Dear Parents, Students and Staff

Celebration of the role of fathers
This Sunday we celebrate Father’s Day; a time to recognize the many sacrifices that our fathers make to help us become who we are. It is tough at times to guide children when the messages of the media are often about consumerism and putting yourself first.

Parents often feel unnecessary guilt at saying ‘no’ to their children but in truth children respect and feel much more comfortable when guidelines are set. A good father is one who has strong values and promotes ideals for which to strive. A good father does not have to lavish their child with material goods. A good father gives good example about hard work and striving for goals. A good father cares and gives time.

Congratulations to all the Dads and Step-Dads and Granddads who are working hard to be wonderful role models to their children.

Year 12 activities
During Week 10 of this term we will have a number of activities to farewell our Year 12 students. Wednesday 17th September will be Year 12’s last day of lessons. On Thursday 18th September we will begin the day with a BBQ breakfast for our Year 12 students, followed by a whole school farewell assembly (beginning at 9am) to acknowledge the achievements of our Year 12 cohort. On Thursday evening we will celebrate with Year 12 their Graduation Mass and Awards Ceremony at Holy Spirit Church, Kincumber beginning at 6pm.

I would like to wish all Year 12 students the very best for their last few days of formal education at St Joseph’s and hope that the ceremonies organised by the college add to the excitement and the celebrations for these students. I would also like to congratulate and thank the parents of our Year 12 students and the staff of the college for all that they have done to help our girls achieve the milestone of completing their formal study for the Higher School Certificate.

Most of the hard work is now left up to the students as they prepare themselves for their HSC exams which begin on Monday 13th October.

NAPLAN results
NAPLAN results for 2014 should have been received by parents by Friday 5th September. These results were sent to the college during Week 7 and were handed to girls through their pastoral classes. We wish our Year 7 and Year 9 students all the best for these results and hope that they are a true indication of each student’s ability.

End of Term 3
A reminder that classes conclude for Term 3 on Friday 19th September. We hope all students and their families have a very enjoyable and safe holiday break.

Beginning of Term 4
Term 4 begins for all students on Wednesday 8th October, following the Labour Day public holiday on Monday 6th October and a staff development day on Tuesday 7th October. All students are to return in their summer uniform. The starting day of Term 4 will be a Day 3 of the timetable.

God bless and best wishes for the fortnight ahead.

Tony McCudden
Principal
FROM THE ASSISTANT PRINCIPAL

Parent survey
We used the opportunity provided by Year 7 – 10 parent-teacher interviews earlier this term to issue parents with a short questionnaire to collect some feedback from parents to assist us in developing our 2015 School Improvement Plan. Thank you to the more than 30% of parents in each year group who returned the completed questionnaire to provide us with meaningful results. There was very high agreement – 80% or above - with the 16 items on the questionnaire which included statements like:

- I am satisfied with the way the college communicates with parents and caregivers
- I feel welcome when I visit the college
- All students at this college are encouraged to try their best and have high expectations for themselves
- Students have a strong sense of belonging and connection to this college
- I feel the college provides strong guidance and support to my daughter(s) to be ‘the best person she can be’

We are pleased with the results and will consider your feedback as we develop our 2015 School Improvement Plan

21st century skills and competencies
These are the skills and competencies successful students will be expected to demonstrate as they enter the very competitive labour market of the 21st century. They will do that between the ages of seventeen and their early twenties – not too far into the future for some. An ability to work collaboratively in a team, think critically and creatively, self-reflect, manage time to meet deadlines, use a range of information and communication technologies and to turn up on time and be work ready are just some of those skills and competencies. The curriculum and our approach to learning and teaching emphasise the development of these important skills and competencies.

Much has been written about punctuality in previous editions of this Journal and many conversations had with students about why it is important to be punctual and arrive at school on time every day. This is the 21st century skill we require parent support to help develop it in our students. May I stress the importance of arriving to school by 8.30am every morning ready to begin the day? Punctuality is a lifelong skill (probably a value as much as a skill) so important in our family, social and working lives. Punctuality is a courtesy. It demonstrates respect. It is evidence of reliability and responsibility. We appreciate the support of parents very much in this regard.

Leaders’ Induction Assembly
Our 2015 College and House Leaders, SRC, Peer Mentors, Mediators and Tutors were inducted into the leadership positions this week. It was wonderful to see so many parents attend the assembly in the Edmund Rice Centre. We welcomed Father Jim, Dr Tony Bracken from the Catholic Schools Office and Dr Michael Slattery Principal of St Edwards College to present badges. Dr Katie Dixon, a former student and now one of Australia’s leading skin cancer researchers was our guest speaker. Katie used her story and experience as a leader in her fields of research and surf lifesaving to illustrate how to, and how not to lead. Her speech was inspiring and delivered some very powerful messages to the new leaders about ‘getting your hands dirty’ and to acknowledge everybody in your environment because everyone matters. The assembly finished on a wonderfully spontaneous rendition of ‘happy birthday’ when it was announced that it was Fr Jim’s birthday. Our warm congratulations to the leaders of 2015. We have every confidence that they will lead the college in the spirit of hope, justice, compassion and respect. Thank you to our outstanding leaders of 2014.

Light the Night – the Daisy Army
There is a special event being organised by the OLSS Saints Netball Club all of us who know Daisy C to join the Daisy Army in raising funds for the Leukaemia Foundation. Please see the flyer attached to this edition of Joey’s Journal.

Finally, thank you to the many parents for your congratulations and best wishes on my appointment to the position of Assistant Principal. I appreciate your support very much and look forward to continuing to work with our wonderful students and with you as their parents.

Helen Love
Assistant Principal

FROM THE BUSINESS MANAGER

School Fees
Thank you to all families who have finalised your 2015 school fees. If you have opted to pay your fees with the standard payment plan your account should now be cleared. If you are paying fortnightly or monthly please continue as per your instalment plan. All accounts fall due by mid November.

Our accounts are under review at present so if your fees are overdue you will be contacted by the Catholic Schools Office and if necessary, referred to debt collection. This is not in the best interest of any party so please, if you are struggling with payments please communicate with the college so that we can arrange a more manageable payment option. I understand that for some this is a difficult conversation to start but please know that all discussions are treated in the strictest confidence. We cannot help if we are not aware of your situation.

Nicole Murphy
Business Manager
FROM THE RELIGIOUS EDUCATION LEADER

Broken Bay Social Justice Day
The annual Broken Bay Year 10 Social Justice Day was held on **Wednesday 3 September 2014** at the Tracey Centre, Oxford Falls. Students from every Catholic school and students from government schools were invited to attend the day.

The theme was ‘We’re all in this together’. The aim of the day was to provide the opportunity for senior students from schools across the Broken Bay Diocese to gather, learn and be challenged to live out their Catholic faith by contributing to a more just and sustainable society.

Guided by our group mentor Francis, thirty students from across the Broken Bay Diocese, delved into the foundations on which an unequal society stands. During this workshop my eyes were opened to the hidden bias in everyday life. We never consider ourselves a form of ‘ist’: a racist, sexist or ageist. However, can we look back on our everyday and be certain that at no time did we make assumptions or stereotypes based on the outer appearance, nationality, gender or even age of a person?

It was disquieting notions such as this that emphasised the overall purpose of the workshop; to understand that every time we place a stereotype on someone, we remove a portion of their own true self.

Ultimately, the workshop has opened my eyes to what social justice truly means and I must thank the college and all staff who made the opportunity possible.

- Tara W

Nicole Harrison
RE Leader

FROM THE LEADER OF LEARNING AND TEACHING

Year 12
Year 12 are in their final weeks at the college completing courses and preparing for HSC examinations. This is an extremely valuable time for course review and consolidation and an opportunity for ready access to class teachers for advice and guidance in relation to study. Students can access HSC examination information and past HSC papers complete with marking guidelines through their BOSTES Students Online account. Please encourage your daughters to speak with me if having difficulties in accessing their account. UAC guides and information about post school options have been given to Year 12 and on-time university applications are to be lodged by 30th September - please speak with Mrs Wilkinson or me if there are questions about post school pathways.

Year 11 examinations
Below are some tips for Year 11 as they prepare and sit the upcoming final Preliminary course examinations:

- complete practice questions and revise class notes to reduce stress and help performance
- see your teachers with any questions or concerns
- read all examination notifications carefully - know what you are expecting in each examination
- eat healthy food and do some form of exercise
- get sufficient sleep
- enjoy a sensible study /relaxation balance

All Year 11 students and families have received the examination rules and procedures with the examination timetables. The weighting for each examination and more detailed information regarding assessment is published in the Year 11 Assessment

Here are reports from two students who attended different workshops

Ecology Justice and our Future
The workshop I attended was the Ecology, Justice and our Future Program run by Anne Lanyon who is the co-ordinator of the Columbian Mission Institute. The workshop was very informative, allowing us to appreciate the natural elements of the world we so often take for granted. We exchanged stories of times when we have felt connected to the Earth. A variety of issues were discussed including climate change, natural resources, sustainability and the harm of plastics. Anne suggested ideas that we could bring back to our schools to help the environment; one of these ideas being to plant native plants in our school. Every student in this workshop benefited greatly leaving with new knowledge and enthusiasm. We finished with a quote from Pope Benedict XVI “God’s creation is one and it is good.”

Emily M

Learning to live with Non Violence
The Year 10 Social Justice Day opened many doors which exposed the shocking inequity within our society. The workshop I attended was centred upon the concept of *Non-Violence in Social Justice*, encompassing the themes stereotyping, labelling and the lack of acceptance within Australian society.

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Handbook that was issued to all girls at the start of the year and can also be located on the college website.

Year 11 changing of course
Some Year 11 students are considering a change in their pattern of study for Year 12 by either picking up an extension course and/or by dropping an existing course. Change of subject forms may be collected from my office from Week 10 Term 3. New timetables will be issued after Week 2 Term 4. Year 11 students must show they have made a genuine attempt to satisfactorily complete all course requirements in each of their current Preliminary subjects in order to progress to the Higher School Certificate. Therefore, at this stage, focus should be on study and review and not subject changes. The final Preliminary course examinations will give information to assist in relation to the awarding of RoSA grades. Information about textbooks for HSC courses will be coming home shortly.

HSC 2015 information evening

The HSC information evening will be held at the college on Wednesday 22\textsuperscript{nd}

On this night information packages containing the HSC Assessment Handbook and other relevant information will be distributed to each Year 11 student. The evening will include a presentation detailing the BOSTES and UAC regulations and requirements for the HSC and ATAR as well as information about student wellbeing while studying over the next twelve months.

Year 7 – 10 interim reports
Students in Years 7 – 10 will receive interim reports containing information about their commitment to learning in Term 3 before the end of term.

Kathy West
Leader of Learning and Teaching

FROM THE LEADER OF STUDENT WELLBEING

Yesterday we had an investiture for the new student leaders for 2015. It was wonderful to see the number of students who put their hands up to take on roles on the SRC, as Peer Tutors, Peer Mentors and Peer Mediators and House Leaders. A very special congratulations must go to our outgoing leaders on the wonderful job they have done inspiring and leading our college over the past year.

Student leadership in the college is a very important part of our goal to produce young woman who are resilient and able to make a difference to the world in which they live. While every student in the college does not necessarily get a badge to say they are leaders we encourage all our students to take an active leadership role through involvement in a huge range of initiatives the college offers. Things like Mary Macs, our immersion programs, the Woy Woy breakfasts, our environment group and our may social justice initiatives such as Glenvale Fair, night patrol and the ‘girls why bother’ provided an opportunity to lead and to bring about positive change in our world.

I encourage all parents to encourage your daughters to be part of the initiatives our college offers them. It is very important that girls feel they can bring about change and to see the role they can play in the world today as leaders.

Cathy Toby
Acting Leader of Student Wellbeing

FROM THE LEADER OF YEAR 12

Year 12 News
Year 12 students are entering their final few weeks of their formal secondary education ending thirteen years of attending both primary and secondary school. Some of our students have been at our college since starting Year 7 in 2009; others joined part way through their secondary education journey. This last month has been a very busy for the girls with the trial HSC examination, assessment tasks and completing other course requirements set by BOSTES. Drama students completed their practical assessment for the HSC and from all accounts, produced personal bests. The girls can now focus on the rest of their studies. Visual Arts and Wood students displayed their major works and the results were inspiring. Girls created and made excellent products and artworks. Music students have their musical practicals in Week 9. We have every confidence in them and wish them well. This week the girls received their formal invitations and information about their Graduation Assembly in the ERC and Mass and Awards presentation at Kincumber. These are major steps in the students’ completing their journey at St Joseph's. We as a college community hope they enjoy their final few weeks and wish them well in the HSC beginning on Monday 13\textsuperscript{th} October with the first English paper. We also hope they all do their best and enjoy the celebration of their formal that concludes their journey at St Josephs. GOOD BYE AND GOOD LUCK YEAR 12 2014……………..YOU WILL BE MISSED!

Dave Matthews
Leader Year 12
FROM THE LEADER OF LEARNING SUPPORT

We are looking for volunteer reader / writers for the 7-10 yearly exams from 31/10/14 – 7/11/14. Anytime that you could spare to help some students access their exams would be greatly appreciated. We will provide training. Please contact me for more information.

It is extremely important to improve student’s attention span at school so I will include strategies you can use with your children to help improve their attention span and behaviour in each edition of Joey’s Journal.

Provide a Balanced Breakfast
Include a balance of complex carbohydrates like cereals, bread, pasta, proteins like milk, yogurt, cheese, eggs, fish and fruit, fresh, canned or juice.

Consider the Feingold diet
Limit your child’s intake to synthetic food dyes, artificial flavours, flavour enhancers and preservatives. After a period of total abstinence from food with additives you can begin reintroducing foods one at a time while looking for behavioural reactions to specific additives.

Limit Television and Video Games
It is suggested that frequent changes of camera and focus may actually program a short attention span. Television advertisers capture a viewer’s attention by capture capitalizing on the brains instinctive responses to danger through the use of sudden noises, close-ups, pans, zooms and bright colours. They may be reducing the child’s natural ability to remain actively focussed on events in the real world.

There is substantial evidence that television watching can promote aggressiveness in children.

Television and video games also take children away from activities that are more active, multisensory and intellectually, socially and emotionally nourishing.

Teach Self Talk Skills
Self talk represents a process whereby an individual develops key phrases that can guide her/him through a complex situation. She/he learns to repeat phrases to herself/himself at appropriate times of need.

Self talk can assist in developing self control of anger by silently repeating phrases such as “keep cool”, “chill out” or help to organise oneself using questions such as “now where do I begin” as a prompt to help a child form a more positive image of self by repeating “I can do it if I try”.

After allowing the child to choose an appropriate phrase, train the child to use it in four stages:

1. Say the phrase out loud
2. Whisper the phrase
3. Move the lips only
4. Say it silently

Find out what interests your child
Rather than focus on the things the child is NOT interested in, find out what does interest her/him and help them to develop in these areas. To find out what interests her/him observe during times when no-one is telling her/him what to do. See what activities absorb her/his energy and attention.

Tracy Simpson
Leader of Learning Support
‘DAISY ARMY’
WEDNESDAY 10TH SEPTEMBER, 2014

Light the Night is a community event where everyone gathers and shines a lantern to help Australia's brightest and best researchers bring us closer to the day when everyone with blood cancer can be cured.

OLSS Saints will be supporting beautiful young Daisy C. Daisy (pictured top row, 2nd from right) was first diagnosed with leukaemia when she was just 4 years old. After two years of chemo and 2 months shy of hitting the 5 year "clear of cancer" timeline, her family received the devastating news that this horrid disease had returned. Lucky for Daisy, she didn't have to go down the transplant avenue, but what she has had to endure since July 2012 has been a very hard road.

On Wednesday 10th September at The Haven Terrigal we ask all past, present players, family and friends to come along and shine a lantern and join 'Daisy Army' to show your support. Wear your Saints uniform or a splash of red. Lantern can be purchased on the night to avoid disappointment preorder a lantern by emailing olss-saints@hotmail.com with your name & number of lanterns you wish to purchase.

We will also be hosting a cake stall and ask for donations of slices, cakes, toffee to be sold on the night. All money raised will go to Daisy Army fundraising goal for the Leukaemia Foundation. (Further information to be advised for drop off)

If you are able to help on the night please contact Sam Hoy 0408 255 475 or Leasa McLean 0416 297 914 any help greatly appreciated.

So what are you waiting for gather your friends and family and come and shine a lantern! If you are unable to make the walk and wish to make a donation to 'Daisy Army' click here

For further information on Light the Night

Schedule of Events:
5:30pm - Event Starts/Lantern Collection
6:00pm – Onstage Entertainment Begins7:30pm – Lantern Lighting, Light the Night Walk
8:00pm – Official Close