



St Benedict's

Catholic College

Newsletter

Vol 5, Issue 14 15 September 2015

UPCOMING EVENTS

September

Tues 15 Preliminary Final Exams start
to
Fri 18 Preliminary Final Exams end
Last Day of Term 3

October

Tues 6 **First Day of Term 4**
Wed 7 Captains Induction Ceremony
Thurs 8 Year 10 PDH Excursion
Mon 12 Year 9 Outdoor Ed Camp starts
Tues 13 Year 9 Outdoor Ed Camp ends
Wed 14 Year 11 HSC/ATAR evening
Thurs 15 Vaccinations #3 (final)
Wed 21 Senior Retreat (Yr 11) starts
Thurs 22 Youth Eco Summit
Friday 23 Senior Retreat ends
Liturgical Ministers Training Day
Mon 26 Dio Basketball (boys & girls)
Wed 28 Preliminary Reports distributed
Dio Cricket (boys)
Thurs 29 HSC Intro Night
Year 11 Parent/Teacher Night

November

Mon 2 Years 9 & 10 Final Exams start
Fri 6 Years 9 & 10 Final Exams end

Dear Parents,

On the journey to adulthood, all adolescents must confront the question "Who Am I?". They will spend much of their High School years grappling with and sorting out the multiple identities with which they will live their adult life. The identity of Jesus is at the core of last Sunday's Gospel reading. Answering the question about the people's speculations on the identity of Jesus, the disciples reported that some say he is John, others Elijah, other people still say one of the prophets. On the part of the disciples' identity analysis of Jesus Christ, Peter identified him as the Christ, which in Hebrew is rendered as Messiah. When Jesus explained that belonging to that identity was a road of suffering, Peter was mortified.

Often we are reflective of the stance of Peter. We profess Christianity but we are not ready to activate the Christian life in practice. It can be a hard road. This is where the letter of James is relevant. His famous line, "Faith without good works is dead" sums up the challenge for true Christian identity. In the same way Christianity without Christian life is useless, just as "faith without faithfulness is worthless". To be a Christian is not just a name, it is a call into a life pattern; the life pattern of Christ. It is the life pattern of love and service to God and humanity. We are all Christians by identity but how many of us are ready to respond to the life of charity, fellow-feeling, forgiveness and trust in God which was characteristic of the life of Christ and reinforced hundreds of years later by Benedict's dictum of loving God, neighbor and learning.

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Last week I was delighted to present to the College our inaugural School Captains and Prefect team.

College Captains:
Ebony Billett and Lachlan Haidle

Prefect Team:
Taylor McGovern *Mission*
Ashleigh Robinson *Co Curricula*
Chelsea Barnes and Erin Coppin *Learning*

Congratulations to all on our Year 12 Student Leadership Team. A formal Induction Ceremony in the presence of the Director of Schools and other dignitaries including our Captain's Primary Principals will be held in Week 1 next term.

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We are "finishing with a bang" this week with the move of the contents of the two staff rooms and Administration building into their permanent home on Friday. Music, PE and the Uniform Shop have already been moved into temporary storage. The P&F will advise when the Uniform Shop reopens. The College Office will be closed on Thursday but the phones will be checked on a regular basis for urgent messages. Accessing the new Reception and Office in the first week will be through a temporary ramp from the car park with construction work ongoing.



MOVING DAY

Pupil Free Day
Friday 18 September
For Years 7-10 (only)

Staff will occupy the new College Office and Staff Study from the beginning of Term 4.

SUMMER UNIFORM

A reminder that students return for Term 4 in summer uniform.

Please note that the Uniform Shop is not open during the school holiday period.

Normal opening hours are:

Tuesdays: 9am to 1pm
Thursdays: 1pm to 5pm
1st & 3rd Saturday of the month:
9am to 1pm

Shop 5/6 Porrende Street,
Narellan (behind Bunnings).
Phone: 4647 8942

I am sure that all parents will appreciate the additional parking and a dedicated SBCC "Drop Zone" for students right in front of the main plaza when it opens.

As we have done in previous years, the Term 4 Parents and Friends General Meeting will conclude with an Inspection of Facilities after the meeting. This year it will be the Science laboratories and the Administration building. More details as we get closer to that date.

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In staffing news, it is with sadness that we farewell Mrs Pawsey this week. Mrs Pawsey has been a much loved Science teacher at the College now for several years and her loss to the school and her leadership of the Science faculty will be keenly felt. We wish her and the family well in their "tree change" to the beautiful Liverpool Plains and the city of Tamworth. We are hoping to announce Mrs Pawsey's replacement early next term.

Mr Luke Eisenhuth will be replacing Mrs Pereira for the remainder of the year. I am pleased to report that Mrs Periera's baby is doing much better although he remains in hospital.

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A reminder that in Term 4 students will return wearing their Summer Uniform. The warm days this week are an indicator of things to come so it's time to pull uniform items out of mothballs and check just how much your children have grown over the winter terms. Please make sure that dress/skirt lengths are correct and that the boys have correctly fitting shirts. If in doubt, please check the College diary.

Enjoy your holiday break.

Michael Hanratty
Principal

Office Closed

The College Office will be closed on
Thursday 17 September

to enable the office staff to pack in preparation for the removalists. The phone system may be on night switch at times but the messages will be checked regularly.

Students will still be able to access Sick Bay and to sign in or out if arriving late or leaving early.

Thank you for your cooperation.

Mathematics Update

Mathematics Challenge for Young Australians

Congratulations

Congratulations to the students who have completed the Challenge stage of the 'Mathematics Challenge for Young Australians' extension activity. The students in Year 7 (Ethan Billett, Indhi Downie, Darcey Christl, Thomas Sutton and Morgan White), Year 8 (Portia Zuber) and Year 9 (Angelique Pallar, Marlon Font, Joshua Irons, Rachel Tran and Gabrielle Hooton) have shown an excellent example in their approach to completing this activity, especially as most of the work was carried out by the students in their own time. Given that it is such a demanding activity, we make special mention of the achievement of Portia Zuber, awarded a Credit, and Darcey Christl, awarded a High Distinction.



Some Words of Insight from noted educator: Michael Grose

Teenagers need a mix of firmness and nurturance from their parents. Like toddlers many teenagers wear L-plates when it comes to navigating their expanding world. Of course, the world a teenager inhabits is far broader than that of a toddler so the risks are multiplied hundredfold. They still need to be managed, but not necessarily in controlling or confrontational ways.

Due to physiological changes most teens will revert straight to their reptilian brains when they feel threatened or experience angry, aggressive discipline. They will fight you all the way, or escape conflict by going to their rooms or withdrawing into themselves. Better to manage like a cat so they hear your message rather than pick up your vehemence.

Finding your inner cat

We all have some cat and dog in us. It's just a matter of accessing those parts and bringing them out when we need them. The cat is the credible side we all have, but find difficult accessing. It is always expressed through your non-verbals – that is, your tone of voice, your posture and your head.

A cat speaks with flat, clipped voice. His or her head is very still and body upright and confident. The quickest way to access your inner cat is to speak with your palms facing the ground. You can try this now. Stand up with both hands in front of you with your palms facing the ground. Now start speaking. You'll find you'll naturally speak like a cat – clipped voice, still head and body and more serious expression. This is your credible (and calm) side. When you speak from your cat side people will usually believe what you have to say. It gives you authority.

Australia's foreign minister Julie Bishop is a good example of using cat behaviour. Like her or loathe her you can't deny she has authority. That's because she accesses the cat side of her nature in public.

You manage a teen like a cat by speaking calmly, quietly and staying still when you speak. Cats will also withdraw eye contact rather than stand and argue so look away or respectfully walk away rather than become involved in argument.

Cats also look for ways to manage visually (rosters, look away to indicate not arguing) or kinaesthetically (a touch on the shoulder, move close and whisper) rather than repeating themselves. If they do repeat themselves they are more likely to lower their voice than raise it to get attention. These cat behaviours work well when managing teens.

Using your inner dog

We also have a dog side to our nature. This is the approachable, conversational, relationship-building side. When you access this side you'll speak with lots of inflection in your voice. Your head will bob up and down. You'll probably lean forward as you speak and you'll smile a lot. The quickest way to access your dog nature is to speak with your palms up. You can try it now. Stand up; put your hands out with your palms up and start speaking. You should notice a big difference in how you deliver your message from when you spoke with palms facing down. If not, alternate speaking with palms up and down until you see a difference.

The dog side of our natures is what many of us feel more comfortable with. If you are in a management position there is a fair chance that you spend more time accessing your cat than your dog. Although effective managers will move seamlessly between the two accessing their dog when networking and relationship-building then finding their cat for negotiations or when making decisions.

Actor Hugh Jackman is an example of a public figure who is dog-like as he usually speaks with lots of cadence in his voice, a big smile and open body language. However, I've seen him switch to cat mode in interviews when he talks about something serious. He will invariably speak quietly, calmly and his head will stay very still. We believe him when he speaks. He's no lightweight. It's his ability to switch from cat to dog and back again that makes him so charismatic.

Bringing cat and dog to your parenting

From experience I've found that effective parents nuance their communication. That is, they alter their style to suit the situation rather than let their moods dictate their communication styles. This is not necessarily conscious. However do it often enough and switching from cat to dog and back again becomes a habit.

My challenge is for you is to bring your cat to the table when you want to manage teenagers and access your dog side when you encourage them, build relationships and listen to them.

Get your cat and dog wrong and you'll be ineffective. Manage like a dog and you'll do one of three things: 1. Whine at your kids, 2. Use and angry voice or 3. Do nothing because you don't want to offend them. Build relationships like a cat and you'll be distant, stiff and unapproachable. Get the mix right and you'll be able to give your young person exactly what they need. That is, the leadership and safety that cats provide and the nurturance and encouragement that comes naturally to dogs.

So does the cat side or the dog side come more naturally to you? Think about it. When you discover what you default to then you need to be aware of two things. First, you will need to work a little harder to access the other side. Second, make sure you don't rely on one side of your nature to do the work in your communications with your young people. If you do then you will more than likely either manage or nurture well but rarely do both well. However get the mix right and your parenting (or leading of any group of people) and you'll have discovered the key to charismatic parenting and leadership.



College Sport Week 8 & 9

Congratulations to the following students who were nominated as MVPs for Week 8 & 9;

Swimming:	Amy Smsarian and Nick Robinson	Zumba:	Tara Moore, Cooper Orton
Sportsfun:	Nick Triantis, Jordan Stanojev, Lilli Power	AFL:	Luke Smart, Ruby Hadfield
Crossfit:	Emily Newton, Nicki Ross, Chloe Szafranski, Sam Eid	NRL:	Jack Smart and Riley Keane
Taekwondo:	Claire Murdoch & Chloe Cooper	Bodywar:	Alanna Pearson, Elli Milazzo
Maximum Skating:	Christine Mougios, Jonah Boughton	F45:	Aaron Saggi & Alex Zappia
Tennis:	Jayden Weaver		

MISA Sport

Our MISA teams had their round of competition against Mount Carmel Catholic College and John Terry Catholic High School.

V John Terry High School

Year 7 Netball	lost 22-14	MVP	Rhianna Irons
Year 8 Netball	Won 21-10	MVP	Jorjah Landrigan
Year 7-9 Soccer	Won 2-1	MVP	Jessie Arnold
Year 10/11 Soccer	Lost 2-0	MVP	Chaltu Etana
Year 10/11 Basketball	Lost 53-0	MVP	Tristan Pennings

V Mount Carmel Catholic College

Year 7 Netball	Won 18-8	MVP	Brielle Brown
Year 8 Netball	Lost 13-11	MVP	Alana Azzopardi
Year 7-9 Soccer	Drew 0 – 0	MVP	Courtney Schonell
Year 10/11 Soccer	Lost 6 – 0	MVP	Emily Arnold
Year 10/11 Basketball	Lost 12-11	MVP	Kody Flether

MISA Season Round Up

Last week saw the final round of the Term 3 MISA sports competition. All our sides performed well throughout the season with many sides improving over the course of the term.

Both our Years 7 and 8 netballers had their most successful seasons ever with the 7s finishing 3rd on the ladder whilst the 8s finished 4th on the ladder with some very close losses throughout.

A highlight to the season was the Junior Girls Football winning the competition and being named as Undefeated Champions. In a very tight final game of the season, the girls finished with a 0-0 draw which was enough to get them over the line. Congratulations to all the girls on a brilliant season and to the coach, Mrs Isbister.

This championship, combined with the Junior Boys Softball and Football Championships earlier this year, means that 2015 has been the most successful year for the College in MISA sport to date, and more importantly, highlights the continued development of the students throughout the competitions.

CCC Athletics Championships

Last Friday Tom Gleeson (Year 8) competed at the NSW CCC Athletics Championships in the 14s Shot-put. Tom competed extremely well throughout the day to finish 5th overall in his age group. Congratulations to Tom on an outstanding result.

Mr Michael Turton
Acting Sport Coordinator





For more information, please contact:
Narellan Library on (02) 4645 5039
Camden Library on (02) 4654 7951
www.library.camden.nsw.gov.au

Online bookings essential

For bookings visit:
www.library.camden.nsw.gov.au/bookings

Camden Council Library Service presents visiting author...

Jodee Lee

Wednesday
30 September 2015
6pm for a 6.30pm start
Camden Library
Cost: Free
Bookings essential



Come and join us as local author, Jodee Lee, launches her book "Jodee's Journey through Cancer". The launch will consist of a meet and greet with Jodee Lee, a reading from the book and a book signing.

Jodee Lee is a single mother of four who is a breast cancer warrior, a survivor and lover of life. In her book she speaks from her heart about her own confronting illness. The unexpected wakeup call. The poor habits. Exhausting Lifestyle. The constant juggling between deep yearnings, old wounds, and the commitments of Motherhood.

Her beliefs were steadfast on what was best for her from that point. Healing was paramount, a complete detox – she considered no other alternative. With a clear pair of new eyes, following worldly travels, and a horrendous 2 year period, these pages see her reflecting on her loss – and new enlightening growth. Her transcripts and research document every layer, emotion, discovery and more of her Breast Cancer journey.

Books will be made available for purchase on the evening.

Solidarity Volunteering:

Strong Relationships, Mutual Development

Communities across Asia, Africa and the Pacific are seeking volunteers willing to participate in an authentic cross-culture experience. Teachers are in high demand. Please also inform friends with health & community development, administration, agriculture/farming, trades and other skills.



Come along and hear from those who have volunteered through Palms Australia!

Information Session
Date: 12 September 2015
Time: 11:00 am
Place: Aquinas Academy,
141 Harrington Street, The Rocks

Palms Australia has been sending volunteers for 55 years. We prepare and support you to be a vehicle for sustainable development through mentoring and skill exchange.