



# BENNY'S

# BITES

5 MAY 2015



Be Still  
And Know  
That  
I am  
God  
Psalm 46:10

**Do you want to understand your teenager? Would you like some ideas on how to deal with the challenging teenage years?**

The attached flyer provides details of the upcoming

'Understanding and Parenting Your Teen' workshops.

**BOOK NOW**



**Can you help?**

Our small kitchen gardens are finally ready for planting. Foods that are good for planting now include broccoli, beans, garlic, mint, coriander, pak choi, lettuce, onions and spinach.

Any donations of seedlings towards this would be greatly appreciated by our Food Tech and Hospitality departments.



Thank you to all those parents who have been using the newly designated drop off area at the front of our permanent buildings.

Safety for our students, staff and families is a priority and for this reason we ask you **not to double park** in this drop zone nor drop your child off in the car park area.

There have been several "near misses" in the past week that have caused concern.

We must also stress that the area is a shared carpark. Please be mindful of this and **limit your speed as you travel through the carpark.**

**What's happening over the next few weeks?**

|                     |                                    |
|---------------------|------------------------------------|
| <b>Wed 6 May</b>    | Year 8 Geography Excursion         |
| <b>Fri 8 May</b>    | Year 8 MISA Debating               |
| <b>Tues 12 May</b>  | NAPLAN for Years 7 & 9             |
| <b>Wed 13 May</b>   | NAPLAN for Years 7 & 9             |
| <b>Thurs 14 May</b> | NAPLAN for Years 7 & 9             |
| <b>Fri 15 May</b>   | Year 11 Science Wetlands Excursion |

**Reminder...**

**P&F Meeting  
Tuesday 19 May  
7pm  
@ the College**

All parents are invited to attend.

**SEMESTER 1  
EXAMINATIONS  
Years 9 & 10**

**Start:** Monday 18 May  
**End:** Friday 22 May



**YEAR 8 GEOGRAPHY EXCURSION  
Wednesday 6 May**

Buses will depart the College at 8:25am and return by 2:30pm in time for normal after school travel arrangements.

Students are to wear their **full sport uniform, including hat.** (Wet weather gear in case of bad weather is advisable.)

Students are required to bring a **clipboard, pen, pencil and eraser.** Students are also required to bring their **own food and drinks.**

**College Sport—Week 2**

With local grounds still closed some of our Sports had to be cancelled however we were very fortunate to be able to accommodate all students into other Sports for this week.

Just a reminder to all students that all required equipment must be bought to Sport each week. At the very least this includes a water bottle and College hat for all students. **Functional45 (Yr 10) and Crossfit (Yr 11) also require a small sweat towel each week.**

Congratulations to the following students who were nominated as MVPs for Week 2;

- Ethan Aquilina & Talia Skeers (7B, AFL)
- Jordan Stanojev (7A, Zumba)
- Rachael Bartolone & Ethan Billett (7D, SportsFun)
- Isabelle Pellegrino (8A, Taekwondo)
- Bradley Asbury (8C, Maximum Skating)
- Jorjah Landrigan (8B, Sport Clinic)
- Jake Schloeffel (9A, Bodywar)
- Thomas Haidle (9B, Bowling)
- Bryan Baker & Chloe Cartledge (11, Crossfit)
- Fletcher Brown (10A, F45)

**MISA Sport—Week 2**

Trials for MISA Soccer will take place during Sport time in Week 3 next week.

Good luck to our MISA Netball teams who have their first game against St Patrick's College this week.

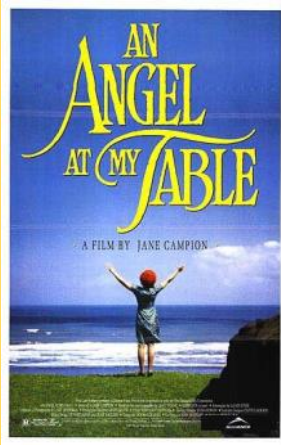
Mrs Pereira (T.U.T)



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.