



St Benedict's Catholic College Newsletter

Vol 5, Issue 2 17 February 2015

Dear Parents

This week we begin the season of Lent. Ash Wednesday marks the beginning of the great pilgrimage to the feast of Easter.

In one sense, Lent is a time when the whole church enters into a time of retreat. This time is marked by three pillars: prayer, fasting and almsgiving. These are not ends in themselves. God isn't particularly interested in how many more prayers we can utter, or how little chocolate we eat, or how much we put into the Project Compassion box. God is interested in the spiritual effects of these practices.

Does our extra time of prayer bring us closer to God? Does our reduced eating prompt us to think about what we truly hunger for? Do our acts of charity make us more mindful of the poor and those in need? That's the point of our Lenten practice. It prepares us to be renewed in our baptismal commitment during the approaching Easter festival.

Today being Shrove Tuesday we joined with the rest of the Catholic World in traditionally celebrating before days of fasting and abstinence with a pancake morning. In addition, a reminder that on Ash Wednesday and Fridays during Lent, no meat will be sold in the Café.

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The annual College Working Bee is being held this Saturday and a flyer went out with last week's "Bennies Bites". If you can spare an hour or so to assist us with some small jobs around the classrooms and grounds then we are open from 7am. Our main aim is interior window cleaning and weeding. There are quite a few small jobs on doors with some WD40 that need work as well. If you are attending, please let us know with the reply slip.

Bacon and egg rolls and juice, provided by the Parents and Friends, will be available for breakfast. If you can assist with the BBQ, that would also be appreciated.

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By the time many families read this, our Parents and Friends 'Welcome to Year 7' Evening will have been held. A full report next week. We are hoping to hold this evening in conjunction with the laptop rollout next year. It is an informal evening to meet your child's teachers, inspect the facilities and meet other St Benedict's families.

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It is enrolment period once again. Parents with children at the Catholic feeder schools (St. Paul's, St Anthony's, St. Justin's and St Clare's) should have received, or will receive shortly, a pre-filled enrolment form to check family details and select the school of their choice. On Friday, St Benedict's students will be speaking with Year 6 students across all our feeder schools. A flyer with details of our Information Night will be coming home with the students. It will be held at the Camden Civic Centre on **Monday March 2, beginning at 7pm**. Families wishing to enrol from the local State Primary Schools will need to download the application

UPCOMING EVENTS

2015

February

Tues 17	Yr 7 Parents Welcome Soiree
Wed 18	Ash Wednesday
Sat 21	Working Bee
Mon 23	Dio. Boys Touch Footy Dio. Girls Soccer
Tues 24	P&F AGM 7pm @ College
Wed 25	College Swimming Carnival

March

Mon 2	Yr 7 2016 Information Evening
Fri 6	Staff Development Day—Pupil Free
Wed 11	Yr 9 Reflection Day
Thurs 12	Diocesan Swimming
Fri 13	Yr 10 Reflection Day
Wed 18	Vaccinations #1 Year 7
Fri 20	College Cross Country

April

Wed 1	Yrs 9 & 10 PASS Excursion
Thurs 2	Yrs 7 & 11 Transition Reports distributed
Last day of Term 1	

SCHOOL FEE ACCOUNTS

The first instalment of the school fee accounts have been sent out by email or paper copy this week. If you have not received your school fee account please contact the office to verify your contact details.

The first instalment is due for payment by **March 27**. (Please note that this does not apply if you have made arrangements to pay by regular Direct Debit or BPay payments, or if you have had a meeting with Mr Hanratty to make an alternate arrangement.)

package from the website or pick one up from the College Administration area. Enrolment applications will be **accepted from Tuesday 3 March**. We are looking forward to continuing our strong growth in Year 7 in 2016. We anticipate total enrolments to pass the 700 mark in 2016.

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A huge thank you to all our drivers this week. The latest pick up and drop off arrangements seem to be working well. Obviously the extra car parking makes a big difference, but it assists traffic flows when St Benedict's parents use our dedicated area in front of the 'permanent school'.

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This week we had a visit from the Education Minister, Adrian Piccoli. Minister Piccoli was at St Benedict's in 2013 when we first moved to the site and was accompanied by the then Premier, Barry O'Farrell. Together with local member, Chris Patterson, Minister Piccoli toured the school with Fr Michael Williams and Principal of St Justin's, Mr. John Milgate. He was quite impressed with the many changes to the St Benedict's permanent site.

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Hope to see you....

The Parents and Friends Annual General Meeting is being held on Tuesday February 24 and elections for Office Bearers and volunteers for all the committees will be called for. A copy of role descriptions for the Executive and the roles of the committees were sent out with Bennies Bites last week. I hope parents will consider volunteering their time to coordinate a number of the steering committees.

The College Swimming Carnival is being held the very next day, the 25 February and parents and all family members are invited to attend. Helpers on the day were also called for in a separate letter from Mrs Pereira.

Michael Hanratty
Principal

A timely reminder at the beginning of the new year, with parents of students

VACCINATIONS

Attention parents/guardians of Year 7 students.

This year your child will be offered free vaccinations to protect them from Human Papilloma Virus, Varicella (chicken pox) and Tetanus, Diphtheria and Pertussis (whooping cough). Registered nurses will visit the school three times over the course of the year to provide this vital service.

It is important that you read the parent information pack provided and sign the consent card for each vaccine that you would like your child to receive.

Year 11 parents/carers—your child will be offered MMR Measles, Mumps and Rubella vaccine. This is only required if they have not had a previous 1st or 2nd dose. Once again it is most important that a consent form is signed and returned in order for your child to be vaccinated.

If you have any queries the Immunisation Team at SWSLHD Public Health Unit will be happy to take your call on 8778 0855.



mwlp



Would you like assistance discussing post school options with your child?

Would you like more information about career options?

PACTS Workshops have been running in Australian secondary schools since 2002, with parents saying they are really helpful in understanding the different options.

Macarthur Workplace Learning, in association with St Benedict's Catholic College will facilitate PACTS Workshops that will run over 2 hours and include the following topics:

- How to assist your teen with career exploration
- Simple careers assessments
- Different school pathways available
- School Based Apprenticeships and Traineeships
- How to use the Job Guide and other resources
- Understanding TAFE, Apprenticeships and University
- Tackling the Employment Market
- Preparing for employment – Understanding the Options

Dates for the Term 1 workshops are:

Tuesday 17th March 2015 – Starting at 6pm-8pm

Places are limited to 20 so you MUST register by calling the school on 4631 5300.

in Years 7 and 10 who received a shiny new toy last week...

Top 5 Questions Parents Have About Instagram

1. Why do teens love Instagram?

Because they love media, sharing it and socialising with it on their phones, and Instagram makes all that doable in a simple, eye-catching way. Teens like taking, cropping, enhancing, sharing and commenting on photos and videos. But the commenting isn't just commenting - in effect, they're socialising in mixed-media conversations that include plenty of likes and links too.

2. Does Instagram have a minimum age?

Yes, it's 13, which is similar to most other online services (originally because of US law). But Instagram doesn't ask users to specify their age, and there are many younger children who use the service, often with their parents' permission. Whether Instagram is "safe" depends more on how it's used than on the age of the user, but Instagram will delete underage accounts if they're notified and can verify the users are under 13.

3. What are the risks in using Instagram?

Though there's nothing inherently dangerous about Instagram, the main things parents worry about are typical of all social media: mean behaviour among peers and inappropriate photos or videos that can hurt a child's reputation or attract the wrong kind of attention. Parents are also concerned that people their kids don't know can reach out to them directly. Kids can learn to manage these risks.

4. What's the best way to help kids stay safe on Instagram?

As with all social media, being respectful of ourselves and others makes us safer. Our posts and comments reflect on us and others in our photos and videos. Whether serious or silly, they become part of our public image. Respecting others in how media is shared, tagged and commented on reduces risk. While most kids are smart about this, it doesn't hurt for parents to be sure kids aren't posting provocative images or having inappropriate interactions with people they don't know, which leads to the next question....

5. Should my child's profile be private?

For many kids, part of the fun of Instagram is developing a big following - a good thing for parents and kids to talk about. Having a public account on Instagram means anyone can follow you. A private account means that you have to approve each request from anyone who wants to follow you, so many parents have their kids start using Instagram with a private account. But there's no guarantee your child won't be seen on Instagram or any other photo-sharing service, because people post photos of each other. Even not having an Instagram account can't ensure a child won't appear in a photo there. How positive or negative a young person's experience is on Instagram or anywhere online depends as much on the person and his or her friends as on the app.

**A full guide, *Parents Guide to Instagram* is now on the St Benedict's website,
Click on "Cyber Life"**



BRINGING UP GREAT TEENS

A workshop for parents of teenagers. This program covers connecting with teens, managing conflict, big issues and psychological challenges.

4 Friday Mornings 10am - 12:30pm

6, 13, 20 & 27 March 2015

CatholicCare, 35a Cordeaux St,
Campbelltown

WORKSHOP BOOKINGS

Campbelltown 4628 0044

All parents/carers are invited to the

St Benedict's P&F

Annual General Meeting

to be held on

Tuesday 24 February

at the College

commencing at 7:00pm

More information about the St Benedict's P&F
can be found in this Newsletter.



College Swimming Carnival

The annual College Swimming Carnival is upon us (Wednesday 25 February). Parents are welcome to attend on the day and we would be very grateful for some volunteers to help with the activities, in particular time keeping the swimming events. If you are able to assist on the day then please fill in the attached slip provided on the permission note and ask your child to return it to their Homeroom teacher.

To help with the running of the day, students have signed up for the events that they wish to participate in. These have been pre-entered into our Carnival Program. Should your son/daughter want to enter an event that they did not sign up for, they are welcome to attend the marshalling area at the time of the event and our marshals will do their best to get them in a race. Students are to wear full school sports uniform to and from the pool. They may change into house colours once at the pool. Students are reminded that appropriate clothing is to be worn at the pool (no bikinis, no inappropriate slogans/images on clothing). Rash suits and board shorts are permitted. Crepe paper streamers, zinc cream and coloured hair spray is **not permitted** at the pool. Students are to bring their own food and drink for the day as well as sunscreen and a hat.

We are looking forward to a wonderful day.

Mrs Pereira (T.U.T)

College Sport—Week 3

We were blessed with great weather yet again for our afternoon of Sport which enabled the students to make the most of activity time. From the photos it is obvious that Tuesday afternoons are a busy and enjoyable time at the College. Congratulations to the following students who were nominated as MVPs:

Daniel-Paul Khalil	(7A, Swimming)
Max Surace	(7B, Sportsfun)
Kate Cleary	(7C, Zumba)
Felix Muzirwa	(7D AFL)
Novi Anosike	(8A, Cricket)
Paryss Tully	(9A, Bodywar)
Chloe Cooper	(9B, Skating)
Hayden Peters	(10A, Crossfit)
Hayley Pearson	(10B, HYPE)
Ebony Billett	(11A, F45)
Taylor McGovern	(11B, Tennis)



MISA Sport-Week 3

Round 1 of MISA competition saw our teams come up against Mount Carmel. Known for their domination in MISA Sport, we knew it was going to be a challenge.

Congratulations to Mr Turton and the Boys MISA Softball Team who came away with their first victory of the season, winning 10-2!

Congratulations to the following students who were nominated as MVPs;

Madison-Leigh Colmenar	Girls Oztag
Jayden Weaver	Boys Oztag
Courtney Schonnell	Girls Basketball
Jonah Nader	Boys Basketball
Taryn Poidevin	Girls Softball
Isaac Hobman	Boys Softball

Yours in Sport,
Mrs Pereira (T.U.T)



CAFÉ NEWS

Students who have not yet received their student card are reminded that they can order online without the card once the registration process has been completed on the flexischool site. Details on how to register and order online are available on the College website under the Parent tab.

Students may place an order for lunch by going to the Café at the Recess break.

Please note the new menu below which will be available for Ash Wednesday and all Fridays during Lent.

Regular Café menu items are available on all other days.

St Benedict's Café

MENU

(for Ash Wednesday and Fridays during Lent)

Cheesey Garlic Bread	\$2
Vegetarian Nachos with Cheese	\$4
Crumbed Fish & Wedges	\$4.50
Crumbed Lemon Fish & Wedges	\$4.50
Creamy Tuna Pasta	\$4
Fish Burger, lettuce and mayo	\$4.50



RANIER UNIFORM NEWS

NEW UNIFORM SHOP **& NEW TRADING HOURS**

NEW LOCATION

From Tuesday 17th February the uniform shop will be located at **Shop 5 / 6 Porrende Street, Narellan** (located at the back of Bunnings).

LAST TRADING DAY AT CAMPBELLTOWN

The last day of trading at the Campbelltown shop will be this Thursday 12th February. Please note that the trading hours on that day is from 9:00am to 1:00pm.

NEW THURSDAY TRADING HOURS

The Thursday trading hours will be changed to 2:00pm to 6:00pm. The new trading hours will be subjected to review.

CONTACT DETAILS

Mrs Maureen Thorpe

TEL: 4620 9688 / EMAIL: stbenedict@ranier.com.au

ONLINE ORDER/APPOINTMENT: www.ranier.com.au (School password stb2570)

REGULAR TRADING DAYS DURING SCHOOL TERM

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 (A 1.5% credit card surcharge will apply)



9/2/2015

RANIER

St Benedict's Catholic College Parents & Friends Association (P&F)

The P&F is an integral part of St Benedict's Catholic College and provides a formal structure and support network for parents to participate in the activities and decision making processes at the school and to work for the benefit of the school and their children.

- The P&F **represents** the interests of the whole **parent** body.
- It helps parents **engage** with the school and the **education** of their children
- It works to **support** the school
- The office bearers form the executive team who work on behalf the whole P&F (which includes all the parents).

Roles

The following are the roles within the St Benedict's P&F:

Executive

President

Secretary

Treasurer

Diocesan Delegate

General Committees

Building & Maintenance

Hospitality

Education

Pastoral

Some P&F activities

- Support and work in partnership with the Principal
- Participate in decision making in P&F related matters
- Promote the College in the wider community
- Attention to faith education activities
- Create a forum for discussion
- Assist in providing resources to the school when necessary
- Planning and organising of functions approved by a P & F Meeting and the Principal

Office bearer elections will be held at the P&F Annual General Meeting early in the school year. All parents are encouraged to become engaged with the College by joining the P&F.

PRESIDENT

Role

The president is the leader but not the 'boss'. The key task of the president is to ensure that the needs and wishes of the parent body are given a voice and that good relationships are established with the principal and teachers. The president is a guide for and example to all parents.

Duties and Responsibilities

A President leads the P&F Association by:

Plan and chair meetings in consultation with the secretary and principal;

Ensure meetings run according to the agenda and the constitution

Ensure fair discussion - give all an opportunity to speak

Ensure activities are sanctioned by principal

Work with the treasurer to ensure financial accountability

Ensure decisions are carried out – follow up

Encouraging parents to get involved

helping parents feel welcomed at the school

Some things to be aware of as president

Tune in to parents' comments

Respond to comments

Meet as many parents as possible – welcome them individually to meetings

Manage attempts to dominate the meetings

Avoid one on one issues at meetings

Stop 'personal issues' if these arise at meetings

Avoid ambushes particularly of the principal

Give full support to P&F functions

SECRETARY

Role

The Secretary is very important to the efficient operation of any organization. A secretary needs enthusiasm, initiative and an ability to work with the President. The Secretary's main functions are:

Communication and correspondence

Maintaining effective records

Ensuring meetings are effectively organised and minuted

Duties and Responsibilities

Prepare the agenda in consultation with the president and principal

Notify members of meetings (date, time, venue)

Keep good records

Receive and manage the correspondence

Obtain reports from sub-committees

Write up the minutes

Understand the constitution

Guide and advise the president.

There is more!

After the meeting, minutes should be written up promptly and actions taken on any decisions

Write letters in accordance with the instructions of the meeting or the President;

Prepare minutes for school newsletter;

Confirm attendance of Executive and other appropriate people;

Clear the mail regularly and keep the President informed on all issues;

Ensure a close communication and cooperation between the parent Association, office staff, school staff and parents;

Maintain a collaborative approach at all times

Give full support to P&F organised functions

TREASURER

Role

The Treasurer accounts for and reports on the finances of the P&F. The Treasurer needs to be a person of trust and responsibility.

Duties and Responsibilities

Must keep accurate financial records of all receipts and expenditure;

Must issue receipts for all money received;

Pay all accounts as authorized;

Bank all money regularly;

Present a monthly financial report – keep the P&F informed

Arrange for an audited financial report for the Annual General Meeting;

Arrange for the monthly Bank Statement and reconcile deposits and cheque books with the statements.

Give full support to P&F organised functions

DIOCESAN COUNCIL DELEGATES

Role

To represent the P&F of your school at the diocesan council.

Duties

Attend your school P&F association meetings

Attend Diocesan cluster and/or diocesan council meetings

Ensure correspondence from diocesan council is read and dealt with appropriately

Report to the P&F about diocesan council meetings

Take issues to diocesan council meetings

Give full support to P&F organised functions

SUB-COMMITTEES

Sub-committee can save time and ease the workload of the regular P&F meetings by dealing with particular projects and reporting back to the P&F meeting. Sub-committees must be set up by the decision of a P&F meeting and their task should be clearly defined in writing as part of the minutes of that meeting.

Meet with your sub-committee colleagues and focus on the task

Be prepared to report to P&F meetings;

Attend meetings regularly;

Send apologies if unable to attend;

Be cooperative at all times;

Responsibility for what has been agreed should be shared by all group members.

Attend to business of particular sub-committee to obtain outcome

Ensure Terms of Reference for committee is adhered to

Give full support to P&F organised functions

Give full written reports to the Principal each quarter on the state of affairs