



# St Benedict's

## Catholic College

### Newsletter

Vol 5, Issue 10 22 July 2015

#### UPCOMING EVENTS

##### July

- Fri 24** Yr 8 Reflection Day  
**Wed 29** Yr 11 2016 Electives Evening

##### August

- Mon 3** Yr 8 MISA Debating  
**Thurs 6** College Athletics Carnival  
**Tues 11** P&F Meeting 7pm @ the College  
**Wed 12** Yr 9 2016 Elective Evening  
**Fri 14** Staff Development Day—Pupil Free  
**Sat 15** Feast of The Assumption  
**Wed 19** Year 10 Outdoor Camp begins  
 Year 11 SLR & PDH Excursion  
**Fri 21** Year 10 Camp finishes  
 Diocesan Athletics Carnival  
**Wed 26** Yr 7 Maths Incursion  
**Thurs 27** Yrs 8 & 9 Maths Incursion

#### CAFÉ NEWS

**MUFFINS \$3.00**

**Home Made!**

**Choc Chip**



**Strawberry**

**Mango  
&  
White Chocolate**

Dear Parents

Welcome back to the second semester. In this week's Gospel Jesus urges his Disciples to accompany him and take "time out" to pray. The Gospels often describe Jesus as withdrawing "for a time" from the crowds to be alone. Following in those footsteps, St. Benedict also integrated into his "Rule" a time for creating spaces in our lives to reflect, to pray, to become more grounded.

As contemporary disciples we are no different. In fact, in many ways, life in the technological-age is more frenetic for some than any age in the history of humanity. Labour-saving devices seem often to have made more time for more work. There are people who do not have time to eat - or feel that they cannot justify time to themselves - or time in leisure. Busy-ness can be worn as a badge of worthiness - I am busy therefore I am! Some people thrive on busy-ness - but it can also be a way of avoiding oneself. If we are "doing this," "keeping that appointment," "juggling this with that," there is little time to address what may be a growing emptiness. As the outer world gets more and more cluttered, the inner reserves are gradually depleted. People become exhausted, suffer burn-out or fall prey to breakdown and psychiatric illness. We are created in the image and likeness of a God who took time off.

We are very aware of this, as the advent of "Slow TV" (Google it!) in the Scandinavian countries indicates: hours of cruise ships in Norwegian fjords, people knitting, watching chess, wood fires burning, lambing (!), and lengthy train trips – all without commentary, are broadcast for 8-24 hours non stop – and with millions of viewers.

We are taught by Jesus who, as in this weeks Gospel, encourages his followers to rest and be renewed. We are inspired by a Spirit who bears fruits of gentleness, kindness and patience in our lives - qualities that being overly busy can squeeze out.

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On Sunday the first Parish Mass was held on site in the St Justin's Library, as the OOSH Centre was not big enough to cope with the approximate 630 parishioners that attended. The advent of the St Mary McKillop Parish, with Fr. David Catterall as our Parish Priest, is a blessing for the local Catholic community. Parents will notice a few changes as they enter the College property over the next few weeks. A simple Parish Office has been created in a demountable building adjacent to the St Benedicts Reception area. As we go forward, a Parish Mass Centre has been planned for the eastern end of the car park, in front of the St Benedicts Basketball courts. We will keep you posted. In the meantime, check out the twitter and parish Facebook accounts and the website for all the latest. I encourage Catholics within the Parish boundary to support our fledgling Parish community with the same spirit, passion and commitment as was invested in St. Benedicts in its foundation days. Look at us now!

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## Year 8

### Reflection Day

Friday 24 July

Mt Shoenstatt, Mulgoa

Buses will depart the College immediately after homeroom and return in time for normal afternoon transport arrangements.

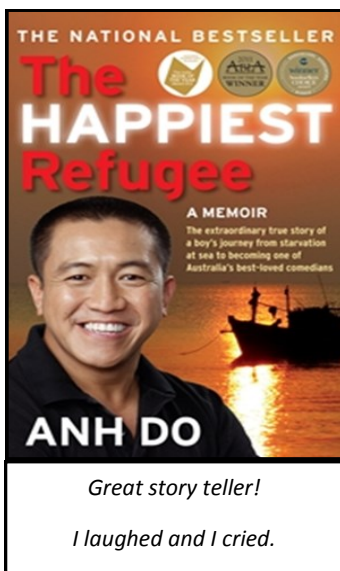
Students are to wear their College sport uniform.

Lunch will be provided but students are to bring their own drinks and recess.

### From the English Department:

As part of our ongoing promotion of the value of reading and its limitless benefits, students are being asked to publish the covers of a novel they have read and wish to share with others, with an endorsing statement. These posters will be displayed on our wall for other students and visitors to the school to share for Literacy and Numeracy Week.

Parents are invited to take part in this activity. It would be wonderful for parents to share a book that they read and cherished as a child (or even recently). If you would like to participate in this activity please print your poster on A4 or A5 paper, preferably in colour. You may send in as many as you like, but please place them in a plastic sleeve for protection. Could we please have any submissions to us by Friday 24 July. To the left is an example of how to present your novel.



This week at St Benedict's we recognize our most successful students from the first semester in our Academic Awards Ceremony. Parents of those receiving awards already have been contacted and all are welcome to attend. In his first appearance at a formal engagement at the College, Fr. David will deliver the Occasional Address.

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The first of three new buildings to open this term was occupied last week. Our new Science labs were well received by the students and teachers not the least as they were warm and out of the freezing cold! Our new Reception (Office) and staff study are due to be completed and occupied by the last week of the term. Stage 4 concrete pours for the IRC/Library will occur this week.

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Our second cohort of students are now preparing to enter Stage 6 with the Electives Information Evening being held on the evening of July 26. Information has already gone home to Year 10 families and I look forward to meeting with you at that time.

*Michael Hanratty*  
*Principal*

## PRAYER FOCUS

The Prayer focus for the coming 5 weeks is on homelessness. This is a pressing issue in our society. St Benedict encourages us to not only see the face of Christ, but to welcome all those around us. Recently we learnt that:

At the last count 105,237 people were homeless in Australia on census night in 2011. The 2011 Census tells us where homeless Australians are staying.

Approximately:

- 39% are living in severely overcrowded dwellings;
- 20 % are living in supported accommodation for the homeless;
- 17 % are staying temporarily with other households;
- 17% are staying in boarding houses;
- 6% are sleeping rough on the streets of our cities and towns,
- 1 % are in other temporary lodging

As we pray for those who are homeless, we will also be taking action to support those who are in great need. Once again we will be running Bennies Bring a Blanket, which will focus on homelessness but will have new activities this year to help students understand the nature, causes and extent of homelessness in our society. We will also be supporting St Vinnies in the Winter Appeal, and asking families to donate any unwanted clothing, blankets etc.

Our recent focus on Stewardship saw some great activities organised by the Social Action group as well as a beautiful liturgy organised by Taylor McGovern and Ebony Billet of Yr 11. Thanks to all for their continued support of the Social Action Group.

### Youth Mass @ St Anthony's

The next YOUTH MASS @ St. Anthony's Church, Tahmoor, is on JULY 25<sup>th</sup> @ 5:00pm. So come along on this COLD winter night and WARM your heart with JESUS, with our Big Band, Huge choir and group of dancers. Bring your family and increase the warmth in the Church. There will be refreshments after Mass

Margaret Cronin on behalf of the Parish Pastoral Council

## CONGRATULATIONS

Year 8 student, Charlii Dyer, flew out of Sydney on the 30th June heading for Orlando, Florida where she represented Australia and competed in the ISKA (International Sports Karate Association) U.S. Open World Championships on the 3rd - 4th July. This tournament is the biggest martial arts tournament in the world, consisting of over 5000 competitors from all over the world, 30 competition rings and televised live on ESPN. Charlii was one of 19 Australian Representative competitors to travel and compete and ultimately was part of the most successful Australian team to tour to date.

On the first day of competition Charlii competed in 2 events. The first event was musical weapons, where she performed a weapons form (kata) using a traditional Chinese fan timed to music and achieved 3rd place. Her second event was Traditional weapons form, where she used a traditional Chinese Tai Chi Sword to achieve a 5th place.

On day 2, Charlii competed again in 2 events. The first event was traditional forms (kata) where she achieved a 4th place. Her final event was point sparring. She became a finalist in this event missing out on the semi finals by one point in extra time, a very gutsy effort.

We would like to congratulate Charlii on her wonderful achievements.

### Week 10 Tuesday 23rd June 2015

#### College Sport

We had a great finish to the Term with all Sports going ahead.

The end of the Term is a timely reminder to all students that they need to ensure they participate in activities during Sport each week, to the best of their ability.

Thank you to all staff and students for their efforts in Term 2.

Congratulations to the following students who were nominated as MVPs for Week 10;

Thomas Sutton & Imogen Basa (7A, AFL)  
Alex Petrovski & Elissa Wilson (7B, Zumba)  
Jonty Stead (7D, Swimming)  
Domenic Gatellari (8A, Sport Clinic)  
Mitchell Orridge & Clair Murdoch (9A, Crossfit)  
Zachary Suits (9A, Bowling)  
Mikalsh Drieman & Courtney Warden (11, Bodywar)  
Alexander Napoli (10A, Tennis)  
Abbygail Petrovski (10B, F45)

#### MISA Sport

MISA Trials for Term 3 took place during Sport this week, congratulations to all students who put themselves forward to represent the College. The response was overwhelming. Most students have been informed of their selection, just a reminder to please return MISA permission notes as soon as possible.

There are still three spots left in our Year 10/11 MISA Girl's Soccer team, I would encourage anyone interested to let Mrs Pereira know.

I would like to wish all parents and students a safe and relaxing break. Thank you for your support of Sport at the College, we look forward to another successful Term of Sport in Term 3.

Mrs Pereira

### Week 1 Tuesday 14 July 2015

#### College Sport

We had a wonderful start to the Term with beautiful weather and conditions. Students began the first week of their 5-week sport rotation. A reminder that as we are working with a 5-week rotation this year (instead of doing the one sport for 10 weeks), some sports get completed twice during the year.

Congratulations to the following students who were nominated as MVPs for Week 1;

Ashlee Stevens & Julian Di Giovanni (7B, Sportsfun)  
William Meredith & Giuseppe Camera (7C, Zumba)  
Emma Farias (7D, AFL)  
Jasmine Curtale & Bray Aquino (8A, Crossfit)  
Phoebe Cartledge (8B, Bowling)  
Braydon Lom & Ellie Nash (8C, Cricket)  
Anabella Thorpe (9B, Sport Clinic)  
Alexander Crawley & Shandelle Brown (10A, Bodywar)  
Abbygail Petrovski (10B, Maximum Skating)  
James Hogan (11A, F45)

#### MISA Sport

Final MISA Trials and training for Term 3 took place during Sport this week. Congratulations to all students who put themselves forward to represent the College.

There are still three spots left in our Year 10/11 MISA Girl's Soccer team, I would encourage anyone interested to let Mrs Pereira know.

Mrs Pereira

