



# ST JOSEPH'S COLLEGE NEWSLETTER

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14 March 2008

## REFLECTION

### Lenten Prayer

*Return to me with all your heart,  
with fasting, with weeping and  
with mourning;*

*rend your hearts and not your clothing.*

*Return to the Lord, your God,  
for he is gracious and merciful,  
slow in anger; and abounding in steadfast love.*



*Joel 2:12-13*

*Lord of our heart, give us vision to inspire us.*

*Lord of our heart, give us wisdom to direct us.*

*Lord of our heart, give us courage to strengthen us.*

*Lord of our heart, give us trust to console us.*

*Lord of our heart, give us love to mission us.*

## FROM THE PRINCIPAL

Dear Parents, Guardians, Families, Students and Members of our College Community,

Last week I had the pleasure of visiting our student leaders on camp in Denmark. They were enthusiastically putting the finishing touches to their House "war cry" and house liturgies as we arrived.

This is a keen, hardworking group of leaders and we are fortunate to have had so many students put their hand up to serve, my thanks to all - those elected and those not.

I would like to thank the staff who assisted on camp, in particular Mr Watson and Ms Stringer, chief organisers. They were assisted by Ms Gatti, Mrs Weigele, Mr Morcom, Mr Small, Ms van Hulssen, Ms Old, and Mr McKechnie. Well done to these staff who guide and assist our leaders. We look forward to initiatives promoted by our leaders in 2008.

The leaders will be formally commissioned today at the St Joseph's Day Mass and from here on in can proudly wear their badge of office.

Special thanks to Mr O'Donnell and Ms van Hulssen for their work in organising and chaperoning the ACC Squad to Perth to compete in this weeks ACC Carnival.

Today we celebrate one of the main events in our calendar, St Joseph's Day. In the Eucharist we honour St Joseph and at the fair we will have fun raising money for those less fortunate.

More details from St Joseph's Day will appear in next week's Newsletter.

Mr Bradley Hall - Principal

## IMPORTANT DATES COMING UP

Mon	17- 21 March	Harmony Week
Thur	20 March	Immunisation (Yr 7)
Fri	21 March	Public Holiday - Good Friday
Sun	23 March	Easter Sunday
Mon Tues	24-25 March	Easter Monday - Public Holiday Easter Tuesday - Holiday
Wed	26 March	Students return to school
Wed	26 March	Inter-House Athletics Carnival Field Events
Thur	27 March	Inter-House Athletics Carnival Field Events

## COLLEGE NOTICES

Please support the P&F

### Footy Tipping

Students can lodge tips from their family through the College Website using the College Library's computers at Lunch times.

#### Leadership Camp

Years Four-Twelve students enjoyed an interactive team building two day Leadership Camp at the Denmark Sustainability Centre last Thursday and Friday. The camp focused on building House Identity and House Spirit, fund raising activities for 2008 and supporting our new House points system. Students provided many great ideas and suggestions about ways to improve the profile and spirit of each House during 'brainstorming' sessions.

Many thanks to the Student Leaders for their enthusiastic participation and to staff who worked hard to ensure that the camp ran smoothly and students were actively engaged throughout the two days.

Mr Mike Watson - Head of Junior School

#### Mentor

A College family is seeking a mentor for their twelve year old child who has Asperger's and Autism.

This would mean spending time supporting, going on outings and playing.

For further details, please contact Mr Hall at the College.

## COLLEGE NOTICES

**Canteen News**  
**Next Wednesday's Special**



2 slices of Pizza  
& bottled water for \$3.50

## JUNIOR SCHOOL NEWS

#### Congratulations

Congratulations to Jai Dillon who recently won the National Titles in the WA Quarter Sprint Formula 100 Midget racing. Jai who is currently in Year Six at the College competed in the 10-17 year olds and has only been racing a short time.

Well done to Jai for this very impressive achievement.



#### Inter-House Athletics Carnival

Our Athletics Carnivals are coming up immediately following the Easter break. The field events are on Wednesday 26 March and the track events on Thursday 27 March. Mr Small is looking for parent helpers for both days. If you can assist please contact Mr Small at the College. Any offers of assistance would be greatly appreciated.

## JUNIOR SCHOOL NEWS

### Bus Monitors

Well done to the following students who received their bus monitor badges this week:

Denmark:	Bethany Rainbow
Torbay:	Tristen Taylor, Tess Page
Many Peaks:	Taliah Williamson
010:	Ned Turton
008:	Phillip Onions
002:	Jakke Little
Morande:	Tamara Lowry, Jake Hooper

The bus monitors do a great job helping the duty teacher after school by checking their bus lines as students prepare to catch buses home. Their assistance is greatly appreciated by all teachers.

### Healthy Pre-Primary Children

Mrs Theodore and her Pre-Primary class have been talking about “People in the Community who help us”, this Term.

Over the past few days we have discussed the dentists and how we can also help them, like they help us. With the help of parents and Mrs Romeo we made snacks that keep teeth strong and healthy.

Mr Grant Smith made kebabs with celery, cheese, tomato and carrot. Mrs Romeo and Mrs Donna Willock made banana smoothies with the children.



*Pre-Primary Students eating their Healthy Kebabs*

All the yummy healthy goodies went down well and the kids teeth are grateful too!

## JUNIOR SCHOOL NEWS

There is an important “community helper” who helped make it all happen and that is Mr Paul Lionetti from IGA. He donated all the food for our class. Thank you very much, our community appreciates people like you! Mrs Kelly Theodore and Pre-Primary Students

## MIDDLE SCHOOL NEWS

### Term Two Parent-Teacher Nights

Middle School Parent – Teacher meetings will be held on the following nights in Term Two, from 3.45 to 6.30pm:

- Thursday 8 May (Week 2 – Term 2)
- Wednesday 14 May (Week 3 – Term 2)

The meetings will provide the opportunity for staff and parents to discuss progress made in Term One as reported in the Interim Report that will be mailed home to all Middle School students at the end of the term. More details about the meetings will be provided at the start of Term Two.

Mr John Bova – Head of Middle School

### Guest Speaker

The two Year Seven classes were visited by Mr Peter Plowman last week. He is a maritime historian. He came to St Joseph’s College and spoke to us about Albany’s military experiences and history. Mr Plowman’s presentation was very interesting and we learnt many new things. Peter briefly told us about his childhood and explained that he grew up in an English Boarding School. His stories about what life was like there made us all appreciate how lucky we are today!

Mr Plowman told us about the Queen Elizabeth and the Queen Mary. These ships could carry around fifteen thousand troops each. Peter also told us about King George Sound and all the ships that travelled away from there. Those conditions were terrible!

Surprisingly, more men than horses died on the troop ships. The men on board these ships thought it would be hard to keep the horses alive because they had to keep the food and water fresh.

## MIDDLE SCHOOL NEWS

Instead of going to the Western Front it was agreed to send the troops from Australia and New Zealand to train in Egypt then go onto France. However it was decided that the troops should attack the coast off Turkey but as they came closer to the land they realised they were in the wrong spot. They had to climb high cliffs and most of them were shot. When the battle of Gallipoli began the Australian and New Zealand troops (ANZACs) fought together.

The battle of Gallipoli, however, was a disaster. Everyone landed in the wrong places! The English war Generals weren't too organised either. Most of them never had any training and probably weren't too bright either. Many of the men died and lots of the hospital ships were sunk by the enemy.

Written by: Jesse Eastough, Julia Kershaw, Stuart Neil, Gabrielle Ruttico, Karlee Guelfi, Alexandra Lynch, Cassidy Paech and Tahla McCracken Year 7B& 7G



## SENIOR SCHOOL NEWS

### Term One Parent-Teacher Night

A Senior School Parent – Teacher night will be held on Wednesday 9 April (Week 10 – Term 1) from 3.45 to 7.30pm.

The meeting will provide the opportunity for staff and parents to discuss progress made in Term One as reported in the Interim Report that will be mailed home to all Senior School students one week before the Parent Night. More details about the night will be provided closer to the date- please keep this night free!  
Mr John Bova – Head of Senior School

## PARENTS & FRIENDS NEWS

### Scholastic Book Club

A reminder that Scholastic Book Club orders are due into the College Office by Monday 17 March.  
Mrs Stephanie Gorman - Book Club Co-ordinator

## PARENTS & FRIENDS NEWS

### Footy Tipping

The footy season is just around the corner with books still available for sale for \$50. Books can be obtained through the College Office.

There was an error in in last week's newsletter being the major prize of \$4,000 travel. The correct amount is \$3,000 in travel.

## PARISH NOTICES

### Youth Group

The last meeting for Term One is on Friday 28 March at New Camfield (154 Aberdeen Street) from 3.30pm - 6.30pm.

Come along and bring your favourite music and there will be a guest speaker. Bring a friend along also. Any further queries contact Mrs Karen Quain on 9841 7034.

On Friday 11 April we will be decorating New Camfield for Miss Nizam's Wedding. More details to follow.

### Piety Stalls

A good range of Easter Cards with Christian messages at both Church Piety Stalls, 50c-\$1.00ea. Weekday opening times (St Joseph's Church) now Wednesday and Friday 10.30 am to 12.45pm. Weekends both Churches, before and after Mass.

## COMMUNITY NOTICES

### Spencer Park Dental Therapy Centre

Spencer Park Dental Therapy Centre is staffed this year by Silvia Jeffery (Dental Officer), Julie Wiseman (Dental Therapist) and Margaret Harris (Dental Nurse).

The Centre provides free general dental care to school children aged between 5 and 16 years (pre-primary to year eleven). Parents of primary aged children who are new to the school will automatically be given

## COMMUNITY NOTICES

enrolment forms. If you are the parent of a high school aged child and you wish to enrol them you will need to phone the Centre on 9841 3967.

It is also important for parents of existing patients to advise the Dental Therapy Centre if you have moved address. The school is not authorised to pass on these details so please advise Spencer Park Dental Therapy Centre directly by phoning 9841 3967 or sending a note to Spencer Park Dental Therapy Centre, C/- Spencer Park Primary School, Hardie Road, Albany, 6330.

Children are seen approximately every 18 months for checkups but please phone the Centre if you have any concerns.

Julie Wiseman - Dental Therapist

### Academic Task Force

TEE Revision Courses will be held in the April school holidays. Study skills, essay writing and subject courses. Courses for years eleven and twelve.

For more information contact Dr Pam Bagworth or Dr Robert Hallam, Academic Task Force on 9317 4421.

### Headspace Community Awareness Programme

Mental Illness the Facts:

- One in four Australians suffer from a mental illness;
- Most people in our society (85 per cent) live with mental illness - having either experienced a mental illness themselves, or being exposed to one through a family member or friend;
- Around 14% of young people aged 12 to 17 years and around 27% of young people aged 18 to 24 years experience a mental disorder;
- Three quarters of all mental health problems begin before the age of 25.

Headspace encourages young people and their families to get help earlier through raising awareness in the community about mental health.

## COMMUNITY NOTICES

Opening Hours and contact details:

### Headspace GS Central

Monday to Wednesday 8.30am to 4.30pm

Thursday 8.30am - 6.00pm

Friday 8.30am - 1.00pm

Phone: 9842 9871

This is a free service - Medicare bulk billing  
Mental Health Care Plan Item no. 2710

### Bring Home a Brother or a Sister

In July 2008, students aged 15-18 years, from over 15 countries will be arriving in Australia to study at local schools for 5 or 10 months. Opportunities exist to act as a host family in a volunteer/unpaid capacity. Hosting can be on a temporary, short or long term basis.

Host families help provide our students with the chance to study and experience life in Australia. This is a great way to learn about another country and culture, establish a lifelong link to a family in another country and contribute to international goodwill. If your family can offer a friendly, supportive and caring home environment, contact us today.

To learn more about this opportunity call Student Exchange Australia on 1300 135 331 or visit our website: [www.studentexchange.org.au](http://www.studentexchange.org.au)



## Children's Literature Experts Coming to Albany!

Some of Australia's foremost experts in children's literacy, behaviour, nutrition and psychology are coming to Albany and the Great Southern in May, as part of the Speak Up for Kids! program. Tickets are FREE, but are strictly limited.

1. **"Story Time Magic with Mem Fox"**, PCYC Sanford Rd, Tuesday 6 May 2008. 9.30 am. A magical story telling session with Mem Fox for children **0 to 5** years old and their parents. *Let the expert show us how magic really can be created by reading to children.*
2. **"Why Reading to Children Changes Their Lives For Ever and Ever. Amen. An evening with Mem Fox"**, Albany Town Hall, Tuesday 6 May 2008. 7.00pm. An adults only look at children's literacy, parenting and education. *Great professional development for teachers and child care workers, fantastic information for parents of young children. Please note: this session is NOT for children to attend.*
3. **"Devils, Darlings and Discipline - Better Parenting with Michael Grose"**, Albany Town Hall Lesser Hall, Tuesday 13 May, 2008. 7.00pm. *Australia's leading speaker on education and parenting explores simple techniques that work, so that families can live life better.*
4. **"Powerful Nutrition - Helen Frost"**, Albany Senior High School Performing Arts Theatre, Tuesday 20 May 2008. 7.00pm. National Nutrition Educator, Health Consultant and a regular guest presenter on Radio 6PR, Helen's dynamic and powerful presentation will cause you to rethink your children's diet so that they will have *more energy, better concentration and ability to learn, stronger immunity and a longer, healthier life.*
5. **"Raising Boys - Steve Biddulph"**. Steve's engaging and thought provoking presentation will be available in an interactive DVD format for community groups to view. It will have you laughing and crying, but most importantly, it will help us to raise better men. Group viewings can be arranged by contacting me at the address below or return e-mail.

Further information on all the speakers are contained in the attachments to this e-mail from [www.sjc-albany.wa.edu.au](http://www.sjc-albany.wa.edu.au)

**Tickets are free and need to be secured through the Albany Town Hall Theatre by calling 9844 2222. GET IN EARLY, AS THEY ARE STRICTLY LIMITED.** There is also a limit of four tickets per person to ensure all tickets are used.

Just to give you a little more back ground, [Speak Up for Kids!](#) is an imitative of Communities for Children - Lower Great Southern, a federally funded program run through the Great Southern GP Network addressing early intervention programs for children aged 0-5 years.

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