



St Benedict's Catholic College Newsletter

Vol 7, Issue 6 7 April 2017

DATES TO REMEMBER

TERM 2

APRIL

- Mon 24** First day of Term 2—All students
Tues 25 ANZAC Day Public Holiday
Thurs 27 Diocesan Boys Soccer
Fri 28 Year 8 Geography Excursion

MAY

- Mon 1** Diocesan Cross Country
Tues 2 Year 7 Science Excursion
Wed 3 Diocesan Girls Soccer
Thurs 4 College Photo Day
Fri 5 St Benedict's Festival
Mon 8 U-Turn the Wheel Yr 11
Tues 9 NAPLAN Yrs 7 & 9
Wed 10 NAPLAN Yrs 7 & 9
 Parenting Teens Session 1
Thurs 11 NAPLAN Yrs 7 & 9
Wed 17 Parenting Teens Session 2
Thurs 18 Year 12 Reports distributed
Fri 19 Staff Development Day—Pupil Free
Mon 22 Yrs 9 & 10 Exams commence
Tues 23 Yr 12 Gathering with the Bishop
Wed 24 Yrs 11 & 12 Parent/Teacher Interviews

Dear Parents

The end of the College term brings us to the end of Lent and we now enter into the Paschal Triduum, often called the Easter Triduum or simply the Triduum. This begins during Holy Week, and is made up of the feasts of Holy Thursday, Good Friday, Holy Saturday, and Easter Sunday. This includes the Great Easter Vigil, the summit of the Triduum.

The word Triduum comes from the Latin word meaning "three days." It begins the evening of Holy Thursday and ends at Evening Prayer on Easter Sunday. Thus the Triduum consists of three full 24-hour days which begin and end in the evening. The Triduum technically is not part of Lent (at least liturgically), but Holy Thursday, Good Friday, and Holy Saturday are still reckoned as part of the traditional forty day Lenten fast.

The Triduum celebrates the heart of Christian faith, salvation, and redemption: the death and resurrection of Jesus Christ. Thus, the Triduum commemorates the Institution of the Eucharist (the "sacrament of sacraments"), the passion, crucifixion, death of the Lord, his descent to the dead, and finally his glorious resurrection on Easter Sunday. Along with the Ascension, these important events make up the Paschal Mystery.

Even though the liturgical year begins chronologically at Advent, it reaches its culmination during the Easter Triduum. The Catholic Catechism describes the importance of the Triduum:

Beginning with the Easter Triduum as its source of light, the new age of the Resurrection fills the whole liturgical year with its brilliance. Gradually, on either side of this source, the year is transfigured by the liturgy. It really is a "year of the Lord's favor." The economy of salvation is at work within the framework of time, but since its fulfillment in the Passover of Jesus and the outpouring of the Holy Spirit, the culmination of history is anticipated "as a foretaste," and the kingdom of God enters into our time (1168).

We have included Mass times for our local Parishes elsewhere in this Newsletter.

This week's newsletter is the last of the newsletters being sent in PDF format. We have had great feedback on our digitised newsletter which provides us with opportunities to include video and audio clips – something families have come to expect in most of the communication strategies used in business these days. Links to the current newsletter will still be placed on the website. "Bennies Bites" will still be issued every two weeks with a simple list of Upcoming Events with additional video or audio (that we couldn't fit in the main newsletter!).

In a busy fortnight, Year 12 entered into their first period of examinations and are to be commended for the calm and measured way they have approached what is naturally, a stressful time. We also have had a flurry of subjects completing their mandatory field work in the community. Congratulations also to Year 7 (and their parents!) who have completed their first term in High School and have impressed us with their friendliness and camaraderie.

COLLEGE CALENDAR ON THE WEBSITE

The College calendar has been migrated to a new account. This will mean that parents who have this calendar linked to their own calendar will have to refresh this by clicking on the "+Google calendar" button.

In other fantastic news, the St Benedicts Parents and Friends Association have approved the purchase of a second-hand 24-seat bus for use by the College. We have secured this from the Marist Brothers community at Mittagong. We hope to be using it during Term 2 this year and the bus will pay for itself within 12 months with the increasing number of small groups that travel for Diocesan Sport, excursions and local events. I thank the P&F once again for their generous support. Watch for us on the road!

It has been a frustrating term for our Sports and PDHPE faculties. Congratulations to Miss Liska who has had to combat ridiculous extremes during Tuesday sport this term with several days well beyond 40 degrees (46!) and now weeks of wash outs on Tuesdays. Not only is it disruptive for the completion of the MISA competitions but very frustrating for the students when Sport has to be cancelled because of ground closures. Through it all, Miss Liska has been prepared with alternate arrangements which have been meaningful (and fun!).

Michael Hanratty
Principal

Lenten Trivia:

Pretzels were developed as an option to satisfy abstinence and fasting laws of the time. Eggs, fat, and milk were forbidden during Lent. So, the remaining ingredients that one could use included water, flour, and salt. A young monk baked the first pretzel — making a Lenten bread of water, flour, and salt, forming the dough into the prayer position of the day, and baking it as soft bread. These first pretzels would have been much like the soft pretzels we have today. “These little breads were shaped in the form of arms crossed in prayer and were called bracellae (Latin, ‘little arms’). Among the Germans the word became ‘bretzel’. These pretzels were a common Lenten food throughout the Middle Ages in Europe, and became an all year round snack, in its original shape only in the last (19th) century.”



Reminder

As of the first week of Term 2 the new digital format of the newsletter will be published on Thursdays. This week sees the last of the PDF (paper version) of the College Newsletter.

Please feel free to forward your comments on the new look version or to make suggestions for further content. The newsletter is a vital form of communication between the College and our parents and we encourage you to read this weekly so that you are aware of what has been happening, what is coming up and alerts to important information.

We would like to take this opportunity to wish all members of the St Benedict's community a happy and holy Easter and a safe holiday.



COLLEGE MISSION AND VISION

As the Lenten season continues and Easter fast approaches, we are reminded of the importance of this season and what we can do as individuals during this time. Pope Francis, in his message for Lent this year made some important comments on this topic, which I include here:



"Lent is the favourable season for renewing our encounter with Christ, living in his word, in the sacraments and in our neighbour," he said. "May the Holy Spirit lead us on a true journey of conversion, so that we can rediscover the gift of God's word, be purified of the sin that blinds us, and serve Christ present in our brothers and sisters in need." He later continued by saying "Each life that we encounter is a gift deserving acceptance, respect and love. The word of God helps us to open our eyes to welcome and love life, especially when it is weak and vulnerable." This leads us to understanding that when "The word of God is alive and powerful, capable of converting hearts and leading them back to God. When we close our heart to the gift of God's word, we end up closing our heart to the gift of our brothers and sisters."

Source: <http://www.catholicnewsagency.com/news/pope-francis-has-a-message-for-lent-47880/>

Project Compassion

Our Prayer Focus this week brings to a conclusion our prayers for communities where Caritas is making a difference in our world. Over the course of this term, we have prayed for, and continue to pray for, people and communities in the following countries: Timor-Leste, Australia, Vietnam, Fiji, and the Philippines. As we pray for these people and communities we are reminded of the great work that agencies like Caritas, as well as the many individuals involved, do in being Christ's light to those in our world who are in great need.

Easter Liturgy

Our Easter Liturgy was held today and was a wonderful celebration of the Easter season. It highlighted the story of Mary the Mother of Jesus, Mary Magdalene, John, a Roman soldier and one of the criminals crucified next to Jesus. It talked of the impact that Jesus had on these people's lives and provokes the question of the impact that Jesus has had, and continues to have, on our lives today.

Year 9 Reflection Day

Recently our Year 9 students participated in their reflection day. This day was greatly enjoyed by the students. Chris Doyle was again able to provide a fun day that challenged students to think about what we have in our lives and the impact that they can have on others. A big thank you to the Year 9 RE team who attended the day with the students.

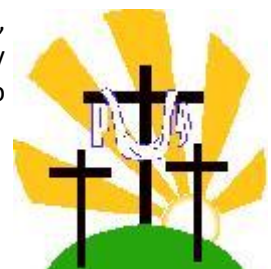
GLOW

GLOW returned to Bennies recently and was a marvellous success. The 35 students who attended enjoyed the afternoon. Games and activities were played and students were able to hear the significance of focusing on the important things in our lives. We shared a meal (pizza) together, which was a great way to conclude the evening. A big thanks to Mr Hayden and the team for their great efforts. There is another GLOW booked for next term and I encourage all students to think about attending this event.

College Feast Day Celebrations

The College feast day celebrations are on in Week 2 of next term and this will be another great day for the students. There is a slight change to arrangements where students will be provided with lunch, but the Year 12 students will be selling drinks and I encourage all students to purchase a soft drink on the day to support them in their fundraising efforts.

As I wish you all a safe, happy and Holy Easter, I conclude with a quote from Pope Francis, who said: "Let us pray for one another so that, by sharing in the victory of Christ, we may open our doors to the weak and poor Then we will be able to experience and share to the full the joy of Easter."



Mr David Costin
Director of Mission and Vision

FACULTY HIGHLIGHT: The ENGLISH DEPARTMENT

This year the English Faculty welcomed two new staff members, Mrs Grace Settineri and Mrs Tarnya Grana. Both ladies bring an abundance of teaching experience and enthusiasm to the staff and their students.

Welcome back to our current staff members: Mrs Joanne Baker, Mr Ric Bombardier, Mrs Jodie Hatton, Mr Alex Hayden, Mr Matt Limbrey, Mrs Rachel Newell and Ms Kirstie O'Connor. Your expertise and professionalism continue to shape the excellent quality of education our students receive.

What's happening in English?

Guest Speakers

Guest speaker Randa Abdel-Fattah will address students in Years 9 and 10 about her experiences as a writer and human rights activist. Students will have the opportunity to take part in a workshop based around writing as well as ask questions about Randa's experiences and seek advice about their own writing experiences.

Guest speakers for terms 2,3 and 4 are currently being finalised.

Stage 6 (Years 11 and 12) Syllabus changes

The new Stage 6 Syllabus is due to be implemented next year, starting with Year 11. Schools are currently addressing these changes across the Wollongong Diocese.

Year 12 HSC English tutoring

Preparation for English Paper 1 and Paper 2 takes place during allocated academic care and study time. Students can seek assistance with their writing skills and textual knowledge.

Feedback is given to the work submitted to help highlight areas for further study.

Specific goals for student learning gains:

Encouraging our students to read for pleasure and understanding remains to be an ongoing challenge. Our potential young readers of today are lured by "screen time" for gaming and social media. In moderation, this is not a problem, however when there is no room left for reading literary texts, there is the danger that this occurs at the expense of the imagination and intellect:

"Literary readers are more than twice as likely as nonreaders to vote, to volunteer, and to be active participants of the communities in which they live. They are more likely to be healthy, to be hired, to create art, and to achieve both academic and economic success. Reading encourages and develops empathy and emotional sophistication, logical thinking, clear expression of ideas, and the ability to comprehend complex and opposing thought systems. Reading opens minds and changes lives."

Source: narrativemagazine.com

What can you do to encourage your child to read?

- Model the benefits by reading as parents and sharing highlights as points of discussion.
- Challenge your child to find a book they really love! If they do not like reading they have not found the right book!
- Schedule a book buying trip or a library visit for the family.
- Read to your child.
- Balance "screen time" with "read time".



It is no secret that reading has the ability to improve the quality of a student's writing. It is always very obvious as a teacher, which students read on a consistent basis, as it is mirrored in the quality of their analytical and creative responses.

The new Stage 6 (Years 11 and 12) syllabus changes will incorporate new modules that will require students to reflect a broad base of wide reading and this will be incorporated into their assessments. The earlier students start to expand their literary repertoire the more able they will be to draw on these texts for academic and personal success.

Students can access the College library or local libraries to assist with text selections:

The College library is open everyday from 7:30am. Staff are always available to help students to select texts.

Camden and Narellan libraries offer free membership and are open 6 days a week.

We are looking forward to sharing with you the privileged task of shaping the young hands, hearts and minds of the future.

Mrs Therese Creswick
English Coordinator

GEOGRAPHY GOES COASTAL!

On Monday 27th March Year 10 attended a Geography excursion to Cronulla and Wanda beaches. The purpose of this excursion was to identify geographical issues on Australian coastlines, including overdevelopment and the destruction of coastal sand dunes. Our aim was to gather data based information on these issues and develop management strategies that could be implemented to protect our shores, to sustain native biodiversities of the flora and fauna and to prolong the history of the natural ecosystems for future generations.



Visiting Cronulla and Wanda Beaches allowed us to gain deeper understanding of the issues that are developing around us today. Through the use of primary and secondary data, we were able to identify these geographical issues, and recognise the social, economic and environmental consequences of these geographical issues and how it has an impact on the residents living in the area, tourism, native flora and fauna, industries and for future generations.

Overall, the excursion was very informative and, (said amongst many) extremely enjoyable. Many thanks to all the teachers who travelled with us to Cronulla Beach and made the day extra special.

Claude Abdallah and Skye Slattery
Year 10

HSC MODERN HISTORY EXPERIENCE: THE SYDNEY JEWISH MUSEUM



On Tuesday, April, the Year 12 Modern History class visited the Sydney Jewish Museum in Darlinghurst. Part of their HSC course is based on the NAZI period and The Holocaust, so this trip was highly relevant and valuable.

The students had 2 academic lectures, one on the Holocaust and one on the leading NAZI Albert Speer, who is the focus of their HSC Personality study.

After a tour of the museum, the students then were privileged to hear a talk from Kuba, a 91 year old Polish Jew, who survived not only the ravages of The Third Reich but Auschwitz Death Camp itself! Kuba surprised everyone with his lessons in humility, forgiveness, kindness and gratefulness, despite his horrific childhood under NAZI rule. He still bears his camp number, tattooed on his forearm.

These experiences had a profound effect on the students. Heather Mannion, of Year 12 said: "Coming to an experience like this brings the human element to our studies. It shows the incredible will to survive."



Natasha O'Flynn
Coordinator, HSIE

Congratulations

Congratulations to Nakeisha Brimble, who qualified and was selected for the NSW Athletics Team, competing in the U14 girls National Junior Australian Athletics Championships last week at Sydney Olympic Park.

Nakeisha qualified to compete in 3 events: Triple Jump, Long Jump & High Jump.

Her results were as follows:

1. Triple Jump – 2nd @ 10.73m – Australian Silver medal
2. Long Jump – 1st @ 5.20m – Australian Gold medal
3. High Jump – 1st @ 1.57m – Australian Gold medal

Nakeisha has also been selected to compete in the Little Athletics U13 Team for Nationals this April. She has been selected for both Triple Jump and High Jump.

Congratulations and good luck, Nakeisha.

EASTER SERVICES



Mary MacKillop Parish, Oran Park

Holy Thursday:	7:30pm Mass (Oran Park)
Good Friday:	9am Stations of the Cross (Leppington), 3pm Passion (Oran Park)
Easter Saturday:	Vigil Mass 7:30pm (Oran Park)
Easter Sunday:	8:00am (Leppington) 10:00am (St Justin's Catholic Parish Primary School, Oran Park)

St Paul's Camden

Holy Thursday:	7pm
Good Friday:	10am Stations, 3pm Passion
Easter Masses:	Vigil 6pm, 7.30am, 9am, 10.30am, 5pm
Reconciliation:	1st Rite Saturdays 9:30am-10:15am 2nd Rite Tue 11 April 7pm

St Anthony's, Tahmoor/Picton

Holy Thursday:	7pm
Good Friday:	10am Stations 3pm Passion
Easter Masses:	7pm Vigil, 7:30am, 9:30am
Reconciliation:	1st Rite Good Friday after Stations and Passion. 2nd Rite Tuesday 11 April 7pm

Douglas Park

Holy Thursday:	7:30pm
Good Friday:	11am Stations, 3pm Passion
Easter Masses:	7:30pm Vigil, 9am
Reconciliation:	2nd Rite Tuesday 11 April 7pm

St Joseph's, Oakdale

Good Friday:	10am Stations
Easter Mass:	10am
Reconciliation:	1st Rite Good Friday after Stations

Measles outbreak in western Sydney

There is currently an outbreak of measles in South Western and Western Sydney, with at least 9 people having acquired the disease in the region during March 2017.

The reported cases include children and infants who have attended childcare centres and secondary schools. There is potential for the measles outbreak to spread further as the infected young people have large social networks both within and outside of their schools, and some have travelled on public transport whilst infectious. Measles is highly infectious and anyone who isn't vaccinated is at risk of infection if they have had contact with an infectious case.

Immunisation is effective in preventing measles. It is important for everyone to ensure that they have received at least two doses of measles containing vaccine (MMR). Infants and young children are vaccinated with measles containing vaccine at 12 months and 18 months of age. Older children and adults born during or after 1966 should ensure that they have been vaccinated with two doses of vaccine. Unless people are certain they have had two doses of measles vaccine, they should visit their GP as soon as possible for **free** measles vaccination.

The first sign of measles is usually a high fever, a runny nose, cough, and red, watery eyes. The rash usually starts on the face and upper neck and spreads over the body, hands and feet. The rash lasts for 4-7 days.

People with measles symptoms should seek medical advice as soon as possible phoning the emergency department or GP beforehand, stay home from work or school, and limit other activities to avoid exposing other vulnerable people, such as infants, to the infection.

Further information about measles can be found on the NSW Ministry of Health website at:
<http://www.health.nsw.gov.au/factsheets/infectious/measles.html>



RANIER UNIFORM NEWS

EXTRA TRADING DAY

Last trading day for Term 1 – Thursday 6th April 2017

Thursday 20th April –Hours: 2.00pm – 6.00pm

Regular trading days resume on Thursday, 27th April 2017

Book Fitting Appointment

ONLINE



VISIT: RANIER.COM.AU

Click on 'Your Uniform Shop'

School password: stb2570

Student ID from the school

***New students:** Click on
"Fitting Appointment"

PHONE



02 4647 8942

Mrs Kara Delauney

*If there's no answer, please
leave a message and your
call will be returned on the
next trading day.*

EMAIL



stbenedict@ranier.com.au

Shop Location

5/6 Porrende St,
Narellan

Normal Trading Days (During School Terms)

Tuesday 9.00am – 1:00pm & Thursday 2:00pm – 6.00pm

1st & 3rd Saturday of the month - 9.00am – 1.00pm

Payment

Cash / Eftpos / Visa / Mastercard (1.5% credit card surcharge applies)



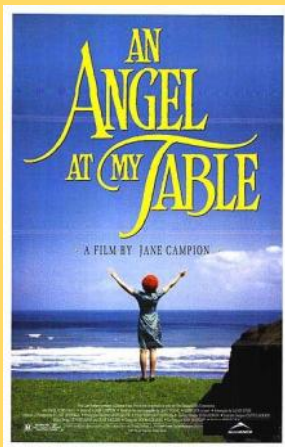
RANIER



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 10 May 7:00pm—8:30pm
and

Wednesday 17 May 7:00pm—8:30pm

PLEASE NOTE:

Both sessions must be attended. The seminar will start at 7pm **SHARP!**

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.