



St Columba's Catholic College, Springwood

The Dove

Term 2

Friday 23rd May, 2014

Volume: 42 No: 7

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1. Principal's Address
2. From the Counsellor
3. From the Office
4. Student News
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Upcoming Events:

Week Five - Shakespeare Week

Mon 26 May 2014

■ Sorry Day

Tue 27 May 2014

■ Years 7 - 10 Parent Teacher Night

Wed 28 May 2014

■ Yr 7 - Rugby League Kingston Nines

■ 10:30 Junior Drama Play - Three Yr 10 classes - P2a and 2b

Thu 29 May 2014

■ Ascension Thursday

■ Year 11 Timber Excursion to Highland Pine Products, Oberon

Fri 30 May 2014

■ 09:30 Junior Drama Play - Three Yr 10 classes - P1a and 1b

■ 18:00 Junior Drama Play - Three Yr 10 classes - P1a and 1b

Week Six

Tue 3 Jun 2014

■ NSWCCC Touch Championships

Wed 4 Jun 2014

■ Year 12 Retreat Group 1

■ Years 8 & 9 AFL Giant's Cup @ Blacktown

■ 13:30 Yr 7 Concert Band Rehearsal

Thu 5 Jun 2014

■ Year 12 Retreat Group 1

Fri 6 Jun 2014

Year 12 Retreat Group 1

Mon 8 Jun 2015

Queen's Birthday Public Holiday

"IT'S ALL ABOUT LEARNING
AND HAVING HIGH EXPECTATIONS
OF OURSELVES AND EACH OTHER"

Dear members of the St Columba's community

During the month of May, we will be joining all schools and parishes in the Diocese of Parramatta to help support the Diocesan Works Fund. Over the coming weeks we will learn about some of the ministries and people it supports. Also known as *faith @work* this fund reaches out to people in our local communities that are not supported by regular parish contributions.

On Monday 26th May we will send out collection envelopes with a letter to parents about the Appeal. These envelopes should be returned to Student Services by Friday the 30th of May.

Bishop Anthony Fisher has written his letter on the back of the Giving Envelope to you and other members of the Catholic community across Western Sydney to ask for everyone's support.

The *faith@work* appeal gives us the opportunity to act together as one Church family to support ministries and services that no individual parish or school can offer. Of particular interest is Blacktown Neighbour Aid service, which assists the frail, aged, people with a disability and their carers in our community; and the Confraternity of Christian Doctrine (CCD) which trains religious education teachers who give witness to their faith in public schools in Western Sydney.

Your contribution enables services such as Blacktown Neighbour Aid, CCD and Catherine Villa (supporting homeless mothers aged 16-25) to respond to more people in need. Please be generous so these good works can continue.

Did you know?

Did you know that CatholicCare Social Services responds to more than 20,000 calls for help each year? There are many requests for relationship or gambling counselling, or for assistance in dealing with a disability, mental ill health or ageing.

Did you know that DWF supports the 13 seminarians in training and more than 1000 Catechists working in state schools in Western Sydney?

Did you know that DWF Appeal provides funds for Youth Ministry and Faith Education in Western Sydney too!

Your donations will be Faith @ Work!

St Columba's Catholic College, Celebrating over 30 years of Education

168 Hawkesbury Road Springwood 2777 Postal: PO Box 7 Springwood 2777 Phone 4754 1022 Fax 4754 3558

Term One Parent Forum

Our first parent forum was attended by over 100 parents and provided a great opportunity for parents new to the College to meet, to raise questions, discuss issues, and hear from our new College Principal Mr Ryan. There were a number of issues and topics discussed during the two sessions and these included: student leadership, bullying, learning, assessments, uniform, iPads, homework, transport, and teacher feedback. I have included the results of the Parent Survey that was completed on the night in this edition of the Dove.

As part of our annual review and as a result of the feedback we received from the Parent forum the College is currently reviewing our policies in regards to **Bullying** and **Student Leadership**. If you have not yet had a chance to respond to the parent survey on Bullying the link can be found here. <https://docs.google.com/a/parra.catholic.edu.au/forms/d/17nzc7f9JIAeY-wkPwrebP0JjwbnuKDaM8BYKfN0p6tw/viewform>

We hope to finalise our work on these two policies in time for the next edition of the Dove.

Learning Preparation

On Tuesday the 27th May we will be launching our learning Preparation Policy.

Regular learning preparation for every subject plays an essential role in a student's learning and personal academic progress. Learning preparation should be tailored to meet the ability level and needs of the student.

Learning preparation assists in the development of skills in:

- personal organisation
- time management
- independent learning

Learning preparation provides students with opportunities to:

- Reflect on the day's learning, prepare for the next lesson, familiarise themselves with content to be covered.
- Undertake extension work.
- Practise essential subject specific skills.

Learning preparation provides parents with opportunities to:

- Monitor their child's progress
- Share the feedback that has been given in relation to the child's learning
- Engage with their child's learning

As part of our whole school practice, the teacher will set the learning preparation as per the table below.

Parents should ensure that their child does not exceed the allotted time for each subject.

If a student is unable to complete the learning preparation in the allotted time, then the parent/carer should write a note in their child's diary to that effect.

Year 7	Year 8	Year 9	Year 10	Year 11	Year 12
10 minutes per period of that day.	10 minutes per period of that day.	15 minutes per period of that day.	20 minutes per subject of that day.	Approx. 30 minutes per subject.	Approx. 30 minutes per subject.
Max. of 60 minutes of Learning Prep each school day.	Max. of 60 minutes of Learning Prep each school day.	Max. of 90 minutes of Learning Prep each school day.	Max. of 120 minutes Learning Prep each school day.	As a suggestion -4 x 30 = 120 minutes of Learning Prep each day including weekends.	As a suggestion -4 x 30 = 120 minutes of Learning Prep each day including weekends.

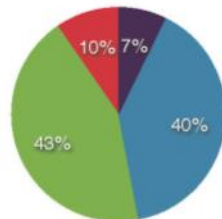
You can download the full Learning Preparation Policy from our website via the following link

<http://www.stcolumbasspringwood.catholic.edu.au/SiteData/191/UserFiles/Policy/Learning%20Preparation%20Policy%20V2.pdf>

Results of Parent Surveys completed at Parent Forum Term 1 Wednesday 2nd April 2014

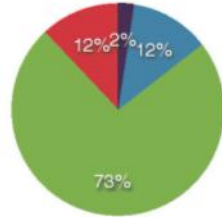
1. I am happy with the communication from the College in regard to my child's learning.

Strongly Disagree
 Disagree
 Agree
 Strongly Agree



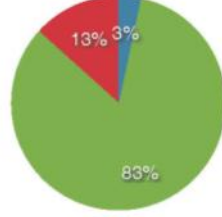
2. The College encourages my child to be self disciplined.

Strongly Disagree
 Disagree
 Agree
 Strongly Agree



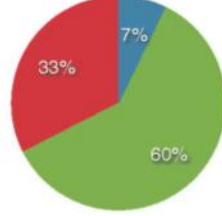
3. My child is managed in a way that is fair and just.

Strongly Disagree
 Disagree
 Agree
 Strongly Agree



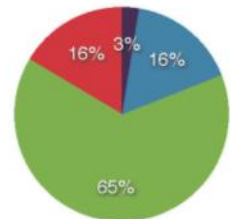
4. My child feels safe while they are at school.

Strongly Disagree
 Disagree
 Agree
 Strongly Agree



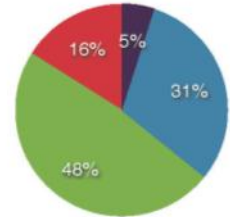
5. My child is happy with the quality of teaching they receive at the College.

Strongly Disagree
 Disagree
 Agree
 Strongly Agree



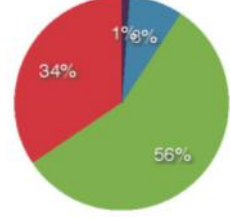
6. I am happy with the communication from the College in regard to organisation and expectations.

Strongly Disagree
 Disagree
 Agree
 Strongly Agree



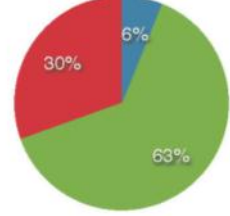
7. I would feel confident about contacting the school if there was a problem.

Strongly Disagree
 Disagree
 Agree
 Strongly Agree

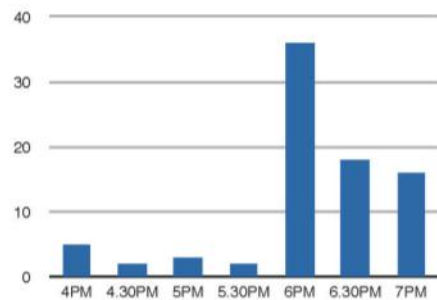


8. Teachers at the College care about my child.

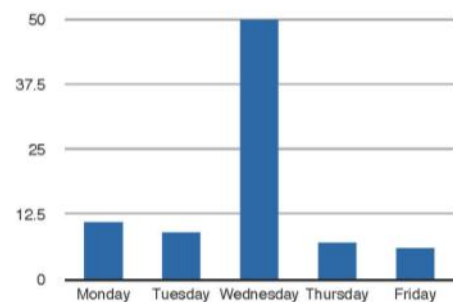
Strongly Disagree
 Disagree
 Agree
 Strongly Agree



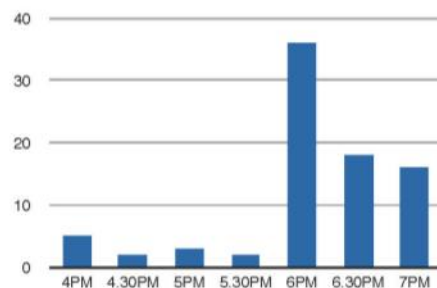
9. Most convenient meeting times: PM



11. Most convenient day of the week for meetings.

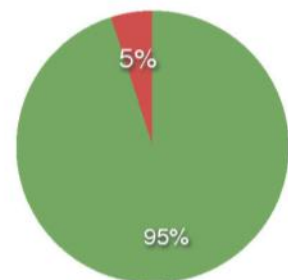


10. Most convenient meeting times: AM



12. Happy to have a Parent Forum each term.

Yes
 NO



Mr Phillip Stewart
Principal

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Email: www.stcolumbas@parra.catholic.edu.au

Web: <http://www.stcolumbasspringwood.catholic.edu.au/>

Act Justly, Love Tenderly and Walk Humbly with our God

From the School Counsellor

Eating disorders (adapted from www.nedc.com.au)

Disordered eating is when a person regularly engages in destructive eating behaviours such as restrictive dieting, compulsive eating or skipping meals. Disordered eating and dieting behaviour are the most common indicators of the development of an eating disorder.

Below are some of the most common warning signs and symptoms that you should be aware of in regards to eating disorders. However, it should be noted that not all of these symptoms will be indicative of an eating disorder and that someone suffering from an eating disorder may not display all, or even any, of these signs.

Physical warning signs

- Rapid weight loss or frequent weight changes
- Fainting or dizziness
- Feeling tired and not sleeping well
- Loss or disturbance of menstruation in girls and women and decreased libido in men
- Lethargy and low energy
- Signs of damage due to vomiting including swelling around the cheeks or jaw, calluses on knuckles, damage to teeth and bad breath
- Feeling cold most of the time, even in warm weather

Psychological warning signs

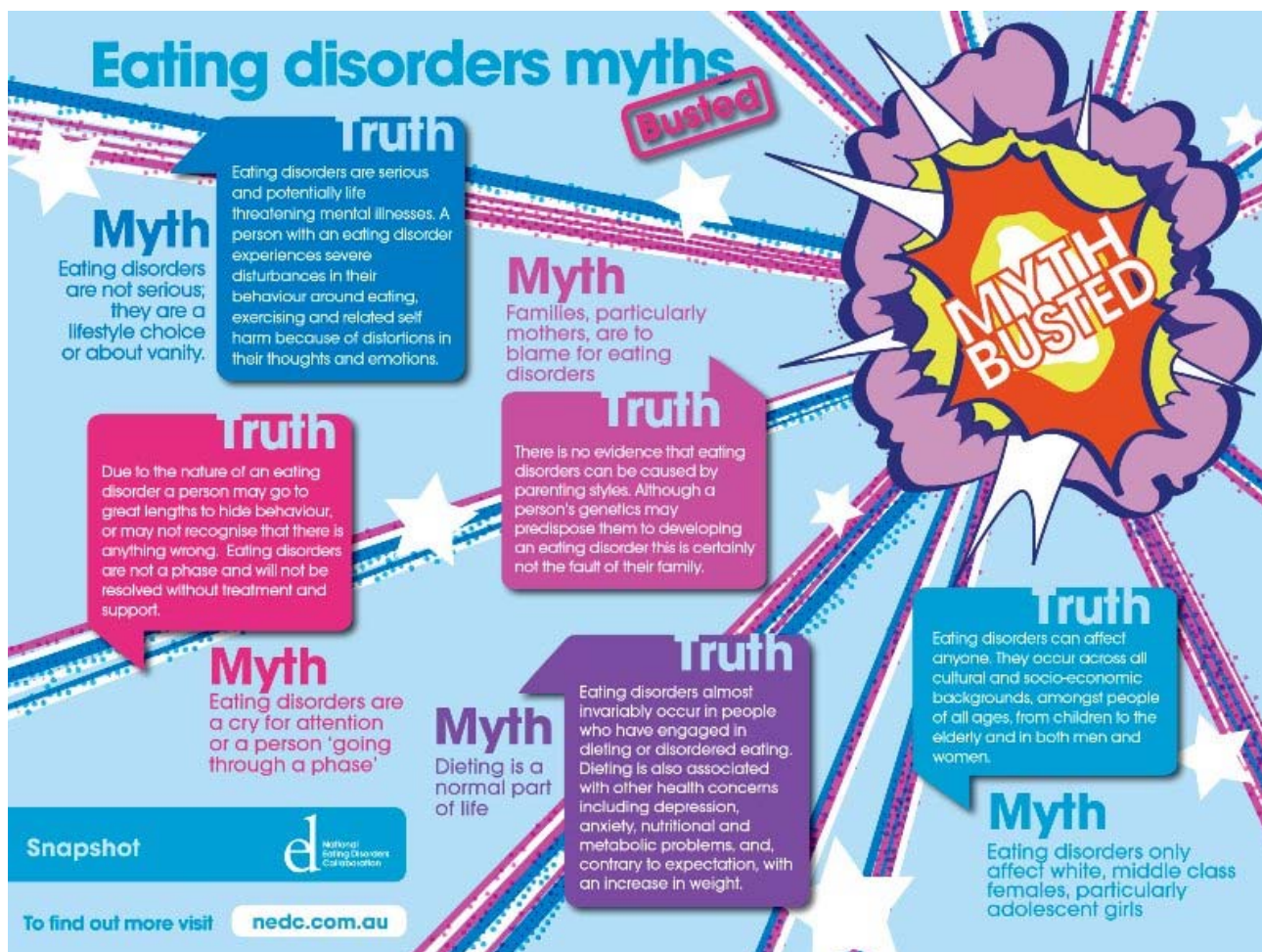
Psychological warning signs can be difficult to detect in anyone suffering from an eating disorder. They usually only come to light through changes in behaviour or through discussion and conversation.

- Preoccupation with eating, food, body shape and weight
- Feeling anxious and or irritable around meal times
- Feeling 'out of control' around food
- 'Black and white' thinking (e.g. rigid thoughts about food being 'good' or 'bad')
- A distorted body image
- Using food as a source of comfort (e.g. eating as a way to deal with boredom, stress or depression)
- Using food as self-punishment (e.g. refusing to eat due to depression, stress or other emotional reasons)

Behavioural warning signs

Behavioural symptoms are commonly present in those with eating disorders. While you may recognise some of these symptoms in someone you care about, these signs can still be concealed and may be difficult to detect.

- Dieting behaviour (e.g. fasting, counting calories/kilojoules, avoiding food groups such as fats and carbohydrates)
- Eating in private and avoiding meals with other people
- Evidence of binge eating (e.g. disappearance and/or hoarding of food)
- Frequent trips to the bathroom during or shortly after meals
- Vomiting or using laxatives, enemas, appetite suppressants or diuretics
- Changes in clothing style (e.g. wearing baggy clothes)
- Compulsive or excessive exercising (e.g. exercising in bad weather, continuing to exercise when sick or injured, and experiencing distress if exercise is not possible)
- Changes in food preferences (e.g. claiming to dislike foods previously enjoyed, sudden preoccupation with 'healthy eating', or replacing meals with fluids)
- Obsessive rituals around food preparation and eating (e.g. eating very slowly, cutting food into very small pieces, insisting that meals are served at exactly the same time every day)
- Extreme sensitivity to comments about body shape, weight, eating and exercise habits
- Secretive behaviour around food (e.g. saying they have eaten when they haven't, hiding uneaten food in their rooms)



If you have recognised one or more of the above signs or symptoms in someone you care about, you should seek help immediately. You may wish to consult your local GP or you can contact the **Butterfly Foundation Support Line on 1800 33 4673**

Maggie Trevena
School Counsellor

From the Office

School Fees

The due date for payment of Term 2 fees is Wednesday 4th June 2014. If you have not yet received your statement, please contact me as soon as possible on 4754 8902 to arrange for a copy to be sent home.

Please be advised that unless alternative arrangements have been made, 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."

If you are having difficulties with the payment of your school fees it is important that you contact either me or the Business Manager to discuss payment options. The Catholic Education Office is committed to supporting families experiencing genuine financial hardship.

All outstanding fees will be forwarded to the Catholic Education Office for their attention.

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

Roselee Vion
Senior Finance Officer

Student News

On Thursday 15th May, year 12 Hospitality students visited Lilianfels Blue Mountains Resort and Spa. Upon arrival, we met with the Front Office Manager Megan who took us on a tour of the rooms and facilities. The rooms were both elegant and luxurious. From here, we toured the facilities of the resort, which include stunning dining rooms, a pool table room, a reading room and an indoor pool. We also toured the gardens and outdoor function spaces, which are popular places for couples to hold weddings.

Chef of Darley's restaurant, Lee Kweiz, hosted us for the second part of the tour. We started with a tour of the Darley's kitchen and dining rooms. Lee gave us an idea of what a night in the Darley's kitchen would be like and discussed some of the meals and menus at the restaurant. The tour then continued to the main kitchen of the resort. This kitchen is a 24-hour kitchen and makes food for the main dining room, the High Tea menu and also caters for room service meals. From here we visited the sister site Echo's Boutique and Restaurant. The dining rooms and facilities were just as elegant and luxurious as Lilianfels. The view from the restaurant dining room over the mountains was simply stunning. Lee's passion and enthusiasm for his work was truly inspirational to all of us. His knowledge and experience of the industry was second to none and we are so lucky to have had him share this with us.

The final part of our day was in the main dining room of Lilianfels where we shared a decadent and delicately prepared High Tea. The quality of the food was outstanding and everything tasted sensational. We indulged in many treats including macaroons, scones, tea sandwiches and a variety of tartlets and sweets.

Overall the day was informative and inspirational. Thankyou to Megan, Lee and all the staff at Lilianfels Blue Mountains Resort and Spa for such a fantastic day. It is one that won't be forgotten quickly.

Mrs Katy Carlin
Hospitality teacher



Luke Brame – Mountain Biking Champion

Luke Brame (Year 11) has been training in Stromlo Forest, Canberra for his trip to compete in two World Cup events for Mountain Biking. Luke's dedication to training and competing in his sport has qualified him in a position for the National Development Squad and opportunity to compete in Czech Republic and Germany over the next two weeks. He finished 4th in the Under 19's Australian Championships in Bright Victoria. These endurance events are held in some of the steepest alpine regions in Australia. They require stamina and skill to get around the tracks, over logs, down rocks and around trees.

Luke left on Saturday 17th May with the Australian team. We look forward to hearing of his success when he returns on the 4th June.



**FAST TRACK YOUR TRADE CAREER
WHILE YOU FINISH YOUR HSC**

**McCarthy Catholic
Trade Training Centre**



ENROLLING NOW

Combining learning and work

School Photos

School Photographs will be taken on Monday 16th June, 2014. Full winter uniform must be worn. Envelopes will be sent home next week. Family photo envelopes can be requested from Student Services. Please don't send money to school until the 16th June, 2014. Your child will hand their envelope to the Photographer on the day.

ANZAC Day March – Friday 25th April, 2014

Fifty plus students from all year groups, as well as staff, represented St Columba's at this year's ANZAC Day March in Springwood. Our students were also present, representing local Australian Air Force Cadets, St John's Ambulance and Rural Fire Service.



MCCARTHY CATHOLIC TRADE TRAINING CENTRE

offers a flexible schooling experience for Year 11 and 12 students wanting to pursue a career in a vocational field. Start the first year of an apprenticeship in your chosen trade while you complete the HSC. There is also the opportunity for paid work through a school-based apprenticeship.

Start your career in Hairdressing, Hospitality (Commercial Cookery), Electrotechnology, Automotive (Light Vehicle Servicing), Carpentry, Shop Fitting, Brick and Block Laying, Engineering (Metals), Telecommunications, Childcare, Plumbing and Beauty. Please contact McCarthy to discuss other trade options.

DON'T MISS OUR INFORMATION NIGHT

When: Wednesday 11 June from 6.00pm - 8.00pm.

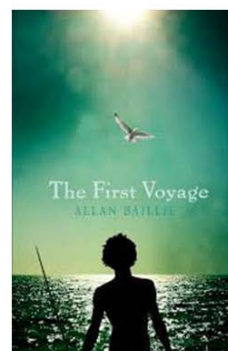
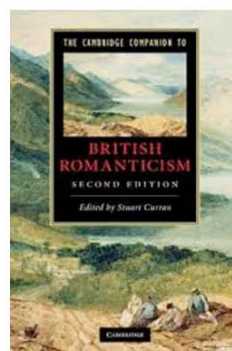
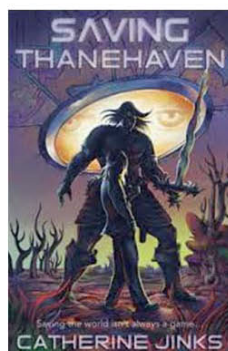
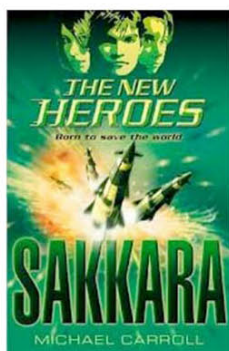
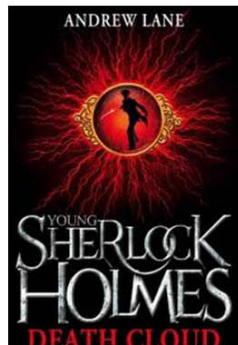
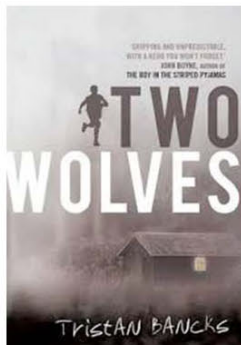
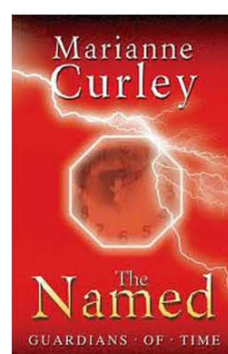
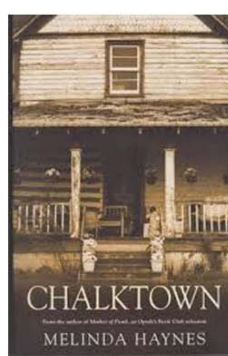
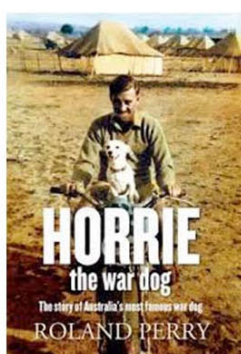
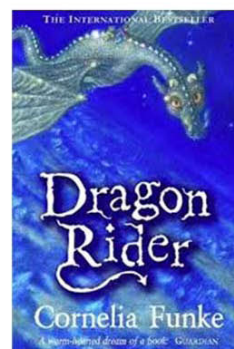
Where: McCarthy Catholic College 75 MacKellar Street Emu Plains

ATTEND OUR INFORMATION NIGHT TO CHOOSE THE RIGHT TRADE FOR YOU.

Talk to our experienced trade teachers and see our state-of-the-art facilities.

Call 4735 3211, email mccarthycctc@parra.catholic.edu.au or visit www.mccarthycctc.catholic.edu.au

New Books in the Library



Diocesan News

You can read more Diocesan News on our website under Latest News

<http://www.faitthatwork.org.au/home>

Worldwide Marriage Encounter Weekend (a marriage enrichment experience for married couples)
13-15 June at Mt Carmel Retreat Centre, Varroville, NSW. Bookings: 02 4283 3435 or
wsharpe@bigpond.net.au <http://www.wwme.org.au> www.facebook.com/WWMEasternUnit



Catholic Diocese of Parramatta

Faith at Work

Pastoral care appeal

DIOCESAN WORKS FUND (DWF) APPEAL

The DWF Appeal is a Diocesan pastoral care appeal held three times a year in parishes to fund a number of works and ministries in the Diocese of Parramatta. The DWF appeal in schools will coincide with the three giving appeals in Parishes that are held in February, May and November. This is not a separate campaign for schools but part of the broader diocesan appeal.

Our Parramatta school communities will be participating in the Diocesan Works Fund (DWF) appeal from May 2014 as a key focus for our charitable giving. The DWF appeal in schools program provides opportunities to deepen the understanding of Catholic social teaching for students, families and staff, as well as provide much-needed funds for these essential ministries of the Catholic Church.



St. Finbar's school fete

Newsletter

Issue 1: May 2014

SAVE THE DATE

31 OCTOBER 2014



A WORD FROM OUR SITE MANAGER:

Hello everyone, this is our first of many newsletters to inform you of all things related to the Fete. Please keep Halloween Free on your calendar to make sure you don't miss all the fun and activities.

2014 marks 60 years of St. Finbar's Primary School and the Fete is one of the schools major fundraisers. This year we are aiming to get Mac computers, Apple TV and iPads in every classroom. The Fete committee have been working hard behind the scenes for the past few months and we'd love for you to get involved to help make this a fantastic event.

Important dates:

- 27 May - Fete meeting in the library
- 24 June - Fete meeting in the library
- 27 June - Mufti day fundraiser
- 22 July - Fete meeting in the library
- 25 July - Mufti day fundraiser

NB: Fete meetings start at 7.30pm



How you can help

There are a number of ways you can be involved in the lead up and on the big day. We need volunteers, donations, sponsorship and much more. The newsletter will highlight all the information regarding anything fete related so please enjoy the read and speak to any of us if you can assist in anyway.



Like us on Facebook to get all the latest news and updates

<https://www.facebook.com/StFinbarsPrimarySchoolFete>

Meet the committee:

Site Manager Kristy Sorensen
Stall Manager Mark Walker
Assistant Stall Manager Lyndall Rogers
Sponsorship Manager Andrew Grima
Donations Manager Jody Cremona
Centre Stage Manager Lisa Nandary-Sammour
Finance Manager Paul Holmes
Raffle Manager Geoff Shalala
Support Manager Martin Rogers

Sponsorship

There are a number of financial sponsorship opportunities available. If you would like to sponsor the Fete or have a contact who may consider sponsoring, please do not hesitate to contact us at the school office or on the Facebook page.

This year's stalls so far

Some of the below stalls are yet to have managers confirmed.

- BBQ.....TBC
- Books.....TBC
- Cake.....Maria De Mattia
- Chocolate Wheel.....St Finbars Staff
- Halloween.....Mark Walker
- Hot Chips.....Di Holmes
- Hot Dogs.....TBC
- Plants.....TBC
- Ticket Booth.....TBC

Watch this space for more stalls to come.....

Donations

The chocolate wheel is a popular fixture at the Fete and it is only made better with your help. If you would like to donate a prize to the Fete or have a contact who may consider donating, please do not hesitate to contact us at the school office or on the Facebook page.



Friday 31 October 2014
4pm - 9pm

I can't wait



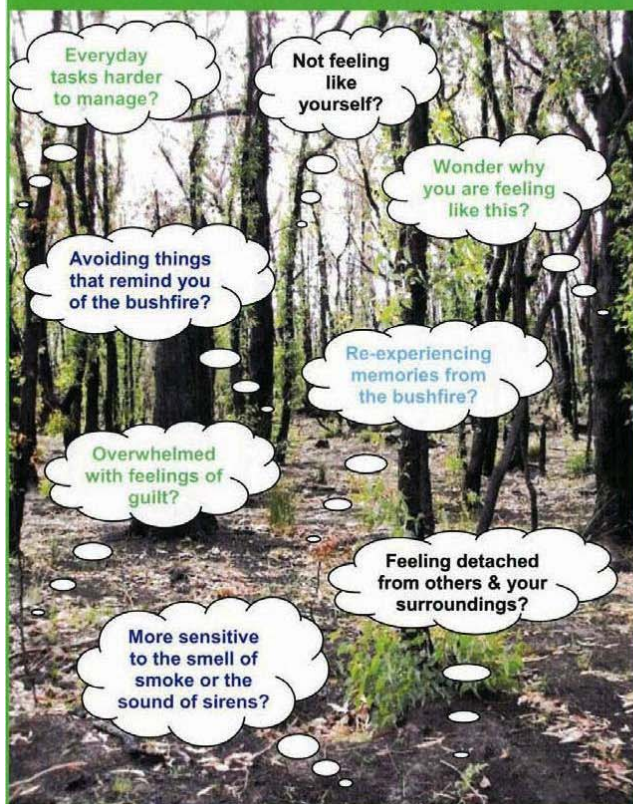
Get excited kids



And much more rides coming....

Community News

Emotionally affected by the Bushfires?



ATAPS: Bushfire Recovery

The ATAPS Bushfire Recovery program is designed to assist people in their emotional recovery from the bushfire disaster in October 2013.

Bushfire Disasters

Common reactions after a disaster such as a bushfire can include:

- Re-experiencing the event/ memories
- Questioning yourself
- Guilt
- Feelings of fear, sadness or anger
- Feeling overwhelmed
- Feeling detached or withdrawn from those around you
- Difficulty with focusing or concentration
- Difficulty with sleep/ bad dreams
- Behaving unlike yourself

These reactions can be confusing and frightening and are often at their worst in the first few weeks following a disaster.

Recovery

Many people recover as these reactions fade over time, and by drawing on their own strengths and the support of others. For others, there can be a range of reasons why these reactions might continue and leave you struggling to cope.

Are you struggling?

You may benefit from some help from a health professional skilled in understanding these reactions and the journey of recovery.

Talk to your GP about how to access the ATAPS Bushfire Recovery service which offers up to 12 sessions at no or low cost to assist you in recovering and regaining your emotional strength and resilience.

ATAPS stands for Access to Allied Psychological Service and is funded by the Australian Government through the Department of Health. The ATAPS Bushfire Recovery program is an initiative of Nepean-Blue Mountains Medicare Local.

PO Box 903 Penrith NSW 2751
t 02 4708 8100 f 4721 1176



www.nbmmml.com.au/bushfireprogram

DONOR MOBILE VISITING SOON



The Australian Red Cross Mobile Blood Service is visiting **Springwood Car Park** (175 Macquarie Road, Springwood)

Tuesday 3 June 9.00am – 2.30pm (45 more donors needed)
Wednesday 4 June, 12.30pm – 6.00pm (30 more donors needed)
Thursday 5 June, 12.30pm – 6.00pm (30 more donors needed)
Friday 6 June, 9.00am – 2.30pm (30 more donors needed)

If you haven't already made an appointment to give blood, you can [make an appointment online](#) or call us on 13 14 95.

1 in 3 Australians will need blood, but only 1 in 30 donates. Donated blood helps cancer patients, people with blood disorders, mothers-to-be and newborn babies, as well as trauma and surgical patients. We look forward to seeing you again soon.

Sincerely,
Australian Red Cross Blood Service

PENRITH

LIBRARY

HSC LECTURES @PENRITH CITY LIBRARY

Mathematics 2 Unit,
Wednesday 4 June 2014
5:30pm – 7:30pm
Tickets: 30

This two-hour lecture will provide an overview of the HSC Mathematics 2 unit course. It will cover all topics and focus on common HSC style questions and gives a hands-on approach, linking concepts with real examples.

Business Studies Seminar,
Thursday, 5 June 2014
5:30pm – 7:30pm
Tickets: 30

In this two-hour session, students will get an overview of the course, past HSC questions and gain business report writing skills.

English – Belonging (area of study) and essay writing skills with Larry Grumley
Saturday, 7 June 2014
11:30am – 1:30pm
Tickets: 80

This lecture will highlight key points on the 'Belonging' area of study and essay writing skills required for HSC exams.

Larry Grumley is a head English teacher and a senior marker and supervisor of marking for the HSC English exams. He has been a member of the committee which sets the new English syllabus and is an author of numerous HSC and preliminary English study guides, including the leading Excel and Warrigal series. Larry has been holding HSC lectures over many states for more than ten years.

Tickets \$5.00 each per person. On sale from Monday 19 May.