Dear Parents and Friends

Our Opening School Eucharist, held today at St Patrick’s Cathedral, was a wonderful celebration of the beginning of our year together at Emmanuel. We look forward to the growth and flourishing of the young women and men of the College over 2016. Thank you to our College chaplains, Fathers John and Greg, for leading our Eucharistic celebration.

Well done to our VCE High Achievers for 2015, presented at last week’s College assembly:
Ali Noura, 97.60, Bachelor of Commerce, University of Melbourne; Mohanad Abbas, 97.00, Bachelor of BioMedicine, University of Melbourne; Eden Krnac, 96.45, Bachelor of Exercise Science/Business (Sport Management), Deakin University; Xanthe Lampropoulos, 96.2, Bachelor of Pharmacy (Honours), Monash University; Dean Kotsianis, 95.75, Bachelor of Science, University of Melbourne; Tom Benning, 95.1, Science Advanced Research (Honours), Monash University; Bridget Genovese, 95.05, Bachelor of Commerce, University of Melbourne; Michael Palatsides, 94.5, Bachelor of Physics/Engineering (Honours), RMIT University; Nathan Alger 94.4, Bachelor of Arts, Monash University; Reid Hadaway 94.2, Bachelor of Law/Commerce, Deakin University; Brooke Lykopoulos, 93.4, Bachelor of Law/Commerce, Deakin University; Lucy Chen 92.55, Bachelor of Commerce, University of Melbourne; and Phillip Main, 90.85, Bachelor of Science, University of Melbourne.

Well done also to recipients of Principal List awards on their hard work and excellence in achievement.

Well done and thank-you to the following staff-members who were presented with service awards, as they commence their 10th year of service to the College in 2016:

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

Best wishes to the SPC swim team for all success in the ACC swimming carnival to be held at MSAC tonight. Thanks to Brad Robertson and coaches on their support of the team during training sessions.

A reminder that applications for Year 7 enrolments in 2017, including for siblings of students already at the College, should be submitted no later than Friday 26 February.

As we continue our Lenten journey may we be strengthened in our love for another.

Christopher Stock
Principal

School Fees

A reminder that the early settlement discount of $250 applies to school fee payments received in full before 29 February 2016. Also, please note that semester one school fees are due by 25 March 2016 unless you have set up a payment arrangement with the school.

The CSEF application needs to be completed and lodged with the school as soon as possible, applications won’t be accepted after term 2, for further details please visit http://www.education.vic.gov.au/about/programs/health/Pages/csef.aspx?Redirect=1

Mario Puopolo
Business Manager
News from Campus Leaders

It has been a fantastic start to the school year at both Notre Dame and St Paul’s Campuses. The positive attitude and warmth students have shown staff and each other is a very encouraging sign for a good year ahead. Finally, the students readiness to learn and get on with the hard work required for success has been somewhat inspiring. We are all excited about the achievement that the 2016 year will bring to our community.

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

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

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

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

**Summer dress and kilt length** to be no shorter than 5cm from the top of the knee. Please refer to the uniform policy in the Student Handbook on pages 10-12.

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

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

From Monday 29 February, students who choose to continue to be in significant breach of the uniform policy, will be asked to return home until their uniform meets the College Uniform Policy. Parents will be contacted by phone to collect their child and students will not be permitted to attend class until the matter is addressed.

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

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

The ACC Swimming Carnival was held at MSAC on Friday 19 February, allowing the cream of St Paul’s swimming crop to display their talents in the pool. A big thank you to the teachers who attended the early morning training sessions and facilitated the event; Glen Robertson, Brad Robertson, Amanda Silipo, Steve Chaperon, Daniel Velardo, Tony Muller, Janelle O’Keefe, and Mark Turner. A full report will follow in the next newsletter.

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

Parents are also reminded that if your child is unwell, they should not attend school. We do have a sick bay, where students may rest for a short time before returning to class, however, if your child is significantly unwell then you will be called to collect them and take to a doctor if required. Please ensure that your details are current. Senior students, however, should always attend the college, as absence without a medical certificate may compromise their VCE studies. They should also always attend for exams as there is no opportunity to undertake these at an alternative date/time.
News from Campus Leaders cont’d

Goal setting is an important aspect for achieving success. Below are some tips that you can discuss with your daughter or son at home.

♦ Set your goals. How can you be motivated if you don’t know what you’re aiming for? Your written goals are solid reminders of what it is that you want.
♦ Revisit your goals regularly and religiously.
♦ Use the ‘divide and conquer’ technique by breaking down your goals into pieces. Work one piece at a time.
♦ The baby steps first. Start on something easy or interesting. Too often we fall into the ‘all or nothing’ mentality.
♦ Allow yourself to feel incredibly satisfied when you achieve your little benchmarks. Small victories all add up.
♦ Savour little victories along the way. They are every bit as important as the end goal. They keep you going when you have a setback.
♦ Reward yourself for small victories. You MUST do this because setbacks WILL come.
♦ Work with a friend to keep each other motivated.
♦ Don’t wait until the mood strikes you makes the start on something – anything. Once you’ve started you’ll keep going.
♦ Know that the best way to keep motivated is doing what you planned to do.

This week’s article from Michael Grose looks at practical tips for fathers on how to shift parenting gears when kids move into adolescence. Please take time to read the article which is attached to this newsletter.

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

STUDENT LEADERS 2016

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<th>Cassidy House SPC</th>
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<td>Anthony Sala</td>
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<td>Marwan El-Houli</td>
<td>Rhea Chatterji</td>
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<td>Nathan Boicos</td>
<td>Montanna Dumsney</td>
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<td>Shannon Desa</td>
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### McCluskey House SPC
- Dylan Tran
- George Limperis
- Louise Stathakis
- Augustine Kadende
- Robert Milich
- Rhys Mutch
- John Limperis
- Michael Rossi
- Nicholas Brasier
- Alexander Bouris
- Phillip Alexiou
- Timothy Dinh

### McCluskey House NDC
- Rianne Pablo
- Daniel Haddad
- Madelyn Heath
- Christian Ginco
- Tatiana V Houte
- Luca Gauci
- Natasha Galliano
- Gerome Cavaldia
- Christopher Dal Sasso
- Leilah Abrahams
- Joshua Muscat
- Kristy Ficior

### Winters House SPC
- Kristian Mihos
- Kyhle Aquilina
- Khaled Abdou
- Trent Borg
- Andy Dinh
- Filip Bjelosevic
- Tom Myrrylainen
- Dragan Gagovic
- Nathan Malkoun
- Alex McPherson
- Simon Bugeja

### Winters House NDC
- Caitlyn Sneydes
- Luca Cagliolo
- Kara Morton-Gale
- Jonah Rodrigues
- Charlene Ding
- Joshua Litherland
- Liza Kozlovksa
- Daniel Battochio
- Connor Healey
- Coreena Reyes
- William Malcolm
- Nadya Ang
- Alexander Lapitan

### McCoy House SPC
- Oscar Driscoll
- Fletcher Rodwell
- Joseph Rigazzi
- Zachary Holloway
- Christopher Koulis
- Colin Da Costa
- Hung Lam
- Blake Gaffiero
- Deon Graziosi
- Deon Graziosi
- Jack Wilson
- Benjamin Singleton

### McCoy House NDC
- Abigail Dinan
- Noah Lupino
- Riley Brown
- Jake Aquilina
- Lucy Di Maggio
- James Bozinski
- Maria Cayayan
- Jared Laurilla
- Jacques Ozone
- Sanari Dharmapala
- Jack Amorous
- Jasmin Shields Harris

### Winters House NDC
- Connor Healey
- Coreena Reyes
- William Malcolm
- Nadya Ang
- Alexander Lapitan

### College Sports Captain
- Liturgy Captain
- College Sports Captain
- Sports Captain

### House Vice/Captain
- House Vice Captain
- House Captain

### House Captain
- House Captain (Board Rep)

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David Barr & Jennifer Webster
News from Leader of Faith Development

Ash Wednesday
On 10 February, we celebrated Ash Wednesday as a College where every year level came together at both campuses as well as our staff for our Ash Wednesday liturgies. It is important always to remember that this day begins our 40 days of Lenten journey towards Easter, when we mark our foreheads with the ashes as a sign of repentance and begin a period of reflection. As a College, along with the wider Catholic Church, this is a significant day in our liturgical calendar, one that we must, as a College, pause and prepare for what is to come. “Turn away from sin and be faithful to the Gospel.” (Mk 1:15)

Opening College Mass
On Friday 19 February, we came together as one united College at St Patrick’s Cathedral where we celebrated our Opening College Mass which proved to be a wonderful occasion that allowed all in our College community to share in this special occasion. Celebrated by Fr John Healy and concelebrated by Fr Greg Trythall, over 1800 students, staff and parents came together to open our 2016 year. With our major theme for year being from John’s gospel “I am the light of the world, whoever follows me with never walk in darkness, but will have the light of life.” We were truly able to do this as a united Emmanuel College community. A special thanks must go to all those who sang in the choir, read and took on other roles throughout the mass and perhaps more importantly, a thanks must go to all students at the mass. Thank you.

Year of Mercy
Pope Francis says, “We need constantly to contemplate the mystery of mercy. It is a wellspring of joy, serenity, and peace. Our salvation depends on it. Mercy: the word reveals the very mystery of the Most Holy Trinity. Mercy: the ultimate and supreme act by which God comes to meet us. Mercy: the fundamental law that dwells in the heart of every person who looks sincerely into the eyes of his brothers and sisters on the path of life. Mercy: the bridge that connects God and man, opening our hearts to the hope of being loved forever despite our sinfulness.

At times we are called to gaze even more attentively on mercy so that we may become a more effective sign of the Father’s action in our lives. For this reason I have proclaimed an Extraordinary Jubilee of Mercy as a special time for the Church, a time when the witness of believers might grow stronger and more effective.

The motto for the year, Merciful like the Father, serves as an invitation to follow the merciful example of God who asks us not to judge or condemn but to offer love and forgiveness instead.

2016 Social Justice Calendar at Emmanuel College

Term One
10 Feb – 25 March Project Compassion - Caritas Australia
Every Second Week Matthew Talbot Soup V an - St Vincent de Paul
10 March Casual Dress Day - Caritas
9 Feb Shrove Tuesday Pancakes – St Vincent de Paul
16 – 17 April Relay for Life

Prayer

Dear Lord, give us the grace to accept the things that cannot be changed, courage to change the things that should be changed and the wisdom to distinguish one from the other. How can we let go and let God into our lives?

Chris O’Malley
Cassidy House Report

It has been a busy start to the year for both staff and students of Cassidy House. We have welcomed new staff Mr Nick Kopitschinski and Ms Andrea Roberts-Davison as homeroom teachers and our Year 7 students.

On Monday 29 February, we will have our athletics carnival. The enthusiasm demonstrated during the signups was pleasing with nearly all spots filled. Hopefully it can be a fine day and we can make a great start to win overall house spirit yet again this year. We will be awarding a prize to the best dressed Cassidy student on the day, so start thinking about a costume or finding some red clothes. The more red the better.

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

We once again will have the Cassidy Homeroom Competition. Points are awarded to students who participate in both house activities and the College community. The Homeroom with the most points at the end of term 3 will have their name engraved on the shield. Ms Treherne’s homeroom took the title for a second time in 2015. Our first house activity decided by the student leaders will be Dodgeball.

I would like to congratulate the Cassidy student leaders who were formally announced today at the Opening College Mass, and whose names are appearing our Campus Leaders article. I look forward to working with them all in 2016.

Rebecca Chester
Cassidy House Leader NDC

It was wonderful to see so many smiling and happy faces on day one. With the Year 7s nervous and anxious, and the rest of the boys full of excitement and anticipation for a new school year, day one was away and going. I was very pleased to see every Cassidy boy arrive in near perfect uniform, and more importantly with a fresh and revived attitude to achieve their best and hurdle any obstacle placed in front of them. The 2016 Year 12s are a fantastic, enthusiastic, dedicated and hardworking bunch of boys, I want to wish them all the best for 2016 and I hope they can strive for their best as well as have some time to enjoy their last year at SPC.

I would also congratulate the 2016 Cassidy Leaders which were formally announced at our Opening Mass today. Their names appear in the Campus Leaders article earlier in this newsletter. These young men are role models and leaders that have demonstrated exceptional personal and leadership qualities and I know Cassidy is blessed to have them as leaders. I wish them all the best in mentoring the Year 7s, attending SLG, assisting in House Sport, organising Homeroom activities and being a positive role model for others.

It has been a wonderful start to 2016. The boys of Cassidy have settled into a good routine of study and work. I am extremely pleased that it appears that they are on track for a good year of academic achievement. This year, I hope the boys of Cassidy remember the following quote: “When I stand before God at the end of my life, I would hope that I would not have a single bit of talent left and could say, I used everything you gave me”
McCoy Homeroom Report

At the beginning of a school year everything is new and different but one thing stays the same, our homeroom. There was a certainty that although all my classes would be different, I would enter homeroom greeted with familiar faces and some new students and perhaps some scared Year 7s. Last year’s homeroom teacher left and we were welcomed by Ms Rhona Van Veldhuisen. She is kind and completely astounded with the sheer size of the school.

This year we have implemented new activities in homeroom; Mindful Mondays, Gratitude Wednesdays and Fun Fridays. On Mondays we usually begin with relaxing exercises or meditation to begin the stressful school week ahead, which is especially helpful for those with SAC’s, assignments or tests coming up. Gratitude Wednesday is when we say thanks for how fortunate each of us are for being able to go to this school and have such great friends and teachers. So far during this time, we have watched inspirational videos and written down things that we are grateful for.

Fun Fridays are a great way to end the week where we as a homeroom play games against each other and other homerooms. Last week we had athletics sign up so we were unable to do anything but two weeks ago we played games and riddles against each other.

This year is unlike any other, and I look forward to starting every morning with the homeroom I have grown with.

Maria Cayayan  McCoy F NDC

This year has started off like any other. Everyone’s back, full of excitement and still buzzing from the recent break. In Homeroom during these past two weeks, an emphasis has been placed on interaction with each other, with a ban on electronic devices in homeroom (we’ll see how long it lasts this time!). This is undoubtedly for the better, as we all need to unwind and step away from the screens we’re so frequently glued to, even if only for 15 minutes a day. So far, the Year 7s are fitting in well, even interacting with students from other year levels. It’s in times like homeroom that we should all give thanks for what we have around us and remain strong in the face of adversity, persevering to be all we can be.

Benjamin Singleton  Deakin Homeroom SPC

Immunisation Programme

The 2016 immunisation program is offered to Year 7 students this year. The following vaccines are offered:

- Human Papilloma Virus (HPV) Gardasil which protects against two HPV types which cause 70% of cervical cancer in women and 90% of HPV related cancers in men.
- Chickenpox
- Diphtheria
- Tetanus
- Pertussis (Whooping Cough)
- Diphtheria, Tetanus and Pertussis protection comes through one single vaccination.

All Year 7 students at both St Paul’s and Notre Dame Campus should have brought home an immunisation information pack. This pack contains the parent consent card which must be filled in and returned to the appropriate campus as soon as possible. This card must be returned even if your child will not be receiving any of the three immunisations offered.

The pack also contains the vaccination dates for the respective campuses. The first immunisation will take place at SPC on Monday 7 March and at NDC on Tuesday 22 March.

Please do not hesitate to contact Mr Sciberras at the SPC Campus or Mr Crimi at the NDC Campus if you have any queries or concern about the 2016 school immunisation program.

Vince Crimi & Mark Sciberras
Year 7 Camp SPC

On Wednesday 10 February, the Year 7s from SPC ventured to Arthur’s Seat and Portsea to experience the highlight of the Year 7 calendar – Camp! The students enjoyed some time at Enchanted Adventure Gardens running through mazes, riding slides and working through brain teasing activities. The highlight of the trip was yet to come as we arrived at Portsea Camp. Here the boys enjoyed a range of outdoor activities including snorkelling, the Giant Swing, the Flying Fox and more. The beautiful weather made swimming at the beach even more enjoyable. The camp provided the boys who have come from a large variety of primary schools, an opportunity to interact with new people and build friendships that will span across their time here at Emmanuel College.

TESTIMONIALS:
At camp by far the best activity I did was snorkelling. It was so cool, we saw a lot of marine life such as stingray’s and puffer fish, a school of them actually. It was so cold some of us hesitated to jump in, but it was so worth it, you could ask anyone who did and no one would have any negative comments about it. We had a great instructor who told you all the stuff you were unsure about making learning fun.

Now for my second highlight - It would have to be the Enchanted Adventure Gardens where we went on the giant tube slides nonstop. It was so fun and you got to go down the slide with a mate or someone you didn’t know which made a lot of new friendships. As you can see I loved camp!!

Declan Muscat

I enjoyed the high ropes at camp because it was my first time doing something like that, and it was a challenge climbing on the rock wall. It was also difficult to do the Multi-vine Course and the Heebie-Jeebie Course. When I was on the Multi-vine Course, it was hard for me to reach out to the ropes. On the Heebie-Jeebie course, I had to hold on to a rope in front of me, making me lean forward and eventually look straight down to the ground. I was shaking a lot and I was scared because I was very high up and I thought I was going to fall. After finishing both courses, I felt like I had gotten over any fear of heights that I had before.

Joseph Nguyen

At my Year 7 camp for 2016, it was a great time to look for new friends and have fun. At this camp, my favourite thing to do was Snorkelling under and around the pier. This was so much fun because sometimes you do not know what is under a pier and what lurks around at the beach. While we were swimming we saw the weirdest thing you could ever see, it was a fish still moving with a massive chunk out of its back, it was trying to swim but it could hardly move. Then after that we went to the corner of the pier and there was a nest of more than 200 globe fish. I had no idea what they were but then I heard they were just like puffer fish. After a while, we saw nothing and we just kept going around until we found a rock shell with a big Stingray hiding underneath it. Everyone was so excited to see it, but it was time to get out. While we were on our way back to the pier we found two smaller stingrays and we were swimming right over them!

Louis Papamihail
Music News

It has been a busy start to 2016 for the music staff and students at Emmanuel College. The Choir has been extremely busy preparing for the College’s opening School Mass and the new compulsory Year 7 program has been a hit with the students concerned. Approximately 60 percent of the Year 7 cohort are currently undertaking their semester music subject which sees them matched to an instrument to study for two terms. These instruments, ranging from percussion to wind and brass, and strings have been newly acquired to better educate our students in the possibility that comes out of harnessing opportunity. Such opportunity has seen many of the students able to play several notes on their instrument within a fortnight.

It is important to note that playing a musical instrument is not only for Year 7 students. We encourage all students to consider what the Year 7 students are discovering – the possibility that comes out of harnessing opportunity. Despite not having this opportunity in a timetabled curriculum class as the Year 7 students do, students from Years 8 and up are welcome to apply for private instrumental music lessons on either campus with application forms available from student services.

Carmelo Puglisi
Director of Music

Soccer Academy

The Emmanuel College Soccer Academy provides interested students additional training to prepare for interschool soccer competitions, technical development and fitness. The sessions are held on the following days:

**NDC**
- Monday afternoons: 3.10-4.00pm
- Wednesday afternoons: 3.10-4.00pm

**SPC**
- Wednesday mornings: 7.30-8.25am
- Friday mornings: 7.30-8.25am

All sessions will be held on the artificial soccer pitch.

To confirm attendance at these sessions, please email on mpichner@ecmelb.catholic.edu.au

Michael Pichner
This once-in-a-lifetime experience is something I’d definitely recommend to anyone who has an interest in Science. It really opened my eyes to new possibilities. The fact that the career path one would choose to go on, would usually lead somewhere else. This advice was really helpful to me, especially now that I’m at the age where I need to start thinking and deciding on which career I would prefer to pursue. The overall experience was fun, meeting with twenty other kids from all over Australia who share the same passion for Science as me helped create quick bonds. The course was incredibly hands on. We went out to the rock pools and found that different native creatures would live in different areas based on something as simple as the type of the rock they happen to live in. We went snorkelling, saw two sting rays, held a brain anemone and went canoeing, where we were able to catch and hold a banjo shark. I don’t know about you, but to me, those are things that I don’t do every day. Little facts we learnt and discovered along this experience. For example; did you know squids are colour-blind, and those perfectly-shaped holes one finds in the shell along the beach? They were created by carnivorous snails that drilled into another snail and ate it from the hole. It was a pleasure to take part in this experience, so I leave you with a small piece of advice: if you can, do it!

Jessica Carabott

I had an amazing experience at RMIT University! I would recommend to anyone who might have an interest in science or maybe you are not sure what you would like to be in the future. This experience taught me many life skills such as CPR, measuring blood pressure, hygiene and much more. We also had lectures for each day by Mathematicians, Scientists and even University Students explaining how to choose a course. Some of the courses that are on display are Biomedical Sciences, Laboratory Medicine, Food Production and Engineering. Over the course of the 3 days, you learn to open yourself up to people much quicker than you would normally. I met many new people in my group and we all still keep in contact. There is not a single second where you are not laughing or bored. I will truly miss this experience. Do not hesitate and just go for it, you have nothing to lose!

Claudia Doan

My decision for doing this program was probably one of my best decisions I have ever made as I really enjoyed my time at Monash. I participated in all the activities, and I had an amazing time, as each day we had either on or two science rotations, on topics such as: Physics, Maths, Chemistry, Biology or Geosciences. My favourite was the Maths one, as I loved the tricks and illusions they showed us! We also went to an Anatomy Lab, where we got to see real specimens, who had donated their bodies for Science. Overall it was one of the best experiences, as we had lots of fun, and I met amazing people! Also, we got the opportunity to sign up for the YSA (Young Scientists of Australia), which is basically a foundation for young people (aged 15-25) who love science.

Suvarna Soni

On behalf of the students and Emmanuel College we would like to thank the Rotary Club of Altona for their sponsorship to this program.

If you are interested in finding out more information about this fantastic program please see https://www.scienceexperience.com.au/. The program for this year will be out midyear. Please stay tuned to student notices for more information around this time.

Latasha Slocombe - Domain Leader - Science
Careers News

This newsletter will keep you in touch with career events, expos, courses, Open Days and so on. Attending career events will assist you to make wise career decisions. Students who do research, attend events, collect information, and talk to others about careers frequently find it easier to make their own decisions.

YEAR 12 COURSE COUNSELLING
All Year 12 students are expected to attend a compulsory course counselling session during Term 1. The purpose of the careers counselling session is to assist all students make an effective transition to a post-secondary pathway. Students are encouraged to make a booking as soon as possible with their respective Careers Leader for this very important first counselling session.

YEAR 10 WORK EXPERIENCE: June 20-24, 2016
All year 10 students need to organise their placements by the end of Week 5, Term 1.

✦ Work experience is a valuable part of the year 10 careers program.
✦ It is a time for students to start thinking about possible career pathways and getting some hands on experience of different workplaces.
✦ If students need assistance they need to see their Careers Leader ASAP.

Additional Work Experience Arrangement forms are available from respective Careers Leaders

WHAT ARE SOME OF MY OPTIONS UPON LEAVING SCHOOL?
One option is university study. Research shows that those who have a university degree are (on average) less likely to be unemployed and are likely to earn more during their lifetimes than those who do not.
Others will want to complete a vocational course (VET) like hospitality, childcare or graphic design.
Another significant group will enter a trade by completing an apprenticeship or traineeship in areas such as plumbing, carpentry, mechanics, refrigeration or office administration.
Those entering employment with no study plans need to understand that their career options and earning capacity are likely to be limited in the long term.

Thinking of University? There are nine in Victoria:

• **Australian Catholic University (ACU)** has campuses in Fitzroy and Ballarat. It is a small but growing university, publicly funded, open to those of any or no faith.
• **Deakin University**’s main campus is in Burwood, but it also has campuses in Geelong and Warrnambool. It is a large university offering a very broad range of degrees.
• **Federation University** has campuses in Ballarat and in Gippsland. It is a fairly small university serving two rural communities.
• **La Trobe University**’s main campus in in Bundoora, but it also has campuses in Albury-Wodonga, Bendigo, Mildura and Shepparton. It is a large university.
• **Monash University** is very large; its main campus is in Clayton, but it also has campuses in Berwick, Caulfield, and Frankston (Peninsula Campus) (also in Malaysia and Prato in Italy).
• **RMIT** is a large dual-sector institution (a VET provider as well) in the City, with other campuses in Brunswick and Bundaberg.
• **Swinburne** is also a dual-sector provider with a university campus in Hawthorn, and VET campuses in the City, Croydon, Hawthorn and Wantirna.
• **The University of Melbourne** is the oldest University, its main campus being in Parkville. It also has specialised campuses in Burnley, Creswick, Dookie, Shepparton, Southbank and Werribee.
• **Victoria University**’s main campus in in Footscray, but it also has campuses in the City, Melton, St Albans, Sunshine and Werribee. VU is a university and a VET provider.

There are many providers of vocational education (VET) such as Bendigo TAFE, Box Hill Institute, Gordon, Holmesglen, Kangan, Melbourne Polytechnic, RMIT, Swinburne and VU.

With so many institutions available, it is important that you do some research during senior years at school. This includes attending Open Days, Career Expos, school holiday programs and so on.

FOCUS ON SOME HEALTH DEGREES
**MEDICINE AND DENTISTRY** - It is possible to study medicine/surgery at Deakin (Geelong), Monash (Clayton and Gippsland), and Melbourne universities. Of course, many interstate universities also offer medicine, and it is possible to study it in New Zealand (eg University of Otago in Dunedin) and have the qualification recognised in Australia. NOTE: Be aware that medical qualifications from many overseas universities are not recognised in Australia and further study in Australia is required.
The ONLY University in Victoria offering an undergraduate medical degree is Monash. Acceptance into this course is based on a combination of ATAR, UMAT result and a multi-mini interview. UMAT is short for the Undergraduate Medicine and Health Sciences Admission Test. This year, the test will be held on Wednesday 27 July.Registrations are open now and close at 5pm (AEST) on Friday 3 June, 2016. See: http://umat.acer.edu.au. The UMAT is a multiple choice assessment; it is possible to purchase practice tests at this website, and you are strongly advised to do so as the UMAT is a very demanding test and practice is vital. The only Victorian undergraduate degree which requires completion of the UMAT is Medicine at Monash. La Trobe University requires it for Dentistry, but only for non-Year 12 applicants. Some interstate universities require it as part of the application process for medicine, dentistry and some other medical-related courses so you are wise to check this. It is common for students keen to study medical courses to apply to interstate universities as well as Victoria. Living in a particular state does not give any priority to applicants. NOTE: International applicants see International Student Admissions Test (ASAT).

Monash also offers a post-graduate degree in medicine, as do Deakin and Melbourne universities. Monash has very specific requirements for entry to the post-graduate degree, including that from 2017 the undergraduate degree MUST be a Monash degree (preferably the B. Biomedical Science, or alternatively the B. Pharmacy or the B. Physiotherapy, or in a small number of cases the B. Science). Most applicants for the Melbourne degree would complete either the B. Biomedicine or the B. Science at Melbourne first. Deakin also does not specify the under-graduate degree. NOTE: Many post-graduate medical degrees require applicants to sit for a test known as the GAMSAT. See: http://gamsat.acer.edu.au.

Dentistry is only offered in Victoria as an undergraduate degree at La Trobe University (Bendigo) and as a post-graduate degree at Melbourne University. It is important for anyone thinking of studying medicine or dentistry to research and start preparing; the competition for university places is considerable. Some universities offer information sessions about their courses (Eg ‘At Monash’ Seminars and Focus On Melbourne seminars – details later). Remember, of course, many students considering medicine or dentistry could be well suited to several other occupations, not necessarily in the medical field, so explore these as well.

BACHELOR OF HEALTH SCIENCES AT MONASH – To who is this degree suited? Are you passionate about health and keen to contribute to addressing real health challenges? This is a ‘parent’ course under which there are four possible specialisations. Students enrol in the course relevant to their specialisation: B. Emergency Health, B. Human Services (can lead to Masters in Social Work), B. Public Health Science and B. Radiation Science. Studies commence at the Caulfield campus where students from all specialisations will apply scientific approaches to the study and improvement of health, considering physiological, behavioural, developmental, social and environmental aspects of human health and disease. After the first three semesters, you will develop an in-depth knowledge of the theory and practice of your specialisation. Prerequisites – 3/4 English and any Maths.

WHAT IS PHYSIOTHERAPY? Physiotherapists assess, treat and prevent disorders in human movement caused by injury or disease. They work in private practice, hospitals, rehabilitation centres, health department, mental health, school systems and some with sports clubs. Most young aspiring physiotherapist want to work as sport physiotherapists, however, you need to understand that many, in fact, work with elderly patients. Physiotherapy is taught at Monash, La Trobe, Charles Sturt and Melbourne Universities. ACU is introducing the course at Ballarat campus in 2017. The ATAR required for all courses is very high, and admission to the Monash degree also requires an interview. The Melbourne degree is post-graduate. A science background and interest is required for successful completion of the course.

WHAT IS OSTEOPATHY? Osteopathy is a form of manual healthcare which recognises the important link between the structure of the body and the way it functions. Osteopaths focus on how the skeleton, joints, muscles, nerves, circulation, connective tissue and internal organs function as a holistic unit. RMIT and Victoria University are the only 2 institutes in Victoria that offer Osteopathy. The course is 5 years full time study.

WHAT IS MYOTHERAPY? This is a remedial massage course which assists in rehabilitation, pain and injury management. The Advanced Diploma takes two to three years to complete. Some students who are interested in physiotherapy but who are not able to obtain the required ATAR find myotherapy a satisfying alternative. It is offered at a number of institutions such as Box Hill, Chisholm, Holmesglen, Melbourne Polytechnic, RMIT and Victoria University.

WHAT IS OCCUPATIONAL THERAPY? Do you want to engage people to participate in activities to their full potential? Occupational Therapy involves working with individuals, groups and communities to enhance their ability to engage in the occupations they want to, need to, or are expected to do. It is offered at ACU, Charles Sturt, La Trobe, Deakin (Geelong), and Monash universities.

WHAT IS PROSTHETICS? Learn about artificial limbs (prostheses) for people with amputations and supporting devices (orthoses) for people with musculoskeletal weaknesses. In Victoria this degree course is taught only at La Trobe University.

Amanda Silipo & Sol DiMaggio (information provided by M Walker)
Celebrating outstanding effort, persistence and academic achievement.

**Semester Two 2015**

To further support learning at the College and to recognise outstanding effort, persistence and academic achievement the Principal’s List was established. The Principal’s List is based on a student’s combined Semester results reported across all Key Learning Areas.

Students in Years 7 – 11 who have shown an outstanding level of effort, persistence and academic achievement, have earned a place on the Principals List. The Principal’s List will be on display at the College. The list is updated each Semester according to students’ reported effort, persistence and academic performance.

Congratulations to the following students on the Principal’s List for Semester Two 2015 who were presented with a Certificate of Merit at the College Assembly Tuesday 9th and Thursday 11th February:

**St Paul’s Campus**

<table>
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SPC recipients of ‘Principal's List’

Year 7 (2015) students

Year 8 (2015) students

Year 9 (2015) students

Year 10 (2015) students

Year 11 (2015) students
NDC recipients of ‘Principal’s List’

Cassidy House students

Chaminade House students

McCoy House students

McCluskey House students

Winter House students
Emmanuel College Opening Mass—Then and Now

1997

2000

2009

2014

Penny Cook
Emmanuel College Archives
## Calendar Term 1 Weeks 4B & 5A

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Details</th>
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<td>22 February 2016</td>
<td>Year 9 PBL RE project day</td>
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<td>NDC SACCSS Golf Day</td>
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<td>23 February 2016</td>
<td>SPC Year 12 retreat</td>
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<td>NDC SACCSS senior cricket EMM V MacKillop</td>
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<td>NDC Year 11 PE excursion Group 1</td>
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<td>24 February 2016</td>
<td>SPC Year 12 retreat</td>
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<td>SPC ACC senior volleyball CBC v EMM</td>
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<td>NDC Year 12 Psychology—Epworth Sleep Lab Incursion 1.40pm—3.10pm</td>
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<td>25 February 2016</td>
<td>NDC Year 12 retreat</td>
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<td>NDC Year 10 premier league Rd 2 EMC v CCCC</td>
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<td>26 February 2016</td>
<td>SPC Year 11 PE excursion</td>
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<td>NDC Year 12 retreat</td>
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<td>29 February 2016</td>
<td>NDC house athletics carnival</td>
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<td>1 March 2016</td>
<td>NDC SACCSS senior cricket Penola v EMM</td>
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<td>NDC Year 11 PE excursion Group 2</td>
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<td>2 March 2016</td>
<td>SPC ACC senior cricket SBE v EMM</td>
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<td>SPC ACC senior tennis EMM v WFD</td>
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<td>SPC ACC senior volleyball EMM v WFD</td>
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<td>NDC Year 7 camp to Portsea departs</td>
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<td>3 March 2016</td>
<td>SPC house athletics carnival students dismissed at 1pm</td>
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<td>NDC Year 7 camp at Portsea 2nd day</td>
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<td></td>
<td>NDC Year 10 premier league Rd 3 BYE</td>
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<tr>
<td>4 March 2016</td>
<td>NDC Year 7 camp returns from Portsea</td>
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Community Notices

LACROSSE PLAYERS WANTED
The Wyndham Lacrosse Club is seeking players, male and female, of all ages for the 2016 Season.

REGISTRATION & INFORMATION NIGHT
Date: 29/02/2016
Time: 6:00pm
Venue: Wootten Rd Reserve, Cnr Hogan & Wooten Rds Tarneit.

For more information call 0401770218

FEMALE PLAYERS WANTED
Newport Power Football Club

Junior Football Club Registration Day and Pre-Season Kick Off on Sunday February 21 from 10am to 12pm

For more information go to:
https://newportpowerfootballclub.teamapp.com

Look forward to seeing you at the home of Newport Power
Bryan Martyn Oval 40-58 Market St, Newport VIC 3015

OPEN DAY
The Mary MacKillop Heritage Centre at 362 Albert Street East Melbourne, invites parishioners & friends to the first weekend Open Day for 2016 on Saturday 20th February from 10.00am – 4.00pm.

Visit the Mary MacKillop Museum, the Chapel where Mary prayed as well as the Gift Shop & Refreshments area.

A local guided “Walking Tour” will take place at 11.00am. Everyone welcome.

WYNDHAM YOUTH SERVICES
Presents
“WHO STOLE THE SHOW”
Thursday 3rd March 6pm-8pm
Venue: Youth Resource Centre, 86 Derrimut Road Hoppers Crossing

For more information contact
vince@phunktional.org.au

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Fathering teenagers

Practical tips for fathers on how to shift parenting gears when kids move into adolescence.

Being a dad of primary-aged children is quite easy really. Most boys and girls want to have a close relationship with their dads during these years so a willingness to spend time with them, a sense of fun and a positive, caring attitude will go a long way with kids during this stage.

The fathering game changes in adolescence. As children they may have put you on a pedestal and held you in the highest regard, now as adolescents they go to great lengths to reveal your feet of clay. As kids they used to nag you to play with them. Now as teenagers they barely give you the time of day. And what’s worse, they don’t laugh at your jokes any more. You’re just not that funny!! Ouch! That hurts.

Shift parenting gears

Most parents have to shift parenting gears when their kids move into adolescence. Mothers often make the shift first as they are quicker to see the signs (such as being argumentative, displaying silly behaviour, spending more time alone) that their loving child has been replaced by a teenager. Some dads are constantly angry with their kids during early adolescence as for the first time they experience challenge (“How dare you say that to me!”). But many are sad at the loss of their loving and lovely child.

Once the shift is recognised and reconciled a dad can establish a new, deeper relationship with his teenager where he teaches, advises and inspires, at the same time giving them the space to make their own decisions.

As our attention is drawn towards young people’s schooling, particularly with their academic performance (or lack of it), it’s easy to forget that the developmental task for young people is to form relationships outside their family, with peers being the stepping stones to their own family. The job for a dad is to guide and assist teenage children to form meaningful relationships with others outside the family. This is best done by modelling healthy relationships with others; being a sounding board for young people’s concerns, and challenging some of their choices without threatening their self-esteem or sense of autonomy.

Be available

The real trick to successfully fathering young people is to be emotionally available. It’s not just being in their vicinity because you can be in the same room as a young person but never connect. It means having a shared interest such as a love of the same football team so you have a connecting point, and also a genuine willingness to take an interest in their life right now. Perhaps the most common complaint I hear from teenagers is that their fathers focus too much on what their young people should be in the future, rather than on what’s important in their life right now. Taking an interest in their interests may well be the most potent strategy in a father’s armoury.

Fathering sons

Many fathers and sons get locked into the old ram/young ram syndrome. The young ram, full of energy and verve locks horns with the old ram that is desperate to prove himself at the expense of his son. Two things need to happen during this stage. First, dad needs to engage his son in fun, safe ways such as sport, physical games or even verbal jousting. Second, boys need to form relationships with someone outside the family who may give the same message as you, but is more easily accepted. Sports coaches, neighbours, uncles, aunts, teachers, even older siblings can fill this important role. Dads need to make room for others, which can be difficult for some men.
Talk about relationships

If there is one topic a dad should talk about with his teenage son it is about healthy relationships—both girls and boys. In particular, a boy’s attitude to women is strongly influenced by his father’s attitude. Peers do play a part, and their voice is strong during this age, but a father’s views are vital and need to be heard especially around treatment of women, and the place that pornography, that is now readily available, plays in the formation of their attitudes to females and healthy relationships.

Fathering daughters

A man’s relationship with his teenage daughter can be problematic. Teenage girls, who are notoriously verbal, can easily make their fathers feel irrelevant. It helps to have common interests. It also helps to share your passions and open up some of your world to your teenage daughter. If you want your daughter to be interested in you then you need to be interesting to her.

The active involvement of dads in their daughter’s lives has been linked to positive outcomes in many areas, including positive body image in girls. There are two things that dads can do that promote positive body image. First, get active with your daughters—rough and tumble games when young, sport in adolescence—to help her develop a sense of power and self-confidence. Also a dad demonstrates that he enjoys being with her in a way that has nothing to do with how she looks. The second thing that dads can do to promote positive body image is to compliment his daughter about how she looks as well as what she does. Far from sending mixed messages it can be reassuring to a girl that her appearance is acceptable to the most significant male figure in her life.

Allow your daughter to stand up to you

Why is it that some adolescent girls allow themselves to be pushed around while others assert themselves? The reasons are complex and can’t be attributed to one factor, however if you want a girl to stand up for herself, first she needs to find her voice in her own family. I believe that there are times when girls should argue with their father and let him know when he is on the wrong track, and that he should get off her back for a while. If she can learn to do this in a loving atmosphere she will learn to be on an equal footing with a man, and importantly to stand her ground and expect to be treated well.

There’s no doubt that adolescents are on steep learning curves, absorbing both lessons and values that will stay with them for life. While teachers and peers play a part in shaping their views, parents play a major role. Dads can easily feel locked out of their children’s lives during this critical stage. But it’s vital to claim your space and let your voice be heard albeit with sensitivity, compassion and a sense of humour.

Michael Grose
Expressions of Interest to Provide 4 weeks Temporary Accommodation.

Dear Families,
Hope you are all well and rested. This is to advise you that we will have an Italian Language Assistant at the College as of late April 2016. The Language Assistant is a qualified University Graduate from Italy with an excellent knowledge of the English language.

The Language Assistant will be involved in supporting the Italian teacher in the classroom. It is very exciting for our Languages Faculty as it will provide our students with a very contemporary and authentic perspective of Italian life and of course a great support with the learning and appreciation of the Italian language.

Our Italian visitor will be with us all of 2016. In order to support her with the transition, the College is required to find accommodation for our assistant for a few weeks, from 16th April, while they organize their permanent accommodation for the remainder of the year. It would be for no more than 4 weeks. This is purely voluntary.

If you would like to help and are able to provide suitable accommodation complete the slip below and return it to me.

Thank you in advance for your support of Languages at the College
Best Wishes,

Anna Italia
Leader of Learning, Languages
83255100

I am the parent / guardian of:  Student Name: ___________________________________________
Year Level: _____________________________________________
Campus: _______________________________________________

We are interested in volunteering to host the Italian Language Assistant for 4 weeks, while she finds accommodation for the rest of the year.

(PRINT)
Parent/Guardian: __________________________________________
Signature _________________________________________________
Contact No. _______________________________________________