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

Many years ago when we were angry with someone we would write them a letter sometimes “venting our spleen”. Invariably writing the letter was rather cathartic in itself and the letter was never posted. In the twenty-first century things have changed; we have e-mail and sometimes press the ‘send’ button before considering all of the possible ramifications of our response.

It’s the same with our verbal interactions. Sometimes we blast a response without fully considering the effect our ‘tirade’ might have. In his book, “Don’t Sweat the Small Stuff . . . and it’s all small stuff”, Richard Carlson writes about the notion of ‘breathe before you speak’. He sees the strategy as simply pausing by breathing after the person to whom you are speaking is finished.

He goes on to write, “If you observe the conversations around you, you’ll notice that, often, what many of us do is simply wait for our chance to speak. We’re not really listening to the other person, but simply waiting for an opening to express our own view. This harried form of communication encourages us to criticise points of view, overreact, misinterpret meaning and form opinions all before our fellow communicator is even finished speaking.”

The idea of ‘a breath before speaking’ has the potential to create a very positive environment in that the person with whom you are conversing will appreciate the fact that they are being listened to. Carlson believes all this initiative takes is intention and practice.

He goes onto say, “You will sense a feeling of relief coming from the person to whom you are speaking – and a much calmer, less rushed feeling between the two of you. No need to worry that you won’t get your turn to speak – you will. In fact, it will be more rewarding to speak because the person you are speaking to will pick up on your respect and patience and will begin to do the same.”

It sounds very similar to Jesus’ advice, “Love your neighbour as you love yourself” (Matthew 22:39).

Listening is a great gift that we can give to others. Let’s all practice breathing before speaking in the coming weeks. Perhaps it could be our greatest Christmas gift!

Best wishes and
God Bless,

Mr Peter McLoughlin
Principal
Tonight is the Information Evening for parents and students of Year 7 2008. Year 6 students will attend their Orientation Day tomorrow. Details are again provided in today’s Newsletter.

We also include some important dates for our current students and their families. Please take note of what is happening in your particular year group.

As always we have lots to share with you, so please take the time to read the newsletter together as a family. And to enjoy this publication in full colour, don’t forget we are on the college website.

We hope you enjoy today’s issue.

IN THIS ISSUE:
- Year 7 2008 Information Evening for Parents & Students and Student Orientation Day
- St Joseph’s Parish Notices
- Principal’s Notes
- World Youth Day . . . it’s not too late to register!
- St Joseph’s and St Anthony’s Weekend Mass Times
- Deputy’s Notices (Please mark in your diaries the Presentation Nights for Years 7, 8, 9, 10 & 11 and finishing dates for these year groups)
- Years 12 2007 Graduation ‘Thank You’
- The WORD this week is . . .
- Music News
- Curriculum News
- Year 10 News
- Looking for an “80’s” mum . . .
- Remembrance Day Ceremony
- Special Provisions
- Music News
- English News
- YFU Student Exchange Program
- Careers News
- Pictures from “Back to the 80’s”
- Sports News (all the latest from the Diocesan Carnivals)
- Student Exchange Australia
- Pastoral News
- Australia Day Competition
- PD/H/PE News (“RRISK” final notice for 2007)
- “Youthsafe”
- “Strategies for Success”
- 2008 Uniform Collection Days & Uniform Shop News
- “Student of the Week”
- Canteen News & Roster
- The ‘Cool Teens Program’
- St Joseph’s Parish Young People’s Mass
- Parenting Ideas
- National Catholic Education Commission - Information for this weekend’s Federal Election

YEAR 7 2008
(EVENTS FOR WEEK 6, TERM 4)
INFORMATION EVENING
(For Parents AND Students)
Monday 19 November
commencing 7:00pm in the Doyle Centre

ORIENTATION DAY
(For Students ONLY)
Tuesday 20 November
9:30am to 2:00pm
The Orientation Day Program includes:
testing, liturgy, BBQ lunch, activities and guest speakers
and a tour of the College

Note: Students are to wear their current school uniform.
Students are to bring a pen and pencil and their own recess
(or can make a purchase at the College canteen)

ST JOSEPH’S CATHOLIC PARISH
Tweed Heads
P.O. BOX 25, TWEED HEADS
NSW 2485
PHONE: (07) 5536.7522
FAX: (07) 5536.4902

SCHOOL FEES
Attention all St Joseph’s College Families:
Have you made a payment that hasn’t come off your bill?

The following payments have been deposited into the Parish School Fees A/c, however, insufficient information has been noted to identify the family. Would families please check their payments and contact me on (07) 5536.8701 if any of these deposits relate to you:

<table>
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<th>DATE</th>
<th>CODE</th>
<th>TRANSACTION DETAILS</th>
<th>AMOUNT</th>
</tr>
</thead>
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<tr>
<td>12/04/2007</td>
<td>AGN</td>
<td>999999 (Cash deposit through Commonwealth Bank)</td>
<td>$110.00</td>
</tr>
<tr>
<td>7/06/2007</td>
<td>MIS</td>
<td>FEES SCCU (Payment through Southern Cross C/U Internet)</td>
<td>$150.00</td>
</tr>
<tr>
<td>06/07/07</td>
<td>SCCU</td>
<td>(Payment through Southern Cross C/U)</td>
<td>$200.00</td>
</tr>
<tr>
<td>09/11/07</td>
<td>CASH</td>
<td>(Payment through Commonwealth Bank)</td>
<td>$130.00</td>
</tr>
</tbody>
</table>

Families are requested that any payments through internet should have the Family code as the first detail in the transaction as most banks have limited characters when inputting information.

Mr John Klein, Parish Finance Manager

PARISH YOUTH MASS
Our FINAL 2007 Youth Mass will be held
This Sunday 25 November in the Holy Family Chapel,
St Joseph’s College, Doyle Drive, Banora Point.
commencing at 5.30pm
Here is the ‘roll call’ of all those who took part in, or provided support for, this year’s very successful College Musical.

Mrs Sharon Singleton-Newell
Tess Lyon
Mrs Louise McLaughlin
Mrs Shani Rowland
Mr Matt Foster
Mr Tom Nethery
Mr Wayne De Venny
Mr Gary Wheatley
Ms Fiona Murray
Ms Lyn Pimm
Mrs Vitina Camp
Mr Carlo Trimboli
Matthew Coughlan
Dean Stegeman
Mr Chris Morrison
Isaac Cork
Xavier Ricketts
Rachel Amos
Ms Julie Dreise
Tayla Gardner
Ms Kylie Evans
Ms Jasmine Simkus
Mr Michael Keating
Daisy Dubber
Olivia Salmon
Janaya Neal
Jade Andrews
Mr Michael Joseph
Ms Sandra Salamacha
Mrs Vicki Sargent
Jenna White
Fiona Lynden
Ali Cuthbertson
Kayla Atwood
Alana Higgins
Simone Lanskey
Renee O’Connor
Jordann Rhodes
Hannah Whittaker
Amy Elkinson
Teaghan Maclean
Emily Kirkham
Emma Hickling
Rosemarie Samuels
Mrs Peta Lyon
Ms Charmaine Vella
Mrs Wendy Peterson
Mrs Angela Jordan
Ms Anna Fin
Mr Kim Dixon
Mrs Karen Evans
Mrs Leonie Jennings
Ms Vanessa Milligan
Mrs Jane Joseph
Ms Debra Dawson
Ms Stephanie Holland
Mrs Helen Bissell
Ms Sharon Urquhart
Xavier Ricketts
Samuel Monaghan
Gregory Pieris
Jacob Bush
Taylor Liddiard

Luke McCarron
Rosanna Geerz
Ione Quinn
Ashley Waterman
Emma Wood
Finn Davoren
Patrick Lynch
Troy Erich
Christopher Boyle
Matthew Lesslie
Prudence Dalton
Alana Banaghan
Megan Abwood
Georgia McIntosh
Thomas Monaghan
Tyler Lynch
Rachel Eves
Stephanie Mai
Ingrid Steele
Yukino McHugh
Briana Atkin
Natasha Lipshus
Kelsea Bell
Olivia Crowe
Katherine Mc Cleary
Brooke Dark
Anastasia Mc Cleary
Alexandra Condon
Daniella de Azevedo
Laura Bailey
Charlotte Herridge
Annie O’Donohue
Jessica Clarke
Georgina Oram
Ramona Summers
Charlotte Stephens
Maddison Jordan
Maddison Wong
Hannah Wakefield
Allie Capellari
Teegan Crompton
Hayley Gibb
Amy Holt
Jessica Long
Katherine O’Donoghue
Danielle Payne
Ellouise Southon
Rachel Amos
Stephanie Lesslie
Torrey Atkin
Bronson Atkin
Liam Hadfield
Michael Meynell
Catherine Conlan
Joshua Foster
Jensen Lau
Simon Campbell
Andrew Klein
Samantha Rutledge
Matthew Bourgeois
Featuring Dale Norton from
the Toe Thumping Big

CONGRATULATIONS

Congratulations to Hayley Watkins (12A) who has been selected to be an exhibitor in the Texstyle Exhibition. Texstyle profiles the excellence of Textiles and Design from the 2007 Higher School Certificate. Congratulations Hayley! Congratulations also to her teacher, Mrs Vicki Sargent.

YEAR 12 GRADUATION BALL

A final note of congratulations to our Year 12 students who celebrated their final rite of passage from the College last Thursday night. It was a spectacular finish to their time at SJC.

Sincere thanks goes to the Year Coordinator, Ms Kerrie Pridids, who did an outstanding job preparing the function with the assistance of the committee who worked tirelessly in order to create a wonderful finale for Year 12:

Joy Goodman
Louise Monaghan
Merran Marriott
Sue Hefferman
Jeanette Lanskey

Di Lance
Erica Gibson
Kerry Budzinauskas
Sandra Hurst
Rhonda McIlvovich

May Almighty God Bless our Year 12 students in their future lives ahead.

Mr Peter McLaughlin
Principal

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 subsidise 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 registration cost - depending on numbers for all who register with our group.

❖ Registration packages are available from the College and enquiries can be made via the Parish Office.

Why register early?

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

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❖ 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.

❖ Registration packages are available from the College and enquiries can be made via the Parish Office.

WEEKEND MASS TIMES

<table>
<thead>
<tr>
<th>St Joseph’s Parish</th>
<th>St Anthony’s Parish</th>
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<tbody>
<tr>
<td><strong>STEWARDS</strong></td>
<td><strong>STEWARDS</strong></td>
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<tr>
<td>Fr Michael Brady</td>
<td>Fr Jim Griffin</td>
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<tr>
<td>Parish Priest</td>
<td>Parish Priest</td>
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<tr>
<td><strong>WEEKEND MASS TIMES</strong></td>
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<td><strong>St Joseph’s Parish</strong></td>
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</tbody>
</table>

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.
DEPUTY’S NOTICES

UNIFORM MATTERS
SCHOOL SHOES 2008
When purchasing school shoes for 2008, please be aware of the College uniform code:
1. Shoes are to be traditional hard-leather lace-up style.
2. Sport shoes are to be traditional leather, lace-up style cross trainers (predominantly white). Canvas sports shoes are not suitable for all sports or PD/H/PE.

DON’T FORGET THESE IMPORTANT DATES

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Monday 10 – Friday 14 December</td>
<td>Yearly Exams for Years 7, 8 &amp; 9 and Assessments for Year 11</td>
</tr>
<tr>
<td>Tuesday 11 December</td>
<td>7:00pm, Doyle Centre Prize Night for Years 7, 8, 9 &amp; 11</td>
</tr>
<tr>
<td>Friday 14 December</td>
<td>School finishes for students in Years 7, 8, 9 &amp; 11</td>
</tr>
<tr>
<td>Year 10 Awards Presentation</td>
<td>These will be presented on Monday 26 November following the Year 10 Farewell Liturgy at 9:45am</td>
</tr>
</tbody>
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COMING EVENTS

WEEK 6
Monday 19 November ..................................................(Day 1)
- Year 10 Performance Pathways/ RTA Talk
- Tweed Valley Schools Golf Day
- Year 7 2008 Information Evening (parents and students)
Tuesday 20 November ..................................................(Day 2)
- Year 11 First Aid Course (11EEC students)
- Year 10 First Aid Course/All My Own Work (split course)
- Year 7 2008 Orientation Day (students only)
Wednesday 21 November ..................................................(Day 3)
- Year 10 First Aid Course/All My Own Work (split course)
- Year 10 Dreamworld & White Water World Excursion
- Year 7 State Debating Final (23 & 24/11)

WEEK 7
Monday 26 November ..................................................(Day 6)
- Year 10 Farewell Liturgy & Presentation of Awards
- Year 10 Semester 2 Reports Distributed

Thursday 29 November ..................................................(Day 9)
- Year 9 New Caledonia Trip (29/11 – 6/12)
- Scuba Open Dive (selected students)

WEEK 8
Monday 3 December ..................................................(Day 1)
- Parish Function (selected students from Year 11)

Thursday 6 December ..................................................(Day 4)
- Year 11 RCG Course
- Trinity Netball (selected students)

WEEK 9
Monday 10 December ..................................................(Day 6)
- Years 7, 8 & 9 Exam Week (10/12-14/12)
- Year 11 Assessment Week (10/12-14/12)

Tuesday 11 December ..................................................(Day 7)
- Years 7, 8, 9 & 11 Presentation of Awards Evening

Friday 14 December ..................................................(Day 10)
- Final school day for Years 7, 8, 9 & 11 for 2007

Do you know the meaning of this word?
Patient: (adj.) enduring trying circumstances with even temper; tolerant; understanding; capable of accepting delay with equanimity; persevering or diligent.
Patience: (n.) tolerant and even-tempered perseverance; the capacity for calmly enduring trying situations.

Are you a “patient” person?

Do you show your “patience” towards others under trying circumstances? Are you “patient” with your siblings, parents, and friends?

Why don’t you take that breath before you say to do something that might try someone else’s “patience” . . . ?

MUSIC NEWS

CHOIR AND BAND REHEARSALS
Parents please note that our final choir and band rehearsal were held this week.

Over the coming weeks, the Year 10 students complete their 2007 school year and Year 11 students begin their first round of HSC assessment. The efforts and workload of our singers and musicians in recent months has been quite heavy, and so we believe a rest is well-deserved.

Please allow the music staff to extend our thanks for your continued support of music in the College, and your commitment to your child’s attendance at regular and extra rehearsal times. They have had a fantastic year and have contributed so much throughout the whole of 2007.

We look forward to bigger and better things in 2008!

Mr Peter Lyon
Deputy Principal

Mrs Louise McLaughlin
Music Teacher

Mr Shane Rowland
Music Coordinator

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.
CURRICULUM NEWS

YEARLY EXAMS YEARS 7-9
These exams are held Week 9 of Term 4 (Monday 10 December to Friday 14 December). Students should begin a study program now to ensure they are well prepared and are able to achieve to the best of their ability. Normal lessons occur when an examination is not scheduled.

YEAR 11 HSC ASSESSMENT WEEK
HSC Assessments will occur in Week 9, Term 4. These results contribute to the final HSC Assessment Mark for the 2007 HSC. Year 11 will need to attend school during Week 9 whenever an assessment is scheduled or a task due to be posted in the assessment box. There will be no normal lessons for Year 11 in Week 9.

YEAR 10 SCHOOL CERTIFICATE RESULTS
Assuming the packages arrive at St Joseph’s College on time, Year 10 can collect their School Certificate results from the College Office from Monday 17 December 2007. Uncollected packages will be posted to students at the Doyle Centre for a talk from a representative from the Roads and Traffic Authority (RTA).

LIBRARY AFTER HOURS
A reminder to students and parents/carers that I keep the Library open every Wednesday until 4:30pm so that students may study, do research or access myself for Mathematics help. The Library is also open Monday, Tuesday and Thursday until 4:30pm.

Mrs Helen Borrowdale
Curriculum Coordinator

YEAR 10 FINISHING SCHOOL FOR 2007
Earlier this term, parents and carers of Year 10 students were issued with a letter explaining the schedule of events for the end of the Year 10 College year.

For the benefit of all Year 10 families, the following is provided as a reminder of student requirements during this time. Please note that at all times students will need to ensure that they are prepared with appropriate materials. Full school uniform is to be worn unless otherwise specified.

WEEK 6 (MONDAY 19 - FRIDAY 23 NOVEMBER):
Students will have the opportunity to elect to take part in a First Aid session to be conducted by school staff. It will involve both a theoretical and practical component covering EAR, CPR and Sports Injury. The cost will be $5.00 which will cover the awarding of a Clearance Forms are available for Year 10 students at Student Reception. Your form must be completed and returned to the College Office prior to Tuesday 20 November 2007.

Monday 19 November:
❖ Periods 1 – 5 – Performance Pathways (Cost: $5.00) – Year 10 will take part in a special seminar “Performance Pathways” to be held at the College and conducted by Mr Ron McLean. This program concentrates on developing personal and communication skills that will benefit students for the future.
❖ Periods 6 and 7 – Students to attend the Drama Space of the Doyle Centre for a talk from a representative from the Roads and Traffic Authority (RTA).

Tuesday 20 November:
❖ Periods 1 – 3 Group A ~ “All My Own Work” presentation Group B ~ First Aid Course (Cost: $5.00)
❖ Periods 4 and 5 – All books will be returned by students. It is an expectation of the College that all school fees are settled and text books returned prior to the end of the year. If text books are lost, misplaced or damaged, arrangements to cover this cost will need to be made with the College. Clearance forms need to be completed by lunchtime today.
❖ Periods 6 and 7 ~ Special Activity & preparation for liturgy.

Wednesday 21 November:
❖ Periods 1 – 3 Group A ~ First Aid Course (Cost: $5.00) Group B ~ “All My Own Work” presentation
❖ Periods 4 and 5 Presentation by John Lee of Rosies
❖ Periods 7 and 8 Option of: School leavers talk / Careers information for students continuing into Year 11

Thursday 22 November:
A Year 10 Reflection Day will be held as part of the Religious Education Program. This will be held at Kingscliff Beach (weather permitting). Appropriate beach attire (swimmers, hat, towel, sunscreen, shirt, shorts) must be worn. Students will leave after Homeroom rolls are taken, and will travel to Kingscliff via buses from the College, and returning by 3:20pm.

Friday 23 November:
Students have the option to attend Dreamworld and White Water World – this day is not compulsory. Should you NOT wish for your child to attend, no other school-based arrangements will be made. Cost for the Dreamworld excursion is $45.00. Students will leave at approximately 9:00am and all students will return to the College by 6:00pm. Again appropriate dress rules apply.

WE2K 7 (MONDAY 26 NOVEMBER):
The schedule for the final day is as follows:
❖ Period 1 – Final cleanup and other school-based matters
❖ Periods 2 and 3 – Paraliturgy and Presentations in the Doyle Centre
❖ Students will receive their School Reports during the presentations; afterwards a small morning tea will occur. Parents/Guardians are invited to join us at 9:45am for this event.
❖ Students are then welcome to leave.

Finally, we take this opportunity to remind students that attendance at all times is compulsory (other than the excursion to Dreamworld and White Water World) and that they need to meet uniform requirements.

When leaving school, some students like to have their school shirt signed. This practice is fine as long as the shirt is not being worn at the time ie. bring a shirt to be signed. I would suggest that leaving students make a donation of their junior uniform to the Uniform Shop, if the don't wish to keep them.

Mr Shane Rowland
Year 10 Coordinator

Thank you to the mum who lent her fantastic 80s ‘short and top set’ to the costume department for the College Musical “Back to the 80s”. Unfortunately, I have lost your name, but the clothes have been washed and are ready to be collected from my desk.

Thank you again, Ms Murray.
REMEMBRANCE DAY CEREMONY

Remembrance Day is the day Australians remember those who have died in war.

At 11:00am on 11 November we pause to remember the sacrifice of those men and women who have died or suffered in wars and conflicts and all those who have served during the past 100 years.

On Friday 9 November, the school gathered in the Doyle Centre to remember the servicemen and women who served, suffered and gave their lives for Australia in wars, conflicts and peace operations.

Every year a special theme is selected as the focus for the Remembrance Day Ceremony. This year, we commemorated the 90th anniversary of the Battle of Beersheba during World War I, which included what some have called history’s last great mounted charge. On 31 October 1917, the 4th and 12th Australian Light Horse regiments were able to achieve an outstanding, swift and decisive victory.

Part of the ceremony included a DVD presentation of that charge from the movie "The Lighthorsemen".

Thank you to the following staff and students for their part in preparing and presenting the commemoration: Mr Peter McLoughlin, Mr Peter Lyon, Mr Wayne De Venny, Mr Brenton Davie, Mr Scott McDermott, Jesse O’Reilly and Xanthe Slight (flag-bearers) Eliza O’Donohue and Matthew Coughran (wreath-laying), Kate McGrath, Jack Mulherin, Erin Davoren and Rebecca Tilton (readers).

Mrs Helen Gooley
Remembrance Day Ceremony Organiser

They shall not grow old as we that are left grow old. Age shall not weary them nor the years condemn. At the going down of the sun and in the morning. We will remember them Lest We Forget

SPECIAL PROVISIONS

READER / WRITER VOLUNTEERS

Thank you to the following Year 9 students who were reader/writers for the School Certificate Examinations and Year 10 Yearly Examinations:

Torrey Atkin  Brandon Mackay  
Megan Atwood   Annie O’Donohue 
Lauren Barnes   Georgina Oram 
Christopher Boyle   Gregory Pieris 
Jackson Cahill   Ramona Summers 
Jordan Charters   Lauren Teitzel 
Jessica Clarke   Connor van Rossum 
Matthew Lesslie

Mrs Karen Evans  
Special Education

MUSIC NEWS

MUSICORP

Last Thursday, Years 7, 8 and 9 were presented with a demonstration of band instruments during Period 2 in the Doyle Centre, by the company ‘Musicorp’.

At this time, students received information about the instruments, as well as details regarding possible interest in instrument hire and tuition for 2008. This is an exciting new venture to promote and develop our band program at St Joseph’s College.

Expressions of interest must be returned by Tuesday 20 November in preparation for the instrument trials will take place on Thursday 22 November.

Mrs Sharon Singleton  
CAPA Coordinator

Mrs Louise McLaughlin   Mr Shane Rowland  
Music Coordinator  Music Teacher

Diary: The student diary should be signed by parents/caregivers each week. 
Any concerns? Contact the relevant Year Coordinator.
ENGLISH NEWS

The results of the 2007 St Joseph’s College Writing Competition are as follows:

Poetry Senior ~ Rosarna Gearz (11B)
~ Jesse O’Reilly (11B)
Poetry Junior ~ Timothy Wong (9D)
Writing Senior ~ Cherylyn Wong (11C)
~ Holly Rigby (10D)
Writing Junior ~ Morwenna Merley (7A)
~ Stephen Baker (9D)

A large number of students entered the competition and we congratulate them all on achieving such a high standard.

Special thanks to Ms Bermingham for her organisation.

Mrs Janet Crouch
English Coordinator

CAREERS NEWS

1. Apprenticeships

Reece Plumbing is implementing a new recruitment strategy called “Pipeline to a Career”.

Reece Pty Ltd, in conjunction with Murray Mallee Training Company (MMTC) Melbourne, is offering an Australian School-Based Apprenticeship (ASBA) in each of the Reece stores across NSW, and ultimately Australia. These ASBA’s will be in the field of Certificate 2 in Transport and Distribution. The apprenticeship training will be “on the job”.

The coordinator of the project, Martin Ross from MMTC, is calling for expressions of interest from students in Years 10 and 11. The successful applicant will need to have a genuine interest in this field and a commitment to possible ongoing employment and training through Reece.

Students need only to complete a minimum of 100 days over two years to be eligible for this position. The students continue concurrently with their school studies during this time, therefore not jeopardising their Year 11 or 12 studies.

2. Employment Expo

Centrelink is organising a series of Employment Expos across Australia – particularly for communities in regional and remote Australia. There will be one held in our area:

When: Thursday 6 December 2007
Where: Tweed Heads PCYC
Time: 10:00am – 4:00pm
(Free Sausage Sizzle from 12:00-2:00pm)

Exhibitors at the Employment Expo will include:
• Employers and industry representatives
• Department of Workplace Relations representation, with focus on jobs and job search information
• Job Network providers and other Job Placement Organisations
• Disability Employment Network providers
• Local indigenous community representation
• DHS agencies
• Education, Training and Health providers

Please contact me in the Careers Room for further information on either of these, or any, careers matters.

Mr Matt Hall
Careers Advisor
Thursday 1 November & Friday 2 November
Today we have a number of reports about our results in the various recent Diocesan competitions. As you will read, our students have been very busy . . . .

Mr Peter McLaughlin  
Sports Coordinator

**DIOCESAN SOFTBALL CARNIVAL**  
**WEDNESDAY 31 OCTOBER**

On Wednesday 31 October, the selected boys and girls Softball teams set out for Kempsey. After the 7-hour bus ride we arrived at South West Rocks Surf Club, to spend the night. The following morning we were prepared for a long day’s work, with seven games to play.

All students played exceptionally well considering their limited experience. Both teams made the trophy finals and competed well.

A number of students made the Diocesan team and will be heading to Sydney early next year: Amy Tuner, Jade Andrews, Daniel Ardill and Ryan Andrews. James Morgan and Ashleigh Dunemann won the boys were chosen as shadow players. Daniel Ardill won the boys base running competition and Amy Tuner came second in the girls base running competition. Overall it was an enjoyable experience.

Jessica Wendt (11A)

**DIOCESAN VOLLEYBALL COMPETITION**  
**FRIDAY 26 OCTOBER**

At the early start of 5:30am, many students, accompanied by Mr Morrison and Miss Gallagher, travelled down to Coffs Harbour to compete in the Diocesan Volleyball Competition.

Everybody participated well and thoroughly enjoyed the day. Several students realised they contained some hidden volleyball skills, and I’m sure they’ll be eager to play again next year. Despite the bus breaking down on the way home and the depressing weather, it was an enjoyable and memorable experience for all.

Lucy Fitzhugh (11A) and Jack Mulherin (11B)

**DIOCESAN WATER POLO CARNIVAL**  
**TUESDAY 6 NOVEMBER**

Well done to all our waterpolo teams who competed so well at the Diocesan Carnival.

Despite most players having very little experience, all teams tasted success and were definitely improving by the end of the carnival. Our students are to be congratulated on the way they conducted themselves and their enthusiasm. All were great ambassadors for themselves, their families and the College.

Mr Peter McLaughlin  
Sports Coordinator

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**BRING HOME A BROTHER OR A SISTER**

In February 2008, students, aged 15-18 years, from over 15 countries will be arriving in Australia to study at local schools for 5 or 10 months. Opportunities exist to act as a host family in a volunteer/unpaid capacity. Hosting can be on a temporary, short or long term basis.

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

To learn more about this opportunity, call Student Exchange Australia on 1300 135 331 or visit our website [www.studentexchange.org.au](http://www.studentexchange.org.au).

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Sport: Sport is an important part of the school and students are expected to attend sport each week.
Today we bring you the ELEVENTH part in our ongoing series of 'Bad Attitude' articles. Today we take a look at the 'bad attitude' IRRESPONSIBLE, and what we can do about it:

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Emergency Attitude Intervention:
Stop immediately doing anything that compensates for your child’s irresponsibility. Do not write one more cover-up note to your child’s teacher. Do not put out the garbage when your child conveniently disappears. Do not take your child’s overdue library books and pay the fine. Do not go back and get your child’s forgotten soccer shoes for the umpteenth time. Instead, make your child take the consequences of his/her irresponsible attitude. Remember that your role is guide, not doer, and that single tweak will do much to change your child’s bad attitude.

Any of these sound familiar? “I forgot.” “Take care of this for me.” “I didn’t do anything.” “It wasn’t my fault.” “I did some of it, but I left it on the bus.” "I don't know where I put it.” They are statements of irresponsible, spoiled kids and part of the Big Brat Factor. And are they ever good at finding excuses for their carelessness! Denying, excusing, blaming, rationalising, and accusing are just a few strategies these kids use to justify their conduct.

Children with an irresponsible attitude rarely stop to consider how their actions affect others, and so their attitude is selfish. The world revolves around them, so someone else will – and should in their minds – do their jobs, wake them up, find their toys, and replace items they “misplaced.” If they do err, they usually never admit their mistakes, apologising only for one’s ownership. After all, “It’s not my fault.” In fact, usually everyone but them is responsible for their irresponsibility. If this attitude isn’t turned around, it will dramatically affect every area in their present and future lives: academic, moral, professional, and social. The replacement attitudes of responsibility, trustworthiness, and reliability are essential for our kids’ moral character and future well-being. So let’s get started!

Bad Attitude Alert:
Before reforming your child’s irresponsible ways, you need to analyse the beginnings of his/her bad attitude.

Diagnosis:
What exactly does your child do or say that is irresponsible? For instance, does he/she not take care of his/her things? Not take care of other people’s possessions? Not finish assignments? Not start assignments? Misplace or lose items? Fail to wake up on constant reminders? Need coaxing, yelling, or bribing to finish chores or expect someone to do them for him/her? On a scale of one to ten, if you tell your child to do something, how often can he/she be counted on to follow through and keep his/her word? The more specific you are in your diagnosis, the more effective you will be in creating a makeover plan.

Why? Why does your child have this attitude? What does he/she gain from it? For instance, does he/she get out of doing jobs or assignments? Does someone pick up the pieces for him/her? Does it save him/her from the possibility of failure or embarrassment? Is it just plain easier? Have you been irresponsible toward him/her? Has he/she ever been taught to be responsible? Does everyone in your family pull their own weight? What has your child learned from being irresponsible?


Who? Does he/she display the same attitude to everyone? Are there some individuals he/she is more likely to flaunt this attitude on – for instance, a teacher, coach, grandparents? Why do you think he/she flaunts it toward some people and not others?

When? Is there a particular time he/she is more prone to use this attitude. Right before school? Dinner? Chores? Homework time? Soccer game? If so, what might be the reason?

Where? Are there certain places he/she is more likely to be irresponsible (at school or home, play group, Uncle Al’s)? Why?

How? What is the typical way your child displays his/her attitude when he/she is irresponsible? For instance, does he/she blame someone else? Make up an excuse? Lie? Con someone into doing it for him/her? Expect someone to take care of the problem he/she caused? Feign ignorance? Defy your requests? Appear not to care? Accuse you of being irresponsible (you didn’t remind him/her; wake him/her up; put the item back)?

Now take a look at your answers. Are you seeing any predictable patterns? What is your best diagnosis of why your child has learned this attitude? Confer with other adults who know your child well to see if they agree. Keep one thing in mind: he/she uses the attitude because it works. What can you do to teach him/her it does not work? Now let’s look at how you respond to your child’s attitude.

What’s wrong with your current response?
How do you typically respond to your child’s irresponsible actions? For instance, what was the last occasion your child was irresponsible? Mentally photograph the irresponsible action. Now focus the image on you. What was your response? For instance, did you let him/her get away with it, or did you hold him/her accountable? Did you make an excuse for him/her, or make him/her apologise? Did you step in and do his/her assignment or job for him/her? Do any of these other parental responses to irresponsible attitudes fit you?

- Rescuer. You come to your child’s aid, and solve his/her quandaries for him/her.
- Doer. You find yourself doing or finishing most of your kid’s responsibilities.
- Excuser. You make excuses for your child’s lack of follow through or bad attitude.
- Over-expecter. You put too high or unrealistic expectations on your child.
- Low expectations. You minimise the number of expectations you place on your kid.
- Enabler. You try to make things as easy as possible for your kid.
- Reminder. You always remind your child of his/her assignments, jobs, and schedule.
- Any other?

What is the one thing you have tried time after time that you should never do again?

Facing your own bad attitudes:
Think about when you were growing up. Were you responsible for doing chores in your home? If so, which ones? Are you responsible now? Studies have shown that children a few decades ago were responsible for doing much more around the house than children today. What has changed in our lifestyle that is causing the decline in children’s responsibilities? How is that affecting our children’s attitudes? Your child wasn’t born with this attitude, so how did he/she develop this irresponsible attitude? Seriously consider whether he/she could be learning it from others – even you! Check ones that apply to you:

- Do you emphasise the importance of responsibility in your home?
- Do you blame others for problems and not take ownership for your own actions?
- Are you always late when picking up your child from school?
- Do you attend parent-teacher conferences and respond in a timely manner to notices that are brought home from school?
- Do you make excuses for your problems?
- Are bills, DVDs, and library books piling up on your table with overdue notices?
- When you make a mistake, do you admit it? And does your child hear you?
- Would others say they can count on you to do what you say?
- Do you take care of your possessions or see property as easily replaceable?

What is the first step you need to take in yourself to help your child deal with his/her irresponsible attitude? What changes do you need to make in yourself?

Bad Attitude News Alert:
Surveys have shown that people think children today do fewer chores than in the past. There’s no denying that today’s families are different: most parents and children are overscheduled and stressed to their limits, and home priorities have dramatically changed. The fact is that chores help children develop responsibility. Studies also show that doing chores increases the likelihood that children will become responsible, contributing family members who really do enjoy helping out around the house.

The “Don’t give me that attitude” makeover:
To squelch your child’s irresponsible attitude, take the following steps:

School Shoes: Parents are reminded that school shoes are to be of the traditional, hard leather lace-up style.
Step 1 ~ Give Your Child/ren a Clear Message About Responsible Attitudes

Take time to explain your beliefs and expectations about responsibilities. Consider developing a family motto about responsibility. A father in Atlanta told me that conveying this life message to his children was so important that they spent an afternoon together brainstorming family anthems about responsibility such as: “We keep our promises.” “We do our very best.” “We always do our best.” “We always do our very best.” The father wrote them on index cards, and his children taped them on their bedroom walls. Develop your own family anthem as a reminder that your family code is always to be responsible and that you expect your children to convey that belief in their daily actions and attitude. To assess your child’s understanding of those beliefs, pose questions such as these:

“What are things a responsible person would say and do?” “What responsibilities do you have in this house? Dad? Mum? The other kids?”

“What happens if you don’t follow through on those responsibilities at home or school?”

“How would that affect others?”

“What if I didn’t go to work every day? What if I didn’t pay the bills on time or take you to the doctor to get your shots on time?”

Step 2 ~ Expect and Require Responsibility

A big part of changing children’s irresponsible attitudes is to flat-out insist on responsibilities, and the easiest place to begin is right at home. First, think about the responsibilities you want to delegate to each child. You might even gather the troops and brainstorm together all the things they should be responsible for and additional ways they could help out at home. These might include household chores (watering plants, making beds, dusting), personal responsibilities (brushing teeth, showering, personal possessions (cleaning toys, bicycles, video games away), and school (do homework to the best of your ability, return library books). Then clearly spell out to each family member your expectations and the consequence for incompletes. (See Step 5.) Go through each responsibility step by step at least once with your child so that he/she clearly knows how to do it. This is the time when you can correct any poor habits.

Most children, especially younger ones, need reminders. Charts using words or pictures that list job assignments, responsibilities, and completion dates are helpful. Even non-readers can “read” their chart until they can read it themselves. Make sure your child understands the chart, and ask him/her to tell you what it will look like when he/she is finished. Even young children can do this.

Step 3 ~ Teach How to Make Responsible Decisions

A large part of being responsible is making good decisions. Children toting irresponsible attitudes frequently don’t own up to their poor choices, blame someone else for the outcome, or expect to be rescued. If parents insist on describing a child, teaching decision-making skills should be a big part of his/her attitude makeover. Here are a few techniques:

• Ask if-then questions. To help narrow choices and think about possible outcomes, teach your child to ask him/herself after each selection, “If I do that now, will I still feel okay about it tomorrow?” “What about next week?” Teach one decision-making rule: “Eliminate any choice that you may regret later.”

• Be a fortune-teller. Tell a younger child to pretend to be a fortune-teller: “How will I feel tomorrow if I chose that today?”

• Weigh pros and cons. To help an older child weigh the pros and cons of each possibility, have him/her ask him/herself “What are all the good and bad things that might happen if I chose that?”

Step 4 ~ Don’t Excuse Excuses

Irresponsible kids often try to get out of their responsibilities by making excuses (or fibbing, inventing justifications, or lying). So set a new family policy: “We do not excuse excuses.” Then the very next time your child tries shrieking his/her responsibilities with an attitude, enforce the policy, and help him/her find a solution to his/her problem so there is no excuse.

Suppose your kid makes an excuse for his/her misplaced library book:

“How can I remember where it is? I can never find anything around this house!” Your response to the attitude is: “That’s an excuse. We don’t make those in this house. We’re going to figure out right now what you can do so it won’t happen again.”

One excuse-busting solution that a parent and child created was to have the child set aside a box near his bedroom door for his library books; then he taped a big card to the box with the due date plainly visible. The result: no more excuses or lost library books. Here are a few more examples of kid excuses turned into solutions:

• “I was too busy to put my toys away.” A young child draws him/herself a picture of a box or shelf as a reminder that the rule is: “Not later but now” or “As soon as you stop playing, you put your toys away.”

• “I didn’t know what time the game started.” Your child writes his/her time schedule and posts it on the refrigerator or bedroom door. A young child can draw a clock face showing the time.

• “I forgot to give the note to you.” Your child sets aside a basket near the front door. As soon as he/she walks in the house, he/she must empty his/her backpack and put any teacher notes in the basket.

• “It got too late to do my homework.” The new house rule is: “Homework must be done (and done well) before play or entertainment.

Step 5 ~ Set a Consequence If the Bad Attitude Continues

If your child continues displaying this attitude, it’s time to set a consequence; your child must learn to be accountable for his/her actions. There should be a consequence, and the most effective ones always fit the crime, cause a bit of misery (so your child will want to change his/her attitude), and are consistently enforced. Above all remember, no more excusing your child and no more “rescuing.” Here are a few examples of logical consequences for being irresponsible:

• Didn’t clear up a food mess. If your younger child has left his/her ice cream cone to melt on the counter, enforce the rule: “No more ice cream cones for two days.”

• Forgets to put dirty clothes in the hamper. If your child doesn’t put his/her dirty clothes in the hamper, he/she won’t have clean ones and must wait until the next wash cycle.

• Failure to do chores. If children are paid for chores, withold their allowances.

• Destructiveness of property. Anything that your child broke, tore, or lost (whether the property belongs to your child or another), he/she must replace or repair it. He/She also must pay for it by earning the money. If he/she has none, make a list of house chores he/she can do with an appropriate price value (vacuuming: $2.00; raking: $3.50) to pay off the damaged property.

• Unfinished assignments. If homework isn’t finished by a predetermined time – ideally, the same time each night – your child knows he/she will lose a desired privilege either that evening or the following day.

• Forbids to bring lunch money. He/she doesn’t eat lunch that day, and he/she will survive. Chances are also high he/she will remember to bring money in the future, especially if he/she knows you won’t be rescuing her.

Step 6 ~ Reinforce Responsible Actions

Change is never easy, especially when children have been using irresponsible attitudes for a while. So don’t expect instant success in this new order. Do allow your child to acknowledge your kid’s efforts.

• For every step forward, try to take two in the same direction.

• Try every step of the way and celebrate improvements – for example: “Jeremy, it took courage admitting you were responsible for breaking the neighbour’s window. Thank you for your honesty.”

• Kim, I noticed you finished your work before watching TV – that was being responsible.”

Attitude Makeover Pledge

How will you use these six steps to help your child become less irresponsible 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 more responsible?

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:

It’s time to carry out a Major Responsibility Campaign in your home. Give your child a really important job and trust him/her to do it. For an older child, find a project that requires skill building, dedication, and perseverance – perhaps researching and planning a family vacation, adopting an abandoned dog or cat from the animal shelter and taking care of it, or earning enough money to buy an electronic gadget that he/she has had his/her eye on.

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: “Teaching Children Responsibility”, by Linda and Richard Eyre (1984). A must-read: the classic in teaching kids responsibility using practical and real situations.


Ms Frances Stegeman
Pastoral Advisor
SCHOOL PORTRAIT PRIZE & ESSAY COMPETITION

Students in the Tweed Shire are invited to participate in a portrait prize and essay competition focusing on what it means to be Australian.

1. Portrait Prize
This is to be a painting or drawing on A4 or A3 sized paper of someone in the local community that the student believes is a great Australian. Entry form to be completed and pasted or glued to the back of the artwork. One entry per student.

2. Essay Competition
A maximum of 250 words on "What I Love About Australia". Entry form to be completed and attached to the essay. One entry per student.

For further information and entry forms please contact Tweed Shire Council at the Coolamon Cultural Centre on gabbya@tweed.nsw.gov.au or (02) 6670.2276. Entries to be submitted by Friday 7 December 2007.

RRISK NEWS

REDUCE RISK – INCREASE STUDENT KNOWLEDGE

Today we have the final in our ten-part series of the RRISK Program.

We hope you have found this series of articles both interesting and informative. They are directed specifically at Year 11 students, however, this information is just as important for other year groups.

RRISK Seminar 2007

Year 11 students are encouraged to attend this year’s RRISK Seminar. St Joseph’s College is booked in to attend at Tweed Heads Civic Centre on Friday 23 November 2007.

RRISK (Reduce Risk Increase Student Knowledge) aims to encourage secondary school students to know the facts, be aware of the risks and make informed decisions before they act. The theme of the RRISK Seminars is “Plan Ahead and Look After Friends”. This is the ninth year that the RRISK Program has been running on the Far North Coast and first year the Program has been offered to schools in Coffs Harbour and Port Macquarie.

Mr Peter Serone
PD/H/PE Coordinator

Diary Note

Friday 23 November 2007
Year 11 students attending RRISK Seminar, Tweed Heads Civic Centre (this Friday)
Before School Supervision: Student supervision is available prior to the commencement of the school day, from 8:20am until 8:40am.

2008 UNIFORMS COLLECTION DAYS

Girls: Thursday 24 January
(9:00am-12:00noon and 1:00-4:00pm)

Boys: Friday 25 January
(9:00am-12:00noon and 1:00-4:00pm)

Exchanges Only: Tuesday 29 January
(9:00am-12:00noon and 1:00-3:30pm)

UNIFORM SHOP NEWS

NOVEMBER SALE

A REMINDER: For the month of November only, all specially-marked second-hand uniforms will be on sale in the Uniform Shop for the special discounted rate of 50% off. So come on in and take advantage of the discount . . . for a limited time only!

UNIFORM SHOP HOURS

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

Ms Debra Dawson
Uniform Shop Manager

STUDENT OF THE WEEK

Could this be a picture of you?

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

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

Student Council

CANTEEN NEWS & ROSTER

MEAL OF THE WEEK

This week we will have the much-requested Pasta Carabannara for $4.00, and we will also serve an ‘extra hungry portion’ for the $5.00. So place your order EARLY to be assured of your ‘hot’ lunch.

CANTEEN ROSTER

MONTH 6

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<tr>
<td>Staff</td>
<td>Fran Hardy &amp; TBA</td>
<td>Lee Camp &amp; Donna Fien</td>
<td>Jean Colivas &amp; TBA</td>
<td>Margaret Putland &amp; TBA</td>
<td>Michelle Kirk &amp; Tracey Pringle</td>
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MONTH 7

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<tr>
<td>Staff</td>
<td>Ashleigh Manning &amp; TBA</td>
<td>Kathy Bush &amp; TBA</td>
<td>Tracey Buckley-Dunn &amp; Bernadette Beattie</td>
<td>Janene Neal &amp; Jeanette Lanskey</td>
<td>Sonia Orr &amp; Donna West</td>
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Mrs Dianne Pinkstone
Canteen Manager

The Cool Teens Program for Anxious Adolescents

Worries, fears, shyness, stress and anxiety are all part of life. But if they are interfering in daily life, school achievement or friendships, help should be sought.

A new program using a CD-ROM on the home computer has been developed at Macquarie University to teach adolescents the skills to manage their anxiety in the privacy of their own home. The program is fun to use with cartoons, videos and audio files. The program also includes support from a psychologist who helps adolescents apply each skill specifically to their personal challenges & assists parents in helping their adolescent with the program. The program is available for adolescents aged 14 years and above who suffer with anxiety as their main concern. The program is currently being evaluated in a research trial & involves random allocation to either participate immediately, or after a monitoring period.

For more information please contact the Macquarie University Anxiety Research Unit on (02) 9850-8711.
St Joseph's Parish

Young People's Mass

This Sunday

LAST ONE FOR THIS YEAR
25th November 2007
Holy Family Chapel, St. Josephs College
Doyle Drive, Banora Point at 5.30pm

Please join us for “Pizza” after
Bring your family & friends . . .
“How Much Should We Correct Children’s Poor Behaviour?”

By ©Michael Grose 2007

“If I have told you once I have told you a thousand times put your dishes in the dishwasher, not in the sink.”

I suspect a variation of this comment is played out in one form or another in homes around the world as parents continually correct children's poor behaviours and annoying habits.

How much do you keep picking up on children's poor behaviour? Well, it depends on the type of behaviour, the child and your levels of tolerance.

I am a firm believer that the more adults remind a child verbally about a behaviour the more they assume responsibility for it. Also constant reminders about behaviour tend to encourage parent deafness in children. They generally tune out when we drone on. Better to burn your favourite reminders, lectures and morality tales on CD and give it to them to listen at their leisure if you must have your say!!!

Action rather than reminders tends to change children's behaviour. I am not suggesting that you take offensive action every time a dish is left on a table, a child interrupts you in public or whatever your child's annoying habit maybe. But do something different if your words don't have an affect. Be a little less cooperative than normal. Ban whatever it is they may misuse. Take kids who misbehave in public home. Do whatever it takes in a reasonable way to impress on children that you are serious.

Of course, some children's annoying or uncooperative behaviours don't matter in the long term. I recall one mother who was at her wit's end about the untidiness of ten-year-old's bedroom. It became a constant battle of wills as mum nagged about the state of the floor, walls and the unmade bed. He daughter just dug her heals in and refused to budge. 'Stand-off at the OK Corale' if ever I saw it. In fact, I suspect for this mother the dispute was less about the bedroom and more about 'I want to make you'. The bedroom had just become a handy battlefield and the child held all the aces.

The child was doing well at school, was generally well adjusted and well behaved. It was just that her bedroom looked like a war zone. But her mother couldn’t see past the bedroom for the positive stuff. Like many parents she was so close to her the situation that she had lost perspective and couldn’t see that in the long-term scheme of things a messy bedroom was small beer.

Typically, the girl's father couldn’t see what the fuss was about. He just closed the bedroom door so he didn’t have to see it. Problem solved for him.

Some behaviours need to be picked up on. If you have a teenager then it seems that one way you show you care is by being like Attila the Hun and reminding them for the thousandth time that homework needs to be done before the television goes on. Some kids have so much going on in their lives that the very basic stuff of finishing a task or tidying up is irrelevant to them.

It is necessary to be sure about which behaviours are worth picking up on and which ones parents should let go. Otherwise, all some children will hear at home are constant reminders of “Do this ..., don't do that ..., I've told you before ...” And their eyes will get that familiar glaze as they tune out and parent deafness sets in.

As always for parents it is a matter of being sparing with your criticism of children and smart about the battles you choose to enter.

For further information on this topic and a range of other issues go to www.parentingideas.com.au.
What are Catholic school communities seeking from political parties in the 2007 election?

One in five Australian students is currently being educated in a Catholic school. On behalf of these children, their families, teachers and school communities, the National Catholic Education Commission (NCEC) has made the following requests of the major parties contesting the Federal Election on 24 November 2007, for the period 2009–2012.

1. Increase recurrent funding for all schools — government and non-government
   - Ensuring that no school will be disadvantaged in any funding agreement.
   - Providing additional funding for all schools, especially those in greatest need.

2. Increase funding for the capital needs of Catholic schools
   - Meeting a growing demand for new schools and the urgent need to upgrade and modernise facilities to meet contemporary teaching and learning requirements.
   - Increasing by 50% Capital Program Funds and continuing the Investing In Our Schools Program.

3. Increase funding for students with disabilities, as enrolments have increased by 91% between 1996 and 2006
   - Ensuring that students with disabilities receive comparable funding irrespective of the school they attend.
   - As an interim measure, funding students with disabilities equivalent to 65% of the cost of educating a student with disabilities in a government school.

4. Increase funding in areas of particular need
   - Support for refugee students under the ESL New Arrivals program and for students in rural and remote areas.
   - Addressing other needs through a 10% increase in funding for targeted programs.

5. Increase funding for Indigenous students, as enrolments have increased by 55% from 1996 to 2006
   - Providing additional financial support through the existing programs.

6. Increase funding for Vocational Education and Training (VET) given the skills shortage
   - Providing schools with an additional amount of 25% of the cost of educating a student in a government school to undertake school-based traineeships/apprenticeships.

Questions to candidates

Where opportunities arise — through meetings arranged with local members and candidates, public meetings and forums, and other relevant events — schools should inform and advise members of their community to seek answers to the following key questions.

1. Will your party support increasing recurrent funding for all schools, so that none are disadvantaged and those in greatest need receive the greatest increase?
2. Will your party support increasing funding to improve capital facilities in Catholic schools?
3. Will your party support increasing funding for students with disabilities in Catholic schools?
4. Will your party support increasing funding for students in rural and remote areas and new arrival students, particularly those who are refugees?
5. Will your party support increasing funding for Indigenous students?
6. Will your party support increasing funding to support Vocational Education and Training in Catholic schools?