Dear Parents and Friends

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

The celebration of the conclusion of formal Year 12 classes held at Werribee Park last week was a wonderful occasion. Students behaved impeccably and enjoyed a great day together with staff. We are very proud of the young women and men of the Class of 2016 and wish them all success in their VCE exams.

The Pixel Prize is an annual photography competition conducted by Australian Catholic University, open to high school students from New South Wales, Victoria and Queensland. Congratulations to Thien Nguyen who has been shortlisted as a finalist for this year’s Pixel Prize. Thien also designed the winning logo for ACC art and technology to be used in all related events, competitions and reports.

Well done also to staff and students on the very successful Year 9 camp and outdoor education programs conducted this week.

Last week we welcomed our Year 7 parents for 2017 in preparation for the orientation day for our new Year 7 students in December. We also look forward to the annual Soccer Tournament to be held, for boys and girls from Grades 4 and 5 in our primary schools, at St Paul’s Campus next Friday, led by students from our Soccer Academy.

Year 11 classes conclude next Friday 4 November, with Year 11 exams commencing the following Monday.

A reminder that the midterm break will occur this coming Monday and Tuesday, 31 October and 1 November.

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

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

Christopher Stock
Principal
Campus Leaders

Year 12 students have begun the final facet of their VCE, with SWOT Vac happening early in the week and the English exam marking the beginning of the examination period on Wednesday of this week. We wish them well in all of their exams and trust their hard work will reap just rewards. It was a joy to attend the family celebration on Friday 7 October, marking the student’s graduation from Emmanuel College. Eucharist was celebrated at St Patrick’s Cathedral and included the graduation ceremony before moving to the Softel for the dinner. The Year 12 students celebrated their final day with a safari at the Werribee Zoo followed by a sausage sizzle and pancakes for lunch. A memorable morning was had by both the students and staff.

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

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

Learning Advisor
The students are focused on ensuring that they are well prepared for the exam period. Time management, concentration and application in class and good study habits will be the key to success for the remainder of this term. To this end, students had a Learning Advisor session on 21 October to assist in this process.

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

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

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

The Michael Grose article attached this week is about friendships going sour. Emotional intelligence remains a work in progress throughout our lives. Dr Jenny Brokis offers parents tips to help children deal with emotional pain. We would encourage you to take a minute to read this article and look at the strategies suggested that would maybe help.

David Barr & Jennifer Webster
**Leader of Faith Development**

**St Vincent de Paul Christmas Hampers**
I would firstly like to congratulate our new Social Justice Captains for 2017. Simon Main from St Paul’s Campus and Alysha Byers and Laura Hatchard from Notre Dame. As part of their first initiative, we are tackling the continued challenge that so many families face every Christmas, the daunting task of being able to give a gift to their own children. Once again in support of St Vincent de Paul, we will be collecting and creating hampers for those in our community who are less fortunate than ourselves. Every homeroom will be given the task of making a hamper that we can then distribute to those who need our support. If you have any toys that are in very good condition, we would love you to send them into school with your child and donate to the hampers. We hope to make up over 100 hampers for children at Christmas. We will also be making toiletry hampers for parents and would love donation to make these as well. Once again on behalf of our social justice teams, thank you.

**World Challenge - Cambodia**
It seems like only yesterday that we signed up for what will be an amazing experience in Cambodia with World Challenge in 2016. After 14 months of rigorous planning, training camps and team meetings, our World Challenge Team are very close to departing for what will prove to be an experience of a lifetime. Following Year 11 and 12 exams dedicated students and two staff will fly out to Cambodia where they will embark on helping those in communities, taking on personal challenges and enjoying the sights of Cambodia. Emmanuel College wishes them every success with their trip and a safe journey.

**Liturgy Captains**
Over the past two newsletters, I have been drawing your attention to the defining characteristics of a Catholic School of which a significant aspect is the tradition and rituals we hold as a way of expressing our faith. It is with pleasure that as part of our leadership portfolios here at Emmanuel College I would like to introduce our liturgy captains for 2017. Our St Paul’s campus Liturgy Captain is Hung Lam, and at Notre Dame we have Paige Mac Gibbon and Raymond Nguyen. Part of the roles of our Liturgy Captains will be to lead our ministry team which will help maintain our sacred spaces at each campus, be instrumental in the preparation of College Masses and liturgies, and support in areas of faith, mission and justice within the College. I wish them every success in the new leadership roles.

**Cambodia Trivia Night**
Congratulations to our students who organised an amazing trivia night on Friday 14 October. With over 120 people in attendance, the Bordeaux Gathering Space was transformed from basic classrooms to a magnificent venue covered in balloons and trestle tables in preparations for a fun filled night. A special thanks must go to Ms LoBianco and Dexter as well as all the students and staff involved in the night. Close to $3500 dollars was raised which will go towards the community support the students are involved in whilst in Cambodia and Central Australia. Thank you to all.

**Prayer**

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

*Amen.*

Chris O’Malley
Deputy Principal – Faith and Staff
Campus Organisers News

**Year 11 Exams and Year 12 2017 Orientation**
The Year 11 Exams commence on Monday 7 November and conclude on Tuesday 15 November. Students are expected to attend these exams in formal school uniform. Students are not required to attend school if they do not have an exam. Exam schedules and expectations have been distributed to students. Classes are not scheduled during this time.

Year 12 2017 Orientation will commence at 8.30 am on Thursday 17 November and conclude on Thursday 24 November. Attendance to this Orientation Program is **compulsory** as course information and preparatory work for next year will be set for all classes. Students will also receive subject preferences, booklist etc. Again students are expected to attend Orientation in formal school uniform.

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

**Year 10 Exams and Year 11 2017 Orientation**
Year 10 classes conclude Friday 11 November. Monday 14 November to Wednesday 16 November is SWOT VAC., where students will prepare for examinations. The Year 10 Exams commence on Thursday 17 November and conclude on Thursday 24 November. Students are expected to attend these exams in formal school uniform. Students are not required to attend school if they do not have an exam. Exam schedules and expectations will be distributed in Assembly. Classes are not scheduled during this time.

Year 11 2017 Orientation will commence at 8.30 am on Friday 25 November and on Monday 28 November. Attendance to this Orientation Program is **compulsory** as course information and preparatory work for next year will be set for all classes. Students will also receive subject preferences, booklist etc. Again students are expected to attend Orientation in formal school uniform.

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

**Bus Service for NDC 2017**
Please see attached information regarding bus service to NDC next year.

Stephen Lunardelli & Vince Crimi
On behalf of the students at Emmanuel College, we would like to congratulate the class of 2016 for all the hard work and effort throughout the years at Emmanuel College. We would like to thank you for being such great role models and wish you the best of luck in your upcoming exams and hope for you all to enjoy life after Emmanuel, but to also never forget your time at our college. To the current NDC year 12 Captains and in particular Jack and Bethan, we would like to thank you for the time and energy you contributed to our College this year.

Fast forwarding to 2017, us Captains are truly excited to enter a new year filled with opportunities, successes and challenges that we, as a collective college, can unite and support each other through. Every year of high school is important, from year 7 right through to year 12 and we believe that it is the cooperation between students of all year levels as well as staff that will ensure 2017 to be fruitful and rewarding.

With the school year coming to a close it is important for us to keep in mind the individual and personal goals that we set in the beginning of the year. These shape the way we perform in class and outside of school. We can then use these goals to set ourselves achievable challenges, preparing us for the next year to come.

We wish everyone well for the remainder of this year and hope next year will be as optimistic and enjoyable as possible

Regards,

NDC 2017 Captains

On behalf of not only the future leaders but the entire student body, we congratulate the Year 12 Class of 2016 at Emmanuel College. The example they have set both academically and as people will be everlasting, as they have been wonderful role models to the younger peers and have set the bar high for future years to follow. A big thanks in particular to our College Captain Ethan and those who captained respective Houses this year, who represented the College exceptionally. We wish them the best of luck with their exams and future endeavors.

At the climax of our year, it is more notable now than ever the steps we take to begin our next journey. We know the challenges we face, we know the difficulties to overcome, and it is our blessing to lead the charge as Captains of 2017. The union of our cohort, and the Emmanuel Spirit has always stayed true, there is such meaning behind our motto, ‘life to the full’. Our aim is to bring together Emmanuel as a whole, not SPC nor NDC, we are together as one, and that is what’s important. The path that our year twelves have laid for us is the one we intend to follow. We leaders are an embodiment of our peers, and that is our gift!

But with holidays on the edge of our grasps stick it through and soon we can recuperate from our year, with bright eyes on the next.

Sincerely,

SPC 2017 Captains
Winters House Report

It’s fair to say that in Winters right now, we are hurting. Third in the House Competition. It really hurts to say it. We won the swimming carnival. Tick. We won the Athletics carnival. Tick. Our crew starred in the musical. Ovation. We just didn’t make an impact in the Year 7 cross country and thus we came third. Of course the leadership team and staff are reviewing the situation and we will come back bigger and better in 2017. We are Winters after all and a setback will only make us stronger.

We are also hurting because we have just farewelled our Year 12s. Graduation was fantastic and it was a real pleasure and privilege to celebrate with our graduating Winters men and women. We thank them for their contribution and we wish them all the best in their future pursuits. Personally, I would like to publicly thank the Winters senior leaders of 2016: Bethan White, Alex Lapitan, Nadya Ang and William Malcolm. These guys were amazing student leaders and a real pleasure to work with.

On a happier note we have a great group of Year 11s who are looking to make their mark in 2017 who will be aptly lead by Lyza Kozlovska, Josh Morton-Galea, Emma Palatsides, Daniel Battchoio and Matt Harmer. I’m sure this team will continue the great work of the previous team and also leave a great legacy.

With the year steadily coming to a close I hope all our Winters crew are working hard to prepare for some of the most important events on the school calendar. The Swimming Carnival, the Year 7 Lip Sync comp and of course the exams. Best of luck to all.

Andrew Damon
Winters House Leader—NDC

At the recent final Year 12 assembly, Winters leaders for 2017 were announced:

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
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<tbody>
<tr>
<td>House Captain</td>
<td>Alessandro Di Genova</td>
</tr>
<tr>
<td>House Vice-Captain</td>
<td>Lucas Andrew</td>
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<tr>
<td>House Sports Captain</td>
<td>Thomas Myyrylainen</td>
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</tbody>
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Additionally, Thomas was appointed as the SPC College Sports Captain for 2017. Congratulations Alessandro, Lucas and Thomas!

Also at the assembly, Winters student, Jack Callaway (Year 10) was awarded a Captain’s Award for his great contribution to and sportsmanship shown in ACC sport. Jack has represented the College in 2016 in: football, hockey, cricket, athletics, cross-country and lacrosse. Congratulations Jack!

Winters students were rewarded for their excellent efforts during Term 3 in the school cross country championships in adding another pennant to the 2015 victory. The overall result was very close and a great contribution from our Year 7 students allowed Winters to hang on and narrowly defeat McCluskey.

Kallum Quiroga (Year 9) and Charlie Hyunh (Year 10) have recently been awarded Winters student of the week certificates for their excellent contributions within their classes and the house. Andy Dinh (Year 10) recently received a language proficiency certificate from Language Perfect which placed him in the top 0.02 percent of global students who entered the competition.

Congratulations Kallum, Charlie and Andy!

I would like to thank our current Year 12 Winters leaders for their efforts: Simon Bugeja (House captain), Alex McPherson (House Vice-Captain) and Nathan Malkoun (House Sports Captain) and wish them and all students good fortune in their VCE examinations.

Mark Turner
Winters House Leader - SPC
McCluskey Homeroom Report

McCluskey H has been involved in a number of activities throughout the semester/year. Recently we have been enjoying Fun Fridays as a homeroom, playing fun games and playing various different Kahoot competitions. We have played musical chairs and even on one occasion invited another homeroom to join us in the fun. On Mindful Mondays we have taken a moment just to be aware of ourselves and our minds. On Gratitude Wednesdays we have cut up pieces of paper and written what we have been grateful for like having a loving family and home to return to each day and being thankful for our opportunity to be educated unlike so many around the world. Recently we have said goodbye to our Year 12s: Leilah, Albert and Aaron. They were presented in front of the McCluskey house as Ms Hall spoke a little bit about their personality and their contributions to homeroom. We wish them lots of luck for their exams and wish them well for their futures.

Jamie Rust
McCluskey H Homeroom NDC

Homeroom starts at 8.30am and ends at 8.46am. Although, at 8.25am Years 8 to 12 have five minutes to get ready and the Year 7s stand around talking and waiting for the teacher to unlock the door. During our time in homeroom we socialise. The Year 7s get advice from the older students and the daily notices are read by the Homeroom Teacher. Every Tuesday Mr Velardo gives each Homeroom a quiz on news and activities from the previous week. The best part of the quiz is actually working together as a homeroom. The quiz earns the homeroom points in addition to homeroom sports and this year the winning homeroom won a pizza lunch. We were lucky enough to win the overall competition and enjoy a pizza lunch altogether.

Louis Papamihail
Lawson Homeroom SPC
Arts News

The wet weather at the beginning of the last week of term three (and Arts Week) failed to dampen spirits.

At St Paul’s, the Art and Visual Communication and Design Exhibition was well attended and many students were thrilled to see their work on display. The ‘Lunchtime Talks’ were also popular. Jordon Grech, former student and graduate of Industrial Design from RMIT talked about what to expect in the course and showed examples of his innovative lighting system. He also showed some of his current art work and paintings. Khoi Nguyen, 2014 Arts Captain and currently in his second year at Swinburne University of Technology, showed examples of his sophisticated graphic design work. He talked about his final year at Emmanuel and gave students good advice on how to prepare for examinations.

Music students also had a busy week. Senior Music students visited SALT Studios. There they recorded and mixed music in a professional recording studio. Several students even wrote new, original music on the day.

Students also attended the ACC Rock Music Workshop and Battle of the Bands at CBC St Kilda. Shane Magro, Warren Rozario and Samuel Currie as the Cadillac Drifters competed in the ACC battle of the bands portion of the day with many good tips and tricks learned in the earlier workshop sessions.

A lunchtime screening of Pixar Shorts was attended by many students and later that evening the Emmanuel College Film Festival was held in McCoy Hall. Thank you to judges and 2015 Arts Captains - Kostas Loe, Stephanie Nguyen and Ethan Bowe. Our very special thanks to Michael Schofield for his passionate commitment and hard work behind the scenes.

The last day we had beautiful sunshine and a most accomplished lunchtime performance by the rock band Cadillac Drifters. At the end of the school day, all the Year 7 students attended a performance by the talented Year 9 Drama class.

What a lovely way to end the term three!

Sophia Wolan
Assistant Learning Leader Arts
Excursions at Emmanuel College - Then and Now

1969 - Airport Visit

1987 - Maritime History in Williamstown

1994 - Ice-Cream Tasting at the Royal Melbourne Show

2016 - Werribee Zoo

Penny Cook
Emmanuel College Archives
## Calendar Term 4 Weeks 5B & 6A

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>31 October</td>
<td>MID TERM BREAK—NO CLASSES</td>
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<tr>
<td>1 November</td>
<td>CUP DAY—NO CLASSES</td>
</tr>
<tr>
<td>2 November</td>
<td>SPC ACC Year 10 Cricket/Tennis/Volleyball EMM v MAZ</td>
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<tr>
<td>3 November</td>
<td>SPC ACC Year 8 Cricket/Tennis/Volleyball SBE v EMM</td>
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<td></td>
<td>NDC Year 8 Premier League Finals</td>
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<td>Instrumental Music Concert@ NDC in LSC 7pm-8pm</td>
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<tr>
<td>4 November</td>
<td>Year 11 Classes Cease</td>
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<td></td>
<td>Year 7-10 Swim Carnival (all day) - SPC @ Werribee &amp; NDC @ Lara</td>
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<tr>
<td></td>
<td>Super Soccer Day @ SPC for Grade 4 &amp; 5 from Local Primars</td>
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<tr>
<td>7 November</td>
<td>Year 11 exams commence</td>
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<tr>
<td></td>
<td>SPC ACC Year 7/8 Debating &amp; Public Speaking</td>
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<tr>
<td></td>
<td>NDC Year 7 Project Day—RE</td>
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<tr>
<td>8 November</td>
<td>SPC ACC Year 10 Cricket/Tennis/Volleyball Semi Finals</td>
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<td></td>
<td>SPC Year 7 Project Day —RE</td>
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<td></td>
<td>Meet the Principal Twilight Tour @ SPC 6pm</td>
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<tr>
<td>10 November</td>
<td>SPC ACC Year 8 Cricket/Tennis/Volleyball SiM v EMM</td>
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<tr>
<td></td>
<td>NDC Year 8 Premier League Grand Finals</td>
</tr>
<tr>
<td>11 November</td>
<td>Year 10 Classes Cease</td>
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<tr>
<td></td>
<td>Remembrance Day ceremony @ 11am</td>
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### Forthcoming Important Dates for your diary

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>14 November</td>
<td>Years 7, 8, 9 exams commence</td>
</tr>
<tr>
<td>15 November</td>
<td>Year 11 exams conclude</td>
</tr>
<tr>
<td>17 November</td>
<td>Year 10 exams commence</td>
</tr>
<tr>
<td>18 November</td>
<td>Year 12 exams conclude</td>
</tr>
<tr>
<td>17 November—24 November</td>
<td>Year 12 2017 Orientation</td>
</tr>
<tr>
<td>24 November</td>
<td>Years 7, 8, 9 exams conclude</td>
</tr>
<tr>
<td>25 November &amp; 28 November</td>
<td>Year 11 2017 Orientation</td>
</tr>
<tr>
<td>1 December</td>
<td>Celebration of Excellence</td>
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</tbody>
</table>
Community Notices

Prayer & Spirituality Day

Thursday 17 November, 1.30-3pm; 7.30-9pm

Celebrating Julian Tenison Woods

Facilitator: Carmel Jones rsj
Cost: by donation

Sanctuary Lakes Junior Football Club

Junior Registration Day
on 13 November 3pm-5pm
Alamanda Oval

Girls Team Registration Day
Sunday 11 November @11am
Alamanda Oval

For further information contact Gavin Young on 0411 567200

SPECIAL EVENT—SCHOOL’S OUT!!

7 December 2016
at
Sporting Globe at Pacific Werribee
6pm—11pm

School children between 13-17 years of age

It is fully supervised and has security.
No alcohol will be served.
For more information call Martin Nardo on 0412492480

WORLDWIDE MARRIAGE ENCOUNTER WEEKEND

2016 Melbourne weekend dates : 11-13 Nov
Starts 7pm on Friday. Ends 5pm Sunday. Accommodation and all meals provided.

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

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.

CHRISTMAS FAIR

at
The Werribee Mercy Hospital
on Saturday 26 November
from 11am to 4pm

Victoria University carpark (behind the hospital)
Dear Parent

**Notre Dame Campus Charter Bus 2017**

The Notre Dame Campus is currently organising Charter Bus arrangements for 2017.

**BUS A**

- In the morning the bus route will commence at Altona Station at 7.40am.
- Left into Pier Street
- Left into Civic Parade
- Left into Maidstone Street
- Right into Queen Street
- Left into Everingham Road, stopping near Queen of Peace Primary School
- Right into Victoria Street
- Left into Queen Street
- Left into Point Cook Road
- Right into Dunnings Road
- Right into Foxwood Drive

After school the bus will drop off in reverse to the morning route.

**BUS B**

- In the morning the bus commence in front of Altona Green Park at 7.45am
- Travelling westwards towards Merton Street.
- Along Merton Street towards Central Square
- Left into Central Avenue
- Left into Point Cook Road
- Right into Sneydes Road
- Right into Lennon Boulevard
- Right into Dunnings Road

After school the bus will drop off in reverse to the morning route.

**BUS C**

- In the morning the bus will commence in front of Altona Green Park at 7.45am.
- Travel north-east along Victoria Street
- Turn left into Nelson Avenue
- Travel along Nelson Avenue/May Avenue
- Turn right into Henry Drive and continue towards Central Avenue
- Turn left into Central Avenue
- Turn left into Point Cook Road
- Turn right into Dunnings Road
- Turn right into Foxwood Drive

After school the bus will drop off in reverse to the morning route.
**BUS D**
- In the morning the bus commence in front of Altona Green Park at 7.45am
- Travelling westwards towards Merton Street.
- Along Merton Street towards Central Square
- Cross over Queen Street and continue along Merton Street
- Turn left into Railway Parade
- Turn left into Point Cook Road
- Turn right onto the Freeway
- Take the Palmers Road exit
- Turn right into The Strand
- Turn left into Foxwood Drive

After school the bus will drop off in reverse to the morning route.

**BUS E**
- In the morning the bus commence in front of Lumen Christi Primary School at 7.40am
- Travel southwards along Point Cook Road
- Turn left into Sanctuary Lakes Boulevard
- Travel left into Sanctuary Lakes North Boulevard and around the Boulevard
- Upon exiting Sanctuary Lakes South Boulevard, turn left into Point Cook Road
- Turn left into Saltwater Promenade
- Follow Saltwater Promenade all of the way down to the round-about and return back up Saltwater Promenade
- Turn right into Point Cook Road
- Turn left into Yuruga Boulevard
- Turn left into Alamanda Boulevard
- Turn right into Fongeo Drive
- Fongeo Drive becomes Featherbrook Drive
- Turn right into Boardwalk Boulevard
- Turn right into Dunnings Road

After school the bus will drop off in reverse to the morning route.

**The Charter Buses will only stop at designated MET Bus stops unless designated.**

**Chartered Bus cost**
The cost for Year 7-10 students wishing to travel on the charter buses will be $545.00. The cost for VCE students is $405.00 and VCAL students $270.00.

Students will be issued with a distinctive ID Card which will provide access to the bus in the morning and afternoon on all school days. Please note that this is not a Metcard and cannot be used on public transport.

**Alternative routes**
Timetables for the public routes may be downloaded at www.cdcvictoria.com.au
You are most welcome to contact Nicolette Williams or Mr Vince Crimi regarding any queries about the above arrangements on 8325 5100. Confirmation of arrangements and billing procedures will be sent to you early next year.
The four girls, or the ‘Four Musketeers’ as they called themselves, had been really close friends since Primary School. They did everything together. They shared the good times and the bad; they slept over at each other’s houses (frequently at ours), and seemed really happy.

Then one day it all fell apart.

Noticing our daughter seemed unusually quiet I asked, “Is everything OK, you seem a little down?” Then it all came tumbling out.

One of the four had decided it was time to say goodbye. She didn’t want to be part of that friendship group anymore and had already made overtures to another group that she wanted to be best friends with instead.

But rather than explaining her decision, she chose to break all contact with her former best friends and spread rumours that they had been mean to her and it was they who had ousted her from the group. Bewildered and hurt the three girls attempted to rebut the accusations, to no avail. Their frustration led to resentment and anger along with grief that the happy band of four was no more.

Helping our kids deal with relationship issues is an important part of growing up; at any age. As adults we have our previous experience, logic, and reasoning which helps us to keep things in perspective, without resorting to catastrophising or experiencing those intense emotions that can be difficult to contain. That’s because the fully mature adult brain uses the pre-frontal cortex (PFC), the thinking part of our brain, to help regulate emotion and behaviour.

But a child does not attain full brain maturity until approximately the age of 24 when cognitive development is complete (boys can be a bit later!). This means our kids see their world through a predominantly emotional lens, they feel emotions more intensely than we do and they react more strongly to those emotions because they lack the regulatory mechanisms of a fully developed PFC.

Helping a child through a difficult time helps them develop a higher level of emotional intelligence (EQ), which helps them to handle those more complex interpersonal relationships as they get older.

It’s hard seeing your child in pain, whether emotional or physical, and it’s natural as a parent to want to fix it. What matters though is to not intervene with all guns blazing, as this can make matters worse and doesn’t teach our children how to work through a tough time and find their own solutions. It’s difficult too if we have a pre-existing relationship with the other parents involved, because the fallout from our children’s friendship issues impacts everyone.
Helping your child deal with emotional pain

Allow them to grieve
Pain hurts and that’s normal. Social pain hurts as much as physical pain because they share common neural pathways. Share with your child that you’re sorry they are hurting to help them learn that emotions are normal, and that it’s normal too to feel that their whole world has temporarily turned upside down.

Encourage them to step away from the situation
When up close it can get very personal. Encourage your child to look at the situation from the other person’s perspective to ease their pain; even though they may not fully understand why the other person acted in the way they did or said those horrid things. This helps them to reframe what happened, elevates empathy and builds resilience to future hurts. What doesn’t work is returning fire with fire or blocking communication routes. A nasty comment on Facebook is best not responded to. However, telling your child to not use social media or to ban access to Facebook or their phone isolates them further and means they can’t reach out to their other friends for support.

Offer time and an open ear
Sometimes what helps the most is to just be there. Offering support so they know you care with a kiss or a cuddle and encouragement to do some ‘normal’ things is what counts, as well as being available to just listen when required. It’s about understanding, not interrogation. They don’t necessarily want our advice!

Move forward with respect and dignity
A great friendship is a thing of joy, but many will wax and wane for a variety of reasons. Helping your child to celebrate what makes them feel good about any relationship leads to greater acceptance and tolerance of difference.

Emotional intelligence remains a work in progress throughout our lives. It’s something that can always be built on and added to. Helping our children develop their EQ equips them to know they will survive when a relationship goes pear shaped, and increase resilience to life’s knocks. This has to be one of the greatest gifts as parents we can give to our kids.

.. BFF Forever: When friendships go sour ...

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