Principal’s Message

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

Welcome to Week 7! Some snippets from the last two weeks:

Bush Fire Totals: At this stage the College community has raised over $5,000 in total to support the victims of the bush fire and $1,000 which will be sent to support Mark Travers-Jones. While this total of $6,000 is generous, let us continue to pray for the Victorian communities and find additional ways in which to be generous in our actions. One such example that has come to my attention is that of a staff member who flew down to donate her time and physical effort to support people in the region. Another example is that of a staff member who made her donation by purchasing all the ingredients and cooking Italian meals for a staff fundraiser to aid this worthy cause. What kind generosity from both of these wonderful women.

Project Compassion: This was launched Wednesday of Week 5 during Ash Wednesday ceremonies and invites us, acting out of our Christian calling, to practicing charity and prayer as ways of drawing us closer to our God. So while putting money in the jar is significant, in doing so we are called to deeper conversion through encountering the person of Jesus.

University Careers Market: In accepting the challenge to inform students of the study options in front of them, St Joseph’s College hosted a Year 12 University Showcase for students from St Joseph’s and Banora Point High School on Thursday of Week 5. Representatives from eight NSW and Queensland Universities gave the students an inside view of the realities of university life. “In the past,” says organiser Glenn Jeffery, of Southern Cross University, “kids would say ‘I don’t have to go to uni, there’s jobs’. Now they’re starting to think beyond the job to a career and see that a degree can put them right ahead of the rest of the pack.”

Matthew Hall, St Joseph’s College Careers Advisor, says “This showcase lifts the focus from just completing the HSC to the requirements and goals of university with its freedoms and responsibilities. It gives them the facts they need to sort out their options and plan pathways.”

“I learned a lot about career choices after school,” says Year 12 St Joseph’s student, Jade Andrews. “It made me more aware of costs and what’s available at the different universities and campuses.” Rachael Amos, another Year 12 student said, “I’m much more excited about university prospects than before. It was a real eye-opener about the realities of uni life.”

Student Excellence - Jacob Bush: Congratulations Jacob on winning the most recent round of the Lions Youth of the Year Public Speaking Competition! Jacob now goes on to the regional final at Ballina, on Saturday 7 March. Armed with his prepared topic of the ‘Impact of Technology on the Media’ and faced with delivering two impromptu speeches, we wish him good courage, quick thinking and convincing delivery.

Student Excellence - University of Sydney Science Competition: In Term 4 last year, ten students sat an examination to qualify for the “Gifted and Talented Discovery Program”. This program was organised by the University of Sydney for students across New South Wales, the ACT and Queensland. The program will be held in the April and July holidays for three days each session. Areas covered are biology, chemistry and physics.

All students achieved pleasing results with two students being offered a place in the program. To be offered a place, students had to gain over 85%. Congratulations to Louis Monaghan who gained 97.10% and Taylor Johnson who gained 94.20%. We congratulate all students in their involvement, especially Louis and Taylor.

Swimming Carnival: Great spirit was displayed by all students and great support by all staff as we conducted the College’s Annual Swimming Carnival on Friday of Week 5. Amed at allowing swimmers to shine and enjoyment by all, some of the highlights included Hoade house winning a carnival for the first time and one Year 8 student breaking five College swimming records - an amazing achievement. We have a full report on the Carnival in today’s newsletter.

Every single time we do an act of charity, let it build hope within of a better world. Blessings for the week.

Alain Sauvage
**Religious Education News**

**Reading of the Week**

As we continue on our Lenten journey, today's reading comes from the first book of Samuel:

Hannah prayed: You make me strong and happy, Lord. You rescued me. Now I am glad and laugh at my enemies. No other god is like you. We're safer with you than on a high mountain. I can tell those proud people, 'Stop your boasting! Nothing is hidden from the Lord, and he judges what we do.'

Lord, during this Lenten season, nourish us with your word of life and make us one in love and prayer. We ask this through Christ our Lord. Amen.

Mr Scott McDermott
RE Coordinator-Ministry

**Project Compassion**

Project Compassion Week 2 brings you the story of Prabha.

Prabha lives in one of India’s poorest tribal areas. Water shortages, poor health, illiteracy and trafficking have compounded her community’s vulnerability. Now Prabha participates in a Caritas Australia-supported program that is empowering families to increase their livelihoods and regenerate their environment.

Your Project Compassion donation brings hope to families like Prabha’s, empowering them to work together for a sustainable future. To date we have raised $380 - many thanks.

Ms Allira Eppich
Mission and Values Facilitator

**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:</td>
<td>Saturday Vigil:</td>
</tr>
<tr>
<td>6:00pm</td>
<td>6:00pm (Kingscliff)</td>
</tr>
<tr>
<td>Sunday:</td>
<td>Sunday:</td>
</tr>
<tr>
<td>7:00am &amp; 9:00am</td>
<td>7:00am (Pottsville)</td>
</tr>
<tr>
<td>9:00am (Bilambil)</td>
<td>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>

**Year 12 News**

Costing for this year’s Retreat has been finalised and we can now confirm the cost at $180.00 per student. All payments can be made at the College Office. Many thanks.

Mr Shane Rowland
Year 12 Coordinator

**Do you know the meaning of this word?**

Start: (vb.) to begin or cause to begin; to make a beginning; to set or be set in motion; to establish or be established; set up; the first or first part of a series of actions, or a journey.

Are you ready to ‘START? Start again, start anew, start afresh?

Start where you are. Use what you have. Do what you can.

Most of us start out with a positive attitude and a plan to do our best.

If you want to change attitudes, start with a change in behaviour.

**Catholic School Week**

Youth in Action

Active Faith in Action

Visit the College website for more information about SJC or for back copies of the Newsletter

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.
**ENGLISH NEWS**

Congratulations to Jacob Bush who won the District Section of the Lions Youth of the Year Competition and now advances to the Regional Competition to be held at Ballina on 7 March. Very best wishes, Jacob. Sincere thanks to Mr McDermott who represented the College to support Jacob in his winning of the District Competition.

Many students are currently engaged in composing tests for entry into writing competitions. We wish them well.

Assessment tasks for all year groups are being posted on the internet. Please ensure your child accesses these tasks and speaks with relevant staff if further explanation is required.

Mrs Janet Crouch
English Coordinator

**TECHNICAL & APPLIED SCIENCES (TAS) NEWS**

**FOOD TECHNOLOGY VISITORS**

On Wednesday of Week 6, Year 10 Food Technology students were visited by the Nursing Mother’s Association who gave a talk about the benefits of breastfeeding babies.

This presentation was a part of our course where we are studying the dietary requirements of people at different ages and stages in our lives. The Year 10 students appeared to be very interested in the talk asking many relevant questions and making valid contributions to the discussion. All were keen to hold our special young visitor Jed after the presentation.

Thank you very much to the Association for visiting our students and sharing your wisdom with them.

Ms Karen Parker
Food Technology Teacher

**ARTIST OF THE WEEK . . .**

There are many students at St Joseph’s College who do outstanding work in the Visual Arts. In order to recognise these student’s talents and give you all an opportunity to view their work, we will be introducing “Artist of the Week”. Each week, one student’s work will be selected and displayed in the weekly newsletter.

**Artist of the Week:** Danielle Anderson, Year 10 Visual Arts, and her most recent artwork:

Year 10 have been doing a unit of work on Pop Art. Students have been taking images and appropriating, or ‘changing’ them, to make them into new artworks. Danielle has been doing some excellent work and has been extending her art-making beyond the classroom. Well done and congratulations Danielle.

Ms Jenna-Lee Mepstead
Visual Arts Teacher

**RELIGIOUS EDUCATION NEWS**

In Year 8 Catholic Studies we have been examining life at the time of the writing of the Gospels. While looking at the social problems of the time we have also been examining the troubles of our world. Students were asked to write a letter to ‘World Leaders’ about issues facing our times. Here is the letter written by Sam McWilliam of 8E:

**Dear Leaders of the World,**

Why do we live in a world of war and hate? Why are people suffering and experiencing death all around them? Why is it that in one place there is love yet in another there is nothing – just homelessness and despair? There are children, sick and dying, feeling unloved, unwanted and lost in the world. Why is it that you do not help? Is it that you don’t care, that your families are loved and that’s it? Is it that you have a job, a house and food every day and that’s all you care about?

If so, then there is no hope.

Yours sincerely,

Sam.

Thanks, Sam, I think you give us all some hope.

Mrs Peta Lyon
RE Coordinator-Curriculum

**YEAR 12 UNIVERSITY SHOWCASE ~ DOYLE CENTRE**

Many thanks to the supporters of the Year 12 University Showcase which took place in the Doyle Centre on Thursday 26 February. Our Year 12 students found it very informative and thought-provoking. Here are a few pictures from this well attended event:

Mr Matt Hall
Careers Advisor

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.
A big thank you to all involved with this year’s Annual College Swimming Carnival, held on Friday 27 February 2009.

We had fabulous weather and plenty of blockout on tap, so our attendees took good care in and out of the sun, and in and out of the pool.

I hope you enjoy the following article and the photos, and don’t forget the Newsletter comes up in full colour on the College’s website: www.bps.lism.catholic.edu.au.

Records broken on the day were:

<table>
<thead>
<tr>
<th>Event</th>
<th>Name</th>
<th>Time</th>
<th>House</th>
</tr>
</thead>
<tbody>
<tr>
<td>50m Freestyle</td>
<td>Jake Thrupp</td>
<td>31.85</td>
<td>Dalton</td>
</tr>
<tr>
<td>50m Breaststroke</td>
<td>Jake Thrupp</td>
<td>42.57</td>
<td>Dalton</td>
</tr>
<tr>
<td>50m Backstroke</td>
<td>Jake Thrupp</td>
<td>36.72</td>
<td>Dalton</td>
</tr>
<tr>
<td>50m Butterfly</td>
<td>Jake Thrupp</td>
<td>37.09</td>
<td>Dalton</td>
</tr>
<tr>
<td>100m Freestyle</td>
<td>Jake Thrupp</td>
<td>1:11.56</td>
<td>Dalton</td>
</tr>
</tbody>
</table>

2009 Age Champions

Age Champions (Female):

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Name</th>
<th>House</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 Years</td>
<td>Kristyn Baker</td>
<td>Hanly</td>
</tr>
<tr>
<td>13 Years</td>
<td>Shanice McCarthy</td>
<td>Hoade</td>
</tr>
<tr>
<td>14 Years</td>
<td>Kendal Fitzgibbons</td>
<td>Dalton</td>
</tr>
<tr>
<td>15 Years</td>
<td>Demi Meredith</td>
<td>Dalton</td>
</tr>
<tr>
<td>16 Years</td>
<td>Taylor Hammett</td>
<td>Hanly</td>
</tr>
<tr>
<td>Open</td>
<td>Hayley Elkington</td>
<td>Hanly</td>
</tr>
</tbody>
</table>

Age Champions (Male):

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Name</th>
<th>House</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 Years</td>
<td>Jake Thrupp</td>
<td>Dalton</td>
</tr>
<tr>
<td>13 Years</td>
<td>Mitchell Little</td>
<td>Hoade</td>
</tr>
<tr>
<td>14 Years</td>
<td>Dominic Cormack</td>
<td>Hoade</td>
</tr>
<tr>
<td>15 Years</td>
<td>Geoffrey Harrison</td>
<td>Dalton</td>
</tr>
<tr>
<td>16 Years</td>
<td>Mark Kenney</td>
<td>Dalton</td>
</tr>
<tr>
<td>Open</td>
<td>Kieron Donnelly</td>
<td>Hanly</td>
</tr>
</tbody>
</table>

Final House points were:

- Hoade: 911
- Hanly: 755
- Dalton: 626
- Reynolds: 510

Fr Hoade would have been so proud!!
School Shoes: Parents are reminded that school shoes are to be of the traditional, hard leather lace-up style.
AUSTRALIAN MATHEMATICS COMPETITION

A reminder that 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 (Week 10, Term 1).

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

SCIENCE COMPETITION

The year the Science Department has chosen to enter our students in the Rio Tinto Big Science Competition (RTBSC).

The competition showcases Science as an important subject in the curriculum, vital to a modern society; and the multiple choice questions test scientific thinking and problem solving and are designed not to assume prior knowledge.

The competition is open to all year levels (7-12), and all students will receive a certificate recognising their achievement.

The 2009 RTBSC will be held on Thursday 21 May 2009. The cost of the competition is $4.50 per student (not the $4.95 as stated in the letter), and is payable at Student Reception by Thursday 20 March 2009.

Please encourage your child to enter the competition. Information letters are available from your child’s Science teacher.

Ms Amie Nugent and Mr Matt Hall
Competition Organisers

Please note that students do not pay GST on excursions. Apologies for the error to this recent correspondence.

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.

CAREERS NEWS

Please see me about any of the following matters, or any careers concerns you may have.

Mr Matt Hall
Careers Advisor

AUSTRALIAN TAXATION OFFICE SECONDARY SCHOOLS TAX FILE NUMBER PROGRAM

The secondary schools tax file number program provides students with the opportunity to apply for a tax file number (TFN) through their school. The program is available here at St Joseph’s College.

As a secondary school student, the easiest way for you to get a TFN is to apply for one through your Careers Advisor by completing a tax file number application or enquiry for a secondary school student.

By applying through your school, you don’t have to provide the Australian Taxation Office with any documents to prove your identity. However you will still need to include on the form some details from your Australian birth certificate.

I submit your form to the Tax Office for you, and the Australian Taxation Office post your tax file number out to you, at the home address you give on the application, within 28 days of receiving it.

For an application form, see me in the Careers Room.

COLLEGE PROSPECTS OF AMERICA (AUSTRALASIA) SPORTS SCHOLARSHIPS

CPOA is an Australian-based company that has assisted over 500 student-athletes achieve their dream of a University education whilst participating in their chosen sport.

There are a wide range of sporting scholarships available. The scholarships are offered by over 2000 universities in 26 different sports. Sport scholarships worth up to $350,000 each are being offered to Australian school students. The scholarships can provide everything from food, to books, to competition. Successful applicants can choose from a variety of degree courses.

Scholarship requirements: Students need only be good athletes and average scholars, to attract the attention of US Colleges, but must take the education aspect seriously.

For further information, go to the website: http://www.cpoa.com.au.

And just a few reminders in the Careers area - please see me if you need more information:

- Years 11 and 12: Defence Force Trade Apprenticeships Information Session, Monday 23 March, 5:30pm, North Coast TAFE (SJC Newsletter 16/2/09). For more information contact Roslyn Hand, VET for Schools Consultant, North Coast TAFE on (02) 6674.7259.

- Years 11 and 12: The Whitlam Institute “What Matters?” 2009 Writing Competition closes on 1 April 2009 (SJC Newsletter 23/2/09). For more information contact Rowena Tuziak at UNSW or visit the website: http://www.whitlam.org/.

- Years 11 and 12: Applications for the University of NSW (UNSW) Law Essay Competition close on 9 April 2009 (SJC Newsletter 2/3/09). For more information contact Rowena Tuziak at UNSW or visit the website: http://www.unsw.edu.au.

- Cadetship Evenings for the Institute of Chartered Accountants are being held for interested students (SJC Newsletter 23/2/09). For more information contact the Chartered Accountants service centre on 1300 137 322 or visit the website: http://www.charteredaccountants.com.au/.

- Sky News Rookie Journalist Award is still open with two sections eligible for our students: Junior Secondary (13-15yrs); and Senior Secondary (16-18yrs) (SJC Newsletter 23/2/09). For more information you can email education@skynews.com.au, or visit the website: http://www.skynews.com.au/.

STUDENT OF THE WEEK

Could this be a picture of you?

The nominated student is required to present herself to the College Principal before Friday of this week. If this student does, they will receive a voucher to the value of $5.00 for purchases at the Canteen.

Student Council
HELP! Many thanks in anticipation . . .

Monday 23 March ~ 1 person
Wednesday 25 March ~ 1 person

Host families help provide students with the chance to study and experience life in Australia. This is a great way to... to international goodwill. If your family can offer a friendly, supportive and caring home environment, contact us today.

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

These young ambassadors are looking for life long friends and a place to call home during their stay. If you would like more information on becoming a Host Family, please contact our National Office.

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

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!
Helping young people make smart decisions

Decision-making like anything requires practice.

The difficulty for most parents is knowing when to make decisions for young people and when to stand back and allow them to decide. Decision-making can be broken into three areas:

1. **Parents Rule**: these are decisions where there is no negotiation. E.g. going to school, bedtime.

2. **Work it out together**: these are areas where you and your child negotiate outcomes. E.g. when to come home from an outing, TV programs.

3. **Kids Decide**: give your children full authority in some areas. E.g. choose the sport they play, school activities.

As young people grow and show the ability to make sensible decisions allow them more authority over their lives. Increasing independence involves greater freedom to choose, which demonstrates trust and faith in their ability to make good decisions. It also promotes confidence in children and young people.

Increased choice needs to accompany increased responsibility. If young people choose their clothing then it makes sense that they can take more responsibility for buying and maintaining their clothing. With increased independence must come greater responsibility.

Young people often can’t see the long-term consequences of their decisions so it helps to give them information to help them make smart choices. Information about alcohol, sexuality and relationships will help young people make sensible decisions about these areas that often present dilemmas.

All decisions that young people make have a consequence – whether positive or negative. A young person can use the following three questions to help him or herself assess the consequences of a decision they may make:

- Is this behaviour safe for me?
- Is this behaviour fair to others?
- Is this behaviour smart and in my long-term best interests?

Decision-making is hard work for parents as we are always treading a fine line between being too protective and allowing young people more independence. If young people are to learn how to make smart choices adults need to equip them with knowledge and skills as well as opportunities to do so.

Talking Point

A question to ponder and discuss with your young person:

What decisions do you currently make that your young person can make for himself or herself?

Bright Idea

Don’t interrupt them when talking

There are times when teenagers will open up and tell you everything you want to know about... everything you want to know. When this happens one part of you may think, “Enough! That’s too much information.” But don’t say a word. Just listen. Parents can close down communication easily when they become judgmental or just don’t want to hear when an adolescent is willing to talk.

Did You Know?

Young people are more likely to go to mothers rather than fathers with personal problems.

Young people believe parents favour a sibling over another when discipline occurs.

Rural parents are more likely to believe their children are sexually active than city dwelling parents.

What is the biggest single consumer market in the world?

- a) 20-30 year old single males
- b) 13-19 year old females
- c) 13-19 year old males
- d) 20-30 year old single females

Answer b) 13-19 year old girls who spend their money on consumer goods and entertainment

“Anyone who can perform at their best every single time hasn’t much of a best.”

Kimberly Burton