It is amazing to think that young people today receive as much information in a week through social media, as previous generations received in a year.

The fast-paced world of which they are part, the avalanche of information in which they are immersed and the pressures that result from being connected for a large part of each week confront young people with significant challenges in leading healthy and happy lives.

Evidenced based approaches to developing resilience in meeting these challenges centre around building the capacity for empathy, gratitude and mindfulness. Our brains are wired to be seven times more likely to notice negatives than positives. After 21 days of practicing gratitude the brain moves to a neutral position and, after 42 days, is three times more likely to notice positives than negatives. One way to achieve this is to list three things at the end of each day for which we are grateful or that went well.

Aiming to do at least one act of kindness a day also builds resilience, as does practising mindfulness for at least five minutes a day. A good app for this, if help is needed in practising mindfulness, is Smiling Mind – a healthy way of being connected!

As part of planning to support student growth at Emmanuel, building resilience through college programs is a high priority. Of course we all need to be resilient in successfully managing life’s challenges and using the above proven strategies would make a difference in all our lives.

Christopher Stock

Faith Development Day

In July, our staff joined colleagues from our sister school, John Paul College, at the faith development day led by Richard Gaillardetz, Professor of Theology at Boston College. His presentation was titled ‘Towards a Spirituality of Compassion’.

One dimension considered by Richard was the challenge to forgive when wronged, to break the cycle of revenge and retaliation. This was an insightful and thought provoking experience for all staff.
Triva Night

Congratulations to our students who organised an amazing Trivia Night. This year the event was organised by students who will be working with the Indigenous in Alice Springs, Cambodia and Joseph’s Corner.

With over 120 people in attendance, the Bordeaux Building was transformed from basic classrooms to a magnificent venue covered in balloons and trestle tables in what was a fantastic night for all.

Over $3000 was raised which will go towards community support in Cambodia.

Drivers Education

During Term 3, as part of their Drivers Education Program, our Year 10 students participated in the Keys Please and METEC Drivers Education Course.

In the Keys Please Program, students were provided with tips on how best to maximise their learner driver experience. While the METEC Drivers Education Course at Kilsyth gave students invaluable practical experience on how to control a vehicle in challenging weather conditions.

Year 12 Seminar Day

Students from St Paul’s Campus joined with Year 12 students from Notre Dame Campus to participate in the Personal Spirituality Seminar Day.

Joined by Fr Rob Gallea, the students spent the day in discussion about what is spirituality in today’s society. Questions, music, songs and dance were the order of the day that the students found truly valuable for them at this point in their journey.
Friends of Alice 2015

Ten students from St Paul’s and Notre Dame travelled to Alice Springs over the last weekend of August to assist Reclink Australia with their Indigenous Grand Finals.

Our students played football with and against students from Clontarf Alice Springs (the local Indigenous High School) as well as inmates from the Correctional Facility.

Reclink relied on our support to help with the behind the scenes running of the day – from cooking a multitude of sausages to goal umpiring, time keeping to scoring, set up to pack up and everything in between – our students played an integral part in the success of the day.

We look forward to continuing this partnership with Reclink Alice Springs.

Student members were:
Alice Growden, Dylan Lopez, Taylor Dummett, Xavier Smith, Nicholas Brasier, Tyson Lock, George Campanaro, Harrison Taylor, Chloe Delves and Tyson Hickey.

Wheel Talk

Our Year 11 PE students participated in “Wheel Talk”. This program is a School Awareness Program aimed at raising disability awareness and promoting the benefits of a healthy lifestyle.

The program enabled our students to develop a greater understanding of the issues facing people with disability.
Sports Update

Congratulations to our Senior Girls Hockey Team on their grand final win against MacKillop College. Emmanuel College dominated the game only to be thwarted time and time again by the strong MacKillop defence. With 3 minutes to play, a successful short-corner conversion by Carly James saw the team win 1-0 and secure a well deserved premiership.

Well done to the Division 2 SACCSS Athletics Team, and in particular to the following students on their impressive individual performances: Sarah Auricchio, Merhawi Minassi, Nick Masini, Michael Demarinis and Lori Arkison. For the College it was a most successful day with NDC coming away with five Individual Champions. (out of a possible ten Individual awards)

The SACCSS Senior Girls Soccer Team played out the season undefeated, scoring an impressive 26 goals. The team continued this dominance in the senior competition by their impressive win in the SACCSS Senior Girls Final. Well done.

Undoubtedly the highlight of Term 3 has been the undefeated run of the Year 8 ACC Hockey Team. With one game still to be played, the team is well clear at the top of the table and is guaranteed to play in the grand final. Best of luck to the team.

The Emmanuel College community wishes the best of luck to Peter Kwas (Year 12) who will represent Australia at the Indoor Lacrosse World Championships and to Angus Vander (Year 7) who will be representing the College at the Victorian Interschool Cycling Championships.

Finally, congratulations to Joey Monek (Year 12), who recently made his senior soccer debut in Darwin with Melbourne City against Adelaide United.
Showcase

Our Annual Showcase was staged by students in our Performing Arts programs. Congratulations to our singers, musicians, actors and dancers on a great evening which was a true showcase of the extraordinary standard they have achieved through effort and perseverance over many years.
20th Anniversary Reunion for Class of 1995

Emmanuel College invites old Collegians who graduated in 1995 from St Paul’s College to a reunion on Friday 25 September to be held in the McMahon Centre, Emmanuel College, St Paul’s Campus, Blackshaws Rd, Altona North at 6.30 pm.

This is a great opportunity to meet with old friends and staff and to tour the St Paul’s Campus.

RSVP: Monday 21 September to mpichner@ecmelb.catholic.edu.au or contact the College on 8325 5100

Twilight Talk and Tour

Emmanuel College is holding a Meet the Principal and Tour for parents of prospective students of the College on:

Tuesday 10 November - 6.00 pm St Paul’s Campus
Tuesday 17 November - 6.00pm Notre Dame Campus

If you are unable to attend, please contact our College Registrar to arrange a visit on 8325 5119 or email enrolments@ecmelb.catholic.edu.au

Emmanuel College comprises our St Paul’s all-boys campus and Notre Dame co-educational campus

Pursuing personal best