



20 October 2006
Number 31
Term 4 Calendar

Wednesday,

Onsite 2007
Placement Interviews
Year 10
Business Venture Day

Thursday,

ACC Golf Teams Day

Friday,

Year 11 River Cruise

CANTEEN HELPERS

The Canteen is in urgent need of helpers. We would appreciate even an hour of your time. Please contact the Canteen on 9274 6266 should you be able to assist.



Does your business have a till that is no longer required and that can be donated to the College Canteen. Please contact the Canteen on 274 6266.

Ms S. Cassidy
Canteen Manager

From the Principal

WELCOME BACK TO TERM 4

The next two months promise to be very hectic indeed. Our Year 12 students are currently sitting their final school examinations, followed in early November by the TEE. The Graduation Mass for the Class of 2006 will be held on Tuesday, 31 October, with our annual Presentation Evening taking place at the Convention Centre on Sunday, 3 December. The final event in the College's calendar is the Graduation Ball which occurs on Monday, 11 December, at the Burswood Ballroom.

The College welcomes back Vicki Harris who has returned to the staff after a period of maternity leave, while David White is back fully refreshed after enjoying long service leave in Term 3. During Term 4, Devin Martin will be the Acting Benildus House Coordinator while Alessandra Hardwick is on long service leave.

I have appointed Sharyn Flinn as the Learning Area Coordinator of English for 2007. Sharyn is currently the Learning Area Coordinator at St Stephen's College, having also held a similar position at Emmanuel College. It is with some sadness for the College that I report that Carmen Stewart has accepted a position as an Art teacher at Aquinas College from the start of next year. We wish Carmen every success in this new position.

COLLEGE AGM – 6 NOVEMBER AT 7.00 p.m.

The College's Annual General Meeting will be held on Monday, 6 November, commencing at 7.00pm in Room G1. Along with reports from the Board Chair, Treasurer and Principal, there will be elections for three positions on the College Board which will become vacant. Nomination Forms and criteria can be obtained from Leisa Zilko. All nominations for these positions must be received by Leisa Zilko at the College by 4.00pm on Friday, 3 November. Any agenda items for the AGM should also be lodged by this time.

PRESENTATION EVENING

Preparations are progressing well for the highlight of the College's year – our annual Presentation Evening. **There have been repeated reminders regarding this event and all students are required to attend.** Please make sure that you keep Sunday, 3

December, free. The evening commences at 7.00p.m. and will be held at the Perth Exhibition and Convention Centre. Many students will also be required to attend a rehearsal during the day of 3 December.

This week our Year 12 parents will be receiving their ticket order forms. Year 12 parents will receive priority seating given the special Year 12 focus which will be a centre piece of the evening. A letter for other parents will be sent out in coming weeks. Please don't delay in ordering your tickets. La Salle College students will be admitted free, while adult tickets are \$14.00, concessions \$10.00 and children (not La Salle students) will be \$7.00.

Among the highlights will be:

A massed choir made up of all Year 8 students
The Mutien House Dance Challenge
Our Special Dance Group
Our Music students and special choir
The announcement of the Head Boy and Head Girl for 2007

Awards for students who have excelled in their studies during the year

A very special performance by some of our Year 12 students

ANNUAL ART EXHIBITION

Congratulations to everyone associated with this year's community and student Art Exhibitions. These concurrent events showcased the work of local artists along with some outstanding pieces from our students. The opening of the exhibition as part of the Spring in the Valley brought 400 people to the Laurence Murphy Hall. I would like to sincerely thank all of our hard working parents, staff, students and friends of the College, who worked so tirelessly to ensure the success of the exhibitions. I would especially like to thank our Art teachers, Carmen Stewart and Renee McClymont, for this coordination of the student exhibition. The community exhibition was expertly coordinated by Jeannette Watson whose drive, enthusiasm and creativity were the cornerstones of this outstanding event.

GREAT SEAT APPEAL CONTRIBUTORS

Donations are still being received for the Great Seat Appeal. These are:
MULLER FAMILY
ST ANTHONY'S SCHOOL

Wayne Bull
Principal

SR FRANCES

Sr Frances is currently working as a missionary in Peru and was a former staff member of La Salle College. Some of our proceeds from Mission Aid Day were sent to Sr Frances. Below is part of a letter received from Sr Frances.

Dear Family and Friends,

Today I spent a couple of hours at the Parish centre helping at a fundraising event by peeling cooked potatoes (that's the way they do it here) and putting a very hot sauce into little bags. There is a knack to it which I sort-of acquired but the skin under my ring is smarting because some of the sauce landed there and I couldn't lick it off because it was too hot - sooner my finger burn than my tongue!! - hot with chilli not temperature. They are raising money to buy some more pews for the Church since about a quarter of the congregation stands every Sunday. They have also bought some more plastic chairs which are more comfortable of course. Confirmation for the Parish is happening there in a few weeks so that is an extra incentive. There are eight zones in this Parish, each of which is about Parish size in Australia and we have two and a half priests, when they are all home. (One is the vocations man for the Columbans so is not full time in the Parish.) Each zone has a chapel (Church really) and the central zone's building is called the Temple. Ours is the biggest chapel so the confirmation for the entire Parish will be there. There is usually only sufficient room in the Church for the candidates and their sponsors!

For the past two weeks we've had conferences three or four nights a week. The first week was at CONFER (the combined Religious Orders of Perú) and the subject was Religious Life. I understood some of it, especially one Italian Sister from Bolivia. She suggested that worrying about the future of Religious Life is egotistical! She's 35 or so and was very challenging and encouraging about living the life with enthusiasm. We were supposed to have Gustavo Gutierrez one night but the Cardinal did not allow him to speak! Last week the conference was an international one on the theme of Reconciliation. For 20 years here they had terrible violence in which about 69,000 people were killed, including Irene and her companions. They have had a Truth and Reconciliation Commission which has been successful in producing a document for the Government and the United Nations. The current President was also President during some of the time of violence and was part of the problem so we're not sure what will happen there. However, the Cabinet has been discussing compensation so that is hopeful. There was more on the news tonight about it. Gutierrez did get to speak at that conference. He is very short man, even by Peruvian standards and I understood a good deal of what he said because he speaks fairly slowly. He is inspiring. He joined the Dominicans some years back and that gives him a little more freedom than being a Diocesan Priest. On another night Robert Schreiter from USA was speaking (in Español) but I didn't go that night because he spoke on the following Friday morning in English - what a relief to listen to one's own language and he is such a good speaker. He's the author of two of the books I used for the retreat on Reconciliation I gave many times in Australia. It was really good to hear him.

In early August, Dorothy Stevenson and I organized a series of three talks for the people who have worked with us during the past 25 years. The Sisters here decided that, as part of our 25 year celebration, we would give this little series as a gift to express our gratitude. The speaker, Peter Hughes, is an Irish Columban who speaks very good Español and he was excellent on the topic of "Disciples and Missionaries Today". When I showed the Mary MacKillop power point before we started on there was a holy hush while they watched it since many of them have not heard her story before. I was really touched.

On Saturday afternoons I mostly work with the parents of the disabled children. Language is a difficulty, but with preparation I was able to lead them in a few exercises to relax their necks and shoulders and then to have them in pairs and massage each other's heads and shoulders in a contemplative manner. I suggested that the one massaging be Jesus giving love and the other be receiving it. From what I could understand of their sharing afterwards, it was a good experience for all of them, giving and receiving.

For those of you who receive this by email, I'm including a photo of our community: Elizabeth, Mary, me and Roxana, our house (the ground floor is for workshops etc.) the South African tulip tree opposite my bedroom window, the dog opposite my window looking over the roof with his elbows on the edge, a man cutting the lawn along the street with an old fashioned mower and the new grass along Avenida Universitaria with the Palace of Youth behind it - it hasn't opened yet but has a swimming pool to train swimmers and perhaps will be like a technical college. We're hoping the pool will be available for us too!

Well, space is running out. Please keep praying for me that I can be patient with learning Castellano and not lose courage or hope. I have my moments when I have a good cry or lose myself in a book and avoid conversation in Castellano, but mostly the gift of hope keeps me going when my natural optimism fails. Thank you again for your support.

Love,
Frances



VENTURE DAY

Year 10 Business Studies students are busy preparing for their Venture Day next Wednesday, 25 October. The event is the culmination of a year's work for these students. Early in the year students form a business group to plan and prepare a product for sale to the College community. Stalls will be set up in the vicinity of the Canteen, 'D' Street, outside the Auditorium and the BBQ area. The following goods will be on sale:

Chocolicious will be offering handmade chocolates outside F4.

See the boys from Nasty Nachos for a nacho feast outside C1.

Pancake Paradise will be preparing tasty pancakes with topping of your choice in 'C' Street.

Popping Popcorn will be selling cones of popcorn at 'D' Street.

See Reflections Selections for locker mirrors and embellished hats in the Auditorium area.

Snaggernators will be selling hotdogs and drinks at the BBQ area.

Sweet Shack are catering for the sweet tooth with a variety of sweets and drinks outside F4.

The students look forward to meeting your wants and needs next Wednesday lunchtime.

Ms L. Reger

Information Technology Teacher

CHOCOLICIOUS

To all those who have a taste for chocolate. Come to Chocolicious in front of F4 for your homemade chocolate. Pick and mix from the following chocolates: rocky road, chocolate freckles, white chocolate, milk chocolate, dark chocolate, chocolate bananas, chocolate shortbread and chocolate pretzels. Prices are cheap, so come and buy your homemade chocolate from Chocolicious; the taste is delicious!

COMMUNITY NEWS

While the College is happy to publish community news in the Delagram where space permits, the College is unable to provide endorsement to these events or any advertised material.

LA SALLE COLLEGE 10 YEAR REUNION CLASS OF 1996

La Salle College Class of 1996 10 year reunion to be held on 11 November, at the Broken Hill Hotel in Victoria Park at 7.00pm. Contact Annika Stenvall on email annikastenvall@hotmail.com

ST BRIGID'S MIDLAND YOUTH GROUP YEAR 7 - 11 STUDENTS

Meetings for Term 4 as follows: Friday, 27 October (note Friday and not usual Saturday), Saturday, 11 November, Saturday, 25 November, Saturday, 9 December. All meetings start at 7.30pm and are held in the Parish Hall. Enquiries? Call Frances on 9250 7681 (a/h) or 0403 249 909.

YEAR 9



Commitment to Excellence




Commitment to Excellence




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MADELEINE BRANSON



EMILY DE MELLO



ANNA MARINER



TEAGAN KAY



MORLEY



TRAVIS
(Year 8)

Madeleine, Anna and Liah all received awards for 9 Tutorial "Ideal Holiday" Presentations.

Travis took part in the City of Bayswater, North Perth Music Festival and won 1st prize for the U16 Classical Guitar Competition. He will be presented with a gold medal and a certificate at a ceremony this month. Travis scored 88%.



SUPPORTIVE SCHOOLS PROJECT

What is Self-esteem?

Self-esteem is the way we feel about ourselves. When working out how we feel about ourselves we compare how we see ourselves, and how we believe others see us, with how we would like to be. Research has found:

- Students with high self-esteem are as likely to have experienced bullying as those with lower self-esteem.
 - HOWEVER, those with lower self-esteem report:
 - More extensive bullying;
 - Higher levels of stress as a result of being bullied;
- and
- More negative effects of this stress.



- It is students with genuinely high self-esteem who are most likely to support and defend students who are bullied.

How do we develop healthy self-esteem in adolescents?

1. *Positive messages from important people*

The positive and sincere feedback adolescents receive from people who are important in their lives helps him/her gain confidence through feeling loved and feeling that he/she belongs and is accepted.

2. *Life experiences*

Dealing with success, failure and frustration as well as learning to take risks all help adolescents develop their own self esteem.

What can parents do to help build their son or daughter's self esteem?

You can help your son or daughter to build his/her self-esteem and have enough confidence to act on a bullying situation and communicate with people in their support group.

- Encourage your son or daughter to take on challenges and to 'have-a-go'.
- Show your son or daughter that you believe in him/ her. Help him/her to find solutions to problems rather than giving him/her the answers. Ask questions like, "What could you do?" or "What do you think?"
- Set aside time to listen to your son or daughter and show him/her that you value what he/she has to say.
- Foster his/her growing need for independence. Begin with basics like caring for his/her own belongings.
- Set realistic goals for your son or daughter and when he/she is old enough help him/her to set goals.

Remember adolescents learn through observing and absorbing the values of their friends, parents, teachers and other adults who are important in their lives. These skills contribute to building your son or daughter's own self esteem.

Ms C. Tedeschi
College Psychologist

Father, teach us to help young people to appreciate their own worth. Enable us to touch their hearts and empower us to reveal Your love for them. Inspire us to support and encourage and build others up. Help us to follow Christ our Teacher, and be credible witnesses of Your love. Amen.

St John Baptist De La Salle...Pray for us.

Live Jesus in our hearts...Forever.

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