



The Dove

Term 1
Friday 7th February, 2014
Volume: 42 No: 1

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Upcoming Events:

TERM 1

Week Three

Mon 10 Feb 2014

- Vaccinations: Yr 9 Boys HPV, Year 7 Boys & Girls HPV & dTP

Tue 11 Feb 2014

- 7.30pm Year 7 Welcome Mass @ St Thomas Aquinas Church

Thu 13 Feb 2014

- 11.30am HSC High Achievers ceremony @ St Thomas Aquinas Church

Week Four

Year 12 Hospitality & Business Services Work placements

Tue 18 Feb 2014

- 9:30 & 11.30am Opening School Masses
- PDSSSC Tennis Singles at Penrith
- Year 12 Geography Coastal Field Study Excursion

Wed 19 Feb 2014

- NSWCCC Softball Championships at Rooty Hill

Fri 21 Feb 2014

- St Columba's Swimming Carnival - Lawson Pool

Dear members of the St Columba's community

"It's all about learning and having high expectations of yourself and one another."

Welcome back to another exciting year of learning at St Columba's Catholic College and a very special welcome to all of our new families who have joined our community this year.

As the new Principal of the College, I would like to thank the many families who have welcomed me to this wonderful place of learning and for the many letters of support and encouragement as I begin my journey here. In this week's newsletter, I have decided to print for you my opening address to the students upon their return to the College last week.

Today begins another journey, a journey where each of you is called to honour and give thanks to your God, for the many gifts he has given each one of you.

You honour him, by using those gifts wisely and by always looking for opportunities to be the best possible person you can be.

Your Teachers, have committed themselves to inspire in each of you, a strong belief in your ability to succeed, and a lifetime commitment to good learning.

I'd like to read to you a story I found as I was preparing for today's assembly, a story that, I believe is at the heart of every person's journey.

Once upon a time, a powerful King decided to honour the greatest person among his subjects. He sent out heralds and messengers to every part of his kingdom, to find the heroes of the land. On the appointed day, those chosen, assembled in the throne room.

The wealthiest person in the kingdom was there alongside the bestselling author. The leading doctor stood with the famous scientist. There was a celebrated lawyer who had won many courtroom battles. A brilliant musician sat with a gifted artist. The King had brought together many men and women of talent, achievement and status.

The King gazed at the glittering assembly of talented and successful people and wondered how he could choose the greatest among them.

Then he noticed a man and woman standing quietly at the back. Many people greeted them with respect and affection.

'Who are these people'? Asked the King. 'Why are they here'? 'What have they done'?

'My lord' replied his chief minister, 'you have met and spoken with all the greatest people of your kingdom'. 'These are their teachers'.

The King then came down from his throne to honour them, and the assembled crowd burst into cheering and applause.

The King then spoke and a great hush went over the assembled crowd. No matter how great the achievements, how great the person, all success begins with learning. Nobody should ever forget a good teacher.

Students of St Columba's I ask you to always honour those who teach you and learn with them, as you begin your journey today, because everything you do at the College "is all about learning and having high expectations of yourself and one another" as each of us discovers who we are and what our God is calling us to be.

May god bless you always,

Mr Paul Ryan
Principal

From the Assistant Principal

The new school year is now well and truly under way and students in all years are to be congratulated on the way in which they have commenced 2014.

Uniform

I would like to thank both the students and parents for your support in meeting our College expectations in regards to uniform. I would ask that parents write a note in a student's diary to inform the homeroom teacher and the Leader of Mission of any difficulties that you may be experiencing in meeting these expectations. As always it is our aim to work with our families to provide the very best education for the students in our care.

For the information of all of our new students – and a timely reminder to our continuing students – there are several items that are worth mentioning at this time:

- Chewing gum is banned on our school premises. Gum causes considerable damage around the school each year, especially to floor coverings and furniture, and the cost of cleaning and repairs is significant.
- Shoes must be the lace-up type and are to be blackened and polished. Laces should also be black.



- Hair is to be neat, tidy and off students faces. It must be of a natural colour. Extremes of length or fashion are not acceptable. Long hair is to be tied back at all times. Faces must be clean-shaven; beards, moustaches and sideburns are not permitted.
- Visible body piercing, including tongue studs, spacers and covers are not permitted. This includes clear plastic studs. One set of studs / sleepers in the lower ear lobe may be worn by female students. Bracelets, anklets, leather thonging (around neck, ankles or wrists) are not acceptable. A single fine neck chain may be worn provided it is out of sight and has a crucifix or religious medal attached.
- Boys are now required to wear their summer shirt out and we request that students do not wear a tie with the summer uniform.

Building Program

While the end of 2013 saw the completion of our major building program there are still many projects that have been and are being undertaken to improve our College.

The demountable buildings to the North of the sandstone main building have now been removed and this area will have seating and grass installed for students to use during their breaks.

There has been extensive work undertaken by our grounds team to beautify the gardens and install extra seating for students to use. A rejuvenated Moran Hall has now been opened for the use of all students at Lunchtime and provides us with a large group learning space during the rest of the day. The facilities at St Columba's are now some of the most impressive found anywhere in the world and it is heartening that our students are appreciative of the work and investment that has been on their behalf.



Currently the Music rooms are being refurbished and work on the school farm to establish more permanent facilities is about to commence.

Mr Phillip Stewart
Assistant Principal

From the Office

School fees

The school fee statements for Term 1, 2014 will be mailed out on Friday 7th February. The due date for payment is on or before Friday 7th March 2014. If you have not received your statement by Monday 17th February, please contact me on 4754 8902 to arrange for a copy to be sent home.

The Flexible Payment Plan will again be offered as an option for the payment of 2014 fees. The necessary information required to take up this convenient payment option will be provided with your Term 1 fee statement.

The Catholic Education Office is committed to supporting families experiencing genuine financial hardship. If you are having difficulties with the payment of your school fees, you are encouraged to contact the school office to arrange an appointment with either myself or the business manager to discuss payment options. Your situation will be treated with care and confidentiality and an appropriate payment arrangement will be made for you. Please note that as part of this process you may be required to complete a Statement of Financial Position so that the school is aware of your current financial situation. Please be assured of complete confidentiality with regards to any information you are asked to provide.

N.B. If you were on a payment arrangement for 2013 (except Flexible Payment Plan) it is important that you contact me when you receive your Term 1 statement so that I am aware of your intentions for 2014.

Please be advised that unless alternative arrangements have been made regarding the payment of your account it will be assumed that full payment will be made on or before the due date. Fees are payable in accordance with the Diocesan School Fees Policy which states "all fees are due and payable within 30 days of the date the school account statement is issued". Outstanding accounts will be forwarded to the Catholic Education Office for actioning. If you need to discuss any issues regarding the school fees, please contact me by phone on 4754 8902 or by email RVion@parra.catholic.edu.au

School fees can be paid by Bpay, Postbillpay, cash, EFTPOS, credit card or cheque.

Roselee Vion, Senior School Officer.

From the School Counsellor

Starting High School: Helping Your Child Adjust

Starting high school can be a very exciting time for an adolescent. It can also be confusing and a little scary for some students. There are many changes from primary school and even the keenest student may take time adjusting to new school routines, the workload and the school's expectations. There are sure to be one or two bumps along the way, which may cause some stress. Many students may appear to "go backwards" for a while as they learn to adjust to the new changes. The new challenges your high school student may face include:

Body image changes:

Your adolescent is going to be in a school with older, more physically developed students who are virtually adults. This may be stressful for a new student entering high school, especially compared to the previous year when he or she was the oldest in the school. Don't forget that your adolescent too is about to enter or already has begun puberty.

School system changes:

When they start high school it is usually a much bigger place with many more students and they are at the bottom rather than the top of the school. Unlike primary school they will have different teachers and classrooms for every subject and this can be confusing. There is also a 10-day cycle, which they have to adjust to. Now is the time when increasing independence and organisation are necessary.

Social changes:

Their friends may be going to different schools or be in different classes so they may need to make new friends. Your adolescent may worry about finding new friends and peer groups. The large size of a high school could be overwhelming and even intimidating.

What stresses the new high school student?

For an adolescent just starting high school, all of the above changes can make him/her very anxious. It is not uncommon for new high school students to feel:

- lost and confused
- missing old school and old friends
- lonely and unhappy (until new friends are made)
- tired and overwhelmed with additional travel and changes in routines
- worried that he/she will not be able to cope with the new demands
- worried that he/she will not "fit in"
- worried that he/she will not live up to parental expectations

Your child may show stress by:

- being grumpy and disagreeable
- avoiding talking to you about how he/she feels
- wanting you to treat him/her as an adult, yet still needing to be treated like a child
- not wanting to go to school
- regularly complaining of headaches or stomach aches

How can parents help?

Parents of course may also be feeling stressed about the new situation and how it is affecting their child. However, you can help ease the transition by being open and understanding. Often, sharing parental experiences will help. Here are some other tips/information that may be helpful:

- Reassure your child that it is normal to feel confused and unsure at first and that most others will be feeling the same way.
- Reassure your child that he/she already knows how to make friends because of the friendships he/she has made in the past.
- Help your child keep in touch with old friends and be welcoming to new friends. Make it easy for your child to entertain at home. Be available to discreetly supervise and encourage your child to have friends over and meet their parents.
- Help your child set up a homework routine that helps him/her to manage homework and still have time for relaxation and friends.
- Be a good and supportive listener but try not to give advice too quickly. Problems that young people can solve for themselves help to build confidence.
- Encourage your child to join school activities, a great way to make new friends.
- Be patient with your "more than usual" irritable adolescent for the first few weeks.
- Get involved in the parent community group and other school activities.

AND IMPORTANTLY: Do not forget, that despite their age, adolescents still need parental affection, love and support.

You may find it helpful to share the following ReachOut fact sheet with your adolescent <http://au.reachout.com/Starting-at-a-new-school> . It talks about some of the difficulties associated with starting a new school and gives some tips as to what may help. It will also provide you with a great opportunity to start a conversation with your adolescent.

If you continue to have concerns beyond the first few weeks of school, you can speak to the Homeroom teacher, the Year 7 Leader of Mission Mr Ellis, or one of the school counsellors.

The bottom line though, is that most students adapt very well, and learn to appreciate the new found independence that high school has to offer.

Maggie Trevena
School Counsellor





Student News

Japanese News

おはようございます！
(Good Morning)



At the end of last year the Year 9 Japanese Class went on an excursion to the Japanese Language Centre which is called "The Tanken Centre" in Kirawee. It was one of the best excursions we have ever been on. The day was focused on our Japanese skills and practicing our language. The tasks were specially designed around what we have learnt in class so we were able to play fun games and activities as well as strengthen our knowledge in the language.

When we arrived we were greeted by two very lovely Japanese staff who spoke to us entirely in Japanese! At first it was sort of difficult to understand what they were saying (since we hadn't learnt some of the words they were using) but they spoke slowly and used hand gestures to help us understand what they were asking. After being shown where to put our bags, how to take our shoes off and how to put the house slippers on, we went into the tatami room (Japanese style room) at the centre. We were divided into four groups for the day's activities. We played games, had our photos taken, had a delicious morning tea and got interviewed. We were so nervous when we went up to give our interviews as all the questions were in Japanese as well!

We continued the day with activities all in Japanese and had an 'Obento' style lunch. The Obento was delicious! They had all sorts of different foods in them like chicken cutlet, rice, sushi, green soy beans and salad. In the afternoon we played a quiz game based on the things that we have learnt in class as well as on the day and everyone got involved and had a lot of fun. We all left on a high and had a fantastic time. Thank you to Mr Carlier for accompanying us. Thank you also to Mrs Sato for organising the day as well as Mr Howard for driving us all down there, it was a great day of learning and we all had a fantastic time.

ありがとうございます！(Thank you)

リアム (Liam) & ベリティ (Verity) Year 10 Japanese



AUTUMN



SPRING



SUMMER



WINTER

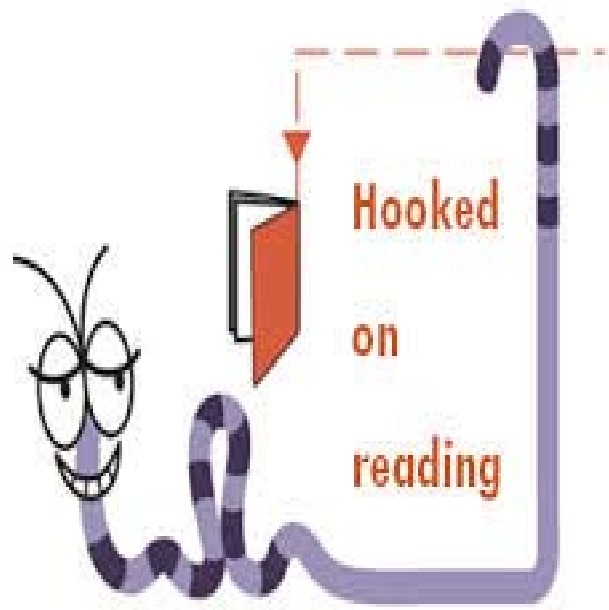
Premier's Reading Challenge 2014

A new year brings a new opportunity for students in Years 7, 8 and 9 to participate in the NSW Premier's Reading Challenge (PRC). The PRC is an exciting program that challenges students to extend their reading. Each student is asked to read 20 books between January and August. These books can be from a variety of genres, and also include some non-fiction texts. Of the 20 books, students must read 15 from the list available on the PRC website. The final 5 books can be nominated by the students, themselves, to match their own interests.

In March, students will be given a username and password to use to login to the website to register the books they have read. In the meantime, students should keep a written record of the books they read in their diaries or English workbooks.

For further information please see Mrs Morrison.

Ms Leonie Morrison, English Teacher.



Sport News

Swimming Carnival

This year's swimming carnival is quickly approaching.

It is on Friday the 21st February, Week 4 at Lawson Pool. Permission notes have been sent home and need to be returned by the 14th of February. Please note the changes in travel arrangements for students that travel on Upper Mountains buses. All other students will still come to school and travel to and from the pool by bus.

100m Freestyle Championship heats begin at 9.00 am sharp. All swimmers competing in this event need to be at Lawson pool by 8.45 am.

Representative Sport

St Columba's offers many opportunities for representation in a range of sports. We are a part of the Parramatta Diocese (PDSSSC) and provide a pathway for most sports through to Australian competitions.

If your son/daughter participates in any sport I encourage you to check out the following website for more information about PDSSSC and NSWCCC sport

<http://www.secondarysportparra.catholic.edu.au/>

This information will be promoted through the St Columba's Representative Sport Edmodo Page. The code for that group is: frmbsm. If students join the EDMODO group and check it regularly, they will be kept up to date with announcements regarding sport at this level.

Where teams can be entered students need to listen to morning announcements or see Mr Milgate for more info. For individual entries students need to print out the information sheet and complete it a week PRIOR to the closing date and submit it to Mr Milgate. If a payment is required these can be made to the school office with 'Rep Sport', the students name and homeroom clearly marked.

Michael Milgate
Special Events Co-ordinator

Worldwide Marriage Encounter Weekend – relationship enrichment for married couples

21 – 23 March at Mt Carmel Retreat Centre, Varroville, NSW Bookings: 02 4283 3435 or

wsharpe@bigpond.net.au www.wwme.org.au

www.facebook.com/WWMEasternUnit

Fr Wim Hoekstra Pilgrimages Information Afternoon: 9 February

Fr Wim Hoekstra, Parish Priest of St Finbar's Parish, Glenbrook, is organising two pilgrimages in 2014: 7-23 July taking in France and Italy (Paris, Lisieux, Lourdes, Rome, Assisi, Siena, Florence) and 19 September – 4 October (September school holidays) for Israel and Jordan. Information afternoon on Sunday 9 February at St Finbar's Parish Hall, 46 Levy St, Glenbrook: 2.15-3.30pm for the France & Italy pilgrimage; 3.45-5pm for the Holy Land Pilgrimage. Limited places available. For flyers and booking forms, click on **News and Events** at www.stfinbars.org.au or contact Fr Wim tel (02) 4739 8928, wim@stfinbars.org.au

The Francis Effect: Living the Joy of the Gospel

The inspiring insights in this publication put forward by 12 prominent Australian Catholics follow the release of Pope Francis' Apostolic Exhortation *Evangelii Gaudium*. Published by Catholic Mission and Catholic Religious Australia, *The Francis Effect: Living the Joy of the Gospel* is available free online and in book form.

Contributors to the *The Francis Effect* include: Fr Noel Connolly SSC, Head of Mission Studies at the Columban Mission Institute; Fr Tim Norton SDV, Australian Provincial of the Society of the Divine Word Missionaries; Julie Edwards, CEO of Jesuit Social Services; and Joe Moloney, Research Officer with the Australian Catholic Migrant and Refugee Office.

To read *The Francis Effect – Living the Joy of the Gospel* free online visit

www.catholicmission.org.au/thefranciseffect

To order a print copy call 1800 257 296 or visit www.catholicmission.org.au

Christian Meditation: 16 February

You are invited to a Christian Meditation Introduction & Renewal Day at St Benedict's Monastery at Arcadia. Program includes presentations, Introduction to Christian Meditation, two periods of meditation, Eucharistic Celebration and information exchange. Arrive 10am for 10.30am. Concludes about 3pm. BYO picnic lunch. Tea & coffee provided. Books & CDs for sale. Monastery is at 121 Arcadia Rd, Arcadia, tel (02) 9653 1159. Self-catering accommodation may be available in the monastery guest house. Contact Br Terry 0438 282 318. Inquiries: Ann Bergman (02) 9498 2625 anniebergman@hotmail.com or Ann Lomas (02) 9456 4775, atlomas@bigpond.com

Beliefs and Practices of Australian Catholics – what we know and why it matters: 19-22 February

This conference is an initiative of the Pastoral Research Office of the Australian Catholic Bishops Conference (ACBC). It will be an outstanding learning opportunity for clergy, diocesan personnel, parish leaders, parish staff and others in the Catholic community. Presenters include: His Excellency Archbishop Paul Gallagher, Apostolic Nuncio to Australia; Dr Mary Gautier, senior research associate at the Centre for Applied Research in the Apostolate in the US; Dr Bob Dixon, Director of the ACBC Pastoral Research Office. Bob has a PhD in sociology from Monash University as well as degrees in science, theology and education. Venue: Catholic Leadership Centre, East Melbourne. Program and registration:

<http://www.pro.catholic.org.au/node/56> For more information: tel (03) 9953 3457, office@pro.catholic.org.au

Holy Hour for Vocations: 20 February

Everyone is welcome to join the Holy Hour for Vocations at 7pm on the 3rd Thursday of each month for an hour of adoration, prayer, music and quiet time. Blessed Sacrament Chapel in St Patrick's Cathedral, 1 Marist Place, Parramatta. To find out more about priesthood in the Catholic Diocese of Parramatta contact Fr Warren Edwards – Vocations Director: tel 0409 172 700, vocations@parra.catholic.org.au

LENT 4 REAL: Join the Journey! 28 Feb-2 March

Inviting young men and women (18-35) to a Lenten retreat at Mount Schoenstatt. This weekend aims to help young adults make the most of their Lent. Begins 7pm Friday 28 February; concludes 4pm Sunday 2 March. Venue: Mt Schoenstatt Retreat Centre, 230 Fairlight Rd, Mulgoa. For further details or to register, contact Sr M Julie Brcar 0408 738 334, juliebrcar@gmail.com

Community News

Lapstone Glenbrook Netball Club

"The friendly club"

Registration Days 2014

Dates: Saturday 1st February, 2014 9:00am – 4:00pm

Wednesday 5th February, 2014 6:30pm – 9.30pm

Venue: BMNA Netball Clubhouse, Explorers Rd, Lapstone

2014 Fees*: Are payable upon registration (cash, cheque or Credit card: Visa, MasterCard and eftpos for debit cards is available, 1.5% surcharge for these transactions)

Fun-net (5-7yrs) \$135.00 Netta (8-9 yrs)

\$135.00 Juniors (10 – 17 yrs) \$160.00

Seniors (18+) \$185.00

*Note: Fees include fundraising levy of \$20.

New players must provide a photocopy of **PROOF OF AGE** (e.g. Birth Certificate, Passport) that can be kept for registration purposes. (Original must be sighted with copy.)

If you are unable to attend on Registration Day and you wish to play or have any queries about the Club, please contact one of the following committee members:

Senior Registrar: Debbie Ansell 0415 723 868

Junior Registrar: Trish Oxford 0418 440860

President: Margaret Murrin 0407 297 636

Website: www.lgnc.netball.asn.au

BLUE MOUNTAINS BMX CLUB

COME "n" TRY DAY

**SATURDAY
15th Feb 2014**

**It's
FREE**



The entire family can participate!

We aim to turn memberships into friendships.
Come and find out about BMX, experience riding the track, get some information about our club, enjoy keeping fit and make new friends.

There will be a free sausage sizzle and BMX promo bags containing BMX goodies for each rider.



BRING YOUR BIKE- A FULL FACE HELMET- GLOVES - WEAR LONG PANTS - LONG SLEEVES

The club has some protective equipment to borrow. Bells, reflectors and stands must be removed, we can do this on the day for you!

For further details:

PHONE or TEXT:
Myles 0407 43 42 76
OR Graham 0414 399 323
WEBSITE just google : Blue Mountains BMX Club
EMAIL:
james.beattie@electrolux.com.au
FACEBOOK:
Blue Mountains BMX Club



Blue Mountains Bushfire Support Service

A personalised, mobile outreach support service assisting you with information, decision-making and recovery resources.



Like us on Facebook

<https://www.facebook.com/pages/Step-by-Step/1494810577414871>



Ministry for Police & Emergency Services

Step by Step...

Blue Mountains Bushfire Support Service

Phone 0474 229 845

Email us at stepbystep@gatewayfamilyservices.org.au



Step by Step is designed to give you easy access to the latest information and services for you and your property.

WE ARE A MOBILE SERVICE – workers can meet with you anywhere you choose.

We can help you move Step by Step towards...

- Getting the right information
- Working out your next steps...and how to get there
- Getting connected with the right services for your needs


For more information and to stay updated with recovery visit:

www.bluemountainbushfirerecovery.com

www.gatewayfamilyservices.org.au

Located at the Legacy Centre,
Raymond Lane (near NRMA Insurance), Springwood
and at Winmalee Neighbourhood Centre
62 White Cross Road, Winmalee

We believe that people have the strengths, resilience and capacity to rebuild their lives and shape their future.



Self Defence for Young Women



*7 week program starting
Thursday 27th February
from 6pm to 7.30pm
at Lawson Primary School*

Learn how to use your strengths effectively, explore practical strategies for staying safe and practise verbal and physical self defence techniques. Bring your mother along too! Other women also welcome.

Cost: \$60 for the course or \$40 for women under 25 years or for each person if more than one family member attends.

Bookings essential call 4782 5133 to book

This is a partnership between
Mountains Outreach Community Service
and the Blue Mountains Women's Health
& Resource Centre

Blaxland Football Club

To register as a player you must go to
<http://www.blaxlandfootball.com/2014-registrations>.

Most players who register and pay online will not be required to attend a clubhouse registration day.

Only the following players are required to attend a clubhouse registration day:

All new players are required to attend a clubhouse registration day, and are required to bring proof of age, for children a birth certificate, for adults photo I/D.

All players turning 6, 9, 12, 15 and 18 in 2014 who need to have their photo taken digitally. If you are unable to take and upload your own photo to

MYFOOTBALLCLUB, you must come to the clubhouse during one of the registration sessions to have your photo taken and complete the registration process. If you are going to wear glasses on field, they need to be sports glasses, and they must be worn for the photo. Players who have do not fall into one of the above categories, and have not paid their registration fees in full using the online payment facility in MyFootballClub

*** Photos taken at the clubhouse will now incur a**

\$5 per player processing fee to cover our costs.

If you are unable to complete the online registration, please contact the club Administrator, Traci Robinson admin@blaxlandfootballclub.com (mob. 0404 202 966) prior to one of the clubhouse registration days.

Following are the details for the clubs registration days for the 2014 season.

FRIDAY 7TH FEBRUARY 6PM TO 9PM

SATURDAY 8TH FEBRUARY 10AM TO 2PM



Springwood Country Club

First & Friendliest in the Blue Mountains



Hawkesbury Rd
Springwood NSW 2777
Ph: 0247511122
Fax: 0247517593
Golf Shop: 0247512484

Springwood Country Club invites students aged thirteen to seventeen to have a go at golf. The junior membership fee has been waived until July 2015. Juniors will receive assistance in the introduction to the game, etiquette, and second hand clubs if required by our Club Professional. Contact the Club for more information.