



# St Benedict's Catholic College Newsletter

Vol 7, Issue 2 24 February 2017

Dear Parents

I begin our newsletter this week by addressing some difficult issues. As the Royal Commission into Institutional Responses to Child Sexual Abuse draws to a close we continue to hear terrible stories of pain and it is very hard to imagine that healing can occur for those who have been abused.

A fortnight ago Bishop Ingham wrote an excellent letter to the Diocesan community regarding the Church's commitment towards healing and we copied a letter home to all families. I hope that you will read it and discuss this with your children. As a Benedictine community we stand in solidarity and support of all those impacted and we continue to pray for all survivors and the Commission as it draws to a close. Our new digital newsletter has a video of Bishop Ingham's address.

I was delighted to meet so many of our new Year 7 parents last week at our "P (Parent) Plate" Evening. On the night we introduced College procedures and routines as well as some of the "things you are likely to expect" from 12 year olds. The College values its partnership with parents and recognises the role that parents and carers play in the education of their children. This evening for "new High School" parents was a step in this process. This year we are looking to strengthen the partnership between family, school and the wider community for the benefit of your children's overall development and learning. I welcome Mr Andy Lundy to the role of Parent and Community Engagement Officer in 2017. Those of you receiving this newsletter through our new platform—Smore—in the next few weeks, will appreciate his work as it begins. We look forward to receiving feedback about our new newsletter format from parents as it is rolled out more frequently this term.

Year 12 Parents had the opportunity this week to participate in a series of workshops around ATAR courses, scaling, managing stress in their household and preparing their children for University or TAFE in the months to come. Our most successful student in 2016, Astrid Turner returned to participate in a Q&A style session that was very informative for all who attended.

Next week we come to the end of the current period of Ordinary Time in the liturgical calendar and Lent is now upon us. Caritas Australia will be holding the Diocesan launch of Project Compassion locally this year on Shrove Tuesday with St Mary McKillop Parish hosting the Mass and St Justin's Primary organizing the welcome and morning tea following. St Benedict's Hospitality and Food students will be assisting on the day. Representatives from every Primary and High School in the Diocese will be in attendance so it will be busy in the precinct car park and surrounds during the morning. Bishop Peter Ingham will be celebrating the Eucharist and we welcome him back to our dynamic Catholic community.

Our front office is taking a lot of calls regarding our Information Evening for Year 7 2018. It will be held on **Wednesday night 15<sup>th</sup> March beginning at 7pm sharp**. Due to space constraints, once again our venue will be the Camden Civic Centre. Please note that this is a changed date from that published in the student diaries that went to press in early November.

Have a wonderful week.

Michael Hanratty  
Principal

## DATES TO REMEMBER

### MARCH

<b>Wed 1</b>	Ash Wednesday
<b>Thurs 2</b>	Diocesan Girls Touch Footy
<b>Fri 3</b>	Staff Development Day - Pupil Free
<b>Wed 8</b>	Diocesan Boys Touch Footy
<b>Thurs 9</b>	Year 9 History Excursion
<b>Fri 10</b>	UNITE 2 Festival Year 7 Vaccinations - #1 Year 10 Reflection Day
<b>Mon 13</b>	Year 11 Geography Excursion
<b>Tues 14</b>	<b><u>P&amp;F AGM 7pm at the College</u></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**

## CATHOLIC MISSION and VISION

The coming weeks provide some exciting times in the Catholic life of the College. Ash Wednesday will be celebrated next week. Ash Wednesday is one of the most popular and important holy days in the liturgical calendar as it marks the commencement of the season of Lent, a season of fasting and prayer.

Ash Wednesday originates from the ancient Jewish tradition of penance and fasting. The practice includes the wearing of ashes on the head, which symbolise the dust from which God made us. (source: <http://www.catholic.org/lent/ashwed.php>). One of the important aspects of the coming Lenten season is that of prayer. Bishop Peter Ingham, in his 2015 Lenten message reminds us beautifully of the importance that prayer and silence can have in our lives.

‘While connecting with others like this is a great spiritual exercise, never forget the importance of silence. So, after you have shared with each other, why not turn off the mobile phone or TV or iPad for a time of silence and prayer or reading the Scriptures or a spiritual book to lift our minds and hearts to God’. (source: <http://www.dow.org.au/news/news-and-media/item/bishop-peter-ingham-s-lenten-message-2015>)

At St Benedict’s, our midday mantra is a great example of this opportunity of silent and prayerful reflection. At the end of our mantra is time for silence so that staff and students can, in the words of Bishop Peter, ‘lift our minds and hearts to God’.

### Caritas “Project Compassion”

As this season fast approaches, we will also have the opportunity to send students to, and assist in, the Caritas ‘Project Compassion’ Launch for 2017. This year the launch is being held at St Mary of the Cross MacKillop Parish and is hosted by St Justin’s. Students will have an opportunity to meet Bishop Peter and social justice leaders from other schools, and to celebrate the wonderful work that Caritas does in supporting the needs of those around us. Additionally, some of our Year 10 Food Technology students have volunteered to serve morning tea on the day, which will be a great opportunity to practise the skills that they have learnt in this course.

### UNITE Festival

The UNITE festival is only 2 weeks away. The first of our special guests have already been announced – the Youth Mission Team (YMT). The YMT last year was involved in several after school activities, including the UNITE 2016 festival. Students have found the YMT very engaging and entertaining and the people involved are very approachable and friendly. We look forward to their involvement this year. The second invited guest has just been announced as Alfie Arcuri. Alfie is an amazing musician and families would remember him as the winner of ‘the Voice’ 2016. We look forward to hearing from Alfie at this year’s event). We are aiming to break last year’s record attendance of 200 students and I encourage all students to support this wonderful celebration. The other exciting aspect of this festival is that it’s a great way for homerooms to raise money for Caritas. Already, there are several homerooms working hard to ensure that there is plenty of delicious foods to choose from on the night.

### Reflection Days

We have some Reflection Days coming up over the next few weeks. Notably, the first one is the Year 10 Reflection Day. There are some great activities planned for this day and we have Sam Clear back to present a session. The focus this year is on Social Action and links in very closely to the current unit in Religious Education which is ‘Catholic Social Teaching’.

### Staff Development Day

The staff development day coming up next Friday the 3<sup>rd</sup> March will be a great opportunity for the staff to develop their own spirituality and faith. I very much look forward to this day and working with Br Bill Sullivan in exploring our ‘Love of God’ and how we can make this real in our lives.

Mr David Costin  
Director of Mission and Vision.

### Important Changes to School Fee Accounts

School fee accounts have been issued this week. The Catholic Education Office has made some significant changes regarding fee billing and procedures. The biggest change is that you will be billed at the beginning of the year for the entire yearly amount, with the exception of excursions, which will be added at the time of the event.

Another change is in relation to the expected payment date. Unless you make an alternate payment arrangement for your school fee account this year, your account will be due 30 days from the issue of the account (by 31st March).

If you are not going to pay the full amount by the due date and wish to take advantage of a payment plan, including periodic payments (BPay, Direct Debit, EFTPOS etc), you **MUST** fill out the new Diocesan School Fee Agreement form and return it to school before fees are issued (currently this option will apply to most families in the school). A copy of this form is attached to this newsletter. The Catholic Education Office have created a fee calculator so that you can determine what your regular payments will be. This is located on the College Website under **Fees & Enrolments**. You simply click on the link **Fee** tab, then download the Diocesan School Fee Agreement.

If you have any questions please do not hesitate to contact Gwen Rumble or Karen Earnshaw on 02 4631 5300 or email [finance@sbccdow.catholic.edu.au](mailto:finance@sbccdow.catholic.edu.au)

### Special Provisions

Special provisions in the HSC are practical arrangements designed to help students who couldn't otherwise make a fair attempt to show what they know in an exam room. The provisions granted are solely determined by how the student's exam performance is affected. Provisions may include braille papers, large-print papers, use of a reader and/or writer, extra time or rest breaks.

In applying for such provisions, specific information and various types of evidence need to be submitted. This includes a recent medical report (in the last twelve months) highlighting the medical condition / disability and its implications in an exam situation. Please visit the BOSTES website for detailed information:

<http://www.boardofstudies.nsw.edu.au/disability-provisions/students-and-parents.html>

If you would like to make an application please contact Mrs Keedle or Mr Bombardiere ASAP as applications must be submitted soon.

Thank you  
Mrs Keedle

#### **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!!**

#### **ALERT**

Please be advised that for the health and safety of your children, energy drinks **are not to be brought on to the College grounds.**

#### **St Anthony's Parish, Picton/ Tahmoor**

The first Family Mass 2017 is  
Saturday 25<sup>th</sup> February @ 6:00pm.

We invite all families in our region to join the amazing musos, dancers, singers and Parishioners to ask GOD to bless our year and give to us PEACE and HAPPINESS throughout the year. Refreshments will be served after Mass.

Margaret Cronin

#### **Access to the College Grounds**

**All** visitors to the College, including parents and carers, must report to the Administration Office.

Parents are to remain outside the gates when dropping children off to school or collecting them after school.

If your child is being collected early, parents are required to collect the student at the Office.

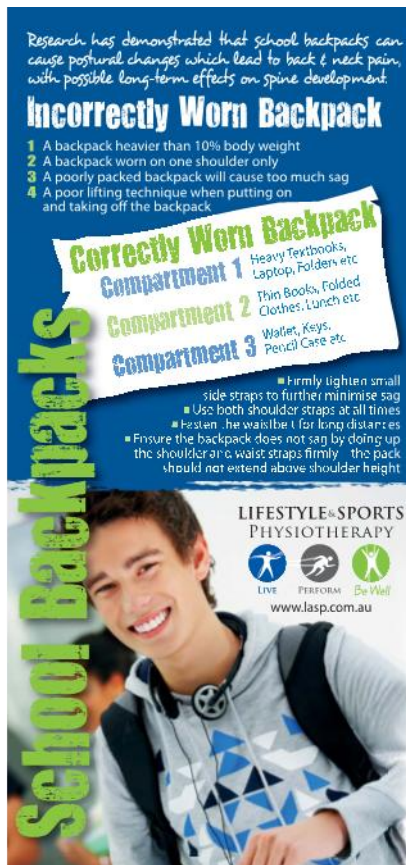
## Year 7 Backpack Talk

On Tuesday our Year 7 students took part in a very important presentation about the importance of packing and carrying their school bags.

Mr Andrew Hreszczuk, a Physiotherapist from Lifestyle and Sports Physiotherapy, provided our students with very valuable information about how to pack their school bag as well as how to carry the bag to minimise injury.

We would like to thank Andrew for his time and expertise.

Mrs Koryzma



### Uniform and Grooming

Sincere thanks to those parents who have ensured that your children have returned to school with their hair, uniform and presentation clearly meeting the College's guidelines. All students have now been issued with their 2017 Diary which clearly sets out the College's expectations that these guidelines will be followed throughout the year.

Please refresh your memory over our expectations. For example, very few senior girls skirt lengths are below the knee as most have had a growth spurt over the holidays. This would be expected to be rectified over the coming week as the leniency period is now over.

### OPAL CARDS AND BUSES

Adjustments to many bus routes will 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 from this week, 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>



## Courtney Shines Again!

Once again we have a rising star in Courtney Schonell. On Monday 6th February Courtney was presented with a CCC Blues Award at a glittering ceremony at St Paul's College Manly. Attended by the Directors of Catholic Education across NSW, Courtney was one of an amazing number of outstanding sportspeople who had reached the highest levels of attainment whilst in their school years. Courtney has shown her true talents in the sport of Hockey. She was named Captain of the Australian team and she was also named MVP of the tournament in South Africa last year.



## CCC Triathlon

Congratulations to Jared Madsen and Madelyn Manny who represented the College on Wednesday 22<sup>nd</sup> February at the CCC All Schools Individual Triathlon, Penrith. These students displayed what it means to be a true athlete on the day, with Jared coming 52<sup>nd</sup> and Madelyn 17<sup>th</sup> in their age group. Their hard work and effort in their chosen sport outside of school was reflected by their results on the day. Well done!

Also on triathlon news, Thursday 23<sup>rd</sup> February, we had two teams entered into the CCC All Schools Triathlon, Penrith. We had our first senior team comprising of Jared Madsen (cyclist), Joshua Irons (runner) and Max Surace (swimmer). The boys did an exceptional job on the day and came 20<sup>th</sup> overall.

The junior girls team came 57<sup>th</sup> on the day. The team included Hannah Small (cyclist), Charlise McCarthy (runner) and Bianca Moubarak (swimmer). This is an amazing result by both our boys and girls team, and we couldn't be more pleased with their result.

Great job to all!!!

Miss Liska



## College Swimming Carnival

Congratulations to everyone who attended our College Swimming Carnival on Wednesday 22<sup>nd</sup> February. Your participation and cooperation on the day ensured that the day ran smoothly and was an enjoyable experience. A huge 45 records were made and broken on the day; this is a very impressive achievement and demonstration of the growing talent amongst our community. The day ended with our Champions of Champions boys and girls competing against each other to see who our fastest girl and fastest boy is in the College. Congratulations to Isabella Ravino and Max Surace.

Max Surace is to also be congratulated for breaking all the records for the 15 Boys; we've got an Ian Thorpe amongst us!!!!

All students gave their all in every event they entered. Congratulations must go to the following 2017 Swimming Age Champions:

### 2017 Age Champions

12 Girls	Charlotte Manny	12 Boys	Jared Simpson
13 Girls	Bianca Moubarak	13 Boys	Jai Cooper
14 Girls	Isabella Ravino	14 Boys	Dylan Birkbeck
15 Girls	Ashley Bales	15 Boys	Max Surace
16 Girls	Bryanna Rixon	16 Boys	Angus White
Open Girls	Maddison Evans	Open Boys	Cooper Davidson

I would like to take this opportunity to thank the PDHPE staff and SLR student helpers; without their effort the carnival would not be possible. Thank you to all those parents who come down to support and cheer on their children.

Lastly, best of luck to the students who have been selected to represent our College at the Diocesan Secondary Swimming Carnival on Thursday 16<sup>th</sup> February. We wish them well in the pool.

Miss Liska



**Each week , we plan to introduce you to our faculties. First in this week's edition we focus on...**

### **HUMAN SOCIETY and its ENVIRONMENT**

The H.S.I.E. faculty at St. Benedict's has had a busy start to the year, with more than 30 separate classes being taught across Years 7 to 12. We are one of the school's largest faculties, offering History, Geography, Commerce and History Elective in years 7-10, and in years 11 and 12, Ancient History, Modern History, History Extension, Geography, Business Studies and Legal Studies are all popular HSC options for our students.

HSIE is fortunate to have a wide range of skills and experiences in its teaching staff. For 2017, we welcome Mr. Peter Morris to the faculty. The remainder of the faculty are:

**Ms. Natasha O'Flynn, (Coordinator)** History and Geography, Years 7-10 and Year 12 Modern History

Ms Bernadette Adams, History and Geography Years 7-10 and Year 11 Geography

Mr. Steve Bulfon, History and Geography Years 7-10 and Year 11 Business Studies

Mr. David Costin, (Director of Mission) Year 11 Legal Studies

Mr. Steve Lo Cascio (Assistant Principal) Year 12 Legal Studies

Mr. Andy Lundy (Community/Parent Engagement Coordinator) Year 7 History, Year 9 History Elective, Year 11 Modern History, Year 12 Ancient History

Mr. Anthony McAteer (Year 11 Coordinator) Year 9 Commerce, Year 10 History and Geography, Year 11 Work Studies and Year 12 Business Studies

Mr. Peter Morris (Year 9 Coordinator) History and Geography, Years 7-10 and Year 11 Ancient History.

Ms Kirstie O' Connor, Year 7 History

Ms Claudia Robino, (LOTE Coordinating Teacher) Year 7 and 9 History

Ms Sheree Santos, Year 7 and 9 History

The above list reveals the diversity of the academic fields our faculty delivers. Whilst our subjects are connected under the HSIE umbrella, they are all distinct subjects with their own requirements and skills, and we are lucky enough to have staff who are expert practitioners in some, or all of the subjects offered.

We look forward to working with you, the parents and caregivers, over the following year. If there is any advice we can give you to help your son and daughter with our subjects, it would be to talk to them, about the things they are studying and also about the world in general; places, current events, people and all things connected to our amazing world.

Don't be like that famous dad from a while ago...

"Dad, why did they build the Great Wall of China?"

".....To keep the rabbits out....."

**Natasha O'Flynn**  
**Coordinator, HSIE**



## Can Saver Plus assist you with school costs?

Join Saver Plus and match your savings, dollar for dollar, up to \$500 for educational costs including:

- school uniforms and text books
- computers, laptops and tablets
- excursions and camps
- sports equipment, uniforms and lessons
- music tuition and instrument hire.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner), such as full-time, part-time, casual or seasonal work, and have a child at school or study yourself.

**Contact Liz Tinney your local Saver Plus Worker:**  
**(02) 4633 3722 / 0407 310 205**  
**or [liz.tinney@benevolent.org.au](mailto:liz.tinney@benevolent.org.au)**

*Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered across Macarthur region by The Benevolent Society.  
The program is funded by ANZ and the Australian Government.*



# CAMPBELLTOWN TERM 1, 2017

**WORKSHOP BOOKINGS: 4628 0044 or 4227 1122**

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

<p><b>ROLLERCOASTER (8-12 YEARS)</b> 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.</p> <p>8 Tuesday <b>afternoons:</b> 4pm - 5pm 14, 21, 28 February 7, 14, 21, 28 March &amp; 4 April</p> <p><b>Workshop Fee: \$15 per session</b></p>	<p><b>BRINGING UP GREAT KIDS</b> 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 .</p> <p>4 Tuesday <b>mornings:</b> 10am -12:30pm 14, 21, 28 March &amp; 4 April</p> <p><b>Workshop Fee: \$15 per session</b></p>	<p><b>GRASSROOTS PARENTING</b> <b>Pre-Schoolers 3 - 5 years</b> - 8 March Child development, behaviour and management of routine, rules and boundaries, safety and play</p> <p><b>Primary School Aged Children</b> - 15 March Child development, discipline, consequences, communication, negotiating, safety and play.</p> <p>2 Wednesday <b>mornings:</b> 9:30am - 12 noon</p> <p><b>Workshop Fee: \$15 per session</b></p>	<p><b>SEEING RED</b> 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 &amp; express anger in a more constructive way.</p> <p>3 Monday <b>mornings:</b> 9:30am - 11:30am 6, 13, 20 March</p> <p><b>Workshop Fee: \$15 per session</b></p>
<p><b>KEEPING KIDS IN MIND</b> 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.</p> <p>5 Tuesday <b>mornings:</b> 10am-12:30pm 7, 14, 21, 28 February &amp; 7 March</p> <p><b>OR</b></p> <p>5 Thursday <b>evenings:</b> 6pm - 8:30pm 2, 9, 16, 23 &amp; 30 March</p> <p><b>Workshop Fee: \$20 per session</b></p>	<p><b>MY KIDS AND ME</b> 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.</p> <p>7 Monday <b>afternoons:</b> 12:30pm - 3pm 6, 13, 20, 27 February 6, 13 &amp; 20 March</p> <p><b>Workshop Fee: \$15 per session</b> <i>Campbelltown Office (35A Cordeaux Street)</i></p> <p><b>OR</b></p> <p>7 Thursday <b>mornings:</b> 9:30am -12 noon 23 February, 2, 9, 16, 23, 30 March 6 April</p> <p><b>Workshop Fee: No Fee</b> <i>Claymore Community Centre Cnr Dobell Rd &amp; Gould Rd, Claymore</i></p>	<p><b>CIRCLE OF SECURITY® Parenting™</b> 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.</p> <p>5 Friday <b>mornings:</b> 9:30am -11:30am 10, 17, 24, 31 March &amp; 7 April</p> <p><b>OR</b></p> <p>5 Friday <b>afternoons:</b> 12:30pm –3pm 10, 17, 24, 31 March &amp; 7 April</p> <p><b>Workshop Fee: \$15 per session</b></p>	<p><b>123 MAGIC AND EMOTION COACHING</b> This time tested program provides parents with easy to use disciplining techniques for their children, without letting emotions get the better of them. Learn to be present and consistent as a parent.</p> <p>3 Monday <b>mornings:</b> 9:30am - 11:30am 13, 20 &amp; 27 February</p> <p><b>OR</b></p> <p>3 Tuesday <b>afternoons:</b> 12 noon - 2:30pm 21, 28 March &amp; 4 April</p> <p><b>Workshop Fee: \$15 per session</b></p>
<p><b>MENTAL HEALTH FIRST AID (STANDARD or YOUTH)</b> Teaches adults how to provide initial support to those who are developing a mental illness or experiencing a mental health crisis.</p> <p><b>Standard:</b> 22 &amp; 23 February 9:30am - 4:30pm</p> <p><b>Youth:</b> 1 &amp; 2 March 9am - 5pm</p> <p><b>Workshop Fee: \$198 includes manual and lunch both days.</b></p>	<p><b>PARENTING CHILDREN WITH A DISABILITY</b> Support and information for issues related to parenting a child with a disability. It explores: Expectations verses reality, dealing with feelings, behavior management strategies, communication skills, self-esteem, teaching children to care for themselves, routine, rules and boundaries &amp; coping strategies.</p> <p>3 Wednesday <b>mornings:</b> 9:30am-1pm 22, 29 March &amp; 5 April</p> <p><b>Workshop Fee: \$20 total (three sessions)</b></p>	<p><b>MORE HARMONY NO HARM (FOR MEN)</b> Topics covered include understanding and managing strong emotions, effective communication, assertiveness skills and positive behaviours for healthy relationships.</p> <p>5 Thursday <b>evenings:</b> 6pm - 8:30pm 2, 9, 16, 23 &amp; 30 March</p> <p><b>Workshop Fee: \$15 per session</b></p>	<p><i>Concessions may apply dependent on financial circumstances.</i></p> <p><i>Limited childcare may be available, bookings essential.</i></p> <div data-bbox="1697 1329 2150 1457">  <p><b>CatholicCARE</b>   hope begins with us</p> </div>