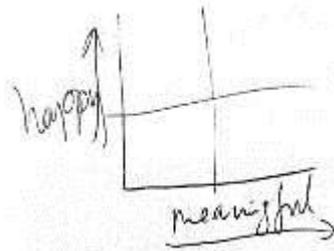




Lighthouse

Volume 30 Number 6

16 May 2014



Last year Professor Roy Baumeister, from the Florida State University, published an interesting article about the difference between happiness and meaningfulness.

In his article he drew upon his research in which hundreds of people, ranging in age from 18 to 78, were surveyed about the extent to which they thought their lives were happy and the extent they thought they were meaningful. Following this research he was able to make five conclusions.

1. Happiness is significantly affected by having our needs and wants satisfied, but it has little effect upon meaningfulness. For example, good health contributes towards happiness but not to meaningfulness. The frequency of good and bad feelings turns out to be irrelevant to meaningfulness, which can flourish in forbidding circumstances.
2. Happiness is about the present and meaning is about the future. If we want to maximise our happiness then we focus on the present, but if we want to have greater meaning then we need to be able to make sense of the past, the present and the future.

Happiness comes from what other people give to us, whereas meaningfulness comes from what we give to other people. He found that giving to people does not always lead to happiness, but it does benefit our sense of meaning.

4. Meaningfulness is related to the challenges, struggles and stresses that we endure. Negative events obviously cause people to be unhappy. However, managing, dealing and overcoming the inevitable problems of life is crucial to developing meaning.
5. Expressing ourselves, defining ourselves and building a good reputation are pivotal to having meaning in our lives. If happiness is about getting what we want, then Baumeister has found that meaningfulness is about doing things that express ourselves.

Baumeister's work is worth noting for all generations. In a world in which we are continually conditioned to focus on the things that lead to happiness, we can easily overlook the need to develop meaning in our lives. It is meaning, and not happiness, that will provide the direction and purpose in our lives and help us to make sense of who we are and also make sense of the world in which we live.

Br Robert Sutton, fms
Principal



The Duke and Duchess of Cambridge



On Saturday, 19 April 2014 I was lucky enough to attend the 'Welcome Reception' for the Royal Couple, the Duke and Duchess of Cambridge, at the Sydney Opera House. I was one of 12 Catholic School students from across the state who attended the event, from schools which included St Catherine's Catholic College at Singleton, Parramatta Boys High School, John Therry Catholic High School and Mount Carmel Catholic High School. The event went for about two and a half hours, with the Duke and Duchess staying for about forty minutes and making their way around to as many lucky people as possible (I wasn't one of these people)!

Special thanks to both Mr Jim Hanna and Mr Gerard Delaney from Catholic Education Commission New South Wales for organising the logistics of the trip and also to everyone at St Francis Xavier College for their congratulations.

Joel Webber
College Captain



Advanced Study Skills

FREE HSC Study

Workshop

Monday, 19 May
7.30pm – 9.00pm (doors open 7pm)

*Charlestown Community Centre
Cnr Frederick & Pearson Streets,
Charlestown NSW 2290*

Year 11 & 12 Students
their parents and guardians.

TOPIC
**“Examination Preparation and
Advanced Reading Skills”**

RSVP is essential
as workshops are limited to
70 participants.

To book: email
study@theplacecharlestown.org.au



Year 12
Year 12 Parent/Teacher Interviews
Wednesday, 21 May

Year 12 Retreats
Monday, 26 May – Wednesday, 28 May

Year 12 Study Day
Thursday, 29 May
Students DO NOT attend school

Staff Inservice Day
Friday, 30 May
Students DO NOT attend school

Year 11
Year 11 Mid Course Exams
Week 5: Monday, 26 May – Thursday, 29 May
Friday, 30 May: Staff PD Day
No Exams Scheduled
Week 6: Monday, 2 June – Friday, 6 June

Year 12 Marist Forum

On Friday, 2 May, we (*Georgia Bear, Lucy Macrae, Lillian Mowbray and Olivia Carroll*) attended a Year 12 Marist Forum in Mittagong with many other Marist students within the NSW and ACT area (Sydney, Forbes, and Canberra).

The focus of the forum was *Vocation*. Through numerous activities and sessions we explored what vocation truly is and we gained a deeper understanding of the many characteristics that make us who we are – that which makes us unique. These engaging group activities not only opened our eyes to the true meaning of vocation, they also helped to strengthen our relationships with each other, students from other schools and ourselves.



There will be a Year 11 forum later in the year and the advice from all four of us is that, we highly encourage and recommend you to put your name down. It was an extremely worthwhile experience where many new friendships are formed and our religious identity was focused on in a fun, motivating way.

Georgia Bear, Lucy Macrae, Lillian Mowbray and Olivia Carroll



High Five for Life Skills High Tea

In Term 1 six Year 12 life skills students completed work experience at the school café for five mornings before school. The Year 12 students involved in the program were: Callan Kelly, Gabrielle O'Neill, Thomas Parker, James Hoffmann, Anthony Rymer-Attard and Ethan Dominish. We were supervised by the Hospitality teacher and SFX Café Manager, Mrs Sam Middleton and assisted by Mrs Unie, our Life Skills Work and Community teacher.

During the work experience mornings we learnt skills such as customer service, food preparation, organisation and following procedures. Some of the jobs we performed were taking customer orders, making milkshakes, coffees, toasted sandwiches and cleaning up at the end of the shift. We enjoyed working alongside the hospitality students as part of a team during these mornings.

The highlight of our work experience was an event training day with Mrs Middleton who guided us in planning, preparing and serving a High Tea in the SFX Café for Brother Robert, Mrs Hales and invited staff. During this day we had to work in teams to prepare and cook the High Tea menu items, both sweet and savoury; arrange tables in the café and organise place settings; and then be wait staff for each table. All this was done to a strict time deadline so that the invited guests could be served on time.

We would like to thank Mrs Middleton and Miss Flick, the Learning Support Coordinator, for organising this work experience opportunity within our school community. We all learnt valuable work readiness skills during our café mornings and had great fun being involved in the High Tea event.

Ethan Dominish





Sizzling Support for La Valla

Many thanks to all the students and teachers who supported the sausage sizzle and cake stall on Monday, 12 May.

With the help of the Cambodia Immersion students **Tom Newman, Paul Kelly, Lara Fuller, Lydia Frazer** and **Phoebe Cousins**; and the students from Tutor Group 23 **Jonty Carlin, Elleni Criticos, Toby Greentree, Michael Kolmajer, Janice Muller** and **Lachlan Pasquale** who helped on the day, we raised a massive \$425. This money will go towards supporting La Valla, a Marist Brother's school for disabled students in Cambodia.

Special thanks to Mrs Anicich who helped organise the fundraiser and Ms Begley who kindly supplied the sausages for the sizzle.

Watch this space for more up and coming fundraisers for the school in Cambodia.

Phoebe Cousins



St Vincent de Paul Society
good works

College Vinnies Day Tuesday, 20 May

This Tuesday, is our annual Vinnies Day. We are asking students to come dressed in their best Op Shop outfit and bring a gold coin donation to support disadvantaged students both in our diocese and overseas. The best dressed will be selected to participate in the fashion parade at 11:40 am on the basketball court in the quadrangle.

There will be delicious pizza, refreshing soft drinks and scrumptious hot chips!

So come along, get creative and support Vinnies!

Gabrielle Lynch



Last Thursday, 15 of May, during our Year 11 Exploring Early Childhood classes, we had the privilege of a visit from a guest speaker Dr Laura Mason with her beautiful new born baby boy, William, who is nine weeks old. She spoke to us about her personal journey through pregnancy and life now with William. This gave all Early Childhood students a chance to see firsthand struggles and blessings that come with parenthood. We would like to thank Laura very much for visiting our school and for sharing her knowledge and experience with us.

Colleen Maloney
Year 11 Exploring Early Childhood



Students do not attend school on

Year 12 Students

Thursday, 29 May

Year 12 Study Day

All Students

Friday, 30 May

Staff Inservice Day

Please refer to page 2 for more information!

From the Careers desk



Julie McLoughlin

Careers Coordinator

julie.mcloughlin@mn.catholic.edu.au

Newcastle Careers Expo 2014

Year 12 students are invited to the Careers Expo on Thursday, 22 May, at the Broadmeadow Jockey Club. Collect an application from Mrs Macs office and pay \$5 to the School Finance office. You will receive a wrist band and booklet after you have paid. The band **MUST** be worn on the day for you to gain entry. This also identifies you as a Year 12 student to the exhibitors. This payment **MUST** be made before the day.



Early Offer at Sydney University

This program is called E12, and offers students who have experienced financial hardship during their HSC years the opportunity to attend Sydney University. Go to sydney.edu.au/e12 or email fabifugazza@sydney.edu.au the Pathways manager.

There are a number of benefits to the e12 scheme:

- A conditional offer before HSC exams commence / lower ATAR cut-offs
- \$5000 for their first year / opportunity to apply for accommodation scholarships.
- Support transition help /Apple iPad & University Access Card.

Arrium Apprenticeships (One Steel)

Arrium have now opened their applications for apprenticeships in 2015. All the information you need is on the School Portal under Careers.



GAP Year with the Defence Forces

The Defence Forces are opening up applications for the GAP Year with them once again. It's highly competitive – check out the School Portal for further information.

PCA – Professional Cadets Australia.

In 2015, Technology Cadets will be able to study Computer Science, IT or Information Systems, or they could choose Commerce or Arts degree and major in IT, and work for Westpac on a rotational basis. Visit www.etcad.com.au for more details. Applications close in approximately a month.

The International College of Management

For the February 2015 intake, high-achieving students sitting the HSC may be eligible for the ICMS Early Entry Scheme which guarantees these students a place at ICMS before they sit the HSC exams. For more information, visit www.icms.edu.au or contact Rebecca Wise at rwise@icms.edu.au

Work Experience at Westrac (Apprenticeships)

You will also find on the School Portal under Careers the information regarding Work Experience at Westrac. Students who apply will form the pool applicants that Westrac will choose from for its apprenticeship offerings in 2015.



BHP Billiton Apprenticeships

Information and links for these can be found on the School Portal under Careers in the “Jobs as at 12 May” document.

Cultural Au Pair

Au Pair are having a meeting to explain all that they offer on Thursday, 29 May at 6pm. They will have students who have been on an Au Pair experience as well as staff from their Sydney head office.

Where: Newcastle Library, Laman Street, Newcastle.

Cadetship Evening hosted by the Institute of Chartered Accountants Australia

Interested in applying for a 2015 Business Cadetship, where students gain paid work experience whilst completing their Business or Commerce degree at university? Students and parents are invited to attend the Institute's Cadetship Evening 2014 to meet top firms and universities offering cadetships and co-op scholarships. Being held on Thursday, 22 May at Luna Park! Go to www.charteredaccountants.com.au/cadetshipeveningNSW to register for this event.

Sydney Design School

Focuses exclusively on Interior Design and Decoration. Students are taught by practicing designers, given career coaching and **VET Fee-Help** is available for the Diploma and Advanced Diploma. Sydney Design School is holding an Open Day on Saturday, 28 June from 12 – 2pm. For more information go to: www.sydneydesignschool.com.au email: info@sydneydesignschool.com.au

Blue Mountains International Hotel Management

The Blue Mountains International Hotel Management School information seminar is being held on Saturday, 24 May from 11.45am-3pm at Novotel Newcastle. charlotte.pun@bluemountains.edu.au to RSVP

All University & College Open Days Dates & Major Dates for University Application for 2014-2015

These can be found on the School Portal under Careers – Documents folder.

Up-coming Information Session with the Defence Forces

- ADFA Information Session
Monday, 26 May at 6pm
- Royal Military College Duntroon (Army Officer) – Tuesday, 27 May at 6pm

All Information Sessions will be held at Defence Force Recruiting
528 Hunter Street, Newcastle
For bookings please email cptnewcastle@dfr.com.au or call (02) 4974 5427

Meet a Keeper Day - Taronga Zoo

The Meet a Keeper Program is a presentation style program for students who have expressed a genuine interest in pursuing a career within the Zoo Industry. Students will have the opportunity to learn about all aspects of zoo keeping, including required qualifications, career opportunities, core responsibilities, career structures and wages. Following the morning presentation, students are invited to explore the zoo as they make their own way to a mystery 'Behind the Scenes' tour. Dates for 2014 are the 20 August, 11 September and the 29 October.



To book; <http://taronga.org.au/education/education-sydney/school-work-experience/meet-keeper> More information required? Then contact Catherine Judd via cjudd@zoo.nsw.gov.au

New from TAFE!

TAFE are offering a free Work Readiness program for students interested in entry level for a variety of trades. See the School Portal for further information.



NEW SOUTH WALES
MINERALS COUNCIL |

The Careers in Mining Pathways session is on Thursday, 22 May 2014. Students and parents will have the opportunity to engage with representatives from the NSW Mining industry and hear about their pathways into the industry. There will also be a networking session where students can ask their questions in a one on one environment. The link to the online registration form can be found on the School Portal under Careers.

5:30pm - 7:30pm

**TAFE Hunter Valley Hotel School, Kurri Kurri
Light catering**

Registrations are essential and the **deadline is Thursday, 15 May 2014.**

Contact Chrissie Clarke
M: 0409 401 731
T: 02 9274 1423
W: nswmining.com.au

Finance Office Hours

8:30 am to 3:00 pm – Monday to Friday

Finance Officers: **Mrs Debra Maynard**
(Monday to Friday)
: **Mrs Lorraine Webster**
(Monday, Tuesday and Friday)

Email: hml-finance@mn.catholic.edu.au

Term 1

Thank you to those families who have finalised their school fees or made payment arrangements with the Finance Office.

For those families who still have an outstanding balance without an arrangement in place and who have failed to contact the Finance Office, we will be initiating the College's Debit Recovery Action. You can view the Debit Recovery Policy online at the Catholic Schools Office website, www.mn.catholic.edu.au-Resources-Policies-Feemanagementpolicy

It is very important that any family experiencing financial hardship contact the College as a matter of urgency.

Term 2

Just a reminder the College Term 2 statements were emailed/mailed on Friday, 2 May.

Please check your nominated email accounts and notify us if there has been a change or you did not receive the email or mailed statement.

Note Term 2 fees are due on, or before, Friday, 23 May 2014.

If you are paying your school fees by instalments via Bpay or Direct Debit, you need to check your school fees are reducing as you would expect them too. It is your responsibility to ensure your school fees are up to date.

**The Finance Office
will be closed on
Thursday 12 June
for Finance Office Staff
Training Day**

Closed!



Can Saver Plus assist you with high school costs?

Join Saver Plus and match your savings, dollar for dollar, up to \$500 for educational costs including:

- school uniforms and text books
- computers, laptops and tablets
- excursions and camps
- sports equipment, uniforms and lessons
- music tuition and instrument hire.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner) and have a child at school or study yourself.

Contact Cynthia Culhane, your local Saver Plus Worker:
(02) 4927 8385 / 0418 699 646
or cynthia.culhane@thesmithfamily.com.au

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered in Newcastle by The Smith Family. The program is funded by ANZ and the Australian Government.

 Trade & Investment
Resources & Energy

2013-2014 Family Energy Rebate


\$125*
TOWARDS
ENERGY
BILLS

**DON'T MISS
THE DEADLINE!**
Apply before 5pm
Friday 13 June 2014

2 MINUTES TO FILL IN A FORM
<https://applications.fer.trade.nsw.gov.au/>

* eligibility criteria apply

**APPLY
ONLINE
NOW!**

WHAT IS THE FAMILY ENERGY REBATE?

The Family Energy Rebate helps to cover the costs of energy bills for NSW households with dependent children. In 2013 – 2014 the rebate gives:

- A \$125 credit against electricity bills for eligible applicants who receive electricity from an electricity retailer.
- A \$137.50 direct payment to nominated bank accounts for eligible applicants who live in a caravan or mobile home park and receive electricity from the park operator.

AM I ELIGIBLE FOR THE FAMILY ENERGY REBATE?

To be eligible you MUST:

- Be eligible for Family Tax Benefit A or B during 2012- 2013 and have received a relevant payment; and
- Be the primary account holder of an electricity retailer, OR a long-term resident of a caravan or mobile park home, whose name appears on the electricity bills supplied by the park operator.

YOU CHOOSE HOW YOU WANT TO APPLY FOR THE FAMILY ENERGY REBATE

- **ONLINE** – it takes a few minutes to submit and processing starts immediately.
- **PAPER** – download a form from the website, complete and submit by email, fax or post.

FOR MORE INFORMATION & ASSISTANCE

PHONE Service NSW 13 77 88

EMAIL fer.program@trade.nsw.gov.au

WEB www.resourcesandenergy.nsw.gov.au/info/familyenergyrebate

DIOSOUNDS 2014

The background of the poster features a pair of bright pink sneakers with white laces and white soles, resting on a dark grey wooden floor. The sneakers are positioned diagonally, with one shoe in the foreground and the other slightly behind it. Surrounding the shoes are several white musical notes and staff lines, some of which appear to be floating or moving. There are also vibrant, multi-colored paint splashes in shades of yellow, green, blue, and purple scattered across the floor, particularly around the sneakers.

11th June
Primary Schools
Matinee: 10.30am
Evening Performance:
6.30pm

Civic Theatre
Adults \$30
Students & Concessions \$15
Ticket prices include GST.
booking and transaction
fees may apply

Book at the Civic Theatre
Box Office,
any Ticketek outlet,
or call 49291977



Department of
Education and Training