



St Benedict's Catholic College Newsletter

Vol 6, Issue 12 23 August 2016

UPCOMING EVENTS

AUGUST

Wed 24	Parenting Teens Evening - Part 1
Fri 26	Year 7 Maths Incursion
Wed 31	Year 8 Reflection Day
Wed 31	Parenting Teens Evening-Part 2

SEPTEMBER

Fri 9	Year 7 Reflection Day
Wed 14	Leaders Induction
Thurs 15	Year 9 Reflection Day
Fri 16	Year 8 Pastoral Day
Mon 19	Final Preliminary Exams commence
Wed 21	Year 12 Final Breakfast, Assembly & Beach Day
Thurs 22	Year 12 Graduation Mass
Fri 23	Last Day of Term 3

OCTOBER

Mon 10	First day of Term 4
Tues 11	Yr 10 Outdoor Ed Camp-Day 1
Wed 12	Yr 10 Outdoor Ed Camp-Day 2
Thurs 13	Yr 10 Outdoor Ed Camp-Day 3
Mon 17	Yr 9 Outdoor Ed Camp-Day 1
Tues 18	Yr 9 Outdoor Ed Camp-Day 2
Wed 19	Yr 7 Vaccinations #3 (final)
Fri 21	Yr 8 Pastoral Day
Wed 26	Yr 11 Retreat-Day 1
Thurs 27	Yr 11 Retreat-Day 2
Fri 28	Yr 11 Retreat-Day 3

FRIDAY MASS

St Mary MacKillop Catholic Parish

Each Friday at 12:20pm rostered classes from St Benedict's and St Justin's attend the Parish Mass at St Mary MacKillop church.

An invitation is extended to all families and students to join in this weekly celebration.

Dear Parents

Media grabs and headlines frequently feature worst case scenarios such as 'The worst recession in years....', 'Record drought figures.....', "Poll figures spell defeat for the government." The propensity for highlighting the worst case rather than more likely scenarios teaches us to think the same.

Many children jump to conclusions when negative situations occur, which means they think and act impulsively rather than check out possible causes of events. These automatic responses may be justified as they are in line with past events, but in reality they are the least likely explanations.

For example, a boy is walking through the school yard and he's hit in the face by a football. He automatically thinks someone is trying to hurt him. This is more likely if he has been on the receiving end of some rough treatment in the past. But if he stops and thinks about it the most likely scenario would be that it was merely a ball kicked out of bounds by some kids involved in a game.

Similarly, a girl who waits outside a shop for her friends who are ten minutes late may jump to the wrong conclusions and think that they have ditched her. She could easily catastrophise and think that they have schemed against her, that they tricked her into going to the shops and they were never going to meet her. They just wanted to make a fool of her. The whole situation was a set-up.

Pessimistic thinking involves this type of quick escalation into the realms of the unlikely, which can leave you feeling physically and emotionally exhausted. We should be thinking through issues with St. Benedict's exhortation to "Listen With the Ear of Your Heart" in mind.

Parents should model this type of thinking out loud so kids see how it's done. If you are the type of parent who instantly looks for the negative side and then builds a mountain out of a molehill in no time, or only listen to your own child's version of events, learn to slow down and think through the likely options out loud so your kids can hear how it's done.

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During the week we held our Year 8 Electives Evening and it was very well attended by Year 8 families. As our first group of six streams moving into Stage 5, there were significant changes to elective offerings for Year 9 2017. This will also be the first group that will be affected by the changes to the HSC with a minimum Band 8 (in all areas) or, post-NAPLAN, a pass at Level 3 in the Australian Core Skills Framework must be achieved to qualify for a HSC.

COLLEGE ACCESS

With the addition of the new fences and gates at the front of the College, access points have changed. The only gates open in the morning before 8:30 and in the afternoon at 2:30pm will be the main gates (between the library and office) and the bus gate.

If you are dropping off your child in the morning, the drop off point is at the main gate in front of the Admin building, where the new round garden bed is located.

All other gates will remain locked. If you are late you will enter via the main door at front office (left hand side when looking at the Admin building).

Last Chance ...

Are you trying to come to grips with having a teenager in the house?

Do you need some strategies (help!) with coping with the changes that your teen is going through?

BOOK NOW

PARENTING TEENS EVENINGS
Wednesday 24 & 31 August
(Parents to attend both sessions.)
See the attached flyer for more details.

St Anthony's Parish

The next FAMILY MASS @ St Anthony's Parish is on Saturday August 27th @ 5:00pm. There will be the usual Band of Musicians, Heavenly voices of the choir, increased numbers of Dancers and Best of all HEATING in the Church. So you are all WARMLY welcomed to share in the Joy of the Eucharist with the usual refreshments after Mass. Margaret Cronin on behalf of the Parish.

If you want to see what this standard is actually like, parents can test themselves (or their children) at:

<http://hscliteracynumeracy.bostes.nsw.edu.au/>

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A gentle reminder that parents have a legal obligation to send their children to school during Term time. Notwithstanding the normal sicknesses that afflict young people (and not so young) at this time of year, taking extended holidays and making appointments that could have been made at another time rapidly add up. The impact of up to half a term (5 weeks) of missed learning (30 hours face to face per week!) is enormous and sets children back months in scrambling to catch up and master new work, the prerequisites which they neither know nor understand. If you have over 30 days absent in 100 the school is legally obliged to report the family to Family and Community Services (FACS). We are currently following up several families whose children's absences are cause for concern. Would you know how many days your child has had off school in the last 100 (a semester)?

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On Thursday night the College held its annual Winter Sleepout "Bennies Bring a Blanket". On an unusually warm evening, Mr Costin, Mr Davidson and a large number of teachers lead the students in reflections on the plight of the homeless in Australia through a variety of immersive technology, visual media, having a small meal and making do with rudimentary shelters. Funds were raised by groups of students busking to raise enough money for a meal. Congratulations to all the students who participated in the evening and the staff who made this event such a meaningful experience.

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The Catholic Education Commission has selected St Benedict's College as a pilot school to trial the new on-line NAPLAN tests which will be launched in 2018. This week several classes will be participating in the trial.

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Michael Hanratty
Principal

OPAL CARDS

One of the more significant changes created by the recent introduction of the School Opal card is the need for students to tap their OPAL cards when getting **on and off** the bus. This is one of the conditions of using the Opal card. Opal data gathered by tapping on and off is used to determine demand for bus services. If students don't tap on and off, services may be cancelled due to the lack of recorded patronage.

MISSION AND VISION

It has been a very busy time on the liturgical calendar. On Monday 8th August we celebrated the Feast of St Mary of the Cross MacKillop. This is a significant time for all Australians as we celebrate the wonderful achievements of this amazing woman. Additionally, Monday 15th August was the Feast of the Assumption of Mary. Again another truly significant feast celebrating Mary the mother of Jesus and the remarkable things that she achieved in her life here on earth. At school, we held liturgies for both of these important events and celebrated these two inspirational women.

Recently we bade farewell to our visiting Japanese students which coincided with our prayer focus on hospitality. The visiting students had an amazing experience and it was a great opportunity for our students to live the Benedictine virtue of Hospitality. The families who hosted the students were very gracious and accommodating and I know that the visiting students appreciated the warmth and openness in which they were received. Congratulations to all involved on a great job.

Our Senior Leaders in year 12 finished their exams on Monday. The following Tuesday, they were invited to attend breakfast with Bishop Peter at Mt Carmel Catholic College. This was a great opportunity for our students to not only meet with the Bishop, but to talk to him about the challenges that lay ahead. Students were very pleased to be afforded the opportunity to attend.

Last Thursday we held the annual Bennies Bring a Blanket. Once again we had a well-supported evening with about 80 students and 8 staff members joining in the activities to learn more about the plight of the homeless. In the first sessions, students learnt who are the homeless. This was through Ted Talks and listening to personal testimony of those affected by homelessness. The middle sessions focused on the way in which homelessness can come about. Students played two online simulation games, the first of which allowed students to try and survive a month on low income – before finding out that they had spent all of their money on necessities and were bankrupt and homeless. The second challenged students to survive a night as a homeless person and the challenges that they may come across. From here, students went outside into the cold and had to build homes with cardboard boxes. During this time, they were also served a cup of corn, cup of soup and bread roll for the evening. We also raised \$120 through students (and Mr Davidson) ‘busking’ to make money. As 7pm drew close, students from Years 7 and 8 began to make their way home. Students from Years 9-12 concluded the evening by watching the film ‘The Blindside’ – an inspirational story of a young man’s journey from homelessness to professional NFL player – through the generosity of a family from the local area. Overall it was a great night and it was pleasing to see so many people involved. A big thank you to the staff who attended as well as Mrs McFarlane, who spent countless hours preparing the meals. Thank you also to Woolworths at Mt Annan who donated most of the food that we required, as well as the anonymous people who donated the remainder of the food products and equipment needed for the evening.

Yr 8 this week has been busy completing Part A of the Diocesan Religious Literacy Assessment task. This involved a series of multiple choice and short answer questions that examined the students’ understanding of the Religious Education program from Years 7 and 8. Congratulations to the students on completing this task and good luck with the Part B (hand in component) of this task.

In a fortnight’s time, students from Years 9-12 will be able to attend the first ever ‘High School Engagement Program’, run by the Office of the Bishop and the YMT from Wollongong. This will be a fantastic and engaging experience for our young students with lots of entertainment, music and theology. I would encourage all students to attend. Notes are due this Friday.

A reminder also to students and families that Mass is celebrated on Friday’s at lunchtime in the St Mary of the Cross MacKillop Worship Centre and all students and families are warmly invited to attend. This is a parish Mass, which also sees students from both St Benedict’s and St Justin’s attending.

Mr David Costin

Director of Mission and Vision

JAPANESE VISITORS

A note of thanks from the coordinators

Now that all the overseas students have gone home, Margaret and I just wanted to express our thanks for your wonderful hospitality and kindness in hosting the student(s). The feedback has been most positive.

The success of any visit is determined by many factors, but the warmth of the home stay hospitality is of major importance in creating positive and lasting memories of the students' visit.

We thank you most sincerely and hope that you enjoyed the experience as much as your guest students.

Many thanks once again.

*Kindest regards
Bill and Margaret*



Farewell to our Japanese visitors



Our College leaders at Breakfast with the Bishop

SCIENCE WEEK

An exciting Science Week was held last week at the College, the National school theme being “Drones, Droids and Robots”. It was a jam-packed week with lots of activities for the students to participate in.

The week commenced with Year 9 attending a humorous performance by Echelon productions called “STEMania” where they learnt about the importance of STEM subjects through a series of skits.

On another day, we were lucky to have special guests, Brad Whiter and Fergus Haines (Qantas engineers) come and demonstrate a drone, Tesla coil, jet engine and life sized working model of R2D2 during lunch, recess and during science classes. This activity was organised by Mrs Whiter and was quite a highlight for many of the students (and teachers!).

Throughout the week students had the opportunity to build catapults and elastic powered cars with Mr Bates. Congratulations go to Ryan Dziwiewa of Year 7 who constructed a catapult with a winning distance of 12.40m, and Shaye Thorne, Maddy West, Analia Castro and Rachelle Sharma whose elastic powered car moved the furthest distance. They each won a \$20 canteen voucher, which was generously donated by the Made Fresh staff.

Every morning during homeroom, all students took part in a trivia quiz organised by Ms Brown. Top-scoring homerooms from every year level were awarded a prize. It was great to see the competitive spirit in everyone.

Other fun activities included a lunch time movie screening of Star Wars in the library with Mr Gallagher, and a Robotics demonstration with Mrs Smith. Students were also involved in the Education Perfect Science Championships which were held across the Diocese. The winning school is still to be determined, but there are exciting prizes to be won.

Hopefully, most students experienced some aspect of Science Week at St Benedict’s in an enjoyable way and are more aware of the use of drones, droids and robots in their lives.

Ms de Lima
Science Coordinator



College Athletics Carnival

Wednesday 20th July was the only day of the week that saw rain, and it was the day for the College Athletics Carnival!!! With only track events going ahead on the day students faced the rain, wind and cold to compete in their running events. Despite the rain, students ran their hearts out and competed to the best of their ability. Nineteen (19) new records were made on the day, which shows the rising talent we have at the College.

Thank you the parent support on the day, especially Mr and Mrs Hill, Mr Wood, Mrs O'Neil, Mrs McCarthy and Mrs Stevens for assisting with the timekeeping. Without your help the carnival wouldn't of been so successful. A very big thanks to the following staff members who also attended to help with the timekeeping, marshalling, starting, supervising of students and recording; Mrs Isbister, Miss Riedel, Ms Reavell, Mrs Pereira, Mr Limbrey, Mr Turton, Mr McCormack and Mrs Earnshaw.

The field events took place over the following week during lunch-time, to allow students to compete in their events.

Congratulations must go to the following Age Champions for the 2016 Athletics Carnival:

12 Boy	Peterson Caccamo	12 Girl	Olivia Friscic
13 Boy	Aiden Wood	13 Girl	Olivia Pinder
14 Boy	Jack Cave	14 Girl	Jayne Willingham
15 Boy	Jonah Nader and Hayden Seniuk	15 Girl	Alex Wark and Montana O'Neil
16 Boy	Nicholas Hogan	16 Girl	Courtney Schonell
17 Boy	Gabriel Ciappa	17 Girl	Cate Ives



From these results a team was selected to represent the College at the DIO Athletics Carnival on Wednesday 17th August.

Yours in Sport,
Miss Liska

DIO NETBALL GALA DAY

It started out as a cool 6 degree morning and only warmed up a few degrees throughout the day, however that did not stop the girls from Yrs 7-11 facing the cold and wind to represent the College at the Diocesan Netball Gala Day, held at Berkeley.

The girls played a total of 9 games and were very competitive in each and every game. This year the girls achieved our best results at a Diocesan carnival, an outstanding result which shows the emerging talent that we have at St Benedict's. Congratulations!!!



Thank you to Mrs Isbister and Mrs Newell for managing and coaching the teams and giving the girls advice and encouragement throughout the day. Congratulations to the following girls:

Year 7-8: Paris Bermingham, Chenoa Brimble, Brielle Brown, Gabrielle De Ubago, Amy Evans, Keira F, Maddison Fowler, Alexia Hobman, Rhianna Irons, Georgia Kavangh, Breanna Mifsud and Amelia Kubecka

Year 9-10: Alana Azzopardi, Jayde Bermingham, Brooke Daley, Macy Heath, Caitlin Kitson, Mackenzie Maher, Taryn Poidevin, Lara Rofo, Kaitlyn Sapienza, Elyse Triantis and Olivia McFadzean

Year 11-12: Haylee Drieman, Maddison Evans, Cate Ives, Sam McCabe, Bryanna Rixon, Karley Schonell, Maria Sharkawy, Alexandra S, Mia Taylor and Gabrielle Hooton

Rising Sporting Athlete!!!!

Courtney Schonell of Year 10 recently participated in the All Schools U16's Hockey Tournament, held in Melbourne. From this tournament, students were selected to represent the Australian Team. Congratulations to Courtney on being named in the Australian team for the second year running. We wish her every success.



CAREER NEWS

Western Sydney Apprenticeship & Traineeship Expo

Tuesday 6 September – 3pm to 8pm

Penrith Panthers Exhibition Marquee – 123 Mulgoa Road, Penrith

Free Public Entry

Brought to Penrith by TAFE NSW Western Sydney and supporting partners, Defence Force Recruiting, Commonwealth Bank, VERTO, MG My Gateway and the Nepean Careers Forum, the Expo is the perfect chance to apply for apprenticeships and traineeships from over 100 exhibitors representing industry, businesses, group training companies, registered training organisations and many more.

With Greater Western Sydney major infrastructure projects underway – road, rail, light rail, Western Sydney Airport, as well as community, business and residential developments, there has never been a better time to start your journey on a rewarding career path.

The expo kicks off the recruitment process. Businesses get the chance to collect resumes and promote their organisation for upcoming recruitment drives. Also, there will be Careers Advisers from the Nepean Careers Forum meeting with career seekers and parents on the night to discuss career options.

This is a fantastic opportunity to meet industry experts from a range of interesting fields, and learn about the opportunities that exist through apprenticeships and traineeships.

This is the one apprenticeship and traineeship event not to be missed. Bring copies of your resume and get in first on the road to a rewarding career!!

TAFE Western Sydney web page tafe.ws/atexpo will keep you up to-date with other important information as well as our social media platforms which can be accessed by clicking the icons.

OPEN DAY AT NARELLAN POLICE STATION

Narellan Police are holding an Open Day on Saturday 15th October 2016 from 10am till 2pm. This is a great opportunity for your students, family and friends to attend their local Police Station, meet the officers who work in their local area and officers from specialist sections. As well as all our local resources, below are the specialist sections that will be attending and will have displays on the day. We have a Camden LAC Facebook Page which has an attached event for the day so if people intend on attending they can click the 'going' button on this event.

Location: Narellan Police Station,
278 Camden Valley Way, Narellan

Time: 10am to 2pm.

- | | |
|------------------------------|------------------------------|
| • Constable Charlie | • Eyewatch - Police Facebook |
| • Marine Command | • Mounted Police |
| • PCYC | • Police media |
| • Rural Crime Trailer | • Forensic Services |
| • Dog Unit and puppy walkers | • School Liaison Officer |
| • Traffic and Highway Patrol | • Weapons Training Unit |
| • Police Band | • Crimestoppers |
| • Police Legacy | • Crime Stoppers |

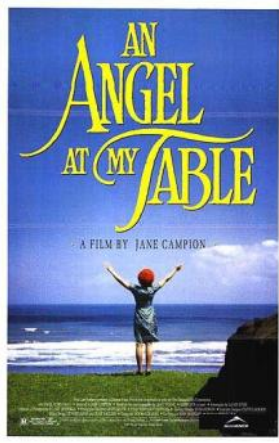




St Benedict's Catholic College Presents

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.

BE INFORMED!

SHARE YOUR OWN PARENTING STRATEGIES!

VENUE

St Benedict's Catholic College

DATES

Wednesday 24 August 7:00pm—8:30pm
and
Wednesday 31 August 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.

ALL NEW PARISH MISSION EVENT

PRESENTED BY **THE CATHOLIC GUY**

ST MARY MACKILLOP CATHOLIC PARISH
ORAN PARK DRIVE, ORAN PARK NSW

refer to parish website for directions
www.marymackillopparish.org.au

13-16 SEPTEMBER 2016

BE CHANGED ...BE RENEWED
...BE INSPIRED

**FREE
ADMISSION**



THE CATHOLIC GUY
inspiring you to dream

TheCatholicGuy.com

4 inspiring sessions

Session 1

Tuesday 13th September	9.30am
Tuesday 13th September	7.00pm

Session 2

Wednesday 14th September	9.30am
Wednesday 14th September	7.00pm

Session 3

Thursday 15th September	9.30am
Thursday 15th September	7.00pm

Session 4

Friday 16th September	9.30am
Friday 16th September	7.00pm



Four
inspiring
sessions
that take
you on
a life
changing
journey



WOW!!! An amazing experience! Thought I'd just go to the first session, but after attending, I didn't want to miss the others.

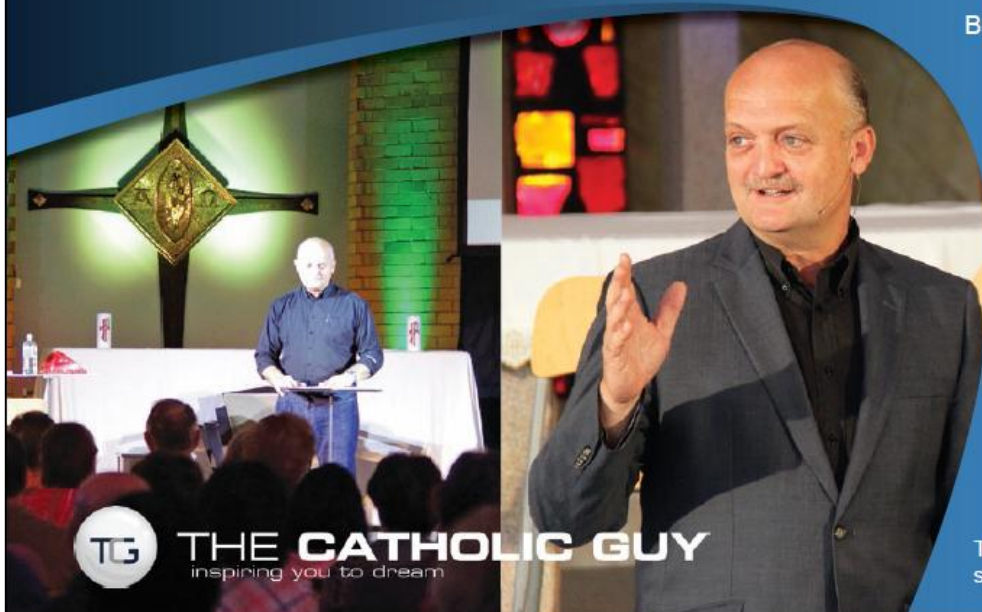
My experience of the Catholic Guy Event was uplifting, inspiring and enriching. I have since changed career into an area I prior did not think I was capable of.

The fact that my daughter came to each session, loved it, when she is not a practicing catholic, gave me renewed hope.

It was just awesome. My husband and I had the best experience ever. Very powerful sessions allow us to talk more deeply about our relationship with God and the church. Amazing

The Catholic Guy event made me think about my relationship with God and the people in my life most important to me. It allowed me to stop and consider what really matters in my life.

The experience I had during The Catholic Guy Ministry is truly something you have to experience yourself. Being a teenager it is easy to lose the true meaning of being religious, and what Catholicism is about, and I honestly believe that Bruce has encouraged me to strengthen and continue my faith.



Bruce Downes who presents an Australian Catholic television program is coming soon to your parish. This Event is one that you just have to experience no matter your age, stage or background. Presented through music and the arts, it is at times both deeply powerful and profoundly funny so come prepared to laugh. Don't miss out on an event that has touched the lives of thousands of people.

The Catholic Guy Television Program as seen on the Australian Christian Channel