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

On ANZAC Day, I had the privilege of marching with 120 students and 15 staff of St Joseph’s College in the Tweed Heads/Coolangatta ANZAC March. It was uplifting to see the generous commitment of so many to remember the contribution and sacrifice of many thousands of Australians over so many international wars and conflicts.

I am very grateful to Miss Helen Gooley who organised not only the march and the wreath that our College Captains, Eliza O’Donohue and Matthew Coughran, laid, but also the very moving ANZAC Memorial Service held at the College on Monday 28 April.

ANZAC Day in 2008 marked the 90th Anniversary of the Battle of Villers-Bretonneux, a small village in northern France. Without going into details, some historians believe the Australians’ success swung the war in the Allies’ favour. An article by Charles Miranda in The Daily Telegraph on 19 April states:

“Above the blackboards and in the playground in the small primary school in the village of Villers-Bretonneux, an inscription says: “N’oublions jamais l’Australie” (Never Forget Australia).

Many of the pupils at Victoria College don’t know much about Australia but are unlikely to ever forget the far-away nation with Australian flags flying proudly above the northern French town, which also has a Rue de Melbourne as its main thoroughfare, a local sports club called Le Koalas, a restaurant called Le Kangarou, with the marsupials also being the town’s official symbol.

The president of the Villers-Bretonneux France-Australia Association, Annie Brassart stated, “Most of us know of the ANZAC legend as being that of the slaughter of Diggers in Gallipoli in western Turkey between April and December 1915. The tragic event epitomised the futility and brutality of World War I for Australia, but also created a legend and ethos that today defines what it means to be Australian.”

The photo in the newspaper shows a beautifully cared for cemetery, constructed in 1928, to honour the 11,000 Australians whose remains were not recovered in France.

It’s a wonderful testimony to the efforts of the Australians. That is why we celebrate ANZAC Day, not to honour war and killing but to honour the humility, simplicity and modesty of all Australians who have paid such a sacrifice upon the altar of freedom.

Our Memorial Garden at the College highlights sacrifice, bravery, mateship and peace as values that epitomise the ANZACs. Let’s all try to aspire to these values.

LEST WE FORGET

Best wishes and
God Bless,

Mr Peter McLoughlin
Principal
Welcome to Term 2

We hope you enjoyed your holiday break and that you are ready for all that Term 2 brings.

Last week, Year 12 students commenced their Half-Yearly exams. Next week, students in Year 11 will sit for their Half-Yearly exams, Year 10 students will be attending the HSIE excursion to Sydney and Canberra, and Year 12 students will finish their exams and then take part in their Retreat.

And while we’re on the subject of exams, students in Years 7-10 will be sitting their Half-Yearly exams commencing Friday of Week 6, continuing for 4 days of Week 7 of this term (the Queen’s Birthday Public Holiday falls on the Monday) - all in all, a busy time ahead!

And don’t forget to keep up-to-date with all the upcoming school events at our website: www.bps.lism.catholic.edu.au.

We hope you enjoy today’s issue.

IN THIS ISSUE:
- St Joseph’s Parish and St Anthony’s Parish Weekend Mass Times
- Principal’s Notes
- Deputy’s Notices
- ANZAC Day 2008
- Literacy and Numeracy News
- Mother’s Day 2008 - SRC Fundraiser
- Careers News
- Science News
- Talent Quest Finals
- Tweed Valley Results
- ‘Make Poverty History’ Year 10
- Rugby Union News
- ‘Youthsafe’ Tip No. 10
- Pastoral News
- “Student of the Week” comes back from holidays
- Canteen News and Roster
- Uniform Shop Hours
- St Joseph's Parish Fete and Gala Day
- Creating Resilient Families - ‘Grief and Young People’
- World Youth Day - Looking for Host Families

WEEKEND MASS TIMES

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<thead>
<tr>
<th>St Joseph’s Parish</th>
<th>St Anthony’s Parish</th>
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<tbody>
<tr>
<td>Saturday Vigil: 6:00pm</td>
<td>Saturday Vigil: 6:00pm (Kingscliff)</td>
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<tr>
<td>Sunday: 7:00am &amp; 9:00am</td>
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<tr>
<td>Sunday: 9:00am (Bilambil)</td>
<td>Sunday: 9:00am (Kingscliff)</td>
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Fr Michael Brady | Fr Jim Griffin
Parish Priest | Parish Priest

PRINCIPAL’S NOTES

STAFF CHANGES

I’d like to welcome to the staff of St Joseph's College, Mrs Luanne McIlhatton and Mr Gilberto Besanko.

Mrs McIlhatton will be teaching HSIE, Catholic Studies and Business Studies at the College whilst Mr Williams is on leave for Terms 2 and 3.

Mr Besanko has been employed under the Commonwealth Government’s Chaplaincy programme for Schools. He will be at the College on Mondays and Tuesdays, St James Primary School on Wednesdays and Thursdays and St Joseph’s Primary School on Fridays.

A sincere welcome to Mrs McIlhatton and Mr Besanko.

PERSONAL BEST

At the College Assembly last Monday, I challenged the students to live up to the ANZAC ideals and commit themselves to achieving their personal best this term.

This will involve personal sacrifice for them. The new College Diary has many useful hints for study and exam preparation. For example, pages 28, 46 and 90 have very useful information on studying whilst pages 94, 96, 98, 100, 102, 104 and 106 have great suggestions on examinations.

I wholeheartedly recommend to you page 14 of the Diary which is dedicated to excellent advice for parents.

MOTHER’S DAY

Sincere best wishes to all Mums for Mother’s Day this coming Sunday, 11 May.

Gratitude for my Mother

Dear Lord, today I turn to you to give you thanks for my mother. With your own gift of life, she bore me in her womb and gave me life. She tenderly, patiently cared for me and taught me to walk and talk. She read to me and made me laugh. No one delighted in my successes more; no one could comfort me better in my failures. I am so grateful for how she mothered me and mentored me, and even disciplined me.

Please bless her, Lord, and comfort her. Help her loving heart to continue to love and give of herself to others. Strengthen her when she is down and give her hope when she is discouraged.

Most of all, Lord, on this Mother’s Day, give my mother the graces she most needs and desires today. I ask you this, in the name of Jesus, our Lord and Saviour forever and ever.

Mr Peter McLoughlin
Principal
DEPUTY’S NOTICES

COMING EVENTS

WEEK 2
Monday 5 May .................................................. (Day 1)
☞ Year 12 Half-Yearly Exams continue (28 April to 9 May)
☞ Year 9 History Excursion
Tuesday 6 May .................................................. (Day 2)
☞ Diocesan Touch Carnival
Wednesday 7 May .............................................. (Day 3)
☞ Year 10 Reflection Day – “Cheap Thrills”
☞ “Mathletics” Information Evening (7:00-7:30pm)
Thursday 8 May .................................................. (Day 4)
☞ Year 11 Bond Uni Moot Court Excursion
☞ Year 10 Community Service (selected students)
Friday 9 May ...................................................... (Day 5)
☞ Year 11 “Meals on Wheels” (selected students)
☞ Sunday 11 May – Mother’s Day

WEEK 3
Monday 12 May .................................................. (Day 6)
☞ Year 10 Sydney-Canberra Excursion (11 to 16 May)
Tuesday 13 May .................................................. (Day 7)
☞ National Literacy & Numeracy Testing (13 to 16 May)
Wednesday 14 May .............................................. (Day 8)
☞ Year 12 Retreat (14 to 16 May)
☞ Year 11 Half-Yearly Exams (14 to 23 May)

WEEK 4
Monday 19 May .................................................. (Day 1)
☞ Bond University “Best on the Coast” Quiz
Tuesday 20 May .................................................. (Day 2)
☞ Diocesan Cross Country
Thursday 22 May ..................................................(Day 4)
☞ Rio Tinto Big Science Competition

WEEK 5
Monday 26 May .................................................. (Day 6)
☞ Year 12 & 11 Studies of Religion II Incursion
Tuesday 27 May .................................................. (Day 7)
☞ National Reconciliation Week (27 May to 3 June)
☞ Year 12 Semester 1 Reports posted
☞ College Open Day (11:00am – 1:00pm)
Friday 30 May ..................................................... (Day 10)
☞ Year 11 Biology Field Trip (selected students)
☞ Aboriginal Music & Dance (selected students)
☞ Talent Quest Finals (6:00pm, Doyle Centre)

WEEK 6
Tuesday 3 June ..................................................... (Day 2)
☞ Year 12 Parent/Student/Teacher Evening
Friday 6 June ...................................................... (Day 5)
☞ Year 7 2009 Enrolments close

WEEK 7
Monday 9 June .................................................... (Day 6)
☞ Public Holiday – Queen’s Birthday
Wednesday 11 June ............................................ (Day 8)
☞ Year 11 Parent/Teacher/Student Evening
Thursday 12 June ................................................. (Day 9)
☞ Year 13 Catholic Studies Incursion
☞ Year 13 Camp (Day 10)
☞ Year 11 Meals on Wheels (selected students)
☞ Year 7 Science Excursion

WEEK 8
Monday 16 June .................................................. (Day 1)
☞ HPV Vaccinations (2nd Dose) (Girls 7-10)
☞ Year 7 Chicken Pox Vaccinations
Tuesday 17 June .................................................. (Day 2)
☞ HPV Vaccinations (2nd Dose) (Girls 7-10)
Wednesday 18 June ............................................. (Day 3)
☞ Year 12 Bond University Visit to SJC
Friday 20 June ..................................................... (Day 5)
☞ St James Athletics Carnival

ATTENDANCE: IT’S NOT OK TO BE AWAY!

A considerable number of students across Australia and at our school are having their opportunities to perform to their potential adversely affected by parent-condoned absences.

Once it was the case, that students only missed school when they were genuinely ill, but now that has changed. Students are being allowed to stay away from school for an ever increasing number of excuses including:
• A day off for their birthday
• A day off because relatives are visiting
• A day off to be with parents at home
• A day off to look after younger brothers and sisters
• A day off to go shopping

The thought of an argument with children to get them to school often is too great to bear for some parents. Every day a student is away, they are losing a learning experience. Over time, their knowledge base will be full of holes like Swiss cheese. Learning is sequential and attending three out of four lessons leaves gaping holes.

A sobering fact is that in Australia today, the average student will lose one year of education (200 days) through parent-condoned absences over their school career from Prep to Year 12.

After love and care, the most important thing that we as parents can give our kids is an education. Let’s do it.

Should you require support in saying NO to your son/daughter on their attendance or any other issue please contact us immediately.

We all can work together to make a difference to your student’s future.

Be on time, Be at school, That’s the rule!

SIX OF THE BEST
Ways to help your children achieve at school
• Do whatever you can to ensure your children go to and stay at school for as long as possible.
• Listen to your children when they talk about what they are learning, and encourage them to talk to you by showing you enjoy those discussions.
• Ask: "What did your teacher say to you about your schoolwork today?"
• Value effort, sticking to a task, and learning the basics. Evidence shows children from families who value effort and ‘stickability’ have a head start.
• Enjoy being involved with your children in challenging tasks in a fun way. Dealing with challenge is a powerful learning strategy.
• Build your children’s confidence that they can do difficult things.

Compiled by University of Auckland professor education John Hattie. (article from The Listener June 9-15 2007)

Mr Peter Lyon
Deputy Principal

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.
ANZAC DAY MARCH

Many thanks are extended to the 120 students who gave of their time on the last Friday of the school holidays to march with the College on ANZAC Day.

Congratulations are extended to these students for their community spirit and recognition of the service of others. Many more students marched as cadets or attended other parades. The students who represented the College were:

7VS1  Martin Campbell, Brodie Charters, Rachel King, Louis Oram
7MB1  Elizabeth Boyle, Ruby Bruce, Lauren Condon, Taylor Fien, Reece Paddon
7CF1  Jasmine Hill, Joel Kachel, Daniel Lesslie, Samuel McWilliam
7DR1  Jarrod Mathieu
7AN1  Evelyn Anderson, Ashlee Clare, Jacob Godfrey, Kurt Jamieson
7JB1  Natasha Landers

8SS2  Kieran Baker, Hannah Clarke, Ricardo de Azevedo, Maccalia Fenn, Taylor Johnson, Andrew Lynch, Monique Mai, Zoe Mathieu, Thomas McGill, Louis Monaghan, Hayley Raso, Rose Marie Samuels, James Swift, Andrew Vartuli
8KD1  Grace Beattie, Denieka Crompton, Alex Mitchell
8RC1  Stefanie Lesslie
8LC1  Emma Hickling, Kueper Ralph, Aaron Weiss
8LM1  Maddison Beattie
8GB1  Emily Longworth, Heidi Reynolds
9TC2  NIL
9MW1  Nicholas Crompton, Hannah Hardy, Maddison Wong
9LJ1  Brendan Bartel, Charlotte Herridge
9TN1  Laura Bailey, Caitlin McGibbon-Goode
9FM2  Samantha Fien, Elise Kachel
10GW1 Megan Atwood, Nicholas Leighton, Anastasia McCleary, William Mitchell, Dean Stegeman, Ramona Summers
10SJ1  Isaac Cork, Brandon Mackay, Jessica McWilliam, Thomas Monaghan, Georgina Oram, Sophie Reynolds
10PB1  Patrick Lynch
10PM3  Torrey Atkin, Stephen Baker, Matthew Lesslie, Jessica Orr, Lachlan Raso, Xavier Ricketts, Olivia Salmon
10GG1  Jordan Charters, Jessica Clarke, Finn Davoren, Katherine Mcnleary, Annie O'Donohue,
11HG1  Richelle Billiau, Daniella de Azevedo, Sharna Mathieu, Ingrid Steele
11AC1  Bernard Tsang
11GT1  Gemma Bruce, Joshua Foster, Stephanie Mai, Callum Morrison
11MJ1  Michael Bartel, Karley Bell, Jacob Bush, Lucia Campione, Jessica Godfrey, Harris Kachel
11NT1  Ashleigh Dunemann

8SB2  Mitchell Anderson, Simon Campbell, Erin Davoren, Ben Green, Dannielle Hickling, Samuel Monaghan
12CV1  Riccardo Campione, Bradley Clark, Matthew Coughran, Prudence Dalton, Ania Dorocsinska, Lucy Fitzhugh, Finton Lynch, Kate McGrath, Jack Mulherin, Ione Quinn, Kelsey Rundle, Kirrinda Turnage, Hannah Whittaker
12CT1  Mark Bailey, Teegan Crompton, Matthew Herridge, Cherylyn Wong
12WP1  Bronson Atkin, Aixandra Cuthbertson, Luke McCarron, Eliza O'Donohue

A big thank you to the members of staff who supported the march:

Mr McLoughlin, Mrs McLoughlin, Ms Stegeman, Miss Berry, Mr Davoren, Mrs Jordan, Mr Connolly, Mrs Connolly, Mr Morrison, Mr Burns, Mrs Fenn, Mrs Peterson, Mr Rowland and Mr Barnes.

Miss Helen Gooley
ANZAC Day March 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

ANZAC DAY 2008

ANZAC DAY CEREMONY
On Monday 28 April, a special assembly marked the occasion of ANZAC Day here at the College.

This year marks the 90th Anniversary of the conflict in Villers-Bretonneux on the Western Front in World War One. Our focus for this ceremony was on this town which has never forgotten Australia’s help in pushing back the German fighting line.

...Villers-Bretonneux was the scene of a truly Australian victory.

In their first years on the Western Front, the men of the Australian Imperial Force were part of two Anzac Corps, each under British command. In November 1917, the AIF Divisions were drawn together as the Australian Corps. A few months later, the battle at Villers-Bretonneux was won by Australian troops, fighting in the Australian Corps, under Australian leadership.

As a result, this place carries its own special significance to Australia’s wartime heritage.

It makes Villers-Bretonneux a most fitting location to remember, not only those who fought here, but all Australians who served on the Western Front.

Many reminders of Australia’s involvement are landmarks in the town to this day. The Unknown Soldier who now lies in the Australian War Memorial came from the cemetery near the town.

Our special guest for the ceremony was Mr Sam Jordan who is a World War Two veteran and Legatee. He presented a book to the College (The Great War by Les Carlyon) on behalf of Legacy.

Special thanks to the members of the SRC, the sound technicians and representatives from cadets who ministered to the Australian flag. Matthew Coughran, Eliza O’Donohue, Samuel Monaghan, Kate McGrath, Isaac Cork, Dean Steseman, Xanthe Slight and Luke Blair all performed their tasks admirably. An additional special thanks to Matthew Coughran who came to school bright and early to assist with setting up the powerpoint presentation.

Miss Helen Gooley
ANZAC Day Ceremony Organiser
YR 7, 8 AND 9 MATHLETICS

Well done to the students who have been using Mathletics to consolidate and reinforce the topics learned at school. This term the students have answered over 345,000 questions correctly. Unfortunately some students are yet to visit the site and take advantage of this program.

As all year 8 and 9 students have Mathematics assessment tasks this week it is imperative that all students take the time to visit www.mathletics.com.au and prepare for these upcoming exams.

Some students have hit technical problems but these are easily fixed. If students have problems accessing this site there is a freecall number available and a technician will guide you through any hassles. (1300 850 331).

We have invited the Mathletics regional manager for Queensland, Jenny-Lyn Fahey, to a Parent Information Evening on the 7th May from 7:00pm to 7:30pm to demonstrate how Mathletics works. During this session you will see how your children can enjoy online mental arithmetic games and access support for the Maths topics they are studying at school. You will also find out how to register as a parent at www.mathletics.com.au/parent to enable weekly reports on your child’s progress to be sent to you on a weekly basis. This program will be an ideal way for you to see and possibly share Maths learning with your child.

Although only Mr Burn’s Year 7 class and all Year 8 and 9 students have access to the program, all parents are welcome to attend.

Mr Frank Malone
Mathematics Coordinator

Make Poverty History – Year 10

“Sometimes it falls upon a generation to be great
you can be that great generation”
- Nelson Mandela

Just like in previous years, Year 10 has again formed a Make Poverty History group. We meet once a fortnight, in Room 109, to discuss problems in poverty-stricken countries and ways that we, as a community, can help.

One in three people in the world today live in poverty. Poverty is more than just a lack of money - it is being devoid of the opportunities to change your life for the better.

In 2000, all countries in the world created a common goal - halving world poverty by the year 2015. Make Poverty History calls on all political parties, from local to federal, to ensure they achieve their goal.

So, if you want to make a difference, please support any of the initiatives of the Make Poverty History group. Keep an eye out in the College Newsletter for upcoming events.

“If we don’t speak out for the poor,
then who will?”

Make Poverty History - Year 10

Mathematics Coordinator

LITERACY AND NUMERACY NEWS

The Australian Financial Literacy Assessment (ALFA) is a free and voluntary national assessment for students in Years 9 & 10. AFLA is an initiative of the Commonwealth Bank Foundation and is designed and delivered by Educational Assessment Australia (EAA) of the University of New South Wales.

Financial literacy is the ability to make informed judgements and effective decisions about the use and management of money. This includes balancing a bank account, saving for the future, preparing budgets, understanding financial literature and learning strategies to manage debt.

The Assessment provides an opportunity for all students to demonstrate their skills in an external assessment situation. It provides schools and teachers with comprehensive reporting of results and helpful information regarding their students’ performance in financial literacy.

In 2008, the assessment will be made up of two components; a Pre-learning Assessment and a Post-learning Assessment. Each component will be completed online.

The Pre-learning Assessment will take place in our school on Friday May 9 (Term 2, Week 2). The Post-learning Assessment will take place in our school on a date to be announced (Term 3).

All students receive a Commonwealth Bank Foundation certificate acknowledging their performance.

Commonwealth Bank Foundation certificates are awarded for each Year level in each state as follows:

- High Distinction to the top 1% of entrants
- Distinction to the next 10% of entrants
- Credit to the next 20% of entrants
- Participation to all other participating students.

To assist students prepare for the Australian Financial Literacy Assessment, practice questions are available on the EAA website. These questions provide a good indication of the types of questions used in the assessment.

For full details please visit the EAA website www.eaa.unsw.edu.au or contact the College.

Mr Carlo Trimboli
Literacy and Numeracy Coordinator

MOTHER’S DAY
SUNDAY 11 MAY 2008
SRC FUNDRAISER

Treat Mum to something special for Mother’s Day

HAND CREAM AND SOAP GIFT PACKS,
YUMMY CHOCOLATES
& OTHER GOODIES

will be on sale this week
Let Mum know how much you care . . .
Stock is limited so get in quick!

$3 to $5

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.
CAREERS NEWS

A local Dentist Prosthetist is seeking a full-time trainee (minimum age 16). The business will put the successful applicant through a Diploma in Dental Technology. For further information please see me.

UMAT registration is now open. Registrations close at 5:00pm on Friday 6 June. The UMAT testing day for 2008 is Wednesday 30 July 2008.

UMAT is available to Year 12 students who are seeking selection into Medicine, Dentistry and some Health Science degree programmes at undergraduate level at universities in Australia.

Bond University Scholarships Applications are now open for current Year 12 students. Applications close 31 July 2008.

For more information about these or other Careers matters, please see me in the Careers Room.

Mr Matt Hall
Careers Advisor

SPORTS NEWS

RUGBY UNION NEWS

Congratulations to Joseph Hardy (7VS1) who has been selected in the U/13 Gold Coast and District Rugby Union representative team to play in the State Championships in June. Well done Joseph!

Mr Michael Joseph

TWEED VALLEY RESULTS

Last Term, we commenced the Tweed Valley competition but with weather again playing havoc with our arrangements. A couple of years ago it was often said “If its raining it must be sports day”, so let’s hope for better luck in 2008.

Round 1 was called off due to the rain however, weather permitting, we will have the opportunity to play Mt St Patrick College later in the competition. Standard rules apply if we do – we will be playing for double points!

Round 2 -vs- Murwillumbah High School
Wednesday 30 April 2008

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<th>Male Sports</th>
<th>Results</th>
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<tr>
<td>Basketball A</td>
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<td>Christopher Best</td>
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<td>B</td>
<td>Lost on Forfeit</td>
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<tr>
<td>Volleyball A</td>
<td>Lost 52-12</td>
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<th>Female Sports</th>
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<tr>
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<td>Won 26-18</td>
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<td>Mackenzie Gregory</td>
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Mr Peter McLaughlin
Sport Coordinator

School Shoes: Parents are reminded that school shoes are to be of the traditional, hard leather lace-up style.
This article is the nineteenth part in our ongoing series of ‘Bad Attitude’ articles. Today we take a look at the ‘bad attitude’ Poor Loser, and what we can do about it.

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<th>Bad Attitude</th>
<th>Poor Loser</th>
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**Emergency Attitude Intervention:**
Identify the most typical way your child shows her/his poor response to losing. Does s/he blame other people? Make excuses? Cry or lose her/his temper? Does s/he cheat or lie? Does s/he quit in the middle or seek revenge? Then focus intentionally on replacing this bad attitude with a more appropriate and constructive response to losing. For example, if s/he blames her/his teacher or coach, tell her/him that this response is no longer acceptable. Instead, help her/him to take responsibility for what happened. Challenge her/his view of the facts, and help her/him understand why it was nobody’s fault but her/his own. Then help her/him do an instant replay with the scenario in a responsible and more mature way.

Watching any child be a poor loser is embarrassing, but when the child is yours, it’s downright humiliating. Sure, the child may be the best bassoonist in the orchestra, have the highest-grade-point average in the class, be the best cheerleader on the squad, or be the greatest runner in town, but the moment s/he starts arguing, making excuses, cheating, blaming others, or booing, her/his skills no longer matter. What everyone sees instead is a poor loser, and that’s a tough image to erase.

One big reason we may have such an epidemic of poor losers is that we aren’t doing such a great job of modelling how to win or lose ourselves. Besides poor modelling, the parental emphasis too often these days seems bent on raising the “trophy child”—that is, producing competition or gets a poor grade? Do you ask her/him, “What did you do as well as last time?” “Were the other children upset with you?” “How about the teacher [or coach]?” “What did you get?” “Why didn’t you score?” “Why didn’t you get more playing time?” “How much longer do you have to have that coach?” “Why did you get such a bad grade?” “What did the other children get?” “Was your teacher mad?”

Now take a look at your answers. Are you seeing any predictable patterns? Do you have any better understanding of this attitude and why s/he’s using it?

**What’s wrong with your current response?**
How do you respond when your child loses a sporting event or other competition or gets a poor grade? Do you ask her/him, “Why didn’t you do as well as last time?” “Were the other children upset with you?” “How about the teacher [or coach]?” “What did you do?” “Why didn’t you score?” “Why didn’t you get more playing time?” “How much longer do you have to have that coach?” “Why did you get such a bad grade?” “What did the other children get?” “Was your teacher mad?”

Do you get mad? Blame your child? Blame the teacher or coach? Plan to retaliate? Threaten to sue? What message is your child picking up from your response? What response do you now realise you should never repeat?

**Facing your own bad attitudes:**
How did you handle defeat and failure when you were growing up? Do you see any of those same behaviours in your child? Children love to hear that their parents made mistakes when they were growing up. If you don’t have a fail-safe with your child, consider doing so. Did you learn any coping strategies that helped you bounce back? What were they? Where did you learn them? Have you modelled any of those strategies to your child? If not, think about how you might teach them to your child. Reflect and plan.

Children are not born poor losers, so where might s/he be learning this behaviour? Siblings? Friends? Neighbours? Relatives? You? Think about where your child might be learning this attitude. How well are you and your partner modelling how to win and lose gracefully? Do you make excuses for your own difficulties? Do you blame your boss or colleagues when something goes wrong for you at work? Are you always complaining that it was not for some unfair rule, law, or authority, your whole life would be better? Do you yell at the coach or referee? Do you criticise your child’s teachers in front of them? Do you blame the coach? Do you cheer when your child’s opponent gets hurt? What about when you watch a sports or a game show with your child? Does s/he see you booing, criticising, or blaming the coach or opponents? Might the example of the adults or other children be influencing her/his attitude? Or when playing games as your children were growing up, did you always let them win? Did you let them learn how to lose gracefully and be a good sport about it? How do you react to the winners and losers when you watch reality TV, a sporting event, or a game show?

**What can you do to create a better example for your child?** What is the first step you need to take in yourself to help your son or daughter lose with poise, bounce back from defeat, or be a better teammate? For instance, you could stop making excuses, criticising, or blaming others for your defeats. You could take the time to thank or compliment the officials, teacher, or coach at your child’s events, cheer and encourage your child’s opponents or teammates, or model how to handle defeat.
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 attitude? What changes do you need to make?

Bad Attitude News Alert:
The US National Association of Sports Officials told the Associated Press recently that it receives two or three calls a week from an umpire or referee who has been assaulted by a parent or spectator. The complaints range from verbal abuse, to the official’s having his car run off the road by an irate parent. Youth sports programmes in at least 163 cities have to concern themselves with the trend of poor parent sportsmanship that they now require parents to sign a pledge of proper conduct before attending their child’s games. How do adults display poor loser attitudes around your child?

The “Don’t give me that attitude” makeover:
To curb your child's bad attitude toward losing, take the following steps.

Step 1 ~ Call Your Child on the First Hint of a Bad Attitude
Any time your child exhibits a poor loser attitude (for example, s/he makes an excuse, blames others, can’t accept criticism; boos the other team, or criticises her/his coach, teacher, sibling, or parent), call her/him on it and let her/him know that kind of attitude isn’t allowed. If s/he exhibits the attitude with others, take her/him aside and tell her/him what you observed: “I heard you blaming others for your mistake,” “You’re fighting with the coach,” or “You’re criticising others.” Then let her/him know that he/ she knows that it’s unacceptable and that it will not be tolerated. Help your child practice saying it over and over so s/he'll remember it and use it when s/he really makes a mistake. And s/he'll be less likely to make excuses, blame, or criticise others.

Step 2 ~ Emphasise Good Sportsmanship
The only way your child will learn that winning isn’t everything (especially when people remember only that you were a lousy loser) is by being a good loser yourself. There are many ways you can model your example. First say your mistake and then what you learned. Here’s the formula: “My mistake was ... I learned ... from it again and again until children can recite it without reminders. The most effective way poor losers on her/his team got turned around was when their teammates told them to “get a life” and wouldn’t tolerate their bad attitudes.

Step 3 ~ Teach How to Encourage
Good sports and good losers support and encourage each other. One way to help her/him recognise that everyone suffers defeats and setbacks as well as victories, and sensitise her/him to others’ feelings:

• While watching a game on television or reading about a victory in the paper, discuss the emotions of the players. Did they win because of strategy or tactics? Did they win because of individual effort or teamwork? Did they lose because of poor planning or poor execution? Did they lose because of mistakes made by their opponents?

• Before School Supervision: Student supervision is available prior to the commencement of the school day, from 8:20am until 8:40am.

The First 21 Days:
Start up a Family Game Night. Dust off your chess set, checkers, or Monopoly board or treat yourself to one of those amazing new video games, and play them as a family. It’s one of the best ways to help your child learn to lose gracefully and change that bad loser attitude.

As you play, deliberately allow yourself a few mistakes. Instead of making excuses, blaming, and criticising, model how to handle defeat: “Wow, I wasn’t thinking that time,” or “You got me there!” You might even lose the game – on purpose, of course – but be subtle enough not to let your child know. Show her/him how to lose gracefully: “Good game. Let's play again tomorrow,” and then shake hands.

Attitude Makeover Pledge:
How will you use these steps to help your child handle defeat and be a better sport both on and off the field? What exactly do you agree to do within the next twenty-four hours to begin changing your child’s attitude?

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

Keep track of your child’s weekly progress.

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

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

For Parents: How to Win at Sports Parenting: Maximizing the Sports Experience for You and Your Child, by Jim Sundberg and Janet Sundberg (Colorado Springs: WaterBrook Press, 2000); Learning to Play: Playing to Learn: Games and Activities to Teach Sharing, Caring, and Compromise, by Remy Charlip (New York: Macmillan, 1987); in the First 21 Days:


Ms Frances Stegeman
Pastoral Advisor

Editors Note:
We’ve only a few more “Bad Attitudes” to print before we make it to the magic 24! In the meantime, you can go to the College website and check out previous Newsletters for 1-18...
STUDENT OF THE WEEK

Welcome back to Term 2 ...

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

LIMITED TIME ONLY ~ PARENT’S FREE LUNCH!!
You may recall my mentioning an offer of a ‘free lunch’ for parents . . . and while you’re waiting . . . you can help make lunches for our students (and some staff).

Places are limited for this great offer! Hurry, if you call now, you can still guarantee your place on our canteen roster! I’m waiting to take your call ~ PLEASE!! Check out the following dates and call me NOW!

<table>
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<th>DATE</th>
<th>HELPER/S NEEDED</th>
<th>HOW MANY NEEDED</th>
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<tr>
<td>Wednesday 7 May</td>
<td>~</td>
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<tr>
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<td>~</td>
<td>1 person</td>
</tr>
<tr>
<td>Thursday 22 May</td>
<td>~</td>
<td>1 person</td>
</tr>
<tr>
<td>Tuesday 27 May</td>
<td>~</td>
<td>2 people</td>
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<tr>
<td>Thursday 29 May</td>
<td>~</td>
<td>1 person</td>
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<tr>
<td>Monday 2 June</td>
<td>~</td>
<td>1 person</td>
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<td>Wednesday 4 June</td>
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<tr>
<td>Thursday 3 July</td>
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MEAL OF THE WEEK
For this week’s Meal of the Week we are offering a delightful choice ~ **Chicken & Sweet Corn Soup** ~ for the affordable sum of $4.00. The upsize is available for $5.00. Please remember to place your order BEFORE SCHOOL!

CANTEEN ROSTER

WEEK 2

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<tr>
<td>Tuesday 6 May</td>
<td>Anne Bruce &amp; Helen McDonald</td>
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</tr>
<tr>
<td>Wednesday 7 May</td>
<td>Helen Steele &amp; HELP!</td>
<td>1 person</td>
</tr>
<tr>
<td>Thursday 8 May</td>
<td>Michelle Kirk &amp; Jean Colivas</td>
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<tr>
<td>Friday 9 May</td>
<td>Bernadette Beattie &amp; Adrienne Wheatley</td>
<td>1 person</td>
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WEEK 3

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<td>Sherree Lynch &amp; Fran Hardy</td>
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<tr>
<td>Tuesday 13 May</td>
<td>Lee Camp &amp; Janice Brown</td>
<td>1 person</td>
</tr>
<tr>
<td>Wednesday 14 May</td>
<td>Fern Wendt &amp; Cathy Jamieson</td>
<td>2 people</td>
</tr>
<tr>
<td>Thursday 15 May</td>
<td>Donna Fien &amp; Margaret Putland</td>
<td>1 person</td>
</tr>
<tr>
<td>Friday 16 May</td>
<td>Annie McGuiness, Sonia Orl &amp; Debbie Davey</td>
<td>1 person</td>
</tr>
</tbody>
</table>

Mrs Dianne Pinkstone
Canteen Manager

UNIFORM SHOP HOURS

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

Parish Hale & Gala Day

Saturday 24th May

A great fun-filled day to be had by all!!

Supporting St Joseph’s Primary School, “Rosies” and Our Lady of the Rosary “Lunch With Friends”.

Donations of any saleable items such as books, household appliances, old tools etc., may be left at the school and any large items can be picked up upon request. If you are an artist or craft person and would like to sell your own products, a market table will be available to rent at a cost of $25 per table - so book your spot ASAP.

Please contact Robert Gent, St Joseph’s Parish Maintenance Manager by leaving a message at the office on (07) 5367522 or mobile 0438361931.

Some of the events for the day include: Sausage Sizzle, Display by Fire Brigade, Raffles & Prizes, Arts & Crafts, Amazing Bric-A-Brac, Face Painting, home made cakes and jams, Live Music, crystals & jewellery, photography - if you would like a portrait taken - and much more!!

Come along to the St Joseph’s Primary, Tweed Heads & Parish Hall

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.
Loss at any stage of life is sad. During adolescence, loss and grief can be especially troubling. When they are younger, children have a limited understanding of death. During the pre-school and early primary school years, they may think it is reversible and assume that— if they are good— death will not occur. As they age, children gain more understanding.

It is often assumed that teenagers have an adult understanding of death. However, this is often not the case. While they understand that people die, they may have a sense that it can’t happen to them and that they are invulnerable regardless of the risks they take.

Others may romanticise death and fantasise about being with the dead person. It’s as if they are mentally reviving the relationship so that it’s as it was before the loss. The same jumbled thinking is often seen in suicidal adolescents. They realise that death is forever, but imagine themselves as witnesses at their own funerals. Following the loss of someone close, adolescents commonly go through a time of lowered functioning in which their school marks suffer and their diet and physical health may be poor. Some may become depressed and express their sadness through irritability and anger. Others feel guilty that they have survived or may develop hypochondriacal concerns, physical complaints, sleeping difficulties, excessive worries about the safety of loved ones, low levels of trust and refusing to go to school.

The experience of loss may itself separate young people from their peers. As one young man said after the death of his parents, ‘All the kids at school seem so dumb, so stupid. They don’t realise that in a moment it could all disappear. I just don’t fit in any more.’ This sense of separateness from peers may make them more reliant on family. Try to keep family routines as normal as possible. Keep doing as many everyday, usual activities as you can.

WHAT PARENTS CAN DO

If you are directly affected by the death yourself, find someone you trust to speak to and for your teenager to speak to. Don’t let your child get away with not grieving. If you are grieving yourself, don’t give yourself the sole job of trying to help your teenager. It may be that they won’t share their real feelings with you in order to protect you.

People can grieve for people who are not dead but are effectively lost to them through disability, stroke, geographical shifts and loss of relationship.

People often report that what is difficult in the first few weeks or months after a loss is likely to be different from the issues that create difficulty in the next few months. It is often helpful to concentrate on those things just in front of you. This is not a time for making big plans. Don’t expect people to be over it quickly. Young people particularly grieve in bursts. Don’t let them get away with not grieving but, at the same time, let them know that people who are grieving are allowed to feel good some of the time too.

One of the best times to talk to young people about loss is when they are engaged with you in an activity of remembrance about the lost person. Ask them about their best memories, holidays and favourite times. If you are grieving yourself, it can be important to share some of your own sadness rather than feeling you have to be the super-coping parent at all times.

Some Rough Guidelines

- Involve young people as much as possible in the processes around the death or loss and also the arrangements to observe and mourn the loss.
- People can show signs of grief, sadness and loss for a long time afterwards.
- Young people can be affected by the loss of people they don’t know directly, such as students at their school, rock stars and royalty.
- Chronic illness of siblings can cause grief.

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Visit a forum to discuss these issues on www.andrewfuller.com.au
DAYS IN THE DIOCESE
10-14th July 2008
Our Parish has been asked to accommodate 50 pilgrims
Is there any room at your place?

This is your chance to play an important and rewarding role in Australia's hosting of the world's biggest youth event.

From **10-14 July 2008** the Diocese of Lismore is looking to individuals and families from parishes and schools to open their homes and provide hospitality in the form of friendship, accommodation, meals and transport to the thousands of young overseas pilgrims who are coming to be part Days in the Diocese.

Homeowners will be asked to provide bed and breakfast on a complimentary basis and private transport to local venues or events.

To become a Home Stay Host, please complete a registration form and return it to your parish office or school; if there is anything you'd like to ask about, please contact your parish office and speak with your WYD Coordinator.

We look forward to your support for this important and exciting event.

*Open up your home to pilgrims, give them a great Aussie welcome and join in the WYD experience*

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Days in the Diocese Host Registration

Name: _____________________________________________________________

Address: ___________________________________________________________

Email or phone contact: _______________________________________________

Number of Pilgrims I am able to host: __________________________________

Gender preference: __________________________________________________