Dear Parents

I came across the following prayer so I thought I would share it with you. I am sure you will agree that it expresses beautifully some of the hopes that you as parents, and we as teachers have for your children.

*A Wish for You, My Child*

If there could be only one thing in life for me to teach you I would teach you to love

To respect others so that you may find respect in yourself

To learn the value of giving, so that if ever there comes a time in your life that someone really needs, you will give

To act in a manner that you would wish to be treated; to be proud of yourself

To laugh and smile as much as you can, in order to help bring joy back into this world

To have faith in others; to be understanding…

To stand tall in this world and to learn to depend on yourself

To only take from this earth those things which you really need, so there will be enough for others

To not depend on money or material things for your happiness, but to learn to appreciate the people who love you, the simple beauty that God gave you and to find peace and security within yourself

To you, my child, I hope I have taught all of these things, For they are love.

**********

Congratulations to everyone who participated in Literacy and Numeracy week. This is an excellent opportunity to highlight the very significant relationship between strong literacy and numeracy skills and high academic achievement. Thank you to Mrs Tolemeo and Mr Georgiou for developing creative activities to enhance students’ awareness of the importance of these skills.

**********

Well done to all members of the Good Samaritan Athletics team who recently competed in the Southern Sydney Carnival. I particularly acknowledge those students who were successful in their events and will now progress to the Combined Catholic Colleges Carnival. Good luck to Adwoa Amoahere, Francisca Asabere, Marco Del Bel Belluz, Claire Wormleaton, Brendon Jones, Andrew Pezzuto, Christopher Khalil and Stephan Adattini.

**********

I draw your attention to the document from the Archdiocese of Sydney distributed with this newsletter. Over recent months there have been many commentaries in the media with respect to the Catholic Church’s handling of allegations of sexual abuse. It is hoped that this document will answer many of the commonly asked questions. Be assured that as a Catholic School we will always continue to ensure that our children are protected by implementing proactive policies and professional standards of the highest quality.

**********

We look forward to Good Samaritan Day next week. This is a highlight of our school year.

Ms J Donovan
Principal
Assistant Principal

Good Samaritan Day
A reminder that we will celebrate Good Samaritan Day next Friday the 14th of September.
The day will commence with a celebration of The Eucharist in the College Hall at 9.00am followed by a variety of stalls which are operated by each PC class. As is the tradition here at Good Samaritan we will conclude the day with a concert.

Any parents and or siblings who wish to join us on the day MUST REGISTER THEIR INTENTION TO ATTEND BY MONDAY SEPTEMBER 10 on the form which accompanied the newsletter in Week 6. Additional forms are available at the College Office. Any unregistered visitor WILL NOT be granted entry on the day.

College Uniform
Students are required to wear the full winter uniform for the remainder of Term 3. This means that all students must wear their blazers to and from school.

Water bottles at school
As a community we are always mindful of keeping our immediate environment clean and presentable. We also endeavour to minimise the waste we produce and recycle where possible. Given these facts students are not permitted to eat on the oval at recess and lunch. With regard to drink containers, students may have re-useable water bottles which they bring from home but are not allowed to use disposable water bottles which may be left behind on the oval.

Pupil Free Day – Friday 21 September
The last day of classes for Term 3 will take place on Thursday September 20. Friday September 21 is a pupil free day

Mr P Scollard
Assistant Principal

World Youth Day News

Students are busy preparing their final commitment this term. A reminder that final confirmation of interests are due by Friday 7th September.

Looking for something to do these school holidays??????

Event: S.W.A.G. a.k.a “Showered With Amazing Grace”
When: These school holidays (Tuesday 2nd October Thursday 4th October)
Who: Years 7-10
Where: Kiah Ridge Christian Conference Centre, Tahmoor
What: S.W.A.G is all about encouraging young people in years 7 - 10 in their faith. The camp is hosted by Catholic Youth Services Sydney and Sydney NET Team who will use fun activities (think tennis, swimming, basketball, volleyball, an Amazing Race and more!), multimedia, drama, music and testimonies to make these three days an experience they won’t forget!
Cost: $120 which covers accommodation, transport, meals and all activities.
Register now: download a registration form from www.cys.org.au and return by Monday 17th September to annabel@cys.org.au. or see Miss Welsh for more details

Prayer for the day
God our Creator,
You give us life and call us into being.
May each breath give praise to you
For the gift of salvation and life.
We ask this through our Lord Jesus Christ, your Son,
Who lives and reigns with you in the unity
Of the Holy Spirit,
One God, forever and ever.
Amen

Who will be the winner of the 2012 House Cup??
To the Parents

In the last issue I used part of an article by psychologist, Andrew Fuller who works mainly with young people. In the article, he writes about how parents can support their children to become healthy, well adjusted young people.

This week I’d like to present the rest of his ideas. It’s largely common sense and it applies to parents as well as teenagers.

Get enough sleep and rest

Getting enough sleep is one of the most powerful ways we can protect ourselves against depression. The structures in the brain that support the most powerful anti-depressant, serotonin, are built and re-built between the sixth and the eighth hour of sleep. Over 60% of people who sleep 5 or less hours a night end up obese and depressed. If you are having difficulty sleeping:

- decrease caffeine consumption late in the day
- decrease sugar in your diet
- go to bed at the same time every day and wake up at the same time every day.
- avoid late nights
- avoid naps especially after 4pm
- avoid spicy, sugary or heavy foods before bedtime
- have the room at a comfortable temperature (some kids want to heat up the room and sweat the night away)
- block out distracting noise
- don’t sit in bed while studying get in the habit of reserving it for sleep
- warm milk before bed is good as it is high in tryptophan, which aids sleep.
- try relaxation methods before sleeping
- write out a to-do list for the next day before getting into bed.
- have a pre-sleep ritual e.g. reading or warm bath
- switch off the electronics especially phones

Get some exercise

Exercise decreases stress hormones such as cortisol and increases endorphins (happy chemicals). Exercise also helps released dopamine, adrenaline and serotonin, which work together to make you feel good. Endorphins are a hormone like substance, produced in the brain and function as the body’s natural painkillers. During exercise endorphins can leave you in a state of euphoria with a sense of well being. The most effective type of exercise for the release of endorphins is cardiovascular exercise and aerobics. Moderate exercise for 10 minutes a day is enough to improve your mood and increase energy but it is suggested that you do 30 minutes per day.

Belong to the karma club

Decide to increase good will in the world by doing something positive for someone else. Try this out for one week. Pick someone you know and try to “knock their socks off” as much as possible. Give them compliments, greet them exuberantly and take time to be with them. You’ll be amazed at how much benefit you get from increasing someone else’s happiness.

Laugh more.

Laughter raises our levels of serotonin and dopamine. Make a point of watching TV shows or movies that make you laugh. Share funny stories and jokes with friends. People report that laughing even when they don’t feel happy improves their mood and sense of well-being.

Checklist of Signs: When should I worry?

In the childhood and teenage years depression can be harder to pick because it is obscured by heightened emotions and times of grumpiness.

Some signs of depression are:

- Loss of interest in usual activities – their get up and go, has got up & gone
- Increased use of drugs and alcohol
- Sleep problems
- Changes in energy levels – either sluggish or agitated and restless
- Changes in eating patterns change – either disinterested in food or over eating
- Speaking about death and hopelessness
- Increased and inexplicable irritability.
- Your own feelings of anxiety about your child.

It is worth getting some help if your child or adolescent is appearing to be depressed. One way to do this is to say, “I’m worried about you and I want you to come with me to see someone so that I can work out whether I should be worried or not”. Try to find a good local psychologist, psychiatrist or doctor who can relate to young people.

Mr M Bell
Student Welfare Coordinator

Italian idiom of the week

Con nulla non si fa nulla – of nothing comes nothing

Coordinator’s Award Recipients

Year 7 Lucinda Grech
Year 8 George Halloun
Year 10 Brian Kane
“An Evening with Year 12”

On August 21st, the TAS and Creative and Performing Arts Departments held their annual event ‘An Evening with Year 12’. The evening showcased the major works from both departments including Music, Visual Arts, Industrial Technology Timber and Textiles & Design.

Students have been working on their Body of Works, Performance pieces and Major Projects since the start of the Year 12 course. The evening was one of great pride for the students and their teachers.

The night was hosted by Sean Bermingham and Danny Kamalaneson of Year 11 who did a marvellous job of introducing the musical items. Parents, students and staff were then invited to view the Major projects by Industrial Technology at the back of the hall followed by the Visual Arts Body of Works in the College Gallery. Textiles and Design pieces were showcased via a multimedia presentation.

Years 7 to 11 were also given the opportunity to exhibit works in the Music, Art and TAS rooms and it was lovely to see those students and their parents attend the evening as well. Year 12 Hospitality, Mrs Randal and Mrs McInerney kindly catered for the evening with a selection of scrumptious canape’s and beverages.

We would like to take this opportunity to congratulate the following students on their hard work and commitment over the past ten months as well as their teachers; Miss Sobkowski, Mrs Popovic, Ms Nash and Mr Katalinic for their dedication to the students and their works.

<table>
<thead>
<tr>
<th>Visual Arts</th>
<th>Textiles and Design</th>
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<tbody>
<tr>
<td>Nicole Cameron</td>
<td>Stephanie Gerardis</td>
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<td>Jessica Csaszar</td>
<td>Nonye Iheakanwa</td>
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<td>Nonye Iheakanwa</td>
<td>Rebecca Lia</td>
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<td>Isabella Kuan</td>
<td>Heidy Macapuno</td>
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<td>Matthew Lauricella</td>
<td>Shannon Masihi</td>
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<td>Marlena Lista</td>
<td>Guiselle Medel</td>
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<tr>
<td>Heidy Macapuno</td>
<td>Khanh Nguyen</td>
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<tr>
<td>Domenico Marciano</td>
<td>Angela Santaguida</td>
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<td>Kobey Martin</td>
<td>Stephanie Scuteri</td>
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<tr>
<td>Shannon Masihi</td>
<td>Frances Sentina</td>
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<td>Melanie Pace</td>
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<td>Connie Pipicella</td>
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<td>Natasha Pope</td>
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<td>Patrick Watson</td>
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<td>Rachelle Williams</td>
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<table>
<thead>
<tr>
<th>Industrial Technology Timber</th>
<th>Music</th>
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<tbody>
<tr>
<td>Marcus Clinch</td>
<td>Shauntae Farrugia</td>
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<tr>
<td>Luke Cyron</td>
<td>Cameron Herrera</td>
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<tr>
<td>Mark Dagher</td>
<td>Michaela Hodge</td>
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<tr>
<td>Jake Franklin</td>
<td>Joseph Iaconis</td>
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<tr>
<td>Cameron Herrera</td>
<td>Brittany Kirby</td>
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<tr>
<td>Jake Ingle</td>
<td>Gabby Mendoza</td>
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<tr>
<td>Thomas Macri</td>
<td>Jonothan Potter</td>
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<td>Samir Mantoufeh</td>
<td>Joey Raso</td>
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<td>Alesandro Nicotina</td>
<td>Isabella Saliba</td>
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<td>Paul Origlia</td>
<td>Steven Segatto</td>
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<td>John Pellegrini</td>
<td>Ryan Tudor</td>
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<td>Steven Portolesi</td>
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<td>Victor Sanchez</td>
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<td>Jake Towerton</td>
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<td>Julian Tropea</td>
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<td>Andrew Truong</td>
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<td>Patrick Watson</td>
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Last week the College celebrated National Literacy and Numeracy Week. In true tradition, the College began with its annual Frozen Mr Potato Head competition. This year he took just over 24 hours to break free from his block of ice.

This was then followed by our Letter and Number Puzzles which were placed in the messages each day. Students were challenged to solve anagrams and number puzzles each day.

Finally on Thursday at lunch the week ended with our Games of Chance session in the hall, where students were required to participate in a range of probability games that required mathematical skills to win. Moreover, there was also an estimation competition where students had to guess the number of times they could throw a basketball through a hoop, or hit a target with a tennis ball, within a specified time frame.

Overall, the week was successful with students participating in a range of activities that developed their Literacy and Numeracy skills. The winners of each of the activities are listed below and they will be presented with their vouchers at the next college assembly.

<table>
<thead>
<tr>
<th>Frozen Mr Potato Head Competition</th>
<th>Domenic Santaguida (Year 7)</th>
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<tbody>
<tr>
<td>Letters and Numbers Puzzle (Year 7)</td>
<td>Antonio Dodd</td>
</tr>
<tr>
<td>Letters and Numbers Puzzle (Year 8)</td>
<td>Karl Ambosta</td>
</tr>
<tr>
<td>Letters and Numbers Puzzle (Year 9)</td>
<td>Gabriella Raco</td>
</tr>
<tr>
<td>Letters and Numbers Puzzle (Year 10)</td>
<td>Joseph Pipicella</td>
</tr>
<tr>
<td>Letters and Numbers Puzzle (Senior)</td>
<td>Natasha Pope</td>
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<tr>
<td>Games of Chance</td>
<td>Stephen Gorgees (Year 8)</td>
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<tr>
<td>Basketball Throw</td>
<td>Jonathon McIntyre &amp; John Jay Bautista</td>
</tr>
<tr>
<td>Target Throw</td>
<td>Domenic Ayoub &amp; Jeremy Fernance Miner</td>
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</tbody>
</table>

Mr G Georgiou and Mrs J Tolomeo
The uniform shop also has an abundance of “lost property”. If your child has lost an item of clothing please collect from the uniform shop during opening hours as soon as possible.

All lost property not collected by the end of this term will be donated to charity.

On Campus Schoolwear will be open at Good Samaritan on
Wednesday on 12th September 12 noon - 4pm
HSC MUSIC PRACTICAL EXAMINATION

On Monday September 3rd Year 12 Music students had their Higher School Certificate Practical Examination. Students performed pieces from different styles. Songs ranged from Classical to Pop and Heavy metal music. By the end of the day the examiners had heard 48 songs in total!!!

Students did very well on the day and were excellent ambassadors for the college. Congratulations to the following students.

Mrs Popovic
Year 12 Music Teacher

GSCC College Captains visit to Canberra
GOOD SAMARITAN CATHOLIC COLLEGE
HINCHINBROOK
401 Hoxton Park Road, Hinchinbrook NSW 2168
PO Box 444, Hoxton Park NSW 2171
Phone: (02) 9825 9955 • Fax: (02) 9825 9966
Email: admin@gschinchinbrook.catholic.edu.au

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

Mamre House Bottle Drive

Mamre House is an organisation run by the Sisters of Mercy in St Marys which looks at assisting refugees in establishing a new life in Australia through agriculture and education. The project also looks to benefit the disabled and those struggling with long term unemployment enabling them to realize their potential and contribute to the community. Each year, Mamre House hosts a Good Living Festival which contributes to the ongoing support of the project.

One feature of this festival is the Bottle Store in which the Good Samaritan Community has historically supported. Students are encouraged to assist by simply bringing in a bottle to donate to this store. Bottles can include soft drinks, cordials, sauces, etc. I would suggest, however, that any donations of alcohol be delivered by parents to the office, rather than sending in with students.

The bottles will be presented to Mamre House on Outreach Day, Tuesday 19th September by Year 12.

Any queries, please contact Mr Teuma.

Mr D Teuma

CANTEEN ROSTER

<table>
<thead>
<tr>
<th>Date</th>
<th>Staff Members</th>
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<tbody>
<tr>
<td>Monday 10th September</td>
<td>N. Carbone, M. Macri, A. Testa</td>
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<tr>
<td>Tuesday 11th September</td>
<td>B. Kostrevska, L. Tomelic, N. Matti</td>
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<tr>
<td>Wednesday 12th September</td>
<td>R. Criniti, D. Hadjisocratous, S. Odria</td>
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<tr>
<td>Thursday 13th September</td>
<td>G. Bartolo, K. Cutler</td>
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<tr>
<td>Friday 14th September</td>
<td>Good Samaritan Day</td>
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<tr>
<td>Monday 17th September</td>
<td>N. Carver, S. Arcuri</td>
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<tr>
<td>Tuesday 18th September</td>
<td>L. Cruikshank, L. Tomelic</td>
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<tr>
<td>Wednesday 19th September</td>
<td>J. Vartuli, L. Duncombe, N. Jargees</td>
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<tr>
<td>Thursday 20th September</td>
<td>A. O’Neill, L. La Rosa, G. Gilvear</td>
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<tr>
<td>Friday 21st September</td>
<td>Staff Development Day</td>
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