

D LA SALLE COLLEGE elagram

Fortnightly newsletter



St. John Baptist de La Salle

19 June 2009
Number 9



FROM THE PRINCIPAL

Mr Wayne Bull



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NEW HOUSE

Because of our move to take on Year 7s in 2010 it will be necessary to create a seventh House at the College. The name **BRIGID** has been chosen as a tangible link to St Brigid's Primary School and the Sisters of Mercy. In 1973 all girls in the secondary years at St Brigid's Convent (as it was then called) moved to La Salle. In effect two schools merged to form one new co-educational school. Over the years the significance of this amalgamation has become somewhat lost. We hope that by naming our new House Brigid we will forever acknowledge the work of the Sisters of Mercy in providing a Catholic education for the children of the Midland area from 1902 to 1971.

After consultation with the Student Representative Council, Brigid House will be allocated the colour orange. During Term 3 the interested students and staff will be given the opportunity to decide on issues such as Brigid's motto and crest. Our new groups of Year 7s and 8s will be automatically assigned to each of the seven Houses, however for students in Year 8 to 11 we will be asking volunteers to nominate to join the new House. Information about this process will be given to students early next term.

It is also my very great pleasure to inform you that I have appointed John Rovedatti to be the foundation House Coordinator for Brigid House. I know that he is very excited at the prospect of working with staff and students in making the necessary preparations for the official launch of Brigid House at Presentation Evening later in the year.

FAREWELLS & WELCOME TO STAFF

It was with great regret that the College farewelled our Year 9 Coordinator, Frank Italiano, last Monday. After 8 years of outstanding service to La Salle, Frank will be joining the Catholic Education Office as a Consultant.

Paul Morris will be taking on the role as Year 9 Coordinator until the end of the year, while Padminee Raja has joined the Society and Environment Learning Area covering Frank's teaching load.

We also farewelled Peter Sanders our Technology and Enterprise Workshop Technician and Henryk Turlinski from our Maintenance and Grounds Department. We thank both of these men for their contribution to the College.

We also welcome Lisa Jones to the staff of the Technology and Enterprise Learning Areas. Lisa replaces Debbie Harris who resigned to spend more time with her young child.

WEDNESDAY MORNING MASS

A reminder that we have Mass each Wednesday morning at 8:00 am. Parents and siblings of La Salle students are very welcome to attend. We are very fortunate to have Fr Dariusz available to us to be able to celebrate Mass with our community on such a regular basis.

CANTEEN ROSTER

A request for any parents, grandparents or friends of La Salle to consider giving up an occasional day to work in our Canteen. Our Canteen staff do a wonderful job in providing our students and staff with an extensive and nutritious menu. Our Canteen helpers are a great support. If you would like more information please contact our Canteen Manager, Shari Outram.

SINGAPORE TOUR

Our Singapore Arts Tour is also nearly upon us. Nearly 60 students representing the College in Dance, Choir and Drama will be making the trip to Singapore to perform at four schools, including St Joseph's Institute and St Patrick's (both Lasallian schools). Additionally, the students will have the opportunity to engage in a range of cultural pursuits in and around Singapore. My thanks to the staff, and in particular Terry Pirlo, Belinda Lush, Adrian Martino, Leeanne Bates, Janette Connor and Taryn Mohen, for their organisation of the tour.

SEMESTER ONE EXAMINATIONS

All senior students (Years 10 to 12) have just completed their first semester examinations with students in Years 8 and 9 completing theirs in Week 9. I would urge students to reflect on their performances, celebrate their successes and identify areas which may need further work in Semester Two.

EXTENDED LEAVE BY STUDENTS

While I understand that sometimes it is unavoidable to take extended family holidays during term time, I would urge parents to avoid their children missing class time. While the College will endeavour to support the student with her/his learning programme while away from the College, we cannot guarantee that the absence will not have a negative effect on the student's performance. It is extremely difficult to provide make-up tests and assignments both from equity and logistical perspectives. Please, wherever possible plan your holidays during the term breaks.

Mr Wayne Bull
Principal

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FROM THE SENIOR LEADERSHIP TEAM

YEAR 8 & 9 EXAM TIMETABLE

Week 9

Monday 22 June
 Tuesday 23 June
 Wednesday 24 June
 Thursday 25 June
 Friday 26 June

Year 8

P1
 P4
 P2
 P1
 P1

Exam

Science
 English
 RE
 Maths
 S&E

Year 9

P2
 P1
 P4
 P2
 P3

Exam

English
 S&E
 RE
 Science
 Maths

Ms Natalie Calleja
 Assistant Principal

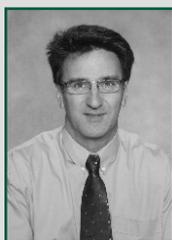
SCHOOL PERFORMANCE DATA

Attached to this Delagram is a collection of School Performance Data for the College pertaining to the 2008 calendar year. It is mandated by the Federal Government that all schools report on the information contained in this report to the school community in two forms. A copy of this information has also been placed on the College website.

Mr Michael Pepper
 Assistant Principal



Ms Natalie Calleja
 Assistant Principal



Mr Michael Pepper
 Assistant Principal

CAREERS

YEAR 10 WORK EXPERIENCE

Last week saw 210 Year 10 students experience the world of work first hand as they actively and eagerly participated in the compulsory week of work experience. Students largely found their own placements in a wide variety of industries, from primary schools to engineering firms to retail shops to automotive workshops to hairdressing salons and many, many more. The staff and I visited and/or telephoned each student during the week and the feedback was very positive from both the employers and the students. In some of the Delagram issues to follow, I hope to publish some of the students' own reflections about their experiences. I congratulate all of the students who approached the preparation for the week with such interest and enthusiasm and represented the College with distinction whilst in the workplace. I hope the experience has been a positive, affirming and motivating step in their career development.

INTERVIEWS

I would like to take this opportunity to remind parents and students that only students in Years 10, 11 and 12 are able to make individual counselling sessions with me. This is largely due to the large number of students in the year groups, and my limited calendar. However, students in Years 8 and 9 are always more than welcome to visit me to ask questions and collect resources during the many times the Careers Office is open each week at recess and/or lunchtime.

Mrs Nicole Huggins
 Careers/VET & ONSITE Coordinator



Mrs Nicole Huggins
 Careers, VET &
 ONSITE Coordinator



ALL PARENTS & STUDENTS



Mrs Maria Bochrinis
Uniform Shop Manager

UNIFORM SHOP

A reminder that the Uniform Shop will be closed on Monday 29 June for Stocktake - we will be open on Wednesday 1 July (7:30 am - 1:30 pm) of that same week.

Please also note that the Uniform Shop will be closed on the first week of the July holidays - Monday 6 July and Wednesday 8 July) and will re-open in the second week - Monday 13 July and Wednesday 15 July from 7:30 am - 1:30 pm.

Mrs Maria Bochrinis
Uniform Shop Manager

SPORTS UNIFORM ISSUES

There have been an increasing number of students who are attending school wearing their Sports uniform instead of their regular College uniform without adequate reasons for doing so. Parents are requested to understand the College uniform regulations in regards to the wearing of the sports uniform. First and foremost; **the sport uniform is to be worn instead of the regular uniform in emergencies only.**

- Where possible, students need to make every attempt to organise themselves and be adequately prepared to wear the correct uniform.
- Any simple uniform discrepancies (eg no blazer, wrong shoes etc) will simply require a note from home to be signed by the PCA.
- If an emergency arises, and students cannot even wear the majority of their correct uniform, they may wear the correct sports uniform, bring a note to school and present it to the Year Coordinators' office before school, during PCG or as soon as they arrive.
- Excuses that resemble a student simply being disorganised will not be accepted.

The following are not acceptable reasons for wearing the sports uniform:

- Forgot to bring regular uniform when there is inter-house dance or sport training before school.
- Forgetting or cannot find shoes or stockings.
- Left part of uniform at a friend's, mum's or dad's house.
- Blazer is at the drycleaners.
- Uniform is in the wash.
- Spilling breakfast on your uniform.

A note is required from home for a reason to be accepted, however a note does not necessarily ensure that the reason is adequate.

If the reason for not being in the correct uniform is inadequate, uniform sanctions should be expected. Regardless of the reason, the student **MUST** see the Year Coordinators in the morning, as any teacher that requests to see your pass, will issue a uniform infringement if you do not have one.

Sports Uniform Regulations

When you are wearing the sports uniform, for whatever reason, including House days, sport classes and carnivals, make sure you wear it correctly.

- No red jumpers with sports uniform. The sports jacket is the only option if you are cold.
- Girls: No waist bands or singlets appearing from beneath the shirt. If you must wear them, make sure they are smaller than the polo.
- Boys: No t-shirts hanging out from under sleeves or below the end of your shirt.
- Shoes need to be sport shoes, not skate shoes or other. Be prepared for exercise - it is a sports uniform!
- House days/activities need your **coloured** shirt. Wear the right one so we know that you are wearing it due to the House day/activity.

Any failure to adhere to these expectations will result in sanctions. It is your responsibility as a student of this College to understand and follow the expectations.

The College thanks all parents for their understanding and support.



Ms Sabrina Lynsdale
Executive Assistant
(Marketing &
Public Relations)



Mr Frank Italiano
Year 9 Coordinator &
Academic Excellence
Coordinator

ENTERTAINMENT BOOKS STILL AVAILABLE

Thank you to families for supporting our fundraiser with the Entertainment Books. More stock has become available and books can be collected upon payment at the Accounts office. Thank you for support.

QUIZ NIGHT DONATIONS - DO YOU HAVE A BUSINESS?

Would you like to advertise your business? Why not at the Quiz Night? Your business will be advertised in the Delagram, Western Lasallian, in the Quiz Night programme and the College website. Contact Sabrina by email sly@lasalle.wa.edu.au or telephone the College. Your support would be greatly appreciated.

ARE YOU A PAST STUDENT OF THE COLLEGE?

Why not join our Alumni and maintain the spirit of La Salle College? Being part of the Alumni means that you will maintain the long standing relationship with the College and your past peers through functions, reunions and activities. Visit the website on www.lasalle.wa.edu.au under News and Events/Alumni for an Alumni Membership Application or contact Sabrina by email sly@lasalle.wa.edu.au or phone.

HALL OF EXCELLENCE - NOMINATE NOW

Nominations for the Hall of Excellence for 2010 are now being accepted. The Hall of Excellence recognises the many outstanding achievements of past students. For online submission, please visit our website www.lasalle.wa.edu.au / News and Events / Hall of Excellence. Nominations close on 25 September.

Ms Sabrina Lynsdale
Executive Assistant
(Marketing & Public Relations)



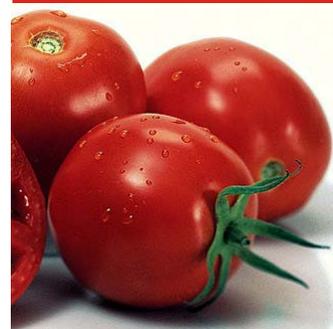
YEAR 11 ECONOMICS - THE ASX SCHOOLS SHAREMARKET GAME 2009

Congratulations to all students at La Salle who played the ASX Schools Sharemarket Game in 2009. This 'online' experience aimed to allow students to grasp the concepts behind share investing.

This year thousands of syndicates Australia wide traded in this game. Within the College, Dylan Gilbert, Ryan Han and Jake Williams achieved the highest portfolio value.

Mr Frank Italiano
Economics Teacher

DID YOU KNOW!



Tomato
world's
most
popular
fruit

The tomato is the world's most popular fruit. And yes, just like the brinjal and the pumpkin, botanically speaking it is a fruit, not a vegetable. More than 60 million tons of tomatoes are produced per year, 16 million tons more than the second most popular fruit, the banana. Apples are the third most popular (36 million tons), then oranges (34 million tons) and watermelons (22 million tons).

Tomatoes were first cultivated in 700 AD by Aztecs and Incas. Explorers returning from Mexico introduced the tomato into Europe, where it was first mentioned in 1556. The French called it "the apple of love," the Germans "the apple of paradise."

Tomatoes are rich in vitamins A and C and fibre, and are cholesterol free. An average size tomato (148 gram, or 5 oz) boasts only 35 calories. Furthermore, new medical research suggests that the consumption of lycopene - the stuff that makes tomatoes red - may prevent cancer. Lycopene is part of the family of pigments called carotenoids, which are natural compounds that create the colors of fruits and vegetables. For example, beta carotene is the orange pigment in carrots. As with essential amino acids, they are not produced by the human body. Lycopene is the most powerful antioxidant in the carotenoid family and, with vitamins C and E, protect us from the free radicals that degrade many parts of the body.

The scientific term for the common tomato is *lycopersicon lycopersicum*, which mean "wolf peach." It is a cousin of the eggplant, red pepper, ground cherry, potato, and the highly toxic belladonna, also known as the nightshade or solanaccae. There are more than 10,000 varieties of tomatoes.

Tomatoes are used in many food products, including, of course, tomato sauce (ketchup), pasta and pizza. According to a Steel Packing Council survey of 1997, 68% of chefs use canned tomatoes for convenience, quality and flavouring. It hasn't changed much since.

A fruit is the edible part of the plant that contains the seeds, while a vegetable is the edible stems, leaves, and roots of the plant.

Cooked tomatoes have higher concentrations of lycopene than non-cooked tomatoes.

Don't store ripe tomatoes in the fridge. Cold temperatures lessen the flavor in tomatoes.



“There are one hundred and ninety nine ways to beat, but only one way to win; get there first”.

Willie Shoemaker

SPORT

CHAMPION SCHOOL BOYS BASKETBALL

The boys used their “get out of jail free” card this week. Swan View led from the opening minute until the last 90 seconds when our boys rallied hard and hit the front. With 2 games to go against what looks to be the best 2 teams in our division, it makes for a very interesting last couple of weeks.

La Salle 37 def Swan View 34
 Top Scorers: Luke Zaffino 22, Travis Turner 9
 Best Players: Luke Zaffino, Travis Turner.

Mr Peter Sackett
 Year 12 Coordinator & Basketball Coach



Mr Peter Sackett
 Year 12 Coordinator & Basketball Coach

CONGRATULATIONS TO THE COLLEGE FIRST XVIII BELT UP CUP FOOTBALLERS

This competition is nearing completion of its 22nd year and has been played under the banner of Quit Cup, Smarter Than Smoking and now taken on the title Belt Up as a means of spreading the very clear message of wearing seat belts the moment you get in a vehicle. The competition is made up of three divisions, Cable with 8 schools, most of whom run specialist football programmes, Jakovich which we are involved in and Glendinning.

The members of the squad representing the College have played very well in going through undefeated to become the North East Champions by defeating John Septimus Roe (JSR) at Steel Blue Oval on 10 June. They displayed an exciting brand of flow on team orientated football against quality opposition. The great first half allowed us to experiment in the second half and try players in different positions. This confirmed that the team is a versatile one. To JSR's credit they played the game hard and we had to continue to play to the best of our ability to the end.

Final score: La Salle 11 goals 8 points to JSR 3 goals 3 points.

Whilst everyone played their part, better players on the day were Brandon Erceg, Zac McBride and Stephen Coniglio.

By the time this Delagram is published we will have played our semi final against Woodvale Senior High for the right to play in the Grand Final at Subiaco oval on Saturday 27 June.

Congratulations to Stephen Coniglio, Brandon Erceg and Alexander Howard on making the final squad to represent Western Australia in the State Under 16's competition. A fantastic achievement!

Mr Joe Sorgiovanni
 Solomon House Coordinator & Football Coach



Mr Joe Sorgiovanni
 Solomon House Coordinator & Football Coach





Ms Belinda Sewell
Acting Sport Coordinator

For the remaining 3 weeks of Term 2, La Salle is heavily involved in multiple sporting games. Our after school NWAS programme participants have just competed in the semi finals and the winning teams go through into finals next week. A huge thank you to all the students who have been actively involved and to the staff who have coached/supervised. Good luck for the finals.

Champion Schools Soccer is under way this week with a tight fixture of 5 games in 3 weeks. This team is a talented group of boys who will be very competitive. These boys have some fair distances to travel and I wish them good luck. Thanks to Mr Fitzpatrick for coaching the team and Matthew Southern for umpiring.

Champion Schools Basketball is rounding out the final fixtures in the next few days, with both the boys and girls teams being undefeated so far. This is a great effort and these students should be really proud of themselves. Thanks to Ms Crossley and Mr Sackett for their efforts with these teams this term.

Lower and Senior School Netball will begin their inter-zone finals this week. There are 5 teams competing for a place in the final carnival next term. These girls have done a great job and are an enthusiastic group. Thanks to Ms Connor for her work in preparing these girls, giving them every opportunity to improve.

NWAS INTER-SCHOOL SPORTS ROUND 3 RESULTS

	Round 3
Year 8 Girls Netball Girls Soccer Boys Soccer Mixed Touch	Carmel No game 3-2 0-3 0-11
Year 9 Girls Netball Girls Soccer Boys Soccer Boys Badminton	Carmel 15-4 0-6 0-8 3-6
Year 10 Girls Netball Girls Soccer Boys Soccer Touch	Aranmore 17-20 1-5 Forfeit La Salle 0-4 JSR

Ms Belinda Sewell
Acting Sport Coordinator

Being a parent

Enjoy the years every second....as you know they go by so quickly and before you know it they are all grown up and leaving home.

When they are small, you are physically exhausted with running around, doing things for them.

When they are in their teens, you are mentally exhausted with all that goes on with teenagers/school etc.

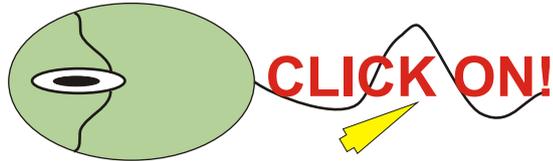
When they are adults, have partners of their own and move house you are emotionally exhausted with the sadness of not having them with you

Having said thatbeing a parent is a pure joy and I can't even remember life without them.





Mrs Lindy Reger
Integration of ICT
Across the Curriculum
Coordinator
Gifted & Talented
Coordinator



Searching for the right content on the Internet is not always an easy task.

Here are six tips when searching for quality information, or check out how to evaluate information at <http://www.virtualchase.com/quality/checklist.html>.

1. Consider the **source** what is the origin of the information?
Some common domain extensions (<http://domainextensions.org/>):
.edu - educational site
.com - commercial site
.org - non-profit organisations
.gov - government site
.info - information websites
.mil - U.S. military sites
.mobi - sites for mobile devices
.museum - museums
.net - network
* Remember - stay safe when online! Domain extensions are not always used for their intended purpose e.g. .org can be used for commercial business websites.
2. What is the **purpose** of the site?
3. Look at the **quality** of the writing.
4. Check out the **sources cited**, in other words, where did they get their information?
5. How **current** is the information - check the date last updated or revised.
6. **Verify the information** - use more than one source to see if the facts can be verified.

Finally, be careful of copyright! Use keywords from your research and write in your own words.

Community Outreach ClickOn! Workshops

The first series of ClickOn! Workshops commenced in early June, and judging by the feedback, have been an outstanding success. Parents, grandparents, and even great grandparents are working to improve personal knowledge, understanding and skills when searching the internet, or using Word and Outlook. The weekly workshops are conducted by myself on behalf of the Friends of La Salle College Parent Education Group. Participants use the College ICT facilities in B19. All are keen to be involved in their family's education and the ability to use Word and Outlook more productively and efficiently, and to search the Internet more effectively, helps them achieve this goal.



Mrs Lindy Reger
Integration of ICT Across
the Curriculum Coordinator
Gifted & Talented Coordinator



CALENDAR & CANTEEN ROSTER

WEEK 9 & 10

* *Canteen Volunteers*
In italics & underlined

Canteen volunteers are asked to please wear enclosed shoes for occupational health & safety reasons.

Thank you.

Sun 21 Jun	Mon 22 Jun	Tues 23 Jun	Wed 24 Jun	Thurs 25 Jun	Fri 26 Jun	Sat 27 Jun
WEEK 9		YEAR 12 LIT ENG 2C/D & 3A/B SEMINAR DAY CURTIN UNIVERSITY YEAR 8 NWS FINALS <i><u>V. Beerkens</u></i>	MASS BY: BDN/ABE MCCORMACK HOUSE MASS YEARS 9/10 NWS FINALS	YEAR 12 AIT EXCURSION	YEAR 10 OUT EXCURSION PARA SOCCER EXCURSION	
	----- YEARS 8/9 EXAMINATIONS -----					
WEEK 10						
	Sun 28 Jun	Mon 29 Jun YEAR 11 CFC EXCURSION <i><u>T. Scuderi</u></i>	Tues 30 Jun <i><u>L. Hocking</u></i>	Wed 1 Jul MASS BY: RAD/SMU	Thurs 2 Jul	Fri 3 Jul 'STOMP' END TERM 2

COMMUNITY NEWS

CATHOLIC YOUTH MINISTRY

Sunday 21 June - North Sunday Sesh! Mass @ 5:30 pm, Sunday Sesh @ 6:45 pm. Venue: Holy Spirit, City Beach Don't miss out on the Sunday Sesh! Open for youth of all ages (pref 15-35). June Guest Speaker: Fr John O'Reilly, presenting "Bread or Jesus?" The night includes: music, activities, a guest speaker, prayer time & group discussions. Bring money for supper. More details on www.cym.com.au or call 9422 7912.

ACTIVE GIRLS HEALTHY FUTURES

FREE school holiday programme for girls only from the City of Swan. Held in 2 venues, the programme provides girls between 11 - 13 years with the opportunity to try lots of different sports and activities with the aim of keeping them physically active. Registrations close on 26 June and late registrations will not be accepted. For more information see Ms Dawson in the PE office.

SPEAK UP! HELP OUT!

The City of Swan's Youth Advisory Committee (YAC) is looking for young people to help organise the inaugural YAC Public Speaking competition. The event will be held in honour of the late Mayor Charlie Gregorini, who was a passionate advocate for young people. The first meeting will be held at 5pm on Monday 22 June at the Midland Library, 45 Helena Street, Midland. If you are aged 12-25 and are interested in helping to create a new opportunity for young people's views to be heard, the City would love to hear from you. The YAC plan and develop initiatives for young people in the City of Swan. Free taxi vouchers are available to help young people with transport to meetings. Those interested should RSVP to Pauline Manser, Youth and Community Development Officer on 0408 902 618 or email pauline.manser@swan.wa.gov.au

MUNDARING ARTS CENTRE HOLIDAY WORKSHOPS

The Centre is running an exciting variety of art workshops during the holidays for all ages. Two & three dimensional felting, Trek the Trail workshop Create a pod shelter, Create a Tree Necklace and Worn Out Worn Art. For more information on these workshops and to make bookings, contact the Centre on 9295 3991 or visit www.mundaringartscentre.com

THANKS DAD PHOTOVOICE COMPETITION

From 15 June, children and adults can register for this Competition which aims to increase the profile of fathers and father figures in the community. It is coordinated by Child and Adolescent Community Health and Ellenbrook Early Years Working Group to highlight the positive impact fathers and father figures including stepfathers, grandfathers, uncles and sports coaches have on children. Entry in the competition is free and photos, along with a 25 word or less description, can be submitted at The Ellenbrook Community Library. There are fabulous prizes up for grabs.

Pick up your entry form from the library or online at www.thanksdadphotos.org and click on 'WA Competition'. Entries close 22 August 2009. Good Luck!!

WILDCATS CAMP DETAILS

When: Monday 13th Friday - 17th July
 Time: 9.00am - 12.00pm
 Age: 5-12 year olds
 Where: Perry Lakes Basketball Stadium
 Meagher Drive, Floreat
 Cost: \$169 per person (incl GST)
 \$120 for additional siblings (incl GST)
 For more information, phone 1300 WILDCATS