



HIGHLIGHTS

SCHOOL COMMUNITY NEWSLETTER

WEEK 8, TERM 3

WEDNESDAY, 7TH SEPTEMBER 2016

The Mouse Trap

A mouse looked through a crack in the wall to see the farmer and his wife opening a package; what food might it contain? He was aghast to discover that it was a mousetrap! Retreating to the farmyard, the mouse proclaimed the warning, "There is a mouse trap in the House, there is a mouse trap in the House". The chicken clucked and scratched, raised her head and said, "Mr Mouse, I can tell you this is a grave concern to you, but it is of no consequence to me; I cannot be bothered by it." The mouse turned to the pig and told him, "There is a mousetrap in the House! There is a mousetrap in the House!" The pig sympathised, but said, "I am so very sorry, Mr Mouse, but there is nothing I can do about it but pray. Be assured that you are in my prayers." The mouse turned to the cow who replied, "Like wow, Mr Mouse; am I in grave danger, Duh?" So, the mouse returned to the House, head down and dejected, to face the farmer's mousetrap alone. That very night a sound was heard throughout the House -- like the sound of a mousetrap catching its prey.

The farmer's wife rushed to see what was caught. In the darkness, she did not see it was a venomous snake whose tail the trap had caught. The snake bit the farmer's wife. The farmer rushed her to the hospital, and she returned home with a fever. Now everyone knows you treat a fever with fresh chicken soup, so the farmer took his hatchet to the farmyard for the soup's main ingredient.

His wife's sickness continued, so friends and neighbours came to sit with her around the clock. To feed them, the farmer butchered the pig. The farmer's wife did not get well, in fact, she died and so many people came for her funeral; the farmer had the cow slaughtered to provide enough meat for all of them to eat.

So the next time you hear someone is facing a problem and think it doesn't concern you, remember when the least of us is threatened, we are all at risk.



Dear Parents, Staff and Students,

RECENT MEDIA ATTENTION

Recently CBHS Lewisham appeared in an online media article. This was very disappointing as the issue in the article had been resolved at the school the day before the article was published and the parent who went to the media did not come to the school first. I do not believe that this approach is respectful of our school community and I urge parents to come directly to the school if you have an issue. I guarantee **that I will continue to respond to any concern within 24 hours of receiving a complaint.** As is the case when the media gets involved like this, despite very honest, timely and accurate information given to them by the school, the end result was a disrespectful piece that could not be trusted for accuracy due to unfair innuendo and a confusion of facts

In term of the issue of a teacher reading parts of the Quran in an academic class, I would like to make the following comments.

As a Catholic school in the Edmund Rice Tradition, we are one hundred percent committed to our Catholic faith and our Strategic Plan and Religious Education Program have the Catholic faith as their core. At CBHS Lewisham, we do everything we can, not only to inculcate Catholic faith (and only the Catholic faith) into the lives of our young men, but we also give them the capacity to defend their beliefs. Being a culturally diverse school, we are open to informed and balanced discussion on all faiths but our commitment in terms of faith education is to the Catholic Faith.

In these troubled times where some people appear to want to use religion as something to divide and alienate, I think we all need to do all we can ensure a calm, respectful and sensible discussion that allows for people to be true to their beliefs yet accept diversity as being a good thing in society.

ENROLMENTS 2017

At this stage we have a very large number of anxious people on a waiting list to enrol their sons into CBHS. If you know that your son is not returning to CBHS next year could you please advise the school in writing immediately. Not only will this assist the people on the waiting list, but it will assist us in our planning



YEAR 12 GRADUATION DAY

On Thursday, 22nd September, the Year 12 Graduation Ceremony will be held and it is with great pleasure that the school invites Year 12 parents to share this significant occasion with their sons. The arrangements for the day are as follows:

Wednesday, 21st September

12.30 pm Blue and Gold Lunch (students only) in McDonald Centre followed by dismissal

Thursday, 22nd September

8.40 am Administrative/Homeroom Duties in Blue Room
8.50 am Affirmation Session in Blue Room
10.00 am Primary School Morning Tea for Year 12 in the Plaza
10.45 am Students will be assembled in house groups in the Plaza
11.00 am School Farewell Assembly in McDonald Centre

GRADUATION DAY – 22ND SEPTEMBER
There will be no sport on
Graduation Day
**ALL STUDENTS must wear full school uniform
including blazer**

It is expected that the students will be in **full school** uniform (including blazer) for the Graduation Ceremony and for the Mass that evening.

INFORMATION FOR YEAR 10 PARENTS

CBHS does not have a Year 10 Graduation/Formal. If private groups of parents wish to organise a function then they should not use the school name as CBHS will accept no responsibility for cost or supervision at any function. Unfortunately, media recently highlighted the dangers of groups of people organising functions for students without the knowledge of the school.

URGENT SAFETY MESSAGE

Parents who pick up their sons on Denison Road in the afternoon are placing their sons' lives and the lives of others in considerable danger. 589 boys board 12 buses each afternoon. Even a couple of people picking up students increases the risk considerably. **Please use The Boulevard for all pick ups.**

NOTICE RE TAKING YOUR SON FROM SCHOOL

Parents are reminded that if they wish to take their son from the school earlier than 3.15 pm **they are required to provide a note.** Students must see their Pastoral Coordinator on arrival at school, who will authorise the note and **students must present to Student Services with authorised note before leaving the premises with their parent.** Failure to follow this procedure will cause significant delay to the student's departure.

IMPORTANT DATES FOR THE REST OF YEAR

Thursday, 22 nd September	Graduation Day Year 12 6.30 pm Graduation Mass – Br McDonald Centre, CBHS
Friday, 23 rd September	School Concludes Term 3 – Years 5-11
12-14 th October	Year 11 Retreat
Tuesday, 11 th October	Leadership for Justice Day – Year 11
Thursday, 13 th October	HSC Exams commence
Monday, 31 st October	Announcement of School Leaders 2017
Wednesday, 9 th November	Senior Formal
Tuesday, 15 th November	School Speech Night – Sydney Town Hall
18-19 th November	School Leaders 2017 Reflection at Terrigal
Friday, 25 th November	Year 10 Last Day
Wednesday, 30 th December	School Year concludes

COCURRICULAR ASSEMBLY - THURSDAY, 15TH SEPTEMBER

There will be no sport on this day because of the Cocurricular Assembly.

Students may, however, wear their Sports Uniform

YEAR 12 GRADUATION MASS commences at 6.30 pm

LEADERSHIP FOR JUSTICE DAY is Tuesday, 11th October for all Year 11 students in the McDonald Centre – plain clothes day for Year 11 only.

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**Student Transport**

Parents are reminded that that it is a privilege for students to travel on the train for free. That privilege comes with student responsibilities – willingly giving up a seat when adults are standing and demonstrating courteous, appropriate behaviour both on the platform and on the train. Students must

- (1) follow rules regarding waiting on the platform;
- (2) not be on the other side of the yellow line on the platform;
- (3) enter a carriage and stay within that carriage for all of their train journey, not change from one carriage to another.

Students who travel by public bus to and from school are reminded that it is a privilege to travel on the bus for free. That privilege comes with responsibilities – willingly giving up your seat when adults are standing and demonstrating courteous, appropriate behaviour both on the platform and on the train. It is also a privilege to travel for free on the school special buses. Students have a responsibility to keep these buses clean by not eating or drinking on the bus (water excepted).

Students who do not demonstrate these expectations run the risk of having their School Opal Card withdrawn and having to explain their actions to their Pastoral Co-ordinator and to Mr Zavone. Please refer to the following website for expectations of student behaviour on public transport and school specials: <https://apps.transport.nsw.gov.au/ssts/studentCodesOfConduct>

Joe Zavone
Deputy Principal

CURRICULUM UPDATE**RELEASE OF HSC RESULTS – TIME TO UPDATE STUDENT DETAILS**

2016 HSC results will be sent to students via email and text message from 6.00 am on **Thursday, 15th December**. Students will also be able to access their results at the same time via [Students Online](#).

It is important BOSTES has accurate student contact details. Year 12 students are advised to log into [Students Online](#) and check that their email addresses and mobile phone numbers are correct. If a school email address is recorded, they should consider changing it to a personal one, as students will have left school when results are released. Students who do not wish to receive their results by email or SMS can opt out before 5 pm on **Wednesday, 14th December** via [Students Online > My Details](#). Information on online security can be found at www.australia.gov.au/information-and-services/public-safety-and-law/online-safety.

Students will be able to download all their BOSTES credentials as a PDF from [Students Online](#) on **Wednesday, 21st December**.

Eligible students will receive their HSC testamur in the post between **18 – 20th January 2017**. Students will be able to order another copy of their testamur or a printed Record of Achievement and course reports at a cost of \$17.00. Alternatively, they can print all of the documents themselves from [Students Online](#). For further information, go to [Students Online](#), or call 1300 13 83 23

STUDENT FEEDBACK REGARDING ASSESSMENT TASK NOTIFICATIONS

Based on the recent student feedback received regarding the trial of Assessment Task notifications in 2016, as of 2017 and from here on in, Assessment Task notifications will permanently be issued to students four weeks from the due date of the assessment task.

Mrs Monica O'Brien
Assistant Principal – Curriculum

FROM THE COUNSELLORS

I am sure these scenarios are quite familiar to a lot of you – adolescent years can be so frustrating for them ... and you! The issue of sleep, what time to go to bed, how much sleep is needed, when they should be getting up, can be a struggle for a lot of parents. Alessandro and I recently attended a seminar that dealt with these very issues – with some very interesting research being spoken about. Some of you may have seen the news on the weekend discussing programmes that are being run in schools to do with this very topic – such is the importance of it!



One of the most important messages I took away from the seminar was that less is not best at all – in fact the opposite is true. Our brains need time to consolidate all the information that we have received during the day – and this only happens when we sleep. It is really important to encourage our adolescents to get good quality sleep so as to allow their brains to “digest” all the “nutrients” it has received during the day... and to be prepared for the next day as well. Understanding how much work our body is doing when we are asleep can be a real eye-opener for all of us ... but particularly for our young people. Have you ever weighed yourself before you went to bed and then did it again the next morning? Digestion is not the only physical process that keeps working during the night.

It is believed that an optimal level of sleep for adolescents is between 8 and 10 hours ... and for those in the primary school – between 9 and 11 hours. I am pretty sure that if I surveyed our students the majority would be receiving a lot less than this. The impact that less sleep can have include: lower resilience, poor memory and concentration, lower energy levels, poor mental health and decision making ability. These are all the things we want our students to have more of ... Not less of!

One very interesting discussion at the seminar was the boy who had been misdiagnosed with Oppositional Defiance Disorder (ODD) and Attention Deficit Hyperactivity Disorder (ADHD). Further investigation and persistence by his mother led to discovering he had Chronic Obstructive Sleep Apnea. His behaviour and attitude presented in the exact same way as ODD and ADHD ... this certainly indicates very clearly the impact that lack of sleep can have on our bodies.... physically, mentally and emotionally.

What can we do about it? Encouraging your child to understand the importance of sleep is a good first step. This is obviously a hard thing to do but Dr Helene Emsellem has written a great book to help parents in this task – titled “*Snooze or Lose! 10 “No War” Ways to Improve Your Teen’s Sleep Habits*”. Dr Emsellem also has a website <http://www.snoozeorlose.com/index.php> that has excellent resources and ideas.

Another great website is www.thesleepconnection.com.au . Lisa Maltman, the director of the Sleep Connection, ran the seminar that Alessandro and I attended. I highly recommend you look at this website for resources and information.

Lastly, can we please encourage you to engage in an electronic lockout one hour before bedtime? The light that is emitted from the devices has a significant impact on our ability to sleep ... this applies to adults as well – so if you are reading your iPad, Laptop, iPhone directly before going to bed, you may want to reconsider this.

Please do not hesitate to contact either Alessandro or myself if you would like any further information or support.

Ms Liza Adams, School Counsellor

MCC SPORT REPORT

Trials for the MCC Summer season begin this week on Wednesday after school and Thursday during sport. Our summer representative sports are Cricket, Basketball, Touch and Tennis with our Swim Squad beginning training in the first week of Term 4. Coaches and teams are:

Cricket

First XI – Marrickville Oval with Mr Harris and Mrs Price
U16 – Beaman with Mr Daher and Mr Watt
U14 – Beaman with Mr Hunt

Tennis

To be confirmed – Either Marrickville Tennis Courts or Beaman with Mr Lopez

Basketball

Opens: First V – McDonald Centre with Mr Magri
2nd XI with Mr McLean
U14 with Mr Price & U15 with Mr Valencic – McDonald Centre (Tuesday) Manager Mrs Daus and Mrs Cooney

Touch

First VI with Mr Hudap, 2nd VI with Mr Dalla Camina
U15 Mr Jabaji and U14 Mr Priddis all at Arlington. Manager Miss Hollis

Volleyball – training for U15 and Opens concludes on Wednesday morning at 7.45 am and after school on Wednesday with the MCC Championships on Thursday. Good luck to both teams and their coaches.

Good luck also to our MCC Champion Athletes who represent Lewisham and the MCC at the CCC Titles on Friday.

Congratulations to Kai Hammond on his selection in the Sydney Swans Development U14 side that will be participate in the upcoming Nationals. Kai was identified as a result of his excellent achievements in Athletics and Cross Country so it just goes to show how boys can be identified through a variety of means, perhaps even for sports they had never thought about, especially in the schools system!

All parents requiring information about NSW Combined Catholic College teams and events should visit the new website at www.csss.nsw.edu.au to download all information and entry forms. **Please note that ALL individual entries and nominations must be done by parents of interested students via this process.** Failure to do this will make your sons ineligible for MCC and CCC Selection. Families should check the website for clarification so your sons don’t miss out.

Upcoming Dates: MCC Volleyball Gala Day 8th September

Mr David Mamo, Sports Coordinator

