



Agité

Term 1, No. 1

February 2018

This fortnight in Agité

Principal

Deputy Principal – Years 7 – 9

Deputy Principal – Years 10 – 12

Director of Students

Community



St Josephs
College



Principal

There is so much to be grateful for in this new year. The College extends a special welcome to all Year 7 students and students who have chosen to come to St Joseph's College in other year levels.

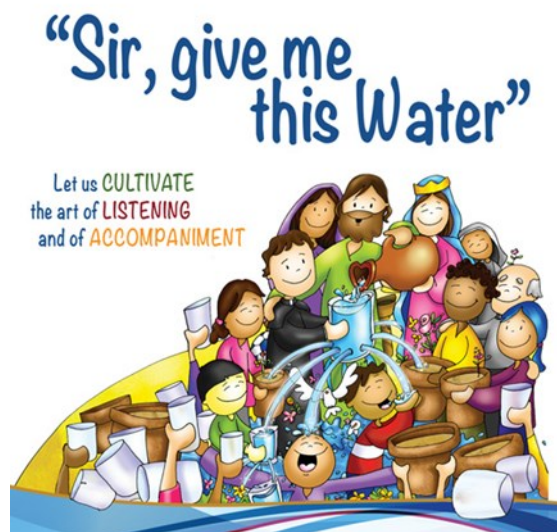
Mr Austin Scanlon has joined Victoria Police and I thank him for his contribution over many years in a range of roles. As you are aware from my correspondence to families, Mr David Bull has had to leave the College due to serious health issues. I acknowledge David's contribution over the past five years, particularly to Mathematics, and I wish him well for the future. Four staff are on leave during 2018: Ms Sarah Simpson, Mr Troy Hickmott, Mr David O'Dea and Ms Trish Campbell. Best wishes are extended to Ms Gina Di Stefano and her husband, Ben, as they await the arrival of their first baby.



We have a number of teachers joining our team this year for the first time – Mr Sean Bickers, Mr Ranjith Dediwalage, Ms Nicola Hewitt, Mr Rob Huxtable, Ms Elizabeth Isaacson, Ms Moe Osugi, Mr Matt Pritchard, Ms Lily Ramsden, Ms Katrina Renouf, Ms April Rogers, Mr Luke Spiezia, Mr Daniel Tommasini, Ms Josephine Wain and Ms Michelle Wilson.

We have two new trainees on staff this year. Richard Kiel (Class of 2017) has joined our staff as part of 'AFL SportsReady'. Richard is completing a Sport and Recreation Traineeship. Brooke McNamara joins us as a Business Administration Trainee. In the role of ICT Manager, Mr Philip Skiller is with us this year.

The Rector Major, Fr Ángel Fernández Artime sbd, in line with the Pope and the whole Church, has presented the 2018 Strenna for us to reflect upon throughout the year: *"Sir, give me this Water" – Let us Cultivate the art of Listening and Accompaniment.*



I encourage fathers/guardians/mentors of Year 8 students to consider registering for the Father-Son evening being held in the stadium Tuesday 27 February at 7pm. Correspondence has already been sent out to you about this event.

We have continued to receive positive news about the tertiary offers which have been made to our Class of 2017. Thanks to Mrs Vivienne Egan, Head of Pathways, who has worked closely with students to assist them to secure university places, apprenticeships and work.

The College *Newsletter* is one of our main ways of communicating with families so I encourage you to make reading it part of your routine. It will be published each fortnight.

Congratulations to Mr Umberto Buccalossi and his wife, Mariana, on the birth of their second child, Arya.

As you know, Mr Tony Di Donato's beloved daughter, Lisa, died recently. We extend our heartfelt sympathy to Tony, Elena, David and their extended family and friends.

With every blessing as we continue in the season of Lent, and for the year ahead.

(Ms) Cathy Livingston
Principal



Deputy Principal (Years 10–12)



That Time of Year

The start of the school year is always accompanied by a flurry of activity. Students race to complete the holiday homework that, when they received it, they felt like they had an eternity to complete but now only a matter of days. Parents race madly around buying shoes and shirts and pants for boys who have sprouted like tomato vines over summer, as well as the frantic trips through the aisles of Officeworks.

Teachers, too, race time, preparing the learning programs for the year, determined to get the boys off to a solid start. The first weeks of the school year have another rush of activity: information evenings.

As a secondary school parent myself I know the feeling of getting home after a day at work to be reminded of the information evening that night. There is a moment of deflation followed quickly by resignation and then determination. Because these nights are important. Sometimes their content isn't, but the night themselves are. They are a tangible and symbolic reminder to our children that we are involved in their education. Even though we're busy or tired, we turn up. We are saying to our kids, *Your schooling matters to me*. We are also saying, *The school and I are on the same page when it comes to your education*. For this reason alone attending information evenings is vital.

Fortunately, the St Joseph's information evenings also provide excellent information and advice.

In the first week, we held the information evening for Year 10 which incorporated the rollout of the students' learning devices for the next three years – the Apple MacBook Air. We were able to welcome the new leadership team at Year 10 led by Mr Tom Fay and Ms Ashleigh Fleming, as well as the homeroom team. Parents were provided with information about Year 10 which, along with Years 7 and 12, is one of the great transitional years of schooling, and the boys received their MacBooks.

In the following week the Year 11 and 12 information evenings took place for VCE and VCAL parents and their sons. Once again, both information sessions allowed us to introduce the new leadership teams at Years 11 and 12. Ms Alexandria Bantock and Mr Dylan Price are the Year 12 and 11 Level Leaders, while Ms Carmel Lardner is the VCE Leader. Others such as Director of Students (Mr Liam O'Keefe), Head of Pathways (Mrs Vivienne Egan) and Head of Counselling Services (Tracey Ashton) also presented.

At the Year 11 evening we were provided with an outline of the VCE and VCAL programs for the year, new to most of the parents present, and a discussion of some of the opportunities and traps of Year 11.

The Year 12 session was a little different, beginning with the usual information but then giving way to a panel of Year 12 Experts. Made up of former VCE and VCAL parents and students, the panel explored many of the issues around Year 12 and shared tips, strategies and warnings about this all-important year. The evening culminated with a light supper in the Senior Courtyard where parents and students mingled with staff to further discuss the year that lay ahead.

In each of the sessions we honoured the past, planned for the future and focussed strictly on the present. Once again, I thank all those families who joined us on these evening, commending them on being active and present in their son's education at St Joseph's College.

Mr Guido Piotti
Deputy Principal (Years 10–12)

Deputy Principal (Years 7–9)**Presentation to Students****A Life to be Full-Filled**

Left: *Blake Mycoskie, founder of TOMS shoes*



Good morning gentlemen and welcome (back) to St Joseph's.

I am personally very excited to start another school year. I truly hope you are also. It may surprise you to know that your teachers are all filled with excitement and optimism at the start of each and every year. We are! For, each and every year that we teach, we are invited by most of you to share your journey, if only for a brief time. In doing so, we get to witness and assist you in fulfilling your potential and to help you fill your life and the lives of others with joy and happiness.

We all want to be part of that. As teachers and leaders, we all want to be a part of helping you to live fulfilling, happy lives. In short, making you happy makes us happy (and we like to be happy!). Equally, seeing you unhappy or seeing you make others unhappy doesn't float our boat. More about that later.

There's been a lot of very expensive studies on what makes people happy... (*I wonder what makes you happy?*)

People spend a lot of money on trying to be happy. You would think that if money was the solution to happiness and fulfilment, all rich people would be happy and fulfilled and all poor people would be miserable! That's not the case I can assure you.

One major study on happiness offers a way to think about happiness, what we call a *metaphor* on happiness (see Rath T. & Clifton D, 2005). This study took over 50 years to complete and researchers undertook millions of interviews examining both the happiest and unhappiest people in the world. One group of people it studied were American prisoners of war (POWs) from the Korean war. Researchers discovered that the death rate of these American POWs was the highest in American history (38%). Half of these were put down to 'give-upitis' ("prisoners would go into a corner, sit down, and pull a blanket over his head, and he would be dead within two days").

The researchers were curious to find out what made these prisoners more likely to give up on life, and simply die (also known as 'mirasmus'), despite the fact that they had arguably better conditions than other POWs in other battles, including better food and shelter, and very little physical torture.

Researchers discovered that what really killed these prisoners was not physical abuse but emotional torture. The North Koreans used four tactics to break-down the prisoners including:

- encouraging prisoners to inform on each other (breaking-trust)
- encouraging prisoners to 'self-criticise'
- encouraging prisoners to break loyalty to leadership and country
- withholding all 'positive' emotional support from home

What the North Koreans discovered was the ultimate weapon – negativity. In short, removing all positive interactions between people.

But that's not the end of the research (thankfully). The same researchers who discovered that "people can be literally

destroyed by unrelenting negative reinforcement” also discovered that positive interactions between people have the opposite effect. That positive interactions are life-giving, not just to the recipient of kindness but to the giver!

The research inspired the ‘*Dipper and the Bucket Theory*’.



“Each of us has an invisible bucket. It is constantly emptied or filled, depending on what others say or do to us. When our bucket is full, we feel great. When it’s empty, we feel awful.”

Don Clifton

Before we learn more about the ‘dipper and the bucket theory’ I want to show you a short video on a very inspiring young man who demonstrates the power of positivity. His name is Blake Mycoskie, founder of TOMS shoes (‘shoes for Tomorrow project’).

In search of his own happiness young Blake ventured to Argentina for a holiday. Let’s see how that went...

(Video available via the following link: <http://www.dailymotion.com/video/x88mws>)



Blake Mycoskie: founder of TOMS shoes (‘shoes for Tomorrow project’)

(Background Text: The Genesis of TOMs Shoes)

I got the idea for TOMs on a holiday with friends. I decided to take some time off in 2006 to learn to play polo in Argentina. While in Buenos Aires, I met a woman who worked for a 'not-for profit' organisation, delivering shoes to children in poor rural areas. She invited me to accompany her, and the experience was truly life-changing. In every town, we were greeted with cheers and tears. I met a pair of brothers, ages 10 and 12, who had been sharing a single pair of adult-size shoes. Because the local schools required footwear, they had to take turns going to class. Their mother wept when I handed her shoes that actually fit her boys' feet. I couldn't believe that such a simple act could have such an enormous impact on people's lives.

I decided to do something more. Rather than go home and ask my friends to donate their hand-me-downs or make financial contributions, I would start a for-profit company based on the buy-one, give-one idea. I named it Shoes for Tomorrow, later shortened to Tomorrow's Shoes, and finally to TOMs so that the name would fit on the little tag on our shoes. (To this day, some people are puzzled when they meet me, because they're expecting a guy named Tom.)

A friend and I persuaded a local shoemaker to help us make a more fashionable version of the *alpargata*, a canvas shoe worn by Argentines for a century. To borrow a term from Eric Ries's *The Lean Startup*, our first shoes were a "minimum viable product." They had glue stains on them, were in Argentine rather than U.S. sizes, and didn't always fit the same from pair to pair; but they were just good enough to test the concept among my friends in Los Angeles. My goal was to sell 250 pairs so that I could give away 250 pairs in Argentina.

Back home, I invited some friends over to my apartment to get their advice. They loved the shoes and were even more excited when I shared my vision of helping children in need. They suggested a number of local boutiques that might serve as retail outlets, so I went to one of them, American Rag, and asked to speak with the shoe buyer. I knew my shoes couldn't compete on quality or price alone, so I told the buyer why I wanted to sell them and give them away. The store became our first retail account.

On a Saturday morning soon after that, I woke up to find my BlackBerry vibrating. At the time, the TOMs website was set to e-mail my phone every time we made a sale. Usually it was just family and friends placing orders, and the occasional buzzing was a nice surprise. But on this day the phone kept buzzing...and buzzing...and buzzing. At brunch, I started flipping through the *Los Angeles Times* and saw that what I'd expected would be a short piece by its fashion writer on TOMs had landed on the front page of the Calendar section. By the end of the day we had sold 2,200 pairs of shoes. This was incredible—but it was also the company's first supply-chain management challenge. We had fewer than 200 pairs in my apartment.

Over the next six months I worked with a team of interns to turn my "shoe project" into a real company. We received a flood of additional press from *Vogue*, *People*, *Time*, *Elle*. Soon celebrities such as Tobey Maguire, Keira Knightley, and Scarlett Johansson were being photographed wearing TOMs. Nordstrom insisted on carrying our shoes. By the end of the summer we had sold 10,000 pairs. The "why" of TOMs was clearly resonating.

Blake Mycoskie (Internet)


TOMs shoes has become a global company with more than \$400 million in revenue. A not-for-profit organisation, TOMs shoes continues to provide the world's poorest children with a pair of shoes for every pair of TOMs shoes sold. And Blake Mycoskie and his very large team of workers continue to also benefit from this interaction...




"We actually hand-place every shoe we give away onto the children's feet. And that is so important and a huge part of our brand. That connection you have with that child, it not only gives them a shoe and gives them a great feeling of love and warmth from the experience but is also gives back to us. And that is what caused the employees of TOMs to work so hard. It changes your life, it changed my life."

Blake Mycoskie


Back to the dipper and bucket theory.



Everyone has an invisible bucket. We are at our best when our buckets are overflowing – and at our worst when they are empty.



Everyone also has an invisible dipper. In each interaction, we can use our dipper either to fill or to dip from others' buckets.



Whenever we choose to fill others' buckets, we in turn fill our own.

Each of us has an invisible bucket. It is constantly emptied or filled depending on what others say or do to us. And indeed, what we say and do to others.

When our bucket is full, we feel great. When it is empty, we feel awful.

Each of us also has an invisible dipper. When we use that dipper to fill other people's buckets – by saying or doing things to make them feel good – we also fill our own bucket. But when we use that dipper to dip from other's buckets – by saying or doing things that make others feel sad – we empty their bucket, and ultimately, we empty our own.

Your role, the role of your teacher, of your Year Level Leaders, of Mr O'Keefe and of your Deputy Principal (me), is, amongst other things, to support you at school to fill your lives with happiness. That is not always easy. It is not made easier by those few around us who are draining our emotional resources. When you see that occurring, challenge it, and try to be a positive influence on those around you. When it is out of your control, then let us help.

It is not a natural or acceptable thing to negatively impact on those around you. We face a choice every moment of every day: we can fill another's bucket, or we can empty the bucket of others and in so doing, empty our own bucket. I think the choice is an easy one really.



We wish you all the very best for 2018. We expect this year to be the best school year you have ever had. That will be up to all of us, won't it?

Mr Andrew Cooper
Deputy Principal (Years 7–9)

References:

Rath. T & Clifton D., 'How Full is Your Bucket: Positive Strategies for Work and Life'. Gallup Press 2005



Director of Students

Director of Students Welcome

I would like to take the opportunity to welcome all students and families to the school year for 2018. A special welcome to those students and families who are new to the College, especially our Year 7 students who have begun their secondary school journey in the past couple of weeks. I hope that these first few weeks have been filled with excitement, learning and making new friends in the classroom and school yard.



2018 sees a number of changes to the College Leadership structure and I have found myself moving out of the Head of Senior School position and into a new role as Director of Students. This role will see me working closely with students across all year levels at the College with a particular focus on their wellbeing, learning, faith and organisation. My role will also see me supporting Year Level Leaders in the work that they do with their cohort of students. I am excited about the challenges that lie ahead and am looking forward to having the privilege of getting to work with so many of the students in our care.

As students return from their break it is timely to remind everyone of expectations regarding the wearing of the Summer Uniform. Short sleeve shirts with the College logo on the pocket, grey shorts, plain grey socks and black leather shoes are the compulsory items along with the St Joseph's College bag. Students may also wear their blazer or jumper if need be but are reminded that it is the blazer or shirt that is expected to be worn as the outer garment as they enter and leave the College grounds each day in Term 1.

If parents ever feel the need to speak with someone at the College regarding any questions or concerns they might have about their son or their learning, please feel free to contact me. Homeroom teachers or the relevant Year Level Leader might often be your first port of call but if I can be of any assistance to your son or you throughout the year, please do not hesitate to reach out.

Mr Liam O'Keefe
Director of Students





Community

Request for Costume Donations



Rehearsals for this year's combined Musical production of *The Wedding Singer* have just started and already the energy and focus from the St Joes and Mater students is enough to get us all very excited. As part of our preparations for this theatrical celebration of all things 80s we would like to ask the broader St Joseph's school community to help out with costume donations. The costume department in particular requires four to five wedding dresses replete with puffy sleeves, satin, taffeta and lace. The cast of over 50 also require a combination of 80s style formal wear. This includes:

Jackets

Ruffled shirts

Suits

If you are able to assist with any of these donations please contact



Sarah Elijah

selijah@stjosephs.com.au

or

Siobhan Duffy

sduffy@stjosephs.com.au



College Calendar – Upcoming Events

Sunday 25 February	Parish Mass — St John the Baptist 11am
Tuesday 27 February	Year 8 Father-Son Evening 7pm
Friday 2 March	Open Morning 9.30am
Saturday 3 March-Friday 9 March	Year 9 Expedition
Friday 9 March	Grade 4, 5, 6 Day 9.30am
Monday 12 March	Labour Day — College Closed
Tuesday 13 March	House Athletics Carnival
Wednesday 14 March	Grade 4 Parish School Visit
Thursday 15 March	Knox Schools Expo
	Grade 5 Parish School Sports Festival
Friday 16 March	Year 9 Camp Reflection Day
	Grade 5 Parish School Sports Festival
Sunday 18 March	Open Day 9.30am—1pm
Monday 19 March	St Joseph's Day
Tuesday 20 March	Queenstown Ski Trip Information Evening 6pm
Wednesday 21 March	Years 7—12 Parent Teacher Student Conferences (Student Free Day)
	Grade 4 Parish School Visit
Thursday 22-Wednesday 11 April	Italy Immersion
Friday 23 March	Grade 4 Parish School Visit
Tuesday 27 March	Year 12 Formal 7pm
Thursday 29 March	Easter Liturgy Whole School Assembly and Year 9 Return and Leadership Presentation
	Last Day Term 1

Further events on the St Joseph's College Calendar can be found on our website at the following link:

<http://stjosephs.com.au/events/>

College Calendar – Term Dates

Term 1

Wednesday 31 January until Thursday 29 March

Term 2

Tuesday 17 April until Wednesday 27 June (Friday 29 June for Year 10 — Work Experience)

Term 3

Monday 16 July until Friday 21 September

Term 4

Monday 8 October until Year 12s — Tuesday 23 October
Year 11s — Friday 30 November
Years 7-10 — Friday 7 December