Dear Parents

Last Monday we celebrated the feast day of St Mary of the Cross Mackillop who, as we know, was canonised last year. In 2008, at World Youth Day in Sydney, Pope Benedict reminded us that Mary’s “perseverance and her practical example of holiness” are a “source of inspiration for all Australians”. Another inspirational person was Mother Theresa of Calcutta. The following reflection is one of my favourites as it speaks to me about what we aspire to, as members of the Good Samaritan community. It also provides a great source for reflection on the way we live our lives.

To do the work of Christ is not a complicated thing. It is really quite simple.

It means to be faithful in little things, for to be faithful in little things is a big thing.

It means to do one’s task, no matter how humble it may be, not only thoroughly but joyfully.

It means to make oneself available, yet never seek the limelight.

It means to strive to remain calm amid the hustle and bustle of life.

It means to carry one’s own burden, without, as far as possible, becoming a burden to others.

In a word it means to be at one’s post, helpful, loyal and constant.

“We cannot do great things…. only little things with great love. You can do what I can’t do. I can do what you can’t do. Together we can do something beautiful for God.”

The present time is quite significant for our senior students as they take on various challenges. Our thoughts and prayers have been with our Year 12 students over the last couple of weeks. They have almost completed their Trial HSC exams and they will await their results in the coming weeks. The next few weeks are critical for Year 11 students as they prepare for their Preliminary exams. This is an important time for our Year 10 students as they begin their subject selection process which will determine their program of study for the HSC. Teachers at Good Samaritan will continue to encourage students and support them in these endeavours, as I know will parents.

You may be aware that I have been consulting with parents, teachers and students in an effort to improve the fabrics in the College’s sports uniform. We have settled on colours, designs etc. using the school colours, and the new uniform will replace the present one for Year 7, 2012. The price of the tracksuit and shorts should be the same as the present uniform, but the significantly higher quality of the shirt will mean an increase in its price. The good news for parents is that the shirt does not require ironing. I need to stress that there is absolutely no expectation that students from other year groups purchase the new uniform, though individuals may choose to do so. I am very conscious of any extra expense to parents and I realise it will take a few years to phase in the new uniform. We are having samples made at the moment and parents may wish to have a look at them when you are at the school.

Whilst on the subject of the sports uniform, I am most concerned that our students do not wear caps at Tuesday afternoon sport in summer, particularly given the high temperatures last summer. I have consulted with Year 12 students and they have identified the type of cap that they have assured me students will wear and these are available in the College Uniform Shop (the price is $11.00) at the present time. My intention is to make school caps compulsory for Tuesday afternoon sport from the commencement of next year. This will give parents plenty of time to purchase this cap or if students already have the previous school cap, they can wear this.

Ms J Donovan
PRINCIPAL
STUDY SKILLS TIP FOR AUGUST: TYPING VS HANDWRITING NOTES

Should students type or handwrite their notes?

The short answer is that students are usually better off doing whatever the exam or test will be. So if the exam is handwritten, it is better to handwrite notes. This creates muscle memory, it sets up a pattern in the brain of what they will be doing in the exam. If they do not have exams, then it does not really matter, they can choose to either type or handwrite their notes.

For students who do have written exams, they are better off getting used to writing as much as possible, especially as these days students do less and less pen to paper and more and more on the keyboard. It is also argued that by writing the information, you set up pathways of familiarity and recognition in your brain that will kick in when you are in an examination situation.

On the other hand, some subjects have so much content that to try and wade through it with handwritten notes would take forever. A good compromise for students who would prefer to type is to start making initial notes on the computer as this allows you to cut and paste, group information and rearrange it with ease. Once you have a core set of notes completed, you may like to further summarise some sections on paper using a more graphical or visual form of note-taking such as mind-mapping. And when you are learning the notes, read a section, then see what you can write without looking, this way you will be testing if the information is in long-term memory and practicing your handwriting at the same time! Given that students now have to be masters of both the pen and the keyboard it is important to develop both legible handwriting and touch typing skills.

The Study Skills Handbook site - www.studyskillshandbook.com.au has sections that can help with both of these skills. Visit the ‘Improving Handwriting’ section in the ‘Writing Skills’ unit (found on the home page) to learn lots of techniques to improve handwriting. The ‘Technology Tools’ unit (on the ‘For Students’ tab) has a section about learning touch typing with links to free online touch typing tutors. Being able to touch type will definitely make life easier for the students in the senior years and beyond. Ten minutes practice a day could end up making a big difference.

Parents may also like to click on the ‘For Parents’ tab, and then the articles button at the bottom of the page to read Rocky Biasi’s new article: ‘Motivating Your Student To Learn’.

Our school's details to log in to www.studyskillshandbook.com.au are:
Username: forgscconly Password: 48results

Mr P Brooks, Assistant Principal

Assistant Principal

The Learning Culture at Good Samaritan

We are blessed at Good Samaritan Catholic College to have wonderful culture of learning in our school. Naturally the classrooms and other learning spaces at Good Samaritan are places where students are engaged in the learning process in a rich and active way. The culture of learning however goes way beyond the classroom and formal lessons.

Over the last two weeks a number of the dedicated staff here at the college have voluntarily supervised study for our Year 12 students in the library until 7.00pm each evening. To visit the library on any of these afternoons was truly inspiring. Students were working in small groups or individually, revisiting their notes, testing one another and constructing practice responses in preparation for their exams. On most evenings there were also small groups of students working with staff who were running tutor groups.

A very heartfelt thank you must go out to all of those teachers who have given of their time. Congratulations to those students who are making the most of the many great opportunities which come with being a member of the Good Samaritan community.

Uniform Reminders

A reminder to all students of the following expectations regarding uniform:

- The school jumper is not to be worn as the outer garment when wearing the College sports uniform.
- All students are required to wear their blazer to and from school as a part of the college winter uniform – this requirement remains in place until the end of Term 3.
- There is a school scarf available at the College uniform shop – this is the only scarf students are allowed to wear with the uniform.
- Sports shoes are expected to be predominantly white and lace up – slip on ravens and similar style shoes are not acceptable.

We enjoy a very good reputation in the wider community partly because the majority of the students present themselves well when travelling to and from school. We ask all parents to support us as we endeavour to maintain and further enhance the good standing we have with the community.

Mr P Scollard
Assistant Principal
World Youth Day
On Monday eleven of our students and two of our staff left Sydney airport at 3pm on their way to Assisi and Madrid to join hundreds of thousands of other young people as they undertake a physical journey that is representative of their internal and spiritual journey to discover the real and living God in their lives. We pray that they are kept safe in foreign lands and return with a spirit of love and joy to become apostles of the living Christ in our midst. Please keep them in your prayers until their return.

Prayer of the Pilgrims’ Parents, teachers and friends
Lord, you have called our children to make a journey of faith, and with the help of your Spirit they have heard and answered the word you have spoken in their hearts. Keep them faithful to your word and hold them safely in the palm of your hand as they make their way to Madrid. Teach them to choose life and to choose what is right and just and true. Help them to share with others the life you promise, especially in service of the poor. Open their minds and their hearts to the truth of the scriptures. Nourish them with the bread and cup of the Eucharist. Lead our young pilgrims along the way, Lord, and make safe their journey to you and the life you promise us. We ask this through Christ our Lord. Amen.

The Transfiguration and the Assumption
Saturday 6th August marked the feast of the Transfiguration when Jesus was accompanied by Peter, James and John to pray on a mountain. It was during this prayer that Jesus was transfigured or his earthly form changed in the presence of these three disciples. The accounts in the scriptures tell of Jesus speaking with the two key Old Testament figures of Elijah and Moses. Elijah was the key prophet and Moses the law giver of the Old Testament and Jesus’ conversation with these men points to Him being the fulfilment of all prophecy and all law, He is the Word made flesh, the fullness of God’s revelation. The Transfigured Jesus is a preview of His future glory in the resurrection. This is the glory that we will all share in if we are faithful disciples of the Lord, living and sharing in the Christian community that grew around Him. This glory has already been experienced by Mary in the Assumption which we celebrate on Monday 15th August. One other thought to consider from this passage is the fact that the Lord was transformed while He was at prayer. The incarnation of Jesus (Jesus becoming human) was to show us how to truly live as God wants us. One of the key teachings of Jesus is the need to pray. It is only through prayer that we can grow in closeness to the Father. The Gospels are littered with examples of Jesus either withdrawing to pray or the disciples asking Jesus to teach them how to pray. As Jesus says “Not everyone who calls out to me, ‘Lord! Lord!’ will enter the Kingdom of Heaven. Only those who actually do the will of my Father in heaven will enter”. (Matt 7:21) and the Father wills that we pray to Him, we worship Him and we love Him unconditionally by servicing others.

Mr P Kingsman
RE Coordinator

Student Welfare Coordinator

The key to children succeeding is to teach them empathy

This is the title of an article that I read several weeks ago on the Generation Next website. It was written by Helen Splarn. I would like to share part of this article with you.

In a ‘me’ world where the media is constantly telling young people that they can be anything they want to be, or have anything they want to have, it is difficult for parents to teach a sense of ‘other’ to their children.

In an effort to teach self esteem we have inadvertently installed a need to be outstanding just to be acceptable. The pressure to succeed and attain is huge on young people.

Psychologist Polly Young-Eisendrath, author of The Self Esteem Trap (Hachette), believes that, “These approaches have produced a few generations of young adults who are obsessed with themselves, feel they need to do something exceptional in order to be OK, are restless and unable to enter adult life, feel easily humiliated and hold themselves back from committing to a career or relationship in case there’s something better out there.”

The skills children really need in order to succeed in life, according to the experts, are compassion, empathy and understanding; to be aware of others and how your actions have consequences and affect other people around you.

Andrew Fuller, clinical psychologist and Generation Next speaker says that a good place to start building an awareness of others in a child is by showing them trust. “Trust your child - nothing builds confidence more than trust. One of the best ways of communicating your trust is to ask your child for help. Requesting assistance communicates to a child that you regard them as capable and competent. Letting your children cook with you or help you to build or mend something can be good places to start”.

Dr Joe Tucci, chief executive officer of the Australian Childhood Foundation, and Right 2 Childhood speaker believes that “Empathy isn’t inherent. It must be taught and modelled and then the child needs to practise and rehearse. Helping your child to recognise and know how the other person feels, and to also help them name how they feel, goes a long way to teaching empathy.”

I would like to take this point further.

Recently I have been speaking to a number of our boys, who, for various reasons have experienced a troubling situation. They feel hurt, worried and saddened with what has been happening. Yet what do they express? ANGER.

Boys feel it’s socially acceptable to express anger. However, they don’t know how to name and deal with deeper emotions. Once you get them to look at what they are really feeling they see a very different picture. Only by being honest with their emotions can your children start to appreciate how someone else is feeling. As Dr Tucci says this has to be learnt in the home.

Young-Eisendrath also says, “Parents need to help their kids learn to acknowledge others, share, work with others, have civilised manners and not expect to be the centre of attention, especially in settings where there is another agenda.”
**Student Welfare Coordinator (cont)**

It seems that the best way to help a child understand the needs of others is to make sure that they themselves feel safe and secure in a loving environment where they are trusted, and can rely on their parents to meet their needs. This does not mean that parents indulge their every request or praise them for everything they do.

Best wishes,

Mr M Bell
Student Welfare Coordinator

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**Gifted Education**

A huge thank you and good luck to the 18 Year 9 students who submitted entries for The Write Stuff. We will be notified in a few weeks and hopefully many of you will be chosen to represent Good Samaritan College at the Writing Day.

An important website to note is the new GERRIC website [http://gerric.arts.unsw.edu.au/](http://gerric.arts.unsw.edu.au/).

Whether you are a teacher interested in how to identify and respond to the gifted students in your class, a principal looking for professional development for your staff, a parent looking for information on how to support your child, or a gifted or talented student looking for opportunities to engage with other bright students in stimulating enrichment programs, the UNSW Gifted Education Research, Resource and Information Centre (GERRIC) can assist you. Miraca Gross is the director of the Centre and is a leader in the field of Gifted Education.

And a final reminder that it is National Science Week from 13th to 21st August!


Ms C Ong
Gifted Education

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**COORDINATOR’S AWARD**

<table>
<thead>
<tr>
<th>Year 7</th>
<th>Luke Koutrodinos</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 8</td>
<td>Shikha Chand</td>
</tr>
<tr>
<td>Year 9</td>
<td>Peter Phan</td>
</tr>
<tr>
<td>Year 11</td>
<td>Joshua Jabbour</td>
</tr>
</tbody>
</table>

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**Italian proverb of the week**

*Batti quando il ferro è caldo* – strike while the iron is hot

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**Year 10 Dance**
Southern Sydney Athletics Carnival

On Tuesday 26th July, the College Athletics Team travelled to Campbelltown to compete in the Southern Sydney CCC Athletics Carnival. With many new faces in the squad from previous years, there was much anticipation as to how we would fare against the other schools in the Southern Sydney Association. Throughout the day we had some pleasing results from a wide range of students in many different age groups. Overall the College finished 5th and we have had 11 students selected to represent Southern Sydney CCC in the NSWCCC Athletics Carnival at Homebush on September 16th. A big congratulations goes out to Francisca Asabere and Chris Khalil who both finished Runners Up for Age Champion for the U/12’s Girls and Boys respectively, with Chris finishing 2nd by only 1 point. Well done to all!

Final Point Score

<table>
<thead>
<tr>
<th>Rank</th>
<th>School</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>St Patricks, Sutherland</td>
<td>818</td>
</tr>
<tr>
<td>2</td>
<td>St. John Bosco College</td>
<td>738</td>
</tr>
<tr>
<td>3</td>
<td>Aquinas College, Menai</td>
<td>617</td>
</tr>
<tr>
<td>4</td>
<td>Clancy Catholic College</td>
<td>592</td>
</tr>
<tr>
<td>5</td>
<td>Good Samaritan</td>
<td>441</td>
</tr>
<tr>
<td>6</td>
<td>Freeman Catholic College</td>
<td>434.50</td>
</tr>
<tr>
<td>7</td>
<td>De La Salle, Caringbah</td>
<td>295.50</td>
</tr>
<tr>
<td>8</td>
<td>OLMC</td>
<td>273</td>
</tr>
<tr>
<td>9</td>
<td>All Saints Catholic Senior</td>
<td>131</td>
</tr>
<tr>
<td>10</td>
<td>De La Salle, Cronulla</td>
<td>83</td>
</tr>
</tbody>
</table>

Good Samaritan students who will represent Southern Sydney CCC in the NSW CCC Carnival

- Marco Del Bel Belluz 12 Boys High Jump
- Christopher Khalil 12 Boys Long Jump, Shot Put, Discus
- Adwoa Amoahene 12 Girls 100m
- Francisca Asabere 12 Girls 200m, Long Jump
- Ivan Razlog 13 Boys Shot Put
- Andrew Pezzuto 15 Boys 400m
- Yaw Amoahene 16 Boys 100m, 4 x 100m Relay
- John Pellegrini 16 Boys 100m, 4 x 100m Relay
- Adrian Petro 16-19 Boys 4 x 100m Relay
- Phoenix Vaiotu 17-19 Boys 200m, 100m, 4 x 100m Relay
- Vanessa Agu 17-19 Girls Javelin

Mr J Wheeler
Sports Coordinator

Year 10 Food Technology
Children are vulnerable around and on the road. Their physical size and developmental limitations place them at risk in the traffic environment. Drivers are less likely to be able to see a small child and it is harder for children to see oncoming traffic. Their lack of road experience means it is difficult for a child to judge dangerous situations. Children’s safety to and from school is an important road safety issue.

‘No Parking’ zones allow drivers to stop for a maximum of two minutes to drop off and pick up passengers. Drivers must stay within three metres of their vehicle at all times. ‘No Parking’ zones provide a **pick-up and set down area** that gives parents and carers a safe environment to drop-off and pick-up their children from school by car.

Many school road environments in the Liverpool Local Government Area have ‘No Parking’ zones which work well when parents use them properly. Problems arise however, when drivers misuse the zones by stopping and waiting in their vehicles for lengthy periods. The penalty for disobeying a ‘No Parking’ sign is $147 and 2 demerit points (effective 1 July 2011).

Parents must ensure their children know how they will be collected from school. They need to know when and where parents will be after school and where they should wait. Children must know not to try and get into a vehicle while it is still in traffic, even if it is stopped.

**Tips For Parents:**

- Make sure that the hand brake is applied when the vehicle is stationary in the ‘No Parking’ zone.
- Make sure children use the footpath-side door when getting in and out of a car.
- Never double park, park across a pedestrian crossing or park in a ‘No Stopping’ or ‘Bus Zone’.
- Never undertake a U-turn in close proximity to a school.
- Never call to your child across the road.
- Children up to 10 years old should be actively supervised around traffic and should hold an adult’s hand when crossing the road.
School Zone Penalties Effective 1 July 2011

* The values are doubled during designated holiday/long weekend periods.

<table>
<thead>
<tr>
<th>Offence</th>
<th>Minimum Fine</th>
<th>Minimum Loss of Demerit Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stop on or near:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• A pedestrian crossing</td>
<td>$353</td>
<td>2</td>
</tr>
<tr>
<td>• A children’s crossing</td>
<td>$353</td>
<td>2</td>
</tr>
<tr>
<td>• Any marked foot crossing</td>
<td>$353</td>
<td>2</td>
</tr>
<tr>
<td>Double park</td>
<td>$265</td>
<td>2</td>
</tr>
<tr>
<td>Park on a footpath or stop across a driveway</td>
<td>$147</td>
<td>2</td>
</tr>
<tr>
<td>Make an illegal U-turn</td>
<td>$265</td>
<td>3</td>
</tr>
<tr>
<td>Exceed 40km/h in a school zone in a light vehicle:</td>
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<td></td>
</tr>
<tr>
<td>• 10 km/h and under</td>
<td>$154</td>
<td>2*</td>
</tr>
<tr>
<td>• Over 10 km/h</td>
<td>$278</td>
<td>4*</td>
</tr>
<tr>
<td>• Over 20 km/h</td>
<td>$463</td>
<td>5*</td>
</tr>
<tr>
<td>• Over 30 km/h</td>
<td>$896</td>
<td>6*</td>
</tr>
<tr>
<td>• Over 45 km/hr</td>
<td>$2,041</td>
<td>7*</td>
</tr>
<tr>
<td>Use a mobile phone while driving</td>
<td>$353</td>
<td>4</td>
</tr>
<tr>
<td>Fail to give way to a pedestrian</td>
<td>$353</td>
<td>4</td>
</tr>
<tr>
<td>Reverse unsafely</td>
<td>$206</td>
<td>3</td>
</tr>
<tr>
<td>Park within 3 metres of double barrier lines</td>
<td>$206</td>
<td>-</td>
</tr>
</tbody>
</table>

The minimum penalty for disobeying ‘No Parking’ is $147 and 2 demerit points. You may only stop here for 2 minutes and stay within 3 metres of your vehicle.

The minimum penalty for parking in a ‘Bus Zone’ is $265 and 2 demerit points. You cannot stop here at all. Parking on nature strips is also illegal.
DATES TO REMEMBER

Monday 22nd August
Year 9, 2012 Subject Market & Information Evening

Wednesday 24th August
CAPA/TAS Showcase Evening

Tuesday 30th August
Sports Photographs

FOR YOUR INFORMATION

KIDS HELP LINE  1800 551800
We care and we listen—anytime and for any reason

PARENT LINE  132055 or 1300 301300
Confidential Help 24 hours a day, 7 days a week

LIFELINE  131 114
24 hours, 7 days a week telephone service

CASSETTE ROSTER

<table>
<thead>
<tr>
<th>Mon 15th August</th>
<th>L. Losurdo</th>
</tr>
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<tbody>
<tr>
<td>Tues 16th August</td>
<td>L. Pacchiarotta, N. Bebawi, D. Mori</td>
</tr>
<tr>
<td>Wed 17th August</td>
<td>J. Vartuli, L. Duncombe, N. Jargees</td>
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<tr>
<td>Thurs 18th August</td>
<td>S. Lichaa, G. Bartolo, K. Cutler, L. Valenzano</td>
</tr>
<tr>
<td>Fri 19th August</td>
<td>D. Segatto, R. Romeo, D. Caruana, S. Orellana</td>
</tr>
<tr>
<td>Mon 22nd August</td>
<td>E. Hobby, J. Colley</td>
</tr>
<tr>
<td>Tues 23rd August</td>
<td>A. Waga, D. Poschl, L. Versi</td>
</tr>
<tr>
<td>Wed 24th August</td>
<td>C. Magsino, D. Gavalas, A. Morozoff</td>
</tr>
<tr>
<td>Thurs 25th August</td>
<td>A. Demasi, R. Origlia, G. Natoli</td>
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<tr>
<td>Fri 26th August</td>
<td>N. D’Amore, M. Cleary, G. Cownie, C. Mallia</td>
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</tbody>
</table>

Casual Work Available - Employment Guaranteed

Where : Good Samaritan Catholic College Canteen
When : Weekly / Fortnightly / Monthly
Experience : Not necessary. Everything you need to know will be learnt within a short space of time.
Salary : “A La Carte” lunch (healthy sandwich), plenty of tea or coffee and best of all friendship.
Bonus : Your children are happy to see you in their favourite place - school. You get to spoil them by spending a little extra money (all for a good cause) and you get to meet new people and make good friends within the school community.
Applications close: NEVER

The canteen are in need of volunteers for Tuesdays. If you are able to help please contact the college. Thank you.

"Since parents have given children their life, they are bound by a most serious obligation to educate their offspring and therefore must be recognised as the primary and principal educators…"

Pope Paul VI October 28 1965