



From the Principal . . .

A Prayer for Eradicating Poverty

*Creator God,
 Your image is alive in every human person
 giving to each of us an inviolable dignity.
 Create in us a desire to act in solidarity,
 the ability to work together,
 and a willingness to share with others
 our time, our energy, our skills and talents
 and our wealth.
 As we share and enjoy the fruits of your creation,
 restore in us your vision of a world made whole,
 and inspire us to
 commit ourselves to the common good.
 Gracious God,
 give us ears to hear, eyes to see and hearts to love,
 so that we reflect you
 in our way of life
 and in our choices, words and actions.
 Jesus is the good news to the poor.
 As his followers,
 may we recognise the call to be the same.
 Amen.*



This week marks Anti-Poverty Week across Australia, culminating in the annual UN International Day for the Eradication of Poverty on Sunday 18th October. Weeks such as this set out to highlight issues of poverty and hardship, to strengthen our understanding of its causes and consequences, and call all of us to live more simply so that others might simply live.

It is sobering to remember that poverty and severe hardship affect more than a million Australians and that around the world more than a billion people are desperately poor. If we truly believe that Jesus came to bring the good news to the poor, what do we need to do to put the common good before our own, individual good?

Currently the St Vinnie's crew and the School Leaders are collecting 20c coins to support the 'Loaves and Fishes Food Bank' at Holy Eucharist. It is their aim to collect enough coins to reach from CRC to the Foodbank when placed end to end. We have probably reached Main Road East so have some way to go. I encourage all families to contribute any loose change you may have lying around. This is certainly one, very practical way in which we can help those who are in need.

Welcome Back

Welcome back to term 4. I hope that everyone had a really good break and returns well rested, re-charged and ready for a big effort in Term 4.

The coming weeks are looking very busy as we prepare for Image 2015 exhibition and the Inter-house Athletics carnival, both in Week 4.

I encourage all students to really focus on their studies this term. Ensure that you keep on top of things: use your diary, work in class, ask for help, complete homework, go to Study Support, start exam revision today, meet deadlines, come to class prepared.....

Whilst we are now in the fourth quarter there is still time for those who haven't been doing their best to give their

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studies a 'red hot go'. For those who've been working consistently throughout the year – it is important to keep the momentum to the end.

Staffing Term 4

I welcome Mr Russell Clark (Maths / Science) and Mrs Siovhon Brister (Italian / Religious Education) to our school community. Each brings a wealth of experience, many gifts, fresh ideas and a strong commitment to learning and our students. I wish them every blessing in their time at the College.

Kwong Lee Dow Scholarships

Every year secondary schools across Victoria can nominate up to five students to be considered for the Kwong Lee Dow Scholarships offered through Melbourne University. Applications are judged on academic achievement, school involvement and leadership skills. At the College we shortlist based on Semester 1 results and then look at involvement in school life and leadership to confirm the nominations.

I'd like to congratulate **James Le, Cindy Do, Angela Nguyen, Teresa Phan and Phung Le** on being our nominees for the scholarship in 2015. Best wishes to these students. Each would be a worthy recipient of this award. We should hear by early December if they've been successful.

Whitten Project: Congratulations Sarah Pereira

On Monday night **Sarah Pereira** (10 O'Connell) graduated in the 2015 Whitten Project. This is an outstanding achievement, firstly to be selected and secondly, to complete the 7 month youth development program. Sarah was selected to MC the night and has gained much from her involvement in the program. As a College community we are very proud of Sarah and all she has achieved.

The Whitten Project is a leadership education program offered for young people by the Western Bulldogs Football Club. It is an excellent community engagement initiative and we are grateful to the club for offering young people this very worthwhile opportunity.

Young people work closely with their community to complete a leadership project in their local area. Sarah has been involved in working with 'Sisters and Brothers' to develop a workshop for young people on racism. This will run next week.

The Whitten Project is run annually for students in Years 9 and 10. I encourage students currently in Year 8 and 9 to consider applying for 2016.

Year 12 2015

Tonight our Year 12 students will conclude their 13 years of schooling with mass and presentations at St Patrick's Cathedral. We congratulate them on reaching this milestone and wish them well in the coming weeks as they prepare for, and sit their exams. Each carries an important and amazing story and should be very proud of how far they have come in the last six years. I ask that you keep them in your thoughts and prayers.

Interhouse Track and Field

Preparations are now under way for our Inter-house Track and Field carnival which will be held on **Friday 30 October** at the Keilor Athletics Track. A permission letter with details of the day has been sent home for parents to sign.

Family members who have the time are very welcome to join us for all, or part of the day. Students would appreciate your support.

Where: Keilor Park Athletics Track,
Stadium Drive Keilor Park
(Next door to Keilor Basketball Stadium)

When: Friday 30 October 2015

Time: 10.00am – 2.30pm

If you would like to attend but do not have transport, please contact Jill Gerada (9366 2544) and she will make arrangements for you to travel with the school. Buses will leave the school just after 9.00am.

Images 2015

The Arts area is a hive of activity at the moment as students and staff put the final touches to their work for Images 2015, our annual exhibition of student work from Visual Arts, Visual Communication and Design and Media Arts. The quality of the work is always outstanding and well worth a visit. I encourage all families to attend the opening of the exhibition on **Wednesday 28 October**. It is a night not to be missed. I hope to see many of you there.

Year 9 Camp

On behalf of the Year 9 students I'd like to thank Chris Orsini and all the staff who planned and attended the Year 9 camp. From all accounts it was a challenging but terrific experience for everyone.

Term 4 Uniform

From the beginning of Term 4 until the Cup Weekend students can wear either the **full winter** uniform or the **full summer** uniform. They cannot mix and match the two. After Cup Day it is summer uniform only.

Please note: The College spray jacket can only be worn with the PE uniform.

Re-enrolment 2016

Families who have not returned their re-enrolment form are asked to do so as soon as possible.

If there are difficulties in paying the \$100 enrolment deposit please speak with Mrs Ross, our Bursar, about this. It won't be a problem.

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:

Thursday 29th October (a day early due to the Athletics Carnival)

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 Caveman Chemistry excursion

10 Little Community Service


Year 9 Forums

Royal Botanic Gardens visit

Year 9 Trinity Shrine of Remembrance visit

Outdoor Education camp

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



Love one another
as I have loved you

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

10 Theodore St, St Albans | T: 9366 2544 | www.crcstalbens.catholic.edu.au

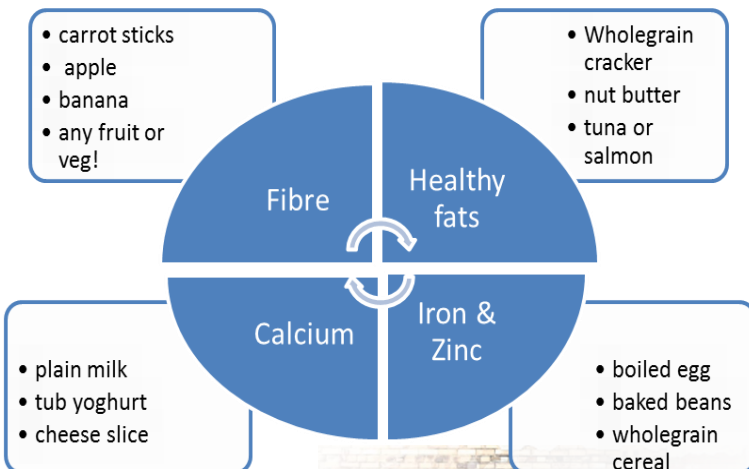


Royal Botanic gardens visit

Welcome back to Nutrition Corner

I hope you all had a wonderful break and spent some quality family time together.

Snacks are not really necessary if your child is having good quality meals throughout the day however, if your children play a lot of sport or are doing extra study, some extra replenishment during the day may be necessary. Snacks should be healthy though, and not involve processed foods. Feeding children healthy snacks and meals can be frustrating and challenging. Trying to make sure your children are getting a balanced diet is a big part of that challenge. Rather than focusing on what your child is not eating, focus on the **key nutrients** that your child needs for healthy growth. For example, your child may refuse to have milk. This can be worrying if you think they are not getting enough calcium. However, they can get **Calcium** through other foods like cheese, yoghurt and salmon. Other important nutrients for growing children are **Iron** and **Zinc**. Foods rich in these nutrients are lean, red meat, grainy breads, seafood, eggs and beans. **Essential fats** are nutrients that are underestimated in terms of their importance for good health, especially for the brain and eyes. Try peanut butter or flavoured tuna on wholegrain crackers for a healthy fat snack. **Fibre** is not so much a nutrient, but very important all the same. Eating a good variety of fruit, vegetables and grains will ensure you get your daily needs in terms of fibre. Having some raw carrot, capsicum and other veggie sticks already prepared are a good way to increase your child's intake and sometimes raw veggies are more preferable to cooked. Here is an example of a good meal/snack plate. *Enjoy ..*



Last Friday, (9th of October) 17 students from year 8 to 10 who have volunteered in the school garden travelled to the Royal Botanic Gardens in South Yarra to participate in two workshops called **Learning Landscapes and Sustainable Gardening**.

Our day started with an interactive walk through the gardens – from the original plantings of oak, fig, elm and ash trees in 1846, to the tropical greenhouses with prehistoric ferns, rubber trees, coffee plants and vanilla bean trees, to the sensory gardens that smelt of lemonade, liquorish and chocolate and the children's garden with the bamboo forests, water ways and vegetable garden.

As we walked, the group discussed the use of light and shade in the garden, design features, water and plant selection.

The afternoon saw the group discover the secret lives of worms and the benefits they bring, how to transplant seedlings, plant propagation and composting.

A big thanks to the staff at the Royal Botanic Gardens for a wonderful day and to the students who attending for being incredibly respectful and attentive despite the afternoon heat.

We're looking forward to taking what we learnt from our trip to the gardens back to community garden here at CRC.



Summer Seedlings for sale

In the coming weeks there will be an opportunity for staff and families to purchase a number of different varieties of summer fruit and vegetable seedlings from the community garden, ready to plant straight into your gardens at home.

There are multiple varieties of Tomatoes, Zucchini's, Cucumbers, Watermelon, Capsicum, Chilli, Basil, Eggplant and Rockmelon among others.

Pricing, availability and pick up details will be advertised through the newsletter and the school bulletin as the seedlings become ready.



**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.

At present we have raised just over \$400 – keep up the great work!

Wednesday Morning Mass Weekly Roster:

TERM 4

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.



Year 8 Reflection Day

On Friday 18th September the year8 Level spent the day at Overnewton Castle as part of a Year 8 Reflection Experience . The focus of the day was to look at your life from birth till now and to examine your own conscience. The day concluded with individual confession.

We would like to thank all staff who assisted with the running of the day and for our College Chaplains, Fr Minh, Fr Brady, Fr O'Reilly and Fr Cleary, for their continued support.

"It was a relaxing day and a special way for me to connect and be with God. After confession, I felt like it was a weight off my shoulder and it was a true sense of relief. I really enjoyed the day." **Kim Huynh – 8 Clark**

"Reflection day was a truly wonderful experience. I got to reconnect with my belief and God was closer to me then ever before. After the confession, I knew that I was renewing my beliefs. Overall, it was a worthwhile experience that I full-heartedly enjoyed." **Henry Chau – 8 Hollows**



The many faces of independence

By Michael Grose

Here are 5 ways for parents to give their children the skills, encouragement and support in their quest for independence.



It's been well documented in recent years that children/young people are dependent on adults for longer. In Australia one in four 18-30 year olds still live at home and those numbers are on the increase. There are many reasons for this including lack of housing, affordability, working and partnering later, and simple convenience.

The propensity for many parents to do too much for children is a massive contributor to this increased dependency. Oddly, this is the exact opposite of what parents have always done, which is to develop their children's independence, and in doing so effectively become redundant from their children.

There are a number of reasons for the current high level of dependency parenting including family shrinkage (*parents are able to do a great deal for kids in small families*), older parents (*often over-concerned*), busyness of life (*it's easier to do than delegate*) and a heightened fear that the world is a dangerous place for children and young people.

Independence is the point

When independence becomes your priority then suddenly you've found a pathway to the development of other positive qualities and traits in your children including the key four – confidence that comes from facing fears; competence that's built through mastery; creativity that's encouraged when kids must resolve their own problems; and character that is forged under the duress of challenge and hardship.

Adults are the gatekeepers for children's independence. And of course, independence takes many guises including:

1. Self-helps skills

The starting point for independence building is giving kids the skills, know-how and confidence to look after their own wellbeing and welfare. This is shown in the many everyday situations where parents model, teach and provide opportunities for children to look after themselves. Including toddlers undressing themselves, primary aged children preparing their own snacks, and teenagers organising their own transport to school and after school activities. Kids develop real confidence from being able to look after themselves and others.

2. Autonomy to make choices and mistakes

Without realising it, as parents we frequently make choices on our children's behalf. We choose the food they eat; the games they play; their leisure activities and often the clothes they wear. When families are large (four or more children) parents usually give their children more space to make their own decisions as well as opportunities to learn from their poor choices. This may mean that children choose healthy interests and pursuits that parents are unfamiliar with, or even swim against the tide of their parents' wishes. In small families parents often know so much about minutiae of children's lives that inevitably we tend to impose greater well-intentioned control over children's decisions.

3. Freedom to explore the neighbourhood

On a recent trip to Italy I was struck by how much freedom to wander their neighbourhoods Italian children had. It was a throwback to the type of childhood that many of today's parents experienced, where we had the opportunity to navigate our neighbourhoods on our own without

having to check in with our parents all the time.

4. Freedom to explore unpredictable and potentially risky environments

Independence is also built when children spend time in unpredictable, potentially risky environments such as the bush or new environments beyond their neighbourhood. There may be some risk involved but this is where real learning lies for children and young people. Eliminate the risk and you eliminate the learning.

5. Taking responsibility for your own problems and actions

There's no doubt many kids are adept at shifting their problems and responsibilities to adults. One of my children would always blame me when they were late for school. Even though the child in question had an alarm clock and was more than capable of using it, any lack of punctuality was somehow shifted to me. Go figure! Independence comes when children take ownership of their responsibilities rather than using someone else as a scapegoat.

In order to grant children and young people the type of independence outlined parents need to be brave rather than fearful; work hard to develop the skills and know-how kids' independence requires; and be willing to give kids the encouragement and support they need to step out of their comfort zones when independence seems to hard.



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



Since our last newsletter.....



SCHOOL FEES

We request families on Direct Debit & Credit Card payments to contact the office on 9366 2544 to set up their Direct Debit & Credit Card payments for the 2016 School Year.

We encourage all Yr 10 families to finalise their child's school fees by 26th November 2015 and Yr 7 – 9 should be finalised by 2nd December before school closes on the 4th.

**If families are having any difficulties with fee payments please do not hesitate to contact me at the college office on:
9366 2544 — Anne Ross**

CRC St Albans

Image 2015

Vis Art | Vis Com | Media

OPENING NIGHT

Wed 28th Oct

6.30-8pm

KEY DATES TERM 4

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 . . .

“ I attribute
my success to this:
I never gave or took
any excuse. ”

- Florence Nightingale