



# St Benedict's

## Catholic College

### Newsletter

Vol 5, Issue 6 12 May 2015

Dear Parents and Carers

The last two weeks have been very busy at the College. We have been meeting new Year 6 students and their families who are seeking a place in Year 7 for 2016 and there have been a significant number of siblings seeking enrolment as well. Please note that if you have a child at St Benedict's already, you **must apply again for all subsequent children**. We have been overwhelmed with the interest and are proud that our College is providing a strong safe, Catholic, well rounded education for so many families in the local area.

We celebrated St Benedict's Day on a rather wet Friday two weeks ago. Despite the morning rain, the students had a great day and there was an excellent showcase of talent in "Bennies Got Talent" including a rousing "Let It Go" from the Disney movie Frozen which had the whole school on its feet singing along. Congratulations to all the students who showcased their talents and volunteered to be part of the day. Congratulations also to our wonderful teachers and support staff who cooked, auditioned, provided logistical support and trained liturgical ministers in their roles for the day.

Fr. Joe's homily earlier in the day focused on the time we give to God. This concept of time and balancing your time is a critical feature of the Benedictine Way. As parents are aware, the balance between formal lessons, relaxation and prayer is marked clearly in our school, including the reciting each day of the 'Midday Mantra' and the reflective silence that follows.

In our busy lives, some days seem to last forever and the list of tasks is never ending, it is in the doing of each one that we find God. He is ever present in all we do, and in the people with whom we connect - in the Rhythm

of Life! Balance is no easy feat - it is the line between stability and change, between obedience and initiative and the times of action and contemplation. In the Benedictine Way, achieving a balance should be "nothing harsh and nothing burdensome".

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This week NAPLAN tests take place across NSW for Years 7 and 9. A letter was sent home from BOSTES informing parents of the dates and nature of the testing.

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Years 9 & 10 students will be preparing this week for their half yearly exams in Week 5. It can be a stressful time, so once again, balance in all things and appropriate priorities (how many shifts can I really afford to do this week in my part time job?) are important. We wish all students well in their preparation during this period.

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I was reading a piece by Michael Grose during the week and I reproduce it below in full. Although this article runs the risks of over simplification ("there are only two types of people in the world.."), it does give pause to think. The first part asks for a bit of parent self-reflection and the second asks for a bit of child-recognition!

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Our always-popular "Parenting Teens" seminars are on again in a fortnight. Over two consecutive Wednesday nights, Gloria Melham, our school counsellor, leads parents through an introduction to adolescent behaviour and some strategies to assist parents in dealing with the changes your children are themselves dealing with. If this is your first child to hit the teenage years and you are a bit bewildered by their attitudes and behaviours and not sure

yet what to give in to or take away, the Parenting Teens evenings may well be invaluable.

Have a great week

Michael Hanratty  
Principal

#### UPCOMING EVENTS

##### May

- Wed 13** NAPLAN for Years 7 & 9
- Thurs 14** NAPLAN for Years 7 & 9
- Fri 15** Year 11 Biology Excursion
- Mon 18** Yrs 9 & 10 Semester 1 Exams commence
- Tues 19** P&F Meeting 7pm @ the College
- Wed 20** Parenting Teens Session 1  
Year 8 MISA Debating
- Fri 22** Semester 1 Exams end
- Wed 27** Parenting Teens Session 2

##### June

- Mon 1** Yr 8 MISA Debating
- Wed 3** Diocesan Footy Knockout
- Fri 5** Staff Development Day—Pupil Free
- Mon 8** Queen's Birthday Public Holiday
- Wed 10** Year 10 Careers Day
- Thurs 11** Vaccinations #2
- Tues 16** MISA Dance Festival
- Wed 17** MISA Year 8 Debating
- Thurs 18** Year 7 Science Excursion  
Year 8 English Excursion
- Mon 22** Yrs 7-10 Semester 1 Reports distributed
- Thurs 25** Parent/Teacher/Student Interviews
- Fri 26** Parent/Teacher/Student Interviews  
**Last Day Term 2**

**Have you secured your place at the Parenting Teens Workshops?**

See the attached flyer for more details.

## There are three types of parents.

There are those who walk in front of their kids; there are those who walk behind their kids; and those who walk beside their children.

**'Walk in front'** parents love to lead the way. "Let's go" is their mantra. This is the style for task-oriented, busy, enthusiastic types. I was this type of parent when my kids were young. It's the style I default to. The trouble was, I may have thought I was leading but my children didn't always follow!

**'Walk behind'** parents usually push their kids hard. "Come on" is their mantra. This is the style for parents with high expectations and parents with a lot on their plate. This style is exhausting as you always seem to be pushing harder than you want. It's doubly hard when kids are resistant.

**'Walk beside'** parents do a great deal with their children. "Let's do it" is their mantra. This is the style preferred by relationship-driven, inclusive types. This was my wife's preferred style. She was a hands-on parent who spent much of her time teaching, talking and explaining to kids. This style is time-consuming, and can make it hard for parents to have their own time.

### So which style do you naturally default to?

Effective parents adapt to different situations, and different children. There will be times when you should be a 'walk in front' parent, just as there are times when your kids will want you to be a 'walk beside' parent, particularly when life doesn't go their way.

There are times, and some kids, who need to be pushed hard. They need someone to 'walk behind' them and push like mad. You may have been one of these types of kids yourself.

The trouble is, if you are always pushing like mad then resentment can build up. If you find yourself always 'walking behind' then you need to spend some time 'walking beside' your child to build some good will.

Similarly, if you are a 'walk in front' parent (more likely to be a male) always miles ahead of your kids you may need to slow down and spend some time 'walking beside' your kids. They'll appreciate the change.

### What style does my child need right now?

There is a better question to ask than "What style do you default to?"

That is, "What style does my child need right now?"

Ask that question often enough, and respond appropriately and you'll find your effectiveness as a mum or a dad will increase astronomically as you'll be meeting the needs of your child.

You may prefer one style but try not to get stuck in that style. Remember, great parents are adaptable, rather than inflexible. Try practising different styles so you get used to how each style feels. You'll also discover the styles that your kids feel most comfortable with.

So explore, experiment and grow as a parent. Your kids will benefit from your flexibility and self-knowledge.

(Michael Grose)

### Reminder...

**P&F Meeting**  
**Tuesday 19 May**  
**7pm**  
**@ the College**

All parents are invited  
to attend.

### SEMESTER 1 EXAMINATIONS Years 9 & 10

**Start:** Monday 18 May  
**End:** Friday 22 May



### St Anthony's Youth Mass

The next Youth Mass @ St. Anthony's Church, Tahmoor, is on Saturday, May 23<sup>rd</sup>, @ 5pm. A LARGE CHOIR and MORE DANCERS and a HUGE BAND will celebrate the EUCHARIST WITH YOU. So come and join in and enjoy meeting all your old school friends. There will be refreshments after Mass.

### CAFÉ NEWS

New to our menu

**\$3 Large Jelly**

**\$3.50 Trifle**

&

**\$4.00 MAC CHEESE**

Yummy!!!

\*When placing an order at the canteen please ensure all details are written neatly.

Reminders:

- Bags to be left outside of Café
- Have your card ready to purchase
- Lunch orders can be made before school or at the Recess break
- Check the website for updates to the menu

## Celebration Day

Recently, the College held our first Celebration Day. Previously we had celebrated St Benedict's Feast Day during July as the actual feast day fell during the school holidays. The day provided students with many opportunities to be involved and to showcase the abundance of gifts and talents within our community.

I have included students reports below, outlining the 3 main sections of the day. A very big thank you to all involved in making the Celebration Day a memorable one.

Mr David Costin  
Religious Education Coordinator

### Celebration Day Mass

On Friday 1st May 2015, the students and staff, as well as family and friends, helped to mark St Benedict's Celebration Day. It was a special occasion, with the new Ambo being revealed during our Mass, handcrafted by our very own TAS teachers, Mr Shelton and Mr Andruschko.

The day began with a Mass, where we were led by Father Joe in celebrating the blessed sacrament of Holy Communion as a whole school community. With Father Joe's Homily, we were given words of inspiration on how much time we spend with God, and how we can include more of God in our everyday lives. There was a strong involvement of students in the Mass, from altar servers, Extra Ordinary ministers of Holy Communion, readers, students involved in processions, a Cantor and the Choir. Thanks to all for being involved and making it such a special way to start the day.

At the conclusion of the Mass, students who had achieved 100 Merits, 50 Personal Bests, Gold Badges or Gold Medallions were recognised for their achievements and presented with their badges.

Lachlan Haidle  
Year 11



### Amazing Race Trivia

After Mass the whole school participated in a huge game of Amazing Race trivia. Each homeroom participated as a team to try to work through each stage of the trivia. The trivia contained a find-a-word, a pop-culture quiz, a famous faces quiz, a superhero quiz, spot-the-difference, a dot-to-dot and a movie clip trivia section. Because the trivia had so many parts to it, not every class got to finish. Each class put in a great deal of effort into completing the parts and overall it was a fantastic component of the day. It was great to see so many student getting involved in the trivia and really enjoying themselves.

A special mention to Ms Brady and her group of helpers who were responsible for the organisation and running of the trivia.

Emily Arnold and Jackson Lewis  
Year 10



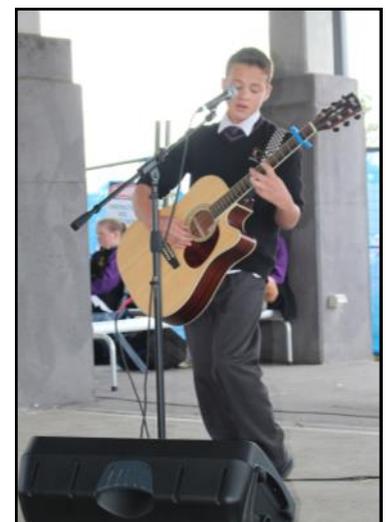
### Celebration Day Lunch

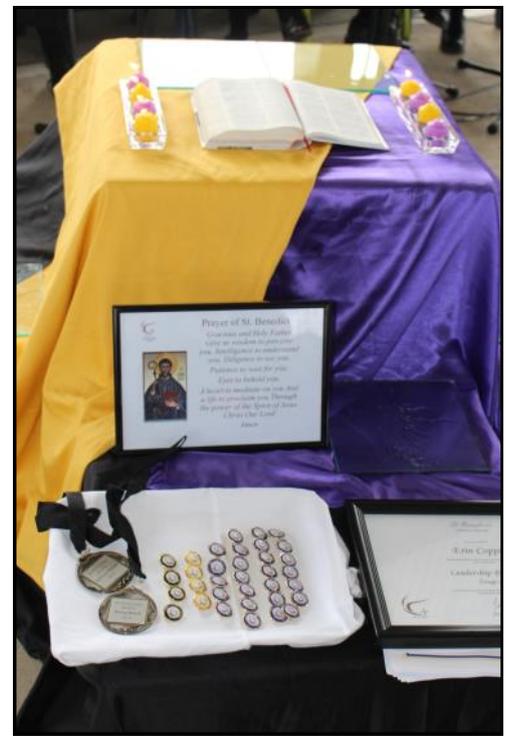
Lunch was provided to students on the day. A big thankyou to the CAFÉ staff for doing a great job in organising and cooking the BBQ and providing drinks to the students.

### Bennies Got Talent

Following lunch was Bennies Got Talent. Hosted by two of the Year 9 Cultural Leaders, everyone enjoyed watching the talents that some of our students had to offer. Performances ranged from students playing piano pieces, to singing and playing guitar as well as a drama performances. The show finished with a rendition of "Let It Go" which was great as a most of the audience sung along. Congratulations to all the performers, everyone did an amazing job. Bennie's Got Talent was definitely a great way to end this day full of celebration.

Yr 9 Cultural Leaders





# Celebration Day Highlights

## Year 11 Hospitality Work Placement

During week 1, the Year 11 Hospitality students experienced their first mandatory course work placement. Students can select from a variety of establishments around the local area or may venture further afield if they have particular interests or skills they want to develop.

We are fortunate to be involved with the Macarthur Workplace Learning Program who assists local schools by developing partnerships with businesses and sourcing host workplaces. During their placement, students gain an insight into the demands of working full time, whilst completing a range of industry relevant tasks such as food preparation, serving customers, cooking meals, preparing beverages, setting tables for service and cleaning.

The students are to be congratulated for the many commendations received by chefs and management staff for the way in which students conducted themselves. It was pleasing to see a number of students offered apprenticeships and part time work at their respective employers.

I look forward to seeing the skill progression developed over the course of their work placement flow into our practical experiences here at the college.

Mrs Lynette Reavell  
Hospitality Trainer



### College Sport—Week 3

Hooray for beautiful weather on a Tuesday! This week we were blessed with sunshine and all grounds open, which meant that all Sports were able to go ahead. Our Year 7 and 8 students were able to enjoy their first sessions of AFL and Sport Clinic at Kirkham, and from all reports, students had a great first session.

Just a reminder to all students that all required equipment must be bought to Sport each week. At the very least this includes a water bottle and College hat for all students. Students have been reminded that if their College hat has been misplaced, bring an alternative for that week as well as a note from a parent/guardian.

**Functional45 (Yr 10) and Crossfit (Yr 11) also require a small sweat towel each week.**

Congratulations to the following students who were nominated as MVPs for Week 3;

Alicia Xerri & Demi Cavallaro (7A, Zumba)  
Emilia Waters & Chenoa Brimble (7B, AFL)  
Alexander Mae & Isabelle Laycock (7C, Swimming)  
Gabrielle Sarkis & Nathaniel Murphy (7D, SportsFun)  
Justin Waights (8A, Taekwondo)  
Joshua Meadows (8B, Sport Clinic)  
Kaylah Boughton (8C, Maximum Skating, Smeaton Grange)  
Harry Mae & Maddy Bell (9A, Bodywar)  
Thomas Haidle (9B, Bowling)  
Alex Mougios & Bianca Dunn (11, Crossfit)  
Ella Almond (10A, F45)  
Abby Petrovski (10B, Tennis)

### MISA Sport—Week 3

Trials for the boys MISA Soccer Teams took place today and the successful students received a MISA permission note. Congratulations to all that trialed, it is great to see so many students keen to represent the College. Our MISA Netball teams had their first match today against St Patrick's College. Congratulations to both teams who improved significantly on their results against St Pat's last year.

Congratulations to the following students who were nominated as MVPs for their team:

Macy Heath (Year 9 Netball)  
Isabelle Taylor (Year 10/11 Netball)

Yours in Sport,

Mrs Pereira (T.U.T)



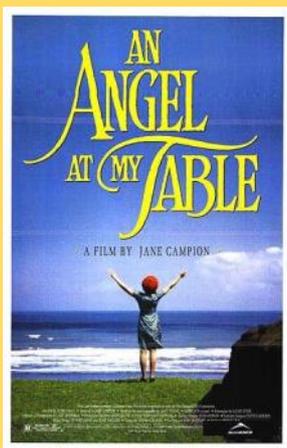
Mrs Susan Young, a member of our hard working office staff, was fortunate to be selected to attend the ANZAC Day Service at Gallipoli, a truly amazing and emotional experience. She is seen here laying a wreath at the Lone Pine memorial.



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 20 May 7:00pm—8:30pm

and

Wednesday 27 May 7:00pm—8:30pm

### 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.