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

A sincere welcome to everyone for the 2008 school year. The staff commenced on 29 January with a Mass for all teachers in the three Parish schools. During the Mass the teachers committed themselves to the ministry of education within our Parish community. This is what we said:

“Lord God, we come to you at the commencement of the school year, to dedicate ourselves to the ministry of Catholic Education in the Parish of Tweed Heads. We ask your help to respond generously to your call as we work with our students, their families, our colleagues and all whose lives we touch. May our schools be places of peace, love, justice and learning; and may your Son, the great Teacher, be our constant Guide and Model. We ask this through Christ’s name.”

The staff are committed to each individual student achieving his or her personal best. Each year we offer all students a challenge to be the best person they can be. It is very heartening to see so many accept this challenge and aim at personal best.

Welcome to new members of staff for 2008:

- Ms Louise Cornale who will be teaching English and Catholic Studies
- Mr Andrew Piper who will be teaching in Special Education
- Ms Jenna Mepstead who will be teaching Art; job-sharing with Mrs Taylor
- Mr Dean Robinson who will be teaching Design & Technology, Multimedia and IPT
- Ms Shellae John who will be teaching English and Drama
- Mr Jesse Carroll who will be teaching Music; job-sharing with Mrs McLaughlin
- Mr Luke Barnes who will be working in Special Education one day per week

Returning to the College in 2008 from maternity leave is Mrs Nicole Taylor. Mrs Taylor will be job-sharing with Ms Mepstead.

Please join with me in welcoming Ms Cornale, Mr Piper, Ms Mepstead, Mr Robinson, Ms John, Mr Carroll and Mr Barnes to St Joseph’s College and Mrs Taylor back to SJC.

Congratulations to our HSC class of 2007 who achieved excellent results. We received 34 entries into the Distinguished Achievers List (a score of 90 or above in a 2 unit HSC course or 45 in a 1 unit HSC course). Eight students received a UAI of 90 or above. Not to mention the fact that they were an outstanding group of young men and women. I’d ask all members of our College community to continue to pray for them in their new lives post school.

2008 has begun with some extreme challenges for emergency services personnel. With flooding throughout Queensland and northern New South Wales, many families have found themselves under extreme duress. Our own Mrs Wendy Kenny I’m sure has been extremely busy in her role as a SES Coordinator in the Murwillumbah district.

I’d make a personal plea to our community at the start of the 2008 school year: That we all work hard to achieve our Personal Bests in 2008. We need to address the growing problem of student absenteeism, particularly on Mondays, Thursdays and Fridays. The new College Diary, whilst $3.50 more expensive, has well over a thousand dollars worth of advice for students – if the students only but read the weekly advice and act upon it.

A New Year creates a wonderful opportunity to begin anew and strive for Personal Best. In his book, “Driven From Within”, Michael Jordan states that:

“NOTHING OF VALUE COMES WITHOUT BEING EARNED”

Simple advice but so true. I pray 2008 is a wonderful year in the lives of all associated with the College.

Best wishes and
God Bless,

Mr Peter McLoughlin
Principal
Welcome to the 2008 school year

Whether you are returning to the College or you are new to SJC - Welcome to all our students for the 2008 school year.

As families would be aware, the College publishes a weekly Newsletter or News Sheet. A copy is given to the youngest member of the family during Homeroom each Monday morning. (The only exception to this rule is with the final term Newsletter, which is distributed on the last day of the term.) To ensure you receive your copy, please check with your son/daughter each Monday afternoon/evening. Please note that it is also available in full colour on the College website, www.bps.lism.catholic.edu.au.

To help start off the year, we have lots to share with you today. Please pay particular attention to any of the College requirements mentioned in this Newsletter. If you have any queries, you can refer to the College Diary, or alternatively, you can contact your child’s Year Coordinator for clarification.

We hope you enjoy today’s issue.

IN THIS ISSUE:
- Ash Wednesday this Wednesday
- Principals Notes
- Deputy’s Notices
- Student Photo Day
- Religious Education News
- Commencement Mass
- St Joseph’s Parish & St Anthony’s Parish Weekend Mass Times
- Curriculum News
- SRC Valentine’s Day Fundraiser
- Young Endeavour Youth Scheme
- The WORD this week is . . .
- A Uniform ‘Thank You’
- Southern Cross Cultural Exchange
- Pastoral News
- Canteen News & Roster

Principal’s Honour Award 2007
Congratulations to Kate McGrath recipient of the 2007 Principal’s Honour Award presented at the final College Assembly for 2007, Friday 14 December.

TERM DATES 2008

Term 1 commences on Thursday 31 January
Term 1 concludes on Friday 11 April
Term 2 commences on Monday 28 April
Term 2 concludes on Thursday 3 July
Term 3 commences on Tuesday 22 July
Term 3 concludes on Thursday 25 September
Term 4 commences on Monday 13 October
Term 4 concludes on Friday 19 December

Please note that Pupil Free Days for 2008 will be advertised in the College Newsletter

TERM 1 2008

Term 1 will conclude on Friday 11 April. Please note that Easter falls within Term 1 and the two Easter holidays are:

- Good Friday 21 March
- Easter Monday 24 March

A UNIFORM THANK YOU

Thank you to all the wonderful helpers who assisted the Uniform Shop Manager, Mrs Debra Dawson, with packing and sales of items from the Uniform Shop for the commencement of the 2008 school year:

Sonia Haaijer Angela Kachel
Lea Kirkham Karrin Mathieu
Lisa Stephens Janine Neal
Sue McGill Barbara Green
Bernadette Beattie Ben Green
Grace Beattie Vicki Lesslie
Maddison Beattie Marissa Vartuli
Tracey Pringle Julie Frances
Margaret Sponberg Kym Haynes
Sandra Hughes Violet Yardley
Cassie Shearer Helen Steele
Lauren Adshead Sharon Gregory
Shelley Firth Tara Dawson
Mandy Oram

And of course, thank you to Ms Dawson for all her hard work.

Mr Peter McLoughlin
Principal
IMPORTANT INFORMATION

Please take note of the following information as it will assist all students throughout the school year:

**ATTENDANCE**
Students need to be at school by 8:35am.

For students to be eligible for the ‘100% Attendance Award’, partial absences (arriving late/leaving early) for the year must not exceed 6 periods (the equivalent of one whole day).

**ABSENCES**
Parents/Caregivers are asked to telephone the College before 9:30am and notify us of your child’s absence. Regular attendance is essential, so please keep absences to a minimum.

**APPOINTMENTS**
Please try and avoid making appointments during school hours unless it is absolutely necessary – this includes Sports Days.

**UNIFORM**
Students are to have a parental/caregiver note if out of uniform. Lunchtime detentions will be issued if otherwise.

All students are required to have a College cap.

**BODY PIERCING**
Please note that visible body piercing (including the ‘clear’ variety) is not permitted.

**AFTERNOON DETENTIONS**
These are held each Monday 3:30-4:30pm. Students placed on these detentions are required to attend on the date specified. If there are exceptional circumstances, then a note is to be submitted by 8:30am on the Monday to the Deputy Principal.

**DIARIES**
This year, we have a new layout for the College Diary. There is a lot more information contained in the body of the diary that is useful to both students and parents in getting the most out of the school year. We hope you use this most helpful tool.

Again this year we will be focusing on the manner in which the students use their diary. A greater emphasis will be placed on the use and care and entering details of homework issued. Please support us by reading and signing the diary each week.

If the diary is subjected to graffiti, a replacement diary will need to be purchased.

**NON-SUBMISSION OF ASSESSMENT TASKS**
Students who fail to submit an assessment task on the due date are required to remain behind each afternoon (Monday to Thursday) from 3:30-4:30pm until the task is submitted.

**PARENT & STUDENT GUIDE TO ST JOSEPH’S COLLEGE**
This week, Year 7 students and new students in Years 8 to 12 will be issued with a copy of the ‘Student/Parent Reference Guide 2008’, outlining the College’s policies and procedures.

Parents please familiarise yourself with how the College operates and keep this booklet as a handy reference. Many potential problems can be avoided if we are all familiar with the uniform code and procedures.

As has been normal practice, copies of this guide are issued to new students only, however, should any parent like a copy of this year’s Guide, please contact the College.

**BEFORE AND AFTER SCHOOL SUPERVISION**
Teachers are on supervision duty from 8:20am in the morning. All students are required to remain in the quadrangle until the movement bell at 8:38am. In the afternoon, teachers will be on duty until the last bus leaves at 3:45pm. Please note that the College Office is open until 4:00pm. If a student misses their bus or transport home, they should report to the Office.

**CAR PARK REMINDER**
Parents are reminded NOT to drop off or pick up their children from the Administration carpark area in front of the Technology & Applied Studies Building.

Mr Peter Lyon
Deputy Principal

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.
Messages to Students: Office staff cannot disrupt teaching in order to deliver messages that are not of an urgent nature. Year Coordinators will endeavour to deliver non-urgent messages at lunchtime, or prior to the end of the school day.

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**STUDENT PHOTO DAY**

**When:** Wednesday 27 February (Week 5).

**Cost:** Dependant on individual order.

**Dress:** Full school uniform. Boys will need to wear their tie for the photo.

**Payment:** On the day – and directly to the photographer.

**Please note:** Every student will have an individual photo taken for their Student ID card. The cost of this is borne by the school.

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**RELIGIOUS EDUCATION NEWS**

**2008 SACRAMENTAL PROGRAM**

If there are any students who are baptised Catholics but have not been confirmed or received their first Holy Communion and would like to do so, would you please contact me at the College.

**Commencement Mass**  
**Thursday 14 February 2008**  
**11:55am in the Doyle Centre**

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**WEEKEND MASS TIMES**

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Fr Michael Brady  
Parish Priest

Fr Jim Griffin  
Parish Priest

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**CURRICULUM NEWS**

**AFTER SCHOOL LIBRARY HOURS**

The Library is open from 3:30-4:30pm Monday to Thursday inclusive for students to study and complete homework and/or assessment tasks. For students who need help with Mathematics, Mrs Borrowdale is supervising each Wednesday afternoon. These hours will commence from Week 3, Term 1.

Similarly, Mrs Waide opens the Library early each Tuesday and Thursday morning from 8:00am, also commencing from Week 3, Term 1.

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**Do you know the meaning of this word?**

**Start** (vb.) to begin or cause to begin; to make a beginning; to set or be set in motion; to establish or be established; set up; the first or first part of a series of actions, or a journey.

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**SOUTHERN CROSS CULTURAL EXCHANGE**

**A GREAT WAY TO START 2008**

What better way to see in the New Year than to start thinking about hosting an international exchange student.

Expand your family’s horizons and make a friend for life. Unlike a border, the student participates as one of the family, including helping with chores, following house rules, and joining in the fun.

Southern Cross Cultural Exchange currently has over 100 students from Europe, Canada, USA, Japan, Brazil and Colombia, who will arrive in July 2008 for a few months.

SCCE is a non-profit organisation with 24 years experience in exchange programs. Hosting is voluntary and students bring their own spending money as well as being covered for medical and educational expenses.

Please ring now for student files and more information on: Toll Free 1800 500 501 or contact the local coordinator, Dianne Axam on: (02) 4393.9940 or e-mail at: diaxam@bigpond.com

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**A UNIFORM THANK YOU**

A personal thank you to the great parents and helpers who gave so generously of their time with the packing and selling of uniforms for the start of the 2008 year. You were just wonderful and I couldn’t have done it all without you!

Ms Debra Dawson  
Uniform Shop Manager

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TODAY’S PARENTS

Parenting is a different ball game these days. Many children have an abbreviated childhood and enter the world of teenage behaviour well before they reach puberty. Teenagers today start their adolescence earlier, finish it much later and are possibly more influenced by the media than those of a generation ago. Parents have less time, have to juggle more things and have fewer opportunities to discuss with each other ways of approaching child care and teen care issues. Despite this, parents go through a fairly predictable sequence of stages as their children age.

Stage One:
THE PARANOID PARENT

Having a baby can turn the average, sane parent into a sleep-deprived wreck as they observe every breath the newborn takes. This paranoia initially focuses on the baby until it begins to crawl, and then shifts to the bookcases, curtains, walls and stairs.

Stage Two:
THE SEPARATING PARENT

Wondered what you would do when the kids went to pre-school? Ha!
After recovering from separation anxiety, there is the rush to and from crèche or kindergarten, reading, playing, drawing. Don’t worry, you’ll get some sleep some day.

Stage Three:
THE RELIEVED PARENT

The beginning of primary school marks the beginning of a brief period of serenity for most parents. As long as you can endure hearing the phrase ‘I’m not going to be your friend any more’, you’ll probably be all right.

Stage Four:
THE ANXIOUS PARENT

The late primary to early secondary years bring with them a dose of concern and anxiety as children shuffle their peer groups, boil the world down into two basic states - boy’s germs and girl’s germs, and generally get into comparing themselves with everyone else.

Stage Five:
THE EMBATTLED PARENT

With the onset of the teenage years, a great debate begins. Hold on to your hats and stick in there for the long haul.

Stage Six:
THE EXHAUSTED PARENT

The mid- to late teen years often see the hassled parent meeting the haughty teenager and the results are not always pretty.

Stage Seven:
THE DESERTED PARENT

Free at last!

Stage Eight:
THE INVOLVED GRANDPARENT

Or so you thought! This used to be an optional stage, but with many families having both parents in full-time work and more single-parent families, the role of the grandparent is increasingly important in providing day-to-day care. The risk of this is that as grandparents become more involved in everyday care, they may lose their role as a kind, wise guide to young people who may be battling with their parents.

QUOTE FOR THE DAY

We are an earing to the left of our parents and they are but a haircut to the left of theirs. "Things of Stone and Wood"

ACER © 2004 Andrew Fuller
What? What particular issues usually bring out your child’s lazy ways: homework, reading, exercise, putting away toys, feeding pets, practicing an instrument, cleaning her/his room? What about competition? For example, does s/he always feel s/he couldn’t make the team even if s/he worked at it, that s/he wouldn’t be elected anyway, or that s/he would never be admitted to that university? It helps to make a list of issues that usually cause friction. List also things that do not cause problems. For instance, maybe you don’t see this attitude emerge when it comes to cleaning her/his bike, working on the computer, playing the drums, or practicing basketball. Reorder your list and try your hand: Do you still agree? For example, you may discern that s/he is laziest about school-related issues but quite industrious when it comes to practicing her/his swimming strokes. You can then ask the key question: Why? For instance, if a child is lazy predominantly about school-related issues, then s/he might have problems with organising, prioritising, concentrating, handling, complex tasks, or even knowing how to study. What is your best guess?

Who? Does s/he display the same lazy attitude to everyone? Are there some individuals s/he does not use her/his lazy ways on? If so, who? Why not? Are they responding differently? Expecting more or less? Modelling how to do the task? Reinforcing her/his efforts? Not being so critical. Also, does s/he demonstrate this attitude only around her/his friends? Why? Is this peer pressure where s/he doesn’t want to be seen as a “kiss-up,” nerd, or goody-goody? Do her/his friends label her/him lazy? Or does s/he pull this attitude only around siblings? If so, is there jealousy or rivalry issue?

When? Is there a particular time of day, week, or month s/he is lazier than at other times? If so, what might be the reason? For instance, might s/he be tired, overscheduled, overwhelmed, or stressed? Or is it that it’s homework, music lesson, or chore time? Is this child of yours always lazy or lazy during certain times? What’s the pattern here? What’s the reason?

Where? Are there certain places s/he is more likely to be lazy (at school or out there, home, on the baseball field)? Why? Now get even more specific. If school is the place where your child is most lazy; where in school does this show up: during spelling or math, practicing handwriting, or during physical education? Why? Is it that s/he doesn’t want to do the work or that s/he has trouble doing the work? That is a huge difference. If it’s the latter, then this is not a “lazy” issue; it’s an academic issue and your child is using her/his lazy attitude as perhaps a way to cover up for humiliation, shame, self-consciousness, or failure. Don’t overlook what might be triggering the attitude.

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

What’s wrong with your current response?
Your next task is to reflect on your typical response to your child’s laziness. For instance, are you more likely to criticise, scold, yell, lecture, plead, coax, threaten, bribe, help her/him, do it for her/him, give up, or something else? Would your child agree with your analysis? Are you really taking the time to get into your child’s shoes and figure out if her/his lazy attitude could be covering up a deeper problem?

Now think of the last time your child displayed her/his lazy ways toward you. What was the task? How did the episode begin? What was your child doing at the time? Why? How did you announce your expectations? How did your child respond to you? How did the episode end? Did your response alter your child’s attitude in any way? If not, what is the one thing you will never try again?

Facing your own bad attitudes:
Children are not born lazy; so where is your child learning this attitude: Siblings? Friends? Neighbours? Relatives? You? For instance, do you take the easy way out, side-step your duties and hope someone else will pick up the pieces, minimise your effort on tasks you don’t enjoy, don’t sit back and expect someone to hire help to do your work for you? How often do you finish what you set out to accomplish? Would your child/ren see that you aim to finish what you start without procrastinating — and you put your best effort into those tasks?
Here’s another way of looking at it. Have you ever been accused of being lazy when really it was that you weren’t feeling well or you were preoccupied with some problem in your life? Have you ever neglected daily responsibilities because you were so distracted by a crucial life decision or were developing a relationship? Seriously reflect on your work ethic and the example it sends to your children. What would your children say is your daily example — attitude toward work? Would their perception of you match your self-image of yourself?

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 lazy attitude? What changes do you need to make?
Bad Attitude News Alert:
Researchers discovered that people who don’t sense they are moving towards their goals are five times more likely to quit and three times less likely to feel content with their lives. That’s just one of the reasons that we have to help our children set goals and then put effort toward achieving them so they feel productive and satisfied with themselves. How satisfied is your daughter or son with the kind of life s/he is carving with her/his own productivity?

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

Step 1 ~ Evaluate Your Child’s Physical and Mental Health
Be sure that your couch potato isn’t suffering from some kind of illness or drug fatigue. When was the last time you took her/him to the paediatrician for a check-up and blood work? And could this lazy attitude be part of a mood swing? Think if anything distressing has happened lately to cause your child to be distracted or withdrawn. Could this be normal adolescent development, or could her/his hormones be acting up? Has there been any unusual pressure or stress on her/him lately? Have you moved? Is s/he at a new school? Is it the best school for your child? Does s/he have too many friends over? Is s/he over-scheduled? What about a change at home: a divorce, death, or illness? Is s/he depressed? Did you know that adolescent depression has increased 1,000 percent in the past three decades? Could your older child be experimenting with drugs or drinking, which leaves her/him tired and debilitated? You may discover that your child’s lazy attitude is not simply irresponsible or selfish but rather the result of a deeper underlying issue.

Step 2 ~ Model Productivity
Take a pledge, especially this month, to show your children that you don’t give up on a task even when things get difficult. Before starting a new task, make sure your child over listens to your say, “I can, I will.” Modeled perseverance is always the number one teaching method, so consciously tune up productivity in your behaviour. Your children need to see examples of serious work both in your house and out of it. This is the best way for them to understand that life isn’t all fun; sacrifice and hard work are part of it too. And it’s the best way to get ahead. Here are a few other ways you can model productivity for your children:

• Work your own undergraduate homework. When your children do their homework, make a point of doing productive tasks such as reading, writing your correspondences, finishing financial business, or organizing to-do lists, not watching TV.

• Model organisation. Get your children to go through the calendar and make priorities and lists with you.

• Show your responsibilities. Take the children to your office or workplace, or enlist them to help you in your household tasks (grocery shop, clean, make lists) so your children see you work and understand what your day is about.

• Discuss work. Talk with your children about work and how your day was. Talk about work responsibilities. Turn off the car radio, and talk about your day and theirs.

• Set a clear routine. Make a clear policy at home: work first, then play.

• Organise your chaos. Develop work space so your children have their own “office space.”

• Show interest in your child’s work. Take an interest in what your child is working on and doing.

Step 3 ~ Teach the Value of Effort and Hard Work
I walked into a classroom one day and instantly knew the teacher was emphasizing perseverance. A large hand-printed sign greeted her students with Thomas Edison’s quotation, “Genius is one percent inspiration and ninety-nine percent perspiration.” The teacher told me, “I put it up weeks ago and told my students the best way to guarantee their success is not by being lazy, making excuses and procrastinating, but by working hard.”

When was the last time you took her/him to the paediatrician for a check-up and blood work? And could this lazy attitude be part of a mood swing? Think if anything distressing has happened lately to cause your child to be distracted or withdrawn. Could this be normal adolescent development, or could her/his hormones be acting up? Has there been any unusual pressure or stress on her/him lately? Have you moved? Is s/he at a new school? Is it the best school for your child? Does s/he have too many friends over? Is s/he over-scheduled? What about a change at home: a divorce, death, or illness? Is s/he depressed? Did you know that adolescent depression has increased 1,000 percent in the past three decades? Could your older child be experimenting with drugs or drinking, which leaves her/him tired and debilitated? You may discover that your child’s lazy attitude is not simply irresponsible or selfish but rather the result of a deeper underlying issue.

Establish a family motto.
Expressing pride in front of another adult.
In the next twenty-four hours to begin changing your child’s attitude so s/he is more industrious and productive?

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:
Turn your whole family around. Launch an ‘Anti-Laziness Campaign’ before this bad attitude starts to dominate every aspect of your household life. Laziness can become habit-forming before you know it. The first step is to identify two to three crucial areas needing improvement. Is everyone in your family getting fat from eating too much junk food? Is everyone becoming sluggish from a lack of exercise? Is your house such a mess you’re praying for no visitors? Are you watching too much TV? Has your family stopped going to church, taking family hikes, or eating dinner together?

Once your child has begun to make a real effort to overcome her/his lazy attitude, stay with her/him every step of the way with continuous support, reinforcement, and appreciation. Regular praise and make-up work is less like work. Pride in accomplishment can go a long way. Here are some ways to reinforce your child’s productivity and effort:

• Appreciating effort. “Every time you play that piece, it’s sounding a little bit better. Keep up the good practice.”

• Praising the product. “Nice job on making your bed. The quilt looks so much better on the bed than on the floor.”

• Expressing pride in front of another adult. “Hey, Norma, doesn’t the car look great? Eddie did such a good job on the hub caps.”

Attitude Makeover Pledge:
How will you use these steps to help your child become less lazy 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 s/he is more industrious and productive?

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 a 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.


Ms Frances Stegeman
Pastoral Advisor

Valuables: Students are asked not to bring large sums of cash or valuable items to school.
Do you know the meaning of this word? Lent (n.) the period of forty weekdays, lasting from Ash Wednesday to Holy Saturday, observed as a time of penance and fasting commemorating Jesus’ fasting in the wilderness.

Ash Wednesday Menu

Recess:

Vegetarian Mini Pizza $1.00
Seafood Mornay Mini Pizza $1.50
Mini Salad Pot $1.50
Mini Salad Pot (with egg) $2.00
Fresh Fruit Salad $2.00
Low Fat Muffins $1.00
Cheese Rolls $1.00
Foccacia $1.80
Savoury Turnover $2.00
(ricotta cheese, fetta cheese, sun-dried tomato)

Lunch:

Cheese & Spinach Roll $2.60
Vegie Pie $2.80
Vegie Burger (lettuce & cheese) $2.50
Vegie Burger (all salad) $3.50
Fish Burger (lettuce, cheese & mayo) $3.00
Fish Burger (all salad & mayo) $4.00
Salmon, lettuce & onion sandwich $3.50
Salmon & salad sandwich $4.00
Tuna, cucumber & mayo sandwich $3.00
Tuna salad sandwich $3.50
Egg & lettuce sandwich $1.60
Cheese & tomato toasted sandwich $1.80
Curried egg & lettuce sandwich $1.80
Egg & salad sandwich $3.00
Salad sandwich $2.50
Salad plate $2.50
Tuna & salad plate $3.50
Salmon & salad plate $4.00
Quiche & salad plate $4.00

PRICE RISE – EFFECTIVE 31 JANUARY 2008
We were advised by our supplier that the prices for bread rolls have increased with new prices as follows:

Plain Roll $1.00 (from 80c)
Cheese Roll $1.20 (from $1.00)
Foccacia $1.80 (from $1.50)

ASH WEDNESDAY MENU
This coming Wednesday is Ash Wednesday and no meat products will be available from the Canteen. Please note that ‘no meat products’ includes items such as sausage rolls, hot dogs and meat pies. However, there will be an alternative menu of food items for sale. Our menu for the day will be as follows:

Recess:

Vegetarian Mini Pizza $1.00
Seafood Mornay Mini Pizza $1.50
Mini Salad Pot $1.50
Mini Salad Pot (with egg) $2.00
Fresh Fruit Salad $2.00
Low Fat Muffins $1.00
Cheese Rolls $1.00
Foccacia $1.80
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Lunch:

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Vegie Burger (lettuce & cheese) $2.50
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Salmon, lettuce & onion sandwich $3.50
Salmon & salad sandwich $4.00
Tuna, cucumber & mayo sandwich $3.00
Tuna salad sandwich $3.50
Egg & lettuce sandwich $1.60
Cheese & tomato toasted sandwich $1.80
Curried egg & lettuce sandwich $1.80
Egg & salad sandwich $3.00
Salad sandwich $2.50
Salad plate $2.50
Tuna & salad plate $3.50
Salmon & salad plate $4.00
Quiche & salad plate $4.00

For those who haven’t volunteered in the Canteen before, you will be doing the College (and your child/ren) a great service if you could find the time to help out in the Canteen. And of course ‘Thank You’ to the wonderful mums who are already on our roster. These wonder-mums really keep us going!!

DAILY SPECIALS
Check out ‘Today’s Special’ on the whiteboard at the front of the Canteen for your DAILY choice. And don’t forget to place your lunch orders EARLY!!

<table>
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<tr>
<th>DATE</th>
<th>Helper/s</th>
<th>How Many Needed</th>
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<tbody>
<tr>
<td>Tuesday 26 February</td>
<td>~ 1 person</td>
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<tr>
<td>Wednesday 27 February</td>
<td>~ 2 people</td>
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<tr>
<td>Friday 29 February</td>
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<td>Tuesday 4 March</td>
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<td>Wednesday 5 March</td>
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<td>Tuesday 11 March</td>
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<td>Wednesday 12 March</td>
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<td>Tuesday 18 March</td>
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<tr>
<td>Wednesday 19 March</td>
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<td>Thursday 10 April</td>
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<tr>
<td>Friday 11 April</td>
<td>~ 2 people</td>
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College Procedures: Unsure of College Procedures or Policies? The student diary contains information. If you don’t find the answer, contact the relevant Year Coordinator.