

St Joseph's College

NEWSLETTER



CONTACT THE COLLEGE

✉ Doyle Drive (PO Box 246)
Banora Point NSW 2486

☎ (07) 5524.9002

☎ (FAX) (07) 5524.9272

✉ Email: sjcbanora@lism.catholic.edu.au

🌐 Website: www.bps.lism.catholic.edu.au

THIS WEEK AT THE COLLEGE

DAY 4 ~ THURSDAY 12 FEBRUARY

Commencement Mass
(11:45am in the Holy Family Chapel)

Principal's Message

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

Welcome to week 3 of our new academic year! I am observing students settling in well to their learning routines, and setting some good challenging, achievable, realistic and measurable goals for the year - an ideal opportunity for parents to be having this discussion at home as well.

As part of the focus on developing independent, skilled, self disciplined problem solvers, the first few days of assemblies, lesson time and pastoral care have covered topics such as goal setting, developing effective study patterns, understanding the tasks ahead and giving attention to College uniform and expectations. I asked students during our first assembly to:

- Commit to learning something new everyday - be open to learning about themselves and the society of which we are a part.
- Tread lightly and carefully on the earth, for our future common good.
- Live respectfully, with myself, others and my God.
- Follow rules so that we can have harmony and good order in our midst.

Sports and activities started well thanks to the organisation of Peter McLaughlin and the energies of College staff who organised and took students off to a variety of healthy and fun activities.

Wendy Peterson, our French teacher, won a Fellowship provided by the Australian Federal Government to study in France and improve her French language skills and sharpen her shopping skills. One of only 20 teachers awarded this Fellowship, Wendy enjoyed:

- Tours over 5 days south of Paris visiting castles, historic sites, and the myriads of beautiful churches and cathedrals.
- Participating in cooking classes, preparing and sampling French cuisine in the Chateau du Prey.
- Cruising the picturesque Loire river on a barge, enjoying the breath-taking country side.
- An intensive language course and home stay at Cavilain (associated with the University of Clermont-Ferrand).
- Finishing her visit in Paris for 4 days, sightseeing the many famous tourist icons and landmarks, learning to ride the metro, and shopping at the famous "SOLDES" where all comes down in price by 70%.



Wendy has many memories, collected many brochures and handouts, a range of photos, and a rich sense of history all of which will make our French classes more relevant and exciting for our students - a part of our dedication to the quality of learning for our students. Well done to Wendy for winning such a prestigious Fellowship, and we all share the benefit!

Parents are invited to the College Opening Mass which will be held next Thursday at our Holy Family Chapel (in the Doyle Centre), commencing at 11.45am. Come and join our community as we celebrate the commencement of the academic year by commissioning students and staff and inviting God's blessing upon endeavours.

Live in God's abundant blessing

Alain
Alain Sauvage

DEPUTY PRINCIPAL'S NOTES

THE COLLEGE UNIFORM AND WEARING THE UNIFORM CORRECTLY

A uniform worn correctly makes a strong statement not only about the individual but also the organisation it represents.

As the name suggests, 'uniform' is about a common standard for everyone. As such students and parents need to be aware of the following common standards:

Boys' Hair:

Length - to the collar, just on the ears and above the eyebrows.

Boys' Shorts:

Worn on or above the hips with a plain black leather belt.

Girls' Hair:

Long hair tied back. Ribbons to be white, grey or maroon.

Girls' Skirts:

Knee length or below and waist button fastened and worn above the hips.

Girls' Ties:

Length to be at waistband of blouse.

It is the College's preference that no jewellery be worn. When students choose to wear jewellery it is to be plain and simple.

- Earrings are to be simple, small, plain, gold or silver sleepers or studs.
- Neck jewellery may not be worn. If a student chooses to wear a religious medallion, the chain and the medallion must be worn below the shirt/blouse.

At St Joseph's College, the correct wearing of the school uniform is important, especially when in public.

STUDENT PLANNERS

These arrived last week and every student is expected to have purchased their copy by the end of the week. The cost is \$22.00.

Parents: These planners provide a wealth of information for students, parents and teachers on maximising learning. I encourage all parents to regularly look at the planners and provide encouragement and support to your children.

STUDENT TIMETABLES

These are now available for printing online. Simply go to: <http://intranet.bps.lism.catholic.edu.au> and follow the links.

IMPORTANT INFORMATION ABOUT THE COLLEGE PHOTO DAY NEXT WEDNESDAY, 18 FEBRUARY 2009

Silver Rose Photography will be at the school on the above date to photograph groups and student portraits.

To ensure you have no problems with your order please read your school photo envelope carefully.

- Your child must return their envelope on PHOTO DAY, not before and not after.
- If your child does not hand an envelope to the photographer, they cannot be photographed for individual portraits.

- You can place a late order with Silver Rose but usually only for group photos.
- You can make your payment (direct to the Silver Rose photographers) by cash, credit card (Visa or MasterCard), cheque or money order.
- If you have any questions about Photo Day please call Silver Rose on (07) 3262.5788.

Sports and Special Groups

- Do not order Sports or Special Groups on your envelope.
- Order forms will be available separately from your School's reception after photo day.

Mr Peter Lyon
Deputy Principal

RELIGIOUS EDUCATION NEWS

2009 SACRAMENTAL PROGRAM

A reminder: If there are any students who are baptised Catholics but have not been confirmed or received their first Holy Communion and would like to do so, would you please contact me at the College.

Mr Scott McDermott
RE Coordinator-Ministry

READING OF THE WEEK

This Wednesday is the 'World Day of Prayer for the Sick'; a day when people all over the world unite in prayer for the sick. Today's reading comes from God's Word written in the Gospel of Luke:

One Sabbath, Jesus was teaching in a Jewish meeting place, and a woman was there who had been crippled by an evil spirit for eighteen years. She was completely bent over and couldn't straighten up. When Jesus saw the woman, he called her over and said, "You are now well." He placed his hands on her and at once she stood up straight and praised God.

Ever-loving God, help all those who are suffering to recognise your presence in their lives. Send your healing Spirit to all who need it. We ask this through Christ our Lord. Amen.

CAREERS NEWS

BOND UNIVERSITY JOURNALISM 'J-DAY' 2009

Bond University's Faculty of Humanities and Social Sciences will be hosting a special 'J-Day' for nominating students from Year 11 and Year 12, on either Wednesday 4, 11 or 18 March 2009. (The date is yet to be determined as it will depend on the interest shown.)

Candidates will spend an activity-filled day learning about a future career in Journalism and engaging in some interactive Journalism activities.

Bond University advises that numbers are strictly limited to 5 places only. Interested students should report promptly to the Careers Room so that a date can be organised.

HORTICULTURE TRAINEESHIP TWEED ON-Q

A position has now become available for a Horticulture Traineeship. The employer is seeking someone who is interested in Horticulture and is keen to learn more about the industry. You will be required to do some heavy lifting and you will need to be flexible with days as some are weekend.

If you are interested and would like to find out more, please contact Tweed Heads ON-Q on telephone (07) 5536.8869, fax (07) 5536.1890 or email tweed@onqr.com.au.

Please see me about either of these matters, or any careers concerns you may have.

Mr Matt Hall
Careers Advisor

FRENCH NEWS

FUN AND INTERACTIVE AFTER SCHOOL FRENCH CLUBS

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.

Ms Geraldine Beranger



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

EXPRESS YOURSELF

AFTER SCHOOL DRAMA CLASSES

IMPROVISATION,
DRAMA GAMES,
SPEAKING SKILLS,
MOVEMENT SKILLS,
DESIGN ACTIVITIES,
CHARACTER
EXPLORATION,
THEME BASED PLAYS,
CONFIDENCE BUILDING
AND PERFORMANCE
OPPORTUNITIES



Are you interested in drama

MONDAYS 3.45-4.45, DRAMA SPACE

1st term will be a 5 week course for \$60 Starting Feb 25th. Please contact Celia Penney
On 0429 148678 for bookings or more information, or return section of the newsletter to the office. (Closing date Feb 20th)

PASTORAL NEWS

Welcome back to school for what we hope will be another great year at St Joseph's. To make the most of it, get involved in the many activities and opportunities the College offers. From the pastoral perspective, a number of workshops will be offered throughout the year. This term the workshops being offered are:

Seasons for Growth - a grief education program. Loss and grief are issues which affect all of us at some stage in our lives. Learning to deal effectively with these issues is central to personal wellbeing and happiness. Unresolved grief can also affect a student's learning. The program explores issues such as change, loss, managing feelings, coping strategies and support networks. Seasons for Growth workshops will run during class time, one lesson a week for eight weeks.

Taking Control - a self-management and problem-solving program. The program is designed to help students work through the various concepts of managing themselves in order to make more appropriate choices and therefore be more successful in life. It aims to help students become more proactive and solution focussed in their thinking so they can make better choices and bring about more positive consequences. The more positive they and their experiences are, the happier and more successful they will be. Taking Control workshops will run during class time, two lessons a week for seven weeks.

Learning to Learn - study skills, tips and tricks to help you improve your achievement. This workshop aims to empower the student by presenting information and skills to help students cope with stress associated with exams and assessments, skills in taking tests, managing time, organising yourself, improving memory and strategies and techniques for effective study. It encourages students to be proactive, take control of their learning and be successful. Session times will be negotiated with students selecting this workshop option.

Strictly Stress - a twelve session program aimed at students teaching students to understand, acknowledge and cope with specific stressors/sources of stress. Topics covered include: identifying and understanding stress, coping strategies, support networks, diet, time management, problem solving, staying healthy, communication skills and relaxation techniques. Session times will be negotiated with students selecting this workshop option.

Crucial Skills - A ten session anger management and problem solving program which aims to improve listening skills, management of anger, ability to deal positively with conflict, self-esteem and self-management. Session times will be negotiated with students selecting this workshop option.

Friends - A 10-session program aimed at learning and developing skills and techniques to cope with and manage anxiety. Student learn awareness of body clues, deep breathing exercises, relaxation activities, identification of inner thoughts, use of positive self talk, techniques for challenging negative self talk, problem solving and coping skills. Session times will be negotiated with students selecting this workshop option.

Each workshop is open to all year groups. Previous workshop participants have found them to be very helpful and an informal, fun way to deal with what can be very difficult issues.

Please consider the opportunities carefully, complete and return the form below indicating which workshop(s) you are interested in as soon as possible. It is expected that workshops will begin in Week 4.

Ms Frances Stegeman
Pastoral Advisor

Group Workshops

Please complete and return to Student Reception by Monday 16 February (Attention: Ms Stegeman)

I wish to participate in the following Group Workshop/s (please tick your choices/s):

- Seasons for Growth
- Taking Control
- Learning to Learn
- Strictly Stress
- Crucial Skills
- Friends

Student Name:

..... H/R:

Parent/Guardian Signature:



Roses for Sale

Valentine's Day SRC Fundraiser

Orders will be taken outside the Library each Lunchtime Monday to Thursday this week (with delivery on Friday 13 February)
Price: \$3.00 Each

DON'T MISS OUT - SHOW SOMEONE YOU CARE . . .

eg. Your Mum/Dad/yourself/your best friend ... or just to make someone feel special!

FAMILY NOTICES



centacare

Catholic Family & Community Services Family Relationships Services

The Supporting Children After Separation Program will assist children/youth (0-18yrs) to address relationship issues arising from separation. Centacare offers counselling and school holiday activities. The fee for this service is on a sliding scale and no person will be excluded.

All enquiries or to make an appointment please call (07) 5527.7211.

Centacare is a fee for service agency. Funding for this service is provided by the Australian Government Department of Families and Housing, Community Services, and Indigenous Affairs (FaHCSIA), the Attorney-General's Department, the Catholic Archdiocese of Brisbane, client fees, donations and sponsorships.

Celebrate Love

St Mary's Parish Casino is hosting a two day seminar 'Celebrate Love', a retreat for married couples, on Saturday 25 and Sunday 26 April 2009 (school holidays).

This is private experience for couples in a loving relationship and explores intimacy and marital spirituality. There is no group discussion or counselling.

Any enquiries to Sarah Flocchini on (02) 6662.5759 or Kate Dougherty (02) 6662.3101. Cost \$200 per couple (this includes all materials, refreshments and meals). No couple is ever denied the opportunity to attend due to financial circumstances (please enquire if necessary).
For Information and bookings (02) 9662.7272.

DRAWING...PAINTING...MAKING....CREATING....

YOU INTERESTED?

SPLAT ART CLASS

AN AFTER SCHOOL CLASS FOR STUDENTS WHO WOULD LIKE TO PRACTICE AND ADD TO THEIR ART SKILLS, EXPLORE DIFFERENT ART MEDIUMS AND SIMPLY ENJOY CREATING.

FOR STUDENTS IN YRS 5 -YR8, TUESDAYS 3.30-4.30, ART ROOM

1st term will be a 5 week course for \$75. All materials covered. Starting Feb 25th. Please contact Celia Pennay On 0429 148678 for bookings or more information, or return section of the newsletter to the office. (Closing date Feb 20th)

Important information about accident protection for students at St Joseph's College

Dear Parent

Every day there are accidents involving children. To assist parents with the costs associated with those accidents, Catholic Education in association with Catholic Church Insurances Limited has developed the SchoolCare Children's Accident insurance program.

St Josephs College is pleased to be a part of this program and our School Activities Only policy provides protection to all children attending our school.

The School Activities Only policy includes accident cover for school camps, school sports (including sports out of school hours as long as they are organised by the school), work experience and travelling to and from school or school activities. It also includes activity organised or authorised by the school. This includes before and after school care if organised by the school. Cover is worldwide.

Our policy covers three important areas of care and anyone accident may be claimable under one or more of these areas. It is important to note that the policy cannot cover any Medicare service including the Medicare gap. Cover includes:

- Up to **\$5,000 inclusive per accident** for medical costs from the following registered medical practitioners:
 - ✓ Dentist
 - ✓ Chiropractor
 - ✓ Osteopath
 - ✓ Physiotherapist
 - ✓ Remedial massage
 - ✓ Podiatry
 - ✓ Acupuncture, and also costs from a
 - ✓ Chemist, and
 - ✓ Hospital accommodation and Facility fees.
- Fixed amounts for defined events.** For example, when a child accidentally receives a fracture of the hand the policy will pay a fixed amount of \$300. The full table of benefits lists all the defined events covered under this policy and the fixed amount payable. The full table of benefits is printable from www.ccinsurances.com.au.
- A number of other benefits:**
 - ✓ Emergency transport
 - ✓ Home tuition
 - ✓ School fee relief
 - ✓ Hospital inconvenience allowance
 - ✓ Nursing allowance
 - ✓ Professional counselling fees

These are all limited to **specific amounts per accident**. These amounts are detailed in the table of benefits.

Your child may have an accident so please cut out the information below and keep it on your fridge or in a handy place.

YOUR CHILD IS PROTECTED BY A SCHOOLCARE ACCIDENT POLICY

Name of school: St Joseph's College
 Policy number: 02.PAE.113973
 Policy type: School Activities Only-Basic
 Information: If you have any questions please call the:
SchoolCare Accident Help Line on 1300 138 498.

Make a claim: You can print a claim form and the policy wording from www.ccinsurances.com.au. Your child's school will need to endorse the claim form prior to it being submitted. You will need a Doctor's or Dentist's Certificate and copies of accounts or invoices for any claimable expenses.

Please note: Catholic Church Insurances SchoolCare cannot pay for any Medicare service including the Medicare Gap.


**Catholic Church
Insurances Limited**
Serving Church

CANTEEN NEWS & ROSTER

Please note the roster for the following two weeks. If you see 'TBA' in there, it means I don't actually have anyone for that place and I'm seeking a helper. If you would like to help out please contact me at the College.

WEEK 3	Monday 9 February Fran Smith & Sheree Lynch
	Tuesday 10 February Cathy Jamieson & Sandra Hughes
	Wednesday 11 February Mandy & Michelle Swaney
	Thursday 12 February Marcus & Christine
	Friday 13 February Shirley Clark & TBA
WEEK 4	Monday 16 February Kelly Bowman & Anne Rogers-Raddell
	Tuesday 17 February Marcus & Christine
	Wednesday 18 February Jenni Marsh & Shelley Wilson
	Thursday 19 February Aleisha Spence & Sandra O'Brien
	Friday 20 February Adrienne Wheatley & Donna De Venny

In the weeks that follow this roster, I am in desperate need of helpers on Wednesdays and Fridays. If you have some spare time I'd love to hear from you. Just call the school and ask for Di. *We're waiting to take your call . . .*

Mrs Dianne Pinkstone
Canteen Manager

SIGN-ONS

CALLING ALL NETBALLERS

St James Netball Club caters for all girls wishing to play netball for Tweed from St James, St Joseph's Primary, St Joseph's College as well as the wider community.

Registration forms will be available from student reception at each of the schools from next week.

Registration will take place on Saturday 21 February, 11:00am til 2:00pm in the MPC at St James Primary School. Uniforms will be available to try on and order at registration.

Senior Competition Fees (U/10 and older): \$145 (includes umpire fees)
Senior Uniform: \$100.

AGM, Tuesday 10 February
7:30pm St James MPC

For further information contact
Ashleigh Manning on (0488) 416.450.

Kingscliff District Soccer Club

'Home of the Wolves'

Sign-on at the Clubhouse

Monday 9 to Thursday 12 February, 6:00pm to 8:00pm and Saturday 14 and Sunday 15 February, 10:00am to 1:00pm

All enquiries to (02) 6674.1483

