Dear Parents and Friends

The mid-year exam period commenced this week. Well done to students who have worked conscientiously over the term and prepared well for the exams.

Congratulations to our Year 7 music classes on the evening concert, staged for an enthusiastic audience, which showcased the instrumental and vocal skills developed over this semester.

Well done to all our primary school teams involved in the recent regional primary soccer tournament, held at St Paul’s Campus, on their spirit and enthusiastic participation and to our student leaders on the smooth running of the tournament.

A reminder that the semester finalisation day will be conducted on Friday 10 June. No classes will be held on this day. Monday 13 June is the Queen’s birthday public holiday.

Please note the next newsletter will be published on Friday 24 June.

May we be inspired to pray through the intercession of Mary:
When we are lonely, may she say ‘God is here’.
When we are rejected, may she say ‘God is love’.
When we are in darkness, may she say ‘God is light’.
When we are struggling, may she say ‘Emmanuel, God, is with you, all days’.

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 6.30 pm.
RSVP: Tuesday 14 June to alumni@ecmelb.catholic.edu.au
Campus Leaders

It has been a very hectic, yet exciting second term, with many highlights. It's hard to believe that Semester 1 is all but over and Semester 2 starts on Tuesday week. For the Year 7 and 8 students this means a change of subjects in the Arts and Technology areas. For all students, it is the opportunity for a fresh start or building on the already good work undertaken in Semester 1.

Well done to students who have worked hard in pursuing their personal best over Semester 1. It is pleasing to see the manner in which students have built on these achievements to make a successful start to their next semester studies.

Best wishes to the Year 10 students as they commence their work placements during the last week of Term. We hope that this is a richly rewarding experience, which deepens their appreciation for life outside of school and helps in their personal growth. We thank Ms. Silipo and Mr. Di Maggio on their tremendous efforts in supporting students to find placements.

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 thereisilienceproject.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 online. Parents may like to BYOD for this evening, although this is not a requirement. In September the same sessions will offered again on the alternate campus. Further information will be sent via CareMonkey.

A reminder that classes will not be conducted on Friday 10 June.

Late arrival/Early departure

If your son or daughter has an appointment that requires them to leave the College prior to the end of the day, please send a request letter so they can be excused from class and meet you at the front office. The note should indicate the time of departure and the reason for leaving the premises. The note is to be handed into their homeroom teacher or house leader who will issue an early departure slip. The early departure slip should be shown to the subject teacher at the relevant time to allow them to leave class. They should then come to the office to meet the parent who is collecting them. The early departure slip should be handed in at the office on departure when the student swipes out. Students will not be permitted to leave class without a note and it can be very time consuming chasing around for them at short notice. Please refer to the student handbook to clarify any questions regarding this. Students who arrive late for school must report to student services to swipe in and collect a late pass. Consistent lateness will result in a detention. Senior students are to swipe out at student services on early departure days.

Michael Grose has written on the correlation between school attendance and students achievement levels. The more time students spend at school, the more likely they are to experience success. Conversely, according to a report from the Victorian Auditor General, students who are regularly absent from school are at the greatest risk of dropping out of school early, and of experiencing long-term unemployment. When students miss school, not only is their academic progress impeded, forcing them to catch up on missed work (which some never do), they often miss important interactions with their peers which can compound issues of social isolation and low self-esteem. School absenteeism is a huge problem in Australian schools—and much of it is parent-condoned. Australian students miss an average of between 12 and 15 days per school year, with parent-condoned absenteeism. That adds up to a year’s lost schooling over the school-life of a student.

It’s now commonplace for students to stay away from school for reasons that would have been unheard of just twenty years ago. These include staying away to celebrate their own or a sibling’s birthday; being absent because they stayed up too late watching television; going shopping for clothes; an extended long weekend; and kids not wanting to take part in a sports day or special school event. This type of absenteeism sends a strong message to students that parents don’t really value learning or their children’s school experiences. Australian kids only spend 15% of their total time at school. They spend more time asleep than they do at school. So we need to maximise every day to get full value. That means attending school every day. For further information you should refer to www.education.vic.gov.au/school.
Campus Leaders cont’d

IT Responsibilities
All families are reminded to discuss with their children the importance of protecting themselves online and the responsibilities an individual has to ensure no one accesses inappropriate sites whilst using another person’s identity. Passwords are like PIN numbers and should not be shared at any time. Individuals are responsible for the security of their laptop at all times. Students are reminded that if they need to leave their laptop/computer unattended for any reason they are responsible for ensuring that it is not open to be used by others. If the laptop is left unattended it is recommended you log off. This is very important as individuals will be held responsible for any inappropriate access made under their user name.

This week’s INSIGHTS article from Michael Grose is “Why praise can be a double-edged sword.” As parents the way we praise our children, even from a very early age, and this can have a lasting impact. When done effectively, it can really promote resilience.

Leader of Learning

David Barr & Jennifer Webster

Progressive Feedback
This week was the first opportunity this term, in our new continuous reporting model that parents of students in Years 7-11 were able to access feedback provided to your sons and daughters through PAM. If you are unsure how to access the feedback, you can find a document located on PAM in Knowledge Banks that explains how to access the feedback along with answering some other key questions you might have.

We hope that this feedback, related specifically to the tasks you may have seen your child working on at home, will facilitate conversations about learning. We also hope that this allows you to develop a deeper understanding of how your child is progressing with their learning.

Semester One Reports
During the holiday period, parents will receive an SMS message alerting you to the availability of the Semester One reports for your child via PAM. This will not occur until Week 2 of the holidays.

For students in Year 7-10, the report itself is an indication of the progress of each student against the AusVELS- curriculum based subjects and individual Assessment Tasks grades in all subjects. A percentage range is used to report progress in each of the assessment activities and this is explained in the letter that is sent out during the holiday period. For Year 11 students, this report indicates satisfactory completion of each of the outcomes and a percentage mark for each Assessment Task. No comments will appear on these reports.

Year 12 students receive an indication of satisfactory completion for each outcome and comments regarding areas of achievement and improvement. No grades are recorded on the report. In Year 12, the marks students receive during the course of the year are not finalised until a process of statistical moderation is applied by the VCAA at the end of the year after the exams. Only the VCAA will report specific levels of performance to students.

Parent/Teacher interviews will be held on 20 and 21 July which is Week 2 of Term 3 and you will also receive information about this closer to the date. If you have any concerns we strongly urge you to take up the opportunity to meet with teachers and discuss the progress of your child. In some cases, teachers may request an interview to discuss the progress of your child.
Leader of Learning cont’d

Subject Selection
In Term 3 all students in Year 8-11 will be involved in the subject selection process as part of the development of their learning programs for 2017. Curriculum handbooks will be available through SIMON for students and the Parent Access Module (PAM) in early Term 3. We strongly encourage parents to read this booklet with your children to ensure that you are familiar with the offerings available to find best pathways for your child. The Careers Co-ordinators, Ms Silipo (SPC), Mr Di Maggio (NDC) and our VCAL/VET Leader Mr Bobbie Evans for students considering VET or VCAL, can be contacted at the College should you have any queries related to career pathways.

Parent Information Nights – Subject Selection
Information nights are a valuable opportunity to learn about the process of choosing subjects and the important considerations that students must think about when making selections. Teachers will also be available to discuss what each subject might involve.

VCE Information Evening – for all parents of students currently in Year 10 and 11
This night will be held simultaneously at both campuses on Monday 25 July beginning at 7.00pm.
An information session and subject displays will be provided for parents and students to view the types of activities students will be engaged in as part of their VCE learning. There is also a chance to meet with VCE teachers. This night is very valuable and extremely important for all students entering the VCE Years in 2017. We look forward to seeing you there.

Year 9 and 10 Information Evening will be held on Tuesday July 26 at 7.00pm at both the St Paul’s and Notre Dame Campuses for students currently in Year 8 and 9.

Judith Weir
Deputy Principal - Leader of Learning
**St Vincent de Paul Winter Appeal and Sleep Out**

As part of our social justice commitment at Emmanuel College this year, we hope to embrace St Vincent de Paul Winter appeal. Emmanuel College has a strong bond with St Vinnie’s with staff and students attending the Matthew Talbot Soup Van in Footscray on Thursday evenings. We understand the real community need to support those who are in genuine hardship and require warm clothes and food. Every night in Melbourne alone there are over 10,000 men women and children who sleep on the streets and winter is particularly difficult, due to the extremely cold nights. It is vital that we as a community help those in need. One way for us to do this is by bringing in non-perishable foods and warm clothing or blankets. The appeal will be running until the end of term. Blankets, jumpers, scarves, beanies, packet foods, tin foods are all items that St Vincent de Paul require. Please check at home to see if there is anything you can bring in that is no longer in use. Everything donated will be distributed over the school holidays to make life a little easier for those around us who are homeless. To round the appeal off there will be close on 50 students from both campuses participating in the “Winter Sleep Out” raising well needed funds for the appeal, by sleeping outside at St Paul’s Campus on Friday 17 June. If there are any students who would like to participate in the sleep out, please see Mr O’Malley or Mrs Mills.

**The Society of Mary**

The Society of Mary was founded in France in 1817 by Blessed William Joseph Chaminade. More than 300 Marianist brothers and priests comprise the Province of the United States. They serve in communities and ministries from Honolulu to Puerto Rico, East Africa, India, Ireland and Mexico. In the United States, Marianist sponsor the University of Dayton in Ohio, St. Mary’s University in San Antonio, Chaminade University of Honolulu, 18 High Schools, seven parishes and four retreat centres. The order is distinguished by certain charisms, or gifts given by God for the benefit of the Christian community.

*People of faith*
As spiritual individuals, Marianists carry out God’s will in their service to others.

*Followers of Mary*
Marianists view Mary as the model of discipleship. Just as Mary gave birth to Jesus, Marianists seek to bring the presence of Jesus to life within themselves and others.

*People of Community*
Marianists believe that living, praying and supporting one another in community enriches their faith and strengthens their ability to meet world challenges – especially problems associated with poverty and ignorance.

*Discipleship of equals*
Brothers and priests share equal status within the Society of Mary.

*Leaders in mission*
The Marianist mission is to bring Christ to the world and to work for the coming of His kingdom.
LIVE BELOW THE LINE @ NOTRE DAME CAMPUS
From Monday 23 May to Friday 27 May, 31 NDC students and staff participated in The Oaktree Foundation’s “Live Below the Line” challenge. Students and staff experienced what it was like to eat for $2 a day. They shared lunch and experiences each day and supported each other through the challenge.

Sheree Turner, Year 7, CHDH reflected on her experiences Living Below the Line:

My experience from Live Below the Line was different from what I expected. In Live Below the Line I experienced what it was like to be “below the line”. In the week I had moments where I wanted to quit, I was hungry and my taste buds wanted something else to eat rather than bread and weetbix.

Although I pigged out on Saturday eating all the food I couldn’t from the past week, I understood that some people don’t just push through ‘till the weekend and that’s when they eat properly, like me. They eat like this for weeks, months and years at a time and some never get a real meal. I also understand that every day I lived on two dollars but some families below the line eat off maybe 50 cents because they need to pay for housing expenses, clothes and water.

On the Saturday that I finished it I thought ‘Nope I’m never doing that again!’ but now that I look back at it, I would do it again and I recommend it. It not only gives you an experience that you won’t forget, it’s also raising money for those below the line. So I’m proud to say “I lived below the line!”

We look forward to hearing the experiences of those participating in the challenge at SPC in the coming weeks and seeing how much we, as Emmanuel College, raised for The Oaktree Foundation!

Prayer

O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful,
grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations,
Through Christ Our Lord, Amen.

Chris O’Malley
Train Travel update for students

Students who travel to and from Emmanuel College are asked to take note that during June and July, authorised Officers from Metro Trains will be on site at Williams Landing Railway Station in the morning peak between 6 and 9am.

Their focus will be on the safety of passengers boarding and alighting trains, with their aim to reduce incidents where trains are delayed and passengers are put at risk.

It is recommended that passengers stay behind the yellow line until the train has come to a complete stop, allow other passengers to alight the train before boarding, mind the gap when boarding and in these instances follow the instructions of the Authorised Officers and Metro staff. Also, please ensure that all travel is with a valid Myki.

Mr Lunardelli and Mr Crimi

Head of Campus Organisation—St. Pauls and Notre Dame Campus

Arts Captains Report

Starting the year off with another successful performance by our talented choir students at the Time to Shine Gala along with 2015’s graduates Michelle and Stephanie Nguyen to represent the college. Well done to each and every single one of those who took part in such an outstanding show!

Congratulations to all the SPC and NDC students that participated in this year’s school production “High School Musical”. It was clear to see the hard-work and commitment each performer had put in to create such a spectacular performance. Great job to all students involved and a special thank you to our very own teacher Ms. Holzer for directing an excellent and worth watching show!

Congratulations to our Year 7 music students of Semester 1 who had learnt how to play an instrument during the semester. With lots of practice and effort they performed on the night of Thursday 26 May to show off their hidden talents!

The College Showcase is coming up which will be held on 4 of August. We encourage students to participate and show off what they’ve got. Auditions will be required and the dates will be announced shortly so get prepared and excited because it’s your time to put on an amazing show!

The Film Festival is just around the corner. This is a chance to show off your creativity and film making skills! Work individually or with a group. The best films will be shown at a screening in a cinema. The topic this year is Black and White, so put your thinking caps on and get inventive!

We end off term 3 with a bang with Talent Quest! This is the perfect chance to show off your performance skills. If you can act, dance, sing or have any other talent, please come and show it off! Talent Quest is always a good time as it lets students unwind before cracking down for that final push until end-of-year exams.

Coreena Reyes and Aidan Epstein, Arts Captains NDC.

Mary Help of Christians Feast Day Mass at St Mary’s Altona

On Tuesday, 24 May, I was one of the lucky students who represented Emmanuel College, along with Ms Llewellyn, at the Mary, Help of Christians, Feast Day Mass at St. Mary’s Parish in Altona. It was a privilege to be able to attend St. Mary’s during primary school and then return as a student representing Emmanuel College. I was able to recognise some old classmates, friends and teachers, and it was good to be back. As Emmanuel College is following in the way of the Marianist tradition, we have a strong connection with Mary, the mother of Jesus, who is the patroness of Australia. The key point of this feast day is to remember Mary and the special relationship that she has with us and Jesus. It was a great, memorable and honourable experience.

Noah Luppino Year 8 – MCYE NDC
Chaminade House Report

It has been a busy and exciting term for the Chaminade House so far! Many of our students have been involved in a variety of sporting, academic and musical activities on top of the amazing efforts and achievements inside the classroom. As Chaminade House Leader, I am bursting with pride at the fantastic way the boys of the House have engaged with what the College has to offer.

Two weeks ago, the Chaminade Year 7s and their Peer Mentors from Year 10 were invited to a special morning tea. Here the Year 7s were able to socialise and mingle with their mentor outside of Homeroom time and of course share some food! The morning tea was a great success and may be the beginning of a new tradition.

Following the theme of mingling and socialising, each Homeroom has been invited to their own special morning tea—an opportunity for relationships within the Homeroom to grow stronger. As a new House Leader, it gave me a fantastic opportunity to get to know the wonderful Chaminade students better.

Our House Sport Soccer Competition continues this term. Fraser are currently at the top of the ladder but the competition is far from over—it could be anybody’s game.

Academically, exams and assessments are currently in full swing. All students should be undertaking an appropriate amount of homework, study and revision as outlined in the College handbook. I have complete confidence that the Chaminade students will do their very best as they enter this challenging period of the academic year. Good luck!

Leanne Meilak
Chaminade House Leader - SPC

It’s hard to believe it’s that time of the year again and the students of Chaminade House are completing their final assessment tasks and examinations for Semester 1.

As a House Leader, it gives me great pride to see so many students aiming to achieve their personal best in their studies and their exams. Although this may be a stressful time, it is also a time where students need the support of their homeroom teachers, parents and peers to ensure that they enter their exams in the best frame of mind possible.

This is being continued by our resilience activities in homeroom, where there is structured time of personal reflection and time for students to be in the present moment, something which is difficult to do in our technologically driven era.

With this in mind, balance is the key to success. Every student should be revising for their exams every night and managing any other homework tasks they may have along with having time for exercise, socialising and relaxation. Below are some ways that parents can support their child through the exam period

• Make sure they have a comfortable place to work.
• If you do not have a suitable spot, make it easy for them to study elsewhere, like the library.
• Establish a revision routine by re-arranging the family’s schedules and priorities.
• Give them a break and understand lost tempers and moodiness.
• It is never too late to study, revise or ask for help.
• Don’t go in for bribes; encourage them to work for their own satisfaction.

Be calm, positive and reassuring and put the whole thing into perspective.

In other house news, the Dodge ball competition is well under way with DEF V GHI this week. May the best Homeroom win!

Finally, this is my last newsletter article before I head off on Maternity Leave. I would like to take the opportunity thank all of the students, parents and staff of Chaminade House for making my past five years as a House Leader a pleasurable and rewarding experience. It truly has been a pleasure working with you all.

Kirra Spence
Chaminade House Leader—NDC
Winters Homeroom Report

The highlight of our year so far has been the Athletics sports. Joshua homeroom had 100% attendance on the day which helped Winters gain first place. Lachlan Brown (Year 12), Lucas Andrew (Year 11) Jack Callaway (Year 10) and Charlie Vu (Year 7) were the stars. Other memorable moments so far have been: our first day, the Year 7 camp and meeting all the new teachers.

We have four student leaders in the homeroom: Dragan Gagovic (Year 11), Filip Bjelosevic (Year 10), Robel Assefa (Year 10 Peer Mentor) and Charlie Vu (Year 7 Student Leader) who are all doing a great job. Robel has helped us settle into secondary school and Dragan, Filip and Charlie are members of the Student Leadership Group. In the Winters homeroom kickball competition we were able to defeat Daniel homeroom 24-18 in the grand final. Braden Nunn (Year 7) was named player of the match for his outstanding batting.

Our homeroom teacher is Mrs O’Keefe who was fantastic in helping us settle in at the college and at the moment she is helping all the homeroom with their preparation for the upcoming examinations. Mrs O’Keefe is also the Year 7/8 ACC football coach and teaches Physical Education, Health and Science. She has been at Emmanuel College for 10 years and in Winters House for 2 years. The highlights of her time at Emmanuel College have been the Year 7 camps and meeting lots of students. We are very lucky to have Mrs O’Keefe as our Homeroom teacher, be in Joshua homeroom and in Winters house.

Braden Nunn, Charlie Vu and Mason Williams Year 7 Joshua Homeroom students

Winters House Report

Second term has been a bit of a mixed bag for Winters House at NDC. After winning the Athletics in first term and heading the Inter House points competition second term saw us drop down to fourth after the Inter House year 7 cross country Championship. To have such a big drop was an incredible shock for the House but one that sends a clear message – we cannot afford to rest on our laurels if we want to win a third House Championship in a row. We will need to continue pushing.

Our Leadership Team has also had their ups and downs. After being challenged to take more responsibility for running activities in the House the leaders began work on developing individual year level competitions. Each year level leadership team has been responsible for developing and delivering a competition that would take place during homeroom on Friday mornings. To begin with the year levels have gathered to take part in a quiz. Our senior leaders have done a great job overseeing the events and the year level leadership teams have done equally well in planning and running the events. That being said the teams have reported back that there have been issues. It’s been hard to get everyone on time and motivated in the morning they have noticed. So while the competitions may not have met their expectations they have been important learning tools for them as leaders as they have had to work together without constant direction from an adult, communicate with their peers and when all has been said and done they have learnt that not everything a leader does is always effective and that they must adapt and be flexible if they are to be ultimately successful. I am looking forward to seeing how they do this.

One thing that the leaders noted that caused them real difficulties in running morning competitions and connectedness activities was the number of students who were coming late to homeroom. Our students should be in Homeroom at 8.30. This means they need to be at their locker by 8.25 getting ready for the day. This is an important part of the day as it enables them to come in and connect with the Pastoral processes of the school as well as start the day with the success of being on time. Another concerning trend that I have noticed is attendance rates. After reviewing the House data I have noticed that many of our students are attending school less than 90% of the time with many in the low 80s. A student who is attending 90% of school is missing one day a cycle and 20 days a year. A student who is attending 80% of the time is missing 1 day a week and 40 days in total for the year. This has a significant impact on the students’ ability to stay on track with their schooling. Coming into winter it is especially important that students look after themselves. Get the appropriate amount of sleep every night and eat well so as they can try and avoid sickness as much as possible. Please contact myself or your son/daughters Homeroom teacher if you are noticing your child trying to avoid school days and if your son/daughter is sick please ask them to email their subject teachers to find out what work they have missed for the day.

Andrew Damon

Winters House Leader NDC
Music News

It has been a busy week for members of the music teaching and tutoring team. On Tuesday May 24 the College launched its Ensemble-Based Program with a presentation to interested students and parents from years 8 and above. The presentation was then followed by a substantial instrument expo where students were able to try all musical instruments on offer before selecting. It was an important event that allowed this program to be articulated as a learning philosophy in part and partnership with the academic program of the College. The Ensemble-Based Program offers a comprehensive structure with tangible and measurable outcomes.

Those who may have missed this opportunity are welcome to contact me at cpuglisi@ecmelb.catholic.edu.au for more information.

The Year 7 Concert for semester one then followed on Thursday evening, May 26 at the St Paul's Campus. This concert involved students from both SPC (7B and 7C) and NDC (7B,D,F and G). It was marvellous to have had a 250+ member audience to support the students in their vocal and instrumental efforts. We congratulate all student performers and thank parents for supporting this aspect of the Year 7 curriculum. Particular acknowledgements go to SPC students Alex Carter, Kobe Helu, Jamie Truong, Michael Kadende, and NDC students Martin Milenkovski, Dave Cuesta, Nyilren Battung, Jacquelyn Spiteri, Beatriz Herrera, Christopher Sokolis, Monique Agwalama, Jayden Gracies, Sally Bratby, Tayla Parker, Robert Bell, Hillary Nguyen and Natasha Srbinovski. These students featured as either soloists, members of duets or as conductors leading their class ensemble. We are pleased to note that many year 7 students have applied for our Ensemble-Based Program as a consequence of this positive experience. We look forward to hearing their efforts at events in semester 2.

Carmelo Puglisi
Director of Music
YOU ARE INVITED...

to attend a presentation focused on developing resilience in school age children.

The night will be conducted by Hugh van Cuylenburg, the founder of the Resilience Project on behalf of Emmanuel College. The Resilience Project helps young Australians to be mentally healthy by inspiring students, empowering teachers and engaging parents. Hugh is an inspiring speaker who brings a powerful message for all.

When: Thursday 16 June

Time: 7.00 pm

Where: ST PAUL’S CAMPUS
McMahon Centre
423 BLACKSHAWS ROAD,
ALTONA NORTH

“I’ve never been so enthralled, engaged and inspired. I could have listened to Hugh speak all night...So grateful to the school for realising the importance of involving the parents in this wonderful program. My kids have not stopped talking about it!” (parent feedback)
## Calendar Term 2 Weeks 9A & 10B

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<tr>
<th>Date</th>
<th>Events</th>
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<tr>
<td>6 June</td>
<td>Year 11 Exams</td>
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<td>NDC VCAL Year 11 &amp; 12 work experience begins</td>
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<td>7 June</td>
<td>GAT Exam</td>
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<td>8 June</td>
<td>Year 11 Exams</td>
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<td>NDC Year 7 Premier League Finals</td>
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<tr>
<td>9 June</td>
<td>Year 11 Exams conclude</td>
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<td>Year 8/9/10 Exams conclude</td>
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<td>SPC ACC Year 8 Football EMM v PAR</td>
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<td>SPC ACC Year 8 Soccer EMM v WFD</td>
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<td>SPC ACC Year 7 Soccer SAL v EMM</td>
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<td>10 June</td>
<td>STUDENT FREE DAY</td>
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<td>13 June</td>
<td>QUEENS BIRTHDAY HOLIDAY</td>
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<td>14 June</td>
<td>Semester two commences</td>
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<td>Business Management Year 11/12 Excursion—Yakult</td>
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<td>15 June</td>
<td>SPC ACC Senior Football Finals</td>
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<td>NDC Year 7 Premier League Grand Final</td>
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<td>16 June</td>
<td>SPC ACC Year 8 Football/Soccer Finals</td>
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<td>SPC ACC Year 7 Soccer Finals</td>
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<td>17 June</td>
<td>Winter Sleep Out</td>
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<td>NDC VCAL Year 11/12 work experience ends</td>
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<td>18 June</td>
<td>Winter Sleep Out</td>
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<td>20 June</td>
<td>Year 10 work experience commences</td>
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<td>NDC SACCSS Futsal Junior</td>
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<td>22 June</td>
<td>Year 9 Project Week (city experience)</td>
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<td>NDC AFL/Netball Senior Grand Final</td>
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<td>23 June</td>
<td>Year 9 Project Week (city experience—off campus)</td>
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<td>24 June</td>
<td>Term 2 ends</td>
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<td>Year 9 Project Week (city experience)</td>
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<td>Year 10 work experience ends</td>
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**PRAYER & SPIRITUALITY DAY**

St Joseph’s by the Sea  
16 Esplanade  
Williamstown 3016

Afternoon Session: 1:30pm - 3:00pm  
(repeat) Evening Session: 7:30pm – 9:00pm  
16 JUNE, 2016

What might “reconciliation” or “treaty” with our Aboriginal sisters and brothers be asking of Missionary Disciples listening to the heartbeat of Australia in 2016.  
Marianne Zeinstra

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**Learn To Sail for free?**

Altona Yacht Club and Laverton Youth Foundation over the winter school holidays.

This free event is open to 7– 18 year olds who can swim.  
All equipment, protective clothing and snacks will be provided.

For more info contact Laverton Youth Foundation and tell us why you’d like to take part.  
W: lavertonyouthfoundation@lcis.org.au  P: 0487 905 979  
Check us out at altonayachtclub.org.au

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**Mary MacKillop Foundation 2016 Fundraising Dinner**

TIME: From 7pm with appetisers

Date: Friday 26th August 2016

At: Mount St Joseph Girls’ College  
133 Maidstone St, Altona

Cost: $40.00pp (3 course meal, BYO drinks)

Tickets: Call MMHC (03) 9926 9300

RSVP Tuesday, 10th August 2016

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**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
Building parent-school partnerships

WORDS Michael Grose

How to move your child from worrier to warrior

As a parent of a worrier, and also a natural born worrier myself, I’m a collector of ideas and strategies to better manage anxieties and worries. Fortunately, as a child my young worrier didn’t allow her anxieties to prevent her from participating in sporting, learning, social or leisure activities inside or outside school.

She did, however, spend a lot of time worrying about how little everyday things would pan out, almost to the point of being sick at times. She was a micro-manager who always made sure she had every angle covered in an unfamiliar or new situation. For instance, if she was to be picked up from a friend’s birthday party she’d always have a back-up plan in case a parent wouldn’t arrive in time to take her home! ‘Being prepared for every contingency’ was one of her main strategies to help alleviate her worries.

Many children worry about seemingly little things that they have no control over. Whether it’s worrying about the house catching on fire; monsters or spiders lurking under their beds; or even worrying that their parents will go to work in the morning and won’t return home can seem irrational to all-knowing adults but make perfect sense to them.

If you are a Type A worrier yourself then you probably fully comprehend your child’s anxieties and worries. You know that being told not to overthink things or to stop worrying just won’t cut it. If you are the ‘It’ll be right. Don’t overthink it’ type then you may be scratching your head wondering what all the fuss is about. There’s no doubt that worriers need careful, sensitive handling by families and teachers alike.

Your concern and understanding is one thing but they also need some practical tools and ideas to help them cope now and build strength so they can minimise the impact of worries in the future.

Here’s a collection of great ideas that may help you transition a young worrier to being a social and learning warrior, or at least get the worry bug under control.

From writers such as Jeanene Ecob author of Everyday Jitters, Mary Sheedy Kurcinka author of Raising Your Spirited Child, Tamar Chanksy author of Freeing Your Child from Anxiety, and Washington Post columnist Suzanne Nelson I learned these ideas:

**Give the worry a name**

Somehow giving a worry a name makes it feel less scary and more manageable. My favourite picture storybook for toddlers There’s a Hippopotamus on our Roof by Hazel Edwards personifies fear of the dark as a friendly hippo. Much more friendly and easier to boss around if you’re a child.

**Put your worries in a jar**

Wouldn’t it be great to put all your worries into a safe and throw away the key? As an adult you may do this when you take time out to watch your favourite TV show; or lose yourself browsing for hours online. Children need something a little more practical. They can write their worries on some paper and lock them away in a jar by the side of the bed at the end of the day. It’s good to know that their worries can’t get out because they are locked up tight.
... How to move your child from worrier to warrior ...

Limit talking time
Kids have a need to verbalise their worries but talking needs to be contained to prevent their worries from dominating their lives. Set aside ten minutes a day to talk about their worries and then put worry time aside until tomorrow.

Normalise rather than lionise their anxiety
Anxious kids are very sensitive to their parents’ concerns and worries. One way we build their concerns is by continually reassuring them that things will be fine. One reassurance should be sufficient most of the time followed by “I’ve already talked to you about that.” Continually going over old ground can allow worries to linger longer than necessary.

Worry about the things worth worrying about
Worrying is energy sapping and can take up too much of anyone’s time. As your child gets older it helps him or her to distinguish between what’s worth worrying about and what’s not. Helping them prioritise their worries makes them feel like they are in control.

Give them the tools to relax
My wife relaxes in front of the TV, which is sufficient for her to take her mind off her worries. My daughter and I need a bigger set of tools including mindfulness and exercise to help us neutralise our worries. I know when my daughter is physically tired she’s less likely to get herself worried or worked up.

It’s not that worriers can’t function well. They generally over-function as they come to grips with their anxieties. Not only can worrywart children be hard for parents to live with, but also they can become difficult partners and friends as adults. This makes childhood the perfect time for parents, not so much to nip worries in the bud but to give natural born worriers some tools and strategies to make life more tolerable now and, importantly, in the future.

Michael Grose

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did.

parentingideas.com.au
You are invited to come along to the Saltwater Community Centre on Saturday 4th June for a family fun-filled night of LIVE Country and Western music.

Rotary Club of Laverton Point Cook is holding a fundraiser to help raise funds for our local and international projects. It will be a night of dancing, raffle prizes, delicious food and a silent auction. As this is a family night there will be loads of activities, fun and prizes for all ages.

Tickets can be purchased at [www.trybooking.com/194136](http://www.trybooking.com/194136) or phone Chris on 0407 846 382

- Family tickets $60 (2 Adults and 2 children)
- Children 6 & under are free
- Adults $25
- Children (7-16) $10

Music will be provided by top selling band **Jeanie** (pictured) and well-known local performers **Billy Bridge & Rebecca Lee Nye**
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with courage, let us all combine

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