Dear Parents, Students and Staff,

The following article was published on the web site Daily Prayer Online Friday May 29, and while I am not going to try to link it to last week’s Pentecost Gospel, I think the message it contains is worthy of a reprint in our newsletter:

**Family Meals Together**

A recent report from the United States claims that children who were expected to sit down with the rest of the family at meal times, and who were encouraged to talk at the table, were doing better at school, had higher self-esteem, better social competence, and had better prospects of getting a job. This report confirms a study conducted 25 years ago in Melbourne, 'Talk Up at the Table'. The author, Don Edgar, foundation director of the Australian Institute of Family Studies (EQ Australia, Issue 1, Autumn 1998) had been looking for the correlates of adolescent competence: which kids with what sorts of parents were most likely to do well. He found that on almost every outcome measure - school results, self esteem, social competence, optimism versus pessimism, good parent-child relationships, an expectation of later success in life - the kids (whether rich or poor) who were allowed to chatter and exchange ideas at meal times scored significantly higher than those who were told to shut up and eat their meals. At the time, he interpreted the meal talk factor as illustrative of an openness on the part of parents to the free expression of ideas, mutual respect within the family, and warmth and structure combining to give children a sense of place and security in their lives. The new US study renews his faith in the efficacy of eating together and letting the meal talk flow. It may be noisy, argumentative and hard to manage, with parents and young people working different hours, but its outcomes are worth the trouble. Pity the poor family that never cooks its own meals, never sits at the one table, never has to cope with the noisy conflict of everyone wanting to talk at once.

It is an interesting article, particularly given that the centre of our Faith is also a meal; clearly Jesus had a perfect understanding of Emotional Intelligence (EQ) long before the term had been coined.

The author of the article is right of course, family meal times are noisy and difficult to manage and just getting everyone to the table at the same time is a challenge, but the family meal is one of those things that so many take for granted and just as many wish for. It is Sunday as I write this and since our eldest has married and moved out of home it has become the one day of the week we have our family meal. Everyone comes home with their partners to share a meal on Sunday night. And yes, tonight will be noisy and crowded and probably argumentative, but it will also be our time for catching up on the lives of our three children and I wouldn’t change it - although I am looking forward to being on retreat with Year 12 later in the week. God Bless, Brad.
**Update from the Leader of Welfare**

**May was National Family Reading Month!**

Does your family have the reading bug? What is the preferred newspaper in your house? When was the last time you discussed a novel with your child?

Get them off Facebook, stop the Twitter bug, pull the earplugs from their iPod and encourage them to enjoy the wonderful world of reading by discussing your favourite novel or newspaper article. Perhaps they might talk to you about what they are currently reading. You might even like to take a trip to your library this month!

As Paul Jennings writes: “If you are a parent you already have the major ingredient to infect a child with the reading bug-love. You love your kids and children love to be loved. Inject this into the reading situation and you will succeed”. Jennings makes so many practical suggestions about reading and the power a parent possesses. For more trips try:


As the saying goes, “the family that reads together grows together!” Happy National Reading Month.

**Year 11 Academic Reports & Parent/Teacher Evening:**

Year 11 Academic reports were posted last week and with the Year 11 Parent/Teacher Evening 9 June, the visit to the Careers Market on the 3 June and Study Workshop Incursion on Friday 12 June, the next couple of weeks are very important for the Year 11 students. It is a time for each student to constructively assess their progress and make necessary adjustments to his/her study regime in preparation for the Preliminary Course Examinations.

**HSC Students Online:**

It is important for parents of Year 12 Students to know that students are being issued with personalised letters from the Board of Studies, informing them of the 2009 HSC Students Online service which is now open on the Board of Studies website at: [www.boardofstudies.nsw.edu.au](http://www.boardofstudies.nsw.edu.au). It may also be accessed directly at [www.studentonline.bos.nsw.edu.au](http://www.studentonline.bos.nsw.edu.au).

The letter contains the student’s Personal Identification Number (PIN), required to access the Students Online service. It is essential that the PIN is kept confidential and secure.

Students Online offers HSC students the facility to create their own customised home page on the Board of Studies website and will allow student access and direct links to: personal details; enrolment details; syllabuses; past examination papers and multiple choice tests relating to their own courses; an interactive “To Do” section to help plan study; personalised HSC Examination Timetable; personalised Advice Line Schedule; Assessment Rank Order Notice when it becomes available; and Higher School Certificate results when they become available at the end of the year.

The Universities Admissions Centre will issue a different PIN separately to enable access to the Universities Admissions Index (UAI).

Should parents have further questions about the Students Online service or concerns about the information therein, please do not hesitate to contact me at the College.

**2009 Higher School Certificate Timetable:**

The 2009 Higher School Certificate examination timetable is now available on the Board of Studies website for public viewing.

Students undertaking the 2009 Higher School Certificate are advised to pay particular attention to examination starting and finishing times, as they do vary. Misreading timetable is not grounds for appeal.

Students are reminded to familiarise themselves with those sections of the HSC Rules and Procedures for the 2009 Higher School Certificate Candidates booklet that relate to examination conduct.

Ms Jennifer Wakeling.

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**Reunion Eighteen or Twentieth Year Reunion 1989-1991 Ex students**

Date: Saturday 31 October 2009
Time: 5pm
Venue: Mean Fiddler, Windsor Road, Kellyville
Careers

APPRENTICESHIPS & TRAINEESHIP EXPO
EMPLOYERS ARE RECRUITING NOW FOR 2009
CASTLE HILL TAFE CAMPUS
Tuesday 23 June, 4-8pm
Cnr Showground Road and Green Road
CASTLE HILL
PARENTS ARE WELCOME
For further details contact Hills Schools Industry Partnership
Telephone: 9639-7999 or Website: www.HillsSIP.com.au

Student Log in Instructions:
Career Central
Please note Parents/Guardians are welcome to log in too.

When accessing the site you will need to enter the website:
http://www.careercentral.edu.au

- Select “site login” at the top of the screen
- Enter your user name - your personal email address
- Enter your password – Gilroy
- Select “Student” under “Choose Type”
- You are now at the home page!
- Save in your favourites.

Log into the above site to view further information on the following Careers:

- Integral Energy.
- HTN Chef Scholarship.
- Accountancy Cadetships.
- UOW Management Cadetships.
- Music Studies.
- UTS Engineering Courses Information Evening.
- Early Entry at UOW.
- Billy Blue Scholarships.
- Medicine at Griffith.

College Council

Parent Forum – Brett & Tarrisa Murray:
Just a quick note to say thank you to all those parents that attended last weeks Parent Forum. It is always good to get some insight into how our teenagers think and the power of encouragement, endorsement and nurturing. Brett and Tarrisa shared some of their experience with us and took many questions from the floor following their presentation. I trust those that attended were able to take something away from the presentation that they can use in their day to day relationships with our adults of tomorrow. Thank you also to those council members who were instrumental in organizing the night. Well done!!

It was also a good opportunity to hear from Maureen Moore, our Deputy Principal on what has been happening around Gilroy and the chance to have a look at the building work that was completed in time for the start of term. The new staff areas and study rooms will be a great enhancement to the school and I’m sure a better place to work and communicate.

With the winter upon us it’s time to start thinking about our mid year social event – Hollywood in the Hills! This is a good opportunity to socialise with the Gilroy community and join in on what will be a fun night. Come dressed as your favorite movie star or just throw on your black suit and come as 007 – it doesn’t have to be difficult to join in. The Baulkham Hills Bowling Club will ensure there’s plenty of food and at just $37.50 per person it’s good value. The drinks are at club prices and there is plenty of parking. Come alone, as a couple or bring a table of 8 – the more the merrier!! Bookings can be made via the school office – see you on Saturday 13 June.

Mr Michael Johnson, Chairperson.

CAPA Department

Visual Arts News:
Congratulations to Rachel Scarpin and Teresa Cox (Year 11) who have been accepted into the National Art School HSC intensive studio practice course.

This is a very competitive course with applicants from schools all over the state. Rachel has been offered a position in the Drawing course and Teresa will be studying sculpture.

We look forward to seeing the work produced by the girls and seeing their newly refined skills applied to their Body of Work.

Mr Danny Phillips.
**Year 7 Student Update**

**Year 7 Weekly Report**

First of all we would like to say a big thanks to Samantha Marshall and Kate Krone for writing last week’s newsletter, well done.

Continuing what Kate and Samantha said from last week, the grade of Year 7 has been continuing the high standard with uniform and attitude in class. A number of students have gone above and beyond this week, they have included:

Four boys from Year 7 who made it into the Rugby League team, they are Troy Black, Daniel Ognenovski, Kieran Sultana and Isaac Gorman.

We would also like to congratulate the Kitty Kat Master David Nammour on winning his tournament in Karate, now he is amongst the best of NSW, good work David!

There were a certain number of girls from Year 7 that made it in the Netball team which includes Elise Deprez, Brady Prise, Ashley Campbell, Jess Goddard and others… good work girls. There are also two girls that are trying new things including Ice Skating, these girls are Gemma McRoberts and Samantha Duggan.

While doing our research for this article it came to our attention that a number of Year 7 students have come under criticism for not completing homework, talking in class and so on. As you all know we can get a G13 pretty easily these days……so with this in mind we decided to go under cover and report from inside the detention room.

It was only the sound of rumbling tummies that we could hear in an otherwise silent space. We gazed around the room at a number of shady characters, in a boring yet intimidating environment. The air was thick with contemplation and regret.

This had been a discovery not worth revisiting, furthermore, if you do not attend a G13 it will result in an afternoon detention, that’s what we’re talking about! And it doesn’t stop there; if you don’t attend an afternoon detention that will result in an In-school suspension and you don’t want that now, do you? It will go on your permanent record.

Your record can be checked by your parents via the College website (Parents should have the same access as the student). Your parents will also be checking and signing your diary weekly. So it is our recommendation to keep it organized and free from bad notes from teachers. Maybe some positives comments could be made too.

We started wondering if it was possible to keep a clean record for the whole six years at high school. As it turns out you can, and it is not that rare. Many Year 11’s have never received a G13 throughout their schooling career and we were amazed, Kelsey Ortiz and Michelle Moran are two of these students. We asked them how they did it? and the lovely girls answered, “correct uniform, being polite, no back chatting, getting their diary signed every week, homework and assignments handed in on time, good friends that won’t get you into trouble, and finally don’t be the class clown! It also helps to have a bit of luck!”. Well, we wish you all the best of luck for the next year or so girls. Hopefully we will follow in your footsteps.

Reported by Daniel Ognenovski and Josh Minassian.

**Student Update**

**Year 7 Integrated Learning:**

All Year 7 students are required to have a USB Flashdrive for their work in Integrated Learning.

Mr Tony Sullivan.

**Congratulations** to Thomas Marzella Year 12 who will be representing NSW at the Queensland Titles and NSW at the National Championships in Canberra for Ballroom Dancing. Well done Thomas and we wish you the very best of luck!

Remember to push for excellence all week!
ALL THINGS DRIVING
Are you learning to drive?
Then allow us to teach you…
We are a Gilroy Family-owned business based in the Hills District. Your instructor, Peter, is a former police officer with over 25 years experience. Peter holds a Certificate IV in Driving Instruction and a Certificate IV in Training & Assessment.

We have single lessons, multi lesson packages and gift certificates available. www.allthingsdriving.com.au or Belinda: 0409 049 424

Career Workshop
Career Planning for Students in Years 10, 11 & 12

Where: Castle Hill TAFE Campus
Cnr Showground Road and Green Street
When: 1 June 6.45 – 8.45pm Workshop 1
7 September 6.45 – 8.45pm Workshop 3
Cost: $35 per student (accompanying parent free).

Your child will receive:
• Career planning advice
• Tools to evaluate career options
• A completed vocational assessment tool providing options relevant to their personality and interests.

For a registration form email: info@HillsSIP.com.au or telephone: 9639 7999.

Learn to Line Dance
New Classes for Beginners
Monday Nights 6.30pm-7.30pm
Harvey Lowe Pavilion, Doran Drive
(off Carrington Rd) Castle Hill (follow showground signs)
Also
Blacktown Bowling Club, Lismore Street
Thursday nights Commencing 7 May 7pm

Suitable for all ages, men, women and children
Keep fit, meet new friends, no need for a partner
Line dancing is fun and easy!
No upfront fees; pay as you come.
Ring Linda to book into classes
Ph: 0419 285 389

University Student Accommodation- 2010 Applications Open

Sancta Sophia College is a friendly and vibrant residential college for undergraduate women and post-graduate men and women, set in beautiful grounds on the campus at the University of Sydney.

You are invited to tour the College on our Open Days (also Sydney Uni info Days) on Saturday 29 August 2009 and Tuesday 5 January 2010.

A support group for Grandparents in full-time care of their Grandchildren runs in Baulkham Hills every fortnight.

Enjoy a relaxed chat and a cuppa with people in the same situation.

Gain better access to legal and financial information. Contact Christian at Hills Community Aid and Information Service Inc. Ph: 9639-8620

Guitar Lessons

Want to learn how to play the guitar?
Whether it be acoustic or electric, jazz or rock ‘n’ roll. If you’ve got experience or want to start fresh it doesn’t matter.

With 12 years experience, I can help anyone reach their full potential through numerous learning and teaching styles.

Located in Castle Hill you can contact me, Josh on Mobile: 0422 158 742 or email: Josh_taylor@optusnet.com.au

For more information please visit our website www.allthingsdriving.com.au
GILROY CATHOLIC COLLEGE COUNCIL
Invites parents & friends to the

HOLLYWOOD IN THE HILLS

PARTY NIGHT
Saturday 13th June 2009
7pm – Midnight
Baulkham Hills Bowling Club
Jenner Street (off Old Northern Road)

$75 per couple – includes 3 Course Buffet Dinner & DJ
* Drinks at club prices *

Come dressed as your favourite star!! Organise your table of 8 now!!

Enquiries: Pam Bell 0409 304 849 / Loretta Wilson 0419 260 637

RSVP 5th June Please detach and return slip with payment to the office

HOLLYWOOD IN THE HILLS PARTY NIGHT

NAME __________________________ EMAIL __________________________ NUMBER ATTENDING ______

STUDENT’S NAME: __________________________ H/ROOM __________________________

☐ We wish to be seated with __________________________ ☐ We would like to be placed on a table

METHOD OF PAYMENT – CASH ☐ CHEQUE ☐ CREDIT CARD ☐

CREDIT CARD PAYMENTS – PLEASE COMPLETE DETAILS

Bankcard ☐ Mastercard ☐ Visa ☐

________________________________________ / __________ / __________

Card Number

$_________________________ / __________ / __________

Amount to pay

Expiry Date

Last 3 digits on reverse

Name on Card __________________________ Authorised Signature __________________________