Prayer

Prayer: Home and School Partnership

I dreamed I stood in a studio,
And watched two sculptors there.
The clay they used was a young child’s mind,
And they fashioned it with care.

One was a teacher, the tools he used
Were books, music and art.
One a parent with a guiding hand
And a gentle loving heart.

Day after day, the teacher toiled,
With a touch that was deft and sure.
While the parent labored by his side,
And polished and smoothed it o’er.

And when at last, their work was done,
They were proud of what they had wrought.
For the things they had molded into the child,
Could neither be sold or bought.

And each agreed they would have failed
If each had worked alone,
For behind the parent stood the school
And behind the teacher the home.

Amen

From the Principal

Dear Parents, Staff, Students and Parishioners,

Our annual Presentation Night last Tuesday evening was a showcase of the hard work that has been completed in the secondary section of St Joseph’s College this year. Many in our community were extremely proud as students crossed the stage to receive recognition for their hard work. These students represent the very best of our College, not just in academic, but also cultural, practical and sporting pursuits, as well as those who excel in leadership, citizenship and service, and should be congratulated. Many other students have been working extremely hard this year without gaining the top mark. Rest assured their efforts do not go unnoticed; these students will find recognition reflected in their examination results or their final report at the end of term.

Congratulations to 2018 Academic Dux Sophie Lynch and to the Vocational Dux Alyssia Fieger. Alex Winter and Benedict Jackson were announced as the Head Prefects for 2019. The other prefects for 2019 and their respective portfolio areas were: Regan Anderson (Religious Education), Claire Martello (Arts), Julia Walker (Academic) and Laura McEwan (Sports).
Meet the College

I’m Meagan and this is my second year serving on the school board. Growing up in the Wheatbelt, I completed my secondary and tertiary studies in Perth, before making the move to amazing Albany. It was perhaps one of the best decisions I’ve ever made! Casey and I love the lifestyle this beautiful part of the coast provides and believe it’s a fantastic environment in which to raise our family.

Our three children attend St Joseph’s College, currently participating in 3 year old Kindy, Year 1 and Year 3. We love watching the kids thrive in the supportive school community that surrounds St Joseph’s.

I have worked as a Police Officer for over fifteen years now, and currently work part-time at the Albany Police Station. During my career I have

Principal’s Report

Presentation Night takes a considerable amount of organisation. Thank you to Ms Alderman and Mrs Nurick for their meticulous planning of the evening and to all teaching and non-teaching staff who assisted. There was a banquet of food for the supper afterwards and I sincerely thank Mrs Amanda Thompson and Ms Me Andreni for their coordination of this part of the evening. A number of parents assisted with supplying food items; your thoughtfulness was greatly appreciated by all in attendance.

Over the past two days our Year Five students have been enjoying an on-site camp. With activities such as orienteering, high rope course and cooking marshmallows there has been plenty of bonding time. A highlight was the harvesting of vegetables from the ‘Field of Dreams’ and using these to create salads for the evening meal. This wonderful Year Five experience has happened because of the generosity of our staff, thank you to Mrs Grimes, Mrs Wright, Mr Scarterfield, Mr O’Donnell and Mr Charlton.

The anniversary of the first Catholic Mass in Western Australia which occurred in Albany will be celebrated next Sunday 4 November 2018. The Mass commences at 10.00 am at Mass Rock which is located on Bolt Terrace, Albany near the Port Authority. This is a very special event for the Holy Family Parish so please do try to attend. A light luncheon will be provided free of charge after the Mass at the Stirling Club, Brunswick Road Albany. All families from St Joseph’s College are welcome to attend.

Some of the secondary students attending St Joseph’s College board at the Albany Residential College. Last Friday night I had the opportunity to attend their Presentation Night. Awards were given to students from local secondary schools and our students did us proud; Tess Shields (Mayoral Award), Lize-Mari Swart (All Rounder Award), Laura Nelson, Scott Rowe, Tess Shields, Keren Conlan, James Nelson, Annette Cook, Lize-Mari Swart and Prince Farillon (Most Conscientious Awards). Congratulations to these students on representing St Joseph’s College so well.

This term there are examinations for students in Years Nine, Ten and Eleven. Parents and students are reminded that if an examination is missed then a medical certificate must be provided. This is the same requirement used by the School Curriculum and Standards Authority for Year Twelve students. For students in Year Seven or Eight for Test Week, a medical certificate would be advisable if absent otherwise a phone call to the relevant teacher providing a suitable explanation.

Year Ten and Eleven students sometimes wish to make an application for TAFE before the completion of Year Twelve. This is possible but there are several things that parents and students must do. If a student is successful in gaining a position at TAFE, there are a series of forms that must be collected from the College Office, completed and sent to the Department of Education in Perth. These forms seek exemption from further study at school. If a student is not successful in obtaining a position at TAFE, he/she must return to school. By law, students are not allowed to stay at home or engage in casual temporary work. Any parent or student requiring further information on these requirements is asked to speak to Mrs Bennett, Ms Alderman or myself.

During their schooling, opportunities present themselves and it is important that students of St Joseph’s College make the most of such situations. At the beginning of this term, a number of students and staff completed a First Aid course. Well done: Regan Anderson, Prince Farillon, James Franklin, Jared Hayes, Brandon Hueppauff, Benedict Jackson, Zana Leusciatti, Claire Martellotta, Chayse Pearson, John Tran, Abbie Tucknott, Cooper Twaddle, Julia Walker, James Westle, Matilda Williams, Mrs Kylie Leusciatti, Mrs Kelly Meyer, Mr Glenn Scarterfield and Mr Chris Charlton.

The P&F have a sausage sizzle this Saturday (27 October) at Bunnings in Albany. If you can help, please contact Mrs Sheryl-lee Green (0428189714) and offer to help for an hour. Otherwise if you are completing any DIY projects perhaps a trip to Bunnings is needed and treat the kids to a sausage and a drink.
The AGM for the College Board and P&F Executive will be held on Tuesday 20 November at 7.00 pm. Nominations for the College Board and P&F are now being sought and I encourage parents to positively respond to the vacancies available on both these parent bodies. New ideas and a different way of doing things are always welcome, particularly if they lead to the provision of a quality education for our students.

Thank you to all families who have settled their fee accounts or continue to make regular payments. Where families are experiencing difficulty in paying their fees – I ask you to make an appointment with me to discuss your situation, there is always a solution and we are committed to working with our families to ensure that their children experience continuity of education.

St Joseph’s College offers a Three-Year-Old Programme which caters for children who have turned three years of age but are not yet old enough to be in the Kindergarten Programme. In 2019 the programme will be delivered as one full day, although parents may choose one half day if they believe their child is not ready for a longer time at school. It is important that enrolment applications are lodged ASAP. There is a possibility this class may operate with their own teacher and classroom next year however five more enrolments are needed to make this a reality.

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

Mr Mark Browning
Principal
St Joseph’s College Newsletter

Chaplain’s Corner

Fr. Randolf Subiaco

It was on 17 December 1903 when humankind first conquered the sky. The flying machine of the Wright brothers flew 12 seconds with an altitude of 120 feet. Fifty eight years later humankind conquered space for 89 minutes in the Vostok 1 spacecraft. Eight years after that humankind landed on the moon. And it all starts when the humankind decides to cross the mountain or ask what is beyond the horizon.

It shows human beings desire to travel, know and experience what it is. That is why we are also called homo aviator, a journeying human person. Humankind’s capacity is of no limits. But it is always triggered by the question “What is it out there?”.

Remember Plato’s allegory of the cave. In book IV of the Republic Plato said that we are like people in an entrance of a cave, for our whole life we see shadows projected in a blank wall. For a certain time, these shadows are real and they shape their entire reality. But imagine the people who went out of the cave for the first time. In their entire life they saw the reality of what is the shadow projected in the blank wall. They can now finally see the “true” forms, shapes and reality of the shadows they thought were real.

Hence all our journey will end in heaven where all the questions of why and what that caused humankind to travel from the very beginning will be answered. Hence the glimpse of the answer began in the journey of the Son of God on earth and ended in the hills of Calvary.

Secondary School News

Obviously the big ticket item for the Secondary School this week was the 2018 Presentation Night. This is a night of celebrating the achievements of our students across a number of areas including, Christian Citizenship, Academia, Cultural and Sporting pursuits. The Presentation Night is also the final farewell function for our Year twelve Students. Please see below for a list of the prize winners:

Christian Citizenship:

Year Seven  Jacinta Le Cerf
Year Eight  Georgia Bennett
Year Nine  Lize-Mari Swart

Parish Award:  Keren Conlan

P & F Commitment Awards:

Middle School:  Grace Larham
Senior School:  Sophie Lynch

College Board Endeavour Awards:

Middle School:  Charley Hammond
Senior School:  Alyssia Fiegert

Other Awards:

DUX
ATAR:  Sophie Lynch
VET:  Alyssia Fiegert

Australian Super Award-Alyssia Fiegert

Selina Hill Memorial Debating Award
Novice:  Georgia Bennett
Senior:  Tearoha James

Sports

Middle School:  Olivia McEwan
Senior School:  Sophie Lynch

Guitar Tuition  Antoinette Jackson

College Music Award-James (Jordy) Morcom

Caltex All Rounder  Sophie Lynch

Long Tan Leadership
Year Ten:  Titan Hawkins-Puls
Year Twelve:  Sophie Lynch

Academic Awards:

Year Seven

Religious Education  Julianna Villanueva
English  Chantelle Heslop
Humanities and Social Science  Chantelle Heslop
Mathematics  Jack Tran
Science  Rubimai Ward
Health Education  Imogen Gill
Physical Education  Harper O’Donnell
Italian  Amelie Moss
Digital Technologies  Julianna Villanueva
Design Technologies  Jack Tran
Drama  Keira Wiegele
Home Economics  Pia Lee
Visual Art  Chantelle Heslop
Secondary School News

Academic Awards Continued:

Year Eight
Religious Education  Georgia Clark
English  Susann Ndonga
Humanities and Social Science  Susann Ndonga
Mathematics  Madison Meyer
Science  Madison Meyer
Health Education  Madison Meyer
Physical Education  Tayah Dallimore
Italian  Mackenzie Wilkinson
Design Technologies  Melina Franklin
Drama  Madison Meyer
Home Economics  Melina Franklin
Music  Georgia Bennett

Year Nine
Religious Education  Grace Larham
English  Jessica Pell
Humanities and Social Science  Jessica Pell
Mathematics  Jayden Heslop
Science  Shannon Ross
Health Education  Asha Wiegele
Physical Education  Olivia McEwan
Adventure Sports  Joshua Duffield
Creating with Textiles  Lize-Mari Swart
Design Technologies-Metal Work  Grace Larham
Design Technologies – Wood Work  Charley Hammond
Drama  Shannon Ross
Food For Now  Grace Larham
Information Technology  Marida Mate
Musical Performance  Shannon Ross
Outdoor Education  Lucinda Cooper
Problem Solving & Working Collaboratively  Grace Larham
Visual Arts  Jessica Pell

Year Ten
Religious Education  Sebastian Commons
English  Sebastian Commons
Humanities and Social Science  Sebastian Commons
Mathematics  Chelsea Theodore
Science  Sebastian Commons
Health Education  Sebastian Commons
Physical Education  Artche Maligat
Career Education  Chelsea Theodore
Certificate II in Animal Studies  Mariah Bell
Certificate II in Engineering Pathways  Artche Maligat
Certificate II in Sport & Recreation  Madison Dallimore
# Secondary School News

## Academic Awards Continued:

### Year Eleven

<table>
<thead>
<tr>
<th>Subject</th>
<th>Student</th>
</tr>
</thead>
<tbody>
<tr>
<td>ATAR Religion and Life</td>
<td>Abby Fan</td>
</tr>
<tr>
<td>General Religion and Life</td>
<td>Cooper Twaddle</td>
</tr>
<tr>
<td>ATAR English</td>
<td>Alex Winter</td>
</tr>
<tr>
<td>General English</td>
<td>Georgia Jones</td>
</tr>
<tr>
<td>ATAR Mathematics Methods</td>
<td>George Ninte</td>
</tr>
<tr>
<td>ATAR Mathematics Applications</td>
<td>Alex Winter</td>
</tr>
<tr>
<td>General Mathematics Essential</td>
<td>Mitchell Trott</td>
</tr>
<tr>
<td>ATAR Chemistry</td>
<td>Chayse Pearson</td>
</tr>
<tr>
<td>ATAR Geography</td>
<td>Jared Wiegèl</td>
</tr>
<tr>
<td>ATAR Human Biology</td>
<td>Alex Winter</td>
</tr>
<tr>
<td>ATAR Physical Education</td>
<td>Julia Walker</td>
</tr>
<tr>
<td>ATAR Physics</td>
<td>Chayse Pearson</td>
</tr>
<tr>
<td>ATAR Visual Arts</td>
<td>Laura McEwan</td>
</tr>
<tr>
<td>Certificate II Applied Fashion</td>
<td>Regan Anderson</td>
</tr>
<tr>
<td>Technology</td>
<td></td>
</tr>
<tr>
<td>Certificate II Construction</td>
<td>Lachlan Waldron</td>
</tr>
<tr>
<td>Pathways</td>
<td></td>
</tr>
<tr>
<td>Workplace Learning</td>
<td>Caitlin Williams</td>
</tr>
</tbody>
</table>

### Year Twelve

<table>
<thead>
<tr>
<th>Subject</th>
<th>Student</th>
</tr>
</thead>
<tbody>
<tr>
<td>ATAR Religion and Life</td>
<td>Amelia Theodore</td>
</tr>
<tr>
<td>General Religion and Life</td>
<td>Harrison Cooper</td>
</tr>
<tr>
<td>ATAR English</td>
<td>Amy-Centaine Evans</td>
</tr>
<tr>
<td>General English</td>
<td>Alyssia Regert</td>
</tr>
<tr>
<td>ATAR Mathematics Methods</td>
<td>Harrison Cooper</td>
</tr>
</tbody>
</table>
INTER-SCHOOL BASKETBALL

On Tuesday four St Joseph’s College teams featuring students from Year Seven to Ten took part in the Great Southern Lower School Basketball Tournament. With forty nine teams from the Great Southern and South West it is the biggest regional Basketball competition in the State.

The Year Nine and Ten girls team, coached by Mr Graham Turner, had an outstanding day in the B Division competition. The team were undefeated throughout the day and won the Final against Denmark High School, keeping them scoreless in the process. Madison Dallimore was outstanding throughout the day and the entire team’s defensive pressure was fantastic.

The Year Seven and Eights girls’ team, coached by Aidan Dallimore and Callum Redshaw, had a great day in the C Division. The girls had two wins and two draws in their Pool matches and narrowly missed qualifying for the final. They did play off against ASHS in the 'Bronze medal' match, going down narrowly despite some great play, particularly by Georgia Gark and Bree Davy.

The Year Ten boys’ team, playing in the B Division, had a challenging day, narrowly losing their pool matches to verse Grammar in the play-off final. The best efforts of super coach, Father Randolf, saw the boys manage a hard fought draw against their Grammar opponents. Artche Maligat was outstanding all day with his ball carrying and Kurt Morcom had patches where he was excellent from three point range.

The Year Seven to Nine boys’ team, coached by Mr Veerappan, played in the C Division. The struggled in their Pool matches, particularly against the bigger opponents from Katanning. Despite some great play during the day they went down narrowly against Mt Barker in their play-off final.

A huge thank you to the coaches and to Albany Basketball Association referees, Geoff Pears and Tony Puls, who volunteered to umpire the St Joseph’s teams all day. The final thank you goes to the lovely P&F for funding the new uniforms. The players loved them and they looked awesome!

Paul O'Donnell

The victorious Years Nine and Ten girls team with Coach Mr Graham Turner
The College Administration must be notified of all absences prior to any examination and a medical certificate must be provided to avoid incurring any penalties. Students must wear College uniform as outlined in the College Diary. Please contact Miss Susan Alderman if you have any concerns. Students with three or more examinations are not required to attend school unless they have an examination scheduled.

### ST JOSEPH’S COLLEGE SEMESTER TWO EXAMINATIONS 2018: YEAR ELEVEN

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>WACE COURSE</th>
<th>EXAMINATION TIME ALLOCATION</th>
<th>ROOM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday 8 November</td>
<td>9.00am - 12.10pm</td>
<td>ATAR Health Studies (SIDE) ATAR Politics and Law (SIDE)</td>
<td>Reading time: 10 minutes Working time: 3 hours</td>
<td></td>
</tr>
<tr>
<td>Monday 12 November</td>
<td>9.00am - 12.10pm</td>
<td>ATAR Media Production and Analysis (SIDE)</td>
<td>Reading time: 10 minutes Working time: 2.5 hours</td>
<td></td>
</tr>
<tr>
<td>Tuesday 13 November</td>
<td>9.00am - 12.10pm</td>
<td>ATAR Physical Education Studies</td>
<td>Reading time: 10 minutes Working time: 2.5 hours</td>
<td></td>
</tr>
<tr>
<td>Wednesday 14 November</td>
<td>9.00am - 12.10pm</td>
<td>ATAR Chemistry ATAR Biology</td>
<td>Reading time: 10 minutes Working time: 3 hours</td>
<td></td>
</tr>
<tr>
<td>Thursday 15 November</td>
<td>9.00am - 12.10pm</td>
<td>ATAR English</td>
<td>Reading time: 10 minutes Working time: 3 hours</td>
<td></td>
</tr>
<tr>
<td>Thursday 15 November</td>
<td>9.00am - 12.10pm</td>
<td>ATAR Mathematics Methods</td>
<td>165 total working time Resource Free Reading: 5 minutes Working: 50 minutes Resource Rich Reading: 10 minutes Working: 100 minutes</td>
<td></td>
</tr>
<tr>
<td>Thursday 15 November</td>
<td>9.00am - 12.10pm</td>
<td>ATAR Mathematics Applications</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday 16 November</td>
<td>9.00am - 12.10pm</td>
<td>ATAR Human Biology ATAR Physics ATAR Modern History</td>
<td>Reading time: 10 minutes Working time: 3 hours</td>
<td></td>
</tr>
<tr>
<td>Friday 16 November</td>
<td>1.30pm - 4.40pm</td>
<td>ATAR Religion and Life</td>
<td>Reading time: 10 minutes Working time: 3 hours</td>
<td></td>
</tr>
</tbody>
</table>

The College Administration must be notified of all absences prior to any examination and a medical certificate must be provided to avoid incurring any penalties. Students must wear College uniform as outlined in the College Diary. Please contact Mrs Jane Bennett if you have any concerns.

### ST JOSEPH’S COLLEGE SEMESTER TWO EXAMINATIONS 2018: YEAR TEN

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>WACE COURSE</th>
<th>EXAMINATION TIME ALLOCATION</th>
<th>ROOM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 19 November</td>
<td>9.00am - 11.10am</td>
<td>English General English</td>
<td>Reading time: 10 minutes Working time: 2 hours</td>
<td></td>
</tr>
<tr>
<td>Tuesday 20 November</td>
<td>9.00am - 11.10am</td>
<td>Mathematics Methods Mathematics Applications Mathematics Essentials</td>
<td>125 minutes total examination time Resource Free Reading time: 3 minutes Working: 35 minutes Resource Rich Reading time: 7 minutes Working: 70 minutes</td>
<td></td>
</tr>
<tr>
<td>Wednesday 21 November</td>
<td>9.00am - 11.10am</td>
<td>Religious Education</td>
<td>Reading time: 10 minutes Working time: 2 hours</td>
<td></td>
</tr>
<tr>
<td>Thursday 22 November</td>
<td>9.00am - 11.10am</td>
<td>HASS</td>
<td>Reading time: 10 minutes Working time: 2 hours</td>
<td></td>
</tr>
<tr>
<td>Friday 23 November</td>
<td>9.00am - 11.10am</td>
<td>Science General Science</td>
<td>Reading time: 10 minutes Working time: 2 hours</td>
<td></td>
</tr>
</tbody>
</table>

The College Administration must be notified of all absences prior to any examination and a medical certificate must be provided to avoid incurring any penalties. Students must wear College uniform as outlined in the College Diary. Please contact Mrs Jane Bennett if you have any concerns.

### What to bring to the examinations:

You are allowed to have:
- Your own water in a clear plastic container. You cannot refill it during the exam.
- Items such as pens, pencils, sharpener, ruler, eraser, correction tape.

For specified exams only:
- Calculator, notes, drawing aids, broadsheets only in allowed courses.

Items that are NOT allowed at your desk:
- **Mobile phone**: if you have a mobile phone, it must be turned off and put in your bag.
- **Personal music devices** or similar devices.
- Pencil cases not made of clear material.
- **Calculator cases**
- **Calculator instruction booklets**
- **Blank paper**
- **Map templates of any description**
- **Food**: expect by prior permission
- **Caps/hats**
- **Bags**

You will take recess immediately after the examination and will be supervised by class teachers.

Please ensure you go to Home Room to be marked off the roll each morning. On release from Home Room go directly to the Examination Room 307.

Classes will run as per usual in the afternoon.
St Joe’s WOW

(St Joseph’s Warriors on Waste)

This term we will visit Emu Point to make an impact on the environment! The anticipated date will be Saturday November 17 between 1-3pm (weather permitting)

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

Elizabeth Bain

Are YOU going to be a St Joe’s WOW?

26 October—World School Workers’ (Teachers’) Day
St Joseph's College Parents & Friends Association Nomination Form for 2019 Association Positions

2018 has seen some positive changes in the way the fundraising events have been run at St Joseph's. Lots of new faces have been in attendance of the regular P & F meetings and lots of new groups of parents have been coming together and getting involved in our fundraising events.

This has been fantastic for our College Community and has allowed the P & F to contribute an extensive amount of valuable resources to the School. We encourage you to get involved, as it is a great way to find out what is happening at St Joseph's, to meet other parents and contribute to this wonderful school of ours.

You can either express your interest to nominate for a position on the Association, or express your interest in running one or more of the P & F's major fundraising events. Co-ordinating a fundraising event is the perfect job for someone to do with a group of parents, as many hands make light work. All positions given support. The thankful, happy faces you see on staff and students, make these roles very rewarding.

Just tick the box of your preferred positions or events and return the form to the Office by Monday 5th November and advise if you can attend the AGM, which will be held on Tuesday 20th November at 7pm. Everyone is welcome.

Association Positions:

☐ President
☐ Vice President
☐ Treasurer
☐ Secretary
☐ P & F Board Representative
☐ Member
☐ Class Representative
☐ Parish Representative

Fundraising Events Co-ordinator for:

☐ Car Park Raffle
☐ Easter Raffle
☐ Scholastic Book Fair
☐ School Open Night
☐ Mothers Day Stall
☐ Fathers Day Stall
☐ Disco
☐ Bunnings Sausage Sizzle

☐ I will be attending the AGM
☐ I am unable to attend the AGM

Name:_________________________ Phone:_________________________ Email:_________________________

P & F

MONSTER

Garage Sale

Saturday, 3rd November

St Joseph’s College

Ulster Road Carpark &

Ulster Road Under Cover Area

8am - 2pm

There will also be a

Car Boot Sale - $5 per bay

Do the kids need pocket money for the Albany Show?
Book a car bay now!
Donations gratefully accepted for the Monster Sale

All proceeds go directly to the
College’s P & F

For Further information
please contact:
Sheryl-lee Green - 0428 189 714
Parish Notices

The Holy Family Catholic Community of Albany invites you to be part of

A Diocesan Pilgrimage to Mass Rocks
Site of the First Catholic Mass Celebrated in Western Australia.

The Most Reverend Gerard Holohan, D.D., Bishop of Bunbury, will celebrate Mass
On Sunday, the 4th of November 2018 10.00am
Mass Rocks, Bolt Terrace, Albany (beside the Albany Port Authority Building)

A light luncheon will be held after Mass at the Stirling Club, Brunswick Road, Albany.

Please RSVP by 15 October 2018
Holy Family Parish Office: 98 411129

Community Notices

Healthy Self Esteem

Do you... sometimes question your sense of self worth and personal value?
Are you... interested in gaining useful tips to help feel better about yourself?

This one night workshop is for you!

We at Relationships Australia recognise that self esteem is the key to good health, both physical and emotional. It helps strengthen relationships and promotes a consistently good emotional state in which people feel good about themselves.

What constitutes healthy self esteem?
Factors that can increase and decrease self esteem
Links between self esteem and the success of relationships and our work environment
Strategies to increase and maintain healthy self esteem

When: Thursday 29 November 2018
Where: Relationships Australia Albany
29 Albany Hwy
Albany

Time: 6.00pm – 8.30pm
Fee: $20.00 per person

Understanding Angry Emotions

Do you... sometimes feel frustrated and that anger gets on top of you?
Are you... interested in gaining useful tips to help understand and help manage your anger?

This one night workshop is for you!

We at Relationships Australia recognise that rather than being a destructive force, anger can be our greatest ally. This workshop helps you understand anger and turn it to your advantage.

What we will look at:
• Identifying common patterns while feeling angry
• Understanding anger as a constructive power and learn the 3 fundamentals of anger
• Strategies for positive resolution of anger
• Ways to deal with other peoples anger

When: Wednesday 28 November 2018
Where: Relationships Australia Albany
29 Albany Hwy
Albany

Time: 6.00pm – 8.30pm
Fee: $20.00 per person

It would be great to see you!
WAAPA Summer School 2018/2019

This Summer WAAPA at ECU, Mt Lawley is offering an exciting performing arts program for students from Years 1 to 12.

The Summer School includes classes in RAP, Acting, Dance, Drama, Screen Performance, Music Theatre and of course, how to perform Shakespeare.

For information about the fantastic courses on offer please visit:

WAAPA Summer School

or contact Gabrielle Metcalf at

g.metcalf@ecu.edu.au
ALBANY LIGHT OPERA and THEATRE COMPANY PRESENTS

“IT’S BEEN A LONG, LONG TIME”

OUR TRIBUTE TO PEACE
1918-2018

SATURDAY NOV 3rd - 7.30pm SUNDAY NOV 4th - 2.00pm
FRIDAY NOV 9th - 7.30pm SATURDAY NOV 10th - 2.00pm

PORT THEATRE, PRINCESS ROYAL DRIVE

Bookings: 9842 8044 or www.paperbarks.com.au
WEEK 4 SPECIALS

ROASTED VEGIE QUICHE $4.50
SWEET POTATO, SPINACH, FETTA, CAPSICUM AND RED ONION SALAD $5.50
OR OPEN SANDWICH

MONDAY BLT $5.50

TUESDAY FRIED RICE $4.50

WEDNESDAY - POT PIES $4.50

THURSDAY PULLED PORK ROLLS $5.50

FRIDAY BANGERS $4.50
4 MASH