholic Church, on the Thursday evening at 7:00pm. Your attendance at this very important event is part of the strong tradition of support shown by the incoming Year 12 to the outgoing Year 12 group.

Year 11 students sing an Irish blessing to Year 12 during the Mass.
Year 11 students also provide supper for Year 12 and their guests. We ask each student to “bring a plate” for supper. Please take your refreshments to the Parish Hall and be seated in the Church by 6:45pm.

Mr Shane Burns
Year 11 Coordinator
**CAPA NEWS**

**GOLD COAST EISTEDDFOD**

Giovanna Falchi (9D) recently took part in the Gold Coast Eisteddfod and we are pleased to share the following details of her results in that competition:

- **8 August:** Piano Solo for 13 to 15 years: Giovanna played against 16 competitors and won 1st Prize.
- **10 August:** Non-Classical Piano Solo 12 to 15 Years: Giovanna played against 13 competitors and won 1st Prize.
- **12 August:** Junior Piano Championship 14 Years and Under: Giovanna played against 21 competitors and won 2nd Prize.
- **7 September:** Violin Solo 15 Years: Giovanna played against 11 competitors and achieved ‘Very Highly Commended’.

3 August: Achieved the A.M.E.B. (Australian Music Examinations Board) A. Mus. A. Diploma: Giovanna will be awarded her diploma at the Graduation Ceremony to be held in March of next year at the Queensland University.

We congratulate Giovanna and look forward to the opportunity of sharing in her achievements in the future.

If you have any information relating to your musical endeavours, please contact me at the College and we would be happy to make mention of them in a College Newsletter.

Mrs Sharon Singleton-Newell  
CAPA Coordinator

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**YEAR 10 HSIE EXCURSIONS**

The week commencing 20 August, students were given permission notes for the **Year 10 HSIE Excursions on Wednesday 19 September**.

Parents are reminded that in keeping with the College Excursion Policy, all money and notes need to be returned two weeks prior to the planned event.

Payments and notes are now overdue. Any outstanding money and/or notes need to be attended to as quickly as possible please.

Thank you in anticipation of your cooperation in this matter.

Mr Tony Channell  
HSIE Coordinator

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**RRISK NEWS**

**REDUCE RISK – INCREASE STUDENT KNOWLEDGE**

Today we have the fourth in our series in RRISK strategies:

**YOUNG DRIVERS AGED 17 – 25 YEARS  
WHY ARE THEY ’AT RISK’?**

People under 26 comprise only 15% of licensed drivers but are involved in 36% of road fatalities.

A 17-year-old driver with a P1 Licence is about four times more likely to be involved in a fatal crash than a driver aged 26 or older.

Young drivers have a greater risk of involvement in a fatal crash if they have two or more passengers. Young drivers with a P1 Licence are six times more likely to be involved in a fatal crash between 10pm and 5am than other drivers.

One of the main reasons new drivers are over-represented in crashes is that they lack experience in dealing with a variety of driving situations including driving at night or in wet weather.

They can gain the experience that will help them to become safer drivers by increasing the amount of on-road practice during their learning to drive phase. These traffic awareness skills are best learned with a supervising driver in the passenger seat.

Mr Peter Serone  
PD/H/PE Coordinator

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**YOUTHSAFE**

‘Helping Teenagers Become Safer Drivers’

**Parent Tip No. 5**

Give short, clear instructions, expect mistakes and give plenty of praise. Keep sessions short at first and work up to an hour.
Today we bring you the seventh part in our ongoing series of ‘Bad Attitude’ articles. Today we take a look at the ‘bad attitude’ of Domineering, and what we can do about it.

**Bad Attitude: Domineering**

**Attitude Antidote and Replacement: Serenity, Patience, Cooperation**

**Emergency Attitude Intervention:**

Show your children how being domineering pushes other children away. It’s the best cure for bossiness. For example, with a younger child, watch him/her closely on the playground, and when he/she starts trying to take charge, gently take him/her aside and point out how all his/her little buddies have moved to the pool. Ask him/her, “Do you know why you’re all by yourself now?”

With an older child, you might attend a few of his/her athletic practices and watch his/her behaviour from the sidelines. When his/her domineering attitude starts to surface – he insists they play only his/her favourite music and everyone stops dancing and heads for the soft drinks – ask him/her if he/she understands the impact of his/her bossy ways. These kinds of interventions will help your child give up trying to control everyone and everything around him/her and rely instead on compromise and cooperation to get what he/she wants.

Domineering children are self-centred, spoiled, insensitive, and rude; they appoint themselves in charge and don’t consider other’s desires or feelings. These children want things to go their way, so they see that it does: they decide the rules, activities, game plan and schedule. They don’t bulldoze their way into a gathering and within minutes redirect everything so it goes their way. Because they act as if their opinions are always right, they rarely listen to their peers.

**Do take heed:** their negative dictatorial traits can be misinterpreted as positive leadership capabilities. **Do not be swayed:** these kids aren’t leaders; they are dictators who rarely consider the feelings and needs of their peers (or “subjects”).

Besides, if their bossy ways are not tamed, it can do major damage to their character growth as well as peer relationships. Though we don’t want to stifle the self-confidence and high spirits of charismatic children, we must replace a domineering bad attitude with the virtues of serenity, patience, and cooperation. So let’s get started.

**Bad Attitude Alert:**

Before you start squelching your child’s domineering attitude, reflect on its origins and how it developed.

**Diagnosis:**

Watch and listen to your child’s domineering behaviours more closely for the next few days and ask yourself these questions.

**What?** In particular, what bossy things does your child say and do that bother you most? The more specific you are at identifying his/her domineering behaviours, the better able you will be at altering his/her attitude. Here are behaviours to consider. Mark those your child is displaying:

- Doesn’t listen to other’s ideas
- Always wants things to go his/her way
- Rarely negotiates or alters his/her desires to accommodate others
- Tells others what to do and expects them to comply
- Doesn’t take turns
- Tells others the game plan
- Makes up the agenda or sets the rules
- Assumes people will do what he/she wants
- Hasn’t a clue that other people feel pushed around

**Who?** Tune in to which individuals your child is bossiest toward. For instance, does he/she tend to be more domineering with siblings, younger children, the babysitter, a neighbourhood group, classmates, team-mates, or even you or your spouse? Does he/she display the same domineering ways towards everyone or just certain individuals? What might be the reason?

**When?** Is there a particular time of day, week, or month he/she is bossier? Is there a reason? For instance, might he/she be tired, hungry, needing attention, or feeling slighted or not listened to?

**Where?** Are there certain places he/she is more likely to be bossy (at school or day care, home, the store, Grandma’s)? Why?

**Why?** Now consider why your child has become so bossy and feels the need to control others. Ask yourself why your child needs to be dictatorial. There are many reasons your child is using this behaviour. Here are a few to consider:

- Have you or others been bossing your child? Do you live in a family culture where there is a pecking order of domination? Might he/she be mimicking the patterns of behaviour of those around him/her?
- Is your child insecure, or does he/she have low self-esteem?
- Must he/she need the sense of control?
- Does he/she lack friends?
- Do peers reject him/her because he/she lack social skills?
- Does your child have a need for perfectionism and always having things go his/her way?
- Have his/her ideas, feelings, and needs been frequently ignored?
- Might he/she need to structure activities to temper his/her chance of failing in front of others?
- Is he/she frequently dominated or bullied by others and attempting to even out the scales?
- Does he/she not know more cooperative ways of behaving?

**What’s wrong with your current response?**

How do you typically react to your child’s bossiness? Do you boss him/her back, yell at him/her, avoid the whole issue, complain, ground him/her, or forbid his/her friends from coming over? What part of the response is not working so your child continues to flaunt his/her domineering attitude? Is it your voice tone? Inconsistently dealing with the attitude? Ignoring his/her bossy ways? Yelling at him? What responses do not curb this bad attitude? Why do you think that your responses have not been effective in changing your child’s domineering ways?

Is it possible that you or others might be encouraging his/her bossiness? For instance, might someone (parent, teacher, sibling, peer, relative, caregiver, coach or yourself) be intentionally or unintentionally reinforcing the attitude by labelling it assertive, independent, confident, outgoing, or a leadership capability? Tune in to your own behaviour to make sure you are not reinforcing it. Also, are you sure your child is quite clear that you – and other caregivers – do not approve of his/her attitude and why do you not approve? What have you said to make sure he/she understands your displeasure? How could you be clearer?

What is the one response you will never try again when your child has a domineering attitude?

**Facing your own bad attitudes:**

How much of your child’s bossy behaviour is a result of imitating your behaviour? Think back to when you were growing up: How were your parents described to you as a child: domineering, spirited, and assertive or more laid back, mellow, and quiet? How did your behaviours affect your relationship with your friends? How did your parents interact with you?

Has anybody complained about your being bossy lately? Who complained, and what did the person say? Do you ever tell people what to do without stopping to consider their needs or feelings? Do you use that bossing, domineering behaviour towards your own children? For instance, would they say you are more of a bulldozer, or do you see your behaviour as assertive? Have you ever corrected your own domineering missteps in front of your child?

If you are guilty of being domineering, what domineering behaviours could you temper so as to be a better example of how to behave to your child? If not you, who else’s domineering traits might your child be copying? Your spouse or a relative? A coach or a teacher? A sibling, cousin, or friend? A neighbour child?

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**SPORT**

Sport: Sport is an important part of the school and students are expected to attend sport each week.
What is the first step you need to take in yourself to be a better example to your sons or daughters of dealing with their domineering behaviour? What changes do you need to make in yourself?

The “Don’t give me that attitude” makeover:

To eliminate your child’s domineering ways, take the following steps:

Step 1 ~ Hammer Home Why Bossiness Doesn’t Work

The first step to squelching any bad attitude is helping your child recognise not only why it is inappropriate, but also how it doesn’t get them what they want but instead puts people off. Do not overlook this step! Take time to point out the negative effect your child’s domineering ways can have on others and on his/her relationships with them. He/she needs to understand why his/her domineering ways are not appreciated and why they turn people off. Here are a few points to help you talk to children at different ages about domineering attitudes:

“I heard a lot of unhappy voices today when you were playing with your friends. Did you notice they were not enjoying themselves? Why do you think they did not want to play with you today? Yes, always ordering kids to do always what you want isn’t fun. It’s being bossy.”

“I heard you tell your friends which search engine to use and what to look for. How often did you ask them which one they wanted to use? How would you feel if your friends never asked you what you wanted to do?”

“Would you want to be in a study group with a child who always had to have things his/her way? Some of your members do not like your bossiness. Let’s figure out how you can be a better member so the other students will want you in their group.”

Of course, telling your child how to talk so he/she sounds less domineering will not change his/her behaviour. He/she will need many reminders, especially if he/she has beenbossing others for some time. So the minute you hear him/her sounding bossy, point it out. To do so in public, you might develop a quiet signal (pulling on your ear or touching your nose) that only you and he/she are aware of. Each time he/she displays the behaviour, use the code to signal to him/her that his/her behaviour is inappropriate and needs to stop.

Step 2 ~ Explain and Reinforce Alternative Attitudes

Research shows that children who share, take turns, and take into consideration the requests of peers usually do so because they have parents clearly emphasised that they expect them to. Take time to spell out your ground rules for sharing and cooperation, and explain them to your child. Then expect your child to use them. Here are some examples of how parents have spelled out their requirements for less bossiness and more cooperation:

• **Explain taking turns.** If you want your younger child to take turns and share, clarify your expectations. For taking turns, use this wording: “Let’s make sure to take turns when playing the game to play. Let’s make sure to take turns first, then Sally, then me.” For sharing, you could say, “Share your computer game so Ryan has a chance to play as well.”

• **Set one sharing rule.** One father passed on his rule: “If it belongs to you and it’s in sight, then you must share it.” There are certain possessions that are very special to your child, so putting those away before a guest arrives, minimises potential conflict.

• **Compromise.** Describe what it means to your older child: “When you compromise, it means you’re willing to give up a little of what you want, and the other person is too. It’s a less bossy way to solve a problem.” He/she should understand that each person always has the opportunity to present his/her side.

• **Negotiate.** Show your older child how to work out the shared use of the family computer so that everyone’s interests and goals are met in a timely manner: “Let’s work together to make a schedule that’s fair for all of us and everyone gets what they need. That’s what it means to negotiate.”

Step 3 ~ Teach How to Be a Team Player

Bossy children are self-centred: they want things to go their way and rarely consider or even acknowledge other children’s opinions or desires. One way to curb your child’s self-centred, bossy ways is to teach and then expect him/her to use more cooperative behaviours is to help him/her learn to consider the other child’s desires. Here are a few strategies to help your child learn to consider the other child’s wants or needs. Remember to teach one skill at a time, and then practice, model, and reinforce it again and again. Only then will your child be more likely to incorporate the skill into his/her daily behaviour.

• **Explain the balance of power.** Tell your child that teamwork means a level playing field where everyone is equal.

• **Teach host etiquette.** One simple rule of cooperation is to enforce that the guest always chooses first. If your child is the host, he/she must ask his/her guest to select the first game or activity.

• **Use decision breakers.** Domineering children want to make the decisions, so teach your child ways to make things fairer, like playing ‘rock/paper/scissors’; drawing strings, or flipping a coin. These strategies are great when two children can’t decide on a rule, who gets to choose what to do, or even who goes first.

• **Teach “Grandma’s Rule.”** The rule is simple and works like a charm to make things fairer: “If you cut the cake, the other person decides which piece to take.” The rule can apply to lots of things. For example: if you chose the game, the other person gets to go first; if you poured the lemonade, the other person chooses his glass first.

• **Set a timer.** Teach younger children to agree on a set amount of time — usually only a few minutes — for an item. Oven timers or sand timers are great devices for younger children to use. Older children can use the minute hands on their watches. When the time is up, the item is passed on.

Step 4 ~ Reinforce Collaboration

One of the simplest ways to boost any attitude is by “catching” your child acting right, so watch for your child’s efforts to be more agreeable and supportive of his/her peers, and then be sure to reinforce his/her actions. Remember to explain what he/she did right, so he/she will be more likely to repeat the attitude:

“I noticed you listened to your friend’s idea this time and played baseball. I know you wanted to play video games, but you can’t always do what you want.”

“I heard you ask Roberto what movie he wanted to watch.”

Comments like these will slowly help squelch his/her domineering attitude, replacing it with more thoughtful behaviours. If your child continues to dominate others, it’s time to set a consequence. One way is not allowing him/her to play with the child he/she dominates until he/she can temper his/her dictatorial ways: “Unless you can be more cooperative and less bossy, you will not be able to have Jimmy come over. Let’s work on how you can treat him more nicely so he can come over.” It sometimes takes a more serious jolt until your child understands you mean business.

**Attitude Makeover Pledge:**

How will you use these steps to help your child become less domineering and achieve long-term change? What exactly do you agree to do within the next twenty-four hours to begin changing your child’s attitude so he/she is less bossy and more considerate?

**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.

**The First 21 Days:**

Require your child to launch a ‘How Do You Feel About This?’ Project, which requires to survey every family member about his or her feelings and opinions before undertaking an agreed-on domestic venture; examples are what TV show to watch, which DVD to rent, which restaurant to eat out at, which board or video game to play. The point is to help your child learn democracy in action, the importance of consensus, and how much more effective this is than being domineering. The home is always the best training ground for learning new attitudes and tempering bad habits. So stick to this plan until your child abandons his/her domineering bad attitude and his/her tendency to push others around.

**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 Michele Borba, Ed.D., can be of great help for both parents and children. For Parents: “Parenting the Strong Willed Child”, by Rex Foreland and Nicholas Long; “The Challenging Child: Understanding, Raising, and Enjoying the Five ‘Difficult’ Types of Children” by Stanley I Greenspan and Jacqueline Salmon. For Children: “Anna is Bossy (Silver Blades Figure Eights, No 4)”, by Effin Older, “Franklin is Bossy” by Paulette Bourgeois.

Ms Frances Stegeman
Pastoral Advisor

Valuables: Students are asked not to bring large sums of cash or valuable items to school.
On Wednesday 29 August, 60 students travelled down to Coffs Harbour International Stadium to take part in the Diocesan Athletics Carnival.

With our best results to-date, overall in the competition we placed THIRD – and against bigger schools! Details of the individual results are as follows:

**Diocesan Age Champions:**

<table>
<thead>
<tr>
<th>Student</th>
<th>Age</th>
<th>Placing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Simon Campbell</td>
<td>U/16 Boys</td>
<td>1st Place</td>
</tr>
<tr>
<td>Dean Robinson</td>
<td>U/16 Boys</td>
<td>2nd Place</td>
</tr>
<tr>
<td>Xavier Ricketts</td>
<td>U/15 Boys</td>
<td>2nd Place</td>
</tr>
<tr>
<td>Geoffrey Harrison</td>
<td>U/13 Boys</td>
<td>1st Place</td>
</tr>
<tr>
<td>Dayne Holland</td>
<td>U/12 Boys</td>
<td>2nd Place</td>
</tr>
<tr>
<td>Katherine McCleary</td>
<td>U/14 Girls</td>
<td>3rd Place</td>
</tr>
</tbody>
</table>

**Track and Field – Girls events:**

**Track:**

<table>
<thead>
<tr>
<th>Student</th>
<th>Age</th>
<th>Event</th>
<th>Time</th>
<th>Placing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jemma Hughes</td>
<td>U/12</td>
<td>400m</td>
<td>1:16.98</td>
<td>2nd Place</td>
</tr>
<tr>
<td>Laura Donnelly</td>
<td>U/12</td>
<td>800m</td>
<td>–</td>
<td>4th Place</td>
</tr>
<tr>
<td>Laura Donnelly</td>
<td>U/12</td>
<td>1500m</td>
<td>–</td>
<td>4th Place</td>
</tr>
<tr>
<td>Hayley Raso</td>
<td>U/13</td>
<td>400m</td>
<td>1:08.97</td>
<td>4th Place</td>
</tr>
<tr>
<td>Katherine McCleary</td>
<td>U/14</td>
<td>200m</td>
<td>–</td>
<td>4th Place</td>
</tr>
<tr>
<td>Katherine McCleary</td>
<td>U/14</td>
<td>400m</td>
<td>1:07.97</td>
<td>3rd Place</td>
</tr>
<tr>
<td>Katherine McCleary</td>
<td>U/14</td>
<td>800m</td>
<td>2:55.10</td>
<td>3rd Place</td>
</tr>
<tr>
<td>Katherine McCleary</td>
<td>U/14</td>
<td>1500m walk</td>
<td>9:13.76</td>
<td>2nd Place</td>
</tr>
<tr>
<td>Katherine McCleary</td>
<td>U/14</td>
<td>1500m</td>
<td>6:06.63</td>
<td>2nd Place</td>
</tr>
<tr>
<td>Anastasia McCleary</td>
<td>U/14</td>
<td>100m</td>
<td>13.35s</td>
<td>1st Place</td>
</tr>
<tr>
<td>Anastasia McCleary</td>
<td>U/14</td>
<td>200m</td>
<td>27.34s</td>
<td>1st Place</td>
</tr>
<tr>
<td>Karley Bell</td>
<td>U/16</td>
<td>800m</td>
<td>3:02.74</td>
<td>3rd Place</td>
</tr>
</tbody>
</table>

**Field:**

<table>
<thead>
<tr>
<th>Student</th>
<th>Age</th>
<th>Event</th>
<th>Distance</th>
<th>Placing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stefanie Lesslie</td>
<td>U/13</td>
<td>Discus</td>
<td>23.94m</td>
<td>1st Place</td>
</tr>
<tr>
<td>Stefanie Lesslie</td>
<td>U/13</td>
<td>Javelin</td>
<td>19.24m</td>
<td>4th Place</td>
</tr>
<tr>
<td>Kelsea Bell</td>
<td>U/15</td>
<td>Javelin</td>
<td>15.43m</td>
<td>1st Place</td>
</tr>
<tr>
<td>Annie O’Donohue</td>
<td>U/15</td>
<td>Javelin</td>
<td>15.27m</td>
<td>2nd Place</td>
</tr>
<tr>
<td>Ashleigh Dunemann</td>
<td>U/16</td>
<td>Javelin</td>
<td>26.32m</td>
<td>1st Place</td>
</tr>
<tr>
<td>Ashleigh Dunemann</td>
<td>U/16</td>
<td>Shotput</td>
<td>7.57m</td>
<td>3rd Place</td>
</tr>
</tbody>
</table>
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.

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Track and Field – Boys events:

**Track:**

<table>
<thead>
<tr>
<th>Student</th>
<th>Age</th>
<th>Event</th>
<th>Time</th>
<th>Placing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dayne Holland</td>
<td>U/12</td>
<td>200m</td>
<td>32.19s</td>
<td>2nd Place</td>
</tr>
<tr>
<td>Dayne Holland</td>
<td>U/12</td>
<td>400m</td>
<td>1:13.50</td>
<td>2nd Place</td>
</tr>
<tr>
<td>Matthew Pochodyla</td>
<td>U/12</td>
<td>400m</td>
<td>1:19.59</td>
<td>4th Place</td>
</tr>
<tr>
<td>Matthew Pochodyla</td>
<td>U/12</td>
<td>800m</td>
<td>3:18.27</td>
<td>2nd Place</td>
</tr>
<tr>
<td>Matthew Pochodyla</td>
<td>U/12</td>
<td>1500m</td>
<td>6:11.52</td>
<td>3rd Place</td>
</tr>
<tr>
<td>Andrew Lynch</td>
<td>U/12</td>
<td>400m</td>
<td>1:05.78</td>
<td>4th Place</td>
</tr>
<tr>
<td>Andrew Lynch</td>
<td>U/13</td>
<td>800m</td>
<td>2:45.17</td>
<td>4th Place</td>
</tr>
<tr>
<td>Jacob Holland</td>
<td>U/13</td>
<td>100m</td>
<td>12.48s</td>
<td>1st Place</td>
</tr>
<tr>
<td>Jacob Holland</td>
<td>U/14</td>
<td>400m</td>
<td>1:03.42</td>
<td>3rd Place</td>
</tr>
<tr>
<td>Xavier Ricketts</td>
<td>U/12</td>
<td>400m</td>
<td>54.48s</td>
<td>1st Place</td>
</tr>
<tr>
<td>Xavier Ricketts</td>
<td>U/15</td>
<td>800m</td>
<td>2:12.20</td>
<td>1st Place</td>
</tr>
<tr>
<td>Xavier Ricketts</td>
<td>U/15</td>
<td>1500m</td>
<td>4:43.07</td>
<td>1st Place</td>
</tr>
<tr>
<td>Simon Campbell</td>
<td>U/16</td>
<td>100m</td>
<td>11.85s</td>
<td>1st Place</td>
</tr>
<tr>
<td>Simon Campbell</td>
<td>U/16</td>
<td>200m</td>
<td>23.57s</td>
<td>1st Place</td>
</tr>
<tr>
<td>Simon Campbell</td>
<td>U/16</td>
<td>400m</td>
<td>54.79s</td>
<td>1st Place</td>
</tr>
<tr>
<td>Dean Robinson</td>
<td>U/16</td>
<td>200m</td>
<td>25.20s</td>
<td>2nd Place</td>
</tr>
<tr>
<td>Dean Robinson</td>
<td>U/16</td>
<td>400m</td>
<td>55.96s</td>
<td>2nd Place</td>
</tr>
<tr>
<td>Joshua Foster</td>
<td>U/16</td>
<td>1500m</td>
<td>5:10.16</td>
<td>3rd Place</td>
</tr>
<tr>
<td>Joel Clark</td>
<td>Opens</td>
<td>200m</td>
<td>23.80s</td>
<td>2nd Place</td>
</tr>
<tr>
<td>Matthew Lance</td>
<td>Opens</td>
<td>1500m</td>
<td>4:50.15</td>
<td>2nd Place</td>
</tr>
<tr>
<td>Justin Walsh</td>
<td>Opens</td>
<td>400m</td>
<td>57.29s</td>
<td>3rd Place</td>
</tr>
</tbody>
</table>

**Tweed Team:**

<table>
<thead>
<tr>
<th>Student</th>
<th>Event</th>
<th>Distance</th>
<th>Placing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tweed Team</td>
<td>4x100m</td>
<td>46.41s</td>
<td>1st Place</td>
</tr>
</tbody>
</table>

Simon Campbell, Dean Robinson, Joel Clark, Justin Walsh

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**Field:**

<table>
<thead>
<tr>
<th>Student</th>
<th>Age</th>
<th>Event</th>
<th>Distance</th>
<th>Placing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dayne Holland</td>
<td>U/12</td>
<td>Shotput</td>
<td>8.65m</td>
<td>1st Place</td>
</tr>
<tr>
<td>Geoffrey Harrison</td>
<td>U/13</td>
<td>Shotput</td>
<td>12.26m</td>
<td>1st Place</td>
</tr>
<tr>
<td>Geoffrey Harrison</td>
<td>U/13</td>
<td>Discus</td>
<td>36.28m</td>
<td>1st Place</td>
</tr>
<tr>
<td>Geoffrey Harrison</td>
<td>U/13</td>
<td>Javelin</td>
<td>28.43m</td>
<td>1st Place</td>
</tr>
<tr>
<td>Liam Knott</td>
<td>U/13</td>
<td>Long Jump</td>
<td>4.77m</td>
<td>3rd Place</td>
</tr>
<tr>
<td>Nicholas Crompton</td>
<td>U/14</td>
<td>Shotput</td>
<td>12.49m</td>
<td>1st Place</td>
</tr>
<tr>
<td>Michael Gardner</td>
<td>U/14</td>
<td>Shotput</td>
<td>9.99m</td>
<td>4th Place</td>
</tr>
<tr>
<td>Xavier Ricketts</td>
<td>U/15</td>
<td>Long Jump</td>
<td>5.24m</td>
<td>3rd Place</td>
</tr>
<tr>
<td>Matthew Lesslie</td>
<td>U/15</td>
<td>Long Jump</td>
<td>5.67m</td>
<td>1st Place</td>
</tr>
<tr>
<td>Matthew Lesslie</td>
<td>U/15</td>
<td>Shotput</td>
<td>12.33m</td>
<td>2nd Place</td>
</tr>
<tr>
<td>Matthew Lesslie</td>
<td>U/15</td>
<td>High Jump</td>
<td>1.70m</td>
<td>2nd Place</td>
</tr>
<tr>
<td>Matthew Lesslie</td>
<td>U/15</td>
<td>Discus</td>
<td>39.07m</td>
<td>3rd Place</td>
</tr>
<tr>
<td>Matthew Lesslie</td>
<td>U/15</td>
<td>Javelin</td>
<td>36.60m</td>
<td>4th Place</td>
</tr>
<tr>
<td>Simon Campbell</td>
<td>U/16</td>
<td>High Jump</td>
<td>1.70m</td>
<td>2nd Place</td>
</tr>
<tr>
<td>Dean Robinson</td>
<td>U/16</td>
<td>High Jump</td>
<td>1.70m</td>
<td>2nd Place</td>
</tr>
<tr>
<td>Ronan Gibson</td>
<td>Opens</td>
<td>Discus</td>
<td>28.16m</td>
<td>4th Place</td>
</tr>
</tbody>
</table>

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New Diocesan Athletics Records!

Of particular mention are the First Place records in two Shotput events: Geoffrey Harrison and Nicholas Crompton have set new Diocesan records for their respective age groups! Congratulations to you both!!

Thank you to Wendy Peterson, Gary Wheatley, Kerry Rodgerson, and Martina Baumer, who accompanied our students and myself, and participated with such dedication.

Of particular mention are the First Place records in two Shotput events: Geoffrey Harrison and Nicholas Crompton have set new Diocesan records for their respective age groups! Congratulations to you both!!

Congratulations to you both!!

---

Congratulations to the following students who will now be attending the NSWCCC Athletics Carnival in Sydney on Friday 14 September. We wish them every success!

- Kelsea Bell
- Matthew Lesslie
- Simon Campbell
- Stefanie Lesslie
- Joel Clark
- Anastasia McCleary
- Nicholas Crompton
- Katherine McCleary
- Ashleigh Dunemann
- Xavier Ricketts
- Geoffrey Harrison
- Dean Robinson
- Dayne Holland
- Justin Walsh
- Jacob Holland

---

Mr Peter McLaughlin
Sports Coordinator
We all got a sneak peak at

**BACK TO THE 80’S...**

*The Totally Awesome Musical!!*

*Coming to St Joseph’s College in Term 4...*
**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*

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**CANTERBURY NEWS & ROSTER**

**NEWSFLASH**

**CALLING ALL PARENTS! CALLING ALL PARENTS!!**

A number of parents are signing off from the Canteen Helpers list as their son or daughter completes their final Year 12 classes. We will be left short (actually shorter) of helpers in the next term, so if you would like to volunteer for any days, please do not hesitate to call the College.

*Call now ~ Di is waiting to take your call!*

**MEAL OF THE WEEK**

We will be operating with a “Whiteboard Special” so you will need to check the board for the daily special.

**CANTERBURY ROSTER**

**WEEK 10**

<table>
<thead>
<tr>
<th>Monday 17 September</th>
<th>Monday 24 September</th>
</tr>
</thead>
<tbody>
<tr>
<td>Michelle Clarke &amp; Jan O’Donohue</td>
<td>Di Lance &amp; Sheree Lynch</td>
</tr>
<tr>
<td>Tuesday 18 September</td>
<td>Tuesday 25 September</td>
</tr>
<tr>
<td>Janene Neal &amp; Anne Bruce</td>
<td>TBA &amp; TBA</td>
</tr>
<tr>
<td>Wednesday 19 September</td>
<td>Wednesday 26 September</td>
</tr>
<tr>
<td>Bernadette Beattie &amp; Jean Colivas</td>
<td>Kathy Bush &amp; TBA</td>
</tr>
<tr>
<td>Thursday 20 September</td>
<td>Thursday 27 September</td>
</tr>
<tr>
<td>Margaret Putland &amp; Donna Fien</td>
<td>Sonia Haaijer &amp; Wendy Morrison</td>
</tr>
<tr>
<td>Friday 21 September</td>
<td>Friday 28 September</td>
</tr>
<tr>
<td>Debbie Davey &amp; Fern Wendl</td>
<td>Trish Baldwin &amp; Bernadette Beattie</td>
</tr>
</tbody>
</table>

Please note that the next Newsletter will include the roster for Weeks 1 & 2 of Term 4.

*Mrs Dianne Pinkstone*

Canteen Manager

---

**UNIFORM SHOP NEWS**

**REMINDER TO YEAR 10 ~ SENIOR ORDER FORMS**

Year 10 students (Year 11 2008) have received their order forms for Senior Uniforms. **These forms are to be returned by the end of this term to ensure delivery in January 2008.**

If you are unsure of sizes, please do not hesitate to see me.

**ORDERING FOR 2008 UNIFORMS**

Students who wish to order extra uniforms for 2008 please complete an order form, to be found at Student Reception. **All orders are to be handed in by the end of Term 3.**

**UNIFORM SHOP HOURS**

**Monday to Friday**

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

*Ms Debra Dawson*

Uniform Shop Manager

---

Expand the horizons of a young person by sharing the adventure of a lifetime. A voyage on the tall ship, Young Endeavour, as a member of a youth crew is a unique challenge. It inspires teamwork, communication, leadership and a sense of community responsibility.

Over 20 voyages are conducted each year exploring the Australian coastline by the Young Endeavour Youth Scheme, a not-for-profit organisation, in partnership with the Royal Australian Navy. Onboard, young people participate in a dynamic development program that can be a life-changing experience.

Encourage a young person, aged 16-23, to apply now for a berth. Youth crew are selected through a ballot held twice a year. Applications for the first ballot (for voyages in the first half of 2008) can be made by visiting www.youngendeavour.gov.au. But hurry, they need to be entered by 30 September 2007 to be in with a chance of a voyage!
youth I speak

Sunday 14th October
Relihan Centre, Casino
10am - 2pm

Hear what young people from Papua New Guinea and East Timor are doing as they speak frankly of their challenges and their work to bring about the Reign of God in the world.

the speakers

Marie Mondu, from Papua New Guinea is a singer/songwriter and educator for HIV/AIDS awareness and gender issues.

Ludivico Fatima Alves is an East Timorese living in a village in the mountains behind Dili. He works meeting the health, education and grassroots development needs of six villages in the area.

Be informed, inspired and affirmed
Share your concerns, and hopes, plan for a better world.

For further information about this forum contact:
Maureen Lynch p: 6662 2330
m: 0408 208 578
maureen@peopleforpeace.com.au
Margaret Oliver p: 6663 3334

or visit the website catholicmission.org.au

The forum will cost $10 per person which includes morning tea and lunch. For catering purposes could you please complete this form and return it along with your payment by the 4th of October to: St. Mary's Catholic Parish
P.O. Box 141
Casino NSW 2470

Name: __________________________
Address: __________________________
Contact Number: ______________________ Email: __________________________