



St Patrick's Breastplate

*God's power to guide me,
God's might to uphold me,
God's wisdom to teach me,
God's eyes to watch over me,
God's ear to hear me,
God's word to give me speech,
God's hand to guide me,
God's way to lie before me... .*

*Christ in the hearts of all that love me,
Christ in the mouth of friend and
stranger,
Christ in every eye that sees me... .*

From the Principal . . .

Catholic Education Week

This coming week marks Catholic Education Week. This is a chance to reflect on and to celebrate the fine work being done across our schools. Our fortnightly newsletter gives families a window into the many things happening in our own school. None of this can be achieved without the great commitment of staff, the support of families and the enthusiasm, interest and involvement of our students. We are very lucky in all areas. Thank you.

Year 8 Country Escape

This week there has been much excitement and anticipation as Year 8 students headed off to camp. For some this camp will mark a number of firsts; camping out in tents, time in the bush around Gembrook and no technology for two days! We look forward to their return and to hearing about their adventures.

On the behalf of Year 8 students and their families I'd like to thank Len Tobin (Year 8 Level Leader) for organising the camp, as well as all the staff who attended.

Best wishes

On Tuesday 24th March the College swim team will head off to the SACCSS Swimming Carnival at MSAC. We wish all competitors well and hope that each of them is able to achieve a personal best on the day.

A Vision for our School

In their Religious Education program, our Year 7 students are currently learning about the history and mission of Catholic Regional College, both, of our own College and that of the other Colleges in the Federation. It has been a delight to visit classes; to answer their many questions and to share our story with them. It is a story of faith, hope and doing things against the odds.

As part of the culminating assessment task for this unit students write about their vision (dream) for our school. Recently I was very fortunate to read some of the lovely responses to this task from students. To give you a sense of what students are saying we've invited Tina Le (7 Wimmera) to share her vision with you. I think that her ideas capture well the essence of what we all hope for as a school community. I thank Tina for allowing her work to be published in the newsletter and congratulate all the Year 7 students on their interest and effort in this unit.

*I want our school to be a place where everyone has a say, has a fair go and is accepted. I want our school to be a happy and loving community; a community where everyone is welcome and has the chance to learn. There will always be friendly and supportive staff members who will lead every student on the right path and towards achieving their dreams. Together, we will aim to build a welcoming and loving school. Even though we are all unique and special in our own way, together as a community we can do this.
Tina Le (7 Wimmera)*

CONTINUED OVERLEAF

Continued from Page 1

End of term dismissal

The final day for Term 1 is Friday 27th March. Classes will finish at the normal time of 3.05pm. As this will be a full day of classes and many classes will be finalizing assessment we ask all families to ensure that students attend.

Changes to booking Student Parent Teacher interviews

Student Parent Teachers interviews will take place in the first and second weeks of Term 2 on **Thursday 16th and Tuesday 21st April** (3.00 – 5.30pm and 6.30 – 8.00pm).

This year families will need to book their interview time **online** via the parent portal on the school website. A letter with **log in** instructions and a **parent password** will be sent home to families on **Monday 23rd March 2015**.

Traffic Management: Theodore Street

I ask all families to take particular care in cars around the school. Please heed parking restrictions and encourage students to use crossings.

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 March

The newsletter can also be accessed on Friday morning (Day 10) on the College website at:

<http://www.crcstalbans.catholic.edu.au>

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 8 Country Experience

Archbishop's Conversation with Student Leaders

Training for SACCSS Interschool Swimming

Year 10 Snorkelling

Year 10 Law Courts visit

Year 9 Media Studies Sci Fi films

Family nights for Year 7 Snowy and Yarra

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

The Gr8 Escape

Year 8 Country Camp



All Year 8 students have now experienced the Country Camp. The camp at Gilwell Park Scout Camp near Gembrook provided wonderful opportunities for your child to meet challenges, form friendships and engage with others in a beautiful Australian bush environment.

“I wondered how they coped without any technology? Two days without music, phones, ipads, tv, games. Sounds like heaven.”

Now that they have returned to school, we are hoping to see major changes in the way students see the world around them. Please continue the discussion as to what it means to face challenges, take responsible risks, to make connections with other students, teachers and people within the wider community. We all share this big wonderful world — how are we going to look after it? We look forward to talking to you and sharing all our experiences from school and camp soon. The year 8 team would like to thank you for preparing your child for their outdoor experience.

FREE Premiers’ Reading Challenge Calendar

The Victorian Premiers’ Reading Challenge is now open!

Don’t miss your FREE giant calendar poster in the Herald Sun on Tuesday 17 March.

Featuring key Challenge dates, literary events, fun facts, popular authors’ birthdays and tips, it’s a great way for parents and children to track their reading progress, count down the days and stay motivated throughout the Challenge.

For more information on the Challenge visit: www.education.vic.gov.au/prc



Scenes shown here from the 2014 Gr8Escape Country Camp experience



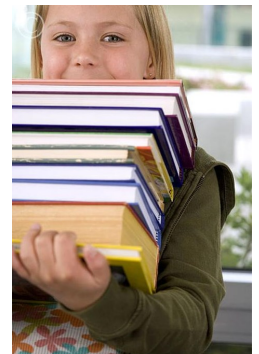
“ JUST DO YOUR HOMEWORK! ”

Sound familiar?

Rather than homework be a headache for your child and for you, here are some tips to help minimise the hassles and for you to stay sane during the process!

1. Establish homework time and stick to it each day.

If children tell you that they don't have any formal homework then they can read, revise or organise their work. My feedback tells me that sticking to a routine despite the fact that no formal homework is set is extremely useful and helps avoid battles.



2. Put the onus back on your children to take responsibility for their work.

Ask children at the start of a homework session to state how much homework they will do. At the end of the session check it to see if it matches with their intentions as well as yours. You need to make sure it is not you but your children who is responsible for homework!



3. Homework is as much a time management issue as anything else.

Encourage students to work reasonably quickly and efficiently. Have a set time limit, which they should stick to. There is generally little point slogging away once they become frustrated or tired. A little work each night is more productive than packing it into one weekly session.



**- MICHAEL GROSE,
PARENTING EDUCATOR AND AUTHOR**



family Matters

SCHOOL FEES

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 17 March - 7 Kiewa

Thursday 19 March - 7 Avoca

Tuesday 24 March - 7 Wimmera

KEY DATES 2015

Key dates for Term 1 2015 are listed below:

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

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

NUTRITION CORNER

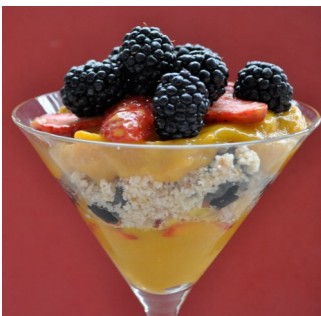
Welcome back to

Nutrition Corner, I hope we are keeping ourselves hydrated. As I mentioned last week, this week's focus will be on BREAKFAST. Breakfast is the most important meal of the day. It literally 'breaks the fast' after a night's sleep and refuels the body with energy for the day ahead. Many of us don't eat breakfast, simply because we don't like it or we are time poor. Not having breakfast can affect us in many ways. Concentrating on work or school is more difficult, having the energy to get through a big day becomes exhausting and also, it affects our mood. There is also a belief that food in our belly makes us happier and smarter! Breakfast for the time poor doesn't have to be a lavish affair. It just takes a little bit of organisation the night before and some thoughtful planning during the week.

Ok, so if you like fruit, that's easy. Cut it up the night before and put it in a well-sealed container. If it is fruit that discolours quickly, you can prevent this from occurring by sprinkling some lemon juice or apple juice on top. Add some yoghurt to it in the morning and put it a small container to eat on the way to school. If you like a bit more protein, that's easy too. Boil some eggs the night before, peel them and put them in the fridge. A tip; they are much easier to peel when they are warm. The next morning, butter 2 slices of bread, put some cheese and/or ham in the middle with your sliced boiled eggs, wrap it up and eat it before school starts. You can pretty much take anything with you; fruit and yoghurt are the easiest. If you do have a bit of extra time or it's the weekend, then why not make breakfast a more lavish affair that the whole family can be involved in? Scrambled eggs or omelettes are quick and easy to prepare as they involve one fry pan. You can also add many other ingredients like cheese, ham, spinach and mushrooms. If you don't like breakfast and never have, it's perfectly understandable that these ideas aren't enticing. What it comes down to is breaking an old habit and starting a new one. Start small by just having a piece of toast or a piece of fruit and then build from there. You might surprise yourself! This week, the year 7 Food Techies are focusing on breakfast choices. So, on that note I will leave you with one of the recipes they will be preparing. You could quite easily prepare this recipe to go in a jar and keep it in the fridge.

'til then Take good care of you!

MUESLI PARFAIT



INGREDIENTS serves 2

¾ cup natural or toasted Muesli

¾ cup of Vanilla or plain Yoghurt

½ cup of Frozen Mixed Berries, thawed

½ a mango diced

1-2 Tbs of shredded coconut

1 tsp of Honey (optional)

METHOD:

Divide one 1/3 of the muesli between 2 x 1 cup-capacity glasses. Spoon a 1/3 of the yoghurt over the muesli, then 1/3 of the berries and some of the mango. Repeat the layers. Drizzle each one with honey, sprinkle with shredded coconut and serve.



Arthur Street Community Garden



This year at CRC we are proud to introduce you to the Arthur St Community Garden! An ongoing project to support the St. Vincent De Paul Food Bank at Holy Eucharist, engage students in the science and passion of growing good food and building on the strong community links that already exists within our school and more broadly in St. Albans.

So far the garden has been plumbed – there is now more than 20,000 litres of onsite water storage available, the soil has been extensively tested and cleared to grow food, a master plan and a number of safety policies have been put in place and a succession plan that begins with growing annual vegetables that will evolve to include fruit trees, wind breaks and animal systems is also ready to be put into practice.

A number of students have already expressed an interest in working and managing the garden and if your son or daughter is also interested they are most welcome to come along to the garden on either a Tuesday, Wednesday or Friday after school till 4:30pm or on Tuesday and Thursday Mornings from 8:15am til 8:45am.

Families are also invited to initially get involved with the garden by collecting old newspapers and cardboard boxes, which can be dropped off at the garden at any time as well as any old gardening tools that may have been gathering dust in the shed that could be put to good use.

Stay tuned for more garden updates soon!

hodoherty@crcstalbens.com.au

The trenches are dug to run water across the site.



The green centre deliver mulch, compost and manure to kick start the garden.

Silverbeet, coriander and lettuce seeds sprouting in the garden





Wednesday Mass Roster for term one:

Thank you to 10 Little and Ms Ibrido for leading us in mass on the 11th March. It was so nice to see so many students and staff there.

Everyone is welcome.

| <i>Date</i> | <i>School</i> | <i>Class</i> |
|-------------|------------------|------------------|
| 18th March | CRC/Sacred Heart | St Vinnie's Crew |
| 25th March | CRC | 7 Wimmera |

PROJECT COMPASSION



St Vinnie's Crew
Project Compassion



**“Live simply
so that others may simply live”**



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

The tally so far:

| | |
|--------------|-----------------|
| Reis | \$199.75 |
| Guelen | \$178.60 |
| O'Reilly | \$154.10 |
| Corbett | \$135.65 |
| Total | \$668.10 |

This is an amazing total for the first two weeks of lent. Let's keep it up and reach higher than we did in 2014.

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 and view the stories of the real people and places that we raise money to support.

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

Someone Once Said . . .

“Therefore do not be anxious about tomorrow,
for tomorrow will be anxious for itself.
Sufficient for the day is its own trouble.”

Matthew 6 : 34

School Swimming Carnival

On Thursday 26th February the students attended the annual school swimming carnival at St Albans Leisure Centre. There was some very exciting competition but congratulations to O'Reilly house for taking out the trophies in all 3 aggregates on the day. Well done to students on their participation and thank you to the staff for their assistance during the entire carnival.



| Results from the carnival | | |
|---------------------------|---------------------|---------------------|
| Boys Aggregate | Girls Aggregate | Overall Aggregate |
| 1. O'Reilly 212 pts | 1. O'Reilly 185 pts | 1. O'Reilly 432 pts |
| 2. Guelen 179 pts | 2. Reis 147 pts | 2. Guelen 349 pts |
| 3. Corbett 143 pts | 3. Guelen 143 pts | 3. Reis 296 pts |
| 4. Reis 121 pts | 4. Corbett 110 pts | 4. Corbett 287 pts |

| Champion Swimmers Awards | | | | | |
|--------------------------|-----------------|--|-------------------|------------------|----------------|
| | | Year 7 | Year 8 | Year 9 | Year 10 |
| Female | 1 st | Mikaela Godino Sharelle Lynch Wendy Nguyen | Jessie Stevens | Kathleen Mendoza | Olivia Winton |
| | 2 nd | Shirleen Nguyen Cindy Vo | Caitlyn Gonsalves | Brianna Flores | Michelle Ikov |
| Male | 1 st | John Abuan Daniel Duong Refik Tawodros | Jonah Winton | Cameron Nguyen | Lorenzo Atonio |
| | 2 nd | Ronald Khuu Jason Pham | Nathan Taylor | Cyril Vallescas | Henry Nguyen |

