



The Dove

Term 1
Friday 7th March, 2014
Volume: 42 No: 3

**"IT'S ALL ABOUT LEARNING
AND HAVING HIGH EXPECTATIONS."**

In this issue:

1. *Principal's Address*
2. *Assistant Principal's Address*
3. *From the Counsellor*
4. *Student News*
5. *Diocesan News*
6. *Community Announcements*

Upcoming Events:

TERM 1

Week Seven **Catholic Schools Week**

Tue 11 Mar 2014

- U/15 PDSSSC Rugby League Selections Day - Hickey's Lane

Wed 12 Mar 2014

- Captivate Music Ensemble to McCarthy CC
- PDSSSC Opens Rugby League Selections Day - Gilroy College
- HSC Half Yearly Exams start

Thu 13 Mar 2014

- 9.15am to 11am Tours of the school
- Years 7, 8, & 9 Berg Shield Cricket

Week Eight - Quality Catholic Schools (QCS) Survey Period

Mon 17 Mar 2014

- **St Patrick's Day**
- NSWCCC Golf - Camden Lakeside

Wed 19 Mar 2014

- PDSSSC Touch Football Gala Day and selections - Kingsway
- 13:30 Year 7 Concert Band Rehearsal

Fri 21 Mar 2014

- PDSSSC Swimming Carnival - Homebush

Dear members of the St Columba's community

On Wednesday this week the My School website released the 2013 NAPLAN results for all schools across our nation. In this week's newsletter I have included a letter from the Catholic Education Commission reminding us all to contextualize NAPLAN in relation to everything else that Catholic education provides for our families.

My School update needs to be put in context

The National Catholic Education Commission (NCEC) has noted today's release of the 2013 NAPLAN results on the My School website.

Today's My School update offers an opportunity for all educators and parents to reflect on the learning challenges faced by students across the country.

It is important that NAPLAN results are considered in an appropriate context that informs teaching and learning and how parents can be partners in the learning of their child.

NCEC Executive Director, Ross Fox, said that NAPLAN results are only one measure among many of student learning - parents and carers should consider how they work with teachers and principals to address the learning needs of children.

Catholic schools and students are much more than just test results. NAPLAN results are a small part of the story of the development of the whole child, said Mr Fox.

It is widely recognised and understood that quality teaching and strong school leadership underpins educational achievement.

The appropriate place of My School is as a reference point on a school's academic achievement, alongside the emotional and moral development of all students through their learning journey.

Catholic schools continue to be welcoming and inclusive communities who serve students from many backgrounds. Data confirms that the number of indigenous students in Catholic schools increased by 8% last year. The numbers of students with disability in Catholic schools are also increasing significantly.

On average Catholic schools continue to operate at around 90% of the cost of education in a government school and receive around 80% of the government funding available to the average student in a government school.

Catholic education will continue to seek equitable funding that reflects the needs of students and schools in Catholic education.”

May God bless you always,

Mr Paul Ryan
Principal

From the Assistant Principal

Quality Catholic Schooling Survey

The Catholic Education Office Diocese of Parramatta conducts annual surveys to get feedback on the performance of our College. Currently in its third year, the anonymous surveys are conducted by Insight SRC. In previous years all of our staff, randomly selected students across all year groups, and 60 randomly selected parents have taken this survey. This year, for the first time, all of our students will take part in the survey. Once again Insight SRC will randomly select 60 families to take part. The families selected will be sent a survey package containing a letter of explanation, a paper copy of the survey, and the weblink and code for the online version. It takes about twenty minutes to complete the survey in either version. If parents choose to complete the paper version of the survey this is just mailed back to the school or can be dropped in to the office. These will be mailed to your home address. The data collection period is from the 17th March to the 31st of March. All surveys need to be returned and completed prior to the 31st March to be included in 2014 results. The data collected is very important to the development of our College and is used to inform our annual implementation plan.

Catholic Schools Week

To celebrate Catholic Schools Week we will be conducting tours of our facilities on Thursday 13th March from 9.15am till 11.00am. Tours will leave from the main archway and will be led by our senior students. No need for an appointment, if you would like to come and you can make it, you are most welcome.

Mr Phillip Stewart
Assistant Principal



From the School Counsellor

Seven crippling parenting behaviours that keep children from growing into leaders.

I recently came across the following article from US leadership expert Dr Tim Elsmore (Forbes, January 2014). He describes seven damaging parenting behaviours that may prevent children from becoming leaders – of their own lives and of the world's enterprises:

1. **We don't let our children experience risk**

We live in a world that warns us of danger at every turn. The "safety first" preoccupation enforces our fear of losing our kids, so we do everything we can to protect them. It's our job after all, but we have insulated them from healthy risk-taking behaviour and it's had an adverse effect. Psychologists in Europe discovered that if a child doesn't play outside and is never allowed to experience a skinned knee, they frequently have phobias as adults. Kids need to fall a few times to learn it's normal; teens likely need to break up with a boyfriend or girlfriend to appreciate the emotional maturity that lasting relationships require. If parents remove risk from children's lives, we will likely experience high arrogance and low self-esteem in our growing leaders.

2. **We rescue too quickly**

Today's generation of young people has not developed some of the life skills kids did 30 years ago because adults swoop in and take care of problems for them. When we rescue too quickly and over-indulge our children with "assistance," we remove the need for them to navigate hardships and solve problems on their own. It's parenting for the short-term and it sorely misses the point of leadership—to equip our young people to do it without help. Sooner or later, kids get used to someone rescuing them: "If I fail or fall short, an adult will smooth things over and remove any consequences for my misconduct." When in reality, this isn't even remotely close to how the world works, and therefore it disables our kids from becoming competent adults.

3. **We rave too easily**

The self-esteem movement has been around since Baby Boomers were kids, but it took root in our school systems in the 1980s. Attend a little league baseball game and you'll see that everyone is a winner. This "everyone gets a trophy" mentality might make our kids feel special, but research is now indicating this method has unintended consequences. Kids eventually observe that Mum and Dad are the only ones who think they're awesome when no one else is saying it. They begin to doubt the objectivity of their parents; it feels good in the moment, but it's not connected to reality. When we rave too easily and disregard poor behaviour, children eventually learn to cheat, exaggerate and lie and to avoid difficult reality. They have not been conditioned to face it.

4. **We let guilt get in the way of leading well**

Your child does not have to love you every minute. Your kids will get over the disappointment, but they won't get over the effects of being spoiled. So tell them "no" or "not now," and let them fight for what they really value and need. As parents, we tend to give them what they want when rewarding our children, especially with multiple kids. When one does well in something, we feel it's unfair to praise and reward that one and not the other. This is unrealistic and misses an opportunity to enforce the point to our kids that success is dependent upon our own actions and good deeds. Be careful not to teach them a good grade is rewarded by a trip to the mall. If your relationship is based on material rewards, kids will experience neither intrinsic motivation nor unconditional love.

5. We don't share our past mistakes

Healthy teens are going to want to spread their wings and they'll need to try things on their own. We as adults must let them, but that doesn't mean we can't help them navigate these waters. Share with them the relevant mistakes you made when you were their age in a way that helps them learn to make good choices. (Avoid negative "lessons learned" having to do with smoking, alcohol, illegal drugs, etc.) Also, kids must prepare to encounter slip-ups and face the consequences of their decisions. Share how you felt when you faced a similar experience, what drove your actions, and the resulting lessons learned. Because we're not the only influence on our kids, we must be the best influence.

6. We mistake intelligence, giftedness and influence for maturity

Intelligence is often used as a measurement of a child's maturity, and as a result parents assume an intelligent child is ready for the world. That's not the case. Some professional athletes and Hollywood starlets, for example, possess unimaginable talent, but still get caught in a public scandal. Just because giftedness is present in one aspect of a child's life, don't assume it pervades all areas. There is no magic "age of responsibility" or a proven guide as to when a child should be given specific freedoms, but a good rule of thumb is to observe other children the same age as yours. If you notice that they are doing more themselves than your child does, you may be delaying your child's independence.

7. We don't practice what we preach

As parents, it is our responsibility to model the life we want our children to live. To help them lead a life of character and become dependable and accountable for their words and actions. As the leaders of our homes, we can start by only speaking honest words – white lies will surface and slowly erode character. Watch yourself in the little ethical choices that others might notice, because your kids will notice too. If you don't cut corners, for example, they will know it's not acceptable for them to either. Show your kids what it means to give selflessly and joyfully by volunteering for a service project or with a community group. Leave people and places better than you found them, and your kids will take note and do the same.

How can parents move away from these negative behaviours?

Tim suggests that we need to care enough to train them, not merely treat them to a good life and that we should coach them, more than coddle. Further ideas:

- * Talk over the issues you wish you would've known about adulthood.
- * Allow them to attempt things that stretch them and even let them fail.
- * Discuss future consequences if they fail to master certain disciplines.
- * Aid them in matching their strengths to real-world problems.
- * Furnish projects that require patience, so they learn to delay gratification.
- * Teach them that life is about choices and trade-offs; they can't do everything.
- * Initiate (or simulate) adult tasks like paying bills or making business deals.
- * Help them envision a fulfilling future, and then discuss the steps to get there.
- * Celebrate progress they make toward autonomy and responsibility.

Maggie Trevena
School Counsellor



The Transition to High School: Helping your child to build resilience and navigate change

Parent Information Evening

DATE: Wednesday 26 March 2014

TIME: 7pm (Doors open 6.30pm for
tea & coffee)

**LOCATION: : St Paul's Catholic College,
198 Old Prospect Road,
Greystanes**

Booking: prcparrarevents@hotmail.com

FREE ! Sponsored by Parents Representative Council
of Parramatta ALL WELCOME

www.prc.catholic.edu.au



*For parents and carers
with children in Year 6, 7
and 8 who are looking to
enhance their child's early
high school experience.*

Topics include:

- Working with
changing
relationships between
family, teachers and
peers.
- Helping parents
build strong,
resilient,
resourceful and
confident teens.
- Tools to assist teens
through difficult or
challenging times.

About the presenter ...

Melissa is a counsellor and occupational therapist who works in private practice in Northwestern Sydney. Melissa enjoys speaking to parent & student groups and is passionate about equipping parents with tools they can use with their children in a practical way. The Resilience Doughnut is an exciting and practical tool for parents to use to build strengths and resilience.



Find out more about Melissa at our website



Website: www.theresiliencedoughnut.com.au

The LDC's Term 1 seminar will be on Tuesday 8th April at Parramatta Leagues Club (10am-12pm).

Anxiety and Learning Difficulties: Strategies and Support

Presented by Maria Ivanka Milic - Clinical Psychologist

This seminar will be relevant for teachers, parents and health professionals.

You can register online www.ldc.org.au

Student News

Blue Mountains Boys Take Out 1st Place in the State Rowing Championships.

The NSW State Rowing Championships were held at the Sydney International Regatta Centre on 14th, 15th and 16th February with 1300 rowers traveling from all over NSW and Queensland to take their shot at the NSW titles.

Local teenagers Daniel Madden (Year 9 St Columba's Catholic College) and Joel Salter (Year 9 Wycliffe Christian School), hoped to make it to the finals of the State Championships, but were left exhausted and speechless after stroking their way to a personal best time in the Under 16 Men's Double Scull earning themselves a first place in the NSW State Rowing Championships. Daniel and Joel couldn't believe their final winning time of 3 min 28.62 seconds, beating the event's 2013, 2012 and 2011 winning time against crews from Tweed Heads, Kinross Wolaroi, Redlands and Cranbrook schools.

The boy's coach Ray Green from Katoomba received an OAM in 2009 for his 50 years of service to rowing. Ray donates his time to training the boys, and travels from Katoomba to Penrith 5 times per week to coach Daniel and Joel on the Nepean River working intensely with the boys to refine their technique in order to gain them the winning edge.

Rowing is a year round sport, so Daniel and Joel can be seen out training in the 40 degree heat of summer, the freezing cold mornings of winter, and the bucketing rain. They are now preparing to represent their schools in the NSW Schoolboys Head of the River Regatta in March.



Photo:

Left to right: Daniel Madden (St Columba's Catholic College) and Joel Salter (Wycliffe Christian School) after taking out first place in the NSW State Rowing Championships Under 16 Men's Double Scull

Cricket Champ

Ryan Hackney is in Year 9 at St Columba's Catholic College.

Ryan began playing cricket at Under 10s for Springwood in the Penrith Junior Cricket competition. The following year he was selected to represent the Penrith District and has done so since through the various age groups. In 2011 Ryan played in the Mackillop Catholic Primary School Team winning the State Championships. He was then selected for the NSW U12 Primary School Team where they won the National Championship undefeated in Victoria 2012. Ryan was the highest run scorer for NSW.

This year he trialled and was selected in the Penrith grade squad as a 14 year old. Ryan has managed to keep his place opening the batting in a team that is well on top in 5th grade Sydney Cricket Competition. He also played in the U16 Green Shield Sydney Competition representing Penrith.

Ryan is part of the St Columba's Catholic College U15 Berg Shield team who are currently in the top 4 teams in NSW. A semi-final is yet to be played.

Ryan now has been selected for the NSW U15 Combined High School Team playing in Canberra beginning 23rd of February.



Just Leadership Day

On Friday 28th February, a group of Year 11 students attended the annual Just Leadership Day hosted by Our Lady of Mercy College, Parramatta. This day is run by Caritas to inform students about the work of the organisation, current social justice issues and strategies to make a positive change within the community.

Guest speaker, Father Dennis (from the Philippines) informed us about the harsh reality of living in an area prone to typhoons. We got to see exactly how our donations help re-develop and rehouse those who are affected. Photos of happy, grateful families demonstrated how God's love is living through the response of organisations such as Caritas. As well as this, statistics on the distribution of global wealth and living injustices motivated us to put our motives into actions.

Finally, following an analysis of some basic Caritas principles such as dignity, common good, participation and solidarity, we then attempted to create an event that not only raised funds for Caritas, but also spread an awareness of some of the existing social justice issues. I know many groups are excited to put their plans into actions, so keep posted!

I really enjoyed my experience at the Just Leadership Day and firmly encourage other students to take up this priceless opportunity to meet with other schools in a collaborative effort to make a change (no matter how big or small).

Abbey Dodds (Year 11)



St Patrick's Cathedral Choir, Parramatta

Recruiting male and female singers in all voice parts. Develop vocal skills and learn more about the Catholic faith and liturgy. Scholarship payments available to singers aged 16-35 who demonstrate music leadership skills. To arrange an audition, contact the Director of Music, Bernard Kirkpatrick tel 0430 431 884. For further information, visit www.stpatscathedral.com.au

Preparing Music for the Easter Triduum

These workshops organised by the Office for Worship include ministerial chants for clergy (priests and deacons), cantors and choir, with particular focus on the new translations and chants for the Unveiling of the Cross (Good Friday) and the Exsultet (Easter Vigil). From 7.30pm-9pm on these dates:

13 March at St Patrick's Cathedral Hall, 1 Marist Plc, Parramatta.

RSVP 10 March

20 March at St Nicholas of Myra Parish, 326 High St, Penrith. **RSVP**

17 March

27 March at St Patrick's Parish, 51-55 Allawah St, Blacktown. **RSVP**

24 March

RSVP to the Office for Worship tel (02) 8838 3414,

liturgysupport@parra.catholic.org.au

Faith at the Fiddler: 13 March

A forum for young people aged 18-35 to gather together to discuss issues of faith and spirituality in the friendly and warm atmosphere of Sydney's most famous pub. Speaker: Dr Ryan Messmore, President of Campion College, Toongabbie. Topic: Theology of the Body – Answering the Deeper Questions; the Meaning of Sex and the Body. Time: 5pm-7pm. Venue: The Greenway Room at the Mean Fiddler, cnr Commercial & Windsor Rds, Rouse Hill. Details: Steven Buhagiar – Catholic Education, Parramatta, sbuhagiar@parra.catholic.edu.au

Connecting Peace, Ecology and Justice: 14-15 March

This Culture of Peace Formation Program is suitable for parish social justice groups, young adult groups, parish workers, educators and interested participants. An initiative of the Diocese of Parramatta's Social Justice Office, Institute for Mission and Columban Mission Institute. Cost \$80 includes meals and materials. Friday 14 March from 4-8pm and Saturday 15 March from 9am-4pm. Venue: Institute for Mission, 1-5 Marion St, Blacktown. For more information and registration contact Sr Louise McKeogh FMA, Social Justice Coordinator, Diocese of Parramatta tel (02) 8838 3429, LMckeogh@parra.catholic.org.au

Living Lent Daily Retreat Day: 15 March

The Sisters of the Holy Family of Nazareth offer retreat opportunities for single Catholic women aged 18-35 who are seeking to deepen their spiritual life. Join the Sisters for a Retreat Day of Lent reflections and prayers followed by a social gathering. Lunch and dinner provided. Where: 116 Quakers Rd, Marayong. Cost: free but registration is essential.

RSVP: 11 March to Sr Margaret tel (02) 9626 9200, 0420 754 727, margaretsfn@gmail.com Visit www.csfn.org.au

Blackheath Reflection Morning: 15 March

A joint venture of Aquinas Academy and Catalyst for Renewal. This month, 'An Imaginary Conversation between St Therese of Lisieux and Friedrich Nietzsche' with Dominic Arcamone. Come and enjoy the reflection, silence and solitude in peaceful surrounds. From 10am-1pm. Entry by donation, morning tea provided. Sacred Heart Parish Hall, cnr Sturt and Wentworth Sts, Blackheath. Details: Carmen Vanny tel (02) 4787 8706.

DISCOVER Weekend: 21-23 March

Young women aged 18-35 years are invited to DISCOVER – a self-knowledge weekend on identity, personality, dignity, womanhood, personal ideal, vocation and mission. Mount Schoenstatt Retreat Centre. Registration essential. For further information or to register contact Sister M Julie Bracar: juliebracar@gmail.com

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

St Finbar's Young adult group

You are invited to the first young adult group to be held in the St Finbar's Parish Meeting room at 6pm this coming Sunday 9th March. This first gathering will be a chance to get together and hear suggestions on what the young adult group will look like - get opinions on a mix of social and discussion evenings. I was thinking of getting a few pizzas to share as we discuss so let me know if you'll be coming. I've already had a couple of people interested (not currently involved in any other youth activities).

If you recall from last year it will run on the 2nd and 4th Sundays of the month. Please share this with all your young adult friends.

Regards,

Natalie Darby. Contact: 0418 604 184

Community News

 **SPRINGWOOD WINMALEE BUSHFIRE QUILT APPEAL**

PUBLIC OPEN DAY

See the quilts before they go to their new homes!

One day only: Friday 21st March 2014

10:00am – 7:00pm Free entry! Food and drink for sale

For info and to RSVP, go to <http://bushfirequiltappeal.blogspot.com.au> and click on the Public Open Day tab, or go the Springwood Winmalee Bushfire Quilt Appeal page on Facebook, or call Tracey Greenaway on (02) 4754 4757.

AT SPRINGWOOD SALVATION ARMY
15-23 FRANCIS RD, FAULCONBRIDGE

 **SPRINGWOOD WINMALEE BUSHFIRE QUILT APPEAL**

DISTRIBUTION DAY

Strictly private event for those who have lost their homes

Everyone can choose their own favourite handmade quilt.

Over 700 quilts to choose from. Plus a knitted or crochet blanket per household. Sewing kits, cushions, and wallhangings are also available.

Saturday 22nd March 2014

10:00am – 3:00pm Food and drinks available

At Springwood Salvation Army, 15-23 Francis Road, Faulconbridge

For info and to register, go to <http://bushfirequiltappeal.blogspot.com.au> and click on the Distribution Day tab, or call Tracey Greenaway on (02) 4754 4757.

 **Springwood Neighbourhood Centre**
Co-operative Renewal Project

Striving for a community that is vibrant, caring and inclusive



Blue Mountains TAFE Outreach in partnership with
Community Renewal Project - Springwood Neighbourhood Centre
Course 10696 in Vocational & Community Engagement
A FREE COURSE for Australian citizens, permanent residents and some visa holders, not already enrolled in another free TAFE course



Carpooling Opportunities for Displaced Families

If you have been displaced from the Springwood, Winmalee or Yellow Rock communities due to bushfires and are travelling back and forth with children to school, day-care, work or other activities, we appreciate that you maybe facing increased demands on your time and finances.



If you would be interested in car pooling or other transport options, please call us on 4751 3033 or email Liz at: ccdc@sncc.org.au. We are committed to working flexibly with families.

59 Springwood Avenue, Springwood

Ph: 4751 3033 Web: sncc.org.au

facebook: [facebook.com/springwoodneighbourhoodcentre](https://www.facebook.com/springwoodneighbourhoodcentre)

Building readiness and resilience: Using technology to help prepare for and cope with bushfire and other emergencies

This short course will help volunteers, workers and residents become familiar with technology to help with bushfire or other emergencies. This will include:

- Websites and mobile apps for services such as Rural Fire Service, BM City Council, Police
- Information to help develop a survival plan
- Using social media to stay informed in emergencies
- Sources of information to help with recovery & rebuilding, eg Insurance Council, Dept of Fair Trading, Red Cross



Classes will be held :

Springwood Court, 133 Macquarie Rd Springwood
(thanks to Springwood Uniting Church for the venue)

Tuesdays 2– 4 pm From 4th March to 8th April

To register or for more information:

Phone Springwood Neighbourhood Centre on 4751 3033

If you need help with transport to the class venue, please mention this when registering.

WSL

Springwood United Soccer

Wanted: U16 girls who want to play soccer for Springwood United.

Please contact Rebecca Hulbert at registrar@springwoodunited.com.au or 0409 399 675.

UNIVERSITY OF WESTERN SYDNEY
SCHOOL OF COMPUTING, ENGINEERING AND MATHEMATICS
PENRITH OBSERVATORY

FAMILY ASTRONOMY NIGHT

Saturday, 8 March (8pm – 10pm)

Science from the World's Biggest Telescope: The Square Kilometre Array

Dr Nick Seymour from CSIRO Astronomy and Space Science will discuss Australia's SKA Pathfinder, currently under construction in WA, and his work with it. He will further discuss the science to be done with the SKA in Australia and South Africa. The night will also include a 3D astronomy movie that will run for 15-20 minutes, a tour of the dome area and stargazing through various computerised telescopes. Our program will run regardless of the weather.

Cost: \$15 adult, \$10 child/concession and \$40 family.

Bookings are essential: Book and pay online: www.uws.edu.au/observatory, What's On

Enquiries: Phone (02)4736 0135 or email r.mccourt@uws.edu.au

