Dear Parents and Friends

Last weekend we farewelled Br Bill Campbell who spent a week with staff and students, further developing our understanding of our Marianist identity. Br Bill was an inspiring presence and a wonderful Marianist model of the living out of the call to be our best and make a difference in our world.

Congratulations to our musicians, singers, dancers, actors, back-stage, sound and lighting crews on the outstanding performances of High School Musical over this week. Thank you to Director, Ms Holzer; Assistant Directors, Ms Seery and Ms Grigic, and the many staff who supported students through rehearsals and performances. The commitment and involvement of so many staff made possible the wonderfully rich creative process and performances which we all enjoyed.

A reminder of the importance of observing traffic and parking regulations in the vicinity of the College, particularly during the busy period at the end of the school day, to ensure the safety of students. Council officers conduct regular patrols and fines are issued when infringements are identified.

As you would be aware, NAPLAN testing for Years 7 and 9 was conducted last week. Later in the year parents will receive an individual student NAPLAN report. More information about NAPLAN is available at www.nap.edu.au

Students should be well into revision at home for the fast approaching mid-year exam period which commences in June. This is an excellent opportunity for parents to support and monitor their child’s planning and use of their time in preparation for these important assessments.

In this month of Mary, we pray that we may continue her work of bringing her Son into the world.

Christopher Stock
Principal

Reunion for the Class of ’76...’86’...’96...’06

Emmanuel College invites old Collegians who graduated in 1976...1986...1996...2006 from St Paul’s College to a reunion on Friday 17 June to be held in the McMahon Centre, Emmanuel College, St Paul’s Campus, Blackshaws Road Altona North at 6.30pm.

RSVP: by Tuesday 14 June to alumni@ecmelb.catholic.edu.au

School Fees

If you currently hold a healthcare or pension card, you may be eligible for the Camp, Sport & Excursion funding of $225 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

The final day for accepting CSEF applications is Friday 3 June.

Mario Puopolo
Business Manager
Campus Leaders

The mid-year exam period is soon to be upon us. Well done to students who have worked conscientiously over the term and are preparing well for the exams. Students will meet with their learning advisor early next term to review their exam preparation strategies.

The exam period is a particularly challenging time for students as they work hard in pursuit of their personal best. There are a number of skills associated with exam preparation, often taking years to master. We thank you for your support of your child at this time. In reviewing their exam preparation habits, it would be useful to discuss with your child how many hours of revision they did, the type of revision undertaken, the organisational use of their diary and how their diet, exercise routine, sleep patterns and mood were affected. These are key indicators of educational success.

Resilience Project Preamble & NDC Forum
On Thursday 16 June, forums will run at both campuses concurrently. SPC will host Hugh van Cuylenburg from the Resilience Project. A small overview of the project from the website follows:

THE RESILIENCE PROJECT – Helping Young Australians to be mentally healthy, inspiring students, empowering teachers, engaging parents [taken from theresiilenceproject.com.au]. Hugh is an engaging speaker and brings a powerful message for all. He will present to students later in the year and this is an opportunity for parents to be active in their child’s education. This evening will be repeated at the NDC Campus in September.

NDC will run a parent information session on how to make the best use of the electronic communications provided by the school – specifically PAM [Parent Access Module] and CareMonkey, as well as touch on how to support your child to stay safe on line. Parents may like to BYOD for this evening, although this is not a requirement. In September the same sessions will be offered again on the alternate campus. Further information will be sent via CareMonkey.

A reminder that a Semester Finalisation day will be held on Friday 10 June, with no classes conducted that day. Semester two commences on Tuesday 14 June.

Those who attended the Emmanuel College Musical High School Musical were treated to a magnificent display of talent from young people from both campuses.

Lost property continues to be of concern. Our expectation is that the students are responsible for looking after their own belongings. Self-responsibility is such an important skill to work towards. Please assist your child with this task by ensuring all items are clearly named. Your support in assisting your son or daughter with this task is very much appreciated.

It is pleasing to see that many students have deodorant in their bags and use it after a rather physical game of dowball or basketball. However, we request that students only bring a roll-on deodorant as aerosols can trigger asthma for some students and are not as environmentally friendly. Thank you for your support in this matter.

Parents, please ensure that your son or daughter leaves home in correct full uniform. 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. 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 both the uniform shops at SPC and Noones at Hoppers Crossing. We wish to emphasize 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. A reminder for all students WHITE SOCKS ONLY with HPE uniform, GREY SOCKS ONLY with College shorts, and GREY/BLACK SOCKS with long trousers. GIRLS NAVY TIGHTS with kilt, BLACK/NAVY SOCKS with slacks.

Just a reminder, students may wear a single, simple earring in the ear lobe only. Other earrings or sleeper styles should not be worn. No other piercings are permitted. Students will be sent home if they attend the College wearing piercings in other areas that they cannot or will not readily remove.

Change of Medical Details
If your child’s medical details change or they suffer from a temporary ailment please ensure you make the changes on CareMonkey.

The title of the Michael Grose article this week is, ‘The trick to being at your parenting best’. Parenting is a place of great joy, but it’s also a place of great struggle. We would encourage parents/guardians to take a moment and read the attached informative article.

David Barr & Jennifer Webster
Leader of Learning

PAM-Assessment and Class Work Tasks – Due Dates

As part of the Parent Access Module (PAM) when parents log in, you are able to see a list of all the tasks that have been set for your child from all subjects over the course of the semester.

Sometimes the task may say that it is overdue. Please do not panic or be concerned that your child has not completed a task unless that has been directly communicated to you by the teacher.

Our Domain Leaders set the dates for tasks to be completed and the way in which they should be submitted by the student. Sometimes, for reasons that are beyond our control the anticipated completion date is too soon for one or more classes. This can cause the task to show as overdue when it is in fact not.

Another feature of the system is the ability for students to upload their work into SIMON (the teacher and student side of the system). However, some tasks cannot be uploaded because of the nature of the task and a teacher may accept it in another way. When this happens, until the teacher goes in and marks the work as submitted it may appear as overdue when in fact it has been handed in on the due date.

The only time to be concerned about the listing of tasks as overdue is when the teacher contacts you directly via a home study notice, a phone call or email to alert you to the non-submission of a task.

Judith Weir

Leader of Faith Development

Accreditation Professional Development
Over the last term, Emmanuel College has had the pleasure of Rev Fr Elio Capra and Rev Fr Steve Rigo running a series of professional development for the staff of Emmanuel College. Topics included, Eucharist and The Year of Mercy which have been wonderful opportunities for our staff to obtain professional development that genuinely supports their own faith journey and our Catholic Identity.

St Margaret Mary’s
I would like to take this opportunity to invite any of our College community to join us at St Margaret Mary’s on the 29 May. Once again, this is an opportunity for staff and students to join with the parish at their Sunday mass commencing at 9.30am. Everyone is most welcome to join us at this mass.

John Paul College and Emmanuel College Leadership Day
On Monday 9 May, Sharon Mills and I had the pleasure of joining our Year 12 student leaders in going to John Paul College in Frankston. This was an opportunity for our leaders to come together with another school that shares the Marianist tradition like ourselves with a special difference having Br Bill Campbell joining us on the day. Topics such as; shared leadership; goals for 2016; what Marianist means to them, and how they can make a difference. These were areas that both leadership groups focused on in addition to forging strong connections between the two Colleges. Thank you to all our student leaders on representing the College so well and in particular Br Bill for joining us and sharing his Marianist story.
Pentecost Reflection
On Pentecost day the apostles spoke a new language. What was this new language? It was the language of peace rather than of war; the language of cooperation rather than of competition; the language of forgiveness rather than of vengeance; the language of hope rather than of despair; the language of tolerance rather than of bigotry; the language of friendship rather than of hostility; the language of unity rather than of division; the language of love rather than of hate. Through the gift of the Spirit, people of different languages learned to profess one faith, to the praise and glory of God. That is the real miracle of Pentecost, and it is a miracle which, thankfully, still happens.– Flor McCarthy, SDB

Youth Rally
On Friday 13 May, 30 Emmanuel College Students joined with Mt St Joseph College, MacKillop College and Penola College for the Youth Rally. Over 130 students in total came together to hear Steve Angrisano, a musician and faith leader, perform and talk with the students. This proved to be a wonderful opportunity for students to come together to share their faith story, pray together and hear a wonderful speaker and performer. Thank you to the staff and students for a wonderful evening of prayer, songs and conversation.

Prayer
Guide me Lord, you are my heart
you are my strength, you are my hope.
Teach me Lord, and guide my way
I love you more each passing day.
Amen

Chris O’Malley
Exams

Year 11 Examinations
The Year 11 Exams commence on Wednesday 1 June and conclude on Thursday 9 June. Students are expected to attend these exams in formal school uniform. Students are not required to attend school if they do not have an exam. Exam schedules and expectations will be distributed to students. Classes are not scheduled during this time.

Year 11 students undertaking a Year 12 Unit 3/4 subject are required to sit the General Achievement Test (GAT) on Tuesday 7 June (10.00am – 1.15pm, students need to be lined up ready to enter the examination room at 9.30am).

Year 12 Examinations
The following mid-year examination will be undertaken at the College:

Tuesday 7 June - General Achievement Test (10.00am - 1.15pm, students need to be lined up ready to enter the examination room at 9.30am). Only those students completing VCE Year 12 for an ATAR score will undertake the GAT.

Students will only be required to attend school on Tuesday 7 June to undertake the GAT, no other classes will be held. Students are expected to attend these exams in formal school uniform.

Semester 1 Examinations Yr. 8, 9 & 10
All Year 8, 9 & 10 students will undertake Semester 1 examinations from Monday 30 May until Thursday 9 June.

Below are the dates when students will sit for their core subject examinations of English, Religion, Science, Mathematics and Humanities.

Students may not usually have this subject at this time. They will go to the classroom set out on the timetable they have been given (see below) and they will be met by their supervising teacher.

For Year 9 and 10 elective subjects, teachers will inform students when they will undertake these examinations. Elective subject examinations will take place in their normal class time.

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If you have any queries, please contact your child’s House Leader or Mr Stephen Lunardelli (St Pauls) or Vince Crimi (Notre Dame) on 8325 5100.

Stephen Lunardelli & Vince Crimi
Campus Organisers
Cassidy House Report

It has been a busy start to Term 2 for both staff and students of Cassidy House. In homeroom, students are testing their general knowledge every Friday in the weekly Trivia Competition, whilst being involved in mindfulness and gratitude activities on Monday and Wednesday respectively.

Ms Treherne’s homeroom, Cassidy G, was the winner of the Homeroom point’s competition in Term 1, with Mr Kopitschinski’s Cassidy H not far behind. Students participated in house activities such as the Dodgeball competition, represented the school in Swimming, Premier League, Choir, debating, participated in the school Musical *High School Musical*, and donated to Project Compassion in order to gain points for their Homerooms. Term 1 also involved a homeroom decorating competition with the emphasis on making each homeroom an inviting place and one in which all students knew they were entering a Cassidy room. It encouraged students to take ownership and to be proud of their rooms. Our winners, judged by Ms Rushbrook and Mr Barr were: Ms Lo Bianco’s Cassidy E and Ms Treherne’s Cassidy G. I would like thank all the homerooms and their teachers for the effort they have made to make our homerooms red and inviting.

The enormous generosity of students in Cassidy House was most pleasing with regards to Social Justice. We raised over $1004 to donate to Project Compassion, have had students volunteer for Soup Van, as well as given up part of their weekend to support Relay for Life and Run for Reclink. I encourage students to get involved in the *Live Below the Line* initiative to be held later this term.

I would like to congratulate Billy Minett and Cheyenne Mallia on being appointed Year 7 leaders for 2016.

With exams for our Years 8 – 11 students fast approaching I would encourage all students to use the reflections and goals set in the Learning Advisor recently in order to prepare effectively. I would like to take this opportunity to wish them success and encourage them to achieve their personal best and remind them that:

*The only place that success comes before work is in the dictionary.*

Rebecca Chester  
Cassidy House Leader NDC

The boys of Cassidy SPC have started the year in excellent fashion with success in the recent Athletics carnival, ACC sports and especially their academic assessments. It was extremely pleasing to see so many students of Cassidy achieve outstanding results on a wide range of subjects, it just shows how much hard work and dedication all the students of Cassidy have put in so far this year. Well done!

Uniform is worn extremely well by the Cassidy boys and seldom do they need reminding, but as winter approaches the boys need to remember that blazers are compulsory to and from school, and the tie needs to worn neatly with the top shirt button done up. Over the past few weeks, Cassidy boys have looked outstanding and have worn the school uniform with pride. Well done, and keep it going for the remainder of the year. A special thanks to the Year 7s who have worn their new uniform exceptionally well every day. They have looked so good in homeroom and have been an inspiration to everyone.

Good luck to the boys who are performing in the upcoming school production. It should be a great night out and a wonderful performance. A reminder that exams are nearly upon us, and students should start revising and studying. Year 8-10 have been given a copy of the exam timetable and should be fully aware of which subject has exams and when they are on. I know all of the Cassidy SPC boys will try their best and achieve to their full potential.

It has been a busy start to the year and there is a lot of work still ahead of us. The students of Cassidy have been working extremely hard and been behaving in and out of class, the best I’ve seen for years. Please keep this up boys, I am extremely proud of you and I know this hard work will pay off. To the Year 12s of Cassidy, keep focused boys and never take your eyes off the final goal. I know you can achieve greatness in your life if you set your mind to it.

Once again thanks for a great start to the year and Term 2 and keep working hard.

Tony Muller  
Cassidy House Leader SPC
McCoy Homeroom Report

With exams right around the corner and workload increasing, homeroom is a friendly community where we can relax and enjoy each others company. This term in our McCoy homerooms we are experiencing a challenging and interesting round of trivia. The competition is fierce between homerooms. Everybody wants to win the prize of a pizza lunch and so far this term McCoy B is in the lead. Watch this space to see who will be on top at the end of the term.

Dodgeball has also started this term. It is held as a round robin competition and is another challenge for homerooms, but this time we are competing physically for the coveted title of ‘best McCoy homeroom.’ As always, we continue Mindful Mondays, Gratitude Wednesdays and Fun Fridays, which allow homeroom to be a warm and inviting part of our learning here at Emmanuel College.

Alicia Cayayan McCoy F NDC

Our College thrives on a notion of kinship. We enter this environment as brothers in a sense, brothers and sisters not only in our education but also in our friendships and the bonds we form. When we observe our school as a whole this is clearly evident, but if we magnify it and look at our houses and homerooms we see an even greater sense of solidarity and unity. Whether it be in house competitions, where homerooms go head to head in friendly rivalry, or simply every morning where we gather before lessons, we can witness the concord between students and between students and teachers as well; there is a shared sense of trust. However, these relations are not solely restricted to homerooms or houses, they extend far beyond into leadership groups where students seek to improve the school and the conditions for their peers, into extra-curricular activities and events that the school hosts, and into school life in general where a sense of learning is combined with a concept of mateship that provides the base for our life at Emmanuel College.

Jack Wilson, McCoy Vice Captain, Elliot Homeroom  SPC

Music News

We are pleased to report that over 100 students have expressed interest in attending the Ensemble-Based Program information session on the evening of Tuesday 24 May in the Bordeaux Gathering Space. The information session will start at 7pm. Students and parents will have the opportunity to consider this information up to Tuesday 24 May. After an initial information session, students will have a chance to try musical instruments in an expo format and gain advice from our tutorial team of instrumental instructors. This is a rare opportunity that has only been made possible through targeted funding, resource acquisition and staffing. We encourage all students to consider this opportunity, and we welcome others to consider coming if they have not already done so.

To continue a busy week of music activity, we look forward to seeing parents and families of all Year 7 students currently studying music for a Semester 1 Concert on Thursday 26 May at McCoy Hall, SPC at 7pm. Similar information concerning the Ensemble-Based Program will be mentioned. Remaining Year 7 students have their music class program opportunity in Semester 2.

Carmelo Puglisi
Director of Music
Sports News

Premier league
We are just over the halfway mark for sport this term, and what a jam packed one it’s already been! The Year 7 teams have experienced mixed results this term but one team is leading the charge having won all of their games thus far – that’s the Year 7 Girls Football team. This week they compete with 5th placed CRC St Albans before preparing for the second strongest team in CRC Caroline Springs. There will be no games in round 7 as the Northern draw completes its games. Cross over finals will take place on 8 June with finals on 15 June.

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Western Conference

To view where your child’s team sits on the ladder please go to www.saccss.com.au

Senior Sport
Last Monday (16 May) was the team trials for the boys and girls Senior Soccer team. The boys first division 2 game for the season will be against CRC Melton at Melton on Friday 27 May. It is expected from all team members that they attend training. Failure to attend without a valid reason will result in your position on the team being questioned. The girl’s first division 1 game will be Wednesday 15 June. Due to a student free day on 21 July, the game against Mackillop has now been moved to the Friday 22 July.

One day tournaments
A super excited squad of over 50 students have been training in preparation for the annual Girls Footy day on 23 May. This year, NDC has entered an intermediate (Year 9 & 10) and a junior team (Year 7 & 8). The junior games will be held in Sunbury whilst the Intermediate games will be at Galvin Park in Werribee. Spectators are welcome.

SACCSS Cross Country
Our fabulous Cross Country squad shown below, barely made it out of the NDC gates. For those of you wondering in terms of a reschedule – we are attempting to find some other time for this event to be held. When I know I will let you know.
Upcoming sport
If you have a Year 9 or 10 student in your house, encourage them to get involved in the one day Futsal tournament on the 30 May. For more information please email Ms Chester or Mr Harris.

Don’t worry Year 7 or 8 students, your day will be 21 June. Watch for the notices soon regarding information about trials. If you have any questions please email Mrs Simmons or Mr Harris.

Kylene Simmons
Leader of Sport NDC

Victorian Under 18 Lacrosse Team Representative

I was fortunate to recently represent Victoria in the Under 18 Girls Australian Lacrosse Championships.

To make the Under 18 Girls State Team I had to go through six try outs. I was trying out as a goalie and there is only one spot. Four goalies tried out. The trials included fitness, strength, agility, reaction times and how well we work as a team under pressure. It was a long and stressful wait to see if I made the team, and fortunately I did. We trained for two and half months before going to play in the Australian Championships in Perth in April.

On 20 April, the team made its way to Perth. In Perth we played three games. The first game was against South Australia. We won 14 to 5 and it was a good strong game. The second game we played against Western Australia and lost 8 to 9. The third game we played was against New Zealand (Waikato). We won 8 to 14. We made it through to the Grand Final against Western Australian. Unfortunately, we lost to Western Australia in the finals 5 to 10 in a well fought-out game.

Overall it was disappointing that we lost but it was an amazing experience and I was so lucky to play with a wonderful talented group of girls. Now it is back to the club competition and hopefully Footscray Lacrosse club will come up with a great season.

Paige MacGibbon
Year 11 NDC
Calendar Term 2 Weeks 7A & 8B

23 May
- SPC Year 7 LOTE project
- NDC SACCESS Girls Footy

24 May
- LOTE Year 9 Immersion Day @ SPC
- SPC ACC Year 10 Football CBC v EMM
- SPC ACC Year 10 Soccer Semi Final EMM v SBM

25 May
- SPC ACC Senior Football PAR v EMM
- SPC ACC Senior Soccer EMM v WFD
- NDC Year 7 Premier League Rd 5 EMM v CRC CS

26 May
- SPC ACC Year 8 Football PAR v EMM
- SPC ACC Year 8 Soccer SAL v EMM
- SPC ACC Year 7 Soccer EMM v SBE
- NDC & SPC Year 7 Music Concert 6.30pm @ SPC

27 May
- NDC LOTE Project Day

30 May
- Year 8, 9 & 10 exams commence

31 May
- Year 11 classes conclude
- SPC ACC Year 10 Football Soccer finals
- SPC/NDC Year 7 Immunisation

1 June
- Year 11 exams commence
- SPC ACC Senior Football Semis
- SPC ACC Senior Soccer Finals
- NDC Year 7 Premier League Rd 6

2 June
- Year 11 exams
- SPC ACC Year 8 Football EMM v SAL
- SPC ACC Year 8 Soccer SIM v EMM
- SPC ACC Year 7 Soccer MAZ v EMM

3 June
- Year 11 exams
YOUTH ARTS FESTIVAL

(FREE EVENT)
SUNDAY 5 JUNE 2016
12-4PM

SALTWATER COMMUNITY CENTRE
153 SALTWATER PROMENADE
POINT COOK

For more information go to
www.youth.wyndham.vic.gov.au

The Opening of Joan’s Garden

When: Wednesday 1 June 2016
      Time 10.30am
Where: Joan Kirner House
      14 Thompson St, Williamstown

Guest of Honour Governor of Victoria, the
Honourable Linda Dessau AM
Light refreshments and food provided.

For catering purposes please RSVP by Friday 20 May 2016
Paula on 9397 6168

‘Come & Try’ Youth Sports Days and BBQ

Dates: Saturday 21 May and Saturday 4 June, 12.00pm – 2.30pm
Location: Reserve and BBQ area, corner Malibu Boulevard and Grandiflora Grove, Point Cook
Cost: FREE  Age: For 12-18 year olds only

Featuring: Sport workshops, games, team building activities, meet & greet sports facilitators in your local area,
          Street Surfer Bus, and a free community bbq

Featured Sports
May 21:   Soccer, Ultimate Frisbee with the Wyndham Ultimate Group, Zumba
June 4:    Jujitsu with Dave Franklin Jujitsu, Dodge ball, Yoga with Shaan Lim, Bikram Yoga Werribee

This is a drug, alcohol and smoke free event, fully supervised by Wyndham Youth Services. For more
information please contact (03) 8734 1355.

WORLDWIDE MARRIAGE ENCOUNTER WEEKEND

Invest in your most precious asset......Your Marriage!
Forget life’s tensions and interruptions and rekindle the closeness, intimacy, love and romance that brought you
together. Recharge your relationship batteries and explore the precious nature of your marriage, allowing you both to
share your feelings, hopes and dreams with each other in ways that normal, daily living tends to inhibit.
There is no group sharing. Couples and a priest present the weekend. It is based around Catholic values but couples of
all faiths are welcome.

Starts 7pm on Friday. Ends 5pm Sunday. Accommodation and all meals provided.
Information/Bookings: PH: Marianne & Marcel (03) 9973 0997
Email: vicbookings@wwme.org.au Website:www.wwme.org.au
Parenting is place of great joy, but it’s also a place of great struggle.

We struggle with our role as it’s constantly evolving and changing.

We struggle with external factors such as the changing face of technology and it’s impact on kids’ daily lives.

We struggle with factors we can’t control such as the messages kids get from the media and their peers that we rather they didn’t receive.

But the biggest struggle for most of us happens within the grey matter between our ears. It’s the battle that goes on between our lizard brain (where the fight or flight response occurs) and our pre-frontal cortex (where reasoning and calculation occurs).

The pre-frontal cortex (put your hand on your forehead and you’re there) is a cool, calm and rational place. This article is being written from that space. The lizard brain sits way back in the middle of our brain and is programmed to take over from our pre-frontal cortex when we’re under threat or stress. If I took a phone call about an imminent bomb threat while writing this article my lizard brain would take over and I’d be out of my office in a heartbeat. Writing would become impossible, not to say stupid! Thank goodness for our lizard brain. When I’m safe and feeling calm my pre-frontal cortex can do it’s rational thing once more. This system has served us well, keeping us safe for an eternity.

Unfortunately our lizard brain, the simple creature that it is, can’t differentiate between a significantly stressful situation such as a bomb threat and an everyday stressor such as a noisy sibling fight that occurs right under our nose. Our limbic system responds in exactly the same way – the lizard brain takes over from our pre-frontal cortex so you’ll either fight (argue, yell, lash out) or flee (get away fast) regardless of the stress. Both situations would elicit the same type of physical response such as an increase in heartbeat, sweaty palms and shortness of breath. Only the severity and intensity of the response is different.

Just when we need to be at our parenting best
So the great struggle for many parents, and also the great irony, is that when we need to be at our parenting best (when we’re responding to poor behaviour or a child’s genuine cries for help) our lizard brain often takes over and we’re at our parenting worst.

That’s why most of us know how we want to respond and communicate with our kids when we’re calm but when we are under intense pressure not only can’t we find the words we need but we lose our cool as well!

The good news is your lizard brain can be tricked into working for you, not against you. It takes patience and practice. Here’s how:

1. **Recognise the situations and the symptoms**

   Self-knowledge is the best knowledge you can have. When you understand the situations that cause you stress and bring you quickly to high emotion then you can prepare yourself in advance for such situations. Also when you understand your typical physiological responses you are well positioned to control your responses. Our physical responses vary: I generally feel nauseous; become physically agitated and my breath gets very high in my chest when I’m under intense stress. Knowing this has been a huge help to me staying calm in situations where I used to over-react.
2 Train yourself to STOP!
The lizard brain wants you to act fast – to get away, to lash out, to defend yourself – when you’re under threat or stress. So going against this natural urge is a challenge but it can be done. Develop the habit of doing nothing when you find yourself under parenting stress. STOP rather than act impulsively. Don’t let the lizard-brain win!

3 Step away and breathe
Deep nasal breathing is the quickest way to bring down your physical symptoms and rein in negative thoughts (“I’m going to &** him!”) that feed your lizard brain. Step away or turn slightly away from the stressful situation to help you breath slowly and deeply.

4 Think of your Best parenting self
Inspire your pre-frontal cortex to trump your lizard brain by activating an image of your ‘best’ or ‘ideal’ self as a parent. First you need to work out when you’re at your parenting best – it maybe when you’re patient, caring, loving, calm… (You can learn this powerful process in my Parenting with the Meta-Moment course available in Parentingideas Club) Your “Best Parenting Self” is the motivator to help you refrain from making emotional responses that you’ll regret later.

5 Now act!
Now that your pre-frontal cortex is winning again it’s time to think of the best possible response to a tricky parenting situation: which may be to ignore behaviour; use appropriate language or just listen calmly when your child is in distress. So how often does your lizard brain win when you experience parenting stress? If it always comes out on top then you’ll find it hard to parent as you’d like. You’ll be fighting your limbic system as well as your kids. Get it under control and you’ll be better placed to respond to your kids as you’d like to in the cool, calm light of day.
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