



St Benedict's Catholic College Newsletter

Vol 7, Issue 1 10 February 2017

Dear Parents

A very warm welcome back to the 2017 Academic Year. We welcome especially over 100 new families to the College across all year groups, but a particular welcome to those parents in Year 7 whose children are beginning High School for the very first time.

The majority of our first HSC class of 50 students are currently gearing up for University life. We were delighted in our first year to have a HSC All Rounder (5 subjects with a Band 6) in Astrid Turner. Astrid's ATAR of 97.05 was a wonderful achievement and she featured in the local press in January. Congratulations also to Erin Coppin who achieved an ATAR of 91.80. Our results overall were extremely pleasing with 75% of our courses above state average. Special mention also to Chris Sandrone whose major work in Industrial Technology-Wood was selected for the NSW showcase and was awarded a Band 6.

Already there has been a flurry of activity with the laptop rollout evening to Year 7 on Wednesday night and the College opening Mass celebrated today. Supporting our Laptop evening, our Parents and Friends Association provided a Welcome to the College supper for our Year 7 parents. Many thanks to the P&F Executive Danny Rodrigues and Clare-Ann Taylor who were ably assisted by Kellie Hanser, Tanya Wyllie, Karen Caccamo, Nichole Pace, Melissa Nicholas and Kylie Parker.

Our Opening Mass was presided over by Fr David Catterall today and was a wonderful celebration on the Feast of St Scholastica, St Benedict's sister. It was the first real opportunity to see the Cloister area at capacity with 780 students, 60 staff and a large number of parents who had gathered to celebrate with us despite the heat. The new Stage 5 buildings and associated outdoor spaces will be additional space we can use later in the year for big events such as our Masses.

The Entranceway works at the western end of the car park continue throughout February and into March. Thank you to parents for your patience. We can console ourselves that this will signal the end of the works at St Justin's with the building works there complete. Moving in and out of the carpark from the main access road will then be much easier. On Oran Park Drive, however, the remaining works involving the eastbound carriageway towards Camden Valley Way will begin during the Term 1 holidays. This will mean the temporary closure of that entrance and the ONLY entrance and exit will be via Hollows Drive. More information as that time draws closer.

On Monday evening I attended the NSW Combined Catholic College's Blues Awards and was delighted when Courtney Schonell (Year 10) was awarded a Blue. It is a rare honour. Courtney will be playing in Europe this year with the Australian Girls Hockey side. We wish her well in playing at this elite level.

The College will be trialling a new system for our Newsletter this term and this may mean you receive TWO emailed newsletters for a few weeks. Last weeks Bennies Bites had a return slip and we ask that you return that as we are updating our email records in preparation for the migration of information. Thank you in advance for your cooperation as communication with families is the lifeblood of the College.

For those families seeking to enrol their children in 2018 (!) our Information Evening at Camden Civic Centre will be on 15th March. This is a change from the date published widely last year and in the student's diaries as we have had to avoid a clash with Confirmation preparation at St Mary McKillop Parish. The date will also be published by our local Catholic Primary Schools and in the Parish Newsletters. If you are aware of friends with children at our local state schools, we would appreciate you letting them know as we are unable to advertise these dates in the government school sector.

Michael Hanratty

Welcome and Congratulations

We warmly welcome our new staff members: Mrs Tarnya Grana and Mrs Grace Settineri (English), Miss Diane Banks, Miss Ti Cao and Mr Nilesh Kumar (Maths), Mr Peter Morris (HSIE), Ms Haylee Williams and Mr Samuel Wales (TAS), Ms Melissa Grego (PDH), Mrs Helene Pulling (Office Admin), and Mrs Cathy Downes (Learning Support).

Mrs Rachel Newell has been appointed the Director of Wellbeing for 2017. Miss Rebecca Riedel will now be known by her married name, Mrs Rebecca Sammut.

Year Coordinators for 2017:

Year 7	Mrs Jennifer Koryzma	Year 8	Mrs Christy Smith
Year 9	Mr Peter Morris	Year 10	Mr Matthew Limbrey
Year 11	Mr Anthony McAteer	Year 12	Miss Chloe Chalmers



Congratulations to Mrs Lisa Fama and her husband on the birth of their daughter, Elliana.

Important Changes to School Fee Accounts

This year our school fee accounts will be issued by the end of February. The Catholic Education Office have made some significant changes regarding fee billing and procedures. The biggest change is that you will be billed at the beginning of the year for the entire yearly amount, with the exception of excursions, which will be added at the time of the event.

Another change is in relation to the expected payment date. Unless you make an alternate payment arrangement for your school fee account this year, your account will be due 30 days from the invoice date. If you would like to take advantage of a payment plan, including periodic payments, you **MUST** fill out this form and return it to school before fees are issued (currently this option will apply to most families in the school). A copy of this form is attached to this newsletter. The Catholic Education Office have created a fee calculator so that you can determine what your regular payments will be. This is located on the CEO Website under **Enrolments & Fees**. You simply click on the link **School Fee Payment Arrangements**.

Attached to this newsletter is also the school Fee Schedule for 2017. The total amounts for each year group are located on the second page.

If you have any questions please do not hesitate to contact Gwen Rumble or Karen Earnshaw on 02 4631 5300 or email finance@sbccdow.catholic.edu.au

Newsletter/Benny's Bites

The Newsletter is a very important part of the communication between the College and families. It will provide you with reminders of upcoming events, excursions, important dates; notify you of any changes to routine or activities; report on activities and events that have happened and a whole lot more.

We are currently developing a new look Newsletter which will be delivered by a different format to the present one. In a few weeks you will receive 2 emails as we introduce the new delivery system. Once we perfect the new system and fix any 'bumps' that may arise, we will revert to one email per family, using the new system.

It is important that parents read their weekly bulletin, either the full version Newsletter fortnightly or the shorter version, Benny's Bites, on alternate weeks. Each Friday the newsletter is published and posted on the College website and emailed to all parents. If you do not have an email address could you please notify the College office so that a hard copy can be sent home with your child.

If you have not already done so from last week's Bennies Bites, we would ask you to sign the tear off section below as confirmation that you have read the newsletter and aware of both its frequency of publication and importance. This should be returned by your child to their pastoral class.

Newsletter confirmation (return via Pastoral Class)

I have read the College newsletter and am aware of the importance of this form of communication. I understand that a full newsletter will be published every fortnight on a Friday, with a shorter bulletin, Bennies Bites, on alternate weeks. This will be emailed to all students and families, as well as being available on the College website.

Student's Name: Pastoral Class:

Parent's Signature: Date:

CATHOLIC MISSION and VISION

As the school year begins and students return to classes, they will be very much reminded of something that was very important to St Benedict – that being stability. St Benedict organised his monasteries into very structured and organised places where the monks were able to find stability and balance between their daily activities of work, prayer and leisure. As students come back from holidays, they walk straight into this idea of stability – structured periods, break times and bells to remind them when they need to move to the next activity. I wish all of our students the best this year as they take on the challenges that lie ahead in 2017.

There are many important Faith based events coming up in the next few weeks. First of all was our Opening College Mass. It is wonderful to the start a year with a Mass and I thank all of the staff and students who were involved in the celebration. As always, we are very grateful to have Fr David celebrate the Mass for us and for the continued support that he provides our College. As has become tradition here at the College, the Mass was held on the Feast day of St Scholastica. St Scholastica is a truly amazing woman who has close ties to education. Significantly for us, she is the sister of St Benedict and her Feast Day celebration is a timely reminder of both St Benedict's and St Scholastica's contribution to our society and faith.

I attended a meeting recently which outlined many of the opportunities that our students will receive in regards to Youth Ministry in the coming year. There really are some exciting events coming up soon and I would ask all students to keep an ear out for these events and encourage them all to get involved in as many as they can.

The UNITE 2 Festival will be held on Friday 10th March. This is a great Catholic outh festival organised by the College that allows our students to partake in fun activities that help them explore their faith. In 2015 we had 150 students attend, and last year we had 200 students. This year's festival will be a little different compared to the previous years. We will be having our traditional concert at the end of the evening though and many students from the College will be performing music and drama to help us understand our theme this year. More information will be coming soon.

Finally, there has been a change to some of the structures here at St Benedict's in regards to the teaching of Religious Education. Previously, in Years 7-9, Religious Education was team taught by the homeroom teachers and Years 10 -12 were taught by one teacher only and not necessarily connected to the homeroom teacher. As we have now grown to nearly 800 students, the College can no longer maintain this level of staffing. Consequently, only in Year 7 Religious Education will team teaching occur by the homeroom teachers.

Mr David Costin
Director of Mission and Vision.

Our Lady of Mt Carmel Parish, Varroville - 25th Anniversary

Our Lady of Mt Carmel Parish, Varroville is inviting past and present parishioners to help celebrate the 25th Anniversary of the dedication of our Parish Church on the weekend of 11/12 March.

To celebrate this important milestone the celebration will commence with the Mass of the Anniversary of the Dedication of the Church at 5pm on Saturday 11th March followed by a dinner dance at the Campbelltown Catholic Club (tickets must be pre purchased and are available at the Parish office). On Sunday the 12th March we will have a family picnic day and walk down memory lane with past and present parishioners, concluding with a classical concert as per attached flyer. For further information please call the parish office on 96037373.

Senior Maths Study Group

(Years 11 and 12)
General Mathematics
Mathematics 2 unit
Mathematics Extension
Wednesdays after school:
2:45pm – 3:45pm
Room B1

- * Come along and enjoy a relaxed, informal atmosphere with other senior maths students.
- * Get your maths needs sorted with the help of one or more of the Maths staff.
- * Prepare for upcoming assessment tasks.
- * Complete homework.
- * Begin/continue revision for assessments.
- * Practice past HSC exam questions.

See you there!!

DATES TO REMEMBER

FEBRUARY

Wed 15	Year 7 FAQ Evening
Tues 21	Yr 7 Backpack talks
Wed 22	College Swimming Carnival - Competitors only
Thurs 23	HSC Information Evening (Yr 11)

MARCH

Wed 1	Ash Wednesday
Thurs 2	Diocesan Girls Touch Footy
Fri 3	Staff Development Day - Pupil Free
Wed 8	Diocesan Boys Touch Footy
Thurs 9	Year 9 History Excursion
Fri 10	UNITE 2 Festival Year 7 Vaccinations - #1 Year 10 Reflection Day
Mon 13	Year 11 Geography Excursion
Tues 14	<u>P&F AGM 7pm at the College</u>
Wed 15	Year 7 2018 Information Evening
Thurs 16	Diocesan Swimming Carnival
Fri 17	College Cross Country
Mon 20	Year 11 Music Excursion
Wed 22	Diocesan Rugby League
Fri 24	Year 9 Reflection Day
Mon 27	Year 12 Half Yearly Exams Year 10 Geography Excursion
Fri 31	Years 9 & 10 English Incursion

APRIL

Tues 4	Yr 12 SOR & Mod History Excursion
Wed 5	Yrs 10-12 Commerce & Legal Studies Excursion
Fri 7	Easter Liturgy Yr 7 Transition Reports distributed
	<u>LAST DAY OF TERM 1</u>



St Benedict's Catholic College - Skoolbag App

Are you using the Skoolbag App? Many parents are making use of this valuable addition to our communication outlets. The St Benedict's Skoolbag App is available for iPhone and Android. This will provide links to the College calendars, coming events, newsletters and important notes and announcements.

You can download this **FREE** app from the Apple App Store or the Google Play site (for Android phones). Use the search: **Skoolbag St Benedict** and download.

URGENT REMINDER

Students are expected to have all equipment for class. This includes having their laptop charged. Laptops should be **charged every evening**.

It is also the student's responsibility to **backup** their laptop **at least once a week**. All students are issued with a Backup hard disk which is configured to do a backup automatically, but it needs to be plugged in every week. You can check when the last backup has been done by clicking on the 'clock shaped' icon (not the time display), in the top bar.



CAFÉ NEWS

A reminder: **no card - no purchase**. Students may not purchase directly from the Café without their ID card. Orders can be done online.

For new users: Please make sure that the Student ID number has been entered into your Flexischool account. The cards will not work without this.

What do I do if my child is leaving early for the day?

If students are required to leave school earlier than 2:30pm they should have a note written in their Diary, stating the time of departure. The student should bring their Diary to the Front Office after they have been marked off on the class roll. A Leaving Stamp will be entered into the diary with the leaving time. **Students are to come to the office at the appointed time.**

Please note that we do not make PA announcements during class time to page students, nor do we have direct contact with individual classroom by phone etc. We understand that a student may need to leave for an unexpected reason. Please allow enough time to be able to send for the student and have them come to the office.



St Benedict's Catholic College

"Be My Light"

PO Box 805, Camden NSW 2570

Ph: 02 4631 5300

info@sbccdw.catholic.edu.au

ABN: 67786923621

2017 SCHOOL FEE INFORMATION

1. Individual Student Administration Fee (per student)

	Tuition Fee	Building Fund	Student Administration (Diary)	Total
Year 7 & 8	\$1,671	\$850	\$35	\$2,556
Year 9 & 10	\$1,805	\$850	\$35	\$2,690
Year 11 & 12	\$2,253	\$850	\$35	\$3,138

2. Year 7 Notebook Levy	\$508	3. Year 8 Notebook Levy	\$445
4. Year 9 Notebook Levy	\$425	5. Year 10 Notebook Levy	\$508
6. Year 11 Notebook Levy	\$445	7. Year 12 Notebook Levy	\$425
8. Technology Levy – All Years	\$95	9. Tuesday Sport Levy Year 7-11	\$300
10. Carnival Levy – All Years	\$15	11. Parents & Friends Levy	\$100
12. Year Book (per family)	\$25		

13. Subject Resource Fee/Major Excursion	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12
Bible	\$35					
Maths Grid Book/ Exercise Book and Maths Set (Y7 only)	\$6	\$3	\$3	\$3		
Art Diary A4, Paint	\$40					
Digital/Textbooks Maths /Science /Geography & History	\$40	\$40	\$40	\$40		
Religion Text – To Know Love & Worship	\$9	\$9	\$9	\$9		
PDHPE Work Book	\$31	\$31	\$31	\$31		
Calculator (Casio FX 82)	\$20					
HotMaths/Manangahigh	\$20	\$20	\$20	\$20		
Sumdog	\$2	\$2				
Safety Goggles (Science)	\$8					
Outdoor Education Camp/Retreat			\$284	\$427	\$310	
TOTALS	\$201	\$105	\$387	\$530	\$310	

14. Elective/Academic Course Fee:	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12
Child Studies			\$40			
Commerce Text book			\$60	\$30		
Computer Applications					\$60	
Community and Family Studies					\$30	\$30
Construction/WHS Induction Course					\$250	\$150
Drama			\$50	N/A		
Design & Technology				\$120	\$80	\$80
Exploring Early Childhood					\$50	
Food Technologies/Apron & Hat (Year 9)			\$145	\$120		
Food Technologies Digital Text Book			\$35			
Hospitality (Chef Uniform & Toolkit)					N/A	\$150
Graphics Technology			\$100	\$100		
Graphics Technology – Drawing Board			\$80			
Industrial Technology – Multimedia					N/A	\$80
Textiles Technology			N/A			
Information & Software Technology (IST)			N/A	\$60		
Information & Software Technology (IST) Digital Text				\$35		
Industrial Technology – Timber			\$120		\$120	\$80
Music			\$50	\$50	\$50	\$50
Maths Online/Maths Books					\$23	\$23
Physical Activity & Sports Studies (PASS) Digital Text			\$47			
Photography					\$50	
Technology – Mandatory 7 & 8	\$60	\$60	N/A	N/A		
Visual Arts (Art Diary & Paint)			\$88	\$88	\$100	

Total Year 7 Fees	\$ 3,860	including Academic Course Fee
Total Year 8 Fees	\$ 3,701	including Academic Course Fee
Total Year 9 Fees	\$ 4,037	plus Academic Course Fee depending on subject selection
Total Year 10 Fees	\$ 4,263	plus Academic Course Fee depending on subject selection
Total Year 11 Fees	\$ 4,428	plus Academic Course Fee depending on subject selection
Total Year 12 Fees	\$ 3,798	plus Academic Course Fee depending on subject selection

Excursions will be billed to your account at time of excursion throughout the year.

Dear Parents

This is an outline of the level and purpose of fees for students attending St. Benedict's Catholic College in 2017. Government Funding covers approximately 80% of the recurrent costs associated with running a Catholic High School. The 20% "gap", plus loan commitments associated with building; need to be met by parent contributions. A breakdown of the 2017 school fees is:

Tuition Fee	Teachers salaries and the day to day running costs of the school (water, electricity, paper etc)
Building Fund	This is a contribution used solely for the repayment of loans on the school buildings. (Equivalent to a mortgage payment)
Student Administration Fee	Covers the cost of the school diary issued to each student.
Technology Levy	This contributes towards the costs of maintaining technology hardware, software and access to the internet.
Subject Resource Fee	This covers the cost of all other books and equipment which are purchased in bulk and issued to your child for their personal use. The alternative would be for you to purchase these items which would be at a greater cost. This also assists in covering the cost of other textbooks issued to your child.
Academic Course Fees	This goes towards offsetting the cost of consumables used by your child in practical courses eg. Materials used in textiles.
Tuesday Sport Levy	The sports levy covers <u>most costs</u> associated with travelling to Tuesday sport and external coaches/instructors that visit St Benedict's.
Parents & Friends Levy	The P & F Levy of \$100 per year replaces major fundraising activities for parents. This allows the P & F to concentrate on special gatherings with an emphasis on community building, rather than fund raising.

PAYMENT OF SCHOOL FEES

All school fees are due **30 days after invoice date** at the beginning of the year, payment arrangements can be made to have account paid over the year but this must be arranged with the finance office otherwise fees are expected to be paid in full by due date. Statements will be sent monthly. Our preferred option for payment is BPay however payments may be made in a lump sum or in instalments (by arrangement). Direct Debit facilities are also available, simply contact the school office. The school office has an EFTPOS machine available for payments from Savings/Cheque account and Credit Cards.

A deduction on the Tuition fee only, for the second and subsequent child of a family attending the school applies. All families however are required to pay the Administration fee, Subject Resource fee and Technology Levy for **each** child attending the school. Deductions on the Tuition fee are:

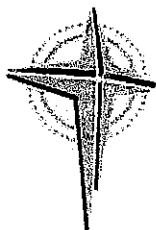
25%	for the second child attending the school.
50%	for the third child attending the school.
100%	for the fourth and subsequent children attending the school.

In 2017 a deduction on the Building Fund for the second and subsequent child of a family attending the school applies:

50%	for the second child attending the school.
100%	for the all subsequent children attending the school.

Any family experiencing difficulties regarding the payment of fees must contact the Principal. Such matters are always treated in the strictest confidence.

Michael Hanratty



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DIOCESE OF WOLLONGONG**

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DIOCESAN SCHOOL FEE AGREEMENT

In accordance with Diocesan School Fee Policy, parent/carers are afforded flexibility in the way in which school fees may be paid. To facilitate this flexibility families are required to complete a **School Fee Agreement** to advise the school of their intended payment option. **This Agreement only applies to those families who will have their full financial commitment to payment of fees within the school year in which they are invoiced.** Please refer to the Diocesan School Fee Policy for arrangements outside of this.

STATUS	NEW AGREEMENT		AMENDMENT		DATE	
SCHOOL						
FAMILY NAME	(Surnames & First Names)					
PARENT/CARER 1						EMAIL
PARENT/CARER 2						EMAIL
Please provide an email address for ALL Parent/Carers for monthly statements to be emailed. Please note we require an email address for all parties.						
OLDEST CHILD IN THIS SCHOOL					YEAR	
					(Surname & First Name)	

HOW YOU INTEND TO MEET YOUR COMMITMENT:

Please indicate in the following table your intended method and frequency of payment. An online 'School Fee Calculator' is available to calculate periodical payments on the school's website or at:

http://www.dow.catholic.edu.au/fee_calculator.html

METHOD OF PAYMENT						
Please Tick	I/WE WISH TO PAY FEES PERIODICALLY BY PAYMENTS OF:					\$
	<input type="checkbox"/> WEEKLY	<input type="checkbox"/> FORTNIGHTLY	<input type="checkbox"/> MONTHLY	<input type="checkbox"/> OTHER		
						(Please detail)
	ALL PERIODICALLY PAYMENTS WILL BE MADE BY:					
	<input type="checkbox"/> BPAY	<input type="checkbox"/> DIRECT DEBIT	<input type="checkbox"/> EFTPOS	<input type="checkbox"/> CENTREPAY	<input type="checkbox"/> CREDIT CARD	<input type="checkbox"/> CASH/CHEQUE

AGREEMENT CONDITIONS

- I/We agree to meet my/our commitment indicated on this agreement.
- I/We undertake to contact the school to make amendments should circumstances change that may result in differences to this agreement including but not limited to sibling enrolment, change of bank accounts, change of payment method, etc.

Parent(s)/Carer(s) Name: _____ Signature: _____ / /

Parent(s)/Carer(s) Name: _____ Signature: _____ / /



MOST REV PETER W INGHAM DD
BISHOP OF WOLLONGONG

MESSAGE TO THE PEOPLE OF THE DIOCESE OF WOLLONGONG REGARDING

Royal Commission into Child Sexual Abuse

My Dear Sisters and Brothers in Christ

The final hearing involving the Catholic Church at the Royal Commission Into Institutional Responses to Child Sexual Abuse commences this coming Monday, 6 February 2017, and will run for three weeks.

During the hearing, the Royal Commission will examine the following questions in relation to the Church:

- What are the current child protection policies, procedures and standards including responding to allegations of child sexual abuse?
- What factors may have contributed to the occurrence of child sexual abuse in the Church?
- What factors may have affected the institutional response of Church authorities? and
- How has the Church responded to the relevant case studies and other Royal Commission reports?

As part of the hearing, the Commission will also release data relating to the extent of claims of child sexual abuse in the Church in Australia. Francis Sullivan, Chief Executive Officer of the Church's Truth Justice and Healing Council, recently said, "The data will shock and confront the community and will once again make plain the extent of the suffering, damage and loss victims of abuse have endured. It is absolutely important that this information is made public. It is part of being transparent and ensuring the complete story is told."

The hearing will explore the way forward, providing the opportunity for the Church to explain what it has been doing to change the old culture that allowed abuse to continue, and to put in place new policies, structures and protections to safeguard children and vulnerable adults.

I reiterate my heartfelt apology to victims of sexual abuse by Catholic Church personnel. I also apologise to their families and all who have shared their suffering. Victims, survivors and their families must receive respect, justice and compassion. For the victims and survivors, for the Catholic community and for many in the wider Australian community, this hearing may be a difficult and distressing time, as the Royal Commission reviews the evidence it has already received and seeks to understand why and how this tragedy has occurred. Should you feel that pastoral support or counselling would be of assistance to you, please contact the Diocese on 1800 225 922 and the appropriate support can be arranged.

I again strongly urge any person with a complaint of mistreatment or abuse to come forward to the appropriate authority. If the complaint is of a criminal nature, please notify the police through the Police Assistance Line on 131 444. If you need assistance with this, or if the matter is not of a criminal nature, please contact the Diocese on 1800 225 922.

Pope Francis has urged the whole Church to "find the courage needed to take all necessary measures and to protect in every way the lives of our children, so that such crimes may never be repeated". I renew my invitation to all people of the Diocese to join me in prayer for the continuing work of the Royal Commission that our combined efforts may lead to the greater protection of children and vulnerable adults, and to justice and healing for victims of sexual abuse.

Yours in Christ

Most Rev Peter W Ingham DD
Bishop of Wollongong

3 FEBRUARY 2017

CAMPBELLTOWN TERM 1, 2017

WORKSHOP BOOKINGS: 4628 0044 or 4227 1122

All workshops are at our Campbelltown Office (35A Cordeaux Street Campbelltown) unless stated otherwise.

<p>ROLLERCOASTER (8-12 YEARS) Assisting children who are experiencing change and loss as a result of family separation. Helps children to understand and develop strategies for anger management, problem solving and understanding feelings and emotions.</p> <p>8 Tuesday afternoons: 4pm - 5pm 14, 21, 28 February 7, 14, 21, 28 March & 4 April</p> <p>Workshop Fee: \$15 per session</p>	<p>BRINGING UP GREAT KIDS This course is designed for parents who are seeking to learn more about their child's needs and how to better respond to behaviours. Participants will learn mindfulness techniques to increase awareness of thoughts and feelings .</p> <p>4 Tuesday mornings: 10am -12:30pm 14, 21, 28 March & 4 April</p> <p>Workshop Fee: \$15 per session</p>	<p>GRASSROOTS PARENTING Pre-Schoolers 3 - 5 years - 8 March Child development, behaviour and management of routine, rules and boundaries, safety and play</p> <p>Primary School Aged Children - 15 March Child development, discipline, consequences, communication, negotiating, safety and play.</p> <p>2 Wednesday mornings: 9:30am - 12 noon</p> <p>Workshop Fee: \$15 per session</p>	<p>SEEING RED Explores ways for parents to deal with feelings of anger within themselves and their children. Participants will learn to recognise their own feelings and needs and those of others, communicate and listen to these feelings and needs, be assertive & express anger in a more constructive way.</p> <p>3 Monday mornings: 9:30am - 11:30am 6, 13, 20 March</p> <p>Workshop Fee: \$15 per session</p>
<p>KEEPING KIDS IN MIND A post-separation parenting program which helps parents learn how to deal with the emotional and practical issues of parenting after separation. The program helps explore grief and loss and the impact separation has on parents and their children.</p> <p>5 Tuesday mornings: 10am-12:30pm 7, 14, 21, 28 February & 7 March</p> <p>OR</p> <p>5 Thursday evenings: 6pm - 8:30pm 2, 9, 16, 23 & 30 March</p> <p>Workshop Fee: \$20 per session</p>	<p>MY KIDS AND ME A program for parents who have had their children removed from their care. It explores grief and loss and the impact on parents and children. Helps participants to develop strengths and build support networks.</p> <p>7 Monday afternoons: 12:30pm - 3pm 6, 13, 20, 27 February 6, 13 & 20 March</p> <p>Workshop Fee: \$15 per session <i>Campbelltown Office (35A Cordeaux Street)</i></p> <p>OR</p> <p>7 Thursday mornings: 9:30am -12 noon 23 February, 2, 9, 16, 23, 30 March 6 April</p> <p>Workshop Fee: No Fee <i>Claymore Community Centre Cnr Dobell Rd & Gould Rd, Claymore</i></p>	<p>CIRCLE OF SECURITY® Parenting™ Helping parents understand their child's world by learning to read their emotional needs. Secure children have empathy, greater self esteem, better relationships and increased capacity to handle their emotions. This program is a must for all parents.</p> <p>5 Friday mornings: 9:30am -11:30am 10, 17, 24, 31 March & 7 April</p> <p>OR</p> <p>5 Friday afternoons: 12:30pm –3pm 10, 17, 24, 31 March & 7 April</p> <p>Workshop Fee: \$15 per session</p>	<p>123 MAGIC AND EMOTION COACHING This time tested program provides parents with easy to use disciplining techniques for their children, without letting emotions get the better of them. Learn to be present and consistent as a parent.</p> <p>3 Monday mornings: 9:30am - 11:30am 13, 20 & 27 February</p> <p>OR</p> <p>3 Tuesday afternoons: 12 noon - 2:30pm 21, 28 March & 4 April</p> <p>Workshop Fee: \$15 per session</p>
<p>MENTAL HEALTH FIRST AID (STANDARD or YOUTH) Teaches adults how to provide initial support to those who are developing a mental illness or experiencing a mental health crisis.</p> <p>Standard: 22 & 23 February 9:30am - 4:30pm</p> <p>Youth: 1 & 2 March 9am - 5pm</p> <p>Workshop Fee: \$198 includes manual and lunch both days.</p>	<p>PARENTING CHILDREN WITH A DISABILITY Support and information for issues related to parenting a child with a disability. It explores: Expectations verses reality, dealing with feelings, behavior management strategies, communication skills, self-esteem, teaching children to care for themselves, routine, rules and boundaries & coping strategies.</p> <p>3 Wednesday mornings: 9:30am-1pm 22, 29 March & 5 April</p> <p>Workshop Fee: \$20 total (three sessions)</p>	<p>MORE HARMONY NO HARM (FOR MEN) Topics covered include understanding and managing strong emotions, effective communication, assertiveness skills and positive behaviours for healthy relationships.</p> <p>5 Thursday evenings: 6pm - 8:30pm 2, 9, 16, 23 & 30 March</p> <p>Workshop Fee: \$15 per session</p>	<p><i>Concessions may apply dependent on financial circumstances.</i></p> <p><i>Limited childcare may be available, bookings essential.</i></p> <div data-bbox="1697 1329 2150 1457">  </div>

*Our Lady of Mount Carmel Parish Church
& Nella Luce Studio present*

At Once: Lenten Concert

25th Anniversary of the Dedication of the Church



Sunday 12 March 2017 ©

*A musical pilgrimage through Lent, celebrating the
25th Anniversary of the Dedication of the Church 14 March 1992*

Concert performers:

Concettina Gangemi, Soprano

Paola Andrea Monroy, Soprano

John Charadia, Classical and Flamenco Guitarist

Bryan Browne with special guest Josephine Stark

The Mt Carmel Catholic College Choir

Concert Pianist: Claire Howard-Race

Guest Artist: Tenor

Sunday 12 March 2017 @ 2.00 pm

Our Lady of Mount Carmel Parish Church 193 St Andrews Road, Varroville, NSW 2566

Entry by donation to raise funds for Project Compassion

Refreshments after the concert

Weekend Events - Saturday 11 March 2017

5.00 pm - Saturday 11 March Anniversary Mass

7.00 pm - Dinner Dance at the Campbelltown Catholic Club (Tickets for sale at Parish Office)

Weekend Events - Sunday 12 March 2017

From 11.30 am - Walk Down Memory Lane and Parish Picnic

2.00 pm - At Once: Lenten Concert and 25th Anniversary

For more information see www.nellalucecreativity.com or www.olmcvarroville.org.au or
contact the Parish Office on 9603 7373 or Connie on 0478 018 918



Can Saver Plus assist you with school costs?

Join Saver Plus and match your savings, dollar for dollar, up to \$500 for educational costs including:

- school uniforms and text books
- computers, laptops and tablets
- excursions and camps
- sports equipment, uniforms and lessons
- music tuition and instrument hire.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner), such as full-time, part-time, casual or seasonal work, and have a child at school or study yourself.

Contact Liz Tinney your local Saver Plus Worker:
(02) 4633 3722 / 0407 310 205
or liz.tinney@benevolent.org.au

*Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered across Macarthur region by The Benevolent Society.
The program is funded by ANZ and the Australian Government.*

Tuning in to Teens

Emotionally Intelligent Parenting

A FREE six-session parenting program
for parents of adolescents aged 12-17

Would you like to learn how to:

- better talk with and understand your teen?
- help your teen manage their emotions?
- help prevent behaviour problems in your teen?
- teach your teen to deal with conflict?

Tuning in to Teens shows you how to help your teen develop *emotional intelligence*.
Adolescents with higher emotional intelligence:

- are more aware, assertive and strong in situations of peer pressure
- have greater success with making friends and are more able to manage conflict with peers
- are more able to cope when upset or angry
- have fewer mental health and substance abuse difficulties
- have more stable and satisfying relationships as adults
- have greater career success

Where: Anglicare: 31 - 35 Chamberlain Street, Campbelltown.

When: Wednesday nights 5:30-7:30pm, starting 1 March 2017, for 6 consecutive weeks.

For more information or to book your place:

Contact: Melinda McAlpine

Adolescent and Family Counsellor
1800 133 373





ARE YOU KEEPING YOUR CHILDREN SAFE?

When it comes to the safety of vulnerable road users like school children, drivers found breaking the law will be met with **zero tolerance**.

If you've heard the expression "It's only a matter of time until someone gets hurt" then you understand why it is important for **everyone** to obey the road rules.

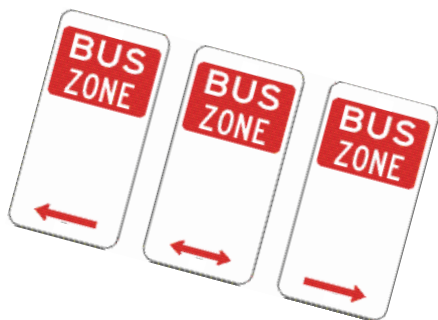
When an offence is detected - **YOU WILL BE FINED**

Please obey the rules and protect the safety of **your children**.





When an offence is detected - **YOU WILL BE FINED**



What does it mean?

You cannot stop or park in a bus zone unless you are driving a bus.

Why is it there?

To provide a safe place for buses to set down and pick up passengers.

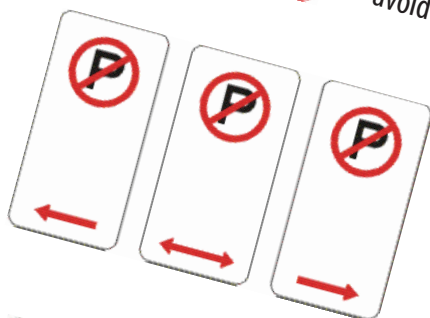


What does it mean?

You cannot stop in this area for any reason

Why is it there?

To keep the sight distance clear for drivers, children and other pedestrians to avoid crashes.



What does it mean?

You can stop in this area to drop off or pick up passengers for a maximum of 2 minutes. You must not leave your vehicle unattended.

Why is it there?

To provide safe places for children to be picked up - usually associated with Kiss & Ride zones.



40km School Zones are provided to increase the safety of all pedestrians, but especially children, who are walking in the vicinity of schools. Obey the limit and be aware of the time a day.

PARKING ACROSS DRIVEWAYS

Parking across or stopping on a driveway in a school zone is an offence.
You could be fined \$135 and lose 2 demerit points.





MATER DEI
INCLUSION FOR ALL

Mater Dei Enrolment Information Evening 2017



Mater Dei is a Catholic co-educational school for students from Kindergarten to Year 12, who have been assessed with a mild to Moderate cognitive disability as their primary disability.

As a world leader in the provision of contemporary and innovative education for students with specific needs Mater Dei provides a place of opportunity for children where they will have access to a range of programs that will allow them to become the very best person they can be; developing their unique gifts and talents in a way that will enable them to become fully participating members of their respective communities.

For people interested in finding out more about enrolment at Mater Dei School in 2018, the annual Information Evening will be held on

**Wednesday 22 February 2017
7.00pm - 8.30pm**

Please phone the Mater Dei School Office on 4655 7481 for further information or to reserve your place at the Information Evening