



Prayer for Migrants, Refugees and Asylum Seekers

*God, no one is a stranger to you
And no one is ever far from
your loving care.*

*In your kindness
watch over migrants,
refugees and asylum seekers,
Those separated from loved ones,
Those who are lost
and those who have been exiled
from their homes.*

*Bring them safely to the place where
they long to be,
and help us always
to show your kindness and hospitality to
strangers
and those in need.*

*We ask this through Christ our Lord,
Who too, was a refugee and migrant
Who travelled from another land
searching for a home.*

Amen



From the Principal . . .

Each year the Australian Catholic Bishops release a Social Justice Statement to coincide with Social Justice Sunday, usually celebrated on the middle Sunday of the September school holidays. Each year this statement challenges us to reflect on how we can better live our faith in our everyday lives.

The 2015 – 16 statement challenges us to think again about our national response to asylum seekers, especially those who come to Australia by sea. It invites us to recognise the desperation that drives people to risk their lives and to seek refuge far from home. No one leaves unless their home is a place they can no longer be.

The statement is titled *For Those Who've Come Across the Seas: Justice for Refugees and Asylum Seekers*. The title is actually taken from the words of our National Anthem and is a timely reminder that we, as a nation, aspire to be a place of welcome and inclusion.

Recent UNHCR reports show that there are nearly 60 million displaced people across the world. This is a rise of nearly 8 million in the last year. In this statement, the Bishops invite us to reflect on the call of Jesus to welcome those most in need and to comfort those who come to us in flight from fear and suffering.

I guess, the real question for all of us is, as people of faith, how can we remain silent or indifferent, in the face of suffering and need.

For further details about the Social Justice Statement, visit the Australian Catholic Social Justice Council website www.socialjustice.catholic.org.au.

Thank You

As this is the final newsletter for Term 3 I'd like to thank students, families and staff for your ongoing support, hard work and the care that you've given so generously over the past 10 weeks.

Without a doubt it has been a very busy term so it's no surprise that we are all ready for a break! I hope that students and staff enjoy this time with family and friends, and the opportunity to move at a less hectic pace.

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Farewell

As we approach the end of term we prepare to temporarily farewell two of our staff. Elaine Apostolopoulos leaves to prepare for the much anticipated birth of her first child. This is a very exciting time for both Elaine and her husband Adam. We wish them well.

Jess Iaria is taking long service leave in Term 4. We hope that this is a restful, enjoyable and renewing time for Jess and look forward to her return in 2016.

O'Reilly Week

Over the past week the school has been decorated with touches of green to celebrate O'Reilly House week. Thank you to the student leaders who organised the activities to mark this week. Your work is very much appreciated.

O'Reilly House is named after Fr. John O'Reilly who is parish priest of Sacred Heart-Emmaus. He has served this community tirelessly since the late 1960's and has helped it to grow into the welcoming, vibrant and hope filled community it is today.

In addition to leading the parish community, Fr. O'Reilly has been a key figure in establishing Catholic Regional College and Mercy Hospice Care and continues to give enormous support to both today.

CRC's Got Talent

Over the past few weeks we've enjoyed some terrific student performances through CRC's Got Talent. There've been bands, vocalists, lip synching, rapping, tap dancing and much, much more.

Congratulations to all who participated in the heats, those who made the final and to '50 Shades of Brown', the Year 8 band (Missialatise Maoluma, Caitlyn Gonslaves, Brad Bellard, Tina Bui, Emily Aguila) who won the final.

Thank you to Mhairi Shepherd (Performing Arts Leader) and all the staff who assisted in organising the event.

VET Dance Night

Congratulations to all involved in last week's VET Dance Performance at the Crate Theatre. It was a great night. These very talented students developed an entertaining program around the music and story of Aladdin and the Lion King. An interesting mix!

It's hard to believe that for some it was their first full year of dance training. I'm sure that was a challenging but highly rewarding experience, and that students learnt much about themselves and the commitment required to bring together a performance at this level.

A highlight of the night was the staff number. I thank all those who participated. They certainly had lots of fun.

Particular thanks to Clarence Marshall for all his work with the students, to the Arts faculty for their support of the event and to Pauline Corson and Jo Mallia for their work on the terrific costumes. Thank you also to the families, staff and past students who joined us on the night.

Congratulations

We congratulate Eli Tom on receiving a basketball / academic scholarship to the Collegiate Preparation Academy in Denver Colorado. This is an outstanding achievement. Sadly, Eli will need to leave next week as the US academic year has already started. We wish him well in his studies and in his pursuits in sport.

Year 5 Visits

During Term 3 Year 5 students from our local Catholic primary schools have visited the College. This was an opportunity for them to experience a secondary school in action and to see the College. They made some gruesome looking scars in drama, played with dry ice in Science, learnt some Chinese and participated in a dance class.

I'd like to thank staff who organised activities and the Year 7 students who were gracious hosts and fine ambassadors for our school. Their assistance in showing the students around, in helping with activities and in serving lunch was very much appreciated. Equally they enjoyed catching up with staff and students from their primary school.

Beginning of Term 4

Term 4 begins on Monday 5th October. This will be Week 1 / Day 1 of the timetable.

Preparing for Term 4

The school holidays are certainly a time for rest and recreation, however, they're also an opportunity to prepare for the new term. Some students will have projects or homework to complete over the break. It's a good idea to get this done earlier, rather than later.

With exams only 7 or 8 weeks away, the holidays are a good time to begin revision of Term 3 work and / or to catch up on any missed work. Those who struggle with organisation might use this time to put some order into folders. Filing old notes and worksheets might be a good start and ensuring that you have all the stationery you need for Term 4 would help.

If students do little else it would be helpful to find some time to read each day.

RE-ENROLMENT for Years 8, 9 and 10 2016

These 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 4 2015:

Friday 16th October Friday 30th October
Friday 13th November

Friday 27th November Thursday 17th December
(mailed home)

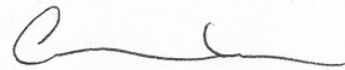
The newsletter can also be accessed on Friday morning (Day 10) on the College website at <http://www.crcstalbens.catholic.edu.au>

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:

- Year 9 camp
- Trinity Fun Run
- Year 7 Humanities excursion
- Year 8 Reflection Day
- VET Dance Night
- NAPLAN online testing trial
- SACCSS Interschool Tennis
- Senior Secondary Pathways
- 10 Little Community Service
- Year 7 Author Visit: Doug McLeod
- Year 10 Drama excursion
- Year 9 Forum

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.crcstalbens.catholic.edu.au



Term 3 in the College Garden

As winter slowly plods away from the southern hemisphere and heads North, summer planting can begin in earnest. Tomatoes, zucchinis, cucumbers, corn, pumpkin and other summer favourites will all be on the menu for Term 1, 2016.

The clear stand out over winter here in the garden has been silver beet and rainbow chard. As a school we've sent more than 30 bunches to the loaves and fishes food bank at Holy Eucharist and now with the increase in temperature, we'll be able to send at least as much again before the summer crops go into the ground.

There are many people to thank for their contributions to the garden for term 3.

Thanks to Brayden Willie, Minh Hoang, Daniel Deng, Steven Bui, Dafir Kuol and Lucille Netto for their hard work during their respective work experience placements in the garden. Because of you we now have a productive workspace where we will be able to store seed and plan crops rotations and your work in the garden is also much appreciated.

My thanks to the students who continued to brave the winter cold to work in the garden during their own time at lunch or after school. Aton Deng, Abuk Jerry, Catherin D'Rozario, Shermta Flomo, Josephine Aweng, Emily-Ana Miskovic, Nour Alsammour, Marie Celestial, Gabrijela Beric, Jose Ortega, Natasha Taleb, Marcus Vidakovic, Veronica D'Rozario, Patricia Loren Magboo, Sammy Magro, Jordan Pahoki, Earl Jan Liakoureas, Faith Nguyen, Mailey Phan, Think Vo, Corine Taylor and others whom I've missed, you are all legends.

An extra special thank you goes out to Chol Dhieu and Martin Daw who have both contributed a serious amount of work to the garden, for which I am very grateful.

I'd also like to thank the Brimbank council for our inclusion in the Growing

Food in Schools program, which includes a \$400 grant to support our work and technical support, as we need it. Council also donated a large quantity of mulch that some parents may have noticed out the front of the school on Theodore St.

On the theme of funding, the school community garden was also successful in its application for the Coles-Junior Landcare grant of \$1000, which we received at the end of June. This funding has been put towards important infrastructure that will protect the garden from strong summer winds and make sure we have a bumper crop of tomatoes!

Garden announcements:

The Garden will be open from 9:00am til 4:00pm on Monday the 21st and Tuesday the 22nd of September during the school holidays for those students who'd like to come and do some work in the garden. Lunch provided. Please bring clothes appropriate to the weather and the work.

Students are also invited to be involved in an excursion next term on Friday the 9th of October to the Royal Botanic Gardens, Melbourne for a full day workshop on garden design and sustainability. Students interested should speak to Hayden directly.

Finally we are on the look out for a permanent name for the school community garden. Something that's easy to remember and reflects who we are as a school and a wider community is the challenge! Any ideas can be emailed to hodoherty@crestalbans.com.au.

See you in the Garden,

Hayden.



1. Year 8 Pegasus program
2. Silverbeet and chard on its way to the Food Bank
3. A young rainbow chard
4. Year 10 work experience in the garden
5. Year 7 science: animal classification unit + Martin Daw (Yr9) as guide



**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. Together, we all can do it. At present we have raised just over \$200 – keep up the great work!

Wednesday Morning Mass Weekly Roster:

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

It will be great to see more members
of our school community attending Mass
on Wednesdays.
You are all welcome.

"BACK TO" planning day



"Resurrection" Grade 5 Visits



From all of the
St Vinnie's Crew and our
Social Justice Captains,
we wish everyone a
restful break.
We look forward to what
term 4 will bring.

Junk food shrinks your brain!!

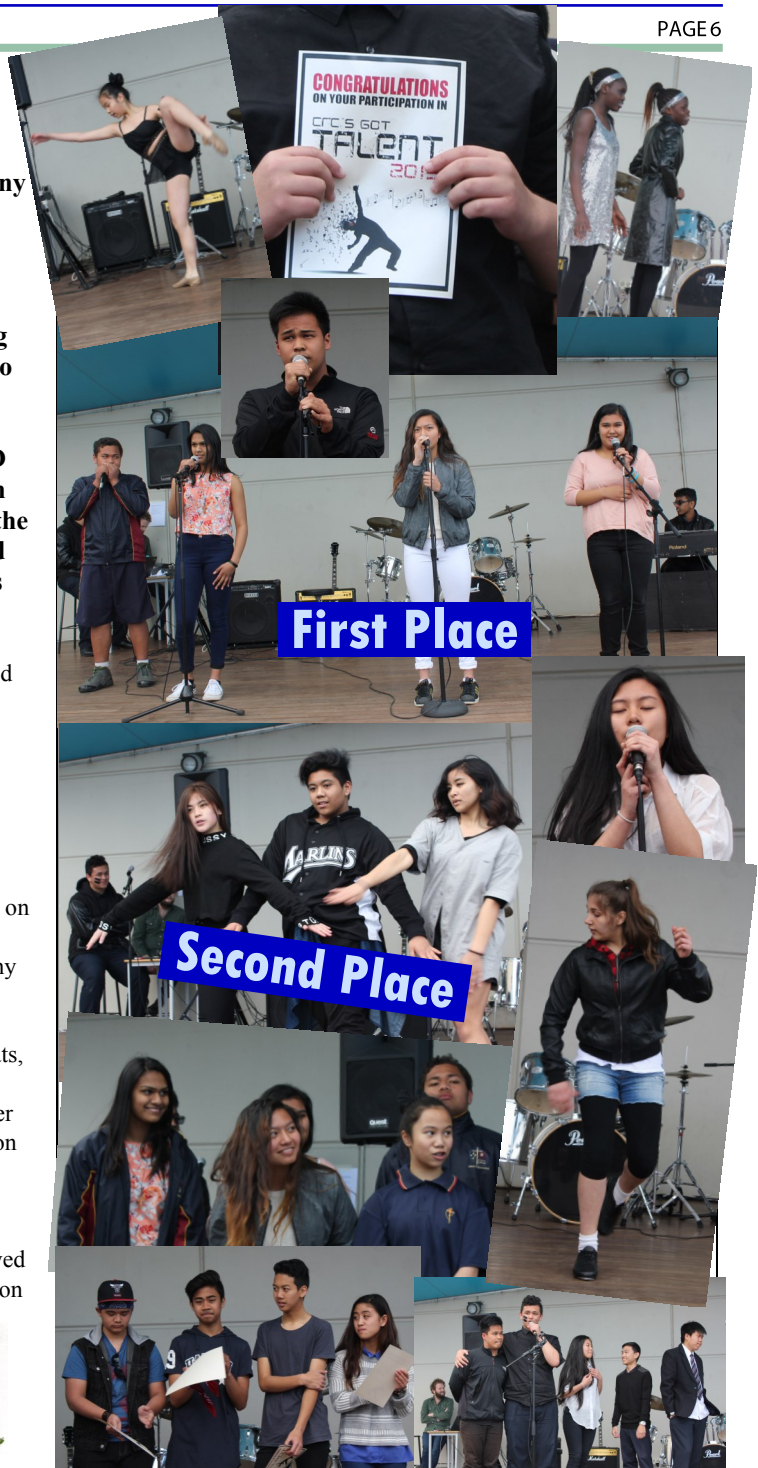


WELCOME BACK TO NUTRITION CORNER . . . Holidays can easily see many of us out of the usual routine and we can become more susceptible to eating junk food. Especially as we hang out with friends at shopping centres or at home in front of a big screen. I recommend spring time to be a time to make some changes to our own health environment. With the

weather being more conducive to outdoor activities, get out there and be more active!! Take it easy on the **JUNK FOOD** intake. There is plenty of great fresh fruit and vegetables in season now. Have you seen how cheap strawberries are at the moment? 3 punnets for \$5!! I'd be so happy if you swapped your Doritos or fast food lunch for a punnet of strawberries — and so would you! The following is an article about the dangers of **JUNK FOOD**; please read . . .

New research has shown for the first time that the part of the brain used for learning, memory and mental health is smaller in people with unhealthy diets. The results of the study by researchers at Deakin University and the Australian National University suggest that older Australians with unhealthy diets have smaller hippocampi - the hippocampus is a part of the brain believed to be integral to learning, memory and mental health. It has also shown that older people with healthier diets have larger hippocampi.

Researchers have noted that as the negative impact of unhealthy foods on the waistline of the population grows so does the evidence suggesting that our brain health is also affected. This makes it clearer that a healthy diet is essential for both our physical and our mental well-being. The results of these studies in Australia suggest that people who eat more unhealthy foods, such as sweet drinks, salty snacks and processed meats, have smaller left hippocampi. It also shows that older adults who eat more nutrient-rich foods, such as vegetables, fruits and fish, have larger left hippocampi. Recent research has established that diet and nutrition are related to the risk for depression, anxiety and dementia, however, until now it was not clear how diet might exert an influence on mental health and cognition. As the hippocampus is critical to learning and memory throughout life, as well as being a key part of the brain involved in mental health, this study underscores the importance of good nutrition for children, adolescents and adults of all ages. For further reading on this please follow this link: <http://www.foodmag.com.au/news/junk-food-shrinks-your-brain-claims-study?>



Catholic Regional college St Albans

A few vacancies remain for year 7 2016

To enrol call **Anne Stokie on 9366 2544**

or visit www.crcstalbans.catholic.edu.au for more details



www.crcstalbans.catholic.edu.au

SCHOOL FEES

All families should have finalised their third Term Fees by now and have only fourth Term fees due.

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

Congratulations to the Year 10 VET Dance students who recently completed their VET Dance assessment.



Outdoor Education Ski Trip

Fifty-four students from the year 10 Outdoor Education elective travelled to Lake Mountain on Friday 21st August, to test out their cross country skiing skills on the slopes. Their teachers were impressed with their ability to quickly adapt to the skis and some students even made it to the highest point on the mountain!

Students worked in small groups to try different tracks over the mountain. At lunchtime, all groups were able to join up and enjoy the fun at the snow by making snow men and watching other groups test their skills on some of the small hills nearby. There were a few tumbles on the slopes, including many falls by Mr Iannuzzi! Skills gradually improved and everyone came home smiling from the fantastic day at the snow!

Mr Quinn, Miss Lowe, Miss Lawang, Mr Iannuzzi and Miss Moss want to thank the students for being prepared and ready at 6am and for their great behaviour throughout the day. The Outdoor Education students will now be preparing for the overnight hike in the Brisbane Ranges on the 15th/16th October.



KEY DATES TERM 4

15th and 16th October:
Year 10 Outdoor Education Camp

Wednesday 28th October:
Image 2016 Opening Night

Thursday 29th October:
Year 7 2017 Information Night

Friday 30th October:
Interhouse Track and Field Carnival

Monday 2nd November:
Cup Weekend Break

Tuesday 3rd November:
Cup Weekend Break

Thursday 12th November:
Year 7 back to.....day

Tuesday 17th November:
McAuley Awards ceremony

19th – 25th November:
Years 9 and 10 exams

Wednesday 25th November:
Year 10 Picnic

Thursday 26th November:
Year 10 Graduation Mass

Friday 27th November:
Correction Day

Monday 30th November:
Year 9 Peer Support Training

Thursday 3rd December:
Year 9 Trinity
Years 7 & 8 Ball Sports Day

Friday 4th December:
Final day for Years 7, 8 and 9

Friday 18th December:
School Office closes.

Someone Once Said . . .

**“ When you
make a choice
you change the future ”**

- Deepak Chopra