



### *Feast of St Mary of the Cross MacKillop*

If I could tell the love of God  
I'd sing of one my heart enjoys,  
of one who whispers, warm and calm,  
of one whose tender touch persists.

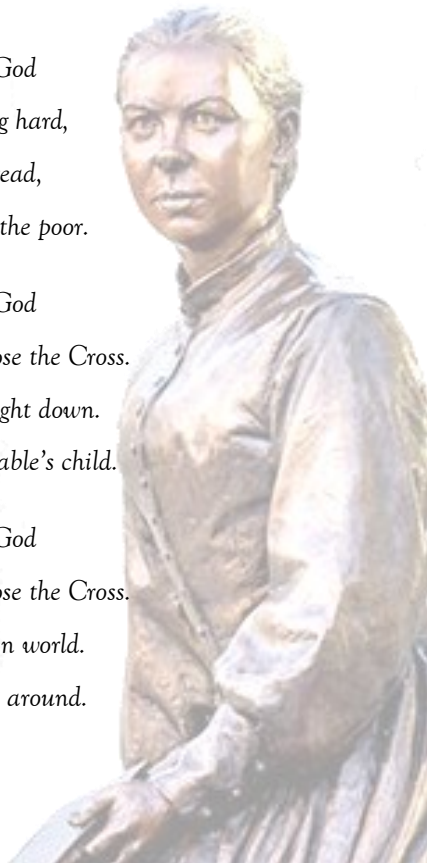
If I could tell the love of God  
I'd sing of beauty barely seen,  
of shadow gums and stringy bark,  
of tracks and water hard to find.

If I could tell the love of God  
I'd sing of women seen as fools  
because, in Joseph's hidden way,  
they crossed the empty land with trust.

If I could tell the love of God  
I'd sing of women working hard,  
receiving bits of broken bread,  
and poor enough to serve the poor.

If I could tell the love of God  
I'd sing of Christ who chose the Cross.  
His wisdom brings the might down.  
His strength uplifts the stable's child.

If I could tell the love of God  
I'd sing of Christ who chose the Cross.  
His justice mends a broken world.  
His mercy turns the grave around.



### *From the Principal . . .*

**Tomorrow marks the Feast Day of St Mary of the Cross. Our opening prayer by Noel Rowe is based on notes that Mary kept in her journal whilst on retreat. The prayer captures well her love of God, her sense of hope and the courage with which she approached life and hardship.**

### *Student Parent Teacher interviews*

It was great to catch up with families at the interviews last week. I hope that you found the feedback helpful and that students now have a clear picture of what they need to do to ensure a productive and fruitful second semester.

I know that finding the time to attend these interviews isn't always easy, however, your support and presence is very much appreciated.

A small number of families were unable to attend. Pastoral care teachers or Year Level Leaders will make contact in the next week or so.

On behalf of families, I'd like to thank staff for their time and input over the two nights.

### *Parent Access Module (PAM)*

Families are reminded that you have ongoing access to attendance information, due dates for work and assessment through the Parent portal, PAM.

From Monday 10 August the Daily Student Bulletin will be available to families through PAM. This is a good way of keeping in touch with what is happening in the school. It would be great if families checked this from time to time.

If you have misplaced your password please contact the office and we will resend it.

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Continued from Page 1

## *Staff Planning Day*

**Wednesday 12 August** is a staff professional development day and **students will not be required at school.**

On this day Language, Arts, PE & Health and Technology teachers will continue to work with Dr. Adrian Bertolini on re-writing the curriculum in light of AusVELs. A number of staff will visit other schools to look at personalizing and differentiating learning.

## *Corbett House Week*

Thank you to Brayden Willie (House Captain) and his energetic team for organising a terrific Corbett Week. Throughout the week we've enjoyed all things blue and 'Corbettarians' have organised a range of lunchtime activities for all to enjoy.

Corbett House is named after Fr. Vin Corbett who was the founding parish priest of Resurrection Parish in Kings Park in the late 1970's. Fr. Vin sowed the seeds of what is today a wonderfully diverse, inclusive and dynamic parish. He was a gentle man, a great listener and story teller; a man who loved nothing better than spending time bushwalking, particularly in the Victorian High Country. In recent years Vin Corbett has worked in pastoral care at the Sacred Heart Mission in St Kilda.

## *Visit by Nanhu International Experimental Middle School (NIEMS)*

Yesterday students and staff from Nanhu International Experimental Middle School (NIEMS) visited CRC St Albans. NIEMS is a middle school about 2½ km from Shanghai, in Jiaxing, Zhejiang, China. The purpose of the visit was to begin exploring a possible Sister School relationship.

## *Year 8 City Experience*

From all accounts Year 8 students and staff had a terrific time on their recent Gr8 Escape into the City. Students spent the first day completing Melbourne Discovery which is a large scale scavenger hunt around the city. Working in groups of 5 – 6, students use their initiative and wit to follow a Habits of Mind trail across the city. On the way they collect photos, treasures and information

about the sites they visit. Points are awarded for each discovery.

On the second day they filmed their promotional videos of Melbourne. This task is part of an English unit on advertising.

Both students and staff arrived back exhausted but very happy. In their words, *they walked 'miles'* and had a great time. Staff were very impressed with students' kindness, impeccable manners and the way they cared for each other whilst out and about.

Thank you to Mr Tobin (Year 8 Level Leader) and all the staff who organised and participated in this activity. It has been a highlight for Year 8 students.

## *Congratulations*

The Intermediate Boys Basketball team recently made the semi-finals in their division of the Victorian College Championships. It was a fine team performance and the boys should be very proud of their achievement and of how they represented the College. Many thanks to Hayden O'Doherty for his work with the team.

## *Year 10 Work Experience*

Last week we welcomed back the Year 10 students from work experience. For many it was an eye-opening and enjoyable week. They were able to develop a range of new skills and to stretch themselves in a situation that was outside their comfort zone. As is the case with many jobs they experienced the mundane and routine, as well as the new and exciting. Feedback has been excellent. Staff returning from visits had many good news stories to share. Many employers have already indicated that they're keen to take students again in 2016 based on their positive experience this year.

On behalf of the Year 10 students I'd like to thank Jill Gerada, Jacinta Dykes, Vince Iannuzzi and the Year 10 teachers for preparing and supporting students through this experience. Thank you also to the employers who took on our students. With workforce cutbacks and work placement a growing component of many VET and tertiary courses it's becoming more difficult to place students. We really appreciate all who support this valuable program.

## 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 3 2015:

Friday 21 August

Friday 4 Sep

Friday 18 Sep

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 Mannix Community Service  
Basketball Victoria: Victorian College Championships  
Sydenham Open Day and Careers Expo (Year 10)  
Year 7 Verbal Combat performance.  
Author in Residence program  
Australian Maths competition  
Year 10 Media Arts film making excursion  
Year 7 Languages excursion  
Year 7 and 8 Interhouse Basketball Tournament  
Elective selection process Years 8 -> 10  
Crystal Growing activity  
Sprint Training  
Discuss and shot put tryouts  
Corbett House week  
Year 9 Media Arts excursion

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

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*Someone Once Said . . .*

“ He who sings  
scares away his woes ”

- Miguel de Cervantes Saavedra

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On Tuesday the 21<sup>st</sup> of July Year 9 parents and students gathered in the Language centre to learn more about different career paths currently available to them.



Thankyou to our speakers, former CRC ST Albans students, Arianne Garay, Chris Fenech and Rosa Maria Logozzo who spoke about how their VCE and VCAL pathways have helped them get their dream jobs.

### **CAREER CALENDAR**

#### **August**

#### *University Open Day Month*

Australian Catholic University Melbourne Campus:  
9 August 2015, (10am-4pm)

Deakin University Melbourne Burwood Campus:  
23 August 2015, (9am-4pm)

La Trobe University Melbourne Campus:  
9 August 2015, (10am-4pm)

Monash University Berwick Campus:  
29 July 2015, (4pm-8pm)

Business Open House (City, Collins St):  
9 August 2015 (11am-3pm)

Pharmacy Open House (Parkville):  
16 August 2015, (10am-3pm)

Clayton and Caulfield Campus:  
23 August 2015, (10am-4pm)

RMIT University City, Brunswick, Bundoora  
Campuses: 9 August 2015, (10am-4pm)

Swinburne University of Technology  
Hawthorn Campus: 2 August 2015, (10am-4pm)

University of Melbourne (The) Parkville &  
Southbank Campuses:

16 August 2015, (10am-4pm)

Burnley Campus: 5 September 2015, (10am-4pm)

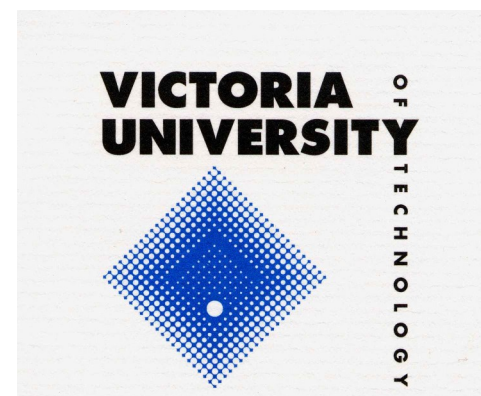
Victoria University Footscray Park Campus:  
23 August 2015, (10am-3pm)

## **WRITING ENRICHMENT DAY**

*Creative English broadly varies with multiple career pathways with the purpose to communicate through different medias. This includes, Poetry, Fiction Writing, Music and Lyrics and Life Writing.*

Seven students in year 10 engaged in a Writing Enrichment Day and had an insight of the career pathways at Victoria University in the Footscray campus. This campus specialised in creative English with teachers who are exceedingly proficient and have been involved in the industry they're teaching. The main objective of the day was to have fun and expressing themselves, with no right or wrong answer. This experience enabled the students to develop practical and analytic skills with the combination of sound theoretical understanding. The students were assorted with different schools, which enable them to connect with people of contrary levels and ambitions. The day was composed of a morning and afternoon session of two workshops of their choice. In between the sessions, the students were provided lunch from a diversity of choices. The day concluded on a high note with prizes being given away and a reflection of their day. Overall, this experience provided an opportunity for the students to open up their minds to unfamiliar ideas while stepping outside their comfort zone.

*Teresa Phan 10MC*





### Wednesday Morning Mass

Wednesday Mass Roster for term three:

19th August	CRC	9 Hughes - DIO
2nd September	CRC	7 Yarra - MPO

A special thank you to 9 Deakin for leading us in mass on Wednesday 5th August.



St Vincent de Paul Society  
*good works*

**WHAT'S NEXT?**

### 20c Coin Drive

**Start collecting your 20c coins!**

Make a difference. Make the distance.

Start collecting your 20c coins.

To help raise much needed funds for the Holy Eucharist Food Bank, we will be running a 20c coin trail. We need everyone to start collecting their 20c coins and place them in the boxes provided in your homerooms.

Our aim is to make a coin trail that matched the distance from the Arthur Street Community Enterprise to the Food Bank at Holy Eucharist. This is exactly; 2.4 km. So we need 20c coins to make the distance. Each 20c coin is 4cm.



### Bahay Tuluyan Kids View Conference

On Wednesday 22nd July, 10 students and Mr Marshall attended the conference. It was a wonderful conference that had us crying, laughing; having fun but most of all we learnt so much about the struggles of children in places of poverty.

Here are some of the reflections from the students:

*"I learnt about the poverty in the Philippines. I was told stories of how the children were forced to live on the street and placed into terrible accommodation. There isn't enough food, shelter, water...everything we take for granted. The conference made me realise that I can make a difference in small ways."* **Daniel DeDomenico, Year 7**

***"The Social Justice Conference taught me a lot of different things and was a very eye opening experience"***

*"Young men and women came from the Philippines talking about how a lot of families live there and how difficult it is for them to live a perfect life style. I remember when one of the speakers said that 'we are the richest people' Why? Well, I have a roof over my head, a bed to sleep in, a shower, food, fresh water, TV and technology the first time it was confusing to understand but then I realised how lucky I am to be here today, at school learning and living life to the fullest. This experience was amazing, meeting other students from different schools and getting into group discussions.*

*many of us came together to find a way to change poverty."*

**- Chloe Nunan, Year 9**

*"The Social Justice Conference taught me a lot of different things and was a very eye opening experience. Most of the things they said and told us was all new to me and I did not know about what was happening in other parts of the world. It was very surprising to me when they told me that I was one of the richest people in the world even though I may not look like it; other people from around the world have very little and struggle just to have their basic needs for survival. I feel like now I can actually make a difference and change someone's life who is less fortunate than me."*

**Tony Lam, Year 9**

**Kids View**  
*Be the change you wish to see in the world*  
- Mahatma Gandhi



## family Matters

### SLEEP AND LEARNING

*Research says that adolescents need MORE sleep than younger and older people. But they usually don't get it. How many hours of sleep per night should teenagers be getting? The current thoughts are that teenagers need about 9 ¼ hours per night. Most teenagers only get between 7 and 8 hours putting them into 'sleep debt'. Too little sleep affects brain function, including mood, concentration, memory and problem solving ability.*

**Below we have included some advice about developing sound sleep routines. If you are short on sleep these are well worth a try.**

### Study Skills

#### The role of sleep and learning

#### KAREN BOYES

Getting a great night sleep is essential for brain health, and especially important when learning and studying. Researcher Chris Evans believes the most important function of sleep is to allow your brain to consider the new things that have been learned that day. He suggests new learnings are filed and consolidated in the memory system during sleep.

Teenagers usually need more sleep than adults as their brains and bodies are going through significant growth and change. It is recommended that teenagers get around 9 1/4 hours of sleep to be their best. Lack of sleep affects brain function including mood, concentration, memory and problem solving ability.

*It can be tempting to burn the candle at both ends while studying however, if you get adequate sleep it can maximise the learning you do while you are studying.*

To get a great night's sleep, here are four tips:

1 Make your bedroom a haven for sleeping  
it is essential to make your bedroom space calming and comfortable. The brain loves neat and tidy. Sleeping in an over-busy and messy room can often stimulate the brain, making it harder to relax, so tidy up unfinished work and clear the floor. Another tip is to turn your digital clock around so you cannot see the time. This is for two reasons. Firstly, the light shining in your room can stop the natural sleep process and secondly, you do not want to be continually checking the time and cause yourself stress because you are not sleeping. Ensure your room is on the cool side rather than the hot—studies show that rooms 5—10 degrees lower than the average daytime temperature can help with sleep.

2 Avoid TV or screens before bed  
The effect of screens on the brain before bed is well documented. While checking your phone or reading on a device just before bed might seem natural enough, it is not for your brain. A stream of phonons from the screen tells your brain it is not time to go to sleep

and in turn, this prevents the secretion of Melatonin; the chemical responsible for sleep timing and blood pressure regulation. Even just the small glow of the phone screen when you check the time at night can be enough to interrupt sleep patterns. The suggestion from experts is to shut all electronic devices off at around 9pm or an hour before you go to bed.

3 Be aware of what you eat or drink before bed  
Certain food can stimulate or diminish your ability to sleep. Foods to avoid before bed include spicy foods, caffeine and high fat foods. Instead, choose foods that contain tryptophan such as turkey, eggs and milk which can help promote sleep. Nutritionist Jessica Redmond suggests it is best to avoid eating large meals in the hours leading up to bedtime. If you have to eat right before bed, eat a small meal or pre-portioned snack.

4 Start a bedtime routine  
Dim the lights while you get ready for bed, or turn off bright overhead lamps and switch to a soft bedside lamp. Your body is programmed to sleep when it's dark. Attempt to go to bed at the same every night and choose a time when you normally feel tired, so that you don't toss and turn. Try not to break this routine on weekends when it may be tempting to stay up late. If you want to change your bedtime, help your body adjust by making the change in small daily increments, such as 15 minutes earlier or later each day.

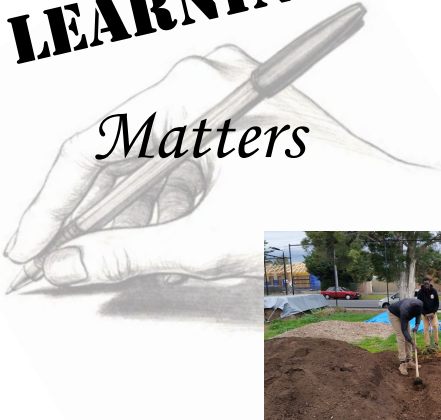
It can be tempting to burn the candle at both ends while studying however, if you get adequate sleep it can maximise the learning you do while you are studying.

*Karen is an expert in effective teaching and learning, study skills, motivation and positive thinking. she was awarded the NSANZ Educator of the Year 2014 award and works in schools throughout Australasia teaching students how to Study Smart and teachers how to raise achievement.*

[www.karentuiboyes.com](http://www.karentuiboyes.com)

# LEARNING

## Matters



From the 20<sup>th</sup> to the 24<sup>th</sup> of July the Year 10 students went out on work experience, here are some comments from employers . . .

“Fantastic, star pupil. Picks up tasks easily and is meticulous. Will always ask for clarification.” *DE Group, Lonsdale st, Melbourne*

“On time, good communications, followed instructions, has been enthusiastic.” *The Langham Melbourne*

“Its refreshing to have a student that appreciates whatever task is given; her willingness to learn is evident” *Hughes Watson Marks Kennedy, St Albans*

“Best students the hospital has ever had in work experience” *Baronor Private Hospital*

STUDENTS REFLECTIONS ON WORK EXPERIENCE . . .

“I found work experience very rewarding and I gained new skills such as sign language” *Rebecca Hockey*

“ I set up sound and camera equipment and I enjoyed the work” *Tony Nguyen*



## SCHOOL IMPROVEMENT SURVEYS

### HAVE YOUR SAY...

In the coming weeks we will be seeking your participation in School Improvement Surveys to help shape the ongoing improvement of our school for the students in our care.

The survey will be available from **MONDAY 20 JULY 2015** to **FRIDAY 14 AUGUST 2015**.

Catholic Education Melbourne coordinates this process to support us in the collection of useful staff, student and parent opinion data.

Our School Improvement Survey Report is an invaluable resource in our ongoing pursuit of improvement. This helps us to identify what is going well and not so well and the ways in which we can improve and further develop our school. We would therefore greatly appreciate your continued support by completing the survey this year.

THANK YOU IN ADVANCE FOR YOUR PARTICIPATION.

## KEY DATES TERM 3

**Tuesday 11 August:**  
Years 11 & 12 Course Planning Day  
(Year 10 students)  
Year 10 Social

**Wednesday 12 Aug:**  
Staff Planning Day  
(No school for students)

**Wednesday 19 Aug:**  
Course Selection and Enrolment  
interview: CRC Sydenham  
(Year 10 students and families)

**Tuesday 1 September:**  
Term 3 Immersion Day

**16 – 18 September:**  
Year 9 Camp

**18 September:**  
Year 8 Reflection Day

### 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.

JOIN ME  
FOR  
READING  
HOUR  
LUNCHTIME  
TUESDAY  
AUGUST  
18<sup>TH</sup>  
NEW BOOKS  
AVAILABLE

BOOK  
IN  
NOW

# Come to the Library . . .



LUNCHTIME FUN  
AND  
COMPETITIONS  
LOTS OF  
**PRIZES**  
TO BE  
WON!



## 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](http://www.crcstalbens.catholic.edu.au) for more details



[w.crcstalbens.catholic.edu.au](http://www.crcstalbens.catholic.edu.au)