Dear Parents and Friends of the college

On Thursday, 18 February, the college conducted the first whole school assembly. The focus of the assembly was on the wonderful performances of a significant number of students in the Higher School Certificate and School Certificate in 2009. It was gratifying to see the number of students who were acknowledged and to recognize the fact that results have continued to improve over the past 3 years. During the assembly, Luen Samonte, the college Dux from 2009, reinforced the message given by Mrs Jarvis and myself in our addresses.

“The key values, such as hard work, perseverance, discipline, dedication and commitment, helped me get to where I am now, but most importantly, put your God first in everything you do, He will crown your efforts with success. Always remember that it is a privilege to be given the opportunity of schooling and so make the most out of it”.

I emphasise these final points. Too often, students do not see the privilege of education nor do they give their all to doing their best. A good education and fine results do not simply happen as a result of attending a school. Learning and fine results are a result of commitment and hard work. I stress to students that they need to see themselves as the one who will succeed and to make it happen rather than hope that they will do well. With this attitude and faith in themselves and their God they will succeed.

Our 2009 Yr 12 students stated to the present Year 12 students after the assembly, success in the HSC involves organization, planning, commitment, goals, sacrifice, balance and wise choices. Sometimes these choices are difficult. One student stated that she deleted “Facebook” for 5 months, which allowed her to focus and gave her back a significant amount of study time. This was a difficult but wise choice.

The above approach requires students to be mature and also have a hunger for success. The resources exist at Good Samaritan and the evidence is obvious in the fine results in Year 10 and 12. I encourage all students to recognize what is available to them, to take advantage of it and to commit to doing their best. The college encourages a culture of excellence, however, students must realize this can only occur if they choose excellence rather than settle for mediocrity. 10% of student success is a result of what life deals them, 90% percent is the result of what they do with it.

During last week’s assembly I also had the pleasure of presenting a number of Gold awards to Year 12 students. I congratulate the following students on their commitment and willingness to promote this years theme “Be the Word in Action”: Elizabeth Si (2) Jennifer Awad (2), Leah Brown, Sarah Spadaro and Stacey Sirol.

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Last Friday, the annual swimming carnival was conducted at Prairiewood Swimming Centre. This was a competitive and exciting community event. I congratulate Chisholm on their victory and acknowledge all students for their involvement. I also thank all parents who were able to attend and support their sons and daughters. Finally, I acknowledge the wonderful organization skills of Mr Zahra and Mr Wheeler on providing such a successful day.

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Two weeks ago, the college community acknowledged Ash Wednesday with House Liturgies and the distribution of Ashes. This is the beginning of Lent, a time in which individuals are
encouraged to reach out to others. Each year the college community attempts to do this through donations to Caritas. This is one way of helping those who are less fortunate than ourselves. Every donation helps, for example: $2 could provide seedlings to help reforest eroded land in Malawi, $7 could provide one chicken to enable a Cambodian family to begin chicken raising, $15 could provide blankets for a maternity ward in Papua New Guinea, $25 could provide literacy or numeracy materials to indigenous Australian students in Western Australia. Caritas undertakes many projects that would make a difference in the impoverished areas across the world including Australia. These projects depend on the generosity of others, our generosity. As followers of Jesus Christ and members of a community which has as its motto “Journeying with Compassion”, we have an obligation to take up the challenge and reach out to others. As Jesus told us, whenever you did this for one of the least important of these brothers and sisters of mine, you did it for Me. It is my hope that as a community we take up the challenge and are able to make a difference to many others during Lent in 2010.

Lenten Prayer

Creator of my life,
Renew me: bring me to new life in you.
Touch me and make me feel whole again.

Help me to see Your love in the passion, death and resurrection
of Your Son.
Help me to observe Lent in a way that allows me to celebrate
that love.
Prepare me for these weeks of Lent
As I feel both deep sorrow for my sins and Your undying love for
me.

May the Lord bless us
Protect us from all evil
And bring us to everlasting life
Amen

God Bless

Mr J Lo Caskio
PRINCIPAL

ASSISTANT PRINCIPAL (PASTORAL CARE)

There is much to be proud of at Good Samaritan

This week marks the end of my fifth week as a member of the community here at Good Samaritan. In that time I have been consistently impressed by many aspects of the College. The students have been friendly and welcoming; the staff are clearly dedicated, professional women and men working hard so as to best meet the needs of the students.

On Friday at the College Swimming Carnival I could not help but get caught up in the enthusiasm of the staff and students alike as they cheered for their houses.

Last Thursday we welcomed back those students from our Year 12 class of 2009 who received a Band 6 in one or more of their HSC courses. In speaking at the assembly I heard Mr Lo Caskio articulate on a number of occasions how very proud we were of these students. These students achieved their results through a combination of hard work and determination. They set an example for all of us at Good Samaritan to follow – with clear goals, determination and hard work we can each achieve great things and make ourselves and our community proud of us.

Working to make the community proud does not, however, commence with HSC results. It starts with the way we arrive at school, getting here well before the bell rings, prepared for our lessons, ready to work as a member of the community, wearing the uniform correctly and following all of the schools rules.

When we all work together as a team we can be proud of ourselves and help those around us to be the best people that they can be.

Mr P Scollard
Assistant Principal

ASSISTANT PRINCIPAL (ADMINISTRATION)

Staff Development Day – Friday, 12th March

Parents are advised that a staff development day (pupil free day) will be held on Friday, 12th March. The focus of this day will include examining the conditions that promote a quality learning environment, engaging and motivating students in their learning and exploring and reflecting on research findings that will be presented by the guest presenter, Dr Andrew Martin. Throughout the day, staff members will be engaged in learning about contemporary research that will inform their pedagogical practices. Anticipated outcomes of the day will be the inclusion of teaching strategies into KLA programs that will promote student motivation and engagement along with the implementation of these strategies into the teaching and learning processes at the college. Please note that this date was not included on the calendar issued at the start of the year and it is also the day before the college Open Day. Should parents be unable to make suitable alternative arrangements for the care of their children on this day please contact the college as a matter of priority.

Mr P Brooks
Assistant Principal
FROM THE STUDENT WELFARE COORDINATOR

I was reading an article recently about the highs and lows of Adolescence. The good news is that the vast majority of teenagers manage to get through their adolescence without any major problems. Of course, there will be the usual emotional outbursts and moodiness woven into the fabric of their day to day life, but this is fairly usual for adolescents.

The article went on to state, however, that a growing percentage of Australians (one out of five) will experience a mental illness at some stage during their lives and that its onset can occur in early to mid adolescence.

Mental illness is a general term that refers to a group of illnesses, in the same way that heart disease refers to a group of illnesses affecting the heart.

Episodes of a mental illness can come and go in periods through people’s lives. Some people experience their illness only once and fully recover while, for others, it recurs throughout their lives.

The article stated that most mental illnesses can be effectively treated. Though we do know that many mental illnesses are caused by a physical dysfunction of the brain, we do not know what triggers this.

Stress may trigger some mental illnesses or may prolong episodes. Stress can also result when a person develops a mental illness.

People with a mental illness need the same understanding and support given to people with a physical illness. A mental illness is no different and is not an illness for which anyone should be blamed.

It is rare for someone with a mental illness to make the symptoms go away by strength of will. Most parents who are worried about a family member see their family doctor who can then refer the person to professional help.

The following web address also provides some guidance on mental health: http://www. health.gov.au/hsdd/mentalhe

I can also recommend the writings of Dr Michael Carr-Gregg.

Two help lines that can provide immediate assistance are: Parent Line – 13 2055 (9.00am – 4.30pm) Monday to Saturday and Lifeline on 13 1114.

Please feel free to contact me at the College at any time.

Yours sincerely,

Mr M Bell
Student Welfare Coordinator

YEAR 7 GSCC PUBLIC SPEAKING CHALLENGE

This year for the first time every year 7 student has participated in a Public Speaking competition as part of their Catholic Studies classes. To help launch the college theme for 2010 every year 7 student was asked to present a 2 minute speech on the meaning of the theme and provide possible ways that all students at the college can “Be the word in action”. Two students from each Catholic Studies class were then selected to represent their college house at a special final to be held at school.

The 12 students who were chosen to represent their house are:

<table>
<thead>
<tr>
<th>Chisholm House</th>
<th>De Paul House</th>
<th>La Salle House</th>
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<tbody>
<tr>
<td>Max Lerion</td>
<td>Anneliza Alverne</td>
<td>Eliana Gittany</td>
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<tr>
<td>Joseph Vartuli</td>
<td>James Sharkey</td>
<td>Samantha Parke</td>
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<tr>
<th>MacKillop House</th>
<th>Merici House</th>
<th>Polding House</th>
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<tbody>
<tr>
<td>Harry Butler</td>
<td>Luke Clinch</td>
<td>Chelsea O’Connor</td>
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<tr>
<td>Frank Canturi</td>
<td>Gabriella Raco</td>
<td>Shenali Meneripitiyage</td>
</tr>
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Mr M Bradbury
Public Speaking Coordinator

CONCERT BAND AND GUITAR LESSONS AT GSCC

Last week Year 7 students had the opportunity to have an instrument demonstration from Musicorp. Students have the opportunity to learn the clarinet, bass guitar, keyboard, violin, viola, cello saxophone, flute, piccolo, trumpet, trombone and percussion.

Students had a demonstration from our string ensemble. Thank you to Patrick and Pierre Goorkiz, Renmark Marte, Shannon Price, Melanie Thomas and Maria Nguyen. Their performance was very entertaining.

Lessons are in small groups and are ½ hour long. Students miss part of their subject lesson but it is an expectation that they will catch up on any missed work.

We also have guitar lessons at the College. This is done through My Guitar School. Lessons go for one period and are also in small groups.

Expressions of Interest forms are available from Mrs. Popovic or Ms Benjamin. If you have any questions please do not hesitate to call the College on 9825 9955.
ASH WEDNESDAY THE BEGINNING OF CATHOLIC LENT

"Remember man that thou art dust and unto dust thou shalt return"

CHISHOLM ASSEMBLY AND ACKNOWLEDGMENT OF 2009 HSC HIGH ACHIEVERS
GSCE SWIMMING CARNIVAL

"Congratulations Chisholm"
**SATURDAY SCHOOL OF COMMUNITY LANGUAGES**

The Saturday School of Community Languages was established in 1978. It is a government secondary school which operates only on Saturdays.

The Saturday School gives students the opportunity to study their background language when that language is not available at their own school or college.

**Benefits of Studying Community Languages**

Studying their background community language:

- Helps students maintain rewarding relationships with their parents, grandparents, relatives and other community members.
- Promotes in students a sense of cultural identity, resulting in heightened self-confidence and self-esteem.
- Provides an opportunity for students to develop high levels of skills in their background community language.
- Improves students’ performance across the curriculum.
- Places students in a better position to take advantage of employment opportunities

**Languages offered at The Saturday School of Community Languages—Bankstown Centre**

(Bankstown Girls High School, Mona St, Bankstown)

- Filipino
- Hungarian
- Macedonian
- Modern Greek

Further information:  
Mr Gary O’Keefe  97962490  
Emmylou Hidalgo 0412007782

Enrolment Forms:  
Mrs Jarvis  
GSCC Curriculum Coordinator

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**FREE fun program for kids to become healthier, fitter and happier!**

Do you have children 7 to 13 years old? Are you worried about them being overweight?

The NSW Parenting Program is an established healthy lifestyle program to improve health, fitness, self esteem and confidence in children above their ideal weight.

**What happens in the NSW Parenting Program?**

The program runs over one school term for 10 weeks. Sessions include:

- Games, activities and swimming for kids
- Easy, effective ways to improve your child’s self esteem and confidence
- Demonstrations, games and tips on healthy foods, label reading and portion sizes
- A fun supermarket tour and a chance to try delicious new foods!

Thanks to funding from the NSW Department of Health, Sydney South West Area Health Service (SSWAHS) has 15 places on the program in your local area, completely FREE of charge. The next program will be running in School Term 2.

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**TECHNOLOGY NEWS**

Good Samaritan Backup Site. Students are reminded that in the event that the College’s main web site is down, a backup site will then go live which will attempt to continue to provide access to intranet services such as myMail and myClasses. The provisional site address is www.gschchinbrook.catholic.edu.au

This edition’s Web Safety Tip: Safely using email. Did you know that 70% of suspected virus attacks come from email? It only takes an email message with a virus within its attachment to infect your computer. The virus may then jeopardise the security of your computer, allowing unauthorised users to gain access to private information. Installing a strong virus-scanner is one method of preventing virus attacks; below are some other measures you could take to keep safe:

- Change your password often and keep it in a safe place. Don’t share the password with anyone.
- Don’t open any attachments from anyone unless they are run through an anti-virus program. If the email came from someone you don’t know, it’s probably best that you don’t open the attachment (or email) at all, and delete the message.
- Log off when you have finished reading/writing an email.
- Don’t reply to spam, harassing, or offensive e-mail or forward chain e-mail letters. Replying to these messages could potentially add your address to other chain letters, which in turn could overwhelm your email with ‘junkmail’.
- Use common sense and keep personal information personal.
- Don’t be caught by the spammers’ favourite trick, “Remember me?”. There are literally billions of email addresses used on the internet today, and the chances of someone finding you via your email address is literally none.

Mr. J. Reyes  
IT Coordinator
Congratulations to Joseph Mawson (9G) who recently won the 2010 Victorian Open Go Kart State Championships in the 125cc division. Joseph’s victory in the championships has taken his tally to 6 State championships and has continued his excellent form from 2009. As a highly regarded junior in Go Karting, Joseph, who drives for the Arrow Karts Team, has attracted a lot of attention within the karting ranks and was recently profiled in Oz Kart Magazine. Joseph’s next challenge will be the 2010 National Championships at Easter. Everyone at Good Samaritan wishes Joseph the very best as he endeavours to become the 2010 National champion.

Congratulations to Jessica Stikovic who recently competed in the NSW Junior & Youth Athletics Championships at Homebush. Jessica won a Silver Medal in the Discus & Bronze Medal in the Shot Put and will now compete for NSW in the Australian Junior Championships (Nationals) in March at Homebush.

WELL DONE JOSEPH AND JESSICA!!!

PREMIER’S READING CHALLENGE ‘OPSM EYE LOVE BOOKS’ PROGRAM

OPSM, as a supporter of the Premier’s Reading Challenge, will be running a campaign titled Eye Love Books from 1 February to 1 April 2010, which will see New South Wales schools benefit from their students having eye tests.

For every student having an eye test during the Eye Love Books campaign, OPSM will donate $5.00 worth of books to the student’s school library. This is not dependent on a glasses purchase, but simply an eye test. Please note that schools will need at least 10 students to have an eye test in order to qualify for a prize. Student and school information will remain confidential and there will be no direct mailing by OPSM to students or schools on other matters.

New South Wales schools can now go to the website www.opsm.com.au/prc for more information, as well as FAQ’s, a form for participation and information on store locations for testing.

1. Schools will need to log on to the website to register their school’s participation.
2. Once registered, the school’s details will be added to the drop-down menu of schools for students to select from.
3. Following their eye test at an OPSM store, students log on to the site and register their name and the date, time and store location where they undertook their appointment. These details will be verified and then the eye test will be added to the student’s school tally, which will be used to determine the number of books the school qualifies for at the end of the campaign.

This initiative is an option for schools to engage in a program that will be of value to the community, as well as providing additional resources for schools.

Contacts:
Georgina Stuart – tel. 9244 5499
Sponsorship Coordinator, Specialist Programs
Georgina.Lee.Stuart@det.nsw.edu.au

GSCC SWIMMING CARNIVAL

The Good Samaritan Catholic College Swimming Carnival was held on Friday 19th February at Prairiewood Leisure Centre. Enthusiasm levels were high amongst the students and staff as Chisholm attempted to defend their title from last year. Once events were underway, it was clear that they meant business, leading from the outset and never looking back. Student participation was fantastic as all involved themselves in events and cheering. Congratulations must go to the Chisholm House for their eventual victory on the day. All age champions will be announced at the next college assembly.

Mr Zahra & Mr Wheeler
Sports Coordinators
Monday 1st March  D. Ingle, L. Losurdo
Tuesday 2nd March  J. Simler, R. Esposito, J. Shamon
Wednesday 3rd March  J. Vartuli, P. Paull, N. Jargees
Thursday 4th March  L. La Rosa, L. Valenzano, P. Santomingo, C. Kairuz
Friday 5th March  N. D’Amore, M. Cleary, G. Cownie, C. Mallia
Monday 8th March  E. Hobby, J. Colley
Tuesday 9th March  L. Versi, A. Waga, J. Roccisano
Wednesday 10th March  A. Pipicella, A. Macias, N. Bodagh
Thursday 11th March  A. Demasi, R. Origlia, G. Gerrish
Friday 12th March  Staff Development Day

Pandemic (H1N1) 2009 and Influenza (Swine Flu)

Swine flu activity has dropped significantly in NSW over recent months. With this in mind, it is important to be aware that a vaccine is now available to protect adults and children over the age of six months from swine flu. The Panvax ® vaccine is available free from most general practitioners and Aboriginal Medical Services. Some community health centre and council immunisation clinics are also offering the vaccine free of charge. Local public health units can provide more information about how to access Panvax ® in your area.

Further information can be obtained through the following links:

NSW Health : information about the vaccine :

SHROVE TUESDAY  Last Tuesday 16th February was “Pancake Tuesday” or Shrove Tuesday. The name Shrove comes from the old word “shrive” which means to confess. Lent is a time of abstinence, of giving things up. So Shrove Tuesday is the last chance to indulge yourself, and to use up the foods that aren't allowed in Lent. Pancakes are eaten on this day because they contain oils, butter, eggs and sweet fillings which traditionally were forbidden during Lent. Students and teachers raised money in support of Caritas by purchasing homemade pancakes...

It has come to our attention that some children are losing their copy of the school newsletter before this valuable source of information is received at home by parents. For your information, this newsletter is available online at http://www.goodsamaritan.nsw.edu.au/index.htm. However, if you would like to have your copy emailed to you instead of a hard copy being passed on to your child and therefore ensuring you always receive your edition, then please complete the information below and return this slip to the school office.

NAME ..................................................CHILD’S NAME ........................................PC CLASS ........................
EMAIL ADDRESS ..........................................................