Dear Parents

Welcome back to Term 3. Last week we celebrated the contribution that our indigenous students make to our community at our NAIDOC Assembly. Our Aboriginal students took a leadership role in the liturgy and it was terrific to see the pride that they have in their heritage. We were fortunate to have Aboriginal elders, representatives from the Catholic Education Office and parents present as special guests. We particularly thank Aunty Norma whose address focussed on the significance of NAIDOC Week. Mrs Bridges, the Adviser on Aboriginal Education for the Catholic Education Office, led us in the ‘Aboriginal Thanksgiving Prayer’:

God of Holy Dreaming, Great Creator Spirit, from the dawn of creation you have given your children the good things of Mother Earth. You spoke and the gum tree grew. In the vast desert and the dense forest and in the cities and at the water’s edge, creation sings your praise. Your presence endures at the rock at the heart of our Land. When Jesus hung on the tree you heard the cries of all your people and became one with your wounded ones: the convicts, the hunted, the dispossessed. The sunrise of your Son coloured the earth anew, and bathed in glorious hope. In Jesus we have been reconciled to you, to each other and your whole creation. Lead us on, Great Spirit, as we gather from the four corners of the earth; enable us to walk together in trust from the hurt and shame of the past into the full day which has dawned in Jesus Christ.

Thank you to Mrs Brocklehurst for her organisational efforts and to our indigenous students who took a leadership role in our liturgy – Georgia Grove, Nicholas Hanshaw, Jack Morgan Jones, Benjamin Bailey, Adam Monti, Christopher Lichaa, Taylor Ellis, Aaron Castle, Jessica Monti, Tahlia-Skye Valenta and Jacob Castle.

Thank you to parents and students who attended our Year 11, 2013, Information Evening and Subject Market this week. This is a significant time for Year 10 students, as they are presently making decisions relating to transition into Year 11. Next week members of the College Executive, and the Year 10 Coordinator Mrs Sayadi, will be interviewing Year 10 students and their parents, regarding students’ academic progress and subject selection for Year 11. From my perspective these interviews provide a forum for us to formally acknowledge the achievements of these students over the last four years. There are many outstanding students in Year 10 and we have high expectations that they will be exceptional senior students. These interviews are also an opportunity to remind some students that they must demonstrate a commitment to their studies this year if they wish to pursue a HSC program of study at Good Samaritan Catholic College.

I sincerely thank everyone for another successful debating season. Congratulations to all students who were a credit to the school in both their performances and the manner in which they conducted themselves. I particularly congratulate the Years 7 and 9 teams who were narrowly defeated in the grand finals. Debating has a very high profile at Good Samaritan and this is largely due to Mr Bradbury and the support he receives from other teachers. Thank you to the coaches, Miss Raso, Miss Parsons, Mr O’Sullivan, Mr Loughlin and Mrs Fegatilli, and adjudicators Mr Dominish, Mrs Anderson and Mr Kingsman, who so generously gave up their time to support students. I also thank parents for always being such a supportive audience.

Our thoughts and prayers are with our Year 12 students as they commence their Trial HSC exams next week. Students and parents would be aware that the College Library will be available to students until 8pm at night during the exam period to accommodate those students who prefer this as a study environment. I sincerely thank Mr Costin and Mrs Jarvis for taking leadership of this initiative, and to the teachers who have generously made themselves available to students during this time. I also take this opportunity to sincerely thank the teachers who ran classes for students during the holidays.

Good luck to Mathew Wrezounik (Year 7) who is a member of the state trampolining squad that will compete in the national championships.

From the beginning of Term 4 the College will no longer be
Trial Higher School Certificate Examinations
Over the course of the next two weeks our Year 12 students will complete their Trial Higher School Certificate Examinations. These very important examinations are a chance for the students to test their knowledge and skills as they continue the very challenging process of preparing for their final examinations early in Term 4. I ask that you all keep these young people in your prayers at this stressful time.

Beginning Semester Two
For students in Years 7-10 Term 3 is a wonderful time of new beginnings. It is the start of a new semester and in years 7-10 we assess and report on a semester basis. What this means in essence is that all students have a great opportunity to look at specific areas where they can make a concerted effort to improve. These improvements might be subject specific or they might also be an area across all subjects such as completion of homework, or the amount of time they spend on homework each evening.

Parents this is a great time to sit down with the Semester One reports and have these very worthwhile conversations.

Mr P Scollard
Assistant Principal

STUDY SKILLS TIP FOR JULY: iDisorder

Dr. Larry Rosen, professor of psychology at California State University presented at the Young Minds Conference in Sydney last month, and this month and next month’s newsletter items will be discussing some of the ideas he presented. His new book ‘iDisorder: Understanding Our Obsession with Technology and Overcoming Its Hold on Us’ discusses changes that occur to the brain’s ability to process information and the ability to relate to the world due to daily consumption of media and use of technology. This obsession with technology can result in signs and symptoms of psychological disorders (which Dr. Rosen has labeled iDisorders) such as stress, sleeplessness, narcissism and a compulsive need to check-in with our technology. However Dr. Rosen is not anti-technology, far from it. Instead he argues that we need to become more aware of issues that can arise from overuse of technology and implement strategies to deal with these. Self-awareness and a move towards restorative balance are essential. Some of the ideas Dr. Rosen discusses are:

Ensure your child gets a full night’s sleep and that mobile phones are switched off during the night. If a student wakes in the night and checks their phone, however briefly, this will interrupt the sleep patterns for that night and disrupt essential memory processing.

Convene regular family dinners (3-4 times a week for 30-40 minutes) where technology is forbidden at the table – parents included! Dr. Rosen points to the fact that many parents are also obsessed with technology and are modeling these behaviours to their children, for example not paying full attention when their child is talking to them, instead answering email on their smartphone at the same time. Rosen believes we are massive self-interrupters and we are training our children that if something buzzes, beeps or vibrates, we should jump and immediately check to see if there is something we should attend to right now.

Given the pervasiveness of technology in our lives as well as the fact that technology evokes high levels of mental activity, we need to start taking technology ‘time-outs’ to reset our brains and refresh our capacity to process information. It is important to recognise that the constant lure of multiple technologies and our obsession with them is overloading our brain. If we want to avoid iDisorder and ensure our use of technology does not make us exhibit signs and symptoms of psychological disorders, then we need to reset our brain on a regular basis. You may decide to take a 10 minute break from technology every 2 hours or you may even decide to allocate at least one day a week where you focus your attention 100% on real life and shut off your technology for a significant portion of that day. During this time you could laugh or talk with friends or family, experience nature or do something active. The aim is to give the brain a chance to slow down and rest by doing something that does not involve electronic devices.

We live in a connected world and we can’t turn the clock back and take away all these fun new technological tools. So the message is, we need to learn to take care of our brains to avoid a potential iDisorder.

Visit the Dealing with Distractions unit at www.studyskillshandbook.com.au to learn more about managing your distractions.

Our school’s subscription details are -
Username: forscconly
Password: 48results
Year 11, 2013 Subject Selection

As you are aware Year 10 Academic Progress/Subject Selection interviews will occur on Monday 30th July and Thursday 2nd August as part of the Year 11 2013 Subject Selection processes for your son/daughter.

The Academic Progress/Subject Selection Interviews are a compulsory part of this transition. Each student and at least one of his/her parents will meet with a member of the College Executive or Mrs Sayadi to engage in a conversation about his/her progress in Year 10 and subject choices for Year 11 2013.

Can we remind students that BEFORE attending this meeting they must complete the online subject selection form, a copy of which is displayed below, and this must be printed as a receipt with a parent and student signature. This receipt MUST be brought to the meeting between student, parent and member of the College Executive.

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Web Preferences Access Guide

Introduction
Web Preferences is a web application that allows students to enter their subject preferences online.

Before you begin, make sure that you have access to a computer that has the following:
- Internet Connection
- A web browser (Microsoft Internet Explorer 8 or higher)
- Access to a printer.

Step One - Accessing Web Preferences
Open Internet Explorer and go to: http://www.webpreferences.com.au
Click "Access Web Preferences" student portal.

Step Two - Logging into Web Preferences
Enter the student access code and password below. Make the entries case sensitive.

Student Access Code:
Password:

Step Three – Selecting Preferences
To view a list of the subjects available for selection and any personal or school electives click on the "View Subject Details" button. To continue click on the button "Return to Home Page".
To select or change your preferences click on the "Add New Preference" button.

On the Preference Selection page, follow the instruction on this page to select subjects from the drop down list boxes. When you have finished, click on the "Submit Selected Preferences" button.

Step Four – Validating Preferences
This "Preference Validation" page will display all your preferences in the order you selected them. If you are happy with your preferences then continue by clicking the "Submit Valid Preferences" button which will open a page titled "Preference Rejected". Alternatively, if you would like to make changes to the preferences enter click on the "Cancel" button and then this will take you back to the Preference Selection page.

Step Five – Finishing Up
You can print your "Preference Receipt" page by clicking on the "Open Print View" button and clicking the "Print Receipt" button. To continue click on the "Return to Home Page" button. If you want to change your preferences, repeat the process by clicking the "Add New Preferences" button, otherwise exit by clicking the "Log out" button.

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College Fees Term 3

College Fees Statements for Term 3 have been issued to students. Payment is requested by the 10th August 2012.

Payments can be made by BPAY, Eftpos, Centrelink deduction, as well as cash and cheque.

If families are having difficulty making fees payments or wish to make arrangements to make periodic payments, please contact the College Business Manager, John Archer, on phone 98259955 to discuss.
Students at Good Samaritan Catholic College have been given several opportunities to show their interest in attending next year’s World Youth Day 2013 in Rio.

If students in current Year 9 or 10 are still interested in attending World Youth Day 2013, this is the last chance to put your name in. See Miss Welsh for more details.

**Evangelisation team**

Students meet every Monday at lunch time in the school chapel. During this time students and teachers discuss opportunities in the school for students to get involved and renew their faith! All are welcome to be part of this amazing team.

The first initiative for Term 3 will be:

*Healthy Body and Healthy Spirit.*

**When:** Thursday & Friday Morning Week 3.

**What:** Students are familiar with Healthy Breakfast. In conjunction with this initiative we will be asking students to write a prayer. And it will be prayed during evangelisation at Lunch on Monday 6th August Week 4.

We are asking students to come along and offer a prayer.

**Thought for the day**

*God Works While You Rest*

*Now in Him Who, by the power that is at work within us, is able to do superabundantly, far over and above all that we ask or think.*

*EPHESIANS 3:20*

Being well-balanced means that you don’t do too much of one thing and not enough of another. If you go overboard to be disciplined, you can become legalistic, rigid, and boring! Learn to have fun too.

Don’t spend the whole day working, but don’t be lazy either. Ask God to help you balance hard work and rest. Stop working long enough to be thankful for all God gives you to celebrate throughout the day. As you rest in God, He will continue working in you to help you become all He plans for you to be.

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**Year Coordinator’s Award**

This award is to recognise those students who continuously do the right thing, who are exemplary members of the Good Samaritan Community. They wear their uniform with pride, always behave appropriately and respectfully and generally make Good Samaritan a better place for us to learn and work together.

As well as receiving a certificate at a Year Assembly, the students will have their names published in the College Newsletter and will receive a $5.00 voucher which can be redeemed at the College Canteen.

Congratulations to the following students who are recipients of the Pastoral Care Coordinator’s Awards for this fortnight.

**Year 7**  Jade Boreta
**Year 9**  Alise Bourke
**Year 12**  Rebecca Lia
How to be happy

The art of making yourself happy is something we can all learn and practice. No one is happy 100% of the time. Life has its ups and downs. Even so there are some sure fire ways to increase your happiness.

1. Don’t wait to see if you are having a good time. Instead of going to places and seeing if it is fun decide in advance to have fun regardless of the circumstances. Enjoy the day regardless of the weather. Make the most of the occasion regardless of the company.

2. Go outside and play. You were told to do this as a kid and I’m telling you to do it again, play more. Go for walks, throw a dog a stick, skip, sing loudly or imagine yourself to be a spy passing through enemy territory. Whatever does it for you. Make a promise to play more.

3. Develop deep friendships. Your friends are your true wealth, Value them and see them regularly, Let them know how important they are to you. Most people only have two close friends so don’t fool yourself into believing you are less popular than most people.

4. Increase the closeness of extended family. Keeping in close contact with your family gives you a support base for difficult times and also strengthens your sense of where you come from. Feeling you belong in a family is a powerful way of being happy.

5. Play to your strengths. Have a good long hard look at yourself. What are you good at? Make a commitment to develop your skills, talents and abilities as much as you can. If you don’t develop your own unique talents the world misses out.

6. Seek out groups that most strongly value what you have to offer. Finding the niche where your abilities are valued is the basis of success.

7. Avoid social groups where your unique attributes are not valued. Not everyone is going to like you or think you could amount to much. Get used to it. Accept that it is so, and then get out of their way.

8. Live in the dreamtime. Find and follow your passions. Dream big dreams and make a promise to yourself to live a wonderful life.

9. Laugh a lot more. Find people, shows, books, films and situations that make you laugh and surround yourself with them.

10. Have something bigger than yourself to believe in. Think about the contribution you can make while you are on this planet and do it.

11. Love as much as you can and then love some more.

Copyright Andrew Fuller  www.andrewfuller.com.au

Psychologist Andrew Fuller has a list of suggestions for parents in this regard. I will refer to some of these in this article.

- Encourage and praise your children ten times more than you criticize. They will learn self-confidence.

- Encourage your children to be involved in outdoor activities. This is where they will make new friends and learn new skills.

- Encourage your children to invite their friends to your home. It is a chance to get to know their friends and gives you much to talk about with your child.

- Keep contact with the extended family. This helps your children to develop close relationships with his grandparents and establish a peer group amongst their cousins.

- Tell your children that you by actions and words. Students often tell me they would love one to one time with their parents.

- Laugh with your children. One of the greatest forms of acceptance is to enjoy the company of others.

- Share your faith. Your children should know what you value both through what you say and especially by what you do.

As your children get older increase their responsibilities at home. They need to learn they are part of a group and their contribution is necessary. At the same time increase their freedom. They will learn to appreciate that freedom and responsibility are intricately linked.

No one is happy all the time. Life is has its ups and downs. Nevertheless, we can do much to develop happy and well adjusted young women and men who will take their place in society ready to make a valuable contribution.

I wish you well in this most sacred task of raising your sons and daughters.

Mr M Bell
Student Welfare Coordinator

Parent Corner - Success and Happiness

In my years at school I have never met a successful student who isn’t also a happy student. It is also true to say that unhappy students don’t make a success of their studies.

The question is then, how do we as parents help our children to be happy.

Happiness is not letting children do what they want when they want. Too much freedom too early in life robs children of a secure childhood. Young people need and expect boundaries. They need to know their parents are in charge.

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Italian idiom of the week

Tal padre, tal figlio – like father, like son

JOURNEYING WITH COMPASSION
NAIDOC Liturgy

NAIDOC (the National Aborigines and Islanders Day Observance Committee) is an awareness committee and the name of an Australian week of observance lasting from the first Sunday in July until the following
NSW FUTSAL CHAMPIONSHIPS

On Monday 23rd July the College Senior Futsal team contested the NSW Futsal Championships at Penrith Sports Stadium.

After winning the Regional Championships undefeated, the boys went into the competition confident they were a force to be reckoned with. The first game was an 8.00am kick off and unfortunately the boys were a little slow in the beginning of the game which saw us fall behind in the scoring, however they did come back strongly in the second half and dominated play but Adrian Hadjisocratous was the only scorer. We were unable to find the back of the net when the chances were on offer and we lost the first game 5-1.

In the second game we played St John’s Park High School and the boys were much more aggressive in their attitude. Again we dominated the play but were unable to put the ball in the net when the chances emerged. The game kept the spectators on the edge of their seat with the final score being a 3 all draw. Goals were scored by Luca Marongui, Andre Gioiosa and Brandon Cook, however the result of a draw meant that we could not make the final play offs.

In the final game of the rounds the boys felt they had a point to prove and dominated play from the outset. This domination continued throughout the entire game and even after missing a number of goals Andre Gioiosa, Brandon Cook and Jake Ingle(2) were able to score, resulting in a 4-1 win.

The boys were an absolute credit to the College in the way they conducted themselves both on and off the field, and were a pleasure to work with.

The team was;
Luca Marongui®, Andre Gioiosa, Adrian Hadjisocratous, Joseph Raso, Jake Ingle, Steven Portolesi, Brandon Cook, Stefan Adattini, Corey Dwarte, Daniel Ussia and Luke Ferreri.

Thanks must go to Andy Lancaster, an experienced Futsal coach, who gave of his time to give the boys some strategies and skills to take into the competition.

Mrs C Celea

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YEAR 8 MISA DEBATING

Our Year 8 students have had a successful year in the MISA Debating competition so far. In our first year competing in this competition our team has won three out of five debates giving them a chance of a finals berth if they are successful in their remaining debate. After winning only one of their first three away debates the team has recorded wins at home against Georges River Grammar Anglican College and St Benedicts Catholic College. Congratulations to the team of Caitlin Pace, Amy Raso, Tayla McPherson, Marco Gronowski and Marcus Hernandez. The final round of the competition will occur next week against William Carey Christian School.

Mr M Bradbury
Public Speaking and Debating Coordinator

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SWCCDA Finals

2012 has again proved to be a successful year for our debating teams. As of writing Good Samaritan has two teams in the Grand Final with an opportunity to win their respective divisions. Our Year 7 team of Emily Arndell, John Hemmings, Gina Santangelo and Christian Temareti could become our first Year 7 team to win the competition in six years when they face Mary MacKillop in the final. While our Year 9 team of Kristy Bartels, Harry Butler, Lana Mallia, and Chelsea O’Connor will debate Freeman in their final after having to progress through an elimination round against Clancy last term.

Last Friday our Senior team of Melanie Thomas, Konrad Ryzak and Sarah Santangelo unfortunately lost their elimination debate with All Saints Senior. The team had been undefeated until the last round and in many respects should have been given a better opportunity to progress to the final. Many audience members commented on the standard of the debate and felt that it was worthy of being the actual grand final rather than an elimination round. Despite the loss on the night the team should be commended on an outstanding season. The fact that the team was made up of Year 11 students against a Year 12 team could provide fitting motivation to come back next year and once again challenge the competition.

In other divisions our Year 8 team missed the finals by just one debate in controversial circumstances, while our Year 10 team showed great improvement throughout the year in what was essentially a rebuilding year for the team. Once again I would like to take this opportunity to thank all the members of staff who have helped contribute to another successful season. I will provide a full summary of results and thanks next newsletter.

Mr M Bradbury
Public Speaking and Debating Coordinator
**DATES TO REMEMBER**

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<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>Monday 30th July</td>
<td>HSC Trial Examinations commence</td>
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<tr>
<td>Tuesday 7th August</td>
<td>Year 7 Vaccinations</td>
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**Canteen Volunteers Needed**

Do you have a spare couple of hours, once a week, once a month or even once a term? We are looking for some extra hands to help out at our wonderful canteen. It is located in the central hub of our school and is always bright, happy and action-filled.

Our students (your children) are friendly and courteous and are always happy to see our smiling and eager mums, aunts, even dads, ready to serve and meet the needs of these growing young men and women.

Please give us a call at the college office on 98259955 and let us know which day is suitable for you to come along a help.

I would also like to thank our past and present volunteers for their wonderful work and sincerely appreciate everything that you have done. The college canteen could not operate without your help.

See you all very soon.

Tania Golubic  
Canteen Manager

**Year 11 Textiles and Design News**

Year 11 Textiles students have been busy during term 2 working on their second preliminary textiles project. They are currently on display in the library for all to see and admire. Projects range from baseball style caps, themed garments, dresses, skirts and children’s wear. Well done to year 11 Textiles and Design students.

Miss K Sobkowski  
Textiles and Design Teacher

**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

One of the all-time classic musicals returns to Sydney this August in this spectacular new production featuring a cast & orchestra of 150+. “Spectacular, humorous yet deeply moving - an inspiring show for all the family!”

ALL PROFITS SUPPORT YOUNG AUSTRALIANS WITH A DISABILITY

**CANTEEN ROSTER**

<table>
<thead>
<tr>
<th>Date</th>
<th>Volunteers</th>
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<tbody>
<tr>
<td>Mon 30th July</td>
<td>M. Macri, N. Carbone</td>
</tr>
<tr>
<td>Tues 31st July</td>
<td>A. Waga, L. Tomelic</td>
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<tr>
<td>Wed 1st August</td>
<td>J. Vartuli, L. Duncombe</td>
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<tr>
<td>Thurs 2nd August</td>
<td>M. Buhagiar, L. La Rosa</td>
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<tr>
<td>Fri 3rd August</td>
<td>H. Mansour, M. Alsafar, D. Razlog, J. Parslow</td>
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<td>Mon 6th August</td>
<td>R. Raso, S. Sloane, J. Shamon</td>
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<td>Tues 7th August</td>
<td>B. Kostrevska, N. Matti</td>
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<tr>
<td>Wed 8th August</td>
<td>R. Criniti, D. Hadjisocrats</td>
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<tr>
<td>Thurs 9th August</td>
<td>L. Valenzano, C. Karuiz, J. Roccisano</td>
</tr>
<tr>
<td>Friday 10th July</td>
<td>J. Jamhour, D. Doherty, P. Tragai</td>
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