



Dear God,

*We celebrate spring's returning  
and the rejuvenation of the natural world.*

*Let us be moved by  
this vast and gentle insistence  
that goodness shall return,  
that warmth and life shall succeed,  
and help us to understand our place  
within this miracle.*

*Let us see that as a bird now builds its nest,  
bravely, with bits and pieces,  
so we must build human faith.  
It is our simple duty;  
it is the highest art;  
it is our natural and vital role  
within the miracle of spring:  
the creation of faith.*



## *From the Principal . . .*

### *World Youth Day 2016*

Congratulations to Alyssa Mae Martinez and Akier Mabior who have been selected to represent the College at World Youth Day pilgrimage to Krakow Poland in July / August 2016.

The pilgrimage will include a visit to Czestochowa to see the Black Madonna at the Jasna Gora Shrine; a visit to religious sites in Krakow where St John Paul II served as Archbishop and the opportunity to visit Auschwitz. Students will also participate in a two-day retreat in the Polish mountains.

Alyssa and Akier will look for opportunities to share this experience with the rest of the school community. They are impressive young women who will gain much from the experience.

I'd like to thank all the students who applied. All the applications were carefully and thoughtfully prepared. It was a very difficult decision.

### *Father's Day*

We wish all the dads in our school community a very happy Father's Day for Sunday. We remember also the dads who are no longer with us. May all dads know that their unconditional love, support and all that they do for us are very much appreciated, even though we may not say this often enough.

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## *Semester 1: Certificates of Academic Excellence*

Over the past few weeks a number of students have received Certificates of Academic Excellence for Semester 1. Generally, these certificates are awarded to students who are in the top 10% of their class or who averaged above 90% in their assessment tasks.

As a school community we congratulate the following students on this outstanding achievement:

### **Year 7**

Tommy Nguyen,	Martino Nguyen
Catherin D'Rozario	Steven Le,
Roshith Thanthulage,	Kim Vu
Daniel Duong	Janaya Nheu
Sharelle Lynch	Julie Le,
Jordan Luong,	Shirleen Nguyen,
Tina Le,	Jason Pham
John Abuan	Xuan Dien Vo

### **Year 8**

Julia Bui	Julie Pham
Kim Huynh	Jocelyn Cuzcano
Lynda Vu	Xavier Bondoc
Thuong Nguyen	Henry Chau
Tomas Carville	Darianna Nuez

### **Year 9**

Illysa Mendoza	Glydel Lawang
Edward Jeselnik	Stephanie Tran
Michelle Nguyen	Jenny Pham
Jessica Nguyen	Jason Nguyen
Amanda Tjea	Kathleene Mendoza

### **Year 10**

Angela Nguyen	Diana Bui
James Le	Phung Le
Cindy Do	Alexander Celestial
Teresa Phan	Patricia Loren Magboo
Nina Pombuena	Han Ly

## *Guelen Week*

Thank you to the Student Leaders for organising a terrific Guelen Week. Throughout the week the school was touched by yellow and everyone enjoyed the activities and treats.

Guelen House is named after Fr. Tony Guelen who was the founding parish priest of Holy Eucharist in St Albans South where he established a thriving parish community. Now in his 80's Fr. Guelen is enjoying his retirement and still helping out in parishes when he can.

## *Williams Cup 2016*

The most recent event for House points has been the Years 7 and 8 Mixed Basketball. Congratulations to Guelen House on their win over O'Reilly in the final. In the play off for 3<sup>rd</sup> and 4<sup>th</sup> Corbett had a victory over Reis.

Thank you to all involved in organising this very successful lunchtime activity.

Success in recent events has seen Guelen make good inroads into the O'Reilly lead in the Williams Cup. Current standings in the Cup are as follows:

O'Reilly	64
Guelen	55
Reis	45
Corbett	36

## RE-ENROLMENT

for Years 8, 9 and 10 2016

Enrolment forms are due back by **Friday 9 October 2015.**

### 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 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
- CRC's Got Talent
- VET Dance excursion
- Timor L'Este Guest Speaker
- Trinity Community Engagement
- Year 10 Reflection Day
- Year 10 Zoo excursion
- SACCSS Interschool Track and Field
- Keys Please program (Year 10)
- Yr 7 Humanities 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



Catholic  
Regional  
College  
St Albans

You are warmly invited to attend our  
**YEAR 7 2017 INFORMATION EVENING**  
Thursday 29th October, 7.30pm

Catholic Regional College St Albans, Library

Visit our school at work during one of our  
fortnightly tours.

Contact the office to make an appointment

Love one another  
as I have loved you

24 Theodore St, St Albans | T: 9366 2544 | [www.crcstalbans.catholic.edu.au](http://www.crcstalbans.catholic.edu.au)





**ST VINNIES CREW** St Vincent de Paul Society *good works*

**20c Coin Drive**  
**MAKE A DIFFERENCE. MAKE THE DISTANCE**

The 20c coins have been flowing in over the past week. We need everyone to continue bringing in and donating 20c coins and place them in the collection boxes in your homeroom, office and even the canteen. Remember, our aim is to raise \$1200. We all can do it.

**YEAR 10 REFLECTION DAY**

On Tuesday 1st September the Year 10 Level students attended a reflection day. Different classes attended three venues to help them reflect – Abbotsford Convent, St Joseph's Parish Centre and Overnewton Castle.

The day was a chance for students to take time out from the business of learning and to reflect on their time at the college, their connection to God and to explore the mark they want to leave on this earth.

A special thank you to all students and staff who attended the day. Thank you to Dr Margaret Carswell and Ms Flora Petruccelli for their work in leading and guiding staff and students on the day.

Here are some photos from the day:



**Wednesday Morning Mass**  
 Wednesday Mass Roster for term three:  
*A special thank you to 7 Yarra and Ms Pannunzio for leading us in mass on Wednesday 19th August.*

**TERM 4**

7th October	CRC 10 McAuley - MDO
14th October	Sacred Heart
21st October	CRC 8 Edison - JII
28th October	Sacred Heart
4th November	CRC/Sacred Heart 10 O'Connell - CML/10 Little - JMD
11th November	CRC 8 Hollows/8 Attard MCS/ TMD





## 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



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### SCHOOL FEES

**All families should receive their School Fee statement early next week. We encourage all families to finalise their third Term Fees before 18th September 2015 (end of term 3).**

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*

## Welcome back to Nutrition corner ..

This week the Year 9 Food Technology classes are working on a Packaging and Labelling assignment. They will be able to create their own NIP (Nutrition Information Panel) using IT resources and will have a clearer understanding of food labelling. I have a philosophy about labels; if it has more than 4 ingredients, reconsider your choice. If it contains words you cannot either pronounce or decipher, think again. In taking care of our bodies, it is vital that we know what we are putting into it. There has been so much research into preservatives and artificial colours; the results are actually frightening. I know myself that I do not want to poison my body with a whole list of ingredients that I know will eventually cause me harm. The worst thing is that foods we think are good for us are even harmful in some way. So being healthy has its challenges. I know it is time consuming to read labels when you go shopping. However, at a quick glance you'll be able to see if it contains too many ingredients and if there are long words we don't know the meaning of. Here are some to STAY AWAY FROM:-

"MSG" is poison	Hydrogenated oils	Artificial flavourings	High Fructose Corn Syrup
It hides behind dozens of names, such as natural flavoring, yeast extract, autolyzed yeast extract, disodium guanylate, disodium inosinate, caseinate, textured protein, hydrolyzed pea protein and many others. Scientists now believe MSG plays a critical role in the development of several neurological disorders, including seizures, infections, abnormal neural development, Parkinson's disease and Alzheimer's disease.	(Palm kernel, soybean, corn, canola or coconut oils) are oils that are often healthy in their natural state, but turned into poisons through the manufacturing process. They are the closest thing you can get to plastic sludge running through your body. If you see <i>hydrogenated</i> anywhere on an ingredient list, run like the wind.	Are derived from chemicals made in a laboratory and offer absolutely no nutritional value and are magnets for processed foods. They show up in almost everything today, including bread, cereals, flavoured yogurt, soups mixes, and alcoholic mixers, so they can be hard to avoid. Every single artificial flavour in the food industry has some kind of detrimental health effect. These include neurotoxicity, organ, developmental, reproductive toxicity and cancer.	Is the leading cause of the obesity epidemic in the USA. It is in everything from soft drinks to hot dogs. It is manufactured from genetically modified corn and is sometimes labelled as " <b>corn sugar</b> ". It plays havoc with a metabolic system and causes insulin resistance, diabetes, hypertension and obesity. It has also been found to have the same detrimental effects on our liver as alcohol!
			

To get a full picture of the many ingredients that go into food products we should be very wary of, please follow the links below and please read food labels. I wish you and your family the best in good health. *Ms Steele*

<http://preventdisease.com/images/syrup-bad-ingredients.jpg>

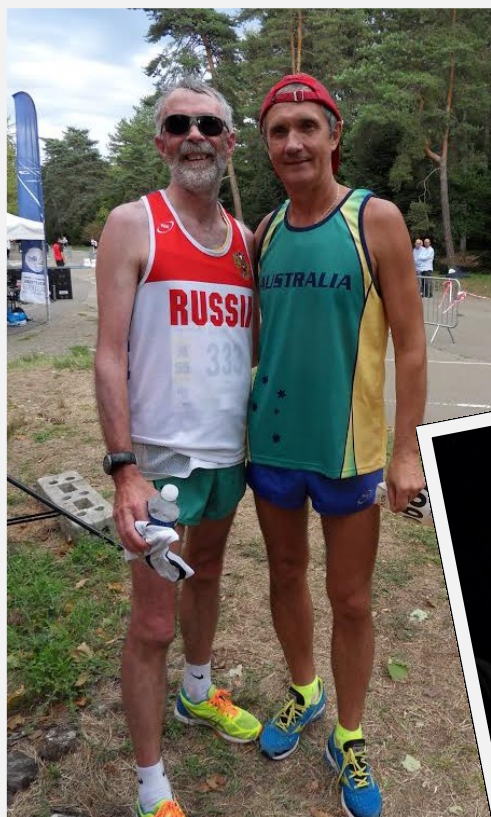
[http://preventdisease.com/news/13/030313\\_20-Ingredients-To-Memorize-and-Avoid-In-ANY-Food-You-Consume.shtml](http://preventdisease.com/news/13/030313_20-Ingredients-To-Memorize-and-Avoid-In-ANY-Food-You-Consume.shtml)





## GOOD THINGS COME IN THREES

**Mr Donahoo** recently competed in the WORLD MASTERS ATHLETICS CHAMPIONSHIPS which were held in France and walked his way through a few very outstanding races, to place a Seventh, a Third and a Second Place. *Pictured Below:* Mr Donahoo and Russian friend Sergei, First place getter, swap tops *and Bottom:* Mr Donahoo receives a Third Place in the 5km Walk.



## KEY DATES TERM 3

**Tuesday 8 September**

VET Dance Night

**Thursday 10 September:**

SACSS Tennis

**16 – 18 September:**

Year 9 Camp

**18 September:**

Year 8 Reflection Day

Final Day Term 3

*Someone Once Said...*

**“ Vision is  
the art of seeing things invisible. ”**

- Johnathan Swift