Newsletter 2019

May 24 2019 Term 2 Issue 15

Last Tuesday St Joseph's opened the doors to prospective parents through our Open Day. The day was well attended, and our students were excellent ambassadors for the College. It was also the day we were able to launch our new branding. As many are aware, our new signage around the school has made a big difference, especially for visitors and new students to the College. It was also the launch of our new website. Site plans for the new building (extension to the Mary Rice building) were also released. For a full insight into our brand journey please click on this link to view.



This term, our students have been involved in many positive activities and on my journeys around the yard, during the breaks, it is good to hear some of their stories. They tell me how they cope with many changes in their lives. Despite initial difficulties it is heartening to hear our students concentrate on the positives in their lives and not dwell on the setbacks. They have a growth mind set!

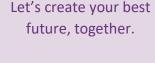
Current research suggests:

People who were able to positively reappraise a situation agreed with statements like: "I find I usually learn something meaningful from a difficult situation" and "Even when everything seems to be going wrong, I can usually find a bright side to the situation." These people looked on the bright side of life, they found a silver lining in every dark cloud. There is a bumper sticker that says, "The essence of mental health is the disposition to find good everywhere".

As Wendell Phillips puts it, "What is defeat! Nothing but education, nothing but the first step to something better."

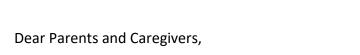
This week's reflection:

For where your treasure is there will your heart be also." Luke 12:34

















Mr Nicholas Lynch

Breakfast Club

Roster 2019

Date	PC Teacher			
	May			
29	A4	A4 Anita McMartin		
June				
5	A9	Chris Fitzpatrick & John Hegarty		
12	A1	Shelley Hunt		
19	А3	Russell Bryant		
26	Year 11 Co-ordinating Group			

Breakfast Club - 22 May

Thankyou to A6, Miss Hines, Miss Unsworth, Mr Canning and our Year 11s for their attendance at Breakfast Club on Wednesday. We introduced a craft session where the students from Clifford Park had the opportunity to create their own placemat. It was met with such enthusiasm that we are going to have a regular craft activity.







Assistant Principal - Mission Mrs. Julieanne Rasmussen

Year 12 Liturgy Group

At Assembly on Wednesday, badges were presented to members of the Year 12 Liturgy Group.

Thank you to the following students for their generosity, creativity and good humour.

Eleanor	Anderssen
Elizabeth	Ardika
Taylah	Baxter
Alex	Humphries
Genevieve	Madden
Patrick	O'Brien
Mekeisha	Palmer
Genevieve	Spalding
Kate	Weber





Year 11 Breakfast Club Co-ordinating Group

Badges were also presented to our Year 11s who volunteer on a Wednesday morning to cook and serve breakfast at Clifford Park Special School. Thank you to these students for their example in living out our College Motto of 'Serve Him in Others'.

Emily	Barnard	Catherine	Gilmour
Sami	Carberry	Anthony	Harrison
Brooke	Clark	Cate	Koelmeyer
Jacquie	Coll	Melinda	Le Dilly
Michaela	Collins	Keely	McCullough
Mackenzie	Diprose	George	McGovern
Will	Doherty	Amelia	McWilliam
Charlotte	Holzl	April	Raymond
Chloe	Gill	Sophia	Scanlan
Imogen	Gill	Shae	Tomlinson
		Claire	Wagner



TO OUR NEW STAFF!

Each week we would like to take the opportunity to introduce you to some of our new staff for 2019.

Name:

Luci Harris

Teaching areas and year levels:

7 and 10 history

What excites you about learning?

Its potential to assist us to unlock our passions and

beliefs and the many ways in which it makes available to us the knowledge and skills necessary to initiate change within our world and the world of others.



I am most looking forward to having the privilege of teaching/ getting to know more of the students of St Joseph's. Each of the students I have met have helped me grow as a teacher and a person. I cannot wait to share more smiles and challenges with St Joseph's community.

Favourite inspiring quote: "When we love, we always strive to become better than we are. When we strive to become better than we are, everything around us becomes better too."

What this means to me: This quote is a reminder that our ever day actions have a profound effect not just on our own lives, but on the lives of others. It is a reminder to think beyond ourselves and consider how we can inspire and bring beauty to our community and the wider world.

Uniform Shop

Trading Hours

Tuesday 7:30am - 10:30am Wednesday 1:00pm - 4:00pm Thursday 7:30am - 10:30am

SJC scarves are now available.

If you have uniform items that have been on HOLD since before 24th April, please call into the uniform shop to purchase by 30th May. After this date all items will be offered to other people on the waiting/order list.

Most paid orders are ready for collection. If you have placed an order, please call into the uniform shop to collect it. (this excludes the S & XS formal hat and jnr blouse)

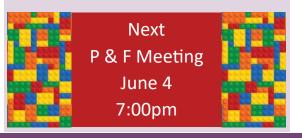
If you are wanting to check on the status of your order, please email the uniform shop on sict@midford.com.au. I will need your name, the date you placed the order and the last 4 numbers of your docket number, which can be found under the date. (eg. Docket :100TO100000XXXX)

Out of stock of the following:-

Murphy bucket hat size S/S & L/XL Boys formal hat size S & XS Jnr blouse size 12 Snr L/S boys shirts size 18 & 22 Jumper size 18 Blazer size 4 Pantyhose size Average Cotton tights size Tall & XTall Junior ties

> Online ordering is available at www.midford.com.au Pass phase StJC1956

SOCKS WILL NOW BE SOLD FROM THE UNIFORM SHOP





Acting Deputy Principal Miss Tania Gallen

Open Day, Tuesday 21 May was a wonderful opportunity to celebrate being part of St Joseph's College. The day opened with our College prayer, a clear message to all of what this College represents. All present were then treated to three lively performances from the Musical group showcasing a number from "High School Musical 2", Choir and Band. These opportunities enable new students to imagine themselves being part of the St Joseph's community.

A highlight of the day, is the opportunity to see teaching and learning in action. Our visitors were led on a tour of the College by a vibrant group of students ranging from year 8 through to year 12. The formation of the group of "ambassadors" was voluntary. These students came together for several meetings prior to Open Day, to understand what was required. "Serve him in others" was encapsulated in the manner demonstrated by each student. Our visitors were invited to provide feedback on their experience which is captured below. The students at St Joseph's College conducted themselves respectfully, with confidence and joy. This was a day to make all proud to be members of the St Joseph's College community.





SJC TERM DATES

Term 2 10 WEEKS

Commences Tuesday April 23 Concludes Thursday June 27

JUNE/JULY BREAK

Term 3 10 WEEKS

Commences Monday July 15

Conclude Thursday September 19

SEPTEMBER BREAK

Term 4 8 WEEKS

Commences Tuesday October 8 Concludes Friday November 29

Term 2Winter Uniform





It is certainly a busy time for the music students at St Joseph's College. Our talented and industrious students are representing the College in the Eisteddfod, rehearsing for our forthcoming College Musical High School Musical 2 and performing at Open Day for perspective new students.

Toowoomba Vocal and Piano Eisteddfod

The College Choirs performed at the Eisteddfod in several sections this year, but in a reduced capacity due to the demands of the College Musical. Girls Chamber Choir sang beautifully in the small Vocal Ensemble section performing "Nine Hundred Miles". The College Choir (combined boys and girls) energetically performed a classic pop favourite "Valentine" and "Who will be a Witness". Girls' Choir sang in the Modern Choir section performing the complex "Crazy Little Thing Called Love" and the Boys' Choir performed two contrasting songs in the boys only section, "Eight Days a Week" and painted a convincing story in "The Flying Dutchman". We also had several students competing in solos and duets performing either as a vocalist, playing piano or dancing. Congratulations to the following students for performing — it is obvious that you have prepared well and shown a lot of discipline in your performance area.

Individual Student Results

Camillo Lanzafame

- YR 7-9 Baroque Composer Piano Solo 1st place (92)
- YR 7 Piano Solo 1st Place (94)
- All-Age Graded Piano Solo Grade 5 or 6 Standard 1st Place (92)
- YR 7-9 Australian Composer Piano Solo 2nd Place (92)
- YR 7-9 Piano Duet 1st Place (94)
- "Mary Childe Memorial Bursary" \$100

Courtney Dukes

- Year 10-12 Vocal Duet HC
- Contemporary Dance Solo (81)
- Jazz Dance Solo (82)

Madeleine Anderson

- YR 8 Contemporary Vocal Solo 3rd place
- YR 8 Girls Vocal Solo 3rd place
- YR 8 Musical Theatre Vocal Solo 1st place

Amelia Rawson

- YR 8 Piano Solo 89 marks
- All-Age Graded Piano Solo Grade 4
 Piano Solo

Cello Ensemble

A new ensemble has commenced this year for all the cello students which we now have at the College. The ensemble consists of 6 cello players and is directed by our lower Strings teacher and composer, Miss Laura Chegwidden. I am delighted to see the progress this area has made since St Josephs' expanded the Strings Program and engaged a second string expert at the College. Laura is working brilliantly with our young cello and double bass students and inspiring musical passion in this area.



Open Day Performances

Several ensembles performed at the Open Day this week demonstrating a wonderful variety of musical genres which we are so fortunate to have at the College. The Combined Choir sang one of the favourite Eisteddfod pieces "My Valentine" and the Combined Concert Band performed "Waltzing with Dragons". String Ensemble performed "Royal Processional" during morning tea. Thank you to all the ensemble directors and students who prepared pieces for Open Day and performed.

The cast from the College Musical also performed one of the songs from High school Musical 2 which is due to open in two weeks. Well done to lead singers Ethan Chambers and Connor Hughes, and to all the singers, dancers and cheerleaders.

Finally, thank you to our piano players, Riley Furse, Amelia Rawson, Andre Fuller and Camillo Lanzafame for playing and demonstrating their piano prowess on the Grand Piano as parents and students toured through the music department.



Music Leader Recognition

This week the College recognised five exceptional music students and awarded them music leader badges for 2019. These students participate in various music ensembles offered at the school - Concert Band, Choir, Jazz Ensemble and Liturgy Band/Choir - and most have been members of several ensembles over the last 4 years as well as rehearsing and performing in the College Musicals. All of these students have been involved in the music program at St Josephs since Year 8, representing their school at various competitions, performances and school functions.

Thank you and congratulations to:

Elizabeth Ardika Girls' Choir, Liturgy Choir, Concert Band & Musical Dominic Perkins Concert Band, Jazz Ensemble, Liturgy Band & Musical

Hannah Weekes Jazz Ensemble, Liturgy Band & Musical Band

Genevieve Spalding Girls' Choir, Liturgy Choir & Musical Eleanor Anderssen Girls' Choir, Liturgy Choir & Musical



Community Music Performances

Coming up at the end of term is our annual community performances for some ensembles. Boys' Choir will sing for, and have morning tea with, the residents of St Vincent's Aged Care. String Ensemble and Junior Band head off to perform at two of our local Catholic Primary school – Holy Name and St Saviours.

Library

Opening Hours

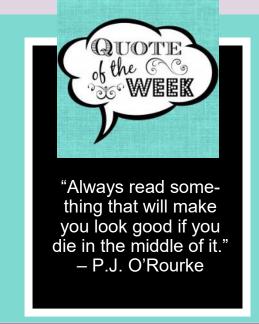
	Mon	Tue	Wed	Thur	Fri
Before School From 8.10am	<	<	>	<	>
М Теа	>	>	>	>	>
Lunch From 1.40pm	>	>	X	>	>
After School Until 3.30pm	>	>	>	>	>

Monday - Library will be open until 4.00pm because of staff meetings, but Library staff will be unavailable after 3.15pm.

Tuesday - Library *may* be open until 4.00pm, because of Science Tutorial, but Library staff will be unavailable after 3.30pm.

Wednesday - Library will be open until 4.00pm, because of Mathematics Tutorial, but Library staff will be unavailable after 3.30pm.

Thursday - Library *may* be open until 4.15pm, because of Accounting Tutorial, but Library staff will be unavailable after 3.30pm.





CATCH UP CLINIC DATES AT OZCARE

Location: 10 Pechey Street, Toowoomba Please call (07) 4639 7888 to book an appointment time

Dates:

Tuesday 28th May 3.3 Wednesday 12th June 3.0

3.30pm – 4.15pm 3.00pm – 4.00pm

Student Immunisations





We wish to inform you that we have recently had a confirmed case of Pertussis (Whooping Cough) in the College.

While the diagnosed individual will remain at home during their recovery, we want to make the school community aware as this is a highly contagious respiratory infection.

Please read the following attachment which provides advice and a symptom checklist for yourself/your son or daughter.

CLICK HERE

Head of Arts Mrs Cathie Barton

Drama Excursion

May 22 saw the Senior Drama/Drama-In-Practice class travel to Billie Brown Studio, home of Queensland Theatre, in Brisbane, to view "Barbara and the Camp Dogs". This performance is an indigenous piece of theatre that deals with contemporary issues through music and storytelling. It was a thought-provoking performance containing many valuable messages for the audience. The students are now required to analyse the performance as part of their Senior

assessment.



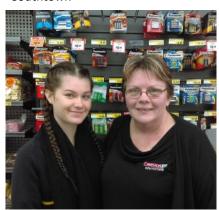


Vocational Education Mrs. Angela Masters



New School Based Apprentice

Gabriella Rose Certificate III in Business at SPAR Southtown





Georgia Hemmerling with Maxine Orford of Fringe Toowoomba

Canteen Roster

Mon	27	Adul Lual
Tue	28	Therese Theile
Wed	29	Fiona Lucas
Thur	30	Sarah Horton
Fri	31	Katherine Brown





Found - one dental retainer

Please contact Student Entrance if you think this may belong to your child.



OPEN DAY

TAFE AT SCHOOL

TOOWOOMBA

100 BRIDGE STREET TOOWOOMBA

4 JUNE | 10AM - 2PM

IPSWICH

CNR MARY & BYRNE STREETS BUNDAMBA

11 JUNE | 10AM - 2PM





















AUSTRALIAN BRICKLAYING BLOCKLAYING TRAINING FOUNDATION | APPRENTICESHIPS QLD | DESBT | MRAEL | QUEENSLAND POLICE SERVICE

Enclosed shoes must be worn! Bring a jacket/jumper and water bottle.



BE A DOER FOR A DAY

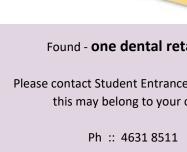
- Hands on activities (no booking required)
- Apprenticeship, course and career information
- See WorldSkills Competition (Construction)
- SkillsOne Roadshow Presentation 10am SHARP
- Bricklaying/Blocklaying Try'a'Trade
- Lunch provided, Canteen Onsite and Vending Machines available
- Tour Campus and facilities
- Talk to our TAFE teachers

Students in years 9, 10, 11 and 12, parents, teachers, careers advisers and principles are invited to attend. Bookings are essential for catering purposes. Register today online at tafeqld.edu.au/news-events or contact GOTAFE.SouthWest@tafe.qld.edu.au

DISCLAIMER: ACTIVITIES/SPECIAL GUESTS MAY CHANGE ON THE DAY WITHOUT PRIOR NOTICE.

1300 914 754 tafeqld.edu.au







Career Guidance







Open Days (following up on last week's Newsletter) https://www.qtac.edu.au/courses---institutions/open-days-expos What questions should I ask at my open day?

Asking questions at your open day is a great way to learn more about what's on offer, and cover things which might not come up in the prospectus or websites.

Potential questions you could ask include:

- What modules are compulsory?
- How large are the tutor groups?
- What sets this course apart from other universities?
- What accommodation options are available?
- What kind of jobs do graduates go on to after finishing university?

What's the best thing about studying at this uni?

However, also think about what's most important to you and your family (it's a team effort), have discussions at home before you make the trip.

Finally, if you're interested in attending an open day, make sure you book your place in advance. You may need to register online. This is a great idea because it ensures you don't miss out on information sessions you are interested in.

QUT Update

Match My Skills: www.qut.edu.au/match-my-skills

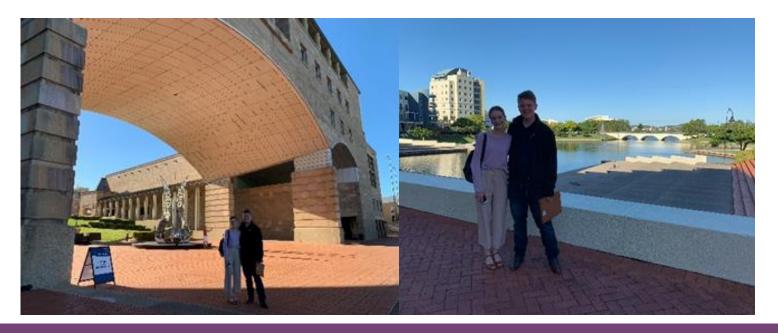
Bond University

After a very early start (following Patrick's miscalculation of how long it would take to get to the Gold Coast) we arrived at Bond University. We went on campus tours with current students, experienced the Bloomberg Trading Floor, which is Bond's world-class financial teaching space and a session in their entrepreneurial Innovation Space. For day two we were put into groups of four with students from around Queensland who are equally interested in studying at Bond. Within our groups, we were assigned the task of creating a pitch and



report to sell a new Gold Coast Tourism strategy to Government officials. We were very grateful for the opportunity provided by the College and pleasantly surprised with how enjoyable and informative the experience was. We highly recommend the Bond Year 12 Extension Program for other students interested in Bond.

Sophie and Patrick









USQ

All our **Year 10 Students** will take part in a careers information session held at USQ on Wednesday 19 June, during Periods 1 and 2. We are very fortunate to have USQ tailor a mini student experience day just for us.

Parents will be receiving details electronically but please, do not hesitate to contact me if you would like more information.

The importance of SLEEP – an excerpt from Dr Michael Carr-Gregg's book - Raising Happy and Resilient Children

Most young people need about nine hours of sleep a night to maintain optimal daytime alertness. But few preteens and teens actually get that much sleep regularly, thanks to factors such as part-time jobs, early-morning classes, homework, extracurricular activities, social demands, and late-night use of back lit devices.

Sleep deprivation can have serious consequences. Tired teens can find it difficult to concentrate and learn, or even stay awake in class. Too little sleep also might contribute to mood swings health and behavioural problems.

Students will be 25 per cent less alert if they can only get seven hours sleep rather than the nine they need. By being forced to get up after only seven hours sleep instead of nine, teenagers across Australia are building up a sleep debt, losing up to 10 hours or more every school week.

This only begins to change about the age of 20, when young people start to become more awake in the morning.

Apart from the fact that these students will be up to 25 per cent less alert when they arrive at school, the problem with being woken up too early is that they are missing out on REM sleep, a particularly deep sleep vital for memory and learning.

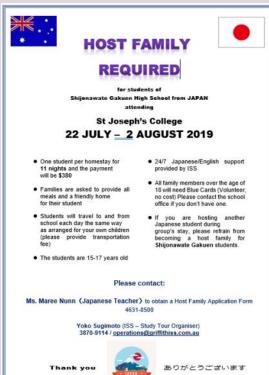
A lack of REM sleep is associated with anxiety, depression, poor immunity, accidents, poor judgment and memory.

While many kids make up for this lost sleep by sleeping in on the weekends, significant numbers still show symptoms of severe sleep deprivation.

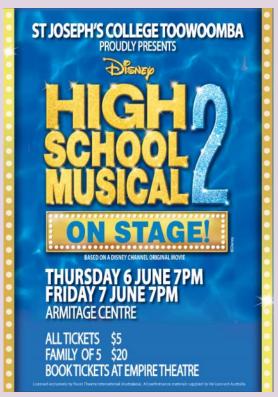
GETTING ENOUGH SHUT-EYE:

- Research shows teenagers need about nine hours sleep a night
- When the body clock turns off the brain secrets the sleep chemical melatonin
- Melatonin is produced later in the evening for teenagers than young children. For most teens it is produced around 11pm.
- REM sleep is a particularly deep sleep vital for memory and learning.
- A lack of REM sleep is associated with anxiety, depression, poor immunity, accidents and poor judgment and memory.

















Sports Department Miss Debbie Newton

Bill Turner Cup

On Wednesday afternoon, the Bill Turner Cup boys team played a semi-final against Harristown State High School for a place in the Grand Final. The boys played exceptionally well for a commanding win of 6 goals to 2. St Josephs College will now play the winner of the other semi-final out of TGS or St Joseph's Stanthorpe.

Darling Downs Representatives

Parents have sent some great photos of our students competing at state championships in their respective sports, Mason Bloom and Darcy Carswell represented us in the 15 years rugby league and Kalei Brighton represented in the open girl's netball. Tamsyn Holmes was selected and given the honour of umpiring at the same state titles.

If you have any photos of students who have represented St Joseph's at state titles, please send them in so that we can showcase their terrific efforts.

13 Years Rugby League and Junior Netball

Wednesday afternoon I had the pleasure of watching the boys play against Centenary Heights. It was fantastic to see the commitment from these young men and the heart and soul that Mr Burke puts into coaching them. He was very passionate about the game and how they played. St Joseph's won the game 22 to 16.

The girls played at the new Netball Centre at Glennie against Mary MacKillop College. It is great to watch a game of Netball that is played with a positive spirit. The girls have so much fun and I am very appreciative of the effort of Jemma Bradshaw who has taken on the responsibility of coaching the girls.

They had a 27 points draw.













Darling Downs Cross Country

On Tuesday, 10 of our young athletes travelled to the new course at the Highfields Sports Centre to compete for a position in the Darling Downs team. Our first runner was Xander Jackwitz who competed in the 4km 15 years boys race. He finished a very credible 10th place.

In the 14 years 4km race, Oliver Jackwitz finished in 14th place, Ryan Tiege 19th position, Callum Wright 34th and Jayden Pile 35th.

In the 13 years girls, 3km race, Taliah Taylor finished 38th place, Isabella Casagrande 43rd and Atong Koot finished in 55th position.

Sunnie Tunstead ran himself into the Darling Downs team by finishing in 6th position in the 13 years boys 3km race.

Sienna Deurloo competed in the 14 years girls 4km race also finished in 6th place enabling her to be a member of the Darling Downs team.

Anthony Harrison competed in the 17 years boys 6km race. Unfortunately, he sustained an injury as he was running but still managed to finish in 4th place earning himself a place in the Darling Downs Team.

The State Championships will be held in Toowoomba in July.







If you are interested in participating in the Safe Driver Program Register NOW!!!

Currently we do not have enough students for this course to run at the discounted price of \$176.

Payment and forms must be submitted to the College Office by **Friday 31**st **May, 2019**

If you have any queries regarding the Safe Drive:
Driver Safety Program please contact
Mrs Jan Lengren at the College on 4631 8500.

Department Tutorials

Department	Where	Day	Time
Mathematics	Library	Wed	3.10 – 4:00 pm
Science	Library	Tue	3:20 - 4:00
Music Theory	Room 49	Wed	7:30 - 8:20 am
HPE	Room 2	Mon	Lunch Time
French, Drama, Geography, Japanese & Art	On Reques	t	

English Department Tutorial Roster

Week A	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
Before School 7:30	Mrs Barton Library			Miss Unsworth Rm 21	
Lunch 1:15	Mrs Dignon Library	Mrs Tobin Rm 3 Mrs Cockfield Library Mr Patterson Rm 53		Mrs P-B Rm 54 Miss Wighton Rm 101	
After School 3:10		Miss Hines Rm 20 Mr Critchley Rm 43	Miss Mischlewski Library Mrs Spain Library Mrs Moloney Rm 16		

Week B	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
Before School 7:30	Mrs Barton Library			Miss Unsworth Rm 21	
Lunch 1:15	Mrs Dignon Library	Mrs P-B Rm 54 Mrs Tobin Rm 3 Mrs Cockfield Library			
After School 3:10		Miss Hines Rm 20 Mr Critchley Rm 43 Mr Patterson Rm 53	Miss Mischlewski Library Mrs Spain Library Mrs Moloney Rm 16		

St Joseph's Event Planner

DAY	DATE	EVENT
Friday	24 May	Year 7 Humanities - PE Day
		Bis Science Competition
		Science 21 Excursion
Sunday	26 May	TSSS Rugby Union 12yrs
Monday	27 May	TSSS Rugby Union 12yrs
		DD Tennis 10-12yrs
		Year 10 Work Experience
Tuesday	28 May	Year 10 Work Experience
		DD Rugby League 14-18yrs (Highfields)
Wednesday	29 May	Year 12 Retreat
		Year 10 Work Experience
		Rosies Outreach
		Queensland Fire Services RAPP presentation (Year 11)
Thursday	30 May	Year 10 Work Experience
		Year 12 Retreat
		Year 11 USQ Students Experience Day
Friday	31 May	Year 12 Retreat
		Year 10 Work Experience
		Year 11 Hospitality Excursion

St Joseph's College Toowoomba 54 James Street (PO Box 577) Toowoomba

Email: office@sjc.qld.edu.au Phone: 4631 8500 Fax: 4631 8599

Absentees

If your child/ren are absent please notify the College before 8:30am by either phoning, 4631 8500 or emailing, office@sjc.qld.edu.au.



