Dear Parents, Students and Staff

On Friday of next week, 15th August, we celebrate the Feast of The Assumption of the Blessed Virgin Mary into Heaven. It commemorates the death of Mary and her bodily assumption into Heaven – a foretaste of our own bodily resurrection at the end of time. Mary was the first and foremost disciple of Jesus, the one who agreed to become the mother of Jesus without knowing the consequences. She was the one who saw her innocent son tortured and crucified, the one who was faithful to God throughout her entire life and the one who knew intimately the whole range of human experience. Her being assumed into heaven was recognition by God of her unwavering fidelity. It is also a sign of hope for all of us who remain faithful to Jesus and his Gospel through whatever life serves up to us.

Below is an invitation to parents and grandparents of our College to attend a ‘Parent Reflection Morning’ of meditation, discussion, Mass and coffee on Friday 15th August at St Joseph’s. The theme of the reflection is ‘Joy: living the Gospel’. A very warm welcome goes out to any parents or grandparents who would like to attend this reflection opportunity.

Mr Tony McCudden invites you to our parent reflection morning: meditation, discussion, Mass and coffee. All welcome

"I found the whole morning amazing."
"Spread the word...I will, as this was too good to miss!"
"So relaxing and informative ...Fantastic, well done!"

When: Friday August 15th 9.00-12.00
Where: St Joseph’s Catholic College
RSVP: School Office 4324 4022 sjcc@dbb.catholic.edu.au
College Captains for 2015
The announcement of the 2015 College Captains and Vice-Captains was made on Monday (4th August) at our college assembly. Our congratulations go to our Captain for 2015; Kellie-Ann G, and our Vice-Captains; Emily C and Samantha W. These students will take on their roles as College Leaders towards the end of Term 3 once our current leaders have completed their Trial HSC exams and begin their focus on the Higher School Certificate examinations. The process for electing our House leaders is well underway and will be finalised in the coming weeks.

Student Success
Congratulations go to our Year 7 & 8 touch football team who recently won the Central Coast All-Schools Touch Football competition. They now progress through to the state finals at Penrith later in the year to take on other regional winners. We will also be represented at these same state finals by our Year 9 & 10 team who also won their Central Coast competition at the end of last term.

Best wishes go to our Year 9 debating team who have progressed through to the final of their Central Coast Schools competition. Congratulations to the team on their success so far.

Congratulations also go to our mighty Bill Turner Trophy soccer team who continue to impress in this Australia wide competition. The team travelled to Cronulla on Monday of this week to take on their opponents from Nowra and in a dominant display came away 4 – 0 winners. They now progress through to the final 8 in this competition, which includes teams from NSW, Queensland and Victoria. Our best wishes go to Mr Matthews, Mrs Kelleher and the team for their quarter-final match which will occur in the next couple of weeks.

Year 12 Trial HSC Examinations
Our congratulations go to our Year 12 students as they complete their trial HSC examinations, with the last of these exams occurring on Monday 11th August. The way in which the students prepared for these exams and the way that they conducted themselves through the examination period was excellent. Students should receive results from these examinations during next week. We hope that all students learn from the experience of sitting for these exams and are able to refocus on maximising their learning over these final weeks of school.

Free Parent and Carers Seminars
The Diocesan Parent Council (DPC) are hosting two very relevant seminars this term, with speakers who are leaders in their respective fields, that will provide current and well researched information to support you.

On Tuesday 19 August, Paula Robinson will be presenting her Mental Fitness framework which provides parents with strategies to help children be successful learners by equipping them with good mental fitness. Mental fitness provides life-learning resilience skills that allow children to flourish.

Fiona Smith and Dr Helen van Vliet, on Thursday 11 September, will offer parents information and strategies to develop a deeper understanding of the social and emotional needs of gifted/ high ability students.

I recommend you give consideration to attending these seminars. Flyers with relevant information can be found later in the newsletter. All parents and carers are welcome and there is no cost.


God bless and best wishes for the fortnight ahead.

Tony McCudden
Principal

FROM THE ASSISTANT PRINCIPAL
Student Leadership Opportunities
Students learn about leadership and learn to lead through several opportunities provided to each year group so that by the time they leave us at the end of Year 12, they have the confidence, skills and knowledge to lead within the wider community if they choose to, and we hope many will.

Our leadership program stresses that all students are indeed leaders when they:

- Demonstrate initiative, self-challenge, and responsibility for their own learning and actions
- Develop positive relationships within the college community
- Seek involvement in a variety of significant college experiences to empower them to make a difference
- Involve themselves in a process underpinned by new ideas, relevance, success and independence to develop the skills required for life-long learning

Learning leadership is a journey of understanding – understanding that leadership is learned; understanding that the skills of leadership are acquired by practising leadership; and understanding that we must learn how to lead ourselves before we can lead others. Learning Leadership units are an integral part of the college’s formal pastoral program.

Students will learn about leadership and develop
knowledge and understanding about:

- What it means to be a leader
- Values and attitudes people expect to see in their leaders
- Skills and behaviours of effective leaders

Additionally, students are provided with opportunities to acquire and practise the skills and behaviours of leaders as they learn to lead in a variety of stage appropriate leadership positions. Refer to the college website for an explanation of these. Students are in the process of nominating for the position of SRC Rep for their pastoral class to the 2015 SRC. Secret ballot voting takes place in Week 5 following speeches from each candidate.

Two students in Year 11 are currently involved in the Max Potential program organised by Clubs NSW. Max Potential is a youth leadership development program that connects community leaders with young aspiring leaders in their local area. A simple, yet active, learning relationship that guides individuals on how to maximise their lives and leadership potential. An essential principle of Max Potential is personal leadership coaching accelerates people's ability to lead themselves and others effectively. Through one-on-one focused chats, individuals develop their leadership capacity. Coaching fast tracks success through intentional actions aligned with effective goals. Participating students work on a project with their coach and are given training in a life-coaching model which explores ten personal leadership principles referred to as MAXIMISER. More detailed information is available on the Max Potential website. Students currently in Year 10 are encouraged to consider applying for Max Potential when applications open later this year.


Caitlin M and Melaea O present their project at the Max Potential presentation afternoon this Thursday. We wish them well and congratulate them for their determination and persistence in seeing this commitment through to the end. We also extend our appreciation to their mentors for the leadership skills and understandings shared with Caitlin and Melaea.

Registrations are now open for YMCA NSW Junior Parliament – another leadership opportunity available to students in Years 7-9 who demonstrate leadership and public speaking qualities. The program focuses on developing leadership skills and competencies, advocacy and parliamentary education. Participants will join other like-minded young people from across NSW to develop bills that address issues they are passionate about. Participants will work in committees and debate their bills in NSW Parliament House in front of current Members of Parliament. The program schedule is 19 September (from 5pm) to 24 September 2014 at YMCA Camp Yarramundi and NSW Parliament House. Please call me for additional information if your daughter is interested in this opportunity.

Disco

The next combined disco will be held on Thursday 14th August from 7pm in the ERC. Thank you to the many parent volunteers offering to assist with supervision at the disco. We are seeking several more parents to assist please so if you can help for the evening or even for part of the night please leave your name, available times and phone number with the front desk at the college before Thursday. Unfortunately we cannot accept this information from students all information must be provided by parents either by phone (43244022), email or a note.

Rules for student phones

Teachers are noticing that students are ‘forgetting’ the rules about having and using a mobile phone at school. Students are permitted to use phones at recess and lunch. However, they are not permitted to have phones on during class. Teachers may require students to place phones face down on the desk or to leave them in pockets. Students using phones in class to make or receive a call or text will be required to hand the phone to the teacher. We ask parents to support these phone regulations please by not calling daughters during class. There are times when it may be necessary for parents to contact daughters during the school day to let them know important and often sensitive information which can be very distressing. If this is the case please call your daughter’s Year Leader, the Leader of Student Wellbeing or me so that we can assist both you and your daughter.

Chickenpox

We are aware through conversations with our colleagues in local schools that a small number of students in the community have contracted chickenpox, caused by the varicella-zoster virus (VZV). It is more common in winter and early spring. Please be vigilant and seek medical advice if you suspect your daughter exhibits symptoms of this virus which include:

- slight fever, runny nose,
- feeling generally unwell
- itchy skin rash usually beginning as small lumps that turn into blisters (‘dew drops on a rose petal’) and then scabs.

Symptoms usually occur two weeks after exposure to the virus. It is highly contagious so students with chickenpox should until the last blister has dried.

Picking Up and Dropping Off

I have had conversations with both Red Bus and Busways about the problems drivers experience some afternoons in particular in trying to negotiate the round-about in front of the college when cars are parked in the No Stopping/No Parking or Restricted
Parking areas of Russell Drysdale Street. We seek your cooperation with this please and ask that parents respect the ‘no stopping’ rule in the interests of several hundred students from St Joseph’s and St Edward’s who catch buses. If you are dropping off and/or collecting your daughter please arrange to leave/meet her at Elizabeth Ross Park. Please be aware that the street is regularly patrolled by the Police and Parking Officers.

Thank you to all parents for your ongoing support and we wish you well for next two weeks.

Helen Love
Acting Assistant Principal

FROM THE RELIGIOUS EDUCATION LEADER

Year 10 Reflection Day - Stand with Syria
There is something special about a person who is passionate about social justice. Brendon Joyce is a representative of Caritas Australia and attended our Year 10 Reflection Day to promote awareness for the campaign #standwithSyria. Caritas Australia is an organisation that strongly believes in the Catholic values of Catholic Social Teaching as a set foundation to their organisation. Brendon introduced their recent campaign #standwithSyria and he passionately encouraged us to advocate for the people who are suffering amid a war. Statistics show that over 1 million Syrians have become refugees in their neighbouring country Lebanon since the outbreak of war in 2011. Syria, with a population of 22.4 million has lost over 9.3 million in this war. Brendon expressed the pain and hardship of innocent individuals in Syria who wake up every day to a place destroyed by war. Caritas is about providing humanitarian aid, long term development and most importantly, advocacy and education. Brendon expressed the importance of our voice for the Syrians who battle homelessness, poverty, loss, grief and pure suffering that is unfair and socially unjust. He simply asked us to just take a moment and stand for Syria with determination and love. We are the crucial part of helping Caritas Australia with the campaign #standwithSyria as we have courage and confidence to express our passion to help. You can help by signing the petition for #standwithSyria on their website (https://www.caritas.org.au/act/stand-with-syria). It is a small step that can lead to something bigger and positive towards eradicating war.
Annika B

Pope Francis on Ten Tips for Happiness
http://www.ucatholic.com/blog/10-secrets-for-happiness/

Nicole Harrison
RE Leader

FROM THE LEADER OF LEARNING AND TEACHING

Year 12: Applying for University Information Sessions – Thursday 21st August
Important information about how to apply for university through the Universities Admissions Centre (UAC) will be given to Year 12 during two sessions on Thursday 21st August (Week 6). UAC guide books listing all university courses offered will be handed out on this day. The first session will be in the Year 12 Pastoral period. The second session will be held at lunchtime and presented by Newcastle University. The topics being explained include:

• online UAC application process
• preferences and key dates
• bonus points
• Educational Access Schemes (EAS) to help students who have experienced long-term educational disadvantage gain admission to tertiary study
• School Recommendation Scheme (SRS)
• alternative entry programs e.g. Newstep

On-time UAC applications close on 30 September 2014, see http://www.uac.edu.au/

If your daughter will be receiving an ATAR this year then please encourage her to attend both information sessions on Thursday 21st August and to bring along her UAC login details on the day.
Year 11
Year 11 will have their final Preliminary course examinations beginning on Monday 8th September and this will be here before we know it. Students receive achievement grades for Preliminary courses as part of their Record of School Achievement (RoSA). This marks the end of Preliminary course assessment and success is a prerequisite for the commencement of HSC courses in Term 4.

Year 9 Information Night

The Year 9 2015 information evening will be held on Tuesday 12th August at 7pm in the Dewey Centre for all Year 8 students and their parents.


Kathy West
Leader of Learning and Teaching

FROM THE LEADERS OF LEARNING

YEAR 8 NEWS

The new term heralds the start of Semester 2 for our wonderful Year 8 students. By now you have had an opportunity to discuss your daughter’s progress in the first two terms of this year. It is a good idea to be as positive as you can be about your daughter’s results and ask her to set goals for the second half of the year.

The recent Parent/Teacher night was very well attended and an excellent opportunity to get some feedback on your daughter’s progress and to meet her teachers. Thank you to parents who took the time to fill out the college survey. It provided useful information about your perceptions of the college’s performance.

The Year 9 2015 subject selection Information Evening is on August 12 here at the college. It will provide useful information for you and your daughter as she chooses her elective subjects for next year.

We have plenty of success in various activities this semester. Our debating team is in the finals and several Year 8 girls are in our very successful touch-football, oz-tag and soccer teams.

We have also had our girls serving afternoon tea to the senior citizens at Woy Woy on a regular basis, so there is plenty to celebrate about Year 8. They are enthusiastic, generous and helpful.

Thank you for your ongoing cooperation and the care and nurturing you provide for your daughters. I am sure that with your on-going support, we will continue to provide an exceptional Catholic education for your daughter.

Terry Gahan
Year 8 Leader

FROM THE LIBRARY

Heard about our new eBook collection?
You can borrow online 24/7 – ask your librarian

We are pleased to announce that the library has added an eBook lending platform to its services. Students must register with our eBook platform and wait for their login to be activated. (Only current students from the college will be approved). Students may then borrow eBooks to read on their device. Books are automatically returned after two weeks. Ask in the library for more details or go to sjcc.wheelers.co.

Competition
We have a new competition beginning for Years 7 – 10. Girls need to read any book from the library then write a review in Destiny. Links to their reviews will be converted to a QR code and placed on the library book which they reviewed. The best review from each year will win a $20 Dymocks gift card.

Scan the code for more details:

Karen Powers
Teacher Librarian
Southern Cross Outdoor Education Centre

1pm Sunday 21st September 2014 to 1pm Tuesday 23rd September 2014

$90 early bird before 16 August
$120 between 16-31 August unless sold out

Spark your light as you... climb, fly, jump, sing, dance, laugh and much more, while meeting new friends and sharing your faith.

For more information:
Simon Hyland - 02 9847 0478
Email: youthministry@dbb.org.au

Register now
http://www.trybooking.com/FMBB
Parent Seminar

Parenting Gifted / High Ability Children

Gifted / High Ability students are found across all cultures and socio-economic backgrounds and are considered unique with their own abilities, needs and personal context.

Intensity Sensitivity Over-excitability
How do these characteristics impact on learning at home and school, and on wellbeing?

The seminar will offer information and creative strategies to develop a deeper understanding of the social and emotional needs of gifted / high ability children and fostering life-long learning.

Fiona Smith
Psychologist & Director of Gifted Minds
Masters Degree in Gifted Education

Dr Helen van Vliet PhD
Former Senior Lecturer Australian Catholic University

Plus introduction of Diocesan Gifted / High Ability Parent Information.
Kerrie Basgrove CSO Education Officer: Gifted / High Ability Education

Thursday 11 September
7.30 – 9pm
MacKillop Catholic College
91 Sparks Road, WARNERVALE
RSVP via DPC website:
www.brokenbayparentcouncil.com

Brought to you by the ...

Diocesan Parent Council
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PARENT SEMINAR

Paula Robinson

World leading expert in the study of Mental Fitness, Wellbeing and Positive Psychology research, theory and practice.

Managing Director of Positive Psychology Institute.

Developing strength, flexibility and endurance to meet life’s challenges

Join Paula as she presents her extensively researched Mental Fitness Framework. Paula will explore:

- what is well-being and positive thinking;
- what are predictors of wellbeing;
- how to develop habit performing strategies;
- the power of positive-emotions & building mindful relationships.

Through interactive exercises, Paula will assist families to develop mental fitness habits to help move them from simply surviving to flourishing at home, at school – and in life.

Tuesday 19 August
7.30 – 9pm
St Cecilia’s Catholic School, Panonia Road, WYONG

RSVP via DPC website:
www.brokenbayparentcouncil.com

Proudly brought to you by the ...

Diocesan Parent Council
Central Coast | North Shore | Peninsula

www.brokenbayparentcouncil.com
Join young People from across the Diocese coming together to celebrate our faith through music & prayer.

Friday, September 5  
St. Cecilia’s Catholic Church  
Wanganella Street, Balgowlah

7-9pm  
BBQ from 6pm  
Free event for all  
YOUNG people (Yr 7+)

✉️ youthministry@dbb.org.au