

Red Bend Catholic College



A local community of Mission within the Australian Marist Community

Newsletter



Principal's message Mr Stephen Dwyer

Today we gathered to celebrate the Feast of the Assumption of Mary as a whole school community. We were pleased to have Bishop Columba join us for this celebration. All students participated in the liturgy that was streamed online to their Pastoral Care classes. The feast of the Assumption is an important feast day in the Church and also for our community. Mary is central to the understanding of our mission to bring the Good News of Jesus to the young women and men of Red Bend Catholic College. Mary provides us with a means of connecting with and relating to her son in real and tangible ways. In fact, the motto of the Marist Brothers 'all to Jesus through Mary and all to Mary for Jesus' speaks of the indispensable and critical place of Mary in our lives as Marists.

On this day we also celebrate the Mercy charism with gratitude for the works of the Sisters of Mercy in health, welfare and education. We acknowledge and thank the Sisters, especially those in our local communities. Pictured bottom right are our local Sisters of Mercy. Sr Elizabeth Young, our College Chaplain, represented the Sisters and renewed her vows of dedication at this liturgy. An important part of the liturgy was the presentation of the Mercy Medals. These awards are presented to students who 'display quiet acts of kindness' to others in our community. Congratulations to the recipients (see below) of these awards as they espouse the values that our community aspires to live by.

The Basil Mercy Medal recipients for 2020 are: Isaac Sly (11) and Claire Barrott (12)

The Chisholm Mercy Medal recipients for 2020 are: Breanna Carey (12) and Laura Kirk (12)

The Denis Mercy Medal recipients for 2020 are: Callie Godden (7) and Pat Kupke (9)

The Loyola Mercy Medal recipients for 2020 are: Marty Davies (8) and Sarah Macaulay (12)

The McAuley Mercy Medal recipients for 2020 are: Mena Samir (12) and Jesse Shorter (11)

The Xavier Mercy Medal recipients for 2020 are: Maggie Wright (12) and Finnley Neilsen (12)

Staff Mercy medal recipient was Br Robert Hayes.

At assembly last week we were pleased to have ex student Jackie Haines speak to the students remotely. Jackie is an ex student from the class of 2010 who was a boarder from Cobar. Jackie immersed herself fully in the life of the College and today is a most successful physiotherapist. Her inspirational speech captivated and inspired the students. I sincerely thank Jackie for sharing her reflections on her time at the College and her insights and advice for the future. A copy of her speech is available here.

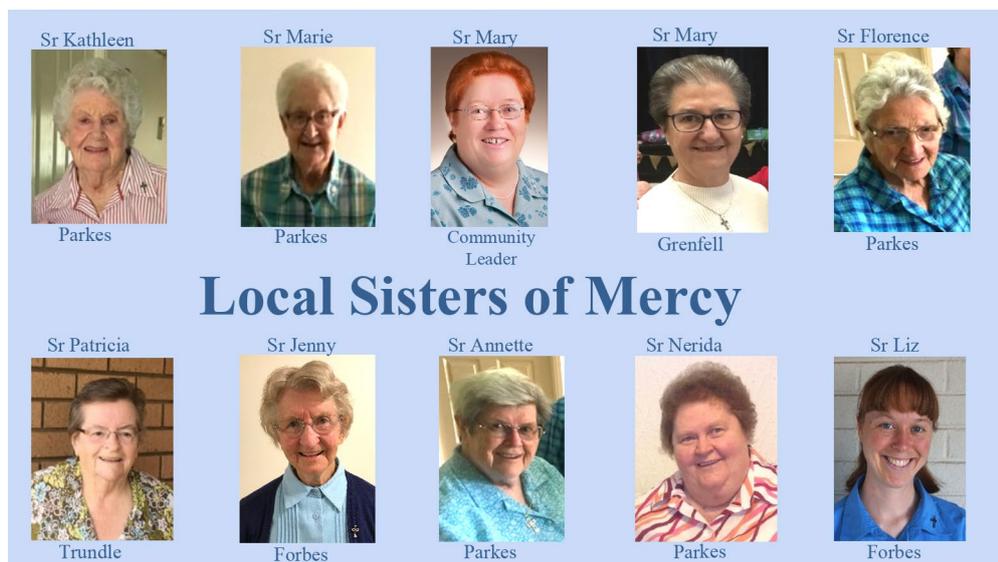
Last week the Year 10 students actively participated in their Retreat days. The two days led the students to reflect on the theme from John's Gospel: 'I have come that they may have life and live it to the full'. All students genuinely engaged with the sessions and activities and thus made it an

enjoyable and rewarding experience. Well done and congratulations to all Year 10.

Last week all Year 8 and Year 10 students participated in meetings to assist in selection of their subjects for 2021 and parents were able to access online parent information sessions. I hope all the students have used their time wisely as they consider their choices for the future. Subject selection videos are available on the College website that provide detailed information on each subject. Online subject selections are due Monday 17 August. A reminder that parents also need to sign the online subject selection form acknowledging their awareness and approval of subject choices. If you require any assistance please do not hesitate to contact the College.

Next week our Year 12 students begin their Trial HSC exams. This is an important time for Year 12. These exams are most valuable as they reflect the format and typical content of HSC exams. We wish all Year 12 students the best over the coming weeks.

May Mary our Good Mother and St Marcellin Champagnat continue to watch over our community.



Local Sisters of Mercy



Mercy Medal award winners. Presented by Mr Dwyer and Bishop Columba.



Br Robert was the recipient of the staff medal. Presented by Mr Dwyer and Bishop Columba.



Our talented singers during Assumption Mass.



Finnley Neilsen



Isaac Sly



Claire Barrott



Breanna Carey



Laura Kirk



Callie Godden



Patrick Kupkee



Marty Davies



Sarah Macaulay



Mena Samir



Maggie Wright

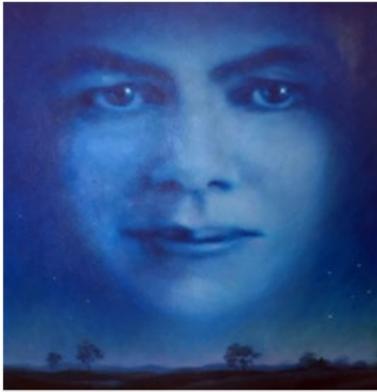


Deputy Principal's message Mr James Metzeling

Last Saturday was the Feast day of St Mary MacKillop. Mary was a young woman with a dream to make a difference in our world. Her dream encompassed opening simple schools where there would be no class distinction, offering refuge to the most neglected, and bringing practical help to families. Mary felt very strongly the widespread ignorance of the whole of the spiritual dimension of life and dedicated her life to bringing the message of God's love to all whom she encountered. She was a passionate woman whose youthful spirit has touched the 'heart and soul' of the Australian people. She embodies all that is best in our Australian nation and its people. Her spirit and values continue to inspire young people today to make a difference in these times. She was an ordinary woman who lived an extraordinary life. She was a woman who dared to love. She knew that God loved her and she responded to this love with confidence and courage.

Source: www.sosj.org.au

Ever generous God, You inspired Saint Mary MacKillop to live her life faithful to the Gospel of Jesus Christ and constant in bringing hope and encouragement to those who were disheartened, lonely or needy. We ask that our faith and hope be fired afresh by the Holy Spirit so that we too, like Mary MacKillop, may live with courage, trust and openness. Ever generous God hear our prayer. We ask this through Jesus Christ. Amen.



Digital Nutrition:

Last week I received a very interesting article about the "Wellness in the Age of the smartphone". It is an excellent read and as most who read some of my previous articles would be aware that this is an area that I am very interested in. I find the more we speak and understand the world that our students live in today then the better we can respond to their needs. It also provides us with more ways to support those in our care. I will continue to share bits and pieces with you over the next few newsletter's but the one thing I found very interesting was the concept of digital nutrition. They explained digital nutrition as:

"Digital Nutrition." There is a great analogy between food and technology because technology, like food, is not inherently good or bad. It really depends on the quality and quantity of what is being consumed. We need to study technology consumption, as we have done with food, to better understand what healthy consumption looks like. We should establish guidelines around healthy technology use and push our technology providers to help us live up to them. I thought this was an excellent analogy and one that we could continue to explore on our way forward when dealing with technology in a school environment. If you would like to read more about this topic please click on the link below: <https://globalwellnessinstitute.org>

EXEAT

Friday August 21 to Monday August 24

Riverina ANZAC writing competition

Earlier this year a number of students entered the annual the Riverina's 10th annual ANZAC writing competition, organized by Deputy Prime Minister and Riverina MP Michael McCormack.

This year, 680 entries were received from 34 schools across the electorate – an effort appreciated by the Deputy Prime Minister.

Our students who participated were awarded a certificate. Alexandra Davis from Year 11 was the winner of the North Division for Secondary Schools and recently received her book prize from Mr Dwyer.

Mr McCormack said the winners stood out among a quality field of talented writers.

"Thank you to every student and teacher who put in the time to submit entries," Mr McCormack said. "You all should be very proud of your efforts, particularly those who have won book prizes.

The student's winning entries can be found in Mr McCormack's 10th annual ANZAC Day commemorative booklet, which was delivered to letterboxes throughout the electorate.

The 36-page booklet contains many stirring stories from across the Riverina and Central West, including Collingullie, Coolamon, Cowra, Forbes, Ganmain, Jugiong, Junee, Parkes, Ungarie, Wagga Wagga, West Wyalong and Young



PDHPE

It was great to see our students return to school after their online learning stint. Over the last half of term 2 our junior students slotted back into learning in the classroom really well with our Year 7 cohort focusing on building positive relationships, the Year 8 students spent time on bullying and how to best handle any bullying they may be exposed to, while in Year 9 the students were learning the importance of participating in lifelong physical activity and our Year 10 students focused on the benefits of nutrition and physical activity. All of the students responded well to being back in the classroom and it was great to see a variety of interesting and challenging lessons from our PDHPE staff.

The Year 11 students were also very busy upon their return to face to face learning. In particular the 2 Unit SLR students got up to some great activities for their Outdoor Recreation topic. The students enjoyed fishing, cooking on campfires by the river and they even planned an orienteering course for school sport- Thanks guys!

As we are now in term 3 it is a massive term for our Year 12 PE and CAFS students who are starting their last ever term of high school. We wish them well in their upcoming trial exams and I encourage all of our Year 12 students to keep working hard and stay focused on their goals as the end of their high school career draws closer.

We look forward to a big term ahead and wish all of our students well for the remainder of term 3.

Year 12 Trial Exams and Major Works

Important information

We wish our Year 12 students all the best for their Trial exams beginning on Monday 17th August to Friday 28th August. And we keep in mind those students who are completing their Major Works.

The Trial exams assess the students knowledge and skills in each of their Year 12 Board Developed Courses. The majority of the courses are weighted at 30% of the total school based assessment mark. The College has great confidence in our Year 12 students and their capacity to work hard in preparing for and successfully completing the Trial exams.

What follows are Frequently Asked Questions about Trial Exams.

What to do if you are unwell?

Contact Mrs Martin and obtain a Medical Certificate

If I miss an exam what will happen?

If you miss an exam and you do not have a reasonable excuse eg medical you will receive zero.

Your missed exam will be at a later date. Or, alternatively if you continue to be unwell you will receive an estimate based on your current rank order.

What time do I have to be at school before my exams?

At least 10 mins before each exam.

If you are driving, please arrive with plenty of time to park, drop off your keys to the SSO and be ready for your exam. Line up outside the MPH, in alphabetical order in courses on the artificial turf.

What equipment do I need to bring?

You will need at least two black pens. Remember your calculator for Maths, Science and TAS based courses. All equipment to be in a plastic sleeve. No mobile phone.

Can I remain at school after an exam to study?

Yes, students will be allocated classrooms in the Library for study.

To help achieve personal success in the Trial exams, it is important for students to keep a balance. Study is important

and will take up time, however, it is just as important to eat healthy food, spend some time each day doing physical activity such as going for a walk, spending time with family as well as getting at least 8 hours sleep each night. Students are encouraged to create themselves a plan (and stick to it) to help them fit everything in. If students feel they need some help with creating this plan, then they are encouraged to see or email Mrs Wheeldon.

Parents, you provide a vital role in supporting your child/ren through this time.

The following 9 tips come from an article 9 Ways to Support Your Teenager During the HSC.

This provides some advice and support to parents that may be useful over the next few weeks of Trial Exams and also throughout the HSC Exams.

1. Encourage them to Stay Active
2. Create and Foster Organisation- In School & at Home
3. Ensure They Know What to Expect
4. Help Them Maintain Perspective and Stay Positive
5. Celebrate Every Success
6. Point Your Teen Towards Beneficial Resources
7. Offer Whatever Support & Assistance They Need
8. Reduce Their Chore Load
9. Let Them Be Young

SAVE THE DATE:

Wednesday 9 September
Yr 12 Parent/Teacher
Interviews and
Information Evening

Trial Exam Timetable

DAY/DATE	am/pm	EXAMINATION	TIME
Monday 17 August	am	Advanced English- Paper one Standard English- Paper one	9:10 – 10:50
		English Studies	9:10 – 10:15
	pm	Agriculture Music 1	1:55 - 5:00 2:10 – 3:15
Tuesday 18 August	am	Standard English- Paper two Advanced English- Paper two	9:10 – 11:20
	pm	Design and Technology Metal and Engineering	1:55 - 3:30 1:55 - 4:00
Wednesday 19 August	am	Visual Art Primary Industries	9:10 - 10:45 9:10 - 11:15
	pm	Industrial Technology Legal Studies	1:55 - 3:30 1:55 - 5:00
Thursday 20 August	am	Mathematics Standard 2 Mathematics Advanced Mathematics Extension 2	9:10 – 11:45 9:10 – 12:15 9:10 - 12:15
		Mathematics Standard 1	9:10 - 11:15
	pm	Hospitality Modern History	1:55 - 4:00 1:55 - 5:00
	Tuesday 25 August	am	Physics Community and Family Studies
pm		Business Studies	1:55 – 5:00
Wednesday 26 August	am	PD/H/PE	9:10 – 12:15
	pm	Food Technology Chemistry	1:55 – 5:00
Thursday 27 August	am	Biology	9:10 - 12:15
	pm	English Extension I	1:55 - 4:00
Friday 28 August	am	Studies of Religion 1 Unit Studies of Religion 2 Unit	9:10 - 10:45 9:10 - 12:15
		pm	Mathematics Extension 1 Geography

Year 10 Retreat

'Living Life to the Full' Jn 10:10

The Year 10 Retreat, held Thursday and Friday 6-7th of August, was another joyous occasion for students to connect and deepen their spirituality and faith. The theme of this retreat is from the Gospel of John 10:10. "I came that they may have life, and have it abundantly."

Thank you in particular to these very special people who have helped make this retreat possible:

Wendy Sharkey, Sr Liz and Mr Hogan for assisting in the organisation of the retreat.

Tiff Nicholls and Michael Keep for putting together the final video.

Cecily & the Kitchen Staff for the wonderful selection of food and drinks for the 2 days.

Glendon Hooper & Maintenance Staff for the set up and pack up of the venue.

Small group leaders Mrs Facey, Mr Flick, Mr Cleal, Mrs Morrison, Sr Liz, Mr Hogan, Mr Forbes, Mrs Neville, Mrs Gill, Mr Coles & Mrs Mendham.

Mr Dwyer for leading meditation and Br Rob, Gracey Denham Jones and Grace Osborne for being brilliant judges for the Marketing Challenge!

Till next time.

r Pearce



Year 10 Commerce

In Year 10 Commerce students are currently studying the topic, Employment issues. They are learning about different issues that arise in the workplace and ways of solving these issues.

We put our knowledge to the test when we went down to the farm to create our checklist of the Occupational Health and Safety obligations of Red Bend Catholic College. We created a survey from our data and were very satisfied with the results. Our class was able to find a range of potential OH&S issues and ways of managing them to create a safe workplace and school environment.

Our class worked together for the duration of a period, walking from station from station, discussing health and safety issues whilst logging data on our OH&S report.

The highlight of the tour was getting to put our knowledge to the test and seeing the new poddy calves along the way.



YEAR 7

HISIE

Archaeological Dig

The call went out...an artefact had been found! What was lurking under the sands of our beach volleyball court?

The year 7 History classes engaged in an archaeological dig last week. They were presented with grids and information about two possible sites in the sand. Our budding archaeologists searched, cleaned, identified and catalogued a variety of artefacts. Site #1 revealed objects including the bones of a large butchered animal and kitchen utensils. Site #2 included a mixture of wooden bowls and earthenware along with fine silverware. Thus prompting the hypothesis of a manor house with associated servants quarters and kitchen.

A great day was had by all our budding archaeologists!

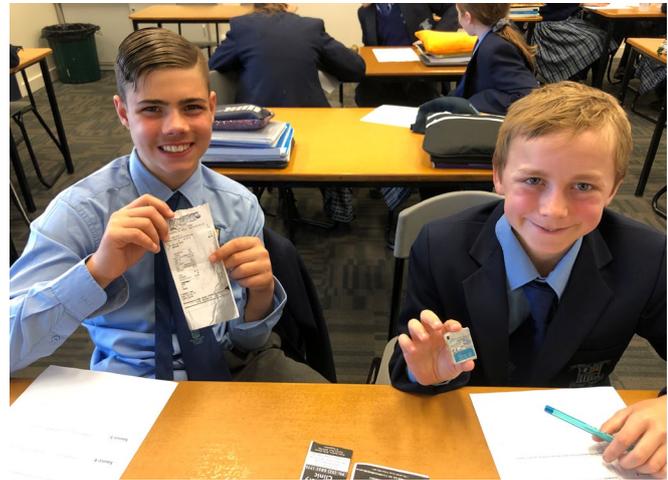


History mystery boxes

Year 7 History students are currently investigating the Ancient Past. Students are learning how historians and archaeologists investigate history. They are also learning about the range of sources that can be used to undertake an historical mystery.

The History Mystery Box challenge involved students working in groups. Each group had to analyse 5 sources in a box to determine the characteristics of the person who owned the sources.

Our Year 7 History detectives had a great time unravelling their mystery boxes using their newfound analytical skills. Some of the sources included: coffee pods, airplane tickets, contact lenses, American dollars, movie tickets, maps, cab fares, shopping docket and High School badges.





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Teaching someone to drive can be a **happy** experience.

Join a FREE online workshop full of practical advice and information for parents and other supervisors of learner drivers completing the Graduated Licensing Scheme.

The next workshops in your area will be held online:

TIME & DATE:

1. Wednesday 19 August at 6pm
2. Thursday 20 August at 12.30pm

VENUE:

Via Zoom -
from the comfort and
safety of your home.

BOOK NOW:

Via Eventbrite, the
Councils' Facebook
pages or
(02) 6861 2364
Bookings Essential

Helping learner drivers
become safer drivers





BACK TO THE 80's

...THE TOTALLY AWESOME MUSICAL!

There was a time when we could all ask (just like Marty McFly did),
“What the hell is a gigawatt?”

And so it goes that time in the '80s was simple, magical, a period of high fashion, great music and memorable films. The cast and crew of Back to the '80s have been languishing in this exciting period of history in preparation for the launch of the production coming to you, September 4th and 5th.

Family and friends are warmly invited to purchase a FREE electronic ticket online through Eventbrite. Completing your details through the site (link is below) will send you a streamed live recording of the show that you and your family can watch in the comfort of your own home.

I encourage you all to support the 50 students who have made a wonderful team of talented actors and musicians. Get a ticket, grab some popcorn 'cause you don't want to miss it when we hit that high!

Wendy Burke

**Friday,
September 4
tickets click here**

**Saturday,
September 5
tickets click here**