Dear Parents and Friends

Last week’s Mass held at St Patrick’s Cathedral, with celebrants Monsignor Greg Bennett, Vicar General, and College Governors Fathers Ian Ranson, John Healy and Greg Trythall was a wonderful celebration of the beginning of our year together at Emmanuel. We look forward to the growth and flourishing of the young women and men of the College over 2015.

Thanks to House Leaders and staff on the successful Year 7 camp for St Paul’s students conducted at Portsea last week. The camp made a great contribution in assisting students in their transition to Year 7 and in getting to know their teachers and one another better. The generous commitment of staff who led the camp is much appreciated. We look forward to an equally successful Year 7 camp for Notre Dame students next week.

Well done to Retreat Leaders, Chris O’Malley and Sharon Mills, the staff teams and students on the very successful Year 12 retreats conducted at Camp Rutherford, Blampied this week. I am sure many students will nominate the retreat as one of the memorable experiences of their time at the College.

Congratulations to the swim team on their efforts in the ACC swimming carnival held at MSAC last week. Thanks to Brad Robertson and coaches on their support of the team during training sessions.

Best wishes for all success to competitors, sports captains, house leaders and sports staff for the house athletics carnival to be held next week.

Applications for Year 7 enrolments in 2016, including for siblings of students already at the College, should be submitted no later than today Friday 27 February.

A reminder that Monday 9 March is the Labour Day public holiday.

As we continue our Lenten journey may we turn from sin and believe the Good News as we live life to the full.

Christopher Stock
Principal

Homework Club

Homework club will begin on Thursday 26 February and will run each Thursday during term.

St Pauls Campus will run from 3.15pm till 4.10pm each Thursday in LAN 1
Notre Dame Campus will run from 3.15pm till 4pm each Thursday in LS 25

Students are welcome to come by and catch up on homework or have teachers clarify concepts examined in classes for different subjects. Students must bring a permission slip which can be collected from student services and bring it completed to the homework club if they wish to participate.

Careers News

Attached is a useful and informative sheet from our careers team. We would encourage parents to take a moment and read it through.
News from Campus Leaders

It has been a fantastic start to the school year at both Notre Dame and St Paul’s Campus. The positive attitude and warmth they have shown staff and each other is a very encouraging sign for a good year ahead. Finally, the majorities’ readiness to learn and get on with the hard work required for success has been somewhat inspiring. We are all excited about the achievement that the 2015 year will bring to our community.

All the Year 7 students have settled well into the routine of secondary school life – smiling faces and happy noises around the Learning Street, classrooms and playground tell a great story. Congratulations to the young men of Year 7 at St Paul’s on a wonderful camp experience at Portsea. Although they came back tired they were full of stories of overcoming challenges and building friendships. A report is included in this newsletter.

The majority of students have shown pride in the way they wear their uniform and are to be commended. However, there are a small percentage of students who choose to ignore the uniform requirements and expectations. A number of students have been spoken to about these expectations and all families are reminded that the Uniform Policy is clearly outlined in the student handbook on pages 10-12. Please note the following points in particular, and the action that will be followed by College staff for continuing non-compliance.

Make-up and nail polish are not permitted. On the first instance, students presenting with make-up and nail polish will be required to remove it and will be issued with a system detention.

Male students are required to be clean shaven at all times. Students who disregard this requirement will be required to shave at student services or may be asked to go home and return appropriately groomed and will be issued with a system detention.

Summer dress and kilt length to be no shorter than the top of the knee. Please refer to the uniform policy in the Student Handbook on pages 10-12.

Boys trousers are to be grey in colour with a black belt. They should not be tight, fashion pants but regulation school attire. Boys are also reminded that only grey socks are to be worn with grey shorts and only white socks with PE uniform.

Students may wear a single ear stud in the lobe only. The wearing of other fashion accessories is not appropriate. Students who choose to wear other items of jewellery can expect to have them confiscated for the duration of the term.

From Monday 2 March, students who choose to continue to be in significant breach of the uniform policy, will be asked to return home until their uniform meets the College Uniform Policy. Parents will be contacted by phone to collect their child and students will not be permitted to attend class until the matter is addressed.

Congratulations to all students for the enthusiasm and their desire to be active learners that they have shown so far. For some, the concept of homework has been quite daunting; however, it is important that students grasp the valuable aspect of this part of their educational development. The student handbook is a crucial tool for success in establishing a regular routine of homework at home.

Homework is assigned to reinforce the skills and content covered during class and is an invaluable support to each student’s learning process. It is also a benefit to teachers in monitoring their understanding of class work. Should you have any concerns regarding the nature or the quantity of homework set, please contact your child’s Homeroom Teacher or House Leader for further clarification. Remember there are 5 periods in the school day - 4 at school and one at home.

The ACC Swimming Carnival was held at MSAC on Friday 20 February, allowing the cream of St Paul’s swimming crop to display their talents in the pool. A big thank you to the teachers who attended the early morning training sessions and facilitated the event; Brad Robertson, Amanda Silipo, Steve Chaperon, Daniel Velardo, Pat Prendergast, Tony Muller, Janelle Turner, and Mark Turner. A full report is included in the newsletter.

Next week continues the excitement with the Year 7 NDC camp. We look forward to spending quality time with the Year 7 students at the wonderful venue at Portsea.

Parents are also reminded that if your child is unwell, they should not attend school. We do have a sick bay, where students may rest for a short time before returning to class, however, if you child is significantly unwell then you will be called to collect them and take to a doctor if required. Please ensure that your details are current. Senior students, however, should always attend the College, as absence without a medical certificate may compromise their VCE studies. They should also always attend for exams as there is no opportunity to undertake these at an alternative date/time.
Goal setting is an important aspect for achieving success. Below are some tips that you can discuss with your daughter or son at home.

Set your goals. How can you be motivated if you don’t know what you’re aiming for? Your written goals are solid reminders of what it is that you want.

Revisit your goals regularly and religiously.

Use the ‘divide’ and conquer’ technique by breaking down your goals into pieces. Work one piece at a time.

The baby steps first. Start on something easy or interesting. Too often we fall into the ‘all or nothing’ mentality.

Allow yourself to feel incredibly satisfied when you achieve your little benchmarks. Small victories all add up.

Savour little victories along the way. They are every bit as important as the end goal. They keep you going when you have a setback.

Reward yourself for small victories. You MUST do this because setbacks WILL come.

Work with a friend to keep each other motivated.

Don’t wait until the mood strikes you makes the start on something – anything. Once you’ve started you’ll keep going.

Know that the best way to keep motivated is doing what you planned to do.

This week’s article from Michael Grose looks at golden rules for parenting. As the requirements for effective parenting shift and there seems even less time to juggle family life, here are 10 golden rules to guide you on your parenting journey. We encourage you to take some time and read the attached leaflet.

Congratulations to all students who were inducted into formal leadership roles at the Opening College Eucharist at St Patrick’s Cathedral. Year 7 Student Leaders will be confirmed in coming weeks and will be presented at House Assemblies.

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<td>Randy Tran (vc) (Hollows)</td>
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<td>Ben Lorraine (John)</td>
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<td>Liturgy Leader</td>
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<td>Daniel Roberts (Walker)</td>
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<td>Julian Szabo (Matthew)</td>
<td>Connor Otterbach (Namatjira)</td>
<td>Josh Finnie (Dunlop)</td>
<td>Zachary Holloway (Barton)</td>
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NOTRE DAME CAMPUS - STUDENTS LEADERS 2015

**News from Campus Organisers**

**Bus Behaviour**
I would like remind students that when travelling to and from school on the buses they are expected to behave in a manner that reflects positively on themselves and on the College.

When catching the bus in the morning or on the way home please be mindful and courteous of people in neighbouring houses; bad language and general rowdiness are not acceptable.

Students who choose not to uphold these standards are accepting that they may lose the right to travel on College route buses.

**Crossing the Road**
A number of students have not been using the designated school crossings before and after school. The school crossings and traffic lights must be used to ensure the safety of all pedestrians at these busy times, as required by law.

If you have any queries, please contact your son or daughter’s House Leader, Stephen Lunardelli or Vince Crimi on 83255100.

Stephen Lunardelli  
Leader of Campus Organisation, St Paul’s

Vince Crimi  
Leader of Campus Organisation, Notre Dame
Year 12 Seminar Day
On Monday 9 February and Wednesday 11 February our Year 12 students had the first of their four Seminar Days and it proved to be a wonderful start to the year for them. With the theme of this first seminar day being relationships, we had the privilege of the co-coordinator of the Developing Healthy Relationships Program run by Glen Manton, former AFL player talk to our students. Glen is a wonderful motivational speaker on healthy relationships and his ability to capture, engage, humour and inspire the Year 12 students was astounding. With his use of humour, drama, multimedia and just captivating conversation, he had all our Year 12s on the edge of their seats through the entire day. Overall the day was about positive relationships, with the focus for young people to have positive outcomes in their lives and believe that they all deserve GREAT relationships. Overall, the day was nothing but positive for all involved.

Ash Wednesday
On 18 February, we celebrated Ash Wednesday as a College where every year level came together at both campuses as well as our staff for our Ash Wednesday liturgies. It is important always to remember that this day begins our 40 days of Lenten journey towards Easter when we mark our foreheads with the ashes as a sign of repentance and begin a period of reflection. As a College, along with the wider Catholic Church, this is a significant day in our liturgical calendar, one that we must, as a College pause and prepare for what is to come. “Turn away from sin and be faithful to the Gospel.” (Mk 1:15)

Opening College Mass
On Friday 20 February, we came together as one united College at St Patrick’s Cathedral where we celebrated our Opening College Mass which proved to be a wonderful occasion that allowed all in our College community to share in this special occasion. Celebrated by Monsignor Bennet and concelebrated by Fr Greg Trythall, Fr Ian Ranson and Fr John Healy, over 1800 students, staff and parents came together to open our 2015 year. With our major theme for the year being from Matthew’s gospel “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.” we were truly able to do this as a united Emmanuel College community. A special thanks must go to all those who sang in the choir, read and took on other roles throughout the mass and perhaps more importantly, a thanks must go to all students at the mass. Thank you.

2015 Social Justice Calendar at Emmanuel College

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<th>Term One</th>
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<tr>
<td>18 Feb – 27 March</td>
<td>Project Compassion - Caritas Australia</td>
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<td>Every Second Week</td>
<td>Matthew Talbot Soup Van - St Vincent de Paul</td>
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<td>12 March</td>
<td>Casual Dress Day - Caritas</td>
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<td>17 Feb</td>
<td>Shrove Tuesday Pancakes – St Vincent de Paul</td>
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<td>April</td>
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Prayer
Dear Lord, give us the grace to accept the things that cannot be changed, courage to change the things that should be changed and the wisdom to distinguish one from the other. How can we let go and let God into our lives?

Chris O’Malley
Deputy Principal – Faith and Staff

School Buses for 2015
Student ID Cards will be distributed this week. A letter was sent to parents at the end of last year regarding buses for 2015. Parents were asked to indicate if their son/daughter will be catching a MET School Bus or Charter Bus in 2015.

It is important that we have accurate records of bus numbers, to ensure the smooth running of the service and for student safety.

Students who have not let the College know their intentions and do not have their bus choice on their current ID card will not be allowed access to the school buses.

Students still wanting to catch a school bus, must urgently go to Student Services to check availability and a sticker will be issued granting permission.

Parents are reminded that there are a number of public buses available close to the school if the above do not suit your needs.

Students are also reminded that they are legally required to have a valid MYKI card and touch on with their MYKI card every time they travel on public transport.
Cassidy House Report

It has been a busy start to the year for both staff and students of Cassidy House. We have welcomed new staff and our Year 7 students. Having 9 new homerooms has meant that students have been using these first few weeks to get to know each other and their new homeroom teachers.

On Friday 27 February we will have our athletics carnival. The enthusiasm demonstrated during the signups was pleasing with nearly all spots filled. Hopefully it can be a fine day and we can make a great start to win overall house spirit again this year.

On Monday we had our first Learning Advisor for the year. Years 8-12 were engaged in looking at successful strategies they have used to achieve success when preparing for exams and evaluating why these worked.

Our motto for this year in Cassidy is ‘Let us be viewed by our actions’. During our first assembly I challenged all our students to be true to this each day whether it be by turning up to homeroom on time or by being actively engaged in their school work to being responsible for their rubbish in the yard. It is not the words we say that define us but rather our actions.

We once again will have the Cassidy homeroom competition. Points are awarded to students who participate in both house activities and the College community. The homeroom with the most points at the end of term 3 will have their name engraved on the shield. Ms Treherne will be looking to make it back to back wins, even with a new homeroom. Our first house activity decided by the student leaders will be dodgeball.

As this is the first house report for the year I would like to congratulate the following students on their appointment as student leaders for 2015. Year 8 Sarah Elbob Luke Martin, Year 9 Alisha Farrugia and Ben Aquilina, Year 10 Chelsea Borg and Darren Rozario, Year 11 Alice Growden and Dylan Lopez, Year 12 Emma Genovese and Marcus Bertone and our sports leaders Xavier Smith and Bridget Genovese. I would also like to congratulate Xavier Smith and Marstein Reyes for being selected to be Social Justice Captain and Liturgy Captain respectively.

Rebecca Chester
Cassidy House Leader Notre Dame

It was wonderful to see so many smiling and happy faces on day one. With the Year 7s nervous and anxious, and the rest of the boys full of excitement and anticipation for a new school year, day one was away and going. I was very pleased to see every Cassidy boy arrive in perfect uniform, and more importantly with a fresh and revived attitude to achieve their best and hurdle any obstacle placed in front of them. The 2015 Year 12s are a fantastic, enthusiastic, dedicated and hardworking bunch of boys. I want to wish them all the best for 2015 and I hope they can strive for their best as well as have some time to enjoy their last year at SPC.

I would also like to introduce the 2015 Cassidy Leaders. These young men are role models and leaders that have demonstrated exceptional personal and leadership qualities, and I know Cassidy is blessed to have them as leaders. I wish them all the best in mentoring the Year 7s, attending SLG, assisting in house activities and being a positive role model for others.

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<td>Josh Tang</td>
<td>Liam Murray</td>
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<td>Randy Tran (Vice Captain)</td>
<td>Ryan Collins</td>
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It has been a busy start to the year; recently we had Athletics sign ups. With Cassidy winning the Swimming Carnival in 2014 we are striving to be at the forefront again in 2015 with a strong presence in the upcoming Athletics Carnival. Cassidy always prides itself on participation and 2015 will be no different. Good luck boys. This year Cassidy has also introduced a homeroom points system. Points are allocated to a homeroom based on attendance, uniform, returning of forms, participation in school activities, and general academic and sporting excellence. At the end of each term the homeroom with the most points will receive a pizza lunch. The points are displayed on my office window for all to see, and it’s close. Good luck to everyone. The boys of Cassidy have settled into a good routine of study and work. I am extremely pleased that it appears that they are on track for a good year of academic achievement.

“When I stand before God at the end of my life, I would hope that I would not have a single bit of talent left and could say, I used everything you gave me”

Tony Muller
Cassidy House Leader SPC
McCluskey Homeroom Report

Mannix Homeroom Report
There are many amazing homeroom events coming up and they are as follow: homeroom sports, homeroom quizzes and athletics carnival.

The homeroom sports are sports like soccer, volleyball and kickball where homerooms compete against each other to see which homeroom comes out victorious.

Homeroom quizzes will be quizzes about many things and the homeroom who gets the most questions correct will win some points for their homeroom.

The athletics carnival is one of the biggest events on the school calendar. Athletics carnival is where each house competes in range of events to earn points for their house. The house with the most points will win and be crowned champions.

The Year 7s are all new to the school so we decided to ask them how the transition from Year 6 to 7 has been. They said the transition was very easy between the two years, they said high school is a lot more organised, they feel more independent and they even said it was kind of enjoyable. They also mentioned that having a locker is stressful each morning, and the amount of homework has increased and is harder.

The Year 7s recently went on camp and most of them enjoyed it, they liked the activities especially snorkelling and the giant swing. However they didn’t really like the food. Overall they seem to have had a smooth transition from primary to secondary school and have been welcomed into the homeroom.

Aaron Cheesley & Michael Rossi SPC

Each school day begins the same way for the students of McCluskey H; with Homeroom.

The bell rings at 8:25pm and we begin to make our way to the first session of the day. A number of things happen in homeroom, such as the prayer and daily notices being read out, as well as the occasional session of learning advisor; an extended homeroom where goals are set and we have the opportunity to communicate one-on-one with our teacher Mrs Hall, as well as interact with the other students within the vertical homeroom structure. The most recent session of learning advisor involved the senior students, myself included, leading a group discussion with the younger students about the best studying techniques for tests and exams.

Homeroom also acts as a means by which homeroom teachers are able to track our diary use, as well as any communications from home being seen and responded to. Having homeroom at the beginning of the day also allows for students to do things such as extra study before a test they may have during the day, and gain clarification where the homeroom teacher may be able to help them out. The 20 minutes allocated to homeroom, although small, does have a significant role within the school day.

Bridget Wells
Year 12 McCluskey Student Leader NDC

News from our Maths Team

The teaching and learning of Mathematics in Victoria has changed over the last decade with the introduction of the National Curriculum. First discussed in 2009 the timeline for implementation suggested 2012 for professional development prior to and the official implementation the following year.

The Mathematics teachers at Emmanuel College have worked continuously over the last two years to implement the AusVELS (the Australian Curriculum in Victoria). This year our focus will expand to the assessment of the AusVELS Continuum of Learning. As a result students will experience a variety of assessment practices through the year. These may include questions promoting higher order thinking, open ended questions, on-line tests, practical tasks and even written responses asking students to explain strategies. Changes will be gradual with one or two higher order thinking tasks introduced as a first step.

What is a higher order thinking question? It could be write down 5 scores that have a mean of 22 and a range of 4. Rather than asking what is the mean and range of 24, 23, 22, 21, 20 which is a lower order or recall question.

Hopefully the changes that parents and students experience will be seen in a positive light as an attempt by the Mathematics Domain to best provide teaching and learning experiences for all students. If, in fact your child is unsettled by the changes in assessment please ask them to talk to their classroom teacher or speak to me. As always, I am available for parent enrolments.

Leanne Wilson
Leader of Learning – Mathematics
Sports News

ACC Swimming Carnival

Since the beginning of term the SPC swimming squad has been training hard before dawn in preparation for last Friday night’s ACC Carnival at the Melbourne Sports and Aquatic Center. The result was our highest participation rate at the carnival for a number of years. The highlight of the night was our Under 13 team winning their division in the face of some stiff competition. Well done to Nicholas Prassinos, Michael Dinh, Aaron Luu and Quan Nguyen on that achievement. On a personal note, congratulations to Michael Prassinos who was the 13th ranked swimmer across all divisions and year levels for the evening. Special thanks to the HPE teachers for the early mornings, late nights and toast cooking!

Brad Robertson, Leader of Sport SPC

‘If you want to go fast, go alone; If you want to go far, Go together’

We saw some great team efforts in the first round of the Year 10 Premier League Competition. Congratulations to the boys and girls soccer teams, the cricket team and the girls basketball team. With half of our teams winning against Mackillop it was a strong start to the season and has set us up for a great season. Good luck for the rest of the games – Cross over Finals will be played on 26 March and grand finals after the Easter school holidays.

Senior cricket also got off to a great start playing their first game for the season on 18 February at Dobson reserve in Braybrook, winning against Caroline Chisholm Catholic College. Their next game is at Dunnings Road Oval on 3 March against St Monicas. Let’s hope the boys can maintain their momentum and get another win on the board.

On Monday 23 February a junior and senior golf team braved the crazy Melbourne weather to play at the Airport and Werribee Golf courses. The juniors managed to finish all 9 holes and came out victors taking away champion junior team. The junior pairs consisted of Patrick Farley, Noah Lykopoulous, Zoe Heron, Dale Clark, Rebecca James and Kayla Hammersley. The senior pairs were also very competitive but finished 7 shots behind the eventual winners. Congratulations to Jacob Clerkin, Cooper Allen-Brown, Denzel Petersen; and to Carly James who was the recipient of Senior Champion Female Player.

With such an exciting start to the year, keep watching this space for more great news in the coming weeks. Don’t forget that round 3 for Year 10 Premier league is a BYE for NDC. Year 7 students get ready, because its your turn very soon.

Best of Luck teams,
Kylene Simmons
Week 2 saw the much anticipated arrival of Year 7 Portsea Camp. Both students and teachers were excited for the chance to get to know each other better and more importantly have some fun. As the students arrived to school, bags packed and parents waving them goodbye we headed off to the Adventure Park in Geelong for a day of excitement.

Day 1 was jam packed with activities such as a Waterslide, Go Karts, Mini Golf and Paddle Boats. Once our time was up we ventured down to Queenscliff to take the ferry across to Sorrento. We arrived at the camp site exhausted, yet still excited about the possibilities the next few days would hold. On Day 2, the students were up early after a good night sleep and each group set off for their activities. The High Ropes, Giant Swing, Flying Fox, Raft Building, Canoeing and Snorkelling at the Portsea Camp kept us busy throughout the day. The boys also enjoyed their free time, especially trying to compete with Mr John Murphy on the basketball court. Our trip home saw some sleeping, some laughing at the funny moments on camp and some still making new friends.

Thank you to the Year 7 transition teachers and all staff who helped make the camp experience so memorable for all. Lastly, a big thank you to the students whose enthusiasm and impeccable behaviour made it such a wonderful camp to be part of.

Rebecca Cooke & Mark Turner
Last week our Year 10 Health and Physical Education students went to Williamstown beach to participate in an Open Water Learning Experience run by Life Saving Victoria. The program is designed to educate students to make safe aquatic related decisions while enjoying their local waterway. Students participated in water activities and beach activities with a major emphasis on water safety. The program teaches and empowers students to use lifesaving skills. Students were given the challenging and physical tasks of trying out some of the skills it takes to become a lifesaver, including water rescues using life jackets and flag racing on the beach. Students also had some time to enjoy the beach with a game of beach cricket and beach Frisbee.
Gallipoli and the Western Front Tour 2015

During the Term One holidays Emmanuel College will be sending twenty students to Gallipoli and the Western Front to commemorate the 100th Anniversary of the landing at Gallipoli. The tour will provide the students with the opportunity to explore and understand the history associated with Turkey, France and Belgium as well as giving the students a unique perspective on foreign cultures that can only be gained through 'first-hand' experience. In preparation for the trip the students and teachers have chosen a fallen soldier to research in order to learn more about the men who gave their lives during this time and will present their soldier’s story to the group while at Gallipoli. Each participant has also chosen a place that the tour group will visit and will be tasked at finding out as much as they can about it so that they can inform their fellow travellers.

The first few days of the tour will be spent exploring the city of London and visiting the Imperial War Museum, Westminster Abbey as well as enjoying a guided tour of London before leaving for Paris via the Eurostar. Once in Paris, the group will journey to various World War I battles sites, museums and cemeteries such as the In Flanders Museum, Menin Gate for the daily playing of the last post, the Somme and the Tyne Cot Cemetery at Passchendaele. While in Paris there will also be the opportunity to visit some of the famous landmarks such as the Notre Dame Cathedral and the Eiffel Tower. The last stop of the trip will be Istanbul where the students will be able to visit the Blue Mosque, St Sofia as well as the bustling Grand Bazaar. The group will spend time at Gallipoli visiting sites such as Quinn’s Post, the Nek (which was the last scene in the film Gallipoli), Lone Pine, Plugge’s Plateau and Anzac Cove commemorating the soldiers who died during World War I.

The tour group will depart on the 28 March and return on the 12 April, just in time for the beginning of Term two.
The Opening School Mass has always been a highlight in the St Paul’s College calendar, allowing both students and staff to enter the new school year with renewed faith and energy. In 1995 the mass was held outdoors, due to ongoing renovation works in McCoy Hall.

The venue may change, but the Opening School Mass remains an important occasion on which the Notre Dame and St Paul’s campuses of Emmanuel College can come together as one community in the presence of God.
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>3 March 2015</td>
<td>NDC Senior Cricket EMC v St Monica's</td>
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| 4 March 2015 | Year 7-10 Immunisation  
SPC ACC Senior Cricket Bye  
SPC ACC Senior Tennis EMM v WFD  
SPC ACC Senior Volleyball EMM v SAL  
NDC Year 7 Camp to Portsea Day 1 |
| 5 March 2015 | SPC House Athletics Carnival—SPC students dismissed at 1pm  
NDC Year 7 Camp to Portsea Day 2 |
| 6 March 2015 | NDC Year 7 Camp to Portsea return home                                |
| 9 March 2015 | **LABOUR DAY PUBLIC HOLIDAY**                                        |
| 11 March 2015| SPC ACC Senior Cricket EMM v SBM  
SPC ACC Senior Tennis Semi Finals  
SPC ACC Senior Volleyball Semi Finals |
| 12 March 2015| Casual Dress Day—Project Compassion  
NDC Year 10 Premier League Rd 4 CRC v EMC |
| 13 March 2015| Year 12 English @ ACMI (all day)  
NDC Senior Cricket Semi Finals |
Community Notices

**Calling all Musicians, Vocal performers, Comedians, Slam Poets and Bands!**

Come along to the Youth Resource Centre, Hoppers Crossing, to showcase your performance talents at our Open Mic Night!

Date: Saturday 28 February  
Time: 5:00pm - 9:30pm  
Cost: Free

Venue: Youth Resource Centre - 86 Derrimut Road Hoppers Crossing Victoria 3029

Free Entry. No registration required. Fully supervised drug, alcohol and smoke free event.


**Williamstown Athletic Club Cross Country**

Want to run Cross Country?

The season starts in April

Check us out on facebook (Williamstown Athletic Club Cross Country) or call John on 0418322658 **FRIENDLY and FUN, for OLD & YOUNG**

If you have any questions and enquiries, please don’t hesitate to contact either John (mobile listed above) or our Secretary Linda on: 0468 468 761
Career decisions are some of the most important ones of your life, so getting help in making those decisions is vital. The EC Career Newsletter is one source of information available to you.

EC Career News will be published throughout the year, providing information about how to choose a career, about information sessions being held on various courses and careers, Open Days at institutions where you might want to study, career expos, insights into a number of careers, and where you can get help. Students who do their research during Year 10-12 usually find it easier to make some career decisions at the end of Year 12.

**HOW CAN I CHOOSE A CAREER?**

Many people say that basically they would like a job they enjoy, with the possibility of earning a reasonable income. So how do you choose that job? Firstly, keep in mind that there isn't just one perfect job for you. There are several jobs that would suit you well, so you need to explore the possibilities.

First, think about what you enjoy doing. For example, is it sport-related, scientific, reading/writing-related, helping people, information technology-related?

- What do you enjoy doing in your spare time?
- What subjects do you excel in at school?
- How important is it that you earn a lot of money?

Answering questions such as these will set you on a path to making some decisions. If you like science, what type of science do you prefer – physics, chemistry, biology? If you are creative, what is your speciality – music, drama, art, design? If it is geography, perhaps you could be interested in urban planning, mapping or surveying. If it is health, perhaps it is nursing, nutrition or public health. If it is physics and maths, perhaps engineering.
WHERE CAN I STUDY IN VICTORIA?

After completing Year 12, there are many options. If you are considering university, hoping to get a degree, these are the universities available in Victoria:

- **Australian Catholic University** (ACU) with campuses in Melbourne (Fitzroy) and Ballarat
- **Deakin University** with campuses in Burwood, Geelong and Warrnambool
- **Federation University** with campuses in Ballarat and Gippsland
- **La Trobe University** with campuses in Melbourne (Bundoora), Bendigo, Albury-Wodonga, Mildura and Shepparton
- **Monash University** with campuses in Melbourne (Clayton, Caulfield, Berwick, Parkville)
- **RMIT University** with campuses in Melbourne (City, Brunswick, Bundoora)
- **Swinburne University** has a campus in Melbourne (Hawthorn)
- **University of Melbourne** in Melbourne (Parkville, Burnley, Southbank, Werribee), Creswick, Dookie and Shepparton
- **Victoria University** is in Melbourne (City, Footscray, St Albans, Melton, Sunshine)

You can check out their facilities and courses by attending their **Open Days**, usually held in August.

If you plan a **VET course** (pre-apprenticeship, apprenticeship, certificate, diploma and a limited number of degrees), institutes offering courses in the Melbourne area are:

- **Box Hill Institute**
- **Chisholm** (Dandenong, Frankston, etc)
- **Holmesglen** (Moorabbin, Chadstone)
- **Kangan** (Broadmeadows, Richmond, etc)
- **Melbourne Polytechnic** (formerly NMIT) (Collingwood, Epping, Preston, Prahran, etc)
- **RMIT** (City, Brunswick)
- **Swinburne** (Hawthorn, Croydon, Wantirna)
- **Victoria** (Footscray, City)
- **William Angliss** (City) and several others.

There are also **independent institutions** offering degrees, diplomas and certificates. Examples are:

- **Academy of Design** (Port Melbourne)
- **Australian Institute of Fitness** (Bendigo, City, etc)
- **Footscray City Films**
- **JMC** (South Melbourne)

Independent colleges are full-fee paying institutions, whereas the government generally offers **financial assistance** to study at universities and VET providers like Box Hill Institute.

**NOTE**

The government will only fund courses of study that are at a higher level than what they have funded already. For example, if you have a bachelor’s degree, the government will not fund you to complete a VET diploma as it is at a lower level than the degree.
WHAT IS THE UNDERGRADUATE MEDICINE AND HEALTH SCIENCES ADMISSION TEST (UMAT)?
Results from this test are used as part of the selection process for some Australian and New Zealand university degrees. In Victoria the only university degree now requiring this test for Year 12 selection is Medicine at Monash (Clayton). However, some interstate and NZ universities also use it. Registrations for UMAT2015 are now open, and close at 5pm (AEST) on Friday 5 June. The test will take place on Wednesday 29 July 2015. The UMAT Information Booklet is available from the UMAT website: www.umat.acer.edu.au

- Practice materials are available through the UMAT website and can only be completed online. There are currently four practice tests available: UMAT Practice Test 1, UMAT Practice Test 2, UMAT Practice Test 3 and Additional Practice Questions. UMAT Practice Test 1 will be included with the UMAT2015 registration. In addition, candidates will have access to some free preparation videos once they complete their registration to sit UMAT2015.
- Candidates with a disability or other health-related needs and who wish to apply for special testing conditions must do so by Friday 19 June. This includes candidates who have diabetes and require food during the test. Some tutorials and a quiz are now available on the UMAT website.

Candidates should watch these tutorials and complete the quiz questions before registering for the test.

WHAT IS THE INTERNATIONAL STUDENT ADMISSIONS TEST (ISAT)?
This a test used by Australian universities to assist their selection of international students for certain undergraduate and postgraduate courses. Courses include Monash University Medicine. It is delivered by Prometric; there are over 5000 Authorised Testing Centres around the world. You may select a test date and location convenient to you. Register at http://isat.acer.edu.au.

WHAT KIND OF ENGINEER ARE YOU? Are you interested in engineering but not sure which type is the best fit for you? You can find out with the new RMIT online quiz at http://trueengineer.com.au.

‘AT MONASH’ SEMINAR SERIES – a great opportunity to find out about Monash degrees. More information in the next issue, but check out www.destination.monash/at-monash from Monday 16 Feb.

AVALON AIRSHOW Students interested in a career in the aviation industry might wish to attend the Avalon Airshow. Among other things, you will be able to find out about RMIT’s flight training program, aerospace and mechanical engineering programs. When: 24 Feb – 1 Mar, 2015; Where: Avalon Airport; Info: www.airshow.com.au/airshow2015/

VETERINARY NURSING ASSOCIATE DEGREE Melbourne Polytechnic (formerly NMIT) (Epping campus) is offering a new 2-year associate degree, the first para-professional veterinary nursing qualification in Australia. It is designed to produce highly skilled clinicians with exceptional levels of practical skill, knowledge and in depth understanding gained through a stimulating exploration of the academic underpinnings of the field. Graduate employment will be in the private and public sectors, including veterinary practices as veterinary nurses and practice managers and in large organisations (veterinary pharmaceutical, veterinary nutrition companies and animal research facilities). Prerequisites: Successful completion of Year 12 VCE or recognised equivalent with a study score of at least 20 in any English and a study score of at least 20 in one of any Mathematics, Chemistry or Biology; OR successful completion of a Diploma course in Veterinary Nursing or a related area; OR at least two years of related industry experience.

ANU TUCKWELL SCHOLARSHIP – These Scholarships offer a transformational experience. The vision behind the Scholarship is all about helping you make an impact on your community and the world by offering unique educational opportunities and personal experiences. The Scholarship allows you to study any discipline offered at ANU for up to five years. Information night: When: 6-7.30pm, Wed 18 Feb; Where: ANU House, 52 Collins St, Melbourne; Enquiries: student.recruitment@anu.edu.au. Register to attend: http://www.anu.edu.au/study/events/anu-tuckwell-scholarship-roadshow-melbourne

By A Silipo & M Walker
As the requirements for effective parenting shift and there seems even less time to juggle family life, here are 10 golden rules to guide you on your parenting journey.

The requirements for effective parenting are changing rapidly, just as the profile of parents is changing. Australian parents are now older than ever (30-34 is now the peak child-bearing age group). Families are smaller than ever (over 50% have two children or less). And as children as a percentage of the population shrink (1 in 6 of our population is under 15, compared to 1 in 3 in developing countries), we are less knowledgeable about children than ever.

If you add to this mix that children are growing up at the speed of light, information technology can make parents seem redundant, and increasingly parents claim lack of time is their biggest impediment to effective parenting. So what is a parent to do?

Here are 10 golden rules to guide you along your parenting journey in 2015:

1. Talk more
With families shrinking, kids getting busier and tech devices rapidly multiplying the opportunities for family members to engage in face-to-face talk is under serious attack. Regardless of their age, the best way to influence your children is talk to them. The kitchen table is one place to do this, but there are plenty of other places where you can talk. If talk becomes difficult, try driving with a child or young person in the car with the radio off. They are bound to break sooner or later.

2. Lean on others
A recent Australian survey found that 50% of parents are seriously struggling with their parenting, yet only 10% of this group would ask for help. I suspect there are many reasons for this including fear of being judged a poor parent; that parenting is expected to be hard; and lack of trustworthy support networks. Author Steve Biddulph once said that parents don’t parent well in isolation. He’s right. It’s incredibly important to build your support networks and get ‘sparents’ into your child’s life. Start by working closely with your child’s teacher; a natural ally!

3. Build confidence
With so many parents reporting that they have a child experiencing anxiety it would seem that we are currently experiencing a crisis in children’s confidence. It would also seem that we have somehow forgotten how to absorb children’s fears, insecurities and anxieties, and instill a sense of confidence that these can be overcome. Using a mixture of coaxing, coaching and cajoling parents need to find a way to impart in children a sense of courage to put themselves in new or potentially awkward social situations; to have a go at activities where failure is a real option; and to contribute to the wellbeing of others, which reduces anxiousness and fear.

4. Aim for redundancy
The great irony of modern parenting is that as families have shrunk parents actually do more, rather than less, for their kids. There are many reasons for this including lack of time to teach; it’s simply easier to do a job ourselves, and the new expectation that ‘good’ parents do everything for their kids. The new ‘strict parent’ is someone who expects their kids to wash their own clothes, cook a meal, and read a book to a younger sibling. The impertinence! Here’s a six-word slogan to help you remember: “When kids can, let them do!”

more on page 2
5  Lead the gang
Parenting is now an individual endeavour. There is a place for parenting the individual child, but there is also a place for parenting the whole gang (even if you and your child make up the gang). Your ability to pull your family together and get them singing off the same song sheet will impact on your family’s harmonious relationships; your children’s sense of other (empathy) and their general resilience and coping mechanisms. There is nothing so magical to witness as a family pulling together when the chips are down. This doesn’t just happen. It takes real leadership by parents to make a family act like a family!

6  Build developmental knowledge
Many challenges parents experience with their children are due to a developmental mismatch. That is, parents raising their ten year old as if they are eight. The nuances of parenting are age-related, yet due to inexperience we so often don’t read the cues. Recently, I witnessed a mum and dad tearing their hair out trying to communicate with their nine year old son. For the first time he was saying no to them. They thought him stubborn and disobedient. I thought him normal, as nine can be a problematic age, where usually malleable children suddenly start changing. Puberty is stirring. When this couple’s second child turns nine she will experience the benefits of her elder brother paving the way and breaking her parents in for her.

7  Practice problem-ownership
Please, please, please allow children to own their own problems. Children of all ages can be creative when they have problems to solve. Everything is a potential problem to kids and they need opportunities to resolve them themselves. By all means, coach, guide, give hints but give them a chance to sort out relationship issues; challenges with teachers and academic challenges themselves.

8  Swim against the tide
Listen to talkback radio, read the headlines of a newspaper or watch a current affairs TV program and you’ll realise that, right now, we live in an incredibly judgemental society. Parents are harshly judged as well. Allow your kids to walk to school and you risk being judged as negligent. Drive your kids to school and you risk being told that you are spoiling them and neglecting their physical wellbeing. It takes a strong parent to swim against the tide of popular opinion. It also takes a strong parent to deny her child say a mobile phone when every other child has one. It helps to say “This is the way we do it in our family.”

9  Be brave
Perhaps the biggest challenge facing parents, and their children, is the ability to let go of their parental reigns and give kids the freedom they need to develop autonomy. It’s relatively easy to develop children’s independence at home as the stakes aren’t as high. If they can’t cook a meal then you just have to do it for them. However, developing children’s independence outside the home is a different story. Many parents feel decidedly wary about granting children and young people more freedom. There is the perception that the world is a dangerous place. Granting kids freedom has an element of risk; that’s why parents need to be brave. Having the courage to let go is a basic requirement of parenting. It won’t stop you worrying, but that’s part of the game.

10  Add emotional intelligence to your parenting mix
With kids experiencing mental health challenges at a depressingly high rate it’s time to add some emotional intelligence to the parenting mix. While many schools are now introducing emotional and social programs on the curriculum, it’s important that parents develop a deep understanding of how emotions work: how emotions can be recognised; how they can work for us and against us; how we can regulate our emotions so they don’t overwhelm us; and how to recognise and respond to the emotions of others. These sound like life-changing skills that if learned, are capable of impacting significantly and positively on future generations.

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