

Highlights

SCHOOL COMMUNITY NEWSLETTER FOR WEEK 3, TERM 3 WEDNESDAY, 3RD AUGUST 2016

The Carpenter

An elderly carpenter was ready to retire. He told his employer-contractor of his plans to leave the house-building business and live a more leisurely life with his wife enjoying his extended family. He would miss the pay cheque, but he needed to retire. They could get by. The contractor was sorry to see his good worker go and asked if he could build just one more house as a personal favour. The carpenter said yes, but in time it was easy to see that his heart was not in his work. He resorted to shoddy workmanship and used inferior materials. It was an unfortunate way to end a dedicated career. When the carpenter finished his work the employer came to inspect the house. He handed the front-door key to the carpenter. "This is your house," he said, "my gift to you." The carpenter was shocked! What a shame! If he had known he was building his own house, he would have done it all so differently.

So it is with us. We build our lives, one day at a time, often putting less than our best into our building. Then with a shock we realize we have to live in the house we have built. If we could do it over, we'd do it much differently. But we cannot go back. You are the carpenter. Each day you hammer a nail, place a board, or erect a wall. "Life is a do-it-yourself project," someone has said. Your attitudes and the choices you make today, build the "house" you may live in tomorrow. Build wisely!

Dear Parents, Staff and Students

COCURRICULAR FINALS

Congratulations to our Year 10A and 11A Debating Team for competing in the CSDA Finals last Friday night.

This year CBHS Lewisham won the Senior (Year 11 and 12). Our Year 12A Team who were desperately unlucky to miss out on a place in the Final needs to be congratulated for outstanding leadership this year in Debating. Congratulations to Senior Debating Teams:

Year 12A (SOA): Jack Lewis, Tom Threlkeld and Gregory Loukaitis
Year 11A Erol Yusuf, Nathan Soares, Mark Williams and Finbarr Warren
Year 10A Armando Perri, Alexander Trousdale and Harry Lawler-Burn

And our Debating coaches:

Year 12: Philip Benjabutr
Year 11: Michael Pellegrino, Ms Marella Healy
Year 10: Julian Yi, Mr Leigh Magri

Year 9 Daniel McGrath, Miss Rebecca DiMento
Year 8 Ross Tesoriero, Mr Stephen Jabaji
Year 7 Ricardo Paras

FOOTBALL FINALS

Congratulations to our U15, U14 and U13A Football Teams that all played Finals last Thursday. Our Under 15A Football Team won the Grand Final and are now undefeated after three years. Congratulations to Coach Mr Brendan O'Neill and the team. Congratulations also to Mr Valencic and our 13B Team on their win. Thank you to the MCC coaches of Football and Rugby League for 2016:

Football

First XI Mr Mamo
Second XI Mr Magri
U15 Mr O'Neill
U14 Mr Jabaji
U13A Mr Hudap
U13B Mr Valencic

Rugby League

First XIII Mr Harris
Second XIII Mr Kidd
U15 Mr Andrich
U14 Mr Lopez
U13A Mr Winchester
U13B Mr Priddis

CBHS is very committed to all co-curricular activities and gives all activities equal status. We do this by the allocation of resources including staff, and recognition in Highlights and at assemblies. A very good balance between Debating, Musical, Sport and all other activities exists due to the school's commitment in this area.



Br Conn with Andrew Bechara, Captain, Under 15 Football Finals Minor Premiers and Premiers

CRITERIA FOR SATISFACTORY COMPLETION OF A COURSE

A student is considered to have satisfactorily completed a course if, in the Principal's view, there is sufficient evidence that the student has:

1. applied themselves with diligence and sustained effort to the set tasks and experiences provided in the course by the school; and
2. achieved some or all of the course outcomes.

As the Principal, I may determine that, as a result of student absence, the above course completion criteria has not been met. For CBHS Lewisham, the minimum attendance of all students is set at 90% for each term of the calendar school year. Irregular student attendance directly relates to student's absence and to the non-completion of BOSTES course requirements.

YEAR 12 PARENT MEETING On Tuesday, 16th August at 7.00 pm there will be a meeting for all Year 12 parents in the Treacy Centre. This meeting is to outline the school's expectations in relation to the Year 12 students and their Graduation, the HSC exams, the Formal and the final weeks of their schooling. This is a very important meeting and a representative of each family should be present. The meeting will run for a maximum of 45 minutes.

REMINDER: P&F OPEN FORUM
Tuesday, 9th August - 7.00 pm
Treacy Centre

COMMUNICATION: NEWSLETTER

A recent parent enquiry asked the school to look at the possibility of emailing our weekly newsletter "Highlights". Responses are mixed with some parents saying they don't like automatic emails clogging up their inbox.

Parents who wish to receive an electronic copy of the school's newsletter via email, may register here:

<https://goo.gl/forms/R0wPmHodxTFF99Xm1>

This link is also available on the school's home page under 'News and Events'

<http://www.cbhslewisham.nsw.edu.au/>

PERFORMANCE REVIEW

This year the employing authority, Edmund Rice Education Australia, is conducting a Professional Reflection and Review on my performance as Principal. Please see attached a letter from EREA with the details. One parent from each family with an email address will be invited to respond to a survey. If you do not have an email address please make a confidential enquiry and a copy of the survey will be sent to you. The survey will be open to all parents from Wednesday, 10th August to Friday, 19th August.

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

STUDENT ABSENCES
Student absences may be notified by text to the following number:
0418 316 366

FREE WEBINAR FOR PARENTS

Parent Webinar - 7 – Developing Resilience in Your Child - Helping your child to Bounce Back! Wednesday 17th August, 7.45-8.45pm

The study of resilience offers parents practical strategies on how to help your child cope and learn to 'bounce back' when they experience sadness, difficulties, frustrations, failures and hard times. These coping skills include optimistic
NOTE TO PARENTS - YOU DO NOT NEED TO REGISTER - JUST FOLLOW THIS LINK AT THE
ADVERTISED TIME - <https://zoom.us/j/119239663>

Ms T Toohey & Ms J Martin
Waterford Learning Centre



FROM THE COUNSELLORS Alessandro and I hope that you have enjoyed the last two articles we have published. Once again we would like to invite you to share any ideas or requests that you may have. As a parent body you have a wealth of information and we would be more than happy to share any resources that you think other parents may also benefit from. Just a reminder also for those who would like more information about the counselling

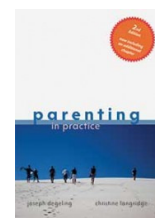
services here at CBHS please refer to this page on the school's website:

<http://www.cbhslewisham.nsw.edu.au/#lcounselling-services/bv7ze>. Alessandro and I are in the process of updating our website with resources for you, so please make sure you regularly look at what is going on. We will put a reminder here of any updates we make.

Alessandro Digiacomo and Liza Adams

PARENTING IN PRACTICE 2

"There are three common elements to here and now parenting strategies: Boundaries, Consequences and Consistency. As well as being tools to assist in the management of our children, they are also fundamental to their social development. The importance of these three elements to parenting cannot be overemphasised – without them in place, parenting in the here and now will become increasingly difficult."



As important as these three elements are, they are probably the hardest things to implement. I wonder what it is about them that we find difficult? Before continuing to read this article, take a minute to consider your thoughts on these three elements. How do you see them? Do you agree with their importance? What was it like for you growing up – in other words, how were you parented? What is your current parenting practice like in these three areas? As I mentioned in my first article, it is really important to be self-reflective and to take the time out to see how you are travelling and, if necessary, to make some adjustments.

Our understanding of Boundaries, Consequences and Consistency is often guided by how we were parented. Our reaction to our own childhood often informs what we do as parents now. This does not necessarily mean we copy exactly what our parents do; in fact, we might do the exact opposite. There are those who believe that their parents' "strictness" was perfect for them and so boundaries, consequences and consistency "rules" have already been set in stone, because "if it was good for me then it is good for my children". At the other end of the scale, though, are those who found their parents "strictness" too restricting and decided to be a lot more relaxed. To be honest, either end of the scale is not great. So what are some things to consider when thinking about these three important elements:

- General consensus between Mum and Dad. You are not always going to agree 100% but it is really important that if you are not exactly on the same page that you are at least within the same chapter – there is nothing worse for a kid when they can play one off against the other.
- Flexibility and Understanding. Rules set in stone are always going to be difficult for any family. There are always some lines that should never be crossed but then that should not apply to every situation. Taking the time to listen to your child, under any circumstance, is not only beneficial for your relationship with them but will go a long way towards maintaining their respect for you. This in turn will then give them the direction to then listen to what you have to say.
- Asking your child for their input on their consequence. When I was a teacher there was one thing that never ceased to amaze me – and that was the level of consequence that students would impose on themselves – they were always much harsher than I or the school would ever be. We would then be able to compromise – a quality that adolescents really appreciate and respect. Take the time to ask your child what they think their consequence would be – I am sure you will be very surprised.

If anyone would like to read more about any of the excerpts that I have printed, please contact me and I can provide details of how you can purchase a copy of this book.

Liza Adams
School Counsellor

MCC SPORT REPORT

The MCC season for our Winter Sports of Rugby League and Football concluded with the Grand Final last week with Lewisham successful in reaching three Football Grand Finals. Our U13B, U14 and U15 teams contested matches v Kogarah with our boys securing two championships. Congratulations to all three teams and their coaches on a highly successful season with special mention to our two Premiers the U13B 2-0 and U15 2-1. The U15's in particular, with coaches Mr O'Neill and Miss Perez, deserve special mention having now gone three years as undefeated Minor Premiers and Premiers. Commiserations to the U14's who lost 2-0. Thank you also to our students and teachers from Years 7-10 who provided a great atmosphere and support for our three teams. This week sees us change our sporting focus to Athletics and Volleyball for the next few weeks.

- **Athletics** – training begins on Wednesday after school at Campbell Athletics Field and on Thursday during Sport. All boys who finished 1st-6th (100 m) and 1st and 2nd in all other events must attend in addition to all boys who competed in last year's MCC Athletics Carnival.
- **Volleyball** – training for U15 and Opens continue on Wednesday morning at 7.45 am, after school on Wednesday and on Thursday morning 7.45 am and during Sport. Last year's team and any other interested boys should attend.
- **Year 10 Football** – training today after school at Arlington. Check noticeboard for names. Good luck to the team who begin their journey to attempt to retain the NSWCCC Cup in the MCC Gala Day on Thursday.

David Mamo, Sports Coordinator



Photos from Under 15 Football Finals



01 August 2016

Dear Parents and Carers,

Warm greetings from the National Office of Edmund Rice Education Australia!

I write today to invite you to participate in the Professional Reflection and Review of the Principal, Christian Brothers' High School, Lewisham, **Br Paul Conn**.

The Professional Reflection and Review process is part of Edmund Rice Education Australia's (EREA's) strategy to affirm and support Senior Leaders in our schools and to assist them to develop their leadership potential. The process is also designed to assist EREA in a strategic approach to succession planning and to enable Senior Leaders in our schools to experience professional growth in their current role.

The process of Professional Reflection and Review will offer Senior Leaders the opportunity to be acknowledged and affirmed, to reflect on feedback from the school community, to engage in professional dialogue, and to approach the next phase of their professional lives with confidence and enthusiasm.

As part of the process all families with an e mail address are invited to participate in an online survey. The survey has been developed by EREA National Office personnel in Melbourne who will manage the process and provide invaluable feedback to Paul about his performance. Shortly, you will receive a request to participate in the online survey. Can I strongly encourage you to participate as a means of supporting Paul in developing his leadership potential. **Please note: all responses will remain strictly confidential.**

In order for the survey to be accessed, EREA will require your name and email address which will be provided by the school. If you have any concerns about this aspect of the process can you please contact the Principal or you might like to contact me at the National Office of EREA on 03 9426 3216. I am responsible for managing the process of Professional Reflection and Review on behalf of EREA. The survey will be available online from **Wednesday 10th August, 2016** until the close of business on **Friday 19th August, 2016**.

I would like to thank you in anticipation for your involvement in the process and support of Paul in his role as Principal of Christian Brothers' High School, Lewisham.

Yours sincerely,

A handwritten signature in black ink that reads 'Michael Horsley'.

Michael Horsley
Director Staff Services
EREA National Office, Melbourne



The P&F Committee would like to invite Parents and Carers of
CBHS Lewisham to participate in the
P & F Open Forum

"Parent Master Class Session"

Lucie Farrugia, Assistant Principal – Identity will be presenting on...

New programs and initiatives for our community in 2016

- The Rubicon Experience
- Justice and Peace and Community Outreach initiatives
- Sustainable relationship building with 'Fey Alegria School' and the Christian Brothers' Community in Lima Peru.

Date: Tuesday, 9 August 2016

Time: 7.00pm

Where: Treacy Centre, CBHS Lewisham

Presenter: Lucie Farrugia, AP - Identity

RSVP: Monday, 8 August 2016 to
parentsandfriends@cbhslewisham.nsw.edu.au.

Please note that RSVP is essential for this event.