



### **From Parent to Child**

*I gave you life,  
but cannot live it for you;  
I can take you to church,  
but cannot make you believe;  
I can teach you right from wrong,  
but cannot always decide for you;  
I can teach, of course, to share,  
but I cannot make you unselfish;  
I can teach you respect,  
but I cannot force you to show honour;  
I can advise you about your friends,  
but I cannot choose them for you;  
I can tell you about drugs,  
but I cannot say no for you;  
I can tell you about lofty goals,  
but I cannot achieve them for you;  
I can teach you about kindness,  
but I cannot force you to be gracious.*

*It is the hope of every parent that their child will become a man or woman of honour and strength; a person of strength who makes the right decisions and respects the rights of others to make their personal choices.*

*Every parent experiences the paradox of guiding and directing a child while taking the necessary steps to let the child learn to make his or her own decisions. The instinct of the parent is to hang on to their children, to protect them and to enjoy the bonds of dependency. Yet they know they must nourish independence and prepare their children for responsible adulthood. Children must grow to make their own choices and decisions, to establish their integrity and love of others, to learn the value of unselfishness, generosity, kindness and morality.*

*(Author Unknown)*



### *From the Principal . . .*

**Our opening reflection was used at a recent Year 8 Family Night. I know that it hit a chord with a number of parents / guardians as it captures well the struggle for all who work with young people, particularly adolescents.**

### **Pentecost**

*This Sunday marks the Feast of Pentecost. At Pentecost, fifty days after Easter, we celebrate the coming of the Holy Spirit into the lives of Jesus' scattered and frightened friends. Pentecost is seen to be the birthday of the Christian community, or in other words, the birthday of the Church. Imagine what it would have been like for the disciples in the days after the ascension. They undoubtedly felt helpless and confused. It is little wonder that they chose to hide away in the upper room.*

*The arrival of the Spirit, as promised by Jesus, changed this radically. Renewed and transformed by the Spirit, the early Christians were able to do remarkable things. With the Spirit at work in their lives, they found the courage to be the disciples that Christ called them to be; to speak to crowds of every race and nation and to create understanding rather than division between people.*

*At tomorrow's Feast Day mass we will come together as a school community to explore how we, with gifts that differ, can come together as one to renew the face of the earth.*

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## *Feast Day Mass*

Mass will be at 9.30am in Sacred Heart church. Families are warmly invited to join us for mass.

## *Arrangements for Feast Day*

The planning is done, preparations are finished, fingers are crossed that the weather will be kind to us and there is only one sleep to go to Feast Day. I hope that everyone has a great day. School will begin at the normal time of 8.40am and conclude at 3.05pm.

## *Congratulations*

Last week was a big one for Years 7 and 9 students as they sat their NAPLAN literacy and numeracy tests over three days. Congratulations to all students involved. They approached the tests with maturity, listened carefully to instructions and it was clearly evident that they were keen to do their absolute best.

Thank you to families for ensuring that there were no unnecessary absences on these days. This helped to reduce the number of 'catch up' tests that we had to run.

Lastly, thank you to all the staff involved, particularly Peter Renda, Odelia D'Souza and Grace Cini for their organization of NAPLAN.

## *Year 10 Drama Night*

On Tuesday night we enjoyed a night at the theatre. As part of their final assessment for the semester the Year 10 Drama class presented two very different plays. The first, 'Smart Phones, Dumb People' was a thought provoking look at the pitfalls of social media, and, in the second, we

enjoyed a comic interpretation of the epic Greek myth, Perseus and Medusa. The performances were entertaining and students displayed their understanding of a range of styles and techniques. Congratulations to all involved, particularly Mhairi Shepherd, the Year 10 Drama teacher. It was a terrific night.

Thank you also to all the students, staff and families who supported students at the lunchtime matinee or at the evening performance.

## *Enhancing Catholic School Identity surveys*

In the next few days families will receive a letter inviting parents / guardians to complete these surveys. I ask that you read through this information carefully and if at all possible, participate in this process.

## *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 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.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:

10 MacKillop Community Service  
 Year 7 Premier League  
 Years 7 and 9 NAPLAN Testing  
 Year 10 Outdoor Education Camp  
 Senior Pathways Transition program  
 Year 7 Safety on Public Transport talks  
 Project Rokit presentation for Year 9  
 Interschool intermediate futsal competition  
 Year 10 Drama night

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**

*Someone Once Said...*

“Family is not  
 an important thing - it is everything”

- Michael J Fox

## KEY DATES

**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)



## family Matters

### Year 9 & 10 Examination Schedule

*As we are now well into Term 2, Year 9 and 10 students should be preparing in earnest for their exams. It is important that students develop and adhere to a study routine and follow the advice of their teachers in order to prepare thoroughly for all exams. We wish them well with their studies.*

#### Year 9 & 10 Exams Friday 5<sup>th</sup> – Thursday 11<sup>th</sup> June 2015

### Exam Schedule:

#### Year 9

Normal classes periods 3-6 on Friday

Normal classes periods 1 & 2 on Tuesday and Wednesday

Normal classes periods 3-6 on Thursday

#### Year 10

Start at lunch time on Friday 5<sup>th</sup> June

Normal classes on Tuesday 9<sup>th</sup> June and Wednesday 10<sup>th</sup> June during periods 3-6, unless required at Sydenham

Start at recess time on Thursday 11<sup>th</sup> June

TIME	Friday 5 <sup>th</sup> June (Day 10)	Tuesday 9 <sup>th</sup> June (Day 2)	Wednesday 10 <sup>th</sup> June (Day 3)	Thursday 11 <sup>th</sup> June (Day 4)	
Periods 1 & 2	Year 9 Humanities	Year 10 Maths	Year 10 RE	Year 9 English	
Periods 3 & 4		Year 9 RE	Year 9 Maths	Year 10 Science	
Periods 5 & 6	Year 10 English	Year 9 Science	Year 10 Italian	Year 9 Languages	Year 10 Humanities

### Year 7 Enrolments for 2016 are now open

*Enrolment information is available from the school office or on the 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](mailto:astokie@crystalbans.com.au)

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

### Enhancing Catholic School Identity' (ECSI) survey

Parents / Guardians who would like help or company when completing the 'Enhancing Catholic School Identity' (ECSI) survey are invited to join us:

What: ECSI Survey Day

Where: College Library

Who: Parents / guardians

When: **Wednesday 3 June**  
at 9.30am OR 2.00pm OR 7.00pm

We will provide

**NIBBLES ..... COMPUTERS ..... INTERPRETERS and HELP**

All you will need to bring is yourself.

### SCHOOL FEES

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

**\$100 DISCOUNT**

will apply.

### A reminder that First Term Fees are now overdue

If families are having any difficulties with school fee payments please do not hesitate to contact me as soon as possible at the college office, on: 93662544.

Anne Ross



**St Vincent de Paul Society**

*good works*

*There are more than 105,000 Australians who sleep rough each night of the year. Just under half of these are women; a quarter of these are under the age of 18.*

*Business and community members are invited to rise to the challenge and experience what it's like to be homeless for one night and help Vinnies raise vital funds and awareness of homelessness.*

**When :**

Tuesday 23<sup>rd</sup> June – Wednesday 24<sup>th</sup> June

**Time :**

6:45pm Tuesday till 8:00am on the Wednesday

**Place :**

College Hall

**ONLY 40 PLACES AVAILABLE AT THE WINTER SLEEPOUT**

Participants will be required to donate blankets or jumpers for the St Vincent De Paul Society.

Application forms can be collected from the front office and need to be returned to the office by Friday 12<sup>th</sup> June. Students will be notified of their success by 3:05pm on Monday 15<sup>th</sup> June.

As a school we will all have a chance to donate money to support the Winter Sleepout – More information will follow in regard to this.

Please see Faith Nguyen or Hieu Nguyen (Our Social Justice Captains) if you have any further questions.

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

<i>Date</i>	<i>School</i>	<i>Class</i>
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 Mr Marshall and 8 Clark for leading mass on 13<sup>th</sup> May.*

**St Vinnie's Crew**

**THE WINTER SLEEPOUT IS HERE !!!**



## SACCSS Intermediate Futsal

The girls' and boys' teams competed at the SACCSS Futsal competition at Albert Park Indoor Sports Centre. Both teams did well, the girls team, coached by Mr Donahoo, won one match and drew two, and the boys team, coached by Jack, managed to make it to the semi-final. Great skills were shown by all players and the tournament was enjoyed by all.

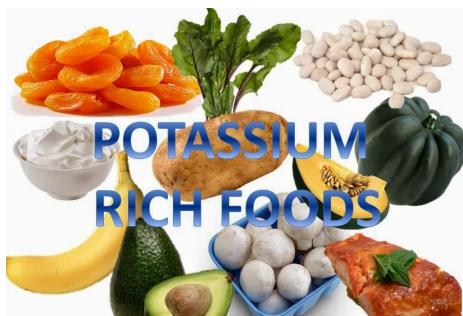


### Welcome back to Nutrition Corner.

**SALT:** Are we eating too much of it? Salt is a highly consumed mineral, which makes food tastier. Salt is also hidden in many foods we buy and because of this we are now consuming more than is recommended. A diet high in salt is the leading cause of Hypertension, stroke and Cardiovascular disease. Cardiovascular disease is the leading cause of deaths worldwide. Salty foods also drive our thirst for sugary soft drinks, with both sugar and salt being the leading cause of childhood obesity. In Australia, Children generally consume salt through bread, cereals and cereal products. It is surprisingly scary just how much salt is in a serving of cornflakes and a couple of pieces of toast. Not to mention, the alarming levels in fast food and in the many sauces and condiments we consume on a daily basis. The statistics: the National Health and Medical Research Council of Australia have revealed the UL (the Upper Limit is the most we should be consuming) recommendations of salt intake and how much Australian children are actually consuming.

Age group	Recommended UL	Ave daily salt intake
2-3 years	2.5g	4.2g
4-8 years	3.5g	5.4g
9-13 years	5g	6.7g
14-18 years	5.75g	7.9g

There is no doubt that Australian children are consuming too much salt. Many of us are under the impression that we need salt. It is true we need some, but not too much. Unfortunately, it can become an addiction once there is a taste for it. Let's face it, how boring would hot chips be without salt? The key is to reduce it in small steps, as food will taste bland and boring without it. You could also try sprinkling lemon juice and a variety of herbs and spices on your food to impart flavour.



Increase your consumption of foods rich in potassium. Potassium is a mineral that works by *protecting blood vessels from oxidative damage* and does a balancing act with sodium in order to keep our cells healthy. Currently we are consuming too much salt and not enough potassium. Potassium rich foods: BANANAS, YOGHURT, SWEET POTATO, GREEN BEANS, MUSHROOMS and POTATO SKINS.

[http://www.awash.org.au/wp-content/uploads/2012/10/Salt\\_score\\_card\\_for\\_kids\\_meals.pdf](http://www.awash.org.au/wp-content/uploads/2012/10/Salt_score_card_for_kids_meals.pdf)

... This is a link to help you choose products low in salt. It comes from the Australian world Action on Salt and Health. Another way to help reduce salt is look at labels on foods and make sure there is no more than 100mg for each serve. Breads and cereals should be your first step in reduction as taste is not such an issue with these foods.

Until next time .....



## CATHOLIC REGIONAL COLLEGE SYDENHAM

*Welcomes you and your son / daughter to*



*a tour for prospective enrolments to the  
preeminent senior secondary college  
in Australia*

**THURSDAY 4 JUNE 2015  
9.00AM**

380 Sydenham Road, Sydenham 3037

Meet the Principal.

Tour the college.

Experience award-winning facilities first hand.  
Understand why 'choice like no other' is used  
to describe the curriculum.

Enjoy coffee from our bakery.

Meet the students and hear from them about  
their school.

***Change your view of what education should  
be for your child***

To register for the program please contact Gina  
Zumbo, enrolments Officer on: 9361 0004 or  
enrolments@crtsydenham.net

## 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. Please ring the office, on 9366 2544 or come in and speak to Jill.