PRINCIPAL’S COLUMN

Rio 2016

Aren’t the Olympics inspiring? It has been wonderful to see the achievements of all the athletes in Rio. I know that students in many classes are talking about it. I offer a special congratulations to the women’s Rugby 7’s team. Some of our Year 5 and 6 girls have been out playing rugby at lunchtimes on the oval after the example set by these highly skilled women.

Any athlete who competes at the Olympics will always recognise the support they’ve received to get there. I would like to recognise that their achievement is also because of their hard work and determination to be masters of their chosen sport. Author Malcolm Gladwell writes that the true masters of any field have become so because of approximately 10,000 hours of practise, regardless of talent and opportunity. Congratulations to all of our Australian team and the example they set that hard work, positive attitudes and supportive family and friends can help us achieve almost anything.

Ban the average!

“It’s 1952, and the Air Force has a problem. They’ve got good pilots, flying better planes but they’re getting worse flying results. And they don’t know why.

For a while they blamed the pilots. They even blamed the technology. They eventually got around to blaming the flight instructors. But it turned out that the problem was actually with the cockpit.

Imagine you’re a fighter pilot. You’re operating a machine that in some cases can travel faster than the speed of sound and where issues between success and failure, sometimes life and death, can be measured in split seconds. If you’re a fighter pilot, you know that your performance depends fundamentally on the fit between you and your cockpit. After all, what good is the best technology in the world, if you can’t easily reach the critical instruments when you need them the most?

But this presents a challenge for the Air Force: pilots are not the same size. How do you design one cockpit that can fit the most individual pilots? For a long time it was assumed that you could do this by designing for the ‘average pilot’. That appears intuitively right. Surely if you design something that’s a fit for the average sized pilot it would logically fit most pilots!? It seems right but it’s actually wrong.

So 60 years ago, an Air Force researcher, Gilbert Daniels, proved to the world just how wrong this really is and what it was costing us. He studied over 4,000 pilots and measured them on 10 dimensions of size (height, girth, arm length, etc) and calculated the average for each of these dimensions to assist with the design. He then

Nurturing personal and academic growth...
...a journey from Kindergarten to Year 6.
asked a very simple question: How many of these pilots are average on all 10 dimensions? The assumption was that most or at least many would be. Do you know how many really were? Zero. Gilbert Daniels showed that there was no such thing as an average pilot.

Instead, what he found was that every single pilot had what we call a jagged size profile. Where one’s height may be average, the same pilot’s leg length was much shorter; where another pilot’s height may be just below average their arm length may be slightly longer than average. No one was the same on every dimension. And this makes sense. Just because you’re the tallest person doesn’t mean you’re the heaviest, doesn’t mean you have the broadest shoulders, or the longest torso. But this is tricky because if every pilot had a jagged size profile and you design a cockpit on a calculated average then you’ve literally designed it for nobody.

So, the Air Force realised they had a problem. And their response was bold. They banned the average. They refused to buy fighter jets where the cockpit was designed for an average sized pilot. Instead, they demanded that the companies who built these planes designed them to the edges of dimensions of size. Rather than design for the average height, they wanted a cockpit that could accommodate as close to the shortest pilot and the tallest pilot as the technology would allow.

Now, the companies that made these planes as you could imagine weren’t happy, right? They argued and lobbied and they said, it’s going to be impossible, or at least impossibly expensive to build a flexible cockpit. But, once they realized that the Air Force wasn’t going to budge, suddenly it was possible. And it turned out it wasn’t that expensive. And in fact, they made great strides leveraging simple solutions that we all take for granted in our everyday life, like adjustable seats. And as a result, the Air Force not only improved the performance of the pilots that they already had, but they dramatically expanded their talent pool.

And today, we have the most diverse pool of fighter pilots ever. But here’s the thing, many of our top pilots would have never fit in a cockpit designed on average. (Todd Rose, TEDx, Harvard University)

So, most of us have never sat in the cockpit of a $150 million fighter jet, right? But we’ve all sat in the classroom.

When I hand out the same spelling list to all students in my class I am teaching to the average. When I tell my students that they must all express what they have learnt about the structure and function of the Australian federal government by writing a one-page explanation that includes diagrams, I am teaching to the average. When I teach Maths so that all students must complete the same page in the exercise book, I am teaching to the average. When I teach like this, I miss opportunities to push the talent of those with strengths in a particular area and reinforce a sense of ‘I can’t’ for students who need more assistance in another.

There is another way! It is designing the teaching and learning for the edges of the learner profiles we have in our classes. When I provide open writing opportunities on a daily basis in my class, every student can participate, every student can achieve. And when I meet with each student about their writing I can teach them what they need to learn as they need to learn it. When I provide opportunities for using the mathematical concepts that have been taught in challenging, rich, problem-solving opportunities my students learn to apply their knowledge, push the boundaries of their knowledge and see the value of their knowledge.
At St Benedict’s our teachers thoroughly know the curriculum for each year level and work hard to know each student. Their greatest work is when they bring these two together to grow the young minds and hearts in our care.

At St Benedict’s we like to ban the average and create growth for everyone!

**Annual School Survey**

Thank you to the many parents who have completed our Annual School Survey online. We have had approximately 92 parent respondents; the best response we have ever had. If you haven’t had the opportunity to complete the Annual Survey then please go to [https://www.research.net/r/StBenedictParent2016](https://www.research.net/r/StBenedictParent2016) to contribute to our annual school improvement process. Your feedback is very welcome. The student (Years 4-6), staff and parent surveys all close this Friday.

Matthew Garton  
*Principal*

**CATHOLIC COMMUNITY LIFE**

**Central Deanery Assembly – Mercy in Marriage and Family Life**  
*This is a rare opportunity to share with our Archbishop, in an honest and frank discussion, the truth of family life today.*” Fr Richard Thompson, Dean of the Central Deanery.

All members of our school community are warmly invited to join in the Central Deanery Assembly on Friday 12th and Saturday 13th August at St Clare’s College, Griffith. Friday evening is ‘a night of Mercy’ liturgy from 7:00pm - 9:00pm. Saturday begins at 9:00am with a Keynote by Archbishop Christopher Prowse, panel discussions and individual parish gatherings for planning and discussion. Registration is essential [www.bit.ly/DeaneryAssembly](http://www.bit.ly/DeaneryAssembly) or 6163 4300.

**Confirmation**

I look forward to seeing all candidates and their parents at Mass and the preparation session on Sunday. A reminder that Mass begins at 9:00am. Please contact Father Mat or Father Stephen at the Parish Office if for some reason you are unable to make this important session.

**First Friday Mass / Grandparent’s Day**

Thank you to Mr Siljeg, Mrs de Salis and Year Two for your beautiful Mass last Friday. It was such a wonderful way to honour, thank and bless our Grandparents and other important older people in our lives.

**St Mary MacKillop**

Thank you to Mrs Basedow, Ms Ellison and all of 3/4 for your prayerful and moving liturgy celebrating St Mary of the Cross MacKillop. It was a great reminder of the amazing woman Mary was and how we can live our lives by her example.
**Feast of the Assumption**

Next Monday, 15th August is the Feast of the Assumption of Mary. Year Two have prepared this special Mass and will lead us in the readings and singing. The whole school will celebrate this special day with Mass in St Benedict’s Church. Mass will begin at our usual time of 10:00am, please come and join us for this Holy Day of Obligation.

Meaghan Younger  
*Religious Education Coordinator*

**SCHOOL NOTICES**

**NAPLAN Online – Trial of the new online assessment platform**

**NAPLAN ONLINE - TRIAL OF THE NEW ONLINE ASSESSMENT PLATFORM**

You may have heard that NAPLAN online is being introduced across Australia from 2017, with an aim for all Australian schools administering NAPLAN online by 2019.

NAPLAN online will provide better assessment, more precise results and faster turnaround of information. Your child’s results will be returned to you faster, within a couple of weeks rather than a couple of months.

Between 16 and 26 August 2016, our school is participating in a trial of the new NAPLAN Online platform (the computer system the test will be taken on). This trial isn’t ‘another’ NAPLAN test for 2016, rather, it is a chance for teachers and students to test the new platform in a real-life classroom environment. A selection of our students will participate in the trial, by undertaking either one or two online tests that include examples of the new NAPLAN online questions. Each of these tests will take approximately 45 minutes to complete.

Participating in this trial is important as it will help us make sure we have adequate bandwidth capacity, wireless connectivity, and whether students have access to a sufficient number of devices for NAPLAN testing. During the trial, we will also have the opportunity to practice managing the classroom for an online assessment, as well as the new test administration processes.

Feedback from schools participating in the trial will inform transition to the online assessment as well as provide valuable feedback to shape the final development of the NAPLAN online platform.

Participation in this trial is a key step to ensuring a successful NAPLAN online experience. If you have any questions, please don’t hesitate to contact Rachel Smith or Matthew Garton.

Grandparents Day Year 5/6 Feast
In Term 2 the students in Year 5/6 undertook an investigation into growing food in a managed environment. Our Grandparents day celebrations provided the perfect occasion for the students in 5/6 to share the fruit of their labour with their families. The students grew, planned and cooked a healthy meal containing their own produce. The students felt very proud of their achievements and the atmosphere was electric. We were joined by many parents and grandparents who took the opportunity to be waited on by the eager students. It was a delightful sight to watch our community share a meal under the trees in the glorious weather and is sure to be a long lasting memory. There was such an excess of food that we were also blessed to be able to invite our buddies to join us. Well done to the students who exceeded all expectations and were a wonderful example of what it means to be welcoming.

Mrs Stratford
5/6 Teacher

Weekly Notes
The following notes have gone home this week and are currently on the website.

- Yr 4 Camp – Due 12th August
- PSSA South Weston Track & Field (Selected Students) – Due 12th August
- Expression of Interest – Boorowa Carnival
- Catholic Schools’ Netball (Selected Students)
- Trivia Night – Due 6th September (Adults only)

Dates to Remember

✓ 9th August – School Board Meeting, 6.30pm
✓ 11th August – Choir Festival – Selected Students
✓ 11th August – Canteen Day - Change
✓ 12th August – Science Week Excursion (Yr 4 to Yr 6)
✓ 15th August - Feast of the Assumption of Mary – Mass 10.00am
✓ 2nd September – Father’s Day Stall
✓ 10th September – Trivia Night (adults only)
✓ 14th October – School Disco Year’s K-6

Happy Birthday to the following children who will celebrate their special day this week: Nikita S, Layla C and Louis H.

Clothing Pool
The Clothing Pool is open every Friday after assembly 2.45pm to 3.15pm.

Canteen
THURSDAY, 11 AUGUST 9.00am – 11.30am
Jennifer Clark
Helpers Needed
11.30am – 2.00pm
Jennifer Clark
Helpers Needed
MONDAY, 15 AUGUST 9.00am – 11.30am
Helpers Needed
Helpers Needed
11.30am – 2.00pm
Helpers Needed
Helpers Needed

Thank you for all helpers so far this year. A new Canteen Roster has been sent home and is also on the website – we are now in urgent need of helpers. If you have anytime available to help even for an hour or so, please continue to let Belinda know at the Front Office.

Change in Canteen Days: Due to a large number of students being away on Friday 12th August we are changing the canteen day to Thursday 11th August. Sorry for any inconvenience.

Nancy Lyons, Canteen Manager
ENTERTAINMENT BOOKS
If you have an Entertainment book at home could you please return it ASAP as, the school needs to return them or pay for them.

LOST AND FOUND
If you are missing: X key ring, moroon digital watch or a blue Ipod cable. Please come to the front office and collect.

House Point Winners
The points for Week 3, Term 3 were Murramai 4,805, Arakoola 6,530 and Tangara 14,075.

At the end of Week 3, Term 3 the year totals were: Murramai 51,553, Arakoola 54,324 and Tangara 51,298.

CONGRATULATIONS to this week’s winners:
Tangara 14,075!

COMMUNITY NOTICES

Parish News
Parish Office Hours: Tuesday to Thursday 9.00am to 3.00pm

Parish Pastoral Council Fr Stephen Fletcher 6295 7879
RCIA Coordinator Matthew Toohey 0409 157 552

Neighbourhood Care
Gowrie Court Helen French 6239 4300
Meals Parish Office 6295 8027

Weekend Mass Times
Saturday 6.00pm
Sunday 9.00am
Youth Mass 7.00pm (last Sunday of the Month)
Charismatic Mass 7.00pm (last Sunday of the Month)
Baptisms: 11.00am, 2nd and 4th Sundays of the Month

Families are warmly invited to the 9am Mass and children are welcomed and encouraged to join in the activities of Kingdom Kids. Enquiries can be made to Anita or email her on kingdomkidsministry01@gmail.com. Remember the prayer wall for those intension you want the children to pray for.

Marian Procession
The Annual Marian Procession at St Clément’s Monastery, Galong will be held this year on Sunday, October 9th 2016. The Archbishop is especially inviting all Catholics from across the Archdiocese of Canberra and Goulburn, and beyond, to make this wonderful pilgrimage during the ‘Year of Mercy’.
Pilgrimage to the Holy Land
St Benedict’s Parish Narrabundah is offering a unique opportunity for a 14-day pilgrimage to the Holy Land, led by Fr. David Callaghan MGL, to visit the birthplace of Jesus, places of different points in his ministry as well as his crucifixion and tomb; see attached itinerary. The Pilgrimage departs on 30th October 2016 and the Early-Bird special of $4,999.00 has been extended to 15th August 2016. Price includes airfares, visas, transfers, 4-star accommodation, all meals plus other inclusions. If you are interested, please contact Wayne Caruana on 0466 631 394.

Up Coming Events:
1. Listening to Jesus, 25th August in the Collins Wing
2. Learning to Listen, 27th August in the Collins Wing
3. Year of Mercy Retreat & Healing Ministry, 2nd, 3rd and 4th September with Fr John Rea SM.
   For further information please go to http://www.stbenedictsNarrabundah.com/

Novena Masses to Blessed Mother Teresa of Calcutta: Missionary Sisters of Charity Chapel, West St, Queanbeyan – 6.30pm on 26th August – 3rd September, 4th September 9.00am Mass at St Raphael’s Church, Queanbeyan.

TRIVIA NIGHT

St Benedict’s P & F Trivia Night
Saturday 10 September 2016.
In the School Hall
More information to come!
August Canberra Girls’ Programming Network (GPN) Workshop

There has never been a more exciting time to be a female learning about technology!

The Canberra Girls’ Programming Network is a community for female students to learn about computer programming and technology through workshops and gives exposure to female role models across academia, government and industry.

What
The workshop topic is Cryptology!

The art of protecting secrets started thousands of years ago from the early Egyptians. Cryptology is one of those ancient sciences that has endured to modern day communications. This workshop will centre on the famous Caesar Cipher named for its creator Julius Caesar. Join us to be code-breakers for a day!

Where
St Clare’s College Canberra
1 McMillan Crescent, Griffith ACT 2603

When
Sunday, August 21st
Please arrive by 9:45am for registration
Workshop begins at 10am
Parents and teachers invited at 3:30pm
Conclude by 4pm

Who
Female students from years 4 to 12

What do I need to know
No need to have coded before! But also for students who are ready for more programming challenge.

How
You’ll need to register to attend.

GPN Application Form
CBR GPN Photo Permission Form

Please fill out the GPN application form attached and photo permission and return email to:
su-en.williams@defence.gov.au  courtney.ross@defence.gov.au
and Cc ASD.DISH@defence.gov.au

You will receive information and confirmation via email prior to the workshop day

Have questions you would like a Canberra GPN tutor to answer? send to canberragpn@gmail.com

Regards, Su-en Williams
Champion for the next generation of girls in IT!
THE ABORIGINAL AND TORRES STRAIT ISLANDER CATHOLIC MINISTRY OF THE ARCHDIOCESE OF CANBERRA/GOULBURN

WOULD LIKE TO INVITE YOU, YOUR FAMILY AND FRIENDS TO

MASS

AT

ST BENEDICT’S CHURCH

JERRABOMBERA AVENUE NARRABUNDAH

SUNDAY 21 AUGUST 2016

COMMENCING AT 11.00AM

SHARED LUNCH TO FOLLOW IN THE PARISH CENTRE

RSVP - 15 AUGUST

SALLY FITZGERALD - 0422 066 080

SALFITZ50@LIVE.COM
Dear Parents,

We are participating in Redgum Book Club this term. The Term 3 catalogue has been sent home with your child. Every book order will earn resources and books for our school, with every order receiving a free gift for your child.

To view the current catalogue, please open the link below. Go to www.redgumbookclub.com.au for more information on their range of books You will find hundreds more great titles that you can order this term, with books starting from $2.00.


The catalogue is now open and closes on 12th August. Ordered books will be delivered free to the school no later than 5th September.

Redgum Book Club newly released books for term 3:

- *Harry Potter and the Cursed Child*. The most famous boy wizard in literature is back!
- *The BFG* (Film tie-in). One of Roald Dahl’s most loved books is now a major motion picture.
• *The 78-Storey Treehouse.* The highly anticipated sixth book in the Treehouse series!
• *The First Hippo on the Moon.* From number one bestselling picture book duo, David Walliams and Tony Ross, comes this explosively funny space adventure for young children.

How to place an order:

• Order and pay online by credit card or PayPal at [www.redgumbookclub.com.au](http://www.redgumbookclub.com.au)
• Email your order with your credit card details to: [orders@redgumbookclub.com.au](mailto:orders@redgumbookclub.com.au)