

Red Bend Catholic College



A local community of Mission within the Australian Marist Community

Newsletter



Principal's message | Mr Stephen Dwyer

Father's Day is just around the corner being celebrated on Sunday 6 September. This is a day to recognise and celebrate fathers and all the men who act as father figures in the lives of children and young adults. What is sometimes written and reported about fatherhood can come from a position of deficit, but what I see, as a leader in a Catholic school, is so opposite to this. I see dads who are present to their sons and daughters in many and varied ways. They are active and positive role models in the lives of their children in ways such as on the sideline at sport, at awards ceremonies, at parent-teacher evenings, at the Parents and Friends meetings, on the barbecue at a fundraiser, and at parents as partners events, just to name a few. I also see them actively parenting their children in difficult situations: supporting, counselling, mentoring and teaching them to learn and grow through the challenges and struggles that come their way.

If there is one single parable that sticks in our minds, it is probably the Prodigal Son (*Luke 15:11-22*). The image of a father waiting for the return of his wayward child with such patience and longing is one of the most poignant scenes in the Bible. His response to the prodigal son's irresponsible behavior catches us off guard with a generous and loving gesture with welcome and open arms. He shows the same kindness towards the elder son, whose actions sets up even greater barriers to reconciliation. This is why this gospel story is so important as it invites us to consider fatherhood as a reflection of God's generous and forgiving love.



Our sons and daughters need father figures who are active and present in their lives as they grow and learn in a complex world. Teenagers especially learn with their ears and their eyes and there are often times when we do not have to say a thing in order to teach them how to be better people. Thank God for the gift of our fathers. I wish all our dads every blessing for a Happy Father's Day on Sunday 6 September.

Prayer for Fathers

Loving God

*We ask you to bless all Fathers and Father figures
with your spirit of wisdom, counsel and fortitude.*

*May they feel your love in their hearts,
your peace in their minds
and your joy in their spirits.*

*May they be strengthened
as they strive to guide and support
their family.*

Amen.

Our Year 12 students are currently completing their HSC Trial exams and are nearing the completion of their studies for the HSC. They continue to show great determination, commitment and resilience in their learning. Next term they will sit their final HSC exams and move to post school tertiary and other work related options. Let us all keep them in our prayers at this time.

As Year 12 progresses through the final stage of their educational journey at the College, our Year 11 students prepare to move into their HSC year from the start of next term. As the new senior students of the school, our Year 11 students will take responsibility as our new senior leaders. Leadership for senior students is the responsibility of every student. All senior students are leaders as they play a vital role in building community and relationships and serving all members of our Marist family through support and care of one another.

Some of our Year 11 students have nominated themselves as prospective student leaders as College Captains, House Captains, Boarding Captains or Liturgy Captains. Various students have been interviewed for these positions and will progress to the next stage in the process for the appointment of our new student leaders. I thank all the students who have put themselves forward as our potential new leaders for 2021.

Next week at our assembly, in house meetings and also in boarding meetings, prospective student leaders will be presenting their speeches as to why they feel they would be an ideal student leader and outlining their vision for their chosen leadership role. Students will then be given the opportunity to vote for the new student leaders for 2021. In Week 8 we will be revealing who our new leaders are at the announcement assembly.

It is a very exciting time for our senior students and also for our College community. We look forward to the coming weeks as we handover leadership from our current Year 12 leaders to our new student leaders for 2021.

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



Deputy Principal's message | Mr James Metzeling

Dear All,
I hope the last fortnight has been kind to you. This week I thought I would share with readers some further resources regarding how to stay safe on social media, where you can get help and also some advice on staying calm and dealing with exam stress as we move closer to assessment time.

Students and Social Media:

Parenting with a little social media know-how goes a long way! Facebook, Instagram, Twitter, Pinterest and other social media platforms are a great way to keep up with friends and family, share good messages, and learn from others. Using social media in positive, useful ways, can be a great tool.

However, it can turn into a weapon for distraction or worse if we are not continually taking inventory of our children's phone usage and our own time on the smartphone. Whether your child is just starting to use social media or already has an account, this guide on how you can protect your family from a lot of the distraction, negativity, and destructive media on the internet. On the link below there is even a social media contract if you wanted to be that brave and implement that in your home.

Click here for an excellent resource that covers- Social Media and Teens: The Ultimate Guide to Keeping Kids Safe Online.

<https://educateempowerkids.org>

IT and APPS to be Aware of:

With so many apps out there, I thought it was timely to give parents and students an update on what apps we should be aware of and wary of their use. I'm not saying that the students shouldn't have some of these apps (such as snapchat) because if used responsibly they can be an excellent form of communication; however, as parents and educators we need to be aware of what is out there, and if used incorrectly can have disastrous repercussions. Next time you are talking to your child I would encourage you to ask them if they have any of these apps and pose the question "Do you really need that app". Below is a list of apps parents should be aware of and what the app has the potential to do.
So what app should parents be aware of?

Yellow - The app allows users to connect with a quick swipe. Once they're connected, Yellow users can swap messages and even pictures — similar to the popular dating app Tinder. Except primarily teens are using it.

Omegle - This app allows users to talk with strangers via video. The app picks a person at random and the users talk one-on-one.

Calculator% - It's a photo sharing app disguised as a calculator. Anyone who starts this application looks as a calculator but if you put in passcode it will open up private area.

Vaulty - Allows users to hide videos and photos.

Party in my Dorm - The description reads: "Join a club and find a party, or just chill and chat with cool girls and boys. You can be whoever you want as long as you like to have fun!"

Snapchat - The app is popular because you can send a photo that disappears after 10 seconds. But kids may not realize someone can screenshot the picture and keep it forever

KIK - KIK lets user's chat, text and share photos. A lot of kids and teens are using this app because you can be anonymous and there are no texting limits.

What's App - WhatsApp lets users exchange unlimited text, audio, photo and video messages over the Internet, so you might not see an increase in data on your bill, even though your child is texting more often.

Finstagram - This one is NOT an app. But parents should still be aware. Think you've seen your child's Instagram account? They may have a second one. Some teens are setting up 'Finstas' where they showcase their real lives.

Tik Tok - While TikTok videos are mostly harmless, creative fun, there are real concerns about kids using the app. As with any social network, you have to use privacy settings to limit how much information you and your kids are sharing. Kids can post stuff without reviewing or editing it first, and other issues have dogged the app: reports of online predators using the app to target younger users

eSafety -

If you are concerned about any of the above or any other inappropriate online behaviour then you can look at <https://www.esafety.gov.au>

Staying Calm during Stressful Times:

As we head into our assessment period I encourage families (both children and parents) to read the following article on tips on staying calm during stressful times. It has some excellent tips on how to remain calm. It's even good for staff as they start to mark assessments and start to organise results for the end of the Term.

<http://www.huffingtonpost.com>

Student Sickness

Please see below a reminder about student sickness and the need to follow the guidelines if your child is sick and exhibiting flu like symptoms.

If your child/children are unwell with flu like symptoms.

1. Inform school that your child/children are unwell with Flu like symptoms and keep your child/children at home.
2. Organise for your child/children to get a COVID 19 test.
3. Keep your child/children at home until you receive the results of the COVID 19 test.
4. Upon receiving the test results, if the test results are negative please send a copy of the test results to Mr Ash Hogan (Director of Students) via email ashleyhogan@redbendcc.nsw.edu.au or you can text him a screen shot of the text results on 0414 871 138. Within the email or text, please state your child's name, year level and include a screenshot of the negative test results.
5. Once Mr Ash Hogan has received the email or text message and has acknowledged to you that he has received the email or text then your child/children will be able to return to school provided they are also free from any Flu like symptoms. (Even if they are mild). If they are still exhibiting Flu like symptoms they need to stay at home.

Should the test results return as positive the school will be guided by NSW Health and CSNSW as to the next steps to follow.

I thank you for your ongoing support as we enact these measures in place to support the health and wellbeing of all members of our community.

God Bless

WHATSAPP



TIKTOK



SNAPCHAT



KIK

kik.

CALCULATOR%



SOME APPS

PARENTS SHOULD KNOW ABOUT

WHATSAPP



WHATSAPP IS A POPULAR MESSAGING APP THAT ALLOWS USERS TO SEND TEXTS, PHOTOS, MAKE CALLS AND VIDEO CHATS WORLDWIDE. WHATSAPP USES AN INTERNET CONNECTION ON SMART PHONES AND COMPUTERS.

TIKTOK



TIKTOK IS A NEW MOBILE DEVICE APP POPULAR WITH KIDS USED FOR CREATING AND SHARING SHORT VIDEOS. WITH VERY LIMITED PRIVACY CONTROLS, USERS ARE VULNERABLE TO BULLYING AND EXPLICIT CONTENT.

BADOO



BADOO IS A DATING AND SOCIAL NETWORKING APP WHERE USERS CAN CHAT, SHARE PHOTOS AND VIDEOS AND CONNECT BASED ON LOCATION. WHILE THE APP IS INTENDED FOR ADULTS ONLY, TEENS ARE KNOWN TO CREATE PROFILES.

BUMBLE



BUMBLE IS SIMILAR TO THE POPULAR DATING APP 'TINDER' HOWEVER, IT REQUIRES WOMEN TO MAKE THE FIRST CONTACT. KIDS HAVE BEEN KNOWN TO USE BUMBLE TO CREATE FAKE ACCOUNTS AND FALSIFY THEIR AGE.

SNAPCHAT



SNAPCHAT IS ONE OF THE MOST POPULAR APPS IN RECENT YEARS. WHILE THE APP PROMISES USERS CAN TAKE A PHOTO/VIDEO AND IT WILL DISAPPEAR, NEW FEATURES INCLUDING 'STORIES' ALLOW USERS TO VIEW CONTENT FOR UP TO 24

KIK



KIK ALLOWS ANYONE TO CONTACT AND DIRECT MESSAGE YOUR CHILD. KIDS CAN BYPASS TRADITIONAL TEXT MESSAGING FEATURES. KIK GIVES USERS UNLIMITED ACCESS TO ANYONE, ANYWHERE, ANYTIME.

LIVE.ME



LIVE.ME IS A LIVE-STREAMING VIDEO APP THAT USES GEOLOCATION TO SHARE VIDEOS SO USERS CAN FIND OUT A BROADCASTER'S EXACT LOCATION. USERS CAN EARN 'COINS' AS A WAY TO 'PAY' MINORS FOR PHOTOS.

HOLLA



HOLLA IS A SELF-PROCLAIMED 'ADDICTING' VIDEO CHAT APP THAT ALLOWS USERS TO MEET PEOPLE ALL OVER THE WORLD IN JUST SECONDS. REVIEWERS SAY THEY HAVE BEEN CONFRONTED WITH RACIAL SLURS, EXPLICIT CONTENT AND MORE.

WHISPER



WHISPER IS AN ANONYMOUS SOCIAL NETWORK THAT PROMOTES SHARING SECRETS WITH STRANGERS. IT ALSO REVEALS A USER'S LOCATION SO PEOPLE CAN MEET UP.

Year 11 Preliminary Exams

Timetable

Wednesday 16 September to Thursday 24 September 2020

DAY/DATE	am/pm	EXAMINATION	TIME
Day 8 Wednesday 16 September	am	Advanced English Paper 1 Standard English Paper 1	9:10 – 10:50 am
	pm	Biology Construction	1:10 – 3:15 pm
Day 9 Thursday 17 September	am	Advanced English Paper 2 Standard English Paper 2 English Studies	9:10 – 11:15 am
	pm	Ancient History Business Studies	1:10 – 3:15 pm
Day 10 Friday 18 September	am	Chemistry	9:10 – 11:15 am
		Hospitality	9:10 - 10:45 am
		Drama	9:10 - 11:45 am
	pm	French English Extension 1 Food Technology	1:40 – 3:15 pm
Day 1 Monday 21 September	am	Mathematics Advanced Mathematics Standard	9:10 – 11:20 am
	pm	Community and Family Studies	1:10 – 3:15 pm
		Music	2:10 - 3:15 pm
Day 2 Tuesday 22 September	am	Industrial Technology PD/H/PE	9:10 – 10:45 am
	pm	Geography Primary Industries	1:10 – 3:15 pm
Day 3 Wednesday 23 September	am	Agriculture Legal Studies Visual Art	9:10 – 11:15 am 9:10 - 10:45 am
	pm	Physics	1:10 – 3:15 pm
Day 4 Thursday 24 September	am	Mathematics Extension 1 Modern History	9:10 - 11:20 am 9:10 - 11:15 am
	pm	Studies of Religion 1 Unit Catholic Studies Studies of Religion 2 Unit	1:40 - 3:15 pm 1:10 - 3:15 pm

Faith Formation and SRC update with Mr Pearce

Over the last couple of weeks, our students and staff have participated in the Assumption Feast Day Liturgy and Awards, Student Representative Council (SRC) Nominations, celebrations of Science week in week 5 and Book week in week 6, Marist Youth Ministry Superconnect Term 3, and In the Marist Way New Staff Marist Induction Program.

Below is the SRC announcement from Week 5:

(Maisy Osborne)

Hi everyone,

The Junior SRC will be on BBQ this week with the funds going towards some new outdoor activities for you guys. On this note, we would like to ask you all to please take care of all the equipment we currently have.

This includes the basketballs, footies, chess pieces and outdoor seating areas. It's our responsibility to look after our equipment so we can look at getting new things, rather than replacing the old ones.

Also guys, special thanks needs to go out for the wonderful celebration of the Feast of the Assumption.

Huge thanks to the Bishop, staff and students for participating proudly and prayerfully.

We also extended our thanks to the sisters of Mercy in the communities of Trundle, Parkes, Grenfell and Forbes by delivering them flowers to thank them for their service and work.

(Mr Pearce)

Thank you, Maisy and good afternoon all. Thank you to all students who attended the "Bring a buddy to SRC day." Over the 2 meetings, we had over 20 buddies attend.

Our Student Representative Council begins Term 4 this year and concludes Term 3 the following year. It is a small representation of the entire student body and serves as a voice for the student body. The council assists with the organisation of school functions and fundraising, are trained in leadership and represents the College at functions. We meet fortnightly using a student-led formal meeting structure run by the College Captains and SRC President. The council consists of a balance of boys and girls of those in next Years 8-11. That is if you are in Years 7-10 this year. Apply if you are keen on developing as an approachable and reliable leader who gets things done. If you want to nominate, complete the nomination online form emailed by Mr Pearce. This is due Tuesday 25th August. We are the SRC and we are here for you!



Liturgy Captains prayer from Week 5 Science Week:

This week at our College, we are celebrating Science Week. The theme across Australia is Deep Blue: innovations for the future of our oceans. The theme of a future of our oceans links in really well to the Pope's call for us to care for our environment in his letter called 'Laudato Si'. Laudato Si translates to 'Praise Be to You'. As Catholics we are urged to listen to science and care for creation. The Pope is clear that climate change is the greatest threat to life on Earth and this is caused by humans. We are asked to do whatever we can to slow down the causes of climate change. You might try reducing emissions by walking or bike riding, save energy at home, buy recyclable products, help to preserve our forests and habitats, and lobby the government to support alternative energies.

Marist Youth Ministry Superconnect Term 3

On the 21st August, Abbey Maloney, Claire Houghton, Sr Liz and Mr Pearce joined with 60 other students and staff over Zoom from Marist Schools around NSW. The aim of these Superconnect evenings is to connect with other young Marists and consider what it means to be Marist today, specifically for young adults.

We looked at being a fan versus being a follower. We learnt how the first people to follow and join in are often the most crucial to any movement. A fan can swap teams or be loosely supportive. However, a follower has a deeper connection with a movement. They are people who are loyal and will support the team or movement through 'thick and thin'. We are invited every day to be a follower of Christ by not just wearing a cross or saying we are Marist. But intentionally and authentically loving Christ and opening our hearts to the love of God.

Marcellin was also a follower of Christ. The way he wanted us to live the 5 Marist values- the love of work, simplicity, family spirit, presence and in the way of Mary. The example of Christ lives through all of us. How can you be inspired by Christ's and Marcellin's life?

To finish off the evening, we played a Kahoot (online quiz) on how well you know Australian netball, cricket, soccer and rugby league. Huge thanks to the Marist Youth Ministry team for preparing and delivering such a worthwhile evening.

Bangladesh Assembly update

(Kat Lancaster)

Hi Everyone,

Thank you to all in our community who supported our Sister school in Giasnagar Bangladesh. With the help of a range of fundraisers, our College community was able to raise \$2100 in the last few months.

We raised these funds through the Return and Earn program, wedges at lunch, lollipop dip, plain clothes day, SRC and family donations and the Thursday morning BBQs. Special thanks to this year's immersion team which included Charlie Coddington, Ella Burke, Shaienne Metzeling, Maddy Hopkins, myself and Harrison Toole. Staff included Mr Dumas, Mr Hogan, Mrs Spry and Mrs Nixon.

Sadly, the St Marcellin School community is struggling significantly and these funds will help them to purchase the necessary hygiene equipment to combat COVID-19.

Although our immersion team was unable to immerse ourselves in the community this year, we hope these funds will support them in their mission to educate children of tea workers and bring them out of modern day slavery.





Book in a box

Students in 7.2 English have been studying *Surviving Hitler* by Andrea Warren and they were asked to create a 'book in a box' to represent events and themes portrayed in the text. The students presented their creations to the class and they were able to display their knowledge of WWII and experiences of a Jewish boy growing up in Poland under the control of the NAZI Party. They learnt the importance of the role of literature in teaching younger generations about the importance of standing up for what they believe in. 7.2 English are to be congratulated for their creative and innovative work.

Mrs Scott

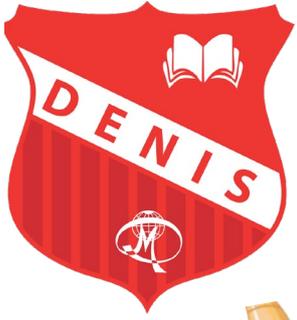


In the Marist Way

New Staff Induction Program
 Staff who began in the last 12 months participated in an induction program called 'In the Marist Way.' The program was all about our Marist story and distinctive style of education. We are reminded about our mission as Marist educators in keeping Christ at the centre. Thank you to all the staff who participated in the program and special thanks to Michael Keep for setting up the Zoom capability in the Chapel. Finally, thank you to Paul Harris and the MSA team who have put a significant amount of work in planning for both our Staff Reflection Day and the In the Marist Way program. Although the staff reflection day could not occur this year, our College expresses our sincere gratitude.

CHANGE OF DATE

Year 12 Parent Teacher interviews and Information evening will now be held on Wednesday, September 16



HOUSE REPORT



WIN

For some fun, there is a little dragon hidden on a page in the newsletter. To win a prize, locate the Dragon and tell Miss Langley. You must tell Miss Lanlgey face-to-face. Happy looking.

From the Dragon's Den

Favourite subject? Food Tech and IT

Favourite food? Pizza- BBQ Meatlovers from the Pizza House

Favourite TV show? Brooklyn-99

Favourite sport? Soccer

What do you want to do when you grow up? Not sure, maybe a Police Officer

Favourite Red Bend moment so far? Hanging out with my friends every day in the playground.

Our annual Denis Tug-of-war competition was postponed due to wet weather. Instead, this term's Captain's Call activity saw each PC group compete to build the tallest tower out of newspaper that they could, ensuring that it was able to hold the weight of a tennis ball. The great teamwork and combined efforts of Denis 1 saw them win the challenge, with Denis 4 runners up under the engineering eye of Leo Hodges (12).

Congratulations to:

Our 2020 Denis Mercy Medallists, Callie Godden (7) and Patrick Kupkee (9).
Brooke Kelly (8) for winning the SRC logo design competition.

Our Year 11 dragons participated in their Leadership Day and we have already begun the process of electing our 2021 Denis House Captains. I would like to thank those Year 11 students who put their hands up to lead next year. We look forward to hearing some speeches from candidates next week.

Welcome to new dragon, Danielle McDonald (7) who has settled in well to our big red family.

Miss Langley

