

College Newsletter

Term 1 Week 2 Friday 15 February 2013



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Today's boys...tomorrow's gentlemen



Front page: Liam Minervini with
Ms Rosalba Jeffreys at Ash Wednesday



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From the Principal

Settling In

Although we are only two weeks into this school year, it is remarkable to note how much activity is taking place and how much routine has been established. Students in the senior years are quickly adjusting to the increased demands of their new subjects and gaining an appreciation of the urgency surrounding their quest to achieve personal excellence while at school. Students in the middle years are also coming to terms with new subjects and teachers while re-establishing their study routines.

Perhaps the most significant adjustment is required of the new students to our school in Year 7. These boys have quickly adjusted to the additional considerations

of moving from room to room, maintaining a locker and negotiating multiple teachers. In talking to as many of them as possible, it is apparent that they are enjoying the challenges before them and are excited by the new and different experiences they are encountering.

There have been several reports from the parents of these boys about the wonderful assistance that has been provided to their sons by the senior students assigned to this role. It is always gratifying to hear such things because this reinforces one of the primary objectives of our College – the development of good young men with an understanding of the value of serving

“We are challenged to dispense with selfish and destructive behaviours and to commit to a future characterised by goodness and respect for the other.”

others. Congratulations to all of those senior boys who have successfully and selflessly assisted others to feel an important part of our community.

Ash Wednesday

The whole school gathered in the gymnasium this week to mark Ash Wednesday and to reinforce the significance of this occasion.

This feast day asks each of us to re-evaluate our lives and to make a commitment throughout Lent to the welfare and service of others.

The placement of ashes on the forehead of every student and staff member reminds each of us of the wonderful capacity for transformation that we possess. We are challenged to dispense with selfish and destructive behaviours and commit to a future characterised by goodness and respect for the other.

The gospel reading on the day emphasised that the good works

associated with Lent must be performed humbly and not for purposes of self-aggrandisement. Abstinence, prayer and almsgiving should be gifts that are offered without seeking earthly reward. As Pope Benedict XVI said during his final homily as Pontiff on Ash Wednesday, “the path of power is not the road of God.”

These sentiments are further contained in the following prayer which is offered for your consideration and use throughout Lent:

Dear Lord

As we begin this holy season of Lent, grant us a change of heart that we may turn away from what harms us and follow your gospel. We ask you to fill us with a hunger for what is just. By your grace, may our lives become deeply founded in prayer, self-sacrifice and a willingness to share. Amen.



Luke Prendergast (Year 12) reading at the Ash Wednesday ceremony

Opening Mass

A reminder to all families that this very important College event will be held at 6.00pm on Monday, 18 February in the Cloisters. This is a wonderful opportunity to join together as a celebratory community and to offer our prayers together for the success of the coming year.

This year, overflow parking will be available on Fremantle Park. While I'm sure that this extra capacity will be very welcome, your patience when entering

and exiting this area will be required.
May I also take this opportunity to remind all of those attending that the Mass is an occasion for reverence and once seated, movement should be kept to a minimum.

Our common commitment to living out gospel values is a compelling example for all members of our community. There is great strength and potential in our unity. In the morally complex world that young people confront these days, this modelling is critically important and provides stability and purpose to the daily lives of our boys. Attendance is compulsory for all students and I look forward to seeing all families represented on this occasion.

Mr Shaun Kenny
Principal



Above: Ash Wednesday at CBC Fremantle

College Information

Interviews for Year 7

Interviews for Year 7 entry in 2015 are planned to commence in Term 2 of this year. If you have a son who is currently in Year 5 and you would like him to attend CBC Fremantle, please ensure his application is received by the College as soon as possible. Application for Admission Forms can be downloaded from the College website www.cbcfremantle.wa.edu.au/enrolments/application or by contacting Noeleen McDowell on 9430 2051.

Donations of Old Wood

The Technology and Enterprise Department is once again putting the call out to the CBC Community for any recyclable wood. Last year the boys made some great projects from recycled jarrah and pine. Many households are now home to barstools, tables and shelves.

If anyone has any old wood around the home that they would like to donate to the CBC Workshops (old pergolas, garages and fences are favourites) please contact me at the college on 9336 2700 or via [email](#).

Uniform Shop Opening Hours

Open every Wednesday from 8.30am – 4.00pm. No appointments necessary.

Shop Manager Falda Forzatti on 9430 2055 or 0409 904 950

Canteen

Can you spare a few hours on one day, consider volunteering in the 'world's greatest canteen'. Please ring Jenny or Karen in the Canteen on 9430 2046 for more information.

Calendar

Week 3 Term 1

Monday 18 February

College Opening Mass
6pm in the College Cloisters
All welcome

Tuesday 19 February

8-8.45am Lit intro
1st XI Cricket 1.00pm
INSTEP launch 7.00pm

Wednesday 20 February

House Swimming Carnival
Challenge Stadium, Mt Claremont
Parents welcome

Thursday 21 February

Mass 8.15am (Morgan 1, 2, 3, 4)

Friday 22 February

INSTEP workshop
8.30am-3.15pm
Floreat Forum

M68

Campus M⁶⁸inistry

Christian Service Learning (Eddy Care)
Liturgy and Retreats
Justice and Aboriginal Reconciliation Programmes
Religious Education

*This is what the Lord asks of you:
to act justly, to love tenderly
and to walk humbly with your God.
Micah 6:8*



CBC
FREMAN TLE

As we enter the season of Lent, the Church calls upon us to be mindful of those less fortunate than ourselves. Caritas, as the Church's primary aid agency, is responsible for enacting the mission of the Church to bring God's loving presence to all people especially the poor and marginalised.



During the season of Lent, Caritas promotes "Project Compassion" as their fundraising vehicle. CBC Fremantle supports Project Compassion and the funds raised during Term 1 are directed to this cause.

This year we are undertaking the M68 Challenge. It asks students to donate 68c per day for 40 days. This equates to \$3.40 per week (for 8 weeks) or a total of \$27.20 for the term.

Asking students for 68 cents per day is a useful way of highlighting the name of our Campus Ministry initiative, M68 and the scripture which inspired its name: "This is what the Lord asks of you: to act justly, to love tenderly and to walk humbly with your God." (Micah 6:8)

Students can choose how they wish to participate, some may wish to make a daily donation, others weekly, and others may choose to make a one-off donation.

Mr Craig Dowsett
Director of Religious Education
and Identity



Take the M⁶⁸ Challenge this Lent

Project Compassion 2013


68 cents a day

\$3.40 a week

\$27.20 over 40 days

786 students x \$27.40

equals \$21,536.40





Share the Journey

Walk 'n' Talk

Spend some quality time with your son – take a walk with him and Share the Journey.

CBC Fremantle Parent Council invites dads and their sons to come to **Point Walter on Sunday 7 April 2013 at 10am** to share a unique adventure that will last approximately three hours.

A pre-event meeting will be held on **Thursday 4 April at 7.30pm** in the **College's Arts Learning Centre** to brief fathers about the walk. Light refreshments will be provided.

Please advise of your attendance to the pre-event meeting and to the walk by emailing parentcouncil@cbcfremantle.wa.edu.au.

“...share a unique adventure with your son...”





Sport Fixtures

Term 1 Week 3

Team	Match/Training Details	Day / Time	Venue
Swimming	House Swimming Carnival	Wednesday 20 February All day – parents welcome	Challenge Stadium
Swimming	Training for ACC Carnival	Tuesday 6.30 - 8.00am Thursday 6.30 - 8.00am	Fremantle Pool Fremantle Pool
Weights Room	Fitness training	Mon to Fri 3.20 - 4.20pm	Weights Room
Rugby	1st XV and touring squad Dress in Rugby training gear, runner and boots. You will need a spoon and bowl for breakfast.	Monday 7.00 - 8.15am	Fremantle Park
Rugby	Game: 1st XV v Mandurah CC	Tuesday 4.15pm	Fremantle Park
Tennis	Year 7 trials	Wednesday 7.30am	Fremantle Tennis Club

House Swimming Carnival

Information for Parents

The House Swimming Carnival will be held on **Wednesday 20 February at Challenge Stadium in Mt Claremont.**

All students are expected to attend on this day and should wear their House shirt, sport shorts, College socks and appropriate sport shoes.

Following a brief College assembly, all of the boys will be transported to the stadium by bus.

On the day there will be no canteen facilities, so boys will need to bring their own food and drinks.

Boys are not allowed to bring glass containers, magazines, mobile phones, iPods, etc to the Carnival.

The Carnival will conclude at 2.45pm when final points and trophies are announced. All boys will be transported back to school prior to a final roll call and

then dismissal at 3.30pm (slightly later than normal).

All boys are encouraged to participate in a variety of events on the day and points are awarded for student performances at all levels. Therefore, maximum involvement throughout the day helps each House accumulate valuable points towards the House Swimming Trophy. House points earned on the day will also be included in calculations for the overall College House Competition – the Wedd Cup. Individual student results from the day will be used as the basis for selecting the College Swimming squad that will compete at the ACC Swimming Carnival later in the term.

The House Swimming Carnival is a significant day on the College calendar and there is an expectation that all boys will attend. Support of these whole school events

further develops both House and College spirit. Any student who does not attend the Carnival will be expected to bring a medical certificate upon their return to school.

Any student who is unable to compete due to sickness or injury is still expected to attend as they can be of great assistance in many of the House events. Parents are most welcome to attend the Carnival. If there are any further enquiries about the day, or if parents would like to assist in any way, please contact the Physical Education Department at the College. We all look forward to a great day.

Mr Domenic Burgio
Vice Principal



Music Programme

It has been a very smooth start to the music programme here at CBC for 2013. By the end of Week 2, all students learning an instrument would have had their first lesson with their teachers and some students may have even had a second lesson.

All the instrumental lesson times may be viewed and printed out any time, using the MyClasses, 'Music Student' page. This is accessed with your son's school login. www.cbcfremantle.wa.edu.au/myinternet. Please check with your sons and contact me if you are not included in the class.

Our Jazz Orchestra, College Choir, Music Ministry, Big Band and Guitar Ensemble No 2 have started rehearsing this year and Guitar Ensemble No 1, Brass Ensemble and Saxophone Ensemble will begin in Week 4, after the College Swimming Carnival. Parents are able to check the College website for details of our instrumental programme and rehearsal days and times.

Welcome to all of our new Year 7 students who have joined the instrumental Music programme. Your involvement in music at CBC is important and I encourage you all to play your best.

Lastly, Our Music Parents Group is holding its first meeting for the year on Wednesday 20 February at 7.30pm in the ALA (Arts Learning Area). Please enter the College grounds off High Street to park your car.

I would like to invite all of our new Year 7 Music parents to attend to hear more about the programme and the plans of the committee. We will be having discussions on the 2013 Music camp, equipment purchases, uniforms and our Singapore tour for Music students in Years 10 to 12 in July this year. The meetings usually last approximately one hour.

Mr Shane Mancuso
Head of ARTS

Community Notices

It is the policy of CBC Fremantle to distribute information when requested regarding community activities and details about educational programs. This does not imply that CBC endorses these activities or the information.

Our Lady of Fatima Parish Palmyra: 90th Anniversary

Monday 18 February 2013 at 7.00pm

OLF Parish Centre, 10 Foss Street, Palmyra.

The History of Palmyra Parish and display of Parish archives.

Palmyra born and Fatima raised Fr Ted Miller will tell this history *From Petra Street to Canning Bridge* through entertaining stories. Mrs Bev Lawrence, OLF Parish Archivist, will present a fabulous display of some of the Parish's historical collection. Cuppa following. Free entry. All welcome.

Willetton Catholic Parish Religious Education

Religious Education classes in the Willetton Catholic Parish are held on Tuesday afternoons between 4pm and 5pm for children from Years 1 to 7. Classes commence on **Tuesday 19 February 2013 at 4pm** at Sts John and Paul Parish Centre, Pinetree Gully Road, Willetton.

Aranmore Catholic College Reunion Sundowner

Friday 22 February 2013, 5:30pm to 7:30pm

Centre for Arts and Sports Science (cnr of Franklin St & Oxford St, Leederville)

Former students and staff of St Mary's Leederville, CBC Leederville and Aranmore Catholic College are invited to a sundowner to celebrate the opening of the new Centre for Arts & Sports Science and the refurbished Science rooms.

No cover charge, cash bar. Please register your attendance by 15 February 2013 at the [website](#) or calling 9444 9355.

Enrolment forms are available at the John Paul Parish Office and the Church foyer, and on the [website](#).

Medjugorje Evening of Prayer Group

It is reported Our Blessed Mother has been appearing daily in Medjugorje since 1981 with messages for all her children. In thanksgiving the Medjugorje Evening of Prayer Group meet monthly in a different parish to spread Our Blessed Mother's messages.

This month we will be praying at Our Lady of Lourdes Parish, cnr Lesmurdie and Glyde Roads, Lesmurdie, on Friday 22 February from 7.00 to 9.00pm. Free DVDs on conversions and information on pilgrimages to Medjugorje can be obtained on the evening or telephone 9402 2480 mobile 0407 471 256 or [email](#).

Worldwide Marriage Encounter

12 to 14 April, Swan Valley

Your wedding was just one day in your life, but your marriage is forever. A Worldwide Marriage Encounter weekend can put the newness back into your relationship. Give yourself and your spouse time away from the pressures of work and everyday responsibilities. Enjoy the chance to talk and listen to each other. You'll love the difference a Marriage Encounter weekend can make. For information or booking contact Joe and Margaret on 0424 220 625 or [email](#). Visit the website at www.wwme.org.au.

Fremantle Hockey Club Registration Day

From juniors to masters and social grades to elite levels, we'll make you feel welcome at WA's strongest, friendliest hockey club.

Registration day **Saturday 16 February**, 11am to 2pm at Stevens Reserve, Fremantle.

East Fremantle Junior Football Club Registration Day

10.00am to 1.00 pm Sunday 17 February at Henry Jeffrey Oval Jerrat Dr East Fremantle

The East Fremantle Junior Football Club invites all returning players and their families to registration day on

17 February. New players are welcome in all grades from Auskick to Year 12. The Club will operate a uniform shop so that players can buy shorts, socks and other Club apparel on the day. Free sausage sizzle.

The 2013 registration form is now available on the website. Returning players can now register and pay online via our Club [website](#) so if you can't make it on the day, register online. Contact Travis French President 0417 978 983 if you have any enquiries.

Fremantle United Soccer

Boys born in 2000 are invited to join the 2nd Under 13 Fremantle United Soccer team. Places are limited.

For further information contact: Sam Gaglia 0417-175-245 or Ian (Mac) McTear 0422-482-682

Palmyra Rugby Player Registration Day

Saturday 16 February, 10am to 2pm at Tompkins Park, Alfred Cove

All CBC boys welcome! Contact Jason Cullen on mobile 0409087745

www.palmyrarugby.com.au



Volunteers Needed

Palmyra Rugby requires volunteers to help man a second-hand boots stall at their registration day on 16 February from 10am until 2pm.

If anybody is interested in lending a hand, CBC boys would be interested in manning the stall and gaining a couple of hours towards their community service time.

Australian Air Force Cadets

If you're aged 13-18 years, male or female, we can teach you to pilot a real aircraft in just 10 days at our twice-yearly flying training courses.

As well, you can learn about aeronautics, radio, meteorology and bushcraft; and take part in survival training, drumming and precision marching.

You'll also get leadership training that generates self-reliance, self-discipline, initiative and community-focused skills, equipping you for dynamic citizenship, both in school and throughout the rest of your life.

All our officers and instructors are professionally trained in instruction, administration, occupational health and safety, first aid and duty of care. All are current qualified senior first aiders and have current Working With Children Checks.

Air Force Cadets enjoy aviation activities in a military environment, develop their interest in aviation, and build lifetime friendships.

With more than 14 Squadrons around WA, we're close to where you live.

For more information, visit www.aafc.org.au.

AllStar Fitness WA 'Grow Well' Junior Coaching

Certified Junior Coach George is a specialist in child and teen development. Trainers need to understand how children move and about developmental phases pre and post puberty. Coach George has developed a leading programme designed specifically for teens. By introducing an element of fun into strength and exercise activities, teenagers can achieve great results and commit to lifelong healthy habits.

AllStar Fitness WA offer strength and conditioning classes to high schools throughout Perth. Body movement Screenings will be taken on each teen to help identify posture/body imbalances. A programme will then be created and implemented in a group setting, while ensuring the individuals needs are catered for. For further contact George Antonio, mobile 0401539755 or [email](#).

Melville Fremantle Cycling Club Skills Course

On weekends in March 2013, the Melville Fremantle Cycling Club is holding a free four week cycle skills course aimed at juniors new to cycling. The goal is to increase personal confidence in bike handling and prepare juniors for riding with other junior cyclists on the road under adult supervision. All cyclists must have their own bike (MTB or road) and helmet. Both girls and boys are encouraged to participate in the course. Suitable for ages 10 and above. Registration for the event can be completed through the club [website](#).

Get paid to get fit - be an umpire

The South Fremantle District would like you to become an umpire this season and reap the rewards. For players, you can umpire on Saturday and play on Sunday!

Information night is fast approaching and we would very much like you there:

Date: **Wednesday 20 February 2013**

Venue: Nicholson Park in Yangebup (Lakes JFC)

Time: 5.30pm

Or ring the District Development Office to find out how you become involved on (08) 9335 5589.