



SCHOOL COMMUNITY NEWSLETTER

WEEK 7, TERM 3

WEDNESDAY, 4TH SEPTEMBER 2019

HIGHLIGHTS

The Tale of Two Wolves

An old Indian Grandfather said to his grandson who came to him with anger at a friend who had done him an injustice..... "Let me tell you a story. I too, at times, have felt a great hate for those that have taken so much, with no sorrow for what they do. But hate wears you down, and does not hurt your enemy. It is like taking poison and wishing your enemy would die. I have struggled with these feelings many times." He continued.....

"It is as if there are two wolves inside me. One is good and does not take offense when no offense was intended. He will only fight when it is right to do so, and in the right way. But the other wolf, ahhh! He is full of anger. The littlest thing will set him into a fit of temper. He fights everyone, all the time, for no reason. He cannot think because his anger and hate are so great. It is helpless anger, for his anger will change nothing. Sometimes it is hard to live with these two wolves inside me, for both of them try to dominate my spirit."

The boy looked intently into his Grandfather's eyes and asked... "Which one wins, Grandfather?" The Grandfather smiled and quietly said..... "The one I feed." The secret to success is to act quickly.

Dear Parents, Staff and Students,

ZERO TOLERANCE TO BULLYING

Often parents, especially Year 7 parents, ask me about bullying at CBHS. "Is there bullying at CBHS?" My standard response is that we have a zero tolerance to bullying and issues around bullying are dealt with immediately and effectively. We cannot take for granted that we have a bully-free school. I enclose the following reflection for parents, staff and students to ensure that we stay "Bully Free at CBHS". This article came from a resource titled "Parenting Ideas" written by Michael Grose and published by ACER Press. When incidents of bullying occur please do not hesitate to bring it to the attention of the school. Depending on the situation, the first point of contact would normally be your son's Homeroom Teacher or Pastoral Coordinator. As with most things in life, the sooner issues are dealt with the sooner they are resolved.

What to do if you suspect your child is being bullied

- Look for warning signs of bullying. These include: complaints about items being stolen, evidence of physical injury such as bruising, reluctance to go to school, feigned illness or headache, or withdrawal from school activities.
- If you suspect your child is being bullied take him or her seriously and avoid dismissing complaints as tale-telling. Children who are bullied need someone to believe their story. Sometimes the only thing children want is the knowledge that they have their parents' full support.
- Avoid over-reacting and resist the temptation to confront the bullies and give them a dose of their own medicine. This only causes an escalation and invites retaliation. Children are more likely to confide in their parents if they know that they will be consulted about any subsequent action.
- Get a clear picture of what happens, who is involved and what your child is doing before being bullied. Help your child identify any behaviour such as playing alone or annoying others that may contribute to the bullying. Try to ascertain if there are behaviours that may contribute to being bullied.
- If appropriate, provide your child with some ideas based on the information you have gathered that will reduce the likelihood of being bullied. For instance, by avoiding certain areas at school or playing alongside others, a child may get the protection he needs.
- Inform your child's school of the bullying behaviour. Present your concern to the Principal or relevant teacher and explain that you are hoping to find a solution to the problem with the school's help.
- Discuss the processes that will be used to help your child and the bullies. Note what the school will do and what you can do to support your child.

One of the worst choices a parent can make is not to tell the school because your son doesn't want you to. All incidents of bullying are handled immediately and effectively but the school cannot act if we don't know about the problem.

MCC ATHLETICS WIN

The 90th MCC Athletics Carnival was held on Thursday, 29th August 2019 at Homebush Warm Up Arena. Congratulations to all coaches and athletes on their effort and performances on what was a trying day due to the inclement weather. The trophy winners for 2019 were as follows:

- Juvenile – CBHS Lewisham
- Junior – Marist College Kogarah
- Senior – Marist College Kogarah
- Most Improved – LaSalle Catholic College Bankstown
- Aggregate – CBHS Lewisham

Thank you to all competitors for the positive way in which they participated on the day, a testament to the character of MCC Competition. I received a number of commendations from staff praising the behaviour and spirit of our athletes despite the weather conditions. Congratulations to our winners and best of luck to all our athletes competing at the NSW CCC Championships.

Final results were:

Aggregate	Total	Position
Ashfield	317	8
Bankstown	389	7
Pagewood	448	6
Randwick	532	5
Ryde	607	4
Kogarah	698	3
North Shore	699	2
Lewisham	727	1

With the guidance of Blessed Edmund Rice, may we continue to strive with strength to be of service to others. Live Jesus in our Hearts Forever.

Yours truly,

Br Paul Conn
Principal

FROM THE DEPUTY PRINCIPAL**MATTHEW TALBOT HOSTEL**

"For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me."

Matthew 25: 35

The Matthew Talbot Hostel is an initiative operated by the St Vincent de Paul Society. The service provides crisis accommodation, meals, clothing and much more. CBHS students and staff members have been attending the hostel every Friday afternoon on a rotational basis, where they have been serving meals to the disadvantaged and cleaning dining areas. This is a significant service learning experience for our community. I wish thank the many students and staff members who generously attend the hostel regularly.

HSC SUPPORT FOR PARENTS

The Higher School Certificate Examination period can be a challenging time for parents of HSC boys. As such, please find below some useful websites, which may assist in providing valuable information about supporting your son.

- <https://theconversation.com/hsc-exam-guide-how-to-help-your-kids-through-this-stressful-time-31553>
- <https://education.nsw.gov.au/news/latest-news/hsc-survival-tips>

CBHS SPRING SOIREE'

Our school looks forward to welcoming parents, students and friends to this wonderful event tomorrow night. It will commence at 7.00 pm in the Treacy Centre.

UNIFORM AND GROOMING

The standard of uniform and grooming is constantly monitored by all staff at CBHS. In recent times, there have been a few students who have struggled with meeting the expectations of the school in these areas. I kindly request all parents to closely check the uniform and grooming of their sons before they leave home. This may alleviate any potential issues. I thank parents in anticipation for their support with this matter.

God bless,

Frank Chiment
Deputy Principal



James Threlkeld and Paul Apostolopoulos

IDENTITY UPDATE

'Many hands make light work' when it comes to planning school gatherings such as Father and Son Mass and Celebration Day, but it all comes to naught if people are unable to attend.....

This was not the case last week when, on Wednesday, 28th August we celebrated with at least 800 fathers, grandfathers and, of course, boys from CBHS to make a uniquely special occasion of prayer, worship and fellowship.

We thank all in attendance and invite everyone back next year for Father's Day 2020!

Ms Farrugia
Assistant Principal – Identity



MCC SPORT REPORT We continue preparing Volleyball Squads for the tournament in Week 8 and begin trials for Summer Sports. The MCC Athletics Carnival had taken place last Thursday at the Warm Up Track at Olympic Park Homebush. We congratulate all students who attended, for the first time in eight years we won the overall Aggregate Champion school at the carnival. This was in part due to our U12's & U13's that won the Juvenile Cup handsomely. Listed below are the championship event winners;

LEWISHAM	RESULT	AGE - EVENTS
Daniel Rowe (L)	14.09	12 - 100m
Daniel Rowe (L)	29.86	12 - 200m
Daniel Rowe (L)	109.2	12 - 400m
Prayaag Thapa (L)	2:35.57	12 - 800m
Prayaag Thapa (L)	5:07:59	12 - 1500m
Jake Economou (L)	12.54	13 - SHOT
Avele JAUCUAN-ALAALATOA, (L)	29.35	13 - DISCUS
Keanu Roberts (L)	12.42	14 - 100m
Keanu Roberts (L)	24.9	14 - 200m
Jerome Joseph-Riogi (L)	35.37	14 - Discus
Noah Milford (L)		15 - SHOT
John Melia (L)	31.45	15 - DISCUS
Michael Maher (L)	1.7	16 - HJ
Jackson Mitchell Lane (L)	29.12	16 - DISCUS
Kai Hammond (L)	2:09.98	OP - 800m
Kai Hammond (L)	4:26.58	OP - 1500m

Technically, we were also the most improved school, coming 5th in 2018. With some many good young prospects our future in MCC Athletics looks encouraging. Special thanks to all the teachers who help mould this Championship-winning Squad.

Upcoming Dates & Events:

Volley Ball training in the mornings as organised by coaches.

MCC Volleyball Tournament Week 8 (12 Sept)

Summer Sport Trials from Week 8.

Vince Colagiuri
Acting MCC Sports Coordinator



CBHS SHOWCASE

10th Sept
6 pm
Healy Hall



Please join us for

Christian Brothers' High School Lewisham Annual Old Boys' Association Dinner

Friday, 6th September 2019
at
Bowers Club of NSW trading as York Events
95 - 97 York Street SYDNEY
6.30pm for 7.00pm

Tickets are \$50 (meal and lucky door ticket) and must be pre-booked

(decorative flourish)

CONTACT:
Mr Tony Ghiazza (Secretary)
30 William Edward Street
LONGUEVILLE NSW 2066

PAYMENT:
A/C Name: Lewisham Old Boy's Association
Bank: Commonwealth
BSB: 062 158
Account No: 00900649

If making an electronic payment, please send an e-mail to oldboys@cbhslewisham.nsw.edu.au
stating your Name /Leaving Year /Address / Contact Numbers

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If paying by cheque, please enclose this slip and make the cheque payable to:
Lewisham Old Boys' Association

Name: _____ Leaving Year: _____
Address: _____ Post Code: _____
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