

# Highlights

SCHOOL COMMUNITY NEWSLETTER FOR WEEK 4, TERM 3  
WEDNESDAY, 10<sup>TH</sup> AUGUST 2016

## *Reflection: Pope Francis – “Secrets to Happiness”*

1. “Live and let live. Everyone should be guided by this principle”, he said, “which has a similar expression in Rome with the saying, ‘Move forward and let others do the same’”.
2. Be giving of yourself to others. “People need to be open and generous toward others”, he said, “because if you withdraw into yourself, you run the risk of becoming egocentric. And stagnant water becomes putrid.”
3. Proceed calmly in life. The Pope, who used to teach high school literature, used an image from an Argentine novel by Ricardo Güiraldes, in which the protagonist – Gaucho Don Segundo Sombra – looks back on how he lived his life. Pope Francis says that in his youth he was a stream full of rocks that he carried with him; as an adult, a rushing river; and in old age, he was still moving, but slowly, like a pool of water. He said he likes this latter image of a pool of water – to have “the ability to move with kindness and humility, a calmness in life”.
4. A healthy sense of leisure. “The pleasures of art, literature and playing together with children have been lost”, he said. “Consumerism has brought us anxiety and stress, causing people to lose a healthy culture of leisure. Their time is swallowed up so people can’t share it with anyone.”  
“Even though many parents work long hours, they must set aside time to play with their children; work schedules make it complicated, but you must do it.” he said.  
“Families must also turn off the TV when they sit down to eat because, even though television is useful for keeping up with the news, having it on during mealtime doesn’t let you communicate with each other.” the Pope said.
5. “Sundays should be holidays. Workers should have Sundays off because ‘Sunday is for family’”, he said.
6. Find innovative ways to create dignified jobs for young people. “We need to be creative with young people. If they have no opportunities they will get into drugs and be more vulnerable to suicide”, he said.  
“It’s not enough to give them food”, he said. “Dignity is given to you when you can bring food home from one’s own labour.”
7. Respect and take care of nature. “Environmental degradation is one of the biggest challenges we have”, he said. “I think a question that we’re not asking ourselves is: Isn’t humanity committing suicide with this indiscriminate and tyrannical use of nature?”
8. Stop being negative. “Needing to talk badly about others indicates low self-esteem. That means, ‘I feel so low that instead of picking myself up I have to cut others down.’”, the Pope said. “Letting go of negative things quickly is healthy.”
9. Don’t proselytize; respect others’ beliefs. “We can inspire others through witness so that one grows together in communicating. But the worst thing of all is religious proselytism, which paralyzes: I am talking with you in order to persuade you, No. Each person dialogues, starting with his and her own identity. The church grows by attraction, not proselytizing.”, the Pope said.
10. Work for peace. “We are living in a time of many wars,” he said, and “the call for peace must be shouted. Peace sometimes gives the impression of being quiet, but it is never quiet, peace is always proactive and dynamic.”

Pope Francis also talked about the importance of helping immigrants, praising Sweden’s generosity in opening its doors to so many people, while noting anti-immigration policies show the rest of Europe “is afraid”.

Dear Parents,

## **YEAR 12**

Our Year 12 students are now in the middle of their Trials and are to be congratulated on their mature approach and their very good work ethic. Traditionally the Trials are the most difficult time for our senior students. The whole school community needs to work together to support our young men at this challenging time.

## **IMPORTANT DATES FOR THE REST OF TERM**

Tuesday, 16<sup>th</sup> August

Monday, 22<sup>nd</sup> August

Friday, 19<sup>th</sup> August

Wednesday, 31<sup>st</sup> August

Friday, 2<sup>nd</sup> September

Thursday, 22<sup>nd</sup> September

Parent Teacher Interviews

Year 12 Parent Night

Year 12 Rite of Passage Commences

Creative Arts Night

Father’s Day Mass

Old Boys’ Dinner

Year 12 Graduation

#### **PARKING IN STREETS SURROUNDING THE SCHOOL**

There is now a pedestrian crossing in The Boulevard to assist our students to safely cross the road in busy morning and afternoon times. Please be reminded that The Boulevard is policed regularly, both by Council Rangers and local Police Officers. Fines are very high for illegal parking in School Zones and loss of points occurs for infringements. The Boulevard is signposted clearly on both sides of the street so parents need to ensure they are parking within the acceptable zones when visiting the school or dropping off/collecting their sons.



#### **YEAR 12 PARENT MEETING**

On **Tuesday, 16<sup>th</sup> August** at 7.00 pm there will be a meeting for all Year 12 parents. 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.

*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**

#### **NAIDOC WEEK**

The Lewisham community, parents and the Aboriginal student cohort celebrated and enjoyed NAIDOC Day 2016 this term in another moving assembly on Wednesday 20<sup>th</sup> July (see insert for photos). This year's theme was:



The theme was echoed throughout the assembly as students watched our 35 Aboriginal students proudly share a variety of items including traditional dance (Rainbow Serpent dance and Platypus dance), cultural knowledge, prayer and powerful reflections.

**Songlines:**  
The living narrative  
of our nation  
03-10 JULY 2016

A "Welcome to Country" was provided by Gadigal elder Uncle Ray Davison and a reflective "Acknowledgement of Country", linking his own Lebanese heritage and its importance to him, was delivered by Mr Roumie.

One highlight was the sharing of a proud story of identity from the Walsh family (Declan, Year 7 and Bradley, Year 10) who proudly read their families history of Aboriginality. Ancestry dating back as far as 1813 and hearing of the struggles of an Aboriginal woman, daughter of Aboriginal Chief, named Margaret Reid, highlighted to all the importance of identity and connection. We acknowledge and thank the Walsh family for enlightening us all about the Stolen Generation and their history. Particularly insightful was Declan quoting Linda Burney's statement below

*Being Aboriginal has nothing to do with the colour of your skin or the shape of your nose. It is a spiritual feeling, an identity you know in your heart. It is a unique feeling that may be difficult for non-Aboriginal people to understand.*

We thank special guests, elder and cultural leader **Uncle Max Harrison** (leading a traditional smoking ceremony and speaking to the students about the theme "Songlines") along with his grandson **Dwayne Barron Harrison** for their attendance and invaluable contribution to the assembly. Special thanks must go to **Mr Arthur Sheen** who was instrumental in compiling audio-visual clips and filming the actual assembly. Also, **Mr Carlos Munoz and Mr Vince Tavernese** for coordinating and facilitating the Lewisham Band (Dane Lewis, Oliver Ashby, Paul Succar, Steven Skallias, Daniel Biazzo and Mark Alberga) who added a musical tribute playing the iconic Australian hit, "Solid Rock". This song was accompanied by Mr Kaleb Taylor on the didgeridoo – the lyrics providing an insight into the heartache Aboriginal people felt about white settlement.

Lastly, well done to **Will Roberts** of Year 11 who was the Master of Ceremonies for the day – confident, poised and articulate in his delivery and commentary of the assembly.

Happy NAIDOC Week and may we continue to learn, share and celebrate our First Nations People *throughout* the year – always walking in solidarity.

**Mrs Marea Soulos**  
**Academic Learning Support – Aboriginal & Torres Strait Islanders**

## FROM THE COUNSELLORS

### **Mythbuster: The Spirits of the Ivory Tower**

*Legend has it that present in the school there is a ghost with an accompanying ghoul. Perched atop the Ivory Tower, said to strip parents and students of all their power. Some happily seeing them for a chat, while others flee like a scurrying cat. Are there myths surrounding their purpose and impact, or is it all just a matter of fact? I gladly inform you that these two are here, and they will lend a friendly, helping ear. Their training is not so scary, even though some may believe quite the contrary. They do indeed have a title, their presence positively vital. They go by the name of School..*

### **"Counsellors"**

-“AAAAAAHHH!” they shriek.

As one of these (supernatural) presences in the school, I can understand that for both students and parents engaging in counselling can be a difficult decision to make. It is up to me now to speak on behalf of my fellow ghoul, Liza Adams, to bust the myths associated with us and our profession.

#### **# 1: Counselling is for the weak.**

Acknowledging that you want help and a willingness to commit to improving your own mental health actually takes a lot of courage and strength. It is a self-empowering process that can give you the tools or book of spells you may need to cast in order to overpower future fiends.

#### **# 2: People who go to counselling are crazy!**

The only thing that's crazy is this statement. Some people who come to counselling simply want to vent or get out of a bad situation - this doesn't mean that they're crazy. Some have concerns that are a little bit deeper, but remember that everybody who walks into our offices is different and is looking for some friendly support.

#### **# 3: If I want my child to see a counsellor, I'm a failure as a parent.**

This puts a lot of pressure on some parents who are doing the best they can to support their children. Think back to your childhood and whom you would've turned to for support. Sometimes students need to talk to someone who offers a more neutral stance with specific experience. This is not a reflection on your parenting. Parental involvement in their children's lives and being a support figure for them are highly encouraged and can be a great aid for progress in counselling.

#### **# 4: CBSS Lewisham is a small place - everyone will know!**

As stated in a previous newsletter, the counsellors here at Lewisham understand that some students don't want to publicise the fact they are speaking to a counsellor. We have tried to make this as discrete a process as possible by using an SMS notification system, meaning no slips sent to class and no blaring messages on the P.A. system echoing throughout the school to summon students up to our counselling lair. Students can also be reminded of the fact that as counsellors we are bound by Confidentiality and respect their right to privacy.

#### **#5: I can always talk to someone I know. Why would I talk to a stranger?!**

Family and friends can undoubtedly offer support and empathy that can help us get through tough times. A counsellor can be important as well, but in a way that you may not realise. The focus is solely on you and the counsellor is trained to help you through particular concerns and can offer you some tips and techniques you can use in the future.

#### **#6: If I talk about my problems, I'll make them worse.**

Talking about concerns and worries can help relieve you of stress, dissipate the pain and intensity, and even understand the problem in more depth. Decision making and self-awareness are at the forefront of counselling, and talking about an issue you have been avoiding can be a great start to getting through it.

#### **#7: There's nothing wrong. These feelings will just pass!**

Your world does not need to be falling apart before you go to counselling. Sometimes people put it off because their issue seems minor. This is not to say that particular feelings won't pass - the thing to remember is that "small problems" can creep back in later on and can become "big problems". Here's a little secret for you: in spite of my attempt to instil fear through my ominous ghost and ghoul prologue, in reality the two of us are more like Casper the friendly ghost ready to support you and your children, regardless of the level of concern.

### **#8: My child will miss out on too much class!**

We understand that counselling during school time means that students have to miss out on some classes, but we make a conscious effort to ensure we rotate sessions to avoid continual absence from one subject in particular. If there are assessments or important work for the students to complete, we make sure they are present in class.

To end on a positive note, the good news is that Australia is a great place for mental health awareness, which means that the stigma around counselling is slowly disappearing – this doesn't mean, however, that we don't have a long way to go! I encourage you to focus on the benefits of counselling and on how it can be of great assistance to you and your family. If you have any questions about the counselling process and how it can help your children and your family, please feel free to contact either myself or Liza Adams.

Please find below some articles on common reasons people avoid counselling and how counselling can improve mental health:

<https://gustavus.edu/counseling/top10.php>

<http://estestherapy.com/reasons-people-avoid-counseling/>

<http://www.news.com.au/lifestyle/relationships/forget-the-stigma-of-counseling-talking-about-your-problems-can-save-your-relationship/news-story/8c2683c27e33416e904b8a08a712dfc2>

**Alessandro Digiaco, School Counsellor**

### **MCC SPORT**

Last week saw a total washout for sport so we are hoping that this week our sporting focus will begin in 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.

Congratulations to Bailey Hayward and Michael Tannous on their selection in the NSW All Schools U15 Touch Team. We wish them the best of luck on their path to the Australian Schoolboys Team.

**David Mamo**  
Sports Coordinator





NAIDOC WEEK  
ASSEMBLY

