



Advent begins....

Lord, we are so often overwhelmed by the busyness of this time of the year.

O come Emmanuel,
come into our hearts

and show us by your light
the beauty of your way of love.

We are your people, Lord,
and we are waiting for your return.

Come Lord Jesus.

Amen.

involved in learning beyond the classroom and to contribute to the community. This happens through service, leadership, fundraising, sport, the Arts, extension programs and clubs. I'd like to thank all students for the way they've participated and been involved in 2015.

Each year we recognise students who've made an outstanding contribution to the school and broader community with a Catherine McAuley pin. Points towards this award are accumulated throughout the year and about 10 students at each level receive a pin at the final school assembly.

Congratulations to the recipients of the 2015 Catherine McAuley pin. You are indeed people who make a difference and your willingness to lead, challenge, put in and to be part of things is very much appreciated. Thank you.

Thank you to all the families who were able to join us for the assembly and morning tea. Your presence, support and encouragement are very much appreciated.

From the Principal...

Sunday marks the beginning of Advent; the beginning of a new Church year and a time of anticipation and preparation. At this time of the year we are very familiar with the sense of anticipation. With the countdown to the end of the school year, to holidays and to Christmas well under way, we live in constant anticipation of what is happening next. However, we need to take care that the very busyness of this time does not distract us from living an Advent season that truly prepares us for Christmas; for the peace, joy and hope that this season brings. I pray that in the next few weeks, you will be blessed with the space to watch, wait and prepare for the birthday of Christ.

Recipients of the Catherine McAuley Pin for 2015 are.....

Veronica D'Rozario 10OC, Lorenzo Atonio 10MK, Ariane Patricia Lee 10MX, Samuel Gray 7WI, Harrison Gatt 7AV, Caitlyn Gonsalves 8HW, Shermta Flomo 8OF, Julia Bui 8AT, Jans Donovan Garay 9CR, Brianna Flores 9HG, Madelyn Ruel 9CR, Brayden Willie 10OC, Nghia Nguyen 10MX, Alexander Celestial 10MC, Hayley Nguyen 7YA, Trixie May Celestial 7AV, Thuong Nguyen 8HW, Lynda Vu 8ED, Henry Chau 8HW, Ilyssa Mendoza 9BR, Edward Jeselnik 09CR, Stephanie Tran 9CR, Faith Nguyen 10OC, Caitlyn Jane Sanahon 10MC, Xuan Dien Vo 07YA, Christina Cao 7YA, Janaya Nheu 07SN, Tina Bui 8HW, Jocelyn Cuzcano 8CK, Danny Nguyen 8HW, Vivian Truong 09BR, Danny Pham 9HG, Chloe Nunan 9CR, James Le 10MK, Nina Pombuena 10OC, Wendy Nguyen 7AV, Jonas Mendoza 07AV, Amy Tjea 7YA, Xavier Ryan Bondoc 8ED, Albana Gegaj 08ED, Kathleene Mendoza 09LY, Glydel Lawang 9BR and Annie Dinh 9CR.

Catherine McAuley Pins

At the College we encourage young people to be generous with their time and gifts; to look beyond themselves to the needs of others and to work for the common good. They are called to be responsible, compassionate and active citizens who know that they can make a difference, even if it is only one small step at a time.

Throughout the year students have many opportunities to be

Long Tan Leadership Award

Each year the Australian Defence Force provides a scholarship to recognise a Year 10 student who demonstrates outstanding leadership and teamwork within both the school and broader community. This student must also demonstrate a strong commitment to values such as respect for others and strive to always do their best.

CONTINUED OVERLEAF

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Congratulations to **Brayden Willie** who is this year's recipient of the Long Tan Leadership Award. Brayden is an excellent role model who has managed to balance the responsibilities of being Corbett House Captain with his commitment to his studies. He is a capable and highly reliable young man who has loads of initiative and the ability to get things done. We are indebted to him for re-establishing House Weeks as a very important part of school life in Term 3. These weeks really helped to build community and invited us to have fun in what is often the long winter term. Well done Brayden.

Caltex All Rounder Award

This award acknowledges one student at each school for their all-round contribution to the school and the community. This year the award was given to **Caitlyn Gonsalves** (8 Hollows). As well as putting effort into her studies, Caitlyn has achieved and participated in the following . . .

2015 Opening School Mass; 2017 Information Night;
Completed Re-Cycling Film; CRC'S Got Talent; Curator,
Images 2015; Excellent Effort In Studies; Feast Day Mass 2015;
Leadership Camp 2015; Particip8; Particip8 Rubbish Audit;
SACCSS Athletics; Shared Stories; SRC 2015 and Year 7 Family
Night . . . Congratulations Caitlyn.

Kwong Lee Dow Young Scholars Program

Congratulations to **James Le** who has been accepted into the University of Melbourne Kwong Lee Dow Young Scholars Program. The Kwong Lee Dow Young Scholars Program is an academic enrichment program for high-achieving students.

This award is richly deserved as James is a dedicated and talented student who always endeavours to do his absolute best.

Loaves and Fishes Food Bank

A highlight of our final assembly was the presentation of a cheque for **\$6,500** to Charlie from the 'Loaves and Fishes Food Bank' at Holy Eucharist. Throughout the year students and staff help out at the food bank on Fridays. Led by Charlie and Fr. Minh, an amazing group of volunteers collects, parcels and distributes 200+ food packages each week. Where possible, produce from our school garden and the Padley Park plot is added or sold after mass to raise funds to purchase food staples like rice.

During 2015 the Student Leaders and the St Vinnie's group combined their many talents to raise funds for the food bank.

Through the 20c coin drive, lunchtime food stalls and an out of uniform day they were able to raise **\$6,500**. This is an outstanding effort and I'd like to thank and congratulate all involved.

Charlie was absolutely delighted to receive the funds which will be used to extend the cool room, however, he was also very appreciative of the assistance given on Fridays. For the volunteers it is heartening to know that there are young people ready to step up and continue what they've begun.

Year 7 Giving Tree Appeal

Continuing the theme of thinking of others – the Year 7 classes are collecting Christmas gifts to be distributed by St Vincent de Paul. This year we are focussing on Christmas foods like puddings and cakes, and gifts for boys who are 5 – 12 years of age, however, all gifts are welcome. I encourage you to support this very worthwhile work and thank the Year 7 House Council for leading this initiative.

School Captains 2016

On behalf of the school community I would like to thank our 2015 School Captains: Caitlyn Sanahon and Nghia Nguyen, and the Vice Captains: Veronica D'Rosario and Lorenzo Atonio for their great work as leaders in our school. Throughout the year they've contributed in a very real and practical way to making our school a great place and in ensuring that students 'have a voice' on many issues. I thank them for their time, generosity and willingness to serve our community.

It is with great pleasure that I can now announce that our School Captains for 2016 are **Glydel Lawang** and **Nam Nguyen**. Our Captains will be assisted in their role by **Patricia Dabu** and **Jans Garay** who will be Vice Captains. They are a talented and impressive group of young people and I look forward to working with them next year.

We were privileged to have fine field of candidates for these roles and the final decision was a difficult one. Thank you to all who applied for this important leadership role and Danny Pham, Vivian Truong and Brayden Willie for all their work as members of the selection panel.

Farewell Year 10 2015

At our final assembly our Year 10 2015 students were farewelled by our 2016 School Captains. Thank you to Glydel and Nam who spoke so well about the contributions the Year 10 students have made over the past four years. They highlighted the leadership, hospitality and school spirit the Year 10 students have shown, and the sense of peace, welcome and inclusion they've helped to create in our school.

Caitlyn and Nghia responded on behalf of the Year 10 students, thanking staff, students and families for their support and reflecting on their time at the College; the many terrific experiences they've had and how these have helped shape who they are today.

This evening we farewell Year 10 2015 more formally at the Year 10 mass and Graduation.

End of Year Arrangements for Years 7 – 9

Monday 30th November to Wednesday 2nd December are normal school days and students are expected to attend in full uniform, with the required books and prepared to finalise their work.

Year 9 students will be involved in Peer Support Training on Monday and the Year 9 Performing Arts students will perform in 9 Live on Tuesday afternoon.

On Thursday 3rd December students in Years 7 and 8 will enjoy the annual Ball Sports Day. This is the last chance for Houses to gain points towards the 2015 Williams Cup. Year 9 students will enjoy their final Trinity Day which includes skating at the Medibank Icehouse.

Students in Years 7 – 9 finish school on **Friday 4th December**. They are required to be at school by **8.40am** (normal time) and will be dismissed at **12.15pm**.

End of Year Mass

Our mass for the end of the 2015 school year will be celebrated at Sacred Heart Church on **Friday 4th December** at **10.00am**.

We warmly invite families to join us for this very special celebration.

Report Preparation Day: Friday 27th November

Whilst assessment and finalisation of reports continue into the last week of term 4, Friday 27th November has been set aside for staff to mark exams and to begin the preparation of reports. Year 10 students will have finished by that date and students in Years 7–9 will not be required at school.

Lost Property

We have several items of lost property in the school office. If any student has lost an item of uniform you are asked to see Anne Stokie before the end of the year.

Items not collected by the last day of Term 4 will be placed into the second hand uniform pool.

It is concerning that a large number of these items of uniform cannot be returned to their owner as they are not named!

Newsletter

The final newsletter will be mailed home on Thursday 17th December 2015 and will also be available on our website on this day 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:

- Year 9 Trinity United Nations summit
- Years 9 and 10 exams
- SACCSS lunch and presentation afternoon
- Year 10 Picnic

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.

Term Dates 2016

Term 1: Monday 1st February – Thursday 24th March
(Year 7's begin on Fri 29th Jan)

Term 2: Monday 11th April – Friday 24th June

Term 3: Monday 11th July – Friday 16th September

Term 4: Monday 3rd October – Friday 9th December
(Years 7 – 9)

Please Note: Year 10 students finish at the College on Thursday 1st December but have an Orientation program at CRC Sydenham from Monday 5th to Friday 9th December.

Years 9 and 10 end of year exams will be held from **Wednesday 23rd to Tuesday 29th November, 2016**.

Families planning to travel at the end of 2016 are asked to note that the Orientation program at Sydenham is compulsory and that exams must be taken within the exam timetable. They cannot be taken before or after the exam week.



CHRISTINA UTRI
PRINCIPAL



familiEs Matter

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.

Parents with Centrelink Concession Card/Health Care Card please contact Mrs. Ross on 93662544 to make appointment for 2016 CSEF (formerly EMA). For more information on the CSEF please see the article at right.

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



Department of
Education & Training

Camps, Sports & Excursions Fund (CSEF)

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund will ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities.

School camps provide children with inspiring experiences in the great outdoors, excursions encourage a deeper understanding of how the world works and sports teach teamwork, discipline and leadership. All are part of a healthy curriculum.

CSEF will be provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. The allowance will be paid to the school to use towards expenses relating to camps, excursions, or sporting activities for the benefit of your child.

The annual CSEF amount per student will be:

- \$125 for primary school students
- \$225 for secondary school students.



Parents with Centrelink Concession Card/Health Care Card

Please contact Mrs. Ross on 93662544 to make appointment for 2016 CSEF.

Semester Two Reports

Reports will be available to view and download through the PAM portal at:

<http://www.crcstalbans.catholic.edu.au>

from Monday 14th December. A letter will be sent home with the Year 7 – 9 students on Thursday 26th November with further information on how to access and print reports. Students will also have access to their reports through the Learning Management System.

CRC St Albans SECOND HAND BOOK SALE

MONDAY 7TH DECEMBER 9am. – 5pm.

TUESDAY 8TH DECEMBER 10am [Yr. 7 2016 Orientation Day]

CASH and EFTPOS sales available.

Please bring **SMALL** notes [\$5, \$10 & \$20] large notes difficult to give change.

The following books are available for sale:

YEAR 7

- I'm being stalked by a moonshadow (\$8.00)
- ICE EM Maths Yr 7 Book 1 (\$15.00)
- ICE EM Maths Yr 7 Book 2 (\$15.00)
- Science Quest 7 (\$32.00)
- Calculator [Casio FX82AU] (\$15.00)
- Oxford Integrated Dictionary & Thesaurus File (\$18.00)
- Italian Dictionary (Collins) (\$10.00)

YEAR 8

- Chinese Cinderella (\$10.00)
- ICE EM Maths Yr 8 Book 1 (\$15.00)
- ICE EM Maths Yr 8 Book 2 (\$15.00)
- Science Quest 8 (\$32.00)

YEAR 9

- Emil and Karl (\$10.00)
- The story of Tom Brennan (\$9.00)
- ICE EM Maths Yr 9 Book 1 (\$15.00)
- ICE EM Maths Yr 9 Book 2 (\$15.00)
- Science Quest 9 (\$32.00)

YEAR 10

- To kill a mockingbird (\$10.00)
- Simple Gift (\$10.00)
- ICE EM Maths Yr 10 Book 1 (\$15.00)
- ICE EM Maths Yr 10 Book 2 (\$15.00)
- Essential Maths Yr 10 VELS ed. (\$30.00)

Academy Uniforms are now ON-LINE!

1. Simply go to www.academyuniforms.com.au

2. Select
ORDER ON-LINE

3. Select
CRC ST ALBANS
and enter password
ST ALBANS

Orders can be sent to the
SYDENHAM CAMPUS
or your home address



Developing your child's social media scripts

By Michael Grose

As parents we teach our kids to talk politely and clearly so that they know how to speak to others when we're not around. In effect, we give our kids social scripts to fall back on when they talk to friends, teachers and relatives. There's no guarantee they'll look an adult in the eye when they speak to them, but our discussions, reminders and lessons about manners will hopefully hold up when we're not around.

The same applies to social media. Our conversations and lessons will prepare them to be savvy users when we're not around. Here are some ideas to get you started:

- 1. "Is this worth posting?"** The relatively impersonal nature of social media means that we can post information and pictures with relative immunity. Also its immediacy means that we can do so without much thought. This means that kids need to be very critical about what they see online. *'Is this accurate?'* and *'Is this worth posting?'* are two valid questions children can ask when they read posts placed by others.
- 2. "Have you taken a big breath?"** A child who blurts out everything that comes into his mind without thinking is sure to put plenty of people offside. *'Think before you speak'* is the type of message that every child should have in mind. The same applies to social media. Just because they think something doesn't mean they post it. *'Take a big breath'* may just about be the most important message to give your kids about social media.
- 3. "Do you want the principal to see this?!"** An invitation to a teenage birthday party posted on social media is one way to get more attendees than you bargained for! The viral nature of social media means that kids should only post messages and photos that they want to be spread and read by a large audience.
- 4. "How does this post make you feel?"** We need to teach kids that not every post needs to be commented upon and not every thought needs to be shared, particularly when they are angry. Teaching them to walk away and then to step back in when they've calmed down is perhaps the most important communication lesson of all. It is very relevant to social media as emotions are often the last thing on many people's minds when they haphazardly post a message.
- 5. "How will you fix this?"** Social media just like any social space requires kids to behave ethically and with kindness. When kids overstep the mark and post hurtful things then it's fair that they fix their mistakes, and apologise. It's reasonable that we teach our children to act with tolerance and with empathy online, and if mean things are posted then they should be expected to try to repair relationships through social media, just as they should offline.

KEY DATES TERM 4

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
School finishes at 12:15pm

Thursday 17th December:
School Office closes.

Working Together to Combat Cyberbullying

In July the Australian Government introduced the 'Office of the Children's eSafety Commissioner'. One of the first tasks of the eSafety Commissioner was to set up a Cybersafety complaints scheme. The key purpose of this scheme is to facilitate the rapid removal of serious cyberbullying material from social media sites.

Key steps in reporting cyberbullying material:

- 1 Report the cyberbullying material to the social media service
- 2 Collect evidence – copy URLs or take screenshots of the material

If content is not removed in 48 hours.....

- 3 Report it to www.esafety.gov.au/cyberbullying-complaint
- 4 Block the person and talk to someone you can trust.



Catholic Regional college St Albans

A few vacancies remain for 2016

Enrolments are now being taken for Year 7 2017

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

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



www.crcstalbans.catholic.edu.au

*Someone
Once Said...*

“Advent is
the time of promise;
it is not yet
the time of
fulfillment”

- Alfred Delp

School Captains Nam + Glydel's 'Farewell to the year 10's' Speech (McAuley Awards)



[Nam]

Good morning Ms Utri, teachers, students and a warm welcome to the families present here today. It is a delightful privilege for Glydel and I-Nam, to deliver this speech to the departing year 10's of 2015 on behalf of Catholic Regional College St. Albans.

Their long and memorable four year journey here at CRC, like every good thing in life, must eventually come to an end. But before they go, I wish to acknowledge their hard work and active participation within the school.

The Year 10's have demonstrated the ideal qualities of great leaders, and have been well-respected members of the school community. They have reinforced our fundamental school values of: community, learning, equality, understanding, respect and support, therefore strongly paving the way for the younger year levels. The year 10's have led the way through their contributions to our school-life, as they guided and supported the new year 7's through the peer support program.

They have actively engaged in community service to extend a helping hand to not only the needs of the school, but also to the needs of others. They cheerfully assisted our fundraisings and charity work, that has greatly benefited our school, and finally the individual gifts the Year 10's have brought and generously shared with this school. Yet all these were just a few of their achievements as leaders.

Not only were they leaders, but role models that strived to maintain a balance between work and fun-which is what school is essentially all about.

[Glydel]

Although the year 10's may no longer be with us next year, they do not leave us with a gap, but rather a mark filled with blithe memories, achievement and most of all, they leave behind a lasting legacy.

This legacy which has especially been shaped by our school leaders of 2015. The student leaders have prominently sacrificed their time and effort, to commit their values and ideas for the better of our school community. Their hard-work will definitely not be forgotten. And so I would like to commend the school leaders for their unyielding dedication and faith in our school.

Indeed they are an inspiration to us all and to the school leaders of next year.

Your journey here may come to an end, but hopefully you will retain all the lessons you have learnt within this school during your four years of being here. We also leave with you our school motto: "To love one another as I have loved you". A motto which each of you have successfully carried out through your indelible actions of giving and loving for our school. Again, on behalf of the whole school we wish you all the very best for your future endeavours, we thank you for all your efforts and we hope the memories you have created within these school gates will live on with you forever. You have been wonderful leaders of our school, and I'm very sure that you will be wonderful leaders of your own future paths.

Welcome back to Nutrition corner . . .

It's hard to believe Christmas is just around the corner! It is definitely one of those periods where we tend to overdo things in the food and drink department. Summer is a great time to get creative with lots of fresh, healthy salad options instead of the stodgy types of food often associated with Christmas. Salad vegetables in their natural state are the best for us nutritionally, however, they can be boring and lack flavour to some of us. With the amazing array of herbs and spices on offer in supermarkets today, we can add great flavour without compromising the state of nutrition. As well as herbs and spices; oranges and lemons

- both zest and juice are also great flavour makers. During our "Make Healthy" week, the staff were tantalized by the assortment of salads available for lunch. One of my favourites was the Moroccan Carrot Salad. I hope you enjoy this dish as much as I did. To Good Health during Christmas!

MOROCCAN CARROT SALAD

1/2 BUNCH OF BABY CARROTS, trimmed (peeled if you like), but leaving some stalks on top.
3 TSP OF OLIVE OIL
1 TBS RED WINE VINEGAR
1 TSP SMOKED PAPRIKA
1 TSP GROUND CUMIN (or seeds)
1 CLOVE OF GARLIC, crushed
SEA SALT & BLACK PEPPER
1 TBS FRESH CORIANDER, chopped

METHOD

Place carrots whole into boiling salted water. Boil for only 5 minutes, until just tender, not falling apart.
Drain and refresh in cold water to stop the cooking process.
In a bowl mix together the oil, vinegar, garlic, paprika, cumin and a pinch each of the salt and pepper.
Place carrots in a bowl, pour over the dressing and gently coat the carrots in the dressing. Then arrange on a platter.
Just before serving, topped with the fresh coriander.

It looks fabulous on a large platter, and of course you could also add other vegetables to it as well. It is important to not overcook the vegetables to keep their nutrients. A dollop of Greek yoghurt on top is also a nice addition.





Wednesday Morning Mass

Thank you to all the staff and students who have prepared Wednesday Morning Mass over 2015. The remaining Masses will be led by Sacred Heart Primary School. Everyone is welcome to attend Mass on Wednesday Mornings.

Advent

This Sunday marks the beginning of Advent. A time when we prepare for the birth of Christ; A time when we pray for peace.

GOD OF LOVE,

YOUR SON, JESUS, IS YOUR GREATEST GIFT TO US.

HE IS A SIGN OF YOUR LOVE.

HELP US WALK IN THAT LOVE DURING THE WEEKS OF ADVENT,

AS WE WAIT AND PREPARE FOR HIS COMING.

COME LORD JESUS,

WARM OUR HEARTS WITH PEACE.

McAuley Assembly

At our recent Assembly our school captain, Caitlyn Sanahon, told the story of the stained glass window. As a community we make God Visible to the world.

The Stained Glass Window Shows Us the Face of God

A stained glass window consists of thousands of coloured pieces of glass. Some are blue, some are green, some are yellow, some are gold.

When we bring our faces close to the stained glass, we can admire the beauty of each piece.

But as we step back from it, we can see that all these little pieces reveal to us a beautiful picture, telling a story none of these pieces of glass can tell by itself.

That is what our life in community is about. Each of us is like a piece of coloured glass, but together we reveal the face of God to the world.

Nobody can say: "I make God visible." But others who see us together can say: "They make God visible." Community is where humility and glory touch.



**20c Coin Drive –
Make a difference.
Make the distance.**

Thank you to everyone for their amazing donations. We contributed just over \$1100 to the total of \$6500 to the Holy Eucharist Food Bank. This is an amazing effort.



YASHIE

Young Adults Sacred Heart Emmaus
Meet each Wednesday, @ 7.30pm
ROOM 15
@ Sacred Heart Primary School



since our last newsletter . . .

