Principal’s Message

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

Welcome to week 5! This week sees students settling into routines in the middle part of the term, they now have a clear picture of what lies ahead for this term and many have commenced work on their first assessment piece. Some snippets from this last week and the next:

College Youth Masses: The monthly Sunday night Youth Mass is an occasion when liturgy, prayer, worship and the sense of community is built around the ways in which young people are. What a great opportunity for families to be together, centred around what really matters! Come and benefit from this gathering. We normally finish with some shared food to allow for some pleasant conversation together. These are generally scheduled for the last Sunday of every month, with the first mass of the year being held last weekend. I am asking all families, together with their student(s), to commit to coming to one!

College - Home contact: All Homeroom teachers will be contacting families during the next few weeks to introduce themselves to your family. They are the most important connection point between the College and home. While you have their ear, give the Homeroom teacher some feedback about any topic you wish to raise, with the assurance it will get back to the right person in the College!

Student Excellence - ‘Sydney to Coolie’ Commitment: Alex Newman and Dean Robinson are planning a remarkable ride for charity, riding their bicycles from Sydney to Coolangatta in early April (9th - 17th). Teaming with Everyday Heroes, a cancer support group, they are seeking to raise in excess of $50,000. The boys are seeking direct support or sponsorship.

Student Excellence - Surfing: Mitchell and Jarrod James are shaping up to be among Australia’s leading surfers. They have been selected by their club, Cudgen Headland Surf Club to surf in a number of competitions over the past three years.

Jarrod, in Year 8, has been selected to compete in the Surf Lifesaving Championship State Titles, held at Swansea this week, in the U14 Nippers division. This is his third year in the competition. He was entered in the Cronulla titles in 2007, and last year at Swansea. Mitchell, in Year 11, competes in the Australian Pro Junior Surfing circuit. This has taken him to meets at Burleigh, North Stradbroke, and Coffs Harbour. “It’s a good competition,” he says. Last year he won the ‘Ocean & Earth Teenage Rampage’ held at Duranbah (see event report in the newsletter). Both are in the St Joseph’s Surf Team and see their sport as important to their futures, and are congratulated on their determination thus far.

The Year 12 HSC Information Night was held last week on Wednesday night. Quality information was presented about how it all works, and we finished with a cuppa. Thanks to Shane Rowland who organised the evening, the staff members who supported with attendance, Edwina McCoy who presented, and I trust it was practical and informative for parents and students alike.

The Year 10 School Certificate Evening will be held over a coffee and chat next week on 3rd March. Coffee/tea and biscuits will start at 6:30pm, for a 7:00pm start, finishing by 8:00pm. We would like this night to provide information about up and coming processes and anything else that parents would like to have a conversation about. Please tell us how you want this evening to be of benefit to you - email Natalie Bryett, Curriculum Coordinator - Teaching and Learning, nbryett@lism.catholic.edu.au with any requests you have for this evening or any other time.

Bush Fire Response: This community is responding spectacularly! A full progress report next week.

Let us live consciously in God’s active presence in our lives.

Our prayers are with the Davis family at this very sad time with the loss of Clayton Davis, father of Jerome in Year 11, who passed away on Friday after a long illness. Our thoughts and prayers are with them.

Alain Sauvage
DEPUTY PRINCIPAL’S NOTES

Last year we introduced “ATTENDANCE: IT’S NOT OK TO BE AWAY”, a series of articles regarding student attendance at school. The articles were written by the author of the College’s student planner, who is also a high school Principal in country Victoria. We reprint today the first article from last year.

Each newsletter will contain an article regarding attendance at the College and we seek the support of all parents and carers with this very important issue. Please take the time to read this very useful article together with your child/ren:

Attendance:
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 child/ren’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!

COMING EVENTS

Check out this week’s coming events on the front page of today’s Newsletter.

WEEK 6
Monday 2 March .................................. (Day 6)
☞ Year 12 Retail and Hospitality students work placement (2-6 Mar)
Tuesday 3 March .................................. (Day 7)
☞ Year 10 School Certificate (Board of Studies) Information Evening for parents and students
Wednesday 4 March ............................... (Day 8)
☞ Year 10 HSC (History & Geography) Excursions
Friday 6 March .................................... (Day 10)
☞ Zen Zen Zo Physical Theatre Workshop (Years 10-12 Drama students)

WEEK 7
Wednesday 11 March ............................. (Day 3)
☞ Diocesan Swimming Carnival
Friday 13 March .................................... (Day 5)
☞ Year Local Environment Study
☞ Year 11 Biology & Senior Science students
☞ Year 7 Reflection Day
Thursday 19 March ............................... (Day 9)
☞ St Joseph’s Day

WEEK 8
Wednesday 18 March ............................. (Day 8)
☞ The Australian Brain Bee Challenge (selected students)
Wednesday 25 March ............................. (Day 3)
☞ Soccer & League Trials
Friday 27 March ................................. (Day 5)
☞ Year 9 Reflection Day

WEEK 9
Monday 23 March ................................. (Day 1)
☞ HPV/Hep B Vaccinations
Wednesday 25 March ............................. (Day 3)
☞ Soccer & League Trials
Friday 27 March ................................. (Day 5)
☞ Year 9 Reflection Day

WEEK 10
Monday 30 March .................................. (Day 6)
☞ Boosterrix Vaccinations

WEEK 11
Thursday 9 April .................................. (Day 4)
☞ Holy Thursday
☞ TERM 1 ENDS - THIS IS A NORMAL SCHOOL DAY
Friday 10 April ...................................
☞ Good Friday

Mr Peter Lyon
Deputy Principal

Unidentified Payment
A payment was received into the College Bank Account on 16 December 2008. Please advise the College if this payment is yours, as we are unable to determine to which family this payment belongs.

READING OF THE WEEK

Tomorrow is Shrove Tuesday, the day before Lent begins. We celebrate our last day of feasting before the fasting begins. Let us pray for the joy of the risen Christ in our lives. Today’s reading comes the Letter of Paul to the Philippians:

My friends, keep your minds on whatever is true, pure, right, holy, friendly, and proper. Don’t ever stop thinking about what is truly worthwhile and worthy of praise. You know the teachings I gave you, and you know what you heard me say and saw me do. So follow my example. And God, who gives you peace, will be with you.

God of feast and plenty, enliven your people with the joy of your presence. We ask this through Christ our Lord. Amen.

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.
PROJECT COMPASSION

"Man thou art dust and unto dust thou shalt return." (GENESIS 3:19).

This is a good reminder that we came into the world with nothing and we will go out of the world with nothing. When we come face to face with our Creator what will we have to offer for our life? Will it be a life that was lived for oneself; filled with selfish acts, pride and consumed by materialism or will we be able to offer a life that was filled with acts of love, charity, service and self sacrifice?

The season of Lent begins this week on Ash Wednesday (25 February). It is a time to meditate on the above scripture passage by open and honest reflection on our lives and our relationship with God. Taking a long hard look at how you live your life is not an easy or fun process, however, you have the opportunity to rectify areas you are not happy with through prayer and confession, and thus Lent can be a free-ing experience. You also have the opportunity to do many good works through acts of self sacrifice such as fasting or giving money to the poor.

Caritas Australia

“Every person and family can and must do something to alleviate hunger . . . by adopting a lifestyle and consumption compatible with the safeguarding of creation and with a criteria of justice.” Pope Benedict XVI, 2006.

During the Lenten season, St Joseph’s College is again supporting the annual Caritas Australia Project Compassion appeal. The theme for this year’s Project Compassion is “An environment to grow in” with an emphasis on assisting underdeveloped countries to become self sufficient through farming and growing their own produce.

Students and staff are asked to look at areas in their life where they could offer small sacrifices such as giving up a coffee or a can of drink at lunch and giving the money to Project Compassion instead. By doing these small acts we project compassion.

Donations to Project Compassion allow Caritas Australia to work with local communities around the world to alleviate poverty, hunger, oppression and injustice.

Each student has the opportunity of donating to Project Compassion during morning homeroom when students on the College SRC will undertake collections. Please put your compassion into action by supporting the Project Compassion Appeal.

Definition of Sacrifice: “to give up something that is valuable to you in order to help another person”. (Cambridge Dictionary) Jesus Christ offered Himself to be crucified; He did this out of His unconditional love for us. What are you willing to sacrifice this Lent?

Ms Allira Eppich
Mission and Values Facilitator

LITERACY AND NUMERACY NEWS

The National Assessment Program - Literacy and Numeracy (NAPLAN) will be held on Tuesday 12th through to Thursday 14th May (Week 3, Term 2) for all students in Years 7 and 9. This will be the second year in which the Federal Government has run the program.

The test covers Reading, Writing, Language Conventions (Spelling Grammar and Punctuation) and Numeracy.

Students in Years 7 and 9 will receive a pamphlet titled ‘Information for Parents’ this week and more information can be found on the Federal Government NAPLAN website www.naplan.edu.au and in the upcoming newsletters. As the time nears, students will be given opportunities to practise for this test in class time.

Please contact me at the College if you have any questions regarding this program.

Ms Fiona Murray
Literacy and Numeracy Co-ordinator

ANZAC CEREMONY 2009

It is still quite some time away but the planning stages for this year’s Anzac Ceremony have begun. It is thought the focus this year will be the Australian peacekeepers role in East Timor as it is the tenth anniversary of troops being sent there.

I would be very interested to hear from anyone linked to the St Joseph’s College community who has served in East Timor and who would be prepared to speak to the school for a short time during our ceremony.

The ceremony will be held on Wednesday 29 or Thursday 30 April. It would be great if you would contact me at the College before Friday 3 April 2009.

Many thanks,
Miss Helen Gooley
Anzac Ceremony Organiser

CAREERS NEWS

Today we have a few matters for the attention of our students. Please see me about any of the following items, or any careers concerns you may have:

A NOTE ON COMPETITIONS

What Matters? gives students in Years 5 to 12 in NSW and the ACT a chance to say what matters in society today. What actions do you think should be taken to build a better society? What would you change if you could? What do you want other people to care about?

Students are asked to write a 400-600 word opinion piece on what matters to them and why. Prizes are awarded to each category winner and runner-up with an overall winner announced at an awards ceremony attended by former Prime Minister, The Honourable Gough Whitlam, and competition patron Dr Hugh Mackay. Winning entries will also be published on the Whitlam Institute web site and be invited to attend a ‘Young Writers Workshop’.

Participating schools will have the opportunity to be part of a draw for 5 prizes to the value of $1,000 each.

ActNow, an initiative of the Inspire Foundation, will offer the Year 11/12 category winner a place in their Cash for Comment writing program, where they will be invited to participate in an all expenses paid two-day workshop and have the opportunity to be paid for their work.

APPLICATIONS CLOSE 1 APRIL 2009.
Whitlam Institute, University of Western Sydney, Locked Bag 1797 Penrith South DC NSW 1797. For more information, telephone: (02) 9685.9161, Email: info@whitlam.org or visit the website: http://www.whitlam.org/

HSC and Year 10 students don’t miss the education and careers event of the year!

Exhibitors with HSC resources, tertiary course and career information plus 70 seminars including 50 on HSC subjects, such as Biology, Chemistry, Business Studies, English (including Belonging), History, Legal Studies, Mathematics, Physics, Visual Arts, tertiary course options, career advice, study advice and Gap year and student exchange programs. A number of the seminars will be presented by the Board of Studies.

With a $10.00 entry fee this is a must see for HSC and Year 10 students. Find out more in The EXPO Feature in The Sydney Morning Herald on Saturday 9 May and The Expo Visitor Guide in The Sydney Morning Herald on Tuesday 12 May. Or visit the website heraldeducation.com.au.

The SKY NEWS Rookie Journalist Award is designed to recognise and nurture Australia’s young aspiring journalists.

Students: This is your opportunity to experience life as a Television News Journalist! Sky News Australia is giving you the chance to test your skills on a work-experience venture that will take you behind the scenes and put you to work with the Sky News team.

Award Levels: Junior Secondary (13-15 yrs) and Senior Secondary (16-18 yrs).

Eligibility: To enter, students must be enrolled in and attending an Australian school or Tertiary institution.

Guidelines:
- Complete the SKY NEWS Rookie Award Application Form.
- Write a Press Release about an incident or event in your school, university or local region. Shoot 3-5 images to support your report.
- Your Press Release should be between 200 and 300 words and presented in size 12 Arial font.
- Your images should be digital and sent in jpeg format no larger than 100mb per image.

Email your Application Form, Press Release and images to: education@skynews.com.au, Note: For security, please include your story and / or photo images in the body of your email.

For more information, you can email to education@skynews.com.au, or visit the website: http://www.skynews.com.au/.

Mr Matt Hall
Careers Advisor

The Australian Mathematics Competition for this year will be held on Thursday 6 August 2009.

Nominations forms for this competition have been given to students. If your child did not receive an entry form and would like to participate in the competition, entry forms are available from their Mathematics teacher. Entries close on Friday 3 April 2009.

The cost is $4.50. (Please note the correct figure in the body of the letter and not on the return slip.)

Mr Paul Bush
Competition Organiser

Further to the Principal’s Message, the following article details one of our student’s achievements in the sporting arena . . .
Sports News

ALL STUDENTS WILL COME TO SCHOOL AS NORMAL AND WILL WALK TO CLUB BANORA, FOLLOWING ASSEMBLY. POOL ENTRY IS $3.00 PER STUDENT. THE CARNIVAL SHOULD START AT ABOUT 10:00AM.

ALL STUDENTS WILL HAVE OPPORTUNITIES TO EARN POINTS FOR THEIR HOUSE IN MANY NOVELTY EVENTS (BOTH IN AND OUT OF THE WATER). NO STUDENT WILL BE FORCED TO DO ANY EVENT. IT WILL BE A GREAT COLLEGE COMMUNITY EVENT AND AN ENJOYABLE DAY FOR ALL.

Sunscreen and shade are available and students are encouraged to drink plenty of water throughout the day. Canteen facilities are available.

FOR THOSE SWIMMERS WHO PLACE 1ST OR 2ND IN A CHAMPIONSHIP EVENT, THE DIOCESAN CARNIVAL IS ON WEDNESDAY 11 MARCH 2009 AT CLUB BANORA.

The NSW Combined Catholic Colleges (NSWWCC) Carnival at Homebush is on Wednesday 6 May 2009.

Mr Peter McLaughlin
Sports Coordinator

Pastoral News

1300 1300 52
(free counselling for parents and carers 24/7)

What is the ideal environment for raising an adolescent?

Parents spend a lot of time worrying about their adolescent children. Who are they going out with? What are they doing? How is school going? Are they involved in drugs and alcohol? Are they not social enough? Do they seem depressed? What we worry about is the environment in which our children are growing up.

So what is the ideal environment for adolescents? As much as they will tell you that they want independence and autonomy, the most important protective factor for an adolescent is connectedness. This means a feeling of belonging, being needed and being an important and loved member of the family, as well as having some of these connections with their communities. In this ideal environment, young people feel safe, valued and listened to.

Studies have shown that children who have a strong emotional attachment to their parents and teachers are less likely to take drugs, drink alcohol, have sex early or act violently.

(Carr-Gregg, Shale, 2003, pg 91).

Here’s some ways that you can help build those emotional attachments with your adolescent:

- Make sure you use good communication strategies
- Listen to what they say
- Be prepared to compromise
- Understand that your opinions might be different
- Respect your adolescents opinions
- Have realistic expectations
- Praise them for giving things a go, doing well, being who they are
- Be present in their lives as much as possible, when they wake up, at meal times, when they go to bed
- Have meals together and encourage everyone to participate.

Along with developing good emotional attachments other factors that protect adolescents from harm are:

- Stable family environment
- Regular time with the family
- Positive experiences at school
- Realistic expectations from parents
- Friendship groups
- Belonging to clubs and groups (sporting, musical, youth etc)
- Experiencing a sense of success (school, sport, hobby, work etc)
- A Belief System: a way of viewing the world that gives it meaning
- Having someone to talk to: a significant person
- Positive outlook

This is a great list for parents to assess what they can do to help their adolescent child have the most ideal environment to grow up in. If there are areas that your family do well, keep them up and know that it will help. If there are areas that you don’t do so well, start to take steps towards making it better. Each small step that you take towards creating this ideal environment will only benefit your child and your relationship with them.


Personal Development, Health and Physical Education (PD/H/PE)

This year there are a number of class combinations in PD/H/PE which we hope will encourage positive learning environments.

For the most part, theory and practical classes will be kept as gender based where male/female ratios allow an even split of the students. Year 7 classes have been kept in homeroom groups for Term 1 for ease of settling into the new school environment for students and class teachers. Currently all students in Years 7-9 have been completing a series of fitness testing. Students are encouraged to reflect on their results after comparing norms for their gender and age. These tests will be conducted again in Term 4 to allow for further comparison of results.

Year 10 are preparing for their first School Certificate assessment task involving peer teaching and participation in a chosen game activity.

Year 9 students are completing their Surf Survival Certificate. Resuscitation technique is being taught in class whilst the practical components are covered on Thursdays during sport time.

Year 10 PASS are preparing a coaching unit and will be conducting a series of coaching sessions with the Year 4 students from St James. At the completion they will obtain their Level 0 General Coaching Principles Certificate. Year 9 PASS have been working through a unit on Nutrition. From all reports, they have been very enthusiastic and creative in their approach to diet planning.

Gym Hours

A reminder to all students that the student gym is open before school Tuesday to Friday, from 7:45-8:25am and is supervised each morning by a PE staff member:

Tuesday: Mr Trimboli Mr Morrison
Wednesday: Mrs Connolly Mrs Byrnes
Thursday: Mr Trimboli
Friday: Mr Serone

If you would like to discuss this issue or any other parenting issues or concerns, Parent Line Counsellors are available 24 hours a day, 7 days a week to provide a free, professional, confidential service to all parents and carers of children across NSW. Phone 1300 1300 52.

Ms Frances Stegeman
Pastoral Advisor

Mr Peter Serone
PD/H/PE Coordinator

Sport: Sport is an important part of the school and students are expected to attend sport each week.
CANTENE NEWS & ROSTER

ASH WEDNESDAY MENU

This coming Wednesday is Ash Wednesday and no meat products will be available from the Canteen. Please note that ‘no meat products’ includes items such as sausage rolls, hot dogs and meat pies. However, there will be an alternative menu of food items for sale. Our menu for the day will be as follows:

**Recess:**
- Mini Salad Pot $1.50
- Mini Salad Pot (with egg) $2.00
- Muffins $1.00
- Cheese Rolls $1.30
- Focaccia $2.00
- Savoury Turnover $2.00
- (ricotta, fetta, sun-dried tomato)
- Pinwheels $1.00 a bag

**Lunch:**
- Cous Cous $3.50
- Cheese & Spinach Roll $2.80
- Cheese & Spinach Pie $3.00
- Veggie Pie $3.00
- Quiche $3.00
- Veggie Burger (lettuce & cheese) $2.50
- Veggie Burger (all salad) $4.00
- Fish Burger (lettuce, cheese & mayo) $3.00
- Fish Burger (all salad & mayo) $4.00
- Salmon, lettuce & onion sandwich $3.50
- Salmon & salad sandwich $4.00
- Tuna, cucumber & mayo sandwich $3.50
- Tuna salad sandwich $4.00
- Egg & lettuce sandwich $1.60
- Cheese & tomato toasted sandwich $1.80
- Curried egg & lettuce sandwich $1.80
- Egg & salad sandwich $3.50
- Salad sandwich $3.00
- Salad plate $3.00
- Tuna & salad plate $4.00
- Salmon & plate $4.50
- Sushi:
  - Tuna Delight $2.50
  - Salmon Delight $2.50

And of course, on Thursday we will return to normal service. Don’t forget that our food menu is on the website if you would like to check out all the foodstuffs we have on offer.

CANTENE ROSTER

**WEEK 5**

**Monday 23 February**
- Michelle McLennan & TBA

**Tuesday 24 February**
- Peta Schloss & HELP!

**Wednesday 25 February**
- Helen Steele & Jo-Anne Meredith

**Thursday 26 February**
- Natalie Walker & Debbie Hall

**Friday 27 February**
- COLLEGE SWIMMING CARNIVAL

**WEEK 6**

**Monday 2 March**
- Susan Klein & Lyness Fox

**Tuesday 3 March**
- Wandy Barone & Chantel Thrupp

**Wednesday 4 March**
- Shirley Clarke & HELP!

**Thursday 5 March**
- Donna West & HELP!

**Friday 6 March**
- Melissa Wright & Debbie Davey

DESPERATELY SEEKING HELPERS / VOLUNTEERS ... S.O.S. ...

Thank you to all the Canteen helpers, our wonderful parents who volunteer to help me with preparing lunches and serving at our recess and lunchtimes in the Canteen. We couldn’t survive without you.

As you may have noticed, I’ve been asking for more helpers lately. Our mums and dads have been great over the years, but as time goes by, their children grow and leave the College. This leaves a shortfall of parents to help out in the Canteen.

If there are any new mums and dads to our school who find the prospect of coming in to the College overwhelming, let me put your fears to rest. The Canteen is a casual and fun workplace where you get to meet all of our lovely kids, and some of our staff. It’s a busy couple of hours but you will get A FREE LUNCH! AND it really helps out the school AND it’s a fun time had by all.

Please call me if you can help out on any of the following dates:

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I’d love to hear from you. Many thanks in anticipation . . .

Mrs Dianne Pinkstone
Canteen Manager

PARISH NEWS

ST JOSEPH’S CATHOLIC PARISH
TWEED HEADS CATHOLIC PRESBYTERY
Ph: (07) 5536.7522

SOLOMON ISLANDS TRIP

St Joseph’s Parish is presently organising a trip to the Solomon Islands.

A reminder about the parish trip scheduled to leave on 10 July and return on 17 July. If you are interested in joining this trip we still have a couple of vacancies available – cost is $1,841 per person twin share (return airfares, seven nights accommodation in central Honiara, including seven breakfasts, airport transfers in the Solomon’s and airport taxes and surcharges).

Please phone the Parish Office for further information on (07) 5536.7522.

OTHER NOTICES

INTERESTED IN PEOPLE FROM OTHER COUNTRIES?

HAVEN YOU EVER CONSIDERED BECOMING A VOLUNTEER HOST FAMILY?

Want to expand your knowledge of other countries, cultures, languages and cuisines? Then consider opening your door to an international exchange student.

World Education Program (WEP) is looking for Volunteer Host Families for International Students arriving in July 2009. Students from Belgium, Italy, Brazil, France, Germany, and Switzerland are looking for families that are prepared to welcome them into their homes.

These young ambassadors are looking for long term stays in Australia and would be happy to exchange with a host family in their countries. If you would like more information on becoming a Host Family, please contact your National Office.

Full support is provided to all host families and their students!

FUN AND INTERACTIVE
AFTER SCHOOL FRENCH CLUBS

REMINDER NOTICE: If you would like to speed up your French knowledge in conjunction with your French Studies or if you are in Year 7 and would like to do French, these Clubs are for you!

For a free trial, please call Geraldine or Isabelle on (0403) 075.674.

Contact Person: Nikki Medwell, Inbound Exchange Administrator, World Education Program. Toll Free: 1300 884 733 or Email: wep@wep.org.au.

An information pack can be sent on request which includes student photos and profiles.

It’s easier than you think & a fantastic experience for all!