Term 2 Issue 8     3 June 2016

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From the Principal…
Dear Parents, Staff, Students and Friends of the Bethlehem Community,

National Reconciliation Week May 27–June 3

Each year National Reconciliation Week (NRW) May 27–June 3 celebrates and builds on the respectful relationships shared by Aboriginal and Torres Strait Islander people and other Australians.

The dates that bookend the week are significant milestones in the reconciliation journey:

May 27—Marks the anniversary of Australia’s most successful referendum and a defining event in our nation’s history. The 1967 referendum saw over 90 per cent of Australians vote to give the Commonwealth the power to make laws for Aboriginal and Torres Strait Islander peoples and recognise them in the national census.

3 June—Commemorates the High Court of Australia’s landmark Mabo decision in 1992, which legally recognised that Aboriginal and Torres Strait Islander peoples have a special relationship to the land—a relationship that existed prior to colonisation and still exists today. This recognition paved the way for land rights or Native Title.

The theme for NRW 2016 is Our History, Our Story, Our Future.

Our History, Our Story, Our Future is derived from the State of Reconciliation in Australia report, which asks all Australians to reflect on our national identity, and the place of Aboriginal and Torres Strait Islander histories, cultures and rights in our nation’s story.

‘Our History’ reminds us all that historical acceptance is essential to our reconciliation journey. Historical acceptance will exist when all Australians understand and accept the fact that past laws, practices and policies deeply affected the lives of Aboriginal and Torres Strait Islander peoples, often having devastating immediate impacts and causing much of the disadvantage that exists today. It is also a commitment to ensuring these wrongs are never repeated in the future.

‘Our Story’ reflects the fact that the journey towards reconciliation forms a significant part of Australia’s story, as do the stories of both trauma and triumph told by Aboriginal and Torres Strait Islander peoples. It also encourages each and every one of us to make reconciliation part of our own story.

‘Our Future’ reinforces that reconciliation must live in the hearts, minds and actions of all Australians as we move forward, in the knowledge that we believe in fairness for everyone, that our diversity makes us richer, and that together, we are stronger.


As an initiative of the Council for Aboriginal Reconciliation (now Reconciliation Australia) and communities of faith across the country, the Week of Prayer for Reconciliation was established in 1993 and continues to receive strong support from faith communities. The week-long event has been celebrated nationally across the general community since 1996 when it evolved into NRW.

Source: www.reconciliation.org.au/nrw/

The College celebrated National Reconciliation Week through a few community events including:

• A group of Indigenous students performed a traditional dance at the Indigenous Veterans service at Hyde Park on Friday May 27.
• The REC Ms Moodey organized an Indigenous Incursion for Years 7-10 students.
• A visit to the Aboriginal and Torres Strait Islander experience at Sydney University by Indigenous students in Years 8 and 9.
• Our Indigenous students and their families joined other families from the Ashfield Educational precinct for a breakfast and a special mass at St Vincent’s Parish on Thursday morning. Thanks to St Vincent’s Primary School for hosting the event.

Reflection for the week… inspired by National Reconciliation Week.
Aboriginal Our Father:
You are Our Father, you live in heaven
We talk to you, Father you are good (repeat)

We believe your Word Father
We your children, give us bread today (repeat)
We have done wrong, we are sorry
Help us Father not to sin again (repeat)

Others have done wrong to us
And we are sorry for them, Father today (repeat)

Stop us from doing wrong, Father
Save us all from the evil one (repeat)

You are Our Father, you live in heaven
We talk to you, Father you are good (repeat)
(The Lord’s Prayer from the “Missa Kimberley”)

Mary Help of Christians Mass
Last Tuesday, May 24, a group of students from Years 9-11 and I travelled to St Mary's Cathedral for the Mass of the Solemnity of Our Lady Help of Christians, the Patron Saint of the Catholic Church of Australia.

This is an annual event, where on alternate years, student representatives from all the Primary or Secondary schools in the Sydney Archdiocese gather to honour and pray to Mary, our Mother as a constant source of inspiration and help.

This year was the turn of Secondary schools and they were part of a beautiful liturgy celebrated by Bishop Terry Brady. The music was provided by CaSPA with two Bethlehem girls: Louise O’Connell and Jessica Tannous performing as part of that vocal ensemble and students from a number of schools took on a variety of roles including Victoria Isaac (Year 11) who read some of the Universal prayers.

Have you forgotten to enrol your Year 6 daughter for Year 7 2017?
Last week saw the completion of the second round of enrolment interviews for Year 7 2017 and the enrolment figures for 2017 are looking very strong. Past enrolment data tells us that it is the siblings of current students at the college who are often tardy with the submission of their enrolment applications. Perhaps it is just because the parents have assumed that we know their other children will attend the college and have waited until the last possible moment to enroll or that they have simply forgotten. Whatever the reason, I would like to offer one last opportunity for you to enroll your daughter before we make final offers to families on our waiting list. We would hate for your daughter to miss out on the wonderful opportunities enjoyed by her older siblings.

The enrolment interviews are always enjoyable experiences as we talk to the Year 6 students and their parents about why they have chosen Bethlehem College for their daughter’s high school education. Many current parents talk about the positive experience for older siblings, the warm welcome they received as visitors to the College from students and teachers at the Feeder Primary School visits or Open Day, but others spoke about the value of recommendations from current families. I would like to thank you for the role you play in not only supporting the learning, spiritual and co-curricular programs on offer at the College but also spreading the good news to other families about the wonderful opportunities for spiritual, academic, pastoral and personal growth that are available to all of our students.

I would like to thank a number of staff at the College who assisted me as part of the team of interviewers: Ms McGovern, Mrs Kells, Ms Noun, Ms Elaro, Mrs Toomey, Mrs Parker, Mr Huang, Mr True and Mrs Apergis, the Enrolment Officer for her excellent organization of this very detailed process.

Parent/Student Teacher Meetings
Last week the College hosted the first of its Parent/Student/Teacher interviews for Stage 6. This year, to assist parents and students to be better prepared for the interviews, the College published the Stage 6 reports to the parent portal. The parents who attended the interviews found this new step in the process to be very helpful because they had time to process the large amount of data they were presented with and to prepare questions for the teachers.

I was, however, very disappointed with the large number of Year 12 students and parents who chose not to attend the Parent/Student Teacher interview for their daughter to collect the official report, receive feedback and advice to support their daughters through these last few crucial months in the lead-up to the HSC examinations. There is still one final opportunity for these parents to make appointments to see their daughter’s teachers at the Years 7-10 Parent Student Teacher Interviews on Monday June 27.

By now, parents of students in Years 7-10 should have received an email and a hard copy letter inviting them to go online to make appointments for the Parent/Student/Teacher day on Monday, June 27. Should you have any problems logging into the Parent Portal, please contact Mrs Leanne Moody in the front office and she will assist you.

Semester 1 Years 7-10 reports will be published to the Parent Portal a few days before the Parent/Student/Teacher day on Monday, June 27 so I would urge all parents to print off the reports, analyse the data and jot down some questions for your daughter’s teachers.

Please do not think that you do not need to attend the interviews because you have a copy of your daughter’s report. It is essential that you attend the interviews with your daughter to collect her official report – these reports will not be posted home. The reports do not have written comments so it is crucial that you speak to each of her teachers to receive verbal feedback on her progress.

How Parents Can Help Students In The Senior Years Of School
Following on from the Stage 6 Parent/student teacher meetings last week, I found an excellent article by psychologist Andrew Fuller which I thought parents of senior students might be interested in.

When you have a student completing the senior years of school, everyone in the family is doing Year 11 or 12. Here are a few ideas for coming through these years flourishing, and having everyone’s dignity intact.

Parents have a vital role in helping students:
Manage time
Manage energy
Manage stress

Manage to get everything in at the right time and in the right place.
In addition to this you have to manage yourself.
Developing the System

Regular planned times for study throughout the year creates better results. Short regular sprints of learning are more effective than long study marathons. To create this you need to work out a system.

- Sit down with your daughter and map out an ideal week including:
  - Times for sleeping (at least 8 hours a night)
  - Times for unwinding and relaxing
  - Best breakfast foods
  - The best times for study
  - The best time of the week for consolidating notes and extending memory
  - Time to catch up with friends
  - Required school hours
  - Time for part time work (less than 10 hours a week)

**How to handle invitations around exam times.**

Without a plan, you are simply left with doing what you like when you feel like it and often feeling like studying is not probably the most likely emotion in teenagers’ lives.

Study sprints should be ideally 20 minutes long and never longer than 50 minutes with a ten-minute break between study sessions. Usually on the weekend, have some time set aside for organising information and testing memory of new information.

Patiently, talk through the system until you all feel that you have the best plan. Ask them how often you should remind them of the system when they don’t seem to be following it.

You may also need to discuss minimizing distractions - excessive social media use, listening to music while studying, multitasking or chatting with friends online is not compatible with studying. Multi-tasking is just splitting your attention and means you’ll need to study four times longer than you need to.

As a parent of a senior school student, keep yourself informed. Come to information sessions and parent-teacher meetings yourself. Stressed students don’t always store detailed information well so take notes of key dates and requirements.

**Steering students back to the system**

It is hard to get through Year 11 or 12 without some meltdowns. When a melt down occurs rather than starting a long conversation about it or providing a motivational pep talk, think about what your student needs - Food? Rest? Exercise? Some social time? Try to quietly arrange for this to occur.

**How to deal with the catastrophic thinking**

Pacifying or reassuring the unsettled senior school student is a fine art. Acknowledge to yourself in advance that anything you are likely to say is probably going to be heard as the “wrong thing”.

Generally what you do is more important than what you say. Providing meals, comfort and for some, reassuring hugs is often more powerful than words.

Some teens “freeze up with fear” and want to avoid schoolwork completely. Try to avoid getting into lengthy debates about the merits of the current educational system or their own intellectual ability. Instead, go back to basics. Feed them. Hydrate them. Rest them. Then gently bring them back to the topic. Ask them to tell you what they do understand about an issue. They will initially with, “I know nothing” say, “Well, tell me what you think you know”. Slowly rebuild confidence.

**What to do when the system breaks down.**

When you are planning the system develop a rule of “never miss twice”. We know there are days when even the most well thought through system falls into tatters. Accept this but also plan never to miss twice. For example, I can take a complete break from my study routine for one day but not for two days in a row.

Around August is the most common time for students to become disheartened and lose motivation, however, the work done in August and September probably adds more to the final results than any other stage of the year. The reason is that by this time most of the basics have been covered and we are now able to add the higher order thinking and deeper understanding.

If taking on new information seems too much at this time, go through the process with them of checking their notes, testing memory and parent teacher meetings your self. It is hard to get through Year 11 or 12 without some meltdowns. When a melt down occurs rather than starting a long conversation about it or providing a motivational pep talk, think about what your student needs - Food? Rest? Exercise? Some social time? Try to quietly arrange for this to occur.

**What if my teenager won’t listen to me?**

Have a confidential chat with one of their key teachers so that they can have a conversation with your student directly about their progress and study strategies.

**How to deal with the build up to exams.**

Here is the time to trust the system. Keep things as calm and consistent as you possibly can. Ensure that your student has enough sleep, good food, exercise and social time.

Consider ceasing part time work in the lead up to exams. Also discuss not using or at least lessening the use of social media sites.

If your family has major birthdays during this period it may be worth delaying celebrations until after the exam period.

**It is not the end of the world.**

Your student’s Year 12 result is not their future. There are many other more important determinants of success and happiness in life. Many people who did not get the Year 12 results they wanted find careers where they thrive.

Above all, remain calm and believe in your student. Adding an anxious parent to a panicking teenager is always a recipe for disaster.

– Andrew Fuller

Andrew’s most recent book is “Unlocking Your Child’s Genius” (Finch Publishing, 2015).

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Mrs Paula Bounds
Principal

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**Changing the Conversation about Asylum Seekers**

“Changing the Conversation about Asylum Seekers” campaign is a program of “table talks” events inside church and civil society organisations, which provide an opportunity for asylum seekers to share their personal stories and for members of the parish and school communities to explore their questions and concerns about asylum seeker policy in a safe, respectful space. **An invitation is extended to attend one of these table talks** on either Wednesday 22nd June from 5pm-7pm or Thursday 23rd June from 7pm-9pm. The venue will be in the parish hall. Please contact Fr. Alan on 97982501 or alan@vinash.org.au if you would like to attend. Please RSVP by Friday 17th June.
BCA's Breakfast Club

Where: E5

When: Tuesday & Thursday

Time 8.00 - 8.20

Make sure you eat the most important meal of the day!

Supported By:
Staff at BCA
BCA Alumni
Wing Chong & Co
Sisters of Charity

IT'S FREE OF CHARGE

Start with VEGEMITE

PEANUT BUTTER
All former students and staff are warmly invited to attend the

Bethlehem College Annual Reunion
Sunday, June 19, 2016.

The day will commence with Mass at 10am in St Vincent's Church. Tea and Coffee will be provided in the College Hall from 11.30am prior to the light luncheon. There will also be an optional tour of the College conducted by current students of the College.

While we appreciate that many classes have their own get togethers throughout the year, we would encourage you to also attend the reunion at the school. Who knows what long lost school-friend might come out of the woodwork?

Of particular interest and celebration are the special anniversary years. Diamond (1956) and Silver (1992) Jubilees are the extra special ones this year. Due to the introduction of the Wyndham Scheme and the extra year of school with the Higher School Certificate, there is no Golden Jubilee (1966) this year.

Please take the time to make contact with classmates and encourage them to come along. No matter what your year of leaving school we look forward to seeing you at the reunion.

This invitation and application forms for joining the Association are also on the College website under What's Happening then go to Ex-Students.

www.bethlehemcollege.nsw.edu.au

RSVP: Friday, June 10th, 2016.

RSVP can be either via email to: bethlehemexstudents@gmail.com

OR mail to: Bethlehem College Ex-Students Association, c/o 83 Killeaton Street, St Ives, NSW 2075.

Payment can be made by direct deposit to: Bethlehem College Ex-Students Association.

OR Payment can be made by cheque payable to: Bethlehem College Ex-Students Association, c/o 83 Killeaton Street, St Ives, NSW 2075.

Name: ___________________________ (née) ___________________________
Address: __________________________________________________________
Phone: ___________________ Email: __________________________

Lunch and Membership $35 ☐ Membership Only $10 ☐

For further information, please contact:
bethlehemexstudents@gmail.com or 0409 986 740 or 0414 841 395.
From the Acting Assistant Principal…

Dear Parents, Students and friends of the Bethlehem Community,

Brad Marshall Resources
The College recently had psychologist Brad Marshall speak to parents about some of the behaviours around internet usage. Brad has kindly shared some of his tips for parents and these can now be found on the College website. Please click on the following link http://www.bethlehemcollege.nsw.edu.au/pdf/2016/IA%20Pres%20Tips%202016.pdf.

De La Salle Ashfield Careers Expo
De La Salle Ashfield has organised a Careers Expo which is being held in the College Hall on Wednesday 8th June between 4 and 6pm. This event is open to Year 9 - 12 students and their parents to attend. Please see the flyer found in this newsletter.

Term 3 Parent event
On the 24th August, the Police will be presenting information via the ThinkUKnow program to parents about how to keep your child safe online. Below is an excerpt from their website about the programme:

ThinkUKnow Australia is a cyber safety education program that educates parents, carers and teachers of how people are using technology, the challenges they may face online, and how to help them overcome these in a safe and ethical way.

ThinkUKnow Australia is a partnership between the Australian Federal Police, Microsoft Australia, Datacom and the Commonwealth Bank. The program is delivered in collaboration with policing partners New South Wales Police Force, Northern Territory Police, Queensland Police, South Australia Police, Tasmania Police, Western Australia Police, as well as Neighbourhood Watch Australasia.

The presentation will be delivered by a local law enforcement member and an industry volunteer. The presentation covers issues relating to children and young peoples’ privacy and security online, their relationships with other users and their online reputation. It provides insight into the devices young people are using, as well as the popular websites, apps and social networking sites they’re accessing.

More information will be sent home in the coming weeks, but please “Save the date” now!

Below is one of their handy hints:

Keeping your private information PRIVATE

We are in a time when internet and specifically social media users often share almost every aspect of their day to day life online. This can include photos of their pets, homes, loved ones and even what they ate for breakfast. Nothing is sacred! People often forget about the information that is shared via photographs. If someone wanted to hack your email, social media pages, or even your bank accounts, they will usually begin by gathering publically information from your online profiles.

Take for example, your online banking password is your dog’s name. But you’ve posted several photos of ‘Scruffy’ at the park this week. Thought you might try and mix it up to make it harder and your house number to the end ‘Scruffy79’? Easy! You posted photos of you and your beloved Scruffy standing outside your house last week also. It’s not hard for these people to gather pieces of information together.

Changing passwords – this should be done at least twice a year. Create strong passwords (at least eight characters, a mixture of upper and lower case letters, numbers and symbols) and passphrases for all accounts, and avoid using the same password for more than one account to better ensure your online privacy.

Ann McGovern
Acting Assistant Principal

Important Dates Terms 2 & 3, 2016

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<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>6 June</td>
<td>STAFF DEVELOPMENT DAY (students do not attend)</td>
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<tr>
<td>7 June</td>
<td>Yr 10 (Yr11 2017) Information Evening at BCA 6-7pm</td>
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<td>7 June</td>
<td>CaSPA Regional Goodjarga Workshop at BCA</td>
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<td>6 June</td>
<td>BC &amp; DLS Careers Expo. 4-6pm DLS College Hall</td>
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<td>9 June</td>
<td>Yr12 Mass 8.45am St.Vincent’s Church</td>
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<td>10 June</td>
<td>Yr12 Modern History excursion to Sydney Uni.</td>
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<td>13 June</td>
<td>QUEEN’S BIRTHDAY HOLIDAY</td>
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<td>14 June</td>
<td>BCA Athletics Carnival at Competition Arena, Olympic Park, Homebush</td>
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<td>16 June</td>
<td>Yr7 Mass 8.45am St.Vincent’s Church</td>
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<td>17 June</td>
<td>DLS Yr12 Economics Excursion</td>
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<td>17 June</td>
<td>CSDA Debating—Elimination 2</td>
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<td>17 June</td>
<td>8.45am—Change 2 Whole Staff Mtg.</td>
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<td>19 June</td>
<td>Ex-Students &amp; Staff Annual Reunion (see Page 4)</td>
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<td>27 June</td>
<td>Yrs 7-10 P/S/T Report interviews 10am-7pm (no scheduled classes)</td>
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<td>—students/parents/carers attend at interview times only</td>
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Reminder: LATE START FRIDAY 17TH JUNE

Excerpt from letter regarding Staff Development Day

Monday 6 June and Friday 17 June late start:

“The staff will be engaged in a Change 2 process meeting. Students are not required to attend school until 9.45am this day. Periods 1 to 5 will all run, but there will be changes to the timing of lessons throughout the day. Limited supervision will be available for parents who are unable to provide supervision in the morning. Please contact the College should you need to take advantage of this supervision.”
From the Religious Education Coordinator…

NATIONAL RECONCILIATION WEEK 2016

Years 7 & 8 Indigenous Immersion
Our Reconciliation Week began with an Indigenous Immersion for our Years 7 & 8 students on Monday the 30th May. Fred Reid and his son Todd from the Daingatjie tribe of North Western NSW led our students through Dreamtime stories and cultural dances. Fred spoke about the ongoing impact from Aboriginal people being separated from their Country and their Families and reflected on parts of his own personal story. His mission now, is to bring about a better understanding of Aboriginal people and their culture to the younger generation all around Australia.

Reconciliation Week Family Mass and breakfast
On Thursday 2nd of the June our College is combined with De La Salle and St Vincent's Primary School to celebrate Reconciliation week with our Aboriginal and Torres Strait Islander families. The morning began with a delicious breakfast followed by a lovely Eucharistic celebration.

Years 9 & 10 Indigenous Immersion
Our Reconciliation Week ended with an Indigenous Immersion for our Year 9 & 10 students on Friday the 3rd of June. Tjupurr shared his inspiring personal journey, the history of his culture and the Djabera Djabera Tribe and the expressions of Aboriginal art and music with our students. He is a descendant of the Djabera Djabera Tribe of Western Australia Kimberley region and is a very skilled and gifted musician who has toured extensively throughout Australia and across the World at very prestigious festivals.

Year 12 Retreat
On Wednesday 1st June to Friday 3rd June our Year 12 students ventured out to Stanwell Tops Conference Centre for their retreat. These three days were filled with fun, laughter, reflection and prayer. The theme of our retreat was “compassion” which was based on the Year 12 SRC theme for 2016 of “Let Compassion be our Light; As through Diversity we Unite” and all students really embraced the meaning behind these powerful words. At this time of the year the retreat is an invaluable experience for our students to step back for a moment and reflect on all their achievements as young women of Bethlehem College. It is a time to look towards the future and all the great things they wish to achieve. I would like to especially thank Mr Gwyer, Ms Pasion, Mrs Fernandes, Mrs Mann and Ms Nehme for all their hard work in organising the retreat and the amount of energy, enthusiasm and guidance they displayed during our time away. I must also say, our Year 12 students embodied the meaning of a retreat and participated in each session with great focus and enthusiasm. I felt very honoured to have journeyed with them for the three days and also feel privileged to have been a part of their journey. Photos from our time away will be in the next College Newsletter.

Bethlehem Day—1 July 2016
On Friday the 1st July our College will celebrate ‘Bethlehem Day’. This is a time when we reflect on the great work of the Sisters of Charity. Without the foresight and passion of Mother Mary Aikenhead and the many amazing and dedicated women who took up the calling to follow a vocation as a Sister of Charity our College would never have eventuated and hence we would not be here today. In the tradition of our College we will celebrate ‘Bethlehem Day’ on the last day of Term 2. The day will begin with a Eucharistic Celebration in the College hall, highlighting the admirable works of service the Sisters of Charity began many years ago. After the Eucharistic celebration we will hold numerous fundraising activities to support the works of the Mary Aikenhead Ministries.

If you would like to join us for this celebration please contact the College office, the mass will commence at 9:30am. We are also extremely privileged to have a number of Sisters of Charity joining us for this celebration.
Has your daughter received all her Sacraments?
This year, in conjunction with St Vincent’s Parish and De La Salle College, Ashfield we are offering students the opportunity to receive the Sacraments of Initiation as many students have missed the opportunity to receive these sacraments in Primary School. If your daughter has not been baptised, confirmed or received first Holy Communion in the Roman Catholic Church and you would her to, please contact the College Religious Education Coordinator, Ms Moodey. The course will be starting in Term 3.

In faith,
Liz Moodey
Religious Education Coordinator

Can the Sisters of Charity Help?
As I move into semi-retirement I still remain a Sister of Charity and my love for the students and families of Bethlehem is just as strong. The Sisters of Charity Outreach has many services, counselling and financial assistance, just to name two. The only families we can’t help are those who don’t tell us of their needs. You are not alone. After 55 years as a Sister of Charity I have heard it all many times.

If I could help you please just write me a short note, include your phone number, put it in a sealed envelope and hand it to the College Office and I will ring you. I promise you complete confidentiality. I work Tuesday and Wednesday mornings.

May God bless you and your family.

(Sr) Aileen Thomas
From the Curriculum Coordinator...

Parent/Student/Teacher Interviews
Thank you to all the parents who joined us on Wednesday 28th May for Year 11 and Year 12 interviews. It is important to meet at this time of year to affirm the girls for their wonderful work, discuss their progress and set goals for improvement. Year 11 students are now half way through their Preliminary HSC course, and Year 12 students are beginning their preparation for the fast-approaching Trial Examinations. We hope the interviews were helpful, and appreciate the thoughtful and mature manner in which the girls responded to this opportunity. We look forward to meeting with Year 7 – 10 parents on Monday 27th June.

Year 11 2017
A reminder that an information evening for current Year 10 students will be held on Tuesday 7th June at 6:00pm. This is a compulsory meeting for all students continuing into Year 11 at Bethlehem and important information about the HSC and the subject selection process will be distributed. Students will attend subject talks on Wednesday 8th June before making their initial subject choices. Subject lines will then be generated and we will meet with all students and parents for an interview to finalise subject choices on 1st August.

Staff Development Day
On Monday 7th June, teachers will be engaged in professional development, further exploring a growth mindset and high expectations. We will also be ‘putting faces on data’ with a Year 8 focus, using NAPLAN and Allwell test results to assess literacy and numeracy skills and determining strategies to assist individual students reach their potential.

ASSESSMENTS DUE DURING WEEKS 7, 8 and 9
The following assessments are due during the next 3 weeks:

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<th>YEAR 12</th>
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<td>WEEK 7</td>
<td>8th June - Music</td>
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<td>7th June - MAT/MAG Part A</td>
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<td>8th June - PDHPE, EEC</td>
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<td>9th June - MAT/MAG Part B</td>
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<td>10th June - Legal Studies, Bus Stud</td>
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<td>WEEK 8</td>
<td>15th June - Cath Stud/SOR</td>
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<td>16th June - Modern History</td>
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<td>17th June - Physics, Vis Arts</td>
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<td>15th June - SLR, Eng Ext, Music</td>
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<td>16th June - Economics, Geography</td>
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<td>17th June - Food Technology</td>
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<td>WEEK 9</td>
<td>20th June -Chem, Maths/Gen Part A</td>
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<td>21st June - Maths/Gen Part B</td>
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<td>22nd June - Eng Ext 1</td>
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<td>23rd June - Maths Ext 2, SLR</td>
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<td>24th June - Eng Adv/Sta, Bus Stud</td>
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<td>22nd June - Fundamentals, Japanese</td>
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<td>23rd June - Maths Ext</td>
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<td>24th June - Physics, Dance</td>
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<td>WEEK 8</td>
<td>15th June - IST</td>
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<td>17th June - English</td>
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<td>15th June - Dance, IST, Religion</td>
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<td>16th June - Drama, PASS</td>
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Mrs Janet Mann
Curriculum Coordinator

BRAIN TEASERS Problem 50
How many words of 4 letters or more can you make using the letters: MATHEMATICS?

No plurals, foreign words or proper nouns may be used and letters may only be repeated in a word if they are repeated in MATHEMATICS.

Students are invited to solve this problem, and deposit the answer, marked clearly with name and homeroom, in the box in the General Office by Wednesday 15th June at 9am. The first correct entry drawn will receive a canteen voucher.
Body image and self esteem

We all know as parents that the pressure coming from indirect sources about our body image is extreme. The internet, television, magazines and music all seem to highlight the need for the perfect body in order to be successful in life and love.

When you add a parent to this mix who comments on their child’s weight, a person who is supposed to love them unconditionally, this is often the time that may break the camel’s back. This can have one of two impacts. It can make a child decide not to eat or it can make a child eat even more.

If you believe there is a weight issue with your child then these steps often help to keep things in perspective:

- Model healthy eating.
- Model exercise.
- Keep healthy food in the cupboards and clear out all the unhealthy stuff.
- Compliment your daughter daily.
- DO NOT complain about your own weight in terms of being “fat”. Try to talk about wanting to be healthier.
- DO NOT make food an issue but rather indirectly change things.
- Praise your daughter for making healthy choices rather than admonish her for eating food you believe she should not be eating.
- Resist the temptation to criticise and remember that teenagers are in transition and need to feel good at any age.
- Remember that self esteem is linked to body image and the two cannot be separated. Weight cannot be dealt with in isolation and by commenting negatively on your child’s weight, you are having a negative impact on her self esteem.

If you think your daughter has a serious issue with food then refer to the experts. It is a complicated illness, but an illness it is. It is not something we can be “snapped out of” and it can be a long term struggle that needs to be nipped in the bud.

If you need advice or support please contact “The butterfly foundation”. The website has good information and can offer treatment options.

Karen Rushbrooke
School Counsellor
This year’s Red Shield Appeal was a very impressive one for Bethlehem College. Not only did we have a record number of 84 volunteers but one group in Year 12 raised just over $600.00. The Salvos said that last year only $150.00 was raised in that same zone.

This exemplifies the good will of our students. They are always politely surprised if people are rude and delighted when they are generous. Both responses demonstrate their commitment to being generous-hearted women.

Thank you to all the parents/carers who dropped the girls to Wests Ashfield on a chilly Sunday morning. A very special and heartfelt thank you to all the girls who attended. You make getting up early on a Sunday morning fun!

Ruth Casey,
Youth Ministry Coordinator

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<tr>
<th>Isabella Siaflas</th>
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<td>Emily Tiberio</td>
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<td>Veronica Harrison</td>
<td>Andrea Generoso</td>
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On 6 May, (L-R) Aleyah Joseph, Taalyah Munmurrie and Shakaya Lintmeijer attended CaSPA's Year 8 Growing into Leadership Program for Indigenous students at Southern Cross Catholic Vocational College in Burwood.

The girls participated in a range of workshops which gave them valuable information on wellbeing, vocational education and study and organisational skills. They met Aunty Sandra Lee and Uncle John Kinsela who spoke about their extraordinary lives and imparted wisdom about what it means to be a leader. The students were addressed by a panel of older student ambassadors who shared their experiences of navigating senior school and the strategies and support networks they have utilised to succeed.

It was a wonderful experience for our students to engage with peers and find out different career paths.

At the conclusion of the day, Michael Krawec, Regional Director for the Inner West Region of Sydney Catholic Schools, presented the girls with a certificate acknowledging their enthusiastic participation in the leadership program.

On 27th May, four Bethlehem students travelled to Hyde Park to perform with the newly formed CaSPA Goodjarga Ensemble to pay respects to the men and women who represented our country at the Indigenous Veterans ANZAC Commemoration Ceremony.

(L-R) Tarni Taylor, Caitlyn McPhillips, Allira Johnson and Jayde Townsend have been involved in rehearsals to prepare for the special event and represented their culture and ancestors with pride in a performance celebrating dance, song and storytelling.

Caroline Haid Messer
Teacher in Charge Literacy
Year 9 Boot Camp
By Justine Hobeiche and Ashley Oprea

“Every champion was once a contender that refused to give up” - Rocky Balboa.
Boot Camp. The afternoon sport that takes your physical fitness to the next level. The girls began their lesson with intense warm up exercises composing of star jumps, mountain climbers and high knees. Dynamic stretches followed at each interval, consisting of leg swings, shoulder and torso rotations. The girls worked diligently to complete each exercise. The second half of the lesson commenced with boxing drills where continuous physical endurance was required. The drills comprised of uppercuts, stances, jabs and cross punches with the additional bonus of using speed balls and hooks. This equipment helps improve cardiovascular activity, core, upper body and arms. Way to go girls!

Este Fideles

Photography by, Justine Hobeiche
Years 9 &10 Additional Subject Selection...

On Wednesday 25 May Years 9 and 10 listened to subject presentations by students who currently study external courses (eVET courses at Southern Cross Vocational College, Burwood). Years 9 and 10 will be attending an optional excursion that has been organised to assist students with subject selection for 2017.

On Monday 30 May Ms Elaro and Ms Stewart escorted interested students to observe subjects in action on an afternoon visit to Southern Cross Catholic Vocational College, Burwood. The College has state of the art, industry-standard facilities in which students may choose to study one course from the selection offered one session per week (usually in the afternoon).

Subjects offered include: Health Services Assistance, Information, Digital Media and Technology, Tourism, Travel and Events, Early Childhood Education and Care, Beauty Therapy, Music Industry, Automotive Vehicle Servicing and Construction Pathways.

Article and photography by, Justine Hobeiche
De La Salle College Ashfield & Bethlehem College Present

careers EXPO 2016

Wednesday 8th June Week 7, Term 2
Time: 4pm-6pm
De La Salle College, School Hall
24 Bland St Ashfield

Exhibitor List Includes:
- Master Painters Group Training
- Academy of Interactive Entertainment
- Basair Aviation College
- OverMatch
- Engineering Australasia
- Master Plumbers Association
- NSW Police Force
- Master Builders Association
- Macleay College
- Motors Traders Association (MTA)
- MEGT Apprenticeships
- Academy of Music and Performing Arts
- JMC Academy (Arts & Animation)
- Australian Sports Academy (VETEA)
- Kenvale College (Hospitality & Events)
- NECA (Electrical and Communications)
- JMC Academy, Raffles College
- Universities, TAFE NSW and many more!!!

All years 9-12 students and their families are WELCOME!

Entry is FREE!
2016 GOODWILL TOUR

SYDNEY CLINIC
FOR KIDS AGED 8-14 YRS
Monday 13 June 2016
10am-2pm
David Phillips Sports Complex
(Banks Ave, Daceyville)

MEET SUPER BOWL CHAMPIONS

- Jesse Sapolu - 4 x Super Bowl Winner San Francisco 49ers
- Ma’a Tanavasu - 2 x Super Bowl Winner Denver Broncos

TO REGISTER GO TO
WHERE AND WHEN DO I GO?

307 Squadron parades every Tuesday night during the NSW school term, from 1800hrs to 2100hrs, at Ulladulla Multi-User Depot, The Depot on Gormley Street in Ulladulla – just off Victoria Street East.

CONTACT US!

Address: Ulladulla Multi-User Depot Gormley Street Ulladulla NSW 2541 Phone: 02 8345 7650 (1750 – 2130 hours)

Email: admin.307sqn@aafc.org.au Website: http://www.307squadron.com/ Facebook: https://www.facebook.com/307squadron/

307 SQUADRON

City of Bankstown

LEADERSHIP OPPORTUNITIES...

The Australian Air Force Cadets is committed to providing young individuals with the opportunity to display their initiative and excel as a leader. After completing their basic stage of learning, cadets can progress up the ranks within the organisation, attending promotional courses that teach leadership, instructional technique and advanced drill and ceremony.

These courses develop the qualities of leadership, self-reliance and initiative which are displayed not just within the Australian Air Force Cadets, but in an individual’s daily life, in school, sport or in their future endeavours.

WHAT WE DO...

Cadets are taught a range of subjects ranging from fieldcraft (camouflage and concealment) to aviation, aircraft recognition and much more. Aside from our weekly squadron training parades, there are several camps and activities we offer as a squadron and as part of the AAFCC as a whole including powered flying and gliding courses as well as day shooting and an annual field exercise known as a bienniac.

WHO WE ARE...

For those who don’t know, or aren’t sure, the AAFC is not a military training program and at no point are cadets expected to join the Australian Defence Force. The AAFC is a youth development organisation, aimed at giving cadets the opportunity to build up and learn leadership skills, initiative, self-confidence and self-reliance in a military and aviation based environment.

307 Squadron is one of the oldest continuously operating cadet units in the country, having been established in 1941. Originally parading at Albion Park, the squadron was based at No 2 Store Depot, RAAF, Wranig Park until 2000, where the Squadron relocated to Ulladulla Multi-User Depot and is now under the command of Flight Lieutenant (AAFC) Leslie Nestelov. With a proud & distinct history behind the Squadron we endeavor to offer a unique and enjoyable learning environment to all our members.

PLENTY OF FLYING...

Did you know that it is possible to get your pilot’s licence BEFORE you can even apply for your driver’s licence?

Australian Air Force Cadets offer scholarships for powered flying and gliding provided by the Royal Australian Air Force for those who have a passion for flying. 307 Cadets are continuous recipients of these scholarships.

No matter who you are or what you do, there are bound to be activities that you will thoroughly enjoy.

AUSTRALIAN AIR FORCECADETS

Cadets – Air Force’s Future

www.aafc.org.au