



St Benedict's

Catholic College

Newsletter

Vol 5, Issue 5 31 March 2015

Dear Parents

Welcome back to College life for Term 2. I trust you have had a wonderful time with your children over the break and that your Easter season was full of the joy of the risen Christ. I am writing this piece after returning from the Anzac March in Camden where our staff and students represented the College in honouring all our returned servicemen and women with dignity and reverence on what was a very warm morning at Camden Bicentennial Park. I thank all students, teachers and families who attended for supporting us in this important Camden community celebration.

This weeks Gospel reading involves the idea of Jesus as shepherd. The Good Shepherd theme has had a great impact on Christian consciousness. One of the earliest and most repeated motifs of Christian art is the youthful shepherd carrying the lost sheep home on his shoulders. The image it suggests is so telling that it has featured prominently in the Church's preaching in every age.

As so often happens with the best things in life, we tend to take this theme for granted.

Jesus says that He is the "good" shepherd –in contrast to the unfaithful shepherds who have failed God's people, thinking only of their own interests -because, as he three times repeats, he "lays down his life" for them. He lays it down, he explains, "in order to take it up again." In his Resurrection, he will be a source of life for them.

And in this drama of his death and resurrection, he is carrying out and making clear to the human family what his Father wills for them –an enterprise so dear to the Father that he looks upon the Son's obedience with a renewed love.

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Enrolment for Year 7 2016 has now closed. Once again, we have been delighted with the demand for places at our school with well over 200 applications once again. I would remind parents who already have children at St Benedict's College that you must apply separately for each subsequent child as final offers for our positions are posted by the end of Term 3 and we cannot exceed our maximum numbers.

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Eagle-eyed parents would have noticed that we have moved our Feast Day celebrations from the much colder winter months of July/August to this week in April. If you were one of the parents who joined us in the freezing conditions last year you will know why! It is still our St. Benedict's Day even though not the liturgical Feast Day. We hope many parents will be able to join us for our Mass at 9.30am on Friday in the Cloister. Afterwards, a number of significant awards will be distributed including 100 Merit Badges and Personal Best Awards.

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Congratulations to our Duke of Edinburgh participants who last week competed in an "Amazing Race" around Sydney. With the cyclonic conditions having abated,

beautiful weather accompanied the students through the CBD on Thursday and then on to The Spit-Manly walk on Friday. Many thanks to Mrs Isbister who (re) organized the "exploration" after the poor weather and also to Miss Brady who accompanied the students over the two days.

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As you would be aware from correspondence on Friday, the Industrial situation for teachers has been changing rapidly. The negotiation of a new Enterprise Agreement has been challenging to say the least. I was very pleased for all parties that late last week, after having voted for Industrial Action this week, the parties were able to negotiate a settlement which negated any strike action and avoided any impact on schools.

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The Annual College Photos will be held this Thursday. I would re-iterate once again that the College photos are used for our administrative purposes and we allow parents to purchase a copy should they wish. They are not a private photo shoot so students should appear at the College as they would on any other day. It can be distressing for students if they are sent away to remove makeup or change their hair. Please assist us by ensuring your child presents in their full winter uniform.

Michael Hanratty
Principal

UPCOMING EVENTS

April

Wed 29 Dio Cross Country
Thurs 30 College Photo Day

May

Fri 1 St Benedict's Day Celebrations
Mon 4 Year 11 You Turn the Wheel
Wed 6 Year 8 Geography Excursion
Fri 8 Year 8 MISA Debating
Tues 12 NAPLAN for Years 7 & 9
Wed 13 NAPLAN for Years 7 & 9
Thurs 14 NAPLAN for Years 7 & 9
Fri 15 Year 11 Biology Excursion
Mon 18 Start Yrs 9 & 10 Semester 1 Exams
Tues 19 P&F Meeting 7pm @ the College
Wed 20 Parenting Teens Session 1
Year 8 MISA Debating
Fri 22 Semester 1 Exams end
Wed 27 Parenting Teens Session 2

June

Mon 1 Yr 8 MISA Debating
Wed 3 Diocesan Footy Knockout
Fri 5 Staff Development Day—Pupil Free
Mon 8 Queen's Birthday Public Holiday
Wed 10 Year 10 Careers Day
Thurs 11 Vaccinations #2
Tues 16 MISA Dance Festival
Wed 17 MISA Year 8 Debating
Thurs 18 Year 7 Science Excursion
Year 8 English Excursion
Mon 22 Yrs 7-10 Semester 1 Reports distributed
Thurs 25 Parent/Teacher/Student Interviews
Fri 26 Parent/Teacher/Student Interviews
Last Day Term 2

ANZAC DAY SERVICE



On Monday St Benedict's held a solemn and memorable ANZAC service that allowed staff and students to commemorate and pay respects to our past and present service men and women. Thank you to the students who participated in this event and to all students for the respect exhibited throughout the service. It is testament to their understanding of the significance of such an event. The service was particularly authentic with Mr Davidson's playing of The Last Post and Reveille as well as the Catafalque guard by our cadet students. Thanks to Mr Lundy for his organisation of this moving ceremony.

In class, Year 10 student, Natasha Sharpe, eloquently reflected on what ANZAC Day means to her:

Today is the day we look back on not only our fallen heroes but the ones that survived also. The brave men and women that not only struggled to survive themselves, but also watched their friends, brothers, sisters and other loved ones be taken from them far too soon. Today is a day for the living to remember the lost, and thank them for their service. Today is the day we feel our hearts bleed for the mothers who hugged their children goodbye and tried to hold back the tears while saying 'please come home' only to never see their baby's face again, for the fathers who watched as their sons stepped onto a bus filled with other men and women, knowing that he may never see his face again, for the wives who waited, for the children who grew up without a parent, knowing only the legacy they left behind, and for anyone who cried. This is the day to never forget. For if we forget then we are not only dishonouring the people who gave and risked their lives, but we would also be dishonouring our beautiful country and ourselves.

Lest We Forget

Mrs Natasha O'Flynn (HSIE Co-ordinator)





Photo Day Thursday 30 April

Full winter uniform is to be worn, including the College blazer. All uniform guidelines are to be followed, particularly in regard to hair, makeup and jewellery. If students are still waiting on items of uniform to arrive could you please notify the office so that alternate arrangements can be made for them on the day.

Family envelopes are available from the Office.

Photo envelopes were distributed last week. Payments can be made online **prior** to the Photo Day, or by placing a **cheque** or the **exact amount in cash** into the envelope which will be handed to the photographer by your child.

No change will be available on the day.

PRAYERS

Could you please remember in your prayers those members of our St Benedict's community and their families who are struggling with health issues.

Viruses and other contagious diseases could cause serious complications for some people who are undergoing treatments which compromise their immune systems. For this reason we ask that you please keep your child home if they are sick, and that you notify the office if your child is absent due to a virus or other contagious conditions. We can then pass on this information to families that may be affected.

St Benedict's Celebration Day Friday 1 May

Celebrations commence with a Mass at 9:30am. Parents and family are welcome to join us for the celebration of the Eucharist and for morning tea immediately following. If you haven't already done so, could you please notify the office if you are attending.

CAFÉ NEWS

New to our menu

\$5.00 CHICKEN SCHNITZEL ROLL

(with your choice of filling)

&

\$4.00 BEEF LASAGNE

Yummy!!!



*When placing an order at the canteen please ensure all details are written neatly.

Reminders:

- Bags to be left outside of Café
- Have your card ready to purchase
- Lunch orders can be made before school or at the Recess break
- Check the website for updates to the menu

Career News

Construction industry. Watch employers talk about their approach to recruiting and interviewing apprentices in the "Australia Apprenticeships Construction Pathways – Employer Stories" videos at <http://goo.gl/ESyd0X>.

The University of Wollongong are holding an Information Evening for students and parents on Wednesday 6 May at 6 pm at Campbelltown Catholic Club. To register, visit www.uow.edu.au/future/events

The HSC Sydney Morning Herald Sun Expo is from 28 to 31 May.

Applications for the Business Cadetships Program opened on 9 March and close on 13 May. Visit www.businesscadetships.com.au for details. Applications for the Engineering & Technology Cadetships (ETCAD) Program will open on 28 April. For details, visit www.etcad.com.au

Finally, some statistics to consider...

QUESTION: Why stay at school?

ANSWER: The Higher the Qualification Better the Chance of Employment

Certificate III qualification or higher improves your chances of getting a job in the next 5 years by 84%. Latest projections to 2019 indicate that jobs requiring a Degree will grow by 466,000 to 4 million in 2019. Those with Advanced Diploma, Diploma and Cert III or IV will have the lion's share of the 1.1 million additional jobs created in the next 5 years.

College Sport

Last week marked the commencement of a new 5 week rotation of Tuesday Sport. Unfortunately due to bad weather some sports were cancelled, however, we are very fortunate that many sports this term are not impacted by this. Once again the students are very lucky to be able to enjoy a wide variety of physical activity during Tuesday Sport this term. We encourage students to make the most of these opportunities by getting involved, giving their best and having some fun while they're at it! Just like any other activity at school, it is important that students remember to bring the required equipment for Sport each week – a list of what is required can be found in their homerooms on the Sport schedule.

Congratulations to the following students who were nominated as MVPs for Week 1;

Jordan Stanojev (7A, Zumba)

Antonio Saliba (9A, Bodywar)

Hunter Constantine (9B, Bowling)

Hayden Knoll & Mikalah Drieman (11, Crossfit)

Ashleigh Davidson (10A, F45)

Finally, I have a points update for our Term 1 MVP's. Each week sport teachers nominate a student they deem to be the most valuable participant. This student earns points for their House. From this term, the MVP will also be able to receive a Merit off their Sport teacher after sport each week.

The final House placing's for Term 1 Tuesday Sport are:

Dharawal – 23 points

Polding – 34 points

Ingham – 36 points

Congratulations!



MISA Sport

On behalf of the students who represented the College in MISA Sports in Term 1 we would like to recognise and thank the teachers who took on the role of a MISA Coach. Not only did these teachers lead and guide the students each week, often refereeing matches, they also took home jerseys each week and washed them. Without their support and dedication, St Benedict's would not be able to participate in the MISA Representative competition. So we would like to personally thank Miss Brady, Ms Harriden, Mrs Isbister, Ms Chalmers, Mr Costin & Mr Turton. Our presence in the sporting landscape continues to grow and this was highlighted last Term when we added another page to our College history books with the first ever Softball MISA premiership going to a St Benedict's team. The Year 7-9 MISA Softball team, ably lead by Mr Turton, went through the season undefeated to be crowned MISA Champions. This is a fantastic achievement and one that can't go unrecognised. Whilst we thank and congratulate all of our MISA teams for their efforts in Term 1, we would like to highlight our Softball Premiers:

Bray Aquino

Cody Ral

Michael Alavanos

Bryce Earnshaw

Zachary Cavallaro

Cooper Davidson

Jared Madsen

Isaac Hobman

Thomas Haidle

Joel Redford

Cooper Burton

Brayden Hort

Koray Kadir

Below are the final results for MISA for Term 1, well done to all coaches and team members on a great first season!

Boys Softball - 1st

Girls Softball - 5th

Boys Oztag - 4th

Girls Oztag - 7th

Boys Basketball - 6th

Girls Basketball - 7th

Trials for Term 2 MISA Soccer and Netball will take place during Sport time in Week 2 next week.

Yours in Sport,

Mrs Pereira (T.U.T)

Duke of Ed—Sydney Expedition

Duke of Ed for us this year was quite the experience. Although we were unable to camp out on Cockatoo Island due to the extreme weather conditions earlier in the week, we still pushed ourselves in other elements of the excursion. On the first day we caught the train to Central Station and started off on our journey throughout Sydney, answering questions and finding the answers in many locations within the city. The only way we would find the answer was by moving through the city using only a map and teamwork. The next day we caught the train to Wynyard and had to find our own way to the Spit Bridge in Mosman, to start our 10 km walk all the way to Manly. Some teams found this quite difficult and even got a bit lost. In all, the Duke of Ed was a good experience and I would recommend it to all of the future Year 9's as it gives you many opportunities to push your own limits.

Emily Winters



PASS excursion—TreeTop Adventure Park

The Yr 9 and 10 Physical Activity and Sport Studies classes recently visited the TreeTop Adventure park at Abbotsbury. After a 25 min drive we arrived at our destination. After getting equipped and being debriefed on how to use the cables and hooks properly, we were set to complete the 3 courses. After a series of obstacles, and a few fears of heights had been overcome, we all finished the courses. It was a very scary but rewarding experience; it enabled individuals to push themselves out of their comfort zone.

Jack Kelly Year 10



YEAR 7
ART GALLERY
&
NICHOLSON MUSEUM
EXCURSION



RESILIENCE

In today's schooling environment a word that is constantly used is that of 'Resilience'. One of Australia's leading educational psychologist's Mr Andrew Fuller defines resilience as "the happy knack of being able to bungy jump through the pitfalls of life".

As educators, we are constantly searching for ways to continue to grow and develop a student's ability to deal with life's ups and downs. The wording and how we phrase responses to the students plays a huge part in this as well, and parents play an even bigger role in the building of resilience. Below is a small sample of responses to help build resilience in your children in tough situations.

Mr Michael Turton
Director of Wellbeing

10 best phrases to teach resilience to your kids

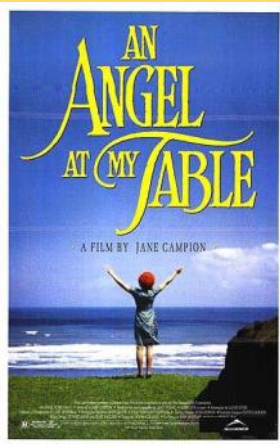
- | | | | | |
|---|---|---|---|---|
| <p>1 </p> <p><i>Goal</i>
Humour</p> <p><i>Phrase</i>
"Come on, laugh it off"</p> | <p>2 </p> <p><i>Goal</i>
Contain thinking, perfectionism and anxiety</p> <p><i>Phrase</i>
"Don't let this spoil everything"</p> | <p>3 </p> <p><i>Goal</i>
Distraction</p> <p><i>Phrase</i>
"Let's take a break"</p> | <p>4 </p> <p><i>Goal</i>
Handling worry and asking for help</p> <p><i>Phrase</i>
"Who have you spoken to about this?"</p> | <p>5 </p> <p><i>Goal</i>
Offering hope</p> <p><i>Phrase</i>
"I know it looks bad now but you will get through this"</p> |
| <p>6 </p> <p><i>Goal</i>
Positive reframing</p> <p><i>Phrase</i>
"What can you learn from this so it doesn't happen next time?"</p> | <p>7 </p> <p><i>Goal</i>
Acceptance</p> <p><i>Phrase</i>
"Don't worry – relax and see what happens!"</p> | <p>8 </p> <p><i>Goal</i>
Perspective</p> <p><i>Phrase</i>
"This isn't the end of the world"</p> | <p>9 </p> <p><i>Goal</i>
Flexible thinking</p> <p><i>Phrase</i>
"You could be right. But have you thought about ..."</p> | <p>10 </p> <p><i>Goal</i>
Taking action</p> <p><i>Phrase</i>
"What can we do about this?"</p> |



St Benedict's Catholic College Presents

Understanding & Parenting Your Teen

... for first timers and those who don't want to forget!



Ever wondered what
happened to the Angel at
YOUR Table??

Can't work out what's
"got into them"?



St Benedict's Catholic College presents a two night seminar on coming to grips with the teenager in your house.

To be held in an informal and welcoming local setting and whether it's your first teen or fourth, our experienced College Counsellor Gloria Melham, will walk you through some of the struggles of adolescence and the strategies in parenting to assist you in meeting each of the adolescent hurdles as they emerge at different stages.

VENUE

St Benedict's Catholic College

DATES

Wednesday 20 May 7:00pm—8:30pm

and

Wednesday 27 May 7:00pm—8:30pm

COST

The seminar is free to all parents.

Coffee and tea will be provided.

To **register** your attendance please ring the office on 4631 5300.

Come join us at the:
 Village School Village Skate Park
 Village Parish Village Chapel
 Village Well-being Centre
 Village Cafe

IMPORTANT INFORMATION

Register online at

<http://www.ccsf.catholic.edu.au/about-the-conference>

- Please note the start time of 8:45 on Saturday registrations from 8:00am.
- Dress for dinner is smart casual.
- There will be transport available from the airport so please book via email if you require this service parents@lism.catholic.edu.au
- If you have any queries contact Linda McNeil at linda.mcneil@ccsf.catholic.edu.au or the Lismore Parent Assembly at parents@lism.catholic.edu.au

Council of Catholic School Parents
 133 Liverpool Street
 Sydney NSW 2000
 Ph 02 9287 1513
www.ccsf.catholic.edu.au
www.partners4learning.edu.au

Catholic School Parent Assembly
 Catholic School Office
 PO Box 158
 Lismore NSW 2480
<http://parent.lism.catholic.edu.au>

Saturday Timetable

8.00-8.45	Registration	
8.45-9.15	Official Opening	Welcome to country Opening Liturgy Address from the Most Reverend Bishop Geoffrey Jarrett Address from CCSP Chair and CSPA Chair
9.15-10.45	Michael Grose	What really matters as a parent!
10.45-11.15	MORNING TEA	
11.15-12.45	Bruce Sullivan	How to be the Best YOU as a Parent!
12.45-1.30	LUNCH	
1.30-2.30	SKILLS SNACK Village School-Connect two important places in your child's village – home and school Village Chapel-Experience the serenity of a contemplative prayer experience Village Skate Park-Raising Sons and Daughters- The critical challenge – A father's perspective! Village Well-being Centre - Delve below the surface of your child's behaviour. Village Parish - Connecting families to the parish - a practical workshop sharing ideas that have worked to connect families and parishes.	
2.30-3.30	SKILLS SNACK Village School-Connect two important places in your child's village – home and school Village Chapel-Experience the serenity of a contemplative prayer experience Village Skate Park-Raising Sons and Daughters- The critical challenge – A father's perspective! Village Well-being Centre - Delve below the surface of your child's behaviour. Village Parish - Connecting families to the parish - a practical workshop sharing ideas that have worked to connect families and parishes.	
3.30-4.15	THE VILLAGE CAFE Grab afternoon tea and head to your assigned table for a chance to process all you have heard. Participants move to assigned tables where a CCSP rep will lead discussion on key learnings, new ideas, how to take this knowledge home and create a visual representation that outlines what the participants at that table have learned.	
4.15-5.00	Networking Time	
5.00-5.30	OPTIONAL Prepare for Mass with an experience of Christian Meditation in the Conference Chapel followed by Reconciliation with Fr Capra	
5.30	Gather to travel to Mass at St Augustine's Church Coffs Harbour	
6.00	MASS	
7.15	DINNER	

It takes a Village to raise a child

Listen Discover Share

16 – 17 May 2015
 Opal Cove Resort, Coffs Harbour

11th Catholic Schools Parent Conference

"It Takes a Village to Raise a Child"
 Hosted by the Lismore Catholic Schools Parent Assembly
 & The Council of Catholic School Parents NSW/ACT

DIOCESE OF LISMORE
 Catholic Schools Parent Assembly
 Parents in Partnership

Council of Catholic School Parents NSW/ACT

Sunday Timetable

8.30-8.45	Registration	
8.45-9.00	Opening 2 nd Day	Welcome Prayer
9.00-10.00	Fr Elio Capra	Being a Catholic in the 21st Century
10.00-11.00	Graeme Mundine	Made Not to Be Alone
11.00-11.30	MORNING TEA	
11.30-1.00	Brett Lee	Internet Safety and Cyberbullying – how to protect your child when their village is the whole world.
1.00-1.30	Wrap Up & Closing Liturgy	
1.30	LUNCH	

Join passionate parents from around
 NSW & the ACT to explore family, school,
 parish and community partnerships
 for the support of young people's learning,
 well being and faith development.

