



The Good Samaritan

BEDE POLDING COLLEGE

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29th July 2011

Term 3 Week 2

Reminder!

Calendar Dates

Term 3:

2 Aug	Staff Meeting—9:30am start
1 - 12 Aug	Trial HSC
15 - 21 Aug	World Youth Day—Madrid
23 Aug	Staff Meeting—9:30am start
23 - 30 Aug	Aki Fuchu HS Visit
30 Aug	Yr 7 (2012) contract signing 7:00pm
2 Sept	Sports photos
5 - 14 Sept	Yr 11 exams
13 - 16 Sept	Yr 10 exams
20 Sept	Yr 12 Graduation Mass & Presentation
23 Sept	Term 3 ends

Year 7 2012

Acceptances for Year 7 2012 will be mailed in the next few weeks. If you wish to enrol a student and have not yet done so, please get the application in as a matter of urgency.

Principal's Desk

Parents/Guardians,

This week we presented major academic awards at our Academic Assembly. It was a pleasure to see so many parents in attendance to see their children rewarded for their efforts during the first semester of the year. Our Hospitality students did an outstanding job providing morning tea for the large crowd that stayed after the Assembly.

This Assembly also provided the best opportunity to announce to the community the fantastic news that the College is being supported through the NSW Catholic Block Grant Authority in building a brand new facility for our students this year. By the middle of 2012 it is expected that a new building providing state of the art facilities in Food Technology and Hospitality, as well as four new classrooms and an open area for our Year 12 students, will be opened. This building will be constructed adjacent to the Good Samaritan Hall. Work is expected to start before the end of this year.

I look forward to keeping you informed of the progress of this very exciting project.

God Bless.

Kevin Jones
Principal



ACADEMIC ASSEMBLY 26.7.11



College Leadership Teams

~ Executive ~

Principal

Mr Kevin Jones

Assistant Principals

Mr Rodney Howard / Mr Harry Fernandez

Religious Education Coordinator

Mr Jim Gooley / Assistant: Mrs Mary McGuinness

Social Justice Coordinator

Mrs Janette Wick

Business Manager

Mr Paul Cruise

Administration Coordinator

Mrs Anita Meehan

~ Curriculum Forum & Assistants ~

Creative Arts

Ms Margarete Formanek / Assistant: Miss Carol Muscat

English

Mr Patrick Loughlin

Human Society & Its Environment

Mr Paul Sykes / Assistant: Mr Brett Windon

LOTE

Mrs Felicity Mgaza

LTST

Mrs Jeanette Lans

Mathematics

Mr M McCarney / Assistant: Mr Mal Hegarty

PDHPE

Ms Megan Bertenshaw

Post Compulsory & Careers

Mr Brett Collimore

Science

Mrs Jenelle Gavin / Assistant: Mr Nicholas Briffa

Special Education

Mrs Jan Trefoni

Sports Coordinator

Mr Dean Bertenshaw

Technology & Applied Studies

Mr Edward Gruppetta / Mrs Lisa Cummins

Year Coordinators

Years 7 Mr Stephen Godfrey

Year 8 Mrs Nichole Padden

Year 9 Mr Marc Sluiter

Year 10 Mr Vince Le Breton

Senior Coordinator

Ms Jenny Woods

Assistant: Miss Hayley Lalor

Student Counsellor

Mrs Sally Wardley

Ms Vanessa Harnischmacher

Librarian

Mrs Kerrie Brownscombe

RE News

Young Vinnies - Ten senior members attended a Buddies Day training session run by ex-student, now St Vincent de Paul Youth Coordinator, Penelope Foster. At least three of these students helped supervise needy children during the holidays, while others are planning to assist next holidays.

The entire group has volunteered to collect donations at McGraths Hill Bunnings on the weekend of 13th & 14th August. They plan to coincide this event with the Winter Sleepout, where they show solidarity with the homeless and 'rough sleepers' of our society. BPC students and their families will be asked to contribute to the Winter Appeal collection at school or by donation envelope.

Graduation Mass - Committees for Years 10 & 12 will this term begin planning these important celebrations. Volunteer students will make decisions and initiate organisation of Graduation Masses in representing the students of their Year groups. A Year 11 group is organising a Leadership Mass, celebrating as they become the senior students of the College.

Year 8's have already begun an RE unit on ways people pray. This theme will be the focus of an excursion day to St Joseph's Spirituality Centre at Baulkham Hills during the term.

OPEN AUDITIONS are now on for Artes Christi's 2011 musical JOSEPH. This is a fantastic chance to perform with a Catholic theatre company as a singer, actor, dancer or orchestral player. Auditions are from July 21st-1st August at the BXVI Centre (235 Devonshire St, Surry Hills).

To register email arteschristisdney@gmail.com or phone 0414 099 516 or visit www.arteschristi.org.au

Free e-Book

Fr Ted Tyler of the diocese of Parramatta has written a book with the Gospel of each day of this liturgical year A-1 (Dec'10 to Nov'11), together with a Reflection for each day's Gospel. It carries the Imprimatur of the Bishop of Parramatta, Bishop Anthony Fisher OP. The title of the book is Son of God: The Daily Gospel Year A-1. It is meant especially for the lay person. This free e-book (in PDF or DNL format) may be downloaded onto your computer, e-reader or i-phone, free of charge, from this URL source : www.catholic-thoughts.info/ebook/

Marriage Encounter

Worldwide Marriage Encounter Weekend for married couples 21-23 October: at Winbourne, Edmond Rice Centre, Mulgoa NSW

Bookings: 02 4283 3435 or wsharpe@bigpond.net.au

Information: www.wwme.org.au

Social Justice at BPC



Credit: REUTERS/Feisal Omar Somali women displaced by severe drought conditions queue to get food handouts at a health centre operated by the government and local NGOs, south of Mogadishu July 7, 2011.

Last month, World Refugee Week was commemorated from 19 - 25 June. SBS, Amnesty International and the Refugee Council of Australia published an excellent educational resource to be used in schools. The theme for this year is 'Freedom from Fear'. The issues surrounding refugees are complex and we are being asked to consider refugees by focusing on facts and the personal stories of real refugees.

I would like to share two quotes from former refugees that are provided in the Teacher's Pack for World Refugee Week. Najeeba Wazefadost, 22, an Australian citizen, university student and former refugee, said – "Australian people are really great. When people know my family's story they always understand and I feel proud of us. I will always thank Australia for giving me the opportunity to be educated, safe and secure. I want to contribute to Australia and make it proud of me."

Raph, 18, an Australian citizen and former asylum seeker said, "Even though Australia was strange at first, it was like heaven. I had freedom. I live in Melbourne and love going to school and hanging out with my friends. When I graduate next year, I want to be a professional basketball player for Australia."

Africa is currently experiencing its worst drought in 60 years. More than 10 million people are affected in countries such as Kenya, Ethiopia, Somalia, Djibouti and Uganda. The humanitarian need grows daily, with people walking for many hours to enter already full refugee camps. People queue to get food handouts from government and local Non-Government Organisations. According to aid agency workers, one in ten children in Somalia is at risk of starving to death.

Pope Benedict XVI has called for international help for these people and has sent a contribution of \$70,000 to support drought-relief in the region.

The United Nations humanitarian chief has also called for additional support for drought-hit Ethiopia amid food shortages and rising malnutrition. One mother of five children, who walked for eight hours to reach a relief station, doesn't know how her rations of one litre of cooking oil and eight kilograms of wheat flour will support her family for fifteen days.

Closer to home, the procedure for the processing of asylum seekers has been a frequent topic of concern raised in the media.

Social Justice at BPC

The Edmond Rice Centre (ERC) Media Release on May 9, 2011 stated-
'According to the Edmond Rice Centre, Malaysia's poor human rights record and refusal to sign the Refugee Convention raise deep fears for the asylum-seeker deportation deal announced by the Australian Government at the weekend.

"Whilst we welcome the announcement that Australia will take more refugees, this idea of trading one group of vulnerable human beings for another group is not the way to do it." he continued.

"The Edmond Rice Centre renews our call for disciplined bipartisanship on this issue. The human lives at risk are too important for poll-driven endless partisan point-scoring. In international terms the numbers coming to Australia are tiny. The vast majority of asylum-seekers coming to this country arrive by plane - not by boat," he said.'

(http://www.erc.org.au/index.php?&MMN_position=1:1)

A Prayer for Refugees

Compassionate God,
No one is a stranger to you
and no one is ever far from your loving care.
Watch over those who are separated
from their loved ones and homeland;
those who fear persecution
and hope for a better life in our community.
May we reach out in welcome
to all those who arrive as refugees,
embracing one another so that
together your hope O God
will be our future.
We make this prayer
through Christ our Lord.
Amen.

Forty two students from Years 9-12 attended a World Vision Interactive simulation on 1 July, 2011. This two and a half hour workshop was held in the Hall during periods 1-3. It has been described by World Vision as -

'a simulation game in which the students are divided up into countries where they have to provide enough food and goods for their people. The students work through periods of History from The Middle Ages, The Renaissance, The Age of Enlightenment and The Modern Age to today. They will have an opportunity to learn about the poverty experienced by the people of these times and to re-write history.'



Mrs Janette Wick
Social Justice Coordinator

2011 POLDING WALK – Friday, 24th June

This year's Polding Walk proved to be another huge success and it was fantastic to see how the students and the entire school community supported this event so enthusiastically.

Bede Polding Day is not just about a walk – it is a time to celebrate the deeds of John Bede Polding. The students not only raised money for the school, but more importantly we support a number of local charities. This truly reflects the spirit of John Bede Polding – with students travelling to help others, just as he did.

Students worked extremely hard to arrange sponsors for the Polding Walk and we are pleased to report that the amount raised this year is approximately \$40,000 - and that money will be put to great use and go towards the construction of additional covered walkways around the Library and support of our charities. Thank you to our students, parents and sponsors for their collective efforts in raising this amount. Please note that all 'business' sponsors will be acknowledged in our next newsletter and receive 'Certificates of Appreciation'. On the day we received great support from Chisholm Catholic Primary School for their BBQ trailer, Nepean Careers' Market for their safety vests and Huhtamaki Pty. Ltd. for their plastic drinking cups.

We must thank all of the 50 or so parents and friends who generously volunteered on the day by supervising, walking with students, working on checkpoints or cooking/serving lunch. Without such wonderful support, the day would not have run so smoothly.

The students should also be commended on the co-operation and behaviour on the day which resulted in the Polding Walk being a safe and incident-free event. Even the weather was great!

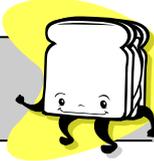
The day began with the judging of the fancy dress competition. The effort that our students and staff went to in dressing up was outstanding. We had students dress up as, super heroes, pixies, fairies, clowns, pirates, wild animals, movie stars and warriors just to name a few. Well done to all who got into the spirit of it!

After the Polding Walk, students returned to school for a BBQ lunch before braving the carnival rides and the Battle of the Bands. The school car parks became amusement parks for a few hours and the Hall came alive as students danced along to the music. Congratulations to all contestants in the Battle of the Bands and thank you for entertaining us.

The Polding Walk Organising Committee



Canteen Roster & News



Week 3

Monday 1st August

S Cauchi, L Azzopardi

Tuesday 2nd August

J Houston, G McCarthy,
S Tricker

Wednesday 3rd August

J Bourke, T Winters, J Lee

Thursday 4th August

L Donlan, J Paskin, C Brown

Friday 5th August

N Brown (HELP NEEDED)

Week 4

Monday 8th August

L Karam (HELP NEEDED)

Tuesday 9th August

W Chalmers, T Divall,
L Mitchell

Wednesday 10th August

A O'Brien, N Kiany

Thursday 11th August

L Turner, S Exton, K Dury,

K Harrison, K Hibbert

Friday 12th August

(HELP NEED)

Canteen News

- Term 3 menu (below).
- **Very Short on helpers** for Fridays—if you can help out please call Natalie. (4577 6243).
- Good idea to order your lunch—as the hot food goes fast—if you order you won't miss out!
- Pumpkin soup is on the menu. Soup & roll \$3.00.
- Happy to fill noodles from home with hot water **but must have a lid**— you can purchase a lid for 20 cents.

Natalie Jones
(Canteen Manager)

Bede Polding College Canteen Price List Term 3 2011



S'WICHES/ROLLS

Salad	2.50	2.70
Ham,Cheese	2.80	3.00
Ham,Cheese,Tomato	2.90	3.10
Chicken	2.80	3.00
Chicken.Lettuce	2.80	3.00
Chicken,Lettuce,Mayo	2.90	3.10
Egg,lettuce	2.80	3.00
Ham/Salad	3.00	3.20
Chicken/Salad	3.00	3.20
Ham/Chicken Wraps	3.50	

SOUP OF THE DAY

Homemade Soup and Roll 3.50

HOT FOOD

Pizza Pockets	2.20
Chicken Burger	3.50
Beef Burger	3.50
Chicken Royale	2.00
Spinach & Ricotta Roll	2.80
Pizza Slab	2.50
Nachos	4.00
Garlic Bread	1.60
Pie	2.50
Potato Pie	3.00
Sausage Roll	2.20
Noodles	2.50
Bolognaise	3.50
Macaroni Cheese	3.50
Sweet Chilli Chick roll	3.50
Tomato Sauce	0.20

CAKES

Sara-lee lite range	
Muffin	2.00
Finger bun	2.00
Banana Bread	2.50

MILK

Popper Milk	1.50
Big M Small	2.00
Big M Large	3.00

DRINKS

Water	1.50
Cans	1.50
390ml	2.00
600ml	2.50
Juice	2.00
Popper Juice	1.30

BREAKFAST From 8.15am

Cheese Bacon Roll	2.20
Hash Brown	1.00
Up & Go	2.00
Good to Go	2.00
Hot Chocolate	1.50

ALL LUNCH ORDERS TO BE PLACED AT CANTEEN BEFORE SCHOOL OR AT RECESS.

National Diabetes Week

As many of you are aware, the second week of the holidays was National Diabetes Week. Every year this helps to educate people about the disease Diabetes, but also to raise awareness that Type 2 Diabetes is a preventable condition and with the right lifestyle you can keep yourself healthy and avoid the unnecessary hassles that Type 2 can add to your life.

The number of people suffering Diabetes is increasing and it is now considered a worldwide epidemic. It doesn't always show its symptoms and you don't need a family history of the disease to get it.

So here is how it all happens...

When you eat fat, it hinders the absorption of insulin into your cells. Your pancreas can't keep up with your body's demand for insulin. Your blood sugars rise and your cells can't get enough sugar to survive and insulin is the key to let it in. So sugar flows freely through your blood doing damage until more insulin is pumped in to open the door to allow sugar into your now starving cells - a whole lot of unnecessary stress on your body.

When diagnosed with Type 2 Diabetes doctors start you on tablets to lower your blood sugar levels, but if that does not work, you will have to face insulin injections into your stomach 4 times a day and check your blood sugar levels before each meal. You will be put on a strict eating plan and exercise program to try and stop any complications to this disease. With the right lifestyle you can reverse the condition but, of course, prevention is better than cure. Set a healthy living plan: eat everything in moderation, get regular exercise and maintain it long term. A few changes can save you from going through that in the future.

For me and many others out there suffering Type 1 Diabetes there is no cure as yet. We face the needles, insulin pumps, and will do until a cure is found. I have had Type 1 Diabetes since I was 14 months old and I am now 17 years. Unlike Type 2, my immune system attacked the cells in my pancreas that produce insulin. There is no prevention for Type 1 Diabetes but you can prevent the onset of Type 2. You have the choice, I did not.

Diabetes does not hold you back from anything. You can still climb mountains (... with a bag full of jelly beans) and do everything any normal person can do, but if you can prevent getting Type 2 Diabetes then why shouldn't you try?

There is no cure for me, but I can try and make you aware of the seriousness of this disease. Change your lifestyle, you're eating habits and exercise! Don't put it off until tomorrow! **START NOW!**

Elizabeth Hitches (12B9)

Star Spot

This is the star of this week.

Congratulations to:

- **Richelle Lewis (9D13)** whose image "Native Australian Animal" (pictured below) was selected to appear in the 2011 Living Australia Postcard Series that will be released by Australia Post and sold at outlets across the country. Thirty six images were selected from over 3,350 photographs. Richelle's photo is one of six images that will be featured in the "Australian Wildlife" postcard series. (For further information see <http://www.aussievault.com.au/vault/76/australia-post-postcards>)



Well done



ASSESSMENT TASK CALENDAR TERM 3

3A			Monday	Tuesday	Wednesday	Thursday	Friday
			1 Aug	2 Aug	3 Aug	4 Aug	5 Aug
		DTAP	10 VA 9 RE				11 Music 9 Music
		DTS	9 Commerce	9 History 7 History			
	12	ATD	TRIAL HSC	TRIAL HSC	TRIAL HSC	TRIAL HSC	TRIAL HSC
	11	ATD	IT Graphics Senior Science	Senior Science	Senior Science		Biology
	10	ATD			English		
	9	ATD					
	8	ATD					
	7	ATD					

4B			Monday	Tuesday	Wednesday	Thursday	Friday
			8 Aug	9 Aug	10 Aug	11 Aug	12 Aug
		DTAP	11 English Extension 1 11 Music 1 10 Food Tech 10 IT Multimedia 10 Music	11 IT Graphics 9 PDM 9 Visual Arts	11 Construction 11 Drama	11 PVD 11 Visual Arts 10 Agriculture 10 Graphics Tech 8 History	11 IT Timber
		DTS	10 Commerce 10 Drama 9 History Elective 8 PDHPE	9 Drama 9 Geography	10 Textile Tech		
	12	ATD	TRIAL HSC	TRIAL HSC	TRIAL HSC	TRIAL HSC	TRIAL HSC
	11	ATD	Visual Arts	English Advanced English Standard English Studies	CFS Geography	Food Technology	
	10	ATD	Music				
	9	ATD					
	8	ATD					
	7	ATD					

5A			Monday	Tuesday	Wednesday	Thursday	Friday
			15 Aug	16 Aug	17 Aug	18 Aug	19 Aug
		DTAP					
		DTS	10 VA 9 RE				11 Music 9 Music
	12	ATD	TRIAL HSC IT Major Projects due		Drama (at night) Religion St (P3)		English Ext 2 Major works due
	11	ATD					
	10	ATD	PDM	Aust Geography			
	9	ATD					
	8	ATD					
	7	ATD	PDHPE (in class)				

PLEASE NOTE:

In the case of any discrepancy in the assessment dates published here the date that will be used by the College in the event of any appeal or other process will be the date on the Assessment Task Cover Sheet provided directly to the student. Please contact the College if you have any concerns about any of the information published here.

DTS is a list of the tasks that are to be handed out to students on that date