Appointment of Head of School
MARIST COLLEGE ASHGROVE

I would like to announce that Mr Peter McLoughlin has been appointed as the next Head of School of Marist College Ashgrove commencing at the start of the 2009 academic year.

Mr McLoughlin’s involvement with the Marist Brothers has been continuous for over twenty-five years.

On behalf of the St Joseph’s College community, I would like to congratulate Mr McLoughlin on this appointment.

Mr McLoughlin commenced his principalship here in 2003 and during this time his leadership and guidance of the College has been greatly appreciated. I wish Peter and his family all the best in this appointment and thank him for his contribution to our Parish.

Fr Michael Brady
St Joseph’s Parish Priest

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

At the moment there are many signs of sadness in the world; Cyclone Nargis in Burma; the earthquake in China; concerns about the economy in Australia; farmers still stricken by drought; girl gangs . . . the list goes on.

When we are saddened by these occurrences that affect us personally we tend to lose energy, suffer from lack of sleep, changes in appetite and generally a feeling that nothing is going well.

In his book, "Too Soon Old, Too Late Smart", Gordon Livingston writes about how some people who experience these symptoms seek an answer through medication and psychotherapy. He sees happiness as the ultimate risk.

What does this mean? Livingston writes,

“... It is often hard to sell unhappy people on the idea of taking the chances necessary to alter attitudes and behaviours that play a role in their chronic discouragement ... Usually people want to alter the way they are feeling: anxious, sad, disoriented, angry, empty, adrift. Our feelings depend mainly on our interpretation of what is happening to us and around us – our attitudes. It is not so much what occurs, but how we define events and respond that determine how we feel. The thing that characterises those who struggle emotionally is that they have lost, or believe they have lost, their ability to choose those behaviours that will make them happy.”

We all need to choose to be happy. In the Gospel of Luke, Jesus states, "How happy are those who hear the word of God and obey it." (11: 28). It is a simple philosophy and worthy of our attention.

Let’s all choose to be happy in the coming weeks.

Best wishes and
God Bless,

Mr Peter McLoughlin
Principal
Term 2, Week 4

Term 2 is off to a flying start with the focus for many students being the upcoming Half-Yearly examinations for Years 7-10 in Weeks 6 and 7.

This week, Year 12 students return from their Retreat and Year 11 students continue with their Half-Yearly examinations - all in all a busy time!

A reminder that the Newsletter is posted on the web on the day of distribution to students (the youngest in the family). Back issues are also available at the College website - www.bps.lism.catholic.edu.au.

We hope you enjoy today’s issue.

IN THIS ISSUE:

- Parish Youth Mass
- Open Day – next Tuesday
- Principal’s Notes
- Deputy’s Notices
- Weekend Mass Times
- Reading of the Week
- WYD08 Clothing Appeal from the Parish
- Curriculum News
- The WORD this week is . . .
- Careers News
- Talent Quest Finals – next Friday
- CAPA News
- Pastoral News
- Sports News
- Tweed Valley Results
- ‘Living with Teenagers’ Parent/Carer Course
- ‘The Parents Jury’ – Understanding Food Labelling
- “Student of the Week”
- Uniform Shop Hours
- Canteen News & Roster
- ‘Joseph & the Amazing Technicolor Dreamcoat’® Musical – St James Fundraiser
- Parish Fete & Gala Day
- WEP Student Exchange Program
- Creating Resilient Families
- World Youth Day - Home Stay Hosts Required

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

PARISH YOUTH MASS

Our Next Youth Mass will be held
This Sunday, 25 May 2008
in the Holy Family Chapel, St Joseph’s College,
Doyle Drive, Banora Point
commencing at 5.30pm
All are welcome to attend!

OPEN DAY
Next Tuesday, 27 May, 11:00am – 1:00pm

Year 7 2009 Enrolments
Close Friday 6 June

PRINCIPAL’S NOTES

YEAR 12 RETREAT
Our Year 12 students return to school today, having participated in their Retreat on Wednesday, Thursday and Friday of last week. My thanks to:

- Mr Scott McDermott who organised the program.
- Mr Shane Burns who organised the venue/transport etc.
- Mrs Jane Joseph who typed and printed/copied the Retreat program for staff as well as the personalised student booklets.
- Ms Debra Dawson who helped prepare equipment for the Retreat program.
- Ms Kerrie Pridis, Mrs Vicki Sargent, Mrs Wendy Peterson, Mr Tom Nethery, Mr Matthew Hall, Miss Charmaine Vella, Miss Amie Nugent and Ms Erin Gallagher who facilitated small groups and supervised the students. Also thanks to Mr Andrew Chambers who performed the role of ‘Night Manager’.
- Fr Michael who spent three days of his own time with Year 12.

I hope the Year 12 students will treasure the experiences of the Retreat.

PRAYERS

Please pray for the repose of the soul of the grandfather of Sam and Liam Knott in Year 8, who passed away last week.

Mr Peter McLoughlin
Principal

DEPUTY’S NOTICES

COMING EVENTS

WEEK 4
Monday 19 May ............................................................... (Day 1)
- Year 11 Half-Yearly Examinations continue (14 to 23 May)
- Bond University “Best on the Coast” Quiz

Tuesday 20 May .............................................................. (Day 2)
- Diocesan Cross Country

Thursday 22 May ............................................................ (Day 3)
- Rio Tinto Big Science Competition
- Cochrane Cup (selected students)

Friday 23 May ............................................................... (Day 5)
- Bill Turner Trophy (selected students)

WEEK 5
Monday 26 May ............................................................. (Day 6)
- Years 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)

Wednesday 28 May ........................................................... (Day 9)
- Social Justice Day (selected students)

Thursday 29 May ............................................................ (Day 8)
- UNSW Science Competition (selected students)

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)
- Years 7-10 Half-Yearly Examinations (6 to 13 June)
- Year 7 2009 Enrolments close

The School Newsletter and School Calendar are both available online @ www.bps.lism.catholic.edu.au.

The School Calendar contains year group events, assessment schedules and term dates.
**ATTENDANCE: IT'S NOT OK TO BE AWAY!**

**Why is our Attendance Policy necessary?**

To reach their potential at school, students need to attend regularly.

Studies show there is a far greater chance of students becoming early school-leavers if they don’t attend school regularly.

We must account for the whereabouts of our students daily.

We strive to work with parents to provide a secure and caring learning environment for our students. Many of our “approved” absences are for trivial reasons eg. shopping.

We need to work together to help students to understand the importance of being at school whenever possible.

Parents will receive letters in the next week or two if their student is putting their year at school in jeopardy through poor attendance.

**IT’S NOT GOOD ENOUGH!!** It not only affects the student involved in terms of sequential learning, but often interrupts the progress of the whole class.

**DOES OUR COMMUNITY PLACE A HIGH VALUE ON EDUCATION??**

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!*

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**WEEKEND MASS TIMES**

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<tr>
<th>St Joseph’s Parish</th>
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Fr Michael Brady          Fr Jim Griffin
Parish Priest             Parish Priest

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**RELIGIOUS EDUCATION NEWS**

**Reading of the Week**

Today’s Reading comes from God’s Word written in the Letter of James as He explains the meaning of true wisdom:

Wherever you find jealousy and ambition, you find disharmony, and wicked things of every kind being done; whereas the wisdom that comes down from above is essentially something pure; it also makes for peace, and is kindly and considerate; it is full of compassion and shows itself by doing good; nor is there any trace of partiality or hypocrisy in it.

Peacemakers, when they work for peace, sow the seeds which will bear fruit in holiness.

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**CURRICULUM NEWS**

**ASSESSMENT VARIATION FORMS (YEARS 10-12)**

Students are reminded these are submitted to the course teacher. Mr Peter Serone will deal with these forms whilst I am on leave from 15 May to 23 May.

**YEARS 7-10 EXAMS**

These exams commence Friday 6 June until Friday 13 June – Monday 9 June is a Public Holiday. Please ensure students are present at school for their exams.

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**ST JOSEPH’S CATHOLIC PARISH**

**Tweed Heads Catholic Presbytery**

P.O. Box 25, Tweed Heads NSW 2485

Phone: (07) 5536.7522
Fax: (07) 5536.4992

**WINTER CLOTHING AND SLEEPING BAGS NEEDED**

From 10-14 July in the lead up to World Youth Day 08 our Parish will be hosting 70 young people from the Solomon Islands.

Going to Sydney in the middle of winter will be a very big change in climate and as part of our responsibilities we will be providing winter clothing and sleeping bags. So far we have collected 48 sleeping bags and we still need 22 more – so if you have any sleeping bags that you no longer need, your donations will be greatly appreciated.

Please leave any items at your school and we will have them collected or you can drop them to the Parish Office in Tweed Heads, or for further information contact the Parish on Ph: (07) 5536.7522.

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Mr Scott McDermott
RE Coordinator

Mr Peter Lyon
Deputy Principal
Do you know the meaning of this word?
Choice: (n.) the act or an instance of choosing or selecting; the opportunity or power of choosing; a person or thing chosen or that may be chosen; an alternative action or possibility.

How do your choices shape you as a person?
“I believe that we are solely responsible for our choices, and we have to accept the consequences of every deed, word, and thought throughout our lifetime.”

“Life is all about choices. When you cut away all the junk, every situation is a choice. You choose how you react to situations. You choose how people affect your mood. Your bottom line: “It’s your choice how you live life.”

CAREERS NEWS

Today we have a few notices for the attention of our students:

BOND UNIVERSITY SCHOLARSHIPS
INVESTING IN YOUR FUTURE SCHOLARSHIP INFORMATION SESSION
Each year, Bond University offers a Numbers of full-fee and part-fee scholarships to Australia’s best and brightest. These scholarships are designed to reward and encourage Year 12 students who excel in academics, sports, community service and leadership. Come along to the free information session:

Date: Wednesday 28 May 2008
Phone: 6:15pm for a 6:30pm start
Location: Cerum Theatre, Bond University

For further information about this event, please contact Bond University on (07) 5595.4111. If you would like to find out more about the Bond University Scholarship Program, please visit: www.bond.edu.au/scholarships.

Griffith University Medicine Information Evenings
Find out about studying medicine at Griffith University by attending our Medicine Information evenings.

The evenings include:
• presentations about available study options
• opportunities to meet Griffith staff and students
• light refreshments will be provided

Dates: Tuesday, 20 May 2008 ~ 6:00pm-8:00pm
Gold Coast campus Activity Centre
Tuesday, 27 May 2008 ~ 6:00pm-8:00pm
Nathan campus Eco Centre

Enquiries: Maxine Hughes (07) 5678 0305, medscience@griffith.edu.au, http://www.griffith.edu.au/health

To register go to the Events Calendar at: www.griffith.edu.au

PRICERWATERSHOUSECOOPERS (PwC)
Accountancy Cadetships
The PwC Trainee Program

Are you in your last year of high school and thinking about a future career working for a professional services firm? A traineeship at PwC offers an exciting range of opportunities across two of our key divisions – Assurance and Tax & Legal.

Whatever career you may be considering, PwC will provide you with a diverse and fast-moving environment, full of energy, challenge, innovation and opportunities.

Traineeship employment also offers you the opportunity to complete a Commerce or Business degree majoring in Accounting, while gaining practical and commercial experience.

APPLICATIONS CLOSE ~ QLD: 18 June 2008
NSW: 25 June 2008

For more information, please contact the Staff Service Centre on (Freecall): 1800 175 599, Email: ss@au.pwc.com, or visit the website: http://careers.au.pwc.com.

UMAT TESTING ON 30 JULY 2008
The Undergraduate Medicine and Health Sciences Admission Test (UMAT) is developed and used specifically to assist with the selection of students into medicine and health science degree programs at undergraduate level at selected universities (listed in this box):

NSW: The University of Newcastle/University of New England (Joint Medical Program), The University of New South Wales (Medicine, Optometry), and the University of Western Sydney (Medicine).
QLD: Bond University (Medicine), Griffith University (Dental Science, Dental Technology, Oral Health in Dental and Oral Therapy, Medical Science), and the University of Queensland (Medicine [Year 12 conditional entry], Dental Science).

Your completed registration must be received by the UMAT Officer at ACER no later than 5:00pm (AEST) on Friday 6 June 2008. Cost for registration is $160.00.

Registered candidates will receive an Admission Ticket approximately 2 weeks prior to the test. The ticket will show the exact test centre location and the reporting time. The UMAT Office will not announce venue details before the release of Admission Tickets.

If you have not received your Admission Ticket by Wednesday 23 July, you should contact the UMAT Office. You will not be allowed to sit UMAT if you do not have your Admission Ticket with you.

If you do not bring your Admission Ticket and appropriate identification with you on the day of the test, you will NOT be permitted to sit UMAT and will be turned away from the test centre.

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.
**2008 QANTAS CADET PILOT PROGRAM**

The new Qantas Cadet Pilot Program represents an opportunity to let your flying career take off. This training program is designed to equip successful graduates with the skills, qualifications and experience required for possible future entry into Qantas as a Second Officer.

There are several training options available depending on the candidate’s previous flying experience, career goals, personal preferences and individual circumstances. Qantas’ assessment of a candidate’s suitability for a particular program is also a factor in the outcome.

The training program consists of two phases and Qantas gives no guarantee or commitment of future employment at any time after completion of the training program. In particular: Only the best candidates from Phase 1 will be considered for selection into Phase 2 (CIPP).

Eligibility requirements: Applicants must be Australian citizens or have Australian Permanent Residency Status & be aged 17 or greater as at 1 October 2008.

Cadet applicants are required to undergo a rigorous, multi-stage selection process including an interview and skills assessment as well as various health and character checks. There are minimum educational requirements for HSC school leavers and you can visit the website: http://www.qantas.com.au for detailed information.


For more information on any of the aforementioned items, please see me in the Careers Room.

Mr Matt Hall  
Careers Coordinator

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## Talent Quest Finals

**Year 12 invite you to the Finals of the 2008 Talent Quest**

To be held Doyle Centre at the College  
**Friday 30 May 2008**  
(next week)  
commencing at 6:00pm

A huge array of talent to be seen, and heard!  
Lots of yummy food on offer  
for very reasonable prices  
*(Food will be served outside the Doyle Centre)*  
Great raffle prizes

**Entry – gold coin donation**

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### CAPA NEWS

Welcome back to an exciting term in the Creative and Performing Arts department. This term is a term where students will be performing in the areas of Music and Drama and continue to develop their skills in the creation of magnificent art works and developing their fluency with the French Language.

Mrs Peterson is busily preparing students in the Preliminary courses in French and making arrangements for the French New Caledonian excursion in Term 4.

The Music department continues to foster the appreciation and love of Music amongst students at the College. In partnership with the St James Primary School and Musicorp, our “baby band” is making steady progress and looks forward to performing a small concert at the end of this term. The peripatetic program is growing in strength and numbers. We offer private tuition for students wishing to learn a musical instrument. We offer, woodwind, brass, piano, guitar and drum tuition. Please see Mrs Singleton-Newell or contact the peripatetic teacher directly to organise a spot in their classes:

- Piano – Mrs Cathy Payne (0403) 806.181
- Guitar – Mr Michael Payne (0403) 721.111
- Drums – Mr Terry Gascgoine
- Woodwind, brass and strings – Mr Adam Owen

### NIDA WINTER PROGRAM COMING AGAIN TO ST JOSEPH’S COLLEGE

We are privileged once again to host the NIDA winter touring program in the first week of the July school holidays. This year NIDA will be offering a number of courses including NIDA acting techniques from 8 July to 11 July, acting intensive 16 years plus 12 to 13 July and acting to camera 12-18 years 12 to 13 July. The cost for the course is $395.00 for the four-day acting techniques course and $220.00 for the weekend courses. Once again we have a limited number of half scholarships available to students. If you are interested in applying you will need to organise a portfolio of you activities in theatre and performance as well as submit a 500-1000 word application persuading the panel why your application should be considered above everyone else applying for a part scholarship. Once again we look forward to hosting such a valuable week of professional actor training at the College. Please see Mrs Singleton-Newell if you are interested in applying.

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Mrs Sharon Singleton-Newell  
CAPA Coordinator
This article is the twentieth part in our ongoing series of ‘Bad Attitude’ articles. Today we take a look at the ‘bad attitude’ RUDE, and what we can do about it.

**Bad Attitude, Bad Attitude Antidote and Replacement**

**Rude**

**Respect, Caring, Reverence**

**Emergency Attitude Intervention:** From this moment on, any time your child uses disrespectful words, tones, or gestures toward you, immediately get up, and calmly walk out of her/his presence. Not just the first time, but each and every time your child does something rude, your reaction must be consistent and persistent. I don’t care if s/he wants to tell you something important or desperately needs your help, you must make your child realise that a rude attitude is intolerable and will no longer be indulged. This goes for little children and big children. 

Rude-talking, flippancy, sarcastic children are on the rise, and can they ever push our buttons! And why not? Offspring with rude attitudes are sardonic, obnoxious, and poster children for the Big Brat Factor. They undermine your authority, challenge almost anything you say, and let you know in no uncertain terms that you don’t have a clue. And their antics are also highly selfish and self-centred. Don’t kid yourself for one minute that these kids are concerned about how you feel when they zap you with their sarcastic tones and curt jabs.

So where’s all this coming from? Most parents would agree that children come to think it’s cool to be rude. Reality TV, raunchy song lyrics, and everyday conversations with their peers at home, at school, and on their instant emails and mobile phone text messages. And of course a primary recipient of this bad attitude is usually going to be you.

Maybe your child is just trying to be “in” with the “in crowd,” but if rude attitudes are allowed to continue, they can have very negative social consequences. No teacher, coach, scout leader, other child’s parent, or almost any other adult, for that matter, appreciates a rude child. The good news is that disrespectful attitudes such as back-chatting and smart-mouthing can be curbed — that is, as long as you are consistent with your makeover plan and let your child know in no certain terms that you are serious about teaching her/him the virtues of respect, caring, and reverence.

**Bad Attitude Alert:** Before you can curb your child’s rude attitude, figure out where, why, and what you need to do to remedy any rift if it exists between the two of you.

**Diagnosis:**

**Why.** The first most important question is to figure out why your child has this rude attitude. Have you been disrespectful to her/him? Has s/he seen you being disrespectful to your partner or other members of your family or friends? Here are some other things to consider: Has s/he been hanging out with a new crowd? Is s/he watching or listening to crude entertainment? Has s/he changed her/his appearance in trying to find a new image? What has your child learned from being so rude? Has it actually been effective? Is there a problem at home? A rift in your relationship? Does s/he resent you for some reason? Is there a problem at school or day care, home, during dinner hour, in the car, with a particular child or group of children? Does s/he use the attitude everywhere or mostly in certain places? If so, why?

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

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

Next, reflect on how you typically respond to your child’s rude, flippancy attitude. For example, are you attentive, preoccupied, concerned, respectful, firm, hurried, interested, or indifferent? Think back to the last time your child was rude. What was the incident over? How did it start? What were you doing at the time? How were you acting toward your child? Is this how you typically react toward her/him? Get into her/his shoes: Would s/he agree with how you described your attitude? Did you make any non-verbal gestures such as rolling eyes, shrugging shoulders, smirking? Was there anything in your attitude that might have set her/him off? What did s/he say that you considered to be rude, and did you react in a manner you tolerated her/his rude attitude? Or did you scold her/him or blame yourself? Did your response stop the attitude or escalate it? What is the one response you know never works in stopping this rude attitude? Remember it.

**Facing your own bad attitudes:**

Your child isn’t born rude, so where is your child learning this attitude? Could it be from siblings? Friends? Neighbourhood children? Cousins or relatives? What about from you or your spouse? How do you treat one another? Do you use four-letter words? If so, how often? How about the way you treat your friends? Has anybody ever accused you of being rude or insulting? What was the situation?

Now think about how you typically talk to your child. Do you talk in a civil, respectful tone toward her/him? Do you take time to attentively listen to her/him? Are you ever sarcastic, belittling, cutting, or insulting? Do you ever swear at your children? What about being overly critical or judgmental? Do you put down your child in front of others? Compare your child to her/his siblings? Is your discipline fair or overly punitive? Would your child agree with your self-evaluation?

Next, seriously reflect on your relationship with your child. Is it really based on mutual respect? Could the state of your relationship have anything to do with her/his rude, disrespectful tone? How would s/he describe your relationship? For example, would s/he say it is honest, open, trust, loving, or respected? Or would s/he say it’s strained, closed, or stressful? Why? If your relationship is strained, what can you do to rebuild and reconnect with your child? And what are you really willing to commit to doing to remedy any rift if it exists between the two of you?

What is the first step you need to take in yourself to be a better example to your sons or daughters when dealing with their rude attitude? What changes do you need to make in yourself?

**Bad Attitude News Alert:**

Only 12 percent of the two thousand adults polled in a recent US survey felt that children commonly treat others with respect; most described them as “rude”, “irresponsible”, and “lacking in discipline”.

The “Don’t Give Me That Attitude” Makeover

To eliminate your child’s rude attitude, take the following steps:

**Step 1 – Clearly Identify Your Child’s Rude Behaviours**

The first step in eliminating a rude attitude is to determine which behaviours you consider inappropriate. Only then can you eliminate them from your child’s repertoire. Where do you draw the line between normal teasing and family banter, and an outright rude, disrespectful attitude? What is your family’s rule about four-letter words? Your child won’t know the boundaries unless you do.

All children slip every once in a while, but what is your child doing or saying that is really rude? The best test is that a rude attitude is mean-spirited, embarrassing, or hurtful and always disrespectful. Keep in mind that rudeness can be delivered in three ways: with words, a rude voice/tone, or with body gestures.
Also let your child know that if her/his attitude continues, there will be a consequence. Call it on the spot by briefly describing why her/his rude attitude will no longer be tolerated: you might explain your family’s code of values and your personal beliefs and how a rude attitude goes against those values. Also let your child know that if her/his attitude continues, there will be a consequence. Here are a few ways to explain your new standards:

- “Please don’t use a whiny baby voice when you want something to eat. In this family, we always ask for things respectfully.”
- “Four-letter words are forbidden in this family.”
- “I notice that when I talk to you, you roll your eyes. That’s disrespectful, and you must stop right away.”
- “You’re not abandoning your child; you’re letting her/him know you care, grandparents – involved in the attitude makeover so you’re on board together.”

Step 2 – Announce a “No Rudeness Policy” and Then Stick to It

Calmly announce your zero tolerance for rude behaviour and language to your child. Make sure it is a relaxed, uninterrupted time, and then clarify your new policy in a firm, serious tone. This is no time for discussion, negotiation, or compromise. In fact, the whole discussion should be brief. Just express why her/rude attitude will no longer be tolerated: you might explain your family’s code of values and your personal beliefs and how a rude attitude goes against those values. Also let your child know that if her/his attitude continues, there will be a consequence. Here are a few ways to explain your new standards:

- “Tell me to ‘get a life’ when I am talking to you is rude. You may not talk that way.”

Step 3 – Refuse to Engage with a Rude-Mouthed Attitude

Children are much more likely to stop using rude, sassy attitudes and bad language if they find they don’t work in getting what they want. Whenever your child lays a rude attitude on you, flat out refuse to respond until s/he is respectful. And do so every time s/he acts rudely.

The best response to a rude child is to turn and walk away calmly. No, you’re not abandoning your child; you’re letting her/him know you expect respect and won’t deal with her/him until s/he acts respectfully. Usually when children see that you are serious and are not going to give in, they stop. Be careful that you don’t receive any non-verbal messages to your child. For instance, don’t sigh, roll your eyes, shrug your shoulders, or look exasperated. Doing so is technically “responding.” Remember that some children actually enjoy seeing you ticked off, so don’t give your child the pleasure. Here are a few examples of how to respond:

- “Stop. That’s being rude. When you have a respectful attitude, you can find me in the kitchen.”
- “I can’t understand that rude voice. I listen only to nice voices.”
- “We’ll talk when you can listen respectfully without rolling your eyes and smirking.”

Step 4 – Set a Stern Consequence If Rude Attitude Continues

If you’ve been clear with your expectations and the rude attitude and gestures still continue, it’s time to set a consequence. Whenever your child does display the attitude, call her/him out on the spot by briefly describing what s/he did that was disrespectful – for example, “I’ve explained before that you may not talk to me in that tone of voice. Since you can’t talk respectfully to your family, you may not use your mobile or any other phone for the next twenty-four hours. Put it in the drawer, please.”

There should be no discussion; just calmly state the consequence, then enforce it and don’t back down. S/he needs to know that her/his attitude will not be tolerated. Here are a few other consequences for different ages that address rude, flippant attitudes:

- “Time-out away from activities.” Younger children who talk back can be removed from the room until they can talk respectfully; “Lydia, that was rude. Go to time-out for five minutes.”
- “Phone privileges for a set period.” One where s/he can’t receive any non-verbal messages to your child. For instance, don’t sigh, roll your eyes, shrug your shoulders, or look exasperated. Doing so is technically “responding.” Remember that some children actually enjoy seeing you ticked off, so don’t give your child the pleasure. Here are a few examples of how to respond:
- “Tell me to ‘get a life’ when I am talking to you is rude. You may not talk that way.”

Attitude Makeover Pledge: How will you use these steps and ideas to 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 less rude and obnoxious, and more respectful and considerate?

The New Attitude Review: All attitude makeovers take hard work, constant practice, and parental reinforcement. Each step your child takes toward change may be a small one, so be sure to acknowledge and congratulate every one of them along the way. When you are curious about your child’s progress, list 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?


Ms Frances Stegeman
Pastoral Advisor
SPORTS NEWS

RUGBY UNION NEWS

Congratulations to Ryan Ambrose (7VS1) who – like Joseph Hardy – 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 Ryan!

Mr Michael Joseph

BILL TURNER TROPHY JUNIOR GIRLS’ SOCCER

“SEASON 2008 STARTS WELL”

The Round 1 clash of the 2008 Bill Turner Trophy for U/15 girls was against Murwillumbah High School on Monday of Week 2. The game was a very one-sided affair that resulted in an 8-0 victory to SJC and marked an opening performance that pleased the coach.

With the addition this year of some promising new talent in Years 7 and 8, to replace the exit of much 2007 talent, the SJC girls proved they can be again be a force in this competition displaying a solid defence and some excellent attacking moves that were finished off with some potent striking power. Some impressive combinations throughout the field were evidence of an exciting new blend of youth and experience for 2008.

The true test of mettle for this team will be what they can produce when they are challenged by some seriously talented opposition – which will definitely be the case in the future of this 2008 competition! There will need to be much improvement if they are to step up to this challenge when these opponents present themselves.

The next test for SJC will be in two weeks time when they face their next opponent (yet to be named). Will they have the goods? Time will tell.

The 2008 Bill Turner Trophy Team is:

1. Annie McCleary (10GW1)
2. Katie McCleary (10GG1)
3. Cailin Smyth (9LJ1)
4. Hayley Raso (8SS2)
5. Elise Kachel (9FM2)
6. Erin Smith (9FM2)
7. Caitlin McGibbon (9TN1)
8. Eliza Campbell (8LM1)
9. Bonnie Amos (7MB1)
10. Hannah Simpson (8LC1)
11. Ainsley McLucas (7VS1)
12. Penny McDonald (9TN1)
13. Rosemary Samuels (8SS2)
14. Sasha Webb (9FM2)
15. Brianna Atkin (7CF1)
16. Caitlin Flecknoe (9TN1)

Georgina Oram (10SJ1)
Manager

Mr Carlo Trimboli
Coach

NEW SOUTH WALES COMBINED CATHOLIC COLLEGES SWIMMING CHAMPIONSHIPS

Congratulations to our eight swimmers who competed at the New South Wales Combined Catholic Colleges (NSWCCC) Swimming Championships at Homebush on 2 May.

Some great results, especially from Jaimie Lahrs (7DR1), Dominic Cormack (7JB1) and Joseph Hardy (7VS1), who all qualified for the NSW All Schools Championships at Homebush at the end of the month.

Good luck!

Mr Peter McLaughlin
Sports Coordinator

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

TWEED VALLEY RESULTS

Round 4 - vs- Tweed River High School
Wednesday 14 May 2008

<table>
<thead>
<tr>
<th>Male Sports</th>
<th>Results</th>
<th>Best &amp; Fairest</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball A</td>
<td>Won 31-30</td>
<td>Christopher Best</td>
</tr>
<tr>
<td></td>
<td>Won on Forfeit</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lost 40-6</td>
<td>Andrew Putland</td>
</tr>
<tr>
<td></td>
<td>Lost 3-0</td>
<td>Samuel Rundle</td>
</tr>
<tr>
<td></td>
<td>Lost 3-0</td>
<td>Tyson Breen</td>
</tr>
<tr>
<td>Volleyball A</td>
<td>Lost on Forfeit</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lost 29-13</td>
<td>Bernard Tsang</td>
</tr>
<tr>
<td></td>
<td>Lost 20-12</td>
<td>Anthony Callaghan</td>
</tr>
<tr>
<td>Tennis A</td>
<td>Lost on Forfeit</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Win 5-2</td>
<td>Tyler Swaney</td>
</tr>
<tr>
<td></td>
<td>Win 6-2</td>
<td>Benjamin Donohue</td>
</tr>
<tr>
<td>Soccer A</td>
<td>Lost 4-1</td>
<td>Joshua Foster</td>
</tr>
<tr>
<td></td>
<td>Win on Forfeit</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Win 3-2</td>
<td>Ricardo de Azevedo</td>
</tr>
<tr>
<td></td>
<td>Win 13-0</td>
<td>Shaun O’Brien</td>
</tr>
<tr>
<td>League</td>
<td>Win on Forfeit</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Win 28-0</td>
<td>Leroy Gordon</td>
</tr>
<tr>
<td></td>
<td>Win 8-0</td>
<td>Ned Crimmins</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Female Sports</th>
<th>Results</th>
<th>Best &amp; Fairest</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball A</td>
<td>Lost 41-18</td>
<td>Andrea Roberts</td>
</tr>
<tr>
<td></td>
<td>Lost on Forfeit</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lost 28-10</td>
<td>Georgia Ross</td>
</tr>
<tr>
<td></td>
<td>Win 33-18</td>
<td>Naomi Simpson</td>
</tr>
<tr>
<td>Volleyball A</td>
<td>Win 3-2</td>
<td>Emily Hipwell</td>
</tr>
<tr>
<td></td>
<td>Lost 2-3</td>
<td>Cheyenne Wickert</td>
</tr>
<tr>
<td>Tennis A</td>
<td>Lost 21-10</td>
<td>Lauren Workman</td>
</tr>
<tr>
<td></td>
<td>Lost 17-15</td>
<td>Lauren Ostrowski</td>
</tr>
<tr>
<td>Touch A</td>
<td>Win 6-3</td>
<td>Ashleigh Dunemann</td>
</tr>
<tr>
<td></td>
<td>Lost 6-2</td>
<td>Hannah Wakefield</td>
</tr>
<tr>
<td></td>
<td>Lost 8-3</td>
<td>Lauren Condon</td>
</tr>
<tr>
<td>Soccer A</td>
<td>Lost on Forfeit</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Win 7-0</td>
<td>Rose-Marie Samuels</td>
</tr>
<tr>
<td>Netball OPEN A</td>
<td>Win 27-23</td>
<td>Amy Holt</td>
</tr>
<tr>
<td></td>
<td>Win 34-7</td>
<td>Ashleigh Hayes</td>
</tr>
<tr>
<td></td>
<td>Win 22-6</td>
<td>Emma Hickling</td>
</tr>
<tr>
<td></td>
<td>Lost 23-19</td>
<td>Ebony Serone</td>
</tr>
</tbody>
</table>

Mr Peter McLaughlin
Sport Coordinator

Understanding Food Labels Helps
Families Make Healthy Choices

Buying healthy and enjoyable food for your child's lunch box can be tricky at the best of times, but having to interpret nutrition information panels and health claims can make it an even more complicated task for parents.

Food manufacturers use packaging as an opportunity to promote the benefits of their product but may not tell the whole story about what the food contains, such as high fat, sugar or sodium (salt) levels. Parents are often left feeling confused about what is really healthy for their child.

Advocacy group The Parents Jury’s campaign for Improved Food Labelling Systems informs and empowers Australian parents to learn about the types of information that appear on food packaging, to understand labelling regulations, and to practice reading food labels at home with their families.

It is important that parents are able to trust the nutrition information they find on food packaging because Nutrition Information Panels, nutrition claims and endorsement ‘stamps’ all influence the purchases that parents make on behalf of their children, for better or worse.

The Parents Jury’s campaign advocacy kit contains information about the different types of information that appear on food packaging such as ingredients lists, Nutrition Information Panels and nutrition claims. It teaches parents how to interpret food labels and to read between the lines of potentially misleading claims and endorsements. The kit also contains lots of handy tips, resources and Internet links to help parents and children make ongoing healthy food choices.

To get involved with The Parents Jury’s campaign for Improved Food Labelling Systems, visit [http://www.parentsjury.org.au](http://www.parentsjury.org.au), or email [enquiries@parentsjury.org.au](mailto:enquiries@parentsjury.org.au).

The Parents Jury is supported by Diabetes Australia - Vic, WA and QLD, The Cancer Council Australia and its member bodies, The Australian and New Zealand Obesity Society and VicHealth.

Membership of The Parents Jury is free and open to all Australian parents, grandparents and guardians of children aged under 18 years.

The Family Centre is offering a six-week group program for mothers, fathers and carers of 12-16 year olds “Living with Teenagers”.

Topics will include: what’s happening in adolescence, self-esteem, peer influence, sex and sexuality, communication with teenagers and dealing with difficult behaviour.

The course will commence in May/June and will take place on Mondays from 5:00-7:00pm, with a cost of $30.00.

For further information, please contact the Intake Worker at The Family Centre on (07) 5524.8711 to book a place.
STUDENT OF THE WEEK

Could this be a picture of you?

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

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

Student Council

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

CANTEEN NEWS & ROSTER

S.O.S.
HELP NEEDED!!

Thanks to all the wonderful parents who already help out in the Canteen – you’re fantastic! – but today, I’d like to ask for helpers who maybe haven’t been in the Canteen . . . yet.

We really are reliant on the kindness of our parents to help run the student canteen. Even if you can spare just a day it would be very much appreciated as we are running short of helpers – as you can see!! Please call me if you can.

CAFE A 5 ROSTER

WEEK 4
Monday 19 May
Michelle Clarke, Jan O’Donohue & Jenny Cork
Tuesday 20 May
Jenny Cork & Tracey Buckley-Dunn
Wednesday 21 May
Helen Steele & HELP
Thursday 22 May
Robyn Crowe & Margaret Putland
Friday 23 May
HELP & HELP

WEEK 5
Monday 26 May
Susan Klein & Michelle McLennan
Tuesday 27 May
Sonia Haaijer & HELP
Wednesday 28 May
Mary-Anne Perfentean & HELP
Thursday 29 May
Jeanette Laing & HELP
Friday 30 May
Donna West & Janet Hingerty

Mrs Dianne Pinkstone
Canteen Manager

Neptune Productions
http://www.neptuneprod.com
presents the classic family musical

JOSEPH & THE AMAZING TECHNOICOLOR DREAMCOAT®

Music by Andrew Lloyd Webber / Words by Tim Rice
By arrangement with Origin Theatrical on behalf of the Really Useful Group Limited
Directed by Wendy Fahey
Choreography by Cherie Goosey & Caroline Thomas with Casey Fegan as Joseph and Debbie Tanna as Narrator
Tweed Civic Centre, Wharf Street, Tweed Heads
May 23 & 24 7:30pm Table Seating
Matinee 24 & 25 May 2:00pm Theatre Seating
For bookings call (07) 5536.2446
Adults: $18 Concession: $15 Family: $60
Mention “St James Fundraiser” and you can purchase tickets for $19 each, with $5 being donated back to St James
Students from St Joseph’s College & St James Primary School include:
Greg Pieris, Laura Bailey, Jessica Clarke, Hannah Clarke, Abbey Clarke, Angelique de Azevedo, Lenett Hillman, Caitlene Hillman, Lincoln Jamieson, Alexandra and Chelsie Myer, Mari Stewart and Claire Rendell
and in the Orchestra Jesse Carroll Drums/Percussion

Parish Fete & Gala Day
This Saturday, 24 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”.
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

World Education Program Australia (WEP)
Gold Coast Student Exchange Information Evening
Police Citizens Youth Club, Dominions Road, Ashmore
Wednesday 28 May, 7:00-9:00pm
For further information visit www.wep.org.au or call 1300 884 733 (local call cost)

Valuables: Students are asked not to bring large sums of cash or valuable items to school.
CREATING RESILIENT FAMILIES

12 FEARS, WORRIES AND OTHER ANXIETIES

FROM THE AGE OF AQUARIUS TO THE AGE OF ANXIETY

So you've just spent an hour or so worrying about your child. And you think you're the only one? Without knowing it, you've joined the club of panicked parents. On any weekday morning you can see the effect of fear on our society as parents drive their children to schools that were thought to be conveniently located when they moved to their current house. Increasingly, fears of kidnapping, molestation and worse have resulted in families retreating into their homes. A survey of 111 country families found that parents' fears ranged from stranger danger to safety in the home while the parents were out completing farm duties. In regard to older children, worries were safety issues on the road and on public transport, isolation when home alone and peer pressure resulting in risk taking.

What Teenagers Think Parents Worry About

Young people were asked in a survey to list what teenage issues they thought parents worry about. They thought the teenage issues you worry about are: drugs, education, alcohol, peer influences, safety while socialising, kids having sex, kids committing crime, pregnancy, violence, kids making wrong decisions, immorality, opposite sex and diet. Interestingly, their children's happiness is not one of the things they thought parents worried about.

AUSTRALIAN WORRIERS CLUB

The Australian Worriers Club wishes to announce its concern that members are not paying their annual fees. Mr Todor of Albury said today: If this trend continues we won't be able to hold our version of the desperate and endless ball - the annual "Poor and Paranoid Dinner Dance".

SOME BATTLES NEED TO BE Fought HEAD ON

At least a third of young people worry and it may be that worrying is helpful in preparing people in case bad things happen to them. However, too much worry can stop kids doing new activities and 'having a go'. It is useful for parents to show kids how to overcome fears and worries where it is possible and safe to do so. As children get older, their worries become more specific and more complex. Before they reach school age, children tend to worry about imaginary and supernatural threats such as monsters, as well as separation from parents. Early primary school kids worry mostly about threats to their physical wellbeing, but by late primary and early secondary school the worries shift. At this stage, young people are more likely to be concerned about their social standing with peers, and their level of ability at school and other activities. Just wait until they become parents...
DAYS IN THE DIOCESE
10-14 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

Days in the Diocese Host Registration

Name: _____________________________________________________________
Address: ___________________________________________________________
Email or phone contact: _______________________________________________
Number of Pilgrims I am able to host: ____________________________________
Gender preference: __________________________________________________