



RED BEND CATHOLIC COLLEGE

A local community of Mission within the Australian Marist Community

Newsletter



Principal's message | Mr Stephen Dwyer

A warm welcome as we enter the final term for 2019. Another term of life and learning ahead of us. It was pleasing to see the students return from their holidays ready with joy and energy for the experiences ahead.

In the Gospel of John 13:1-17 we hear the story where Jesus washes the feet of his disciples. This action of feet washing performed by Jesus was obviously not an act that would be expected of the master. This was an action that was typically performed for the master by a slave, not by the master. There is a level of intimacy involved in this action and in Jesus' case, an obvious reversal of roles with his disciples, where Jesus performs an act of hospitality, kindness, humility and most importantly humble service. This incredible gesture made a lasting impression on the disciples not only because it expressed His great love for them, but by washing their feet, Jesus laid the foundation for true Christian service and leadership, telling us that to be a leader is to be of service – service to each other with a willing heart. This symbolic action was the basis of our New Student Leaders Commissioning Ceremony on Tuesday 15 October. In his address at the ceremony, Mr John Robinson our Regional Director for Marist Schools Australia spoke of witnessing a most significant and audacious act. He reminded us that Pope Francis performed this humble act of foot washing as a symbol of service to prisoners. This action performed by Jesus and recounted by Pope Francis reminds us that we are all called to lead in this way. We are all called, especially our new student leaders, to be audacious and bold in our service to others as an expression of our love of God and all people. I congratulate all our newly commissioned student leaders for 2020. Please keep our student leaders in our prayers as they lead and serve our community.

Parent Forum - Strategic Improvement Plan update

On Wednesday 30 October we welcome parents and carers to a Parent Forum at 6.00pm in the College Library. The aim of this forum is to update parents and carers on the progress of our evolving Strategic Improvement Plan and to seek important feedback. Students, staff and parents have all been actively engaged in the development of the plan and this forum will allow us to outline the progress and development of the plan for parents to consider our aspirations for the future. I look forward to seeing you at this important forum.

Parent Gathering

On the evening of the Junior Dinner Dance on Friday 8 November, the College is hosting an informal get together for parents and carers of our College community at the Forbes Inn. The evening may be of particular interest to parents of Year 9 and 10 students who will be attending the Junior Dinner Dance on this night, who wish to get together after bringing their children to the dance and seeing the official dance at 7pm. It is also for any other parents who may wish to come along to an informal social gathering. The parent gathering will commence from 7.30pm in the upstairs area of the Forbes Inn. Nibbles will be provided by the College and parents are asked to buy their own drinks and order their own meals on arrival. Please RSVP by either clicking here <https://forms.gle/8eFknNYa5GjHGSrQA> and completing the Google form. All parents and carers are welcome and we hope you are able to join us on this evening.

Thanksgiving Mass and Prize Giving

Thursday, December 12 @ 9.15am

All Parents, Carers and families are welcome to join us.

Orientation Day

Orientation Day for new students in 2020 will be held on Monday 4 November at the College. We will welcome day and boarding students from Year 7 who will be involved in activities and experiences to prepare them for 2020. Students enrolled for 2020 from other year levels are also welcome on this day and they will be connected with other students in the relevant year level to experience life and learning at Red Bend. On this day our current Year 7 students will not be required to attend school.

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



BOURKE COUNTRY VISIT

Staff members from Red Bend Catholic College will be heading to Bourke to meet with families

SAVE THE DATE: Friday, November 15, 2019

Invitations will be sent to boarding families

For more information please contact our Enrolment Officer Tiff Nicholson on 6852 2000



Deputy Principal's message | Mr James Metzeling

Welcome to Week 2 of Term 4. This term is flying and before we know it, we will be wishing everyone a Merry Christmas. That being said, Term 4 is always an exciting time as our Yr. 11's begin to lead the school and there is a general excitement that once the term comes to a close we are all in for a long holiday. I would encourage the students to try hard, work to their potential, and take in all the wonders that Term 4 offers.

The importance of appreciating the little things:

Along with other things that I have mentioned above, the holidays also gave me an opportunity to go for a few walks and it was on one of these walks that I started thinking about appreciating the little things. On one particular walk, I came across a number of small events/occurrences that really made me think about the importance of appreciating the little things.

I'm not sure if it was the smile on the mother's face looking at her husband with excitement when their little girl started riding her bike (with trainer wheels) by herself; or the lady who was heavily pregnant walking (and I thought about the many wonderful times she had in front of her with the child); Or the elderly gentleman riding a bike while wearing compression stockings; the boy out in the field having shots at the uprights; or watching the excitement in my youngest child's face as he got to throw a snowball at his dad; or it could have simply been the fact that I was on a walk, listening to music while in the middle of my holidays having visited my grandmother who is 97 years old; however, regardless of what it was, the idea that we too often look for the "big ticket" items to celebrate and that we sometimes forget to appreciate the little things. This then got me thinking that in our school community we too, regularly, celebrate the "big ticket items" however sometimes we forget to appreciate the little things and this is one area that I will be encouraging our students to work on this term.

To get things started below is a list of "little things" that we could do or appreciate in our everyday relationships:

- A smile from a stranger; give one and you may get one.
- Children playing, reminding you to be joyful. Pass the park on the way home.
- A small gesture of kindness from someone who loves you.
- Your music, when you want it.
- The moment after the rain stops. Everything smells clean, fresh, and revitalized.
- A beautiful sunset or sunrise.
- An extra half-hour of sleep. Hit the sack a little earlier one night and see how this changes your day.
- A phone conversation, to a family member who you have not spoken to for a while but at one stage were close.
- A small gesture of support. A hand on your lower back. A tight squeeze of your hand before you get up for your speech. Four simple words: "I believe in you." Minor actions, huge impact.
- Appreciate the sacrifices your parents have made for you.
- Extending a small courtesy and watching the effect. Hold the door for someone or thank him or her for something most people would not notice.

I think if we can find the balance between the "little" and "big" ticket items then we will further be developing our students into becoming Good Christians and Good Citizens.

Wellbeing

In our community we regularly talk about Wellbeing and the need for a positive mindset. Therefore I thought it would be good to briefly explain the concept of Wellbeing and below this, are some good links to resources that have very rich and contemporary resources to help students, parents and teachers with addressing and encouraging wellbeing.

"In positive psychology, wellbeing is a heightened state that's beyond just feeling happy or having good health. It's a condition of flourishing, where we thrive in many aspects of our lives."

Wellbeing isn't as straightforward as just being happy. Wellbeing looks at lots of different elements that make us complex humans tick. It considers how we:

- cultivate meaning and good relationships
- use our strengths
- contribute to a 'greater' cause

- find pleasure in losing ourselves in things we find challenging and enjoyable

Wellbeing is about making a life where we can contribute to a greater society. Where we can have a more fulfilling existence with meaningful and supportive relationships. Wellbeing gives us a way to discover and explore our strengths. Wellbeing helps us live life to our full potential." "Black Dog institute"

Resources for Wellbeing:



Be You

A national initiative for educators, aimed at promoting and protecting mental health and wellbeing in young people

<https://beyou.edu.au/>



Beyondblue

K-12 and staff mental health resources and support

<https://www.beyondblue.org.au/>



headspace School Support

Post-Vention suicide preparedness, and post-incident support

<https://headspace.org.au/schools/headspace-in-schools/>



ReachOut Parents

K-12 online student wellbeing resources for students, teachers and parents

<https://parents.au.reachout.com/>



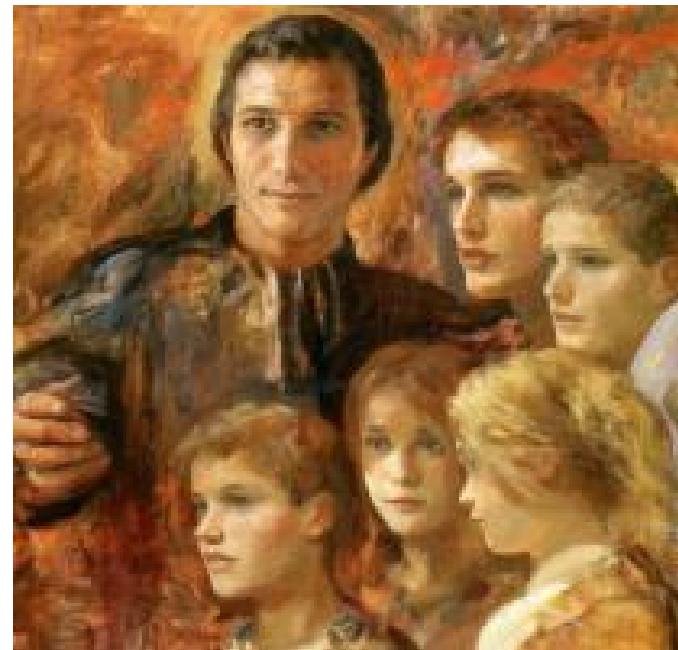
Student Wellbeing Hub

K-12 student wellbeing resources for students, teachers and parents

<https://studentwellbeinghub.edu.au/>

As I have written about before, we have a wonderful, warm, rich and caring school environment here at Red Bend and I hope with continued education about Wellbeing that we can help our students (children) further grow and that we equip them with skills that will send them out in the world as "Good Christians and Good Citizens"

God Bless



Reading Downtown Day

On the EXEAT day in term 3, a group of students from Red Bend volunteered to assist with the Forbes Reading Downtown program. Students assisted with reading to children from Birth to Kinder in the preparation, running, dancing, entertainment and pickup of the day. It was the largest turn of student assistants the Forbes team have ever seen.

Alice Dunn

Sarah Macaulay

Layne Andrews

Paige Thomas

Bella Nicholson

Emily Jack

Abbey Maloney

Georgia Ticknell

Charlie Yapp

Jack Nadin

Sophie McGrath

Siobhan O'Malley

Holly Brown

Chloe Howarth



These students are a true example of our Marist Red Bend spirit. They did not serve with the expectation of receiving anything in return. They served the community simply as good Christians and good citizens. Let us thank them for their service.

HSC

Our Year 12 students were included in the 75,006 students who started their HSC exams on Thursday 17th October with English Standard, English Advanced and Primary Industries. Their final HSC exams will be on Monday 11th November with Physics and Design and Technology. During this period NESA has scheduled 123 written exams.

English is the only compulsory exam in the HSC. Mathematics is the most popular course, with 77% of the HSC candidates studying a Mathematics course. The top ten courses, include, Biology, Business Studies, PDHPE, Studies of Religion, Modern History, Legal Studies, Chemistry and Visual Arts.

Some fun facts about the 2019 HSC is that the most popular given male and female names are Joshua and Emily and that there are 985 sets of twins. Of the total numbers of students enrolled, 26,089 are enrolled in schools from regional NSW, of which 1,917 are from the Central West.

The HSC is a huge logistical undertaking. Each exam is reviewed at least 6 times before they are printed, 700,000 exams are printed and dispatched to 750 exam centres, which are staffed by 7,500 supervisors and presiding officers. The College is very grateful for the work our Presiding Officer, Mr Murray Field does in looking after our Year 12 students.

The marking of the exam papers is a massive undertaking. NESA employs 5,500 markers, of which 72% will mark the exam papers online. In preparation for marking 8,200,000 exam pages will be scanned.

We wish our Year 12 students all the best for their HSC exam. The students will be notified on 17th December of both their HSC results and ATAR.

family fun day

- Giant slide
- Photo booth
- Mechanical bull
- Fun food & drink
- Sausage sizzle
- Lawn games
- Giveaways

FREE COMMUNITY EVENT
11:00am - 2:00pm Saturday 2nd November 2019
Cook Park, Summer Street, Orange, NSW 2800

Be one of the first 120 visitors to check-in at the Canteen desk to receive a free Krispy Kreme doughnut.

Let us know you are coming by registering at ffd-canteen.eventbrite.com.au

Canteen provides free support for young people aged 12-25 and their families when they've been impacted by cancer - either their own diagnosis, or the diagnosis or death of a family member.

For more information:
Contact 02 8974 4853, sydneyoffice@canteen.org.au or visit www.canteen.org.au

canteen

Public Speaking

Red Bend has had a very busy year of Public Speaking. Students have competed in the CWA and the Marist Oratory Competition.

Some of the topics students spoke on this year were:

Water

First people, first nation

Trusting my feelings

Making corrections

Global Warming - fact or fiction?

Language and the survival of a culture

First off, we travelled to Trundle where we had 5 successful students make it to Round 2. The final round was held in Narromine where we were up against the best public speakers in the Central and Far West.

Madeleine Cannon, in impressive form, received first place in the Year 7 and 8 sections for her informative and humorous speech on the topic of 'Spare Tyre'.

Finally, five students, Ruby Stitt, Anouk Labuschagne, Olivia Pierratos, Grace Shepherd and Elizabeth Drewes headed off to the Marist Oratory Competition, which was held at Marist College, North Sydney. This is an annual competition that is held each year with representatives from Marist schools all over NSW.

There were a number of different topics to choose from and Olivia Pierratos in Year 9, with her topic of, 'Intelligence is not Enough', received second place out of 13 students.

Ruby spoke about 'The Final Countdown' and looking after the environment, Anouk on 'A Bridge too Far' and her efforts at tackling tasks a bit more enthusiastically than most, Grace spoke about 'The Simple Pleasures' and Elizabeth was our impromptu speaker who very courageously spoke against senior students.

Red Bend was able to hold its own against a number of schools and all girls spoke extremely well, making Mr Dumas and I very proud.

It is not easy standing up and speaking in front of others, however, the students have learnt a lot and are definitely more confident because of these efforts.

I would like to thank the following students for representing Red Bend in Public Speaking this year:

Dustin Stocks

Lila Yates

Madeleine Cannon

Scarlet Shepherd

Olivia Pierratos

Jasmine Gulwell

Anouk Labuschagne

Naomi Turner

Grace Shepherd

Elizabeth Drewes

Ruby Stitt

Mrs Rice, Public Speaking Coordinator



2020 Calendar - Term Dates and Staff Days

Term 1	
Tuesday 28 January	Staff Day - ALL STAFF
Wednesday 29 January	Staff Day
Thursday 30 January	Classes Commence
Friday 21 February	Staff Day
Friday 21 - Monday 24 February	EXEAT
Sunday 8 March	Open Day
Wednesday 8 April	Last Day of Classes
Term 2	
Monday 27 April	Staff Day
Tuesday 28 April	Classes Commence
Friday 5 June	Staff Day - ALL STAFF First Aid
Friday 5 - Monday 8 June	Exeat Weekend
Friday 3 July	Last Day of Classes
Term 3	
Monday 20 July	Staff Day - ALL STAFF
Friday 21 August	Staff Reflection Day - ALL STAFF
Friday 21 - Monday 24 August	Exeat Weekend
Monday 24th - Friday 28th August	Book Week
Friday 25 September	Last Day of Classes
Term 4	
Monday 12 October	Staff Day
Tuesday 13 October	Classes Commence
Thursday 10 December	Last Day of Classes
Friday 11 December	Staff Day
Monday 14 December	Staff Day
Tuesday 15 December	Staff Day
Wednesday 16 December	Staff Day - ALL STAFF



Parents as partners

Preparing your child for Year 7

Monday 4th November 2019

6pm-7pm

Parents, carers and future students are warmly invited to attend the
Information Evening on
Monday 4th November 2019
In the College Multi-purpose Hall

This evening will provide important information for parents and carers about preparing their child to begin school at Red Bend Catholic College in 2020

Please **RSVP** by Wednesday 30th October 2019 for catering purposes by email to tiffanynicholson@redbendcc.nsw.edu.au or call the main office on **68522000**

6.00pm - 6.10pm	Principal's welcome
6.10pm - 6.15pm	Director of Learning & Teaching: Year 7 subjects
6.15pm - 6.25pm	Director of Students: Student welfare
6.25pm - 6.35pm	Year 7 Advisor: equipment required & what to expect
6.35pm - 7.00pm	Question time ICT Information Stand Light Supper Provided Tour of the school - optional

AQUA FITNESS

CLASSES FOR WOMEN

Starting Tuesday 5th November 2019

Tuesdays and Thursdays for 6 weeks

Time: 9.00am – 10.00am

Venue: Forbes Town Pool

Cost: \$ 4.50 pool entry, Class Free

**Child minding Service for children 5 years and under
(at Youth and Community Centre, Battye St. Gold coin donation)**

*Infants and children will need to be registered to Maree Yapp at
email: maree.yapp1@det.nsw.edu.au or phone 68 503008*

To Register: Registrations will be taken anytime during the 6 week period. Registration is needed for both participants and any children.

Further Info: Contact Denise or Jane
Forbes Community Health Centre
6850 7305 or 6850 7310

Email: denisehopkins@health.nsw.gov.au or
jane.omalley@health.nsw.gov.au

