During the week, the images being relayed to us on television from the Philippines have shown the magnitude of the disaster unfolding in the wake of Typhoon Haiyan. The prayer below is for the people of the Philippines and the aid workers who will be supporting them in the coming months. Please continue to remember those affected by this natural disaster in your prayers.

Prayer

Father, We come to you in the name of your Son Jesus Christ. We ask for your loving Mercy and kindness toward all who suffer as a result of natural disasters especially the people of the Philippines.

Lord, for those who lost their lives, and those who mourn them, we ask for your loving mercy. Lord, for those who were injured and are suffering, we ask for healing and help.

Lord, for those reaching out to the homeless and injured, give them the supernatural graces, and the practical and economic resources they need in their efforts.

Father, may this natural disaster and true human tragedy become an invitation for your people to enter into the ongoing mission of reaching out to all of the poor and seeing in their face and in their need the face of your Son.

We ask this in the name of Jesus the Lord

Amen

St. John Baptist De La Salle . . .
Live Jesus in our hearts . . .

HSC Study...Your sons and daughters have now begun their HSC courses and in the coming weeks they will begin their formal assessment program. In some respect the slate is wiped clean and students begin again at the end of the preliminary course. However, the information learnt in these courses, the study habits and literacy skills developed in year eleven will greatly assist students during their HSC year. Students who have establish good study practices in the preliminary year are in a great position as they move through the HSC year. However it is not too late for those who may have not used the preliminary year effectively as a preparatory year for the HSC. There is still time to put in place good practices to assist them as they move towards their HSC.

Research has shown that students who take a balanced approach in the final year of study benefit the most. It is an expectation that students on average complete approximately three hours of work per night. This would be a combination of homework, assessment tasks and study. Students who have difficulty planning are encouraged to discuss with their class teachers the most effective methods of study specific to their subject. If your son/daughter has a part time job a couple of shifts a week is recommended. More than this may begin to impact negatively on their study program. It is important to maintain a healthy balance between part time work, social activities, sport and school work. The key to success is a balanced approach.
Congratulations...to our exiting Year 12 students on the completion of their HSC. The supervisors commented on how well mannered and cooperative our students were and what a credit they were to the College.

Congratulations...to our College leaders who organised with Mrs Rafferty a fundraising venture last week to support Pink Ribbon Day, to raise funds for breast cancer research. This was a very successful venture and the organisation on the day was a credit to our student leaders.

The well being of all our students is paramount. As they move from adolescents to adulthood their can be challenging times for student and for parents in how to handle situations that may arise in the child’s life. I have included a brochure in this newsletter from Headspace a youth focused mental health service that includes contacts to some help lines. Also just to remind parents the College has a counselor that is on site two days a week to support your sons/daughters on a needs basis whether that be just to listen, to offer life skills and strategies and further support where necessary.

Craig Mooney
Acting Principal

On Wednesday 8th...2 unit Studies of Religion students spent the day at the Central Synagogue, Bondi and the November the Sydney Jewish Museum in Darlinghurst. Students were able to tour the Synagogue and learn about aspects of the tradition. At the museum we shared a moving Testimony from Francine, a child survivor of the holocaust.

The experiences shared gave the students an invaluable experience about empathy and the nature of humanity. Next week we are launching our annual St Vincent De Paul Christmas Appeal. Last year we were asked to raise money for the purchase of movie tickets and Coles-Myer vouchers for people in need in our local area. We will continue with this tradition, where each pastoral group organizes an initiative that raises money and develops our sense of community within the College. Please encourage and support your son/daughter in these initiatives.

On Friday...a representative from Vinnies Youth, Kaye Joyce will be speaking to the Catholic Studies students about the issues of homelessness. This is an invaluable opportunity for our students to learn about the marginalized from an agency who does so much to support them.

Last Friday...Father Tom, Father Andrew and Father Wuy, from St Aloysius Cronulla joined the staff for morning tea. This was a great opportunity to get together and meet Father Wuy who has recently joined the parish, in addition to making plans for 2014.

Maree Cullen
Religious Coordinator

I would like to...congratulate Year 12 on their conduct during the HSC examinations. The presiding officer could not speak highly enough of the courtesy with which they worked with the external examiners, as well as the diligence and enthusiasm they displayed in completing every exam that was conducted. The College is very proud of each and every student and we wish them all well as they embark on their post secondary school life.

As this term progresses...it is important students maintain the momentum with which they started this term. They are currently deeply involved in their Year 12 studies and are now preparing for their first assessment tasks that contribute directly to their HSC. To achieve a personal best requires diligence and consistency in all their studies right up until the end of term. To support your son’s and daughter’s in their endeavours staff are mentoring a group of six or seven students each who they will interview over the next couple of weeks and will continue touching base with them next year. This is just another point of contact to ensure we continue to build positive relationships that students can rely on to support them through their HSC year.

Mrs Michelle Morrison
Assistant Principal
U TURN THE WHEEL...Last month Year 11 students participated in a Driver Education program called "U Turn The Wheel." This day is a very important one in the College's Pastoral Care program. Organised by Rotary, the day focuses on providing valuable information that will then lead to sensible decisions being made when students are in the driver's seat. Guest speakers included local police, paramedics, co-ordinators of driver education programs, a presenter who was involved in a serious car accident and driving teachers. Thank you to Assistant Year Co-ordinator, Paul Buchanan for organising this fantastic day.

Pink Ribbon Day...Last month the Student Leaders organised a Pink Ribbon Day. Students wore a pink accessory and we acknowledged the research that has already been conducted. One of our leaders, Daniel made delicious cupcakes. He was ably assisted by Bronte, our expert cake icier. The icing had the breast cancer pink ribbon - truly works of art. Other Leaders sold refreshing spiders. Our Morning Tea treats netted $500.00. Thank you to our Leaders for their organisation and to the other students for supporting the cause.

St Vincent de Paul Fundraising...In the next few weeks students will be raising funds for the St Vincent de Paul Christmas Appeal. This year St Vincent de Paul have requested we buy movie tickets with the proceeds of our efforts. The movie tickets are going to be given to families who cannot normally afford to take their children to the movies. Each Pastoral Class will be organising an activity in order to raise funds. Some activities include selling home baked goodies, Santa photos (in a grotto), sushi day and Haunted House!

Josie Raftery
Year 11 Co-ordinator

Congratulations...to all our HSC candidates on the completion of their exams and my best wishes to each of you for the next exciting phase of your career pathway whatever that will be.

University applicants remember ...The UAC Guide has all the answers, read it or contact UAC if you need to. ‘Offer’ dates, etc., are all listed in the Guide.

(For UND – refer to their Prospectus, or contact the uni directly. Applications are still open for 2014 courses in Arts & Sciences, Business, Education, Law, Nursing and Philosophy & Theology.)

Josie Raftery
Year 11 Co-ordinator

Tony Ginestra
Curriculum Coordinator
Most of the Universities offer ‘Alternative Entry’ pathway courses that can prepare you for entry to university degree courses – investigate these alternatives if you consider your ATAR could be ‘shaky’. It’s an extra step but worth the effort if you are keen and you will be better prepared when you do begin the degree course to follow.

TAFE applicants...Look online, or you can visit any TAFE campus and seek course information. It is also possible to make an individual appointment to speak with a TAFE Course Counsellor. TAFE offer a wide variety of courses, varying entry levels, as well as pathways to further study at both TAFE and university levels. Have a clear understanding of the Application process, requirements and deadlines for your course/courses of interest.

For anyone ‘unsure’ – beginning with a TAFE course is a good option and will definitely make you more ‘employable’ at the very least.

Apprenticeships...You usually have to ‘find’ these yourself. However, some of the industry ‘Group Training companies’ can be of assistance – contact them. Otherwise, ask around, contact local businesses, check local papers & career websites.

Opportunities available locally recently advised to us:
2 Apprenticeship positions
Air Conditioning & Refrigeration, Endeavour Air Cond. Ph.9585 9955

1st Yr Apprentice
Carpenter, Hanem Group Ph. 9526 5646

Plumbing Apprenticeships
MPAL (Master plumbers) Ph.8789 7050

Interested in more than plumbing -- consider a career in ‘Plumbing Design & Hydraulics Services’ (technical drawing, engineering science, maths, and, the environment) For more information Ph.1300 797 101

Some upcoming events include:

UTS Parents Information Evenings 14/11/2013 and 4/12/2013
AIE Open Day (game dev., 3D anim.,& vis. effects) 16/11/2013
ACNT (natural therapies,
ANCB beauty therapy,
JNI (counselling) joint Open Day – 16/11/2013 Pyrmont
UNSW LuminoCity multi-disciplinary design exhibit. 18-29/11/2013
Bedford College Open Day (bus. & E’childhood) 22/11/2013
USYD Sydney Nursing School Info. Afternoon 28/11/2013

Canberra Inst of Technology , Information sessions throughout Dec. and into Jan., various faculties including Health Sciences, Human Services, Community Work, Sport & Fitness. ACAP Info.Night (applied psychology) 22 Jan 2014.

Current students are reminded that if you require a TFN before Christmas, completed application forms must be received by the ATO before 22/11/2013 – see Ms. Brown for a form asap. (Note: students who have just ‘signed out’ are no longer eligible and should apply via the normal ATO process.)

Also, for all current students, a brief interview with the Careers Adviser (some already begun) will be conducted in ‘Study’ class time in the Library over the next few weeks. The aim being firstly to establish that each student has realized that their own senior HSC studies here are now half over, and that this time next year, they themselves will be ‘signing out’ and moving on to whatever comes next ???.

Secondly, establishing for each student a clearer career/study pathway, aim or goal, which will hopefully give more purpose to the effort that the coming 12 months will require.

While some students have a fairly clear career/study path they are already considering – others are still unsure. There are lots of options – but, which ones? Whilst it is a big task, starting this research process sooner rather than later is obviously preferable. With a few suggestions to help, students can begin making their own enquiries now and over the summer break. Gathering information on Jobs, and Courses and who offers them will form the basis for comparisons and finally, selections for preferred options for each student in 2015.

It is a big task – but it’s exciting – lots of options to investigate, let’s get started.

Cheryl Brown
Careers Advisor

Design and Technology Major Design Projects...Design and Technology students spent a year designing and producing a Major Design Project which was assessed by officers from the Board of Studies as part of the HSC examination. There have been many creative and innovative projects presented this year and these were exhibited to friends and family after the marking process was completed.

Four of our students have had their projects nominated for consideration for the DesignTech exhibition. DesignTECH is an exhibition of outstanding Major Design Projects from Higher School Certificate Design and Technology students. The students are Connor Rancan for his Skating Video, Justin Armstrong for a creative dog kennel, Kyle Riordon designed a tap handle for the elderly and Grace Cooper made a tactile sensory play toy for autistic children.

I would like to thank all students and their families for their hard work and support during this course.

from the careers advisor cont.

from the careers advisor cont.

from the tas/vet department
from the pdhpe department cont.

DOWNIE TROPHY CRICKET...The barren and windswept landscape of Gannon’s Park Peakhurst will remain forever etched in the psyche of 12 intrepid young cricketers, representing our College in the Downie Trophy. These young men braved gale force winds, treacherous fielding conditions, and a committed and talented opposition in Round 1 of this state wide cricket knockout.

Winning the toss the De La Salle captain Adam Burg decided to bat. At the first drinks break, after 17 overs this appeared to be a judicious decision as we had lost only one wicket and had posted more than 50 runs. The St Mary’s Cathedral boys had bowled quite tightly, but our hopes remained high that we could post a competitive total.

After the resumption we scored steadily then, with the score at 104 we lost the vital wicket of talented batsman Josh Horner for 66. His innings was one of the highlights of the day, a combination of masterly drives and power hitting. Along with opener Jaiden Connell, who scored 27, the pair added 100 runs for the second wicket. This loss slowed our scoring considerably, and as the run rate slowed, the wickets fell at regular intervals. At 5 for 140 we looked in some degree of trouble. However an excellent sixth-wicket partnership between Jackson Roberts-Young and Patrick Hall, regained the advantage. These two added 73 runs with Jackson scoring 53 not out and Patrick scoring 24 not out.

With the lunch break behind us, we took the field determined to defend our competitive total of 213. Unfortunately, we dropped some catches in the early part of the innings and the Cathedral openers took advantage of our errors. With both batsmen in full flight the skipper tried several bowling changes, all to no avail. Eventually both openers were dismissed, but after dropping more catches, any chance of victory had gone. The simple option may have been to stop trying. Even though victory was a forlorn hope, the boys continued to encourage each other and work hard. Jaiden Connell and Aden Hale each bowled 6 over’s and conceded only 16 runs. Ben Kennedy and Josh Horner took wickets, but the 160 run opening partnership took its toll, and the St Mary’s Cathedral boys reached their target, having lost just two wickets.

In the aftermath the boys conceded that we needed a few more runs, and a few less fielding errors. The adverse weather made conditions in the field uncomfortable, but as this applied to both teams, we were certainly outplayed on the day. Thanks to the following boys who participated - your cooperation and sportsmanship was most appreciated.

Adam Burg (captain), Patrick Hall, Ben Kennedy, Jackson Roberts-Young, Sam Reed, Tom Keppel, Ben Hewitt, Jaiden Connell, Adrian Wulf, Joshua Horner, Jake Wedesweiller, Adan Hale.

from the hospitality department

CLASS CHEF’S RESTAURANT EXPERIENCE...Year 12 Hospitality Specialisation Study students are excited to announce an evening at La Cucina Restaurant, Cronulla on November 27th. These students will ‘take over’ and run La Cucina for one night, as they prepare, cook and serve a three course meal. Students will be involved in a number of meetings to plan a menu, organise the work space at the restaurant, as well as planning their place in the kitchen brigade for the evening.

Parents and friends are invited to attend this exciting night, by RSVP to La Cucina, Cronulla (9523.4550). The cost is $40 per head, and BYO wine is permitted (no corkage fee).

Please come along and support the De La Salle Hospitality class.

Yvette Kennedy/ Michelle Chidzey
Hospitality Teachers

from the pdhpe department

Congratulations... to all those who successfully achieved the practical component of their boat license. We were blessed with beautiful weather. This assisted the students in the tasks of capsizeing a dingy and driving around the Port Hacking River. Students were also taught how to launch their boat safely from the trailer, as well as boat maintenance.

An enjoyable day was had by all, thanks to the Marine Association for running such a well organised day. Students will be sitting the theory component of the boat license later this year, good luck to them all.

Sarah Degnan
Teacher

Patrick Robinson
Teacher
Bosco College is running a Charity 24HOUR Oztag match
Date: Friday 15th Saturday 16th November
Time: 8am - 8am 24Hrs
Venue: Boystown Oval Engadine

This is a world record attempt and so far is involving 550 participants. Teams play for 30 minute time slots with each player paying a $20 donation to play. If you would like to assist and play in a time slot please contact me.

There will be foods, bands, jumping castle, charity match and a silent auction from 3pm on the Friday.

****One thing we do not have and I would like to borrow is a large electronic or non electronic scoreboard to keep the score for the 24Hrs

Thanks for your assistance

Please contact Aaron Poll, Sports Coordinator  St John Bosco College Engadine Ph 9548 4000 or email aaron.poll@syd.catholic.edu.au
Helping your child through adolescence

Young people can go through many different changes as they grow up. Raising sensitive issues and working to resolve problems that arise along the way can be challenging. It can often be hard as a parent to know the difference between normal behaviour, such as moodiness, irritability and withdrawal and an emerging mental health problem.

Mental health refers to a person’s emotional and social wellbeing. When someone’s mental health declines it can affect their feelings, thoughts and actions. This can then affect their day to day life and participation in activities such as school, work and relationships.

Mental health problems are common. Mental health problems are usually understandable reactions to personal and social issues. Mental health problems are usually not too severe or long lasting. If a young person develops a mental health problem it is important that they get help early. When mental health problems last for long periods of time and severely affect someone’s everyday life, it may be that the problem is becoming an illness. Parents are vital in helping to identify when a young person might have a mental health problem and encouraging early help seeking.

Communicating with your child

Young people can go through many different changes as they grow up. Raising sensitive issues and working to resolve any problems that arise along the way can be challenging. Promoting good mental health involves keeping the communication lines open. Here are some tips that can help:

- Be available without being intrusive or ‘pushy’;
- Show genuine interest in what your child is doing and encourage them to talk about it;
- Make talking about your day part of the family routine;
- Help your child to find the words to express their feelings – try asking them to describe it, ask about whether the feeling is more or less intense than it has been before, ask about where and how they feel it in their body;
- Pick your time – young people tend to talk more when they are busy doing other things or don’t have to look you in the eye (try driving in the car or washing dishes together);

Let your child know that you love them. They may not always admit it, but this is likely to be very important to them.
Knowing when to get help if you are worried

Some signs that suggest a young person might be experiencing problems include:

New, noticeable and persistent changes that last at least a few weeks;

Obvious and persistent changes in:

**Behaviour** – for example, appetite, sleep, use of drugs or alcohol, avoiding school/work, poor motivation, withdrawal from people

**Feelings** – for example, unhappiness, depression, irritability, fear, anger, loss of pleasure

**Thinking** – for example, poor concentration, a drop in school performance, constant worrying, preoccupation with some thoughts, hearing or seeing things that are not there.

Seeking help

If you have any concerns about your child, you can contact some of the services below. Remember that it doesn't hurt to ask and these services will be happy to help you work out if you need help and how to encourage this in your child.

**headspace** is a youth-focused mental health service for young people aged 12 to 25. For more information, see their website at headspace.org.au

**eheadspace** provides online counseling and telephone support to young people aged 12 to 25. They can be contacted at eheadspace.org.au and on 1800 650 890.

Kids Helpline is a 24-hour telephone and online counseling service for young people aged 5 to 25. They can be contacted on 1800 55 1800 and at kidshelpline.com.au.

Lifeline is a 24-hour telephone counseling service (13 11 14). www.lifeline.org.au has other online information and referral services.

National StandBy provides bereavement support to people affected by suicide 0754424277 or standbynational@unitedsynergies.com.au

Suicide Call Back Service 1300 659 467

Helping your child to seek help

Talk openly and honestly with your child, and let them know that you are concerned.

Ask them what they need from you and let them know that help is available.

Provide support through making the first appointment, providing transport, and attending the appointment (or at least walking into the waiting room), which makes it easier for the young person to engage with and accept help.