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

A sincere welcome back to Term 3. As I stated in the last Newsletter, this Newsletter would be devoted to the memory of Fr Tony Hoade who sadly passed away on 28 June. Fr Tony holds a special place in the Parish Schools as “Hoade House” is named after him. Very appropriately Hoade House’s colour is green relating to Fr Tony’s strong Irish heritage.

I have included below Fr Michael’s message in the Parish Bulletin on 6 July:

Fr James Anthony (Tony) Hoade  
15 April 1929 to 28 June 2008

We are deeply saddened by the death of Fr Tony Hoade. Fr John and I will certainly miss his caring friendship, support and wonderful sense of humour. Fr Tony was instrumental in the development of much of the existing Parish plant throughout the 1960’s through to the early 1980’s. During that time Fr Tony achieved a great deal, overseeing the building of the present Church and Presbytery, the Parish Community Hall and the two storey building at St Joseph’s Primary School which houses six classrooms, administration area and canteen. He was also influential in the establishment of aged care within the Parish and the building of the original St Joseph’s hostel.

Fr Tony was born in Galway, Ireland on the 16 April 1929. He studied for the priesthood at Mount Welleray Seminary, County Waterford and at St Keiran’s Seminary, Kilkenny, Ireland. He was ordained a priest at St Mary’s Cathedral, Kilkenny on 6 June 1954. He had decided, however that his future lay elsewhere and so it was, Fr Tony set sail for Australia in November of 1954. The journey took about five weeks. After arriving in Australia Fr Tony’s first appointment was as Assistant Priest at Kempsey (8 years), Wauchope (2 years) and Lismore Cathedral (3 years). He was appointed Parish Priest of Tweed Heads Parish in 1967 and served here for the next 15 years. He replaced Fr Con Hanly. Since leaving Tweed Heads, Fr Tony has been Parish Priest at Mullumbimby and returned to Tweed Heads to live in retirement some time ago. In his retirement he regularly celebrated 9am Sunday mass at Bilambil church and continued with pastoral Ministry at St Joseph’s and St Martha’s hostels providing for a weekly mass and the anointing of the sick and dying when required.

Fr Tony had a great love for the Tweed and had stated that the Tweed area is “the greatest part of God’s own Country”, he said that "when God finished creating the Universe He picked the Tweed as His special creation” and said “the only better place than here is Heaven”.

An Old Irish Blessing

May the road rise up to meet you.
May the wind always be at your back.
May the sun shine warm upon your face, and
rains fall soft upon your fields.
And until we meet again,
May God hold you in the palm of His hand.

Fr Tony’s funeral was an amazing testimony to an amazing man. Please continue to pray for the repose of Father Tony’s soul.

Best wishes and
God Bless,

Mr Peter McLoughlin  
Principal
Welcome to Term 3

Welcome back to SJC for Term 3, and welcome also to Semester 2 for 2008.

This Semester invariably goes a lot faster than the first one, with Year 12 Trial HSC Exams, Year 11 Leadership Camp coming up in the next few weeks. Year 12 face an intense period of revision this term; Year 11 set up for the selection of the new SRC for 2008-2009; Year 10 look to their selection of their senior subjects; all in all a very busy time.

Please do take the time to get together as a family to read the College newsletter and catch up on all the latest news at SJC. Don’t forget to view it on www.bps.lism.catholic.edu.au to see it all in full colour.

We hope you enjoy today’s issue.

IN THIS ISSUE:
- Principal’s Notes
- Deputy’s Notices
- WYD08 Student Report
- Reading of the Week
- The WORD this week is . . .
- Curriculum News
- Year 11 Leadership Camp
- ‘Denim for Dominic’
- Science News
- Careers News
- TAS News ~ Year 9 Food Tech ‘Kindy Party’
- Pastoral News ~ SRC for next year
- Weekend Mass Times
- Sports News
- Annual Athletics Carnival this coming Friday - THIS EVENT IS COMPULSORY FOR ALL STUDENTS
- Tweed Valley Results
- Tweed Coast Junior Touch ~ Sign-On
- Parenting Ideas ~ Making Friends
- Pastoral News
- “Student of the Week” returns!
- Uniform Shop Hours
- Canteen News & Roster
- Red Cross Blood Drive

PRINCIPAL’S NOTES

WORLD YOUTH DAY

Congratulations and many thanks to all involved in World Youth Day at the College. Mr Shane Burns, Miss Charmaine Vella and Mr Gilberto Besanko accompanied the seventeen Pilgrims from the College as well as other members of St Joseph’s Parish and our Solomon Island Pilgrims.

My thanks to them and the families of the College who welcomed Solomon Island Pilgrims into their homes for the Days in the Diocese. The enthusiasm and euphoria created by World Youth Day made it a memorable event. The next WYD will be held in Madrid during 2011. Start saving!

STAFF CHANGES

On 3 July, Ms Amie Nugent finished working at the College as she is expecting her first baby in August. My thanks to Ms Nugent for her commitment to the College, her students and her teaching over the last year. Teaching Ms Nugent’s classes until the end of 2008 will be Ms Lisa Waters. We welcome Ms Waters and trust she enjoys her time at St Joseph’s College.

With Mrs Singleton’s absence, Ms Celia Penay will teach Mrs Singleton’s drama classes. We welcome Ms Penay back to the College as she taught at SJC until 2002. Mrs Singleton’s French classes will be taught by Ms Geraldine Beranger who also teaches French at St James Primary School. Welcome to Ms Beranger.

We will also be welcoming back Ms Shellae John to the College to resume teaching the classes she taught in Term 1 of this year. Ms John will return to SJC in the next two weeks.

Please join in welcoming Ms Penay, Ms Beranger and Ms John to St Joseph’s College.

Ms Kerrie Priddis is taking leave as of the end of this week from the College in order to go and teach in Malaysia. Ms Priddis has been an extremely committed and professional member of staff who has served on the College Executive as well as teaching English, Religious Education and holding several welfare positions including Pastoral Coordinator, Year 11 Coordinator, Year 12 Coordinator and her current role of Year 7 Coordinator. Her expertise in organising events such as the Annual Expo and the Graduation Ball will be missed. My best wishes and sincere thanks go to Ms Priddis.

Please note that Mr Trimboli will assume the role of Year 7 Coordinator as of 4 August.

During Mrs Singleton’s absence, Mr Rowland has assumed the role of Creative and Performing Arts (CAPA) Coordinator.

My thanks to Mr Trimboli and Mr Rowland for their willingness to be involved in these positions of responsibility.

Welcome back to Mrs Serena Rose. Mrs Rose has returned to the College after maternity leave and will be job sharing with Mrs Salamacha.

PARENT/TEACHER/STUDENT EVENINGS

Last Wednesday, 23 July, saw the Year 10 Parent/Teacher/Student evening take place. Please be reminded of the remaining three nights:

- Monday 28 July (tonight) Year 8 (Week 2)
- Monday 4 August Year 9 (Week 3)
- Tuesday 12 August Year 7 (Week 4)

The Parent/Teacher/Student evenings are an essential step in the reporting process. I look forward to meeting you at these nights. Grades analysis information for the respective year groups will be available at the door on each night.

PARENT MEETING

The Term 3 Parent Meeting will take place at 7:00pm on Tuesday 19 August in the Doyle Centre.

ATHLETICS CARNIVAL

This coming Friday, 1 August is our Annual Athletics Carnival. It is a normal school day and ALL students are expected to attend. Parents/Caregivers, if your child is away this Friday, please ring the College by 9:00am to inform of your child’s absence.
DEMI SWAIN
Last Thursday, 24 July, was the third anniversary of the sad passing of Demi (Year 8 2005). Please keep Demi and her family in your prayers.

REFLECTION DAYS
Many thanks to Mr McDermott who organised the Reflection Days for Years 7, 8, 9 & 10 last week. Thanks also to the Year Coordinators and Catholic Studies teachers of these year groups who attended.

PRAYERS
Please pray for the repose of the soul of the brother-in-law of Mr Andrew Chambers, John, who passed away on 20 July.

“Eternal rest grant to him O Lord
And may perpetual light shine upon him.
May he Rest in Peace. Amen.”

Please also pray for the repose of the soul of the grandmother of Rikki-Lee Dess (10GG1) who passed away in the last week of last term.

Please also pray for Mrs Singleton as she continues treatment and for Mr Cree’s parents who are both unwell.

Mr Peter McLoughlin
Principal

DEPUTY’S NOTICES

ATTENDANCE: IT’S NOT OK TO BE AWAY!

Are you aware that if a child misses nine days per term from Kindergarten to Grade 6 then they have missed one complete school year? By Year 12 this equals two complete years.

By avoiding school, students are taking the first steps in isolating themselves from the community in which they live. Being reliable in attendance is a valuable habit for life – and builds a connectedness between the students, their teachers and fellow students.

Regular attendance is also one of the major factors contributing to a student’s wellbeing and successful transition from a child to an adult. If a student is avoiding school, particularly if parent-condoned, then they are putting their future at risk.

Whichever way we look at it, schools offer opportunities for positive experiences for students.

If your son/daughter is seeking to not attend school, don’t reward their avoidance behaviour by giving into them – say NO.

Should you require assistance in saying NO to your son/daughter in regard to any absences other than genuine illness, please contact his/her Year Coordinator.

Let’s all work together to make a difference to your child’s future. Say NO to absence.

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

COMING EVENTS

WEEK 2
Monday 28 July........................................................................ (Day 1)
▶ Year 11 Retail Work Placement (28 Jul-1 Aug)
▶ Year 8 Parent/Teacher/Student Evening □ Diary Note
Tuesday 29 July........................................................................ (Day 2)
▶ Year 12 ITM/ITT Project Showing Day
▶ UNSW Mathematics Competition (selected students)
Wednesday 30 July................................................................... (Day 3)
▶ Year 10 Careers Market
Thursday 31 July......................................................................... (Day 4)
▶ Australian Mathematics Competition (selected students)
▶ Year 9 Reflection Day “Verbal Combat”
▶ Year 10 into Year 11 2009 Information Evening
Friday 1 August.......................................................................... (Day 5)
▶ College Athletics Carnival
▶ Legacy Public Speaking Competition (selected students)

WEEK 3
Monday 4 August........................................................................ (Day 6)
▶ Year 12 Trial HSC Examinations (4-10 Aug) □ Diary Note
▶ Year 9 Parent/Teacher/Student Evening □ Diary Note
Wednesday 6 August................................................................... (Day 8)
▶ Year 11 Leadership Camp (6-8 Aug)

WEEK 4
Tuesday 12 August..................................................................... (Day 1)
▶ UNSW English Competition
▶ Border Schools Debating (12-26 Aug)
▶ Year 7 Parent/Teacher/Student Evening □ Diary Note
Wednesday 13 August................................................................... (Day 3)
▶ Legacy Week Memorial Service
Friday 15 August.......................................................................... (Day 5)
▶ Feast of the Assumption

WEEK 5
Thursday 21 August.................................................................... (Day 9)
▶ Diocesan Netball Carnival

WEEK 6
Thursday 28 August.................................................................... (Day 4)
▶ Diocesan Athletics Carnival

WEEK 7
Monday 1 September.................................................................... (Day 6)
▶ Year 11 Precise Driver Education
Tuesday 2 September.................................................................... (Day 7)
▶ Year 10 History & Geography Excursions
Wednesday 3 September................................................................ (Day 8)
▶ EXPO 2008
Thursday 4 September................................................................... (Day 9)
▶ Year 11 Reflection Day “Wired”
Friday 5 September........................................................................ (Day 10)
▶ Year 12 Semester 2 Reports handed out

WEEK 8
Wednesday 10 September.......................................................... (Day 3)
▶ Leadership Mass
Friday 12 September...................................................................... (Day 5)
▶ NSWCCC Athletics Carnival
▶ Year 11 Meals on Wheels (selected students)

WEEK 9
Wednesday 17 September.......................................................... (Day 8)
▶ Year 11 End of Course Examinations (17-25 Sept)

WEEK 10
Wednesday 24 September.......................................................... (Day 3)
▶ Graduation Mass
Thursday 25 September.............................................................. (Day 4)
▶ YEAR 12 FAREWELL ASSEMBLY
▶ TERM 2 ENDS – THIS IS A NORMAL SCHOOL DAY
▶ TERM 3 SCHOOL REPORTS POSTED
Friday 26 September..................................................................... (Day 5)
▶ Staff Spirituality Day

Mr Peter Lyon
Deputy Principal

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.
Three weeks ago on Sunday, a group of 29 people, including Mr Burns, Miss Vella and Mr Besanko, as well as many other group leaders and parents from the Tweed Parish travelled down to Sydney to the World Youth Day. We stayed at Oakhill College in Castle Hill with 700 other pilgrims from the Lismore Diocese and the group of Solomon Islanders and Papua New Guineans. We would like to share with you a couple of experiences and events that happened along the way.

The first day consisted of travelling to Barangaroo where the opening mass was held with the Archbishop of Sydney, Cardinal George Pell. On the way we first encountered people from all over the globe chanting, singing and dancing through the streets, which came as a massive surprise and shock to us as most of us did not expect anything like what was going on. The highlights included the first Mass which consisted of hundreds of thousands of people and after it we got to walk around the area and meet and greet other pilgrims from all around the world whilst music and festivities continued on throughout the night. Another highlight was of course the Pope’s arrival which included 140,000 people and our group were lucky enough to be dead-centre of the stage approximately 50 metres back as he spoke about the marvel of creation but also warned of the threat to the earth from global warming.

That night again was full of music and festivities. The re-enactment of Jesus’ final days was magnificent as the actors portrayed Jesus’ last hours with extreme detail and revamped the old tradition.

The re-enactment is a very important celebration as we build our faith around the significance of the death and resurrection of Jesus. The re-enactment left us as pilgrims on a spiritual high and reinforced to us the importance of the ritual. It left us fulfilled and gave a sense of realisation of what our faith is all about.

That night 150,000 turned up to see the largest concert ‘Receive the Power Live’ which became the major and most memorable night of music and festivities of the week. Over 180,000 pilgrims joined together to walk 10km across the Sydney Harbour Bridge to Randwick Racecourse, were we had a Night Vigil with the Pope surrounded by the greatest atmosphere before we slept underneath the stars.

The next morning we had the Final Mass with the Pope and were joined with over 500,000 other pilgrims and the general public. The Mass was magnificent in its own right and the atmosphere of all the people intensified our experiences. The main thing Pope Benedict XVI and Cardinal George Pell wanted us to take away from this whole experience was not just the festivities, the atmosphere, the music or the chance to meet new and exotic people, but a chance to take away and share what we have received and witnessed to not just the rest of our community but more importantly to ourselves.

Speaking on behalf of the students ranging from years 8 to 12 and the teachers, parents and guardians who went with us, World Youth Day was clearly the greatest experience of our lives and something that we will remember and cherish forever. We will never forget the people we met along the way and the experiences we shared with our Holiness Pope Benedict XVI and the messages and teachings he showed us all.

Jacob Bush (11MJ1)
RELIGIOUS EDUCATION NEWS

Reading of the Week
Today’s Reading comes the Gospel according the Matthew, telling us how the smallest action or word of a person can grow to contribute something far greater than it was first intended.

Jesus put a parable before the crowds, ‘The kingdom of heaven is like a mustard seed which a man took and sowed in his field. It is the smallest of all the seeds, but when it is grown it is the biggest shrub of all and becomes a tree so that the birds of the air come and shelter in its branches.’

Mr Scott McDermott, RE Coordinator - Ministry

Do you know the meaning of this word?
Kind: (adj.) having a friendly nature or attitude; helpful to others or to another; considerate or humane.
Kindly: (adj.) having a sympathetic or warm-hearted nature; motivated by warm and sympathetic feelings; to treat with tolerance.
Kindness: (n.) the practice or quality of being kind.
Are you a kind person? Have you shown someone a kindness by word or deed today? Have you treated someone kindly?
The following quotes relate to being kind:
“Kind words can be short and easy to speak, but their echoes are truly endless.” Mother Teresa
“No act of kindness, no matter how small, is ever wasted.” Aesop
Thank you kindly.

CURRICULUM NEWS

YEAR 10 INTO YEAR 11 2009 INFORMATION EVENING
Year 10 parents and students are reminded to attend this important information session commencing at 7:00pm, this Thursday, 31 July in the Doyle Centre.

CURRICULUM AWARDS ON ASSEMBLY
The following students will be presented with a Curriculum Award for excellence in formal assessments during Term 2.

Year 12
Lauren Adshead Studies of Religion 1, English-Advanced, English Extension 1, Biology
Teegan Crompton Studies of Religion 1, Community & Family Studies, Mathematics General, Biology
Phoebe Cupples English-Advanced, Business Studies, Studies of Religion 1, English Extension 1, Legal Studies, Mathematics General
Briana Smchalkshe Studies of Religion II, Legal Studies, Mathematics General, Biology
Cherylyn Wong English-Advanced, Ancient History, Studies of Religion 1, English Extension 1, Biology

Rachael Amos Legal Studies, Economics, Mathematics 2 Unit, Studies of Religion 1, English-Advanced
Madison Butler Information Processes & Technology, Community & Family Studies, Mathematics 2 Unit, Studies of Religion 1
Joshua Foster Economics, English-Advanced, Mathematics 2 Unit, Studies of Religion 1
Jessica Godfrey Ancient History, English-Advanced, Studies of Religion II, English Extension 1
Stephanie Mai Ancient History, English-Advanced, Music, Studies of Religion II, English Extension 1
Sharna Mathieu Mathematics 2 Unit, Studies of Religion 1, English-Advanced, English Extension 1
Samuel Rundle Industrial Technology-Multimedia, Mathematics 2 Unit, Studies of Religion 1, English Extension 1

Year 11
Torrey Atkin Catholic Studies, Mathematics Stage 5.3, Science, English, Drama
Lauren Barnes PD/H/PE, Mathematics Stage 5.3, Science, English, Geography
Jordan Charters Catholic Studies, Geography, Physical Activity & Sports Studies, Mathematics Stage 5.3, PD/H/PE, Industrial Technology-Multimedia, English
Matthew Lesslie Catholic Studies, Mathematics Stage 5.3, Science, English, Drama
Lachlan Raso Catholic Studies, English, Mathematics Stage 5.3, PD/H/PE, Industrial Technology-Multimedia
Xavier Ricketts Catholic Studies, Physical Activity & Sports Studies, Mathematics Stage 5.3, PD/H/PE, Science
Ramona Summers History, Mathematics Stage 5.3, Food Technology, Science, English
Lauren Teitzel Physical Activity & Sports Studies, Mathematics Stage 5.3, Food Technology, English, PD/H/PE
Timothy Wong Catholic Studies, Mathematics Stage 5.3, Science, Graphics, English

Year 10
Laura Bailey Catholic Studies, English, Mathematics Stage 5.2, PD/H/PE, Geography
Liam Bolster Catholic Studies, PD/H/PE, Commerce, English, Geography
Samantha Fien Catholic Studies, Visual Arts, PD/H/PE, English, Science, Geography

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.
Students Absences: Please telephone the College between 7:45am and 9:30am on the day of the absence. A note is also required on the first day of the student’s return.

YEAR 11 NEWS

A reminder that Year 11 students will be attending their Leadership Camp on Wednesday 6 to Friday 8 August 2008.

They will be accompanied by seven teachers and complete a programme intended to get them thinking about their own leadership abilities and the leadership they would like to establish as a senior group. We all look forward to the experience.

Permission notes and outstanding monies should be already paid (due last Friday 25 July). Please indicate to Mr Rowland if your child has any special dietary or medical requirements. Participation in the camp is compulsory.

Venue: Interaction Experiential Learning – Mebbin
Cost: $200.00
Travel: By bus
Depart: 9:00am, Wednesday 6 August 2008
Return: 3:00pm, Friday 8 August 2008

Mr Shane Rowland
Year 11 Coordinator

FRIDAY 22 AUGUST

Students are invited to WEAR SOMETHING DENIM in support of our sponsored child, Dominic, who lives in Uganda. The students through the Representative Council have sponsored Dominic since 2000.

A gold coin donation will be collected during Homeroom to raise the funds for Dominic’s sponsorship.

Wear a pair of jeans OR a denim shirt OR a denim jacket, BUT SOMETHING DENIM.

You may wear CLOSED shoes only – THIS MEANS NO OPEN SHOES: NO SANDALS, NO THONGS, NOR ANY VARIATION ON THIS THEME!

Student Representative Council

Students Absences: Please telephone the College between 7:45am and 9:30am on the day of the absence. A note is also required on the first day of the student’s return.
Semester 2 is now underway following a very busy and successful Semester 1.

Over the next few weeks, students who endeavoured to achieve at the best will be recognised at College Assemblies. Of particular note were participants from Year 10 who competed in the 2008 International Competitions and Assessments for Schools – Science, conducted by the University of NSW. Students received five Distinctions, 3 Credits and 2 Participation Certificates.

2008 International Competition and Assessments in Science:

**Distinction**
- Torrey Atkin
- Stephen Baker
- Lachlan Raso
- Matthew Reading
- Timothy Wong

**Credit**
- Jordan Charters
- Nicholas Cleary
- Finn Davoren

In addition, our students took part in the Rio Tinto Big Science Competition and Ms Murray’s report follows mine.

Other activities of note during Semester 1 were:

- A guest speaker on Forensic Investigation for Year 7.
- A guest speaker who is a practising research scientist for Year 12 Biology students.
- The Bond University ‘Blue Sky’ lecture on problem solving for Year 10.
- The Currumbin Excursion for Year 7.
- The visit to the University of Queensland for interested Science students.

Year 10 Science students are about to make choices in regard to whether or not to include a science subject/s in their senior studies and are encouraged to seek advice from their science teachers.

Year 12 students should be preparing for their Trial HSC Exams which are a major part of their overall assessment.

By now all the science students in their junior years should be well and truly up-to-date with the methods and processes of science. In Stage 4, an important focus in the curriculum is on the history and nature of science and working scientifically. In Stage 5, an important focus in on the application and uses of science and its impact on society and the environment.

Last term, 55 students sat the ‘Rio Tinto Big Science Competition’.

**Congratulations to all students who participated in the competition.**

Special congratulations goes to Louis Monaghan (8SS2) who received a High Distinction with 100% correct responses.

Louis will now have the opportunity to travel to Sydney to receive his award at a special ceremony hosted by Adam Spencer (an ABC science and mathematics presenter).

Congratulations to the following students who also receive awards:

**Year 7**
- James Yardley: Distinction
- Dale Lynch: Credit
- Jessica Mandall: Credit
- Sienna van Rossum: Credit
- Ainsley McLucas: Credit
- Holly O’Neill: Credit
- Ebony Serone: Credit
- Kacey Gambin: Credit
- Louis Oram: Credit
- Ryan Ambrose: Credit
- Jasmine Hill: Credit
- Tamika Edwards: Credit

**Year 8**
- Louis Monaghan: High Distinction
- Maccalla Fenn: Distinction
- Thomas McGill: Credit
- Taylor Johnson: Credit
- Felix Langenbach: Credit
- Sinead Scott: Credit
- Andrew Lynch: Credit
- James Swift: Credit

**Year 9**
- Matthew Waugh: Credit
- Samantha Fien: Credit

**Year 10**
- Matthew Lesslie: Distinction
- Stephen Baker: Distinction
- Lachlan Raso: Distinction
- Matthew Reading: Distinction
- Thomas Monaghan: Distinction
- Xavier Ricketts: Distinction
- Jordan Charters: Credit
- Ramona Summers: Credit
- Emily Hipwell: Credit
- Lauren Teitzel: Credit

National Science Week, which aims to increase students’ understanding of how science, engineering, technology and innovation benefit society and environment, is being held from Saturday 16 to Sunday 24 August.

During this week, activities on the theme of ‘Planet Earth – Planet of Change’, will be undertaking in science classes.

Mr Geoff Cox  
Science Coordinator

Ms Fiona Murray  
Competition Organiser

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.
CONGRATULATIONS
Congratulations to Rosanna Geerz (12CV1) who has been accepted to undertake a Gap Year with The Royal Masonic School for Girls, Rickmansworth, Hertfordshire, UK, in the capacity of Teacher’s Aide and Boarding House Tutor.

Well done Rosana!

ATTENTION: YEAR 12 STUDENTS
QTAC (Queensland Tertiary Admissions Centre) applications open Tuesday 1 July 2008 and on-time applications close Tuesday 30 September 2008.

BOND UNIVERSITY SCHOLARSHIP APPLICATIONS
CLOSE THIS THURSDAY, 31 JULY 2008

All Year 12 UAI eligible students need to make an individual appointment with Mr Hall during Term 3 to talk about university course preferences for QTAC and for UAC.

OPEN DAYS
Please note the following Open Days coming up in the next few weeks/months:

2008 OPEN DAYS

UQ Open Day, St Lucia (Brisbane) Campus
Sunday 3 August, 2008
9:00am – 3:00pm

Griffith University
Open Day, All Campuses
Sunday 10 August, 2008
9:00am – 2:00pm

Bond University Open Day
Sunday 17 August, 2008
10:00am – 3:00pm

USQ Open Day, Toowoomba Campus
Sunday 17 August, 2008
10:00am – 3:00pm

USC Open Day, Sippy Downs
Sunday 17 August, 2008
10:00am – 3:00pm

UNE Open Day
Friday, 5 September 2008

ATTENTION: YEAR 10 STUDENTS

Year 10 Careers Information Day
Wednesday 30 July 2008

On the morning of this coming Wednesday, 30 July, all of Year 10 will be attending a ‘Careers Information Day’ in the Doyle Centre.

The objectives of the morning are to offer students information about different careers, pathways and an insight into what subjects they might study at HSC level prior to the ‘Year 10 to 11 2009 Information Evening’. Presenters involved will include local universities, Defence Forces, TAFE, Centrelink, CONNECT and tradespeople.

Our Programme:

8:30 - 9:00am
Stall Holders Set up

9:00 - 9:10am
Welcome and Introduction
Peter McLaughlin, Matthew Hall, Melissa Hughes

9:10 - 10:35am
Brief Presentation and display stalls
TAFE NSW ~ Peter Jarrett
MEGT ~ Julie Beckers
Southern Cross University ~ Glenn Jeffery
SAE College ~ Amo van der Kraan
Australian Institute of Fitness ~ Tanielle Hoyle
East Coast Training ~ Matt Cannon
Connect ~ Tiffany Carmichael and Leah Wightley
Centrelink ~ Lynn Teale
Hospitality Training Network (HTN) ~ Rod Andrews
Defence Force ~ Gavin Durnford
Tweed Council ~ Erin Gen
Seagulls/Barringtons Group ~ Andrew Henthorn and Colleen Gauden
Tweed Police
TAFE QLD ~ Kate Deacon
Master Builders ~ Selina Atkinson
Work Cover ~ Lydia Plim
Australian International College of Art ~ Peter Hendry
Australian Institute of Fashion Design ~ Tracy Saywell
Tursa ~ Glen Costello
Northern Rivers Group Training ~ John Lee
Nortec (Youth Pathways/Training) ~ Jo Coombes
Face Magic ~ Angie Smith

10:35 - 11:00am
Morning Tea for Presenters

11:05 - 11:55am
Consider A Career In . . .

- Real Estate ~ Chris Holt, Elders Real Estate
- Event Management ~ Jackie Dorathy, Events Coordinator, Ray Group
- Hospitality ~ Craig Spackman, Executive Chef, Kingscliff Beach Bowls Club
- Defence Forces ~ Gavin Durnford, Defence Force Recruiting
- Medicine ~ Kirsten Paterson, Practising Doctor

11:55am - 12:35pm
Past Students

12:35 - 12:50pm
Evaluation and clean up

Visit the relevant websites for more information.

Messages to Students: Office staff cannot disrupt teaching in order to deliver messages that are not of an urgent nature.

Year Coordinators will endeavour to deliver non-urgent messages at lunchtime, or prior to the end of the school day.
‘KINDY PARTY’
Included in today’s Newsletter are photos and a student report from the recent Year 9 Food Technology class “Kindy Party” held at the College.

Ms Karen Parker
TAS Coordinator

We started off the day by preparing and cooking the foods. We hung up decorations and made the room look beautiful. The St Joseph’s Primary school kindergartens arrived and we said our hellos and then broke them up into their groups.

We then had something to eat and drink, and then we played musical statues. After that we were broken into our groups and played a variety of games. We started off by playing ‘pin the tail on Ariel’. When we told them what we were doing they all screamed ‘yay’ or ‘wow, I love this game’. Ike won that game but they all had fun.

After that we played musical chairs. We took them inside and set it up. They all guessed what they were about to be playing. They enjoyed that a lot. Drama happened when one of our students fell over during the game, when she was running to a chair. I went and got a teacher then she was fine.

We went back outside and played ‘duck, duck, goose’, they all had a turn. So we decided to make a treasure hunt. We hid the lollies and some of our special presents and they started. Everyone got a present and a few lollies each.

Then we got called inside to play ‘pass the parcel’. Everyone ended up with a lolly and someone Liliosa got the major prize.

We then took a photo and cut the cake. The cake was a big hit! It was really yummy and it looked wonderful. St Joseph’s then had to go. They said thank you and goodbye and the left.

Overall, I thought the party was an absolute success! The kids loved the games and the lollies. Personally I had a lot of fun taking care and entertaining the children.

Danielle Crowe (9LIJ)
PASTORAL NEWS

STUDENT REPRESENTATIVE COUNCIL (SRC)
Term 3 is the term where students are invited to consider their potential as student leaders.

St Joseph’s College is fortunate to have a very active student council who work to raise funds and provide activities which develop school spirit and improve our community.

We are looking for another enthusiastic team of young people to continue this work in 2008-2009.

Every student is encouraged to engage in some self-evaluation – to consider their current performance and involvement and identify the gifts they have to offer our community.

During Week 3, Year 11 will attend their Leadership Camp, consider their potential as leaders and have the opportunity to nominate themselves or others for the senior leadership roles. Other year groups will be informed of the structure and process at form meetings in the near future.

Homeroom and pastoral teachers and Year Coordinators will then consider the suitability of those nominated, after which successful nominees will be informed. They will be interviewed for the role and then prepare and deliver a nomination speech for their year group.

At the conclusion of the speeches, students will vote for their representatives. Successful students will be notified at the end of Week 7 and inducted at the Leadership Mass on Wednesday 10 September (Week 8).

Students are encouraged to nominate and to consider who amongst their peers might best represent them on the 2008-2009 Student Representative Council.

Ms Frances Stegeman
Pastoral Advisor

WEEKEND MASS TIMES

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

Science is about making sense of our world. We need to have an understanding of science to debate current issues.

The Rio Tinto Big Science Competition encourages critical thinking and problem solving skills. Held annually in the third week of May, the competition challenges secondary students from Australian and International schools in Junior, Intermediate and Senior divisions. The competition questions are written by teachers and scientists from all around Australia.

Certificates and awards are presented to students to acknowledge their achievement.

SPORTS NEWS

Winner of the 2008 Pierre de Coubertin Award
LUCY FITZHUGH

The Pierre de Coubertin Awards are named after the founder of the modern Olympic Games. The Awards take place on an annual basis and recognise senior secondary students who demonstrate values which are consistent with the Olympic Movement through participation in sporting activities.

To receive this award, Lucy fulfilled the criteria which were:

She participated actively in the school’s physical education program with a consistently positive attitude. During years 8-12 she represented the school in athletics, cross country and at least two other competitive sports. Lucy also submitted a literary work which illustrated her appreciation of the Olympic Movement.

The State Olympic Councils, under the auspice of the Australian Olympic Committee, coordinate the Awards program. The award recipients are recognised in a presentation during Olympic week, which occurs in each state and is organised by the SOC.

Lucy is to be congratulated on her achievement in receiving this award.

Mr Peter McLaughlin
Sports Coordinator
The College’s Annual Athletics Carnival will be held this coming Friday, 1 August 2008.

A REMINDER THAT THIS IS A COMPULSORY EVENT IN THE SCHOOL CALENDAR

Please note that there will be plenty of events for ALL students to take part in on the day.

Support your house teams and proudly wear your colours for Dalton (Blue), Hanly (Yellow), Hoade (Green) and Reynolds (Red), but just remember to dress appropriately on the day!

Today we have all the news about the 2008 Tweed Valley Competition results from last term.

2008 TWEED VALLEY RESULTS

“Best and Fairest” Tweed Valley Competition

Congratulations to the following students who achieved ‘Best and Fairest’ in the Tweed Valley Competition for 2008. These students were presented with their trophies at last week’s College Assembly.

All students should be congratulated on their performance throughout the 2008 Tweed Valley Competition.

<table>
<thead>
<tr>
<th>Male Sports</th>
<th>Best &amp; Fairest</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball</td>
<td>Thomas McGill</td>
</tr>
<tr>
<td>A</td>
<td>Christopher Best</td>
</tr>
<tr>
<td>B</td>
<td>Kieron Donnelly</td>
</tr>
<tr>
<td>League</td>
<td>Ned Crimmins</td>
</tr>
<tr>
<td>13</td>
<td>Sam Knott</td>
</tr>
<tr>
<td>14</td>
<td>Liam Bolster</td>
</tr>
<tr>
<td>Soccer</td>
<td>Daniel Lesslie</td>
</tr>
<tr>
<td>13</td>
<td>Ricardo de Azevedo</td>
</tr>
<tr>
<td>14</td>
<td>Michael Gardner</td>
</tr>
<tr>
<td>Open</td>
<td>Ryan Andrews</td>
</tr>
<tr>
<td>Tennis</td>
<td>Anthony Callaghan</td>
</tr>
<tr>
<td>15</td>
<td>Bernard Tsang / Joshua Crouch</td>
</tr>
<tr>
<td>Touch</td>
<td>Ben Donahue</td>
</tr>
<tr>
<td>13</td>
<td>Tyler Swaney</td>
</tr>
<tr>
<td>Open</td>
<td>Justin Tindall</td>
</tr>
<tr>
<td>Volleyball</td>
<td>Bodie Nash</td>
</tr>
<tr>
<td>15</td>
<td>Xavier Ricketts</td>
</tr>
<tr>
<td>A</td>
<td>Andrew Russell</td>
</tr>
<tr>
<td>B</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Female Sports</th>
<th>Best &amp; Fairest</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball</td>
<td>Sienna van Rossum</td>
</tr>
<tr>
<td>15</td>
<td>Samm Jackson</td>
</tr>
<tr>
<td>A</td>
<td>Andrea Roberts</td>
</tr>
<tr>
<td>B</td>
<td>Jessica McWilliam</td>
</tr>
<tr>
<td>Netball</td>
<td>Rhiannon Smith</td>
</tr>
<tr>
<td>13</td>
<td>Emma Hickling</td>
</tr>
<tr>
<td>14</td>
<td>Keeley Serone</td>
</tr>
<tr>
<td>A</td>
<td>Maddison Jordan</td>
</tr>
<tr>
<td>Soccer</td>
<td>Hannah Simpson</td>
</tr>
<tr>
<td>15</td>
<td>Ania Dorocinska</td>
</tr>
<tr>
<td>Tennis</td>
<td>Hannah Clarke</td>
</tr>
<tr>
<td>15</td>
<td>Jessica Clarke</td>
</tr>
<tr>
<td>Open</td>
<td></td>
</tr>
<tr>
<td>Touch</td>
<td>Jessica Mandal</td>
</tr>
<tr>
<td>13</td>
<td>Hayley Raso</td>
</tr>
<tr>
<td>15</td>
<td>Ashleigh Dunemann</td>
</tr>
<tr>
<td>Volleyball</td>
<td>Claudia Osborn</td>
</tr>
<tr>
<td>15</td>
<td>Karley Bell</td>
</tr>
<tr>
<td>A</td>
<td>Lauren Tietzel</td>
</tr>
</tbody>
</table>

TWEED VALLEY FINALS

It was great to see the enthusiasm of both the players and coaches and all are to be congratulated on their efforts. Congratulations to our six (6) premiership winning teams:

Boys 13 Soccer
Girls 14 Netball
Girls 14 Basketball
Girls 13 Netball
Girls 15 Soccer
Girls 15 Volleyball

TWEED COAST JUNIOR TOUCH

(PLAYED ON FRIDAY NIGHTS AT CASUARINA RUGBY UNION FIELDS)

Sign-On: Fridays, 8 August & 15 August, 4:00-5:00pm

Eligible: Boys & Girls, Aged 7-18

Cost: $40 per player

Competition: 19 September 2008 to 27 March 2009

Enquiries: Les or Ellen (02) 6676.3234

SPORTS NEWS

Don’t forget, if you have any sports news or sporting achievements you’d like to share with the St Joseph’s College community, please send the information in and we’d be happy to put it in the College Newsletter.

Mr Peter McLaughlin
Sports Coordinator

A BBQ THANK YOU

A heartfelt thank you to the parents who helped out on the BBQs at the Reflection Days for Years 7, 8, 9 and 10 last week.

Mr Scott McDermott
RE Coordinator – Ministry

Sport: Sport is an important part of the school and students are expected to attend sport each week.
Making friends

Friendships are important for happiness and well-being, particularly around adolescence. This is a stage when kids can be cruel, sometimes excluding others from peer groups for little apparent reason. Girls often form close and intense friendship groups as they enter their teens. They often have best friends who can change dramatically from one day to the next. Boys tend to form looser and less exclusive social groups, often based around mutual interests. It can be lonely for children or young people who find themselves isolated from peer groups or without a best friend.

Bright ideas (for helping kids make friends)

- If possible, establish a dialogue with your child about friendships so that you can offer support when there are difficulties and provide some ideas when needed.

- Identify and discuss any behaviours such as teasing, bullying or self-centredness that may prevent your child from making friends. Sometimes a child's remarks can irritate others to the extent that he or she is ostracised.

- Teach some social skills such as how to start up a conversation and how to hold the interest of others during a conversation.

- Provide opportunities for your child to have friends at your place after school or on weekends so that friendships can develop. An invitation to bring a friend along to family outings and holidays can provide opportunities to strengthen friendships.

- Encourage your child to participate in out-of-school activities or groups that may provide opportunities to meet new people away from the peer groups at school. Friendships formed through shared interests are often very strong.

- Encourage your child to take up a challenging or interesting activity so that he or she becomes a more interesting person for others to be around.

- Image is important for a young teen. Some compromise may be needed about issues such as clothing and appearance so that acceptance by peers is maintained.

For ideas, inspirations and seminars visit
www.Parentingideas.com.au

Parenting Ideas 2 © 1998 Michael Gruse. Published by ACER Press.
This article is the twenty-fourth (and final) part in our ongoing series of ‘Bad Attitude’ articles. Today we take a look at the ‘bad attitude’ UNHELPFUL, and what we can do about it.

### Bad Attitude: UNHELPFUL

#### Emergency Attitude Intervention:

Make a clear and specific list of chores. Sit down with the whole family, invite an open discussion, and get everyone to agree on a day-by-day schedule that spells out household responsibilities. Include putting away dishes, sweeping the kitchen, dusting the furniture, sponging the counters, feeding the pets, and other basic jobs. Choose appropriate chores for younger and older children. Then from this moment forth, expect your children to be helpful and take an active role helping around the house. Remember that you’re creating a home and not running a bed-and-breakfast establishment, so unless they’re paying you rent and a salary; get your children to start helping out.

Heard these sweet words from your darling offspring lately: “How much do I get if I help? That’s not my job.” If so, your child may be suffering from the Big Brat Factor epidemic with a sub-diagnosis: Unhelpfulness. And watch out: this ailment is especially lethal to character development and can be damaging to family harmony.

Many factors play a role in producing unhelpful children, but two stand out. First, we’re expecting children to be less helpful these days. For whatever reason – such as our hectic pace or their overscheduled lives – parents tend to excuse children from helping: “His schedule is so tight: he needs time to relax. It’s easier to do it myself” or “She works so hard in school, and needs a break.”

Many children grow through a developmental period at two to four years old when they really want to be helpful to show off their new skills and please you. Unfortunately, we don’t always take advantage of their innocent desires to help out, and so that temporary window of opportunity is closed. And is it really tough to open up again? Too often when older children are asked to help us out, they expect to be paid, and all too often we open up our wallets and comply. The result is a gradual extinguishing of helping, supporting, caring attitudes fuelling selfish, me-me-me attitudes instead. The first step to helping children learn this new attitude is to get them off the couch and expect them to lend a hand. It’s a good way to begin teaching them the virtues of helpfulness, diligence, and generosity that they will need for developing good moral character and becoming selfless, contributing members of society. And the sooner we start the better!

### Bad Attitude Alert

As parents, we all need more help, so teaching and expecting our children to do their share not only helps the family but prepares them to be productive and successful individuals who contribute to their home, school, community, and society at large.

#### Diagnosis

Being unhelpful doesn’t happen all by itself. Here are some questions to ask to find out where this bad attitude is coming from.

**Why.** Why does your child have this attitude? Is s/he not expected to help out? Has someone always rescued or excused her/him from household duties? Have good grades or violin or swimming or something else been placed above helpfulness? Has no one ever taught her/him how to do basic household chores? Where did s/he get this notion that s/he’s above helping others and does not have to lift a hand?

**What.** Are there particular issues s/he is more unhelpful about? For instance: Laundry? Her/His bedroom? Pets? Siblings? Are there any jobs your child does willingly?

**Who.** Does s/he display the same unhelpful behaviour to everyone? Is there someone s/he does not use this attitude on and is more helpful with? If so, who?

When. Is there a particular time of day, week, or month when s/he is less helpful? Is there a reason? For instance, might her/his schedule be too crammed? Is s/he tired? Is there friction with another person?

Where. Are there certain places s/he is more likely to be unhelpful (at school or day care, in your yard, inside the home, at Grandma’s)? Why?

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

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

Studies have shown that children a few decades ago were much more helpful than children today. What’s changed in today’s lifestyle that’s causing helpfulness to decline? What’s changed in your lifestyle that might be triggering your child’s unhelpful attitude? Do you leave everything to hired help? Do you eat out so often that your children don’t know what a dishwasher looks like? What is or where is the kitchen sink? Is your child so overscheduled with tutoring, sports, music lessons, dance, and social activities that there’s no time for household chores? Are you so concerned about getting your children into the best schools starting from age three on that the virtue of helpfulness isn’t even on your radar screen?

Are you so exhausted with your own busy schedule that you just don’t have the energy to insist that your child help out at home? How does all this affect how you are responding to your child’s unhelpful attitude?

Now reflect on how you typically respond to your child’s unhelpful attitude. Did you ignore her/him? Excuse her/him? Do the task for him/her? What did your child learn from your response? What is the one thing you will never do again to curb your child’s unhelpful attitude.

### Facing your own bad attitudes:

Take a serious look in the mirror to see if your child’s unhelpful attitude may be mirrored from your attitude. Here are a few questions to help you assess just how well you are boosting your children’s attitude or if your own attitude just may be derailing it:

- **Do you expect your children to lend a hand around the house?**
  - For instance, do your children have set chores, responsibilities, or duties? Is your child clear on those chores? Do you consistently expect those duties to be completed? Or do you feel you are doing your children a favour by not requiring them to do chores at home so that they are not stressed by too many responsibilities?

- **Do you reward your children for helping?** Do they expect to be compensated for any help they provide? Always providing monetary compensations or material treats for helpful gestures makes children learn to expect payment. Is that the attitude you want in your child?

- **Do you come to your child’s rescue and complete her/his assigned task?** Do you make an excuse for her/his lack of helpfulness? Have you noticed other members of your family – siblings, relatives, partner – finishing her/his chores and letting her/him off the hook? What message is that sending to her/him?

- **Are your standards of perfectionism so high that you don’t want your child to help because the end product won’t be good enough?** Or do you just find yourself redoing the task so it meets your standards?

- **Do your children know that you value helpfulness?** Have you stressed your beliefs to your children? How often do you talk to your children about helpfulness and why it is important?

- **Do you consistently thank those who help you, or do you take them for granted or forget to voice your appreciation?** To learn new behaviours, you need good models to copy, so think how often your children see you acknowledging helpful behaviours. Before you begin tuning up the attitude in your child, think how you can tune up helpfulness in your behaviour. What is the first step you need to take to tune up helpfulness in yourself as an example to your sons or daughters? What changes do you need to make?

### Bad Attitude News Alert:

Research by Dan Kindlon, Harvard psychologist and author of Too Much of a Good Thing: Raising Children of Character in an Indulgent Age, found that children who get an allowance but do not have to do chores to earn it are at greater risk for depression and tend to be self-centred. His studies also found that teens who are not required to regularly help out around the house are more likely to see themselves as spoiled: they know they are getting something for nothing.
The “Don’t give me that attitude” makeover:

To eliminate your child’s unhelpful attitude, take the following steps.

Step 1 ~ Expect Helpfulness
One of the biggest mistakes parents make is assuming their children will help out without being asked – or paid. Don’t make that mistake. If you want your child to be helpful and a contributing family member, then model, reinforce, and nurture those behaviours. Expect your child to help out at home and willingly lend a hand whenever asked and to do so without being assigned a task.

Make sure your child knows your expectations. Don’t be vague, indirect, or make the mistake of assuming that children know how to lend a helping hand. Instead, specify exactly what they can do to be supportive on any given day, and then expect the behaviour. Here are some ideas about how to do this:

“Who’s cooking dinner tonight? What can you do to help me out?”
“Why don’t you help me with the laundry?”

When they get the idea of how to lend a hand, encourage the behaviour:

“I’m having the Kanes for dinner tonight. What could you do to help me out at dinnertime?”

“We’re leaving on our vacation tomorrow, and there’s lots to do. How will you help?”

Step 2 ~ Delegate Exact and Specific Home Duties
The earlier you expect your children to take an active role in helping around the house, the easier you’ll find it to get them to lend a hand. Even children as young as three years old can help around the house by picking up toys, feeding the dog, and taking out small trash cans. So gather all the troops and brainstorm ways they can help out at home. Then ask each member to volunteer to do a few tasks each week. If your children don’t volunteer, you assign each one the job and specify when they are to be completed. Here are a few job possibilities:

- Set and clear the table: rinse off dirty dishes, put dishes in dishwasher, put clean dishes back in cupboards
- Gardening: weed, water plants, rake leaves, mow lawn, sweep patios
- Bathroom: wash counters and sinks; clean showers, toilets, tub; fold towels
- Pets: feed, take on walks, brush, bathe, clean out the cage, change the litter, play with them
- Laundry: put dirty clothes in hamper, empty the hamper, sort lights and darks, fold clean laundry
- Recycling: stack magazines and papers
- Dust furniture, vacuum
- Clean the car: wash exterior, clean out trash, vacuum, clean windows
- Windows and mirrors: clean using spray bottle
- Take out the garbage: empty wastebaskets

Step 3 ~ Teach How to Be Helpful
Once you delegate specific duties, go through each job step-by-step at least once with your children so that they clearly know how to do it. When you’re sure they’re capable of the task, post a chart on the refrigerator listing each child’s home duties, and then expect them to do it on their own. Whatever they do, don’t do any task your child can do for her/himself. She’ll never learn to be helpful or responsible if she/he knows you’ll finish the job for her/him. And don’t overlook one of the best ways to boost helpfulness: everyone – you included – pitches in on any given day, and then expect the behaviour. Here are some ideas about how to do this:

“We’re going to Aunt Carol’s today. You know how much she appreciates your helping her set the table, so be sure you do.”

“Mom is coming home soon and has had a really hard day. Why don’t you tell her you’ll help fix dinner? I know she’ll be thankful.”

When they get the idea of how to lend a hand, encourage the behaviour:

“I’m having the Kanes for dinner tonight. What could you do to help me out at dinnertime?”

“We’re leaving on our vacation tomorrow, and there’s lot to do. How will you help?”

Step 4 ~ Acknowledge Helpful Behaviours
Show your children how you value helpfulness by acknowledging the behaviour in your children and others. Be sure to describe the deed so your children know what was helpful and why you appreciate it:

“Did you notice how helpful Jason was today at the party? He asked if I could use a hand in setting up the games. I admire his thoughtfulness.”

“Priya, thanks for helping me pick up the dirty clothes. You did so without being asked! I really appreciate your helpfulness.”

Step 5 ~ Set a Consequence If the Unhelpful Attitude Continues
Anytime you see your children slack off, let others do the work, and if they do not help out, call them on it. Explain why their behaviour is unacceptable, firmly restate your expectations, and then insist on helpful behaviours: “You’re a member of this family, so you’re expected to help out. Turn off the TV and go help Dad sweep the patio.” If your child doesn’t comply, set a consequence:

“In this house you help first, and then you play. If you don’t, you will lose the privilege of using the family room for the day” (or another appropriate option).

The consequence should be anything you can maintain control over, such as the TV, phone, or computer. It should also fit the crime and be appropriate to your child’s age. Once stated, don’t give in until your child starts helping.

Step 6 ~ Find Ways to Serve Others as a Family
One of the best ways for teaching helpfulness is through doing helpful deeds, and what better way than doing so as a family? Look for a way your family can lend a hand to others: reading to the blind, coaching underprivileged children, serving soup to the needy, making quilts for the homeless. Then commit to doing the service regularly together so your children learn a sense of social responsibility and how helping others can make a difference in the world.

The First 21 Days:
Find an age-appropriate ‘Pitch Right In’ Project to teach your child a more helpful attitude. Be sure it is an activity where the emphasis is on her/his contribution to someone or something else rather than any kind of a personal gain. Whenever possible, capitalise on your child’s individual skills and interests.

For example, if your younger child loves to draw, s/he might make cards to bring to a nursing home for the elderly to enjoy or send to their loved ones. Or if your toddler loves flowers and the out-of-doors, set her/him loose in the park with a large garbage bag and a pair of latex gloves and have her/him pick up trash. For an older child, there are many possible projects that emphasise helpfulness, including collecting clothing and blankets from neighbours to distribute to the homeless; collecting or repairing toys to donate to local charities; helping coach younger children in a favourite sport, dancing, or gymnastics; or tutoring children in a subject of special interest or achievement like maths, computers, science, or English as a second language.

Attitude Makeover Pledge:
How will you use these steps to help your child become less unhelpful and achieve long-term change? What exactly do you agree to do within the next twenty-four hours to begin changing your child’s attitude so s/he is more helpful 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. It takes a minimum of twenty-one days to see real results, so don’t give up! And if one strategy doesn’t work, try another. Keep track of your child’s weekly progress.

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

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

For Parents:

Ms Frances Stegeman
Pastoral Advisor

School Shoes: Parents are reminded that school shoes are to be of the traditional, hard leather lace-up style.
### KEEP WATCHING THIS SPACE – THE NEXT TIME IT COULD BE YOU!

**STUDENT OF THE WEEK**

Welcome back to Term 3 . . .

*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.

### CANTEEN NEWS & ROSTER

**UNIFORM SHOP HOURS**

Monday to Friday

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

**CANTEEN NEWS & ROSTER**

**MEAL OF THE WEEK**

Check out the whiteboard at the Canteen for the “Special of the Day”

### VOLUNTEERS NEEDED URGENTLY

Welcome back to school, one and all! There are a number of dates in this term’s Canteen Roster without helpers and I urgently need to fill these places:

<table>
<thead>
<tr>
<th>DATE</th>
<th>HELPER/S</th>
<th>HOW MANY NEEDED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday 29 July</td>
<td>~</td>
<td>1 person</td>
</tr>
<tr>
<td>Wednesday 30 July</td>
<td>~</td>
<td>1 person</td>
</tr>
<tr>
<td>Monday 4 August</td>
<td>~</td>
<td>1 person</td>
</tr>
<tr>
<td>Wednesday 6 August</td>
<td>~</td>
<td>2 people</td>
</tr>
<tr>
<td>Friday 8 August</td>
<td>~</td>
<td>1 person</td>
</tr>
<tr>
<td>Tuesday 12 August</td>
<td>~</td>
<td>1 person</td>
</tr>
<tr>
<td>Wednesday 13 August</td>
<td>~</td>
<td>1 person</td>
</tr>
<tr>
<td>Friday 15 August</td>
<td>~</td>
<td>2 people</td>
</tr>
<tr>
<td>Monday 18 August</td>
<td>~</td>
<td>1 person</td>
</tr>
</tbody>
</table>

For those who haven’t volunteered in the Canteen before, you will be doing us a great service AND in air-conditioned comfort; you will be entertained by our Canteen Manager; you will get to see the teachers, support staff and students up close in their natural habitat: ‘the schoolyard’; and you will be fed as well!! *Consider it “lunch and a show”!!*

And of course ‘Thank You’ to the wonderful mums who are already on our roster. These wonder-mums really keep us going!!

### CANTEEN ROSTER

**WEEK 2**

<table>
<thead>
<tr>
<th>DATE</th>
<th>HELPER/S</th>
<th>HOW MANY NEEDED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 28 July</td>
<td>Jan MacQueen &amp; Michelle Clarke</td>
<td>~</td>
</tr>
<tr>
<td>Tuesday 29 July</td>
<td>Lee Camp &amp; HELP</td>
<td>~</td>
</tr>
<tr>
<td>Wednesday 30 July</td>
<td>Helen Steele &amp; HELP</td>
<td>~</td>
</tr>
<tr>
<td>Thursday 31 July</td>
<td>Donna Fien &amp; Margaret Pulland</td>
<td>~</td>
</tr>
<tr>
<td>Friday 1 August</td>
<td>Fern Wendt &amp; Trish Baldwin</td>
<td>~</td>
</tr>
</tbody>
</table>

**WEEK 3**

<table>
<thead>
<tr>
<th>DATE</th>
<th>HELPER/S</th>
<th>HOW MANY NEEDED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 4 August</td>
<td>Michelle McLennan &amp; help</td>
<td>~</td>
</tr>
<tr>
<td>Tuesday 5 August</td>
<td>Janice Brown &amp; Alison Hedge</td>
<td>~</td>
</tr>
<tr>
<td>Wednesday 6 August</td>
<td>HELP</td>
<td>~</td>
</tr>
<tr>
<td>Thursday 7 August</td>
<td>Michelle Kirk &amp; Jean Colivas</td>
<td>~</td>
</tr>
<tr>
<td>Friday 8 August</td>
<td>Julianne Donnelly &amp; HELP</td>
<td>~</td>
</tr>
</tbody>
</table>

**Athletics Carnival**

Mrs Dianne Pinkstone
Canteen Manager

---

**Australian Red Cross Blood Service**

Give Blood at South Tweed Sports Club
4 Minjungbal Drive (Old Pacific Hwy)

**Monday 25 August**

2:30pm – 6:00pm (Term 3, Week 6)

**Tuesday 26 August**

10:00am – 2:00pm (Term 3, Week 6)

Call Lismore Donor Centre on (02) 6620 2320 to make an appointment. Go to [www.donateblood.com.au](http://www.donateblood.com.au), or call 13 14 95 to find out if you are eligible to donate.

On the day of donation remember to bring photo ID, drink at least 4 glasses of juice or water, and have something substantial to eat.

---

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.