Dear Parents and Friends

The Annual General Meeting of the College Board for 2016 was held this week. Parents who are members of the Board for this year are Keith Brown (Chairperson), Karen Cook (Deputy Chairperson), Charles Gauci (Secretary), Andrew Styzinski, and Ray Martin, with Kristy Ficior and Jack Wilson student members. We thank Board members for their generous commitment to this important work. The Board Constitution, available on the College website, outlines the full composition of the Board and its responsibilities.

We welcomed to Emmanuel this week Brad Scanlon, School Development Coach for the New Tech Network of which we are part - www.newtechnetwork.org. The focus for these sessions was mastery in working in the hi-tech classroom, effective delivery of Project Based Learning (PBL) for quality student learning outcomes and building student skills for success in study and career in the 21st century.

Congratulations to our Year 7s who presented their first PBL project to parents at last week’s presentation evening. It was great to see the commitment and effort our Year 7s made to their projects and their pride in the presentations on the night. Well done also to our Year 10s, as they complete their Community Service PBL project, on the many ways they have served the wider community over the term.

It is exciting to see Year 7s with their new musical instruments and the great work they are accomplishing with such an impressive array of instruments led by an expert team of instrumental teachers. Best wishes also to cast and crew who continue rehearsals for next term’s musical production – High School Musical.

Congratulations to Matt Hussey who won gold in the U16 3000m, in a time of 9 minutes, at the National Championships held in Perth in early March. Well done also to our swim team on their impressive performance in Division 1 of the SACCESS carnival, held this week at MSAC, and to Paris Fenech as U16 champion. The initial performances of our DAV debating teams have also been impressive.

Most important, of course, is the learning progress achieved by students in their various subjects over the term. Parent-teacher interviews, to discuss student progress, will be conducted on Wednesday 13 April from 3.30pm and Thursday 14 April from 1.00pm, in light of interim reports which will be available in the term break. No classes will be held on the Thursday.

Attached with this newsletter is an outline from Jo Boaler of six ways parents can support their child’s Maths learning. Jo is Professor of Mathematics Education at the Stanford Graduate School of Education and the author of a number of books about successful Mathematics learning. Jo’s website www.youcubed.org has lots of great ideas and resources about supporting students’ success in Maths, including an online course for parents which I highly recommend.

Classes for term 2 commence on Monday 11 April.

Best wishes for the blessings of the Risen Lord at Easter and a safe and enjoyable term break including to students and staff who embark on the tour to Italy this weekend.

Christopher Stock
Principal

School Fees

A reminder that Semester 1 2016 school fees are due by 26 March 2016 unless a payment arrangement has been entered into with the school.

If you are the holder of a current healthcare or pension card you may be eligible for the Camp, Sport & Excursion funding of $225.00 per student. This funding can be used towards your 2016 school fees. Please contact the school for an application form or download from the following website www.education.vic.gov.au/csef

Mario Puopolo
Business Manager
Campus Leaders

It has been a very hectic yet exciting first term, with many highlights. It is hard to believe that the term has to come to an end. The growth that we have witnessed in so many students over the term has been impressive and a strong affirmation of the hard work they have put in.

The SACCs Swimming Carnival was held on Tuesday 24 March. Congratulations and well done to all members of the squad. The team represented the College with pride and the preparation prior to the event led to personal best achievement for many students.

Parent Teacher Interviews are being held on Wednesday 13 and Thursday 14 April in the Trenquelleon and Lamourous Buildings at Notre Dame Campus, and in the McCoy Hall at St Paul’s Campus. Students will be dismissed at 2.30pm at NDC and 2.45pm at SPC on the Wednesday to facilitate set up. Parents will get the opportunity to meet with your child’s teachers and discuss their progress. We strongly encourage students to attend these important interviews, as it is the students who are the key players. Teachers and parents provide the support and encouragement, but it is the students who determine the outcomes so this is a great opportunity to reflect and plan together.

As there will be a joint staff meeting on Monday 9 May at St Paul’s Campus, students at NDC will be dismissed at 2.30pm to allow staff to travel to SPC for this meeting.

NDC students wishing to access the bus stop on the south side of Dunnings Road, opposite the transport hub, must use either use the lights at Palmers Road intersection or the school crossing just up from Foxwood Drive. The traffic is very heavy at the beginning and end of the day and students put themselves at considerable risk by not using the designated crossings. We ask parents to support this by discussing the risks and expectations with their son or daughter.

Just a reminder, the official change-over to winter uniform will occur on Tuesday 26 April (Notre Dame Photo day). For the girls we have the option of navy slacks as an alternative to the kilt. Girls, please note that you must wear navy blue tights and not socks with your kilt. Students may choose either of the two tie options. The College strongly advises that you get your son or daughter to try on their winter uniform well before the date, as many students have grown over the summer and the items may not fit or be too short. As a guide Girls kilt length should be no higher than 7cm above the knee. This length complies with other College’s expectations in our region. All winter uniform is now available at the uniform shop at St Paul’s, and Noone Imagewear in Hoppers Crossing (next to Spotlight). Please note the uniform shop at St Paul’s is closed over the term break and will reopen on Tuesday 12 April as normal. If you wish to purchase anything during this time you must go to Noone Imagewear at Hoppers Crossing. We wish to emphasise the importance of students wearing their uniform correctly and with pride. The manner that a student presents themselves in public reflects upon us and greatly influences the community’s attitude towards Emmanuel College. Families are also reminded of the uniform requirements in regard to sock colour. White – Physical Education Uniform and Girl’s summer uniform, grey with College Shorts, grey or black with boys long trousers and navy or black with girls slacks. Please refer to page 10 of the student handbook for full details of uniform requirements.

A number of students across all year levels are forgetting to bring their computer to school. Some parents have been dropping them off in the front office in the morning. Please be aware that they will not be passed on to the students until recess when they will be called to the office to collect it.

A reminder that attendance at school is compulsory and that any unnecessary absence has a cumulative effect on both learning and habit formation. Please consider very carefully any planned absence and ensure that the education of your child has priority over other considerations. Please talk with relevant staff at the College if you have difficulty with your child attending school.

This week’s article from Michael Grose is about how sleep research has shown that the brain practises what it has learned during the day when a young person is asleep. So sufficient sleep consolidates past learning as well as keeps a young person fresh to maximise their future learning.

Both Campuses ended the term with a special assembly to mark the Easter Triduum – the journey of Jesus from the Last Supper with his disciples, the death on the Cross on Good Friday and the joy of Resurrection on Sunday. We trust that families will be able to use this time to reflect and give thanks for the gifts of God in their lives at this time.

Thank you to all students and staff who have worked together to make a smooth start to the year. Thank you to all parents for the support of your child and the College. It is sometimes difficult to negotiate those teen years where your children begin to develop the skills of self-direction and responsibility for the choices they make. Your care and discussion to help them to reflect and learn from all decisions they make is essential in ensuring the young people in our care develop their full potential.

Finally, we wish all families a very restful and holy Easter and a safe and happy holiday period.

David Barr & Jennifer Webster
Leader of Learning

Studying and Homework

At the end of Term 2 all students in Year 8-11 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](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.

They 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](http://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.
Leader of Learning cont'd

Feedback on your child’s learning and Parent Teacher Interviews
On 24 March parents of students in Years 7-11 will be able to see the results for tasks completed in Term 1. This feedback is specific to the tasks your child has completed in each subject. If you have not had a chance look at the feedback, or are unsure how to, instructions have been placed on PAM.

Interim Reports for Year 12 students will be made available during the term break.

Parent Teacher Interviews will be held on:

- **Wednesday 13 April**
  - 3.30pm-5.30pm
  - 6.30pm-8.30pm

- **Thursday 14 April**
  - 1.00pm-5.30pm
  - 6.30pm-8.30pm

This is a valuable opportunity to meet with your child’s teachers to follow up on anything that was unclear about the feedback and to touch base about your child’s learning in general. Bookings can be made on PAM and will open on the 4 April at 9.00am

Please note:
- Mr Stephen Summers will be available at NDC on Wednesday 13 April from 3.30pm until 5.30pm
- Ms Sue Mammarella will be available at NDC on Wednesday 13 April from 3.30pm-8.30pm
- Mr Dat Che will be available at NDC on Wednesday 13 April from 3.30pm to 8.30pm

Judith Weir

SPC Fare Evasion on Public Transport

The College has recently been contacted by the Bus Association Victoria & CDC Altona Pty Ltd (Westrans Altona) in relation to **Fare Evasion**.

It has been reported that many students are ignoring the fact that they are required to “Touch On” and have a valid ticket before travelling on these buses.

**Of concern is that PTV regularly monitor bus patronage, and students not touching on and off would indicate low passenger demand for that bus route, which could result in a loss of that service.**

Highlighted by both organisations were the following responsibilities of our students:

- **To have a valid Myki when boarding or purchase a Myki ticket from the driver**
- **To “Touch On” at the Myki reader or “Top Up” their Myki by giving cash (between $1 to $20) to the driver**

It is the student’s responsibility, not the drivers to ensure that you have a valid Myki card. The College expects all students travelling on these buses to have a valid Myki card.

The College supports the actions of these companies in arranging for “Authorised Officers” to issue “on the spot fines”, to students found to be without a valid ticket.

The College also supports any action by drivers to leave students behind if students continue to ignore the requirements to travel with a valid ticket.

The College will also arrange appropriate disciplinary consequences to students identified by authorities, which include the removal of a student’s privilege to travel on these designated buses.

Stephen Lunardelli
Leader of Campus Organisation SPC
Leader of Faith Development

The Importance of Easter
It is sometimes easy to forget in the business of our daily lives, the importance and significance of Easter within our Catholic Tradition. On Easter Sunday, after 40 days of reflection on the passion and death of Jesus Christ through Lent, we celebrate the resurrection of the Lord but more than that, we celebrate our own resurrection to new life in Jesus, through our faith and our Baptism. Easter commemorates the resurrection of Jesus Christ. It is the most important Christian festival, and the one celebrated with the greatest joy. Without Easter there would be no Christianity. Without Jesus' suffering, his execution and subsequent resurrection there would be no Christianity, for however terrible the suffering was, it was part of God's plan for the salvation of humankind. With this in mind, I hope that you all have a restful and safe Easter holiday and return next term refreshed and revitalised.

Catholic Education Week
Last week was Catholic Education Week and at Emmanuel College we marked this with a number of great activities that celebrated what is important to us. With the theme “Be the face of mercy” the College youth ministry team ran liturgies at lunch for staff and students, we had a number of lunchtime concerts, and took students to St Patrick’s Cathedral to join with other Catholic schools in the Archdiocese. We had a number of students head to St Bernard College to participate in the Archbishops Conversation and provided professional development evenings with Dr Rose Marie Prosser on Religion in post-modern societies and the challenge facing Catholic schools today. Thank you to all who participated and lead these wonderful events over the past two weeks.

Social Justice
Throughout the season of Lent, we have been actively supporting Caritas Australia and special congratulations must go to all of our staff and students on their overwhelming support. Our Social Justice group at the College have been very active in their raising awareness of the need for organisations such as Caritas Australia. In addition to raising well needed funds for Caritas, they have also actively been focused on simply raising awareness of poverty by showing the Caritas video at lunch in the chapel, by organising a lunchtime concert for Caritas and holding the jelly bean guess. Thank you to our social justice group for your wonderful support and hard work this term.

Relay For Life
Once again this year Emmanuel College has a team in the Relay for Life. If you are interested in participating in Relay for Life it is on the 16/17 April at the VU Athletics Track in Werribee. Please let Mrs Meilak or Ms Grgic know your availability. It starts at 12.00pm on the Saturday through to 12.00pm on the Sunday. If you cannot manage to attend please feel free to donate to support the students and staff and raise money for a great cause. The link to donate is below: https://secure.fundraising.cancer.org.au/site/SPageServer?pagename=relay_for_life#/search-teams?team_name=emmanuel%20college&search_type=donate

Easter Prayer
God our Father,
We thank you that Easter is not about
a people, but all people,
that your love and your Salvation
are for all who confess with voices, hearts and lives
that the tomb is empty because Jesus is risen,
that we might know forgiveness, that lives might be
reborn and your name glorified now and for eternity.

Chris O’Malley
Deputy Principal Faith and Staff Development
McCluskey House Report

It has been a hectic start to Term 1. As the McCluskey House Leader, I cannot help but reflect on how our new Year 7s must feel as they enter a new learning environment for the first time and come to grips with the transition to secondary school and its associated challenges. This year’s crop of McCluskey Year 7s have risen to the challenge and settled in to the rigours of school, embracing the “Titans” team spirit.

Firstly, a big thanks to all of the McCluskey House Student Leaders. They have been dedicated and conscientious in carrying out their duties thus far and deserve to be acknowledged. We all look forward to watching them take over the reins of House Meetings and organising House Activities.

Student Leaders for 2016 are Year 8; Rianne Pablo and Daniel Haddad, Year 9; Madelyn Heath and Christian Ginco, Year 10; Tatiana Vanden Haute and Lucas Gauci, Year 11; Natasha Galiano and Gerome Cavvalida, Year 12; Kristy Ficior and Joshua Muscat, Sports Captains; Leilah Abrahams and Christopher Dal Sasso.

The McCluskey Titans were out in force at the recent NDC athletics carnival. 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. That being said it was obvious that our depth of talent lay in the Junior Divisions. Outstanding efforts were made by Jessica Dias in the Year 9 Girls sprint events and Dakota Hadaway-Jones in the Year 9 Boys, while Jordan Bos and Matteo Chinnapen were outstanding in the Year 8 Boys Division. While these days take us away from the day to day of classrooms and learning, they are an essential part of the school calendar and should be given a hundred percent support by students and parents. As such, it was somewhat disappointing to see the poor turnout and participation of Year 11 students in particular. A big thank you to the Year 12 students who got right into the McCluskey spirit by dressing up for the day in team colours and involving themselves as much as they possibly could in this their last year at NDC.

In the not too distant future we will be participating in the House Cross Country Event and it is hoped that the “Titans” will once again exhibit their outstanding team spirit and personal endeavour. Let’s also hope that we can improve a little on our performances on the “flat track” and use the Cross Country format to our advantage as we did last year.

It was also very pleasing to see McCluskey students well represented in the Principals List Awards in recognition of outstanding academic achievement in 2015. While the recipients are too numerous to mention individually, it is worthy to note the outstanding repeat performances of Sebastian Snopczynski, Rianne Pablo, Katelyn Baber, Carmela Razon and Jamie Rust who all excelled over a number of subjects. I would like to congratulate all McCluskey students for their continued diligent work ethic and House Spirit over the Term thus far.

Graeme Briggs
McCluskey House Leader NDC

Term 1 has been a busy and productive term for the students of McCluskey House. They have settled well into their homerooms, showing tremendous support to new students and the Year 7s.

The Term 1 homeroom competitions have been a great way to break the ice and get the boys involved. We have had General Knowledge quizzes between the homerooms and a kickball tournament. Mannix Homeroom took the title of ‘McCluskey Kickball Champions 2016’, with a narrow victory over Simpson Homeroom.

Many students have spectacularly demonstrated the values of McCluskey House, recognised with a ‘Student of The Week’ award: Phillip Alexiou, Noah Lamberth, Kyle Blake, Adam Pyne, Alex Bouris and Augustine Kadende.

The 2016 Athletics Carnival was a great example of House spirit and teamwork. McCluskey came second this year, thanks to the fantastic participation shown by all students in the House – students taking to the track and field, and the excellent cheer squad! Great work boys!

I would like to congratulate Michael Rossi for making the Grand Final of ‘Australia’s Got Talent’ with his dance group, ‘Raw and Rugged’. I would also like to congratulate Sulio Fifita for making the NRL Victorian state team. An incredible effort and display of great talents.

Daniel Velardo
McCluskey House Leader SPC
Hello and welcome to our homeroom, Cassidy H, where we all get together as one team, and face many challenges easy or tough as a family. Our new homeroom teacher, Mr Kopitschinski, has lightened the mood and brought our spirits up. Every morning, when we get to homeroom, he greets us with a smile and brightens up the rest of our day. Mr Kopitschinski encourages us to achieve our best in everything we do and seek help if we ever need it.

In Cassidy homerooms, we have started a new initiative. We use ‘Mindful Monday’, ‘Gratitude Wednesday’ and ‘Fun Friday’ to reflect on things happening in our school and at home. Normally on mindful Mondays we will do a mindful meditation activity, this helps us relieve stress and get ready for the day. On gratitude Wednesday, we take some time in homeroom to reflect on what we are grateful for. On Fun Friday, we usually play an educational game which includes the whole homeroom.

Everyone in Cassidy H can agree that Mr Kopitschinski is one of the best homeroom teachers around and makes coming to homeroom every morning a more enjoyable experience rather than a burden.

By Karla Vitone and Chloe Longmuir NDC

Homeroom is a fantastic way to start the day and bond with others, especially for the Year 7s who are new and don’t know anyone. Having a mixture of year levels in the one room has been really fun and a great way to meet the older students in Cassidy. I have enjoyed speaking to the older students and playing games with them every day. It has been a great opportunity for the Year 7s of Romero to build confidence by going to the senior students and talking to them, getting to know them, and finding out all about the school. I know that I greatly benefit from this every morning and I will continue to do so.

During homeroom, many of us play card and board games after the prayer and notices are read. This has been a great way to start the day and relax before period one. I have really enjoyed playing “Uno” and trying to beat the senior boys who seem to cheat more often than I do. It has been a busy eight weeks and Term 1 is now coming to an end. Mr Muller implemented a technology free day once a week. This has been a way for the class to stop playing games and start talking to each other, learn about different people, and get back to a basic start to the day without any distractions from technology. I have really enjoyed this as we are often on our computers all day, and this has been a good way to start the day. We have also been active in our donations for Caritas and our homeroom has raised a lot of money from everyone. It has been a busy start to the year and I have learnt a lot and thoroughly enjoyed homeroom. I hope homeroom continues to be enjoyable and fun, and a safe place for everyone.

By Xavier Pantzikis Year 7, Romero Homeroom Cassidy
Sports News

SENIOR SPORT
On Wednesday 9 March our Senior Basketball, Volleyball and Tennis teams enjoyed their Senior Sports Day. With mixed results in the Tennis (at the National Tennis Centre) and Boys Basketball (at Melbourne Sports & Aquatic Centre) these teams were unfortunately unable to secure a place in a final. The Girls Volleyball team (at State Netball/Hockey Centre) managed to make it through to finals only dropping one game against the team they eventually met again in the final. In what was a nail bitter of a finish to an intense day, Mackillop proved to be too strong on the day for the Girls Volleyball. Meanwhile back at MSAC, the Girls Basketball made it through to the finals undefeated and went on to claim the Senior Girls Champion title. Congratulations to Mrs Gulmen and Ms Aldridge who have worked with these teams for the last three years. These results are a credit to your development of players and commitment to the teams over the years.

SACSS Senior Girl Basketball Champions

Term 2 will see the Senior Netball, Senior AFL and Senior Football teams play. Students should keep an eye on the Students notices for more information about these teams.

SACCSS Premier League
In the last week of term NDC played four cross over finals.

These were in the sports of Cricket, Girls Basketball and Boys and Girls Football. We wish the teams all the best in their pursuits for a place in the finals, which will now be held next term possibly week one depending on the other school in the final. I look forward to reporting some great news to you.

Commencing week two in Term 2 will be the Year 7s Premier League competition. Most teams have been trialling and should be finalised the last week of term one. If your child has missed out on their first preference team, some teams are still looking for additional players. I suggest they speak to the coach of their second preference to see if team spots are still available.

Term 2 – YR 7 WEDNESDAYS (Starting 20 April)
Basketball Boys – Amanda Aldridge
Basketball Girls – Catherine Toebelman
Volleyball Boys – Jamie Davis
Volleyball Girls- Mel Grgic
Soccer Boys - Teon Haywood
Soccer Girls – Graeme Briggs
Netball - Lucy Brown
AFL – Matt Farina & Cameron Fennel
SACCSS Swimming Carnival

Last Tuesday, 22 March we arrived at Melbourne Sports and Aquatic Centre, privileged to take a squad of 34 students to the annual SACCSS Swimming Carnival. After a fantastic day of competition, we left super proud of this team. We were amazed by the great efforts of everyone across the day. There were some standout competitors. Congratulations to Paris Fenech for taking out the U16 Div 1 Champion Female. A special mention also goes to the following students:

U13 F—Girls you are all legends – Georgia Wedding, Georgia Lovell, Delta B, Sally Bratby & Lily Smead
U13 M – Fionn Lodge, for winning all of his individual events
U14 M – Sean Gatt, for competing in the most number of events
U15 F – Michelle Nguyen for taking up the challenges of the day without complaint or question
U15 M – Gabriel Lawton for taking up the challenges of the day without complaint or question
U16 F - Kayla Hammersley, for winning most of her events also across the day

Results for the day are as follows:

- **JUNIOR Girls** - 4th
- **INTER Girls** – 2nd
- **SENIOR Girls** – 5th
- **JUNIOR Boys** – 2nd
- **INTER Boys** – 5th
- **SENIOR Boys** – 5th
- **Overall = 3rd Aggregate**
- **Overall Aggregate = 3rd**
- **Overall Aggregate = 5th**

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Kylene Simmons
Sports Leader NDC
**Careers News**

**Key Dates:**
- Undergraduate Medicine and Health Sciences Admission Test (UMAT) – Register by: 3 June; Test date: 27 July (required by undergraduate Medicine at Monash University)
- Inside Monash Seminars – 15 March: Arts, Humanities and Social Sciences

**OPEN DAYS** – Open Days are held at universities and TAFE institutes each year, giving the public the opportunity to see the facilities, talk to staff and students, collect information and attend information sessions. They are held on weekends in July/August. Dates are provided here so that you can put them in your diary now.

**Open Day dates 2016**
- Sun 31 July – Swinburne University
- Sun 7 Aug – Deakin University (Warrnambool); La Trobe University (Bundoora); Monash University (Caulfield & Clayton)
- Sun 14 Aug – ACU (Melbourne), La Trobe University (Bendigo); Monash University (Peninsula); RMIT University; William Angliss Institute
- Sub 21 Aug – Box Hill (Lilydale campus): Deakin University (Waterfront & Waurn Ponds); University of Melbourne
- Sun 28 Aug – ACU (Ballarat); Box Hill Institute (Box Hill); Deakin University (Burwood); Federation University; Victoria University (Footscray campus)

**WOULD YOU LIKE TO CHECK OUT LA TROBE UNIVERSITY?** La Trobe holds ‘Experience La Trobe’ days in the school holiday breaks. These are a chance to see facilities, find out about courses and careers, and talk to staff and student ambassadors about La Trobe. You will be able to attend tutorials and lectures; why not attend with friends or family? **When:** Melbourne campus (Bundoora) 31 March; Bendigo campus 1 April; **See:** [www.latrobe.edu.au/experience](http://www.latrobe.edu.au/experience) for information/bookings.

**DO YOU WANT A JOB WORKING WITH ANIMALS?** A great way to find out more is by attending Healesville Sanctuary’s ‘Keeper for the Day’ or ‘Vet for a Day’ program OR Werribee Open Range Zoo’s ‘Keeper for a Day’ program. These programs are suitable for students in Years 7 – 12.

- **Healesville Keeper for a Day:** 9.30am-3.30pm, March 29 & 30, April 5 & 6; **Cost:** $115
- **Healesville Vet for a Day:** 9.30am-3.30pm, March 30 & 31 and April 6 & 7; **Cost:** $129
- **Werribee Zoo Keeper for a Day:** 9.30am-3.30pm, March 29 & 31 and April 6 & 8; **Cost:** $115.
- **Information/Booking:** 1300 966 784; **See also:** [www.zoo.org.au/education/careers-programs](http://www.zoo.org.au/education/careers-programs).

Another opportunity to find out about working with animals is to attend the Werribee Open Day. This is run by the University of Melbourne’s Faculty of Veterinary and Agricultural Sciences. Find out about the B. Agricultural and Doctor of Veterinary Medicine programs, attend course information sessions, explore other careers in science, veterinary nursing and equine studies, tour the facilities and go to food stalls to support Melbourne students. **When:** 10am-3pm, Sat 19 March; **Where:** 250 Princes Highway, Werribee; **Information:** bit.ly/Werribee-open-day-2016.

**ARE YOU INTERESTED IN A NURSING AND/OR MIDWIFERY CAREER?** Division 1 nursing involves a three-year degree at university while Division 2 requires an 18-month diploma. Some students who wish to study nursing also wish to study midwifery. This can either be done through a double degree in nursing and midwifery which will take 4 years or by studying nursing and then doing an 18-month course in midwifery.

The double degree is offered at Deakin, La Trobe and Monash Universities. The good news for Year 12 students is that Victoria University (St Albans campus) is introducing this double degree in 2017. The aim is to address the challenges in maternity care. Increasing rates of health conditions such as mental health disorders, diabetes and obesity have increased the complexity of care for women.

**NOTE:** there are many other combinations of double degrees with nursing, providing more employment and interest options upon graduation. For example, ACU offers Nursing/Paramedics at the Ballarat campus and Deakin offers Nursing/Public Health and Health Promotion, Nursing/Psychological Science (and also a single degree called Nursing (Clinical Leadership).
CHECK OUT STUDYING SCIENCE AT RMIT – Deciding where to study after finishing school is a challenge...One way to find out more is to visit the university that interests you and see the facilities. RMIT is offering such an opportunity in the school holidays. Go behind the scenes on a tour of the facilities. Students and parents are invited to visit RMIT’s state-of-the-art learning laboratories and to find out about how RMIT degrees provide the knowledge and skills to tackle real-world problems and advance the way we live. Programs cover biology, biotechnology, chemistry, environmental science, food science, nanotechnology and physics. When: 11am-2pm, 30 March; Where: Building 3, Level 1, Applied Sciences Reception, RMIT City; Cost: Free; Booking and information: www.rmit.edu.au/events/all-events/tours/2016/

DO YOU WANT TO CHECK OUT WILLIAM ANGLISS INSTITUTE IN THE CITY? William Angliss is a provider of courses in hospitality, food, tourism and events. William Angliss is giving school students the chance to delve into the world of Tourism & Travel and Events in the school holidays.
Tourism, Travel and Events – a hands-on introduction to the travel and tourism industry via an on-site amazing race-style activity. Students will then go to the new aeroplane interior demonstration area and be given a taster of what a career as a flight attendant could be. After a catered lunch, students will get the chance to jump into the world of Event Management with a table theming activity held in the Angliss Restaurant.
When: 9.30am-2.30pm, Thurs 31 March; Where: 555 La Trobe St, Melbourne; Who: Students in Years 9-11; Cost: $120 (including lunch). REGISTER HERE! Enquiries: Marketing@angliss.edu.au

SWINBURNE NEWS - In addition to items mentioned in last edition, Swinburne is proposing the following courses/changes for 2017 (some subject to academic approval):
• Swinburne is considering an Early Entry Scheme (already offered by ACU and La Trobe universities). The ATAR would no longer be the sole determinant for entry.
• Introduction of the Bachelor of Nursing (possibly at Wantirna)
• Revised majors in sports science, nutrition and clinical technologies
• Introduction of the Bachelor of Exercise Science
• Introduction of a common first year for the Bachelor of Engineering, giving students a taste of the different fields in engineering before making a decision about their specialisation (similar to Monash University engineering)
• Introducing a Masters in Occupational Therapy.
More news on all of this when it becomes available from Swinburne.

WHERE CAN I USE MY ELECTRICAL ENGINEERING DEGREE? Opportunities are increasing all the time with new technological developments, much more so than in civil engineering for example. Electrical engineering can be used in banking, the television industry, mining, automotive (eg driverless vehicles), marketing, solar cells, the health industry and in renewable energy to name a few.
Amanda Silipo & Sol DiMaggio (information provided by M Walker)
Careers Leaders
Emmanuel College Liturgy—Then and Now

Penny Cook
Emmanuel College Archives
Calendar Term 2 Weeks 1A & 2B

11 April  Term 2 commences

12 April  SPC Year 10 English—Romeo & Juliet Incursion
          NDC Year 10 English—Romeo & Juliet Incursion

13 April  **Students Dismissed @ 2.45pm**
          Parent Teacher Interviews 3.30pm-8.30pm
          SPC ACC Senior Soccer EMM v CBC

14 April  **NO CLASSES**
          Parent Teacher Interviews 1.00pm-8.30pm
          NDC Year 10 Premier League Grand Final

15 April  SPC ACC Athletics Carnival @ Albert Park 10.00am—4.30pm

16 April  Relay for Life

17 April  Relay for Life

19 April  SPC Year 7 Project Day Art
          SPC ACC Open Golf Tournament @ Northern Golf Club
          SPC ACC Year 10 Soccer MA2 v EMM

20 April  SPC ACC senior football WFD v EMM
          SPC ACC senior soccer EMM v SBE
          SPC ACC Open Badminton Tournament @ MSAC
          NDC Year 7 Premier League Rd 1 MACK v EMC

21 April  SPC ACC Year 8 football EMM v PAR
          SPC ACC Year 8 soccer EMM v WFD
          SPC ACC Year 7 soccer SAL v EMM
          NDC Year 7 Project Day Art

25 April  **ANZAC DAY HOLIDAY**
**JOSEPHS CORNER**

A counselling service for families living with alcohol or drug addiction

Starts 19 April @ 9.30am

At Williamstown Community & Education Centre
14 Thompson Street, Williamstown

For further information email:-
contact@josephscorner.org.au

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**Mary, Help of Christians Parish - Altona**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
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<tbody>
<tr>
<td>March 24</td>
<td>Mass of the Lord’s Supper followed by Adoration in the Narthex until 11pm</td>
<td>7.30pm</td>
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<tr>
<td></td>
<td>(no morning Mass)</td>
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<td></td>
<td>(Music led by Mount St Joseph Girls’ College)</td>
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<tr>
<td>April 15</td>
<td>Good Friday:</td>
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<td></td>
<td>No morning Mass</td>
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<tr>
<td>April 26</td>
<td>Eucenrical Service -</td>
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<td></td>
<td>Walk of Witness - Cherry Lake:</td>
<td>11.00am</td>
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<tr>
<td>April 27</td>
<td>Solemn Ceremonies of Good Friday:</td>
<td>3.00pm</td>
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<tr>
<td></td>
<td>(Music led by Mount St Joseph Girls’ College)</td>
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<tr>
<td>April 28</td>
<td>No morning Mass</td>
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<tr>
<td></td>
<td>Easter Vigil:</td>
<td>8.00pm</td>
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<tr>
<td>April 29</td>
<td>(Music: St. Mary’s Music Ministry led by Genevieve Bryant)</td>
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<tr>
<td>April 30</td>
<td>Easter Sunday Mass:</td>
<td>10.30am</td>
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<tr>
<td></td>
<td>(Music: St. Mary’s Music Ministry led by Genevieve Bryant)</td>
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</tbody>
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**BARNSTONEWORTH UNITED JUNIOR FOOTBALL CLUB**

**WHERE:** J.T. Gray Reserve, Kororoit Creek Rd, Williamstown

**WHEN:** Registrations now open

**Pre-season:** JK Grant Reserve, Sugargum Drive, Altona

**SEASON:** Sunday 10 April to 4 Sept

**COST:** U7’s $120, U8-11’s $200, U12-16’s $250

**MORE INFO:** www.bujfc.com

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**AFRICAN DADS AND KIDS CAMP**

6-8 May 2016 ~ Camp Manyung, Mt Eliza

To register please contact:
CatholicCare
PO Box 196, East Melbourne, VIC 3002

For camp enquiries please contact:
Kate on 0418 446 692 or
e-mail: africandadsandkids@ccam.org.au

*Meals, accommodation and transport provided
*Bus leaves from Footscray at 1pm

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**WORLDWIDE MARRIAGE ENCOUNTER WEEKEND**

2016 Melbourne weekend dates; 8-10 April
Starts 7pm on Friday. Ends 5pm Sunday. Accommodation and all meals provided.

Information/Bookings: PH: Marianne & Marcel (03) 9733 0997
Email: vicbookings@wwme.org.au
Website: www.wwme.org.au

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**INDOOR SPORT**

Werribee Indoor Sports Centre
Soccer & Cricket

BOTH located at: Werribee Indoor Sports Centre
13 Riverside Avenue, Werribee 3030
Tel: 9741 5122
www.werribeeindoorsports.com.au
info@werribeeindoorsports.com.au

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**WESTERN ATHLETICS COME AND TRY DAY**

Date: Saturday 2 April 2016
Venue: VU Athletics Track, Hoppers Lane, Hoppers Crossing (Melways 206 J6)
Time: 10.00am – Midday
Events: Track and Field (Jumping, Running and Throwing); Cross-Country and Recreational Running.
Who: 32 year olds and upwards. We have teams from U14 to 50+, male and female.
Cost: Free

For further information visit: www.westernathletics.com.au
Is your teenager sleep-deprived?

Sleep research has shown that the brain practises what it has learned during the day when a young person is asleep. So sufficient sleep consolidates past learning as well as keeps a young person fresh to maximise their future learning.

Many teenagers today are sleep deprived because they don’t get enough sleep. They need between nine and 10 hours sleep each night, yet most get about seven or eight hours sleep. Some get less. Sleep deprivation is akin to jet lag, where they don’t function at their optimum. The sleep-wake cycle for teenagers is delayed by up to two hours. That is, they are sleepy later and awake later than when they were children.

Most teens secrete melatonin, which makes them sleepy, around 11.00pm, which makes the time before then a sleepless zone. Children secrete melatonin far earlier than this.

Cortisol, the chemical that wakes them up, is secreted at 8.15am for many teens. It seems the teen brain wants to be asleep just when most have woken up.

One US study found that 20% of teens were asleep in class in the morning, which had catastrophic effects on learning. As a result a number of high schools have delayed the start of school time to accommodate the teen sleep-wake cycle. This enables teens not only to get more sleep but to be at their best (or at least awake) when they are at school.

The results were startling and immediate, including better learning, better behaviour, less fights and fewer kids dropping out of school.

Sleep maximises brain growth, which occurs during adolescence. Sleep also consolidates learning. Sleep research has shown that the brain practises what it has learned during the day when a young person is asleep. So sufficient sleep consolidates past learning as well as keeps a young person fresh to maximise their future learning.

Sleep experts have noted that children who develop good sleep patterns tend to carry these into adolescence.

Good sleep habits include:

1. **Regular bed-times** Kids may fight this, but be regular during the week and let kids stay up a little later on weekends.
2. Have a **wind-down time** of up to 45 minutes prior to bed. This includes, removing TV and other stimuli, calming children down, and limiting food intake (and caffeine for teens).
3. **An established bed-time routine** that makes the brain associate behaviours such as cleaning your teeth and reading in bed with sleep.
4. **Keeping bedrooms for sleep** and not for TV. Bedrooms that resemble caves seem to be recommended.
5. Maximising the **three sleep cues** of: darkness (cave-like bedroom), lowering body temperature (baths can be good for this) and melatonin (work within their cycle).

Better knowledge of the biology of sleep and of sleep patterns, as well as instigating good habits, will go a long way to helping kids and teens get a good night’s sleep.

**Sleep tips for teens:**

1. Allow them to catch up on lost sleep during the weekends.
2. Help your young person schedule their after school activities to free up more time for rest.
3. Discuss ways to limit stimulating activities such as television and computer around bedtime. Encourage restful activities such as reading.
4. Afternoon naps are good ways to recharge their batteries.
5. Make sure they go to bed early each Sunday night to prepare for the coming week.
Do you remember how excited your children were about maths* when they were young? How they were excited by patterns in nature? How they rearranged a set of objects and found, with delight, that they had the same number? Before children start school they often talk about maths with curiosity and wonder, but soon after they start school many children decide that maths is confusing and scary and they are not a “math person”. This is because maths in many schools is all about procedures, memorization and deciding which children can and which cannot. Maths has become a performance subject and students of all ages are more likely to tell you that maths is all about answering questions correctly than tell you about the beauty of the subject or the way it piques their interest.

Given the performance and test-driven culture of our schools, with over-packed curriculum and stressed out students, what can parents do to transform maths for their children? Here are some steps to take:

1. Encourage children to play maths puzzles and games. Award winning mathematician, Sarah Flannery reported that her maths achievement and enthusiasm came not from school but from the puzzles she was given to solve at home. Puzzles and games – anything with a dice really – will help kids enjoy maths, and develop number sense, which is critically important.

2. Always be encouraging and never tell kids they are wrong when they are working on maths problems. Instead find the logic in their thinking – there is always some logic to what they say. For example if your child multiplies 3 by 4 and gets 7, say – Oh I see what you are thinking, you are using what you know about addition to add 3 and 4, when we multiply we have 4 groups of 3...

3. Never associate maths with speed. It is not important to work quickly, and we now know that forcing kids to work quickly on maths is the best way to start maths anxiety for children, especially girls. Don’t use flashcards or other speed drills. Instead use visual activities such as https://bhi61nm2cr3mkdgk1dtaov18-wpengine.netdna-ssl.com/wp-content/uploads/2015/03/FluencyWithoutFear-2015.pdf

4. Never share with your children the idea that you were bad at maths at school or you dislike it – especially if you are a mother. Researchers found that as soon as mothers shared that idea with their daughters, their daughter’s achievement went down.

5. Perhaps most important of all – encourage a “growth mindset” let students know that they have unlimited maths potential and that being good at maths is all about working hard. When children have a growth mindset, they do well with challenges and do better in school overall. When children have a fixed mindset and they encounter difficult work, they often conclude that they are not “a math person”. One way in which parents encourage a fixed mindset is by telling their children they are “smart” when they do something well. That seems like a nice thing to do, but it sets children up for difficulties later, as when kids fail at something they will inevitably conclude that they aren’t smart after all. Instead use growth praise such as “it is great that you have learned that”, “I really like your thinking about that”. When they tell you something is hard for them, or they have made a mistake, tell them: “That’s wonderful, your brain is growing!”

6. Encourage number sense. What separates high and low achievers is number sense – having an idea of the size of numbers and being able to separate and combine numbers flexibly. For example, when working out 29 + 56, if you take one from the 56 and make it 30 + 55, it is much easier to work out. The flexibility to work with numbers in this way is what is called number sense and it is very important.

* I use maths, rather than math, partly because I am from the UK and we say maths there and partly because maths is short for mathematicS, it is a plural noun. Mathematics was chosen to be plural to reflect all the many parts of mathematics - drawing, modeling, asking questions, communicating, etc. Math sounds more singular and narrow (Do the math, usually means do a calculation!), and I prefer to keep the idea that maths is a multidimensional and varied set of mathematical forms and ideas.

For more resources see https://www.youcubed.org
Resources for Parents

www.youcubed.org

Online Courses for
Students, Teachers and Parents
https://www.youcubed.org/category/mooc/

Student Page
https://www.youcubed.org/students/

Parent Page
https://www.youcubed.org/parents/

Recommended Apps and Games
https://www.youcubed.org/category/teaching-ideas/math-apps/

More Information about Brain Science
https://www.youcubed.org/think-it-up/

Jo’s Mindset Book
http://tinyurl.com/qxhnqsh

Maths Tasks to Do At Home
https://www.youcubed.org/tasks/

Summer Camp Video
https://www.youcubed.org/youcubed-summer-math-camp-2015/

Week of Inspirational Maths Curriculum
https://www.youcubed.org/week-of-inspirational-math/