



MOUNT SAINT JOSEPH MILPERRA NEWSLETTER

4 November 2009

Issue No. 31



*Celebrating the Centenary Year of
Blessed Mary MacKillop
1909 - 2009*

Mary MacKillop Speaks

*"Let your motto be: God alone, God
alone for all of us." (1873)*

Coming Events

Wednesday 4 November

- Yr 7 Exams
- Yr 9 Prayer Day

Saturday 7 November

- Crossroads Night

Monday 9 November -

Wednesday 11 November

- School Certificate Exams

Monday 9 November - Thursday 12 November

- Yr 7 Swim School.

Friday 13 November

- Yr 9 Commerce Excursion

Monday 16 November

- Yr 10 Commerce Excursion

Thursday 19 November

- HSC Biology Excursion

Friday 20 November

- Yr 7 Prayer Day
- Yr 9 and 10 D&T Excursion
- Volunteers' Mass

Monday 23- Friday 27 November

- Yr 10 Work Experience

UNIFORM SHOP HOURS

Tuesdays
10.00am to 4.00pm

Wednesdays
8.30am to 2.30pm

PRINCIPAL'S REFLECTION

'Being Here Is So Much'

The human mind is in itself a world with huge mountains, deep valleys and forests of the unknown. Given the private depths, deep strangeness and wonders of our interior life, it is amazing that we can reach out towards the world and to each other with such intimacy and understanding. More amazing still is our ability to make everything so familiar and normal that we actually succeed in forgetting how strange and wondrous it is to be here. Rilke said: 'Being here is so much.' We turn the mystery and strangeness of this world into our own private territory. We make a home out of the world. Life becomes predictable and we function automatically within our frames: route to work, colleagues, friends, patterns of thinking and feeling, the faces of the family. Without sensing it we become lost inside the automatic traffic of functioning. It is only when something goes wrong we are hauled back to the edge. (p60)

Examinations

This week our Year 7 begin their final exams before moving onto Year 8 in 2010. With all the other students still in the middle of examinations, I wish them well.

Congratulations

Last week two of our girls were finalists in the Young Scientist Awards. They have been nominated for the BHP Billiton Award. I say well done to **Emily Esposito** who gained 1st prize in the Physics section of the Years 10 -12 division Congratulations! Also to **Juliette Talj** who gained a highly commended for excellence of her investigation methodology. Congratulations. I thank in a special way the teachers who worked closely with these students.

November

This Sunday we remember the Community of Saints who have gained their eternal reward. On Monday we pray for all who have died, especially our loved ones.

*Eternal rest grant unto them O Lord!
May perpetual light shine upon them.
May they rest in peace.*

Enjoy your week.

Sr Barbara Bochat
Principal

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DIRECTOR /STUDENTS REPORT

Parenting In Practice

A continuation of last week's article from Parenting in Practice by Joseph Degeling and Christine Langridge.

There are as many parenting techniques as there are parents. Some are more effective than others, but all have grown out of both necessity and experience. Some young people go through childhood and adolescence without experiencing any medical, social, psychological or emotional problems, while others may be afflicted by some or all of these; huge differences in experience can even occur between siblings.

Below are some skills and strategies which may assist in particular situations.

Boundaries

Boundaries can be difficult to define as they are often based on our intuition, past experiences and the way we were raised by our own parents. Basically, a boundary is an imaginary line that sets apart appropriate and inappropriate behaviour. It is the imaginary elastic band that surrounds your adolescent.

As children get older, they will increasingly want to test boundaries which adults impose on them. This is not necessarily a bad thing as it's functional. Testing boundaries serves to help develop their sense of identity and gives them an understanding of their place in the family and society. Setting boundaries is a way of telling your child that you love and care for them, giving them a sense of security and personal responsibility. Boundaries that are lacking or absent altogether, can result in an adolescent developing a limited understanding of personal space or appropriate social behaviour. They may also lack the emotional and mental maturity to handle difficult situations they are likely to encounter.

Obviously, as children enter into and progress through adolescence, the way in which a parent identifies appropriate boundaries will change. As children grow it may be advisable to involve them in the process of setting boundaries. Additionally, your child may very well break the boundaries you set and this is where consistency in both boundaries and consequences becomes important.

Consequences

In general, consequences seem to carry a negative connotation, despite them being a natural part of our lives. Consequences teach us to think before we act and to make the best choice to achieve our goal. They also help children to understand how far they can go. Young people learn about their limits through the consequences that are imposed by parents when boundaries are stretched or broken.

Consequences can be positive and can include extending boundaries as a result of behaviour that demonstrates trust and responsibility. When the behaviour is deemed to be outside the boundary set by parents and adolescent then consequences need to be made clear.

Consistency

The cornerstone of parenting is consistency. All parents know that young people do not learn from one experience of a consequence. If this were the case parenting would be much easier! Children do learn, however, from the consistent application of boundaries and consequences. In some cases, a young person's determination to resist boundaries you set will often challenge a parent's determination to be consistent. This can become exhaustive, particularly if it is a daily occurrence.

It can also lead to conflict and the point of battle! In this case, whilst maintaining consistency, place the responsibility of choosing the outcome onto the young person. This is done by stating calmly and in a neutral tone of voice what the boundary is and what the consequence will be if they choose to step over the line e.g. "I've explained to you my expectations. You know the consequence if you choose to ignore them". Once you have stated this, don't engage in any further discussion. In this way you are more likely to avoid the battle, but you are also acknowledging and developing their sense of responsibility, showing you trust them to make the right decision and maintaining a firm and consistent presence. If the child chooses to step over the line it is most important to follow through with the consequences.

Confront or Put on Hold

While there may be a number of behaviours you are concerned about as a parent, not all of them need to be addressed or changed in the here and now. Serious behaviours need immediate attention, whilst others, even though they may be annoying, can be put on hold.

MARY MACKILLOP HER STORY

(Edited by Sr Kathleen Price)



Mother Mary was always caring for the Sisters and when she heard two young sisters had left the convent at North Sydney to go to a country convent without having their dinner she rushed after them with some food. Mother Mary met them at Central Railway Station and handed them a bag of food. One of the sisters pointed out there were people in the carriage and should they eat in front of them, to which Mother Mary answered "of course, yes, necessity has no law."

In March 1896 the 4th General Chapter was held and since the confirmation in 1888 that Mother Bernard was to hold the office of Mother General for 10 years the Sisters only discussed domestic affairs. Cardinal Moran wrote to Mother Bernard on 8th December 1897 and informed her that he had powers of discretion given to him by Propaganda in Rome and he was continuing Mother Bernard's office as Mother General until 1902. After the Chapter Mother Mary went to South Australia representing Mother Bernard.

Mother Mary arrived in Adelaide in July and stayed for more than a year. Mother Mary enjoyed her time back in South Australia, talking to the Sisters, visiting the schools and being with the children again.

In 1897 she commenced a new work which Mother Mary described as a home for young girl prisoners. The Government wanted this work undertaken and it had the approval of Archbishop O'Reilly who had been appointed to Adelaide upon the death of Archbishop Reynolds in 1893. They were paid ten shillings (one dollar) per girl per week.

To be able to identify what needs to be confronted and what can be put on hold, we need to ask ourselves some serious questions:

- Is this behaviour dangerous to the child or other people?
- What impact does this behaviour have on the family unit?
- Does it cause considerable stress in the family?
- What impact will this behaviour have in 6 months time?
- Does the behaviour have an impact on the wider community?

Clearly, those more serious behaviours require firm consequences and the re-establishing of clear boundaries.

Don't Engage in Arguments

Arguing can be destructive as things are said in the heat of the moment that can be hurtful, unhelpful and regretful. As adults, it's most important that we can disengage from arguments as quickly as possible. Children will find this a lot more difficult, as their emotional control skills are not as well developed as an adult's. In fact, recent research has shown that adolescents respond more impulsively than adults when they are confronted with emotions expressed by others – their brains are wired in favour of gut reaction. As we get older, we develop the ability to respond to emotion in others with more reason and control.

Talk About Problems When They Arise

As problems fester, relationships sour. This continued strain of unresolved problems places a huge emotional burden on the whole family. Knowing when and how to discuss issues with children is difficult. We don't necessarily have to resolve an issue as soon as it arises, but we need to acknowledge the issue with the child and think about how and when we are going to bring it up for further discussion. Once a problem has been dealt with, let it go and move on.

Be Flexible

Knowing when to be flexible is an important but difficult skill of parenting. As a child gets older, it becomes more important for parents to know how to do this while not compromising the boundaries and consequences you have established. Being flexible means that you are open to negotiation, open to compromise and willing to listen to your child's point of view. The child will begin to appreciate their own responsibilities and the importance of building trust in relationships. They will realise the flexible nature of some boundaries, whilst learning that other boundaries are not negotiable.

Forthcoming Excursions

Could you please ensure that permission envelopes are signed and returned to Student Services by the due date. Failure to return notes by the due date may mean that students will not be permitted to attend the excursion.

| DETAILS OF EXCURSION | DATE OF EXCURSION | PAYMENT & PERMISSION DUE BY |
|-------------------------------|-------------------|-----------------------------|
| Yr 9 Geography Excursion | 11-11-09 | Overdue |
| Yr 11 SOR 2 Unit | 17-11-09 | 10-11-09 |
| Yr 11 Biology Excursion | 19-11-09 | 13-11-09 |
| Yr 7 Prayer Day | 20-11-09 | 5-11-09 |
| Yr 9 & 10 Design & Technology | 20-11-09 | 5-11-09 |
| Yr 7 Mathematics Incursion | 25-11-09 | 16-11-09 |
| Choir Christmas Singing | 1-12-09 | 6-11-09 |
| Yr 10 PDHPE Incursion | 30-11-09 | 20-11-09 |
| Yr 11 Textiles | 2-12-09 | 25-11-09 |
| Yr 10 Driver Awareness | 2-12-09 | 20-11-09 |
| Presentation Day | 8-12-09 | 18-11-09 |

*Ms Barham
DIRECTOR/STUDENTS*

DIRECTOR/MISSION REPORT

Leadership Retreat - Baulkham Hills

Congratulations to the outstanding young women who will lead as the Jubilee Leaders for 2010. Our two days away last week were well spent in prayer, discussion, discernment and building up a greater understanding of who we are within the Ministry of Leadership.

At MSJ we do view leadership of staff and students as a ministry and our students were engaging, enthusiastic and articulate in so many ways.

To the PC team members who joined me: Ms Kristy Chapman, Mr Grant Eirth, Ms Kim-Anne Walters - thank you so very much. Your input and engagement with our students, modelled so well your own call to leadership. Finally my thanks to Sr Barbara who spent a session with us and spoke of leadership from her perspective. Thank you all, so very much.

Volunteers Mass of Thanksgiving

Our annual Mass to celebrate all the wonderful men and women who work with us at various times of the year, will be held on Friday 27 November at 1.00pm in our Chapel.



Please reserve this afternoon and a little longer to join us for afternoon tea. Our community thrives on the selfless giving of so many people that we could never adequately repay for their kindness and consideration, however, we do gratefully acknowledge you all, and hope that you will join us for Mass on Friday 27 November. Please RSVP to Louise Bourke at Reception on 8724 6200 if you are able to attend.

Eucharistic Ministers - Student Ministry

Many thanks to the staff and students who have indicated a desire to be trained for the ministry of Eucharistic Ministers. Fr Geoffrey Plant Parish Priest (St Luke's Revesby) has offered to train staff and students after school on Friday 20 November. We thank Fr Geoff for this generous offer.

World Youth Day (WYD) 2011 - Madrid

There are less than 650 days to go until the next World Youth Day in Madrid, Spain. In order to start to prepare for this event, the Catholic Education Office has launched an initiative called 'Ambassadors of Hope' where ten Year 9 students from each school have been asked to attend an information day for WYD. Unfortunately we are strictly limited to sending ten students. Fourteen students have expressed their interest in attending and I want to thank each girl for taking the time to do this. The following students are invited to attend the first 'Ambassadors of Hope' gathering on 27 November at Strathfield:

Lauren Buttigieg, Rita Chahine, Georgia Clark, Marianne Dang, Bianca Dodds, Sarah Klumpp, Nancy-Leigh Norris, Ashley Sabbouh and Jennie Tran.

I am hoping that there may be scope for greater student participation for WYD in 2011. I shall endeavour to keep the MSJ community informed as we learn more.

Ms Terrie Yule
DIRECTOR/MISSION

SCHOLARSHIP RECIPIENT

Congratulations to **Kiralee Taylor** (Year 11, 2009) who was awarded a scholarship to attend MEGT College to study her Diploma of Children's Services next year. Kiralee, who left Mt St Joseph at the end of Year 11 is currently completing a fast track Cert III course in Children's Services and will complete her Diploma by the end of 2010.

Ms Elizabeth Sydenham

THE SPORT REPORT

Intermediate Softball

Week 1

MSJ v All Saints Liverpool 19-6

The team started the season off on a high beating All Saints 19-4. With superb hitting from Alicia Kidd hitting a home run and outstanding fielding from the entire team, MSJ will prove to be a force to be reckoned with.

Week 2

MSJ 20 defeated St Charbel's 0

The crowd was treated to an entertaining game of softball as a not so experienced Saint Charbel's team faced the likes of Taylor Rippon's lightening fast pitches. While the mercy rule of a 20 point lead had to be enforced, both teams had fun on the field, whether they were winning or losing. Good sportsmanship girls.

Ms Craft

Senior Volleyball

Week 1

MSJ 2 defeated All Saints Liverpool 0

The first game of the term included some great serves and rallies. All Saints Liverpool put up a great fight in the first set, however, our service game was too strong in the second which eventually led to our win. Well done girls - a great first game - full of sportsmanship.

Mrs Kennedy

Junior Touch Football

MSJ: 5 defeated Saint Charbel's College: 0

Today was a great game and our first win. The opposition, St Charbel's College only had 4 players that took the field, we all played a fun and enjoyable game. The final score was 5 - nil and I would like to congratulate all try scorers. Good luck against Holly Spirit next week.

Nicole Colbert

Reminder

A reminder that all of Year 7 will take part in a Learn to Swim Program in Week 4. 7.1, 7.2, 7.3 English classes will attend on Monday (9/11) and Wednesday (11/11) morning and 7.4, 7.5, 7.6 English will attend on Tuesday (10/11) and Thursday (12/11). All girls are to meet on the oval at 8.35am on the morning of their lesson. If a student misses a lesson due to illness, they are able to make it up the following day. Please support staff by not writing your daughter a notes unless there is an extreme circumstance.

SCC Softball Trials

SCC Softball trials will take place at Kelso Reserve on Thursday 12th and 19th of November from 3-4pm. The team will be selected from 7 schools to represent the SCC at the CCC carnival in Kempsey in February 2010. Interested students should collect a permission note from Ms Craft ASAP.

Sport Presentation Evening

The annual Sports Presentation evening will take place at Mount St Joseph on Wednesday 2nd December. The evening will recognise those students who have excelled in sport throughout 2009.

Ms Alana Craft
Sport Coordinator

ARMA LUCIS

*MOUNT ST JOSEPH CALENDAR FOR 50TH JUBILEE
1960 - 2010*

April

Friday 30th - Student Mass

For St Joseph celebrating Jubilee followed by BBQ on oval

Acknowledgement of Students

May

Tuesday 18th - Community Forum 3

Spirit of Mary MacKillop - Sr Colleen O'Sullivan