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

One of the aims of a Catholic school such as ours is to build young men and women of good character. What is good character?

H Jackson Brown writes, “Good character is more to be praised than outstanding talent. Most talents are, to some extent, a gift. Good character, by contrast, is not given to us. We have to build it, piece by piece, by thought, choice, courage and determination.”

Good character is the goal that Jesus set for all of us, "Love the Lord your God with all your heart, with all your soul and with all your mind . . . love your neighbour as you love yourself.” Matthew 22: 37, 39.

STAFF CHANGES

As of today, Mr and Mrs Lyon commenced long service leave for the remainder of the school year. I will write an expression of my thanks to Mr and Mrs Lyon in next week's final Newsletter for 2008.

Mr Peter Serone will be the Acting Deputy Principal and Mr Tom Nethery will be the Acting Religious Education Coordinator-Curriculum for the remainder of 2008. Mrs Lyon’s classes will be taught by Ms Natalie Gallagher and Mr Serone’s classes will be taught by Mr Luke Thomson.

END OF TERM 4, 2008

I remind all parents and carers that Term 4 concludes for students on Friday 12 December. The last week (8-12 December) will be exams for Years 7, 8 and 9 as well as assessments for Year 11. It is most important, therefore, that absences are avoided during these dates.

LEAVING ST JOSEPH’S COLLEGE

Fourth term is a time when families make decisions about moving to a new area because of employment changes etc. I would ask that all parents of students who will not be returning to St Joseph’s College in 2009 to please contact my secretary, Mrs Helen Bissell on (07) 5524.9002 as soon as possible.

This must be followed up by a parental note prior to the student collecting a Clearance Form from the College Office. All students who leave St Joseph’s College are required to complete a Clearance Form.

Please note that some students when they leave the College like to have a shirt autographed by their friends as a keepsake. This practice is fine as long as the shirt being written on is not the shirt being worn.

TERM 1 2009

The first day of school for all students in 2009 will be Thursday 29 January. Term 1 will conclude on Thursday 9 April.

Best wishes and
God Bless,

Mr Peter McLoughlin
Principal
Term 4, Week 8

This is Second to last Newsletter as there are only two weeks left of the 2008 school year.

We have some reminders of important dates for the attention of our students and their families. And don’t forget that this Newsletter - and an archive of previous Newsletters - is available in full colour on the College website @ www.bps.lism.catholic.edu.au.

In the next publication - to be handed out to students on the last day of school (Friday 12 December) - we’ll have some more information for the Christmas period and also for the commencement of the 2009 school year.

We hope you enjoy today’s issue.

IN THIS ISSUE:
- Principal’s Notes
- Final Youth Mass for 2008
- Deputy’s Notices
- Christmas Mass Times
- Religious Education News
- Curriculum News
- Food Technology & Hospitality News
- Mathematics News
- Costumes Wanted
- Careers News
- Congratulations . . .
- “Student of the Week”
- Canteen News & Roster
- The WORD this week is . . .
- Weekend Mass Times (outside of Christmas)
- Uniform Shop News
- Thank you to the supporters of the ‘Community Tucker Box’
- Parenting Ideas - ‘Parental Self-Esteem’

PRINCIPAL’S NOTES

MOCK CAFÉ WINNERS

Congratulations to our Year 9 Food Technology and Year 11 Hospitality students who competed in the Tweed District ‘Adopt a School’ Programme. Our café was called “Medici’s” and was supported by the Executive Chef of the Tweed Heads Bowls Club, Brad Whittaker, and Christine Goodman who managed the ‘front of house’ side of the restaurant.

Special thanks go to Mrs Sargent and Mrs Camp who worked alongside Brad and Christine with our students:

- Taylor Hammett (9FM2)
- Jacob Hawkins (9MW1)
- Sarah Hipwell (9LJ1)
- Bonnie Imeson (9MW1)
- Ashley Taverner (9MW1)

- Courtney Campbell (11GT1)
- Kevin Fryer (11AC1)
- Amber McKitrick (11AC1)
- Malone Siu (11HG1)
- Lucy Tonkin (11HG1)

PRAYERS

Please pray for the repose of the soul of the grandfather of Nicholas Amos (12 WP1), Bonnie Amos (7MB1) and Dylan Amos (7VS1) who passed away the weekend before last.

Please pray for the repose of the soul of the grandfather of Stuart McIntosh (7CF1) who passed away last week.

REPORTS FOR END OF YEAR

Reports will be available for collection by parents of students in Years 7, 8 and 9 after 9:00am on Thursday 18 December. Should parents have any concerns regarding their child’s progress, an opportunity to speak with their child’s teacher(s) will exist as follows:

Thursday 18 December from 9:30am until 3:30pm.

Please note that any reports not collected in person by parents on Thursday 18 December will be mailed out that afternoon.

HOLIDAY WORK

The following information comes from the Workplace Ombudsman:

TIPS TO CHECK YOUR SUMMER PAY ADDS UP

Australia’s Workplace Ombudsman, Nicholas Wilson, suggests starting a simple work diary can help to keep track of your shifts and pay.

- For each shift, record: the day and date you work; the time you start and finish work; your meal breaks; and the name of your supervisor.

- It’s also a good idea to note any time you take off work, like for sick days or annual leave.

Do you know?

- Unpaid ‘trials’ are generally against the law. You shouldn’t be asked to work for free.
- You should be paid for all hours you work, including meetings or training, and any time you spend opening and closing the business.
- Money can’t be taken out of your pay if customers leave without paying or if the cash registers are short.

The Workplace Ombudsman protects and enforces the rights of workers and employers under Australia’s workplace relations laws.

If you think you’re being underpaid call the Workplace Ombudsman Help Line on 1300 724 200.


Mr Peter McLoughlin
Principal
Attendence: It’s Not OK To Be Away!

Many students have their educational progress severely interrupted by absences which are more often than not, unnecessary, and for reasons fairly low on the ‘important to my future’ scale.

To reach their potential at school, students need to attend regularly. This means a few days off per year due to genuine illness – not a 9 day fortnight which accumulates to 25 days absent, 150 periods absent, the equivalent of 5 school weeks absent in a year. How could any student be expected to keep up with work in such circumstances? Parents – you have a critical role to play in protecting your own child’s future.

Absences can be minimised by arranging dental and doctor’s appointments after school or during the holidays – you need to book ahead, why not book now for school holidays later in the year. Shopping, helping at home, and visiting relatives may all seem important at the time – but not as important as a person’s FUTURE.

We (parents and the school) need to work together to help students to understand the importance of being at school whenever possible, and that trivial reasons for absence are not sufficient to discharge parents’ legal responsibilities.

Schools and parents have a legal responsibility to account for the whereabouts of young people daily (and in the evenings as well).

Studies show there is a far greater chance of students becoming early school-leavers and/or long term unemployed adults, if they don’t attend school regularly.

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

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

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

DEPUTY’S NOTICES

WEEK 8
Sunday 7 December
Final 2008 Parish Youth Mass

WEEK 9
Monday 8 December ................................. (Day 6)
Year 7, 8 & 9 Yearly Exam Week (8-12 Dec)
Year 11 Assessment Week (8-12 Dec)
Tuesday 9 December ................................. (Day 7)
Years 7, 8, 9 & 11 Presentation of Awards Evening
Friday 12 December ................................. (Day 10)
Final school day for Years 7, 8, 9 & 11 for 2008

STAFF WEEK
Thursday 18 December
9:30am until 3:30pm – teachers available for parent / teacher meetings
3:30pm – Year 11 Term 4 Reports and Years 7, 8 and 9 Semester 2 Reports will be posted out to families

Please note:
☐ The final Newsletter for this year will be distributed to students on Friday 12 December 2008.
☐ Coming events for the first few weeks of Term 1 2009 will be in that Newsletter.

Mr Peter Lyon
Deputy Principal

CHRISTMAS MASS TIMES

ST JOSEPH’S PARISH
All times shown are NSW times
(one hour ahead of QLD)
MASS TIMES PHONE NUMBER IS: (07) 5536.7800
OFFICE PHONE: (07) 5536.7522

RECONCILIATION

Fridays 5, 12 & 19 December: Service of Forgiveness
(includes 1st Rite) ~ 7:00-8:00pm

1st Rite
Saturday 20 December: St Joseph’s ~ 9:30-10:00am
Monday 22 December: St Joseph’s ~ 9:30-10:00am
Tuesday 23 December: St Joseph’s ~ 9:30-10:00am
Wednesday 24 December: Holy Family Chapel ~
9:40-10:10am

CHRISTMAS MASS TIMES

Christmas Eve: 5:30pm, 8:00pm and Midnight
Christmas Day: 8:00am

We wish you all a very Happy and Holy Christmas!

Fr Michael Brady
& Fr John Darbyshire

ST ANTHONY’S PARISH

Christmas Mass times for St Anthony’s Parish were not available at the time of printing. They will be included in the next Newsletter which will be issued on Friday 12 December.
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.

RELIGIOUS EDUCATION NEWS

Reading of the Week

Today’s Reading comes from God’s Word written in the Gospel of Matthew. It tells again of Jesus’ compassion for others.

Jesus reached the shores of the Sea of Galilee, and he went up into the hills.

He called his disciples to him and said, ‘I feel sorry for all these people; they have been with me for three days now and have nothing to eat. I do not want to send them off hungry; they might collapse on the way.’

The disciples said to him, ‘Where could we get enough bread in this deserted place to feed such a crowd?’ Jesus said to them, ‘How many loaves have you?’ ‘Seven’ they said ‘and a few small fish.’

Then he instructed the crowd to sit down on the ground, and he took the seven loaves and the fish, and he gave thanks and broke them and handed them to the disciples who gave them to the crowds.

They all ate as much as they wanted, and they collected what was left of the scraps, seven baskets full.

Mr Scott McDermott
RE Coordinator-Ministry

CURRICULUM NEWS

CURRICULUM AWARDS ON ASSEMBLY

At last week’s Assembly, the following students were presented with their Curriculum Award for excellence in formal assessments during November:

Year 9

<table>
<thead>
<tr>
<th>Student</th>
<th>Subjects</th>
</tr>
</thead>
<tbody>
<tr>
<td>Laura Bailey</td>
<td>Science, Physical Activity &amp; Sports Studies, Drama, PD/H/PE, English</td>
</tr>
<tr>
<td>Brendan Bartel</td>
<td>Industrial Technology-Timber, PD/H/PE, Science, English</td>
</tr>
<tr>
<td>Allie Capellari</td>
<td>Science, Physical Activity &amp; Sports Studies, Catholic Studies, PD/H/PE, English</td>
</tr>
<tr>
<td>Samantha Fien</td>
<td>Catholic Studies, History, Visual Arts, PD/H/PE, English</td>
</tr>
<tr>
<td>Hannah Hardy</td>
<td>Science, PD/H/PE, English, HSIE</td>
</tr>
<tr>
<td>Brant Hawley</td>
<td>Catholic Studies, Commerce, English, PD/H/PE</td>
</tr>
<tr>
<td>Lina Hayek-Sunderland</td>
<td>Catholic Studies, PD/H/PE, English, Drama</td>
</tr>
<tr>
<td>Samara Hayes</td>
<td>Science, Catholic Studies, Visual Arts, PD/H/PE, English</td>
</tr>
<tr>
<td>Caitlin McGibbon-Goode</td>
<td>Science, Drama, PD/H/PE, History, English</td>
</tr>
<tr>
<td>Leighton McMahon</td>
<td>PD/H/PE, Textile Technology, PD/H/PE, English</td>
</tr>
<tr>
<td>Ellouise Southon</td>
<td>French, PD/H/PE, English, HSIE</td>
</tr>
<tr>
<td>Ashley Taverner</td>
<td>Catholic Studies, PD/H/PE, History, English</td>
</tr>
<tr>
<td>Chantelle Walker</td>
<td>PD/H/PE, History, Visual Arts, Commerce, English</td>
</tr>
<tr>
<td>Matthew Waugh</td>
<td>Industrial Technology-Timber, Commerce, PD/H/PE, Science, HSIE</td>
</tr>
</tbody>
</table>

Year 8

<table>
<thead>
<tr>
<th>Student</th>
<th>Subjects</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kieran Baker</td>
<td>French, PD/H/PE, HSIE, Catholic Studies, Science, Music</td>
</tr>
<tr>
<td>Ricardo de Azevedo</td>
<td>PD/H/PE, English, Science, Music, Catholic Studies</td>
</tr>
<tr>
<td>Laura Donnelly</td>
<td>French, PD/H/PE, English, HSIE, Catholic Studies</td>
</tr>
<tr>
<td>Macalla Fenn</td>
<td>French, PD/H/PE, English, HSIE, Catholic Studies, Music</td>
</tr>
<tr>
<td>Zane Hoskinson</td>
<td>French, Music, PD/H/PE, English, Catholic Studies, Science, HSIE</td>
</tr>
<tr>
<td>Taylor Johnson</td>
<td>PD/H/PE, English, HSIE, Science, Music</td>
</tr>
<tr>
<td>Felix Langenbach</td>
<td>French, PD/H/PE, English, HSIE, Catholic Studies, Science, Music</td>
</tr>
<tr>
<td>Monique Mai</td>
<td>French, PD/H/PE, English, HSIE, Music, Catholic Studies</td>
</tr>
<tr>
<td>Thomas McGill</td>
<td>French, PD/H/PE, HSIE, Science, Music</td>
</tr>
<tr>
<td>Morwenna Merley</td>
<td>French, PD/H/PE, English, HSIE, Science, Catholic Studies</td>
</tr>
<tr>
<td>Louis Monaghan</td>
<td>PD/H/PE, English, HSIE, Catholic Studies, Science, Music</td>
</tr>
<tr>
<td>Katherine O'Donoghue</td>
<td>English, HSIE, Catholic Studies, Science</td>
</tr>
<tr>
<td>Hollie-Anne Rachow</td>
<td>PD/H/PE, English, HSIE, Catholic Studies, Science</td>
</tr>
<tr>
<td>Hayley Raso</td>
<td>French, PD/H/PE, HSIE, Science, Music</td>
</tr>
<tr>
<td>Rose-Marie Samuels</td>
<td>French, PD/H/PE, English, HSIE, Catholic Studies, Science</td>
</tr>
<tr>
<td>Sinead Scott</td>
<td>French, PD/H/PE, English, HSIE, Catholic Studies, Music</td>
</tr>
<tr>
<td>James Swift</td>
<td>French, PD/H/PE, English, HSIE, Catholic Studies, Science, Music</td>
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</table>

Year 7

<table>
<thead>
<tr>
<th>Student</th>
<th>Subjects</th>
</tr>
</thead>
<tbody>
<tr>
<td>Evelyn Anderson</td>
<td>HSIE, Technology, Art, Music, Science</td>
</tr>
<tr>
<td>Sabrina Breci</td>
<td>Technology, Catholic Studies, Mathematics, Science, Art, PD/H/PE, Music</td>
</tr>
<tr>
<td>Martin Campbell</td>
<td>Science, HSIE, Art, Music, PD/H/PE</td>
</tr>
<tr>
<td>Tamika Edwards</td>
<td>PD/H/PE, Mathematics, Science, HSIE, Art, Music</td>
</tr>
<tr>
<td>Maddison Hind</td>
<td>Mathematics, Science, Art, Music, PD/H/PE</td>
</tr>
<tr>
<td>Melody McAllister</td>
<td>Music, Technology, PD/H/PE, Mathematics, English, Art</td>
</tr>
<tr>
<td>Holly O'Neill</td>
<td>Music, Mathematics, Science, HSIE, PD/H/PE</td>
</tr>
<tr>
<td>Katie Paff</td>
<td>PD/H/PE, Music, Mathematics, Science, HSIE, Art</td>
</tr>
<tr>
<td>Ebony Serone</td>
<td>PD/H/PE, Mathematics, Science, Art, Music</td>
</tr>
<tr>
<td>Scarlet Styles</td>
<td>PD/H/PE, Music, Science, HSIE, Art</td>
</tr>
<tr>
<td>Benjamin Sullivan</td>
<td>Music, Mathematics, Science, HSIE, PD/H/PE</td>
</tr>
<tr>
<td>Lisa Teitzel</td>
<td>PD/H/PE, Mathematics, Science, HSIE, Art</td>
</tr>
<tr>
<td>Lauren Tenison-Woods</td>
<td>Music, Technology, HSIE, English, Art, PD/H/PE</td>
</tr>
<tr>
<td>Sienna van Rossum</td>
<td>PD/H/PE, Music, Mathematics, Science, HSIE, Art</td>
</tr>
<tr>
<td>Glenn West</td>
<td>Music, PD/H/PE, HSIE, Mathematics, Science</td>
</tr>
<tr>
<td>Laura Wilson</td>
<td>Mathematics, Science, HSIE, Art, Music</td>
</tr>
</tbody>
</table>

Mrs Helen Borrowdale
Curriculum Coordinator
MOCK CAFÉ
A big ‘Congratulations’ to the following students who participated in and WON the Mock Café Competition:

Year 9 Food Technology
Jacob Hawkins
Bonnie Imeson
Taylor Hammett
Sarah Hipwell
Ashley Taverner

Year 11 Hospitality
Kevin Fryer (Head Chef)
Malone Siu
Amber McKittrick
Lucy Tonkin
Courtney Campbell

The Mock Café is an Adopt-a-School programme that is organised by Connect. The school is designated mentors, ours being Mr Brad Whittaker and Mrs Christine Goodman from Tweed Heads Bowls Club. Brad and Mrs Camp (from the College) prepared our young chefs (Year 11) and Christine mentored the wait staff for the front of house operations.

The theme for our café was truly “Italian”, using Mrs Camp’s skills and expertise in teaching authentic Italian skills to the students. The students were very proud to show off their skills to their guests on judging day, Thursday 6 November. The guests were the student’s parents, judges and teachers.

I would like to congratulate the students on the way they performed and presented themselves throughout the preparation time and on our judging day. It was a pleasure to work with such a dedicated team of students.

A very big ‘Thank You’ to our mentors, Brad and Christine and the Tweed Heads Bowls Club for giving us so much time for the preparation of a winning café.

Thank you also to Mrs Paula McLoughlin and Emily Brown for the preparation of our menus and booklets – a very professional finish to our café.

Congratulations and thank you.

Mrs Vicki Sargent
Teacher Hospitality & Café Teacher
MATHEMATICS NEWS

MATHLETICS UPDATE
Well done to the students who have been using Mathletics. From the results of the latest assessment tasks, it was obvious that there is a real correlation between the students who have taken advantage of the programme to study and those who have not.

Semester 2 exams are in Week 9 and each student should be accessing the site to revise. There are still some students who are not utilising the programme at home.

The students have achieved, on average, 40 to 50 awards each week. (To achieve an award each student needs to get 1000 points from Monday to Sunday.)

Well done to Thomas McGill who is the first student to receive a GOLD award (20 weekly awards). There are a number of students who can still achieve this level; these include Felix Langebach (18), Emily Longworth (18), Bodie Nash (17), Sinead Scott (16), Lauren Workman and Louis Oram.

It is great to see an array of students using the site at their level. The reason why we have invested the time and effort into Mathletics is that as a staff we can see the benefits for those students who wish to better themselves.

The site is www.mathletics.com.au and all Year 8 and Year 9 students and Mr Burns’ Year 7 class have a username and password to access their account. Any problems, please ring the 24-hour help number (1300 850 331), or ring me at school.

Next year we are planning to use this site for all Year 7 through to Year 10 students.

Any feedback would be greatly appreciated; which can be via a telephone call or through the school office by letter.

Mr Frank Malone
Mathematics Coordinator

CAREERS NEWS

The following information is provided for our students. For further information, or for any careers concerns you may have, please see me in the Careers Room.

Mr Matt Hall
Careers Advisor

FIDO (ASIC) FINANCIAL TIPS FOR YOUNG PEOPLE
The consumer website of the Australian Securities and Investments Commission (ASIC) has a new Youth Page for financial tips and safety checks on budgeting and saving, credit cards and debt, investing, insurance, superannuation, and tips on financial decisions you may need to consider when moving out of home, getting a new job, studying, or buying a car. Take the ‘Money Quiz’, learn how to avoid scams and rip offs and read stories about other young people’s experiences with money.


Griffith University
Assistance for students’ with disabilities
Griffith University is holding a two-day program, senior Tertiary Education Experience (TEE), designed to assist students with disabilities in their transition into university. Held on 9 & 10 December 2008 from 9:00am to 3:00pm, the programme will identify essential skills to enhance the transition process as well as the support networks that are available. To express an interest and receive further information about the TEE Program, please contact Ellen Reid, Disabilities Service Assistant, on (07) 3382 1159 or email e.reid@griffith.edu.au.

Griffith University
Griffith University will be conducting a Maths B bridging course, which is ideal for students who are studying a programme in 2009 that has a Mathematics B(Mathematics) prerequisite or who wish to strengthen their mathematical skills. Monday 8 December to Friday 19 December, daily from 9:00am to 4:00pm (60 hours).

For further details and to register contact Shauna Brauer on (07) 3735 7512.

Griffith Fast track option for Nursing degree Bachelor of Nursing
Students now have the option of fast tracking their studies by as much as six months. The School of Nursing and Midwifery has introduced an option for students to complete a number of courses over the normal summer vacation period at the end of their first and second years of study. By taking up the option, nursing students can effectively complete their degree in two and a half years rather than three years and enter the workforce earlier as a registered nurse.

MedEntry (UMAT Prep)
Students interested in pursuing medicine, and other health science careers need to sit the UMAT on July 29, 2009. UMAT is a government accredited Registered Training Organisation. Their 2009 packages are available now – discounts of 30% for groups of three or more, and a discount of over 55% to students who are financially or socially disadvantaged.

Visit the site for more info www.MedEntry.edu.au
Congratulations to Maccalla Fenn (8SS2) who recently gained Honours in her A.M.E.B. (Australian Music Examinations Board) Grade 2 Piano Exam.

**STUDENT OF THE WEEK**

_Could this be a picture of you?

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

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

_Student Council_

**CANTEEN NEWS & ROSTER**

Check out the “Daily Special” on the whiteboard at the front of the Canteen.

**If you can help where you see ‘ANYBODY’ or ‘HELP’, please call me, I really need helpers . . .**

**WEEKEND MASS TIMES**

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

Fr Michael Brady  
Parish Priest

Fr Jim Griffin  
Parish Priest

(The above times apply outside of the Christmas Mass Times as advised earlier in this Newsletter.)

**~ BLAZERS ~**

If you have a school blazer would you please return it to the College ASAP via Student Reception

**2009 UNIFORMS COLLECTION DAYS**

<table>
<thead>
<tr>
<th></th>
<th>Girls: Thursday 22 January</th>
<th>Boys: Friday 23 January</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>(9:00am-12:00noon and 1:00-4:00pm)</td>
<td>(9:00am-12:00noon and 1:00-4:00pm)</td>
</tr>
</tbody>
</table>

_Exchanges Only:_ Tuesday 27 January  
(9:00am-12:00noon and 1:00-3:30pm)

**COMMUNITY ASSOCIATION “TUCKER BOX”**

Did you give to the “Tucker Box”? The Community Association would like to thank all those families who gave items towards the St Joseph’s College Community Association “Tucker Box” – your assistance has been invaluable.

Parents/Caregivers please note that  
The school year for next year commences on Thursday 29 January 2009  
ALL YEAR GROUPS COMMENCE THAT DAY

Do you know the meaning of this word?  
**Advent** (n.) the season including the four Sundays preceding Christmas; an arrival or coming, esp. one which is awaited.

**Christmas** (n.) the annual commemoration by Christians of the birth of Jesus Christ on 25 December.

Something on which to ponder . . .

How are you preparing yourself during this Advent season?  
Do you have the spirit of Christmas with you?

Mrs Dianne Pinkstone  
Canteen Manager

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.
Parental self-esteem

The development of a healthy self-esteem is as important for parents as it is for children. The self-worth of parents is often unrealistically linked to children’s behaviour or level of achievement. If young people are poorly behaved or experiencing difficulties at school, parents often think that this somehow reflects on them. Some children are difficult to manage, while others, having minds of their own, may not put in the required effort at school despite your best efforts to motivate or help them get organised. It’s easy to become discouraged, particularly if you feel isolated or if you raise children on your own.

Bright ideas

- Check your expectations of your children. If you, like most parents, had high aspirations for your children before you began a family you may discover that reality is quite different—particularly as children become adolescents. They may not always be angels or be the academic or sports stars that you hoped for. Adjust your expectations in line with reality—your own and your children’s self-esteem will benefit.

- Positive feedback is essential. It is helpful to hear how well you are fulfilling your parental role from your partner and for you to give this encouragement, too. If there is no one around who can reinforce your positive aspects as a parent then provide yourself with feedback. Make a list of all the positive or useful things that you have done as parent each day. The length of the list can be astounding!

- Seek out positive people and stay away from critics and pessimists. Attitudes are catching—so if you constantly mix with people who criticise children and parents then you will soon adopt the same attitudes to yourself and your kids.

- Children can be a terrific source of encouragement but they first must hear it from you. If you show appreciation for their help, take pleasure from their triumphs, display confidence in them and concentrate on their strengths, they will learn both to encourage themselves and to build up the self-worth of others—including their parents.

- Develop positive self-talk. Remind yourself constantly that you are doing a good job and that parenting is a worthwhile task requiring a myriad of skills.

- Avoid exaggerating negatively about your children. Be specific about how you describe events or people—‘My kids are difficult to get off to school in the morning’ rather than ‘my children are rotten’. Usually things are never as bad as they first seem.

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

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