



St Benedict's

Catholic College

Newsletter

Vol 5, Issue 18 17 November 2015

UPCOMING EVENTS

November

Wed 18	Yr 2016 Orientation Evening
Fri 20	Yrs 7-10 Pupil Free Day Yr 7 2016 Student Orientation Day
Fri 27	Yr 8 PDH Excursion
Mon 30	Yr 9 PAT Tests

December

Wed 2	Yr 8 PAT Tests
Thurs 3	Yr 9 Duke of Ed
Fri 4	Australian Catholic Youth Festival
Mon 7	Australian Catholic Youth Festival
Wed 9	Yrs 7-10 Final Reports distributed
Fri 11	Closing Mass and Awards
Mon 14	Beach Day
Tues 15	Parent Teacher Day



Year 8 PDHPE Swim and Survive Friday 27 November

Completed permission notes and payment of \$23 to be made by Wednesday 18 November.

Year 7 2016 Orientation Evening Wednesday 18 November

Information sessions to be held upstairs in D Block.

Session 1:	6:30pm
Session 2:	7:30pm

Please don't forget to return the completed bus pass forms.

Dear Parents/Carers

November is traditionally the month of the Holy Souls. The Church invites us to remember those who have touched our lives and now, beyond death, live in a new way in "the communion of saints". It is a time to remember and, indeed, celebrate life and its purpose for us. Sr Joan Chittister, the noted Benedictine academic and spiritual guide, had this inspirational spin on the importance of November in the Church:

"When we visit the graves and say the memorial prayers and tell the family stories over the bodies of the dead, we tell of the Christ we saw in them. We remember how it looked in them. We know in them what it is like to be driven by the consuming power of God, to be totally oriented toward God. The communion of saints stands before us, stark witness to the holiness of God, reminding us always to leave behind us for those yet to come a searing memory of the same."

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May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

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I was delighted to be able to attend the Annual CDF Diocesan Sports Awards last Friday night. During the evening we celebrated sporting achievements across all the Primary and High Schools and were treated to a wonderful presentation by two time Olympian, Melinda Gainsford Taylor, who spoke about overcoming adversity and her running battles with Marion Jones, who was later stripped of her medals as a drug cheat. The highlight of the evening was the great success of two of St Benedict's students, Karley and Courtney Schonell. Karley was awarded a Sporting Medallion for her multiple representative honours and Courtney became St. Benedict's first "Sporting Blue" with her selection through CCC, State and now National honours in Hockey where she is competing well above her years. Congratulations to both girls and their parents!

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This Friday we will be welcoming our new students on the Year 7 Orientation Day. In order to cater for the rooms and staffing required to make the day a success with an additional 180 students we are holding a Pupil Free Day for all students except Year 11 who will have normal classes. This will be the last year we will need to make this arrangement with the opening of many additional classrooms in 2016. A big thank you to all the parents who have volunteered their time to cook and assist on the day.

Michael Hanratty
Principal

PARENTING BEHAVIOURS

One of the most common questions Academic Care tutors and Year Coordinators are asked by parents is "What should I do?" when confronted by any of the major symptoms of adolescence that cause conflict at home. Anything from moodiness to over-reactions over small things, a lack of manners or even complete withdrawal.

I recently read another piece by Michael Grose around identifying things we, as parents should actually stop doing. So I offer the first part of his list in this fortnight's newsletter.

Here are 20 poor behaviours of parents. Everyone I have met has exhibited one or more of these behaviours, including me! Review the list. Do you identify with any of these bad habits? If you are like the majority of people, the answer is yes, and you are ready to start putting positive parenting behaviours into action. So what to stop? Here goes:

- 1. Doing too much:** We all know that kids need to learn to fend for themselves and stand on their own two feet. Independence is the aim for parents. Learn to delegate.
- 2. Winning arguments:** The need to win arguments and prove that we are right harms relationships and creates fertile ground for conflict. Focus on the things that matter.
- 3. Expecting too little:** Expectations are tricky. Too high and kids can give up. Too low and kids will meet them. Pitch them at their developmental age.
- 4. Speaking when angry:** Speaking is our default mechanism regardless of our emotional state. When we are angry kids don't listen. They pick up our venom but not our words. Choose the right time to speak to kids.
- 5. Failing to give proper recognition:** It's easy to take children's good behaviour and their contributions to the family for granted. Catch kids doing the right thing.
- 6. Playing favourites:** Children usually know who's the favoured or preferred child in their family. Your discipline and expectations give this away. Share the parenting so you share the favouritism.
- 7. Letting kids drop out of the family:** In small families every child has a bedroom, which means isolation is easy to achieve. Teenagers, in particular, tend to prefer their own company rather than the company of peers and parents. Put rituals in place and make sure everyone turns up to meal-time.
- 8. Taking the easy way out:** It's a quirk of modern life that as parents get busier with work and other things there is a tremendous temptation to avoid arguments by giving into kids. Hang in there when you know it's the right thing to do.
- 9. Judging yourself too harshly:** Parents are generally hard markers of themselves. Kids are more forgiving of their parents' blunders than their parents. Parent your family as if it's a large one.
- 10. Solving too many problems:** Good parents try to solve their children's problems rather than leave them some to solve. A forgotten school lunch is a child's problem not a parent's problem. Pose problems for kids rather than solve them.



(..continues in the next newsletter!)

St Anthony's Parish, Picton/Tahmoor

The next (and last for the year) YOUTH MASS @ St. Anthony's Church, Tahmoor will be @

6:00pm on Saturday November 21st.

The usual GREAT band, beautiful Choir and special Liturgical Dancers will be there to help CELEBRATE the Eucharist, with refreshments after Mass.

We especially invite all 2014 YEAR 6 to come together to share their stories.

Year 7 2016 Orientation Day Friday 20 November

- Year 6 students are to arrive by 8:15am for an 8:25am start.
- Students are to wear their present school sport uniform, including a hat.
- A sausage sizzle lunch will be provided. Please contact the College if your child has special dietary requirements.
- Parents/Carers are to collect their children from the Cloister at 2:15pm.

Catholic Life and Mission update

The Church's liturgical calendar saw the celebration on Sunday of the 33rd Sunday of Ordinary time. Next week sees the Solemnity of Our Lord, Jesus Christ, King of the Universe and then the Church's liturgical calendar moves into the celebration of Advent. As Ordinary Time comes to an end, we are reminded of the teachings of Jesus and the important messages that He gives us. It also reminds us that the year is coming to an end and that Christmas will be upon us before we know it.

Recently, students from St Benedicts had the opportunity to attend the most recent formation day for the Australian Catholic Youth festival. As mentioned last newsletter, this is a wonderful opportunity for our students to develop their faith and understanding of their own spirituality. I include here a reflection from Taylor McGovern in regards to the recent formation day.

Friday the 13th November marked the final formation day before our trip to Adelaide for the Australian Catholic Youth Festival. Myself, Miss Franciscus and 4 other students (Lachlan Haidle, Ebony Billett, Emily Winters and Liberty Chiswick) travelled to the Xavier Centre at Wollongong for the final formation day. The focus of the day was how can we own our spirituality and our faith. We had the opportunity to ask questions about our faith and talk about our experiences in lead up to the ACYF (taking place from 3rd to the 5th December). We were able to share our experiences of our faith within our small groups, as well as listen to members of the Wollongong Youth Mission Team talk about their own personal experiences with their faith. It was an amazing day, which allowed us to meet new people, have fun, and experience new things all whilst learning about ways in which we can take ownership of our faith. Thanks to Miss Franciscus for coming with us on the day.

This week, we launched our fundraising campaigns for both Catholic Mission's Socktober campaign for Madagascar and St Vincent De Paul's Christmas appeal. Year groups are busy planning their ideas to raise money for those in need. Below are some examples of how fundraising donations can help children living in poverty in Madagascar and in similar situations all around the world, have access to healthy clean drinking water, as well as providing the formation and spiritual support they need for a hope-filled future.



- ◇ \$25 provides Catholic religious education materials, including posters, bibles and catechism books for 25 children in Madagascar. Through their formation and the spiritual support from the sisters, the children are able to learn about the Bible, prepare for the sacraments and have life to the full.
- ◇ \$55 provides 60 school children with a hot nutritious meal for one day. Faced with extreme poverty, many children across Madagascar come to school hungry. Through nutritious food and clean drinking water, children regain their strength, helping them focus on their studies and gain a good education.
- ◇ \$325 enables six children living in extreme poverty in Madagascar to attend school for one year. By covering the school fees of children from poor families, they are given the opportunity to get a good education, which is crucial to break the cycle of poverty and have a better future.
- ◇ \$824 could cover the cost of installing one water pump at a school. Lack of clean water and proper sanitation causes thousands of child deaths across the world every year. Having access to clean water significantly reduces the spread of disease and promotes wellbeing and learning among the children.

As can be seen, what might seem to us to be not a huge amount of money can make a significant difference to those around us. I encourage students to have a generous heart and determination to improve the lives of those around us. At St Benedict's we are reminded of our call to be hospitable people. St Benedict gives special attention to Christ's unexpected arrival in the person of the guest, whom he describes alternately as poor and as a stranger.

On this point, Yr 7 are currently studying the topic 'Affirming Human Dignity'. This topic, more than ever in our modern world, reminds us to see the face of Christ in all, as we are made in His holy image. This unit looks closely at the great commandment which is from Matthew 22:36-40(NRSV):

"Teacher, which commandment in the law is the greatest?" He said to him, "'You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.' This is the greatest and first commandment. And a second is like it: 'You shall love your neighbor as yourself.' On these two commandments hang all the law and the prophets."

Source: <https://www.biblegateway.com/passage/?search=Matthew%2022:36-40>

Importantly, this topic picks up on part of our College motto of Love of God and Love of Neighbour and teaches year 7, and reminds each of us, of the importance of treating all people with dignity.

David Costin
Director of Mission and Vision

CONGRATULATIONS CHALTU



On 4 November I was fortunate enough to be part of the 2015 STANSW Young Scientist Award Presentation Ceremony. I received an email from Stuart Garth on the first day of the term congratulating me for winning an award on my Student Research Project that I completed for my Term 3 Science Assessment. I was really happy but also surprised at the same time to find out that I was a prize winner of the Young Scientist award. My investigation was to find out whether the addition of salt to a mixture of yeast, sugar and warm water would affect the rate of respiration in yeast. I determined the rate of the reaction by measuring carbon dioxide gas formation and found that increasing salt concentration reduces the growth of yeast. On the presentation day, I was lucky enough to meet some of the amazing future scientists from Kindergarten to year 12, most of whom had designed some outstanding investigations and models that have the potential to benefit us in the near future. I was awarded equal

first place for the "Most Promising Award". Throughout the evening I was astonished by the speakers who spoke about their continuing role in the field of Science and Technology. Hopefully our school will have many students signing up for next year's competition as it is an rewarding opportunity and if they are successful they could win up to one thousand dollars and a free trip to America's NASA facilities. I want to thank my Science teacher, Ms Chalmers, who has been my mentor throughout the Student Research Project and she had devoted her time and encouraged and helped me in every way she could in completing my investigation.

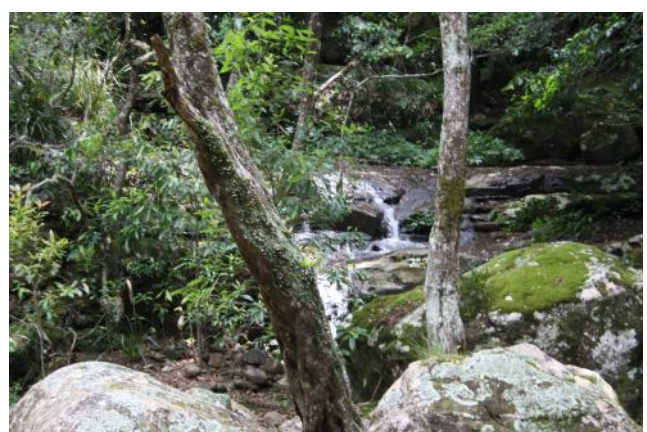
Chaltu Etana
Year 10

Year 8 Science Excursion to Minnamurra

Last Thursday Year 8 went on an excursion to Minnamurra Rainforest. It was a lot of fun and we had a great day. Throughout the day, the students were able to experience wildlife and ecosystems of the rainforest, including the sighting of a wallaby, lyrebird and eels swimming in the beautiful clear water. We were led by experienced guides who taught us about different food chains and adaptations with the rainforest.

Overall Year 8 had a great day and found it a wonderful learning experience.

Lyllie and Olivia. 8.3



TAFE SWSi Open Day—Study options on offer in 2016
Campbelltown College
181 Narellan Road, Campbelltown
Saturday, 28 November
10:00am to 2:00pm

www.SWSi.edu.au 13 SWSi (13 7974)

1800 900 06 1 800 000 000 000 000

TAFE SWSi
South Western Sydney Institute

HISTORY EXTENSION MAKES A START AT ST BENEDICT'S

At the start of this term, the first ever class of History Extension began at St. Benedict's. This demanding course asks students to look in depth at the essence of History, examining why it is written, who wrote it, how it is written and the importance of all these questions to our understanding of the world.

The major assessment task for this subject calls on the students to produce a 2,500 word thesis on a topic of their choice.

The 8 pioneering students of this subject at the college have chosen some fascinating and demanding thesis questions on which to base their thesis.

We wish them all the best on their academic journey through History at its highest level in the HSC.

Samantha Krause:

Assess the value of ancient religious texts as historical documents. (with specific reference to The Book of Exodus and The Egyptian Pyramid Texts of the Old Kingdom)

Erin Coppin:

Is King Richard III of England is truly deserving of his negative portrayal in history?

Nick Beavan:

Marcus Aurelius, the "good Emperor". Why have historians portrayed him this way and what constitutes "goodness" in history?

James Hogan:

How has history been abused for non historical reasons? The manipulation of history by governments in the 20th century.

Chelsea Barnes:

Terrorism, Freedom Fighting and Martyrdom: The power of pejorative language to achieve a political purpose. A Post structuralist approach.

Chloe Cartledge:

Blurred Lines: When propaganda and History collide.

Bianca Dunn:

To what extent have the actions of the UN demonstrated the political uses and abuses of History?

Andy Lundy and Natasha O'Flynn

History Extension teachers, HSIE Department



Narellan Library has 2 great Youth Events coming up this Month;

International Games Day— Saturday 21 November, 10-2pm – BOOKINGS at <http://www.trybooking.com/JJIR>

IGD 2015 will see gamers of all backgrounds come together and share their passion for tabletop, card, controller and board games. We will have an oculus rift so gamers can experience an alternate reality, a hall of heroes hobby room and a Lego robot pinball table.

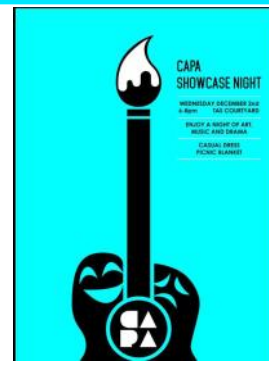
West Side Stories— Saturday 28 November, 9-3pm - BOOKINGS at www.library.camden.nsw.gov.au/bookings

Narellan Library will be welcoming a number of amazing authors to the library, from the older reader's Children's Book Week winner **Claire Zorn**, to Steampunk author **Richard Harland**, to The Disappearing 2.0 poetry by **The Red Room**. This chock full day will also present children's author's Duncan Ball, Wai Chim and Elizabeth Honey. *Rus the Bus* will also make an appearance where visitors can swap an old book for a new one, grab a copy of Claire Zorn's *The Protected* in the bus !

Art Club

Every Thursday afternoon, after school, Mrs Castelli encourages a small Year 8 group to continue their passion for the Creative Arts. Every week for the past 6 weeks, we have created a range of different artworks such as packing tape sculptures, paintings and cardboard drawings. All of these will be displayed on the CAPA night coming up on the 2nd December. We would all like to see you there to support the CAPA program as well as Art Club!

Justin Waights Year 8



Join us for a night of creativity! Our students have been working very hard in CAPA this year and are showcasing some of their amazing talent in Art, Music and Drama. Come along with your friends and family to see amazing art works and to watch a selection of music and drama performances.

When: Wednesday 2nd December
Where: TAS Courtyard
What to bring: Picnic blanket and snacks
Dress: Casual

Notification of Forestgrove Drive Temporary Road Closure

This letter is to advise you regarding temporary Road Closure of Forestgrove Drive, Harrington Park, NSW, 2567. TRN Group Pty Ltd will be undertaking construction of new traffic signals at the corner of Forestgrove Drive and Oran Park Drive.

The works are part of a planned development program for the area and are due to commence on the 16th December 2015 being programmed for 6 weeks until 25th January 2015, subject to weather and issues outside our control. Due to the nature of the works, Forestgrove Drive from Oran Park Drive to Cameron Circuit will be closed temporarily to traffic, with alternate access to Oran Park Drive via Harrington Parkway, shown below.



If the dates and times for the Road Closure are due to change, warning information on this matter will be given by placing amended signs on the road and via email.

Please do not hesitate to contact Mr Trevor Jensen, Harrington Estates, on 4631 32000 if you require further clarification.