



The Body of Christ

*Christ has no body now on Earth
but yours;*

*He has no hands on earth
but yours;*

*He has no feet on earth
but yours.*

*It is your eyes through which
His compassion is to look out
upon the world.*

*It is your feet with which
He is to go about doing good.*

*It is your hands with which
He is to bless people now.*

*Christ has no body now on earth
but yours.*

(St Teresa of Avila)



From the Principal...

Feast Day

Two weeks ago, students and staff enjoyed a terrific Feast Day. The day began with mass, followed by some lively activities in pastoral care and then the much anticipated Feast Day carnival. Blessed with good weather we enjoyed a perfect day. Everyone was in fine spirits and it was great to spend time together, just having fun!

Thank you to Fr John O'Reilly for celebrating mass with us and to the students and staff who prepared our liturgy: the choir, the liturgy team, readers, servers and those who led the gathering rite, prayers and homily.

Thank you also to the staff and students who organised the pastoral care activities, helped with setting up the carnival and assisted in cleaning up at the end of the day.

Feast Day is the work of many hands. We're very appreciative of the assistance of friends and family on days such as this. Thank you to **Laura Kretiuk, Mirjana Strmota, Maryanne Zammit, Louia Alsammour, Eda Dal Corobbo, Hang Hoang, Emmanuella Carville, Sergio Silva and Maria Silva** who helped on the various food stalls and with activities.

The Feast Day carnival gets bigger and better each year. Thank you to Kevin Quinn and the SRC on an outstanding job in organising this year's event. If the squeals are anything to go by, the giant slide was a winner!

Enhancing Catholic School Identity surveys

We are making some progress to our target of 59 families but need a few more. Thank you to all the families who have already completed the survey. The surveys close on **Friday 19th June**. It would be great if we could get a few more in.

CONTINUED OVERLEAF

Continued from Page 1

Families who have misplaced the instruction sheet or who need a survey in Vietnamese or Arabic are asked to email Anne Stokie at astokie@crcstalbans.com.au who will forward the information.

Exams and final assessment

Years 9 and 10 students begin their exams today and as we move towards the end of the current learning and assessment cycle students across the school will have a number of pieces of work due. This can be a stressful time of the year.

In the Families Matter section we have included an article by Michael Grose which outlines some ways that families might assist young people in managing their emotions. Families are in a very good position to coach students around these strategies. It is worth considering both the healthy and unhealthy approaches.

Wednesday 17th June 2015

Families are reminded that students are not required at school on Wednesday 17th June. On this day staff will be correcting exams, finalising assessment and preparing end of semester reports.

Year 10 Music Night

Congratulations to all involved in the Year 10 Music Night last week. Students worked in bands, ensembles and as soloists to present a varied program that was well received by the audience. The night was a chance for some very talented vocalists and musicians to display what they have learnt this semester.

Thank you to all the families, staff and friends who came to support students on the night and to all involved in the night, particularly Robert Raymond, the Year 10 Music teacher and the performers. A special thank you to Brad Bellard (8 Edison) who made a guest appearance during the intermission. Brad is an extremely talented keyboard player and his performance was very much appreciated.

Dante Aligheri Italian poetry competition

Congratulations also to the Years 9 and 10 Italian students who participated in the poetry competition. Students grappled with some quite challenging pieces for their recitation and again represented the College very well. Thank you to Melissa O'Shea and Jess Iaria for preparing students and accompanying them on the day.

Williams Cup

Congratulations to Reis House on winning the Year 9 Dodgeball competition and to Corbett on being the runners up. Overall points standing at the moment for the cup are as follows:

O'Reilly:	57
Guelen:	45
Reis:	42
Corbett:	31

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 19th 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
Senior Pathways Transition program
Year 9 Mock Job Interviews
Year 7 Visual Arts excursions
Potato Planting at Padley Park
ICAS Science competition
Basketball Victoria competition
Year 10 Music Night
Dante Aligheri Poetry competition

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



Catholic Regional College St Albans

A few vacancies remain for
year 7 2016

To enrol call **Anne Stokie on 9366 2544**
or visit **www.crcstalbens.catholic.edu.au** for
more details



www.crcstalbens.catholic.edu.au
9366 2544

Welcome back to Nutrition Corner.

SUGAR! (The Bad Carb) We all love a little sugar every once in a while. A treat in the form of chocolate or a little cake is fine if it is an infrequent kind of treat. Too much sugar is the biggest cause of obesity and dental caries in children today. Unfortunately sugar is being consumed far too often and at times we are unaware of just how much we are consuming and how much sugar is in certain foods. You may have heard about Good Carbs and Bad Carbs. Unfortunately many people misinterpret information and try to cut out all carbs in order to be healthier. This is not essential. Good Carbs are needed for maintaining good health. Fruits, vegetables, wholegrain cereal foods and grains such as oats are where you will find your Good Carbs. Bad Carbs include just about anything that has refined sugar in it. Cakes, biscuits, lollies, chocolate bars, donuts, packet chips, pizza, hamburgers and white bread are all Bad Carbs and are now naturally a frequent addition to the western diet. Another unlikely culprit is the many

breakfast cereals available to us such as, Coco Pops, Fruit Loops, Cornflakes, Nutri-grain and others that contain more sugar than fibre. When choosing a healthy cereal for your family, it is important to look at the Nutrition Panel on the packaging to see how much sugar is in a product. <http://www.acaloriecounter.com/breakfast-cereal.php> this link gives you the low down on how much sugar and little fibre is in many breakfast cereals. Many cereals are high in kilojoules (empty energy) and contain NO essential nutrients. Drinks like coke, sugary fruit juices and so-called sports nutrition drinks can contain up to 10 teaspoons of sugar in each serve.

WARNING! Sugar Can Cause Insulin Resistance, a Stepping Stone Towards Metabolic Syndrome and Diabetes

It allows glucose (blood sugar) to enter cells from the bloodstream and tells the cells to start burning glucose instead of fat. Having too much glucose in the blood is **highly toxic** and one of the reasons for complications of diabetes, like blindness and infections that don't heal. One

feature of the metabolic dysfunction that is caused by the Western diet is that insulin stops working as it should. The cells become "resistant" to it. The bottom line: **When people eat a lot of sugar, it can cause resistance to the hormone insulin, which can contribute to many diseases. Sugar also causes inflammation in cells, which can lead to cancer and heart disease.** Sugar can easily become an addiction and there are occasions when we all feel like something sweet. Fortunately there are alternatives. Here are a couple of links to point you in the right direction. <https://iquote.com/> <http://www.sarahwilson.com/>

Until next time...



It's nearly time again for the **Brimbank Writers Awards**.

We have plenty of great categories and this is your chance to share your story plus you could win great prizes.

Teenage Short Story (13-17 years) – Up to 1,000 words.

1st Prize: \$200 2nd Prize: \$100

Highly Commended: \$50

Teen Poetry (13-17 years) – Up to 300 words

1st Prize: \$150 2nd Prize: \$100

Highly Commended: \$50

Songwriting (13 years & over) – up to 300 words

1st Prize: \$300 2nd Prize: \$150

Highly Commended: \$100

EAL(English as an Additional Language) – Up to 1,000 words.

1st Prize: \$300 2nd Prize: \$150

Highly Commended: \$100

We are also having free workshops that you can attend for help and Inspiration. **Spots are limited so get in quick.**

For inquires and details about other categories call **9249 4650**

So get writing J

Entries are open from the 1st of June.



B R I M B A N K
WRITERS
 A W A R D S
 1 June – 10 July 2015



Wednesday Morning Mass Roster Term 2

Date	School	Class
10th June	CRC	10 Little- JMD
17th June	Sacred Heart	
24th June	CRC	7 Kiewa- JDS

Thank you to Mrs McDonald and 7 Snowy for leading us in a mass with the theme of Service on the 27th May.

Mass Overhead Operators

We are looking for more students to get involved in operating and displaying the overheads for mass on Wednesday Mornings. If you want to learn or give it a go, please see Mr Marshall.

St Vinnie's Crew

THE WINTER SLEEPOUT IS HERE !!!



When :

Tuesday 23rd June – Wednesday 24th June

Time :

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

Place :

College Hall

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 12th June. Students will be notified of their success by 3:05pm on Monday 15th June.



WINTER BLANKETS, JUMPERS, SOCKS, GLOVES, BEANIES...
The St Vinnie's Crew would like to collect as many second hand blankets, jumpers, jackets, beanies, scarfs, gloves etc...etc... to donate to this year's St Vinnie's Winter Appeal. We ask the school community to kindly donate any of these items in good condition. Please give all donations



Year 9 & 10 Examination Schedule

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.

SCHOOL FEES

All families should have received an updated statement balance as of 30th April.

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

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

\$100 DISCOUNT

will apply

Year 9 & 10 Exams Tues 9th – Thurs 11th June 2015

Exam Schedule:

Year 9

Normal classes periods 1 & 2 on Tuesday and Wednesday

Normal classes periods 3-6 on Thursday

Year 10

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

Start at recess time on Thursday 11th June

TIME	Tuesday 9 th June (Day 2)	Wednesday 10 th June (Day 3)	Thursday 11 th June (Day 4)
P 1 & 2	Year 10 Maths	Year 10 RE	Year 9 English
P 3 & 4	Year 9 RE	Year 9 Maths	Year 10 Science
P 5 & 6	Year 9 Science	Year 10 Italian	Year 9 Languages
		Year 9 Languages	Year 10 Humanities

Families may find the following article by Michael Grose interesting as it highlights some strategies that might assist families in working with young people around managing emotions.

15 healthy ways to manage emotions

By Michael Grose

Here are 15 healthy ways to manage your emotions that you can pass on to your children:

What training did you get from your parents in managing emotions?

If you are like me, you didn't get much really constructive help in recognising or regulating feelings.

"Don't worry! It will all turn out right!" was about the extent of the emotional management in my house.

I guess that's why many people automatically default to ineffective ways to manage difficult emotions as adults.

Ineffective ways such as:

- Avoidance:** "I'm okay, really!"
- Denial:** "Nothing wrong with me!"
- Wishful thinking:** "She'll be right!"
- Worry:** "What if...."
- Self-denigration:** "What do you expect? I'm a loser!"
- Blaming others:** "She makes me feel so mad!"
- Acting out (also abusing alcohol and other drugs):** "Come here you! I'll show you"

And they pass those same ineffective

methods on to their children. **Anxiety** (a legitimate feeling), **anger** (also legitimate) and **apathy** (not a recommended state) are now at epidemic proportions among children and young people, even though we live in affluent times.

Here are 15 healthy ways to manage your emotions that you can pass on to your children:

Quick strategies

1. Breathe deeply

The trick here is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight (or stand up straight) count to 3 quietly while breathing through your nose, and count to 5 while breathing out. Breathe slowly and deeply. You may even feel a little 'heady', which indicates deep (and low) breathing.

2. Find a favourite relaxation exercise

There are many instant relaxation exercises you can use to change your emotional state. My favourite way to manage nerves and tension is to tense my body for 3 seconds and then relax. Repeat this a number of times and you can't help but feel calmer. You can isolate part of your body such as your shoulders and arms to release the tension around your neck. There are plenty of quick techniques you can use to relax. Choose one or two

and use them.

3. Use a positive reappraisal

Sometimes known as positive reframing, positive reappraisal is a simple technique you can use to help you look at a situation or event in a different light. Emotions are caused not by an event, but by the way we look at an event. A wedding speech to one person is a chance to strut your stuff (so they feel excited), while someone else may see it as a nightmare (so they feel anxious). Change the way you view something and you'll better be able to manage your emotional response. "This is a challenge, not a problem" is a catch-all reappraisal. The more specific the reappraisal the more effective it will be.

4. Use positive, REALISTIC self-talk

Ever talked yourself out of doing something exciting, new or challenging before you've even started? Maybe you've said something like: "I'll never be able to do that." "This will stress me out big time." "I'm no good at...." I know I have. I talk myself into feeling stressed out.

Next time you catch yourself talking yourself or something down replace the negative with something realistic but more positive. Something like "I've done it in the past and I survived. So I should be able to do it again."

Repeat this a few times and your

emotional state will shift to a better one. You may not exactly be jumping over the moon with confidence but you will feel less stressed. That's what emotional management is about.

5. Exercise

Exercise releases endorphins; nature's feel-good chemical, which will move your mood to a better state. The paradox is that we often don't feel like exercising, when we really need it. Let's face it, when you come home from work tired and stressed, exercise is the last thing on your mind. BUT going for a run, walking the dog or even a playing a game outside with the kids is the very thing you need to feel better.

6. Distract yourself

A healthy distraction such as phoning a friend, reading a novel or watching a comedy is a way many people use to manage difficult emotions. It's a highly recommended strategy for natural worriers! It's amazing how much better a situation will seem after a short break.

Longer term strategies

7. Have constructive habits and hobbies

One of the tenets of good emotional health is that a person needs hobbies and interests that lift them up, making life enjoyable. Single-tracked lives— all work



Trợ giúp Tài chính
Thông tin cho Cha mẹ

Camps, Sports & Excursions Fund (CSEF)
Quỹ dành cho Cắm trại, Thể thao và Du ngoạn (CSEF)

Mọi trẻ em ở Victoria đều nên có được thật nhiều cơ hội học tập bên ngoài lớp học. Quỹ dành cho Cắm trại, Thể thao và Du ngoạn sẽ bảo đảm là không có em nào bị lỡ mất cơ hội cùng các bạn trong lớp tham gia các hoạt động quan trọng, mang tính giáo dục và vui nhộn.

Đi cắm trại với trường sẽ cho các em những trải nghiệm lý thú ở bên ngoài, các cuộc du ngoạn khuyến khích tìm hiểu sâu sắc hơn về hoạt động của thế giới và thể thao dạy các em kỹ năng làm việc theo nhóm, kỷ luật và lãnh đạo. Tất cả đều nằm trong khuôn khổ của một chương trình giảng dạy lành mạnh

CSEF sẽ được Chính phủ Tiểu bang Victoria cung cấp nhằm trợ giúp các gia đình hội đủ điều kiện để trang trải các chi phí cho các hoạt động du ngoạn, cắm trại, thể thao ở trường.

Nếu quý vị có thể giảm giá hợp lệ được cấp dựa trên trắc nghiệm tài chính hoặc là cha mẹ nuôi tạm thời (foster parent), quý vị có thể hội đủ điều kiện để nhận CSEF. Khoản phụ cấp này sẽ được trả cho trường để sử dụng cho các chi phí liên quan tới các hoạt động cắm trại, du ngoạn, hoặc thể thao phục vụ lợi ích con em quý vị.

Số tiền CSEF hàng năm cho mỗi học sinh sẽ là:

- \$125 cho học sinh tiểu học
- \$225 cho học sinh trung học

Làm thế nào để xin

Liên lạc với văn phòng của trường để lấy đơn xin CSEF hoặc tài từ www.education.vic.gov.au/csef

Ngày hết hạn

Quý vị nên nộp đơn xin CSEF tại trường trước ngày 26 tháng 6 năm 2015.

Để có thêm thông tin về CSEF, xin hãy vào trang mạng www.education.vic.gov.au/csef



Have you 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.

and no play – are recipes for emotional disasters. If you can relate to this, then I suggest you take the time to find a hobby or interest that juices you up.

8. Make physical activity a habit

How much do you move during the day? 10, 000 steps a day is related to good physical and mental health. This was relatively easy to do before modern transport made walking largely redundant as a mode of transport. Now we have to purposefully exercise if we are going to getting anywhere near to close to the amount we need for optimum mental and physical health. Daily walks, regular swims, playing team and individual sports are all great mood shifters we need to incorporate into our lives.

9. Meditate to stop those thoughts

If you struggle to close down the thoughts that race through your brain, then meditation will offer you the relief you need. Living with a brain that never seems to close down, or at least never stops ruminating and examining all sorts of scenarios can be exhausting robbing you of huge amounts of emotional energy. Alcohol is one solution, but not necessarily healthy. Parenting ideas recommends meditation as a life skill that will help you balance to your emotional state.

10. Let me entertain you!

Fun is an antidote to poor mental health. People who have no fun in their lives have no mechanism for pushing their moods into a positive direction. Music, television, and video games are all great forms of entertainment that help change moods. It's unhealthy though to use entertainment as a permanent escape from the situation that caused unpleasant feelings in the first place.

11. Find spirituality or something bigger than you

It's no coincidence that most sustainable cultures have an aspect of spirituality present- that is, there is something or someone bigger than us present. As Western cultures have become more prosperous the place of religion specifically, and spirituality in general, has diminished. We are the poorer for it as we've become insular as individuals. If religion whether organised or unorganised is not your bag, then find a cause that inspires you and makes you feel significant through your contribution. Adding meaning to your life will help you make sense of difficult feelings, and importantly, keep the blue moments in perspective.

12. Modify the situation

Ever lay in bed stewing over a problem or situation and worked yourself into a real knot. Suddenly you feel overwhelmed. I've done this often. The best solution for me is

to get to work on the problem, rather than stew over it. Plan that talk, make that difficult phone call, have that difficult conversation. Action is a great antidote to worry.

13. Change your goal

Sometimes our emotional state is giving us a message- that is, we are not on the right path. There are times when we set ourselves targets or aspire to goals that are unrealistic and unattainable. The result of our honest efforts is that we continuously feel overwhelmed, swamped and stressed. If this is the case, then it may be time to reassess what you are trying to achieve so that you can more easily manage your emotional state.

14. Get support from others

Asking for help takes many forms. It may be simply having someone at work you can offload your worries to when needed through to joining a specific support group (such as a parent group of children on the spectrum) so that you can share your experiences and get validation for the frustration, stress or anxiousness you may be experiencing.

15. Seek professional counselling

We all get stuck from time to time by aspects of our lives, such as experiencing loss, transition or trauma. When this happens we need a professional who can

help us take the steps needed to become 'unstuck'. A well-known song by US singer Kenny Roger song went, "You've got to know when to hold 'em, know when to fold 'em and know when to walk away." I'd like to add another line- "You've got to know when to get some help." Seeking help is something we are getting better at as a community, but we still have a long way to go until it accepted and normalised.

Check out how many of these healthy emotional management techniques you currently practice. My guess is that you do many of these intuitively, but you weren't aware that they are emotional management techniques.

What would you like your kids to say?

There are plenty of healthy ways to regulate our emotional states, but often we simply default to unhealthy, unhelpful ways out of habit or because we know no other ways.

If someone asked your children in thirty years time to articulate the lessons they learned from you, hopefully they'll be able to recount some of the right ways outlined above rather than pull out strategies from the 7 wrong ways list.



OUTDOOR EDUCATION WITH YEAR 10'S



CAREERSCORNER
MOCK INTERVIEWS

This week Year 9 students attended mock interviews as part of the Year 9 TRINITY program.

WITH YEAR NINE

KEY DATES

- Monday 8th June:**
Queen's Birthday Holiday
- Friday 12th June:**
Immersion Day
- Wednesday 17th June:**
Report preparation day
(No classes for students, except VCE and VET)
- Friday 26th June:**
Final Day of Term 2
School finishes at 3.05pm

TERM 3

- Monday 13th July:**
(Day One) Term two begins

Morning Tea for the Anti-Cancer Council



A delightful Morning Tea was enjoyed last week, prepared by staff, which raised almost \$200 for the Anti-Cancer Council.

Someone Once Said...

“ The empires of the future are empires of the mind. ”

- Winston Churchill