Dear Parents and Friends

Today is World Teachers Day. The vocation of teaching is a most important one - the young people with whom we work are a national treasure and our nation’s future. Teaching is both challenging and rewarding - we thank the teachers of Emmanuel for their committed efforts in supporting the growth and learning of the students in their care.

It was great to celebrate the conclusion of formal Year 12 classes at Werribee Park last week. Students behaved impeccably and enjoyed a great day together with staff. We are very proud of what the young women and men of the Class of 2015 have accomplished and wish them all success in their VCE exam program which is now well underway.

Congratulations to alumnus Oussama Abou-Zeid, who has been appointed by the Minister for Multicultural Affairs, Robin Scott, as co-chair of a new advisory group to strengthen Victoria’s social cohesion. Oussama, along with fellow chair Ms Safa Alma, will lead the Social Cohesion and Community Resilience Advisory Group designed to help address economic and social disengagement that may lead to individual or community isolation, anti-social behaviour or violent extremism. Oussama is a former Hobsons Bay Young Citizen of the Year, a graduate of the Whitten Project at the Western Bulldogs, and has served as Premier of Victoria’s Youth Parliament.

Congratulations also to staff and students on the very successful Year 9 camp and outdoor education programs conducted last week.

Last week we also welcomed our Year 7 parents for 2016 and look forward to the orientation day for our new Year 7 students in December.

Year 11 classes conclude next Friday 6 November, with Year 11 exams commencing the following Monday.

A reminder that the midterm break will occur this coming Monday and Tuesday, 2nd and 3rd November.

Teachers will be attending a range of professional programs, including subject conferences, over the remainder of the term - an important aspect of our commitment to professional growth and learning.

The tradition of Hallowe’en, which occurs tomorrow, developed out of Christian preparation on the evening prior to All Saints (Hallows) Day. The feast of All Saints on Sunday alerts us to the scope, both in time and place, of the saints of God. People of all ages and all times and places have been drawn into communion with God and with each other. On Monday the Feast of All Souls is celebrated. This is a day when we remember especially family and friends who have gone before us and pray that they are at peace with God.

Wednesday 11 November marks the commemoration of Remembrance Day. Wreaths will be placed on behalf of the College at local cenotaphs, as part of commemoration ceremonies. We pray for those who have died in service of their country and for peace in our world.

Christopher Stock
Principal

Twilight Talk and Tour

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

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

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
Year 12 students have begun the final facet of their VCE, with SWOT Vac happening early in the week and the English exam marking the beginning of the examination period on Wednesday of this week. We wish them well in all of their exams and trust their hard work will reap just rewards. It was a joy to attend the family celebration on Friday 9 October, marking the student’s graduation from Emmanuel College. Eucharist was celebrated at St Patrick’s Cathedral and included the graduation ceremony before moving to the Sofitel for the dinner. The Year 12 students celebrated their final day with a safari at the Werribee Zoo followed by a sausage sizzle and pancakes for lunch. A memorable morning was had by both the students and staff.

Drop Off and Pick up (a reminder)
Parents from both campuses are reminded that the campuses are very congested at the beginning and end of the school day, and to be aware of the safety needs of all students and not just their own child. At Notre Dame you are encouraged to drop off and pick up your 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. Please be aware that the Campus car parks are not to be used for dropping off or picking up students, however you may park there if you have other College business. If you are parked inside the College grounds at St Paul’s at the end of the school day, you will have to wait until the buses have departed before you are able to depart the campus. St Paul’s parents are asked to observe the parking signs and not double park in the small side streets. As the crossings are supervised or controlled by lights you might consider parking further along Chambers Road [north and south] and ask your child to walk to meet you rather than adding to the congestion of buses, local traffic and a large number of students departing by foot. Please do not arrange for your child to be at school any earlier than 8.05 when Yard Duty supervision commences. Students are reminded that they should enter the school grounds immediately on arrival and not congregate outside the campuses.

Uniform
We know that it is nearing the end of the school year and many parents may be reluctant to purchase new uniform items at this time of the year, however, it is still essential that students are appropriately attired and wearing the College uniform correctly. At assemblies in the coming weeks, students needing to make adjustments to the way they are presenting will be spoken to about changes they may need to make about their presentation. Appropriate consequences will be applied if students choose not to observe uniform requirements. These may range from a detention/community service to being asked to return home to remedy the matter. If you have any legitimate concerns please speak to the House Leader, Pastoral Leader, Mr Barr or Ms Webster so that we can address the issue appropriately. Senior students are reminded that they must be clean shaven at all times. ALL students are reminded that incorrect sports uniform may not be worn to school at any time, and no uniform pass will be issued for incorrect sports uniform.

Learning Advisor
The students are focused on ensuring that they are well prepared for the exam period. Time management, concentration and application in class and good study habits will be the key to success for the remainder of this term. To this end students had a Learning Advisor session on 30 October to assist in this process.

Every Day Counts - It's not OK to be away
While the effects of irregular attendance adversely impact directly on a student’s current progress and understanding, the long term scars to his/her learning are devastating. Just as research has proven that exposure to the sun as a youngster can cause irreparable damage to his/her skin that will emerge later in life, poor attendance mirrors this.

The gaps in knowledge and understanding accumulated in Years 7 to 10 become a glaring problem in Years 11 and 12. Subject development is a sequential building process that relies heavily on a firm grasp on each section of material. When part is missing the student finds immense difficulty in learning the work and real frustration sets in; this effectively makes school life a genuine chore. In many senior classes across all subjects, teachers spend much valuable class time trying to fill in the gaps in students’ knowledge caused through condoned parent absence. Time is lost on teaching the Years 11 and 12 subject material; a real disadvantage to our students. This situation can be substantially reduced if not eliminated by saying NO to any student absences other than genuine illness or serious family issues. This also applies to family holidays. Students should not be taken out of school for extended periods during term time. This is particularly important for senior students (Year 10-12) undertaking VCE studies, as VCAA dates cannot be amended by the school and absences will have a significant impact on a student’s capacity to successfully complete their study units.

Should you require assistance in saying NO to your son/daughter with regard to any matter, including unacceptable absence, please do not hesitate to contact his/her House Leader.

Cyber Safety
Earlier in the year, the College welcomed Brett Lee from Internet Safe Families to speak to students and run a parent evening. His input was very well received, however, it seems timely to remind all families of his 5 Key Messages and Actions for Technology for parents. They are:

1. Communicate with your kids
2. Set clear rules and boundaries
3. Stay up to date with apps and programs
4. Consider and use parental controls
5. Be the one who make the final decisions.

You may like to visit his website www.internetsafefamilies.com for further information. A parent flyer is also attached to this newsletter.

The Michael Grose article attached this week is about 7 practical things to say to kids to help them when they feel anxious. We would encourage you take a minute to read this article and think about how many people this affects and look at the strategies suggested that would maybe help.

David Barr & Jennifer Webster
Leader of Learning

Studying and Homework - Preparing for Exams
At the start of the year this article was published in the newsletter to help encourage and support both parents and students in the development of good study practices. I once again include this information in the lead up to the exams this term.

At the end of Term 4 all students in Year 11 will be involved in examinations. It is important to start good study habits early. Getting into a routine of studying involves doing more than just the set homework. The information below is provided to assist parents to work with their children to start the process of developing positive study routines.

The difference between Homework and Study
Studying for exams is not like doing homework. When we do homework there are a series of set tasks and when we have completed all the questions or tasks we are done. When we study we might use a variety of different methods to keep practicing the skills and knowledge that will be tested. Therefore when we study we need to be able to identify some goals for what we want to achieve, establish a plan for how we will cover all the subjects and set time limits to ensure that we can study effectively.

“Encourage your child not to leave exam preparation until the night before because it will be harder for them to remember the information. Some kids think cramming is the way to go, but in reality they only have limited recall. Instead, help your child get organised well in advance. Suggest they put their study notes into separate coloured folders. Using colours helps jog most people’s memory because they can associate the information more quickly. Your child may even like to use different coloured pens and paper for each topic, but just check they can be seen clearly at night under the lights.”

http://www.schoolatoz.nsw.edu.au/homework‐and‐study/english/english‐tips/helping‐your‐teen‐study‐for‐an‐english‐exam

Set specific goals for their study times
Goals will help you child stay focused and monitor their progress. Simply sitting down to study has little value. Your child must be very clear about what they want to accomplish during their study times.

Start studying when planned
Children may delay starting their studying because they don’t like an assignment or think it is too hard. A delay in studying is called "procrastination." If you procrastinate for any reason, you will find it difficult to get everything done when you need to. You may rush to make up the time you wasted getting started, resulting in careless work and errors.

www.how‐to‐study.com
Students should develop a timetable for the week. This would include allocating a specific amount of time for completing homework and for studying. You might find it useful to set this up with your child and put it up in a prominent spot at home so that both you and your child can see what is on for the night. The plan should allow for meal breaks and, after every 50 minutes to an hour, a short break of no more than 10 minutes.

Study environment
The space you provide your child should allow them to work without distraction or interruption. It should be well lit and leave them space to spread out their text books and workbooks and where appropriate use a computer. Limiting the distractions in the house can be one very practical thing that parents can manage.

Eating and sleeping well
It is always important for young people to eat well, get plenty of rest and maintain a good balance between studying and other aspects of their lives. A good diet and adequate rest provides the fuel to study, retain information and maintain alertness both while studying and in the exam.

One of the most important ways parents can assist their children is to take an interest in their study and perhaps, where possible, participate in helping with learning information, testing vocabulary, listening to them recite important information. Encouragement can be very valuable particularly when your child is struggling to settle down to study.

Judith Weir
University of Melbourne Opportunity

University of Melbourne Opportunity for up to 10 Year 7 and 8 students and their parents
We are a member of the University of Melbourne Network of Schools 2014 group and as a member of this network we have been offered the opportunity to send up to 10 parents and students from Year 7 and 8 to the program listed below.

If you are interested in attending please email jweir@ecmelb.catholic.edu.au as soon as possible. Please note places are very limited and if we have more than 10 applicants we may have to develop a selection criteria.

University of Melbourne Network of Schools (UMNOS)

STUDENTS in Years 5 - 8

Creative Engineering: A World Tour of Engineering Wonders
A special UMNOS presentation by Professor David Shallcross

Engineering, maths and science are all around us. So join us as we discuss Ancient Egyptian obelisks, the Eiffel Tower, the Falkirk Wheel, elevated trains in Bangkok and credit cards.

Falkirk Wheel
Imagine Falkirk Wheel: Communicated under Creative Commons Licence image credit: <a href="https://www.flickr.com/photos/45755571@N00/1410886993">Falkirk (Millenium) Wheel</a> via <a href="http://www.imageslike.com">free images</a> <a href="https://creativecommons.org/licenses/by/2.0/">(license)</a>

Great engineers must be creative and imaginative problems solvers who can use their understanding of maths and science to create solutions to engineering challenges. In this presentation we will tour the world stopping at the Falkirk Wheel in Scotland, the obelisks of ancient Egypt and the Eiffel Tower of Paris. Along the way we will ask what simple physics principle that is employed in the London Underground helped make Bangkok’s Skytrain more efficient. And we will learn about the mathematical formula built into credit card numbers that helps the financial system run smoothly.

This presentation is open to
STUDENTS in Years 5 - 8
UMNOS 14 & UMNOS 15 Schools only .... PLUS their parents and teachers

Tuesday 10 November 2015
4.00pm – 5.00pm
The Copland Theatre, “The Spot”, UoM - 198 Berkeley St, Carlton
400 seat theatre – approximately 10 per UMNOS School please.
Registrations close Friday 30 October. If seats are still available, second round will open Monday 2 November.

Enquiries to Brian Seton: networkofschools@unimelb.edu.au
Leader of Faith Development

St Vincent de Paul Christmas Hampers.
I would firstly like to congratulate our new Social Justice Captains for 2016. Harry Taylor from St Paul’s Campus and Hannah Luna and Wayne Siblagan from Notre Dame. As part of their first initiative, we are tackling the continued challenge that so many families face every Christmas, the daunting task of being able to give a gift to their own children. Once again in support of St Vincent de Paul, we will be collecting and creating hampers for those in our community who are less fortunate than ourselves. Every homeroom will be given the task of making a hamper that we can then distribute to those who need our support. If you have any toys that are in very good condition, we would love you to send them into school with your child and donate to the hampers. We hope to make up over 100 hampers for children at Christmas. We will also be making toiletry hampers for parents and would love donations to make these as well. Once again on behalf of our social justice teams, thank you.

Catholic Mission Immersion
It seems like only yesterday that we signed up for what will be an amazing experience in Cambodia with Catholic Mission in 2014. After 14 months of rigorous planning, training camps and team meetings our Catholic Mission Team are very close to departing for what will prove to be an experience of a lifetime. Following Year 11 and 12 exams, fifteen students and two staff will fly out to Cambodia where they will embark on helping those in communities, taking on personal challenges and enjoying the sights of Cambodia. Emmanuel College wishes them every success with their trip and a safe journey.

Liturgy Captains
Over the past two newsletters, I have been drawing your attention to the defining characteristics of a Catholic School of which a significant aspect is the tradition and rituals we hold as a way of expressing our faith. It is with pleasure that as part of our leadership portfolios here at Emmanuel College I would like to introduce our Liturgy Captains for 2016. Our St Paul’s campus Liturgy Captain is Nicholas Brasier and at Notre Dame we have Alice Growden and Shane Desa. Part of the roles of our Liturgy Captains will be to lead our liturgy group which will help maintain our sacred spaces at each campus, be instrumental in the preparation of College masses and liturgies, and support in areas of faith, mission and justice within the College. I wish them every success in their new leadership roles.

All Saint’s and All Soul’s Day
According to some sources, the idea for All Saints’ Day goes back to the fourth century when the Greek Christians kept a festival on the first Sunday after Pentecost in honour of all martyrs and saints. Other sources say that a commemoration of “All Martyrs” began to be celebrated as early as 270 CE but no specific month or date is recorded. Pope Gregory IV made All Saints’ Day an authorised holiday in 837 CE. Many churches mark All Saints’ Day also known as All Hallowson on 1 November each year to honour all the saints, particularly those who do not have their own special feast day.

All Souls’ Day was first instituted at the monastery in Cluny in 993 CE and quickly spread throughout the Christian world. It was Saint Odilo, the abbot of Cluny in France, who in the 10th century, proposed that the day after All Saints’ Day be set aside to honour the departed. Many Christian churches, including the Catholic, Uniting, and Anglican churches, commemorate All Souls’ Day on or around 2 November each year.

Prayer
God of power and mercy, you have made death itself the gateway to eternal life. Look with love on those who have gone before us, and make them one with Your Son in His suffering and death, that, sealed with the blood of Christ, they may come before you free from sin. Amen.

Chris O’Malley
News from Campus Organisers

Year 11 Exams and Year 12 2016 Orientation
The Year 11 Exams commence on Monday 9 November and conclude on Tuesday 17 November. Students are expected to attend these exams in formal school uniform. Students are not required to attend school if they do not have an exam. Exam schedules and expectations have been distributed to students. Classes are not scheduled during this time.

Year 12 2016 Orientation will commence at 8.30 am on Thursday 19 November and conclude at 1.00 pm on Friday 20 November. Attendance to this Orientation Program is compulsory as course information and preparatory work for next year will be set for all classes. Students will also receive subject preferences, booklist etc. Again students are expected to attend Orientation in formal school uniform.

If you have any queries, please contact your child’s House Leader, or Stephen Lunardelli (St Paul’s Campus) or Vince Crimi (Notre Dame Campus) on 83255100.

Year 10 Exams and Year 11 2016 Orientation
Year 10 classes conclude Friday 13 November. Monday 16 November to Wednesday 18 November is SWOT VAC., where students will prepare for examinations. The Year 10 Exams commence on Thursday 19 November and conclude on Thursday 26 November. Students are expected to attend these exams in formal school uniform. Students are not required to attend school if they do not have an exam. Exam schedules and expectations will be distributed in assembly. Classes are not scheduled during this time.

Year 11 2016 Orientation will commence at 8.30 am on Friday 27 November and conclude at 1.00 pm. Attendance to this Orientation Program is compulsory as course information and preparatory work for next year will be set for all classes. Students will also receive subject preferences, booklist etc. Again students are expected to attend Orientation in formal school uniform.

If you have any queries, please contact your child’s House Leader, Stephen Lunardelli (St Paul’s Campus) or Vince Crimi (Notre Dame Campus) on 83255100.

Stephen Lunardelli & Vince Crimi
Campus Organisers

Careers News

Year 9 Students and Parents
Year 10 Work Experience is happening in June 20-24, 2016. This is an opportunity for students to get out into the work force and try out a possible career path for the future. It is very important that students start researching employers and applying now. Placements fill up very fast and you do not want to miss out on a really great opportunity.

So get going now to avoid disappointment! See your Careers Leader if you need assistance.

Amanda Silipo & Sol DiMaggio
Careers Leaders
Cassidy House Report

It is hard to believe that it’s Term 4 already. We have farewelled the 2015 Cassidy Year 12s with an inspiring celebration Mass at St. Patrick’s Cathedral and a wonderful dinner at the Sofitel Hotel. It was nice to see the boys dressed up in their suits looking so proud of their achievement, and the smiling faces of their parents. I wish all the 2015 Cassidy boys all the best in their upcoming exams, and I hope all their dreams and hopes come true in the next exciting journey in their lives. I would like to thank Grant Williams and Randy Tran for their dedication as Cassidy House Captain and Vice-Captain this year. They have done a wonderful job and been a positive role model for all to follow. I would also like to acknowledge the hard work and dedication of Ben Loriente, Cassidy Sports Captain for 2015. He has always lead from the front and been a great Sports Leader. It has been a pleasure having Grant, Randy and Ben as Cassidy leaders for 2015, and I thank them for hard work and dedication, well done boys.

As one group leaves the College, next year’s leaders step up and take the reins. It is with much pleasure I announce the 2016 Cassidy Leaders; House Captain: Ethan Harkins; House Vice-Captain: Luke Dawson; and House Sports Captain: Josh Tang. Ethan has also been appointed School Captain for 2016, well done Ethan. I know they will continue the long and proud tradition of representing Cassidy House and being positive role models for all students in Cassidy and the school. Even though we have formal positions of leadership in Cassidy, all of the Year 12s have taken an active role in the learning and personal growth of the younger students throughout the year. This has been a positive step for everyone involved and I know the Year 7s have particularly enjoyed listening to them in homeroom every morning.

Next week we have the 2015 Swimming Carnival. Over the last two years Cassidy were victors and we are now going for three in a row! We would like to see as many students present on the day to swim or support the House in an attempt to win this amazing feat never before done in the history of the College. It’s important to get involved and be an active member of the school community, and I encourage all Cassidy boys to take up the challenge and make a difference and get involved.

On a final note good luck to all the boys on their upcoming exams, keep studying and working. For the remainder of students there are only a few weeks to go so keep working hard and never stop trying your best.

Remember “you only get out of life what you put in”.

Tony Muller
Cassidy House Leader SPC

The first four weeks of this term have been busy with a high focus on our Year 12 cohort. We have farewelled our Year 12s in an assembly, where each Year 12 student was presented with a memento to remember their time at the College, and we celebrated their success at Graduation. It is also that time of year where student leaders are being elected for relevant year levels, and the passing of the spirit stick to 2016 Cassidy leadership team has been deliberated and I would like to congratulate Naina Singh, Dylan Lopez, Alice Growden and Paul Tiktikakis. I would also like to take this opportunity to especially thank the Year 12 leaders of 2015, Emma Genovese, Marcus Bertone, Bridget Genovese and Xavier Smith, for the excellent leadership they have shown this year. They have lead admirably by creating a leadership team which has focused on developing a culture of cooperation and ‘spirit’ within the Cassidy House. As such, various initiatives have been undertaken to ensure that all students have the opportunity to get involved. They have certainly set the standard for the years to come.

In Term 3, one such initiative developed by our leadership team was the Cassidy Futsal competition. This competition was run in the hall and the back field during lunchtimes, where separate junior and senior divisions competed. It was great to see the students really participate with the intended spirit. After many close games, the junior grand final saw Cassidy A and E unable to be separated and in the senior grand final Cassidy G defeat Cassidy D.

In our homeroom points competition this year we had students gaining points for their homerooms through participation in all College activities. I would like to congratulate Ms Treherne and her homeroom of Cassidy G for winning the Cassidy Crusaders Shield. This is the second year Ms Treherne’s homeroom has won.

Upcoming events will be the Swimming Carnival which is coming up in a few weeks. I hope all Cassidy students get involved in some form and follow on from the awesome house spirit demonstrated at the Athletics Carnival.

In other news, I would like to congratulate Emma Genovese and Marcus Bertone who were our Year 12 House Captains for being selected to represent the school in separate events. Emma was selected by Debating Association Victoria to attend a Women in Leadership event where the former Governor General Quentin Bryce was the special guest. Whilst Marcus was interviewed by SBS on a podcast about learning Italian. Their hard work and dedication is to be commended.

Friday’s Learning Advisor provided an opportunity for our younger students to learn study tips from our Year 9 and 10 students. These tips and strategies can be put in place for their upcoming exams. All students should have started revising for their exams and I wish them all luck in achieving their personal best. I ask them to remember this quote “The only place that success comes before work is in the dictionary”. So if you want success you need to put in the work. I would like to wish our Cassidy Year 12 students for 2015 all the best in their future endeavours and ask them to remember the quote from our final assembly: “Don’t be afraid of fear because it sharpens you, it challenges you, it makes you stronger and when you run away from fear, you also run away from the opportunity to be your best possible self.”

Rebecca Chester
Cassidy House Leader NDC
McCluskey House Report

Firstly a big thanks to all of the McCluskey Student Leaders and Home Room Teachers for making my transition into the position of House Leader so painless this year. They have been dedicated and conscientious in carrying out their duties and deserve full credit for their efforts in 2015.

Student Leaders for 2015 were from Year 7 Aaron Robson and Rianne Pablo, Year 8 Patrick Farley and Nekita Ihmeari, Year 9 Lucas Gauci and Bronte McIntosh, Year 10 Gerome Cavalida and Claudia Doan, Year 11 Josh Muscat and Kristy Ficior, Year 12 Reid Hadaway and Bridgette Wells, Sports Captains Joel Gauci and Alyssa Adomato and Reid Hadaway as Campus Academic Leader.

I would like to take the opportunity to once again congratulate the McCluskey Student Leadership Team who have conducted numerous successful House Assemblies, including our farewell to the Year 12s, with assured professionalism. All year level leaders have taken an active role in the running and supervision of the assemblies. It was however the senior students who ably lead by Reid Hadaway and Joshua Muscat who have been most comfortable in their role as spokespersons for McCluskey House.

The McCluskey Titans were out in force across the year at sports carnivals including Athletics, Swimming and Cross Country. While there were some brilliant individual efforts across all age groups what really stood out for me was the wonderful sportsmanship and team spirit exhibited by McCluskey House as a whole. Well done.

Good luck and all the best for the future to all our senior McCluskey students who by now have finished their final days of formal schooling and are heading towards the post-exam finish line. No doubt you are contemplating life after Emmanuel College. Your time as students at Emmanuel College will be one you will look back on with, for the most part, fondness as you remember the teachers and students with whom you shared this amazing journey. You must all be looking to the future with a sense of anticipation and excitement and maybe just a touch of apprehension as you venture out to find your way in the world.

Finally, the House recently called for nominations to fill leadership roles next year. Congratulations to Joshua Muscat and Kristy Ficior who will be the 2016 Year 12 McCluskey Student House leaders and Christopher Del Sasso and Leilah Abrahams who will be our 2016 McCluskey Sport Leaders. There are some big shoes to fill but I am sure you will all acquit yourselves admirably and I look forward to working with you all next year.

Stay safe, enjoy your holidays and I look forward to seeing you all again in 2016.

Graeme Briggs
McCluskey House Leader NDC

McCluskey Homeroom Report

Term three concluded substantially well for Burnet Province of the McCluskey Kingdom – finishing as the overall winner in terms of points. This serves truly a testament to our province having the capacity to work together as a whole to produce the best results – evidently, there appears to be a significant reduction in detentions! Despite the invention of the “weekly quizzes”, suggesting within its name notions of monotony, it was virtually the only way for our homeroom to assemble in unity. Furthermore, though finishing second in the futsal competition losing to Walker homeroom by just one goal, this opportunity allowed us to view teamwork as not merely an obligation, but about every individual contributing in the best of their abilities in order to attain a mutual goal.

Graeme Briggs
Burnett Homeroom SPC

2016 College Captain Reflection

Bold though it may be, I venture that the leaders of St Paul’s 2016 will make the most significant change to date in the inner composition of every student’s ethics, behaviours and attitudes. Social justice, a concern that epitomises the moral centre of this school, will undoubtedly be only strengthened in the apt hands of Harry Taylor, who envisions concretising the already thriving focus on social justice in students of St Paul’s. Liturgy Captain, Nick Brasier, has shown infectious enthusiasm for growing the “mustard seed” of faith in Christianity that forms the backbone of St Paul’s ethics. Indefatigable persistence and a belief in oneself are the two core values that Sports Captain Deon Graziosi is working towards developing in the students aspiring to participate in ACC next year. Deon also has made the ambitious claim that under his guidance St Paul’s will win the most ACC championship flags won by St Paul’s in any year, ever.

As both Academic Captain and Student Member of the Board, Jack Wilson earnestly aims to reposition traditional views of academia as boring or tiresome, into something which can be viewed as a means of connecting us to ancient traditions, histories, cultures, as well as allowing us to create ourselves without committing the mistakes of those traditions, patterns in history, etc. Jack also hopes to accurately represent the wide diversity of student wishes and beliefs during the schools board meetings.

As for myself, I wish to inspire the idea that school does not have to be something drudgingly ‘gotten through,’ but a place by which the opportunities afforded can serve as a means to express the glory of a conquering will and an unshakable determination. I believe that there is a glory to be had in commanding yourself, and resolving to remain the same man, of the same composure, in the face of grief and tragedy, as well as in conditions that exist which have the potential to move you to anger or other undesirable impulses and distort your true character.

Ethan S.Y. Harkins
SPC College Captain
Outdoor Education Camp Experience

During week 3 of this term our Year 9 Outdoor Education students set off on their three day 2 night outdoor education experience. NDC students went to Lake Eildon National Park and SPC students went to the Yarra Valley. Although the weather was somewhat better at the Lake Eildon Camp all students experienced activities that not only were fun and exciting but challenged them mentally and physically. Below are some reflections made by Year 9s on their return to school.

On 21 October I attended the outdoor education camp in Lake Eildon. I was in a group with about 13 boys who made the pain and wanting to give up go away. I believe that I really pushed myself just like the other boys did. By the end of the day we were rewarded with a beautiful view, a nice dinner, a great big sleep and a wonderful time. The views were just too good to capture on a camera.

The things I enjoyed were the views, the awesome guide we had named Pete, the food was better than I expected, having a wonderful time, riding a bike downhill after having a really big hike and canoeing with my best mate Brad. I challenged myself at this camp, pushing myself to the limit, not stopping and giving up just keep going and you will not regret it. I did conquer my challenges and it was all worth it, after conquering your challenges it makes you feel so good to know that you are capable of doing a very tough task.

James Mullett

On 21 October I attended the Outdoor Education camp, I was grouped with friends in my class and we were challenged mentally, and even physically. I enjoyed a number of things on this camp, including spending time with my friends and teachers, as well as completing challenging tasks, but I also enjoyed witnessing nature, witnessing a snake come past our trail as we walked, the bugs and animals that continued their day to day travels. The camp was very interesting and unique. I definitely enjoyed canoeing with my friends the most, it was nice to be calmly rowing a boat with a good friend towards our bus which took us home.

I faced a number of challenges including pushing my physical and mental abilities to their limits, I was told that my body could take much more, although my mind was just telling me otherwise, which is why I strived to complete all trips, which I did. I was challenged to hike very steep hills, upwards and downwards. I conquered all those challenges, it made me feel alive, and positive, like I could easily do something without a problem.

Brad Pace

Camp this year was a great experience for me. I feel like this camp was the best because it made me realise how much I should appreciate such little things. One thing I didn’t get to do while I was at the camp was say thank you to my amazing Group leader who has left my whole group and I in tears because we loved camp so much and we didn’t want to leave.

Our leader was the best camp leader anyone could ask for, she was able to come and have a conversation with us even if it had nothing to do with the camp, she taught us such amazing things within her wise stories and she also taught us how to appreciate little things such as the feeling of the wind in our faces and the water on our hands.

Our group started off not wanting to even go to camp, and as we were sitting on the bus dreading it I can now say that we are all so glad that we came because our experience was made amazing by our wonderful group leader, she made everything fun, she helped us up when we felt down and she cared for us from the bottom of her heart.

We have all come out of this camp feeling like we had our family there because she helped us realise that without our real family there we are all one family and she was like our older sister. We all formed a family at camp Bindaree and I can say hands down this was the best camp I have ever been on.

Taylor Morris
Outdoor Education Camp Experience

Camp was an amazing experience! I loved the activities we did, and even though some were extremely challenging, it was worth it in the end. I also loved our girls group and I feel all of us bonded and became closer friends. The massive hike was the biggest challenge of all, hiking enormous mountains for 5km. Even though it wasn’t a physical challenge, being away from family for 3 days, was hard for some of us.

Hiking and bike riding were challenges that made us work really hard. I did conquer those difficulties well, and when I did, it made me feel so proud and satisfied with myself that I completed something huge, and made me feel so happy.

Jess Boss

LOTE Incursion

Japanese Manga Drawing Workshop Excursion
Presenter: Kenny Chan

Thank-you Japanese students for your excellent participation on the day.

Here are some reflections of the day:

‘On Friday 16 October, all of the Year 8 Japanese students went to St. Pauls Campus to have a manga drawing lesson from Mr Kenny Chang. I found it really enjoyable because usually I’m not a very big fan of drawing and I’m not very good at it either but I found Kenny’s demonstration easy to understand’.

Ryan Gatt 8CHD

‘I loved the way Kenny Chang was drawing characters like Astro Boy. I liked how we started to learn how to draw the face and the body. I also liked the way Kenny was showing us how to draw the face and the body’.

Antonio Rossi 8CHD

‘Kenny was an extremely talented drawer and taught a lot of beneficial techniques. Kenny helped me to create a creative drawing of an animated and realistic person. I was very proud of what I achieved thanks to Kenny’s advice. Overall, the day was a relaxing day although I don’t usually draw, but it was interesting’.

Elisha Cassar 8MCK

‘I enjoyed the last Japanese excursion and I learnt lots of things on how to draw manga. I can now draw many different eyes now thanks to Kenny Chang’.

Reynard Widjaja 8WIN

‘Overall I though the incursion was ok but not really my thing because I don’t usually draw. Kenny Chang was an amazing drawer as was his partner who helped him with his great drawings’.

Alana Risteska 8WIN

‘I like the drawings and ideas that Kenny showed us. He gave me advice about drawing anime and manga’.

Jenny Le-Nguyen 8WIN

‘I learned about Japanese newspapers having different comics and they are designed like a magazine book’.

Tiffany Janousek 8CHD
LOTE Incursion cont’d

Artists making it look so easy

Making a newspaper comic in LAN Year 7

Making Anime come to life in Year 8 Japanese classes.

‘Manga’ Anime Art was so much fun at St Paul’s Campus recently when Japanese LOTE Year 8 students from NDC joined SPC students to share the expertise of drawing Manga specialised artwork. Teachers and students from the LOTE Department were given insight into the tricks of how to make a blank page come alive with narrative artwork.

LAN Year 7 SPC students were welcomed to join with their peers to learn how to draw a cartoon/comic for their newspaper project as well.

Thank you to all staff who were helping organise the event and the artists for an inspirational and creative day.

LOTE and LAN Departments
Designing a Mini Golf Hole—Year 8 Mathematics

Year 8 Mathematics students have now completed their Designing a Mini Golf Hole project. I have been blown away by the quality of the work submitted.

Students have been creative with their design of their projects as well as their use of technology.

It was wonderful to overhear students discussing scale drawing whilst designing and making their projects even though this was not the content work being covered by the project.

Leanne Wilson
Learning Leader of Maths
## Calendar Term 4 Weeks 3B & 4A

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>2 November</td>
<td>No Classes—Mid term break</td>
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<tr>
<td>3 November</td>
<td>No Classes—Melbourne Cup</td>
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<tr>
<td>4 November</td>
<td>SPC ACC Yr 10 Cricket/Tennis/Volleyball EMM v SBE</td>
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<td>NDC Year 8 Surf Ed Group 1 &amp; 2</td>
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<tr>
<td>5 November</td>
<td>Celebration of Excellence Ticket Sales commence</td>
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<td></td>
<td>SPC ACC Year 8 Cricket/Tennis/Volleyball SBE v EMM</td>
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<td>NDC Year 8 Premier League Cross-over finals</td>
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<tr>
<td>6 November</td>
<td>Year 11 classes cease</td>
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<td></td>
<td>SPC Year 7-10 Swim Carnival (all day) - Werribee</td>
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<td></td>
<td>Super Soccer Day @ SPC</td>
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<td></td>
<td>NDC Year 8 Surf Ed Group 3 &amp; 4</td>
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<tr>
<td>8 November</td>
<td>St Leo’s Mass @ 10.30am</td>
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<tr>
<td>9 November</td>
<td>Year 11 exams commence</td>
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<td></td>
<td>SPC ACC Year 7/8 Debating &amp; Public Speaking Com @ St Bernards</td>
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<td>NDC Year 8 Surf Ed Group 5 &amp; 6</td>
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<td>10 November</td>
<td>SPC ACC Year 10 Cricket/Tennis/Volleyball Semi Finals</td>
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<td>SPC Year 7 ICT Project Day</td>
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<td></td>
<td>NDC Year 8 Surf Ed Group 7 &amp; 8</td>
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<td>11 November</td>
<td>Remembrance Day ceremony @ 11am</td>
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<td>12 November</td>
<td>SPC ACC Year 8 Cricket/Tennis/Volleyball PAR v EMM</td>
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<td>NDC Year 8 Premier League Grand Finals SACCSS</td>
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<td>13 November</td>
<td>Year 10 classes cease</td>
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<td>NDC Year 7 ICT Project Day</td>
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<td></td>
<td>NDC Year 7-10 Swim Carnival (all day) - Lara</td>
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<tr>
<td>16 November</td>
<td>Year 7, 8, 9 exams commence</td>
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<td></td>
<td>Year 10 SWOT Day</td>
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<td>17 November</td>
<td>Year 10 SWOT Day</td>
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<td></td>
<td>Year 11 exams conclude</td>
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<tr>
<td>18 November</td>
<td>Year 10 SWOT Day</td>
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<td>19 November</td>
<td>Year 12 2016 Orientation</td>
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<td></td>
<td>Year 10 exams commence</td>
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<td>Year 12 exams conclude</td>
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Community Notices

Point Cook Soccer Club - Girls Soccer Program

Starting Saturday 24 October
Saltwater Reserve Point Cook
Registrations from 9am / Program starts 9.30am
Fun, Fitness, Friendships!

https://www.facebook.com/Point-Cook-Soccer-Club-The-Jets-192224554235211/

Family Fun Day with Sharks Football Club

At Featherbrook Oval
Sunday 22 November at 12.30pm
Sausage Sizzle, Live Entertainment, Footy Activities
2016 Club Registration (under 18s)
Firetruck for the kids
ALL WELCOME

PRAYER AND SPIRITUALITY DAYS
at
St Joseph’s Convent
61 Melbourne Rd
Williamstown 3016

19 NOVEMBER The Missionary Heart of St Therese of Lisieux:
Her message for us today in the light of Pope Francis’ invitation to be Missionary Disciples. Afternoon 1.30pm-3.00pm Sr Moya Unthank

19 NOVEMBER LIFE- Aspects of growth on Earth
The joy of yielding fruit one hundred fold (Luke 8: verses 4 and 8) The Sower and the Seed
Evening 7.30pm -9.00pm Miss Mary Hannebery
Anxiety has a way of making everyone feel helpless - those experiencing anxiousness and those trying to help. It’s hard to know what to say when a child becomes overwhelmed with anxiety, but it’s most important to be a strong, steadying influence. You may not be able to take their anxiousness away, but your emotional support and your calmness makes a difference.

Children take their cues from their parents so your trust that they can cope when they become overly anxious will send a powerful message that they’ll come out the other side safely. The language you use will convey your trust and also offer your child the comfort they need to feel safe, as well as the courage to find their own solutions to their anxiousness.

**When you see anxiousness take hold here are some things that you can say that will help your child cope:**

"You’re okay. I’m here and I won’t be going anywhere."

Such statements indicate warmth, safety and comfort. Your child may not believe you straight away but that’s okay; your presence will get the message across.

"You don’t have to do anything right now. Just breathe."

A big part of the stress of anxiety comes when children don’t know what to do. They don’t have to fight the feeling of anxiousness, but let it pass. The less children fight anxiousness, the more likely it is that the feeling will go.

"Let’s go for a walk and see if we can take some big breaths."

Physical activity is the best antidote to an anxiety attack as it helps burn up the adrenaline that prepares a child’s body to fight or take flight. Try to help them take some strong breaths while they walk, which will be easier if they’ve practised when they aren’t anxious. Practise by breathing in to the count of three, holding for one, breathing out for three and holding for one.

"Take some big, deep breaths. I’ll do it with you."

Anxiety comes from the fight or flight response when the brain perceives a threat. It doesn’t matter whether the threat is real or not, the brain thinks and acts as if it’s true, leading to tenseness, hyperventilation and confused thinking. Breathing triggers the relaxation response which, like the fight or flight response, is hardwired in all of us.

When children are calm explore different approaches to empower them to better manage their anxiousness. You might say:

"I’d like to understand what your worry feels like for you. Can you teach me?"

The ability to accurately identify a feeling when it occurs is at the heart of emotional intelligence so encourage your child to verbalise what their anxiety feels like. Greater self-awareness increases your child’s ability to manage their feelings.

"What would you say to a friend who was going through what you go through?"

Invite your child to take a more objective look at their own anxiety to help them gain a different perspective and level of understanding. This approach also gives parents a greater insight into what a child is going through.

"Your brain is amazing. Every time you breathe through your anxious feelings you’re teaching your brain how to manage your anxiousness."

Brains have an amazing capacity to adapt and learn new ways of coping. By helping your child understand that he is, in effect, training his brain to better respond to anxiousness you empower your child to positively manage their feelings.

Help children manage their difficult emotions, including anxiety, by validating their feelings and encouraging them to experiment with different ways of coping. Encourage kids to come up with their own solutions when anxiousness threatens to overcome them. Kids are usually adept at solving their own problems when they have loving, supporting and positive adults in their lives.
Parents’ Guide to Internet Use

Like the real world the cyber world will never be perfect but parents have the power to reduce the issues significantly

Please Remember...

- The cyber world is a great and safe world; it’s how people use it that creates issues
- My child needs my life skills and adult instincts to help them make sound choices and identify problems
- No program my child will want to use is essential to their development, treat all programs as an added extra, a privilege
- No online decision I make in good faith regarding my children and their safety is a bad one, trust my instincts
- Technology will forever change but our household rules and my protective practices will never change
- Online dangers and responsibilities are real
- Always weigh up the positives and potential risks when deciding what programs my kids can use
- Encourage the use of technology in a public environment; issues are more likely to happen in private
- Everybody in the house knows I am the one who has the final say regarding technology

- I don’t have to be an internet expert only a diligent, loving and sometimes strict parent
- Rules and boundaries I put in place will not stop my child using technology, it will help them use it and avoid the bad stuff
- By being an involved parent I reduce the risk of potential issues
- Using programs that can monitor and filter online content is my right as a parent, I’m not spying on my kids, I’m spying on everybody else
- Online issues aren’t about technology; it’s ALWAYS about people
- Online education should start the second my child types a key

Every time my child logs on they have access to everything the adult world has to offer - I have to be involved - I may be the only line of defence
1. Always keep lines of communication open
2. Consider monitoring and filtering software
3. Take interest and have active involvement with kid’s internet use
4. Take control of the internet and mobile phone
5. Have firm guidelines rules and consequences
6. Keep the internet in a public area of the home

www.internetsafefamilies.com.au

Internet Safety and Cyberbullying Presentations for Schools, Community and Organisations iness.com.au / 07 3139 1181