Management of COVID transmission risk in Melbourne certainly has been a fast-moving space over recent weeks. You received a number of related communications from me, including learning arrangements as we move into term 3. Years 7-10 returned to remote learning this week, with those scheduled for VCE classes continuing to attend onsite.

This week’s communication outlined requirements for student and staff wearing a face covering. A reminder that:

- all students attending onsite are temperature tested on arrival and are required to wear a face covering both to and from school and at all times while onsite,
- discretion and common sense inform the above requirements, eg the need to remove the face covering while drinking or eating,
- students or staff who have a medical condition – including problems with their breathing, a serious skin condition on the face, a disability or a mental health condition – are not required to wear a face covering. You should apply to the relevant Campus Leader, if your child is in one of the above categories, to obtain approval for any non-face covering arrangement,
- if you, your child or a family member develop symptoms of a fever, chills or sweats, cough, sore throat, shortness of breath, runny nose, or loss of smell or taste, then the relevant person(s) should get tested at a coronavirus (COVID-19) testing facility and stay home.

The return to remote learning has proceeded relatively smoothly this week. Well done to the Emmanuel community on our continuing success together. Thank you also to those who have provided feedback on the above arrangements. Not everyone agrees with all the requirements of relevant authorities. The number one priority of the College continues to be the wellbeing and learning of the young women and men whom we serve. As part of this, we continue to implement all directives as required.

It was wonderful to have links with our parents and carers at this week’s parent-teacher interviews, albeit via Zoom. While there may have been a few hiccups with this new approach, it is definitely worth keeping online links as an option into the future – particularly on cold winter nights! Please continue to contact the relevant teacher and/or leader with regard to any queries or concerns that may arise over coming weeks.

The subject selection process for 2021 has commenced. You will receive further details with regard to these arrangements, including events such as the online VCE information evening.

In these challenging times we pray:

Almighty and all-merciful God,
lover of the human race, healer of all our wounds,
in whom there is no shadow of death,
look after us in these challenging times;
grant wisdom and courage to our leaders;
watch over all medical people
as they tend the sick and work for a cure;
stir in us a sense of solidarity beyond all isolation;
if our doors are closed, let our hearts be open.

By the power of your love may we not become overly fearful or anxious,
that hope may never die
and the light of Easter, the triumph of life,
may shine upon us and the whole world.
Through Jesus Christ, the Lord risen from the dead,
who lives and reigns for ever and ever. Amen.

Holy Mary, health of the sick, pray for us.
St Joseph, guardian of us all, pray for us.

Christopher Stock, Principal
Welcome back for Term 3. We hope all the students, their families and friends had a safe and relaxing holiday. As we enter another period of remote learning for our year 7-10 students, our previous experience tells us that some students will relish the opportunity to learn from home and others will be sad and disappointed not to be back at school with their friends. Our VCE students and teachers will remain on campus, with other teachers working both on- and off-site as we aim to limit the number of people at school. We know that this further lockdown period is for the health and safety of our entire community. At Emmanuel College, we will aim to continue to demonstrate our gratitude, resilience and empathy over this four-week period.

Letters and other documents have been sent to parents/guardians and students detailing arrangements for remote learning. We ask you to go over these documents to ensure that students are aware of expectations and are able to comply with remote teaching requirements. We understand that many parents are also working from home and, as a family, you will need to plan to accommodate the needs of your family. Your child should have a quiet space in which to work each day. Parents are encouraged to continue a clear structure of daily organisation to ensure children are out of bed, appropriately fed and dressed, prior to homeroom beginning at 8.30am each day. It is important that breaks are scheduled throughout the day and that your child is able to also pursue physical and creative activities. Optional activities, such as our GEM (Gratitude, Mindfulness, Empathy) reflections, Lunch sport activities and social justice actions will all continue to enable students to connect and continue to be a part of the Emmanuel community – physically separated but still connected.

Term 3 is such an important term for student learning, consolidating skills and knowledge as well as learning new concepts and content. Early this term students will reflect on their learning for this semester. The Learning Advisor session to assist this process will be held on Wednesday 7 August. Students are encouraged to set goals for the term and should discuss their goals with parents. Successful students are students who are typically well organised and manage their time in a very effective manner. Successful students give their study a high priority and organise themselves so that they can keep all their activities in a steady balance.

The VCE/VCAL Information Evening will be held on Monday 27 July at 7.00pm via Zoom. Course Guides are available via the Parent Access Module and we encourage you to work through the Guides with your child prior to Information Evening so you can bring any questions to the meeting. Subject selection will be completed online and information on this process is detailed elsewhere in the newsletter.

In recognition of their final year at the College, Year 12 students have again designed a commemorative top for purchase as a souvenir of their final year at the College. This apparel can be worn with the correct uniform during school days from the start of Term 4, as the final days of formal attendance at the College approach. As the commemorative top is not part of the formal uniform it is not worn prior to Term 4. It is not an official school uniform item.

Parents of senior students are also reminded that their daughter/son may not drive to school without completing the approval process through their House Leader. Students are not permitted to park on school property, and they are reminded that they must have the written permission of all parents should they wish to carry a passenger. Victorian law requires that a Red P-Plate driver only carry one passenger aged between 16 and 22 years. Younger students may travel to and from school with their sibling with parental approval, however, it is not appropriate for students to transport other younger students with them.

The article from Michael Grose this week is about Developing young people’s emotional smarts. The article is attached for your interest, and we would encourage you to take time and read it through as it talks about how the last few months have certainly been a test of a young person’s emotional smarts with the ups and downs of COVID-19.

As we begin another period of change in how we deliver teaching and learning, we thank you for your continued support of your children and the College and wish you all the best for Term 3.

David Barr, Chris O’Malley & Kelley Revelman
Leader of Mission Integration

As we once again return back to a period of greater isolation for our own safety and the safety particularly of the most vulnerable in our community, I recall the time when Mary and Joseph needed to withdraw Jesus for his protection. We are familiar with Matthew’s nativity account of Joseph receiving the angels message to ‘Get up, take the child and his mother, and flee to Egypt, and remain there until I tell you; for Herod is about to search for the child, to destroy him.’ This action of fleeing as a refugee allowed Jesus the safety to grow, to play, to learn and to be loved. At this time of remote learning for many in our community we are compelled to adapt and find new ways to learn, connect and grow in our faith. We are reminded of the adaptability of Blessed Chaminade and Marie Thérèse Charlotte de Lamourous during the persecution of the French Revolution. Chaminade needed to flee from persecution during the most trying period of the Revolution, and go underground because of threats on his life as he refused to take the oath of allegiance to the revolutionary government. At this time Chaminade met Lamourous. She was a very important part of the Catholic community that continued to carry on its spiritual mission in the most difficult of circumstances. It was the laity, woman like Lamourous in particular, who preserved and passed on the teachings of Christianity, distributed the sacraments, educated the young; supported the weak; and gave witness to Christ, sometimes at the cost of their lives. The adaptability of both Chaminade and Lamourous to keep educating, keep caring and keep growing the faith in trying circumstances, inspires us to do likewise in this challenging time.

As you are aware, we have now been mandated to wear facemasks once out of our homes. For some this transition has felt uncomfortable and even challenging. It is worth considering how consistent wearing a protective facemask during a pandemic is with our gospel values and Catholic social teachings. Wearing a facemask is an act of humility – I am not so arrogant to think that just because I feel well means I must be healthy. Blessed are the peacemakers – by wearing a mask I make others feel safe in my presence. Preferential option for the poor and vulnerable – those most significantly impacted by the effects of COVID-19 are the ill and elderly. Love one another including you neighbour, the stranger and even your enemy – wearing a face mask is a loving act which indiscriminately protects everyone.

In the last week of Term 2, the student leadership group took on the challenge of raising money for the fight to cure MND. Students purchased beanies, had a casual dress fundraiser, and participated in a Big Freeze Event. We proudly raised $10,873 for this cause. That brings the total to $33,993 raised by the Emmanuel College community in the first half of this year. This reflects our desire to be change the world in profoundly positive ways for others! Just as significantly we have grown awareness for many causes and fostered a stronger spirit of service, justice and peace in our Emmanuel family.

This term the Characteristic of Marianist Education (CME) focus is ‘Providing an Integral Quality Education’. As a school in the Marianist Tradition we aim to develop a wide, engaging, personalised curriculum accessible to all students and better build their capacity for effective collaboration, communication and creative thinking. We aim to nurture students’ love of learning, become life-long learners, and equip students with the thinking skills to guide their own learning. Our goal is not to solely inform students, but rather transform students as thinkers who discern and find meaning. Much like Jesus’ use of parables, we aim to make learning relatable, challenging, meaningful, achievable, and importantly formative.

The staff will continue in their formation work this term with our ongoing Religious Education Professional Learning series on the Catholic Social Teachings, led by Professor Margaret Carswell. As educators we challenge ourselves to live out the gospel values for the benefit of our students and for their information.

Peace,
Mark Sciberras

Let all that you do be done in love (1COR 16:14)
2021 Subject Selection
Over the next few weeks your son/daughter will be involved in selecting their 2021 courses. The processes and information provided will differ for each year level. Please see below for details relevant to your child’s year level.

**Year 11 and 12, 2021**

Success within Years 11 and 12 is reliant on the learning partnership between student, teacher and families. As such, I would like to take this opportunity to outline our subject selection processes and how you can support your child throughout the process. These processes are designed to assist students in exploring their strengths, what they would like to do post-secondary school, and engage in conversations with their teachers regarding the requirements of, and your child’s approaches to, the upcoming years.

**Subject Selection Planning Exercises**
By now, your son/daughter will have received a Subject Selection Planning Exercises Booklet via email (if in Year 10, 2020) or in class (Year 11, 2020). The exercises within this Booklet are intended to guide your child through reflection upon their current progress at school, their strengths, their future pathways and map out their upcoming courses through a series of activities.

Students in Year 10, 2020 have been given a short period of time to begin work on the Booklet in class this week, however, because of the move to a second period of remote learning it is anticipated that the majority of these activities will be completed at home. Year 11, 2020 students will complete the booklet in their own time.

You are encouraged to discuss these activities with your child as they will form the basis of their subject selection for 2021. Your child’s Planning Exercises Booklet will require your signature once they have completed their selections. Year 10, 2020 students will need to email the completed Booklet to subject_selection@ecmelb.catholic.edu.au prior to 4.00pm on 5 August. Year 11, 2020 students must bring the completed Booklet with them to their Subject Selection Appointment on 14 August (please see below).

**2021 Senior Course Guide**
Emmanuel College’s 2021 Senior Course Guide is available on the College website now. This guide provides information regarding the structures of Year 11 and 12, whilst also providing subject summaries. All families are advised to engage with the Course Guide as they work through their child’s Planning Exercise Booklet.

**VCE/VCAL Online Information Evening – Monday 27 July**
As your son/daughter enters their final years of secondary education we invite parents of all students undertaking Year 11 or 12 in 2021, along with their sons/daughters, to attend an upcoming information evening. The aim of the evening is to address common questions about the curriculum and subjects on offer and explore the VCE and VCAL options, for students and their families, to assist in manoeuvring through what is sure to be an exciting yet challenging year.

This year the Information Evening has gone online. It will take place on Monday 27 July from 7.00pm. Students and Parents/Guardians are asked to join the Zoom as one group to reduce the number of separate Zoom participants at the event. You can join the Zoom on 27 July via the following link or Meeting ID and Passcode.

Join Zoom Meeting
https://ecmelb-catholic-edu-au.zoom.us/j/91019377376?pwd=ejZvRnFSZH1VXB1cnAreGtdzdWZxQT09

Meeting ID: 910 1937 7376
Passcode: 378237

After a 30 minutes presentation focused on VCE and VCAL information, you will have an opportunity to visit a number of Virtual Stalls created by our VCE teachers to provide extra information about the various subjects on offer. This will include an opportunity to join on Zoom to ask the Year 12 Teachers specific questions. In order to access the Virtual Stalls you will need to be able to log on to your PAM account on the night and access the Knowledge Bank called ‘2021 VCE/VCAL Information Evening’.

A resource with all of the information needed to access the Virtual Stalls will be emailed to parents and students so that you can make sure you are able to access the required Knowledge Bank on the night.

We would encourage all parents and students to take advantage of this important opportunity to strengthen understandings of the academic requirements of the VCE and VCAL, and the nature of the education programs undertaken within these two programs.
Subject Selection Appointments – Friday 14 August

All Year 10, 2020 students will have a subject selection Zoom appointment on Friday 14 August. Students will be allocated a specific time and Subject Selection Advisor for their Zoom appointment. Students in Year 11, 2020 will be allocated a time to attend their Subject Selection appointment on 14 August at school, in person.

For Year 10, 2020 students, prior to these appointments being made, the fully completed Booklet and MIPs Online Profile must be emailed to subject_selection@ecmelb.catholic.edu.au. The deadline for these to be submitted is 5 August at 4:00pm. No appointments will be made until the Booklet and MIPs Online Profile have been submitted by email.

Year 11, 2020 students must bring the completed Booklet to the appointment with them.

At this appointment, your son/daughter, and their Subject Selection Advisor, will discuss their Planning Exercises and enter their subject selections on the Web Preferences portal. At the end of this session, your son/daughter will receive a receipt of their subject selections via email or on paper. Failure to complete the Planning Exercises prior to this appointment, including your signature, will compromise your child’s ability to receive their preferences.

We look forward to seeing you at the Subject Selection Online Information Evening on 27 July as we continue to work with you to ensure your son/daughter achieves personal excellence within his/her Year 11 and 12 studies.

Year 2021

2021 Senior Course Guide

Emmanuel College’s 2021 Senior Course Guide is now available on the College’s website. This guide provides information regarding the structures of Years 10, 11 and 12, whilst also providing subject summaries. All families are advised to engage with the Course Guide as they discuss 2021 subject selections.

2021 Course Selection

Year 9 students are required to select three electives that they will undertake in Year 10, 2021. All electives run across the whole year providing students with a comprehensive understanding of the subjects. Year 10, 2021 students may also be eligible for acceleration, further information regarding the accelerated learning program can be found below.

Year 9 students will complete their elective selections in the week beginning Monday 3 August. Please discuss your child’s subject choices with them prior to this.

Your child’s Mathematics teachers will discuss their Year 10 Mathematic course with them and recommend the most appropriate choice.

VCE Information Evening

Students interested in accelerating are invited to the VCE Information Evening on Monday 27 July.

The aim of the evening is to address common questions about the curriculum and subjects on offer and explore the VCE and VCAL options, for students and their families, to assist in manoeuvring through what is sure to be an exciting yet challenging year.

This year the Information Evening is being presented online. Please see all of the information you need to access the evening via Zoom in the Year 11 and 12 section above.

Year 2021

2021 Junior Course Guide

Emmanuel College’s 2021 Junior Course Guide is now available on the College’s website. This guide provides information regarding the structures of Years 7, 8 and 9, whilst also providing subject summaries. All families are advised to engage with the Course Guide as they discuss 2021 subject selections.
Leader of Learning & Teaching cont'd

Accelerated Learning Program – Year 10 and 11, 2021

Acceleration provides students who are identified as eligible to have the opportunity to extend their learning and thinking skills by being involved in an appropriate enrichment program. This involves:

- Year 10 Students undertaking a VCE Unit 1 & 2 program; or
- Year 11 Students undertaking VCE Unit 3 & 4 program

Acceleration eligibility
A student must attain at least an 80% average across all their Year 9 subjects and have an average of 80% or higher in the subject related to that they wish to accelerate in. Approval will be based on academic achievement ensuring the student is a suitable candidate to take on this accelerated course of learning. Please note, students can only accelerate in one subject.

What subjects are available for acceleration?

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<th>Year 10</th>
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<td>Biology</td>
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<td>Business Management</td>
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<td>Literature</td>
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<td>VET Sport and Recreation</td>
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Applications for acceleration
Students wishing to accelerate are required to submit a completed Accelerated Learning Program Application Form via email. The application form has been emailed to all Year 9 and 10, 2020 students this week. These forms must be completed and submitted no later than Wednesday 29 July.

Year 8, 2021

2021 Junior Course Guide
Emmanuel College’s 2021 Junior Course Guide is now available on the College’s website. This guide provides information regarding the structures of Years 7, 8 and 9, whilst also providing subject summaries. All families are advised to engage with the Course Guide as they discuss 2021 subject selections.

2021 Course Selection
Year 7 students are required to select the language that they will undertake in Year 8, 2021. Given they have only just begun their second language, this selection will be completed in Term 4.

Should you have any questions regarding your child’s 2021 subject selections, please do not hesitate to contact the following staff members by email:

For VCE Enquiries:  Leanne Matheson (NDC) lmatheson@ecmelb.catholic.edu.au
Rebecca Eldridge (SPC) reldridge@ecmelb.catholic.edu.au

For VCAL Enquiries:  Bobbie Evans (both Campuses) bevans@ecmelb.catholic.edu.au

Nicole Allan
Deputy Principal: Learning and Teaching
Welcome back to Term 3, even though for many of us, it is a different return than we may have all been hoping for!

To the Year 11s and 12s, remember to make the most of your time in class with your teachers. Use this opportunity during this busy Term 3 to consolidate your knowledge by asking questions and working collaboratively with your classmates.

To the Year 7s to 10s, while we face a challenging 5 weeks ahead, we see this as an opportunity to grow. In particular, it is an opportunity to learn from our mistakes with the previous Online Learning experience.

Whether that be:
- Establishing a morning routine and regular alarm time - if you struggled with waking up on time for homeroom
- Establishing a proper workspace - where you can effectively use zoom for your classes and homeroom
- Ensuring you are engaged in each lesson - if you struggled to log onto zoom/google classroom etc. last time you need to get in the habit of emailing your teachers to let them know
- Ensure you are getting outside/being active during your breaks - this will help you to focus on your lessons throughout the day and wake you up
- Removing distractions that caused you to be disengaged - constantly checking your phone, having the TV/Netflix on in the background
- Practicing time management – to prevent you from leaving things to the last minute and eventually ending up being behind in schoolwork as a result
- Communicating with your teachers via email/google classroom/zoom if you need support
- Communicate with your Homeroom teacher if you need help

It is great that we get a second chance at online learning, to learn from our mistakes and to prove to ourselves that we can do it. If you attack this challenge with the right mentality, reflect on what you could improve from last time and make changes to develop this area, then you will progress.

This will give you a boost of confidence knowing that you can do anything if you put your mind to it.

Best of luck,

Please don’t hesitate to contact us if you need support,

Carly Noye & Tess Blassis
NDC McCoy House Leaders
McCoy House Reports cont’d

A vital component of Pastoral Care during school based and remote learning is the importance of student connection to their homeroom. The McCoy homeroom teachers: Ms Wilson (Barton), Ms Wagner (Deakin), Ms Meilak (Elliot), Mr Lynch (Flinders) and Mr Sutherland (Laver) will play a critical role in communicating information and providing a college connection to every student whether they be based at the College or at home.

Each of the following students offered a reflection on the best part of being in a McCoy homeroom!

“Arriving in homeroom each morning to see Mr Lynch’s smiling face and competing in homeroom sport with all my mates.”
Toby Dale (Year 11 Flinders)

“Experiencing each morning Mr Sutherland’s warm and enthusiastic welcome.”
Matthew Frigo (12 Laver)

“Enjoying the family-like environment that Ms Meilak generates each morning – and it really sets me up for the day.”
Jack Flaherty (11 Elliot)

“Homeroom with Ms Wilson is a fantastic start to the day – social connection with friends and a time to reflect and get ready for classes.”
Oscar Driscoll (12 Barton)

“I enjoy being in Deakin with Ms Wagner as she gets all the levels involved and it feels a bit like family. We have a great bond and enjoy sharing a laugh and each other’s company”
Connor Brown (12 Deakin)

Mark Turner
SPC McCoy House Leader

Chaminade Homeroom Reports

Chaminade H is an enjoyable homeroom to be a part of. Every morning students either work personally or socially interact with each other discussing a variety of topics or even their subjects/classes for the upcoming day. We are then briefed and caught up on all upcoming events for the day and week by Mr Neenan, students bring a positive and energetic attitude to the homeroom each morning, we are then sent to class energised for the rest of the day. We also regularly play various games and activities together, such as basketball outside as well as games on the board.

Andrew Barnes
Year 11 NDC Chaminade House

Roberts homeroom have done a fantastic job navigating 2020 with all its challenges so far! Ms Smith has been leading the way this year and has supported the boys working remotely during homeroom. Ms. Smith has created a welcoming community this year and is building a relationship with each member of Roberts homeroom.

In the morning, Roberts students can be found chatting together, playing cards, and working on things as a Homeroom. During term 1, Roberts played well during the European Handball competition and as always, put up a good fight. Roberts ended up coming joint first and gained a massive 100 points for their homeroom. Right now, Roberts are sitting in second spot with an overall 231 house points for the year. This term Roberts homeroom are going to be sharing more about themselves and taking the opportunity to pause and learn about each other. Ms Smith will be allowing the opportunity for students to take turns sharing any meaningful news or completing a ‘show and tell’ during homeroom time.

Things continue to look different for Roberts, with homeroom going back online for our junior students however Ms. Smith will still be there each morning creating a community of support. Roberts students need to ensure that they attend homeroom each morning and take the time to connect with their peers.

Olivia Fitzpatrick
SPC Chaminade House Leader
Start of a new semester is a great time to reflect on academic progress and to make changes for the rest of the year

The start of a new semester is upon us, a semester which for some will be their last and for others the second part of a very long year. No matter who you are, what grade you are in or how you are doing in school, now is an excellent time to reflect on your academic progress as well as your study habits and general life habits as well. An important thing to realise is that students are half way through the year and that there is increasingly less and less time of school left. That is why right now is the best time to revisit last term’s notes and actually begin to study for exams right now. Below is a suggested schedule to help plan for each day. Remember when you do not have classes make sure to break up tasks into bite sized chunks or else you risk burnout.

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Now is the time of year where that dreaded sensation of burnout can happen; this year especially. If you notice your son/daughter starting to feel tired, overworked and struggling to complete work that the teachers set, encourage them to speak to their homeroom teacher, teachers or house leader - they are there to support each student and offer strategies to overcome these difficulties.

With Year 7 - 10 students being back at home it can become hard for students to live healthy lives and instead fester behind a screen for 8-10 hours a day, whether that be doing school work or hanging out on social media; both of these outcomes are not good. This is because, in case you haven’t noticed, you are human, not a machine and you require a few things such as food, water and fresh air to thrive.

When you feel overwhelmed and stressed to the highest degree it can feel like walking away from the computer is the last thing you want to do. This is wrong. Walking away and doing some sort of exercise can help! Try going for a short ten minute walk outside or play basketball or soccer in the backyard, to reduce stress, which will allow you to focus back on your work. Plus it makes you feel like less of a robot, as otherwise you’d have been inside working all day.

It is imperative for VCE students to have a strong focus on their academic and personal goals in the next two terms with exams just around the corner. We encourage everyone to revisit their annual goals in order to reflect on how you have been travelling this year. But, most importantly, we encourage everyone to set new goals to achieve the areas which you find difficult in your studies, in order to achieve your personal best.

For Year 11s, our advice when choosing your Year 12 subjects is to focus on doing the subject that you like and are interested in. If you are unsure, we encourage you to take a look at the 3/4 study design, speak to other students who have completed the subject and also consider the pre-requisites for the university courses you are interested in. The link to the study designs is below:

VCAA Study Designs
To our fellow Year 12s... We are half-way there. Although this year has been crazy and unexpected, your hard work and dedication does not go unnoticed, you should be so proud of the efforts you have put in, especially during remote learning. We have all worked so hard this year but this is not the time to take it easy. The practice exams and final exams are lingering and during this term, although there are many SACs, it is important to start studying for these. We highly encourage everyone to reflect on your goals and post-Year 12 pathways for motivation so you have a clear path on your future endeavours. These next few months may be stressful but you’re not alone, we are all in this together!

Bianca Cogliandro, William Bain, Nelson Ngo
Academic Captains
Sports News

I hope the return to school has been enjoyable for all with the unfortunate events of the world all unfolding before us and hopefully putting a smile on the faces of some. Unfortunately, though due to the current circumstances of the COVID-19 situation within our state we have been forced to make some changes this term including ACC sports and events.

As of 15 July, the ACC executive made the decision to cancel all Term 3 sports and activities, with the exception of some events. Unfortunately, this cancellation includes the senior football and soccer competitions as well as the hockey, table tennis and basketball ACC that was running throughout all year levels. However, there are still two sporting events that are going to run virtually/online. These include the Open chess tournament on 20 August and the Cross-Country Championship on 9 September. So if you are interested in getting involved in the Open chess tournament please contact Mr. Park. As for the Cross Country Championship there will be further notice as to potential training sessions running at school and more for you to put your name down and get involved in.

Over the recent days the ACC has also launched a number of programs to engage the ACC community during the lockdown period. This includes a new running challenge, a daily personal development challenge and a sport knowledge challenge.

The new Running Challenge begins on Monday 20 July. It is a competition to see which school can accumulate enough KM’s first to travel virtually around Australia. You can submit both walking and running data in this challenge. The aim is to do a lap of the country which calculates to a total 14,595km and a combination of the school’s km’s will be calculated each week. There will be weekly updates to see how far each school has travelled in the week and where they sit in terms of virtually travelling Australia. There will also be a leaderboard with the school that has accumulated the km’s in the week along with a leaderboard with the students who have individually accumulated the most km’s from each year level (7-12). An equalisation formula will be implemented for schools with smaller student enrolment. The students can enter their personal run/walk data through an online form found on the ACC website under the running competition area. Any runs performed at the school or outside of the school will all count towards the overall total, so I encourage you to get involved in this and get our school around Australia!

The Daily Challenge begins on 20 July and will help students to relax, get motivated and be inspired during the lockdown period. Each day a new challenge will be set out to be completed if you are interested. Challenges can be exercise based or even reflective. For example, it might include setting aside 10 minutes in your day to meditate or to complete 10,000 steps for the day. Accompanying each challenge will be a quote to reflect on. This is completed by student’s choice, this is not compulsory, but it is a great way to keep you busy during the day.

The Sport Knowledge challenge begins on 21 July will test the participants in predicting the winner for upcoming sports and events across the world. If you are interested, you must signup via a form weekly, and have a go at trying to guess the outcome of sporting events. Data will be collected for the students who provide the correct answers and then collated and the students with the most points at the end of the term will be crowned the winner. If you think this is something of interest to you keep a lookout on the ACC social media page as well as their website and as well on SIMON for further updates.

During this period we ask that you continue to stay active and healthy, but please stay safe and well and do your part to flatten the curve so we can get our sport back to where it should be.

Connor Brown and Eli Stefos
SPC Sports Captains
Library News

Your TAKEAWAY LIBRARY has arrived! Click & Collect Service is here for you!

It’s freezing cold outside and the perfect time to enjoy a good book.

Both campuses are offering a click & collect book loan service during remote learning.

It’s simple to do:
1. Log in to the Emmanuel College Library page, search the catalogue and place a book on reserve.
2. Or you can send an email to sderrig@ecmelb.catholic.edu.au or llever@ecmelb.catholic.edu.au with your book request
3. Once your loan is ready your friendly Librarian will let you know, and you can collect from reception at either SPC or NDC. You will not have to be temperature checked if you are collecting from reception. If you do need to come into the library, you will be temperature checked before being allowed in.

We’ve got lots of great new books available plus your favourite classics, graphic novels, biographies and lots more.

Don’t forget there are plenty of library tutorials on ClickView

For all your research needs head on over to the Emmanuel College Library homepage where you can access databases such as EBSCO and TROVE.
https://library.ecmelb.catholic.edu.au/

COMING SOON!
LIBRARY LEGO MASTERS
ONLINE COMPETITION
Stay tuned for more information.
Make sure to check out Facebook, Instagram and the Library Website for all the details.

Sarah Derrig
Leader of Library
School Fees

Financial assistance for Healthcare card holders – CSEF Application
Centrelink have extended the final application date for CSEF to 24 July 2020. To be eligible for CSEF the healthcare your pension card has to have a start date prior to 14 April 2020. For further information and to download an application form please visit: http://www.education.vic.gov.au/about/programs/health/Pages/csef.aspx

School Fees Assistance
As a school community, we are facing an unprecedented situation. The current coronavirus pandemic is an international challenge which continues to unfold each day. We are committed to working with all of our families throughout this complex time. For financial assistance, please do not hesitate to contact school via feesupport@ecmelb.catholic.edu.au.

Mario Puopolo
Business Manager

VCAL News

St Vincent de Paul’s Collection
The St Vincent de Paul Society is a lay Catholic organisation that aspires to live the gospel message by serving Christ in the poor with love, respect, justice, hope, and joy, and by working to shape a more just and compassionate society.

As part of our current VCAL project on the work of St. Vincent de Paul, we would like to collect old DVDs CDs and books. We will have a basket out the front of the gate at the Notre Dame Campus you will be able to put any donations in. For details of where donations can be left at the St. Paul’s Campus, please email Mr Crimi on vcrimi@ecmelb.catholic.edu.au.

We will appreciate every donation we get.

Mitchell Taylor & Ethan Didham
Year 11 VCAL students

Keeping our school community safe

House Leaders outside Notre Dame Campus

Students entering St Pauls Campus
Students Leaders

Student Leaders Continue to Lead in Challenging Times

Our Student Leaders have continued to show resilience and determination in the face of the changing climate due to COVID 19. The Students Leaders at both campuses have continued to meet and discuss ways that they can support all students and our wider community through their relevant portfolios. Each portfolio is based on the Characteristics of Marianist Education, the foundation of the values of our College. The student leaders organized the Motor Neuron Disease Big Freeze challenge at the end of last Term collecting much needed funds for research into this incurable disease. Student Leaders in the Faith portfolio have supported staff in having a weekly Rosary. Student Leaders in the Academic portfolio have continued to work on ways to develop the United Nations, in particular how to engage the Year 7-10 students now in Remote Learning. Students in the Social Justice portfolio achieved an amazing amount of funding for the Vinnies Winter Sleepout. They are also running, at NDC, a Town Hall and, at SPC, a Podcast series, as opportunities to provide further opportunity for student voice. Student Leaders in the Family portfolio are working with all Leaders to develop an International Cultural Week, looking to celebrate the multicultural school we are, and to recognize the Indigenous Land and Peoples in our local area. These Student Leaders have demonstrated continued leadership to the College community as they Adapt and Change, another key characteristic of Marianist Education. They have continued to lead as their Year 12 evolves under extenuating circumstances. We congratulate them all and know that they are well and truly going to contribute to the wider world after they graduate.

Leonie Rushbrook, Alice Power & Nick Blassis (Pastoral Leaders NDC and SPC)
Careers News

Swinburne 2021 Early Entry Program
The Swinburne 2021 Early Entry Program is a unique opportunity for current Year 12 students to receive a conditional offer based on a recommendation by the school, and not based on an ATAR.

Applications open early August 2020 but interested students are invited to register their interest and receive regular updates. Please go to https://www.swinburne.edu.au/alerts/coronavirus/future-student/early-entry-program/?seid=em%7Ccpn%7Ccp%7Ccps%7Cpjuneep%7C1&deliveryName=DM8319

Details of the application process, as well as participating courses can be found below.

1. Application process
For a detailed overview of the steps students will need to follow, as well as some handy FAQ's, go to https://www.swinburne.edu.au/alerts/coronavirus/future-student/early-entry-program/apply/?seid=em%7Ccpn%7Ccp%7Ccps%7Cpjuneep%7C1&deliveryName=DM8319

2. Eligible courses
Not all courses will be offered through this program, so for a list of the eligible courses and their VTAC codes please go to https://www.swinburne.edu.au/alerts/coronavirus/future-student/early-entry-program/eligible-courses/?seid=em%7Ccpn%7Ccp%7Cpjuneep%7C1&deliveryName=DM8319

3. Recommendation form
As part of this alternate entry to university, students will need to submit a Recommendation Form. To download it please go to https://www.swinburne.edu.au/alerts/coronavirus/future-student/early-entry-program/apply/?seid=em%7Ccpn%7Ccp%7Cpjuneep%7C1&deliveryName=DM8319

ACU Guarantee Program
Guarantee your place at ACU, even before your Year 12 exams. The ACU Guarantee program offers eligible Year 12 students a place at ACU based on your Year 11 results.

With the considerable challenges Year 12 students have been facing this year, ACU has introduced the ACU Guarantee program. Students can make an application through this program, have their Year 11 results considered, and ACU will produce a predicted selection rank and make a conditional early offer before final exams have been sat.

Applications for 2021 entry open 3 August 2020 and close 25 September 2020. Students are required to apply through the ACU Guarantee application portal on the ACU website. Students will have to upload their Year 11 reports and may also choose to supply a brief statement outlining their personal circumstances and motivation for university study, which may help improve their selection rank. Students need to be mindful that not every course is participating in this program.

Find out more at https://www.acu.edu.au/study-at-acu/admission-pathways/acu-guarantee

RMIT University Discover What’s Next Webinar Series
RMIT is excited to introduce a series of webinars that provide students and parents information on its wide range of study areas. Attendees will have the opportunity to ask questions to RMIT staff and students about the courses they might be interested in.

Dates and links for the sessions are available below and registration is important.

Health & Biomedical Sciences – 23 July, 6pm

Education & Social Sciences – 28 July, 6pm

Property, Building & Construction – 20 July, 6pm

Monash University 'Inside Monash' Webinars
The Inside Monash webinars are faculty and course specific and participants can register for as many as interest them. Many of the webinars will take place from 6.30pm – 8.00pm AEST but students are encouraged to please check the times when registering.
Careers News cont’d

• 22 July - Education
• 23 July - Nursing and Midwifery
• 28 July - Advanced Science Degrees
• 29 July - Discover Unexpected Careers in the Health Sector
• 30 July - Occupational Therapy, Physiotherapy and Paramedicine
• 12 August - Engineering
• 13 August - Music
• 19 August - IT
• 20 August - Science
• 26 August - Debate: Autonomous cars are better than human drivers
• 27 August - Law

Register for these webinars at https://www.monash.edu/inside-monash

Prue Warne & Sol Di Maggio
Careers Leaders
LOTE Activities at Emmanuel College—Then and Now

1988

1997

2008

2019
## Calendar Term 3 Weeks 3A & 4B

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
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<tbody>
<tr>
<td>27 July</td>
<td>VCE 2021 Information Evening 7:00pm online</td>
</tr>
<tr>
<td>29 July</td>
<td>Year 12 Further Math SAC 2A 1.30pm</td>
</tr>
<tr>
<td>31 July</td>
<td>Australian Mathematics Competition Yr.11 &amp; 12 - P. 1 &amp; 2A online</td>
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<tr>
<td></td>
<td>Year 12 Legal Studies SAC 1.30pm</td>
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<tr>
<td>3 August</td>
<td>Year 12 English SAC 3.00pm</td>
</tr>
<tr>
<td>5 August</td>
<td>Year 12 Further Math SAC 2B 1.30pm</td>
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<tr>
<td>7 August</td>
<td>Year 12 Elevate – LAF</td>
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*We acknowledge that we are gathered on the traditional land of the Kulin Nation. We recognise the First People’s relationship to this land and offer our respect to their elders, past, present, emerging.*
The last few months has certainly been a test of young person’s emotional smarts. The ups and downs of the COVID-19 experience continues to play on the emotions of all us, but for adolescence who are going through a period of brain development, this can be a particularly tricky time. Fortunately, parents are in a wonderful position to assist and in doing so develop emotional smarts in their young people. The following strategies will help:

**Talk openly about feelings**

Your young person will benefit from being around adults who talk about their own emotions and feelings rather than ignoring or bottling things up. A focus on emotions builds their vocabulary and also gives them permission to do the same.

- Talk about the emotional impact that daily events such have on you
- Ask them how they feel or react emotionally to things that happen to them
- Use specific terms for feelings such as ‘irritated’, ‘nervous’, ‘tense’, ‘annoyed’

**Build awareness of the triggers**

Your young person may experience mood swings due to the changes occurring in both their body and brain as well as the changes COVID-19 brings. They may feel confused and even fearful of their reactions. Help your young person recognise the situations and events that trigger different emotions. Your young person may be aware that returning to school, for example, may make them nervous but they may not realise that they become annoyed when they’re told to do something rather than when they are asked.

- Discuss trigger events and moments with your young person
- Make a list of trigger moments to help him prepare for them
- Develop plans to better manage emotions before they spiral out of control

**Encourage journaling**

Young people often have difficulty internally processing many of the events that happen during the course of day, leading to confusion and worry. Encourage them to keep a daily diary or journal so they can make better sense of events and situations that impact on them emotionally. Getting their thoughts and emotions down on paper helps them gain clarity, gain control of their emotions and build better mental health. Writing thoughts and worries down prevents constant rumination, which often leads to catastrophising.

- Give your young person the privacy needed for journaling
- Remind them that posting on social media is different to journaling
- Share with your young person how you process your thoughts and emotions in healthy ways
Differentiate between feelings and mood

Adolescence can be a confusing time, particularly when they’re changing from primary school to secondary school. Feelings of confusion and self-doubt can seem like constant companions. Help your young person understand the difference between mood and feelings. A mood can stay for a long time – days and weeks – and is impacted by the lifestyle factors such as sleep, diet and exercise. Feelings are fleeting. They come and they go. They are easily shifted with simple tools such as breathing, visualisation and distraction.

Accepting discomfort

We naturally want to feel happy and content, however life is never that simple. Your young person is more than likely learning to come to terms with that. Help them feel comfortable with unpleasant feelings such as sadness, disappointment, jealousy and frustration. Let them know that there are behaviours that can’t be tolerated such as aggression and hurting others, but there is nothing so bad that they can’t talk about it. Introduce them to healthy coping skills they can use to make uncomfortable situations more tolerable. These include:

- Humour: having a laugh or finding a funny side is a great coping strategy
- Normalisation: understanding that you are not the only person experiencing something helps to rationalise thinking
- Distraction: taking a break from a situation if only for a short time is very therapeutic
- Compartmentalisation: stopping an event infecting all areas of life is a wonderful coping skill
- Goal-setting: finding solutions to problems and taking the first steps needed to reach them creates a sense of hope and momentum

Emotional intelligence is a skill that grows over time. It's like working out at the gym – those muscles will take time to build. Similarly, those emotional muscles will take some time to grow stronger. They may need time to talk about and explore their feelings, and become more accustomed to experiencing feelings, even those that make them feel uncomfortable.

Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia’s leading parenting educators. He’s an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.
A FREE program for young people 17–23yrs (approx) who have a parent/carer with a mental illness.

Satellite Connect provides opportunities for young people to be heard and the power of their experiences to be shared through a supported and positive platform.

Through our 6-week program, participants will:

- meet, interact and collaborate with others who may share similar experiences
- learn to empower and support others to collaborate, share and connect with one another
- explore and practice professional and personal development and leadership skills such as confidence building, public speaking, facilitation, mentoring and tools for self-care and self-compassion
- access an extensive range of resources that support the learnings
- discover ongoing opportunities to strengthen skills and connections

On the completion of the six-week program all participants are invited to attend a weekend retreat. Due to social distancing restrictions dates TBC.

PROGRAM DATES 2020
MONDAY EVENINGS 6.30pm - 8.30pm

Program One:
27th July, 3rd/10th/17th/24th/31st August

Program Two:
21st/28th September, 5th/12th/19th/26th August

Contact us for more information or check out our website satellitefoundation.org.au to download an application form.

Email: sylvie@satellitefoundation.org.au  Rose: 0425712786