



From the Principal . . .

Palm Sunday Prayer

Lord, you set your face towards
Jerusalem and walked alongside those
who suffer.

Be our vision that we too may walk the
way of the cross and extend a hand to
those we meet.

You stopped to heal the sick, cure the
lame and give sight to the blind.

Be our vision that we too may give time
to others and respond to their needs.

You said, "The first shall be last and the
last first."

Be our vision that we too may work
towards your kingdom when the exalted
will be brought low and the lowly exalted.

You ate with tax collectors and sinners
and heard their stories.

Be our vision that we too may listen to
the despised and rejected and value their
lives.

You took time to pray and time to be
silent.

Be our vision that through our prayers,
fasting and almsgiving we too may draw
closer to you and find your way.

Lord, you entered Jerusalem with peace
in your heart.

Be our vision that we too may desire
peace where others desire war,

Annabel Shilson-Thomas

"Palm Sunday marks the beginning of Holy Week, the period in which we commemorate the last days of Jesus, his final meal with his friends, his trial, his carrying of the cross, his death on Calvary and his rising from the dead. On Palm Sunday, branches are blessed as a reminder of Jesus' entry into Jerusalem as a celebrity. His entry into the city was in stark contrast to the way he left it the following Friday.

The fact that Jesus was hailed as a king while he rode a donkey says a lot about Jesus' attitude to power. The notice on his cross identified him as a king. Pilate's words were meant to be ironic but Christians have come to understand that, for Jesus, power and authority are inseparable from humility and suffering. The branches blessed on Sunday are burnt to provide ashes for Ash Wednesday next year: the life of faith is a cycle. As we prepare to celebrate Easter, we are already thinking about the beginning of the next Lent. Lent and Easter, grief and joy, hard times and good times, walk hand in hand in every life of faith."

Michael McGirr: Finding God's Traces

Easter brings many good things; holidays, time with family and Easter celebrations! However, it's important that we also set aside some time to walk with Jesus to the cross and to truly celebrate his Resurrection. I encourage all families to make a special effort to participate in the Holy Week ceremonies this year. We've included the schedule for Holy Week ceremonies in our parishes in the newsletter.

***May the blessings of Holy Week
and the joys of Easter
be God's gifts to each of you
over the coming weeks.***

Thank You

The end of term provides a great opportunity for students and their families to reflect back over the last 8 weeks. It's been a short action packed term. As we approach the holidays we have much to celebrate. Take some time to think about what have been your highlights and all those who helped to make these happen.

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As this newsletter marks the end of Term 1, I'd like to thank all students, staff and families for your support and hard work throughout the term. Most students have used first term to establish a good foundation for the rest of the year. Many thanks for everything and may the holidays be restful and enjoyable.

May the holidays bring a time for rest and fun with family and friends. I look forward to your return on Monday 13th April, refreshed and raring to go.

Harmony Day

Last Friday we celebrated Harmony Day with orange ribbons, orange balloons, orange jelly and a terrific lunchtime concert.

As well as being the colour used to promote Harmony Day, orange, is in our school community associated with one of our core values; equality. We are a community where people come from many different places, therefore, cultural diversity is something we know and celebrate. One of the key messages of Harmony Day is that 'everyone belongs'. This is something that we believe deeply as a school community and try to live out in all that we do.

Congratulations to all the very talented students who performed at the concert. What a talented group of singers and musicians you are! It was lovely to relax in the sun and to enjoy their performances.

Thank you to all the Student Leaders who organised the activities and the concert. It was a great day.

Below is the prayer that students wrote and read at the beginning of the concert. It sums up well some of our ideas about the day.

**God and Father of all
In your love you made all the nations of the world to be a family,
and your Son taught us to love one another.
Yet sometimes our world is driven apart by prejudice,
arrogance and pride.
Help everyone to love, understand and
respect one another better.**

**As we celebrate Harmony Day
We pray for those who are suffering from abuse and exclusion
because of race or religion.
May they be able to feel comfortable and safe
wherever they may be.
Amen.**

Year 7 Family Nights

Over the past six weeks we've been overwhelmed with the support of our Year 7 families for the Family Nights. Thank you for your interest, support and readiness to be involved.

I'm sure that families are delighted with how well students have settled into the school and negotiated the tricky

transition from primary school. It is hard to imagine that they have only been with us for 8 weeks. Thank you to all the students who prepared the terrific presentations about their first term. They were entertaining and gave a good insight into the life of a Year 7 student.

These nights are the result of much hard work. On behalf of families, I'd like to thank the Year 7 teachers, particularly the pastoral care teachers and Peter Danger, for preparing the Family Night, and for all their work in supporting the transition of students. I'd also like to thank Jill and her wonderful team of Year 10 students for their fine work in hospitality and catering, and all the staff who attended. For a number of students and staff it has meant 4 – 5 nights extra at school. I really appreciate their support and generosity.

Congratulations

Thank you and congratulations to all the students in the College Swim team who represented us so well at the SACCSS Swimming this week. There were some outstanding individual and team performances. Thank you to Andrea Leury, Claire Lawang and Mark Donahoo for organising training and accompanying the team on the day.

Congratulations also to the students in 10 O'Connell who this week completed their community service placements. The feedback from all our community partners has been terrific and your time, energy and commitment has been very much appreciated.

Start of Term 2

Term 2 will begin on Monday 13th April 2015. It will be the normal **Day 1** timetable. Families are reminded that they can access the student timetable through PAM.

I ask that students make a note of this in their diaries and ensure they bring the appropriate materials for this day. There should be no excuses about incorrect books or uniform for the day.

Uniform

From the beginning of Term 2 all students will need to be in full winter uniform. This includes wearing the blazer to homeroom each morning, and the wearing of the school tie for both boys and girls. The uniform policy and requirements are in the Student Diary.

The holidays provide a good opportunity for families to check uniform items, to buy school shoes if these are needed, to let down hems if the kilt is too short, to mend PE uniforms that have been worn etc... We hope that all students make a good start to the term by ensuring that they are in full uniform. I ask the support of families in this matter.

Opening hours for the Uniform Shop are included with the newsletter.

Holidays: a great time for getting into book.

I know that in many families computer games are put away / not allowed / rationed during term time and brought out during the holidays. However, holidays are also a great time for reading (and sport, getting together with family and friends, playing, enjoying the outdoors, pursuing other interests). Time online is very much the world of people today, however, like all things, it needs to be kept in balance and proportion to other activities!

Hopefully, all students will set aside some time to enjoy a book or two. This is the chance to read, not what you have to but what you choose to, a chance to visit a completely different world.

Student Parent Teacher interviews

Student Parent Teacher 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). Families are reminded that:

- Interviews are booked online via the Parent Access Module (PAM) on the College website.
- Passwords and instructions for accessing PAM were sent home earlier this week.
- Bookings need to be completed by **Sunday 12th April**.
- Whilst the initial booking is with the pastoral care teacher you are able to speak with all your child's teachers whilst at the school. (Usually at least 30 minutes per student)
- Students attend with their families.

We look forward to meeting all families at the interviews.

Early Finish for Student Parent Teacher interviews

Families are asked to note that classes will finish at the end of **period 5** on Student Parent Teacher interview days. Finishing times are as follows:

Thursday 16th April: 2.20pm

Tuesday 21st April: 2.15pm

Fundraising

Students and staff have been involved in two major fundraisers this term, Project Compassion and the Easter Egg raffle. Both have been an outstanding success due to the

generosity of all involved, and the fine leadership and encouragement we have received from the SRC and the St Vinnie's Crew.

Activities such as these are very important in the life of a school community as they are a reminder of our Faith in Action as well as being a very practical way for us to live out our Lenten commitment to others.

Thank you to the staff on a great effort in donating all the Easter eggs for the raffle. It was a bit like the story of the 'loaves and fishes' with very much an abundance of prizes. We hope that the winners enjoy the chocolate!

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 2 2015:

Friday 24th April Friday 8th May Thurs 21st May

Friday 5th June Friday 19th June

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

<http://www.crcstalbens.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:

St Patrick's Day mass for schools.
7 Kiewa and 7 Wimmera Family Nights
Author in Residence writing workshop
Interhouse Volleyball competition
SACCSS Interschool Swimming
Year 10 Religious Education excursion
Visit to the International Flower Show
Year 7 Premier League Training
Harmony Day

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

Year 10 O'Connell Community Service 2015

Congratulations to the Year 10 O'Connell class who have given of their time to local community agencies such as nursing homes, primary schools and the local St Albans Library. The students attended their agencies on Monday afternoons or Tuesdays after school. They made numerous connections with staff and clients in all areas. The experiences had by students and the feedback by the organizations has been exceptionally positive. This should hold them in good stead as they prepare for work experience during Term 3. Students are also encouraged to explore the option of volunteering for an organization as a method to develop experience in the workforce as well as their interpersonal skills. Special thanks to Ms Leury and Mr Watson who worked tirelessly in preparing their students and keeping informed about their progress.

Vince Iannuzzi



KEY DATES TERM 2 2015

Thursday 16th April:

Student / Parent / Teacher interviews (Early finish— 2.20pm)

Tuesday 21st April:

Student / Parent / Teacher interviews (Early finish— 2.15pm)

Wed 22nd April: Year 7 Premier League begins.

Monday 4th May: School Photos

Tuesday 5th May:

SACCSS Interschool Cross Country
Year 8 Family Night: 8 Attard, 8 Clarke, 8 Edison

Wednesday 6th May:

Staff Planning Day: Students not required

Thursday 7th May:

Year 8 Family Night: 8 Hollows, 8 Orifici

Tues 12/5 – Thurs 14/5:

NAPLAN Literacy and Numeracy Tests (Years 7 and 9)

Thurs 14/5 & Fri 15/5:

Year 10 Outdoor Education Camp

Friday 22nd May: College Feast Day

Fri 5/6 – Thurs 11/6: Years 9 and 10 exams

Monday 8th June: Queen's Birthday Holiday

Friday 12th June: Immersion Day

Tuesday 16th June:

Parents as Careers Partners night

Wednesday 17th June: Report preparation day
(No classes for students, except VCE and VET)

Putting his heart-health into it!

This week the year 8's worked on an assessment task for Food technology and had to design an advertisement for health which focused on a particular food group. This advertisement needed to be eye catching and had to encourage teenagers to make healthy food choices.

Congratulations to Christian from 8 Attard who went beyond and above what was expected of him and who not only produced a fantastic eye catching poster, but also designed a T-shirt with a slogan to capture his audience! **Well done.**



The Arthur St Community Garden

With the end of term approaching I'd like to take this chance to thank all the students and staff for their hard work and contributions to the start of the Arthur St Community Garden, it has been fantastic to see so many students passionate about growing food and trying new things!

This school holidays a number of the students who have given their time before and after school will be attending the International Melbourne Flower and Garden Show and working in the garden during the first week of the school break - we will be building a base for the greenhouse, installing the digital weather station and planting winter vegies like potatoes, beans, garlic and cover crops to add organic matter to the soil.

We still need lots of newspaper and cardboard and any garden tools! Families are welcome to drop these off at the back of the maintenance shed at any time. A big thanks to those who have already helped out.

*A happy Easter and a safe break to everyone in the CRC community,
Hayden.*





family Matters

SCHOOL FEES

First Term Fees are now overdue.

Families facing difficulty with school fees should contact the office to make an appointment to see Ms. Anne Ross.

If you have any difficulties with school fee payments 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.

Changed your 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 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

Year 8 Family Nights

The Year 8 Family Nights will take place in the third week of term 2, on **Tuesday 5th May** for 8 Attard, 8 Clarke and 8 Edison, and on **Thursday 7th May** for 8 Hollows and 8 Orifici.

Information about the distribution of Year 8 iPads will be given out on this night so it would be important for all families to attend with their Year 8 student.

Please keep this date free.

SCHOOL UNIFORM

The college uniform shop is situated at the CRC Sydenham campus and will be **CLOSED OVER THE HOLIDAYS.**

It will re-open on **11th April 2015** from **9.00am - 12.00 noon.**

When school resumes for Term Two on 13th April, full winter uniform must be worn.

The Thomastown Uniform shop will be closed on Good Friday and Easter Monday.

The school holidays are a great time to make any repairs and check that all items are named.



NUTRITION CORNER

Welcome back. I hope you enjoyed the segment on breakfast in the last newsletter and have started to implement some of those ideas. This week's focus is on STRESS. Our modern lifestyle places many demands on us and this leads to feelings of anxiety, being overwhelmed and then eventually full blown STRESS. Stress and our body's response to it can affect people in different ways. A small amount of stress can be good for us; it keeps us motivated and can help us achieve goals. Many people thrive on some stress. However, too much stress can impact our health and make us more susceptible to an array of health issues. Some of these issues include, tension headaches, high blood pressure, colds and flus, digestive disorders and the worsening of existing conditions.

To go from Distress to De-stress, it's important to look after your body and there are many foods that can help with stress management. Magnesium is a mineral that helps our muscles relax, it lowers blood pressure and helps to ease tension and anxiety. The types of foods rich in magnesium are, fish, yoghurt, lean red meat, brown rice and leafy greens. Potassium is another mineral that helps release nervous tension, lower blood pressure and regulate the water supply to our body. Bananas are a great source of potassium. Nuts, seeds and avocados are full of good monounsaturated fatty acids. Fatty Acids are good nutrients for our brain and have been proven to help with depression. Avocados contain good fats as well. Porridge (or oats) is loaded with 'feel good' hormones and fills you up, so it makes a great start to the day. When you add yoghurt and some chopped fruit on top of your porridge, you are really are giving yourself a head start in the race against stress.

You may be pleased to know that extra dark chocolate covered almonds are a good stress busting snack. The dark choc has good antioxidants and the almonds provide those essential fatty acids. Just don't eat the whole packet; it's very tempting! Also pleasing for those over the age of 18, is that health experts have credited a glass of wine, especially red wine, every now and again with providing antioxidants and stress relieving properties.

It's easy to fall into the trap of eating junk food when we are feeling a bit down or stressed. Try not to and remember that it will do you more harm than good, even if it feels satisfying at the time, the satisfaction won't last! A peaceful walk, some 'me' time, and a creative activity are also ways of beating stress. **Until next time**



My Experience of the Archbishop's Conversation with Student Leaders

Having many student leaders from different Catholic schools gather together was an extraordinary experience that was felt once we stepped into the school grounds of Genazzano FCJ College on Friday 13 March for the annual Archbishop's Conversation with Student Leaders. The speeches that we listened to were very inspiring and informative.

The story that caught our attention was the story of Blessed Pier Giorgio Frassati and his exhortation: 'The higher we go the better we will hear the voice of Christ.' This young man lived a life of active service for others and is seen as a model of integrity, authenticity and joyful witness in the exercise of lay leadership.

At his funeral, thousands lined up to pay their respects and it was then that the poor and lower class found out that Blessed Pier Giorgio came from a wealthy and upper class family, yet he was their equal. Similarly, his own family had no knowledge of the work he did for the poor. Blessed Giorgio Frassati died at the youthful age of 24 in the early 20th century.

Our group work consisted of students from different school participating in discussion about faith, God and leadership. It was an enormous experience because no one knew each other and everyone was open to discussing their own perspectives of leadership in their schools. We learned a lot from each other as student leaders. We also met His Grace, Archbishop Denis Hart and listened intently to his address about his own calling to faith and leadership.

Faith, Lorenzo, Nghia, Caitlin, Veronica (and some editing by Mr Iannuzzi).



Someone Once Said . . .

**"It's not what the vision is,
it's what the vision does."**

- Peter Senge



**St Vinnie's Crew
Project Compassion**

The tally so far:
 Reis \$233.90
 Guelen \$231.95
 O'Reilly \$210.35
 Corbett \$167.25
 Total \$843.45

*"Live simply so
that others may
simply live".*



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>

CATHOLIC EDUCATIONAL WEEK 2015
'SEEK GOD WITH ALL YOUR HEART'
 MASS OF ST PATRICK

On the 17th of March some of the St. Vinnie's crew went to mass for St. Patrick's Day at the St. Patrick's Cathedral Melbourne. The mass was a celebration of St. Patrick and how he helped develop our Christian community.

"I learnt how St. Patrick contributed to our catholic education today." **Jonas**
 "It was an awesome experience to see so many at Church and to see the Archbishop Denis Hart" **Chloe**
 "It was nice to see all the Catholic schools united in the Church and my favorite part was how the choir sang beautifully." **Theresa**
 "It was a fun experience. Everything was good and interesting. 'Something new that we don't experience in our school. I had a fun time" **Hieu**
 "We also had a very great day and a very nice, peaceful mass"- **Rafik**
 "It was a very great experience"- **Madelyn**

After mass we had lunch at a restaurant on Lygon St and Mr Marshall got us all gelato for dessert. We had such a wonderful time and are very grateful for the opportunity.



**Wednesday Morning Mass
Roster for Term Two:**

Thank you to the St Vinnies Crew for preparing Mass on Wednesday the 18th for St Patrick's and St Joseph's Feast Days. It was a wonderful mass. Thanks also to Mrs Macdonald and 7 Wimmera for their beautiful mass dedicated to Mary on Wednesday 25th March.

Date	School	Class
15th April	Sacred Heart	
22nd April	CRC	9 Curtin-JII
29th April	CRC	10 Mackillop VII
6th May	Sacred Heart	
13th May	CRC	8 Clark- CML
20th May	Sacred Heart	
27th May	CRC	7 Snowy-TMD
3rd June	Sacred Heart	
10th June	CRC	10 Little- JMD
17th June	Sacred Heart	
24th June	CRC	7 Kiewa- JDS

Everyone is welcome.

EASTER MASS TIMES IN OUR LOCAL PARISHES

SERVICE	HOLY EUCHARIST	EMMAUS	SACRED HEART	RESURRECTION	ST PAULS	ST MARY of the ASSUMPTION
HOLY THURSDAY 3 APRIL	Mass of the Lord's Supper 7.30pm	Mass of the Lord's Supper 7.00pm	Mass of the Lord's Supper 8.15 pm	Mass of the Lord's Supper 7.30pm	Confessions 11.00am—12.00 noon Mass of the Lord's Supper 5.30pm	Mass of the Lord's Supper 7.30pm Followed by Adoration of Blessed Sacrament until 11.00pm.
GOOD FRIDAY 4 APRIL	Public Stations of the Cross (With Sacred Heart) 11.00am 3.00pm (English) and 7.00pm (Vietnamese)	Solemn celebration of the Lord's Passion & Death 2.00pm	Public Stations of the Cross 11.00am Alfrieda Street, St Albans Solemn Celebration of the Lord's Passion & Death 3.30pm	Stations of the Cross 10.30am Celebration of the Lord's Passion 3.00pm	Solemn Liturgy of the Passion 3.00pm	Way of the Cross 9.00am Confession 10.00am—12.00 noon Solemn Liturgy of the Passion 3.00pm
HOLY SATURDAY 5 APRIL	Blessing of the Food 11.00am and 5.00pm Vigil Mass 7.00pm (English) and 9.00pm (Vietnamese)	Mass 7.00pm	Reconciliation 10.00am (English) Blessing of the Food 10.00am Mass 5.00pm	Easter vigil 7.30pm	Confessions 11.00am—12.30pm	Easter Vigil Mass 8.00pm
EASTER SUNDAY 6 APRIL	9.00am, 10.30am & 6.00pm 12.00 noon (Vietnamese), Sudanese Mass 2.30pm	Mass 9.00am	English Mass 8.00am 10.15am & 11.30am Polish Mass 9.00am	Mass 9.00am and 10.30am	Mass (Maltese) 8.00am Mass 10.00am	Mass 9.00am, 11.00am and 5.30pm

CRC Wishes everyone a safe and Happy Easter





SACSS Swimming Carnival

On Tuesday our school swimming team took part in the annual SACSS Swimming Carnival at the Melbourne Sports and Aquatic Centre. The students achieved some great individual and team results with our Intermediate girls medley team coming in 2nd place. The intermediate girls and boys freestyle teams came in 1st and 2nd place respectively. The students who took part in the swimming are listed below:

Jason Pham 7 SN, Jordan Luong 7 WI, Rafik Tawadros 7 YA, Nathan Taylor 8 CK, Charles Endaya 9 BA, Josh Camilleri 9 DK, Matthew Galea 9 DK, Brianna Flores 9 HG, Alyssa Martinez 9 HG, Nam Nguyen 9 HG, Kathleene Mendoza 9 LY, Cameron Nguyen 9 LY, Olivia Winton 10 LI, Lorenzo Atonio 10 MK, Rebecca Hockey 10 OC. **Congratulations to these students.**

Outdoor Education

Snorkelling Trip Year 10
Friday 6th March, 2015

Outdoor Education students travelled to Queenscliff on Friday 6th March for a day of marine discovery. We visited the Marine Discovery Centre where we were able to hold star fish and other marine life in the 'touch tank' and saw cuttlefish eating their prey.

Although the weather was very windy, all students got in the water to snorkel and enjoyed the incredible sites underwater. Some students were lucky enough to see a stingray, others, puffer fish. All students shared new experiences, such as putting on a wetsuit and also learnt a lot about the area, which will play an important part in their SAC this month.

Miss Lowe, Mr Quinn, Mr Watson and Miss Moss would like to thank the students for their wonderful behaviour and are looking forward to taking the students on their overnight hike to the Brisbane Ranges in May.

