Principal’s Message

Dear Parents/Carers

This year John Therry Catholic High School will join Catholic schools across NSW and the ACT to celebrate Catholic Schools Week from the 9th - 15th of March. The theme for this year’s Catholic Schools Week is ‘Educating for Today & Tomorrow’ which encourages schools to showcase for their local community the opportunities available to students, raise awareness, and celebrate the distinctiveness of Catholic schools.

Catholic Schools Week is about strengthening relationships between all those who have a stake in our schools - students, staff, families, priests, parishioners, and members of the wider community. This week’s school assembly was based around this theme as we celebrated a range of co-curricular activities and achievements, as well as highlighting Project Compassion events, International Women’s Day and the school’s Gifted and Talented program.

Our school has a supportive community of teachers, support staff, parents, carers, P&F, clergy and parishioners who work together to focus on giving students the best education possible, encouraging success, promoting discipline, supporting creativity and instilling compassion.

I would like to take this opportunity to thank you for all your support of John Therry Catholic High School.

Ms Karen Young

“Recta Sapere” To Know, Love and Relish what is Right and Just
Catholic Schools Week 2015

8 - 14th March 2015

Theme: Educating for Today & Tomorrow

Catholic Schools Week Prayer:

Almighty God,

You sent the Holy Spirit

So that we might know and love Jesus, the Word made flesh;

to know and love Jesus, the Way, the Truth and the Life.

Renew the passion of all Catholic schools

To nurture the seeds of your love, planted in our hearts,

And bear fruit that will nourish a world hungry for your love.

We ask this through Christ, our Lord.

Amen
Assistant Principal

Help your kids maximise their results at school

Dear Parents,

Recently staff at John Therry were shocked by the number of students who regularly skip breakfast on a school day. Breakfast is an important meal. Children who skip breakfast may lack fibre and sufficient vitamins and minerals including iron, calcium, zinc and vitamin B2. Eating breakfast can boost energy levels and metabolism.

We are concerned that skipping breakfast routinely is having a negative impact on learning for many students and as such have established a Breakfast Club at the school so that students can access a basic healthy breakfast by giving a donation. The number of students currently access Breakfast Club is huge, so I appeal to parents to encourage their children to have breakfast at home as part of their routine to prepare for each school day. To further explain the importance of breakfast, I have included below some information from the Victorian Department of Health website which has been produced in conjunction with Deakin University.

Breakfast is considered an important meal because it breaks the overnight fasting period, replenishes your supply of glucose and provides other essential nutrients to keep your energy levels up throughout the day.

**Glucose**
Glucose is the body’s energy source. It is broken down and absorbed from the carbohydrates you eat. In the morning, after you have gone without food for as long as 12 hours, your glycogen stores are low. Glycogen is the glucose that has been stored in your muscle tissue and liver where it is released slowly overnight to keep your blood sugar levels stable.

Once all of the energy from the glycogen stores is used up, your body starts to break down fatty acids to produce the energy it needs. Without carbohydrate, fatty acids are only partially oxidised, which can cause reduced energy levels. Eating breakfast restores your glycogen stores and boosts your energy levels, as well as your metabolism for the day.

**Essential vitamins, minerals and nutrients**
Breakfast provides a significant proportion of the day’s total nutrient intake and offers the opportunity to eat foods fortified with nutrients such as folate, iron, B vitamins and fibre.

Essential vitamins, minerals and other nutrients can only be gained from food, so even though your body can usually find enough energy to make it to the next meal, you still need to top up your vitamin and mineral levels to maintain health and vitality.

**Skipping breakfast**
Extensive research in Australia and overseas has found:

- Many children who skip breakfast are significantly heavier than those who eat breakfast.
- Skipping breakfast may diminish mental performance. Eating breakfast may aid learning, as you are better able to pay attention and are more interested in learning.
- Eating high-fibre breakfast cereals reduces fatigue.
- Children who eat an inadequate breakfast are more likely to make poor food choices for the rest of the day and in the long term.
- People who eat breakfast have more nutritious diets than people who skip breakfast. They also have better eating habits as they are less likely to be hungry for snacks during the day.
- Going without breakfast becomes more common with advancing age.

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Why we skip breakfast
Some common reasons for skipping breakfast include:

- not enough time
- too tired to bother
- wanting to spend the extra time dozing in bed
- no readily available breakfast foods in the house.

A healthy breakfast may reduce the risk of illness
Compared to children who regularly eat breakfast, those who skip breakfast tend to consume fewer kilojoules overall, yet they experience the same rates of overweight and obesity.

There are a number of theories for this. There is some evidence that large meals are more likely to lead to weight gain than smaller, more frequent meals. This is because excess kilojoules eaten during one sitting are stored as body fat, once the glycogen storage areas are full. People who skip breakfast are usually ravenous by lunchtime and tend to eat more to compensate.

Snacking
People who skip breakfast tend to nibble on snacks during the mid-morning or afternoon. This can be a problem if those snacks are low in fibre, vitamins and minerals, but high in fat and salt. Without the extra energy that breakfast can offer, some breakfast skippers feel lethargic and turn to high-energy food and drinks to get them through the day.

If you do skip breakfast, try a nutritious snack such as fresh fruit, yoghurt, a low-fat muffin or a wholemeal sandwich to help you through that mid-morning hunger.

Breakfast foods
Research has shown that schoolchildren are more likely to eat breakfast if easy-to-prepare breakfast foods are readily available at home. Some quick suggestions include:

- whole-wheat or wholegrain breakfast cereals, such as wheat biscuits, muesli or bran cereals
- porridge, such as quick oats
- fresh fruits
- wholemeal or multigrain bread to toast
- muffins or crumpets
- toast toppings, such as baked beans, eggs, cheese or spreads
- fruit or plain yoghurts
- fresh fruit juices
- low-fat milk.

Things to remember

- A healthy breakfast has many health benefits.
- Children who skip breakfast may lack sufficient fibre, vitamins and minerals including iron, calcium, zinc and vitamin B2.
- Reasons for skipping breakfast include lack of time, lack of motivation and lack of available breakfast foods.


Regards- Simon Abernethy (Assistant Principal)
Attention Parents/Carers of Children with a disability.

NDCO will present a parent information session on the 25th of March at 6.30 at John Therry. They will be presenting for 30 min and have resources for parents. They will be covering the following items in their presentation:

- University and TAFE support services for young people with a disability
- The National Disability Insurance Scheme
- Smart and Skilled
- Get Ready for Study and Work resource

Please RSVP by Wed. 18th March to Peta.Howley@dow.catholic.edu.au

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PROOF OF AUSTRALIAN CITIZENSHIP OR PERMANENT RESIDENCY

In 2014 John Therry was audited by the Federal Government Census Bureau. Following that audit we were advised that all students who had been born overseas, or whose parents were born overseas, had to have proof of citizenship or residency.

Parents of students involved were sent a letter at the beginning of this year asking to provide the necessary documentation. To date not all have been returned. If you have a student who falls into this criteria could you please send the relevant documentation to the school as soon as possible.

If we do not hold the documentation we will be denied federal funding for the students involved. The school relies heavily on this funding to ensure we can offer all students the facilities required for their education. If we were placed into a position of having to pass this cost on to the parents it would equate to a significant increase in your fees.

If you have any questions regarding this matter please call Mrs Josephine Geer via the school office on 4645 8100.

MESSAGE FROM THE OFFICE

UNIFORM
Students will return at the beginning of Term 2 in their winter uniform. Now is the time to check if the uniforms from last year still fit and contact the uniform shop if you need to purchase anything.

When purchasing shirts please ensure they can be done up at the neck so their ties will do up properly.

Any Year 7 parents who have ordered uniform will need to ensure they have collected their uniform by the end of the term.

Uniform shop will be closed on the last day of Term, 2 April 2015. This is a pupil free day and a staff development day.

For all uniform shop enquiries please call Mrs Sue Thebridge on 0411 230 151. Uniform shop hours are Tuesday and Thursday afternoons 12.00 to 1.30pm and 2.00 to 4.00pm. All payment for uniform is taken through the school finance office.

VERIFICATION FORMS
Recently students were given verification forms to take home. Please make any changes to details we have, sign and return the form to school by Friday 20th March. Even if there are no changes please sign and return the form.

It is important we always have correct contact details for parents, carers and emergency contacts. If you change your address, phone or email details at any time please ensure you inform the school in writing so we can change our records. We cannot make changes based on a phone call as we need to ensure that we are speaking to the correct person.

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SICK BAY
If your child presents to sick bay, it is school policy that if they are injured or sick they will be sent home. We do not have the facilities for students to spend lengthy times in sick bay. It is imperative that we have your current contact details and details of other contacts who are able to collect your child in the event of illness or injury.

If an accident occurs at school and your child is injured, you will be notified immediately. An ambulance will be called for all head injuries and any other injury deemed serious enough. If a child is taken to hospital in an ambulance they will be accompanied by a member of staff until a parent or carer can get to the hospital.

Members of the office staff are first aid trained, but we are not allowed by law to administer pain relieving medications, ointments or the like. Band-aids, ice packs, heat packs and water are the only first aid treatments available to us. Due to the chance of allergies or other reactions we do not give students anything at all.

In the event you are unable to collect your child we will ask you to find someone else who can. If your child cannot be collected and we feel they are sick enough, an ambulance will be called.

If your child has to take a prescription medication during school hours you need to complete a medical form at school and give permission for us to administer that medication. We are not permitted to administer non-prescription medication to students.

EMAIL ADDRESSES
If you have a current email address please ensure we have a record of it at school. Email is our preferred way of communication for newsletter, excursion notes and fee accounts. If you change your email address at any time please ensure you update the school records.

ENROLMENTS
Enrolment applications are being accepted now for Year 7 2016. Our open day was a huge success and we have a lot of interest in enrolling for 2016. Please ensure all applications are received by Thursday 2 April 2015. If you have current students at John Therry and are wishing to enrol a sibling please ensure you do so by the cut off day. Applications received before 2 April 2015 will be processed first. Late applications will only be considered if we still have places available. We would not want siblings to miss out because of late enrolment applications.

FEE STATEMENTS
All families should have received their fee statement either via email or through the post. If you have not received your account, or if there is any concern over your statement please contact the school finance office on 4645 8100. If you are experiencing financial difficulty please contact Mrs Josephine Geer via the school office to arrange an appointment time.

LOST PROPERTY
There have been a large number of uniform items being handed into the office with no names. It is difficult to return items when we do not know who they belong to. Please encourage your children to take care of their clothing, bags, iPads etc as they are expensive items to lose and for you to have to replace.

Lost property that has not been claimed at the end of each term will be disposed of at the discretion of the school.

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EXCURSIONS
All excursion notes that require payment now have the facility to pay by Trybookings. You can also phone the school finance office and pay over the phone if you wish to.

Excursion notes need to be returned by the due date. If students are late with their notes they may be unable to attend. Most places have cut off times for final numbers and these need to be adhered to. If there is any concern with payment you can contact the school finance office.

VACCINATIONS
Year 7 were given vaccination forms to take home last week. These need to be returned to the school office. Please ensure that all parts of the form are completed and you have included your Medicare number.

NSW Health nurses will visit the school on the following dates throughout the year:

- 6 May 2015  Vaccine 1  HPV and dTpa
- 15 July 2015 Vaccine 2  HPV
- 17 November 2015 Vaccine 3  HPV and Varicella

If your child is away on vaccination day they usually hold a catch up day within a couple of weeks of the vaccination day. If your child misses both days then you will need to organise to have the vaccinations with your local doctor.

For information regarding vaccinations you can contact your local Public Health Unit on 1300 066 055. Please see the brochure below for further information.

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Dear Parent/Guardian,
Terms of specially trained registered nurses will be visiting your child’s school during Year 7 to offer free vaccinations against a number of serious preventable diseases. The vaccines are only provided free if you complete, sign and return the Consent Form while your child is in Year 7. Information about the vaccines and the diseases they protect against are included with the Consent Form as part of this Kit. Consent can be withdrawn at any time by following the advice in the Parent Information Sheet. A Privacy Statement that explains how the information you provide is collected and used is also included.

Parents
1. Read the information included in this Kit.
2. Complete the Consent Form and sign for each vaccine you would like your child to receive.
3. Give the signed Consent Form to your child to return to school.
4. After the school clinic, please advise your doctor that the vaccine has been given.

Students
1. Return the signed Consent Form to your school.
2. Eat a good breakfast on the morning of vaccination.
3. After the school clinic, make sure you take home the Record of Vaccination card.

More questions?
Please contact your local Public Health Unit on 1300 066 055 or visit www.health.nsw.gov.au/immunise

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“Recta Sapere” To Know, Love and Relish what is Right and Just
National Day Against Bullying and Violence

Friday 20 March 2015
www.bullyingnoway.gov.au

“Recta Sapere” To Know, Love and Relish what is Right and Just
INDIGENOUS EDUCATION AT JOHN THERRY CATHOLIC HIGH SCHOOL

Welcome all to the 2015 school year.

We would like to take this opportunity to inform parents of the important role and extra support we provide to all Indigenous students, working together towards ‘Closing the Gap’.

Reconciliation is about Unity and Respect between Aboriginal, Torres Strait Islander and Non-Indigenous Australians. It is about respect for Aboriginal and Torres Strait Islander heritage and valuing justice and equity for all Australians.

We at John Therry Catholic High School take pride in promoting Aboriginal culture and awareness. We do our upmost to walk with our Elders, families, Community and School Community. We are exploring possible cultural opportunities such as boys being taught to play the Didgeridoo.

**Dates for 2015**

13 February We recognised National Apology Day
21 March Closing the Gap / Harmony Day
30 April Regional Aboriginal Education Community Conversation - Campbelltown
26 May Sorry Day
19 June NAIDOC Assembly John Therry Catholic High School
July NAIDOC Week

Please do not hesitate to contact Cherrylle Nau, Aboriginal Education Assistant at John Therry Catholic High School via the school office on 4645 8100. If Cherrylle is unavailable you can contact the school secretary, Mrs Josephine Geer, and she will be happy to assist you.

Mrs Cherrylle Nau
Aboriginal Education Assistant

“Recta Sapere” To Know, Love and Relish what is Right and Just
Sorry Day Service

All are welcome to attend this special occasion. Light refreshments will be served.

Date: Monday 25th May 2015
Time: 10.30am—12.30pm
Venue: Holy Trinity Church
57 Guernsey Avenue, Minto

The Sorry Day Service is supported by:
* The Aboriginal Catholic Ministry
* Winga Myamly Reconciliation Group
  Winga Myamly are Wiradjuri words that mean "To sit down and talk".
* Campbelltown City Council
* Tharawal Medical Service

Please contact Sr Kerry 9605 1838 for further details

Memorial Ceremony

This is an annual event to remember the Dharawal people
Killed in the Massacre of 1816

Sunday 19 April 2015 Cataraat Dam Picnic Area
12pm — 3.30pm

Sausage Sizzle lunch will provide

Hosted by: Winga Myamly Reconciliation Group

Contacts: Uncle Ivan Wellington 0447 581 306
          Sr Kerry 9605 1838
          Ann Madsen 0408 826 997
          Peter Jones 0418 297 066

Supported by: NSW Reconciliation Council, Wollondilly Shire Council, Campbelltown Council, Camden Council, Sydney Catchment Authority, W.I.L.A, Theoretical Land Council and the Aboriginal Communities of Macarthur Region

Please Note: The Memorial Ceremony involves a short walk to the Ceremony. Limited seating available, feel free to bring your own fold up chairs.
Appropriate footwear, hats, sunscreen and bottled water are highly recommended.

The event will take place regardless of weather conditions.

“Recta Sapere” To Know, Love and Relish what is Right and Just
Congratulations to the JT Walkers on achieving first place (again!) in the secondary schools division of the Campbelltown City Challenge Walk at the Australian Botanic Gardens at Mount Annan on Sunday 8th March. It was fantastic to see a small but enthusiastic group of JT students participating in this great community event, especially considering the 8 am starting time. We look forward to an even bigger JT WALKERS team signing up for the 25th anniversary of the event in 2016.

Miss Kelleher and Mrs Conte

“Recta Sapere” To Know, Love and Relish what is Right and Just
Learning Technologies update

Our school has undertaken a new initiative, the Student and Parent Portal, to provide both parents and students information about your child’s progress in our school. The Portal will allow you to access student timetables, daily notices, digital copies of your child's reports and scheduling of Parent/Teacher/Student interviews. In the future it may also include access to bulletins, homework and allow you to digitally update family and medical details.

This week you would of received an email giving access codes to register for the portal. Students will be able to login to Sentral using their existing John Therry username and password.

As we progress in this initiative, I am confident that the Parent Portal will become more and more significant in your day to day management of your child's enrolment at our school. Should you experience difficulties please do not hesitate to contact me for assistance. I also look forward to hearing from you about your experience with our Parent Portal, and any feedback will be gratefully received with a view to adding further functionality and improvement.

Mr David Teuma
Learning Technologies Coordinator

“Recta Sapere” To Know, Love and Relish what is Right and Just
Pastoral

Year 9 – Stewardship

Justice, Respect and Integrity

- Beatitudes and 10 Commandments
- Literary forms in the scriptures
- Old Testament selected texts
- Key Church Teaching
- Catholic Church in Australia
- Images of good and evil
- Sacraments of Healing
- Mary

News From The Music Department

As part of our ongoing support of Creative Arts, this year we will continue to offer music tuition within the school. It will feature experienced music tutors from the Liverpool Academy of Music. Today, the Liverpool Academy of Music in Sydney’s South West, has grown to become one of the largest music schools in Australia. Since the Academy does teach from a graded syllabus, there is music written for every level - students are making and playing music almost from the very first lesson. And as they apply themselves, students simply move to play more difficult music. At the moment we are offering tuition for guitar, piano and voice. Tuition will take place at school. Students will be taken out of class for their lesson/s each week. Lessons are typically half an hour and will fall on a Tuesday. Tuition fees will be paid directly to the tutor ($30.00 per lesson). Students are taught in a one-on-one style, using innovative methods, as we believe and see proof that this achieves the best results. More information about the Academy can be seen on their website at http://www.liverpoolacademyofmusic.com.au/

Please see one of the friendly music teachers or contact them via email to receive an enrolment form.

jennifer.koryzma@dow.catholic.edu.au
katrina.blunden@dow.catholic.edu.au

Thanks
The Music Department

“Recta Sapere” To Know, Love and Relish what is Right and Just
“Recta Sapere” To Know, Love and Relish what is Right and Just
Diocesan Rugby League Carnival

On Monday 9th March, the u/15 boys rugby league team competed in the Diocesan Rugby League carnival. The boys displayed true spirit and determination winning each of their group games against Edmund Rice, St Joseph’s and St John’s comfortably. After topping the group they came up against Corpus Christie in the semi final with another convincing win, setting up a grand final showcase against St Joseph’s. The game was a tightly fought contest, finishing at two tries each. After 5 minutes of extra time, the two teams could still not be split so the final was decided by a 30m field goal shoot out. Unfortunately, despite the heroic efforts of the boys, we went down in the shoot out finishing as runners up. Congratulations to all the boys on their efforts and in particular to Tyrone Harding, Cameron Ointman, Reuben Bell and Jake McKay for being selected in the Wollongong Diocese team.

“Recta Sapere” To Know, Love and Relish what is Right and Just
## Sport Report
### Term 1 - Round 5

**SPORT REPORT TERM 1 2015 Round 5 vs Magdalene**

<table>
<thead>
<tr>
<th>Team</th>
<th>Coach</th>
<th>Result</th>
<th>Comment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Senior Boys Cricket</td>
<td>Mr. Tannous</td>
<td>Lost 1/65-4/64</td>
<td>A great game. Both schools showed great sportsmanship and skill in a very close and exciting match. It came down to the last ball, but unfortunately it didn’t go our way. MVP: Adam Denniss</td>
</tr>
<tr>
<td>Open Girls Cricket</td>
<td>Ms. Bond</td>
<td>Won 1/85-6/72</td>
<td>JT batted first with both Meaghan and Chloe having to retire and the team reached an impressive score of 1/85. Our bowling is improving greatly with all girls bowling accurately. Our quick fielding was key in this match with a couple of crucial run outs. Well done girls. MVP: Haylee Hoffmeister</td>
</tr>
<tr>
<td>Senior Boys Oz Tag</td>
<td>Mr. Morris</td>
<td>Won 6-5</td>
<td>A flat performance which was not unexpected given a majority of the team was involved in the Diocesan Rugby League carnival the day before. MVP: Jye French</td>
</tr>
<tr>
<td>Senior Girls Oz Tag</td>
<td>Ms. Hogan</td>
<td>Lost 10-0</td>
<td>Defensively this was a solid game for the JT girls against a quality attacking team. The girls took feedback on board and improved their attacking play throughout the game. MVP: Kiri Maika</td>
</tr>
</tbody>
</table>

“Recta Sapere” To Know, Love and Relish what is Right and Just
<table>
<thead>
<tr>
<th>Date</th>
<th>Grade</th>
<th>Time</th>
<th>Event</th>
<th>Team</th>
<th>Result</th>
<th>Summary</th>
<th>MVP</th>
</tr>
</thead>
<tbody>
<tr>
<td>8/9 Boys</td>
<td>Volleyball</td>
<td>Mr. Williamson</td>
<td>Lost 3-2</td>
<td></td>
<td></td>
<td>A disappointing loss. Did well to come back and win the first game after being behind. Should have taken the win in the fourth set when up 2-1 but poor persuasion led to a mistake. Never recovered and still waiting for their first win.</td>
<td>Cody Hoffmeister</td>
</tr>
<tr>
<td>8/9 Girls</td>
<td>Volleyball</td>
<td>Mrs. Hynard</td>
<td>Won 3-0</td>
<td></td>
<td></td>
<td>Another easy win for the girls today. They had the chance to practice their three hits and serve well. Looking forward to a game with more consistent rallies.</td>
<td>Tayla Moon</td>
</tr>
<tr>
<td>8/9 Boys</td>
<td>Basketball</td>
<td>Mr. Peters</td>
<td>Won 24-1</td>
<td></td>
<td></td>
<td>Very good defensive effort. Made plenty of opportunities but failed to convert on most of them. Excellent effort boys we need better execution.</td>
<td>Alvin Narvais</td>
</tr>
<tr>
<td>8/9 Girls</td>
<td>Basketball</td>
<td>Ms. Patterson</td>
<td>Lost 15-6</td>
<td></td>
<td></td>
<td>The JT girls played exceptionally well this week against a strong opposition. With the girls being down 3 at the break (7-4) they were still in the game. They continued to play with great intensity in the second half, but unfortunately went down in the end.</td>
<td>Rebecca Wood</td>
</tr>
<tr>
<td>8/9 Boys</td>
<td>Softball</td>
<td>Mr. Goodhew</td>
<td>Won 11-3</td>
<td></td>
<td></td>
<td>An excellent effort from the team today. Scoring 7 runs in the first innings and another 4 in the second. Another home run from Rhys Dewick and some good fielding throughout by all the boys.</td>
<td>Lachlan Worley</td>
</tr>
<tr>
<td>8/9 Girls</td>
<td>Softball</td>
<td>Mrs. White</td>
<td>Won 11-1</td>
<td></td>
<td></td>
<td>What an awesome result! Today the girls had their first win of the season. With excellent pitching, hitting and base running by Katia Aguilar, we were always going to be in with a shot. All team members stepped up to the plate and delivered today. Congratulations girls on your success.</td>
<td>Katia Aguilar</td>
</tr>
</tbody>
</table>

“Recta Sapere” To Know, Love and Relish what is Right and Just
MISA.

Our first round of the season where we won more than 50% of games. Some very impressive results from the teams which will only better our chances of maximising points this season.

JT versus St. Benedict’s next week. No game for cricket or volleyball teams.

Diocesan Events.

Monday of week 7 was a big day. Diocesan Rugby League was upon us and it was an absolute cracker of a day. Awesome weather allowed all schools from the diocese to display their best efforts in an action packed competition. John Therry had two outstanding teams and both were involved in winning positions right up to the last minute. The 15’s coached by Mr. Teuma and Mr. Baca went through the pool matches undefeated. They trailed early in the major semi final before scoring 3 unanswered tries to progress to the final. They matched up against St. Joseph’s who they had previously beat 4-0 in their pool match. After five tough games, the grand final needed extra time to separate them. Excellent efforts by both teams still couldn’t separate and they unfortunately headed to a 30m field goal shoot out. This was never a good way to finish but the rules must be adhered to.

John Therry had no luck, missing all attempts at goal, while St. Joseph’s were able to slot a solemn goal. After winning in 2014, the JT boys came up short in unfortunate circumstances.

On the brighter side, Tyrone Harding, Reuben Bell, Jake McKay and Cameron Oitmann were all selected in the Southern Country team. Congratulations to the coaches and all the players on their excellent efforts on the day.

The Opens team were aiming for 5 straight Diocesan titles. The team was smaller than previous years but all players from 1 through to 20 all contributed to the team 5 wins from six games (16 points), achieving a for and against of +36. This was enough to get them over the line as they drew level on points with Edmund Rice College, also on 16 points but with an inferior for and against.

Once again, several members of the Opens team were selected in the Opens Southern Country team. Well done to Jared Mauga, Luke Vanzin, Daniel Muir, Jye French and Cameron Brabender (shadow).

All members of the Southern Country team will travel to Wagga Wagga to play Northern Country in their chance to represent NSW CCC at the NSW All Schools Carnival.

Again, special mention to Mr. Morris, Mr. Golebiewski and all the players for their excellent attitude and behaviour throughout the day. Also a massive thank you to the Year 11 and 12 Sports Coaching students who assisted in the running of the day.

“Recta Sapere” To Know, Love and Relish what is Right and Just
**Students are reminded they must have John Therry representative shorts to compete in the Diocesan competitions.**

*MISA AND DIOCESAN SPORTS ATTIRE*

These shorts, as seen below, can be worn for MISA games, Diocesan competitions and other State/Knockout competitions. These shorts are only to be worn for representative activities. These soccer and rugby league shorts will match the latest jerseys the school has purchased for the students.

They are not replacing the schools current sports shorts and are not to be worn to school for normal sport or PDHPE lessons.

A shorts and socks combo will be sold for $25 each. If you are interested in purchasing this representative clothing for your child, could you please reply with an email with your quantity and size(s) to andrew.cook@dow.catholic.edu.au. and make the necessary payment at the front office.

Sample sizes will be available at the sports office

**NSW CCC**

Well done to Hannah Matic and Madison Campbell who competed at the NSW CCC Tennis championships and both were selected in the top 16 players in the catholic pathway to compete at the NSW All Schools carnival to be held in Bathurst. We wish the girls all the very best in the upcoming competition.

Remember that there is a new way to nominate for individual sports for NSW CCC. This information can be found on the “JT SPORT PAGE” under the NSW CCC tab and then down the bottom of the pages under attachments.

“Recta Sapere” To Know, Love and Relish what is Right and Just
Dear Parents and Friends of John Therry Catholic High School,

The 2015 school year has begun and students and staff have returned with great enthusiasm, keen to learn and enjoy each other’s company on the journey ahead.

Every year we strive to meet our students’ and families’ needs in relation to all aspects of school life. We have four key focus areas: Spiritual, Academic, Social and Sporting. Also, many opportunities are made available to the students in the area of Creative and Performing Arts.

Parent support is essential if we are to meet our high expectations for the school. In recent years, the P&F has declined. Disappointingly small numbers of parents have attended Parents & Friend’s meetings and Working Bees throughout 2014.

In 2015, I would like to improve this situation. There were a few changes in the past two years to encourage a Parent Forum and Consultative Committee which has enjoyed moderate success. However, we need to engage in meaningful dialogue with the parent body of the school in order to foster a more collaborative and consultative approach. The school Annual Parent Satisfaction Survey is a helpful tool but it is always more beneficial to have conversations about important issues and concerns.

I would like to invite all parents to attend the first meeting of this school year on:

**Tuesday 17th March 2015 at 7pm in the staff common room of the school**

There are only two formal Parents & Friends meetings each year. The first is the AGM in Term 1, 17/3/15 and the second is in Term 4, 24/11/15 which is the Finance Supper meeting. P & F Funds at present are being kept to outfit our new Gymnasium when it is built.

The Working Bee dates for the year are as follows:

**Term 1:** Saturday 28/2/15 8.30am – 11.30am  Morning Tea and Parent Forum at 10.30am - Chisholm
**Term 2:** Saturday 23/5/15 8.30am – 11.30am  Morning Tea and Parent Forum at 10.30am - Connolly
**Term 3:** Saturday 15/8/15 8.30am – 11.30am  Morning Tea and Parent Forum at 10.30am - Murray
**Term 4:** Saturday 7/11/15 8.30am – 11.30am  Morning Tea and Parent Forum at 10.30am – Ryan

Please consider making a commitment to attend the P&F in 2015. Your opinions and ideas are very welcome. Maybe you would consider taking on a role within the P&F committee? The Nomination for are attached with all relevant information for your reference.

I am looking forward to a productive year. Please join me in this adventure.

Karen Young
Principal

“Recta Sapere” To Know, Love and Relish what is Right and Just
Nomination for an Executive Position

I wish to nominate (Fill in name) ______________________________

For the role of (Please put a cross next to the nominated position)

<table>
<thead>
<tr>
<th>President</th>
<th>Vice President</th>
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<tbody>
<tr>
<td>Secretary</td>
<td>Assistant Secretary</td>
</tr>
<tr>
<td>Treasurer</td>
<td></td>
</tr>
<tr>
<td>Committee Member</td>
<td>Committee Member</td>
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</tbody>
</table>

At the John Therry Catholic High School Parents and Friends Annual General Meeting Tuesday 17th March 2015.

Nominated by: ________________________________________________

Signature of Nominator: ____________________________ Date: __________

Seconded by: ________________________________________________

Signature of Seconder: ____________________________ Date: __________

Nominations for Executive role are open to:

2.1 All parents of pupils currently attending JTCHS.
2.2 Guardians of children who are students of JTCHS.
2.3 Friends of JTCHS.
2.4 Staff of JTCHS may be members of this Association.

3. EXECUTIVE COMMITTEE.

3.1 The Executive Committee will be elected at the Annual General Meeting by the Association members.
3.2 The Executive Committee will formulate policy and co-ordinate all association activities.
3.3 The office bearers of the Executive Committee shall be:
   * President, Vice President, Secretary, Assistant Secretary, Treasurer.
   * There will also be elected two (2) additional members to serve on the Executive Committee.
3.4 Any candidate for any Executive Committee position shall be nominated and seconded and if there are a greater number of candidates than are required a vote shall be taken. The election shall be decided in favour of the candidate with the greatest number of votes.
3.5 Nominations shall be accepted by the secretary in writing within twenty-one (21) days prior to the AGM, nominated, seconded and with the nominee’s acceptance.
3.6 In the event of a vacancy, the Executive Committee shall have the power to appoint a member to fill a casual vacancy on the committee until the next Annual General Meeting.
3.7 Terms of office for all office bearers shall not exceed three (3) consecutive years in any one position.

Nomination Received

By: ____________________________ Date: __________

"Recta Sapere" To Know, Love and Relish what is Right and Just
4. DUTIES OF OFFICER BEARERS

4.1: PRESIDENT
The President shall preside as chairperson at all meetings.

4.2: VICE PRESIDENT
The Vice President shall preside as chairperson in the absence of the President.

4.3: SECRETARY:
The Secretary shall:
i. Keep a minute book of all proceedings of the Association. Such books are to be open for inspection by the members, the Executive and the Principal at any time.
ii. Keep records of the activities of the Association during the year.
iii. Have control of the property of the Association in conjunction with the Executive.
iv. Notify the school office staff of Association meetings to be placed in the school newsletter.
v. The Secretary shall preside as chairperson in the absence of the President and Vice President.

4.4: ASSISTANT SECRETARY:
The Assistant Secretary shall help the Secretary where needed and perform the Secretary’s duties in the absence of the Secretary.

4.5: TREASURER:
The Treasurer shall:
i. Receive all monies and issue numbered receipts for the Association.
ii. Keep an account of all receipts and disbursements in a book, which shall be opened for inspection by members at all meetings.
iii. Maintain a bank account and where necessary open and maintain investment accounts in the name of the Association.
iv. Present at the Annual General Meeting an audited statement of accounts
v. Shall preside as chairperson in the absence of the President, Vice President and Secretary.

JTCHS Young Writers

Please click on the following link to read an article written by Anushka Ualesi.

“Recta Sapere” To Know, Love and Relish what is Right and Just
Breakfast Club

Too busy this morning to eat breakfast? Rushed out the door and forgot?

Come and join us for cereal, toast, fruit or yoghurt

When: Tuesday, Wednesday & Thursday
Before school: 8.00 – 8.30am
Where: The kitchen area in the lower hall

Cost: A gold coin donation would be appreciated

“Recta Sapere” To Know, Love and Relish what is Right and Just
SCHOOL SAFETY NOTICE TO DRIVERS

There is NO EXCUSE for disobeying traffic control signs and road rules in the vicinity of a school. There are NO APOLOGIES for issuing infringement notices to offenders. Parking dangerously, blocking sight lines, blocking buses and crossings puts children’s lives at risk.

Please read and understand the following traffic controls around your school:

**NO STOPPING**
Under no circumstances are you permitted to stop on a length of road to which a NO STOPPING sign applies.
(Penalty: exceeds $310 + two demerit points)

**NO PARKING**
You are permitted to stop in a NO PARKING zone only while you are engaged in dropping off or picking up passengers.
You must stay within three metres of our vehicle.
You must not stop for more than two minutes.
(Penalty: exceeds $170 + two demerit points)

**BUS ZONE**
You are not permitted to stop in a BUS ZONE unless you are driving a public bus.
(Penalty: exceeds $310 + two demerit points)

**CHILDREN’S CROSSING**
You are not permitted to stop within 20 metres before the crossing and 10 metres after the crossing.
(Penalty: exceeds $410 + two demerit points)

**DOUBLE PARKING**
You must not stop on a road between the centre of the road and another car that is parked at the side of the road to wait or pick up or drop off passengers.
(Penalty: exceeds $310 + two demerit points)

THE COST OF TAKING YOUR CHILDREN TO SCHOOL DEPENDS ENTIRELY ON YOU

“Recta Sapere” To Know, Love and Relish what is Right and Just
Community News

Our Lady Help of Christians Primary School

Our Lady Help of Christians Primary School is currently taking Enrolments for Kindergarten 2016. Enrolment Application forms are available from the School Office and should be returned by Thursday 2nd April 2015. Application forms can also be downloaded from the CEO website.

St Patrick’s College Emerald Gala Ball

“Recta Sapere” To Know, Love and Relish what is Right and Just