College Captains 2007/2008 Parting Address

The past six years have been a mixture of laughter, joy, frustration and tears but most of all, years that have helped us grow and develop into the young adults we are today.

It has been an honour and a privilege to be called School Captains of St Joseph’s and it is with sadness that our short term has come to an end. It feels like only yesterday that we were elected to be the leaders of St Joseph’s. I’m sure we speak for all Year 12 when we say that we are apprehensive as we look into the future and move away from the place that we have called home for the past six years. It is with friendship, love, faith and commitment to the Christian values that are modelled at our school that we say goodbye and move on to the next stage of our lives.

To Mr McLoughlin, we thank you for your support and dedication and wish you all the best, as you also step forward on your journey from St Joseph’s College towards your new principalship at Marist College Ashgrove.

We would like to thank everyone who has helped us on our journey as School Captains, especially our Student Representative Council. They have enabled us to fulfil our roles to the best of our ability. It has been a year that we will forever cherish in our hearts. This stage of our journey has encouraged us to continually spread our wings and fly.

Eliza O’Donohue & Matthew Coughran

A Special Letter to Year 12 2008

Dear Year 12 students,

In a few short weeks, thirteen years of schooling will end when you complete your Higher School Certificate examinations. Then, the rest of your life will commence. If you believe what you read in the media, then your lives should be ones hell bent on chasing fame and fortune. It is interesting to reflect on the fact that fame and fortune are by no means a recipe for success. St Joseph’s College has aimed at producing you as positive-minded young men and women who are ready to be active contributors to our twenty-first century society. This has all been within a Catholic Christian context of caring for others and treating all with whom you come in contact with how you would like to be treated.

Be generous in your approach to others and don’t fear failure. As Mary Pickford wrote,

“If you have made mistakes, even serious ones, there is always a chance for you. What we call failure is not the falling down, but the staying down.”

My prayer for each of you is that you realise your God-given potential in which you act with Peace Through Justice towards all you encounter. May your God (Father, Son and Holy Spirit), Mary our Good Mother and St Joseph, God’s faithful and obedient servant, go with you in the next stage of your journey.

Best wishes and
God Bless,

Mr Peter McLoughlin
Principal
Year 12 Awards 2008

Yearly Academic Excellence Awards
Presented to students who have received Semester Academic Excellence in a subject, or a number of subjects, over both Semesters of a Higher School Certificate Course

Teegan Crompton  Community & Family Studies
Phoebe Cupples  General Mathematics
Michael Dougall  Industrial Technology
Lucy Fitzhugh  Community & Family Studies
Jack Mulherin  Modern History, Studies of Religion 1
Renee O’Connor  Community & Family Studies
Eliza O’Donohue  Community & Family Studies
Briana Schmalkuche  Studies of Religion II
Cherylyn Wong  Biology, Ancient History, History Extension

Awards for First Place in Courses
Presented to students who have gained first place in a course in Higher School Certificate assessment

Bronson Atkin  Visual Arts
Mark Bailey  PD/H/PE
Simon Campbell  Chemistry, Physics
Phoebe Cupples  Studies of Religion 1 (equal), General Mathematics, Business Studies, Legal Studies
Michael Dougall  Industrial Technology, Information Processes & Technology
Lucy Fitzhugh  Community & Family Studies
Michelle Haran  Retail Operations
Ashton Hawley  Senior Science
Alana Higgins  Hospitality
Ben Jones  Sport, Lifestyle & Recreation
Luke McCarron  Music 1
Jack Mulherin  Studies of Religion II, Modern History
Renee O’Connor  Standard English (equal)
Alexander Pace  Mathematics (equal)
Christopher Pearce  Catholic Studies
Kelsey Rundle  Exploring Early Childhood
Anthony Samuels  Mathematics (equal)
Briana Schmalkuche  Standard English (equal)
Rebecca Tilton  Mathematics Extension 1
Cherylyn Wong  Studies of Religion 1 (equal), Advanced English, Biology, Ancient History, English Extension 1, English Extension 2, History Extension
Aggregate Awards
The aggregates have been calculated on the 10 best units including 2 units of English. Marks for the individual 10 best units are based on Assessment Marks for 2008.

1st Aggregate  
Cherylyn Wong

2nd Aggregate  
Phoebe Cupples

3rd Aggregate  
Jack Mulherin

4th Aggregate  
Simon Campbell

5th Aggregate  
Laura Wilson

6th Aggregate  
Briana Schmalkuche

7th Aggregate  
Rosarna Geerz, Eliza O'Donohue (equal 7th)

Special Awards

100% Attendance
Nicholas Amos  
Riccardo Campione  
Jensen Lau  
Finton Lynch  
Katerina McLean  
Jack Mulherin  
Hannah Whittaker  
Cherylyn Wong

Sporting Excellence
To qualify for this award a student must have represented the College at Diocesan level or higher and displayed an excellent level of performance.

Daniel Ardill  
Lucy Fitzhugh  
Mark Bailey  
Isaac Scaysbrook  
~  
~  
~  
~  
Softball  
Touch  
Tennis  
Swimming

Cultural Excellence
To qualify for this award a student must have represented the College and/or presented at a number of significant performing and/or creative events and displayed an excellent level of performance.

Rosarna Geerz

Peace Through Justice
To qualify for this award a student, parent, teacher or staff member will have demonstrated outstanding contribution willingly and generously to the establishment of a spirit of social justice within our Christian community.

Ryan Andrews  
Matthew Coughran  
Teegan Crompton  
Phoebe Cupples  
Kate McGrath  
Eliza O'Donohue  
Hannah Whittaker  
Cherylyn Wong

St. Joseph’s College Award
To qualify for this award a student must have demonstrated all round excellence and commitment to the ethos of the College.

Cherylyn Wong
Year 12 2008
Graduation Class

12SB2
Mitchell Anderson
Ryan Andrews
Daniel Ardill
Lachlan Byrne
Simon Campbell
Erin Davoren
Bianca Gilmore
Benjamin Green
Ashton Hawley
Dannielle Hickling
Ben Jones
Simone Lanskey
Jenson Lau
Cassandra Maguire
Caitlin Martin
Samuel Monaghan
Dane Mortimer
Renee O’Connor
Alexander Pace
Matthew Riles
Isaac Scaysbrook
Cassandra Shearer
Rebecca Tilton

12CV1
Lauren Adshead
Ryan Baldwin
Riccardo Campione
Marc Chislett
Bradley Clark
Callum Collins
Matthew Coughran
Phoebe Cupples
Prudence Dalton
Lucy Fitzhugh
Rosarina Geerz
Brittany James
Finton Lynch
Kate McGrath
Jack Mulherin
Jesse O’Reilly
Nicole Perlenfein
Kelsey Rundle
David Saunter
Kirrinda Turnage
Emily Usher
Jenna White
Hannah Whittaker

12CT1
Kayla Atwood
Mark Bailey
Scott Bell
Jadey Cox
Teegan Crompton
Ania Dorocinska
Michael Dougall
Samantha Gardner
Liam Hadfield
Matthew Herridge
Alana Higgins
Benjamin James
Scott Lock
Michael Meynell
Alexander Miranda
Amber Pearson
Kevin Preston
Ione Quinn
Anthony Samuels
Leon Smith
Luke Smith
Ashleigh Turner
Cherylyn Wong

12WP1
Nicholas Amos
Rhys Antonioli
Bronson Atkin
Izaak Byrne
Alixandra Cuthbertson
Shaun Dougall
Rachel Eves
Eric Foster–Lindsay
Michelle Haran
Jessica Hollis
Fiona Lynden
Luke McCarroll
Katerina McLean
James Morgan
Daniel Mulheran
Eliza O’Donohue
Christopher Pearce
Jordann Rhodes
Leif Robertson
Troy Russell
Briana Schmalkuche
Simon Walsh
Jessica Wendt
Laura Wilson

Homeroom
~ 12SB2 ~
Miss Erin Gallagher

~ 12CV1 ~
Miss Charmaine Vella

~ 12CT1 ~
Mr Carlo Trimboli
& Ms Dianne Monnier

~ 12WP1 ~
Mrs Wendy Peterson

Year 12 Coordinator
Mr Shane Burns
Congratulations to Hannah Whittaker of Year 12 who has been chosen as one of only three students to receive a $6,000 scholarship as a ‘Peter Howard Future Chef’s Award’. Hannah was chosen among students from NSW, QLD, VIC and the ACT.

An outstanding achievement Hannah! Congratulations to you and your very proud teacher, Mrs Sargent.

MAKING A DIFFERENCE

The following information has been provided by the Diocese in Lismore about the upcoming gathering “Making A Difference” to be held on the second day of next Term:

“Making a Difference” Gathering

It is now well known that students’ educational opportunities are maximised when parents and teachers are working in partnership. Students’ spiritual wellbeing is also maximised when the adults in their world are working together in partnership. However, we do not talk together very often about our current issues or future directions to ensure growth in their spiritual wellbeing.

Therefore, parents and teachers who would like to be part of such a discussion are invited to participate in a Gathering to be held at Xavier Catholic College, Skennars Head on Tuesday 14 October beginning at 6:00 pm and concluding at 8:30 pm.

The Catholic Education Office is sponsoring four Gatherings throughout the Diocese of Lismore during the first week of Term 4, 2008. The results of the discussions will form the basis of strategic directions and resourcing in the area of student spiritual wellbeing and faith nurture in Catholic parish schools for the coming years.

Each Gathering is built around Pope Benedict XVI’s challenge to the youth of the world at Randwick to “make a difference” with their lives. How will we as parents and teachers work together so that our children will have the optimal conditions to become people who make a difference with their lives? Students are also being invited and they will begin their activities around 5:00 pm. The Church must also listen to them about how best to serve their spiritual needs.

The four Gatherings will be facilitated by Dr Charlotte McCorquodale, an internationally renowned expert in the area of Youth Spirituality.

For further information please consult Ms Allira Eppich.

STAFF CHANGES

We welcome Mrs Katie McCluskey to St Joseph’s College who will be teaching Mr McLaughlin’s classes for the remainder of 2008.

Many thanks to Mrs McIlhatton who has been replacing Mr Williams for the last two terms.

TERM 4

Term 4 will commence on Monday 13 October for all students in Years 7-11. It will be Day 6 of the timetable. All students are reminded of the need to return to school well groomed and ready for a positive conclusion to 2008.

UNIFORM

I’d ask all students to return to Term 4 with all items of correct summer uniform. This includes:

• Correct conventional black leather lace-up school shoes – and polished.
• Correct jewellery as outlined in the College diary.
• Boys’ haircuts that are short, neat and tidy.
• The top of girls skirts worn above the hips with zipper done up and top button fastened.
• The top of boys shorts worn above the hips with correct black leather belts.

The School Newsletter and School Calendar are both available online @ www.bps.lism.catholic.edu.au.
The School Calendar contains year group events, assessment schedules and term dates.
DEPUTY’S NOTICES

TERM 4 MATTERS

- School resumes for students in Years 7-11 on Monday 13 October.
- Year 12 HSC Exams begin Thursday 16 October (Week 1) and conclude on Thursday 13 November (Week 5). The Year 12 Formal is on the evening of Thursday 13 November.
- Year 11 have commenced their HSC Courses. Reports on the Preliminary Course will be sent home on Friday 31 October (Week 3).
- Year 10 have their Yearly Exam Monday 20 to Friday 24 October (Week 2).
- Year 10 sit for the School Certificate on Monday 10, Tuesday 11 and Friday 14 November (Week 5). Year 10 finish school for the 2008 year on Monday 24 November, concluding with a Paraliturgy and Year Group Presentation (Week 7).
- Monday 8 to Friday 12 December is the Yearly Exam Week for Years 7 to 9 and HSC assessment for Year 11 (Week 9).
- School concludes for students on Friday 12 December (Week 9).

COMING EVENTS ~ TERM 4

WEEK 1
Monday 13 October...........................................(Day 6)
✓ School commences for Years 7-11
✓ Anti-Poverty Week
Tuesday 14 October..........................................(Day 7)
✓ WYD Gathering (selected students)
✓ Combined Schools Music (selected students)
Wednesday 15 October...................................(Day 8)
✓ Years 9 & 10 PASS Excursion (selected students)
Thursday 16 October.........................................(Day 9)
✓ Year 12 HSC Examinations (16 Oct-13 Nov)
Friday 17 October.............................................(Day 10)
✓ GULU Walk

WEEK 2
Monday 20 October...........................................(Day 1)
✓ Year 10 Yearly Examinations (20-24 Oct)
Wednesday 22 October......................................(Day 3)
✓ Years 7-10 Girls ~ Dose 3 HPV
✓ Year 7 Girls and Boys ~ Dose 2 Hepatitis B
Thursday 23 October.........................................(Day 4)
✓ Regional Debating (selected students)
Friday 24 October............................................(Day 5)

PRAYERS

Your prayers are asked for:
- The repose of the soul of the grandmother of Gregory Pieris (10GG1) who passed away on 11 September.
- The repose of the soul of Margaret Miners who passed away recently. Margaret was a special education assistant at St James.
- The repose of the soul of the grandfather of Mitchell Anderson (12SB2), Ryan Anderson (9TN1) and Evelyn Anderson (7AN1) who passed away last weekend.
- Our Year 12 students as they prepare for their HSC exams.
- The parents and siblings of our Year 12s as they support the Year 12 students.

Mr Peter McLoughlin
Principal

CURRICULUM NEWS

YEAR 10 EXAMINATIONS

Year 10 Yearly Examinations are Week 2 Term 4. Students were issued with an examination timetable in the last week of Term 3. Year 10 students attend normal lessons whenever they have no scheduled examination.

YEAR 11: HSC PATTERNS OF STUDY

I have been interviewing Year 11 students regarding their HSC Patterns of Study. Students who are making changes will need to complete, early in Term 4, a ‘Change of Subject’ form available from Mrs Borrowdale. (Changes cannot be made until this form is returned.)

EQUIPMENT

Students must bring the correct equipment to all classes and examinations. If you need new equipment or have lost some items, please see Ms Dawson in the Uniform Shop for purchases.

Mrs Helen Borrowdale
Curriculum Coordinator

RELIGIOUS EDUCATION NEWS

Reading of the Week

Today’s Reading comes from our Year 12’s Graduation Mass last night at St Joseph’s Church. This reading comes the God’s Word written in the Gospel of Matthew:

Seeing the crowds, Jesus went up the hill. There he sat down and was joined by his disciples. Then he began to speak. This is what he taught them:

‘How happy are the poor in spirit; theirs is the kingdom of heaven. Happy the gentle: they shall have the earth for their heritage. Happy those who mourn: they shall be comforted. Happy those whose hunger and thirst for what is right: they shall be satisfied. Happy those who are persecuted in the cause of right: theirs is the kingdom of heaven. Happy are you when people abuse you and persecute you and speak all kinds of calumny against you on my account. Rejoice and be glad, for your reward will be great in heaven; this is how they persecuted the prophets before you.’

Mr Scott McDermott
RE Coordinator – Ministry

COMING EVENTS - Term 4

YEARS 7-11 RECOMMENCE SCHOOL ON THAT DAY

Extended Periods of Leave: If you are planning a holiday during the term dates, a letter requesting leave should be forwarded to the Principal in advance.

Mr Peter Lyon
Deputy Principal
We celebrate Social Justice this Sunday, 28 September.

The subject of this year’s Social Justice Sunday Statement, ‘A Rich Young Nation’, is the challenge of affluence and poverty in Australia. Australia has experienced spectacular economic growth and prosperity in recent years, and increasingly our international economic status has become a symbol of our national identity.

Yet in Australia there are many who are wealthy, but live in spiritual poverty, and there are those who have been bypassed by the economic growth and live in material poverty.

For further details about the Catholic Bishops’ Statement, visit the Australian Catholic Social Justice Council website (www.acsjc.org.au) or call (02) 8306.3499.

Ms Allira Eppich
Mission and Values Facilitator

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NATIONAL LITERACY AND NUMERACY ASSESSMENTS MAY 2008 UNDERSTANDING YOUR CHILD’S REPORT

In May 2008, for the first time, more than a million Australian school students in Years 3, 5, 7 and 9 undertook common tests across the country in Reading, Writing, Language Conventions (Spelling, Grammar and Punctuation) and Numeracy.

Your child’s report will show his or her results in comparison with all other students from the same year group in Australia who sat the tests, and will include:

- the national average;
- the range for the middle 60 per cent of students; and
- whether your child has achieved the national minimum standards.

Sample student reports for each year level are at http://www.naplan.edu.au/reporting.

An important feature of the new national assessments is that your child’s achievement in literacy and numeracy is now measured against common national assessment scales that continue from Year 3 through to Year 9. This means that as your child advances through school and has these assessments every second year, you will be able to monitor your child’s progress in literacy and numeracy.

A graph showing the 10 band national scale and how results are reported for each year level follows this page. Results for each year tested start at a different point on the scale. For example, Year 7 starts at Band 4 and ends at Band 9. The advantage of the 10 band national scale is that you will be able to compare your child’s results to those in previous years as he or she advances through school.

Another important feature of the new report is how the achievement of the national minimum standard is shown. The old ‘benchmark’ report showed achievement of the national minimum standard as being above or below a single score. The new report shows the national minimum standard as a full band on the scale. For example, the national minimum standard for Year 7 is Band 5. If your child’s result is in this band, then he or she has typically demonstrated the basic elements of literacy and numeracy needed to participate in school in Year 7. If your child’s result is in the bottom band for the year level, he or she has not achieved the basic skills of literacy and numeracy for that year, and needs focused intervention and additional support to help achieve the skills required to fully participate in schooling.

The table on the back page of the report provides a list of some of the skills tested in each of the bands. A student assessed in a particular band is likely to have correctly answered questions involving skills in that band and in each band below it.

This report is just one element of the information your child’s school has on his or her learning and achievement in literacy and numeracy. Your child’s teacher will be able to provide you with more information on how your child is progressing at school in literacy and numeracy.

If you would like further general information about the new national literacy and numeracy assessments, please visit www.naplan.edu.au/aboutnational_assessment_program-literacy_and_numeracy.html.

Mr Carlo Trimboli
Literacy and Numeracy Coordinator

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Year 12 News

A final message for all Year 12 . . . On behalf of your Homeroom teachers (Miss Gallagher, Ms Vella, Mrs Peterson, Mr Trimboli and Ms Monnier), I would like to wish you Good Luck and Best Wishes for the HSC.

Congratulations to all award recipients and to all others who have worked consistently throughout the year. Thanks for all your hard work and friendship!

REMEMBER:

- Tickets for the Formal will be available from early in Term 4. Student tickets are $40 and Adult ticket prices will be $50. Please pay in tables of 10. Ticket sales close on Friday 31 October.

- The HSC begins on Thursday 16 October. All exams will be held at the Salvation Army Centre. Please refer to your HSC Exam Timetable. Exams conclude on Thursday 13 November.

- Monday 13 to Wednesday 15 October (Week 1, Term 4) is known as ‘STUVAC’. This is a time for students to prepare for the HSC. The Library and your Year 12 teachers are at your disposal. Feel free to come in at any time during school hours.

Mr Shane Burns
Year 12 Coordinator

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Extended Periods of Leave: If you are planning a holiday during the term dates, a letter requesting leave should be forwarded to the Principal in advance.
The St Joseph’s College annual Public Speaking Competition was held on Wednesday 3 September as part of EXPO.

This year the competition was separated into three sections: the Junior Competition (Stage 4), the Intermediate Competition (Stage 5) and the Senior Competition (Stage 6).

There were an increased number of entries this year, due in no small part to the organisation of Miss Cornale and Mr Connolly.

Stage Winners and Runners-Up were:

**Stage 4:** Maccalla Fenn and Louis Monaghan (tied)

**Stage 5:** Caitlin McGibbon-Goode
Ramona Summers (Runner-Up)

**Stage 6:** Lucy Fitzhugh
Jarrah Burns (Runner-Up)

The overall winner was Lucy Fitzhugh.

Thank you to all those who participated and a special thank you goes to Georgia McIntosh of Year 10 who acted as Chairperson on the night, and to the Adjudicator, Mrs Christine Mulheran.

Mrs Janet Crouch
English Coordinator
SCIENCE NEWS

CHEMISTRY QUIZ
In late July, 19 students from Years 10, 11 and 12 were selected to take part in the National Chemistry Quiz. This quiz consisted of 30 multiple-choice questions which tested the student’s knowledge of chemistry concepts, processes and problem-solving skills.

St Joseph’s students were awarded 8 Participation Certificates, 7 Credit Awards, 3 Distinctions and 1 High Distinction. The High Distinction represents the top 4% of the candidates in that division.

The students will be awarded with their awards at the next school assembly. Congratulations to all those who participated in this year’s Chemistry Quiz.

Mrs Michelle Heazlewood-Ross
Chemistry Quiz Organiser

HSIE NEWS

YEAR 9 HSIE EXCURSIONS
Some advance notice to parents and carers of Year 9 students. On Wednesday 12 November, History and Geography students will need to complete mandatory course requirements by attending either a History site study excursion or a Geography field work excursion. Permission letters for these excursions will be sent home with students as soon as possible.

In keeping with the College excursion policy, this means that written permission notes and money will need to be returned to the College by Tuesday. Thank you in anticipation of your cooperation in this matter.

If notes and money are not returned by Tuesday 28 October, follow-up will need to be made in order to explain that written permission and money are required.

Miss Helen Gooley
Acting HSIE Coordinator

DRINKWise campaign helping parents to deal with issues related to kids and alcohol

A social change campaign launched in June this year by DrinkWise Australia is offering support and advice to parents who want to positively influence their children’s future drinking behaviours.

Jointly funded by DrinkWise Australia and the Australian Government’s Department of Health and Ageing, the campaign aims to shift Australia’s culture of ‘drinking to get drunk’ through a program of generational change.

Although 76 percent of Australian parents agree that it is their responsibility to show their teenage children how to drink responsibly, DrinkWise recognises the many pressures facing parents today and has provided parents with advice from an expert panel of contributors, including leading child and family psychologist, Dr John Irvine.

A key element of the campaign is the DrinkWise website (www.drinkwise.com.au) which provides practical tips and guidance to parents with children of all ages.

For parents with young children, the website offers expert tips for being a positive role model as children learn their behaviours and attitudes towards drinking long before they’ve had their first drink.

For parents with teenagers, practical tips and strategies are given to help delay the onset of drinking or negotiate boundaries if a teenager is already drinking.

Dr Irvine provides the following useful tips to parents in a downloadable format on the website:

• Drink responsibly. Your child will learn that this is the right way to drink.
• Consider why you drink in front of your child. Is it out of habit or to combat stress?
• Convey appropriate attitudes and behaviour; glorifying or laughing about drunken behaviour by yourself or others gives your child the wrong message.
• Use news events, TV episodes, advertising or personal events as triggers to discuss what are appropriate or inappropriate drinking behaviours.
• Consider whether alcohol needs to be part of every family gathering or social activity.
• Be prepared to explain to your child the sorts of questions that he or she will ask you about alcohol.
• Make the time to talk to your children about alcohol.

For further advice for parents of young children and teenagers go to www.drinkwise.com.

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.
Au revoir Rémy

Since the beginning of Term 3, we have had a great assistant and French ambassador in our classes at St Joseph’s College – an exchange student Rémy Bertin.

Having already completed his secondary studies and while on the long European summer break he came out to Australia to improve his English language skills and immerse himself into our Australian culture.

At school, he was regularly quizzed about his family, his home, his school and the social life for young people in France. He responded well and was intrigued about many aspects of our school system and the Australian way of life. He travelled a bit saw many tourist sites and developed his talents in Australian slang. He saw this trip as a positive learning experience and will return one day to travel further.

We owe the Fisher family (Jackson Year 11) a big thank you for the generous hospitality in hosting Rémy’s visit since July. Jackson stayed with Rémy’s family in Nantes, France last year when he visited as part of developing his French language skills.

To report the winners of our LOTE competitions held at our recent College Expo, the results were:

- Trivia Quiz ($10 cash prize)  Ellouise Southon (9MW1)
- Lucky Number ($100 prize)  Laura Maguire (9TC2)

Mrs Wendy Peterson
French Teacher

Beachathon 2008

Friday 7 November
(Term 4, Week 4)

Mark this date in your Diary as this is the date set down for this year’s Beachathon.

The 2008 Beachathon is on again!

Our target this year is to raise $25,000. This year’s target roughly equates to each student raising $40.00. Again we ask that you dig deep and give generously as you have in the past.

Students will receive a permission letter in the first week of Term 4 for parents/caregivers to complete.

We hope we can also ask for volunteers to assist on the day of the Beachathon. We thank in anticipation, all parents and caregivers for getting behind their children to obtain the much needed sponsorship.

Similar to last year, students will receive incentive chocolates for each ten dollars raised and brought in to the school. We must see the money before the students get the chocolate.

Money raised will be collected weekly by Year 11 students. The ongoing tally of money raised will be displayed daily.

On Friday 7 November, the day of the Beachathon, students will be walking from Kingscliff to Fingal and back to Kingscliff (Faux Park) where they will receive a sausage sandwich, drink and iceblock. Water will be provided along the way at critical drink and checkpoints.

As always, with our outdoor activities our sun-safe policy is critical in ensuring the safety of your children. Sunscreen, hat, personal water bottles and sun-safe clothing will be essential on the day. (A sun-safe shirt is one with sleeves and some form of collar). Strappy shirts revealing midriffs are a problem for the walk, particularly if the sun is extremely hot.

Students will be given the opportunity to swim and participate in beach activities after the walk and BBQ.

We have been very successful in the past and look forward to your support in assisting us to raise the funds to provide improved facilities for your children.

The Beachathon Committee

Do you know the meaning of this word?

Kindness: (n.) the practice or quality of being kind; a kind or helpful act.

Do you know what it is to be “kind”?

Kind: (adj.) having a friendly nature or attitude; helpful to others or to one another (a kind deed); considerate or humane; cordial; courteous; pleasant; Informal: beneficial or not harmful.

Have you been kind to someone today?
You know, all it takes is just a smile . . .
Is There Such a Thing as a Just War?

Is there such a thing as a just war? War can be defined as, "an intentional and widespread armed conflict between opposing communities or countries". Just like there are many sides to an argument, there are many sides to war. There are always reasons for why a war was necessary, yet there are also reasons for why it was unjust. Many people view war as an ugly thing, but is it also an essential necessity?

War causes immense suffering, from the average soldier’s death, to the soldier’s friends and family who mourn for his short-lived life. War creates more problems than it solves and it is a way for corruption to spread, at the expense of others. There is always a price to pay and for the people who are unwillingly involved in the conflict, their morals, beliefs and lives are affected negatively. How could a just war exist when people are tortured, raped and killed without mercy?

There are rules for a just war, but these are not followed. For example, the war must use methods which are moral and respect international agreements; this means not targeting civilians and the innocent. But, it has shown to be otherwise through time. In World War II, Hitler murdered six million innocents because they were Jewish.

As we that are left grow old . . .

As quoted by Otto van Bismarck, "Anyone who has ever looked into the glazed eyes of a soldier dying on the battlefield will think hard before starting a war.”

In conclusion, a war cannot be judged without learning all the facts. It does seem practical to defend your country against a dangerous invasion, where the death tally could be much worse?

War enables the choice to stand up for what you believe in and stand your ground. It develops your morals and strengthens your sense of what is right and wrong. Without war, we wouldn't have gotten where we are today. In terms of technology, we have evolved in our defence weaponry and may never have gotten this far without the pressure from the possibility of attack.

Our principles and forces have become stronger, making nations more united. Without war, families would still suffer, just in a different way. Jobs, careers and money would disappear; the amount of unemployed would increase and families would live in poor conditions. But war opens many opportunities.

"They shall not grow old
As we that are left grow old . . ."

"In Flanders’ Fields the poppies blow
Between the crosses, row on row . . ."

Another rule is that war must be undertaken by a lawful authority. However, even countries that are clearly in the wrong and are acting unjustly can use war as a tool for its own initiation. Anyone clever enough can bend the rules to legitimise their own actions, so why would we want to participate in wars when there are no boundaries?

The real truth is hidden by governments and only later may the truth be revealed. Therefore war does not have any laws or boundaries and cannot be described as just.

There’s no denying that war can be ugly, but it can be reasoned for. There are motives for war that anyone can understand: to protect and defend your own people against an injustice, to give voice to your opinions on what is right and wrong. Then there are the more complex views: it is a part of life and should be used to bring about sought-after goals, such as money, wealth and power.

War can prevent something worse from happening. Doesn’t it seem more practical to defend your country against a dangerous invasion, where the death tally could be much worse?

War causes immense suffering, from the average soldier’s death, to the soldier’s friends and family who mourn for his short-lived life. War creates more problems than it solves and it is a way for corruption to spread, at the expense of others. There is always a price to pay and for the people who are unwillingly involved in the conflict, their morals, beliefs and lives are affected negatively. How could a just war exist when people are tortured, raped and killed without mercy?

There are rules for a just war, but these are not followed. For example, the war must use methods which are moral and respect international agreements; this means not targeting civilians and the innocent. But, it has shown to be otherwise through time. In World War II, Hitler murdered six million innocents because they were Jewish.

As we that are left grow old . . .

As quoted by Otto van Bismarck, "Anyone who has ever looked into the glazed eyes of a soldier dying on the battlefield will think hard before starting a war.”

In conclusion, a war cannot be judged without learning all the facts. It does seem practical to defend your country against a dangerous invasion, where the death tally could be much worse?

War enables the choice to stand up for what you believe in and stand your ground. It develops your morals and strengthens your sense of what is right and wrong. Without war, we wouldn't have gotten where we are today. In terms of technology, we have evolved in our defence weaponry and may never have gotten this far without the pressure from the possibility of attack.

Our principles and forces have become stronger, making nations more united. Without war, families would still suffer, just in a different way. Jobs, careers and money would disappear; the amount of unemployed would increase and families would live in poor conditions. But war opens many opportunities.

"They shall not grow old
As we that are left grow old . . ."

"In Flanders’ Fields the poppies blow
Between the crosses, row on row . . ."

Another rule is that war must be undertaken by a lawful authority. However, even countries that are clearly in the wrong and are acting unjustly can use war as a tool for its own initiation. Anyone clever enough can bend the rules to legitimise their own actions, so why would we want to participate in wars when there are no boundaries?

The real truth is hidden by governments and only later may the truth be revealed. Therefore war does not have any laws or boundaries and cannot be described as just.

There’s no denying that war can be ugly, but it can be reasoned for. There are motives for war that anyone can understand: to protect and defend your own people against an injustice, to give voice to your opinions on what is right and wrong. Then there are the more complex views: it is a part of life and should be used to bring about sought-after goals, such as money, wealth and power.

War can prevent something worse from happening. Doesn’t it seem more practical to defend your country against a dangerous invasion, where the death tally could be much worse?

War enables the choice to stand up for what you believe in and stand your ground. It develops your morals and strengthens your sense of what is right and wrong. Without war, we wouldn't have gotten where we are today. In terms of technology, we have evolved in our defence weaponry and may never have gotten this far without the pressure from the possibility of attack.

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Between the crosses, row on row . . ."
Today for your holiday reading pleasure we are including a pastoral article entitled, “A Little Respect”. This article was printed in the ‘Body and Soul’ lift-out in the Sunday Mail two years ago. Feedback has been positive so we take the opportunity to reprint it for your information.

The article describes good self-esteem as one that allows you to feel valid enough to differ from other people in your life and valuable enough to still be accepted if you do differ from them.

The following extract from this article suggests the rules we should follow to act as a self-respecting adult and attributes we would clearly like our adolescents to develop. The rules are an edited extract from “An Intelligent Life: A Practical Guide to Relationships, Intimacy and Self-Esteem” by Dr Julian Short (Copyright 2005, published by Random House Australia, RRP $24.95).

Perhaps they might give you an opportunity to reflect on your own experience and provide insights for developing your own young adults.

Ms Frances Stegeman
Pastoral Advisor

### A LITTLE RESPECT

What are the rules for acting as a self-respecting adult? Fortunately, the rules aren’t that hard or complex:

1. If you want to feel like a self-respecting adult, you need to behave as one. If you want to feel good, you must act well, especially when things are going wrong.

2. If you feel bad but there’s nothing more you can do to fix the problem, remember that the best you can do in adversity is to behave with kindness and dignity. Then, at least, you will be a self-respecting adult who also happens to feel bad.

3. Carry yourself as if you believe you are worthwhile and equal but never act as if you think you are better than other people. Your bodily and verbal language must not signal certainty that you are right, but simply certainty that you are good enough to be wrong. This means acting as if you will not die if you were rejected, or if someone proves you wrong, but not behaving so arrogantly as to pretend you wouldn’t care. Beware of – “Well that's his problem!” – a popular but vulnerable refuge.

4. You should say what you would like to happen and act as if you believe your wishes are probably acceptable. If you are in emotional pain, your pain should either be invisible or clearly spelt out with words. Remember, don’t signal it, say it.

5. It’s okay to say: “I’m feeling really threatened. Please give me some idea what to do”. By contrast, fishing for reassurance in various ways is undignified and won’t make you feel any better. “I know you'll think I’m stupid”; “I'm usually much better than this”.

6. Respect other people’s rights before your own wishes, but don’t put their wishes before your rights.

7. You probably don’t believe you can read minds, so don’t act as if you can. All you can do is interpret others’ feelings in the light of your own, so you are sure to get it wrong sometimes. You will never be able to fully trust your interpretation of other people’s agendas, especially as it’s hard enough to know your own.

8. If you don’t please someone, it doesn’t inevitably mean you are hurting them. If you use not hurting people as a life plan you’ll do well, but if you equate not pleasing someone with hurting them and then use this as a reason to not assert yourself, you are in danger of feeling powerless and resentful, as well as being seen as weak.

9. A self-respecting adult will support and feed the sense of self-worth of another person if possible. Never use a put-down to make yourself feel bigger or better.

10. Conversely, never put yourself down in an effort to please someone, trying to show what a good and humble person you are and how relatively big the other person must be. A self-respecting adult never plays wounded and weak in an effort to make someone else guilty.

11. If you’ve done the wrong thing never take on the role of a contrite child. You should apologise and try to fix the problem, but shouldn’t grovel. Endless apology only shows your anxiety over rejection, not true remorse over your act.

12. Try to be honest, but remember that if you’re brutally honest in the belief you’re maintaining your integrity, you may be violating a more important value of not hurting someone unnecessarily.

13. If you must tell lies to protect your self-esteem, make them lies of omission, not embellishments. You can never hope to be rehabilitated if you’re caught making yourself grander than you really are, but it is more excusable to forget to mention some of the bad bits.

14. Don’t use words that say one thing but are designed to carry an underlying message. Hints, name-dropping or very long words are usually transparent manipulations, which other people hate.

15. Give compliments if you feel they are deserved and receive compliments with thanks, even if you don’t feel you deserve them or you’re afraid you’ll be seen as insufficiently humble. Never reject the gift of a compliment. Never deny someone the pleasure of being kind.

16. Finally, the golden rule for every interaction: treat other people as if you believe they like you.
Today we have the second and third parts of our series in RRISK strategies:

**ADOLESCENT DRINKING BEHAVIOUR**

Recent research shows that young people aged 16-24 report the heaviest drinking patterns in Australian society. In the North Coast of NSW, 32.7% of young people in this age group are classified as ‘high risk’ drinkers compared to 19.6% in the rest of the state. Paul Dillon from Drug and Alcohol Research and Training Australia (who is the keynote speaker at the north coast RRISK Seminars) said “Australia is one of the few countries where binge drinking is acceptable”.

Drinking to intoxication is a common and often planned behaviour when young people socialise. They are less likely than adults to be concerned about the negative consequences of heavy drinking. Young people are more at risk than adults as they are physically and psychologically immature, lack experience with alcohol, are more willing to engage in risk taking behaviour and are often unaware of the dangers of excessive consumption.

Choosing not to drink or learning how to drink responsibly can be among the most difficult tasks facing young people today. Parents and carers are often so concerned about the risks associated with illicit drug use that they forget that alcohol is the substance most likely to be the potential source of harm.

Under age drinking is becoming an ever increasing concern. The earlier young people start drinking, the more likely they are to become high risk drinkers and experience alcohol related harm whilst they are young and in later life. In the latest NSW School Students Health Survey, 33% of young people under the legal age of 18 report obtaining alcohol from their parents, 20.3% from friends and 22% asked someone to buy it.

Parents need to consider the wisdom of supplying alcohol to their underage adolescents. They can help young people to make safer decisions by discussing risks and safety strategies, particularly when celebrations are occurring. Parents should keep up with what is happening in the lives of the young people in their care and take positive steps to prevent them or others from drinking and driving.

School based courses (Personal Development, Health and Physical Education) and the RRISK seminars also help students make informed safer choices.

**PARTIES – WILL YOU ALLOW ALCOHOL AT YOUR ADOLESCENT’S PARTY?**

Many parents and carers will be helping young people in their family celebrate birthdays, special occasions, finishing their school year or leaving school.

It is time for careful planning so that everyone enjoys themselves. Some parents may not be aware of their responsibilities in relation to supplying alcohol to under 18’s.

Regardless of where the function will be held, it is against the law to obtain for, or supply alcohol to anyone under 18 years of age - even at private parties. This activity is often called secondary supply of alcohol - an offence that carries a maximum penalty of $5,500 per offence or $11,000 and 12 months prison in very serious circumstances. On the spot fines of $550 can also be issued by police. This information comes to you from the NSW Department of Liquor, Gaming and Racing. Check their website for further information:


Points to consider:

- What do you do if an underage guest arrives with alcohol?
- What do you do if students arrive intoxicated?
- What do you do if your alcohol has been consumed during the course of the party?
- How can you plan a successful party that addresses these issues?

It is much easier to plan and control what happens at your next party if you follow some simple guidelines. Here are some suggestions that can make a difference:

- Ideally RSVP invitations should be issued, giving as many details as possible about times of starting and finishing, the nature of the party, a dress code, how it will be supervised and how guests will return home. Indicate guests will be required to bring invitation for party entry.
- On the invitation, suggest guest parents contact host parents to fine tune details and discuss any concerns. This will ensure parents are not pressured against their better judgement and gives everyone permission to talk about supervision, safety, alcohol and drug issues etc.
- Have only one entrance or exit to make it easier to control who attends your party.
- Guest lists should be kept to a manageable size. If guest numbers are large, ask other parents to assist with supervision or consider hiring security personnel.
- Host parents need to be aware of appropriate return transport for guests and/or provide overnight, supervised accommodation.
- Make it clear in advance it is an alcohol free party. (Parents are reminded of the NSW Office of Liquor, Gaming and Racing penalties cited earlier).
- Alcohol at parties is not easily supervised. Alcohol can easily be consumed in advance or mixed with soft drinks prior to the party. Alcohol may be left outside in cars or hidden in bushes. Although these problems can occur, they are less likely if the party is well supervised.
- Confiscate BYO alcohol from under 18’s. Return it to their parents or carers.
- If guests are a mixture of under and over 18’s, there is less control over the consumption of alcohol. A nominated adult should serve alcohol only.
- Actively serve non-salty food throughout the party. This will slow down alcohol consumption for those who are drinking.
- Attractive non-alcoholic drinks should always be actively provided. For example, "Mocktails", non-alcoholic punches, soft drinks, fruit juices, coffee, tea and of course, water.
- If under 18’s consume alcohol or other drugs during the party, their parents should be contacted and asked to collect them. Parents should be advised of unacceptable behaviour.
- Be firm about excluding gatecrashers. If admittance is by invitation only, gatecrashers are less likely. Prior to the party, encourage students not to broadcast party details in the school community, via the Internet or mobile phone. If gatecrashers arrive, ask them to leave immediately or tell them the police will be called.
- Parents should be present and provide active supervision throughout the party.
- If you are planning a large party, it may be a good idea to employ security guards.

Seven days before your party, complete the accompanying Safe Party Notification Form and forward to your local Police station. Have emergency numbers handy and call police before the situation gets out of control. Arrange neighbours of your party as common courtesy.

**Useful websites to help you plan a successful party and avoid problems:**

- [http://www.youthsafe.org/safe_celebrate.shtml](http://www.youthsafe.org/safe_celebrate.shtml)

This website has a party checklist, games and competitions on how to party safely for young people and information for parents.

Mr Peter Serone, PD/H/PE Coordinator
SAFE PARTY NOTIFICATION FORM

(Please complete and lodge this form at the police station nearest to the party venue, at least 7 days prior to event).

PARTY ORGANISER

Name:

Residential address:

Phone number: (Mobile): ___________________________ (AH): ___________________________

(BH): ___________________________ Fax: ___________________________

E-MAIL: ___________________________

Party Host Age (if adult indicate): ___________________________

Full Name of Parents/Guardians (if applicable):

______________________________________________________________________________

PARTY INFORMATION

Day and Date of Party: ___________________________

Start time: ___________________________ Finish Time: ___________________________

Address of party: ___________________________

The party will be held: □ Inside □ Outside □ Both

Type of Premise: (House, Terrace, Unit, Hall etc.): ___________________________

Contact name at party: ___________________________

Contact Phone Number at Location: ___________________________

Type of party (eg: Birthday, graduation, 21st etc): ___________________________

Expected number of guests: ___________________________

ANY FURTHSER INFORMATION YOU FEEL POLICE SHOULD BE AWARE OF:

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

Name ___________________________ Signed ___________________________ Date ___________________________

Thank you for notifying NSW Police about your party.
This form should be either posted, faxed or lodged in person at the police station nearest the party venue.
Please remember to inform Police if your party gets postponed, relocated or cancelled.
As this is the last day of school we have no photo, but don’t despair, ‘Student of the Week’ will reappear next Term.

We hope that everyone has a safe and happy holiday break and we’ll see you all in Term 4.

Student of the Week

TERM 3 THANK YOU TO ALL MUMS AND DADS

Thank you so much to all the wonderful parents who came in this term to help prepare and serve lunches to our very grateful students and some staff. We all really appreciate your assistance to keep us going through the day.

We’ve sent out invitations to all our helpers for a pre-Christmas get-together on Thursday 6 November. This is a special occasion where we celebrate the 2008 year and it’s a chance for us to show our appreciation for all your hard work. Please check the attached Term 4 roster if you find you can help some more . . .

CANTEEN ROSTER

SEASON: 11 October until end of March 2009
Time: Every Saturday from 8:00am – 10:30am
Family 1st child $115.00
Charges: 2nd child $85.00
3rd child $80.00
4th child Free
Enquiries: Karen Baker (0410) 334.573
John Lesslie (0413) 131.426

SPRING JUNIOR SPORTS AT TWEED SUPER SPORTS, CHINDERAH

Indoor Soccer 8-14yrs
5-a-side $40 per player 8 rounds & finals
Beach Volleyball 10-14yrs
Skills sessions and game $5 per player
All commence Thursday 16 October from 4:00pm
Please nominate on (02) 6674.4733
or visit www.tweedsupersports.com.au

Interested in Playing Softball?

Softball is an enjoyable team sport for the whole family, all players welcome, come along and register for the Summer Season of Softball.


Grades:
Benny the Ball (Born 2002 to 2004)
Teeball (Born 1999 to 2001)
Under 13’s (Born 1996 to 1998)
Under 16’s (Born 1993 to 1995)
Senior Ladies
Senior Mens

Contact a local Club to register:
Koalas – Aleisha (0424) 635.009
Pirates – Trevor (0401) 702.846
Sharks – Lorraine (0431) 231.934

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

Pertussis
(Whooping Cough)

Pertussis affects people of all ages, but can be very serious in babies. It can be prevented by immunisation at two, four and six months of age. Booster shots are needed for four-year-olds and teenagers, and adults living or working with small children.

Last updated: 30 January 2008

What is pertussis?
Pertussis (or whooping cough) is a disease caused by infection of the throat with the bacteria Bordetella pertussis.

What are the symptoms?
- Pertussis usually begins just like a cold, with a runny nose, tiredness and sometimes a mild fever.
- Coughing then develops, usually in bouts, followed by a deep gasp (or "whoop"). Sometimes people vomit after coughing.
- Pertussis can be very serious in small children. They might go blue or stop breathing during coughing attacks and may need to go to the hospital.
- Older children and adults may have a less serious illness, with bouts of coughing that continue for many weeks regardless of treatment.

How is it spread?
Pertussis is spread to other people by droplets from coughing or sneezing. Untreated, a person with pertussis can spread it to other people for up to three weeks after onset of cough. The time between exposure and getting sick is usually seven to ten days, but can be up to three weeks.

Who is at risk?
- Anyone can get pertussis.
- People living in the same household as someone with pertussis are more likely to catch it.
- Immunisation greatly reduces your risk of infection, but reinfection can occur.

How is it prevented?
**Immunise your child on time**
- The vaccine does not give lifelong protection against pertussis, and protection is sometimes incomplete.
- Children need to be immunised at two, four and six months.
- Boosters are needed at four years of age and again at 15 years of age.
- Immunisation is available through general practitioners and some local councils.

**Keep your baby away from people who cough**
- Babies need two or three vaccinations before they are protected. For this reason, it is very important to keep people with coughing illnesses away from your baby so they don't pass on pertussis or other germs.

**Get immunised if you are an adult in close contact with small children**
A vaccine for adults is available. It is recommended:
- For both parents when planning a pregnancy, or as soon as the baby is born
- For adults working with young children, especially health care and child care workers.
If you are a close contact of someone with pertussis:
- Watch out for the symptoms. If symptoms develop, see your doctor, take this factsheet with you and mention your contact with pertussis.
- Some close contacts at high risk (e.g., children under one year, children not fully vaccinated, and women at the end of their pregnancy) and others who live or work with high-risk people may need to take antibiotics to prevent infection.

If you have pertussis:
- Get treated early while infectious, avoid other people and stay away from young children, e.g., at child care centres, pre-school and school.

How is it diagnosed?
If a doctor thinks someone has pertussis, a swab from the back of the nose, or a blood test may be done to help confirm the diagnosis.

How is it treated?
A special antibiotic - usually either azithromycin, erythromycin or clarithromycin is used to treat pertussis. These antibiotics can prevent the spread of the germ to other people.

Coughing often continues for many weeks despite treatment.

What is the public health response?
Doctors and laboratories must confidentially notify cases of pertussis to the local Public Health Unit. Public Health Unit staff can advise on the best way to stop further spread.

Infectious children are restricted from going to pre-school and school. Unimmunised contacts may be excluded from child care unless they take the special antibiotics.


NSW HEALTH
73 Miller Street, North Sydney NSW 2059
tel 02 9391 9000
fax 02 9391 9101
TTY 02 9391 9900
www.health.nsw.gov.au

Further information - Public Health Units in NSW
For more information please contact your doctor, local public health unit or community health centre - look under NSW Government at the front of the White Pages

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<td>Bathurst</td>
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<td>Port Macquarie</td>
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<td>Lismore</td>
<td>02 6620 7500</td>
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</tbody>
</table>
Year 12 Formal Invitation

When: Thursday 13 November 2008
Where: Twin Towns Services Club
Time: 7:00pm DST (6:00pm QLD time) (students, please start arriving from 6:00pm NSW time)
Dress: Formal
Cost: Students: $40.00 Adults (Parents/Caregivers): $50.00

Tickets must be purchased before Friday 31 October 2008 (Term 4, Week 3), as numbers will need to be finalised. Tickets may be purchased from the College Office (bookings will be in tables of 10).
Due to this establishment being licensed, students will need to bring their proof of age on the night.
Any enquiries regarding the Formal must be addressed to Mr Burns.