



How To Thrive In Year 7



Our Faith And Foundation

You have joined John XXIII College where we will do all we can to provide you with a learning environment that is enriched by pastoral care and strives to meet your developmental needs. As a Catholic school, John XXIII College forms part of the saving mission of the Church especially for education in a faith that seeks justice.

Our Values

John XXIII College is a community where we strive to live the values of the Catholic Church in an authentic and contemporary way. The values from the Catholic tradition are love and service for others, care and respect of the individual and justice. In your time as a member of this community our hope is that you will also share these values and take them with you into life.

Love and Service for Others

Within and beyond the College community, students are encouraged to develop their capacity to love through understanding, tolerance, forgiveness and inclusivity. Students are also encouraged to be of service to others through informal and formal opportunities of service including pilgrimages within Australia and overseas.

Care and respect of the individual

The concept of "cura personalis" is central to the pastoral values of the College. Despite the size of the College, every effort is made to know and care for each individual person.

Justice

The College motto is "Seek Justice". The justice we seek is the needs of everyone be met through correct relationships, good decisions and the responsible use of resources.

College Founders: Those Who Inspire Us

The Founders are commemorated each year during Founders' Time (31 July - Feast of St Ignatius to 19 August - the anniversary of the establishment of the Loreto Sisters in Australia).

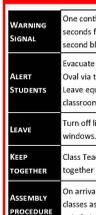
Their visions of reality and their ideals, and the aspirations of the College community, are summed up in the College Objective:

"In the spirit of John XXIII, Mary Ward and Ignatius Loyola, our College seeks to develop people of competence, conscience and compassion who are committed to God and the service of others."



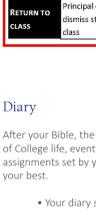
Pope St John XXIII (1881-1963)

The College was founded with an optimistic vision of renewal of tradition, faith, service and openness. Pope St John XXIII was, therefore, a fitting patron since these qualities always distinguished him as a priest, diplomat, Patriarch and Pope.



Mary Ward (1585-1645)

Mary Ward was born at a time when England was in political and religious turmoil. She felt the call to serve God and her neighbour but it was some time before she realised she was called to found an Order of Sisters (Institute of the Blessed Virgin Mary: Loreto) who would pursue the same ideals as the Jesuits. Her Sisters would have "a will to do well which women may have as well as men". Her common sense religious spirit and her vision of a robust role for women in the Church and the community, have been abiding characteristics of the Loreto Sisters and their schools. Find out about our Mary Ward sculpture.



St Ignatius Loyola (1491-1556)

Born into the Spanish nobility, Ignatius began his career as a courtier and soldier. While recuperating from wounds incurred in battle at Pamplona, he underwent a conversion. Henceforth, he single-mindedly sought to put into practice the world view which he expressed in his Spiritual Exercises. With his early followers, he formed the Society of Jesus (Jesuits) which has had a profound effect on life in the Church. The Jesuits were termed the "Schoolmasters of Europe"; their educational tradition is characterised by the pursuit of excellence and preparation for Christian service of men and women for others in every field of human endeavour.

Finding Your Way Around

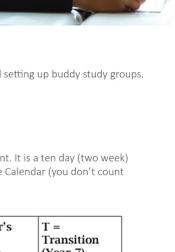
Finding your way around John XXIII College can be pretty complicated at first but there are some things to help you out.

There are a range of facilities and places for you to find around the College. Important places are marked on the school map. Can you find the:

- Gymnasium
- Block
- Canteen
- Chapel
- Counsellor
- Library
- Student Reception
- Uniform Shop
- Learning Enrichment



"If you find that you are lost, don't hesitate, just ask someone, or you might be late. Here's some tips that might be handy, follow these and you'll be fine and dandy!"



Evacuation Map

If we need to evacuate we follow the College Evacuation procedures. Can you see the Year 7 assembly point?

EMERGENCY EVACUATION ROUTE

| | |
|---------------------------|---|
| WARNING SIGNAL | One continuous bell for thirty seconds followed by ten three second blasts |
| ALERT STUDENTS | Evacuate Students to the College Oval via the route on the map. Leave equipment in the classroom. |
| LEAVE | Turn off lights, close all doors and windows. DO NOT LOCK |
| KEEP TOGETHER | Class Teacher and students walk together to the College Oval |
| ASSEMBLY PROCEDURE | On arrival at the College Oval classes assemble quickly and quietly into Year Group areas Teachers take attendance. Absentees are reported to Student Services staff |
| ATTENDANCE | Buildings checked as per special duties |
| BUILDING CHECK | Await the 'All Clear' instruction from the Principal or Business Manager |
| RETURN TO CLASS | Principal or Business Manager will dismiss staff and students back to class |

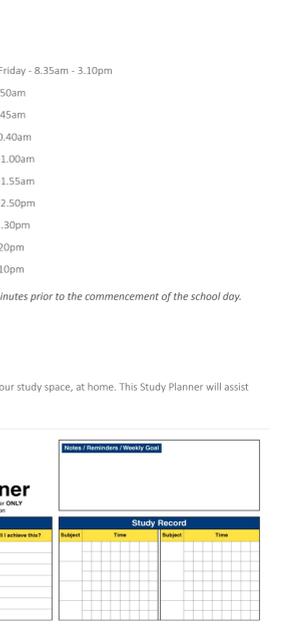
John XXIII College
SOUTH AUSTRALIA

Rev. 06/2023

Diary

After your Bible, the School Diary is your single most important possession at John XXIII College. It contains information on all aspects of College life, events on the College calendar, students' rights and responsibilities and it allows you to record all homework and assignments set by your teachers. This helps you to be organised and stay on top of your homework and the study needed to achieve your best.

- Your diary should be taken to all classes.
- Diaries should not be defaced and pages must not be removed.
- A replacement diary will be required if this occurs.
- If you lose your diary it must be replaced immediately.



Recommended Minimum Time For Home Study

Year 7 A maximum of 60 minutes homework each night

Year 8 60 Minutes per subject per week

Year 9 90 Minutes per subject per week

Year 10 120 Minutes per subject per week

Year 11 150 Minutes per subject per week

Year 12 180 Minutes per subject per week

Afternoon Club

Wednesdays between 3:30 and 4:15pm in the Library. Every Wednesday there will be a Year 7 Teacher in the library to help with organisation, homework and setting up buddy study groups.

Timetable

The timetable may be confusing at first but once it becomes familiar to you, it is interesting and different. It is a ten day (two week) cycle which means that the weeks alternate between an **odd week** and an **even week** according to the Calendar (you don't count Saturdays and Sundays).

| Period | Room and Block No. (Block F, Room No. 1) | Subject (ENG = English) | Eg. Class 3 | Day of Cycle (Le. Thursday or Tuesday) | Teacher's Name. (BENS = Benson) | T = Transition (Year 7) |
|--------|--|--------------------------|--------------------------|--|---------------------------------|--|
| Period | MON ODD | TUES ODD | WED ODD | THURS ODD | FRI ODD | MON EVEN |
| One | TREL 01 TREL BENS F1 | TMUS 01 TMUS HAMR MUS | TICT 01 TICT NELD CP4 | TSNE 01 TSNE BENS F1 | TLSKL 03 TLSKL BENS F1 | TREL 01 TREL BENS F1 |
| Two | TICT 01 NELD CP4 | TSCI 01 SCHA B2 | TMAT 01 BENS F1 | TPHE 02 PLAT | TMUS 01 HAMR MUS | TPHE 02 TICT 01 NELD CP4 |
| Three | TJAP 01 TREL AGDH D6 | TLSKL 03 BENS F1 | TREL 01 BENS F1 | TENG 01 TENG BENS F1 | TITA 01 TITA HAMR MUS | TLSKL 03 TREL 01 TPHE 02 |
| Four | TREL 01 BENS F1 | TENG 01 TENG BENS F1 | TMUS 01 HAMR MUS | TSCI 01 SCHA B2 | TRIA 05 TASS ASS | TREL 01 TSNE 01 TITA 01 TRIA 05 |
| Five | TENG 01 BENS F1 | TPHE 02 PLAT | TENG 01 BENS F1 | TREL 01 BENS F1 | TMAT 01 TMAT BENS F1 | TENG 01 TENG BENS F1 |
| Six | TMAT 01 BENS F1 | TICT 01 NELD CP4 | TPHE 02 PLAT | TLSKL 03 BENS F1 | TREL 01 TREL BENS F1 | TICT 01 TICT NELD CP4 |



Timetable

CLASS HOURS Monday to Friday - 8.35am - 3.10pm

Homeroom 8.35 am - 8.50am

Period One 8.50 am - 9.45am

Period Two 9.45 am - 10.40am

Recess 10.40am - 11.00am

Period Three 11.00am - 11.55am

Period Four 11.55am - 12.50pm

Lunch 12.50pm - 1.30pm

Period Five 1.30pm - 2.20pm

Period Six 2.20pm - 3.10pm

Students should be at school 10 minutes prior to the commencement of the school day.

Sample Study Planner

In Life Skills you will learn how to use your Study Planner. You will keep this in your study space, at home. This Study Planner will assist you through to Year 12 and should be kept from year to year.

Student Planner

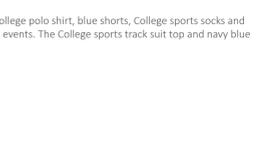
Use non-permanent or fine whiteboard marker ONLY
(See instructions with the planner & instructions)

Homework: It's All About Balance

In Life Skills you will learn how to use your Study Planner. You will keep this in your study space, at home. This Study Planner will assist you through to Year 12 and should be kept from year to year.

Homework and study are essential for academic success at high school. They involve a variety of aspects including:

- Learning basic facts
- Preparing effectively for tests
- Completing work started in class
- Having a quiet and comfortable place to do your homework
- Extra reading and preparation
- Asking for help if unsure
- Researching and investigating
- Having a number of small breaks
- Removing distractions such as the radio or TV when doing homework
- Checking with your Council Library for help
- Studying
- Using your Planner to effectively manage time
- Revising the day's lessons
- Keeping to deadlines
- Having good lighting
- Reviewing the day's work
- Reading about your subjects
- Completing assessments and practice exercises



Problems And Who To Turn To

- Which one is my locker?
- Lost property.
- Too much homework and how to organise your after school activities to include daily study.
- Friendship hassles.
- Getting lost.
- Subject selection when getting ready for Year Eight.

Do any of these problems sound familiar to you? If so, here are some solutions and people you can turn to

Personal Problems

- Parents and family
- Friends you can trust
- Homeroom Teacher
- Assistant Deputy Principal - Year 7, Deacon Aaron Peters
- College Counsellor, Mr Nic Hastings-Jennons
- College Psychologist (you will need to make an appointment. The ADP Year 7 can help you to do this confidentially)
- Head Boy, or Head Girl, or members of the SRC

School or Administration Problem

- Homeroom Teacher
- Assistant Deputy Principal, Year 7, Deacon Aaron Peters
- Your Teachers
- Student Administration, which is located in the Companions Wing

Homework: It's All About Balance

Understanding House

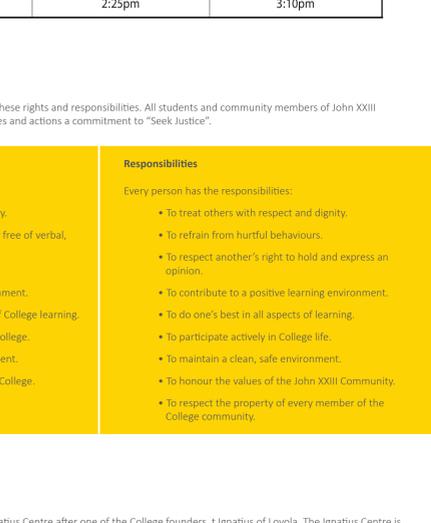
- The House system is similar to colour factions in Primary School, and House activities may include sport.
- You do not have to wear your sports uniform to House meetings as you do to House activities
- It is not a school subject
- The events undertaken as a House throughout the year include Sports, Academic, Cultural, Social Justice and various others.
- Involvement in House activities helps you to become part of the John XXIII College community and make new friends.

Names, Crests and Colours

Organisation of the Houses

Each student will belong to a House.

- WARD**
- LOYOLA**
- ST LOUIS**
- KOOLYANGARRA**
- LORETO**
- CAMPION**

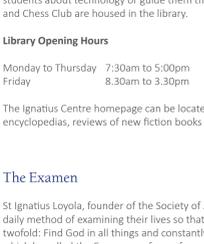


Lockers

- Put all books you don't need for homework, in your locker.
- Don't store food in your locker.
- Keep your books in a neat order so you can find them more easily.
- DON'T go to your locker between classes, as you have to move directly from one room to the other, and you may run late for your next class.
- Only go to your locker at the following times:
 - beginning of the day
 - after recess
 - after lunch
 - at the end of each day
 - following a teacher's direction

LOCKER AREA

Remember to keep the area around your locker clean and tidy.



Making New Friends

- Making friends takes time..... Friendships take time to develop, so don't get discouraged if you take a while to make friends
- Don't expect to be friends with everyone.
- Remember the five B's
 - Be yourself
 - Be confident
 - Be modest
 - Be polite
 - Be involved
- Friendship isn't about impressing people
- Find people with similar interests to you

Uniforms

The College uniform is designed to be light and comfortable for summer and warm in winter. You need to put your name on your sports shoes, school shoes and hat as well as other items of clothing.

The summer uniform for girls consists of a light blue blouse, navy skirt, navy socks with gold band and black lace up shoes. In winter the college blazer is worn with white tights. The jumper, vest and scarf are optional. Hair should be tied back with navy ribbons or hair ties. Plain gold or silver studs or sleepers may be worn.

In winter for boys consists of a light blue shirt and navy shorts, or trousers, navy socks with gold band and black lace up black shoes. In winter the college blazer is worn, with a tie and trousers. The jumper, vest and scarf are optional. Boys are expected to have their hair cut and styled according to the presentation guidelines.

You also need to buy a College cap and wear this when outdoors in the sun at recess, lunch and when participating in sport.

The sports uniform is very versatile for both girls and boys. Students wear the College polo shirt, blue shorts, College sports socks and predominantly white sports shoes. The House polo shirt is worn for inter-House events. The College sports track suit top and navy blue track pants are optional. Specific sports uniforms apply for some sports.

You will have an appointment to fit your College uniform.

What To Do If You Are Late Or Absent

Your parents should phone and leave a message on the College Phone on the day of your absence. A 24 hour absentee line will be set up early in Term 1. If you are likely to be away longer than one day, please ask mum or dad to indicate this. Student Reception will check by telephone with parents if there are any unexplained absences.

If you know that you are going to be absent in advance, your mum or dad should write to the Principal, Mr Robert Henderson or Assistant Deputy Principal - Year 7, Deacon Aaron Peters.

Students arriving late to school or leaving early must go to Student Reception and sign the book.

To be admitted into class upon late arrival to school, you must have seen Mrs Reith at Student Reception and have your Diary stamped "LATE".

To be allowed to leave a class early for an appointment, you must have a note from mum or dad to show your Homeroom teacher in your Homeroom class. Then you must go to Student Reception and sign out.

If you are ill during class time, speak to your teacher and if necessary, you will be sent to the nurse who is located in School Administration.

Please put your fridge magnet with the STUDENT ABSENTEE contact information on your fridge!

Bell Times

DAILY TIMETABLE – BELL TIMES

Monday – Friday (except designated Assembly timetable days)

| Periods/Break Times | Start Period Time | End Period Time |
|---------------------------------|-------------------|-----------------|
| Warning Bell – move to Homeroom | 8:30am | 8:35am |
| Homeroom | 8:35am | 8:50am |
| Period 1 | 8:50am | 9:45am |
| Period 2 | 9:45am | 10:40am |
| Recess | 10:40am | 11:00am |
| Period 3 | 11:00am | 11:55am |
| Period 4 | 11:55am | 12:50pm |
| Warning Bell – move to class | 1:25pm | 1:30pm |
| Period 5 | 1:30pm | 2:20pm |
| Period 6 | 2:20pm | 3:10pm |

ASSEMBLY TIMETABLE – BELL TIMES

| Periods/Break Times | Start Period Time | End Period Time |
|---------------------------------|-------------------|-----------------|
| Warning Bell – move to Homeroom | 8:30am | 8:35am |
| Homeroom | 8:35am | 8:50am |
| Period 1 | 8:50am | 9:35am |
| Period 2 | 9:35am | 10:20am |
| Recess | 10:20am | 10:40am |
| Period 3 | 10:40am | 11:25am |
| Period 4 | 11:25am | 12:10pm |
| Assembly Period | 12:10pm | 1:00pm |
| Lunch | 1:00pm | 1:35pm |
| Warning Bell – move to class | 1:35pm | 1:40pm |
| Period 5 | 1:40pm | 2:25pm |
| Period 6 | 2:25pm | 3:10pm |

Rights And Responsibilities

In *Seeking Justice* for all we strive to observe these rights and responsibilities. All students and community members of John XXIII College are expected to model in their attitudes and actions a commitment to "Seek Justice".

Rights

Every person has the right:

- To be treated with respect and dignity.
- To live within the College community free of verbal, physical and emotional hurt.
- To hold and express an opinion.
- To work in a positive learning environment.
- To achieve one's best in all aspects of College learning.
- To participate fully in the life of the College.
- To work in a clean and safe environment.
- To feel proud to belong to John XXIII College.
- To have property respected.

Responsibilities

Every person has the responsibilities:

- To treat others with respect and dignity.
- To refrain from hurtful behaviours.
- To respect another's right to hold and express an opinion.
- To contribute to a positive learning environment.
- To do one's best in all aspects of learning.
- To participate actively in College life.
- To maintain a clean, safe environment.
- To honour the values of the John XXIII Community.
- To respect the property of every member of the College community.

The Ignatius Centre

The John XXIII College library is named the Ignatius Centre after one of the College founders, Ignatius of Loyola. The Ignatius Centre is located at the heart of the school, both geographically and in terms of pedagogy. Students from K to 12 spend time in the library. There are six distinct learning areas in the library, so it is a hub of activity.

The Ignatius Centre is welcoming and spacious with primary and secondary collections of print & non-print texts. Students have access to computers, the College intranet, internet and the worldwide web. There is an e-book collection and a number of data bases to support student search and staff curriculum development. There is access to the library catalogue through SEQTA. With over 9,000 fiction titles, the Ignatius Centre is a magnet for readers.

There is a comfortable reading area encouraging leisure and scholarly readers. Students are welcome to read or study before school, at lunchtime and after school. Support with research of study is offered to secondary students. The library also offers binding and laminating services to staff and students.

The Ignatius Centre has a busy schedule of events. Such events as ANZAC Day, Naidoc Week, College pilgrimages or Book Week offer occasions to showcase our College and students. Displays in the library change regularly to follow the College calendar and feature new books.

Students are encouraged to work independently in the Ignatius Centre. Library staff are always available to help search for books, advise students about technology or guide them through data bases. A number of co-curricular programs such as Debating, Magis Productions and Chess Club are housed in the library.

Library Opening Hours

Monday to Thursday 7:30am to 5:00pm
Friday 8:30am to 3:30pm

The Ignatius Centre homepage can be located via SEQTA. It contains the library catalogue, access to online data bases, libguides, encyclopedias, reviews of new fiction books and curriculum-based web sites applicable to all curriculum areas.

The Examen

St Ignatius Loyola, founder of the Society of Jesus, was a very practical man when it came to prayer. He recommended to his brothers a daily method of examining their lives so that they may better serve the Lord. St Ignatius taught that the key to a healthy spirituality was twofold: Find God in all things and constantly work to gain freedom to cooperate with God's will. St Ignatius proposed a daily exercise, which he called the Examen – a form of prayer which helps us to become more aware of God's presence in our day. During it we reflect upon our experiences of the day, and ask for the Grace to recognise God in them. This prayer can become a central element in the life of a busy person, helping us to find God in our ordinary activities.

RELAX, be still and breathe gently. Focus on your heart.

ASK God to bring to your heart the moment for which you are most grateful today.
What was done or said that made it so special?
Breathe in; give thanks for what you experienced.

BRING to your heart the moment for which you are least grateful.
Breathe in peace and be with whatever you feel without trying to fix or change it.
Give thanks for what you experienced.

SEEK guidance and support from your God to live tomorrow with love.

