Dear Parents, Staff, Students and Parishioners,

As our Year Twelve students embark upon their final weeks of secondary schooling, I ask the community to remember these wonderful young people in your thoughts and prayers. The Year Twelve students will commence their WACE practical examination in Physical Education Studies between Saturday 22 September and Saturday 29 September in Perth. Their Mock Examinations will occur from Monday 1 October until Friday 5 October at St Joseph’s College. All students are wished well with these examinations.

Year Twelve parents are reminded that the Graduation Mass will be held on Wednesday 17 October at 6.30 pm in the Holy Family Church. This is always a special evening in the College calendar as we give thanks to the graduating students and the contribution this group has made to our community. All parents of the graduating class are asked to be in attendance. Other family and friends are most welcome.

As a school, we pride ourselves on supporting students through difficult times, however, we are only able to deal with issues when they are brought to our attention. We understand, as parents, it is important to help children to develop resilience and learn how to sort out their problems independently but there are times that a situation can escalate to a point where children need our support. It is important that we are aware of any ongoing issues students maybe facing rather than discovering your child has been struggling with these issues for an extended period of time.

All teachers and parents want their students or child to experience success however the reality of life shows this is not always possible. Sometimes people win and are not necessarily successful while others may lose and perform at their best and are every bit successful. Failure is a facet of life for both students and adults however this experience is not all bad and is something children need to experience to develop
resilience. I would love our school community to view FAILure (F.A.I.L – First Attempt In Learning) as an opportunity, a platform to create success. Failure is just a momentary stumbling like riding a bike; it was getting up every time we fell off until we could ride around the yard or park unaided that lead to success.

Recently our Year Five students completed a ropes course that allowed them to experience success. What initially seemed an insurmountable challenge was conquered through problem solving, team work, commitment, determination and resilience. These are the qualities we want to develop in our students as they journey from Three-Year-Old to Year Twelve.

Parents love to see their child succeed in the true sense of the word whether the outcome be a win or loss. Some helpful tips are:

- Provide guidance for your child, but do not force or pressure them.
- Assist them in setting realistic goals for participation.
- Emphasise fun, skill development and other benefits of participation e.g. cooperation, competition, self-discipline, commitment.
- Provide a healthy perspective to help children to understand success and failure.
- Emphasise and reward effort rather than results.
- Keep a sense of humour. If you are having fun and laughing so will your child.
- Provide regular encouragement.
- Be a healthy role model for your child by being positive and relaxed.
- Give them unconditional love: Show them you love them whether they win or lose.
- Leave the judging to the judges.

On Monday at the secondary assembly, we began the process of ‘handing over the baton’ of our student leaders. Their nomination talks were presented to the rest of the secondary student body and I wish all Year Eleven students applying for a leadership position the best of luck!

Our hoedown/bush dance will be held tonight from 5.00 pm until 7.00 pm in the College Gymnasium. Students from Kindergarten to Year Twelve and their parents are welcome to attend. Parents must accompany children from Kindergarten to Year Two. Due to the number of fundraising events this term, entry to the hoedown is completely FREE; just an evening of family enjoyment! Drinks and chips will be on-sale.

The College Board is excited to announce that Paul Litherland from Surf Online Safe will be returning to St Joseph’s College on Wednesday 10 October for a not to be missed parent information session at 6.30 pm. Paul will provide parents with tips as to what you can do to safeguard and support your child as they become familiar with the online world. If you heard Paul speak at St Joseph’s College back in 2016 then you aware that his presentation was excellent. So much has changed with technology and the cyber world in two years so don’t miss a great opportunity to upskill yourself.
Graduating from St Joseph’s College with an equivalent ATAR well in excess of 90 (was TEE way back then) allowed me to study my chosen tertiary course of Architecture at The University of Western Australia, Perth.

St Joseph’s College and Albany now provide the ideal environment for me to both practice in my professional field and be present in my children’s schooling where they have excellent opportunities. Just last week James and Melina both attended the ACC Athletics Carnival in Perth and Melina acted in The Snow Queen production.

I do believe Albany and St Joseph’s College provide a rich learning environment where if you are willing to put in time and effort will lead to excellent opportunities and results.

Principal’s Report

All school fees need to be finalised by the 30 November 2018, there are still some families who have not attended to their fees from the beginning of this year. If you are experiencing financial difficulty, please come and see me as assistance is available.

To determine the number of staff (teaching and non-teaching) required for 2019, it is important to know if any students are not returning next year. Parents are required to give the College one term’s notice in writing if they are withdrawing their child(ren) from St Joseph’s. If a student is withdrawn without the proper notice, a full term’s fee will be charged. If a student is not returning for 2019, the last day to submit this information is Friday 21 September 2018.

There are a multitude of ‘good things’ happening in our school due to the efforts of so many people; seek to be one of these people in the coming week!

Mr Mark Browning - Principal

College Notices

**St Joe’s WOW**
*(St Joseph’s Warriors on Waste)*

I would like to give a very BIG THANK YOU to 17 very enthusiastic children from Pre-Primary - Year Four and their families for coming down to Middleton Beach on Saturday afternoon, to rid the beach of all manner of plastics. It was delightful to see the joy, and satisfaction on the children’s faces, both before and after their hunt.

The unofficial weight is about 4kg of plastic type rubbish. This may not seem like very much, but it is four kilos of rubbish that is no longer a risk to our marine life.

It was wonderful to hear that some children want to take the message even further and want to take more action within the school community. I won’t say any more on that because I do not want to spoil their thunder, but it gave me goosebumps when they told me what they wanted to do.

In class the children have come up with some slogans to help get the message across to minimise our use of plastics.

Be a ZERO Hero  
2B plastic Free

Remember, **YOU can** make a difference! For every piece of plastic, we DON’T use, we are helping our environment.

Mrs Elizabeth Bain - Co-ordinator

**Are you going to be a St Joe’s WOW?**
St Joseph’s Celebrate Double Victories at Debating Grand Final

Congratulations to both our Novice and Junior Debating teams for taking St Joseph’s to victory in the Albany League’s 2018 Grand Final. Joel Delbene, Sean Mann, Antoinette Jackson and Azriel Habal put forward a clearly winning argument against North Albany Senior High School. Their delivery was smooth and their points were sharp. Grace Larham, Andrea Bombasi and Mariela Maté forged arguments that were erudite and well devised to break down the opposition team’s case. It was an absolute pleasure to witness their team work and perceptive responses to the intellectual challenges thrown them by the Grammar team.

It has been a privilege to witness the brilliant College spirit carried across the whole debating season. Every member of our St Joseph’s Debating Club has been eager, talented and best of all, wholly supportive of each other; I have loved every minute of it. You have done yourselves and the whole College proud.

Mrs Julia Goodlad - Debating Coordinator

From Head of Secondary

Our Assembly on Monday this week saw a number of students rewarded for their Christian Service within the College, Parish and wider community. Rubimai Ward, Megan Pascoe and Kadee Walker received their Bronze Certificate for completing 20 hours of service; Kadee also received her Bronze badge for forty hours of service. Year Nine students were represented by Jackson Weldon who received his Silver Certificate for completing 60 hours of service. Year Eleven students Julia Walker and Regan Anderson also received a Silver Certificate for their efforts. Aidan Dallimore from Year Twelve received his Bronze certificate whilst Keren Conlan received both her Bronze and Silver certificates and a Bronze Badge. Congratulations to all these students for their continued service to the community in which you live.

Our Debating students were also awarded their certificates for participating in this endeavour. Please look for Mrs Goodlad’s news on the finals in this newsletter.

Students in Year Eleven who have put their hand up for a position of College Prefect in 2019 also had the opportunity at the Assembly to talk to the student body about their aspirations and plans should they be elected. Thank you to all those who have nominated for these positions... Alex Winter, Ella Scamozzi, Benedict Jackson, Regan Anderson, Julia Walker, Claire Martelotta, Laura McEwan, Christian Valenton and Mitchell Hines. I wish them well.

Cyber Safety Flyer

Surf Online Safe

A Parent Information Evening

Wednesday, 10 October 2018
6.30pm - 8.00pm

To reserve your seat
Please phone the College Office
Ph: 9844 0222

Please refer to the following link for further information: Cyber Safety Flyer
“If your actions inspire others to dream more, learn more, do more and become more, you are a leader.” ~ John Quincy Adams.

Early in the week our Year Ten Students farewelled their Career Mentors. A big thank you is extended to the mentors who have meet with them for this past term. The Mentor programme is now in its eight year and continues to go from strength to strength. Thank you to Mrs Page and Mrs Trichilo for organising this opportunity for the Year Ten students this year.

Students and staff from Cunningham held a prayer service this week to reflect on the life and times of Monsignor Charles Cunningham, the House patron. Students also reflected on the purpose of our Wheel Chair for Kids Fun Run (also held on Wednesday) and the importance of supporting those less fortunate than ourselves. Thank you to all those students who contributed in some way, particularly Jordy Morcom who led the singing; thanks also to Mrs Trichilo and Mrs McCormack who organised the prayer service and to Mr Rutherford and Mr Veerappan who treated the students to an ice cream.

Following lunch on Wednesday students participated in the Wheel Chair for Kids Fun Run. Please see some photos from the event in this newsletter. Thanks to Ms Rowe and her support team for managing this event. I am sure we will have raised much to contribute to the fund.

Have a great weekend.
Ms Susan Alderman - Head of Secondary

Year Eight School Immunisation Program

During Term Four Year Eight students whose parents have given their consent will receive the second of the HPV immunisations. On this day ensure that your child has a good healthy breakfast and plenty of fluid to drink in order to reduce the risk of him/her fainting following immunisations.

Vaccinations like any medication may cause side effects most of these are mild reactions. The injection site may become red and swollen you can treat this by applying a cool damp cloth. Your child may experience some discomfort such as fever, headache or tiredness. For headache and discomfort, paracetamol may be given as directed on the manufacturer’s label. If fever persists, consult your doctor. Seek medical advice if your child experiences a reaction that you are concerned about.

As it has been a number of months since completion of consent forms we would like to give parents the opportunity to inform us of any change to details on the consent form. Do not send notes to school, please phone or email me, so I can make the changes immediately on your child’s form.

For further information please contact:
Sally Moir - Ph: 9842 7526 Email: sally.moir@health.wa.gov.au
Regional Coordinator School Based Immunisation Program
Building Resilience in our Young People

Recent statistics from Beyond Blue state that "1 in 4 children suffer from a mental health issue," with the most common being anxiety. These are frightening statistics that affect primary and secondary students alike and as parents and educators we need to know what things we can do to help.

Anxiety is an overwhelming, ongoing, negative through process. Getting young people out of this 'rut' can be challenging, but there are some key pillars that The Resilience Project provide that have proven make people happier and less stressed or anxious.

1. **Gratitude** - pay attention to what you have and be thankful for it. In Australia we are so fortunate compared to many other people in the world. We can turn on a tap and drink fresh water instantly. Be thankful for the little things.

2. **Empathy** - put yourself in someone else's shoes. Often we are so busy worrying about ourselves we forget what others may be going through. Empathy breeds kindness and kindness breeds happiness. Smile more, compliment people and genuinely ask how they are.

3. **Mindfulness** - make a conscious effort to be calm and present in each and every day. We tend to live on edge and just tick the boxes as our days unfold. Take the time to 'stop and smell the roses', embrace each minute and appreciate it, warts and all.

Finally, spend time connecting face-to-face with your family. In a world where we are so connected to one another through technology, we have created a complete disconnectedness with each other.

As adults we need to lead by example and engage completely in the time we spend with our families. Teach gratitude, empathy and mindfulness through leading by example. Put mobile phones and technology away and spend time connecting with each other. Time is a rare commodity that is precious. Use it enjoying the little things in life that make you happy.

2019 Year Twelve Student Leadership

This week at Secondary School assembly we heard the speeches of nine Year Eleven students who have nominated for Prefect positions in 2019.

I would like to personally congratulate and thank each of these students for having the courage to stand up and present their speeches to their peers. The speeches varied from quasi political speeches, to what they would like to see improved to thought provoking kindness. All unique reflecting each of the nominees perfectly.

Thank you Regan Anderson, Mitchell Hines, Benedict Jackson, Claire Martellotta, Laura McEwan, Ella Scamozzi, Christian Valenton, Julia Walker and Alex Winter for stepping up and nominating.

It is always hard when there are only a designated number of positions awarded, resulting in some missing out; however, I would like to reiterate that in their boldness to stand up and nominate, no matter what the outcome all students will be used in a leadership capacity through the variety of activities the College provides.
Remembering that leadership is not a title, but an action.

In the next couple of weeks Mr Browning will meet with each of the nominees with final positions being announced at College Presentation Night in Week Three of Term Four.

Hope of Tarakea Cake Stall
On Wednesday, some Year Nine students baked and hosted a cake stall to raise funds for Hope of Tarakea. It was a hugely successful event and $175.50 was raised.

To put it in perspective, $175 Australian equates to $286,774 Tanzanian Shillings, which is enough to cover the school fees for one orphan at secondary school!

This is an awesome achievement, and we cannot wait to see how much more money can be raised to support this worthy cause.

Football Colour’s Day
Do you love your footy? Next Friday you have the chance to show just how passionate you are about your team by donning your team’s colours for the day. You may support AFL, NRL, NFL or FIFA - whichever is your favourite football team, don your team’s colours to be in the chance to win a prize for the best dressed fan in the Junior and Secondary Schools.

Who: Kindy - Year 12 students (and all staff)
When: Friday 21st September
Cost: Gold coin donation which will be collected by student leaders during Home Room.

All monies raised will go to ‘Hope of Tarakea’.

At lunch time there will be an exhibition football match between a mix of students from Years Seven to Twelve, headed by our prefects Joe Alvin and Aidan Dallimore.

I look forward to seeing who will win the prizes for the biggest fan!

Mrs Caroline Tompkin - Year 7 - 12 Pastoral Care Coordinator

Career Mentoring opportunities - Diverse and Rich
Thank you to the 2018 Career Mentors for assisting our Year Ten students explore the transition from school to beyond. The diversity and richness of the Career Mentoring opportunities were highlighted by student, James Franklin as he thanked the mentors on behalf of the cohort.
'To our wonderful Career Mentors,

Getting straight into it. We have all greatly enjoyed the past ten weeks you’ve spent with us, sharing your interesting career stories and helping develop our visions for the future. We’ve valued every session and the little bit of insight that you’ve had to offer.

On behalf of all of us here this morning we would like to give you the mentors, a massive thank you for taking the time out of your Tuesday mornings to come to the College and set us the path that you once walked. Discussion came easily amongst our groups and it was great to explore some topics that some of us had never really thought about up until now.

Statistically, the graduating class of 2020, us, are predicted to change jobs approximately 15 times in our life. I for one don’t even have to worry about changing jobs once yet, because I haven’t got one! Although, because of what I learnt in Work Experience and from my mentors, I believe I’ll do just fine.

But something that I’m sure many of us took away from these sessions was that if you want something you have to be persistent and show the world you are worth it. I believe that the mentors helped give us all a clearer idea of how to get by in this rapidly changing world.

Another thing that deserves recognition and appreciation is that our mentors managed to take us all out on an excursion of their choice to teach us whatever they saw fit. Some groups went to different businesses and learnt more about the framework of an industry. Others were able to enjoy a quick morning tea, which was great to share with a group of people who we were all a little unfamiliar with. Some of the luckiest even got to do both.

Thank you so much for your guidance over the past term. I’m certain that everyone here will be able to take something positive away from these sessions and apply it to their lives; whether it be, finance management, goal setting, time management or just getting out into the world. And last but my no means least I’d like to thank Mrs Page and Mrs Tricholo for putting the time and effort into coordinating this enlightening program.’

A sincere and heartfelt thank you for the following 2018 Career Mentors in particular, Scott Leary and Jeremy Stewart who have been continuous supporters of the programme since its inception ten years ago in 2009:

Scott Leary        Albany City Motors
Jeremy Stewart    Merrifield Real Estate
Steve Grimmer     City of Albany
Martin Anderson   RABO Bank
Grant Westthorp   Men’s Resource Centre
Amanda Thompson   Merchandiser
Barry Webster     
Jo Trezona        
Mike Cuss         
Ian Rayson        Fridge & Washer City

Mrs Rosanna Page - Year 10 Career Education
You are invited to join
Holy Family Children’s Choir!
Under the direction of Edith Woods and
Angela Gorman
we provide the music ministry for;
the Second Saturday of the month Mass at 6pm
and also the Third Sunday of the month Mass at
9.30am at Holy Family Church.

We rehearse on the First Sunday of the month
from 2-4pm
(refreshments provided) at Holy Family Church.
If you would like any additional information,
or to register your interest,
please do not hesitate to contact
Angela Gorman on 0407389751 or
at angelabendotti@hotmail.com
OR Edith Woods on 0403947360

The choir is open to any child from
Year 1 to Year 6.
We’d love to see you!
WEEK 10 SPECIALS

CHILLI CON CARNE $5.00
MEXICAN CHICKEN & RICE $5.00
HOME MADE PIES $4.50
CHOW MEIN $4.50
RISSOLES & MASH $5.00

CARBONARA $4.50
CHICKEN & MASH $5.00

Soup of the week
Potato & Leek

EXTRA TUESDAY SPECIAL
CHICKEN DINOSAURS OR FISH BITES AND CHIPS $4.50

Week 10 Specials available until sold out
The St Joseph’s College Board presents a

PARENT INFORMATION

‘Surf Online Safe’
INTERNET AWARENESS FOR ALL OF US

Gain a real world understanding of where our children are going online. Be introduced to ways in which we can help them understand and embrace the cyber environment.

Guest Presenter, Paul Litherland

Wednesday 10th October 2018
Presentation from 6.30pm – 8.00pm
Following, please join members of the College Board and St. Joseph’s College community for refreshments and a light supper.

To be held in the
St Joseph’s College Junior School Undercover Area

BOOK HERE

To reserve your seat, please phone
St Joseph’s College on 9844 0222 or come into the college office.

Cost - Free

AS SEEN ON TV!!

About our Presenter.
Paul Litherland, was born and raised in Albany. He has worked extensively in the world of Technology Crime.
During this time he gained a world of knowledge in all aspects of online crime, from online fraud to how predators use the internet to groom our kids. He has numerous qualifications holding him in good stead to educate others on Cyber safety. To view Paul’s credentials, visit www.surfonlinesafe.com.au