# St Benedict's
## Catholic College
## Newsletter

**Vol 7, Issue 5 24 March 2017**

BE MY LIGHT

### DATES TO REMEMBER

**MARCH**

| | |
|---|---|
| **Mon 27** | Year 12 Half Yearly Exams<br>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<br>Yr 7 Transition Reports distributed<br>**LAST DAY OF TERM 1** |

**TERM 2**

| | |
|---|---|
| **Mon 24** | First day of Term 2 |
| **Tues 25** | ANZAC Day Public Holiday |
| **Thurs 27** | Diocesan Boys Soccer |
| **Fri 28** | Year 8 Geography Excursion |

**MAY**

| | |
|---|---|
| **Mon 1** | Diocesan Cross Country |
| **Tues 2** | Year 7 Science Excursion |
| **Wed 3** | Diocesan Girls Soccer |
| **Thurs 4** | College Photo Day |
| **Fri 5** | St Benedict's Festival |

### YEAR 7 2018

Applications for enrolment for Year 7 2018 are now open. The enrolment package may be collected from the College office. Final day for lodging applications is Friday 7 April (Week 10).

Interview times will be made on receipt of the completed form along with copies of all other documents listed in the pack.

### ATTENTION
### Current St Benedict's Parents

If you have a sibling of a current student who will be applying for Year 7 2018, could you please submit your applications ASAP. We hope to conduct sibling interviews before the end of the term, during Weeks 9 and 10.

Dear Parents

Our Parents & Friends Annual General Meeting was held last week and congratulations to those who volunteered and were elected to executive positions. Mrs Kellie Hanser was returned as the Treasurer, Mrs Clare-Ann Taylor was returned as the Secretary and Mrs Tanya Wyllie was returned as the Diocesan Delegate. Following our President, Danny Rodrigues' retirement after 2 cycles, we were unable to fill the President's position, and are now calling for nominations from the general parent community. Should you wish to nominate, or nominate another person, please contact the Office by email. I am grateful that Danny has indicated that he will continue in the position in the interim. I thank Danny for the work he has lead as the Parents and Friends President over the years.

Enrolments for Year 7 2018 opened last week with our Year 6 Information Night at Camden Civic Centre. A packed house once again confirms the great interest there is in the College. Those who were unable to attend due to the poor weather (or the Justin Bieber Concert!) can pick up an enrolment pack at the front office with forms to be returned by the last week of term. We are attempting to interview those families who are enrolling siblings this term, so I would encourage those families to return their packages early.

Last Friday marked the National Day of Action Against Bullying and Violence. During homeroom, student leaders spoke to classes about how simple acts of kindness can counteract the harm and damage that bullying can cause. There is no place within our community for any act that demeans or removes the dignity of another human being, and we all – adults and young people alike – have a role to play in looking out for each other and being kind to ourselves and to others. I wonder if you watched the ABC series "Bullied" on Monday nights. It is a four part series and continues this coming week or can be caught on iView. I did recommend it to the students to watch, and do so to you. It provides some haunting insight into the impact that bullying can have, just as much as it highlights how kindness and solidarity can heal and repair.

Year 12 students move into their "Half Yearly" exam period next week and we wish them well and keep them in our prayers as they take the first formal step towards preparing for their HSC.

A reminder that Term 2 begins with a ***normal school day*** on the Monday followed by the Anzac Day public holiday on Tuesday. State schools have their normal staff development days this day, whereas SBCC will be holding ours later in the term when the students really need the mid winter break. On the Anzac issue, we will be calling for students who wish to march in the Camden Anzac Day March to let us know in a few weeks. Many students have marched in the last few years with medals adorning their winter uniform as a tribute to those that have served from their families.

All Patricks and Patricias celebrated a very Happy Feast Day last Friday. Despite the weather forcing our Cross Country cancellation, the staff had a great green day! I leave you with the beautifully moving words from the Breastplate of St. Patrick.

*As I arise today,*
*may the strength of God pilot me,*
*the power of God uphold me,*
*the wisdom of God guide me.*
*May the eye of God look before me,*
*the ear of God hear me,*
*the word of God speak for me.*
*May the hand of God protect me,*
*the way of God lie before me,*
*the shield of God defend me,*
*the host of God save me.*
*May Christ shield me today.*
*Christ with me, Christ before me,*
*Christ behind me,*
*Christ in me, Christ beneath me,*
*Christ above me,*
*Christ on my right, Christ on my left,*
*Christ when I lie down, Christ when I sit,*
*Christ when I stand,*
*Christ in the heart of everyone who thinks of me,*
*Christ in the mouth of everyone who speaks of me,*
*Christ in every eye that sees me,*
*Christ in every ear that hears me.*
Amen

Michael Hanratty
Principal

**UNITE FESTIVAL**

The Unite festival held on Friday 10 March, was an extremely successful night for all those who attended. We had various guest speakers come and talk about their experiences relating to their faith and how God has impacted their lives. Josh Aloiai from the Wests Tigers spoke about his struggles in maintaining his faith and his goals when he broke his hip. Through God he was able to hold on to his dream, becoming the first player to play in all of the games in his rookie season.

We also had The Voice winner, Alfie Arcuri, speak about his experience on The Voice, and how having resilience was the key in achieving his passion. He told students that through resilience and a true passion for your goal, you will be able to achieve your dream.

Members of the Youth Mission Team also attended, giving personal speeches on how God helped them through their lives. They also gave an extremely moving performance on how God is always there for us, even if we are led astray.

Students and staff enjoyed the large variety of stalls ranging from delicious food to fun photo opportunities. In the need the stores managed to make a total of $2,230.90, which was an amazing effort. In conclusion, the Unite Festival incorporated fun and festivities with the Catholic faith, giving every student who attended an amazing experience. In fact this Unite Festival had the most students attending in the history of the school! Thank you to Mr Costin and the many teachers who worked hard in organising and running this great experience.

Darcey Christl

# COLLEGE MISSION and VISION

The Gospel last weekend told the story of the Samaritan woman. As I listened, I was reminded of the words of St Benedict – to listen with the ear of your heart. When he said this he was talking about listening carefully to the Gospel and being attentive to it – and how it can influence our lives, just as the Samaritan woman at the well.

**Project Compassion**

Our Prayer Focus this week continues to concentrate on Caritas and the faces of Project Compassion. This week it centres on Semiti and his community in Fiji. Semiti grew up in an informal, or 'squatter', settlement in Fiji. More than a quarter of Fiji's people live in these settlements, with little hope of finding permanent housing and land. Their situation is particularly vulnerable – many live in unstable shelters, and there is a constant threat of extreme climate events. Children have few opportunities for education and unemployment levels are high. There is little access to public services such as roads, water supply, electricity and garbage collection. Now Semiti is working together with other residents of informal settlements to make positive changes. He is the Director of the People's Community Network (PCN), which Caritas Australia supports. PCN helps empower landless people in Fiji, enabling them to address the issues that affect their lives. The network helps people in each settlement to advocate together to improve their living conditions. They work in committees on issues relating to health and hygiene; care of the elderly and of women who need empowerment; education needs; and unemployment. We keep Semiti and the people of Fiji in our prayers this week

**Year 10 Reflection Day**

Recently we held our Yr 10 Reflection Day. This was a wonderful day where students were able to learn more about their faith in an interactive way. Sam Clear again presented a session, talking about his walk around the world and the injustices that he saw. Sam's stories again gained the attention of our students and I thank Sam for being a part of the day. There is a student reflection from Marie Bull in this newsletter, which talks more of the students' experiences.

**Caritas Leadership Day**

We had students attend the recent Caritas Leadership Day. This is a great opportunity for our students to build on strategies, to create awareness of issues, as well as collaborating with students from other schools.

**UNITE Festival**

Our UNITE Festival was held on Friday 10. Wow – what a night. It was truly amazing to see over 210 students enjoying the night, which was based on the concept of resilience and the roles that God, faith, family and friends can play in helping us in difficult times. We were truly blessed this year to have Alfie Arcuri (winner of the 'Voice' 2016), the Youth Mission Team from Sydney as well as Josh Aloiai (First grade rugby league payer with the Wests Tigers) join us at the festival and share their stories. There is a student report from Darcey Christl included in this newsletter.

**Diocesan Education Mass**

Staff had the opportunity recently to attend the Diocesan Education Mass. This was a beautiful Mass celebrated by the Bishop. It was amazing to see over 800 teachers gathered in celebration and it was a very uplifting celebration.

**Year 9 Reflection Day**

The Year 9 Reflection Day was held today with our guest presenter, Chris Doyle. More on this event with Chris will be in the next newsletter.

**GLOW – the Bennies Youth Group**

Finally, this evening sees the return of GLOW – the Bennies Youth Group. This was a great success last year and we look forward to another great night.

Mr David Costin
Director of Mission and Vision.

**YEAR 10 REFLECTION DAY**

The Year 10 Reflection Day was certainly a memorable experience. Sam Clear's gripping tale of his hazardous journey across sweltering heat to sub-zero temperatures (all for the sake of unity, mind you), when combined with the activity which followed this presentation, left the impactful message that many of us take advantage of what we have without regard for those who truly need our resources. The events that took place at Mt Shoenstatt on that beautiful day would persist in our minds as a pleasant memory for years to come.

The day commenced with Sam Clear. The moment he walked into the hall, we all thought *Wow! He's really tall!* But what we couldn't see in this first impression was the challenges he has been through in his life. He had undertaken a 568-day journey around the world. This wasn't just a simple vacation; he did it all on foot - by himself – all for the sake of unity between the Christian denominations of our own faith. Beginning on foot in the Americas, across Siberia by train, and then on foot again from Moscow to west of Spain, this man did not only experience death 11 times, he experienced life again – from the perspectives of completely unknown people. He learned of the unmerciful discrimination and poverty that people experience, yet these people, he learned, could be the most generous. Adolfo, a 24-year-old man, was the single man who impacted Sam the most. Despite living in poverty, and just barely scraping by, Adolfo allowed Sam into his one-room shack home, gave him a place to sleep and gave him something to eat despite having no kitchen, no pantry, and no food.

Upon the conclusion of Sam's captivating story, a seemingly innocent activity took place. Everybody separated into small groups of six, and was each given a scenario representing a person and their financial situation ranging from high, working and low class. As we were handed our scenarios, ahead of us were three boxes filled with packets of chips. We were told to grab a packet of chips for each member of our group, and then we were told to figure out how we should use our income in order to survive our harsh world. The chips were seemingly meaningless at first (many of us just ate them), but in the end, we learned that each of those three boxes represented the resources allocated to each class. But there wasn't enough for each group. The high class depleted their resources, and then took from the working class. The working classes took from the low class. The low class (who were also the majority of the grade) were left with nothing. We unknowingly took food from those who needed it the most. We took advantage of the situation that there was plenty of food for us (and none of us shared it with those who had nothing), but have we considered the fact that maybe we all take from the same small pool of resources? Why would the high class get first priority when the poor need it instead?

The reflection day helped us reflect on the Catholic Social Teachings of the preferential option for the poor and the dignity of the human person. We came to a realisation that perhaps we should have more regard for the resources we always had, but others need. As Catholics, we should begin the action of helping the poor, a notion that many have neglected or ignored, and perhaps in the future years, the world will blossom into unity.

Marie Bull
Yr 10 Student

**Just Leadership Day**

**Shrove Tuesday Activity**

# Career Conversations with Your Young Person

Making decisions around post school options can be a daunting and confusing time for all parties involved.

Research suggests that parents/ carers occupy a unique and critical place in the successful transitioning of their young person. Your involvement and support will ensure they make informed choices.

So where to start! Below are a few helpful tips to assist you when discussing careers with your young person;

Do some research; be aware of latest career trends and labour market information before you start chatting to your young person. joboutlook.gov.au

Listen to different opinions/points of view about what the job is like, what the chances are of getting into that job, but do your own research too – it might be different for your young personwww.skillsroad.com.au/students/industry-videos

- Work with your young person to plan goals. Explore subjects they are interested in, listen to their ideas and try to avoid judgement. By exploring options with them you are teaching them how to make good informed choices.

Utilise career quizzes, they are a great way to start exploring careers and setting goals. www.myfuture.com.au and use school email to create an account.

Encourage career exploration, jump on the net or attend career open days. Exposure is critical in the career planning process. You can visit www.openday.com.au/tertiary/sydney/

- Talk to your young person about your career and work experiences. Be aware of your views and opinions regarding work. They are greatly influenced by your feelings.

Remember as a parent/ carer you are well positioned to be one of the strongest influences in your young person's future. So take the time to have those crucial career conversations.

Ms Karina Lemon
Careers

**Swimming Carnival highlights**

## From the Editorial Team

The third edition of the new look St. Benedict's newsletter has been sent out today and will be available live on the College website from this afternoon. Some have felt a little bombarded with news over recent weeks, but rest assured that from next term, the electronic version will be the sole newsletter. Thank you for your patience while we get accustomed to the new technology and format.

I'd like to acknowledge the editorial team, and they are Mrs. Helen James, Mrs Kerrylee Hempenstall, Mr. Matt McGovern, Mrs Sara Jane Castelli and of course Mr. Hanratty.

I'd also like to thank the small group of parents who have provided feedback and played "devil's advocate."

If you have any further feedback on this publication, or on any other matters to do with college/community communications, please don't hesitate to email me at andrew.lundy@dow.catholic.edu.au.

Andy Lundy
Parent and Community Engagement Coordinator

PS: If you have no access to an email account or the website could you please contact the Office on 4631 5300.

## FACULTY REPORT: Technology and Applied Studies (TAS)

Technological and Applied Studies (TAS) subjects aim to engage students in a diverse range of activities that provide opportunities relevant to them as individuals and to society. St Benedict's aims to utilise technology education as a means of involving students in creative and practical experiences using a range of technologies. Students develop critical thinking skills and learn about and use a variety of resources, materials, tools and techniques to solve problems and meet identified needs.

**Subjects we offer:**

- Stage 4: Technology (Mandatory)
- Stage 5: Food Technology, Industrial Technology, Textiles Technology, Information Software Technology, Graphics Technology, Design and Technology
- Stage 6: Industrial Technology, Computing Applications, Design and Technology

A focus for 2017 and beyond is the implementation of STEM education. STEM education is the learning of science, technology, engineering and mathematics in an interdisciplinary or integrated approach. Students gain and apply knowledge, deepen their understanding and develop creative and critical thinking skills within an authentic context. It includes inquiry and project-based learning.

STEM is important for future generations because future jobs will require problem solving skills, innovative and creative thinking and digital skills. Future generations need to learn how to think critically and flexibly in order to adapt to this rapidly changing world.

To assist us on our STEM journey, the St Benedict's P&F generously purchased and donated a Laser Cutter to the College. Students have commenced using the laser cutter and are amazed at the capabilities of this machine. They are very excited to create their own designs we are beginning to see the potential of this machine been explored with our HSC students Major Projects. The students and staff are very grateful for the P&F support in identifying the need for student exposure to this technology. It will enhance the students project work in a range of courses and provide them with opportunities to undertake processes that are only dreamed about in many schools.

With Subject Selection processes getting underway in Term 2, all students in Year 8 and 10 are encouraged to explore the courses on offer within the TAS KLA.

Chris Shelton
TAS Coordinator

# HISTORY GOES INDUSTRIAL!

*The previous story was all about technology, and the work of our TAS Faculty. The next story, written by 2 of our Year 9 students, shows how 2 Key Learning Areas at St. Benedict's, (TAS and History) are connected, demonstrating the cross-curricular nature of our teaching programmes.*

As part of the History topic,*The Industrial Revolution*, Year 9 were privileged enough to experience the Powerhouse Museum at Ultimo on Thursday, March 9. The excursion helped Year 9 encounter and develop source identification skills and gather information relevant to the era in which the Industrial Revolution took place. The grade was split into two sections for two distinctly different experiences at the Powerhouse Museum. The first part of the experience was an interactive game show. The game show helped grow our knowledge and empathy for the people who lived during the Industrial Revolution. This included placing ourselves in the role of people in the Industrial Revolution and acknowledging the severe difference in classes.

The second experience was spent doing independent research through looking at and reading the information of a variety of different artefacts from the Industrial Revolution, including large steam engines and a train from the era. We recorded our findings in a booklet designed to guide us through the exhibits at the museum.

The Museum was a beautiful environment to be in, filled with amazement learning experiences at every turn. There is no doubt that the Museum has helped our understanding of the Industrial Revolution, providing Year 9 with a perfect learning space.

We would like to thank Mrs O'Flynn, Ms Robino, Mr Bulfon, Mr Wales, Mr Lundy, Mrs Muscat, Mrs Santos and any other teachers involved in the organisation and running of the excursion and for providing Year 9 with the amazing learning experience the Powerhouse offered us. The day ran smoothly and was a great day of hands on education for all who were involved.

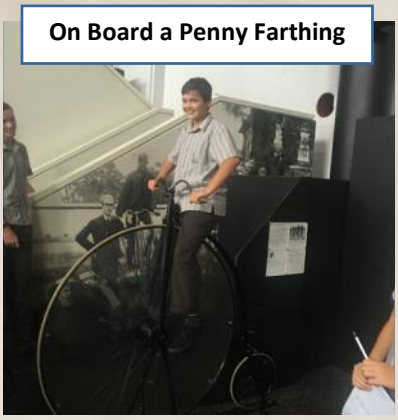
Darcey Christl and Isabella Friscic
Year 9

**The Industrial Revolution Gameshow**

**Operating a steam throttle, with the old destination board from Central Station in the background.**

**The famous Newcomen Steam Engine**

**On Board a Penny Farthing**



**YEAR 10**
**COASTAL GEOGRAPHY EXCURSION**
**CRONULLA and WANDA BEACHES**
**Monday 27 March**

Students are reminded that they are to be at the College by 7:45am for departure at 8am.
Full sports uniform, including their College hat and correct sport shoes are to be worn. Wet weather gear should be brought in case of inclement weather on the day.

Students are to bring their own food and drink for the day as well as a clipboard, pen, pencil and eraser. Cameras or mobile phones may be used for the purpose of collecting geographical data.

**ST ANTHONY'S PARISH**

**Picton/Tahmoor**

The next **FAMILY MASS** @ St. Anthony's Church, Tahmoor is on March 25th @ 6-00pm. We invite all FAMILIES to share in the celebration of the "FEAST OF THE ANNUNCIATION" and thank Mary, our Mother for all her love as we join the MUSOS, SINGERS, DANCERS and all our parishioners. Refreshments will be served after Mass.

***INTERESTED 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
bill.clark@edexaustralia.com.au

*Stock image used. Names changed to protect identity.

**TWO FOREVER HOMES NEEDED FOR GIRLS**

CatholicCare's Foster Care Program is urgently looking for separate forever homes for two girls Jessie*, aged 10, and Molly, aged 11. Jessie loves animals and enjoys riding her bike and playing games. Molly loves reading and arts and crafts and would like to learn to cook. The girls are unrelated.

Due to their complex needs, both girls need homes where they will receive one-on-one care and there are no younger children. They need carers who are kind, stable and compassionate to help them thrive and reach their potential. Carers must be flexible, resilient and able to work in a supportive team environment with CatholicCare.

Carers receive training, casework support and an allowance for day-to-day-care, with extra financial support for education and therapies. Applicants undergo background checks and an assessment before being approved as a Carer.

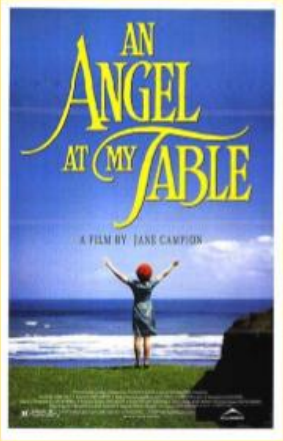
If you have the right qualities to be a Carer or know someone who could be a great Carer, please contact 4254 7712 or email tonil@catholiccare.dow.org.au

CatholicCARE | FOSTER CARE
hope begins with us

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 10 May 7:00pm—8:30pm

**and**

Wednesday 17 May 7:00pm—8:30pm

**PLEASE NOTE:**

Both sessions must be attended. The seminar will start at 7pm **SHARP!**

**COST**

The seminar is **free** to all parents.

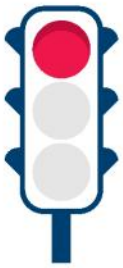
Coffee and tea will be provided.

To **register** your attendance please ring the office on 4631 5300.

# PARENTS

Has your child's private tutor or coach had a

## Working With Children Check?



Tutors must have a current WWCC

Parents must verify the WWCC online

Got a clearance? You're good to go!

NSW | Office of the Children's Guardian

Scan the QR code

the working with children check

**www.kidsguardian.nsw.gov.au/parentscheckthecheck**

It's the law that tutors or coaches who work with your children must have a **Working With Children Check.**

1. Tutors must have a current WWCC
2. Parents must verify the WWCC online
3. Got a clearance? You're good to go!

- Working With Children Check
- Child Safe face-to-face
- Become a child safe organisation
- SafeSpace training for disability sector
- SAFE series
- Parents check the Check
- Child safe sports
- eLearning
- Offender counsellors



# Parents check the Check

In June 2013 legislation changed, requiring people working or volunteering with children under 18 years to have a Working With Children Check.

A new legislated phase-in is approaching for existing employees and volunteers in education.

The new group being phased-in between 1 April 2016 and 31 March 2017 includes people working in private tuition and coaching - many of whom are self employed.

## What does this mean for parents?

This means parents engaging tutors for their children should be asking the tutor to provide a Working With Children Check application or clearance number - then verifying that number online.

Verifying a clearance online is quick and easy, and ensures that a Working With Children Check clearance is current.

- **Verify now!**
- Find out more: **Phase-in schedule for existing workers (109.3KB)**
- Find out more: **Information for parents about the Working With Children Check**

The Certificate for Self Employed People from the old Working With Children Check system is no longer be valid.

Parents who used the services of a private tutor or coach have an important role to play in helping to keep their children safe. This includes spreading the word to other parents about the importance of checking the check.

Please share on Twitter and other social media using #parentscheckthecheck

## Report a concern

Do you have a concern that an organisation or individual is not complying with WWCC obligations?

Use our **secure form to report your concern.**

## Resources

**Poster for parents (561.1KB)**

**Display your WWCC credentials (560KB)**

**Poster for tutors and coaches (563.7KB)**

**Subscribe to e-news**

# St Benedicts Catholic College Café Menu 2017

MADE FRESH

## SANDWICHES

Change to a Wrap or Roll add $1.00

| | |
|---|---|
| Vegemite OR Jam OR Cheese | $2.00 |
| Cheese & Tomato OR Egg & Mayo | $3.00 |
| Ham & Cheese | $3.50 |
| Egg, Lettuce & Mayo | $3.50 |
| Ham, Cheese & Tomato | $4.00 |
| Chicken Breast & Mayo | $4.50 |
| Chicken, Cheese & Mayo | $4.50 |
| Chicken, Lettuce & Mayo | $4.50 |
| Tuna, Lettuce & Mayo | $4.50 |
| Salad (Lettuce, Tomato, Carrot, Cucumber) | $4.50 |
| Salad and choice of Meat (Ham or Chicken) | $5.00 |

**Add Bottle Water 600ml extra $1.00 only**

## SALADS *All Salads served in 20oz Dome*

| | |
|---|---|
| Garden Salad | $4.00 |
| Pasta Salad | $4.00 |
| Potato Salad | $4.00 |
| Tuna Salad | $5.00 |
| Egg Salad | $4.50 |
| Cheese Salad | $4.50 |
| Ham & Cheese Salad | $5.00 |
| Fresh Chicken Breast Salad | $5.50 |
| Caesar Salad | $5.50 |
| Chicken Caesar Salad | $6.00 |
| Greek Salad | $6.00 |
| Fresh Chicken Breast Pasta Salad | $6.00 |

Beetroot, Cheese or Avocado just add 0.50c each

**Add Bottle Water 600ml extra $1.00 only**

## FRESH FRUIT & YOGHURT

| | |
|---|---|
| Fresh Fruit | $1.00 |
| Made Fresh Vegie Diced Cup | $2.00 |
| Made Fresh Fruit Cup | $2.50 |
| Yoghurt with Muesli | $2.50 |
| Frozen Yoghurt | $3.50 |
| Fruit Salad Bowl | $4.00 |
| Yoghurt with Fruit Salad | $4.50 |

## OTHER

| | |
|---|---|
| Hot Chocolate (8oz) | $1.50 |
| Diced Fruit Cup | $2.50 |
| Homemade Muffins | $2.50 |
| Cheese Bread | $3.00 |
| Cheese & Bacon Bread | $3.50 |
| Croissant Plain | $3.00 |
| Croissant with Cheese | $3.50 |
| Croissant Ham&Cheese | $4.00 |

## SNACKS

TOASTIES

| | |
|---|---|
| Cheese | $2.00 |
| Tomato & Cheese | $3.00 |
| Ham & Cheese | $3.50 |
| Ham,Cheese &Tomato | $4.00 |

## HOT DAILY MEALS

**Add Bottle Water 600ml extra $1.00 only**

**Monday**

| | |
|---|---|
| Carbonara | $5.50 |
| Pizza (Margherita or Ham & Cheese) | $5.00 |
| Souvlaki on a Roll | $5.00 |

**Tuesday**

| | |
|---|---|
| Sweet Chilli Chicken Pasta | $5.50 |
| Pizza (Margherita or Garlic & Herb) | $5.00 |
| Meatball Sub | $5.00 |

**Wednesday**

| | |
|---|---|
| Mac & Cheese | $5.50 |
| Pizza (Margherita or Pepperoni) | $5.00 |
| Souvlaki on a Roll | $5.00 |

**Thursday**

| | |
|---|---|
| Pasta with Meatballs | $5.50 |
| Pizza (Margherita or Hawaiian) | $5.00 |
| Meatball Sub | $5.00 |

**Friday**

| | |
|---|---|
| Curry Chicken with Rice | $5.50 |
| Pizza (Margherita or Ham & Cheese) | $5.00 |
| Souvlaki on a Roll | $5.00 |

*Hot Daily Meals subject to change*

## HOT FOOD Available Everyday

| | |
|---|---|
| Cheesey Garlic Bread | $2.50 |
| Mamee Cup Noodles | $3.00 |
| Sausage Roll ( small ) | $3.00 |
| Sausage Roll ( Mrs Mac ) | $4.50 |
| Hot Dog | $3.50 |
| Wedges (Cup) with Sweet Chilli | $3.50 |
| Nachos with Sauce & Melted Cheese | $4.00 |
| Meat Pie | $4.50 |
| Pizza Margherita | $5.00 |
| Chicken Nuggets (6) | $5.00 |
| Chicken Burger,Cheese OR Hamburger | $5.50 |
| Lasagne or Pasta Bolognaise | $5.50 |
| Homemade Schnitzel | $6.00 |

*MADE FRESH TO ORDER DAILY*

## MILK-JUICES-DRINKS

| | |
|---|---|
| Water 600ml | $2.00 |
| Popper 100% 250ml | $2.00 |
| Cans of Drink | $2.50 |
| Disney Fruit Drinks | $2.00 |
| Milk (Flavoured) 300ml | $2.50 |
| Juice 100% 350ml | $3.50 |
| Bottles of Drinks | $3.50 |
| Aloe Vera | $4.00 |
| Ice Tea | $4.00 |
| Staminade | $4.00 |

## SWEETS & SNACKS

| | |
|---|---|
| Sumo Cookies | 0.80c |
| Cookies X 2 | $1.00 |
| Jelly Cup (plain/frozen) | $1.00 |
| Mamee Noodles | $1.30 |
| Jelly & Custard | $1.50 |
| Frozen Juice Cup | $1.50 |
| Assorted Chips from | $2.00 |
| Icy Pops | $2.00 |
| Plain Ice Cream Cup | $2.00 |
| Muffin OR Caramel Slice | $2.50 |
| Lamington OR Custard Tart | $3.00 |
| Yowie Choc Shake Cup | $3.50 |

**BREADS (G) White, Wholemeal, or Multigrain, Wraps, White Roll, Turkish/Focaccia**

# CAMPBELLTOWN TERM 2, 2017

## WORKSHOP BOOKINGS: 4628 0044 or 4227 1122

### 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.

Tuesday **afternoons:** 4pm - 5pm
May 9, 16, 23, 30 & June 6, 13, 20 & 27

**Workshop Fee: $15 per session**

### 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 .

Tuesday **mornings:** 10am -12:30pm
May 16, 23, 30 & June 6

**Workshop Fee: $15 per session**

### 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.

Tuesday **mornings:** 10am - 12:30pm
June 13, 20 & 27

**Workshop Fee: $15 per session**

### 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.

Tuesday **evenings**: 6pm - 8:30pm
May 9, 16, 23, 30 & June 6

**OR**

Thursday **mornings:** 10am - 12:30pm
April 27 & May 4, 11, 18 & 25

**Workshop Fee**: **$20 per session**

### 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.

Monday **afternoons:** 12 noon - 2:30pm
May 8, 15, 22, 29 & June 5, 19 & 26
**Workshop Fee: $15 per session**
*Campbelltown Office*

**OR**

Thursday **mornings:** 9:30am -12 noon
April 27 & May 4, 11, 18, 25 & June 1, 8
**Workshop Fee: FREE**
*Claymore Community Centre*
*Cnr Dobell Rd & Gould Rd, Claymore*

### 123 MAGIC AND EMOTION COACHING

Learn to be present and consistent as a parent. This time tested program provides parents with easy to use disciplining techniques for their children, without letting emotions get the better of them.

Wednesday **mornings:** 10am - 12:30pm
May 3, 10 & 17

**OR**

Friday **afternoons:** 12:30pm - 2:30pm
May 19, 26 & June 2

**Workshop Fee**: **$15 per session**

### 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.

Tuesday **evenings:** 6pm - 8:30pm
May 9, 16, 23, 30 & June 6
**OR**

Friday **mornings:** 9:30am– 11:30am
April 28 & May 5, 12, 19, 26 & 2 June

**Workshop Fee: $15 per session**

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

Catholic CARE | hope begins with us

*Concessions may apply dependent on financial circumstances.*

*Limited childcare may be available, bookings*