



# St Benedict's Catholic College Newsletter

Vol 7, Issue 3 10 March 2017

Dear Parents

Last week we commenced the Lenten season with a beautifully simple liturgy led by our Year Coordinators and our Director of Mission Mr David Costin. During the Liturgy we were challenged to examine our consciences, to pray, to forgive, to love others, to turn away from sin and allow the grace of God to grow stronger in us. This, of course, takes conscious effort from us all. As a school we will focus on this as we progress through Lent towards Easter where we will be reborn again. Lent is a time of commitment from us all and I know our Social Justice Captains are urging all students to support Project Compassion this Lent by remembering to donate a small amount each day and participate in a range of fun activities as we support Project Compassion.

Last Friday the staff attended their annual Spirituality Day. This year our spiritual director was Br Bill Sullivan who led us to see the need for silence, stillness and listening in a busy world. St. Benedict's dictum to "Listen with the ear of your heart" and to achieve a "Balance in All Things" has probably never been more necessary than in our current times.

After scanning the history books (such as they are!) we have discovered that our swimming squad broke over 40 school records at the College swimming carnival a few weeks ago. Huge congratulations to the team and to Miss Liska who ran the day. Age champions will be recognised at an Assembly this term and student names listed in our newsletter.

Our digital newsletter ran into some hiccups last week with lots of dead email addresses and multiple emails going to the same house in our system. This put a stop to most of the delivery. We have spent some time cleaning up our database and this week you should have received our new digital newsletter, albeit a week late.

Thank you for your patience with our car park works this term. We should be using the new roundabout and entryway by the end of March and the whole western end of the complex completed with a bitumen surface by the end of the Term 1 holidays, weather permitting. At this stage I would encourage parents to pick up their St Benedict's students in the usual place in front of the Library each day instead of amongst the busyness of the bus pick up and the St Francis kindergarten pick up at the Catherine Park entrance. We have had several near misses of students crossing the unmarked road to parent cars and a parent whose car was hit by a bus last week.

Have a wonderful week,

Michael Hanratty

Principal

## DATES TO REMEMBER

### MARCH

<b>Mon 13</b>	Year 11 Geography Excursion
<b>Tues 14</b>	<b>P&amp;F AGM 7pm at the College</b>
<b>Wed 15</b>	Year 7 2018 Information Evening
<b>Thurs 16</b>	Diocesan Swimming Carnival
<b>Fri 17</b>	College Cross Country
<b>Mon 20</b>	Year 11 Music Excursion
<b>Wed 22</b>	Diocesan Rugby League
<b>Fri 24</b>	Year 9 Reflection Day
<b>Mon 27</b>	Year 12 Half Yearly Exams Year 10 Geography Excursion
<b>Fri 31</b>	Years 9 & 10 English Incursion

### APRIL

<b>Tues 4</b>	Yr 12 SOR & Mod History Excursion
<b>Wed 5</b>	Yrs 10-12 Commerce & Legal Studies Excursion
<b>Fri 7</b>	Easter Liturgy Yr 7 Transition Reports distributed

### LAST DAY OF TERM 1

<b>Apr 24</b>	First day of Term 2
<b>Apr 25</b>	ANZAC Day

## Year 7 2018

### Information Evening

**Wednesday 15 March**

**7pm**

**Camden Civic Centre**

Enrolment packages will be available on the night, and from the College office from Thursday 16 March.

Interview times will be arranged for Term 2 on submission of the completed application form. Offers of places for 2018 will be sent at the end of Term 2.

## **CATHOLIC MISSION and VISION**

Our prayer focus at the moment continues to centre on the faces of Project Compassion. The faces of Project Compassion is an important way that Caritas helps teach the students about putting faith into action. Not only are students informed of the people and communities that they will be supporting, they also get to watch a video of the people/communities and listen to the stories and the way in which our support can make a difference in their lives. I would encourage all families to get behind each homerooms fundraising efforts for Caritas this term.

We had a very busy week last week, with students having the opportunity to attend many of the significant events. On Tuesday last week, for Shrove Tuesday, the Social Action group kick started the Caritas Fundraising by organising the sale of pancakes. It was a fairly simple way of raising funds for the communities that we are praying for. Several students from the social action group volunteered to take on a variety of roles and it was great to see them so enthusiastically get involved. Congratulations on a great effort. There will be a lot more fundraising go on over the coming weeks and I wish all, good luck in organising their activities.

Also on Tuesday, we were fortunate enough to send students to Caritas' Project Compassion launch for 2017. Being held at St Mary of the Cross MacKillop meant that we were able to send the College Captains and the year 9 Social Action leaders to the liturgy. Additionally 12 of our year 10 food technology students volunteered to serve afternoon tea on the day. As expected, the students represented themselves and the College extremely well and we are grateful for their contributions to this important liturgy.

We held our Ash Wednesday liturgies last week, which were beautiful celebrations to mark the beginning of lent. Ash Wednesday is an important time and students were in year groups for their liturgies. It was great for students to celebrate this day and be reminded of the meaning of not only the day but the Lenten season.

The recent Staff development day afforded a great opportunity for staff to go on retreat. The retreat this year picked up on the notion of nurturing our own relationship with God and provided us with some great spiritual guidance in developing our relationship with God. Br Bill Sullivan facilitated the retreat and did a wonderful job.

Today is a pretty busy day. The UNITE 2 festival is on this afternoon and will hopefully be a wonderful experience for our students. There are some amazing guests coming, including the winner of the 2016 'Voice' – Alfie Arcuri as well as Wests Tigers rugby league player Josh Aloiai. I look forward to hearing these amazing men's story.

Additionally, today sees our year 10 reflection day taking place. These days are very important days in College life, not only in strengthening the students relationship with God, but also in building community within our college – which is also an important Benedictine virtue.

Finally, today sees some of our year 10 and 11 students travelling to Bowral for a leadership day on Social Justice. These days are great in providing students with opportunities to develop their own leadership skills, discuss ideas for fundraising and to meet like-minded students from other schools.

Mr David Costin  
Director of Mission and Vision.

### ACU Early Achievers' Program

Build on your volunteering and leadership experience and explore your potential with ACU's Early Achievers' Program. Do you regularly volunteer in your community, school, church, workplace, or cultural group? The Early Achievers' Program could boost your application to ACU.

**Applications are open from Wednesday 26 April to Monday 17 July – mark it in your calendar!** If successful, you'll receive an offer in August 2017 to study in 2018, and your application will be assessed on lower minimum entry scores. You'll also benefit from opportunities to enhance your leadership and volunteering skills while at ACU. To find out more about the program, visit, [www.acu.edu.au/early-achievers](http://www.acu.edu.au/early-achievers)



### Year 10 Subject Selection Information Evening

**UOW South Western Sydney Campus  
33 Moore Street, Liverpool on  
May 9 at 6.30pm**

Thinking about going to university? Want to hear what it's really like being a uni student? UOW is holding an information evening specifically for year 10 students and their parents. This will be an opportunity to hear from current staff and students about subject selection, and opportunities available to those who choose to study at UOW.

We will also have a presentation from The Universities Admissions Centre (UAC) who will talk about university applications, pre-requisites and more.

To register: [www.uow.edu.au/future/events](http://www.uow.edu.au/future/events)

### University of Notre Dame Early Offer Program

If you are in Year 12, the good news is you can apply directly to Notre Dame, discuss your hopes with academic staff and potentially receive an offer, all prior to sitting your final year exams!

The University of Notre Dame Australia's Early Offer Program acknowledges and rewards the achievements of outstanding Year 12 students by providing an offer prior to exams. They say this allows them to face their final exams with reduced stress and added confidence.

**Applications for the 2018 Young Achievers Early Offer Program will open in mid March.**

Applicants are able to apply in one of four categories:

- Category One: Commitment to community and/or church
- Category Two: Commitment to and excellence in cultural pursuits
- Category Three: Commitment to and excellence in sporting achievements
- Category Four: Academic Excellence

Register now to receive the information when applications open. [www.nd.edu.au/nav-future-students/young-achievers-early-offer-program](http://www.nd.edu.au/nav-future-students/young-achievers-early-offer-program)

### P&F AGM

**Tuesday 14 March**

**7pm at the College**

All parents/carers are invited to the Parents and Friends Association Annual General Meeting to be held on Tuesday 14 March at the College, commencing at 7pm.

The St Benedict's P&F does not undertake fundraising activities, as families contribute via the P&F levy. The P&F, in consultation with the Principal, is responsible for determining the way in which the funds can be best spent. Various working groups within the P&F are responsible for such things as Second Hand Clothing Pool, Working Bees, Care and Hospitality groups. P&F meetings also offer the chance to discuss issues that parents may raise and may also provide guest presenters to address key areas of parent interest.

**Come along and help make a difference.**

Bishop Peter Ingham's

Lenten Pastoral Message for 2017 is entitled:

*"Lent: Millstone or Milestone?"*

The Bishop's video message is available online at:

[www.lentenmessage.dow.org.au/](http://www.lentenmessage.dow.org.au/)



### **SEEKING INTEREST IN HOSTING A JAPANESE STUDENT?**

We will again be hosting a small group of co-ed Japanese high school students in Term 3, from 30 July to 10 August, from the same organisation that visited last year.

**We are seeking an early expression of interest from school families who might be interested in hosting a student during their time at St Benedict's College.**

**\*\*Home stay hosts will be paid a tax free allowance for each student which will more than defray the costs of hosting.**

**Last year's host families enjoyed the experience very much and found it most rewarding and memorable.**

**Why not consider hosting a student in your home & enjoy this great experience?**

**CONTACT: Bill and Margaret Clark on 0418 215 990**

**or 0488 777 886 or Email: [bill.clark@edexaustralia.com.au](mailto:bill.clark@edexaustralia.com.au)**

### **CAFÉ NEWS**

**The Café will be closed on Friday 17 March**

Each Friday until Easter the Cafe will observe Lent with a Fish Menu. The Fish Menu is available on the flexischools website.

Fillet - o -Fish Burger \$6.00

Fish Wraps \$6.00

Fish and Wedges \$6.00 (tartare sauce available)

Cheese, Margherita or Cheese & Pineapple Pizza \$5.00

Made Fresh Salads from \$4.00

Friday Hot Meal Special \$5.50 either:

Tuna Mornay, Tuna Pasta or Mac Cheese.



### **OPAL CARDS AND BUSES**

Adjustments to many bus routes have come into affect from Monday 27 February. We have been advised by the bus companies that their supply of buses is reliant on the recorded number of students who tap on and off with their OPAL cards.

The leniency period is now over for students who have not been presenting their OPAL card for travel to and from the College. If your child does not have their OPAL card, they may not be permitted to travel on the bus. This will also apply to students who are not eligible for the free travel card, and who have had to purchase an OPAL card. Please make sure that there is credit on these cards.

### **"How to be Resilient"**

**CatholicCare** has asked us to let you know of an upcoming Information Session for parents and teens on "How to Be Resilient" This will be presented by Stacey Copas and will be held in the Eucalyptus Room at West Leagues Club, Leumeah on March 20 at 7:30pm. Details can be found at the following link: <https://www.eventbrite.com/e/how-to-be-resilient-parents-and-teens-session-campbelltown-nsw-tickets-30875093235?aff=eac2>

## Careers in health



“Over the next two decades, no market is likely to see better growth in Australia than preventative health and wellness services. We're living longer but we also want to keep living better, and that tension will generate billions of dollars in opportunities.”

Healthcare and social assistance – which includes doctors, nurses, dentists, physiotherapists, childcare workers and aged care providers – has made the largest contribution to the nation's jobs growth over the past 15 years.

It now employs more than 1.5 million people, or one in every eight Australian workers, accounting for 13% of Australia's workforce. It's also a well-educated sector – about three-quarters of its workers hold a post-school qualification, which is well above the national average.

Over the five years to November 2015, employment grew by 20.3% (or 256,600). New jobs were created in all subsectors, but most were in Medical and Other Health Care Services (up by 142,100) with Social Assistance Services also adding a significant number (75,800). Around 250,200 more jobs are expected over the five years to November 2020 (up by 16.4%).

Nearly four in five workers in Health Care and Social Assistance have completed post-school study. While a large proportion holds a bachelor degree or higher qualification (44%), vocational education and training (VET) qualifications are also a significant pathway to employment.

### Online Resource Links

[My Health Care](#) - Great selection of Australian health career videos and information

[Job Outlook](#) - Australian Government Health Occupations

[The Good University Guide](#) – Careers in Healthcare



### College Cross Country Carnival

**Friday 17 March**

**Mount Annan Botanical Gardens**

**9am start**

Parents are invited to bring a picnic lunch and join us. This annual event has become a great community gathering, enjoyed by all.

Students may leave with their parents at the end of the Carnival, once they have seen their Pastoral Tutor.

A copy of the note can be downloaded from the College website, under the Parent tab, then Permission Notes.

**Students please note that due to the Cross Country Carnival, Thursday 10 March will run on a Friday A timetable.**



## FACULTY NEWS and EVENTS

### MATHEMATICS

The Mathematics faculty at St. Benedict's has had a busy start to the year, welcoming the 180 year 7 students to the College. Our second cohort of HSC students will be undertaking the Mathematics, Mathematics Extension 1, Mathematics General 2 and Mathematics General 1 courses.

For 2017, we welcome Ms Diane Banks, Ms Ti Cao and Mr Nilesch Kumar to the faculty. The members of the faculty are:

- ◇ Mr. Paul Dempsey, (Coordinator) Year 9 Mathematics, Year 11 Mathematics/Extension
- ◇ Ms. Shalene Franciscus, Year 7/8/9/10 Mathematics
- ◇ Ms. Jane Kelleher, Year 7/8/9 Mathematics
- ◇ Ms. Ti Cao, Year 7/8/9 Mathematics, Year 11 General Mathematics
- ◇ Ms. Lisa Scott, Year 8/9/10 Mathematics, Year 11 General Mathematics
- ◇ Ms. Diane Banks, Year 8/9/10 Mathematics, Year 12 General Mathematics
- ◇ Mr. Nilesch Kumar, Year 7/8/9/10/12 Mathematics/Extension
- ◇ Mr. Alan Jolly, (Administration Coordinator), Year 8/10/12 Mathematics General

This year we expanded the 'Maths Tutor' facility to run each lunchtime during the week - and we encourage students from all year groups to come along and work with the Mathematics staff. Thank you to Ms Scott who has volunteered to work with Stage 6 students after school in the library on Wednesday afternoons. We will also be working with the University of Wollongong, Western Sydney University and the Mathematics Association of New South Wales to offer a range of enrichment activities throughout the year.

In each year group we endeavour to highlight the importance of literacy and numeracy in our daily lives and the need for a positive mindset in approaching our studies.

It is a privilege to be entrusted with guiding the students in their journey through High School Mathematics and we look forward to working with you, the parents and caregivers, over the following year.

**Paul Dempsey**  
**Mathematics Coordinator**



### Electronic Newsletter

Our electronic version of the newsletter went out last week and reached 1300 readers.

We are still in the design stage and appreciate any feedback or ideas.

If you did not receive the electronic version please contact the office.

### Senior Maths

### Study Group

(Years 11 and 12)

**General Mathematics**

**Mathematics 2 unit**

**Mathematics Extension**

**Wednesdays after school:**

**2:45pm – 3:45pm**

**In the Library**

- \* 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!!**

# Managing Challenging Behaviours Collaboratively

*The popular programme developed by Dr. Steve Walker, Brief Therapy Solutions*

**Workshops for parents with children diagnosed with ADHD, Oppositional Defiant Disorder (ODD), Conduct Disorder (CD) or challenging behaviours**

## **What you will learn....**

Child development and the link to seriously challenging behaviours

How to look for and identify lost skills in your child

Parents as partners in managing behaviour

Strategies to reduce outbursts

How to make a difference in your child's challenging behaviour

## **Next workshop series commences in April 2017**

**Dates** Every Thursday from 27<sup>th</sup> April 2017 until 15<sup>th</sup> June 2017.

**Venue** Ambarvale High School, Thomas Rose Drive, Rosemeadow

**Time** 6.30pm to 8.30pm

**Presenters** Carmel Flavell - Manager Quality and Inclusion  
(Master Child/Adolescent Welfare, BA (Socio/Women's Studies and Certificate IV in Training and Assessment) and  
Nicole Humphries - Casework Team Leader, Family Support -  
Wollondilly/Camden (Bachelor Social Science (Social Welfare)).



# *Save the date* **MACARTHUR DISABILITY EXPO 2017**

**THURSDAY 14<sup>TH</sup> OF SEPTEMBER 2017  
THE CUBE AT CATHOLIC CLUB**

## *Opportunities and Choices -* **THE NEW WORLD OF DISABILITY SUPPORTS & SERVICES**

Over 50 stalls of services, supports for people with a disability and their families from across South West Sydney including:

- A wide range of NDIS service providers
- Special equipment and technology
- Therapists and early intervention providers
- Workshops
- Key Note Speakers
- Post school vocational and community inclusion options
- Much more to be announced

*Brought to you by Macarthur Disability Network and Post School Options Committee*

### *Enquiries:*

Sue Purnell or Renica Adam  
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