Dear Parents and Friends

Well done to David Barr, Andrew Damon, Tess Blassis, the staff team and students on the successful Year 7 camp conducted at Camp Portsea. The generous commitment of staff in making this very important camp possible is much appreciated.

Congratulations to Winters and McCluskey Houses on their respective victories in the NDC and SPC athletics carnivals. Well done to Leaders of Sport, Ky Simmons and Brad Robertson, House Leaders, and Sports Captains, staff, and most importantly the competitors, who made these events such impressive days of competition and team support.

Best wishes to our SACCSS swim team, ACC athletics team, and coaches as they train for association carnivals to be held in coming weeks.

Our work in embracing the hi-tech classroom of the 21st century continues, next week, with the next phase of staff training, in our Middle Years program, led by New Tech Network and our sister school Parramatta Marist High. A summit for Australian network schools will be held the following Monday in Sydney. It is exciting to see the growth in the Australian network with St Joseph’s Geelong and Marist College Bendigo becoming member schools this year.

The link [www.newtechnetwork.org](http://www.newtechnetwork.org) gives a great outline of what is involved in the transformation of classrooms into innovative learning environments. Leader of Learning, Judith Weir, and Leader of Learning Innovation, Clinton Gray, are also most happy to continue to respond to any questions you may have.

Next Tuesday, the feast of St Patrick is celebrated. As we continue our Lenten journey may we be of loving service to one another, particularly those in need, in response to God’s call to us as expressed in the St Patrick’s Breastplate prayer:

I arise today, through
The strength of heaven,
The light of the sun,
The radiance of the moon,
The splendour of fire,
The speed of lightning,
The swiftness of wind,
The depth of the sea,
The stability of the earth,
The firmness of rock.

I arise today, through
God’s strength to pilot me,
God’s might to uphold me,
God’s wisdom to guide me,
God’s eye to look before me,
God’s ear to hear me,
God’s word to speak for me,
God’s hand to guard me,
God’s shield to protect me.

Best wishes

Christopher Stock
Principal

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New Look Website....

We are excited to announce the launch of the new College website. The new look site has been updated and now includes a broader coverage of the programs offered at the College. Welcome additions in the News and Events section are regularly updated reports on College events and a fully detailed College calendar. Staff, students and parent portal links are also available.

Visit us on [www.ecmelb.catholic.edu.au](http://www.ecmelb.catholic.edu.au)

Michael Pichner
Leader of College Development
As the term rolls on, this is an important time to stop and take stock of the journey we have been on and where we are going. For many it has been a fantastic start full of enthusiasm and hard work. It is extremely important that this momentum continues for the remainder of the term and beyond. The study habits formed cannot fall away, but rather be built upon for students to achieve their personal best. The relationships formed in homeroom and classes can continue to grow allowing students to mentor, care for and support other students, and be open to receiving support in return. Always we ask students to remember to greet their teachers with a kind word or warm smile as they genuinely care and work hard to serve our community.

Congratulations to the team of teachers who facilitated the two Year 12 retreats. Many students commented that it was a unique experience to forge deep relationships with their peers, reflect on their life journey, explore their spirituality and have fun. We are very happy with the maturity and courage shown by so many to openly reflect on their past, current and future direction. Well done to the Year 7 students at NDC campus who enjoyed their camp at Portsea last week. This time away provided an opportunity to continue working together, making new friends, treating others respectfully and having fun.

Congratulations to Winters House for taking out the Notre Dame House athletics carnival. A great day was had at the Newport Athletics Track with many students achieving personal bests. Many thanks to Ms Simmons and her team for facilitating a great carnival.

It’s hard to believe that the term is rapidly reaching its conclusion. As we move towards the first term break it is timely to remind parents that they should be checking their child’s winter uniform which will be required for terms two and three. The final changeover date to winter uniform for 2015 is Monday 27th April. This is the start of week three of next term so there are about seven weeks for you to ensure that all clothing still fits and to make arrangements for new garments if required. Please pay particular attention to appropriate hem length for girl’s kilts and that the neck size of white shirts allows plenty of room for both girls and boys to always have their top button done up comfortably.

Congratulations to McCluskey House for winning the St Paul’s Campus Athletics Carnival which was held last week. We were blessed with beautiful weather and students were amazing in the way they entered into the spirit of the day and participated so strongly in all facets of the carnival. Some personal best times were achieved and this augurs well for our participation in the ACC Athletics Carnival in coming weeks.

ATTENDANCE: IT’S NOT OK TO BE AWAY

How long would a person last in the workforce if he or she were to take 18 days off in “sickies”? Not long, that’s for sure. Well 18 days per year is precisely the average number of days absent that our students have each year; a totally unacceptable preparation for life in the workforce besides severely impacting on a student’s educational process.

There is no doubt that the majority of parents do not role model these absence rates. Then why do your children do so? It is because you allow them to miss school for shopping trips, looking after younger brothers/sisters etc.?

The way to develop in our children a positive and appropriate work ethic is not only to role model it but to say NO absolutely to any absence other than genuine illness. Should you require assistance in saying NO to your son/daughter with regard to unacceptable absence, please do not hesitate to contact his/her House Leader.

Let’s work together to make a difference to your child’s future.

Please be aware that the Campus car park is not to be used for dropping off or picking up students, at either campus, however you may park there if you have other College business. If you are departing at the same time as student dismissal, you will be asked to wait for a few minutes until students and buses have cleared the area before you may leave.

Supervision at both campuses commences at 8.10am so please do not arrange for your child to arrive earlier. Students are also asked to enter the school on arrival and not to congregate outside the gates.

Drop Off and Pick up Areas
Notre Dame Campus
Parents are encouraged to drop off and pick up their child from the service access in Dunnings Road. Foxwood Drive will be very congested at these times as both Notre Dame and the primary school adjacent have similar start and finish times.

St Paul’s Campus
Observe the no standing signs and be aware of our neighbours in small side streets. Arrange to collect students in Chambers Road south of the bus zones or north across Blackshaws Road.

We have had a reported case of impetigo at the College so parents are asked that any unexplained sores be covered and please seek medical advice if you are unsure.

The Michael Grose article this week reminds parents about the stress of teen success and we would encourage parents to take a moment and read this interesting article.

David Barr & Jenny Webster
Campus Leaders
News from Leader of Faith Development

Year 12 Retreats
On Tuesday 24 and Wednesday 25 February our Notre Dame Year 12 students, and Thursday 26 and Friday 27 February the St Paul’s Campus Year 12 Retreats ran at Rutherford Park Country Retreat, Blamped. Students were engaged in a program dedicated to reflecting on both their journey thus far and the journey that still lay ahead of them. It was a memorable time for all and will be long remembered as a unique part of their Year 12 experience. Thank you to all our staff and students for making this such a wonderful occasion.

Queen of Peace Mass
On Sunday 1 March, along with approximately 40 student representatives from both Notre Dame and St Paul’s campus joined the Queen of Peace Parish in Altona Meadows for 11am Mass. This proved to be quite a significant experience for our students as well as the parishioners from Queen of Peace. It can often be forgotten by both parishioners and students that we are all in fact part of the same community of faith and in many cases, part of the same parish. Seeing our students attend mass in full school uniform truly reinforced the wonderful connection Emmanuel College does have with its local parishes and a special thanks must go to Fr John Healy and all the parishioners for your warm welcome to all of us.

Prayer
You are holy, Lord, the only God, and your deeds are wonderful.
You are love, you are wisdom. You are humility, you are endurance.
You are rest, you are peace. You are joy and gladness.
You are all our riches, and you suffice for us. You are beauty, you are gentleness. You are our protector, You are our guardian and defender.
You are courage, You are our haven and hope.
You are our faith, our great consolation. You are our eternal life, great and wonderful Lord, God almighty, merciful Savior. Amen.

Chris O’Malley
Deputy Principal – Faith and Staff
"Individually, we are one drop. Together we are an ocean".

This year, McCoy’s motto is “Working as One”, which focuses on how the students of the house can work together to achieve their goals. We are emphasising teamwork, cooperation and sharing the strengths and gifts each individual possesses with peers. It is my hope that we can use homeroom time to help support one another, whether it is sharing knowledge, experiences, resources or even just a friendly conversation to help make the McCoy community even stronger.

There has been no greater example of this than the support students have offered to our Year 7 students. The first term at a new school can be daunting, especially getting to know all the new faces, names and places. But the level of support offered by not only our student leaders, but all older students, has been phenomenal and I thank all students for the leadership they have shown this term.

Teamwork was also a vital part of the Athletics Carnival, where students from all year levels participated in events and supported their house with pride and enthusiasm. It was a fantastic day with all students wearing their house colours proudly (and some Year 12s wearing some very interesting “blue themed” attire!). The spirit shown throughout the day meant it was a memorable and enjoyable experience – one I hope the students will always remember. Thank you to Sports Captain John Boutros for his excellent leadership not only on the day, but in the build-up even before sign ups had started.

McCoy House has also been outstanding in supporting the Caritas Project Compassion fundraiser – Miss Ireland and Flinders Homeroom are currently setting the standard with a different student taking their fundraising box home every night to fill it with spare change found around the house. I know as an Emmanuel College community we will make a fantastic contribution to this important cause, which this year focuses on “Food for Life” (building skills within communities to ensure they are able to sustain their own food).

Sophie Korosidis
McCoy House Leader SPC

Term one this year is now more than half over. It has been an extremely busy term with many wonderful things happening. The Opening school mass was a respectful and reflective occasion on Friday 20 February. The Year 12s have been on retreat with comments being: “despite the lack of sleep gained at the campsite, students emerged high-spirited and positive following the completion of all activities and thus, enjoyed a memorable and successful retreat” and “it was a lot of fun”.

The Year 7 camp was held last week and by all accounts was a great adventure. Highlights include: canoeing, snorkelling and swimming. Students also got to test themselves on the giant swing, high ropes and flying fox just to name a few. The camp ended with a disco on the Thursday night and a ferry across the bay on Friday. It was certainly a camp to remember.

As a House, McCoy is still settling into the new LSE building here at NDC. We are very lucky to have brand new classrooms to work in and lots of new and modern furniture. As I continue to stress to the students, it is our responsibility to look after this building and to take ownership of the wonderful facilities we have.

Finally, I would like to congratulate the McCoy student leaders for 2015.

Year 12
Melissa Naumovska & Joel Dyt
Sport
Carly James & Liam Crawley

Year 11
Jasmin Shields-Harris & Jack Amourous

Year 10
Danielle Masagca & Danesh Balachandar

Year 9
Molly Amourous & James Bozinovski

Year 8
Racheal Fox & Dale Clark

Year 7 leaders will be selected shortly.

Until next time,

Tess Blassis
McCoy House Leader NDC
Chaminade Homeroom Report

After the great effort at the Athletics Day, we have returned to business for the remainder of the term. As the holidays approach, students are rapidly getting in their assignments and tests. It is important to end the term on a positive note.

Bradman has had a successful term, playing competitively in the house soccer competition, demonstrating outstanding sportsmanship and team effort. The Year 7s this term have transitioned well and made a great impact on the homeroom. We have three student leaders in Bradman this year, Nathan Boicos (Year 7), Thomas Lutovac (Year 11) and Patrick Franco (Year 12) who are great role models, and encourage us to participate in all that Emmanuel College has to offer.

The motto for Chaminade house this year is “be the best version of you”: To participate in everything, to give your best and to give something a try. If you don’t try, nothing will ever be accomplished. Bradman homeroom has always lived by this and will try and continue to excel in all aspects of school life.

Bradman Homeroom SPC

What it’s like to be in Chaminade A?

This year in Chaminade A we have all had the opportunity to get to know one another as we are all in new homerooms this year. We have also had the chance to get to know and welcome our new Year 7 students Jack, Sarah, Olivia and Pavin. In homeroom we all get along really well and help each other out. The older students are always assisting and giving advice to the younger students. Mr Farina is always funny and greets us each day with enthusiasm, he is always happy to help us out and gives us all of the important messages for the day. We are also looking for ways to gain points for our homeroom in the Chaminade home-room competition. Mr Farina reminds us of how we can get extra points for our homeroom and hopefully become the Champions for Term 1. This term we are also fundraising for Project Compassion and making an effort to help those who are less fortunate than us. In our morning prayer we often reflect on ways that we can help those people in our community.

Chaminade A NDC

Careers News

Work Experience Programme : 15 – 26 June (2 weeks)

The Work Experience Program is perhaps best described as a rite of passage. That is, an event in a young person’s schooling experience where they begin a transitional process of decision making based on opportunities available to a range of post-secondary school pathways. This process also involves parents, as the Work Experience Program impacts on the life of families particularly in coming to terms with what it means for their child to move into adulthood.

The Work Experience Program is just that, the experience of work. It does not necessarily mean that the placement must be in an area where the student may see themselves working in the future, but rather the experience of work itself. That is, of living to a different routine; of getting up in the morning to a different time, of taking public transport, working with others who are unfamiliar, having lunch without friends, standing all day long and travelling back home by public transport – only to do it over again for the duration of the placement. No doubt, this experience will create a tension that will encourage students to think more carefully about their studies and post-secondary school options.

Further, we encourage students to connect with their already existing network of family, family friends and relatives. This is the best source for students to find a work experience placement. In addition, the Work Experience Program encourages students to work shadow their supervisor and or carry out simple tasks; the $5.00 payment is intended for transport rather than as a payment for any work carried out.

Finally, the Work Experience Program was introduced to all Year 9 students in Term 4, 2015. Ms. Martic and Ms. Watson, our respective Career Counsellors discussed the requirements of the Work Experience Program and how all students, now in Year 10, were expected to have their placements finalised by the end of Week 5 Term 1, 2015. This time has now lapsed and a number of students are still without a placement. We understand the challenges this poses on families and intend to support students find a placement. We propose a Work Experience Program that will run after school on Thursday and Friday nights from 3:10 through to 4:00. The session will deal with finding a placement, writing a telephone script, writing a cover letter and or email. Students who don’t have a placement are encouraged to attend the Work Experience Program until they find one. Parents will be notified by phone of this requirement and students will be given advanced warning. In addition to the telephone call, a permission form to attend the Work Experience Program must be signed by parent / guardian to acknowledge that their child will be attending on a particular night(s).

If you have any concerns, please don’t hesitate to contact your respective child’s Careers Counsellor.
CAREERS NEWS CONT'D

OPEN DAY DATES FOR YOUR DIARY - Open Days are a great opportunity to check out tertiary institutions. Most Open Days occur on Sundays in August. The dates for many of them are listed here so that you can get them in your diary for later on. Year 10-12 students (and their families) are encouraged to visit institutions of interest on Open Days so that you can see their facilities, attend information sessions, collect information, get your questions answered, talk to staff, and so on.

DATES:
- Sun 2 Aug – Deakin (Waurnponds); Monash (Caulfield & Clayton); Swinburne (Hawthorn)
- Sun 9 Aug – Australian Catholic University (ACU) (Fitzroy); Deakin (Geelong campuses); La Trobe (Bundoora); RMIT; William Angliss Institute
- Sun 16 Aug – Melbourne: Monash (Parkville – Pharmacy); La Trobe (Bendigo)
- Sun 23 Aug – Box Hill Institute: Deakin & MIBT; Victoria (Footscray)
- Sun 30 Aug – ACU (Ballarat); Federation (Ballarat & Gippsland)

Holmesglen has a number of Open Days during the year, usually the last Thursday of the month.

DO YOU WANT TO FIND OUT MORE ABOUT MONASH UNIVERSITY DEGREES? If so, a great way to do so is to attend an ‘At Monash’ seminar. The series commences in March, and you will be able to learn from students, graduates and staff about university experiences.

Seminars available commence with:
- Tues 10 Mar - Nursing, midwifery, physiotherapy and occupational therapy (Peninsula)
- Wed 11 Mar - Business and economics (Clayton campus)
- Thurs 12 Mar – Science (Clayton)
- Tues 17 Mar – Arts (Humanities and social sciences) (Clayton)
- Wed 18 Mar – Information Technology (Clayton)
- Thurs 19 Mar – Pharmacy and pharmaceutical sciences (Parkville campus).

Many other seminars follow in terms 2 and 3 with design and fine art, architecture, psychology, medicine, law and so on. All seminars run 6.30pm to 8pm. To check out the full list of seminars and to register, go to www.destination.monash.edu/at-monash.

SWINBURNE NEWS –
Swinburne is a smaller institution than some, offering VET courses through to PhDs. Its main campus is in Hawthorn, with smaller campuses at Croydon and Wantirna. The Hawthorn campus has several new buildings with state-of-the-art facilities. Some of its features include:

- Engineering – In engineering, Swinburne has a high employment rate, particularly in civil engineering. A new degree commencing at Swinburne is in construction engineering.
- Psychology – At Swinburne, many psychology students look or work after completing their three-year degree, without pursuing post-graduate study. They graduate with many skills: they can source, sort and evaluate information, apply psychological theory, communicate information in a logical way, can formulate research questions, collect, analyse and interpret data. These skills are often used to get a job, in community services, (counselling, welfare, child protection, corrections, disability, youth), in business (market research, public relations, human resource management), in education support, health services and in graduate programs (eg Bureau of Statistics, Customs, ATO Defence, Immigration).
- Physics Research – Swinburne is very highly regarded in world research in physics (in the top 75 universities in the world, in fact).
- National Institute of Circus Arts – An unusual area of study, located in Prahran; many graduates are currently working for Cirque du Soleil.

HIGH ACHIEVERS PROGRAM – High achievers have different expectations of university. Students with an ATAR of 95 or more are invited to join this Swinburne program. It is currently offered to science (physics), communication design (honours), and IT students, later to be offered to students of business and engineering. Students are guaranteed access to a research group from first year, mentoring with senior academic staff, guaranteed accommodation, and a $5,000 pa scholarship. Places are offered automatically to students meeting the entry criteria in the participating degrees.

INDUSTRY BASED LEARNING (IBL) – Swinburne has long been a proponent of this style of learning. Students involved in this program generally work for six or twelve months in an area linked to their study program. New skills are obtained, the work is paid for, and the placement can lead on to full time employment with the organisation.

INTERESTED IN VETERINARY SCIENCE? In Victoria, veterinary science can only be studied at the University of Melbourne. The Faculty is holding a course on Saturday 21 March (10am-3pm) at the Werribee Campus, 250 Princes Highway, Werribee. For further information please visit http://fvas.unimelb.edu.au/news-and-events/events#course-information-day. This will be different from previous years. There will be a tour of the hospital for which you must register.

WHAT IS THE DIFFERENCE BETWEEN BIOMEDICINE AND BIOMEDICAL SCIENCES?
Biomedicine is a broad field of study to gain an in-depth understanding of human physiological and anatomical function, disease and medical applications. These degrees prepare graduates for a career preventing and treating disease. Gain hands-on training and knowledge of human physiology, combined with essential skills in critical analysis and communication. Possible careers are in research, pathology, injury rehabilitation, crime scene investigation, and so on.

NOTE: Biomedical science is also offered at Monash University (a possible pathway into Monash post-graduate medicine), ACU, Deakin, La Trobe, Federation, La Trobe while Biomedicine is offered at Melbourne University (a possible pathway into Melbourne post-graduate medicine, dentistry and physics degrees).
Careers News contd

PHARMACY AND PHARMACEUTICAL SCIENCE

Pharmaceutical scientists are experts in the chemistry, biology and technology related to the design and developments of medicines. They partake in research on the impact of new medicines on the body, treatment of diseases and the safety of current products in the market.

Pharmacists are medicine experts. They provide primary healthcare and counsel patients on the safe and effective use of medicines. Pharmacists dispense medicine and manage patients’ medication requirements.

Entrance ATAR needs to be 90+

To become a registered pharmacist, you must complete a Bachelor of Pharmacy. You will also need to complete a one-year internship program under the supervision of the Australian Pharmacy Council.

CAREERS IN THE DEFENCE FORCES

General entry requires applicants to have at least Year 10, be at least 17 years, and to pass a number of physical, mental and character tests.

Officer entry requires applicants to have a high ATAR in their VCE, and also to pass various tests. Officer entry applicants study in Canberra at the Australian Defence Force Academy (ADFA), a campus of the University of NSW. Degrees on offer at ADFA are: Arts, Business, Engineering, Information Technology, Science and Technology. Successful applicants complete their military training during university holiday breaks.

Defence Force recruiting hold information sessions throughout the year. Call 13 19 01 for details, or see: www.defencejobs.gov.au.

Defence Forces offer the ADFA Education Award, presented to Year 12 students in recognition of leadership potential, and academic and sporting achievements exhibited during Year 11. The award is a laptop computer, with up to 100 awards on offer annually.

ADF Gap Year program still operates – this program provides an opportunity for young people who have completed Year 12 to gain military training, new skills and pay over their Gap Year.

A Silipo, S Dimaggio, and M Walker
Leaders of Careers

Sports News

McCluskey firing again!!!

The boys in yellow fired at the SPC Athletics Carnival last week to take out the first event for the year. The weather held out for the majority of the day, although one or two events were a little wind affected. Well done to all those boys who qualified for the ACC Carnival, to be held on the 25th March at Lakeside Stadium.

Keep an eye out for updates with regards to Term 2 sport (Soccer and AFL) in the notices as we move closer to the beginning of the season. Any questions, don’t hesitate to come and see me.

Yours in sport,

Brad Robertson
Leader of Sport SPC
# Social Justice Report

## 2015 Social Justice Calendar

### Term One
- **5th March – 14th April**  Project Compassion - Caritas Australia
- **Every Second Week**  Matthew Talbot Soup Van - St Vincent de Paul
- **17th March**  Casual Dress Day - Caritas
- **18th – 19th April**  Relay for Life

### Term Two
- **July**  Live Below the Line - Oaktree Foundation
- **4th May**  Run For Reclink
- **1st June – 26th June**  Winter Appeal - St Vincent de Paul
- **19th June**  Winter Sleep Out - St Vincent de Paul
- **7th May**  Casual Dress Day - Reclink

### Term Three
- **27th – 31st August**  Friends of Alice
- **5th August**  Casual Dress Day - St Joseph’s Corner

### Term Four
- **5th – 21st Nov**  Nov Christmas Hamper Appeal - St Vincent de Paul
- **5th Nov**  Remembrance Day Poppies - RSL
- **8th October**  Casual Dress Day – Cambodia Immersion
- **24th Nov – 5th Dec**  World Challenge Cambodia

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## Project Compassion Appeal

Running through the six weeks of Lent each year, Project Compassion is an extraordinary, ongoing demonstration of the faith, love and generosity of caring supporters, all in the name of justice and peace. It is the lifeblood of Caritas Australia and without it they could not do the vital work they do. In Project Compassion 2014, nearly $11 million was raised to help the world’s poorest communities. With only a few short weeks of the appeal to go we had a casual dress day for a gold coin donation which proved to be a wonderful support for the appeal. If you would still like to make a donation you are most welcome to make a donation at the front offices of the College.

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## Relay for Life

The social justice team are registered for the 2015 Relay for Life in Wyndham. This will be the College’s third year participating in this wonderful event in raising well needed and deserved funds for cancer research. It is perhaps more significant this year with the passing of Ms Wagner at the end of last year to cancer. If there are any students who would like to join the relay team either see Ms Cooke or Mr O’Malley or simply register online in the Emmanuel College Team.


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## Prayer

Grant, O God, that your holy and life-giving Spirit may so move every human heart, that barriers which divide us may crumble, suspicions disappear and hatreds cease; that our divisions being healed, we may live together in justice and peace; through Jesus Christ our Lord. Amen

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Emmanuel College Social Justice Team
INSTRUMENTAL LESSONS

Instrumental Lessons are up and running for the year with a number of students from both campuses participating in individual and group lessons on their chosen instrument.

There has been much research about the many benefits of learning an instrument.

At a glance......

- Kids who study music from an early age can do better at a range of subjects.
- Children who play music learn there are rewards from hard work, practice and discipline.
- Playing a musical instrument helps develop kids’ creative thinking and motor skills.
- Music helps kids become more active listeners.
- It can also enhance their health and wellbeing and increase their stamina.

It is not too late to sign up your child to learn an instrument at the College. A list of the different instruments offered as well as the terms and conditions are available on the College Website. You may download a form from the website or ask your child to collect one from student services. Forms need to be handed in to Natasha Berchy at the Notre Dame Campus or Jessica Godwell at the St Paul’s Campus.

Registrations for starting lessons in term 2 closes on Tuesday 24th March.

STRING ENSEMBLE

String Ensemble Rehearsals begin again on 11th March. Students will be meeting at Notre Dame Campus from 3.15 till 4.20pm. If your child learns a string instrument outside of school and would like to join the string ensemble, please contact Natasha Berchy at the Notre Dame Campus or Jessica Godwell at the St Paul’s Campus.

Natasha Berchy & Jessica Godwell
Leaders of CoCurricula Music

School Fees

Semester one fees and electives are due on 27 March unless families have made arrangements to pay via Direct debit. If accounts are paid in full by 31 March 2015 a discount of $100.00 per student will be applied to their school fees account.

Mario Puopolo
Business Manager
‘On Monday 2 March 2015, a visitor came to share an interesting Japanese story. A fisherman who went underwater after saving the king’s daughter for three days but after three days decided to go home to see his family, when he realized it had been three hundred years. When he opened the box the princess had given him and told him not to open, he then turned older’

Georgia Banks, 8MCK NDC

‘The instructor first showed us an interactive puppet play which we all really enjoyed. She also sung and added awesome backgrounds and effects. We then made two different characters from the story. We used origami paper and created mini versions that we got to keep. It was a really fun class and we learnt a bit about Japan’s culture and phrases’

Olivia Tomazic, 8CAS NDC

‘The story involved singing and paper puppets that were used to show the story. After the story we got to make our own Japanese person out of Washi paper. We put a kimono on it and we were allowed to add some more decorations like flowers, fans and hair clips for the girls and helmets, swords and head bands for the boys. It was a fun class, I enjoyed it and I think everyone else did as well’

Althea Angeles, 8WIN NDC
From the Archives

In the 1980s students competed in the St Paul’s College athletics carnival for individual homerooms, rather than houses.

By the 1990s the competition had been re-arranged into four sports houses - Bradman, Elliott, Fraser and Laver.

The current five houses were introduced in 2006; the annual SPC and NDC athletics carnivals continue to provide...
Calendar Term 1 Weeks 7A & 8B

16th March  NDC Year 8 Sports Day

17th March  St Patricks Day
            SPC Year 8 Sports Day

18th March  SPC ACC Senior Cricket/Tennis/Volleyball Grand Final

19th March  NDC Year 10 Premier League Rd 5 CRC vs EMC

20th March  NDC SACCSS Senior Cricket Grand Final

23rd March  NDC Year 7-10 Immunisation

24th March  NDC SACCSS Swimming Carnival

25th March  SPC ACC Athletics Carnival @ Albert Park

26th March  Music—Season of Excellence @ Melbourne Recital Centre 6pm
            NDC Year 10 Premier League Finals

27th March  Last Day of Term 1—classes end at 3.10pm
            Easter Liturgy and College Assembly
Community Notices

Parent Information Evening - Strengthening Family Relationships

Thursday 19 March 2015

Free
Registration: 6:45pm
Presentation: 7:00pm – 9:00pm

Point Cook Community Learning Centre - Community Room 1 - 1-21 Cheetham St, Point Cook

Wyndham City together with FMC Mediation and Counselling Victoria are presenting a parent information night which aims to provide support and information to parents and young people in the Point Cook community.
The topics presented and explored will be communication skills, modeling behaviours, strategies to deal with strong emotions, awareness of self and others and information on developmental stages in adolescence and how it impacts family relationships.
A free public event for parents/guardians, carers, school staff or members of the Wyndham community who are working with young people aged 12 to 25 years of age.


For further information or to register your interest for the night, please contact:

Rosie Barbara
Tel: 8734 1355
Email: rosie.barbara@wyndham.vic.gov.au

WILLIAMSTOWN JUNIOR BLUE LIGHT DISCOS

Newport Baptist Church, Mason Street, Newport
Friday 20 March 2015
7.30pm—9.30pm (ages 8 to 15 years old)

St Pats green theme on the night

For more information contact LSC Scott Sutton on 9392 3230 or Helene on 0418 388 436
A recent Australian study shows that today’s young people have one eye firmly on the future, yet they’re not confident of their chances of future success.

A Mission Australia survey released in late 2014 showed that young people now take their future very seriously. The survey of 13,600 young people’s aspirations, found that 87% of respondents ranked career success as their number one priority, followed by being financially independent (86%), owning a home (73%), having a family (68%) and feeling a part of their community (41%).

The flip side of these high aspirations is that around 40% of these respondents didn’t feel they could achieve career success or own their own home.

Girls were less confident of future success than boys. But that’s not a new finding. Similar research that this writer has been involved with over a number of years reveals that girls put far more pressure on themselves to succeed than boys. While girls rated school and career success as more important than did boys, nearly 50% of girls worried that they wouldn’t get into their choice of tertiary studies compared to 30% of boys who had the same concerns. Tellingly, these young people identified their parents, rather than teachers as being the major source of external pressure for them to succeed.

There is no doubt that the gap between young people’s aspirations and their achievability appears to be a major source of stress for young people. The world of work that today’s young people are preparing to enter is full of uncertainty. Youth unemployment rates are increasing, potential higher costs of tertiary education and a lack of affordable housing means that young people are less confident of achieving their goals than those of past generations.

The need for resilience
The young people in the Mission Australia survey identified coping with stress (42%) as their number one concern, higher than worries about body image (30%) and family conflict (20%). While teens must learn how to cope better with these immediate pressures, the need to develop resilience as well as relationships skills is compelling, as it is these that will help them succeed in the competitive and changing environments they are about to enter.

The ability to persist when success doesn’t come easily; the propensity to learn from rather than take failings personally; and a willingness to take the right rather than the easy options are the types of resilience traits that parents and teachers should be developing in young people on a daily basis.

Keep mental health on the agenda
Equally important for young people’s future success is paying attention to their wellbeing. “How’s your mental health?” is a question that parents should be asking young people on a regular basis. While on one level this question may receive a shrug of young shoulders; on a deeper level tuning your young person into his or her own emotional wellbeing is an immensely savvy thing to do.

For many parents mental health awareness is a new frontier.

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more on page 2
... The stress of teen success ...

However, I suspect parents of past generations intuitively knew a great deal about mental health when they insisted that kids ‘go outside and play’, that everyone in the family ‘should eat together’, or that young people in their house should turn their bedroom ‘light out at a decent time’. Keeping young people’s wellbeing front and centre is about helping them keep a balance in their lives.

Don’t put all their eggs in one success basket

One conversation that you may wish to strike up with young people is “What does success look like?” Try to broaden the definition away from the narrow base of academic, sporting or even financial success.

There are two points worth making. First, there are many ways that a young person can be successful. For instance, the development of real spirit of generosity is as much a measure of success as the ability to perform well in a test.

Second, remind young people that focusing on a narrow definition of success (i.e in an academic, sporting or artistic sense) can come at a cost to other areas of life such as relationships, happiness and health.

This survey is like the canary in the coal mine. It’s a warning that the world young people are entering is challenging and changing, and that now more than ever, they need a balanced approach from parents and teachers if they are going to thrive rather than survive now, and in the future.

Get my ebook – Unwinding- that has 10 relaxation ideas to help kids and young people reduce anxiety and maintain good mental health at parentingideasclub.com.au. It’s FREE.

Help young people maintain good mental health:

1. Make sure they get plenty of sleep – 8/9 hours for teens.

2. Encourage exercise – a minimum of 60 minutes of movement a day.

3. Minimise time alone particularly between school and dinner.

4. Encourage creative outlets.

5. Help them to relax - mindfulness or meditation may help.

6. Foster volunteering and helpfulness.

7. Bring fun and playfulness into their lives.
There'll be a Kids' Fire Truck and Mr Hooker Bear!

If you would like to help out on the day, simply pre-register yourself.

Good Friday Appeal
Point Cook Fire Brigade and Community
www.pointcookfb.org.au
goodfridayappeal@pointcookfb.org.au
Phone: 0431 884 696
Contact Person: Bree Websit

For a hot meal (lunch supplied)
Registration from 8am, collection from 9am - 3pm
85-93 Durning Rd, Point Cook (Memories 2017)
Good Friday, 3rd April 2015

May Grow that they give
The Challenge of Fatherhood Today
A day for Fathers

21 March 2015 | 9.00am

Presented by
Robert Falzon
Co-Founder of MenALIVE

9.00am Mass with Bishop Mark Edwards
10.00am Identifying the Challenge
12.00pm BBQ Lunch
1.00pm How Do We Respond?
2.30pm Bishop Mark Edwards Launching The Father Factor
3.00pm Close

Venue: Thomas Carr Centre
278 Victoria Pde, East Melbourne

Cost: $35.00 (includes lunch & a copy of Robert’s new book, co-authored with Dr Peter O’Shea – The Father Factor)

Register: By COB 18 March
http://www.trybooking.com/GJZH

For more info:
lmf@cam.org.au or 9287 5576

Catholic Archdiocese of Melbourne

Life, Marriage and Family Office

Men Alive
The Catholic Man Breakfast Series

Hosted by
Archbishop Denis Hart
Archbishop of Melbourne

7.00 – 9.00 am
Thurs 16 April
CQ Club
113-123 Queen St, Melbourne

Hear former Australian Cricketer
Rick McCosker
tell his story

Broken not Beaten

Rick McCosker is a former Australian Cricketer who is perhaps best remembered for the 1977 Centenary Test against England. After having his jaw broken in the first innings, he returned to bat in the second with his jaw wired shut, closing out the match and leading Australia to victory. Rick brings the same commitment and tenacity to life with his family and a long history of service within the Church.

Bookings
des@menalive.org.au
(credit card and eft available)

Enquiries
menALIVE Melbourne
Michael Bohan: 0439 172 465
michael.bohan@menalive.org.au

menALIVE General
0412 745 734

RSVP: 13 April 2015
Cost: $45 per person

Dress Code
Long-sleeved button-up shirt & trousers

The Catholic Man Breakfast Series is an opportunity for men to gather and be encouraged and inspired in their faith.