

Newsletter

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3rd February 2017

Dear Parents, Caregivers, Staff and Students,

As the school year begins to kick into gear, programs are planned, assignments ready to be printed off, it is timely to reflect on our goals for 2017. For many it will be to increase their grades, make new friends, do well at sport. The expectation of course is to do the best we can – to do good work.

Harvard psychologist Howard Gardner believes there are three characteristics that make 'good work':

- You are highly competent and effective at what you do
- The work expresses your values and aligns to your personal goals in life
- You have a pleasing sense of engagement (joy)

The same applies not only to students but whatever your profession, Gardner's emphasis on joy should not be underestimated. He says this about the work of teachers (also remembering parents are the first teachers of their children):

"They may be good technically and feel deeply about their responsibility to their students but if they do not find joy in their work, they burn out: it is just too hard."

I know in the short time I have been at St Joseph's that the staff work very hard, they share a common goal, they are highly effective and find joy in their colleagues, students and enterprises.

This week's reflection

Three grand essentials for happiness in this life are:

- Something to do;
- Something to love;
- and something to hope for.

Christians should have this down pat. Unfortunately, in our business, we forget the advantage Jesus gave us.

Yours sincerely,




AROUND THE COLLEGE



Aerosols are BANNED

Using aerosols at school can have serious health consequences for severe asthmatics.





From the AP – Mission

Breakfast Club

Thank you to Sabrina Bonell, Mahala Pemberton, Macy Lebsanft, Jordyn Perry, Mikeely Fanning, Megan Fanning, Sophie Ford and Amy Nunn for attending Breakfast Club this morning, learning the procedures so that they are able to be the Breakfast Club Leaders for 2017.

A special thank you to Georgia Clark and Morgan Edwards, our leaders from 2016, for their support and guidance.

The Breakfast Club roster for Term 1 is below.

Date		PC Group
February	1	Year 11 Leaders
	8	
	15	B4
	22	B5
March	1	B1
	8	B6 / B3
	15	B2 / B9
	22	B8
	29	B7

Rosies

Year 12s are invited to volunteer for our first Rosies outreach for 2017 next Wednesday 8th February.

(Julianne Rasmussen, AP – Mission)



Curriculum Matters

Starting at a new school! This article contains some good information for parents of students who are new to the College: (<http://au.reachout.com/Starting-at-a-new-school>).

People change schools all the time, and it can be hard to adjust to a new place. There are a few things you can do to make it easier. It helps to be patient, and to have someone to talk to.

A Rough Ride

It's normal to feel weird and different at a new place, and to miss your old friends. Other things that could bother you are:

- Having to learn a different school layout
- Missing your old friends
- Feeling shy or nervous about talking to new people
- Being drained from adjusting to all this new stuff

Making it easier

The first few weeks at your new school are probably going to be bumpy, just because you're new. But there are things you can do:

- Do what you like. Whether it's playing music, sports, writing, drawing or anything else, there'll be someone who's into the same things as you.
- Talk to people. They're curious about you anyway because you're new, so if there's someone you like, have a chat with them.
- Keep in contact with your old friends – just because you're not seeing them every day doesn't mean you can't stay close.
- Find an outlet. If you've got some way of expressing what's happening for you – a journal, writing songs, playing sports or talking to someone – it'll make the move easier.
- Be patient. It can be pretty annoying to have to learn all of the people, places, teachers and subjects again from scratch. But things will fall into place for you at your new school if you give them time.

Find an ally

If all of the changes are getting to you, find someone to tell about it. This person could be a friend from your old

school, a family member, a counsellor or a doctor. Chatting with someone who's a bit more distant from your situation can help.

St Joseph's College has a wonderful pastoral care system with all students having a PC teacher and Head of House, and of course our College Counsellors, Ms D'Arcy and Mrs Roache, who are always available to help. If your son or daughter has started in Year 7 to 10 and requires help with subjects or assessment, please don't hesitate in contacting the classroom teacher, Middle Leader Curriculum or myself.

Assessment Calendar – Year 7 to 10

All Year 7 to 10 students are able to access their assessment calendars on the College Intranet site. If they have any questions, please ask them to see me.

(Kerrie-Anne Fellenberg, AP – Curriculum)



St Joey's Wellbeing Group

A new and exciting student group has been formed at St Josephs. Our goal is to help create a positive school culture, foster personal growth and inspire a love of learning and life in general. Our group is interested in promoting physical, social, emotional and spiritual 'wellness' in our school community.

At the moment, we would like to ask for donations of used magazines and unwanted jewellery with beads. These will be used for some of the art and craft projects we have planned. We'd be grateful if they could be left at the Student Entrance.

Keep an eye on this section of the newsletter to learn more about what the group is up to. All students are welcome to become members. We meet every Thursday lunchtime at the counsellor's house (between the Uniform Shop and new Science Block).

(Heather D'Arcy, School Counsellor)

YEAR 7 ANNUAL HOUSE DAY!

On Tuesday 7th February, students in Years 7 will be attending a House Day at the James Byrne Centre in Highfields. We will depart the College at 9.00am and return for afternoon PC. The focus of this day is for students to form connections within their House groups, spend time with their Student and Teacher Leaders and most importantly, have fun with one another!



The students will be accompanied by the Pastoral leaders here at the College and the proposed agenda for the day will include:

- Students will arrive at normal time to attend PC (8.30am)
- Students will depart the College at 9.00am
- Students will participate in "getting to know you" and engagement activities
- The buses will return to College by 2.45pm.

Students will need to:

- Wear college sport uniform (including their **hat**)
- Supply their own water bottle (not softdrink)
- Wear sunscreen

Please contact the College if you require further information on 4631 8500.

(Pastoral Leadership Team)



Performance Opportunity Busking Competition

- Anyone can be a busker - beginners to professionals
- Buskers will play at nominated stations throughout the day in Stanthorpe's main street
- All genres of music welcome – Rock to Pop, Jazz to Blues, Country to Classical and everything in between
- Singers and instrumentalists and non-musical street entertainers welcome
- Solos, Duos, Trios and larger ensembles and choirs welcome
- All cash tips you make on the day are yours to keep
- You will receive 10% of the Busking Dollars that you collect from spectators
- Sell your CDs and merchandise
- Enjoy the attention and encouragement of large numbers of happy people who are there to enjoy your entertainment
- Winners of the age categories will automatically qualify to compete in the Grand Final in Cooma NSW
- Last but not least – it's so much fun!
- Register by 17th February, 2017. Go to <http://www.buskingstanthorpe.org.au/#buskingstanthorpe>



Compose and Perform your own Song "On Song" Competition

Are you a school student in regional Queensland who loves to write and perform your own music? Queensland Music Festival wants to hear from you!



On Song provides primary and secondary school songwriters in regional areas of Queensland the opportunity to develop and showcase your talent and skills. Send in your best original song and you could win a unique song writing experience to help you learn the ropes of the industry and find your voice as a singer-songwriter.

So, what are you waiting for? Get singing, strumming, writing and recording! It's easy! Just submit a video of yourself performing one of your original songs and fill out the online application form: <http://qmf.org.au/on-song/>.

Compose Film Music "Score It" Competition

Score It! is a state-wide film-scoring competition open to all secondary school students in Queensland. The competition challenges young composers to create an original composition to accompany a short film produced by the Griffith Film School.

Score It! Junior (Years 7-10)
Score It! Senior (Years 11-12)
Score It! Plus (Years 7-12)

JUDGING of entrants is by an expert panel including QMF Artistic Director Katie Noonan, and award-winning screen composer and orchestrator Cameron Patrick.

WHAT YOU WIN



Score It! finalists will be invited in July to take part in a number of composition workshops and have their composition performed by students from Queensland

Conservatorium Griffith University. Prizes will also be awarded to all finalists. Go to <http://qmf.org.au/score-it/>.

Learning an Instrument or Voice

Do you want to learn how to sing or take up a musical instrument? It is not too late to start. Private lessons are available on most instruments. Fast-track lessons are available on band instruments. This program is available for younger students who would like the chance to try out an instrument at a discounted price. There are still several instruments available to try and there is no hire charge for the first year. Check out the school website for more information.

(Madeleine Minns, Performance Leader)



Library Lines

Reading is much more than knowing words – how they are pronounced and what they mean. Reading involves thinking about what it is we are reading and seeing. It should enable us, at best, to think critically about the words and/or images. In other words, we should be able to engage with the text and make our own decisions about it, rather than believe exactly what is presented to us.

"Keep reading books, but remember that a book is only a book, and you should learn to think for yourself" (Maxim Gorky).

(Chris Fitzpatrick, Teacher Librarian)

THOUGHT FOR THE WEEK

Every weakness
you have is an
opportunity for
GOD to show His
strength in your
L I F E.

QUOTEDIARY.NE



School-based Apprenticeships/Traineeships

Please see Ms Masters in the Voc. Ed. room if you wish to apply for any of these positions. Work experience may be required before a successful applicant is selected. Please ensure that an opening letter is attached to your resume when applying for these positions.

- **Plumbing apprenticeship.** Position located in Murphy's Creek. For more information please register and apply directly for the position online at <http://apply.goldenwest.org.au/vacancycurrent.aspx>. Applications close 10th February.
- **Agricultural traineeship.** Position located in Nobby. For more information please register and apply directly for the position online at <http://apply.goldenwest.org.au/vacancycurrent.aspx>. Applications close 10th February.
- **Certificate III in Hairdressing.** Minx Contemporary Hair Boutique has a vacancy for two Year 10 or 11 school-based apprentices to work one day per week. The successful applicants will undertake a range of tasks such as assisting senior hairdressers with preparing clients, shampooing, applying and removing simple hairdressing treatments, sterilising equipment and engaging with clients. Applications close 10th February.
- **Certificate III in Hospitality.** Subway is seeking three school-based trainees who are committed to self-improvement and have great customer service skills. Applications close 3rd February.
- **Certificate III in Hospitality or Business.** TFB (Tiling, Flooring and Bathroom) Toowoomba are seeking a strong, independent and energetic student who is well-presented, courteous and possesses good people skills. Applications close 3rd February.
- **Certificate III in Hospitality or Business.** Foodworks Toowoomba is seeking two school-based trainees. Applications close 3rd February.
- **Certificate III in Business.** Qwik Stop Convenience is looking for a Year 10 or 11 school-based trainee to work on a Tuesday from 6.00am – 2.30pm. The successful applicant will learn customer service techniques, product recommendations, point of sales systems, effective communication, teamwork and workplace health and safety practices. Applications close 15th February.
- **Certificate III in Commercial Cookery.** Primitivo has a vacancy for two Year 10 or 11 school-based apprentices to work one day per week. The successful applicants will learn to prepare food to a high quality, prepare portion sizes, and ensure the hygiene standards are maintained with cooking utensils and work areas. Applicants should have a passion for food, be able to work under pressure, stay calm and have great communication skills. Applications close 15th February.
- **Certificate III in Business.** Hooper News Extra has a vacancy for a Year 10 or 11 school-based trainee to work one day per week. The successful applicant will learn valuable customer service skills and all facets of how a business runs, and must be a fun and friendly person who wishes to provide excellent customer service. Applications close 8th February.
- **Certificate III in Hospitality.** The Angel Café has a vacancy for a Year 10 or 11 school-based trainee to work one day per week. The successful applicant will learn all about café and restaurant operations front of house in a fun environment, and must love coffee and serving customers. Applications close 8th February.

CERTIFICATE III IN FITNESS – Academy of Fitness Business

Thursday afternoons from 1.00-3.00pm, two-hour blended learning slots each week.

VENUE: Downlands College (transport to be arranged by student/parent).

COURSE: Commences: Term 1 date to be confirmed; March 2017.

QCE credits: 8.

Cost: \$1,495 (upfront) OR \$1,750 (interest free weekly payment plan).

Learning Pathway: Articulation with and guaranteed entry to the Bachelor of Sport and Exercise at the University of Southern Queensland.

The Certificate III in Fitness is held over three school terms with workshops consisting of two-hour lectures in a blended learning format. Blended learning will put all the theory leaning of your studies into a practical context. Included:

- * All units and competencies for the Certificate III in Fitness in a blended learning format.
- * USB device with all coursework, templates, assessments and study notes
- * Access to an online student eLearning portal

Please see Ms Masters for more information and to enrol.

Forms to be returned

- Year 11 VET Student/Parent Consent Form – Blue.

(Angela Masters, Voc. Ed. Coordinator)

FROM THE CAREERS COUNSELLOR

Career Development – a lifelong process

Career Development is the **lifelong process** of managing **learning, work, leisure and transitions** in order to move toward a personally determined and evolving preferred future.

(Source: Standards & Guidelines for Career Development Practitioners)

Career planning is about **exploration and discovery**. It is important for individuals to:

- do a thorough **assessment of themselves** (e.g. personal interests, personality, values, abilities, skills and so on)
- identify other **important influences** on one's career choice (e.g. parents, location, facts and figures and labour market) and,
- **explore the range of options** available (e.g. universities, TAFE, private colleges, apprenticeships, gap year, volunteer work, and so on).

In my role as Career Counsellor, I thoroughly enjoy assisting young people to come up with a personal career plan. Together we collect, collate and evaluate information about the self and the world of work while considering individual (and family) needs, values and goals so as to take the necessary steps to implement a career or pathway plan.

A number of **resources** are available from the Careers Office and students have access to a computer, internet, printer and telephone in a supervised office setting. The Careers Office is situated in the Counsellor's House. **I look forward to providing regular communication** through College Newsletters, daily memos and emails to provide students with information about career opportunities in employment, further study, enrichment programs, scholarships, equity programs and tertiary open days.

Students from all Year levels and their caregivers can meet with me during school hours on **Tuesdays, Wednesdays and Thursdays**. Please contact the office to arrange an appointment or call 4631 8500 or email me (fwilson@sjc.qld.edu.au). In particular, I would like to meet with each Year 12 student to ensure a smooth transition from school to life after school.

Queensland Tertiary Admissions Centre (QTAC)

Last year, 78 St Joseph's students made an application for tertiary study through QTAC and as at Monday 23rd

January, 75 students or 96.2% of our QTAC applicants had received an offer.

Further details:

- ✓ **76.9% of our students were offered their first preference**
- ✓ 16.7% of our students were offered their second preference
- ✓ 0.0% of our students were offered their third preference
- ✓ 2.6% of our students were offered their fourth preference

These figures do not take into consideration a small number of students who applied to private institutions such as Bond University or who will apply directly to TAFE.

We are very happy with these results and would like to acknowledge the team of people who play an enormous role in assisting students make career decisions. These people include parents, community members and College staff.

The University Showcase Tour

The annual University Showcase Tour is on **Tuesday 7th February, from 3.00 to 4:30pm in the McKillop Centre.**

This event is not compulsory but highly recommended for students who know they want to go to university OR who are keeping their options open to possibilities. It is possible to stay for the 30-minute presentation and then leave or ideally, stay for the 'expo' style session that follows.

What is the University Showcase tour?

Every year university representatives embark on a travelling road show to schools throughout Queensland showcasing the value of a university education and the range of study options available. These engaging and entertaining presentations cover admissions, costs, accommodation and student lifestyle, concluding with a career expo style session where students can speak with each university representative, ask questions and collect information.

Who is the University Showcase tour designed for?

The showcase is aimed at Year 12 students, though I would like to invite interested Year 11 students.

Universities who have attended in the past include the Australian Catholic University, the University of Southern Queensland, University of Queensland, Queensland University of Technology, Griffith University, University of the Sunshine Coast, Central Queensland University, University of New England and Bond University. I hope to see you there.

(Fabiana Wilson, Careers Counsellor)



Uniform Shop 4631 8514

UNIFORM SHOP TRADING TIMES:

- » Tuesday - 7.30am – 10.30am
- » Wednesday - 1.00pm – 4.00pm
- » Thursday - 7.30am – 10.30am

Tuckshop Roster February

Friday	3 rd February	→ Sarah Jones
Monday	6 th February	→ Leigh Tunstead
Tuesday	7 th February	→ Shara Helmstadt
Wednesday	8 th February	→ Erin Petzler
Thursday	9 th February	→ Susan Baird
Friday	10 th February	→ Marcella Cullin



12 Years Trials

The following sports have now been called for boys/girls turning 12 this year who want to trial for Darling Downs representation.

- 12 years swimming – nominations must close Monday 6th February
- 12 years softball – nominations close Friday 10th February

13 – 19 years trials

- Swimming – nomination close 10th February
- 15 and open boys and girl touch – nominations close Monday 6th February
- 12 – 15 years and 16 – 19 years volleyball – nominations close 8th February
- Open girls' softball – nominations close 3rd February
- 14 and 18 years Boys baseball – nominations close 8th February
- 13 - 19 years boys' softball – nominations close 8th February
- Open boys and girls tennis – nominations close 3rd February
- Under 15 girls and boys AFL trials - nominations close 1st March
- 15 and 18 years boys Rugby League – nominations close 15th February

All trials cost the students \$3.00 per event and they must take a medical form with them to the trials.

Any questions please feel free to contact me.

Swimming Training

Swimming training is available Monday, Tuesday, Thursday and Friday morning at 7.00am at the Centenary Heights Pool. All are welcome and the College bus will drop them back at the College.

The first of the information regarding the swimming carnival is attached in the newsletter.

(Deb Newton, Sports Co-ordinator)

dnewton@sjc.qld.edu or 0417 393 626

The Diary

Day	Date	Event
Friday	3 rd February	Opening Celebrations and Induction of Student Leaders 9.35am
Friday	3 rd February	Student Elected Leaders' gathering commences 4.00pm
Saturday	4 th February	Student Elected Leaders' gathering concludes 8.00am
Monday	6 th February	Ball Practice 3.15 – 4.15pm
Tuesday	7 th February	Year 7 Day
Tuesday	7 th February	USQ University Showcase 3.00pm – 4.30pm
Tuesday	7 th February	Toastmasters 3.30pm – 4.30pm
Tuesday	7 th February	P&F Meeting 7.00pm
Wednesday	8 th February	Year 7 Immunisations 9.00am
Wednesday	8 th February	TSSS Cluster 1, 3.00pm
Wednesday	8 th February	Year 11 and 12 Science 21 Excursion
Wednesday	8 th February	Rosies Outreach
Thursday	9 th February	College Photo Day
Friday	10 th February	Year 12 Legal Studies Conference

SWIMMING CARNIVAL INFORMATION 2017

1. The swimming carnival is being held on Friday 3rd March at the Milne Bay Pool commencing at 8.45am and finishing at approximately 2.40pm.
2. Students are to make their own way to Milne Bay Aquatic Centre and will need to be collected at the end of the carnival (approx. 2.40pm). The school buses will transport students to and from the College as required, to catch the connecting buses from Gatton etc. Students need to see me so that we know what time their buses arrive at the College so that they do not miss the connecting bus and we have enough buses for transportation. We also need to make a list of students to ensure we wait for them.
3. Students are to report to the area allocated to their House at the pool, and have their names marked off the roll. It is not a day off school and ALL students are expected to attend and participate in the 50m or participation events. Parents will need to contact the College (Mrs Warby) if students are not able to attend or send notes to their respective House Leaders.
4. Students riding bikes are to park them at the northern end of the pool for security reasons. Year 12s driving will also have to observe the parking notices.
5. The first race is scheduled to start at approx. 8.45am and parents are most welcome to attend and be part of the carnival.
6. A reminder to staff, students and parents travelling in their own vehicles, that parking at the pool is regulated and that parking fines will apply if you infringe the parking regulations. Please park in the council car park (Victoria Street) where all day parking is available or in the parking area in Herries Street.
7. Students are encouraged to SLIP, SLOP, SLAP, SEEK and SLIDE all day. **Zinc cream and body paint are not permitted** by the Pool administrators as it can damage the filtration system of the pool, but all other sunscreen is fine. This will also be supplied at the pool for student use and constant application. Paper streamers or coloured paper are also to be avoided.
8. Students are to wear their House shirts and shorts unless they are in the cheer squad and given permission by House Leaders. Please name everything as things have a habit of getting lost or misplaced. For this same reason Ipods and any other valuables **MUST** not be brought to the pool. Mobile phones need to be well concealed in their bags as well.
9. Girls **MUST** wear one piece swimming togs; NO bikinis are permitted. A suggestion would be to wear rashies at all times if possible. Boys need to wear normal swimming attire or shorts that are made from lycra or nylon. The rules from the Toowoomba Regional Council require all swimmers and competitors to wear appropriate swimming attire made from either nylon or lycra material only. **All cottons, Denim and polyester are excluded.**
10. Students will not be allowed access to the inside pool canteen area and the outside canteen only sells lollies and drinks. We encourage ALL students to bring plenty of food and water for the day. There is no food being sold by the College. Parents may purchase food and bring it in for students otherwise students will have to supply their own food. There are no pass outs to go and get food (Child Protection concerns).
11. Students are encouraged to participate in as many events as possible and if they are unable to swim, they **MUST** provide a note to their respective House Leaders at the start of the carnival, or notify them sooner if possible.
12. The inside wave pool and canteen area are **out of bounds** at all times. There are no pass-outs to go downtown.
13. If a student has to leave the carnival early, a note **MUST** be given at the beginning of the day to their House Leaders. Parents must report to PC teacher or House Leader before taking student/s home.
14. It is anticipated that the carnival should conclude at 2.40pm.
15. Students are to ensure that the grandstand area is clean before they leave. You may be asked by staff to assist with this.
16. In the event of the carnival being called off, parents will receive phone messages informing you of the cancellation, and school will be on as normal.
17. The carnival is meant to be full of fun and cheering and can only be a success if the students are willing to participate and have a go. The Spirit and Participation trophy will be awarded to the House which scores the most points through student participation in the 25m swims, so there is something for everyone.
18. Parents please feel free to come and enjoy the day with us. We look forward to your company during the carnival.

Grandstanding seating and lanes

RICE	BRENNAN	McAULEY	MURPHY
Near Playground		Shallow End	
Brennan	Lanes 2 and 6	Rice	Lanes 1 and 5
Murphy	Lanes 4 and 8	McAuley	Lanes 3 and 7

Please feel free to contact me with any inquires:

Deb Newton – email dnewton@sjc.qld.edu.au or call 0407 393 626.

YEAR 7 OP SHOP SOCIAL



Celebrate your inner craziness and LeT
LoOsE yOuR rubber goose!

Year 7 & 12 students - come and celebrate
the start to the high
school year in your
CRAZIEST outfit
(decency prevails).

Prizes will be
awarded!

*Monday 13 February 2017 in
the MacKillop Centre*

Time: from 6.30pm

Contact Mrs Hagemann for more details
hhagemann@sjc.qld.edu.au

