Dear Parents

Welcome back to Term 3. The following reflection was found in the pocket of a dead soldier during the American Civil War. This message is relevant to our Year 12 students, who have now almost completed their Trial HSC and are nearing the end of their time at Good Samaritan, because like the young man who wrote the reflection, they must be hoping for many of those things for which he wished. It is also a reflection that causes any reader to seriously consider what they have sought from God and to acknowledge how God has answered their prayer.

I asked God for strength, that I might achieve. I was made weak, that I might learn humbly to obey…
I asked for health, that I might do greater things; I was given infirmity, that I might do better things…
I asked for riches, that I might be happy; I was given poverty, that I might be wise…
I asked for power, that I might have the praise of people, I was given weakness, that I might feel the need of God…
I asked for all things, that I might enjoy life, I was given life that I might enjoy all things…
I got nothing that I asked for—but everything I hoped for. Almost, despite myself, my unspoken prayers were answered. I am among people, most richly blessed.

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The present time is quite challenging for our senior students. Our prayers and thoughts continue to be with our Year 12 students as they complete their exams and await their results in the coming weeks. The next few weeks are also critical for Year 11 students as they prepare for their Preliminary exams.

I have been most impressed with the commitment that Year 10 students have made to their preparation for senior study, including the recent interviews with their parents and the subject selection process. Most students were extremely responsible in their demonstration of organizational skills and their willingness to follow advice in relation to subjects and levels. I also thank parents for your support of this process.

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Well done to our Year 8 students for the manner in which they involved themselves in their Reflection Day last Friday. The theme of the day was ‘Respecting our Friends’, and it was terrific to see students participate with enthusiasm in all the activities. I thank Miss Welsh, Mr Turner and his Year 8 team for developing a program that engaged students, and for their energy and commitment. The great weather and excellent venue at Mulgoa contributed to what was a very successful day.

Ms Donovan awarded an Honorary Fellowship

Congratulations to Ms Donovan who was recently awarded an Honorary Fellowship from the Australian Council of Educational Leaders in New South Wales. This is a most prestigious award acknowledging a distinguished career as a teacher and principal within the Catholic Education Office for the last thirty-three years. In particular, Ms Donovan was acknowledged for her role in the Professional Development of teachers under her leadership. Ms Donovan was honoured for her role in the development of highly performing schools which came about as a result of her strategic and educational leadership with a single focus on ensuring the best possible educational outcomes for her students.

We are indeed blessed to have Ms Donovan as our Principal at Good Samaritan and we join with her colleagues in congratulating her on this achievement.

The Learning Culture at Good Samaritan

We are blessed at Good Samaritan Catholic College to have...
The following article has been written by Helen Splarn and published by Generation Next. It addresses the issue of teenage anger and how they might deal with it. I would suggest that when you have read the article to discuss it or a part of it with your child.

**The teenage years are trying at the best of times. Young people experience huge hormonal changes which often lead to mood swings and confused emotions. Then there is the added stress and anxiety about getting good grades at school, fitting in with their social group and how they can enter the adult world.**

Feeling unable to manage these transitions can lead to feelings of anger and frustration and it is important to equip adolescents with behavioural tools that help them manage themselves as they and their environment change.

Dr Helen Cameron, adjunct senior research fellow at the University of South Australia’s School of Psychology recently told news.com.au that some of the most effective work can be achieved when children are under 18 and sober. The link between violent behaviour and being under the influence of alcohol is an important one. Two of the most effective areas to work on are self-awareness and self-control.

**Self-Awareness** is the ability to notice what you’re feeling and thinking, and why. Teens have the mental ability to be self-aware. When you get angry, take a moment to notice what you’re feeling and thinking.

**Self-control** is all about thinking before you act. It puts some precious seconds or minutes between feeling a strong emotion and taking an action you’ll regret.

Self-awareness and self-control allow teenagers to have more choice about how to act when they’re feeling an intense emotion like anger. As with any new skill it takes time, practice, perseverance and practice. Try going through these steps with a young person to help them manage their anger.

**5 steps to managing anger in the heat of the moment**

1) **Be aware.** Become aware of when you are upset and what has upset you. Try and put it into words so you know what is making you upset. This helps you to stop reacting in anger and start looking at how you can handle the emotion instead.

2) **Ask yourself:** What’s got me angry? What am I feeling and why? For example: ’I’m really angry because mum won’t let me go out until I have finished my homework.’ Your feeling is anger, and you’re feeling angry because you might not be able to go out with your friends.

3) **Think it through.** So what will the consequences of each solution be? What is the result I would like to end up with? Do any of my solutions/reactions help me get to that result (i.e. going out with my friends)?

4) **Ask yourself:** “What will happen for each one of these options?”
   (a) Yelling will just make things worse.
   (b) Doing your homework means you can relax with your friends and not have to worry about doing it later when you’re tired. Then you have a better chance of getting good marks and...
Year 11 Evangelisation Day

The 27th of July was not only a day for socialising amongst other schools but to engage in activities that would strengthen our faith in God and to walk with those who need assistance. The Year 11 Evangelisation Group, which consisted of Melissa Young, Laura Dixon, Konrad Ryzak, Daniel Kamalanese, Angelica Madani, Patrick Ferreri, Cassandra Monjo, Yannick L'Eveille, Cristina Reho and Kathlyn De Guzman, along with Miss Romolo, departed from school at 6:45am. Definitely way too early for senior students to wake up! However we all were eager to get going to experience and gain more knowledge of our faith. The program was based on the theme of “Contemplate the face of Christ”. Our day began at around 9am as we arrived at the Caritas Catholic Agency. The Agency provided us with Project Compassion boxes to make. Making boxes was fun, well in Danny’s case it was. The Project Compassion boxes that the students made represented the wealth and how it is distributed amongst the nations of our world. It made us realise the extent of poverty in the world. Students engaged in a few activities that would help raise awareness and how to do our part to walk with those in poverty. The senior students also learnt the many ways in which Caritas is involved in helping developing countries with resources they needed. Think about it, what would you do to be able to walk with those who are needy?

The students were then taken to St Mary’s Cathedral and headed to the Australian Museum, Theatrette where we received a warm welcoming from Dr Mark Turkington (Regional Director). We were then able to mix and mingle with other students in the Southern Region Catholic Schools. Being separated gave us the opportunity to see what the other schools had previously engaged in. The students then listened to a guest speaker, Ms Lucy Morgan who presented information on the Refugee Council of Australia. She talked about the many people that are migrating to Australia for a better opportunity in their life and how the organisation helped these people to settle into Australia. The students then headed to St Mary’s Cathedral Crypt, where students listened to His Eminence Cardinal George Pell (Archbishop of Sydney) speak about “Who is Jesus Christ?” and also participated in a question and answer time with His Eminence. Who knew Cardinal George Pell wasn’t planning on being where he is today. A special mass was held in celebrating the Eucharist with Cardinal Pell. Overall, it was a very long day but an amazing experience for students to have attended. As students we were able to demonstrate our beliefs and faith of being a follower of Christ.

Watch out as the Evangelisation Group starts to make a change in the school!

“How we get on in the year ahead

Keep Jesus Christ in our heart and you will see his face in every human being”  Pope John Paul II

By Kathlyn De Guzman and Cristina Reho
World Youth Day News

What: Parent information night about World Youth Day 2013 for Good Samaritan Catholic College, Freeman Catholic College & Mary Mackillop College

Date: Tuesday 14th August

Time: 7pm

Where: Good Samaritan Catholic College Hall

All welcome to attend

Students who are interested in attending World Youth Day attended an event that showcased various activities that will be happening in Rio 2013. Students were happy to hear a talk from Sam Clear, who spoke about his experiences of walking around the world for UNITY. Students are excited about the planning ahead!

Evangelisation

Students in the Evangelisation group having started a new initiative Healthy Body & Healthy Spirit. Many students from the College were given the opportunity to write a prayer on Thursday morning before school. We had over 100 prayers completed! We look forward to more to come next week!

Thought for the day

Win the Race

*But I buffet my body and subdue it, for fear that after proclaiming to others the Gospel and things pertaining to it, I myself should become unfit.*

*1 Corinthians 9:27*

With the Olympics on it is easy to leave unpleasant tasks for later. But God want His people to finish the race that He sets before them to run. Don’t be afraid to do what seems to be hard. God will anoint you to do whatever He tells you to do. Paul spoke of this race for the sake of the gospel in 1 Corinthians 9:23-26: “So run that you may lay hold and make it yours.” He said to run with definite aim, and to discipline yourself to finish the race. Grace will make winning easier than you imagined.