



Issue No. 18 10 Nov, 2023

Dear Parents and Friends

As we conclude our short week, our Year 12 students of 2023 are now entering into the final days of their examinations. The Year 8 to 11 students are also entering their examination period for Semester 2. I wish to extend my best wishes to all students as they prepare for and undertake these examinations.

Students in Year 11 and 12 for 2024 will also soon receive notification of the subjects they will be enrolled in next year. We look forward to welcoming students to their 2024 classes when Head Start begins on Thursday 16 November.

I was very fortunate today to attend the New Tech Network Leadership Day, which focused on Student Centred Learning. This model of learning, which previously saw the introduction of Project-Based Learning, will continue to provide direction on how we engage students in learning within our classrooms in the future.

2024 College arrangements

I wish to provide some notification to the community regarding the internal arrangements for learning at the College in 2024. At the beginning of Term 2, I outlined the changes that had been made to the structure of the College day. This impacted on the start time, end time and the length of classes. The altered bell times that have been implemented since then were for one year only, as we used the remainder of 2023 to refine our scheduling for the benefit of learning for students at both campuses.

Earlier this year, the College provided an opportunity for community feedback about learning, which included matters pertaining to the length of classes. Alongside this, the College also undertook a full timetable analysis. As a result of this feedback, the College will be making the following changes to the timetabling of classes for 2024:

- The College will operate a 6 period day
- Period length will be 49 minutes
- This model will enable single and double periods to occur within the timetable
- Two joint provision lines will operate, providing more successful allocation of subjects for senior students

Further details, and the schedule of bell times, will be provided to families next week. I thank those who provided feedback: it was invaluable in informing our decision-making and that we reflected the needs of students and parents. I take this opportunity, given the current world events, to pray for peace in the words of John Paul II:

Lord Jesus Christ, who are called the Prince of Peace, who are Yourself our peace and reconciliation, who so often said, "Peace to you" - please grant us peace.

Make all men and women witnesses of truth, justice and brotherly love. Banish from their hearts whatever might endanger peace. Enlighten our rulers that they may guarantee and defend the great gift of peace.

May all peoples on the earth become as brothers and sisters.

May longed-for peace blossom forth and reign always over us all. Amen.

Dr Janine Biggin
Principal



Campus Leaders

Both students and staff have returned after the mid-term break re-energised and looking forward to the final month of their studies. The students are focused and knuckling down, both in class and at home. During this busy time of the year, it's important that students put into practice all the organisational skills discussed in Learning Advisor and Homeroom sessions. It is also important that they regularly revisit their goals to remind them of the areas of challenge that they are working on this term.

Congratulations to the Year 9 students, who recently attended their camps for the year. The pastoral camp at Kyneton and the Outdoor Education camp at Anglesea both provided the students with a wonderful camp experience and in spite of the challenging weather at times, all students who attended had a wonderful experience and did the College proud. Thank you to all the staff and students for your wonderful resilience and enthusiasm.

Our Year 12 students are well into their exams now with some already completed. We continue to wish them well for the remainder of their exams and wish them all well for the next stage beyond Emmanuel College. We also wish our Year 10 and 11 students well for their exams which commenced this week. Year 8-9 exams commence on Monday 13 November and we wish these students every success as well.

Although the year is drawing quickly to a close, we encourage all students to remember that it is business as usual until their final day on Tuesday 5 December for Year 7-9 students. Exams, assessments and learning continues until the final day with normal College expectations.

VCE Head Start

The VCE Head Start program commences for all Year 10 and 11 students, including those students doing VCEVM, on Thursday 16 November and continues to Thursday 23 November. Students will be informed of their Head Start timetable. A reminder that students are expected to be in normal College uniform for the duration of the Head Start program.

Celebration of Excellence

The Celebration of Excellence Evening will be held on Thursday 23 November at Flemington Racecourse. Students who will be receiving a Special Award or a number of Academic Awards have already received an invitation via Operoo. This night is a highlight in the College Calendar where student achievement is recognised by the College community. Students are reminded that they are to wear formal school uniform on the night, including the blazer for all students. No jumpers are to be worn.

Please note that this is a ticketed event due to the large number attending.

Campus Leaders

ATTENDANCE and WHY IT'S NOT OK TO BE AWAY!

It is an important time for students to be at school every day and on time in order to finish the year well. Please bear in mind the cumulative effects of absence. 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 damage to his/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 of 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 parent-condoned absences. 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. Let's work together to make a difference to your child's future. Should you require support in saying 'NO' to your son/daughter in regard to any absences other than illness, please contact the relevant homeroom teacher or House Leader. Let's work together to support your child's education and make a difference to their future.

The Dr Justin Coulson article this week is titled *Teaching Kids to be Kind*. How what you say creates your child's mindset, including their manners, kindness and compassion towards others. Too often we've tried to teach about growth mindset, instead of teaching for a growth mindset. We want our children to apologise with empathy when needed, say *please* and *thank you* and highlight the significance of showing compassion towards other kids. Importantly, the role parents play in helping develop a growth mindset in their child has been largely overlooked. We would encourage you to take a moment and read this informative article.

As the year is quickly drawing to a close, it is important that everyone remains focused as the curriculum will be delivered right to the last day. Students need to continue to work on their goals and their homework plans in order to develop the right habits to assist them in their transition to the next year level.

David Barr, Chris O'Malley & Kelley Revelman

Campus Leaders



Leader of Mission Integration

Corazon Casual Dress Day

On Thursday 2nd November we had a solidarity casual dress day, to raise funds for Corazon and awareness of the good work they do, for those experiencing mental illness. Donations helped fund this organisation's work within our local Hobsons Bay and Wyndham communities, to support people challenged by poor mental health. Corazon is a ministry of the Daughters of Our Lady of the Sacred Heart. Much of the mental health support is either free or at a very low price for the financially disadvantaged. This justice event fosters a spirit of solidarity with those who are challenged by poor mental health. As a college, we raised over \$2000.

Emmanuel Outreach

Emmanuel College continues to engage in weekly outreach experiences for our students and staff. In recent weeks, we have volunteered at West Welcome Wagon producing essential packages for 500+ refugee families in Melbourne, and Reaching Out to the Inner West which provides meals and clothing to the 350+ people who gather near Footscray Market.

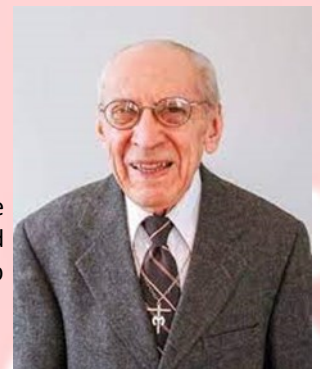


Christmas Appeal

Next week staff, students, and parents will be invited to donate goods to the St Vinnies & West Welcome Wagon Christmas Appeal. Students can drop off donations in their 'homeroom giving basket'. A focus of the donations is on toys in new or good condition for children of any age.

Marianist Connections

Last week Brother Francis Heyer passed away aged 102. He was the oldest living Marianist in the world. He was a close friend of Bro. Bob Resing, who served at the college for 17 years and recently joined us for the opening of the building named in his honour. Bro. Bob invites us to keep the reposed soul of Bro. Francis in our prayers.



Peace and blessings to your family this spring,

Mark Sciberras
DP – Mission Integration

"Faith Can Move Mountains"

McCluskey House Reports

As we approach the end of a bustling term, McCluskey House proudly reflects on the individual and collective achievements of our Monarchs this year. Several students have shone brightly, receiving Academic Awards and achieving Personal Bests, contributing to a strong finish to the year academically. We wish all the best as they tackle their upcoming exams, especially those embarking on their first or their final exams.

We have recently bid a bittersweet farewell to our cherished Year 12 Monarchs, who have left an indelible mark on the house, whether it be through their positive leadership, artistic prowess, academic excellence or simply their bubbly spirits. Their impact and contributions were highlighted in our recent house assembly, where their Homeroom teachers shared heartwarming anecdotes, underscoring the positive impact they've had.

The torch passes to our incoming Year 12 leaders, House Captains Ishmanpreet Gosal and Lachlan Sammut, along with Sports Captains Sienna Johnson and Rithvik Pathi. We eagerly anticipate the energy and fresh ideas they bring to McCluskey House. We also look forward to appointing our Year Level Leaders in the coming weeks.

Excitement is building as we continue to settle into the new Resing Building, envisioning grand plans to spruce it up and really make it feel like our McCluskey home for 2024. The future holds promising prospects as we continue fostering a supportive and thriving community within our beloved house.

Here's to a successful term and an even brighter future for McCluskey House!

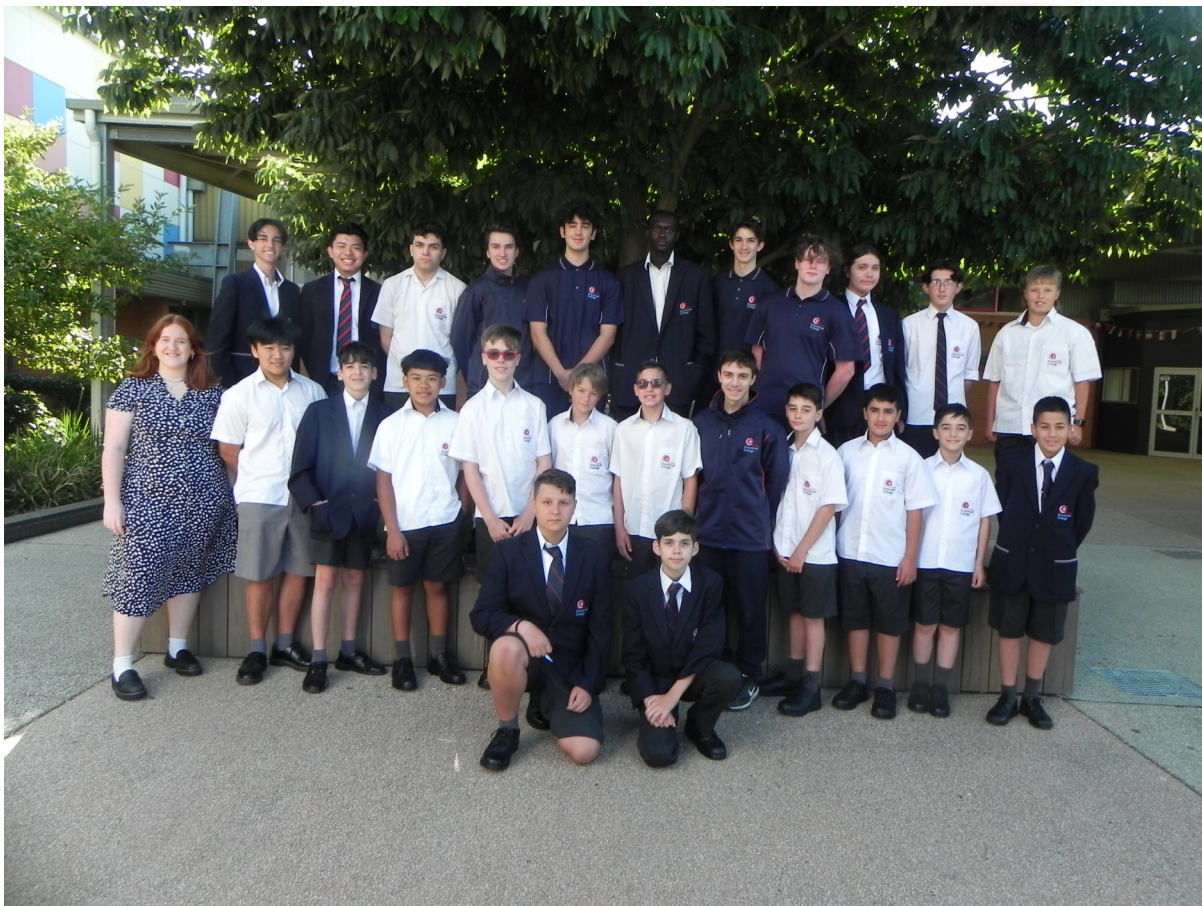


Kayla Best
McCluskey House Leader NDC

McCoy Homeroom Reports

The end of the year is almost here and a lot of Homeroom activities are starting to wind down. However, that doesn't mean that the third floor of Jubilee Building is buzzing any less.

Earlier in the term, we were able to award the McCoy House Competition winner to the winning Homeroom, after three terms of fantastic efforts from all the students. Arguably, this announcement is the most anticipated moment of the year in any House. Homeroom points are awarded for a variety of things both academic and extra-curricular. Some of those things include commendations from teachers, awards at assemblies, attendance at social justice events, involvement in debating, school musical, ACC and of course, Homeroom Sport is a big contributor. This year, the 2023 McCoy winning Homeroom went to Elliott. They've been trailing behind all year and managed to sneak past Laver Homeroom in the dying moments to snag victory! The students were expertly led by Ms Barlow whose positive encouragement & competitiveness were certainly a contributing factor to their success. Who can forget her post-Homeroom-sport pep talks after each match?! The group were able to celebrate with a pizza lunch and gather as a group. They spent most of the time talking strategies for success in 2024. Congratulations gents and good luck next year!



Ms Cate Toebelman

McCoy House Leader St Paul's

Year 9 Outdoor Ed

Into the Wild Outdoor Education Camp

On Monday the 23rd of October, 90 Year 9 Into the Wild elective students went on a three day camp to Anglesea. Our camp began by setting up base at Eumeralla Scout Camp, where we selected a camp site, pitched our tents, set up the group tarp and picked out a place for our cooking circle, an easy feat with all the practice we had at school!

Over the course of the three days, students would complete activities such as hiking, surfing, a Koorie indigenous walk, and stand up paddle-boarding. During each activity we learnt specific skills, like how to orientate and navigate using a map on the 8km Ironbark Basin Hike.

Equipment was very important on the camp and the most essential piece of equipment to bring was definitely a pillow to sleep on and warm clothes at night because it gets very cold, and you need somewhere for your head when sleeping because you want to be as comfortable as possible.

We learned selecting the right foods was definitely a crucial thing during the camp as you were doing a lot of activities. Including carbohydrates like rice or pasta because it will fill you up enough to keep you going all day.

For many students their favourite part about the camp was the surfing, because it was challenging, pushed people out of our comfort zone and was lots of fun. We also enjoyed the downtime in between and after activities. Students were able to play new games like Mafia, Ninja and Camouflage or hang out and enjoy some time to themselves or with their friends. We also found ourselves connecting with people we wouldn't normally be friends with and getting to know everyone. Going into the camp not all of us were friends, but now we have all these memories together that will be with us forever.

Overall, the camp was out of our comfort zone, but in the end we had a great time and it was definitely worth it.



Year 9 students
Ruby and Esha (9B)

Music News

Recent Activity:

42 instrumental music students performed for the annual **Instrumental Music Night** on Thursday November 2 at the Quiroga Auditorium NDC.

It was a wonderful showcase of the growth achieved by students over the year. Performing solo or in small groups is daunting and we congratulate the students who met the challenge.

Year 7 Concert:

The Year 7 Semester Two Concert is fast approaching. We are holding two short, separate concerts to cater for the large number of classes and their audience.

The concerts will be held at SPC McCoy Hall for all classes regardless of campus. The classes concerned are listed below (N=NDC, S=SPC in the roll class code).

Year 7 Concert 1: SPC McCoy Hall 6:30pm Wednesday November 29

Classes 7SB, 7NC, 7NG, 7NK

Year 7 Concert 2: SPC McCoy Hall 7:30pm Wednesday November 29

Classes 7SD, 7NA, 7NE, 7NI

Students involved in the **7 Music Plus Junior Strings Group** and **Concert Band** will perform for both concerts.

This instrument-learning opportunity has merely been an introduction to the playing of a musical instrument. We encourage all students to register for further lessons and involvement in the music program into 2024 and beyond.

Information regarding our **Ensemble-Based Program** (group lessons) or **Private Tuition** can be found at https://bit.ly/EC_Music_Lesson_Information

Registration for further lessons can be made via this URL: https://bit.ly/EC_Music_Lessons_Registration

Return of Musical Instruments:

All students are to return their school-owned instruments by the evening of November 29. This includes 7 Music Plus and those in the ongoing program regardless of year level.

Musical instruments will be re-issued to those who continue.

Canteen News

Trick or Treat from Emmanuel College Canteen.

Our students were very excited to see the regular friendly Canteen staff dressed up and all decorated on Halloween day on Tuesday 31 October. Our Canteen staff are always kind, know our individual students very well, and approach our students in their thoughtful manner. Our students greatly look forward to visiting the Canteen to greet those staff. They are very generous to give our students lollies for Halloween, and those students demonstrate respectful and beautiful manners – and even received some extra lollies. We thank our wonderful Canteen staff for kindly taking care of our students all through the year.



Careers News

The Emmanuel College careers website provides current up to date information to support students and parents/guardians make informed decisions. This website is located at: www.ecmelbcareers.com

Upcoming Career Events

This week's Career News can be found [here](#) and includes the following:

YEAR 11 STUDENTS <ul style="list-style-type: none">• Cyber Security scholarship	ALL STUDENTS <ul style="list-style-type: none">• Exciting programs – Young Endeavour, UK & US academic tours, RISE Global Leaders.• Focus on employment for summer jobs• Built environments careers – be a future city builder• Cool jobs – early childhood education and aviation protection officer.• Summer schools – career programs during the Christmas break• Upcoming career events• Focus on TAFE courses
YEAR 12 STUDENTS <ul style="list-style-type: none">• Employment opportunities in finance and agriculture• Key tertiary dates• Scholarships• Early entry programs	

[Victoria Police | Careers Information Session, Broadmeadows](#) - November 15, 2023

Victoria Police is hosting an information session for members of the community who are interested in a career with Victoria Police focusing on the role of a police officer.

Learn more about the recruitment process, training at the Police Academy, general duties policing, career pathways and specialty units and more. It's also your opportunity to speak with local police members to ask questions you have about a career with Victoria Police.

[VTAC | ATARs and Scaling Information Session](#)

November 15, 2023

Webinar to discuss all things related to ATAR's scaling of subjects, and setting your preferences.

Also suitable for all interested staff at secondary schools, including classroom teachers and school leadership.

[Find out more](#)

[NIE | Pathways into Medicine and Dentistry Live Webinar](#) - November 15, 2023

Are you currently studying in years 10, 11 or 12? Are you considering a career in medicine or dentistry? If you have answered yes, then you may need to sit a compulsory entry exam known as the UCAT before you can apply to certain universities.

The National Institute of Education (NIE) is proud to present the free information seminar all about UCAT and the undergraduate pathways into medicine, dentistry, and some other health science programs. The session is packed with loads of valuable information during which we will be covering the following topics and more:

- What is UCAT? UCAT scores? UCAT Sub-tests?
- The Undergraduate Selection Criteria
- Application process into universities for medicine and dentistry
- When and who can sit the UCAT
- UCAT vs GAMSAT – How is UCAT different?
- Can you prepare for the UCAT?
- Undergraduate medical school interview explained and medical school interview preparation advice
- Gap Year
- Alternative degrees and career choices
- Q & A

This forum is an excellent opportunity for teachers, students, and parents to find out about the UCAT and to have their questions answered by an expert who has been working in the field since 1999.

[Find out more](#)

Careers News cont.

[The Gordon | Hospitality Bootcamp](#) - November 20 to November 23, 2023

Get ready for Geelong's best Hospitality Boot Camp and gain access to hospitality employers recruiting for the summer season!

If you can put your best foot forward (boots 'n all!) you could land yourself a job!

A skillset short course delivered by industry expert trainers in state-of-the-art facilities to prepare school leavers for the summer season of work in hospitality venues throughout the region.

Course includes:

- Responsible service of alcohol (RSA)-Online theory to be completed prior to course commencement. You will be given access to the RSA online course content upon enrolment.
- Practical component delivered on day 1
- Non-alcoholic and Mocktail methodology
- Espresso coffee basics
- Food service skills
- Point of Sale/EFTPOS
- Quality Customer service
- Opportunity to showcase your skills

[Find out more](#)

[Work experience ideas for students who love swimming](#)

Do you love to swim and are thinking about future careers where you can incorporate your passion? There are more options than just becoming an athlete. In this blog, we'll look at some work experience options for students who love swimming, and hopefully give you a bit of inspiration for your future. Let's "dive" in!

Local swimming pools and aquatic centres

One of the first places to consider looking for a placement is your local swimming pool or aquatic centre, which often offer opportunities for work experience. You could assist with swimming lessons and fitness classes, help maintain the facilities, or even shadow a lifeguard to get a feel for what it takes to ensure safety in the pool.

Tour and dive boats

If you have a fascination for the underwater world, consider reaching out to local dive shops or tour boat operators. You could assist with equipment setup, guide guests on snorkelling or diving excursions, or learn about marine conservation efforts.

Surf lifesaving clubs

If you're a confident swimmer and want a career where you could help save lives, consider volunteering with or joining a surf lifesaving club. You can learn vital first aid skills and help make our beaches and waterways safer.

Aquatic therapy centres

Some rehabilitation centres, aged care homes, and sporting clinics have aquatic therapy programs. This could be an option if you're interested in the therapeutic aspects of swimming and want to explore a potential career in healthcare.

Sports event planning

Look out for local swimming competitions or events happening in your area and offer to lend a hand. They often need volunteers to assist with various tasks like setup and pack down, ticketing, timekeeping, and assisting athletes.

Find out more

Remember, work experience isn't just about gaining specific skills related to swimming, but also about developing transferable skills like communication, teamwork, and time management. These will be valuable assets in any career path you choose down the track.

Learn more about work experience and search for opportunities on our website [here](#).

Tania Vranes and Sol Di Maggio
Careers Leaders

Camps at Emmanuel College—Then and Now



1969

1989



2003

2018



Calendar Term 4 Weeks 7A & 8B

13 November	Year 7, 8 & 9 Exams Commence Year 10/11 Exams ACC Principle's Meeting @ Catholic Leadership Centre SACCSS Awards
14 November	Year 10/11 Exams ACC Year 10 Cricket, Volleyball & Tennis Finals Twilight Talk & Tour
15 November	Year 12 Exams Conclude Year 12/11 Exams Conclude College Tours
16 November	VCE Head Start 2024 Commences ACC Year 8 Cricket, Volleyball & Tennis Finals SACCSS Year 8 Premier League Semi Finals
17 November	VCE Head Start 2024
20 November	VCE Head Start 2024
21 November	VCE Head Start 2024
22 November	VCE Head Start 2024
23 November	VCE Head Start 2024 Year 7,8 & 9 Exams Conclude Celebration of Excellence SACCSS Awards SACCSS Year 8 Premier League Grand Final
24 November	2024 Year 12 Student Leadership Day Year 8 Surf Ed (8A & 8B) Year 9 Level Assembly

We acknowledge that we are gathered on the traditional land of the Kulin Nation. We recognise the First People's relationship to this land, water and culture and offer our respect to their elders, past, present, emerging. Emmanuel College commits itself to reconciliation.

CLASS REUNION



ST PAUL'S / EMMANUEL COLLEGE



CELEBRATING THE CLASSES OF
1973 - 1983 - 1993 - 2003 - 2013

FRI DEC. 1, 2023 | 6PM - 8:30PM
McCOY HALL, ST PAUL'S CAMPUS

Catch up with your classmates, take a tour of the College and view photos from the College archives while enjoying drinks and treats from the food truck. If you're still in touch with your classmates, please share the invitation with them. This is a free event for all past students of these classes.

RSVP TO MICHAEL PICHNER BY FRIDAY 24 NOVEMBER

<https://ecreunion2023.eventbrite.com.au> | 8325 5197 |

alumni@ecmelb.catholic.edu.au





National Kindness Day

Teaching Kids to be Kind

"Say 'please.'"

"Give Johnny a turn with the ball."

"Go say sorry to Mia right now!"

"What's the magic word?"

"Now say 'Thank you Miss Kelly:'"

We want to raise our children to be kind, compassionate, and thoughtful. But if you've ever been on the receiving end of a scripted apology or a forced 'thank you', you know that having kids parrot back polite words doesn't quite cut it. If we want to raise children who are genuinely kind, we need to realise that micromanaging our kids' interactions isn't the right way to encourage moral behaviour. Instead, we need to take a holistic approach: one that encourages discussion, role modelling, and highlighting opportunities for kindness.

As Mr Rogers taught, *"Like many other values our children get from us, compassion is more likely to be caught than taught."*

Please and thank you

Politeness and compassion are different, though related, aspects of a bigger personality trait called 'agreeableness'. Politeness refers to being respectful, having good manners, and abiding by the rules of society. It's definitely something we want to encourage in our kids, but if we want them to internalise politeness, we need to go beyond just reminding them to say "please" and "thank you".

Discuss and reflect on moments when you noticed your child speaking politely. It doesn't need to be a big deal, just simply observe what you saw. "I noticed you saying please when you wanted your sister to share her snacks. I wonder if speaking to her so politely helped her want to share."

Role model politeness, especially to people who are serving you – such as retail staff and waiters.

Highlight opportunities by reminding them well in advance to speak politely. For example, if it's your child's first time buying something at the shop or booking their own doctors' appointment, you can role play what to say, which includes saying "please" and "thank you".

Saying sorry

Very few social interactions between kids occur without someone getting hurt, either physically or emotionally. When things go wrong, kind kids don't just say sorry, they are sorry. Being able to emotionally understand what another person feels is called empathy, a skill which can be strengthened with practice.

Discuss what others may be feeling, using books as a springboard. How are the characters feeling? Why are they feeling that way?

Role model empathy, by allowing them to experience the type of emotional understanding that you want them to demonstrate. This looks like taking time to understand their feelings, even when they're upset or excited about things that seem trivial.

Highlight opportunities to respond empathetically. For example, if their little sister is crying, nudge them towards offering her a hug or a kind word.

Spontaneous kindness

In my opinion, one of the proudest moments we can experience as parents is when we see our children treating others kindly through their own initiative. When our kids are the ones mowing the lawn of the elderly neighbours, or letting the youngest kid on the team have a shot at the goal, or splitting their donut in half to share with their baby brother... these are the moments that fill our hearts. How do we raise kids who are kind without prodding?

- ▶ Discuss what it means to be kind, and do it frequently and informally, like on car rides or around the dinner table. You could ask them how they feel when someone is kind to them, and how they feel when they are kind to others.
- ▶ Role model acts of kindness, such as taking a meal to a friend who is sick.
- ▶ Highlighting opportunities to join you in acts of kindness, or to plan their own experiences. You could let them know that you will be visiting someone at the nursing home and that you would love them to join you. Or maybe you can let them know that you are baking cookies as a gift for their teacher and ask them if they would like to make something too.

Raising kind kids isn't something we accomplish in a day. Much like becoming a firefighter, or a doctor, or a neuroscientist, becoming kind takes time, practice, and mentoring.

"In a world where you can be anything, be kind"



AUTHOR

Dr Justin Coulson

Dr Justin Coulson is a dad to 6 daughters. He is the parenting expert and co-host of Channel Nine's Parental Guidance, and he and his wife host Australia's #1 podcast for parents and family: The Happy Families Podcast. He has written 7 books about families and parenting. For further details visit happyfamilies.com.au.