

Red Bend Catholic College



A local community of Mission within the Australian Marist Community

Newsletter



Principal's message Mr Stephen Dwyer

Since its formation the Red Bend Catholic College Parents and Friends' Association has made an enormous contribution to the school, each year generating considerable funds for school projects and building programs.

The Parents and Friends Association (P&F) aims to provide a welcoming forum for parents and carers of children enrolled at the College to be part of the College community. The P & F is an important gathering for parents and carers to support the College community, your child and as an avenue for parents to actively participate in the College community. The P&F usually meet twice each term in both Parkes and Forbes. At present we are holding our meetings via Google Meet online. I invite parents and carers to support the P & F by attending our next online meeting which will be held on Wednesday 24 June at 7.00pm. To receive a link to the online meeting please contact Kylie Biggs at the College via phone on 68522000 or via email kyliebiggs@redbendcc.nsw.edu.au

NAIDOC Day celebrates the history, culture and achievements of Aboriginal and Torres Strait Islander peoples throughout Australia. At the College we celebrated NAIDOC Day with a special assembly this week. We were privileged to hear from Shontaye Brown, a proud Year 10 student at the College from Murrawarri land. Shontaye's speech is below. We were also inspired with videos from five ex-students who presented special messages on the day. You can access these messages below by clicking on the relevant links. Mr Metzeling also reflected on the Gospel of the day and the significance of NAIDOC Day.

Shontaye Brown's Speech

On behalf of all Aboriginal students, staff and community members I'd like to take a short moment to acknowledge the longest living culture on Earth. With everything occurring during these difficult times, we can stand together to be proud of who we are and what our culture and history stands for. We thank our school for supporting and providing us with everything we require. It is such a great step with helping us become even more proud of who we are.

I am a proud indigenous woman from Murrawarri land. I strongly believe that there are numerous opportunities and reasons to embrace whatever you identify as. With the guidance of other students and staff throughout the College, it helps each and every one of us to feel appreciated, respected and special in our own way.

I am so proud to call myself Aboriginal. There is no greater gift than being a part of a culture that has

many well respected people, traditions and beliefs. We each have our own unique way of doing things, our own opinions, memories and goals that we wish to achieve this year and in the years to come. Here at Red Bend it's important to be one community but at the same time having our own individuality which allows us to be extraordinary and allowing us to gain an education that will empower us going forward into the future.

I'd like to pay my respect to the ancestors of the past, present and future, especially in Wiradjuri country in which this assembly takes place.

Thank you

Please click on the relevant links below to access the inspiring NAIDOC messages from ex-students

*Patrick Ferguson's message
Les & Lakari Pitt's message
Joel Thompson's & Rikka Lamb's message*

Mr Metzeling's speech

In the Gospel we are told by Matthew that Jesus, at a time when his message was falling on deaf ears and indeed caused conflict and opposition, still found it in "His Heart" to bless and praise the Lord and continue to listen to those around him.

At times we all feel tired and overwhelmed by things that are going on with our lives or what we may see playing out on the TV and this naturally has an effect on us. However we are encouraged by Jesus to come to him and learn from him.

The lesson we need to learn is to be gentle and humble of heart and that in times of restlessness we continue to believe in and hope for all things true and noble.

We need to be open to the Spirit of God who has made his home in all of us and in all of our cultural diversity: every day, in every encounter, in every relationship. We need to embrace everyone as family, as brother and sister, created in the image and likeness of the "Lord of Heaven and Earth" and understand that we all belong.

The more our hearts are filled with gratitude, the more we will be in tune with our spiritual selves and act accordingly with a spirit of deep respect and generosity of attitude. By doing this it then shows our respect for our different cultural ways. Part of coming to Jesus is being open and willing to listen to not only his message but the messages around us. We must be willing to communicate with everyone and allow ourselves to be inclusive

of all members of our Red Bend community.

Pope Francis said "we need to recover a certain sense of deliberateness and calm. This calls for time and the ability to be silent and to listen. We also need to be patient if we want to understand those who are different from us. People only express themselves fully when they are not merely tolerated, but know that they are truly accepted. If we are genuinely attentive in listening to others, we will learn to look at the world with different eyes and come to appreciate the richness of human experience as manifested in different cultures and traditions."

Pope Francis teaches us the importance of listening to and being inclusive of others. Part of the importance of listening to others is educating ourselves about different cultures and traditions.

We are very much aware of the importance of NAIDOC Week and of the many past and present efforts to bring about Indigenous recognition of and respect of Indigenous cultures in society.

The theme for NAIDOC Week in 2020 is Always Was, Always Will Be.

NAIDOC 2020 invites all Australians to embrace the true history of this country – a history which dates back thousands of generations.

It's about seeing, hearing and learning the First Nations' 65,000+ year history of this country- which is Australian history. We celebrate that we have the oldest continuing cultures on the planet and to recognise the importance of embracing all cultures and traditions.

We are inspired by all students at our College as we grow and work together to promote a sense of belonging for all students of our College.





Deputy Principal's message Mr James Metzeling

I hope you are well and that our families continue to be in good spirits and you are enjoying this lovely weather that we have at the moment. One thing that I thought was important to address as we start to head towards the end of the term is the importance of sleep for teenagers.

We always talk about sleep being important for your mental and physical wellbeing, but truly it is. If you didn't eat for a week, then your body would suffer. Likewise this is the same if we don't get enough sleep then your brain suffers too.

Getting enough sleep can help you to:

- Recharge
- Process information
- Allow your body to rest and repair
- Feel happier
- Think more clearly
- Concentrate better
- Provide you with the energy to complete tasks, and
- Make you more alert

The link below has a very good short video that explains to students the importance of sleep for their brain and learning.

<https://studyworkgrow.com.au>

If you are having trouble sleeping then you could try the following:

Put your devices to bed at least 30 minutes before you go

- Make sure you get some exercise during the day
- Start and stick to a regular routine for bedtime and waking up
- Practise quiet & soothing activities before bed
- Avoid napping
- Create the perfect sleeping environment
- Stay away from dietary stimulants like sugar, coffee, coke, tea a few hours before you need to go to sleep

Looking out for each other:

I wrote and spoke at Assembly about this quite some time ago, but thought as we are coming to the end of the Term, relationships amongst students may start to strain as students get tired, assessment is increasing and looking forward to the holidays, so was hoping the following advice may help all continue to work together.

- Be kind. Sometimes we forget how powerful and hurtful words can be and what an impact they can have. You never know what demons people are already dealing with, don't add to it. Every person that serves you at a store, asks you for directions on the street or talks to you at all whether you know them well or not, give them your attention and a smile.

- Be honest. If you do not like someone, life's short! Move on... And while you're at it if you do like them, tell them why you like them, what makes them so special because we all know beautiful people that have forgotten their worth or have been convinced that they aren't worth much.
- Be brave. If you're going through a hard time please tell someone, we are surrounded by caring people who will listen to anyone that needs an ear to hear their story. When we get upset we forget how many people love us and cherish us and who are always there for us.
- Be strong. Stand up for someone if you see or hear bullying. Pull your mates up if they get nasty with someone. Let your co-workers know you won't play along with their mean games. Remind the person yelling at the young employee behind the counter that they are just trying to do their job.
- Be aware. Notice a friend is avoiding social outings? Making uncharacteristic statuses on social media? Or just down in the dumps in general? REACH OUT! Help them purely by showing them someone cares. Even if they're not your friend! The internet is being used for bullying so it can definitely be used for comforting and supporting people. And when you're talking to someone be present, put down your phone, look them in the eye and listen.
- Be a decent human. If you don't like someone just leave them alone and get on with your own life. Let people live their lives and always think about how you could make a positive impact on their lives. Take a minute to think about how their loved ones would feel if they saw/heard you being horrible to their son, daughter, sister or brother.

Everyone deserves to feel happy, accepted, confident, and loved.

Yr 8 and 10 Elective Information Sessions:

The Year 8 and 10 elective information sessions were due to occur in Week 2 Term 3 on Wednesday 29th July. Due to restrictions still in place regarding COVID-19 we will not be able to hold the sessions on campus. Therefore we are in the process of organising and planning these information sessions to occur online. These sessions will be available from Week 3 Term 3 and further information will be sent out to all families as to how they can access this online information in the near future.

School Photo catch up day

Wednesday, July 29, 2020.

Shoot keys will be emailed out in the next few weeks and then you can order online.



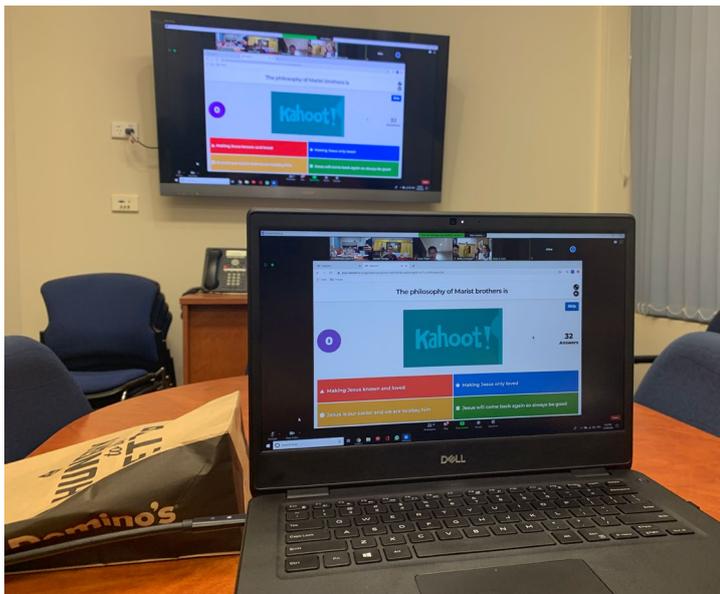
Marist Superconnect Gathering 2020

Students who were involved included Caitlin Nealon, Grace Osborne, Ruby Stitt and Bethany Burton. Normally, this is a physical gathering of students in Sydney. However, with COVID-19 restrictions, the youth leaders chose to open their doors even wider to capture young people from a larger geographical area.

In celebrating Champagnat Day, students and university students battled over kahoot to see who really knows Marcellin? After prayer, students enjoyed funny 'mock up' situations and a kahoot quiz, then participants broke into online rooms to discuss the Solidarity Challenge for their school.

Red Bend Catholic College has committed to supporting Nell's Pantry who assist the farmers and those affected by drought. Our students planned how we will do a pantry drive over the rest of this term. Year 12 encourages you to support them in supplying grocery goods over the next few weeks. More information on which PCs are invited to bring in which goods will be communicated over the next week.

Thank you to the Marist Youth Ministry team for allowing us to participate in the evening's gathering. It was well organised and highly engaging! Thanks to Mr Matt Pearce for supporting the students.



Junior ties available from the SSO office

\$18

School Drive Subsidy information

The School Drive Subsidy is administered by Transport for NSW and is available to NSW residents in areas where there is no public transport, to drive an eligible student all or part of the way to school. The subsidy is only intended to partly offset the cost of using a private vehicle to drive the eligible student and is not intended to cover all costs. The subsidy is for driving school students to school or to the nearest transport pick up point, by car, motorcycle or boat.

Important Notice: Transport for NSW is aware that during Semester 1, 2020 due to COVID-19 students completing online learning may be marked on rolls as attending school. However, as these students were not required to travel to school for these attendance days they cannot be counted as actual attendance at school for the School Drive Subsidy or Private Vehicle Conveyance, therefore the majority of payments for Semester 1, 2020 will be much less than usual

SVDP

"On Saturday afternoon, 13th of June, Bridget Mrak, Miss Gill, Mr Forbes and myself attended an online conference with the SVDP members from surrounding towns. This is normally a physical gathering of members of the SVDP Society however, with the current circumstances, it was conducted online. Various members presented reports on the extent of their work and efforts made to help vulnerable members of our society, especially during this time. It was really amazing to see the SVDP Society and Red Bend Catholic College in particular, had been involved in many activities even with lockdown and COVID-19. Please see below the report of our College's activities from Semester 1. Thank you to the SVDP team for this afternoons gathering.

It was really well organised and engaging!" - Mena Samir (Red Bend Vinnies President)

Red Bend Catholic College Vinnies Team 2020 Report

The first half of the year:

- Over 100 members
- Swimming carnival food and drink stall for the Bushfire appeal
- Voting and selection
- Project Compassion- Caritas fundraising and speakers
- Easter egg raffle changed to an Easter Egg donations to Meals on Wheels
- Commissioning ceremony and badging
- Election of leaders at assembly
- 3 x BBQs winter appeal COVID-19
- Vinnies team sewed 25 facemasks for Mercy community in Mt Hagan PNG

Future Plans:

- Vinnies meetings
- Continuing winter appeal term 3
- Movie night?
- Blaze festival
- Possible worship band?
- Plain clothes day fundraiser (second-hand clothes day)
- End of year Christmas festival

SVdP President

Roles include:

- Leader of the Vinnies Team at the College
- Main liaison with SVDP Co-ordinators
- Attends all fundraisers
- Presents a report at regional meetings
- Leads meetings with certain year levels as required
- May present items at assemblies



President
Mena Samir

SVdP Vice President

Roles include:

- Assists the President
- Responsible for attending and leading all fundraisers
- May present at assemblies and/or regional meetings and commissioning ceremony



Vice President
Bridget Mrak

SVdP Treasurer

Roles include:

- Responsible for Fundraising finance
- Attends Vinnies Fundraisers
- Collecting and sorting the float and delivering all money to the front office
- May present at assemblies and fill in at regional meetings



Treasurer
Sophie Clifton

SVdP Publicity Officer

Roles include:

- Co-ordinates the collection and display of posters for fundraisers
- Responsible for newsletter articles
- May also assist at assemblies/ceremonies
- May organise correspondence with Twin group in Indonesia



Publicity Officer
Emma Jones



Congratulations to our Vinnies Team for 2020





The McAuley students have managed to stay very busy, despite a lot of their usual activities being placed on hold. Many competed in the Chess competition earlier in the year and we were very excited when Leah Van der Merwe, Charlie Seymour and Naomi Turner all qualified for the Red Bend team. Chess has been able to continue as an online activity and these three students are enjoying the competition. Bethany Burton and Gracey Denham-Jones have continued to WOW us with their beautiful singing voices especially their performance of 'Angel' at assembly. The virtual Cross country event has motivated students to compete at home and submit their times. A special mention goes to Ellie Parker, Meg Turner, Joseph Pereira, Jesse Shorter and Luke McDean who have all excelled in this event. Fifteen McAuley students received Champagnat Awards and their names and photos were published in the previous newsletter. Many students are busy with the Cattle and Sheep Teams as well as musical rehearsals and awareness raising activities. Academically, Year 11 have recently completed formative tasks, Year 7- 10's have completed half yearly exams and Year 12's are working through assessment tasks and major projects.

We would like to welcome Angus Fletcher in Year 8 and Dekota Hindmarsh in Year 9 to the McAuley House. Both students began at RBCC recently and we are glad they have joined the Purple House. Also, a big hello to those students who haven't been able to return due to Covid 19 precautions. We miss you and look forward to seeing you. McAuley students are definitely embracing their "One Wild and Precious Life"

M C A U L E Y





RED BEND CATHOLIC COLLEGE PRESENTS...

MARISTDEPTH

"EXPLORING OUR FAITH TOGETHER"



Marist Lift



Term 2 Week 8 with Bethany 'Lifting our Spirits'

Reflection:

"For I am convinced that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord." (Romans 8:38-39)

Vision:

This week I asked my mother for her to give her views on faith. She said that faith to her was "trust in God and pairing hope with faith is important so that I expect that God has something amazing planned for my life. It's that I believe God is capable of things much bigger than I am." Learning about others' views on faith can open our minds to much greater things than we could think of. I also asked her to choose a song which ultimately makes her feel happy. Click on the image for the song.

Song: 'Sailing'- by Christopher Cross -->

Bethany Burton (McAuley Liturgy Captain)



Brought to you by the Liturgy Captains of 2020



Issue: Term 2 Week 8 2020
Reflections from our Staff



Silence by the River with Brad...

Even as a kid I liked fishing. Dad wasn't a fisherman but his brothers were. We'd take backpacks with handlines and dig our own worms. And when I was big enough I went myself. I'd even take days off school if the fishing was good!

Now I don't fish as much as I'd like to, but mainly on the weekends, with mates or family, or often by myself. It's peace and quiet, some wind-down time, and I'm happy in my own company. I might be just thinking about work or home and things come to you, things become clearer. I might have a mate there but no one says anything for even half an hour. In the silence, you can hear the cockatoos. I say I'll be there for an hour or so, but I can lose a good 3-4 hours just sitting there.

You don't know what you're going to catch, and there is the excitement when something finally comes up out of the water. As they say, 'a bad day's fishing beats a good day's work'.

Faith Formation Updates

Want to join us for more stories and yarns? Come along to our **Yarning Circle** this Friday meeting outside the Chapel at Recess. Celebrating NAIDOC!



REGISTRATIONS ARE OPEN FOR THE SEASON

Online registrations: www.playfootball.com.au

Face to Face Registrations: at Sweet 3 Vintage Van by the Lake 10am- 12:30pm Saturday's