



Lent

Lord,

*Help me to live simply,
to give my life and all that I
am into your hands.*

*Help me to unclutter my closet,
for I have too much stuff
that takes me away from your
presence.*

*Help me to unclutter my
calendar,
for I am often too busy
to focus my attention on you.*

*Help me to unclutter my mind,
for I have too many
unguided thoughts that
distract me from your
instructions.*

*Help me to live simply,
to give my life and all that I
am into your hands.*

Amen

From the Principal . . .

Lent offers us all the opportunity to make a little more space in our lives for God. In our busy lives, Lent is an opportunity to reflect on how we live, to pray more deeply, to live more simply and to be more generous to those in need. Our school-wide commitment for Lent this year is to live more simply so that others might simply live. Michael McGirr captures some of this thinking in the following excerpt from his book 'Finding God's Traces'.

"Lent lasts for forty days and ends at Easter. It is a time for more simple living, thoughtful self-denial, reconciliation with God and others and a focus on the basics of our lives. It is a period for taking stock and, with that, an opportunity for a garage sale of the heart. Getting rid of the clutter leaves a bit of room in the soul to celebrate once again the death and resurrection of Jesus. The soul is a bit like the palate. It needs freshening up now and again so it can enjoy the different flavours life has to offer. Otherwise it becomes jaded and another Easter can come and go with nothing but the taste of chocolate."

Opening Mass

Last week we marked the opening of the school year with mass. In homeroom and during the liturgy we explored some of the key 'touchstones' on which our community has been built; the College values. Respect, Equality, Learning, Community, Support, Understanding and Positive Relationships are central to how we, as a school community, try to live out our school motto, love one another as I have loved you.

I'd like to thank Fr. Noel Brady for being Principal Celebrant and to Fr. John O'Reilly for concelebrating our liturgy. At the College we are fortunate to have terrific support from our chaplains. Despite being incredibly busy in ministering to their own parishes they are always ready to be part of our liturgies, reflection days and to support the faith development of staff and students in any way they can. We are very appreciative of all they do.

I'd also like to thank the very dynamic group of students and staff who planned, prepared and led our very prayerful and thoughtful liturgy.

Induction of School Leaders

At our opening mass we inducted our 2015 school leaders; the School Captains, Social Justice Captains, SRC and House Captains. Congratulations to all the students who have to generously accepted a formal leadership role for this year.

Over the first four weeks of school these students have already been very busy. So far they have hosted the Year 12 morning tea and welcomed a range of visitors to the school; organised pancakes for Shrove Tuesday, Zooper Doopers on Hot Days and house coloured jelly to build house spirit. They have been active in organising the Swimming carnival, Project Compassion and in developing a proposal for sharing the oval space equitably.

Arrangements for Tuesday 10th March

Once a year all the staff of Catholic Regional College (North Keilor, Sydenham, Caroline Springs, Melton and St Albans) gather for mass and a joint staff professional learning activity and / or guest speaker.

This year's Intercampus Afternoon is on **Tuesday 10th March** and is being hosted by CRC Sydenham. The theme for the afternoon is 'You are the light of the World'. Following the liturgy a number of former students will speak about how they have gone on to 'light the world'.

As staff need to be at Sydenham by 1.00pm **students will be dismissed at 11.55am (end of period 3)** on this day.

I ask that all families ensure they have clear arrangements in place for the early dismissal.

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Traffic Management: Theodore Street

Families are reminded to read parking signs around the College carefully. As is the case around all schools a number of areas have restricted parking or no parking at 'school pickup' times to assist with traffic flow. Parking officers regularly monitor the area. I am sure that families can do without the significant fines.

Young children and adolescents mixed with congestion, double parking and speeding all pose risks around schools at 'drop off' and 'pick up' times. I ask all families to take particular care in cars around the school.

One area of particular concern is families stopping for students to run across the road to get into the car, instead of using the Theodore or Arthur Street school crossings. This is dangerous as the through traffic could well hit a child.

I'd ask families to consider the following to ensure everyone's safety:

- ◆ Signs on the western side of Theodore Street indicate that this is a 'NO PARKING' zone from 8 – 9am and 3 – 4pm on school days.
- ◆ Double parking is illegal and will incur fines.
- ◆ Students must use the school crossing.
- ◆ It is very dangerous to double park and then wait for students to run across the road.
- ◆ The speed limit in school zones is 40kmh
- ◆ Sometimes it is better to meet students a street or two away from the school to avoid the congestion.

Newsletter

The newsletter is published fortnightly and distributed on **Day 10 (Friday Week 2)**. Students will have a chance to read it before placing it in their diary to be taken home to parents that evening.

Newsletter Days for Term 1 2015:

Fridays: 27th February 13th March 27th March

The newsletter can also be accessed on Friday morning (Day 10) on the College website at <http://www.crcstalbans.catholic.edu.au>.

Student Diary

All students have received their diary. As this is an important avenue of communication between home and school we ask all parents / guardians to check diaries at least once a week.

Notification of Absences

We ask that parents or guardians contact the school **before 10.00am** if a student is absent on any day. This can be done by phone on **9366 2544** or email to Jill Gerada at jgerada@crcstalbans.com.au. As Jill is responsible for tracking absences we ask that parent notification by email be directed only to her, not to other staff.

If the phone call or email notifying absence is received it will be taken as the official explanation of the student's absence and no further note is required. If no contact is made with the school, a note explaining the absence will be required on the student's return to school.

To ensure the safety of students the College has a policy of contacting parents when a student is away from school without notification. Jill rings parents after 10.00am. It is a great help if parents/guardians ring before we make contact.

Year 10 Family Night

Thank you to all the families who were able to join us for the Year 10 Family Night last week. The evening provided families with the opportunity to meet Mr Iannuzzi and the Year 10 Pastoral Care teachers and to learn a little more about the Year 10 program, particularly Work Experience and the process for selecting Years 11 and 12 courses. I hope that families found the night of value.

Year 10 Elevate Program

Last week Year 10 students participated in the Elevate program. These are study tip sessions conducted by University students. This week's session was Study Sensei.

It might be interesting for Year 10 families to chat with students about what they learnt in the session and how they hope to apply this to their studies this year. There will be a follow up session in May.

Applications for Year 7 2016

It is hard to think that we are already planning towards next year. Enrolments are now being taken for Year 7 2016. Application forms and College Information packs can be obtained from the front office at any time. The application form can also be downloaded from the College website at www.crcstalbans.catholic.edu.au.

Since our last newsletter.....

Over and above the day to day activities of the school since our last newsletter students, families and staff have participated in the following:

Year 7 Sunnystones Day
Opening Mass
Elevate program
Year 10 Family Night
Ash Wednesday
Immunizations
Steven Herrick (Author Visit)
Theatre visit
Interhouse Swimming
10 O'Connell Community Service

I am sure that students and their families are very appreciative of all these opportunities and the time and energy that staff put into organising and offering these experiences.



CHRISTINA UTRI
 PRINCIPAL



Wednesday Morning Mass

Wednesday Mass Roster for term one:

<i>Date</i>	<i>School</i>	<i>Class</i>
4th March	Sacred Heart	
11th March	CRC	10 Mannix
18th March	CRC/Sacred Heart	St Vinnie's Crew
25th March	CRC	7 Wimmera

PROJECT COMPASSION



“Live simply so that others may simply live”.

St Vinnie’s Crew

Meetings for the St Vinnie’s Crew (Social Justice Team) will be held every Thursday at lunchtime in room 28. Any new members are welcome to attend and join the team.

The team to date:

- | | |
|----------------|-----------------|
| Hieu Nguyen | Amy Tjea |
| Faith Nguyen | Julie Le |
| Chloe Nunan | Tran Lu |
| Annie Dinh | Amy Emukule |
| Madelyn Ruel | Emma Emukule |
| Jessica Ruel | Fiker Gebrehana |
| Rafik Tawodros | Lisa Nguyen |
| Teresa Nguyen | Jonas Mendoza |
| Raymond Nguyen | Piath Monoah |
| Jose Ortega | Carine Taylor |
| Dankia Alwyn | Nathan Taylor |

Project Compassion has begun!!! Which House will raise the most funds this year? Please give so that others may live simply.

Project Compassion 2015 focuses on Food for Life. It throws a spotlight on global food issues and how Caritas Australia is empowering the world’s poorest people to establish sustainable food sources for life.



We invite you to get onto the Caritas website (see the link below) and view the stories of the real people and places that we raise money to support. Week one we are introduced to Eric and Ma from Fiji.

<http://www.caritas.org.au/projectcompassion>

Welcome to Nutrition Corner!

Often we start the New Year thinking about making a resolution to improve our lives in some way. I always feel an important resolution to make, involves our health. What we need to remember is that we have a body and a mind that needs to be cared for on a daily basis. This is something that is quite easily forgotten and hides in the back of our minds. We should treat our body like it is a temple; in fact put it before anything else. I know people who look after their cars better than they do their bodies!

Ok, so we don’t have to become Fitness Junkies or go on some Fad Diet. In fact, looking after ourselves can be a simple, gradual process. We could start with one thing. For example, get into the habit of carrying a bottle of water with you wherever you go. Top it up frequently so you are replenishing your body, especially during summer, but just as important during winter. Our body is made up of 75% of water and we constantly lose it through various ways every day. If we aren’t replenishing we are at risk of becoming dehydrated. As well as becoming dehydrated, our brain can get fuzzy, our bones can get creaky, and all of our organs just won’t work as well as they should. It’s also important not to drink too much water; no more than 8 glasses is needed, unless it is a really hot day or you’ve been running a marathon. Stay away from the new fad drinks such as coconut water and sports drinks, as they are a big waste of money and completely unnecessary. Tap water is perfectly fine in this wonderful country of ours; containing all the minerals we need. Our body is very clever at excreting any nasties that we consume.

So, why don’t we start making our mind and body a priority this year and take it one step at a time. NEXT WEEK I will focus on the importance of eating breakfast and give you some tips on making breakfast a quick and easy task.

‘til then Take good care of you!





family Matters

ATTENTION ! YEAR 7 AND NEW FAMILIES FOR 2015

We recently sent out the school fee statements for this year along with a letter explaining the payment options.

Families are encouraged to set up a payment plan, therefore spreading the total amount across the year.

If you are interested in a payment plan, please complete either the direct debit or the credit card form that was enclosed with your statement and return it to the college office.

Families holding a concession card can choose to have their fees deducted from their Centrelink payments.

If you have any difficulties with school fee payments or any of the above, please do not hesitate to contact me as soon as possible at the college office.

Anne Ross

If school fees are paid in full before the end of this term, a

\$100 DISCOUNT

will apply.

Changes in Contact Details

Families are reminded that the school needs to be notified immediately that there are changes to phone contact details or addresses.

YEAR 7 FAMILY NIGHTS

6.30—8.00 pm

Tuesday 3 March - 7 Snowy

Thursday 12 March - 7 Yarra

Tuesday 17 March - 7 Kiewa

Thursday 19 March - 7 Avoca

Tuesday 24 March - 7 Wimmera

KEY DATES 2015

A full calendar for Term 1 will be sent home to families in the first week of 2015. However, key dates for Term 1 2015 are listed below:

Monday 9th March 2015:

Labour Day Holiday

Tuesday 10th March 2015:

Early finish for students (11.55am)

Wed 11/3 – Fri 13/3 2015:

Year 8 Great Escape Country Experience

Tuesday 24th March 2015:

SACCSS Interschool Swimming

Friday 27th March 2015:

Final Day Term 1

Someone Once Said . . .
"Team — together, everyone achieves more"

Year 7 Enrolments for 2016 are now open

Enrolment information is available from the school office or school website.

Visits are conducted throughout the year and arranged at a time to suit families and the school.

Please ring Anne Stokie on 9366 2544 or contact her for further information at: astokie@crystalbans.com.au

Alternatively, visit our website at: www.crystalbans.catholic.edu.au