

D LA SALLE COLLEGE elagram

Fortnightly newsletter



St. John Baptist de La Salle

5 November 2010
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FROM THE PRINCIPAL

Mr Wayne Bull



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CONGRATULATIONS TO OUR HEAD GIRL

Stephanie Enkel our 2010 Head Girl, has been selected as one of only 10 'Share the Mission' Lasallian volunteers from around Australia to be involved in a 12 month service programme in 2011. Stephanie will be living and working in Balgo, supporting the work of the Brothers at Luurnpa School. This will further enhance the links between La Salle and Luurnpa in a very special way.

This is a significant personal commitment for Stephanie to make and I warmly congratulate and thank her for being so inspired by the Lasallian vision. I also acknowledge and thank her parents Geoff and Marian for their support of Stephanie in this very special missionary work. We look forward to getting regular reports from Stephanie outlining her work in Balgo.

PRESENTATION EVENING

All parents should now have received their ticket order forms for the premier event in the College's calendar. This is a compulsory occasion for all students and consequently I do expect a written explanation from parents if their children cannot attend. The evening will be a sell-out so it is most important that you return your ticket order form to the office by **Monday 8 November**.

Those students who are receiving awards will be notified at year assemblies today. Students who are performing will have already been notified. Our performers also include all Year 7 students who will provide the massed choir for the evening.

UPDATE ON BOARDING

As many of you would be aware, La Salle will be entering into an exciting new phase of its history in 2011 when we offer a boarding facility for the first time. Preparations are well in hand with advertisements for staff being listed this weekend. It is my pleasure to inform you that Darren Perrett will be the Dean of Boarding, supported at the Senior Leadership level by Assistant Principal, Adrian Martino. I will provide you with further details as they come to hand.

YEAR 10 OUTDOOR EDUCATION CAMP & REFLECTION DAYS

Last week all of our Year 10 students were involved in either the Outdoor Education camp to the southwest or the Reflection Days. From all accounts both events ran very smoothly. My thanks to the staff who supported these two events.

YEAR 9 OUTDOOR EDUCATION CAMP

We wish our Year 9 Outdoor Education students and staff an adventurous yet safe camp running from after school on Wednesday 10 to Saturday 13 November.

COLLEGE ANNUAL GENERAL MEETING

Parents are reminded that the 2010 College Annual General Meeting which will be held on Tuesday 30 November commencing at 7:00 pm in the staff room. Elections need to be conducted to determine at least three two-year positions on the Board. If you would like to nominate, or have business that you would like to bring before the meeting, please contact Rachael Langdon, the Principal's PA, by Friday 26 November.

YEAR 7 2011 PARENT INFORMATION EVENING

A reminder that our Year 7 2011 Parent Information Evening will be held next Tuesday evening 9 November starting at 7:00 pm in the Patricia Rodrigues Centre. All parents of incoming Year 7 students are requested to attend.

TRAGIC NEWS

The College was saddened to hear of the tragic death of Steven Hodges, a former student of the College. Steven left us in 2008 part of the way through Year 11. He only visited the College last week. Our sympathy is extended to all of Steven's family and in particular the Parry family (Bobbi-Lee and Megan) on the sad loss of their cousin.

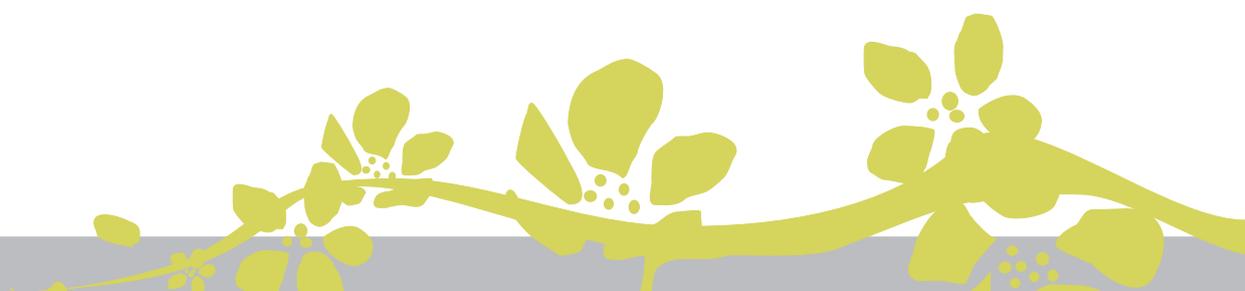
Mr Wayne Bull
Principal

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MESSAGE FROM THE BOARD



GRADUATION MASS



Mr Darryl Burton
Board Chairperson



Mr Alfiero Cardona
Liturgy Coordinator

It has been a while since the Board has communicated to the community, not because we have been idle, quite the contrary. Board Members have continued to be very busy with College activities, supporting functions as well as the busy schedule of meetings.

Some of the notable activities the Board have worked on recently have included:

- The official opening and blessing of our wonderful new facilities by Monsignor Kevin Long.
- The review and approval of the extension of the covered walkway from the Patricia Rodrigues Centre through to the front of the Fr Laurence Murphy Senior Learning Centre. This will replace the older, smaller covered area adjacent to the change rooms.
- Approval for the College to consider supporting a limited boarding facility for the Balgo and Pilbara students at Swanleigh Residential College starting in 2011.
- The review of the College's current security system. Based on recent damages it was decided to update and replace the old camera security system.
- The Catholic Education Office's (CEO) initiative to the development of principals in the Catholic system, which will see our current Principal, Mr Wayne Bull transfer into the CEO in 2011 for a 12 month period. His role will be filled by Ms Debra Sayce, a former staff member. Before Debra took on her current position at the CEO she was Deputy Principal at La Salle College some five years ago.

Over the next month the College will be preparing the 2011 Budget and we look forward to presenting this at our Annual General meeting to be held on Tuesday 30 November at 7:00 pm in the staff room.

Finally, there will be two of our Board members retiring after six years on the Board at the upcoming AGM - Mark Musarra and Greg Coverley have been great supporters of this College. They have constantly demonstrated professionalism, passion and dedication to the growth of this College.

Congratulations to all the Year 12 students graduating and we wish them well in their future endeavours.

Mr Darryl Burton
Board Chairperson

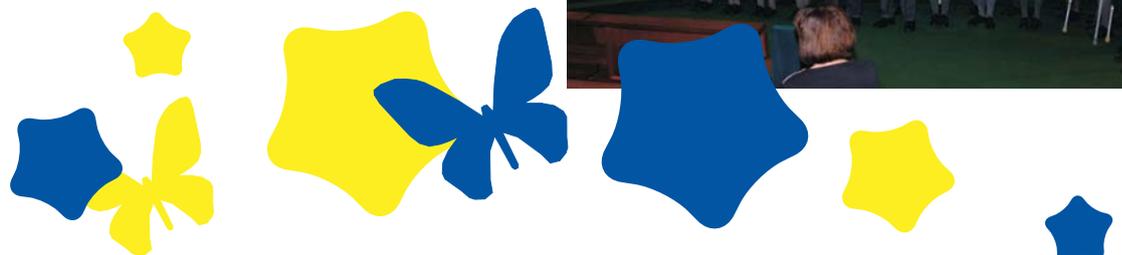
On Friday 22 October, La Salle College celebrated the 2010 class graduation at St Anthony's Church in Greenmount. Graduation brings with it sweet memories as well as excitement for new beginnings. As we stood at the foot of the table of our Lord we prayed for our Year 12 students who God has entrusted us with that they may always remain in Him so as 'to bear fruit in plenty'.

Graduation Mass was celebrated by our College Chaplain Fr Leonard Macionczyk SDS. The Mass started with a short procession led by Mr Wayne Bull followed by the Year 12 students. A number of parents, teachers and students took part in the Liturgy. Year 11 student, Ella Konrad-East sung the psalm accompanied by Pia Schelfhout on flute while Ms Miriam Schimmel directed our liturgical dancers to perform a most striking dance after communion.

After Mass we watched a photo montage prepared by Mr Devin Martin and Mr Krys Liddelow. It was a reminder of the good times these students have enjoyed over the past five years at the College. It was then the turn of Mr Peter Elloy and our Head Boy, Stephen Coniglio and Head Girl, Stephanie Enkel to thank the parents of the Year 12s for the support each student has received from them throughout the years. Parents were presented with a flower and a poem as a token and remembrance of this special day. Each student received their Graduation Certificate and a candle to end the evening.

I would like to thank everyone who participated in this moving Graduation Mass for their assistance in making the occasion so special - one which our Year 12 students will cherish for years to come.

Mr Alfiero Cardona
Liturgy Coordinator

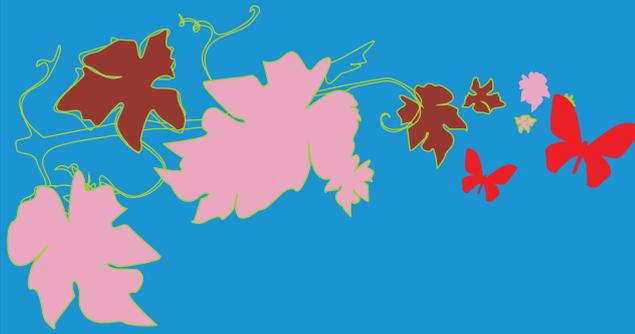




Ms Shannon Steven
School Counsellor
(Psychologist)



Ms Beth Maas
School Counsellor
(Social Worker)



COUNSELLORS CORNER

This fortnight's cyber tip is:

TALK to your parents, teachers, school counsellor or another adult who can act and who will help you if you are feeling unsafe about anything that has happened on the net.

STUDY & STRESS MANAGEMENT

Exams are once again upon us!! This is a stressful time for the whole school community, especially for students. A little bit of stress can be a positive thing. It can make us strive for results during competitive or demanding situations. However prolonged, chronic stress can be detrimental to our physical, emotional and social wellbeing. Below are some ways in which may help you to manage your stress and ensure that it doesn't get out of hand. Also included are some helpful hints in regards to study. There are no right or wrong ways to revise, everyone has their own approach. If you are feeling too stressed maybe you should give some of the following a go:

- **Look after the body.** Take the time to exercise regularly and eat well.
- **Minimise your caffeine intake.** Binging on caffeine or energy drinks can affect the quality of sleep that you are having. One or 2 cups is okay but don't go overboard!
- **Get enough sleep.** Aim for approximately 8 hours. If you still feel tired during the day try a 30 minute power nap!
- **Avoid pulling all-nighters.** Staying awake all night can actually have the reverse affect and actually result in poorer grades. It may also result in a sleep deficit which means you will be tired even after a couple of good night sleeps.
- **Be kind to yourself.** Take some time out. DO the activities that you enjoy. Light a candle, take a long bath, go for a walk, get a massage, say a prayer and do some meditation, relaxation or breathing exercises.
- **Make time for family and friends.** Talk. They are your support networks. Let them know how you are feeling. It is okay to ask for help.
- **Talk sense to yourself.** Stay positive, don't engage in 'unhelpful thinking', like *things will never get better, I can't do this.* Instead say *I'm okay. I can do this. I will look for solutions. I will ask for help.* Keep a list of affirmations handy and develop your optimism!
- **Laugh.** Laughing increases good brain chemicals...and works out your abs!! Even if you don't feel like laughing do it. You will soon feel better.
- **Work smarter not harder.** Good time management means quality work rather than quantity. Get a work-life balance that suits you. Working smarter means prioritising your work, concentrating on the tasks that will make a real difference to your work. Break your studies into smaller chunks. Leave the least important tasks to last, accept that there will always be more to do the next day.
- **Get organised.** Have a system of organisation for note-taking, keeping track of assignments, and other important papers. Being organised can bring you the peace of mind that comes from knowing where everything is, remembering deadlines and test dates, and clearing your mind of some of the mental clutter that disorganisation brings. Keep a calendar, a schedule or a diary. If it is written down you don't have to worry about forgetting something. Work out a simplified way to take notes that works for you. Maybe cards will help, or charts or tables.
- **Create a good study environment:** Creating a soothing environment can reduce stress *and* help you learn. Aromatherapy, for example, is a known stress reliever. For example - peppermint essential oil is said to wake up your brain. Playing classical or chill out music as you study can also soothe you and help you learn (unless you find it distracting)!
- **Accept the things you cannot change.** Worrying about the inevitable is not beneficial. If it cannot be changed why worry? Focus on the things that you can change. On the things that **YOU** have control over.
- **Don't sweat the small stuff.** Do not beat yourself up if you do not stick to your study timetable and, for example, take an extra half hour to relax or even exercise. What's done is done. Accept it and move on. Try not to make your schedule too demanding or impossible to stick too. Allow for some flexibility.

Please email us at [bma](mailto:bma@lasalle.wa.edu.au) or ssn@lasalle.wa.edu.au if you require more information on anything above. **GOOD LUCK!** Our thoughts and prayers are with you!

Ms Shannon Steven - School Counsellor (Psychologist)
Ms Beth Maas - School Counsellor (Social Worker)



Ms Brooke Hyland
Art Teacher



Ms Orietta Stokes
English Teacher

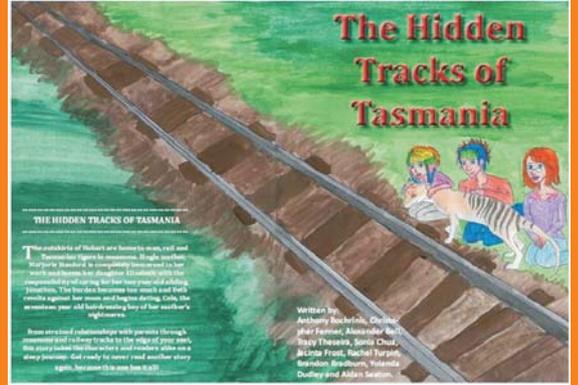


Artwork by Year 9 student, Francis Watson

**DARLINGTON ARTS FESTIVAL 6 - 7 NOVEMBER,
DARLINGTON OVAL**

Some of our Visual Arts students will be exhibiting their art work in this year's 'Youth Art' competition in the Darlington Arts Festival. Year 11 students Mary-Louise Carbone, Rebecca Stanley and Ashleigh Parnham are exhibiting self-portrait oil paintings. Look out for our Year 10 students Danielle Betty, Madison Italiano and Tracey Theseira's 'urban life' pencil drawings and Tara Duane and Katherine Potthoff's clay sculptures based on their identity. Two of our Balgo Hills students, Francis Watson and William Farrer will be exhibiting their colourful dot paintings. Year 11 Visual Arts students will be parading their 'environmental' wearable artworks in the 'Worn Out Worn Art' performance presented by the Mundaring Arts Centre. This performance takes place at 5:30 pm on Saturday 6 November on the main stage. Please get along to the festival to support our Visual Arts students and this wonderful community event.

Ms Brooke Hyland
Art Teacher



**DO YOU WANT TO PURCHASE THIS YEAR'S
AWARD WINNING WRITE-A-BOOK-IN-A-DAY
BOOK?**

Insert Book Here, the Year 9 and 10 Reading Club at La Salle worked very studiously to prepare for and compete in the Write-A-Book-In-A-Day competition, which works to raise funds for Princess Margaret Hospital. This year, 121 books were written by children for children in hospital.

*La Salle's entry **The Hidden Tracks of Tasmania** was fortuitous to receive a Judges' Commendation. The team members, along with members of their families, attended an awards ceremony held at the Boulevard Centre, Floreat on Friday 29 October to accept their award.*

The book is ready for purchase by students, staff and friends of the College. The cost of the book will be \$5 and will be available for purchase during PCG, alternatively contact me at ost@lasalle.wa.edu.au or by phone at the College to organise your purchase.

Ms Orietta Stokes
English Teacher

CLASS OF 1990 REUNION

The Class of 1990 recently held their 20 year reunion on 23 October at the 7th Avenue Bar and Restaurant in Midland. Approximately 40 ex-students, including Mr Joe Sorgiovanni and past Principal, Mr Clem Mulcahy attended, all sharing wonderful memories during the evening. So successful was the evening that another reunion is in the planning for 2011 for the many that were unable to attend.

Thanks must go to Amanda Moloney (Broun), Susi Purcell (Prestianni) and Michelle Stewart (Stead) for organising the night and to Amanda and Susi for taking the photos.

Through our Alumni we wish to maintain the spirit of La Salle College. To join our Alumni, please contact me by phone or at sly@lasalle.wa.edu.au

Ms Sabrina Lynsdale
Executive Assistant (Marketing & Public Relations)



Ms Sabrina Lynsdale
Executive Assistant
(Marketing & Public Relations)





ALL PARENTS & STUDENTS



Ms Jenny Waller
Solomon House PCA



Ms Marie Noble
Solomon House PCA

International High School Exchange Student Wish To Study.

CULTURAL EXCHANGE

International high school exchange students wish to study in Australia from February through June 2011 for the following reasons:

- good schools
- strong economy
- international presence welcomed in schools
- friendly people
- good weather
- renowned successful S.C.C.E with 24/7 support
- popular outdoor activities
- intercultural tolerance developed
- popular and widely available wholesome food
- future education and careers enhanced

If you are interested, contact Southern Cross Cultural Exchange or their 'matching booklet' to match an exchange student to your family. Southern Cross Cultural Exchange 1800 500 501 or scceaust@scce.com.au or www.scce.com.au

COMMITMENT TO EXCELLENCE



Congratulations to Year 9 student, Zac Partington who represented the College at the All Schools Athletics Championships over the weekend. Zac won gold in the U15 3000m walk and a silver in the U18 5000m walk. He will be heading to Melbourne in December to compete in the nationals. Fantastic effort Zac!



SOLOMON HOUSE FAMILY MASS

The 2010 Solomon House Family Mass to farewell Year 12 students was a particularly poignant occasion this year, as this is Mr Joe Sorgiovanni's last year as House Coordinator. Just before the Mass began each Year 12 student released a blue balloon into the crisp night air, signifying their flight from the life of a student to the life of young adult.

The theme of the Mass focused on the Parable of the Sower and the Seed. The seeds are a symbol of the Year 12 students and we prayed that they will grow and develop into happy and successful young adults. Fr Leonard's homily offered words of wisdom and encouragement to all of the students who were invited to follow their dreams and always remember that God loves them and will care for them for the rest of their lives. A plant was offered up as a symbol of growth and will be planted in the Chapel Memorial garden.

The Mass concluded with a bang as confetti was sprayed onto all of the Year 12 students who had gathered in front of the altar.

Joe Sorgiovanni spent some time thanking everyone involved in Solomon House over the past 18 years he has been House Coordinator, in particular his family.

After the Mass had concluded students, parents and staff were able to view the photo collages adorning the walls of the Auditorium foyer, and mingle with each other; sharing a supper.

**Ms Marie Noble & Ms Jenny Waller
Solomon House PCAs**



Ms Lindy Reger
Integration of ICT
Across the Curriculum
Coordinator



~ YouTube Access ~

At La Salle College we provide our students with a range of teaching and learning opportunities that involve the use of current technologies. The use of technology both engages and challenges our students, facilitating their ability to learn content and develop their digital literacy skills. With this in mind the College has given students permission to view suitable educational YouTube videos as directed by their teachers. The viewing of inappropriate, non-educational content will not be tolerated. Please refer to the College ICT Resources Usage Policy (page 25 of the Student Organiser) for further clarification of acceptable and unacceptable online activity.

~ Be Cyber Aware: What's Pharming? ~

Pharming is the act of redirecting a website's traffic to another illegitimate site. Hackers establish these 'fake sites' to gain access to personal information, such as bank account details and passwords. You can avoid pharming by making sure you use secure web connections to access websites that require personal information, such as your bank's website. To be cyber aware make sure the site is secure look for **https://** in the URL address and a **padlock icon**, this appears at the far right of the URL address.

~ Battery Recycling ~

A reminder that household batteries - AA, AAA, C and D batteries - can be dropped off at the battery recycle bins located at the Midland and Guildford libraries, the City of Swan Administration Centre and the Midland Gate Shopping Centre.

Ms Lindy Reger

Integration of ICT Across the Curriculum



Ms Jaimee Dawson
Learning Area Coordinator-
Health & Physical Education

SPORT



SSWA JUNIOR BASKETBALL

On Tuesday 2 November, La Salle College competed in the Junior School Sport's WA Basketball Day Carnival at the State Basketball Centre. The Junior boys were undefeated in the 3 rounds leading into the semi-final. They had convincing wins against Mt Lawley and St Norbert's but had to fight in the 3rd round to secure the win against Mater Dei where they managed to hold on by one point. They progressed to the semi-final against Lockridge. When the final siren sounded it was equal scores on 32 points. Both teams fought fatigue in the warm conditions during the 5 minutes of extra time. Unfortunately we were defeated by 2 points after extra time 39-37. All the boys put in a great effort, however, particular mention must be made of the great shooting by James Brooks and Callum Crawford. A big thank you to all the boys for their stellar performance and to team coaches Jonathon Gibbs and Cooper Harrington.

Mrs Jaimee Dawson

Learning Area Coordinator - Physical Education & Health

**ST BRIGID'S CHURCH MIDLAND****Fr Joseph Angelo***Corner Great Eastern Highway and Morrison Road*

Saturday Vigil	6:30 pm
Sunday	9:30 am and 6:00 pm
Children's Mass	9:30 am (Every second Sunday of the month)
Thursday Italian Mass	9:30 am
Reconciliation Saturday	11:00 am to 12 noon & 5:00 pm to 6:00 pm

ST MICHAEL'S CHURCH HERNE HILL**Fr Joseph Angelo***Great Northern Highway, Herne Hill*

Sunday	8:00 am
Children's Mass	8:00 am (Every second Sunday of the month)

ST ANTHONY'S CHURCH - GREENMOUNT**Fr Adam Babinski***96 Innamincka Road*

Saturday	6:00 pm
Sunday	7:30 am, 9:00 am, 6:00 pm
Polish Mass Sunday	10:30 am
Youth Mass	6:00 pm (First Sunday of the month)
Reconciliation Saturday	10:00 am to 10:30 pm & 5:15 pm to 5:45 pm & any time on request

GIDGEGANNUP COMMUNITY CHURCH GIDGEGANNUP**Fr Joseph Angelo***Toodyay Road*

First Sunday of the month	9:30 am
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GOOD SHEPHERD CHURCH - LOCKRIDGE**Fr Francis Ly***Corner Morley Drive and Altone Road*

Saturday Vigil	6:30 pm
Sunday	8:00 am & 9:30 am
Reconciliation Saturday	8:30 to 9:00 am & 5:00 pm to 6:00 pm

SACRED HEART CHURCH - MUNDARING**Fr Philip Fleay***18 Coolgardie Street*

Saturday (Reconciliation)	9:00 am
Saturday	8:30 am
Saturday (Vigil)	6:00 pm
Sunday	9:15 am

OUR LADY OF GOOD COUNSEL CHIDLOW*Wilcox Street & Northam Road*

Sunday (Rosary)	7:00 am
Sunday (Mass)	7:30 am
Reconciliation	7:00 am
(3 rd Sunday of each month)	

ST JOSEPH'S CHURCH - BASSENDEAN**Fr Jim Sheldon***19 Hamilton Street*

Saturday Vigil	6:30 pm
Sunday	7:00 am & 9:00 am

ST FRANCIS OF ASSISI CHURCH MAIDA VALE*Corner of Hawtin & Lillian Roads*

Saturday Vigil	6:30 pm
Sunday	8:00 am, 9:30 am & 6:00 pm

HOLY FAMILY CHURCH KALAMUNDA**Fr Paul Raj***2 Burt Street*

Saturday Vigil	6:30 pm
Sunday	7:30 am & 9:00 am (Children's Mass)
Reconciliation Saturday	5:45 to 6:15 pm
Italian Mass	11:00 am (Last Sunday of the month)

LOCAL PARISH INFORMATION



CALENDAR & CANTEEN ROSTER

WEEK 5 & 6

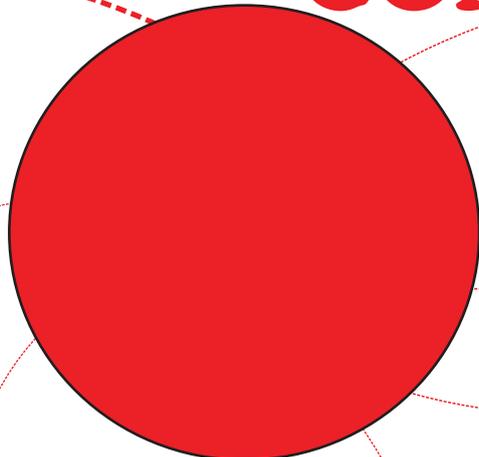
* Canteen Volunteers
In italics & underlined

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

Thank you.

Sun 7 Nov	Mon 8 Nov	Tues 9 Nov	Wed 10 Nov	Thurs 11 Nov	Fri 12 Nov	Sat 13 Nov
WEEK 5		COLLEGE ASSEMBLY YRs 7, 8, 9 & 10 YR 11 FINAL MASS YR 7 2011 PARENT INFORMATION NIGHT 7PM	YEAR 9 OUTDOOR EDUCATION CAMP COMMENCES AFTER SCHOOL	YR 9 REFLECTION DAY	YR 9 REFLECTION DAY	
				YR 9 OUTDOOR EDUCATION CAMP		
				YR 10 & 11 Exams		
Sun 14 Nov	Mon 15 Nov	Tues 16 Nov	Wed 17 Nov	Thurs 18 Nov	Fri 19 Nov	Sat 20 Nov
WEEK 6			YR 9 THEATRE SPORTS COMP (LUNCHTIME)			
				YR 10 & 11 Exams		

COMMUNITY NEWS



SCHOENSTATT SISTERS OF MARY SPRING FAIR

Spring Fair is on at The Shrine at 9 Talus Drive Armadale on Sunday 7 November from 9:30 am to 2:00 pm. Come and grab a bargain at the silent auction, knick knack or book stalls; tasty international food is available all day and lots of fun for children. \$10 vouchers available now or on the day. Contact Mary on 0400 553 140 or Sr. M. Georgina on 9399 2349. Bring the whole family for a wonderful day at the Shrine.

LEE OLIVER'S TENNIS COACHING

Tennis lessons for children aged kindy to 16 years of all abilities. Saturday mornings at Darlington and Friday afternoons at Helena Valley. Heaps of fun and great tennis! For more information, contact Lee or Lu on 9252 0209, email lollivers@bigpond.com or www.loliverstennis.com.au

PARENT PART-TIME JOB OPPORTUNITY

Centurion Transport is currently looking to appoint a friendly, people-focussed and committed Customer Service Officer. This busy role is never dull and would be ideally suited to someone who enjoys a busy and dynamic environment in a close-knit team. Whilst logistics exposure would be an advantage Centurion values its people and culture and is focussed on a good team fit. The successful applicant will possess: good computer skills, excellent communication skills, experience in a customer service role, previous customer contact centre experience (preferable). For information about this role please contact Nicole Logue on 9278 3023.

MT HELENA AMATEUR SWIMMING CLUB

New and old members welcome. Enrolments can be made at the Mt Helena Aquatic Centre from 15 November at 4:00 pm or Monday, Wednesday or Thursday from then on. For further information please contact Lee on 9295 0041 or Julianne 9295 3064 or look at the Shire of Mundaring website and follow the links <http://www.mundaring.wa.gov.au/YourCommunity/RecreationAndLeisure/Pages/MtHelenaAquaticCentre.aspx>

FOLLOW IN THE FOOTSTEPS OF SAINT MARY MacKILLOP...AN AUSTRALIAN PILGRIMAGE

Visiting Sydney, Melbourne, Adelaide & Penola from 10 to 22 October 2011 - limited spaces. The pilgrimage has been organised and will be led by the Sisters of St Joseph and is designed to help you enter more deeply into Mary's story & spirituality. For an information brochure or to book contact Laura on 9334 0999 or at lmccarthy@sosjwa.org.au