



Red Bend Catholic College

A local community of Mission within the Australian Marist Community

Newsletter



Principal's message Mr Stephen Dwyer

Dear parents and carers

It is with great sadness that I share the news of the passing of ex-student Darcy Jones, a member of the Year 12 class of 2019. Darcy is fondly remembered as a down to earth, kind, good natured young man, a good listener with an infectious laugh, loved a joke and playing sports with his mates. I ask you to keep the Jones family in your prayers at this very difficult time.



*Eternal rest grant unto him O Lord
And let perpetual light shine upon him
May he rest in peace*

The Coronavirus COVID-19 pandemic continues to evolve with our aim to keep you informed of announcements and decisions that are being made to steady the foreseeable impact. We continue to respond to advice from authorities to prioritize the health and wellbeing of the students in our care. Please click **here** to see updates circulated to parents. As a Marist community, may our response in these unprecedented times of uncertainty always be characterised by love.

Bishop Columba Macbeth-Green has written a Pastoral Message and Pastoral Directives to the faithful of the Wilcannia Forbes Diocese in response to Coronavirus COVID-19. Please click **here** for the link to the Pastoral Message and **here** for the link to the Pastoral Directives.

Grandparents' Day was a great celebration with a large gathering of grandparents, family and friends. The year 7 students really enjoyed showing their family members around the school. All joined in a moving liturgy which reflected on the unconditional love that is so evident in the love of a grandparent for their grandchild. The morning concluded with a relaxing morning tea. Thanks to all grandparents, parents and friends who joined us on this special day.

Sunday 8 March was International Women's Day where we celebrated all women throughout the world. It was an occasion to review how far women have come in their struggle for equality, peace and development. It was also an opportunity to unite, network and mobilise for meaningful change. International Women's Day calls for both women and men to challenge stereotypes, fight bias, broaden perceptions, improve situations and celebrate women's achievements- not only for one day, but every day.

We were privileged to have ex-student Louise Burr (nee Woodburn) class of 1997, as a guest speaker at our week 7 College assembly for International Women's Day. Squadron leader Louise Burr is a member of the Australian Airforce as an Airfield Engineer. She shared her inspirational story and experiences both nationally and internationally. Her message was engaging and challenged the student to be bold in achieving their goals. In Louise's words 'Always aim high, work hard, and be passionate about what you do. When you stumble, keep faith and just keep pushing. Build your resilience, be gutsy'. Thanks must go to Louise for sharing her passion and inspirational story. A summary of her presentation can be found by clicking the link **here**.



In week 7 a group of parents gathered for our first Parents as Partners evening. A key priority in our Strategic Improvement Plan is to foster family partnerships. Families are the first educators of their children and they continue to influence their children's learning and development during the school years and long afterwards. Parental engagement in our community recognises the important role that both parents and teachers play in developing positive attitudes towards learning and education for children, building their motivation and confidence as learners, and fostering their enjoyment of learning. The evening focused on understanding literacy and numeracy skills and breaking down assessment tasks. I thank the parents that joined us for the evening and look forward to our next gathering in term 2.

I wish you well for the week ahead.

In these uncertain times, let us remember to keep each other in our prayers.

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

*Current information on COVID-19 can be found
on our website
Click here to see updates circulated to parents*



Deputy Principal's message Mr James Metzeling

This week I thought it would be good to address the importance of healthy living and positive approaches that students should adopt.

If students can be on top of these three areas then it will further lead to positive student wellness and healthy children.

The first area is the Importance of Sleep for Teenagers:

Sleep research suggests that a teenager needs between eight and 10 hours of sleep every night. This is more than the amount a child or an adult needs. Yet most adolescents only get about 6.5 – 7.5 hours sleep per night, and some get less.

Regularly not getting enough sleep leads to chronic sleep deprivation. This can have dramatic effects on a teenager's life, impacting their mental wellbeing, increasing their risk of depression, anxiety and low self-esteem. It can also affect academic performance at school.

Some tips for parents to help encourage their teens to have healthy sleep patterns are:

- Allow your child to sleep in on the weekends.
- Encourage an early night every Sunday. A late night on Sunday followed by an early Monday morning will make your child drowsy for the start of the school week.
- Decide together on appropriate time limits for any stimulating activity such as homework or screen time.
- Assess your teenager's weekly schedule together and see if they are overcommitted. Help them to trim activities if they are.
- Avoid screens such as computers, TV or smart phones, loud music, homework or any other activity that gets your mind racing for at least an hour before bedtime.
- Avoid stimulants in the evening like coffee, tea, soft drinks and energy drinks.
- Keep your bedroom dark at night. Your brain's sleep-wake cycle is largely set by light received through the eyes. Try to avoid watching television or using smart phones right before bed.
- Avoid staying up late on the weekends. Late nights will undo your hard work.
- Remember that even 30 minutes of extra sleep each night on a regular basis makes a big difference. However, it may take about six weeks of getting extra sleep before you feel the benefits.

For more information click the website below.

www.betterhealth

Another area that is really important to encourage our students to partake in is Exercise.

Young people have lots of demands on their time, so they can find it hard to be active. But physical activity keeps teenage bodies and minds fit and healthy – and during adolescence, your child needs at least 60 minutes of activity every day.

Being active every day is an important part of your child's routine. It's good for your child because it:

- improves heart and lung health
- boosts your child's immune system
- develops strong muscles, bones and good posture
- reduces the risk of high blood pressure, anxiety, depression and type-2 diabetes.

Physical activity is also great for:

- breaking up long periods of sitting and studying
- improving concentration and memory
- learning new skills
- increasing self-confidence
- reducing stress and improving sleep
- making and keeping friendships.

Australian guidelines recommend children aged 5-18 years have at least one hour of moderate to vigorous physical activity every day. And at least three days a week, this should include activities that strengthen muscles and bones. Click below for more information

raisingchildren.net.au

The final area I would like to encourage your children to be aware of in regards to living a healthy life is Healthy Eating. Healthy eating is all about consuming items in moderation and having a balanced diet. At no time are we suggesting that teenagers don't enjoy treats, lollies and junk food but it's important that we monitor what we eat and that we are conscious about having a balanced diet.

Healthy food for pre-teen and teenage children includes a wide variety of fresh foods from the five food groups:

- vegetables
 - fruit
 - grain foods
 - reduced-fat dairy or dairy-free alternatives
 - protein.
- It's important for your child to eat a range of foods from across all five food groups. This gives your child all the extra nutrition and energy he needs to grow and develop properly.

Hygiene

As you are aware the need for good hygiene has never been more important. We at the College have made changes to our practices to make sure that we have increased hygiene practices both with the cleaning of the school along with education to the students about healthy hygiene habits. Below is a list of things we should be practising regarding healthy hygiene.

Take the following steps to reduce your exposure and chances of getting ill with COVID-19:

- Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitiser with at least 60 per cent alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your nose and mouth with a tissue when you cough or sneeze, throw soiled tissues in the bin and clean your hands with soap and water or sanitiser. If you don't have a tissue, cover your sneeze or cough with your elbow.
- Clean and disinfect frequently touched surfaces each day.
- Stay home if you are sick and don't expose others. If you are unwell with flu-like symptoms, do not go outside your property or home, do not go to work, school or shops unless it is essential.
- Get a flu shot when it becomes available.
- Talk with your doctor and pharmacist about getting an emergency supply of any medications being taken regularly by you or your family.
- Stop shaking hands, hugging or kissing as a greeting.
- Avoid crowds if possible. If not, keep the time short.
- Avoid small gatherings in enclosed spaces, for example family celebrations.
- Attempt to keep a distance of 1.5 metres between yourself and other people where possible.
- Avoid visiting vulnerable people, such as those in aged care facilities or hospitals, infants, or people with compromised immune systems due to illness or medical treatment.
- Use public transport in off-peak periods if you can.
- Re-consider interstate travel plans.



Grandparent's Day

On Monday 9th March we welcomed the Grandparents of our current Year 7 to Red Bend Catholic College. We were thrilled with the glorious weather and the large turnout with many Grandparents having travelled long distances to be part of this special event. The students who did not have a guest were warmly welcomed into another family for the morning.

Our guests enjoyed: an overview of the year to date, an address from Mr Dwyer explaining the importance of family, a tour of the school, a beautiful liturgy in the chapel followed by a sumptuous morning tea.

A big thank you to all the family members who participated in the day as I am sure that Year 7 will remember this event very fondly for the rest of their lives.



Careers Update

Year 10 Work Experience

The Year 10 Work Experience week scheduled for 29 June to 3rd July has been cancelled. It is hoped that we may be able to run Work Experience in Term 4, however, given current uncertainties we cannot advise of a potential alternative date. At this stage, we are requesting students to inform the employer with whom they were intending to complete their placement of the current situation. Employers who organise placements via the Careers office have been informed.

Weekly Work Studies Placements

We have been advised that all non-essential work experience placements are to be suspended. Year 11 and 12 students completing a one day a week placement as part of Work Studies will therefore not be able to attend this placement from Monday 23rd March onwards. These students are expected to be at school on their usual work placement day.

School Based Trainees and Apprenticeships (SBAT's)

SBATs will continue to attend work as per their normal arrangements, however, should inform their employer if they are feeling unwell and must not attend work if they exhibit flu-like symptoms. TAFE will continue to run as normal for all SBATs.

History excursion



On Wednesday 11 March, Mrs Morrison and I had the pleasure of taking the Year 9 Elective History cohort on a Local History excursion for our current topic "History, Heritage and Archaeology". This unit encourages students to interrogate the ways that history is constructed, including at different historical sites.

The students explored the Forbes Historical Society Museum which houses a range of artefacts which tell the story of the local area including farming machinery, clothing, weapons, and everyday household items. Of particular interest to the class was the old witness box from the Forbes Courthouse, a German artillery piece from the First World War and an old typewriter.

The students then had the opportunity to hear from Aileen Allen, an Aboriginal Elder of the Wiradjuri People, at the Wiradjuri Dreaming Centre. Aileen invited the students onto Wiradjuri land before speaking about the tragic local Aboriginal history, telling her own story and experiences of discrimination, and reinforcing the importance of reconciliation. The students had lots of questions for Aileen and left with a deeper understanding of local Aboriginal history and culture.

The last stop on our excursion was the Forbes Cemetery. Students had the chance to find the graves of Ben Hall, Kate Kelly (The Sister of Ned Kelly) and many other significant people from the history of Forbes.

I'd like to commend the students for their enthusiastic participation during the day, and thank Mrs Morrison for her assistance in running the day.

Mr Cameron Menzies

Easter Chocolate awareness

"We cannot ignore the fact that there is as much slavery in the world today, as there was before, or perhaps more" – Pope Francis.

It is estimated that up to 40 million people are trapped in slavery globally – 1 in 4 of these are children. They will never get an education and they will never taste the chocolate produced from the cocoa beans they pick. Australians spent around \$200 million on Easter chocolate last year. Companies will produce what we ask for. Please use your buying power and purchase slavery-free chocolate. You can make a difference to the world, and to the lives of the enslaved children who are forced to pick the cocoa beans used in a lot of chocolate.

Good news: Catholic agencies and institutions are leading the way in Australia in demanding slavery-free supply chains, including in the production of chocolate. They are joining a powerful movement that will change, forever, the lives of enslaved children – God's children.

Action: When you go to your local supermarket, look for chocolate that has best practice symbols: Fair Trade, Rainforest Alliance or UTZ. Other schemes such as Cocoa Life have some safeguards. If you can't find any, ask the manager if they stock any.



School clothes wanted for our clothing pool.

Any unwanted items can be dropped into the front office.

Thank you

Swimming Champions

The Twilight Swimming Carnival was held at the Forbes pool earlier this term. Thank you to all the students, parents and staff who made this event possible. From this carnival the RBCC Swim team was selected and Age Champions were determined. Congratulations to our Age Champions and all students who competed.

- 12 Yr Girl champion is Lola Morrison from Basil
 - 12 yr Boy champion is George Field from Denis
 - 13 yr Girl champion is Georgia Rice from McAuley
 - 13 Yr Boy champion is Mitchell Arndell from Basil
 - 14 Yr Girl champion is Andie Hodder from Loyola
 - 14 Yr Boy champion is Jonah Little from Denis
 - 15 Yr Girl champion is Ellie Mattiske from Xavier
 - 15 Yr Boy champion is Charlie Mahon from Denis
 - 16 Yr Girl champion is Ellie Flick from Xavier
 - 16 Yr Boy champion is Finn Miller from Basil
 - 17+ Girl champion is Ruby Stitt from Basil
 - 17+ Yr Boy champion is Tom Mattiske from Xavier
- The overall Champions are Ellie Flick and Jonah Little.



The Red Bend Swim Team travelled to Dubbo to compete in the Dio Carnival. We were a strong team and improved times in almost every event. Our Under 12 boys and our Under 13 girls were awarded Age Champions. Congratulations to George Field, Lachie Rice, Georgia Rice and Gemma Hodder on this great achievement. Also, congratulations to Erin Mayo who broke a record in the 50m breaststroke multi-class event. Tom Mattiske, Ellie Mattiske, Jonah Little, Erin Mayo, Victoria Simpson, Georgia Rice and George Field all qualified for the CCC Carnival in Sydney, however this event has been cancelled. Well done to all the Red Bend Swimmers.

Mrs McDean



Bell Shakespeare

Bell Shakespeare (2020) Regional Teacher Mentorship

‘O for a muse of fire’ - Henry V

In 2019, I was fortunate enough to apply and be selected as one of thirty regional teachers from across Australia for the 2020 Regional Teacher Mentorship with Bell Shakespeare.

Bell Shakespeare is Australia’s only national theatre company dedicated to the works of Shakespeare and his contemporaries. Since 2007, the company has been offering regional teachers the opportunity to participate in a fully funded, year long mentorship to improve their professional

knowledge and enhance the way that Shakespeare is taught to students in regional areas.

Earlier this term I travelled to Sydney and launched straight into four days of intensive, collaborative and tailored training at the Bell Shakespeare rehearsal rooms in The Rocks. Throughout my time in Sydney, I designed new curriculum content, networked with colleagues from around the country and attended the opening night of Hamlet at the Sydney Opera House starring Harriet Gordon-Anderson.

As part of the mentorship, I will be working with Huw McKinnon, Bell Shakespeare’s resident artist in education for the remainder of this year.

With Huw’s guidance, I will be redesigning the way that we teach Shakespeare’s play, ‘A Midsummer Night’s Dream’ to our Year 8 students. I also intend to provide support to members of my faculty so that they may introduce Bell Shakespeare methodologies to our ‘Romeo and Juliet’ and ‘Macbeth’ units of work.

It would be remiss of me to not acknowledge the Australian Government’s Department of Education and Teachers Mutual Bank, the sponsors of this program who have enabled this opportunity for students and staff at Red Bend Catholic College.

James Dumas | Assistant English Coordinator



CHISHOLM HOUSE REPORT

Hello from the three Chisholm Captains for this year, Bec, Jacob and Hannah. We would like to welcome our new Year 7 students to Chisholm House for 2020. We have another great bunch of students this year in Chisholm, they all have a positive attitude and are keen to be involved in everything. We have two new PC teachers as well, Mr Coles for Chisholm 1 and Mr Fletcher for Chisholm 5, these two along with Mr Flick, Miss Marley and Mr Burke are doing a great job so far for this year supporting and encouraging our students each morning.

House Swimming Carnival

In Week 4 we had the House Swimming Carnival here at Red Bend, although we didn't come first we had a really good day and lots of fun. The Captains really enjoyed the way everyone participated, encouraged each other and chanted for Chisholm. Everyone got involved and went in as many races as they could and the House Spirit was evident throughout the day. We can't wait for the Athletics Carnival!

Year 12 Retreat

During Week 6 we had the Year 12 retreat in Mittagong. It was a good break from our daily routine of school and an even better time to come together as a year level. There were lots of fun activities and faith journeys and it was a pleasure to be involved in. The highlight of the retreat was the skit night, it was great to see all of Chisholm Year 12s come together and get involved which made it a night to remember!

Peer support

Peer Support has been running for the past few weeks with our Year 10 Peer Support Leaders and our Year 7 students. We've heard many good reports about the program. It's been great to see the Year 10 Leaders stepping up and making the Year 7s feel welcome. Keep it up!



Bec, Jacob and Hannah



CHISHOLM CHAT

... with *Chelsea Colvin*

Chels is one of our new year 7 girls joining Chisholm House this year. Chels recently cut off 35cm of her hair for charity, absolutely amazing!

What year are you in? I'm in Year 7 and apart of Chisholm 1 PC

Where are you from? I live in town in Eugowra and travel on the bus everyday to Red Bend.

What is your favourite subject? English

What do you like about Red Bend? Making new friends at school and in PC.

What do you like to do outside of school? Dance!

What influenced you to cut off your hair? My cousin who is 7 years old, has cancer and I wanted to support him, raise awareness as well as some money for Charity. I raised \$1100 for him.

Outstanding effort Chels. Chisholm House is thinking of you and your family and wish your cousin all the best in his recovery.

