



St Benedict's Primary School

Tallara Parkway
NARRABUNDAH, ACT, 2604
Ph: 02 6295 8027

Email: Office.StBenedicts@cg.catholic.edu.au
 @StBenedicts2604

NEWSLETTER 14

23rd May 2018

Let mercy live among us

PRINCIPAL'S COLUMN

Dear Parents and Carers,

Community

Community is very important to us at St Benedict's. Visitors to our school often comment on the strong sense of community they felt when they visited and how welcomed and included that they felt during their visit. There are three distinct ways we express Community at St Benedict's:

Welcoming

Our motto '*All guests who enter shall be welcomed as Christ*' (words of St Benedict) points to the importance we place on accepting and loving new children and families when they begin their journey with us. Established students take new students under their wing in their own class and the buddy program. Teachers support and assist new teachers in learning how St Benedict's 'works' and where to find what they need. Parent representatives contact new families and create opportunities to build connections and relationships with others.

Celebrating

We come together regularly to acknowledge who we are and what we value, especially in the way we celebrate Eucharist, gathering as a community to give thanks to God. During assemblies we acknowledge the achievements of our members and thank those who recently contributed to our ongoing work. Our Meet and Greet and Disco are two examples of times when families can relax and enjoy each other's company.

Giving outwardly

What value does our community have if we cannot share and spread what we have with others? Through examples like our Giving Mass we create opportunities to give to others in need from the abundance we have. We look to participate in local community events and spread our joy. We build relationships with local community organisations. We celebrate important times such as Easter, St Benedict's Day and First Friday Masses with our wider Parish.

We have a wonderful community that is always seeking the balance between welcoming in and giving beyond ourselves.

Two wonderful examples of the giving nature of our community are our Religious Education Coordinator, Ms Natalie Wright and our School Board.

Ms Wright was last night named the ACT Volunteer of the Year for her dedicated work with St Vincent de Paul. She has been a member of a Tuesday Night Patrol team for 12 years and a team leader of a Friday Night Patrol team for 8 years. Ms Wright was also instrumental in developing Mini Vinnies teams at her previous school, something she is keen to do at St Benedict's. Congratulations Ms Wright on your award and recognition of all your hard work.

The second example of the wonderful giving nature of our community is the School Board. The School Board meets every second Tuesday of the month and works to support the school, the students, the families and the staff. Last night the School Board elected new office bearers. The School Board consists of:

- Belinda Eidum – Chairperson
- John Daunt – Deputy Chairperson
- *Vacant* – Treasurer
- Mark Scott – Secretary
- Karen Costello – P&F Representatives
- Antoinette Perry, Mark McCormack and James Samana – Parent Representatives
- Fran Tomadini – Staff Representative
- Alana Quirk – Assistant Principal
- Rachel Smith – Principal
- Fr Dan Benedetti – Parish Priest

I would like to thank Mrs Samantha Losanno and Ms Emma Burchell who complete their terms on the Board, for their outstanding contribution. Their perspective and interests will have a lasting impact on the St Benedict's school community. I thank them for their unfailing support for the work of myself, the staff and the students of the school and for being part of our collaborative journey.

God Bless.



Rachel Smith
Principal

Principal's Notes

Walk Safely to School Day

Thank you to the parents, children and staff who participated in the walk from the Narrabundah shops to school last Friday morning. Whilst it is an exercise in learning about Road Safety it was also a wonderful opportunity to enjoy the fresh air and a healthy start to the day. A photo of most of the walking group can be seen later in the Newsletter.

Reconciliation Week

This Friday is Sorry Day and we will be having a special liturgy at 10:30am on the oval.

National Reconciliation Week (NRW) runs annually from 27th May – 3rd June. These dates mark two milestones in Australia's reconciliation journey: The 1967 referendum and the historic Mabo decision, respectively.

During Reconciliation all Australians are asked to be a part of the next big steps in our nation's reconciliation journey. The theme for National Reconciliation week this year is "Don't Keep History A Mystery: Learn. Share. Grow."

First Eucharist

While our Year 3 students continue to learn about the Sacrament of Eucharist in their Religious Education lessons, some of our students are preparing with our St Benedict's Parish to receive Eucharist for the first time. They and their families continued their preparation with Fr Dan and staff after Mass last Sunday morning. Thank you to those families who are supporting their child through this important time on their life of faith.

We pray for all of these children that this time of preparation is transformative in further growing their relationship with our loving God.

Hats Off – June and July

During June and July we are encouraged by the Cancer Council ACT not to expect children to wear hats at school. It's all about ensuring that during these cooler months our students receive as much Vitamin D as possible. There was a great cheer when this was announced last week.

Recess and Lunch

With the days getting colder we are finding that students are eating all their food at recess and not leaving anything for lunch. Please have a discussion with your child/children regarding what and how much they need for the day.

Rugging Up in the Cold

We encourage a lot of play outside and during winter it can be quite cold. We remind all of our students to dress with plenty of layers. Our uniform lends itself very easily to this.

Singlets, thermals or other simple long sleeve underclothes are encouraged under the shirt to add that extra layer. Our uniform policy then outlines:

Maroon jumper: worn over the shirt and dress. As it's harder to take off it can be used inside and outside to keep warm,

Blue polar fleece jacket: to be worn when going outside over the maroon jumper and generally taken off in the classroom while the heater is operating,

Beanies/Scarves/Mittens: are very acceptable and preferably navy blue.

Sport uniform: If an extra layer is required then a simple navy blue top underneath the polo shirt is acceptable.

CATHOLIC COMMUNITY LIFE

Sacrament of First Holy Communion



On Sunday our First Holy Communion candidates participated in a special retreat day. The morning began as a parish and school community combined for Pentecost Sunday Mass led by the Year 6 students and teachers. The church was filled with a vibrant energy as we prayed for the Holy Spirit to come upon us and ignite our spirits. The candidates and their parents then participated in workshops presented by Fr Dan and teachers focused on the meaning and journey leading to First Holy Communion, including a stop-start detailed explanation of the Eucharistic Prayer in the church. The retreat concluded with a shared lunch in the Autumn sun. Thank you to all our teachers and Fr Dan for coordinating this special day.

A friendly reminder to any families who are yet to return their child's permission form to receive the wine and Blood of Christ during First Holy Communion practice and at the celebration of the Sacrament to please return this to school by this Friday.

Pentecost Sunday Mass

Thank you to all the students, families and teachers who led our parish and school community in Pentecost Sunday Mass. It was a wonderful uplifting celebration of community prayer that fanned the flames of our hearts.



Sorry Day Liturgy



This Friday (25th May) Year 5 Blue and Gold will be leading our school community in a Sorry Day liturgy. National Sorry Day is held on 26th May each year. This day gives people the chance to come together and share the steps towards healing for the Stolen Generations, their families and communities. Families are welcome to join us on the oval 10:30am (hall if wet weather) for this special liturgy.

First Friday Mass



Year 3/4 Gold and Blue will be leading our school community in Mass next Friday 1st June. Mass is held in the St Benedict's Church from 10:00am. Families are warmly invited to join us for this liturgical celebration. Morning tea will be provided by the families of students in Years 3/4 Gold and Blue. Parents are invited to stay after Mass for morning tea and a chat with Staff in the Library. Parents of the hosting class are welcome to bring their child along to the morning tea.

Mini Vinnies



Thank you to all students who have made the commitment to become a Mini Vinnie this year! Final numbers will be compiled this week and a date for a Commissioning Ceremony will be announced soon. Parents and carers I look forward to working with your child in developing their understanding of social justice and human dignity through authentic experiences of compassionate volunteering.

Natalie Wright

Religious Education Coordinator

natalie.zarb@cg.catholic.edu.au

Student News

The Giggle Gallery

Some time ago Claire Connor (kindergarten) sent her drawing of Hootabelle and Gigglepaws to The Giggle Gallery on the ABC Kids TV. Claire's picture was chosen to be shown during one of the episodes which was shown on Monday 14th May.



Happy Birthday to the children who celebrated their special day this week: Joe R



Growth Mind Set Awards

Kindergarten	Beau F & Alishia W
1/2Blue	Mia F
1/2Gold	Knox K
3/4Blue	Obi O
3/4Gold	Hamish M
5/6Blue	Lara H

Merit Certificate Recipients

Kindergarten	Nicolas B and Jayden L
1/2Blue	Alec C and Frederick H
1/2Gold	Huxley N and Tessa P
3/4Blue	Xavier A, Sethmi L, Santino E and Adam O
3/4Gold	Sarah D, Amelia C and Edith B
5/6Blue	Matthew S and Layla C
5/6Gold	Sophis M and David T

Dates to Remember

- 24th May - Feast of Mary Help of Christians
- 25th May - Sorry Day Liturgy, 10.30am
- 28th May - Reconciliation Day (Public Holiday)
- 1st June - First Friday Mass, 10.00am. All welcome
- 4th June - Parliament of Youth
- 5th June - School Photo's
- 11th June - Queens Birthday (Public Holiday)
- 12th June - Joint School Board and P&F Meeting, 6.30pm
- 17th June – Parish Mass Kindergarten Families 9.00am (all welcome)

Clothing Pool

The Clothing Pool is open every Thursday and / or Friday between 2.50pm to 3.15pm by appointment. Please inform Mrs McRae at the front office if you would like an appointment.



School Fees

Thank you to all the families that have paid their school fees so far.



Please remember if you have not received your school fees yet, please contact Belinda at the front office.

School Fees are due by Friday 25th May. If you have any questions, please do not hesitate to contact Belinda in the Front Office.

School Photo's

This year's school photos will be held on Tuesday 5th June. All students are required to wear full winter school uniform. If you require any items of clothing, please organise to visit the Clothing Pool prior to the 5th June.

The order forms went home on Monday. If you require a second individual student form or a family order form, please contact Belinda at the front office and the required forms will be sent home. All forms need to be return to school on or prior to the 5th June. Sorry, no late orders will be accepted.



Weekly Notes

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



- Kindergarten – Important Class Info
- School Photo – order forms
- Solar System in Science – Yr5/6
- Mini Vinnies Program
- School Fees – Due by Friday 25th May
- South Weston Region Cross Country

All notes can be found on the website, please check regularly.

Canteen

THURSDAY, 24th May 9.00am – 11.30am

HELPERS REQUIRED

11.30am – 2.00pm

HELPERS REQUIRED

FRIDAY, 25th May

9.00am – 11.30am

HELPERS REQUIRED

11.30am – 2.00pm

HELPERS REQUIRED



Hello everyone,

I wish to thank the very helpful parents who have assisted me in the canteen the last couple of

weeks. I recently finished another semester at university with an exam Thursday last week. I cannot express my gratitude enough to those who stepped in for me for the day. Another subject is on the way for winter as my Bachelor of human Nutrition journey continues.

In the coming weeks, Nutrition Australia will be visiting to assess our menu for the Fresh Tastes program. This is an exciting step forward in our schools' journey in overall health.

Winter is knocking on the door and what better way to celebrate the cold than hot cups of soup. There is nothing easier to make from raw ingredients other than pumpkin soup. I literally throw chopped pumpkin, potatoes, and onion, into a pot, cover with water and boil away until soft. I love the rustic looking soups and use the good old potato masher. I like to season my soup with nutmeg and a little salt and pepper. How do you like your pumpkin soup?

Until next week...

Yours in tongs.



Cara Cook, Canteen Manager

P&F News

Spring Fair!

SAVE THE DATE: Sunday 16th September 2018.

St Benedict's Primary Spring Fair is on **Sunday 16th September** and will be upon us in no time. For our brick-a-brack stall we are seeking donations of good quality second hand books and household items (sorry, no electrical items). We will be glad to take these off your hands and they can be dropped off at the front office at anytime.

Seeking sponsorship

We are seeking sponsorship (eg. food, goods, services and cash) to help us cover our expenses and supply cash or prizes for our major raffle. Perhaps you or your business can donate to help or you may have contacts with other people/businesses who would be keen to support our school.

Curry & Trivia Night

The P&F Curry & Trivia night set down in the calendar for the 23rd June has been postponed till Term 4. More details to follow at that time.

Parish News

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

Weekend Mass Times

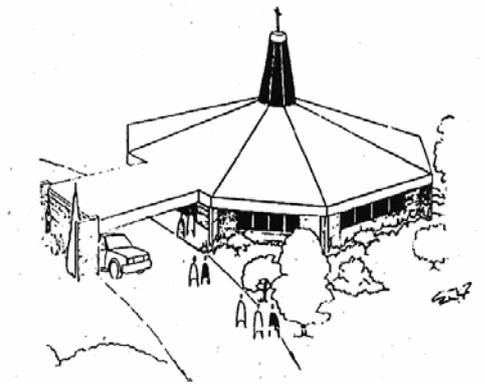
Saturday 6.00pm

Sunday 9.00am

Youth Mass 6.00pm

Charismatic Mass 6.00pm (last Sunday of the Month)

Baptisms: 11.00am, 2nd and 4th Sundays of the Month



Community Notices

Canberra Festival of Workshops



A Year Kinder - 7 Festival of Workshops will be held at Canberra Grammar School, Red Hill ACT on Monday 2 July and Tuesday 3 July, 2018 from 9.30am to 3.15pm. Enrolments open on 14 May.

G.A.T.E.WAYS Festivals offers a large range of workshops running concurrently over the two days with the emphasis on challenge and fun. Parents may enrol directly at www.gateways.edu.au.

Mental Health Issues and Young People: FREE Parenting Forum

Carers ACT is hosting a unique opportunity for parents, carers and friends to learn how to recognise the warning signs and better understand depression, suicide, eating disorders, deliberate self-harm and other mental health problems in young people. Mental illness in our youth – often known as the ‘invisible disease’ - is growing at an alarming rate with many parents at a loss on how to deal with it. The speaker will be Dr Michael Carr-Gregg, one of Australia’s leading experts in parenting and child and adolescent mental health and founder of CanTeen for teenagers with cancer. *Bookings essential.*



When: Tues 19 June 2018, 7-9pm, Hellenic Club, Woden

More info: Ph 6296 9900 or email mhcarers@carersact.org.au

Register : through Eventbrite <http://bit.ly/2HlqSiy>

Cost: free

FREE Community Event



RECONCILIATION IN THE PARK

MONDAY 28 MAY 2018

10AM – 2PM GLEBE PARK
CANBERRA

CELEBRATE & SUPPORT RECONCILIATION DAY

- Indigenous history & culture activities
- Live music
- Traditional dance
- Storytelling
- Bush tucker talks
- Free kids art workshops & amusements
- BBQ, food vans & plenty more

Visit: events.act.gov.au/reconciliationday

Artwork by Lynnice Church (Ngunyawel)



ACT
Government

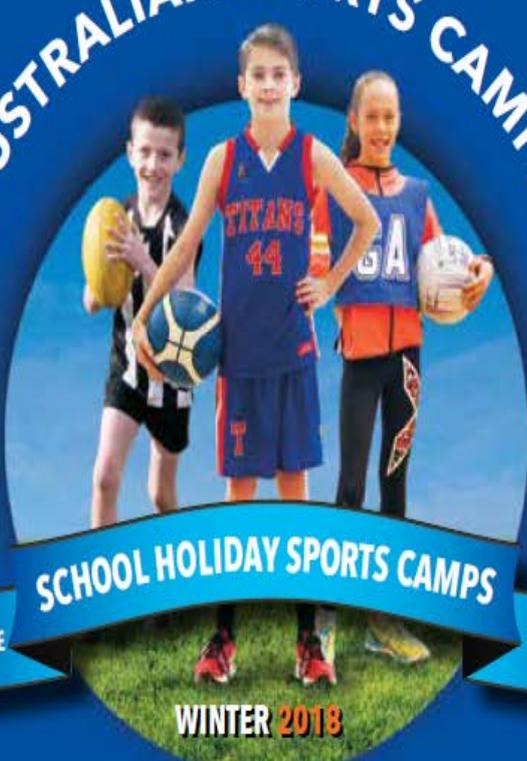


National
Reconciliation
Week 2018
27 May – 3 June



HURRY!
25% EARLY BIRD OFFER ENDS 3/6/18*

AUSTRALIAN SPORTS CAMPS™



SCHOOL HOLIDAY SPORTS CAMPS

SINCE

1982

WINTER 2018

LEARN NEW SKILLS AND IMPROVE YOUR GAME! QUALITY SPORTS COACHING FOR 6 - 16 YEAR OLD'S

- Experienced coaching panel and guest stars attending.
- Have fun playing and keeping active with your friends.
- Our structured skill development programs run 9am - 3pm daily.
- Meet your sporting idols, learn and be inspired by the best.
- Individual written coaches report reinforces learning.
- Video analysis and coach feedback sessions for fast improvement.
- Coach to participant ratio of 1 : 10 ensures individual attention.
- Careful group selection to maximize enjoyment and results.
- Autographed group photo and certificate of achievement.
- **SEE WEBSITE FOR ASC CAMPS PRICING AND SPECIAL OFFERS**

ASC PARTNER PROGRAMS

- Get active with a new range of partner programs.
- New sports, new programs, new areas.

* Applies only to ASC 3-day camps

ASC™
 AUSTRALIAN
 SPORTS CAMPS
1300 914 368

CANBERRA
 AUSTRALIAN CAPITAL TERRITORY



Meet sports idols at our camps. Past stars have included Kevin Sheedy, Justin Langer, Ange Postecoglou, Kim Ravaillon and Caitlin Bassett. See the website for more details.

ASC 3-DAY CAMPS

AFL

17, 18 & 19 July
 ACT AFL Football Camp,
 Red Hill

Basketball

17, 18 & 19 July
 ACT Basketball Camp, Red Hill

Netball

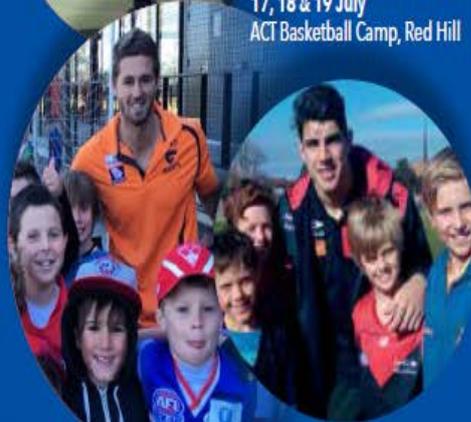
16, 17 & 18 July
 ACT Netball Camp,
 Braddon

Rugby Union

17, 18 & 19 July
 ACT Rugby Union Camp,
 Red Hill

Soccer

17, 18 & 19 July
 ACT Soccer Camp,
 Red Hill



ASC PARTNER PROGRAMS

ASC have teamed up with some amazing and reputable partner companies to offer a wider variety of sports in your area! Duration and pricing for these programs differ depending on the program, please visit our website for all the details and choices!

Tennis

9, 10 & 11 July
 ACT Tennis Canberra' Tennis
 Program, Parkes



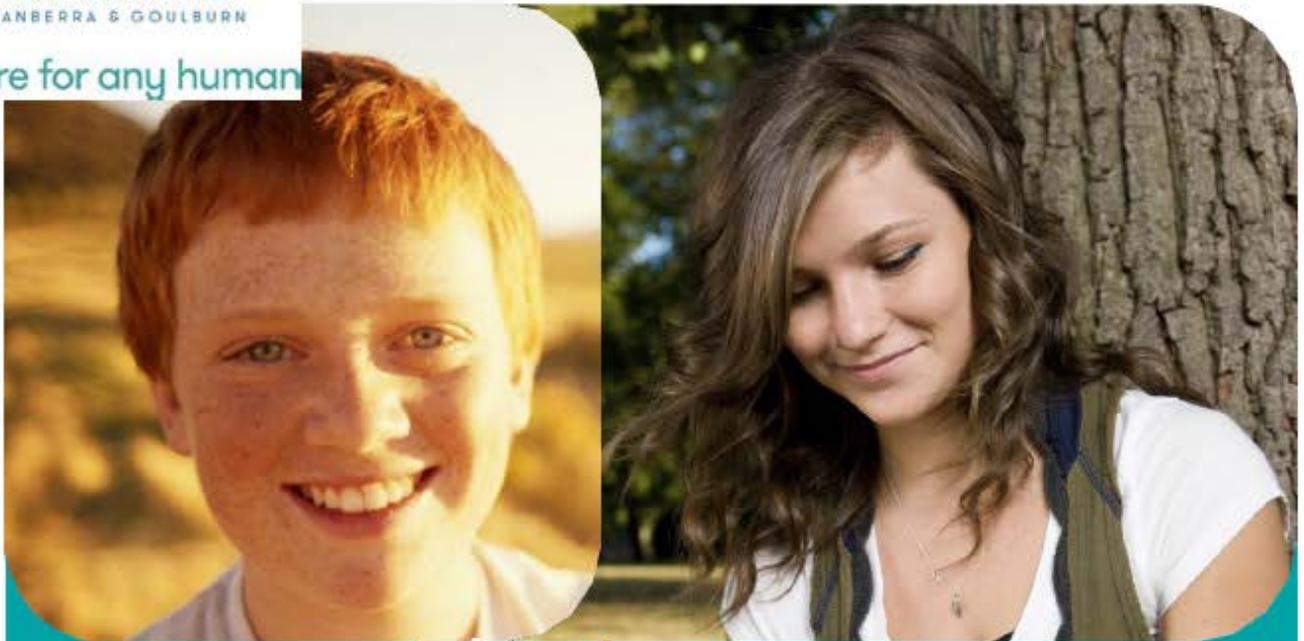
NOW OPEN

GO TO ASC.CAMP/BOOKINGS TO BOOK WINTER CAMPS OR FIND INFORMATION

NOW OPEN

GO TO ASC.CAMP/BOOKINGS TO BOOK WINTER CAMPS OR FIND INFORMATION

There for any human



The Journey THROUGH ADOLESCENCE

The Program is called The Resourceful Adolescent Program for Parents (RAP – P). This program is suitable for parents and carers of children attending primary school years 5 & 6 and secondary school students attending years 7–12.

RAP – P will help you:

- Help your teenager to develop a healthy self-esteem
- Help your teenager to gain independence while still feeling safe and part of the family
- Manage your stress so you can do your best job as a parent
- Prevent and manage conflict with you teenager
- Promote harmony in your family

The course is offered 3 hours per week over a 3 week period.

DATES: Mondays 18th June, 25th June & 2nd July 2018

TIME: 6pm—9pm

VENUE: 57 Hicks Street, Red Hill

FEE: \$100 (Concessions available)

Fee includes light supper & course materials

Bookings Essential

Contact

1800 068 698