



Holy Family College

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"Quid Retribuam – what shall I give back?"

DIARY

16 June

Youth Day
Long weekend

19-30 June

High School
exams

30 June

End of Term 2

25 July

Term 3 begins

"Education's purpose is to replace an empty mind with an open one."

Malcolm Forbes

"Education is the passport to the future, for tomorrow belongs to those who prepare for it today."

Malcolm X

HIGH SCHOOL NEWSLETTER

MySchool card

Please use your *MySchool card* when you do shopping. You swipe - it costs you nothing and you help raise funds for our school! You can also link your Woolworths Card to *My School*. You can order your card online, at www.myschool.co.za. You can use your card at Woolworths, Engen, Loot.co.za, Waltons and Flight Centre.

Advice to parents

Parental and guardian involvement is crucial to a child's success or failure in school:

- Make sure your child has a quiet, well-lit place to do homework.
- Make sure the materials your child needs, such as paper, pencils and a dictionary, are available.
- Be positive about homework. Tell your child how important school is, and remember that your child will mirror your attitude toward school work.
- Stay informed. Talk with your child's teacher and make sure you know the purpose of homework.

Leaving school after exams

Parents, please make arrangements for your child to leave school immediately after their exam has been written. Much time is wasted at school instead of going home early and studying.

Children still at school 30 minutes after an exam will be sent to a study venue. Pupils refusing to do so will be sent off campus.

Marijuana and the developing brain

by Kirsten Weir, Monitor on Psychology, Vol 46, No. 10. November 2015.

More states in the United States are legalizing marijuana, but concerns remain about its long-term effects on the adolescent brain.

The team found that persistent marijuana use was linked to a decline in IQ, even after the researchers controlled for educational differences. The most persistent users — those who reported using the drug in three or more waves of the study — experienced a drop in neuropsychological functioning equivalent to about six IQ points. "That's in the same realm as what you'd see with lead exposure," says Weiss. "It's not a trifle."

There are some reasons to think that adolescents may be uniquely susceptible to lasting damage from marijuana use. At least until the early or mid-20s, "the brain is still under construction," says Staci Gruber, PhD, a neuroscientist and director of the Cognitive and Clinical Neuroimaging Core and the Marijuana Investigations for Neuroscientific Discovery (MIND) Program at McLean Hospital / Harvard Medical School. During this period of neurodevelopment, the brain is thought to be particularly sensitive to damage from drug exposure. And the frontal cortex — the region critical to planning, judgment, decision-making and personality — is one of the last areas to fully develop, Gruber says.

Prayer for preparation to study

Lord, I know you are with me and love me.

Give me peace of mind as I prepare for this time of study.

Help me to focus on my books and notes,

keep me from all distractions so that I will make the best use of this time that is available to me.

Give me insight that I might understand what I am studying,
and help me to remember it when the time comes.

Above all, I thank you for the ability to be able to study
and for the many gifts and talents you have given me.

Help me always to use them in such a way
that they honour you and do justice to myself. Amen.

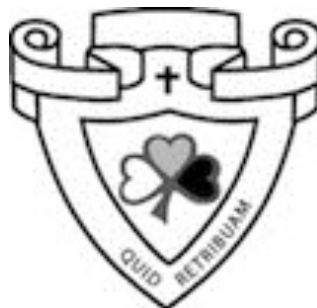


Catholic Ethos in the Holy Family School

(Draft document arising from the Holy Family Schools Council on 14 May 2016)

Holy Family Catholic schools show their ethos by:

- **Respecting the dignity of each person**
Each person is treated with respect and their dignity as a child of God is recognised.
- **Celebrating their religious identity in daily life**
Worship, prayer, liturgy and celebrations are built into the rhythm of school and religious symbols are displayed.
- **Being in harmony with the Catholic Church**
The values of the school are kept in harmony with the Gospel values and the teachings of the Catholic Church.
- **Being a community**
The school works together with parents and others to build a community of care and justice. All pupils join this community, knowing that it has a Catholic religious ethos.
- **Reaching out to the marginalised and vulnerable**
The school is in solidarity with the poor and disadvantaged through its admission policies and outreach programmes.
- **Delivering quality Religious Education**
The Religious Education curriculum is well planned and a high quality programme is delivered, which is well resourced with both staff and materials. The programme is concerned with the spiritual formation of each child.
- **Striving for excellence in its curriculum**
The school strives for excellence in its teaching and learning and sets out to integrate the faith perspective across the curriculum.
- **Looking at itself critically**
Critical reflection is at the heart of the Catholic school, and as a school it builds more conscious and engaged citizens, as it reflects on its own practices.



CALLED TO BECOME

You are called to become...YOU
No one is called to become
Who you are called to be.
It does not matter
How short or tall
Or thick-set or slow
You may be.
It does not matter
Whether you sparkle with life
Or are as silent as a still pool,
Whether you sing your song aloud
Or weep alone in darkness.
It does not matter
Whether you feel loved or admired
Or unloved or alone
For you are called to become...YOU.
No one's shadow
Should cloud your becoming,
No one's light
Should dispel your spark.
For the Lord delights in you,
Jealously looks upon you
And encourages with gentle joy
Every movement of the Spirit
Within you.

Unique and loved you stand,
Beautiful or stunted in your growth
But never without hope and life.
For you are called to become...YOU.
This becoming may be
Gentle or harsh,
Subtle or violent,
But it never ceases,
Never pauses or hesitates,
Only is –
Creative force –
Calling you
Calling you to become.....YOU.

Edwina Gateley