Dear Parents, Students and Staff

While the start to the year has been very busy it has also been very productive. Already this term we have had students involved in Peer Mentoring, a Mary Macs visit, training for Year 7 IT devices, House group activities, a scholars assembly, a Year 7 BBQ and games afternoon with the boys from St Edward’s, Broken Bay touch football for Under 15’s and Opens, Valentine’s Day stalls and a JJAMM leaders conference. My congratulations go to all the students who have participated in these activities and to the staff who have assisted with the preparation and the organisation of these events. Within the next fortnight we will participate in our first major sporting carnival for the year, with our swimming carnival being held on Tuesday 3rd March.

Lent

Ash Wednesday marks the beginning of the season of Lent, our 40 days of preparation for Easter. We celebrated Ash Wednesday on 18th February with a number of youth group liturgies and the distribution of ashes. Lent is a penitential time in which we carefully consider how we are living as Christ’s presence in this world. It is a season of renewal where we make a commitment to reform our life: to become a better witness to God’s love for humanity.

Last Thursday students from Year 12 began their preparation for Lent by organising a fundraiser for Caritas’ project compassion. The girls used Valentine’s Day as a fundraiser venture and raised just over $1500.00. This was an outstanding effort by the students. It is evidence that the students are committed to ‘good works’ for others throughout this period of Lent.

School fees

All families should have now received via email their school fee account for 2015. Prompt payment of fees is very much appreciated. As you are aware the funding cuts made by the State Government over the past couple of years are impacting on us and the Catholic Schools Office are continually reviewing the amount of money schools receive in the areas of teacher professional development. It is very important that all in the community are able to contribute their share to running the school and catholic education in the diocese. I take this opportunity of thanking you for your support of our wonderful college and in particular for the sacrifices you make financially to send your daughter to St Joseph’s.

If at any time you have any concerns about your fee accounts please contact the college. In particular if you are finding it difficult to meet your financial obligations please as a matter of urgency contact Mrs Nicole Murphy – College Business Manager who can assist you with payment plans and payment options or arrange a meeting for you to discuss your individual circumstances.

Attendance at school

All students should have received, this week, some updated information concerning attendance/absenteeism from school. The information outlined rules around applying for leave from school for reasons other than illness, as well as the expectation for parents/guardians to provide explanations for absences due to illness within 5 school days.
Any requests for leave from school should be submitted to the Principal well in advance of the leave dates. In situations where leave is approved, it is the responsibility of your daughter to ensure that she completes any work that would be missed during her absence from school. Absences during examination periods are to be avoided wherever possible.

Unapproved absences from school, along with lateness to school, can be very detrimental to the academic and social progress of students. When students miss school, not only is their academic progress impeded, forcing them to catch up on missed school work; which some never do, they often miss important interactions with their peers which can compound issues of social isolation and low self-esteem. Australian students miss on average between 12 and 15 days of school per year; often for non-approved reasons. That adds up to a year's lost schooling over the school life of a child.

Lateness to school is also a concern for some students. Being on time for school teaches students the importance of punctuality and also enables them to be organised for the day ahead. Using ‘traffic’ as an excuse for lateness will not be accepted under normal circumstances. Traffic always seems to build up around 8:30am of a morning. The only way to overcome this is to leave home earlier.

As parents and educators we need to make a commitment that our children/students make the most of their time at school. That means sending them to school every day; except when sick, on time and ready to make the most of the school day.

Scholars Assembly
Below is a copy of the address I made to our students at our recent Scholars Assembly. The theme of the address was to never give up. The main learning from this is that sometimes our greatest achievements come not by winning but by competing and putting in our best efforts. I would encourage parents to watch the video clip in this address and to discuss some of the learnings from this with their daughters.

“Good morning staff and students. A particular welcome also to our Year 12 students from 2014, their parents and family members.

This morning we gather as a community to recognise and celebrate the outstanding achievements of the students from Year 12 2014. The students of 2014 achieved some outstanding results in last year’s Higher School Certificate, receiving a total of 20 places on the NSW State High Achievers list, known also as Band 6 results, as well as 179 Band 5 results and 242 Band 4 results from their HSC examinations. These results are wonderful and further promote St Joseph’s as a school of academic excellence on the Central Coast, in the Diocese of Broken Bay and among all schools in NSW.

The individual achievements of the ladies sitting behind me are very special as they are the result of many years of hard work and dedication. Their dedication has been consistent and on-going for all 13 years of their school education. They have provided an excellent example for the rest of our school community of the value of hard work and consistent efforts. They have now been able to reap the rewards of the efforts they have sown.

Of special mention today are a number of students who achieved multiple Band 6 results: scores of 90 or more in a subject;

- Niamh K who achieved 4 Band 6 results, she also achieved marks in the high 80’s in her other 2 subjects
- Georgia U who scored above 90 in 3 subjects as well as scoring 88 in 2 other subjects and
- Jade A who achieved marks above 90 in 2 subjects

Also of special mention is Georgia U for her placement in Art Express for her exceptional HSC art work, Tiana S for her 1st place in Standard English in the diocese of Broken Bay and Niamh K for her 1st place in the diocese in Geography. Our congratulations go to these students for their exceptional achievements and also to their respective teachers, Miss Nash, Ms Maguire and Mrs Toby.

Today I want to talk to you about personal best, about each and every one of you succeeding as a result of you giving your best efforts. Too often we as a society judge success on how much people earn, how famous someone might be or how good someone is at their chosen career, sport or endeavours in life. We give out trophies and medals to the few elite people who perform better than others. In sport we give out excessively large sums of money to those who are at the top of their sport. In business we often do the same thing, with CEO’s of companies being paid excessively high salaries compared to the workers in that company. While many people might argue that these people have earned the right to receive these large payments and to receive the applause and accolades that have come as a result of many years of hard work, I would like to promote to you that this is not the only way to measure success.

In school we ask you to always give of your best. We too reward those who excel in their studies, in their sport, in their involvement in performing arts, in cultural activities and in social justice endeavours. We give accolades to those who perform at the highest levels. But just as important to us are the students who may not win the race or who may not come first in their studies but who put in their best efforts and achieve their personal best. Often the journey that is taken through life is more important and rewarding than the end result. What we learn by being dedicated, committed and hardworking people brings far greater rewards than we can display with medals and trophies.
At this point I would like to show you a video clip. It is the story of Derek Redmond, a 400m sprinter who competed for Great Britain in the 1992 Olympic Games in Barcelona, Spain. Derek was an athlete who was destined for greatness. He had posted the fastest time in the round 1 heats. He then went on to win his quarter-final. He was a warm favourite to win an Olympic medal. But things didn’t quite work out as planned for Derek Redmond.

(https://www.youtube.com/watch?v=kZlXWp6vFde)

Derek Redmond didn’t win a medal but he was definitely a winner. His dream may have been over but his race was not. Head on his father’s shoulder, tears of pain on his face, tears of pride on his father’s, the finish line was crossed by father and son.

Sometimes we all need help fulfilling our promise. Winners don’t always get the medals; sometimes they don’t even run the race.

What is important is that you don’t give up, that you set your goals high and you work as hard as you can to achieve those goals. We all have dreams that are worth working hard for. It is the accumulation of a lot of small, continual, daily efforts that amount to success and achievement in education and life. You all have the capabilities of being very successful in all you set your mind to. You all have people around you to help you fulfill your dreams and goals.

The challenge that you are all set today is to make every day count. Continue to make improvements every single day and to work hard at achieving your goals. And never give up. The challenge is to make 2015 a year where your efforts are the best that they can be. Take the first step today to make 2015 the most productive year of your educational journey. We ask God for guidance and strength so that we might develop as individuals to be the best possible people we can be. We also ask for God’s guidance to help us always be there for others so that together we can all achieve what we set out to.

I challenge our whole school community to follow the examples of the ladies behind me on stage; to follow their example of commitment, perseverance, hard work and dedication, to set goals for the year and to challenge yourself to be the best students you can be.

The results achieved by these young women were well deserved and were produced through hard work and a dedication to their studies. I am sure the girls would agree that they could not have achieved at the level they have without the support and guidance of their parents and family as well as the teaching staff of the college.

I wish to congratulate all you young women; you have done yourself, your family and our college proud. I wish you all the very best in your university studies and careers. We look forward in the future of hearing and reading about your further successes.

My prayer for you today is that you will use the rich Josephite education that has been provided to you to always Act Justly and to meet the many needs of others you come across throughout your lives. We wish you an abundance of happiness and success in the future and again congratulate you all on your many wonderful achievements in 2014.

Remember: ‘When you don’t give up, YOU CANNOT FAIL’

God bless,
Tony McCudden
Principal

FROM THE ASSISTANT PRINCIPAL

We have been doing……

The Valentine’s Day activities organised by our Year 12 students to raise funds to donate to Caritas when project compassion is launched on Ash Wednesday is fast becoming a tradition and this year raised in excess of $1500 on the day for Caritas.

Year 10 Peer Mentors had a training session to prepare them for the lesson they facilitate with Year 7 on ‘the story of Joeys’ next Friday morning – an example of younger students learning from older students. The Peer Mentors are trained in the history of the college through a collection of wonderful photographs from our archives. These photographs highlight significant changes in the learning environment and college uniform over time.

Learning in a Year 10 classroom in 1967
Mr McCudden, Mrs Toby and I had the privilege of spending Wednesday afternoon with the student leaders of the Josephite schools throughout Australia and New Zealand. The student leaders meet every year under the direction of Sister Jan Barnett and Ms Olivia Daly an English teacher from Joeys to develop their leadership skills by studying the examples of Julian Tenison Woods, St Joseph and Mary MacKillop. We listened as the leaders developed and pitched their ideas for the social justice initiatives they planned to take back to their schools and present to their principals. These young people were very impressive – articulate, informed and filled with ideas about how they could make a difference in their communities. We were very proud of Kellie-Ann G and Emily C in the way they represented our school at JJAMM.

School uniform matters
We regularly remind the girls about the standard of their uniform including the length of skirt hems. The published regulation hem length is ‘5 cm above mid knee when standing’. If there is insufficient hem to lower to this length the skirt must be replaced please. We ask for parent cooperation in this regard and to check when the girls are leaving home that their skirt is at the correct length and not rolled at the waist. Additionally, school shoes are to have a distinct heel with an arch support, hair is to be tied back, and only regulation jewellery is acceptable. As the weather changes girls are reminded to wear the college jumper or cardigan only. Students representing the college in sport must be in full school sports uniform which includes the college tracksuit as the weather changes. A reminder that a new tracksuit jacket designed by the SRC will be available from the uniform shop in March.
Swimming carnival
The college swimming carnival will be held in week 6 on Tuesday 3rd March. All students have received permission notes and carnival information which should already be in your hands. Copies are also available from the college website. The swimming carnival is a compulsory school event and each student is expected to attend for the entire day. If you know that your daughter will not be attending the carnival or will need to leave early for any reason please discuss this with her Year Leader as soon as possible. Please note that your daughter will not be permitted to leave the venue with a friend’s parent unless we have written permission from you in advance.

Parent permission to publish
Students are in the process of presenting Planners to parents requesting two signatures – acknowledging parents are familiar with college expectations and granting permission to publish your daughter’s photograph or work. This particular signature is vital please because it grant’s your permission to publish your daughter’s photograph in the college yearbook and for her to appear in any published photograph of day-to-day college life.

‘Mum, can you come and get me; I’m sick’ phone calls
There has been an increase in the number of parents arriving at reception to collect their daughter because she messaged her parents direct to say she was ‘not well’ and could they come and get her. The protocol students must follow when they are not well is to see their class teacher of Year Leader and have their Planner signed. They report to Student Services to be signed into sick bay. The office will call parents if it is clear the student is unwell and not able to return to class after a short rest in sick bay. If your daughter calls you please insist she reports to sick bay. Our goal is for students to be at school unless they are clearly unwell and should be at home.

Action Plans for anaphylaxis, asthma, other severe allergies and diabetes
A reminder to parents of students with these conditions to provide the college with a current action/management plan please. Please see your general practitioner to prepare this plan and provide a signed copy to the school. It is vital we have this on file to assist in the management of your daughter.

Disco
The first college disco of the year is in four weeks - Thursday 19th March. The disco cannot run without the assistance of parent supervisors so if you can assist on the evening between 6.30 and 10.00pm please leave your name, available times and phone number with college reception on 43244022. We ask that you call the college in person or send a written note with your daughter as we cannot accept her verbal offer of your assistance.

College website
Please bookmark the address of the college website (http://www.sjcc.nsw.edu.au/) to access publications such as Assessment Handbooks, the live calendar and news.

I hope the school year continues to be enjoyable for all.

Helen Love
Assistant Principal

FROM THE LEADER OF LEARNING AND TEACHING

Year 12 parent teacher interviews
The Year 12 parent teacher afternoon/evening is Wednesday March 11th. Booking details with logins will be sent home with your daughter in the next week. The interviews provide an opportunity for you to meet with your daughter’s teachers and discuss her progress in the HSC course. Strengthening the relationship between the student, teacher and family at times like this will assist in developing strategies to maximise academic performance. It is expected that all students with at least one parent/carer will attend the interviews.

Year 7 parent teacher interviews
The Year 7 parent teacher interviews will be held on Wednesday March 18th 3.30- 8.30 pm. Letters with information relating to the interviews and how to book appointments with class teachers will be sent home with your daughter over the next fortnight. The afternoon/evening is a wonderful chance for you to meet your daughter’s teachers and to hear how she is settling into new learning routines at high school.

Assessment handbooks
All students in Years 7 – 11 have now received their 2015 assessment handbook. These handbooks contain important information regarding college assessment policy and procedures. Specific details of individual tasks including percentage weightings are listed separately per subject per page of the handbook. A yearly assessment task planning grid is provided on the back page of all handbooks to help students with their organisation. Please encourage your daughter to read through her assessment handbook and to become familiar with its contents. All assessment handbooks can be found on the college website http://www.sjcc.nsw.edu.au in the Learning and Teaching section.

Absence in an assessment task due to illness/misadventure
When your daughter is absent on the day of an assessment task it is important that the college be notified. The front pages of each assessment handbook contain specific details in relation to the correct
procedures to follow. It is recommended that you are aware of these, and if in any doubt, contact the college. Students in Years 10, 11 & 12 must also complete the college Illness/Misadventure form obtained from Student Services (or use the sample form at the back of the assessment handbook) and see the Leader of Learning of the relevant subject promptly on return to school.

Kathy West
Leader of Learning and Teaching

FROM THE LEADER OF STUDENT WELLBEING
One area we like to acknowledge in the college is the achievements of the girls outside in the wider community.

The following girls have received Principal’s commendations for activities/achievements outside the school this term:

- Nicole C: Ranked number 1 goal keeper in NSW for water polo and selection in the NSW Institute of Sport water polo squad.
- Taylor S: training for Vinnie’s Youth Camps in the holidays.
- Melanie L V: training for Vinnie’s Youth Camps in the holidays.
- Jade H: training for Vinnie’s Youth Camps in the holidays.
- Eloise R: assisting a primary student on the bus.

If your daughter is achieving in any aspect of life outside the college please let us know so we can acknowledge these achievements.

Cathy Toby
Leader of Student Wellbeing

FROM THE LEADER of PDHPE
All students will have received their workbooks for PDHPE for Years 7 – 10 and I take this opportunity for parents and carers to have a browse through the material that will be covered during 2015 in class lessons. PDHPE provides an integrated study for the intellectual, social, emotional, physical and spiritual development of students. It engages students in reflecting on their own values and their interaction with others. The syllabus focuses on a social view of health where the principles of diversity, social justice and supportive environments are fundamental aspects of health. For the start of this term Year 7 are looking at starting high school, the challenges and support networks; Year 8 the health of young people; Year 9 career choices and Year 10 healthy relationships.

Each student will have received sports permission slip which should be returned to their PDHPE teacher and also a schedule for the sports and venues in which they will be participating this year. I ask all parents and carers to check that sports uniforms are correct including footwear and that the shorts fit well. Sometimes the “growth” of a student results in straining the seams particularly in the shorts and tearing results OR the shirt becomes a little short as the height of the student has changed dramatically since the initial purchase.

We look forward to having a rewarding year at St Joseph’s and encourage the girls to be actively involved in the program.

J Bartholomew
Leader of PDHPE

FROM THE LEADER OF YEAR 11
Harking back to the end of 2014 most of the year group attended a wonderful excursion to Canberra. The girls were excellent and I was proud to take them to any venue knowing their behaviour as a large group would be exceptional.

Thanks to Mrs West for her fantastic organisation as well as the great staff who gave up their free time to accompany the girls: Ms Love, Mrs Pearce, Mrs McArdle, Mrs Byrnes and Mrs Eades.

I hope some of the parents were able to attend Elevate Education Thursday evening – an educational initiative that the school employs to present during the day to Year 11 and parents of Years 10-12 is the evening. It combines great suggestions, tips and support for the HSC. The parent night is always extremely well received and valued. Sometimes during these hectic HSC years parents need advice too. It will be on the calendar again for 2016 if you missed it!

The girls have settled well into their senior year of the Preliminary course. However, some are still a little overwhelmed. I have offered to assist any Year 11 student who would like advice with her individual workload. I have spoken to a few already. Please direct your daughter to me if there are any concerns.
I wish the students and their families a great and successful 2015!

Louise Nash
Yr 11 Leader

FROM THE LEADER OF MISSION AND YOUTH MINISTRY

Social justice at St Joseph’s
At St Joseph’s we have begun our Lenten journey and are marking International Women’s Day (8th March) with activities that help women and girls locally on the central coast and globally.

One of our initiatives is collecting new and useful items for women, teenagers, children and babies who are in need of using our local refuges. Many women fleeing their homes because of domestic violence turn up at refuges with very little. As a school community we want to help out.

The following piece has been written by Paige, one of our Year 10 students, who is trying to make a difference in the lives of people suffering from domestic violence.

Domestic Violence, the silent killer. Just under half a million Australian women reported that they had experienced physical or sexual violence or sexual assault in the past 12 months, 33.3% of women had experienced physical violence and 19.1% of women had experienced sexual violence since the age of 15. That is a lot of women. But domestic violence doesn’t just affect the women. What about the children, teens and babies? Domestic and family violence takes many forms. It involves violent, abusive or intimidating behaviour carried out by a partner, carer or family member to control, dominate or instil fear. It doesn’t just have to be physical abuse, it can be emotional, psychological, financial, sexual and verbal.

It can affect anyone in the community, regardless of gender, sexual identity, race, age, culture, ethnicity, religion, disability, economic status or location.

This term at St Joseph's our social justice team is focusing on domestic violence against women. It is everywhere. It is one thing to be educated and made aware of the problem, but it is another to do something about it. Attending a Josephite school we are taught from Mary Mackillop to “never see a need without doing something about it” and that is exactly what we plan to do. These refuges help women and their children escape the grasp of their violators. They can stay in these houses, and feel safe, warm, loved and cared for during this time of hardship. When they leave their attackers, they take their bare necessities or nothing at all, so we are asking you to donate generously with items we can give to these refuges to help these women and children. We want to make a difference and with every small step we will help make life better for people.

Please help us, make a difference, big or small, to assist local families suffering from domestic violence. Please consider sending the following NEW items to school with your daughter. Thank you so much for your generosity.

Babies, toddlers and children:
- nappies
- baby wipes
- bottles
- dummies
- tissues
- undies
- socks
- deodorant
- hair ties
- dental (toothbrushes/paste)
- band aids
- toys
- hair brush

Women:
- hand crème
- underwear
- socks
- soap
- deodorant
- hair brush
- cotton balls
- sanitary pads
- tampons
- shampoo and conditioner
- dental (toothbrushes/paste)
- Dettol
- bras

Teenage boys and girls:
- underwear
- socks
- bras
- deodorant
- sanitary products
- paw paw ointment
- tissues
- hair brush
- hair ties
- bobby pins
- tissues
- dental (toothbrushes/paste)
- manicure sets
- disposable razors

For more information or if you are/know someone dealing with domestic violence please contact the following:
**NSW Domestic Violence Line**
1800 656 463

**Rape Crisis Service (24 hours)**
www.nswrapecrisis.com.au
1800 424 017

**National Sexual Assault, Domestic Family Violence Counselling Service (24 hours)**
www.1800respect.org.au
1800RESPECT (1800 737 732)

**Lifeline (24 hours)**
www.lifeline.org.au
13 11 14


COMMUNITY CORNER

Project Compassion Lent Calendar

Did you know that you can download a Lent Calendar for your iPhone or Android? You can also view it on the Caritas Australia website!

Use the calendar to deepen your spirituality this Lent by learning about Caritas Australia's work in six countries across the globe. Explore Project Compassion, meet inspiring people and reflect on the Lenten period through daily readings, prayers and social justice actions.

View or download at www.caritas.org.au/projectcompassion/lent-calendar

Growing food for life

Twenty-five years ago, married couple Eric and Ma worked hard, but their farm was unprofitable. They had a very limited income and diet, until they took a training course at the Tutu Rural Training Centre (supported by Caritas Australia). Using the skills they learnt there, the couple have built a successful family life, and a thriving farm that provides them with a healthy diet and sustainable source of income.

Your donation to Project Compassion helps people in isolated areas of Fiji gain the skills they need to grow food for life.

www.caritas.org.au/projectcompassion  1800 024 413

1st Week of Lent
Project Compassion:
Eric and Ma from Fiji