

# RED BEND CATHOLIC COLLEGE

## Newsletter



A local community of Mission within the Australian Marist Community



### Principal's message

Greetings to all in the Red Bend College Community, We have had a busy but fruitful start to the year. I was very impressed with the way most of our students turned out for the start of the school year. Well done to their parents and carers.

At the start of the year I reminded the students and staff that this school belongs to Jesus Christ and as such high standards of respect for each other and for acceptance of all are expected. We believe in the essential goodness of all persons and we wish to form here a harmonious and vital community of believers.

At the last assembly I spoke to the students about some recent research that highlighted how students can help each other perform well at school: "Peers can positively influence each others' learning through helping, tutoring, providing friendship, giving feedback, and making class a place where students want to come to each day." (Grattan Institute: Engaging students, creating classrooms that improve learning). The staff have studied and reviewed this research at various times over the last twelve months with the aim of constantly improving our teaching and learning. Key findings as to what are essential for success at school are: High expectations for every student; strong teacher-student relationships; Clarity and structure in lessons; Active learning...student participation essential; Encouragement and praise...not vague or overdone; Corrections and consequences.

We wish all Year 12's a great retreat at Mittagong this coming week. This is a valuable and significant experience for all and I strongly urge every Year 12 student to attend. The Year 7's had their two day retreat a few weeks ago in our own MPH...and it was an enjoyable and worthwhile experience for them all.

I include here a portion of the message of Pope Francis for the coming Lenten season.

### 3. The healing power of repentance and forgiveness

Creation urgently needs the revelation of the children of God, who have been made "a new creation". For "if anyone is in Christ, he is a new creation; the old has passed away; behold, the new has come" (2 Cor 5:17). Indeed, by virtue of their being revealed, creation itself can celebrate a Pasch, opening itself to a new heaven and a new earth (cf. Rev 21:1). The path to Easter demands that we renew our faces and hearts as Christians through repentance, conversion and forgiveness, so as to live fully the abundant grace of the paschal mystery.

This "eager longing", this expectation of all creation, will be fulfilled in the revelation of the children of God, that is, when Christians and all people enter decisively into the "travail" that conversion entails. All creation is called, with us, to go forth "from its bondage to decay and obtain the glorious liberty of the children of God" (Rom 8:21). Lent is a sacramental sign of this conversion. It invites Christians to embody the paschal mystery more deeply and concretely in their personal, family and social lives, above all by fasting, prayer and almsgiving.

Fasting, that is, learning to change our attitude towards others and all of creation, turning away from the temptation to "devour" everything to satisfy our voracity and being ready to suffer for love, which can fill the emptiness of our hearts. Prayer, which teaches us to abandon idolatry and the self-sufficiency of our ego, and to acknowledge our need of the Lord and his mercy. Almsgiving, whereby we escape from the insanity of hoarding everything for ourselves in the illusory belief that we can secure a future that does not belong to us. And thus to rediscover the joy of God's plan for creation and for each of us, which is to love him, our brothers and sisters, and the entire world, and to find in this love our true happiness.

Dear brothers and sisters, the "lenten" period of forty days spent by the Son of God in the desert of creation had the goal of making it once more that garden of communion with God that it was before original sin (cf. Mk 1:12-13; Is 51:3). May our Lent this year be a journey along that same path, bringing the hope of Christ also to creation, so that it may be "set free from its bondage to decay and obtain the glorious liberty of the children of God" (Rom 8:21). Let us not allow this season of grace to pass in vain! Let us ask God to help us set out on a path of true conversion. Let us leave behind our selfishness and self-absorption, and turn to Jesus' Pasch. Let us stand beside our brothers and sisters in need, sharing our spiritual and material goods with them. In this way, by concretely welcoming Christ's victory over sin and death into our lives, we will also radiate its transforming power to all of creation.

*From the Vatican, 4 October 2018*

*Feast of Saint Francis of Assisi*

Thank you for your continued co-operation and support of the school.

Regards to all,

Br Michael.

# Red Bend Catholic College



## Open Day

Guided tours from 10am - 1pm,  
light lunch provided

Meet the Principal  
and staff

For more information contact the College on 6852 2000

**Sunday, March 10th, 2019 - 10am - 1pm**

Phone 6852 2000

Email [rbcc@redbendcc.nsw.edu.au](mailto:rbcc@redbendcc.nsw.edu.au)

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**facebook**



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# OUR ACHE FOR EARTHLY IMMORTALITY

*Fr Richard Rolheiser*

We share the world with more than seven and a half billion people and each of us has the irrepressible, innate sense that we are special and uniquely destined. This isn't surprising since each one of us is indeed unique and special. But how does one feel special among seven and half billion others?

We try to stand out. Generally we don't succeed, and so, as Allan Jones puts it, "We nurse within our hearts the hope that we are different, that we are special, that we are extraordinary. We long for the assurance that our birth was no accident, that a god had a hand in our coming to be, that we exist by divine fiat. We ache for a cure for the ultimate disease of mortality. Our madness comes when the pressure is too great and we fabricate a vital lie to cover up the fact that we are mediocre, accidental, mortal. We fail to see the glory of the Good News. The vital lie is unnecessary because all the things we truly long for have been freely given us."

All of us know what those words mean: We sense that we are extraordinary, precious, and significant, irrespective of our practical fortunes in life. Deep down we have the feeling that we are uniquely loved and specially called to a life of meaning and significance. We know too, though more in faith than in feeling, that we are precious not on the basis of what we accomplish but rather on the basis of having been created and loved by God.

But this intuition, however deep in our souls, invariably wilts in the face of trying to live a life that's unique and special in a world in which billions of others are also trying to do the same thing. And so we can be overwhelmed by a sense of our own mediocrity, anonymity, and mortality and begin to fear that we're not precious but are merely another-among-many, nobody special, one of billions, living among billions. When we feel like this, we are tempted to believe that we are precious and unique only when we accomplish something which precisely sets us apart and ensures that we will be remembered. For most of us, the task of our lives then becomes that of guaranteeing our own preciousness, meaning, and immortality because, at the end of the day, we believe that this is contingent upon our own accomplishments, on creating our own specialness.

And so we struggle to be content with ordinary lives of anonymity, hidden in God. Rather we try to stand out, to leave a mark, to accomplish something extraordinary, and so ensure that we will be recognized and remembered. Few things impede our peace and happiness as does this effort. We set for ourselves the impossible, frustrating task of assuring for ourselves something which only God can give us, significance and immortality. Ordinary life then never seems enough for us, and we live restless, competitive, driven lives. Why isn't ordinary life enough for us? Why do our lives always seem too small and not exciting enough? Why do we habitually feel dissatisfied at not being special?

Why our need to leave a mark? Why does our own situation often feel so suffocating? Why can't we more easily embrace each other as sisters and brothers and rejoice in each other's gifts and each other's existence? Why the perennial feeling that the other is a rival? Why the need for masks, for pretense, to project a certain image about ourselves?

The answer: We do all of these things to try to set ourselves apart because we are trying to give ourselves something that only God can give us, significance and immortality.

Scripture tells us that "faith alone saves." That simple line reveals the secret: Only God gives eternal life. Preciousness, meaning, significance and immortality are free gifts from God and we would be a whole lot more restful, peaceful, humble, grateful, happy, and less competitive if we could believe that. A humble, ordinary life, shared with billions of others, would then contain enough to give us a sense of our preciousness, meaning, and significance.

Thomas Merton, on one of his less restless days wrote: "It is enough to be, in an ordinary human mode, with one's hunger and sleep, one's cold and warmth, rising and going to bed. Putting on blankets and taking them off, making coffee and then drinking it. Defrosting the refrigerator, reading, meditating, working, praying. I live as my Fathers have lived on this earth, until eventually I die. Amen. There is no need to make an assertion of my life, especially so about it as mine, though doubtless it is not somebody else's. I must learn to live so as to gradually forget program and artifice."

Ordinary life is enough. There isn't any need to make an assertion with our lives. Our preciousness and meaning lie within the preciousness and meaning of life itself, not in having to accomplish something special.

# Physically attacked, stressed and depressed: Australia's school principals speak out in new survey

*Introduction from Br Michael:*

*I have included this article both for your information and in the hope that behaviors may change. As you will see the amount of aggression and threats aimed at Principals and other school personnel is on the increase. The ridiculous thing about all this is that the emotional horsepower used in the aggression and threats is wasted. School personnel do not respond to it and will not respond to it. In almost all cases where this method of communication has been adopted by otherwise intelligent people, the child in question is worse off and nothing is achieved.*



*Associate Professor Philip Riley (ACU/Chis Hopkins)*

In a worrying trend, almost half of school principals (45 per cent) were threatened with violence in 2018, compared with 38 per cent in 2011. The survey also found that increasing threats and violence, aggravated by excessive working hours, are leading to serious levels of distress, burnout and depression among school leaders.

Now in its eighth year, The Australian Principal Occupational Health, Safety and Wellbeing Survey, has collected data from about 50 per cent of Australia's 10,000 principals from 2011 to 2018. The principals are overwhelmed by the volume of work; being threatened with violence; being physically attacked, having great difficulty sleeping; and experiencing high rates of depressive symptoms.

Associate Professor Philip Riley, from Australian Catholic University's Institute of Positive Psychology and Education, and the survey's chief investigator, said, "Clearly, our nation builders are under attack. Consequently, fewer people are willing to step into the role. At a time when 70 per cent of school leaders will reach retirement age within 2-3 years, we are ignoring a looming national crisis."

The survey found the sheer quantity of work and the lack of time to focus on teaching and learning were the greatest sources of principals' stress. Teacher shortages were also a frequent issue.

An increasing source of stress is managing the mental health issues of staff and of students.

"Australia's school leaders experience a far higher rate of offensive behaviour at work than the general population," Associate Professor Philip Riley said.

Female school leaders are most at risk of physical violence with 40 per cent experiencing violence compared to 32 per cent of male school leaders. The rates of physical violence show a concerning upwards trend in almost every part of Australia including: NSW, Victoria, Queensland, South Australia, Western Australia, and the ACT.

REMINDER . . .

**P&F meeting on Wednesday 20 March at 7pm  
in the RBCC Conference Room**

# MARK YOUR CALENDAR!

## MARCH

- 1 All Schools Triathlon
- 4/8 Year 12 Retreat
- 6 Ash Wednesday
- 10 OPEN DAY (10am to 1pm)
- 11 Grandparents Morning Tea
- 12 MSA Principal's Meeting
- 14/17 Fulltime Boarders EXEAT
- 20 P&F (Forbes)
- 21 Disco
- 22 DIO Touch - RBCC
- 25 CCC Hockey Selection
- 28 DIO Soccer Selection

## APRIL

- 1-5 Interruption free week
- 2 CCC Rugby League Trials  
DIO Basketball Gala
- 5 CCC Swimming Sydney
- 8-11 Year 12 Formative tasks
- 8-14 Cattle Team- Sydney Easter Show
- 10 CCC Touch - Nelson Bay
- 11 Cross Country  
Year 12 Parent Info Night
- 12-28 Holidays
- 15-17 Marist Awareness Program
- 19 Good Friday
- 20 Easter Saturday
- 21 Easter Sunday
- 22 Easter Monday
- 25 Anzac Day
- 29 Boarders return
- 30 Classes commence

## Year 6 visits

Children who are currently in Year 6 are invited to attend the Year 6 Visits at Red Bend Catholic College on Wednesday the 8th or Wednesday 15th of May.

The day will begin at 9.45 and finish at 12.30pm. The students will be placed in small groups and they will participate in a variety of activities designed to give them an introduction to Secondary School. The activities will include Science experiments, Drama workshops, cooking, art classes and woodwork.

What to bring: Students should bring a hat and a jumper

Food: Red Bend will provide morning tea and drinks

Medical: Can you please advise us if your child has a food allergy or medical condition.

These days are enjoyed by the students and they assist them to feel less anxious about starting secondary school.

RSVP: [tiffanynicholson@redbendcc.nsw.edu.au](mailto:tiffanynicholson@redbendcc.nsw.edu.au)

## Adult Language Classes

The College will continue to offer French Classes to the wider community on Tuesdays 6-7pm.

Tuition is suitable for beginners as well as advanced learners of this language and covers a wide range of scenarios in written and spoken format necessary to communicate effectively in a variety of real-world situations.

With the introduction of German as a second Modern Foreign Language for the 2019 academic year, expression of interest is extended to parents, relatives and the community to learn this language. Weekly classes will be held depending on numbers of a minimum of six participants.

Costs for tuition are \$110 per school term payable to the College.

For further information please contact Mr Martin Rein, email: [MartinRein@redbendcc.nsw.edu.au](mailto:MartinRein@redbendcc.nsw.edu.au)



## Director of Teaching, Learning Mrs Deborah Wheeldon

All students in Years 7- 12 have participated in their first study skills session of the year. Years 7, 8 and 9 students were told about their assessments and the processes they must follow. Students (and parents) can always access the assessments and the related policies by going to the student's Team Drive in Google and opening the folder for their particular year. They then spent the rest of the time setting themselves goals for this semester. These goals are written in each students' handbooks and all parents are encouraged to read them and sign the bottom of the page. Referring back to them over the next 6 months can help keep students on track and achieving to their best.

Years 10, 11 and 12 undertook study skills sessions by a company called Elevate. These sessions focussed on how students can improve and the mindset and activities they can do to help themselves improve as well as processes to help remember information. Some key points that are applicable to all students include:

Having a good study environment e.g. phones are OFF, control noise (limit songs), try to be alone without interruptions, sit a clean desk, try not to multi-task and short, sharp sessions. It is also important to make sure you are doing regular exercise.

To make sure you can retrieve information in an exam, you have to practice retrieval of information at home constantly and without prompts. Ask yourself questions or have a parent or sibling ask you questions.

Belief impacts your actions which impact your results. Top marks result from actions not IQ. It is important for every student to realise that it is never too late to learn. Have a growth mindset. If you constantly say "I can't" - that is what will happen. Change these statements by assigning little action steps and then completing them. For example, "I can't study for History" to "I am going to read my class notes for History each week".

Students in Years 7, 8 and 9 will undertake study sessions with Elevate next term.

The Study Centre has started again this year with many students attending over the four days. Students are spending time completing homework and completing assessments as well as asking teachers for help and feedback. It is important for all students to also make time each week for regular revision and study, especially for the subjects that have topic tests and exams. This can be in the form of reading over class notes from the day, creating study cards and summarising classwork into a separate 'study' book. Parents can also help their children by taking class books and asking questions. This promotes recall and helps to cement the information into their memory.

Below is a simple study tip to help with retention of information that may make study more beneficial.



# Boarding @ RBCC



Director of Boarding  
Mr Steve Hooper

We welcome back the boarders from last weekends EXEAT, and hope they had a relaxing and enjoyable time at home with family and friends. With a busy remainder of the term all boarders have been encouraged to quickly get back into the routines of study and homework.

On Sunday 17th February our fulltime boarders visited Bathurst Aqua Park at Chifley Dam. All enjoyed a great morning on the inflatable obstacle course followed by a BBQ lunch. Thank you to the staff that helped, supervising, driving the buses and preparing lunch.

## FULL TIME BOARDERS Optional weekend

Our fulltime boarders have the opportunity to travel home on Thursday 14th March and return on Sunday 17th March. Note all weekly boarders are expected to be at school on Thursday and Friday. A reminder if transport is booked through the government funded travel, and you do not use it for some reason, the College will risk losing some of these services.





## Director of Faith Formation Mr Matthew Pearce

As we move into mid-term 1, many people often find it difficult to take time out for their own spiritual development. We may remember to work on our health or work, but neglect the true necessity, spirituality. I encourage you all, young and not so young, to take a minute or two to be still and know God is with you.

Below are the current units of study in place for term 1 in the Religious Education Faculty:  
Year 7- What it means to be Catholic?

Year 8- Teachings of Jesus

Year 9- Search for Meaning

Year 10- Sacraments at the Service

Year 11- Nature and Origins of Religion

Year 12

- 1 Unit Studies of Religion- Judaism and significant person

- 2 Unit studies of Religion- Judaism and moving into Environmental Ethics

Below is information communicated by our students these last few weeks.

### *Assembly Prayer Term 1 week 4 2019*

We pray for all of our Marist community in East Timor as they train future teachers. Our intention today is to realise how fortunate we are to be Marist.

During assembly last week, the vice-provincial of Marists Australia, Br Darren Burge, spoke about the crisis in East Timor. He talked about the transformation which can occur when the country focuses on education and formation of new teachers. Marist Solidarity, the international fundraising arm of Marists, is funding this project. You might be realising how important our Marist spirituality is in our world. Just in East Timor, 1 in 5 children cannot attend school. 95% of schools were destroyed in the last war in the late 1990s. Families cannot pay for school, so it needs to be free.

For our prayer, let us do the 30 second prayer of gratitude. I invite you to sit still for 30 seconds, close your eyes, and thank your God what you have.

### *SRC speech term 1 week 5, 2019*

Good afternoon all,

Welcome back to another wonderful year at our great College. For those new to our College, our SRC make weekly announcements at assembly and are looking forward to representing you. If you have an idea or suggestion to further improve our great College, please use our suggestion box. Write your name on a slip of paper along with your suggestion and put it in the SRC suggestion box in the library.

The Thursday morning BBQ breakfast continues. It's outside the ICT office and only \$4 for a bacon and egg roll. The Bangladesh Immersion team will be running the BBQ this week. They will be also selling \$2 raffle tickets to support their Immersion. You can be in the running to win up to \$1500 worth of prizes!

But wait, there's more! Recently, other prizes have been added in a bonus draw. So buy some tickets to support the immersion.

We are also pleased to announce part of the Bangladesh fundraising will involve the 'Return and Earn' NSW Government program. If you have any bottles or poppers please put them in the yellow bin, outside Mr Pearce's office.

The SRC are pleased to announce we have sock bands available through House Coordinators. They are a gift from Br Michael. We want to support the College uniform by helping those students who to support the school rules, but their socks simply come down by accident. They will only work on boys socks. The girls socks purchased from the SSO are the correct length and have inbuilt elastic.

The disco is in week 8. The SRC have been provided with theme suggestions from you. PC teachers will be given the form to complete. During PC please vote and put your PC's preference in the form.

Next, a huge thank you to Mr Rudd and all staff involved in setting up, running and packing up the House Swimming Carnival. So much work goes into these carnivals and it is important we say thank you to all staff for what they do for us to make sure we have fun. Our attendance last week was great as well. Each House only had a dozen or so students absent.

All the best to the Year 12s as they head off to their retreat and study days. We all pray that you learn and deepen your understanding of Marist Spirituality.

We hope you enjoyed the long break and are ready to get back into class work. Just a reminder the study centre is available Monday through to Thursday afternoons. Based on research from the last few years of having the study centre, those students who practise silent, sustained study, use the study centre and use feedback from their teachers always do well. Plus, those students who begin this practise in Years 8-10 do even better.

We are the SRC and we're here for you.

God Bless.

## Aboriginal Dance Group

We have been fortunate enough to secure the services of a local Aboriginal man to facilitate a programme for our students here at Red Bend. The programme will be run on Wednesday afternoons from approximately 3.45 pm to 5.00 pm. For students from Parkes there will be transport available after the programme. We are asking for Aboriginal and Torres Strait Islander students who are interested in being a part of our Dance Group to put their names down at the Boarding Office. Details of the programme are below.

### RIVER SPIRIT CULTURAL ARTS

"We are all visitors to this time, this place. We are just passing through. Our purpose here is to observe, to learn, to grow, to love... and then we return home."

River Spirit Cultural Arts specializes in Cultural dance for all ages.

Our programmes and activities are tailored to suit each individual in the group, we understand every individual is unique personally and Culturally,

To achieve our goals we use a wide range of tools such as

Ø TRADITIONAL DANCE

Ø CONTEMPORARY DANCE

Ø SONGLINES

Ø BUSH TUCKER

Ø ARTS & CRAFTS

Ø CULTURAL GAMES & Art; ACTIVITIES

Ø STORYTELLING

Not only will you be given these tools within our programmes you will learn their importance and how to use them. Combined with our experience and art; cultural knowledge, we will work together as a group and choreograph unique stories, songs and dances that will remain the property of the group, for them to teach to the future generations.

For our people dance is only one aspect of our cultural identity. Our programmes target our culture as a holistic. We explore what it means to be an indigenous person and art; we identify the connections we have with each other and mother earth.

This will be special for the students because they then become the caretakers of that song, meaning they have full permission to perform and teach their dance to the next generation.



## Student Representative Council 270219

Week 4 Term 4 Assembly Message from the Council

Good afternoon all.

Late last year, the SRC was announced and since then the students have elected and voted for particular roles within the SRC.

The Student Representative Council members are: Emily McGinnes, Hamish Neville, Laura Harley, Alex Drewes, Madeline Hopkins, Charlie Jones, Lockie Miller, Alison Reeves, Jack Westcott, Brooklyn Maloney, Claire Barrott, Olivia Beasley, Antez Varghese, Emmie Searl, Courtney Hodge and Sophie Heraghty.

I would like to congratulate and thank all these students for putting themselves forward, both for the SRC in general and an elected position within the group.

Being in the SRC is a position of responsibility that enables students to:

- be a representative for students and serving as a voice for student concerns and issues
- to assist and represent the college with functions and events, as well as day to day activities - for example assisting with Orientation Days, Open Days, school discos, in the school canteen and many other events throughout the school year
- to be present within the school community
- and to organise, coordinate and participate in decision-making and events that bring a positive impact on our school culture

I would like to announce the following positions of the SRC for 2019



### President - Antez Varghese

Roles include:

- Leader of the SRC
- Develops weekly assembly speeches communicating Council's progress
- Monitor the progress with the committee leaders
- Works closely with the School Captains in serving the College



Through Diligence to Excellence - For Progress and Progress

### Vice President - Olivia Beasley & Emmie Searl

Roles include:

- Helps with running and managing SRC meetings
- Helps to monitor the progress with the committee leaders
- Works closely with the School Captains in serving the College



Through Diligence to Excellence - For Progress and Progress

### Chairpersons-Evie Martin & Benjamin Glasheen

Roles include:

- Chairs the SRC meeting
- Monitor the progress with the committees
- Works closely with the elected in raising the profile of the SRC



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### Secretary - Charlie Jones

Roles include:

- Recording attendance and minutes of SRC meetings
- Assists President and Vice Presidents where necessary
- Communicates reports and evaluations to the SRC



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### Junior Vice President - Lockie Miller

Roles include:

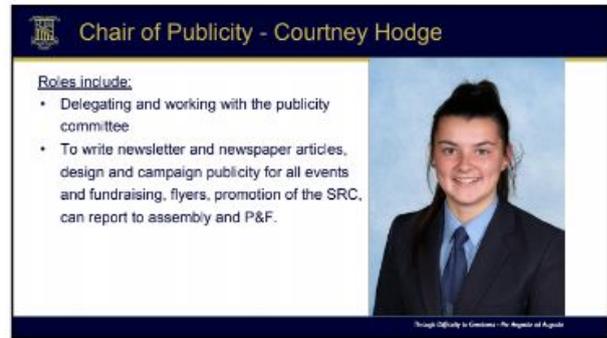
- Assistant to the President
- Communicates on behalf of the junior side of the school
- Works closely with elected in raising the profile of the SRC



Through Diligence to Excellence - For Progress and Progress

The SRC then divides into 3 separate committees:

There are three chairs who are people who run the committee. Could I please ask the nominated chairperson to step forward to be congratulated.



We look forward to working together, to work in maintaining our great school and continuing to listen and respond to the needs of students.

We are the SRC and we're here for you.  
Mr Matthew Pearce SRC Coordinator

# House Swimming Carnival

Thursday 21st February saw the running of the Red Bend Catholic College, House Swimming Carnival, and what a Magnificent day it was. A special congratulations go to BASIL HOUSE, whom were crowned Champions for the day. Basil won not only the 'Chants and best dressed' but were also Points winners for the House Swimming Carnival.

The day started with the House Chants, where all staff and students wore and displayed their House colours with pride and used their voices to capacity, to show their intended spirit for the day.

The swimming races then got underway with Year 12 starting off the freestyle, followed by Years 7 – 11. Backstroke, breaststroke and butterfly were also swam (or attempted) by all the year groups. After the completion of the strokes, relays were swum. Each relay consisted of two girls and two boys from each year group.

The teachers braved the conditions and swam a relay race against the House captains. Victory going to the teachers! Once the lane ropes were removed the BIG SPLASH competition got underway, each House had a boy and girl representative in each year group. Many a big Splash was produced!

Overall the swimming carnival was an enjoyable, exciting, loud and fun day. The students are to be congratulated on their House Spirit, enthusiasm and participation in all the events on offer.



# Strawberry DNA

In year 10 Science we have been learning about genetics – the traits we inherit from our parents, the role of chromosomes, and how DNA holds the code for many of our characteristics. Through this experiment we examined the DNA of strawberries.



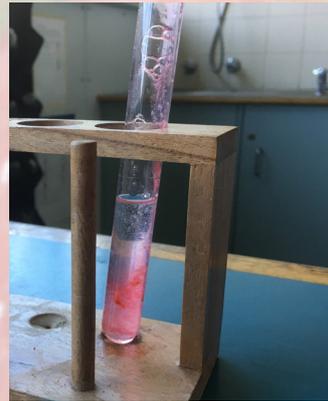
Cory and Isaac preparing the salt and shampoo mixture



Will preparing to filter the strawberry pulp



Holly crushing the strawberries and Sam looking serious, with Holly and Fletcher paying very close attention to the procedure shown on the smartboard.



Success! Strands of DNA can be seen in the test tubes.



## Lost Property

The following items are in the SSO

- 1 x Pair of Nike reading glasses
- 1 x Pair silver earrings
- 1 x Silver ring
- 1 x Black sports watch
- 1 x silver necklace
- 1 x Bags containing Swimwear and towels

- 6 x Caps
- 2 x Bucket hats
- 5 x Jumpers
- 1 x Shorts
- 2 x Tracksuit pants
- 5 x Water bottles

# Vaccination information

## 2019 NSW SCHOOL VACCINATION PROGRAM

Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.

In 2019 the following vaccines will be offered:

| YEARS    | VACCINE   | NUMBER OF DOSES                 |
|----------|---|---------------------------------|
| Year 7   | Human papillomavirus (HPV) vaccine                    | 2-doses at least 6 months apart |
|          | Diphtheria-Tetanus-Pertussis (whooping cough) vaccine | Single dose                     |
| Years 10 | Meningococcal ACWY vaccine                            | Single dose                     |

*Parent Information Kits* that include an information sheet, consent form and privacy statement will be sent home to parents/guardians. To consent to the vaccination of their child, parents/guardians are advised to:

- read all the information provided
- complete the consent form, including signing their name next to the vaccine/s they would like their child to receive
- return the completed consent form to their child's school
- ensure that their child eats breakfast on the day of the school vaccination clinic

Please note that students who commence HPV vaccination in school clinics in Year 7 but do not complete the course during the school year may be offered catch-up doses at school in Year 8.

To improve vaccination completion, students will be opportunistically offered any missed doses throughout the year where possible.

**A Record of Vaccination card will be provided to each student vaccinated at each clinic.**

# Forbes Autumn Horse Show

Featuring Equestrian Interschools classes

- \*Have fun riding with your class mates
- \*Represent your school
- \*Attire = school jumper & tie
- \*Plain saddle cloth



SUNDAY MARCH 31ST  
FORBES SHOWGROUND  
www.forbesshow.com



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NEW PLAYERS WELCOME

EMAIL ENQUIRIES - Forbesrugbyjuniors@hotmail.com  
FIND US ON FACEBOOK

For the Under 14s Mixed, Under 17s Boys / Mixed and All Age Ladies and Mens Teams



The Under 14 and Under 17s play in the Forbes, Grenfell Young Saturday Competition, All age ladies play in the Parkes Competition and All age Mens play in the Lachlan Competition.

The Club is keen to grow the numbers in each of these teams and competitions. 15 year old girls are eligible to play Under 14s and 18 year old girls are eligible to play Under 17s. Boys and Girls 15 and above are eligible to play Adult competition.

**Registration Fees:** Under 14s - \$135, Under 17s - \$165. The same fees apply if you play Adult competition, and there are no extra charges if you play Youth league and Adult competition. Adult Fees: \$225.

As part of registration you receives Deploy Training Ball, Socks, Forbes Gala Day free participation, Region Gala Day participation and FFA approved Club Training Program on Thursday nights by our FFA B and C licence Coaches.

Registration Process: Online - Open now, Go to: [www.oharionetball.com.au/register-now](http://www.oharionetball.com.au/register-now).

Face to Face Registration: Forbes Services Memorial Club on Saturdays 23 February, 2 March, 9 March, 16 March.

Inquiries: Forbes District SC Facebook or Doue McKenzie (Registrar) 0412287810. email:

## Women/Mixed Tuesday Night Netball Comp

### Competition Details:

**Start Date:** Tuesday 5<sup>th</sup> March 2019 (14 week comp finishing on 18<sup>th</sup> June 2019)

**Finals:** Semi Final - Tuesday 25<sup>th</sup> June 2019 Grand Final - Tuesday 2<sup>nd</sup> July 2019

**Competitors:** Women and men high school age and over (mixed comp if there is enough interest)

**Cost:** \$155 per player (Inclusive of Netball NSW Registration \$82.16) = \$5.20/player/game!! \$100 for juniors (under 18 in 2019) **FREE for junior players using NSW Active Kids Rebate**

**Please note:** Dependent on numbers of team nominations aiming for multiple grades, including a mixed division if enough interest. Individuals invited to register and have opportunity to join a team.

### Registration:

**When:** Before COB Friday 22<sup>nd</sup> February 2018

**Where:** Print out and complete registration sheet available at <http://parkesna.nsw.netball.com.au/>

**How:** Individual players will need to register online at MyNetball Email Team Registration sheet through to [kahliamay12@hotmail.com](mailto:kahliamay12@hotmail.com) FULL payment as direct deposit into Parkes Netball Association account: BSB - 802 084 Account No - 105807. (PDNA then sends your \$82 rego fee to NSW Netball)

### Umpiring:

**Duty:** To promote a consistent level of umpiring in 2019 - only people with current (last 4 yrs) Rules of Netball Theory Exam or Foundation Umpire qualification (10yrs) are to be nominated and subsequently rostered to umpire.

Each team MUST provide at least 2 umpires with evidence of qualifications. Links to online courses & Rules of netball below

1. Rules of Netball Theory Exam \$10.48 <https://netball.com.au/get-involved/umpiring/accreditation/rules-of-netball-theory-examination/> (Max 30 mins)

2. Foundation Umpire Course \$40 <https://netball.com.au/get-involved/umpiring/accreditation/foundation-umpire-course/>. Takes 2-4 hours to complete on-line, self-paced.

3. Rules Booklet <https://s3-ap-southeast-2.amazonaws.com/netball-wp-assets/wp-content/uploads/2013/09/11102630/INF-Rules-of-Netball-2018-Edition.pdf>

**Online Course:** People who complete online courses will have fee reimbursed from registration cost upon presentation of receipt of payment.

### Contact:

Comp Co-ordinators: Kahlin Hayes: 0400 023 518, Hayley Holman: 0417 265 668

Join the Parkes Netball Association group on Facebook or follow us on Instagram.

# FORBES NETBALL

2019  
SATURDAY  
MIXED JUNIOR  
COMPETITION

MIXED TEAMS

FOR BOYS AND GIRLS TO PLAY

FUN FOR ALL THE FAMILY

- All uniforms supplied ●

Find us on Facebook "forbes netball page"

It's FREE, come and try it



## 2019 Parkes Junior Hockey Super Gala & Rego Day



When: Sunday 3rd March



Time: 9am till 12noon

Where: Parkes Hockey Fields - Baker St

Are you interested in playing hockey in 2019? Why not come and try the game before the season starts, learn skills, have fun and meet new friends, plus it's FREE.

Registration information will be available from 9am till 12noon

- \* We accept active kids vouchers
- \* FREE coaching clinic from 10-11.30am for kids aged 3-18 years
- \* FREE sausage sizzle and jumping castle for participants
- \* Canteen and Just Hockey Pro Shop will be OPEN!



Come along with your mouth guard, stick and shin pads and get ready to have some fun! Equipment will be available to use if you don't have it. Any further questions call Johnno 0429 600 596 or Cherie 0428 843 601



## Bilched Film Festival

See your short film on the big screen!



Aussie Teen Comedy 'Bilched' will be touring throughout regional Australia from March 2019 - June 2019 prior to its metropolitan / streaming platform release.

The best films have the chance of being screened before every session of 'Bilched' nationwide.

1st Prize - \$500  
2nd Prize - \$300  
3rd Prize - \$100



You could have your short film screened before 'Bilched' when it comes to a cinema near you!

If you are entering your film to have a chance of being shown before a local screening of 'Bilched' please submit your film no later than seven days prior to the date of the local screening.

How to enter  
Upload your videos here:  
[www.bilched.com](http://www.bilched.com)



## Forbes Town Hall

Town Hall Ln, Forbes NSW 2871

12.03.2019

Get tickets at  
[www.bilched.com](http://www.bilched.com)





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

You can learn all the simple steps on how to teach a learner driver at a **FREE** two hour workshop.

The next workshop in your area will be held:

| TIME & DATE:                          | VENUE:                                   | BOOK NOW ON:   |
|---------------------------------------|--|--|
| Tuesday<br>19 March 2019<br>6pm - 8pm | Red Bend<br>Catholic College<br>(Forbes) | (02) 6861 2364<br>Melanie Sutor<br>(Road Safety Officer) |

Helping learner drivers become safe drivers



RM2951341



# PARKES BOARDS RUGBY UNION

## JUNIOR REGISTRATION DAY

**Saturday 9th March**  
**3pm onwards**

Parkes Aquatic Centre  
Dalton Street, Parkes

**Free BBQ!**

U6 & U7 Touch Rugby  
U7, U9 & U11 Modified Tackle Rugby  
U13, U15 & U17 Standard Rules Rugby

**Don't forget to redeem your Active Kids voucher!**



**PARKES NETBALL**

**JOIN PARKES AND DISTRICT NETBALL**



Parkes and District Netball Association are looking for players who like to have fun and be part of a team to register for their 2019 Saturday Morning Junior Competition

**SEASON:**  
2019 Season: 6th April 2019 to 17 August, 2019 (breaking for school holidays)

**DIVISIONS:**  
Net: From Kindergarten to Year 2  
Set: Years 3 and 4 (modified rules)  
Go (Division 2): Years 5 and 6  
Division 1: High School

**COST:**  
**FREE** for those using their Active Kids Voucher for Netball (\$100 for those not using their voucher)

**REGISTRATIONS:**  
Registrations are now open and must be completed online via MyNetball by 24th March 2019. Information on how to do this can be found at [www.parkesna.nsw.netball.com.au](http://www.parkesna.nsw.netball.com.au)

## COME TO OUR GALA / REGISTRATION DAY

SATURDAY 23TH MARCH, 2019  
10:00 AM - MCGLYNN PARK NETBALL COURTS