



St Joseph's College Newsletter

20 November 2009

Term 4 - Week 6

IMPORTANT DATES COMING UP

Sat 21 Nov

- Family Mass HFC 6pm
Feast of the King

Mon 23 Nov

- Orientation Day (MS)
- P&F AGM & College
Board AGM

Mon 23 - 24 Nov

- Exams Yr 10

Mon 23 - 27 Nov

- Exams Yr 11

Tues 24 Nov

- ADPSSA Athletics
Carnival (Field Yrs 4-6)

Thur 26 Nov

- ADPSSA Athletics
Carnival (Track Yrs 4-6)
@ Gt Sthn Grammar

Fri 27 Nov

- Final Day Yr 11
- Super 8s Cricket
(Yrs 8-9)
- P&F Wine & Cheese
Night 6pm Gym

General Information

- **Uniform Shop**
Open every Tuesday
8.15am - 9.15am and
2.30pm - 4.30pm
- **Absentee Phone Line**
9844 0280
- **Principal**
Mr Bradley Hall
- **Head of Middle and
Senior Schools**
Mr John Bova
- **Head of Junior School**
Mr Mike Watson

REFLECTION



*Lord, when we look at all of life around us,
may we see the world as You see it.*

*Lord, when we hear others speak,
may we listen to them as You listen to them.*

Lord, when we speak to others, may we use the words of respect and kindness.

Lord, when we use our hands may we place all of our energies into Your service.

Lord, as we live each day, may we walk in Your presence.

Amen

FROM THE PRINCIPAL

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

The Albany Show was a very successful event for the College and I congratulate the students who entered items into the various displays and were involved in competitions.

Special thanks to our staff who helped at the College (Prize winning) display. In particular, our students did a wonderful job with Public Relations; thank you to: Mia Page, Emily Barnes, Amy Maddy, Raylyn Pascoe, Bronwyn Lewis, Kiersten Fage, Sharnee Weaver, Carly Annison, Alara Woods, Daniel Bontempo, Sara McNamara, William Blackburn, Mitchell Bowman, Brendan Crosby.



Last Sunday I was privileged to be able to attend the presentation at Holy Family Church by the 'Pilgrims' who travelled to Tanzania with Fr Msami in the holidays. It was an interesting and moving presentation and I commend Joe Gorman (Year Five) and Tom Gorman (Year Eight) for their talk and to Raylyn Pascoe (Year Eleven) for her reflection on the trip. (*Raylyn's Reflection is included on Page 5 of the Newsletter*)

This week our Year Nine students were on their Special Programme of Activities - the weather was (mostly) kind to them. We look forward to the reports. Special thanks to staff: Mr Mick Vertigan, Ms Megan O'Leary, Ms Meghann Old, Mr Michael Crowe, Mr Paul O'Donnell, Mr Alan Cohen, Mr Herb Wiegele and Mr John Scheepers who made this happen.

B Hall

Mr Bradley Hall - Principal

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9844 0222

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9844 0223

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Internet:
<http://web.sjc-albany.wa.edu.au>

COLLEGE NOTICES

A letter from Wheelchairs for Kids Inc.

*"Dear Mr Hall, staff and students,
Thank you all on behalf of the disabled children who will benefit from your wonderful donation of \$7,872.*

You have enabled another 79 needy children to have a much better life by getting off the ground and having mobility as well as dignity.

Please hand on our thanks to Cunningham House for their contribution.

Over the years St Joseph's College have donated enough money for us to make 223 wheelchairs.

*Thank you once again for helping us in what we do.
Bob Sharidan (volunteer Workshop Co-ordinator)"*

Saints Swim Club Update

With the Lap-a-thon two short weeks away, the students have received their booklets and will be on their way to raising money for our worthy cause, St Vincent De Paul Christmas Appeal. Thank you to the parents who gave of their time to help run the drinks van at Junior School Athletics Day, the club made a healthy \$271.50, what a great start to our fundraising efforts!

A special mention to Brian and Vivien Bowman of Albany Milk Distributors for their donations of the drinks for the van. Also to Jan Flugge and Estelle Pearce who helped with the organisation and Helen Anderson for overseeing the van on the day. Well done.

The Lap-a-thon is an enormous amount of fun for the students and they really look forward to it. A reminder that members must have trained at least four times this Term to participate.

Any parents who are able to help out at the Lap-a-thon on Friday, 4 December, whether it be lap counting or cooking sausages (in fact Dads, we are in need of a BBQ manager!) please contact Jo Pulsford Ph: 9844 1975 or email: gshs1@westnet.com.au

Congratulations to Angela Juers - Year Six, who was awarded 'Swimmer of the Month' at Thursday's assembly. Angela has been with the Club since Year Five and has improved enormously.

Mrs Jo Pulsford - President

COLLEGE NOTICES

All is Quiet

Since the pouring and laying of concrete last week, the building site has been very quiet. However, I have noticed some frames, which look very much like the ones used for windows. It would appear the "backroom boys are still busy".

Keep watching this space, for further updates.

Brendan Kay - Year 12

Students Build New Seating for the College



*Mitchell Cullen and Michael Betti constructing new seating and preparing the concrete pad.
This project was for Building and Construction, supervised by Mr Cohen*

P&F Annual General Meeting and the College Community Board Meeting

Monday 23 November 2009

Commencing at 7.00pm
in the

College Ave Maria Chapel

A light supper will be provided afterwards

Nomination Forms are available from the College Office for both The P&F Committee and the College Board for 2010

E Tips

How to Stop Cyber bullying

Cyber bullying can be particularly traumatizing because it means home is no longer a safe place. [A cell phone](#), [video game](#) or social network becomes just another form of harassment. Fortunately, there are some ways to deal with the cyber bully problem. Over the next four weeks we will give you some handy hints on how to STOP cyber bullying.

Mrs Rumeena Wood and AIT Students

COLLEGE NOTICES

Staff Take on the Anaconda Adventure

On the weekend of 7 and 8 November, Nicola Cull, Megan O'Leary and Meghann Old headed to Augusta for the Anaconda Adventure Race, 62.9km of adventure and excitement. We made the journey to Augusta, Saturday morning full of nervous energy as it was the first adventure race (triathlon in the bush) for all of us, Megan's first ocean swim in a race and my first mountain bike ride under race conditions. The only goal was to finish the race.

At 5.45am on Sunday the alarm sounded so that we could get to the runners bus in Augusta by 7am so that Nicola could make the 8am start of the race, the 13km run starting at the iconic Augusta light house. Megan was dropped at the start of the swim leg, very pleased to see offshore winds and a flat ocean. I headed to the start of the paddle leg not as pleased to see the ocean was flat, as it meant the paddle would be a sprint and I would not have the advantage of all my ocean paddling skills over the river paddlers in the field!

Nicola Cull ran, scrambled over rocks, followed narrow bush tracks and fire breaks completing the 13.5km run leg in 1 hour 26 mins. Megan O'Leary donned the "fast skins" and plunged into the icy cold southern ocean off Augusta which took her breath away! Making sure to stay in a pack (safety in numbers) Megan completed the 1.9km swim followed by 800m run up the beach to the paddle transition area in 35 minutes. I jumped on my fibre glass surf ski and headed out the river mouth to the Southern Ocean. Passing many paddlers in slower plastic skis and a number of males (much to their disgust), I completed the 13 km paddle in 1 hour 20 mins. Next it was time to take off the life jacket, put on some shoes and jump on the mountain bike for the 32km mountain bike ride through the hills, fire breaks, single tracks, 'locals' narrow track to the beach and BMX tracks that surround the Augusta town ship. The down hill sections were steep, with rocks, jumps and boggy sections. Even though the tracks were narrow people flew past "on your right", "on your left" as we completed jumps and turned tight corners. Pleased to still be in one piece I completed the mountain bike leg in 2 hours 12 minutes. Next was the final 2.5km team run to the finish line, with plenty of encouragement from Nicola and Megan we made it!

As the relief of finishing the race started to sink in we were told over the loud speaker that we had won our section of the race, the female corporate teams (all

COLLEGE NOTICES

members are from the same work place) race. "The Saints are Coming" crossed the line in 5 hours 56 mins, meaning that we would have also been placed 7th in the female teams.

Ms Meghann Old - College Psychologist

JUNIOR SCHOOL NEWS

First Reconciliation

On Thursday, 12 November Years Three and two Year Four students celebrated their First Reconciliation in the Holy Family Church. This is a very special time in the life of each student and their families. We congratulate all students on this very important occasion in their journey of faith. A particular thank you to Mrs Chris Palfrey and Mrs Sue Scanlon for all of their work preparing students to receive the Sacrament and also to Miss Sarah Manolas and Mrs Colleen McGlade for assisting at the Liturgy.



Performance Choir

Well done to the Junior School Choir who sang the National Anthem at the opening of the "Active Games for Seniors in Care" on Tuesday of this week and later on, at half-time, sang some of their performance items. The Choir were warmly applauded by all in attendance. A big thank you to Mrs Catherine Tassicker for organising this very worthwhile community activity for the Choir. The Choir were wonderful ambassadors for our College.



JUNIOR SCHOOL NEWS

Inter-House Athletics Carnival

Last week's Junior School Athletics Carnival proved to be very successful with the enthusiastic participation by students in individual and team events a highlight of the day. The final result for the Champion House for 2009 went down to the wire with De Vialar winning by the narrow margin of 1.5 points over a gallant Ozanam House.

The final scores were:

1st	De Vialar	683.5
2nd	Ozanam	682
3rd	Cunningham	607.5
4th	McCormack	559

Individual Champions

Year	Champion	Runner-up
4 Boys	Jacob Oostdam	Nicholas Zambonetti / Mitchell Hughes-Owen
4 Girls	Havanna Gill	Jasmin Green
5 Boys	Declan McNamara	Addison Dew
5 Girls	Tahlia Putland	Emmerson Robb
6 Boys	Corey Rogers	Andrew Bonavita
6 Girls	Keely Fitzpatrick	Angela Juers



The House Captains did an outstanding job organising and encouraging the students in their Houses. Very well done to - Corey Rogers, Adelle Offerman (De Vialar) Ben Donkin, Claudia Monterosso (McCormack) Layton Taylor, Shayden Gill (Ozanam) Ben Osborne, Keely Fitzpatrick (Cunningham)

Thank you to Mr Steve Small for co-ordinating the carnival and to all of the parent helpers who assisted on the day. We also appreciate the generosity of Brian Bowman (Albany Milk Distributors) who donated the proceeds of all the drinks sold at the Athletics Carnival towards this year's St Vincent De Paul Society's Christmas Appeal. Thank you to the Saints Swim Club who co-ordinated the drinks also. A total of approximately \$250 was raised.

Mr Mike Watson - Head of Junior School

PARENTS & FRIENDS NEWS



Wine and Cheese Night

27 November 2009

6.00pm - College Gymnasium

Wine tasting from various wineries,
Wide selection of nibbles, Souvenir wine glass,

Door prizes & auction

All for \$15 per ticket

Phone: Sharon Berg 0400 742 766

Nicole Hueppauff 0419 853 753

Bring a group of friends or take this opportunity to make a few more friends. This is a social evening and we would like everyone to enjoy themselves.

PARISH NOTICES



**WANTED
Angels and
Shepherds
for the**



Albany Christmas Pageant

Parents/Guardians if your child/ren would like to be part of the crew on the Holy Family Parish float, we need lots of angels and shepherds.

Saturday, 5 December - 6pm York Street

Watch this space for more information as it comes to hand. The children will be supervised by 3 or 4 adults on the float.

Any Enquiries: Phone Gloria Barnes on 9844 1594.

**Christmas Eve
Family Mass**



This Mass will be held at the very appropriate time for families of 6pm. Again we are looking for angels and shepherds and any older young folk interested in doing a reading for the Christmas Eve Family Mass.

More information on practice days and times (usually a couple) before the actual night will be advised in next week's Newsletter and Church Bulletin.

Enquiries: Phone Gloria Barnes on 9844 1594

PARISH NOTICES

African Journey

Going to Africa was something that I never thought I would ever do in my life. There is no way that I could ever explain in words how this trip has changed me. It has opened my eyes up to a whole new perspective on life. Before we left Fr Sámi told us that it would be a life changing experience and that is exactly what I got out of it, a trip that I will never forget.

During the time that we were in Africa, we saw things that made the smiles on our faces last for days. The people we met during our stay were amazing; I experienced a type of hospitality that I had never experienced before, a type of hospitality I never thought existed.

Africa was beautiful; and I can guarantee that if any one reading this today saw the smiles on the children's faces in the village of Taerakea; you would feel like you had just been embraced by a gust of love and life. Looking into a child's eyes and hearing about how hard their lives are compared to our own, really makes you question the person you are. It makes you wonder why a little child has to go through so much pain and suffering while we sit before a television eating Doritos and at that very point in time a child on the other side of the world could be sitting before their sick mother crying and asking why?

At times it was difficult to continue travelling around to the orphan's homes, hearing about their lives and seeing the houses they lived in. For me, it was at times heart breaking to hear about what some of the orphans we met had to endure. It made me question the person I was, and questioning the person I was and asking myself what I really wanted to do with my life was something that I had never looked into very deeply. But with what was happening during our stay in Africa, questioning the person I was, was something that my mind forced me to do.

The trip was full on, both emotionally and physically, but I don't write this to tell you how sad the trip was, because it was an amazing experience where I witnessed first hand that we need to do something more in our parish to help our friends in Africa. I realized when I got back home that we live in luxury and we have been affected by affluenza, where we see yesterday's luxury items now as our needs not as wants. Our lifestyles are so very different to theirs and we take so much for granted: I know that now.

PARISH NOTICES

I met many new people, ones that I still keep in contact with today. When I would hear about people who live on the other side of the world and hear about the hardships that they go through, it never really seemed to sink in. I found that when I heard about the orphans and how people in Africa are not as fortunate as us here in Australia it seemed like it was just another story.

You really have to experience it to be touched spiritually and emotionally and to be motivated to do something about it. But I hope that others will be touched by what we have to bring back to you all. To tell you a small minority of something that we experienced in Africa.

They are happy people and there is nothing else to it, content with what they have and never asking for more. Here we are living our lives with all these luxurious items, while many others are going days without food or water. It doesn't matter how much we own, the people we are does not depend on the items we possess but on what we do with our lives and how we use it to help others.

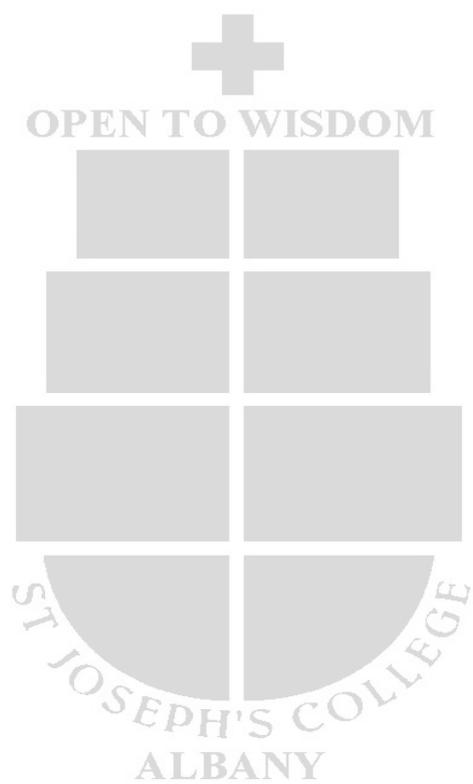
Helping these beautiful people that we met on the other side of the world would not only be rewarding to them, but also to us. To know that we are trying to help them and giving them a better chance at life would be the most amazing gift you could give some one.

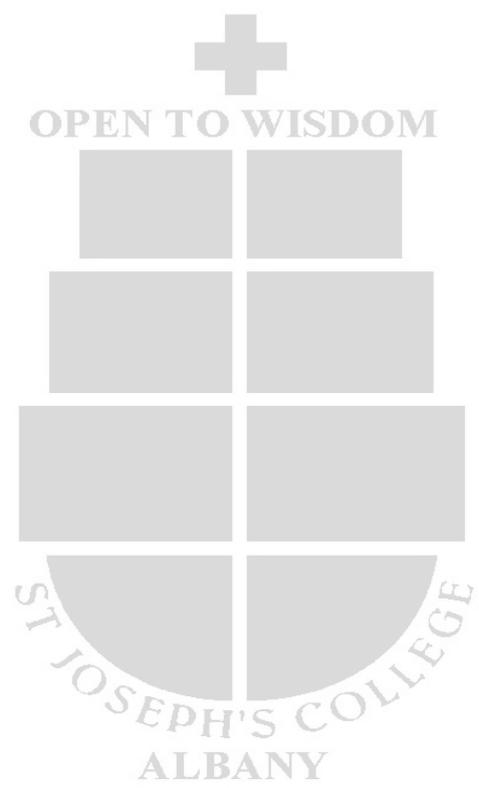
Raylyn Pascoe - Year Eleven



Junior School Athletics







St Joseph's P&F Association

We are looking for interested parents, carers and community members to join our team. If you have an interest in participating in the Committee, come and contribute to our College.

Our AGM will be held Monday 23rd November at 7pm in the Chapel.

We look forward to meeting you!

St Joseph's P&F hold one meeting per month and they are approximately 1 – 2 hours so it is not really a great amount of time out of your busy life.

Come along and enjoy the company of other parents that want to be involved with their children's schooling. Most parents believe that once you attend a meeting you will be tied into being on the committee but we would be very happy just to have you attend and give us perhaps some different ideas that you may have.

Some of the most frequently asked questions from families are, what happens to our fees that we pay each year and what does the P&F do for us as parents. As a committee we organise how the P&F levy will be utilised during the year, firstly we ask the teachers from Kindy through to year 12 what is needed for them or their students to assist them through the year. It may range from toys in the Kindy to playground equipment for all the junior school to equipment in the Home Economics Room these are only a few examples, I will list all the items so that you can see exactly what your fees have been spent on for 2009.

As a committee member you are able to bring to the attention of the P&F issues that you believe need attention or that will assist the college. You become part of a team that only wishes to help our children and staff and provide what is necessary for St. Joseph's College

The P&F can only survive with your support and participation.

I would like to take this opportunity to show what St Joseph's P&F have provided for not only our children but for the College.

As a committee we believe what we do does make a difference and makes things better for everyone.

Trestles Tables	390.00
Electric Urn	234.00
Bicycles (House point prizes)	897.00
Book Fair	250.00
Kids Art Works	2030.00
Footy Comp. (weekly prizes & final prizes)	4050.00
Home Economic Room (equipment)	8000.00
Outdoor setting	500.00
St. Joseph's footy trophies	80.00
Reading Books	1669.00

Jnr. School Art Drying Racks	1175.00
Writing Packages Yr 1,2 & 3	204.00
Library Mat	809.00
Pre-primary toys	238.00
Woodwork 6 inch buzzer	990.00
P&F Presentation Night gifts	200.00
Pastoral Care	500.00
Prizes: Kids ice-creams	125.00
Sunblock for classrooms	125.00

These items are still to be purchased but the money has been set aside in this year's budget ready for 2010.

Digital recording Facility	2000.00
Footy Oval Score board	2000.00

Along with the items the Committee have purchased during the year we have also held social evenings and assisted when the College have had social events and then there are on going things such as Scholastic and Koorong where the children can have fun in purchasing books and once again that is members of the Committee that organise all of these.

Sundowner
Quiz Night

Our final function on the 27th November at 6.30pm in the Gymnasium is a Wine and Cheese Night, which we hope, will be a great fun evening for everyone. Come along join in the fun and make some new friends.

I would like to take this opportunity on behalf of the Parents & Friends of St Joseph's College a very safe Christmas break and god bless.

Mrs Christine Annison
President - St Joseph's P & F Association