



By Name Alone

Made in your image,
 every single one.
 Knit together,
 every single one.
 Called into being,
 every single one.

No matter what the headline says.
 No matter what the state of my purse says.
 No matter what my postcode says.
 No matter what my accent says.
 Every single one.

Called into being,
 called by my name.
 No matter where I shop.
 No matter who I sit next to.
 No matter what the label.
 No matter.

God of the poor.
 God of the rich.
 God of the struggling somewhere between.
 Rise with us in the morning and dare to dream.
 Turn our heads with your vision of justice and joy.
 May we work together with hope as our guide.

May we greet all your children by name alone.
 Amen.

Elaine Downie: Prayers from the Iona Community

From the Principal...

Wanted: Your 20 Cent Coins!

Over the past two years the College has been supporting the Loaves and Fishes Food Bank at Holy Eucharist in a number of ways. Students and staff help out at the food bank on Fridays and the vegetables we grow at our Padley Park garden patch and in our school garden are donated to the food bank.

This year the SRC and St Vinnie's group have decided that a new freezer for the food bank is the main focus of their fundraising. They are well on their way to the target of \$7,000.

St Vinnie's Crew are currently running a 20c coin trail fundraiser to assist in reaching our target. Our aim is **2.4 kilometres** of coins. This is the distance from the College to Holy Eucharist. Students have calculated that about 10 x 20c coins per person in our community should just about cover the distance.

So...if you have any loose change lying around, St Vinnie's would be more than happy to lighten your load!

Book Week

This week we've celebrated Book Week with a silent reading 'hour' in the library on Tuesday at lunchtime. The students who attended really enjoyed the quiet and the opportunity to explore another world through a book. With the first Reading Hour being such a success we are looking forward to this being a more regular event in the library.

I'd encourage all families to think about sacrificing some 'screen time' for quiet reading time. The benefits of reading are immeasurable, both for learning and wellbeing.

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Author in Residence

During this week we have also had Leanne Hall, author of 'This is Shyness' and 'Queen of the Night', as our 'Author in Residence'. Earlier in the year Leanne ran a series of workshops for students interested in having their writing published in the 2015 edition of Shared Stories. Over the past week she has been working with our buddy authors 1:1, giving each student feedback on their drafts and working with them to further shape their writing. The 25 students involved are absolutely delighted to have input from a professional author.

Shared Stories is an annual anthology of creative writing and visual arts by primary and secondary students from 18 Catholic schools in Melbourne. The theme of the 2015 edition is 'Remembering'. We look forward to its publication in November.

Year 10 Students

The last six weeks have been a significant time for Year 10 students. They've had work experience, the Year 10 Social and have been busy making decisions about their course selections for Years 11 and 12. The stories of how they, as a group, have approached each task have been impressive. Well done to all involved.

A very big thankyou to Vince Iannuzzi (Year 10 Level Leader), Jacinta Dykes (Careers) and Year 10 teachers who have supported students during this time. Lastly, thank you also to all families who have been with their children every step of the way throughout this time. Your support was very much appreciated.

It's important that now all decisions about 2016 and beyond have been made students focus on the present; particularly their Year 10 studies. Too often thinking about the future can be unsettling, and some students lose the routines and good habits that they've developed around study. They become too casual and do not apply themselves as well as they have in the past.

In many ways the only thing that you can do about the future is to do your absolute best in the present.

SACCSS Interschool Track and Field

Best wishes to all the students who are representing the College at the SACCSS Interschool Track and Field on Monday 31 August. Students have been training and trying out for places throughout Term 3. We wish you well.

Term 3 Immersion Day

On Tuesday 1 September students in Years 7, 9 and 10 will be involved in a number of off-site activities. Year 7 will be visiting the zoo as part of their work in Science, Year 9 students will be participating in their community service projects and Year 10 will have a Reflection Day. Year 8 students will have a modified program at school.

Families will receive more detailed information about the different activities with the permission forms.

NAPLAN Years 7 and 9 students

The NAPLAN results for Years 7 and 9 students have arrived and will be mailed home to families early next week.

RE-ENROLMENT for Years 8, 9 and 10 2016

The re-enrolment forms for 2016 will also be mailed home early next week. These will be due back by **Friday 9 October 2015**.

Parent Access Module (PAM)

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

The information provided through PAM should assist families in supporting student learning at home. It is a good way of keeping in touch with what is happening in the school and I encourage families to log on regularly.

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

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 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
- St Vinnie's Festival
- Year 11 and 12 course selection
- Year 10 Social
- Year 8 Carnivale performance
- Yr 9 Premier League
- 7 Snowy Language excursion
- SACCSS Interschool Chess
- Yr 10 Outdoor Education Ski Trip
- CRC's Got Talent: Yrs 7 & 8 heats
- Yr 8 Drama performance

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

KEY DATES TERM 3

Monday 31 August:

SACCSS Interschool Track and Field:
Lakeside Oval / Albert Park

Tuesday 1 September:

Term 3 Immersion Day

Tuesday 8 September

VET Dance Night

Thursday 10 September:

SACCSS Tennis

16 – 18 September:

Year 9 Camp

18 September:

Year 8 Reflection Day
Final Day Term 3

Someone Once Said . . .

**“ Your vision
will become clear
only when you
look into your heart. ”**

- Carl Jung



**ST VINNIES
CREW**



St Vincent de Paul Society
good works

20c Coin Drive

– 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.



St Vinnie's Festival

On Monday 10th August, 11 students from the St Vinnie's Crew attended a Western Regional St Vincent De Paul School Conference Festival. This festival was held at St Thomas Carr Secondary College in Tarnait.

The day was a chance to share what schools in the west were doing to support the St Vincent De Paul Society. Each school had a chance to speak about all the social justice activities that were achieved over the year. Faith Nguyen and Hieu Nguyen, our Social Justice Captains, spoke very well about our school and highlighted how important action is.



Here are some student reflections and photos of the day:

The St. Vinnies festival was a good experience for me because I got to learn more about different types of people that need help in the local and national community and different ways I can help the community improve to give more to the less fortunate. I learnt more about the different ways other schools in the western suburbs show compassion and how they fundraise and help different communities. **EJ Libang**

The St. Vinnies Festival united schools from all over the West of Melbourne to participate in hands on activity to help promote awareness of the homelessness and poverty. During the day, we got to work in groups with people from other schools and help think of ideas in which we could help the homeless. Each school produced a PowerPoint presentation of the activities they do in the school and what they do with money raised. At the end, we all packed a bag full of essentials for the homeless, but to get each item, we had to answer a variety of questions correctly. The day was really fun and it was great to meet other people from different schools. **Gabi Beric**

Wednesday Morning Mass
Wednesday Mass Roster for term three:
2nd September CRC 7 Yarra - MPO
A special thank you to 9 Hughes and Ms Ibrido for leading us in mass on Wednesday 19th August.



LEARNING

Matters



Welcome back to Nutrition corner ..

I hope you are all taking care of yourselves during this long cold winter we are having. Winter is one of those times where it is so easy to become complacent with our health. We tend to eat all the wrong foods and we don't exercise as much. I'm very guilty of this myself. We can do so much in many little ways to keep us on the right track. During winter I make a lot of **slow cooked stews** and **casseroles**. These are the perfect dishes to ensure you are getting all your veggies, as there is no limit to how many you can put in to the pot. If you make a large enough pot, there are always left overs for the next night's dinner. This is a great idea for parents of little (or big) ones that don't like to eat their vegetables; as they can be easily hidden in stew. Serve this with mashed potato or polenta and some green veggies and you have a great family meal. The beauty of these meals and winter time is that the whole family are more likely to gather around and have dinner together. Here is a great quote by Stephanie



Alexander, the wonderful pioneer of home style food and the Victorian kitchen garden scheme:

'I believe absolutely in the importance and power of the shared table.'

In many cultures, eating together around a table is the centre of family life. It is the meeting place, where thoughts are shared, ideas challenged, news is exchanged and where the participants leave the table, restored in many ways.'

Don't forget to keep yourself hydrated. It is easy to forget to drink enough water during winter, but it is almost as important as summer. Increase your fruit and veg intake to ensure you are getting enough vitamin C to help keep those colds at bay. Kiwi fruit, oranges, berries, red capsicums, tomatoes should be on top of your list. Having a hot drink with freshly grated ginger and lemon is also a great tonic and good alternative to water.

That's all for now, so take care...



READING HOUR RETURNS



Reading hour to celebrate book Week was held in the library on Tuesday 18th where students had lunch and read new books.

Due to popular demand we are having it again!

Reading hour will be at lunchtime on Wednesday 26th August

Places are limited – book in early at the Library



We SPEC to see you there . . .

WOOF!



Zine Making Workshop

Saturday 12 September, 1-3pm

Come along to this fun and crafty zine making workshop with zine heroes Sarah McNeil and Ashley Ronning.

All materials provided.

Event sponsored by Sunshine Art Spaces.



WITH SARAH McNEIL AND ASHLEY RONNING

St Albans Library
71A Alfreda Street, St Albans

For bookings:
Visit: www.artspaces@brimbank.vic.gov.au
or Tel: 9249 4600



www.brimbanklibraries.vic.gov.au/writersfestival
Use our new hashtag #BWRF   

GETTING READY FOR 2016

By now, students in all year levels should have selected their subjects for next year, particularly Year 10 students who will have been Interviewed by staff from the Sydenham campus in preparation for their Year 11 classes. A lovely event in the school calendar is the Year 10 Social. The accompanying photos were taken on the night, showing us all how wonderfully our young people have grown at CRC ST Albans.



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

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

SAACS CHESS

CONGRATULATIONS to both the Junior and Intermediate Chess teams for each attaining 3rd place in the SAACS Chess tournament yesterday. A great day was had by all.