

GOOD SAMARITAN CATHOLIC COLLEGE HINCHINBROOK



NEWSLETTER

COLLEGE THEME "JOURNEYING WITH COMPASSION "

Issue 12 Term 3

Friday 10th August 2012

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.*

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.

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 J Donovan
PRINCIPAL

Assistant Principal

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

JOURNEYING WITH COMPASSION

Assistant Principal

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 8.00pm 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 canvas shoes are not acceptable.

The GSCC Sports socks must be worn with the College sports uniform

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

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.

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

Year 8	Krintel Krit
Year 10	Tomislav Pavic
Year 12	Sheron Edirisinghe

Student Welfare Coordinator

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.
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.

2) Self control. Before reacting think of some of the solutions to this situation? This breathing space allows you to manage your anger before rushing into anything. Try breathing deeply while you try keeping yourself in balance.

Ask yourself: *"What can I do?"* Think of at least three things.
(a) I could yell at my parents and storm out.
(b) I could do my homework and then ask if I could go out.
(c) I could sneak out anyway.

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)?

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

feeling better about school.

(c) Sneaking out may seem like a real option in the heat of anger. But when you get home you will have to face the consequences.

4) Make a decision. This is where you take action by choosing one of your options. Look at the list and pick the one that is likely to be most effective.

Ask yourself: *“What’s my best choice?”*

5) Give yourself credit. After the event take a bit of time out to reflect on how well your solution worked in that situation. This helps you learn about yourself and builds confidence that you can manage your anger.

How to stop anger building up

Exercise. Go for a walk/run, work out, or go play a sport. Lots of research has shown that exercise is a great way to improve your mood and decrease negative feelings.

Music. Listening to your favorite music is a great way to relax and let feelings of anxiety, stress and anger slip away.

Write it down. Getting your feelings out of your head and onto paper can help put it into perspective and relieve the feelings of anger.

Meditate or practice deep breathing. This one works best if you do it regularly, as it’s more of an overall stress management technique that can help you use self-control when you’re mad.

Distract yourself. Going over and over something in your head that has upset you can build feelings of anger inside. Relax, let it go and distract yourself with something you enjoy doing. Then later come back to it and see if you still feel as angry or upset. If you do then find someone you trust to talk to about whatever is bothering you.

Mr M Bell, Student Welfare Coordinator

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 Kamalaneson, 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!

“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

Year 9 Commerce

Last week, Year 9 Commerce students were challenged to run our own small business selling different food products. The Year 9 classes were given this assignment to experience what it will be like to run a small business and to take on the challenges that come with it. The products each small business sold ranged from hot chips, ice cream, burgers, cookies and scallops. All businesses were very successful, raising \$960.40 in total for the National Breast Cancer Foundation and the Ronald Macdonald House Charity.

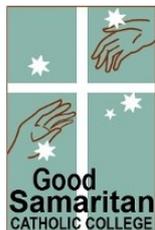
Running a business has been a very positive experience, we’ve learnt about the financial, organisational and promotional aspects of a business and the skills that are needed in order to be successful. It was definitely an eye opening experience that will be very useful for our future! On behalf of the Year 9 Commerce unit I would like to thank all students that helped raise money, our teacher Miss Romolo for guiding us through the task, Ms Donovan for allowing us run our businesses and Mrs Alvarez and Mr Dominish for helping out on the day.

Elisa Romeo



Italian idiom of the week

Buoni avvocati sono cattivi vicini - A good lawyer makes a bad neighbour



DATES TO REMEMBER

<p>Tuesday 14th August World Youth Day 2013 Information Evening</p> <p>Tuesday 21st August TAS/CAPA Showcase Evening</p> <p>Wednesday 15th, 29th August & 12th September Sports Uniform Shop (12 noon - 4pm)</p>

<p>KIDS HELP LINE 1800 551800 We care and we listen—anytime and for any reason</p> <p>PARENT LINE 132055 or 1300 301300 Confidential Help 24 hours a day, 7 days a week</p> <p>LIFELINE 131 114 24 hours, 7 days a week telephone service</p>
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Mon 13th August	D. Ingle, L. Losurdo
Tues 14th August	L. Tomelic, C. Ferella
Wed 15th August	S. Odria, N. Jargees
Thurs 16th August	A. O'Neill, J. Parslow
Fri 17th August	J. Gardner, D. Ingle
Mon 20th August	E. Hobby, J. Colley
Tues 21st August	E. Aukuso, N. Bebawi
Wed 22nd August	A. Pipicella, G. Beretta
Thurs 23rd August	G. Bartolo, K. Cutler, T. Severino
Friday 24th August	N. D'Amore, M. Cleary, C. Mallia, M. Del Bel Belluz



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.

I 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 I 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.