Happy Mother’s Day!

On behalf of the staff at John Therry I would like to wish all the mums in our community a wonderful Mother’s Day. On assembly this week, I spoke to all students about the important things in life and taking time to be grateful for them. Mother’s Day is a day you get to show your mum how grateful you are that she is in your life. I encourage students not to waste the opportunity. To help students reflect I have included these top ten reasons why mums are important from the web blog psychologytoday.com:

1. If it weren’t for your mum, you wouldn’t be breathing right now. If nothing else, you should thank her for that.
2. Mothers are the emotional backbones of the family. They provide the holding place for everyone’s feelings and do their best to keep us from being hurt.
3. Who would kiss your boo-boos to make it all better if she weren’t around? Mothers have the magic touch (and kiss) to help us heal our wounds, physical and emotional.
4. Truly, our mothers worked hard and made sacrifices, so our lives would be better. There are not a lot of people willing to do that, so let her know you appreciate it.
5. Mothers are forgiving—so forgive her in return. Perhaps nothing will be as valuable a gift to both of you as forgiveness. Open your heart and drop your resentments. Now that’s love.
6. When you want to climb the tallest mountain, your mother will make your lunch for you. She is the one who will support your dreams when no one else will. She will also remind you to wear clean underwear.
7. Her boundaries made you a better person. You may not have liked some of her decisions, especially when you wanted to party with your friends, but she did keep you out of trouble. Look at some of your friends without a mom who has cared that much.
8. A mother’s ears and eyes hear and see everything. They also have a computer-like memory for all the good (and some of the bad) that came your way. It’s nice to have someone with whom you can reminisce about your whole life.
9. Mum taught you to be a functioning adult. That was her job, and without that, making it through the modern world would be very hard. Your mum may have forced you to do your homework, but now you see how important it was.
10. A mother’s smile, when it is directed toward you, makes your day a whole lot better. All she needs is to know that she has helped you to be and feel your best. Say thank you.

As with most holidays, Mother’s Day comes only once a year. Make it special for her, and it will come back to you. There is something beyond words to express to the person who helped you to walk and talk, who gave you your first puppy, who helped you with school, and who gave you all the love she possibly could. Show her you care by acknowledging her value in your life. And if you don’t have your mum around, show someone who has mother-like qualities in your life, how much you appreciate her.

Happy Mother’s Day!

- Simon Abernethy (Acting Principal)
https://www.psychologytoday.com/blog/emotional-fitness/201305/top-10-reasons-why-moms-are-important

"Recta Sapere" To Know, Love and Relish what is Right and Just
“Recta Sapere” To Know, Love and Relish what is Right and Just
Dear Parent/Guardian

**CHISHOLM WORKING BEE**

A Working Bee will take place on Saturday, 23 May 2015 from 8.00am to 11.30am. All Conolly house students are urged to attend. All students who attend, will receive house points for their individual house.

In order to minimise costs for maintenance and maximise expenditure on student resources and facilities, all families are asked to support at least one Working Bee per year. Families can support these working Bees by attendance for a couple of hours, sending items for Morning tea or plants or by small cash donations to purchase paint, cement etc.

We will be carrying out repairs and maintenance work as well as general cleaning up around the school. If you can give us a few hours of your time on the day it would be greatly appreciated, the more people helping the more work we can get done. There is a lot to do, particularly:

- Painting, graffiti removal
- Gardening/mulching/weeding
- Mowing, edging
- Whipper snipping
- General Clean up
- Book covering in Library

If you are able to assist by bringing tools, ladders, mowers, trailers etc it would be a big help. We work rain or shine from 8.00am to 11.30am. Remember even a few hours will help. Morning tea and drinks will be provided.

I look forward to meeting and working with you.

Yours sincerely

Ms Karen Young
Principal

Please complete the form below for catering and planning purposes and return it to the school by Thursday 21 May 2015.

---

**CHISHOLM WORKING BEE**

Student’s Name: ____________________________________________ Class: ________

I will be attending the Working Bee on Saturday, 23 May 2015. Yes No

I would like to help with: ____________________________

(Choose a job from the list)

I will send ____________________________ for morning tea.

Unfortunately I am unable to attend the Working Bee but would like to make a donation of $______which I enclose towards the cost of materials.

Parent’s Signature________________________________________

“Recta Sapere” To Know, Love and Relish what is Right and Just
MESSAGE FROM THE OFFICE

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.

Parents who have not replied will receive another letter in the near future. It is important for us to hold this documentation so we comply with Australian Government Census regulations.

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.

FEES STATEMENTS AND PAYMENTS

Fee statements will be sent home today. There are many options for payment of fees. A sheet is attached outlining methods of payment accepted.

It is important that all parents and carers make an effort to pay their fee account. The school relies on this money to be able to provide for your child’s education. Many parents make great sacrifices to send their children to John Therry and we appreciate your support.

All parents / carers are asked to make some attempt to pay something off their fees. If you are experiencing difficulty with paying off fees you are asked to make an appointment to see either myself, Josephine Geer, the School Secretary, or the Principal, to discuss your circumstances. There is facility for fee relief, but you will be asked to complete an application and show financial details of income.

We are required to report large outstanding debts to the Catholic Education Office. This is not something we like to do, but as part of the Catholic Diocese of Wollongong we are governed by their regulations with regard to debt recovery.

If we have an arrangement in place, or you have had an interview and explained your circumstances, then we can deal with the debt at a school level. If we have had no payment, no response from letters we have sent and no contact from parents or carers, then we will refer accounts to the Catholic Education Office (CEO). If there is still no response, then accounts will be sent to a debt collection agency.

All of this can be avoided if we have an open and honest relationship with all our families. You can be assured that all interviews are confidential and kept in the strictness confidence.

If you have any queries regarding anything relating to fees or day to day life at John Therry, please do not hesitate to contact me at any time via the school office. If I cannot help you myself I will be able to direct you to someone who can.

Mrs Josephine Geer
School Secretary

"Recta Sapere" To Know, Love and Relish what is Right and Just
<table>
<thead>
<tr>
<th>Team</th>
<th>Coach</th>
<th>Result</th>
<th>Comment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open Boys Rugby League</td>
<td>Mr Morris</td>
<td></td>
<td>Due to the unsatisfactory conditions of the playing fields, no rugby league games were played this round.</td>
</tr>
<tr>
<td></td>
<td>Mr Tannous</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7 Boys Soccer</td>
<td>Mr Wakeling</td>
<td>Draw 1-1</td>
<td>A solid first game by all players. The boys were getting used to know one another’s play and this was evident at times. A very strong first half with a few mistakes. Mt Carmel scored a quick goal at the start of the second half however, the team never gave up and scored with 3 minutes to go. Great effort. MVP: Anthony Dellis</td>
</tr>
<tr>
<td>8/9 Boys Soccer</td>
<td>Mr Goodhew</td>
<td>Lost 5-0</td>
<td>Today the team came up against some tough opposition. At half time we were down 1-0 and came close to scoring after Figo hit the post. In the second half Mt Carmel took their chances outscoring the JT team. Good luck next week boys. MVP: Brodie O’Neill</td>
</tr>
<tr>
<td>10-12 Boys Soccer</td>
<td>Mr Williamson</td>
<td>Lost 2-1</td>
<td>A disappointing result after a strong performance. Went behind with some fairly basic errors in the first half but did well to score just after halftime and got back into the match. A couple of close chances narrowly missed. MVP: Jacob Saffrett</td>
</tr>
<tr>
<td>9 Girls Netball</td>
<td>Ms Patterson</td>
<td>Won 26-11</td>
<td>The JT girls had a great start to the competition with a strong 26-11 win over Mt Carmel. With only 7 players, the girls pushed through the heat and played some great netball. MVP: Jessica Bergamin</td>
</tr>
<tr>
<td>10-12 Girls Netball</td>
<td>Ms Hogan</td>
<td>Lost 26-11</td>
<td>After a solid start the JT girls failed to keep up the intensity throughout the 4 quarters. MVP: Amy Steele</td>
</tr>
<tr>
<td>7-9 Boys Hockey</td>
<td>Mrs White</td>
<td>Lost 4-0</td>
<td>JT were definitely outplayed in our first round clash. In our defense, we were playing 4 short with 7 players. I think our boys should be commended on the way they dug in and defended the goal circle, and at times posed a threat in the oppositions half. I am looking forward to seeing what this team can do with a full squad. MVP: Ethan Clark Wood</td>
</tr>
<tr>
<td>7-9 Girls Hockey</td>
<td>Mrs Hynard</td>
<td>Lost 3-0</td>
<td>A friendly and enjoyable match was played with many of the team being novices. The girls used the game to become familiar with the rules and skills. They played well but have room for improvement. MVP: Nicole Rose</td>
</tr>
</tbody>
</table>

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

even check out the google page, JT SPORT, or feel free to call on 0438673350. 

Mr Baca

Won 7-2

A great start to the season by the boys who were selected the morning of the game. Some great hitting and some new skills were added to their knowledge of the game.

MVP: Byron Wozniak

Ms Bond

Won 7-4

A great start to the season, with JT sent into field first with some great pitching by Kristy Aguilar. We were able to get three quick outs. JT managed to get 7 runs in our first innings with all girls impressive in stealing bases. Another innings of great pitching and fielding secured JT a win.

MVP: Whitney Worley

John Therry Catholic High School

Term 2 Week 3A

10-12 Boys Softball

Mr Baca

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A great start to the season by the boys who were selected the morning of the game. Some great hitting and some new skills were added to their knowledge of the game.

MVP: Byron Wozniak

10-12 Girls Softball

Ms Bond

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A great start to the season, with JT sent into field first with some great pitching by Kristy Aguilar. We were able to get three quick outs. JT managed to get 7 runs in our first innings with all girls impressive in stealing bases. Another innings of great pitching and fielding secured JT a win.

MVP: Whitney Worley

With the council only just opening the fields, most of the sporting events were played in damp conditions. Liverpool Council called rugby league so the team stayed at school and prepared for Clancy Catholic College next week. JT secured 3 wins and a draw against a tough Mt. Carmel outfit.

On a brighter note, JT sits second on the MISA table after a successful Term 1 campaign. We sit 1½ points behind Mt Carmel and 5 points clear of Broughton. Let’s hope Term 2 allows John Therry to win several premierships to reclaim the MISA lead.

NEWS JUST IN

JT were well represented at the Diocesan Swimming carnival with Liam Salmond and Phoebe Cotton claiming Age Champion with Molly Dowse grabbing Age Champion Runner Up.

Some very good news from the NSW CCC Swimming Championships with Travis Becker and Liam Salmond gaining selection into the CCC team, which will now compete at the NSW All Schools Carnival to be held later this term.

DIOCESAN UPDATE

This terms diocesan carnival was dealt a crook hand with the girls touch and boys soccer being called off due to weather and playing conditions. JT will miss out on some valuable school points from these carnivals but none the less, our students with representative experience will be called upon to nominate for the upcoming trials in touch and soccer in the next few weeks. Details will be finalised at the upcoming Diocesan Sports Coordinator meeting on Thursday 7th May.

Some of our Diocesan teams have qualified for the NSW CCC playoffs for our diocese. These games will be advertised soon.

Term 2

Thursday 28th May  DIO CCC Rugby League Cup @ Nowra

Wednesday 3rd June  DIO CCC Football Qualifier (7-10 Boys, Open Boys and Girls)

Thursday 4th June  Back Up - DIO CCC Rugby League Cup @ Nowra

Wednesday 10th June  Back Up - DIO CCC Football Qualifier (7-10 Boys, Open Boys and Girls)

Bill Turner Cup and Trophy

The U/15 girls played their first game against Elizabeth Macarthur high School today and had a convincing 5-0 win. Check the JT SPORTS PAGE for the team report. Next game is against Freeman Catholic College next week.

For more information on any of the above notices please check out the Sports News page on the schools website, or even check out the google page, JT SPORT, or feel free to call on 0438673350.

Mr Jamie Cook

"Recta Sapere" To Know, Love and Relish what is Right and Just
7 Steps to Make the Most of Class Time

So what are the advantages of using class time efficiently? Well, you will complete more work in class and have less to do at home, your teacher will be pleased with your application and so will your parents when they read your report, and of course, you will learn more! And if you don’t use class time efficiently? Well you will have to do more work at home, you will find you don’t always understand the work, your teachers will have to be continually disciplining you and you may even make it harder for other people in your class to learn. So what does working effectively in class mean?

1. Sit next to someone who will help you stay on task.
2. Ask questions whenever you are unsure, unclear or do not understand something.
3. Be polite and respectful of your teacher and your classmates.
4. Come to the lesson with all the books, technology and equipment you will need.
5. Contribute your thoughts and ideas at the appropriate times.
6. If you find yourself day-dreaming ask yourself questions about what is going on.
7. Try at all times to stay on task and be focused on the work you are doing.

Learn more this year about how to work effectively at home and at school by working through the units on www.studyskillshandbook.com.au.<http://www.studyskillshandbook.com.au>

It’s All About Attitude

When students start secondary school, they are usually very positive and optimistic about school. Then things can start to get harder, a bit more challenging, maybe they get a bad mark and become discouraged, or maybe their friends start to influence their attitude. Some students are able to overcome these challenges, while others let it affect their attitude and application to school.

Take the time to determine reasons to put in effort into your schoolwork.

Think about which of the following reasons might be motivating for you:

- To achieve the best mark you are capable of at school.
- To give you lots of options for what subjects you can choose in the senior years.
- To give you lots of options of what you can choose to do when you leave school.
- To have a personal sense of satisfaction about doing your best.
- To show your gratitude to your parents for giving you an education.
- To avoid getting in trouble from your teachers.
- To avoid getting in trouble from your parents.
- To avoid getting a detention or other negative consequences from not working.
- To avoid disappointing your parents.
- So you don’t feel bad about wasting your parent’s time and money giving you an education.

We often talk about ‘carrot’ and ‘stick’ people. If you want a donkey to move forward, you can either lead it forward with a carrot (a reward) or whack it with a stick (punishment).

Some students are motivated by working towards rewards, positive consequences of doing the right thing, while others are motivated to avoid negative consequences. Which do you think you are?

Understanding what motivates you and what affects your attitude can make it easier for you to make positive changes.

Learn more this year about how to motivate yourself and deal with distractions and procrastination by working through the units on www.studyskillshandbook.com.au. Visit the THINGS TO PRINT page to download the latest HELP guide:

"Recta Sapere" To Know, Love and Relish what is Right and Just
Developing active and healthy students

Research shows that students who are active and have healthy eating habits perform better academically. Schools play a critical role in educating students, parents and the wider community about the importance of healthy eating and daily physical activity.

Watch the new Premier's Sporting Challenge video on the importance of physical activity.

The mandatory Personal Development, Health and Physical Education (PDHPE) curriculum from Kindergarten to Year 10 provides students with the knowledge and skills to lead a healthy and active life.

Primary students learn about:
• good food choices for good health
• the impact of unhealthy eating on health • preparation and storage of food
• balancing energy intake and energy expenditure • components of a balanced lifestyle
• ways to be active and the benefits of being physically active.

Students actively engage in practical activities relating to games and sports to develop their fundamental movement skills in order to lead active lives.

High school students examine:
• the holistic nature of health by exploring nutritional requirements throughout life • factors that influence an individual’s food choices • the relationship of food choices to their health • the relationship between diet, physical activity and health, lifestyle diseases as a result of unhealthy food choices • the impact media can have on an individual’s body image • analysing food labels to understand the nutritional value and marketing of food products and critiquing health products and services to make informed decisions.

Students also participate in a variety of activities to develop an appreciation of movement to:
• enhance their wellbeing
• understand the components of a balanced lifestyle • plan for and reflect on their own health and fitness to develop lifelong physical activity habits.

For more information on how to develop active and healthy students, visit the following websites:

Nutrition
Stephanie Alexander Kitchen Garden Foundation Eat for Health Get Healthy Healthy Kids Crunch and sip Fresh for Kids

Physical Activity
Australia’s Physical Activity and Sedentary Behaviour Guidelines World Health Organisation Australian Sports Commission NSW Premier’s Sporting Challenge

Health issues linked to nutrition
Heart Foundation
Diabetes NSW
NSW Cancer Council – Eat it to Beat It

"Recta Sapere" To Know, Love and Relish what is Right and Just
**Vaccinations**

Year 7 were given vaccination forms to take home. 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:

- **15 July 2015**
- **17 November 2015**
- **Vaccine 2**
- **Vaccine 3**
- **HPV**
- **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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**Catholic Care**

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**Campbelltown Term 2, 2015**

**More Harmony No Harm (Men)**

Topics covered include understanding and managing strong emotions, effective communication, assertiveness skills & positive behaviours for healthy relationships.

- 7 Thursday evenings: 6:30 pm - 9:00 pm
- 20 April, 27 April, 4 May & 11 June

CatholicCare

3A Cordeaux St

Campbelltown

Workshop Fee: $15 per session

---

**Bringing Up Great Kids**

Parents will learn “mindfulness” techniques to increase awareness of their thoughts & feelings. They will learn to be more aware of their child’s needs & how to better respond to their child’s behaviour to improve their child’s self identity, decrease parental stress & enhance the parent-child relationship.

- 3 Wednesday mornings: 10 am - 12:30 pm
- 22, 29 April & 6 May 2015

CatholicCare

3A Cordeaux St

Campbelltown

Workshop Fee: $15 per session

---

**Seasons for Growth Parenting**

This workshop gives an understanding of divorce/separation from a child’s perspective and helps parents to support their children through family change.

- 2 Wednesday mornings: 10 am - 12:30 pm
- 27 May & 3rd June 2015

CatholicCare

3A Cordeaux St

Campbelltown

Workshop Fee: $15 per session

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**123 Magic & Emotion Coaching**

This time tested workshop provides easy to follow steps for disciplining children aged 2-12 years without yelling, arguing or hitting.

- 2 Tuesday evenings: 6:30 pm - 8:30 pm
- 28 April, 5 & 12 May 2015

Bright Sparks Early Learning Centre

30 Kxon Rd

Appin

Workshop Fee: $15 per session

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**My Kids and Me**

A workshop for parents who have had children removed from their care. Assists parents to identify parenting skills, strengths and resources to develop relationships with their children.

- 7 Thursday mornings: 10 am - 12:00 pm
- 30 April, 7, 14, 21 & 28 May, 4 & 11 June 2015

Claymore Community Centre

Cor Gaunt & Dobell Rds

Claymore

Workshop Fee: No Fee

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**Keeping Kids in Mind**

A post-separation parenting workshop. Learn how to deal more effectively with the emotional & practical issues of parenting after separation. Explore loss & grief in parents and children, power grab & impact on children.

- 5 Monday mornings: 10 am - 12:30 pm
- 27 April, 4, 11, 18 & 25 May 2015

CatholicCare

3A Cordeaux St

Campbelltown

Workshop Fee: $20 per session

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**Grassroots Parenting**

This program, for parents of children aged 6 - 8, covers child development, behaviour and management of safety, play and nurturing the whole family. Each of the 5 sessions is self contained. Pick which sessions you wish to attend.

- **Babies 0 - 12 mths** - 16 May
- **Child development, crying, settling ideas, routine, safety, play and interaction**

- **Pre-Schoolers 3 - 5 yrs** - 9 June
- **Child development, behaviour and management of routine, rules and boundaries, safety and play**

- **School Aged Children 5 - 8 yrs** - 12 June
- **Child development, discipline, consequences, communication, negotiation, safety and play**

- **Nurturing the Whole Family** - 19 June
- **Self esteem, family resilience, assertiveness and nutrition**

- **6 Friday Mornings: 10 am - 12:30 pm**

CatholicCare

3A Cordeaux St

Campbelltown

Workshop Fee: $15 per session

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**Workshop Bookings**

Campbelltown 4628 0044

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“Recta Sapere” To Know, Love and Relish what is Right and Just
ST VINCENT DE PAUL annual Gala Charity Dinner. Saturday 30th May at the Camden Lakeside Country Club, Raby Rd, Catherine Fields. $100 per head includes a 3 course meal, champagne on arrival, beer, wine, soft drink. 7pm start. Black tie dress code applies. Bookings and RSVP by Friday 22nd May to Lee Hughes on 4620 8226 or 0458 297 667. All funds raised stay in the Macarthur region.

OLHC PRIMARY SCHOOL Enrolment forms for Kindergarten 2016 are now available from the School Office. They can also be downloaded via the CEO website. Please return forms to the School Office.
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

(Recta Sapere) To Know, Love and Relish what is Right and Just
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