Let mercy live among us

PRINCIPAL’S COLUMN

Congratulations

On Friday afternoon at our final assembly for the term I will have the privilege of handing out our end of term Ways of Being awards.

Our 5 Ways of Being are a very important aspect of the culture of St Benedict’s Primary School. They were developed several years ago in consultation with students and staff, who worked together to create a vision for how each person would like to experience school. When the students were asked about how they wanted to feel at school they came up with the following words:

Following this discussion, the students, led by our Year 6 leaders, developed a set of expectations for each other that would help everyone experience the feelings identified above. The result was our 5 Ways of Being and they have shaped our community culture ever since. We endeavor to point out to students the ways they display the 5 Ways of Being (and give them a bee stamp) and assist some children to learn how to live these expectations. They are relevant for students, staff and parents.

The classes have selected one person for each of the 5 Ways of Being who has lived this way of being throughout the term and on Friday it is a great privilege to recognise these students who, through their actions, are leaders in our student community.

Nurturing personal and academic growth...
...a journey from Kindergarten to Year 6.
Social Justice - a place at the table

This Sunday is Social Justice Sunday in Catholic parishes throughout Australia and the focus for this year is ‘A place at the table – social justice in an ageing society’. Pope Francis includes the following story during one of his morning meditations:

There was a father, mother and their many children, and a grandfather lived with them. He was quite old, and when he was at table eating soup, he would get everything dirty: his mouth, the serviette ... it was not a pretty sight! One day the father said that, given what was happening to the grandfather, from that day forward he would eat alone. And so he bought a little table, and placed it in the kitchen. And so the grandfather ate alone in the kitchen while the family ate in the dining room. After some days, the father returned home from work and found one of his children playing with wood. He asked him: ‘What are you doing?’ to which the child replied: ‘I am playing carpenter’. ‘And what are you building?’ the father asked. ‘A table for you papa, for when you get old like grandpa’.

As my own children reach their teenage years and I sit in my middle-age years I am very conscious of how I am with my own parents, their grandparents. I am conscious that I am always modelling to them the expectations I have of how they will treat me in my senior years.

Our western culture tends to carry a stigma about ageing and death. Ageing is often pictured in a negative light in popular culture and there is sometimes an element of shame about physical and other signs of ageing.

There are many other cultures, however, that revere and respect the ageing process and the senior members of the family. The words used to describe an ‘old man’ or ‘old woman’ are often nuanced with reverence. Elders are seen as rich sources of knowledge and wisdom that must be passed on. A family’s residence is often shared with children as well as grandparents, who all contribute to the household and where the young respect and often care for the old. In the wider family circles of some cultures the older family members are considered the ‘heads of the household’.

I can see many of these perspectives present within families in our school. It is lovely to see such love between family members and the rich relationships and opportunities that develop out of it. For those fortunate enough to experience such relationships may you continue to be blessed by these and for those who don’t have the opportunity to develop such relationships may you find someone who can play that role in your family’s life.

Matthew Garton
Principal

Students not returning in 2017

As we plan for next year we need to confirm those students not returning to St Benedict’s in 2017. We are then able to set up classes and staffing to match the needs of the students in each year level. Other than Year 6, if your child is not returning to St Benedict’s in 2017 then please inform the school in writing through email (Matthew.Garton@cg.catholic.edu.au) or handwritten note. We are also required to enter the destination school in our records and would appreciate this information as well.
Confirmation
Congratulations to our Confirmation Candidates who were blessed by the Holy Spirit last Saturday. Thank you to the students and their families for their prayerful and reflective participation in the preparation activities and the Confirmation Mass.

Meaghan Younger
Religious Education Coordinator

SCHOOL NOTICES

Well Done
Jacinta (Yr3/4B) loves to sing so she decided to audition for the Woden Valley Youth Choir (WVYC). On the morning of the audition (Saturday, 10th September) she was very anxious but her love of singing prevailed. During the audition, the WVYC artistic director ‘Alpha’ led Jacinta to a music room and asked her to sing one song of her choice (Lavender’s Blue) and also Waltzing Matilda to test her vocal range. She also performed brief aural tests (eg. 2 notes played on the piano at the same time and she had to sing the high or bottom note as asked). The audition took about 15 minutes. After that, Alpha announced that Jacinta got in the choir! She will be in the junior group (8-9 years) and will start in Term 4. Yay!

Parents and Friends Association
School Disco – Friday 14th October
The Parents and Friends Association are holding the School Disco on Friday 14th October (1st Friday of Term 4). The theme is Onesie Pyjamas. Please return the RSVP slip to school this week so they can start organising the catering. If you need a note either contact the office on 62958027 to have one sent home with your child or go to http://stbenedicts.act.edu.au/srcfiles/Disco---14th-Oct-2016.pdf.

Swimming Program
Students in Kindergarten to Yr 2 this term will be participating in the swimming program running from Monday 10th October to Monday 12th December with session times 12.15pm to 1.45pm.

Please remember:

- Students will travel to and from the pool by bus.
- Students will need to WEAR their swimmers under their school uniform to school with shoes and socks.
- Students must bring their underwear, tee shirt, towel, goggles and thongs in a separate bag.
- Students will need to bring their lunch snacks in a labelled lunch box and bring a water bottle with them to the pool.
- All items of clothing must be labelled.
**Merit Certificate Recipients**

**KINDERGARTEN**  Henry P, Amelia J and Mikayla T  
**YEAR 1**  Alain K, marissa M, Santino E, Zac W and Ava D  
**YEAR 2**  Matthew S and Ventura S  
**YEAR 3/4E**  Amshu S, Cara H, Shyla M and Tahnee T  
**YEAR 3/4B**  Daniel N, Sophia M and Zara S  
**YEAR 5/6S**  Mason T and Charlotte G

**Dates to Remember**
- 23rd September – Last day of Term 3  
- 10th October – First Day of Term 4  
- 10th October – Swimming Program Starts  
  Kindergarten to Year 2  
- 14th October – School Disco Year’s K-6  
- 21st October - Boorowa Touch & Netball Carnival  
- 5th November – Trivia Night (Adults only)

**House Point Winners**

The points for Week 9, Term 3 were Murramai 2,585, Arakoola 2,800 and Tangara 2,220.

At the end of Week 9, Term 3 the year totals were:  
Murramai 68,839  Arakoola 76,679  and  Tangara 91,433.

**CONGRATULATIONS to this week’s winners:**  
Arakoola 2,800!

Well done to **Year 1** who earned the most house points (2,950)!

**LOST AND FOUND**

All items from the lost property box will be on display in the Canteen area for the rest of the term. Any items left will be cleaned and either given to St Vincent de Paul or given to the clothing pool for students to purchase. So please take the time to go through the lost property items over the next couple of weeks.

**Canteen**

**FRIDAY, 23 SEPT**  9.00am – 11.30am  
Hannah Norgrove  
Helpers Needed

**MONDAY, 10 OCT**  9.00am – 11.30am  
Sylvie DuFault  
Helpers Needed

**Does your child need more food at School??**

With the changing of the seasons and we are finding that a number of students are growing and eating more. Can you please take some time at home and talk with your child about what they eat at school and if you need to pack more food.

**Clothing Pool**

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

**Happy Birthday** to the following children who will celebrate their special day this week and over the holidays: Alexander M, April A, rose G, Hamish M, Tomas C, Amshu S and Brigid N.
COMMUNITY NOTICES

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

Kingdom Kids Ministry: 9th October Families are warmly invited to the 9am Mass and children are welcomed and encouraged to join in the activities of Kingdom Kids. For more info email Anita on kingdomkidsministry01@gmail.com. Remember the prayer wall for those intentions you want the children to pray for.

Nominations for Parish Pastoral Council: The parish needs three nominations for the Parish Pastoral Council. If you are interested, please contact Fr Steve or PPC Member on 62957879.

PARENT EFFECTIVENESS TRAINING (P.E.T)

Learn respectful communication skills, to help develop a peaceful, gentle approach to parenting, and resilient children (without the use of punishment or reward). P.E.T helps children and parents become emotionally intelligent, confident and considerate. The course is powerful, proven and practical. Yell less, enjoy your children more. Build relationships that last a lifetime.

For more information: Visit www.parentskills.com.au; read P.E.T. on a Page; and Join the Parent Skills Facebook community

The 24 hour course consists of three-hour sessions, once per week, for eight weeks. Booking is essential.

$360 pp for the course (investment includes a workbook and textbook).

Course begins: Thursday, 13th October, 2016 (minimum number of participants required); Time: 6.30 pm to 9.45 pm; Place: Weston, ACT.

Enjoy P.E.T. with Larissa Dann, Canberra’s most experienced P.E.T. instructor.

Resource blogs: www.parentskills.com.au/blogs/larissa; Contact: info@parentskills.com.au
Sunday October 9
St Clement's Retreat and Conference Centre, Galong

Over many decades the Archdiocesan Marian Procession at St Clement's Monastery, Galong has gathered tens of thousands of Catholics from across Australia. As we have journeyed with Mary to the heart of Jesus many lives have been changed for the good through this event. Come and join us.

11.30am: Mass with main celebrant Archbishop Christopher Prowse
(the Sacrament of Penance will be available before and after Mass)
12.30pm: BYO lunch
2:00pm: Procession to the grotto with Fr Stephen Hackett to preach.

For more information contact 6163 4300
Archdiocese of Canberra and Goulburn
Casting agent looking for talent in Canberra!

THE MOST IMPORTANT STEP TO YOUR ACTING CAREER: MEETING FAITH MARTIN

TV: Faith Martin has been casting film and TV in Australian and USA, (Strictly Ballroom, Sea Patrol, Blue Healers, The Strip, Peter Pan and so so so much more). She has cast the biggest stars including Russel Crowe and Hugh Jackman and many others in their first role and will tell you all about that and how to make it as an actor. She will work on audition techniques and give real auditions on camera with feedback and a screen-test to take home. This is an amazing opportunity to meet Faith as she is the most renowned in Australia!

THEATRE: You will also be working together on the same theatre play, reading from start to finish and learning what it takes to go from script to performance. We will emphasise character development, themes and working as a group to cast scenes, rehearse and present to an audience on the final day.

It will be a JAM PACKED 3 days, and will sell out! BOOK NOW.

Dates: October 2016 4th, 5th and 6th
Time: 10.00am - 5.00pm
Venue: Canberra Girls Grammar School
Cost: $385
Age: 10+

For bookings and enquiries contact
performanceclasses@gmail.com
or call 02 8005 6711
About
An eSafety expert from the Office of the Children's eSafety Commissioner will be delivering a FREE workshop on how you can help keep young people safe online.

For more information visit esafety.gov.au.

Learn how
* young people are using social media and technology
* to make a complaint about child cyberbullying
* we can help remove serious cyberbullying material.

When
Monday 24 October 2016
St Clare's College
1 McMillan Cres Griffith
5:30pm - 7:30pm
College Gymnasium

Summer Twilight Sport 2016

Follow a map & find flags in the safety of urban parks

Map Mates

Team based kids adventure

Five Wednesdays beginning - 12 Oct 2016
Followed by four months of Twilight Series events

Any kids 13 yrs and under - teams of between 2 to 4

* Welcome Event Wed 12 Oct * Prizes * FREE Season pass * Fun map reading activities * Safe Urban Parks * Easy maps * Team events
Christmas comes early to Canberra, with Queensland Ballet bringing our much-loved production of Ben Stevenson’s *The Nutcracker* to the Canberra Theatre Centre from Wednesday 23 to Sunday 27 November.

To celebrate the Company’s first Canberra season in our 55-year history, we are offering a variety of activities for students to experience our wonderful world of ballet, both on and off the stage.

For more information regarding Children’s Auditions, Dance Camp and the Masterclass for the Nutcracker please go to https://madmimi.com/p/7cefa8?fe=1&pact=325091-134302626-9310308824-903561c4f378d26d059a4d8a15b2219f5596e24.
Living Green Festival
CANBERRA 2016

- sustainable, fair trade & cruelty-free food, products & services
- free kids’ puppet shows, face painting & rock climbing wall
- talks on environmental, animal protection & climate change issues
- electric vehicles • live music & performances
- plus more!

Albert Hall, Commonwealth Ave
10am–4pm | Sunday 2 October
FREE ENTRY

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#LGF2016 #aKinderShadeofGreen #LGFCanberra
2017 Women’s Premier League Program

**MISSION:** "To inspire and guide aspiring young footballers to progress to the next level"

**The Program (Overview)**
- Up to 100 training sessions over 18 months
- Up to three sessions a week from 2017
- Focus on the quality of training
  - Injury prevention, coordination/agility, core stability and ball mastery exercises for all teams
- Effective communication and feedback through online platform (S25) and face to face
- Formal player reports
- Player mentoring
- Nutrition advice
- Use of video analysis
- Football homework provided (optional)

**Coaching Philosophy**
- Using modern coaching and best practice methods in combination with the FFA National Football Curriculum to develop the overall footballer
- Developing the person as well as the athlete
- Create a challenging environment with high standards for motivated players

**Training in 2016**
- **Dates:** Tuesdays and Thursdays from 15th Nov to 8th Dec (4 weeks)
- **Venue:** Wright Park Upper, Queanbeyan
- **Times:**
  - U11 – 4:30pm-5:45pm
  - U13, U15, U17 – 5:30pm-6:45pm
  - 1st Grade / Res – 6:30pm-8:15pm

**Teams**
- U11 Girls (Born 2006 & 2007)
- U13 Girls (Born 2004 & 2005)
- U15 Girls (Born 2002 & 2003)
- U17 Girls (Born 2000-2002)
- Reserves (All Age)
- 1st Grade (All Age)

**Program Opportunities being developed**
- Pre-season matches against FNSW clubs
- Pre-season camp in Sydney (add-on)
- Interstate tournaments and matches (add-on)
- International tournament/tour (add-on)
- Keynote speakers from the higher levels of Australian Football
- Model sessions delivered by high level coaches

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- Pre-season matches against FNSW clubs
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**Register online for trials now!**
*Click on the registration link below:
[bit.ly/MPWPRTtials2017]*
Registrations close Monday 17th October.

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**Wednesday Night Summer Sixes**

12th October to 30th November – 8 Weeks

**VENUE:** David Madew Oval

**Juniors**
- COST: $400 per team
- U9’s to U11’s: 5:00pm to 5:45pm
- U12’s to U15’s: 6:00pm to 6:45pm

**Seniors**
- COST: $700 per team
- Adult Open & Competitive: 7:00pm to 7:55pm
- Adult Mixed & Social: 7:00pm to 7:55pm

**Gather your friends and enjoy your summer playing football!**

Team registrations are now open until 26th September.

More details can be found on our website [www.monaropanthers.com.au](http://www.monaropanthers.com.au)
Monday Night Football Clinic

10th October to 28th November (8 Weeks)

VENUE: Letchworth Oval
COST: $100 per participant

Beginners and Intermediate (Miniroos: U6’s – U9’s)
4:30pm-5:30pm

Intermediate and Experienced (U10’s – U18’s)
5:45pm-6:45pm

Advanced Players Only
7pm-8:30pm

Goalkeepers (with Monaro GK Coaches)
6pm-7pm

Get your football fix this summer by developing your football skills with Monaro Panthers Football Club!

Registrations are now open until 26th September on www.myfootballclub.com.au

More details can be found on our website www.monaropanthers.com.au