



### *The Ode*

*"They shall grow not old,  
as we that are left grow old;  
age shall not weary them,  
nor the years condemn.  
At the going down  
of the sun  
and in the morning  
We will remember them.*

### *From the Principal...*

Over the past few weeks much has been written and spoken about Anzac Day. As we all know Anzac Day commemorates the landing during World War 1, at Gallipoli in Turkey in 1915, of the Australian and New Zealand Army Corps. These soldiers were ordered into a battle that was impossible to win. The campaign ultimately ended in defeat and 8,700 Australians and 2,700 New Zealanders lost their lives. It was a fight for survival in appalling conditions and the scale of loss was unimaginable.

The theme of Anzac Day is 'Lest we forget'. On this day we remember not only those who gave their lives in this war but also all who have sacrificed their lives in the conflicts that have followed and continue today. We should not remember only the heroism of our service personnel but also the horror of war itself. War can bring out the worst in people – on both sides. This is what violence does. The damage to individuals and communities, on all sides of the conflict, lasts for generations.

Anzac Day commemorates the men and women who fought to protect our freedom. As we reflect on their sacrifice we might also reflect on how we will use this gift they've protected for each of us. What am I doing with my life to help others, to make our community, our country and our world a better and more peaceful place?

One of the recurring themes in the Resurrection stories is peace. As Jesus catches up with his disciples he often greets them with 'Peace be with you'. However, the peace Jesus wishes his friends is not a passive thing or just an absence of conflict and irritation, it is the peace that comes from creating a more just and inclusive world for everyone. This is challenging and difficult work but as Christians we believe it is possible and work to make it happen.

***"If peace is to be established, the first condition is to root out the causes of discord among people which lead to wars – in the first place injustice. Not a few of these causes arise out of excessive economic inequalities ..... some are due to the desire for power and contempt for people.... "***

(Vatican 11, Gaudium et Specs)

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## *Welcome to Term 2*

Welcome back for Term 2. Hopefully all families had a good break and were able to enjoy the adulation and hope that the Easter season brings. A quick look at the calendar indicates that we have a big term ahead of us so I hope that everyone is well rested, full of energy and raring to go.

## *New Staff*

With the start of the new term we welcome Andrea Coughlan (English/Humanities), William Watson (Physical Education / Science), Matthew Green (Materials Technology), Atem George (Multicultural Education Aide) and Stephanie Andrade (Speech Pathologist) to our staff. Each brings a wealth of experience, many gifts, fresh ideas and a strong commitment to learning and our students. I wish them every blessing as they join our school community.

## *Congratulations*

As families may know a number of our teachers are expecting babies this year. During the holidays we were delighted to hear of the birth of Marcus, a second child for Marcelle Gusman and Steve; and Chloe, the first child for Catherine Quilliam and Roc. We are thrilled that all are well, thriving and settling into family life.

## *Williams Cup*

With the addition of points for Project Compassion and the Year 10 lunchtime Volleyball competition the current points tally for the Williams Cup is as follows:

O'Reilly House:	53
Guelen House:	41
Reis House:	32
Corbett House:	24

## *New Government Regulations on Smoking*

Under an amendment to the *Tobacco Act 1987* (Vic.), from Monday 13 April, smoking is banned within four metres of an entrance to all primary and secondary schools in Victoria, and within school grounds.

Smokers caught 'lighting up' within four metres of school entrances or within school grounds, face an on-the-spot fine of \$147.

I ask all families attending school events or waiting for students after school to take note of this amendment.

## *Thank You*

Thank you to all families for your participation in the Student / Parent / Teacher interviews over the past two weeks. Your interest is very much appreciated and is of great support to your son / daughter. I trust that you and your child also found the time spent at the College to be valuable. These meetings provide students with the opportunity to celebrate what they've achieved, to reflect on their learning and to set goals for the rest of the semester.

## *Staff Planning Day*

Families are asked to note that **Wednesday 6<sup>th</sup> May** will be a Staff Planning Day and that students will not be required on this day.

On this day staff will be involved in a range of activities, including work with Dr. Adrian Bertolini to implement the Australian Curriculum (AusVELs) in Phase 2 Learning Areas. The focus will be on course development in the Arts, Technology, Languages and Physical Education and Health.

## *Sydenham Academic Testing Program*

All Year 10 families who have enrolled at CRC Sydenham should have received a letter regarding the Academic Testing program on Saturday 2<sup>nd</sup> May. Arrangements are also included later in the newsletter.

Families who have enrolled for 2016 but did not receive the letter – please contact Sydenham.

I'd also encourage families who have not yet enrolled but who are hoping to attend CRC Sydenham to complete the enrolment process as soon as possible. If you need assistance with this please see Anne Stokie about this.

## *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.

## *Uniform Shop: Anzac Day*

Please note the Uniform Shop at both Sydenham and Thomastown will be closed on Saturday 25<sup>th</sup> April for Anzac Day.

## *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 8<sup>th</sup> May  
Thurs 21<sup>st</sup> May  
Friday 5<sup>th</sup> June  
Friday 19<sup>th</sup> 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:

10 McAuley Community Service

Year 7 Premier League

Year 9 Trinity Careers Planning Day

Legacy Anzac Commemoration for schools

Media Studies ACMI excursion

Years 9 and 10 State Library visit

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



## family Matters

### YEAR 8 FAMILY NIGHT

Dear Year 8 parents

Hopefully you recently received an invitation to your child's Year 8 Family night. We look forward to meeting with you on this important occasion as we have lots to discuss including Information about the distribution of Year 8 iPads. It is important for all families to attend with their Year 8 student. Please keep this date free. The times are:

**Tuesday 5th May — 8Attard and 8Clark**  
**Thursday 7th May — 8Edison, 8Hollows and 8Orifici**

**Time: 7pm to 8.30pm**

Please inform your child's PC Teacher if you are NOT attending. You may call the school on 9366 2544 for any further enquiries.

*Mr Len Tobin, Year 8 Level Leader*

## SCHOOL PHOTOS

**SECURE ONLINE PURCHASE**

**ONLINE AND ENVELOPE ORDER INSTRUCTIONS FOR  
CATHOLIC REGIONAL COLLEGE**

**4 MAY 2015**

School photo order envelopes have been or will be distributed to every student and it is important that the order Instructions (below) are followed.

#### 4 EASY STEPS TO ONLINE ORDERING

**STEP 1:** Go to [WWW.ADVANCEDLIFE.COM.AU](http://WWW.ADVANCEDLIFE.COM.AU) before photo day and enter your 9 digit school code: **L65 Q1W MGG**

**STEP 2:** Enter your student's details

**STEP 3:** Choose the package that best suits your needs\*

**STEP 4:** Pay for the photos via the shopping cart (upper right corner of the page).

PLEASE NOTE: Late fees will apply once orders are closed (5 days after photo day).

**advancedlife**  
photography

#### INSTRUCTIONS FOR ORDERING USING AN ENVELOPE

**STEP 1:** Complete the student details section on the front of the order envelope. **Please use black or blue pen.**

**STEP 2:** Complete the purchase details on the front of the envelope.

**STEP 3:** Select your payment method using one of the following options;

- Credit Card – Online Only at [www.advancedlife.com.au](http://www.advancedlife.com.au)
- Cash – Please enclose correct money – no change given.
- Cheque – Make payable to Advancedlife with your name & address on back of cheque.

- ▶ Allow 60 days for your cheque to be finalised.
- ▶ A \$25 fee will apply to any dishonoured cheque payment

**STEP 4:** Return your completed sibling order envelope to school the day before photo day.

\* All orders will be returned to the school for collection.

### MARRIAGE ENCOUNTER WEEKEND



**Invest in your most precious asset..... Your Marriage!**

Forget life's interruptions and tensions and rekindle the closeness, intimacy, love and romance that brought you together. Recharge relationship batteries and explore the precious nature of your marriage, allowing you both to share your feelings, hopes and dreams with each other in ways that normal, daily living tends to inhibit.

*No group sharing. Couples and a priest present the weekend. Based around Catholic values but couples of all faiths are welcome.*

**Melbourne dates : 19-21 June, 21-23 August and 23-25 Oct**  
Starts 7pm on Friday - 5pm Sunday. Accommodation and all meals provided.

Information/Bookings: PH: Marianne & Marcel (03) 9733 0997

Email: [vicbookings@wwme.org.au](mailto:vicbookings@wwme.org.au)

Website: [www.wwme.org.au](http://www.wwme.org.au)

## Will your child be studying Year 11 at Sydenham in 2016?



**Students enrolled in Year 11, 2016 at CRC Sydenham**

**- compulsory testing program -**

*For students enrolled in Year 11, 2016 at CRC Sydenham, you will have been informed that they are introducing a new compulsory academic testing program to provide them with more detailed information on individual students, which will assist them in providing more targeted pathways counselling and course selection advice. The testing will be conducted by Academic Assessment Services, details as follows:*

**Date:** Saturday, 2 May  
**Venue:** The Crate - CRC Sydenham (Pecks Road, Sydenham)  
**Time:** 8.30am until 12.30pm  
**Bring:** A snack and drink for Recess  
**Uniform:** Full school uniform must be worn on this day

*If you have any questions regarding this compulsory testing program, please contact CRC Sydenham on 9361 0000.*

## 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.

## FREE ASTHMA Q&A Event

The Asthma Foundation in conjunction with the Royal Children's Hospital and Royal Melbourne Hospital, is very excited to announce that once again it will be holding a FREE Q&A Panel Event in June 2015.

This year's event will be focused on 'Managing Asthma and Allergy'.

**Date: Sunday 28 June 2015**

**Time: 4pm to 6pm**

**Venue: Ella Latham Auditorium, Royal**

**Children's Hospital, Parkville**

**Cost: FREE**

To register visit [asthma-and-allergy.eventbrite.com.au](http://asthma-and-allergy.eventbrite.com.au) or contact The Asthma Foundation of Victoria on [advice@asthma.org.au](mailto:advice@asthma.org.au) or 03 9326 7088.



## Do you have asthma?

### Check us out on facebook

A new Facebook page has recently been established for 13-25 year olds with asthma. The page is titled Young People With Asthma – Australia. Secondary aged students (must be 13yo & over) and other young people can share their experiences, hear about latest developments and get tips on asthma management.

Regular sessions will be held for young people to have their asthma questions answered by an asthma expert.

## Year 7 Enrolments for 2016 are 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@crcstalbans.com.au](mailto:astokie@crcstalbans.com.au)

Alternatively, visit our website at:  
[www.crcstalbans.catholic.edu.au](http://www.crcstalbans.catholic.edu.au)

## 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.

### Welcome back to Nutrition Corner.

I hope you all had a great holiday. This semester in Food Technology classes, the year 8' focus is on healthy eating. They learn about having a healthy balance and checking their diet against the Australian Guide to Healthy Eating. They also learn about the importance of having fibre in their diet. Fibre is important for our health and we can easily obtain it from adding more fruits and vegetables to our meals and having less junk food. Having more fibre protects us from many diseases and health complaints such as constipation and bowel cancer.



Photo: Ms Steele and Josephine with Salad jars made in class.

A great way to incorporate fibre is to eat more vegetables with our meals. For example, if you make a bolognaise pasta sauce, you can add grated carrot, zucchini and diced celery to it. Make an omelette with lots of veggies in it as well. Vegetables highest in fibre include sweet

corn and broccoli. Last week the year 8's made a 'Salad Jar'. The 'Salad Jar' consisted of layers of vegetables, protein and some carbohydrates. If you'd like to make it yourself, before layering the ingredients in the jar you can pour some dressing in the bottom and when you are ready to eat it, tip it upside down to ensure the dressing is distributed throughout. You can either eat it straight out of the jar or tip it out onto a plate. This can be a great lunch to make in advance however, don't leave the dressing on overnight as it makes everything too soggy. The ingredients for a salad jar are endless:

**PROTEIN:** diced cooked chicken, cheese, tuna or salmon, boiled egg or some cold leftover meat. Here are some ideas. **CARBOHYDRATES:** cooked pasta, rice vermicelli noodles, brown rice, quinoa, couscous, buckwheat and croutons. **VEGETABLES:** anything colourful and handy. Don't forget that seeds, nuts and beans are a good addition too.

**DRESSING:** olive oil & lemon juice, yoghurt & lemon juice, soy sauce & sesame oil. Salad jars can be purchased cheaply at KMART or Big W. *Enjoy!*



*Someone Once Said...*  
" Tell me and I forget. Teach me and I remember. Involve me and I learn. "  
- Benjamin Franklin

## The Arthur St Community Garden



During the school holidays a brave group of 18 students caught the train into the city for the Melbourne International Flower and Garden Show. Highlights included the floral dresses and displays, the landscaping competition, the boutique cubby houses and the heirloom pumpkin pile with more than 1500 pumpkins in it. I want to personally thank each student for their energy and attentiveness at the show and their dedication for coming along on the first day of their school holidays. A big thanks to Anthony and Jess for also coming along to help supervise the excursion.

CRC is also now a part of the Schools Water Efficiency Program (SWEP), a web based program that tracks and updates the water consumption on site at school every 15 minutes, 24 hours a day. We have also now installed a weather station that can track wind speed and direction, rain fall, temperature, humidity and barometric pressure. Its full steam ahead in the garden this term that's for sure!

**Hayden.**



Photos taken at the MIFG show by Fikr G, Yr10 and Jose O Yr 9



### Wednesday Morning Mass Roster for Term Two:

Thank you to the St Vinnies Crew for preparing Mass on Wednesday the 18<sup>th</sup> 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 25<sup>th</sup> March.

Date	School	Class
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

*Thank you to Ms Iaria and 9 Curtin for leading mass on Wednesday 22<sup>nd</sup> April. We would like to encourage more students to attend mass on Wednesday Mornings.*



### St Vinnie's Crew

The final tally:

O'Reilly	\$330.94
Reis	\$293.46
Guelen	\$284.21
Corbett	\$237.46
Total	\$1146.04

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

A big thank you to all members of the school community for your amazing contributions to Project Compassion. Thanks also to the St Vinnies Crew, SRC, School Leaders, Sports Leaders and every student and teacher for your generous donations.

*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>



### ANZAC Centenary

On Friday 24<sup>th</sup> April we gathered as a school to mark the centenary of ANZAC Day. We have been reflecting all week in homeroom and in Humanities on the history of this day and on the hardships of war and conflict in general.

Here are a few of the prayers we used this week. You may wish to pray these as a family.

#### Prayer One

God of love and liberty,

we bring our thanks this day for the peace and security we enjoy, which was won for us through the courage and devotion of those who gave their lives in time of war.

We pray that their labour and sacrifice may not be in vain, but that their spirit may live on in us and in generations to come.

That the liberty, truth and justice which they sought to preserve may be seen and known in all the nations upon earth.

Lord hear us.

#### Prayer Two

In this Easter season, remember, O Lord, all those the brave and the true, who have died the death of honour and are departed in the hope of the resurrection to eternal life.

In that place of light from which sorrow and mourning are far banished, give them rest, O Lord.

Lord hear us.

# NAPLAN

**The National Assessment Program - Literacy and Numeracy (NAPLAN) tests for students in Years 7 and 9 will be held on Tuesday 12 May, Wednesday 13 May and Thursday 14 May.**

The results of the tests provide information for parents and teachers about a child's performance in Literacy and Numeracy. This information can be used to support teaching and learning programs at the school level and improve student achievement. Each student's report will be sent home later in the year showing student performance on a national achievement scale for each test.

The NAPLAN tests assess:

- \* **Reading**      \* **Writing**      \* **Numeracy**
- \* **Language Conventions** (including spelling, grammar and punctuation)

*The students will be completing two numeracy tests. For one of these tests, calculators are permitted. Students **must bring their own calculator** to the test scheduled on Thursday 14<sup>th</sup> May. If any student does not have a calculator, please ensure that one is purchased as soon as possible to allow time to develop familiarity with its functionality.*

Information about NAPLAN for parents/carers can be downloaded from [NAPLAN Parent Information Pamphlet \(pdf - 251.03kb\)](#). Further information can also be found at <http://www.nap.edu.au/naplan/the-tests/the-tests.html> and [www.vcaa.vic.edu.au/prep10/naplan/index.html](http://www.vcaa.vic.edu.au/prep10/naplan/index.html)

## KEY DATES TERM 2 2015

**Monday 4<sup>th</sup> May:** School Photos

**Tuesday 5<sup>th</sup> May:**  
SACCSS Interschool Cross Country  
Year 8 Family Night: 8 Attard, 8 Clarke

**Wednesday 6<sup>th</sup> May:**  
Staff Planning Day: Students not required

**Thursday 7<sup>th</sup> May:**  
Year 8 Family Night: 8 Edison, 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 22<sup>nd</sup> May:** College Feast Day

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

**Monday 8<sup>th</sup> June:** Queen's Birthday Holiday

**Friday 12<sup>th</sup> June:** Immersion Day

**Tuesday 16<sup>th</sup> June:**  
Parents as Careers Partners night

**Wednesday 17<sup>th</sup> June:**  
Report preparation day

(No classes for students, except VCE and VET)

**CLASSES OF 1985**  
Catholic Regional College  
30 Year School Reunion

6:30pm, Saturday  
23rd May 2015

Club Italia Sporting Club  
128-152 Furlong Road, Sunshine

**TICKETS ON SALE NOW!**  
includes finger food, live band and DJ

Visit us on Facebook  
CRC 30 YEAR SCHOOL REUNION  
or email us at [crc\\_classof85@yahoo.com.au](mailto:crc_classof85@yahoo.com.au)  
for further information and ticketing

Dress Code: Smart Casual