Dear Parents, Staff, Students and Friends of the Bethlehem Community,

Reflection for the week

Gracious God, give us generous hearts:
- to share whatever gift it is that you have given to us;
- to acknowledge you as the giver of all good gifts;
- to give without counting the cost;
- to share without expecting something in return;
- to hold all of our treasures and values with open hands;
- to have gospel priorities and to align our life, love and time in their light;
- to be gracious and unbegrudging in our giving;
- to recognize the abundance of blessings in each passing day;
- to know the freedom that comes with true generosity;
- to accept our talents, whether many or few, and to use them in service of others;
- to grow in giving thanks for everything;
- to be happy with having what we need and wise enough to know what it is that we want and do not need;
- to fall more deeply in love with the God of all generosity so that our hearts are strong enough to give away freely whatever is asked.

O gracious God,
who generously lavishes our lives with goodness,
create in our hearts a deep center of gratitude,
a center that grows so strong in its thanksgiving
that sharing freely of our treasures becomes the pattern of our existence.
Remind us often of how much you cherish us,
of how abundantly you have offered gifts to us,
especially in the hours of our greatest need.
May we always be grateful for your reaching into our lives
with surprises of joy, growth and unconditional love.

Amen.
(adapted from Joyce Rupp, Fresh Bread)

BCA’s Breakfast Club - the generosity of our community and the wider community

In the last edition of the College newsletter we advertised a new wellbeing initiative at the College, BCA’s Breakfast Club which commenced on Tuesday, June 7 and will now operate each Tuesday and Thursday mornings from 8-8.20am. Last week, over 120 students enjoyed a healthy breakfast of cereals, rolls, spreads, juices and fruit! The students were very grateful and also enjoyed the social aspect of catching up with their friends over breakfast.

The initiative developed as a result of a concern I raised during Staff Briefing a few weeks ago about the financial hardships of some of our families and the fact that many of our students come to school not having eaten the most important meal of the day - breakfast. Four teachers, Mr True, Mrs McAuley, Mrs Thorburn and Mrs Wise came up with the idea of the school hosting a breakfast club two mornings a week. They then sent out emails and letters seeking support for the initiative from our local and wider communities. The generosity and offers of support have been overwhelming. I would like to thank these four teachers for their initiative, drive and incredible bigheartedness but I would also like to thank the following groups who have donated either money, breakfast supplies or contributed to the set-up through the provision of crockery, cutlery or industrial toasters.

- **Sisters of Charity** - Aikenhead Fund. (Cash donation).
- **Bethlehem College Staff** (Breakfast supplies and volunteering time to assist students at breakfast).
- **The Bethlehem College Ex-students Association / Alumni** (Crockery, toaster and cash donations. The Ex-students association will also use this initiative as its fundraising focus for the annual reunion day on June 19).
- **Club Ashfield** (cash donation and a toaster). They visited Breakfast Club this week.
- **Wing Chong & Co** (donations of fresh fruit).
The research found that students’ mindsets—how they perceive their abilities—played a key role in their motivation and achievement. They found that if educators and parents changed students’ mindsets, they could boost their achievement. More precisely, students who believed their intelligence could be developed (a growth mindset) outperformed those who believed their intelligence was fixed (a fixed mindset). And when students learned through a structured program that they could “grow their brains” and increase their intellectual abilities, they did better. Finally, the research found that having children focus on the process that leads to learning (like hard work or trying new strategies) could foster a growth mindset and its benefits. To quote Carol Dweck: “many educators have applied the mindset principles in spectacular ways with tremendously gratifying results.”

As a team the teachers talked about how this concept aligned perfectly with the College vision for our learners and the 16 Habits of Mind (Art Costa) which has influenced learning at our College for a few years. We used the Dr. Dweck’s research to reflect on our learners and College structures and to look at strategies to shift students from a Fixed Mindset to a Growth mindset where challenges and failures are viewed as a springboard for change, growth and improvement.

This requires a cultural shift for our whole community: teachers, students and parents. One starting point is the way you and your daughter engages with the information provided in her Semester 1 report and the way you gather feedback from her teachers at the Parent, Student, Teacher meetings on Monday June 27. While it is important to get an idea of how your daughter is progressing in terms of achieving the learning outcomes and the overall grade in a subject, don’t brush over the Academic profile which says more about your daughter as a learner and her growth mindset in each of her subjects. Seek feedback from her teachers about how she can improve these aspects.

<table>
<thead>
<tr>
<th>In approaching academic work, this student</th>
<th>N (Never)</th>
<th>R (Rarely)</th>
<th>S (Sometimes)</th>
<th>U (Usually)</th>
<th>C (Consistently)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Demonstrates Persistence and works toward excellence</td>
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<tr>
<td>2. Is well organized and prepared for lessons</td>
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<tr>
<td>3. Is self motivated</td>
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<tr>
<td>4. Works cooperatively with others</td>
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<tr>
<td>5. Contributes positively to the classroom environment</td>
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<tr>
<td>6. Completes set tasks on time</td>
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**Year 11 2017 Information evening June 7 and Subject talks, June 8.**

Last Tuesday evening Year 10 students and their parents/carers gathered in the College hall for Year 11 2017 Information evening. This was the first step in a detailed process designed to ensure that students entering Year 11 and their parents/carers have an understanding of the subjects on offer at the College but, more importantly the best pattern of study to meet the abilities and interests of each student. Mrs. Mann spoke about the BOSTES requirements for the HSC, the subjects available and offered advice on how to choose subjects. Ms. Moodey spoke about the religious dimension and opportunities for Faith Formation in Stage 6, Mrs. Toomey spoke about Careers, VET and eVet options, Mr. Michael Morris from Southern Cross Catholic Vocational College(SCCVC) spoke about eVET opportunities at SCCVC. I explained the Senior Enrolment Contract and flexible study options through the Inner West DEN project and Co-Instruction with De La Salle College and Ms Farhart instructed students on how to choose their pattern of study using the online tool. Families left that evening with a detailed subject selection handbook to peruse, ready for the Subject Talks the next day.

On June 8 Year 10 spent the morning hearing from the Key Learning Area Coordinators, Teachers in Charge and current students about the subjects on offer at the College. They had the opportunity to ask questions and clarify their understanding of the demands of each course. I would like to thank Mrs Mann for her leadership of the process and the Key Learning Area Coordinators, Teachers in Charge, Ms Elaro the Year 10 Mentor and The Year 10 Homeroom Circle Mentors for their contributions to the process.

**Athletics Carnival, Tuesday June 14**

On Tuesday June 14 the community gathered at the competition track at Sydney Olympic Park for our annual Athletics Carnival.

It was a beautiful warm sunny day, student participation was excellent and House spirit was high. There were a number of records broken both on the track and in the field events. The carnival ran smoothly thanks to the excellent overall coordination by Ms Dew, the PDHPE staff, teachers and Years 11 & 12 students. The results of the carnival will be announced at the Whole School Assembly on Wednesday, June 22. Thanks are also extended to the large number of parents who attended to support the event.

**Year 8 Gifted and Talented Musical “You Beauty”**

On Wednesday, June 15 I joined parents and a number of teachers from the College for the final performance of the Year 8 Gifted and Talented Musical - “You Beauty”. Bethlehem College’s unique interpretation of the Grimm Brothers’ Fairy Tale “Briar Rose”. This was the culmination of two terms of rehearsals during sport as well as countless Recess and Lunches under the guidance of their amazing and dedicated Music teachers Mrs Bowyer, Mrs Oh and Ms Sukkar. As always, it was an hilarious performance full of quirky characters, great punch-lines, singing, dancing and audience participation. It was a wonderful learning experience for the students who learned a great deal about what goes into making a successful show. Well done ladies!

**Good Luck to our Years 8 and 9 Debating Teams**

During the past six Friday evenings our Years 7-12 Bethlehem College Debating teams have competed against other Catholic schools in the Catholic Schools Debating Competition. The girls and their coaches have committed their time one lunchtime a week and each Friday evening to develop their skills in this prestigious competition. The students have also been well supported by a small band of dedicated parents. Two of the Bethlehem College Debating Teams, Year 8 and Year 9 managed to move through the preliminary rounds undefeated, qualifying for the second Elimination 2 round this Friday evening, June 17 to be hosted by Christian Brothers Lewisham.

Congratulations and thanks are extended to all of our debaters and their coaches for their commitment and their efforts this season and to their parents who have accompanied them to each and every round of the competition. We offer our best wishes to our Year 8 and 9 teams for success in the Elimination Final.
The Alliance of Girls’ Schools Australasia is offering a unique Leadership Summit for Years 9 -11 students. The Girls for Change Leadership Summit: Making a Difference will be held at Pymble Ladies’ College on 30 June —1 July 2016. Over the two-day program the Girls for Change Leadership Summit will give girls, who want to make a difference in their own lives, their school communities and beyond, the confidence, skills and ideas to step up and lead. Please follow the link for the program and registration details and more information and registration is available on the The Alliance of Girls’ Schools Australasia website.

Bethlehem College is a member of this association which entitles any student participant to a discount on the summit. Please use the code: madsyd when registering to receive the member price.

Applications for leave and students who have regular absences from school.
During the past few weeks I have received a large number of applications for Approved Leave from families wishing to travel overseas on holiday or to visit family. Many of the absences are substantial in duration and in almost all cases airline tickets have been purchased before the application was submitted therefore leaving no room for negotiation with the College. While this is extremely disappointing, what is of greater concern is the impact that these extended absences will have on the long term educational outcomes of your daughters.

These concerns are also relevant to students who have poor patterns of attendance or who regularly arrive late to school. I would ask parents and students to refer to the tables below to show why every day and every minute at school counts.

![Image of Every Day Counts chart](image)

**EVERY MINUTE COUNTS** when it comes to your daughter’s learning

<table>
<thead>
<tr>
<th>When your daughter is late just …</th>
<th>That equals</th>
<th>Which is…</th>
<th>Which is…</th>
<th>And therefore from Years 7-12 that is</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 minutes each day</td>
<td>25 minutes per week</td>
<td>4 hours per term</td>
<td>16 hours per year</td>
<td>96 hours (4 days)</td>
</tr>
<tr>
<td>10 minutes each day</td>
<td>50 minutes per week</td>
<td>8 hours per term</td>
<td>32 hours per year</td>
<td>192 hours (8 days)</td>
</tr>
<tr>
<td>15 minutes each day</td>
<td>75 minutes per week</td>
<td>12.5 hours per term</td>
<td>50 hours per year</td>
<td>300 hours (12 days)</td>
</tr>
<tr>
<td>20 minutes each day</td>
<td>110 minutes</td>
<td>16 hours per term</td>
<td>64 hours per year</td>
<td>384 hours (16 days)</td>
</tr>
</tbody>
</table>
Student success
Louise Dos Santos (Year 9) is part of CGSSSA. Recently Louise attended the NSW State Compe-
tition of the Australian Teachers of Dancing and participated in the following:

Sunday 5th June: Classical Ballet Intermediate level
13 placements in this category
Achieved 4th place.

Long weekend Sunday 11th of June: Hip Hop Intermediate level
10 placements in this category
Achieved 4th place.

Congratulations and well done Louise.

Does your daughter suffer from Asthma?
Recently our office support staff updated their Asthma training. We have been given Action Plans by a num-
ber of parents relating to their daughter's condition. A representative from Asthma Australia has advised the
College that parents should be supplying schools with an "Asthma Care Plan for Education and Care
Services" (Please see pages 12 & 13).

If at all possible, it would be appreciated if parents could print off a copy of this Plan and complete their section and then ask their GP to complete and
finalise the Plan and submit to the College as soon as possible.

As you will see the Asthma Care Plan in this newsletter is far more detailed in relation to the questions surrounding Asthma management, possible
triggers and medication. The more information the College has in relation to your daughter’s condition, the better equipped the staff will be in order to
assist your daughter if she becomes unwell at school.

We appreciate your cooperation in this matter.

Mrs Paula Bounds
Principal

Reminder

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:
Vegetable juice


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
As mentioned in our previous newsletter, the College recently had psychologist Brad Marshall speak to parents about some of the behaviours around internet usage. If you would like to access some of the resources he has kindly shared with us, please click on the following links:


Some more cyber safety hints from the ThinkUKnow programme
Checking privacy settings – social media apps and sites may change their privacy policies so it’s important to regularly review privacy settings to make sure they are as secure as they can be. When you update your phone’s operating system or an app, they often return to their default settings. Make sure you check your settings regularly and ensure they are set to the most secure option.

Managing digital relationships – privacy management is not just about the technical steps you can take to secure information, but also applies to posting things online, either text, images or videos. Consider WHO can see this, WHAT they may do with this information and WHY they need to know. To minimise this risk, the only people you accept as online friends or followers should be people you know offline and trust. As relationships change offline, this needs to be reflected online and those people removed as online contacts.

Researching digital shadow - regularly search your name, email address or usernames online to find out just how private you are. This can be a great way to see if there is information out there about you and your family.

Ann McGovern
Acting Assistant Principal

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.

Important Dates Terms 2 & 3, 2016

<table>
<thead>
<tr>
<th>Date</th>
<th>Event/Description</th>
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<tbody>
<tr>
<td>19 June</td>
<td>Ex-Students &amp; Staff Annual Reunion (see Page 6)</td>
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<tr>
<td>27 June</td>
<td>Yrs 7-10 P/S/T Report interviews 10am-7pm (no scheduled classes—students/parents/carers attend at interview times only)</td>
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<tr>
<td>1 July</td>
<td>Bethlehem Day &amp; Last day for Term 2</td>
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<td>TERM 3</td>
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<tr>
<td>18 July</td>
<td>Term 3 commences</td>
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<td>26 July</td>
<td>P&amp;F Mtg.7pm</td>
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<tr>
<td>24 August</td>
<td>ThinkUKnow Program (more information to follow)</td>
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<tr>
<td>26 August</td>
<td>P&amp;F Trivia Night (more information to follow)</td>
</tr>
</tbody>
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Save this date!
Upcoming Parents’ & Friends’ Trivia Night
When: Friday 26th August 2016
Where: College Hall
Time: 7.00pm
Watch this space for more information...
From the Religious Education Coordinator…

Photos from the Year 12 Retreat

(Above)—Thinking outside the box!  
Photo by Stella Scoumbourdis
From the Religious Education Coordinator (cont’d.)…

Bethlehem Day

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 here today. In the tradition of our College we will celebrate ‘Bethlehem Day’ on the last day our College term. 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 for 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**
These interviews take place on Monday 27th June for students in Year 7 – 10. We look forward to meeting with parents and students to discuss progress throughout Semester 1 and set goals for Semester 2.

**ASSESSMENTS DUE DURING WEEKS 9, 10 and Term 3 Week 1**

<table>
<thead>
<tr>
<th>YEAR 12</th>
<th>YEAR 11</th>
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<tr>
<td>WEEK 9</td>
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<tr>
<td>20th June – Chem, Maths/Gen Part A</td>
<td>21st June – Economics</td>
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<tr>
<td>21st June – Maths/Gen Part B</td>
<td>22nd June – Fundamentals, Japanese</td>
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<tr>
<td>22nd June – Eng Ext 1</td>
<td>23rd June – Maths Ext</td>
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<td>23rd June – Maths Ext 2, SLR</td>
<td>24th June – Physics, Dance</td>
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<td>24th June – Eng Adv/Sta, Bus Stud</td>
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<td>WEEK 10</td>
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<tr>
<td>27th June – SOR Focus Day</td>
<td>28th June – Chemistry</td>
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<tr>
<td>28th June – EEC, Legal Studies</td>
<td>29th June – Photography</td>
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<tr>
<td>29th June – Maths Ext 1</td>
<td></td>
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<tr>
<td>30th June – Eng Ext 2, Hist Ext</td>
<td></td>
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<tr>
<td>WEEK 1</td>
<td></td>
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<tr>
<td>19th July – Ancient History</td>
<td>21st July – SOR, Cath Studies</td>
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<tr>
<td>21st July – Mod Hist, Pho, Vis Arts</td>
<td>22nd July – Modern History</td>
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<tr>
<td>22nd July – Drama DLS</td>
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<th>YEAR 10</th>
<th>YEAR 9</th>
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<td>WEEK 9</td>
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<tr>
<td>21st June – Maths</td>
<td>20th June – Maths Part A</td>
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<td>23rd June – English</td>
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<td>24th June - Commerce</td>
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<td>WEEK 10</td>
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<td>28th June – Science</td>
<td>28th June – Commerce</td>
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<td>29th June – Food Technology</td>
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<tr>
<td>WEEK 1</td>
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<th>YEAR 8</th>
<th>YEAR 7</th>
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<tr>
<td>WEEK 9</td>
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<tr>
<td>21st June – Maths</td>
<td>20th June – Sci L E R N, REL A</td>
</tr>
<tr>
<td></td>
<td>21st June – Maths, Sci A, REL LERN</td>
</tr>
<tr>
<td>WEEK 10</td>
<td></td>
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<tr>
<td>Nil</td>
<td>Nil</td>
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<tr>
<td>WEEK 1</td>
<td>Nil</td>
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<td>Nil</td>
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Mrs Janet Mann
Curriculum Coordinator

**BRAIN TEASERS Problem 51**

If 6 wingles and 3 wonkles cost $15, and you can buy 9 wonkles and 3 wingles for the same $15, how much will it cost you to buy 100 wonkles?

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 Tuesday 28th June at 3pm. The first correct entry drawn will receive a canteen voucher!!!!

Congratulations to last week’s winner, Angela Nguyen, 10C2 who created 14 words from MATHEMATICS. Well done Angela. See Mrs Mann for your canteen voucher.
One of the things that I notice as a School Counsellor is that often times, the parent is unaware that there may be an issue with school until the situation has reached crisis point. By then, it often takes a monumental effort to get things back on track.

Here are some of the warning signs to look for so that school based issues can be nipped in the bud:

**At school**

- Frequent and unexplained absences from school.
- Frequent lateness to school.
- Absences on significant days (e.g. days on which tests or specific classes are scheduled).
- Frequent requests to go to sick bay.
- Frequent requests to call home or to go home during the day.

**In the home**

- Complaints of physical symptoms when getting ready for school, e.g. headaches, stomach aches etc.
- A reluctance or refusal to get dressed for school (or get out of bed).
- Negative comments about school.
- A reluctance to talk openly about their experiences at school.
- No desire to interact with school friends outside of school.

Of course all of the above happen from time to time but consistency is the key. If any of these last for a month or more then the red flag should be raised. Especially for those girls in the younger years at school, spot the signs early and ask the school for help before the situation reaches a crisis point and the child feels like her only option is to change schools or school refusal.

If you feel like your child might be struggling at school, make the school aware so that appropriate help can kick in before it escalates.

Karen Rushbrook
School Counsellor
On June 7, Bethlehem College and CaSPA hosted the Inner West Region Indigenous Goodjarga Day. Aboriginal and Torres Strait Islander students from schools across the region joined together to engage in cultural workshops around the theme of Songlines. The students used song, dance, music and percussion to tell stories and learn more about their heritage.

Schools from St Vincent's Primary, De La Salle College, Domremy College and Trinity Regents Park campus joined with our girls and were lead by highly respected Indigenous tutors Taryn Beatty and Darren Compton.

The following Bethlehem students took part and represented their families and culture proudly:


Southern Cross Catholic Vocational College Tour and Luncheon

On Wednesday the 1st June, Ms Russo, Jada and I went to Southern Cross Catholic Vocational College in Burwood. It was a very fun and enjoyable experience. We learnt all about the different career paths you could take when you leave school. Southern Cross offers a wide range of elective subjects and encourage gender equality in all subjects. Some of my favourite subjects (just naming a few) were Entertainment and Early Childhood electives. My favourite part of the whole experience was going to the College dining room and enjoying some of the lovely meals the Hospitality students prepared. They made a divine crumbed chicken with a side of fresh herbs and mouth-watering crepes with vanilla ice cream and lemon sorbet.

Written by Francesca Ryan 8L1

Francesca Ryan 8L1 and Jada Abdallah 8L1
Asthma care plan for education and care services

CONFIDENTIAL: Staff are trained in asthma first aid (see overleaf) and can provide routine asthma medication as authorised in this care plan by the treating doctor. Please advise staff in writing of any changes to this plan.

To be completed by the treating doctor and parent/guardian, for supervising staff and emergency medical personnel.

PLEASE PRINT CLEARLY

Child's name

Date of birth

Managing an asthma attack

Staff are trained in asthma first aid (see overleaf). Please write down anything different this child might need if they have an asthma attack:

Daily asthma management

This child's usual asthma signs

☐ Cough

☐ Wheeze

☐ Difficulty breathing

☐ Other (please describe)

Frequency and severity

☐ Daily/Almost daily

☐ Frequently (more than 5 x per year)

☐ Occasionally (less than 5 x per year)

☐ Other (please describe)

Known triggers for this child's asthma (eg exercise*, colds/flu, smoke) — please detail:

Does this child usually tell an adult if she is having trouble breathing?  ☐ Yes  ☐ No

Does this child need help to take asthma medication?  ☐ Yes  ☐ No

Does this child use a mask with a spacer?  ☐ Yes  ☐ No

*Does this child need a blue reliever puffer medication before exercise?  ☐ Yes  ☐ No

Medication plan

If this child needs asthma medication, please detail below and make sure the medication and spacer-mask are supplied to staff.

<table>
<thead>
<tr>
<th>Name of medication and colour</th>
<th>Dose/number of puffs</th>
<th>Time required</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Doctor

Name of doctor

Address

Phone

Signature

Date

Parent/Guardian

I have read, understood and agreed with this care plan and any attachments listed. I approve the release of this information to staff and emergency medical personnel. I will bitterly the staff in writing if there are any changes to these instructions. I understand staff will seek emergency medical help as needed and that I am responsible for payment of any emergency medical costs.

<table>
<thead>
<tr>
<th>Contact name</th>
<th>Phone</th>
<th>Mobile</th>
<th>Email</th>
</tr>
</thead>
</table>

Emergency contact information

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
</tr>
</thead>
</table>

Asthma Australia

asthmaaustralia.org.au 1800 ASTHMA (1800 278 462) | Facebook | Twitter | Youtube
Asthma First Aid

1. Sit the person upright
   — Be calm and reassuring
   — Do not leave them alone

2. Give 4 separate puffs of blue/grey reliever puffer
   — Shake puffer
   — Put 1 puff into spacer
   — Take 4 breaths from spacer
   Repeat until 4 puffs have been taken
   Remember: Shake, 1 puff, 4 breaths
   OR Give 2 separate doses of a Bricanyl inhaler (age 6 & over) or a Symbicort inhaler (over 12).

3. Wait 4 minutes
   — If there is no improvement, give 4 more separate puffs of blue/grey reliever as above
   (OR give 1 more dose of Bricanyl or Symbicort inhaler)

4. If there is still no improvement call emergency assistance (DIAL 000)
   — Say ‘ambulance’ and that someone is having an asthma attack
   — Keep giving 4 separate puffs every 4 minutes until emergency assistance arrives
   (OR 1 dose of Bricanyl or Symbicort every 4 minutes — up to 3 more doses of Symbicort)

Call emergency assistance immediately (DIAL 000)
— If the person is not breathing
— If the person’s asthma suddenly becomes worse, or is not improving
— If the person is having an asthma attack and a reliever is not available
— If you are not sure if it’s asthma
— If the person is known to have Anaphylaxis - follow their Anaphylaxis Action Plan, then give Asthma First Aid.

Blue/grey reliever medication is unlikely to harm, even if the person does not have asthma

Asthma Australia
Contact your local Asthma Foundation
1800 ASTHMA (1800 278 462) asthmaaustralia.org.au
© Asthma Australia 2014 Supported by the Australian Government
The New South Wales Division of the United Nations Association of Australia (UNAA) invites you to be part of its 2016 Conference

The UN is the only truly international organisation dedicated to addressing ‘Problems without Passports.’ Recently the UN has won some notable victories with the Sustainable Development Goals (SDGs) and the Paris Agreement on Climate Change. To play a leading role in meeting the challenges of the 21st Century the UN needs to continue its on-going processes of reform in a number of key areas.

FOCUS QUESTIONS:
- How does the UN system promote the common good and the rule of law globally?
- What are the UN’s recent achievements and how can the International community most effectively capitalise on them?
- What aspects of the United Nation system need reform and how can this occur?
- How can Australia play a positive role in its engagement with the UN?

TOPICS:
- The Sustainable Development Goals (SDGs)
- Human rights at home and abroad
- Peace operations (post-high level panel)
- Humanitarian overstretch (post-World Humanitarian Summit)
- Climate change (post COP 21)
- The nuclear threat and the Humanitarian Impact Initiative
- Protection of civilians (R2P to PoC)
- Global public health (WHO post ebola)
- Terrorism and countering violent extremism
- Syria five years on
- UN reform and global democracy
- Women, peace and security
- Sport and human rights

MC:
- Murray Bunton – Founder and Executive Director of Agency, Sydney Office.
SPEAKERS:

- **Prof Gillian Triggs** – President of the Australian Human Rights Commission since 2012, and formerly Dean of the Faculty of Law and Challis Professor of International Law, Sydney University.
- **Robert Tickner** – recently retired as the Chief Executive Officer of the Australian Red Cross (2005-2015), and a former Australian Labor Party Cabinet Minister.
- **Pera Wells** – Secretary General of WFUNA (2006-2009), and former Australian diplomat who worked on human rights issues at the United Nations in Geneva and New York.
- **Dr Camilla Schippa** – Director of the Institute for Economics and Peace and previously has worked in various UN institutions and for a number of NGOs and foundations.
- **Christopher Woodthorpe** – Director of the United Nations Information Centre (UNIC), Canberra.
- **Assoc Prof Luis Cabrera** – Associate Professor Griffith Business School, Brisbane. Member of the Centre for Global Governance and Public Policy, Griffith University.
- **Dr Sue Wareham OAM** (ICAN) – Board member of ICAN Australia, Vice-President of MAPW and has played an active part in the peace and anti-nuclear movement since the 1980s.
- **Prof Steven Freeland** – Professor of International Law at UWS, at Copenhagen and Vienna universities.
- **Assoc Prof Adam Kamradt-Scott** – Health Security at the Centre for International Security, Sydney University.
- **Andrew Petersen** – CEO for Sustainable Business Australia.
- **Prof Megan Davis** – Professor of Law at the University of New South Wales and Chair of the United Nations Permanent Forum of Indigenous People.
- **Lisa Sharland** – Senior Policy Analyst at the Australia Strategic Policy Institute (ASPI) and former Defence Policy Adviser at the Permanent Mission of Australia to the UN in New York.
- **Prof Chris Hamer** – Chairperson for the Institute for Global Peace and Sustainable Governance (IGPSG) and founder of the World Citizen’s Association of Australia (WCAA).
- **Christopher Michaelsen** – Associate Professor in the Faculty of Law and a member of the Australian Human Rights Centre.
- **Jamie Isbister** – Assistant Director-General Africa and Middle East at AusAID.
- **John Hallam** (Human Survival Project), **Liesl Tesch** & **Hannah Davis** (Sports Matters), and more.

WHERE:
Customs House, Circular Quay, Sydney

WHEN:
Friday 22nd July – 9:00 am – 5:15 pm
Saturday 23rd July – 9:00 am – 5:15 pm

REGISTRATION:
www.trybooking.com/KYQF

COST:
- UNAA members: $190 two days, $100 daily
- Non-members: $240 two days, $125 daily
- Concession & students: $120 two days, $60 daily

RECEPTION (Paragon Hotel):
Friday 22nd July 5:30-7:30 pm
Cost: $45 – includes drinks and canapés
Note: this is an additional cost to the conference.

FOR FURTHER INFORMATION:
Peter Airey & Kim Andrews
UNAAANSWConference2016@gmail.com
Daryl Le Cornu 0430 789 506
# Community News:

## Day 1 FRIDAY 22nd July

<table>
<thead>
<tr>
<th>TIME</th>
<th>SESSION</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 am – 9:00 am</td>
<td>Conference registration and coffee</td>
</tr>
</tbody>
</table>
| 9:00 am – 9:30 am| Welcome Kel Gleeson - President UNAA NSW  
Introduction Murray Burton (MC)  
‘Making the UN fit for purpose in the 21st Century’ Matthew Kronborg - Executive Director UNAA NSW |
| 9:30 am – 10:30 am| Session 1: Australia and the United Nations – towards a wider Australian foreign policy  
Panel - Megan Davis, Phillipa King, Christopher Michaelsen (Moderator-Peter Nadin) |
| 10:30 am – 11:00 am| MORNING TEA                                                                                                                                                                                               |
| 11:00 am – 12:00 pm| Session 2: Human Rights, Australia, and the UN  
Professor Gillian Triggs - President, Australian Human Rights Commission |
| 12:00 pm – 12:45 pm| 2a. The Middle East and the quest for peace  
Rodger Shanahan  
2b. The UDHR in the 21st Century: a living document in a changing world  
Pera Wells & Nina Burridge  
2c. Humanitarian Overstretch  
Jamie Isbister |
| 12:45 pm – 2:00 pm| LUNCH Take your choice from the many eateries, cafes, and restaurants in the Circular Quay area |
| 2:00 pm – 3:00 pm| Session 3: The Global Peace Index 2016  
Camilla Schippa – Director of the Institute for Economics and Peace |
| 3:00 pm – 3:45 pm| 3a. The WHO and global health security  
Adam Kamradt-Scott  
3b. Crimes against the environment under International Criminal Law  
Steven Freeland  
3c. Permanent Forum on Indigenous Issues  
Megan Davis |
| 3:45 pm – 4:15 pm| AFTERNOON TEA                                                                                                                                                                                             |
| 4:15 pm – 5:15 pm| Session 4: The Sustainable Development Goals as a catalyst for change  
Chris Woodthorpe – Director of the United Nations Information Centre, Canberra  
Andrew Petersen – CEO Sustainable Business Australia |
| 5:30 pm – 7:30 pm| RECEPTION – Velvet Room at the Paragon Hotel, across the road from Customs House  
Book Launch: ‘UN Security Council Reform’ by Peter Nadin  
A few brief words from Daryl Le Cornu & Peter Nadin  
Relax and mix with delegates and presenters over drinks and canapés |

Join the conference conversation online at:  
#unaa2016conf  
‘UNAA Conference 2016’ on Facebook

**Day 2 SATURDAY 23rd July**

<table>
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<td>8:30 am – 9:00 am</td>
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<td>Welcome <em>Kel Gleeson</em> - President UNAA NSW</td>
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<tr>
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<td>Introduction <em>Murray Bunton</em> (MC)</td>
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<tr>
<td>9:15 am – 10:15 am</td>
<td>Session 5: UN peace operations</td>
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<td>Panel - Tim Ford, Lisa Sharland and Leanne Smith (Moderator-Peter Nadlin)</td>
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<tr>
<td>10:15 am – 10:45 am</td>
<td>MORNING TEA</td>
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<tr>
<td>10:45 am – 11:45 pm</td>
<td>Session 6: The nuclear threat and the Humanitarian Impact Initiative</td>
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<td>Robert Tickner – former CEO of the Australian Red Cross</td>
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<tr>
<td>11:45 pm – 12:30 pm</td>
<td>6a. Women, Peace &amp; Security</td>
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<td>Lisa Sharland</td>
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<tr>
<td></td>
<td>6b. Getting a nuclear ban treaty</td>
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<tr>
<td></td>
<td>Sue Wareham &amp; John Hallam</td>
</tr>
<tr>
<td>12:30 pm – 1:30 pm</td>
<td>LUNCH Take your choice from the many eateries, cafes, and restaurants in the Circular Quay area</td>
</tr>
<tr>
<td>1:30 pm – 2:30 pm</td>
<td>Session 7: The case for a United Nations Parliamentary Assembly</td>
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<td><em>Luís Cabrera</em> – Centre for Global Governance and Public Policy, Griffith University</td>
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<tr>
<td>2:30 pm – 3:30 pm</td>
<td>7a. Democratic global governance</td>
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<td>Chris Hamer &amp; Daryl Le Cornu</td>
</tr>
<tr>
<td>3:30 pm – 4:00 pm</td>
<td>AFTERNOON TEA</td>
</tr>
<tr>
<td>4:00 pm – 5:00 pm</td>
<td>Session 8: 1 for 7 Billion: Redefining the role of the UN Secretary General</td>
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<td>Panel – Matthew Kronborg, Peter Nadlin, Luís Cabrera, TBA (Moderator-Murray Bunton)</td>
</tr>
<tr>
<td>5:00 pm – 5:15 pm</td>
<td>Closing <em>Kel Gleeson</em> - President UNAA NSW</td>
</tr>
</tbody>
</table>

United Nations Association of Australia

Join the conference conversation online at:

#unaa2016conf

‘UNAA Conference 2016’ on Facebook

Community News...

Pottermania is coming to Balmain Library!

Do you know a hippogriff from a thestral?
Or who the Hogwarts Founders were?
Join us for an afternoon of Harry Potter Trivia and see if you can win one of our great prizes! Space is limited.

Balmain Library
Wednesday 13 July 2016
2:30pm
Ages 12 and up
Bookings required
Online or call 9367 9211

See next page for more details...

Stay connected #CCV16
facebook.com/comiconversation2016
@com_conversation
comicconversation

Leichhardt Library
Italian Forum
Piazza Level
23 Norton Street
Leichhardt NSW 2040
9367 9266

librarykets@lnc.nsw.gov.au

Library Hours
Monday to Thursday 9:30am – 8:00pm
Friday 9:30am – 5:00pm
Saturday and Sunday 10:00am – 4:00pm

Balmain Library
370 Darling Street
Balmain NSW 2041
9367 9211

See next page for more details...

COMIC
CON-VERSATION

Celebrating the best of local comic culture with events, exhibitions and talks across Sydney Libraries

The Art of Silver Fox Comics
Exhibition @ Balmain Library
2-23 July 2016
Balmain Library Meeting Room
During Library Hours

A Sydney based graphic novel publisher, their wish is to create comics for everyone. These sell-out-confessed “Silver Foxes” aim to produce a graphic novel each year until they die!

Zines Workshop with Anna Riart
@ Leichhardt Library
4 July 2016
2:30-4:30pm
Age 12 and up

Come and learn how to make a fold up Zine from a template, then create your own original Zine from an A4 piece of paper.

Han Nguyen
Comics Lab @ Leichhardt Library
4 July 2016
1:30-4 pm
All ages
Free Lucky Dip!

Hayden Fryer
Comics Lab @ Balmain Library
6 July 2016
1:30-4 pm
All ages
Free Lucky Dip!

What is a Comics Lab?
Come and see how a creator works and develops their ideas, characters, stories and drawings at their mini studio in the library. You can even sit there and join them as they work.

Call Leichhardt Library 9367 9266 for more information.
Community News...

FOR FULL PROGRAM DETAILS CONTACT THE CCVS LIBRARIES.

AORN FIELD LIBRARY
Level 3, Car Centre
320 Liverpool Road, Auburn 2144
Tel: 9756 5639 / 5640

AUBURN LIBRARY
Corner High St & Auburn St, Auburn 2144
Tel: 9756 5639 / 5640

AURRA LIBRARY
1201, 230 Nepean Hwy, Rose Bay 2029
Tel: 9266 4294 / 4295

BANKSTOWN LIBRARY
234 Railway St, Bankstown 2200
Tel: 9697 3700 / 3701

BANKSTOWN CENTRAL LIBRARY
234 Railway St, Bankstown 2200
Tel: 9697 3700 / 3701

COMMUNITY NEWS...