Catholic Regional College St Albans

Love One Another As I Have Loved You



Christmas Reflection

I have come to bring you peace.

Not the peace of the season, for it is too fleeting. Not the peace of the carol, for it is too nostalgic. Not the peace of the greeting card, for it is too slick.

Rather, I have come to bring you peace.

Peace of the ordinary and the everyday. Peace for the worker, the retired, the student. Peace in the office, the kitchen, the schoolyard.

I have come to bring you peace.

The peace of accepting yourself as I know you; the peace of loving yourself as I love you, and the peace of being yourself as I am who I am.

I have come to bring you peace.

The peace that warms you at the end of a task; the peace that sustains you through the day, and the peace that touches you when you are reconciled with each other.

I have come to bring you peace.

Without peace, my coming is unfulfilled. Without peace, my birth is forgettable. Without peace, Christmas is a contradiction.

I have come to bring you peace.

From the Principal . . .

17 December

Thank You

As we come to the end of the year I'd like to thank you for your support and hard work throughout 2015. As we look back over the year, we can be well pleased with all that has been achieved. Our school community is indeed blessed; blessed in the young people with whom we work, blessed in the staff who choose to work here; blessed in the loving, faith filled families who give us such support. It's been a terrific year. Thank you.

In the mad rush that sometimes marks this time of the year, I hope that all families find moments of stillness to reflect on why we celebrate Christmas. Christmas is an ongoing invitation to each of us to be people of peace.

May you all enjoy the joy, peace and hope of Christ this Christmas and may the New Year be filled with happiness, good health and many graced moments.

I wish everyone in the school community a safe, restful and enjoyable break.

Farewell

With the end of the school year we farewell a number of staff and thank them for all they've contributed to the school. Each has been an exceptional staff member and a fine teacher.

Thank you to Vince lannuzzi who moves to CRC Sydenham after 19 years of exceptional service to our school community; and to Matt Green, Deb Mollica, Russell Clark, Siobhon Brister, Andrea Coughlan, Robert Raymond and Gabriella Crnac who were on replacement positions this year.

Families may have noticed that 2015 has seen a baby boom amongst the staff (5 boys / 3 girls and 8 in total) so we farewell a number of staff who've been in replacement positions. I thank each of them for all that they've brought to our community. The transition has been seamless due to their skill and professionalism.

CONTINUED OVERLEAF

Continued from Page 1

Lastly, we also say farewell to Katherine Tohme and Luke Scerri, two of our Learning Support Officers, who are returning to study to complete their teaching qualifications. Each will be missed as they have contributed much to our community and shown great care for students and staff.

Congratulations

We congratulate Gerard Victor (Laboratory Technician) who will retire at the end of this year after **36 years** of loyal service to the College. Gerard started in February 1980 when the College was only in its third year. As one of the early and pioneering staff members he has played a significant role in developing the College from very humble beginnings to the fine and established school we are today.

Gerard was instrumental in fitting out the original Science labs, in supporting a young staff to develop a dynamic program and in setting up the routines and systems necessary for safe practices in the laboratory. Whilst we can't imagine it today, those initial Science classes were in classes of 40 students and the technician was critical to the smooth and safe running of practical classes.

Gerard is a man of strong faith. He hardly ever missed Wednesday morning mass and always prepared to serve as a Minister of Communion. Gerard hopes to pursue an interest in writing in his retirement.

On behalf of the school community, I thank Gerard for all he's given to our community and wish him and his wife Marie-Therese a long and wonderful retirement. May they be blessed with energy and good health so that they can travel to visit family and friends in Mauritius.

It is with sadness that we say thank you and Godspeed.

Well Done

I'd like to congratulate and thank all students for the way that they finished the school year. Year 10 students and staff had a terrific final day at Bounce and at Queens Park in Moonee Ponds. It was a great chance to have some fun and to reminisce about the year.

Similarly, Years 7 – 9 students enjoyed their final day which included an end of year mass and pastoral care activities. Many thanks to all families for your support in ensuring that students finished so well.

Semester 2 Reports

These are now available to students and families through the

Parent Access Module (PAM). Families who have requested a printed copy of the report will find it enclosed with the newsletter.

The Spirit of Christmas in Action

Last week at the final Year 7 assembly students presented representatives from St Vincent de Paul with food and gifts that they have collected during Term 4 as part of their Giving Tree project. Congratulations to all Year 7 students and families for your incredible support of this project, and for seeing Christmas as time where we think of others who are not as lucky as we are. Thank you.

Congratulations

We congratulate Missialatise (Tissi) Maoluma (8 Orifici) on being selected to represent the Melbourne Rebels in the U15 Junior Gold Cup. Students selected in this talent development squad have the opportunity to play in Australia wide tournaments. This is a great achievement. Tissi is a very talented young player and we congratulate him and wish him well.

SRC 2016

On behalf of the school community I would also like to congratulate the following students on their election to the SRC for 2016:

- Year 8: Janaya Nheu, Roshith Thanthulage, Trixie-May Celestial
- Year 9: Bolis Nyok, Missialatise Maoluma, Caitlyn Gonsalves
- Year 10: Vivian Truong, Ilyssa Mendoza, Charles Endaya

We trust that each of them will contribute much to our community next year and will learn a great deal from the experience.

Thank you to all the students across the school who nominated for leadership roles. We are very lucky to have so many people interested in putting themselves forward. It seems that the SRC will have many willing helpers throughout the year.

House Captains 2016

Congratulations to the following students on being selected as House Captains for 2016:

Corbett: Juville Filimoeatu, Julia Malut

ISSUE 19 2015

Guelen:	Kim Ngo, Danny Pham
O'Reilly:	Cyril Vallescas, Isabella Audino
Reis:	Brianna Flores, Alyssa-Mae Martinez

Social Justice Captains 2016

Congratulations to the following students for being selected as Social Justice Captains for 2016: Kathleene Mendoza (Social Justice—Environment) Chloe Nunan (Social Justice—Action).

Start of the 2016 School Year

 Friday 29 January 2016:

 Years 7 students only
 (9am – 2.15pm)

 Monday 01 February 2016:

 All students return
 (8.40am – 3.05pm)

Book Collection Day

Books purchased through the College supplier can be collected from the College library on **Monday 25 January**, **2016.** It would be great if families could attend at the following times:

A – G:	8.30 – 11am
H – M:	11am – 1pm
N – Z:	1 – 2.30pm
All:	2.30 – 3.30pm

Payment can be made by cash, EFTPOS or credit card. No cheques are accepted. Families paying in cash are asked to bring an extra \$10.00 in case of price increases.

A small number of second hand books are still available from the library.

Uniform

The CRC Uniform shop at Sydenham will be open extra hours in January. Extended hours are as follows:

- Monday 25th January 2016
- Wednesday 27th January 2016
- Thursday 28th January 2016
- Friday 29th January 2016
- Saturday 30th January 2016

Hours are 10am - 4pm on the weekdays and 9am - 12 midday on the Saturday.

I ask that all families ensure that students arrive at school on Monday 01 February with all their books and in full uniform.

Class 2016

Classes for Years 8, 9 and 10 2016 will be displayed around the school on the Booksale Day: Monday 25 January 2016.

Save the Date

The Year 9 Family Night is in the first week of Term 1 2016 on **Thursday 04 February.** Further details will be sent home on the first day next year. This evening is held early in the year to give families information about the Trinity program which begins in the second week of term.

I'd ask that all Year 9 families mark this date in their calendar.

Getting ready for Day 1

It's important that students name all belongings; including books, folders, pens, schoolbag, other equipment and all items of uniform before the beginning of the school year. This assists us in returning lost items to their owners.

Year 7 2017

Enrolments are now being taken for Year 7 2017. Application forms and College Information packs can be obtained from the front office at any time. The application form can also be downloaded from the College website at: 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:

Peer Support Training (Year 9) 9 Live VCE / VET Orientation (Year 10 2016) Year 7 Assembly Years 7 and 8 Ball Sports Day End of Year mass Orientation Day (Year 7 2016) 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 01 February – Thursday 24 March Holy Thursday)
Term 2:	Monday 11 April – Friday 24 June
Term 3:	Monday 11 July – Friday 16 September

Term 4: Monday 03 October – Friday 09 December (Years 7 – 9)

Please Note:

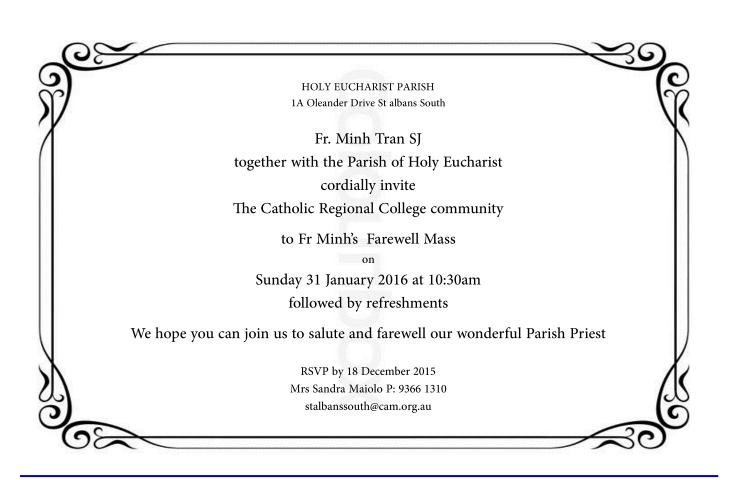
Year 10 students finish at the College on Thursday 01 December but have an Orientation program at CRC Sydenham from Monday 05 December to the Friday 09 December.

Years 9 and 10 end of year exams will be held from Wednesday 23 to Wednesday 30 November, 2016.

are asked to note that exams and the Orientation program at Sydenham are compulsory. Exams must be taken within the exam timetable. They cannot be taken before or after the exam week. Please do not book travel before 09 December for Year 11 2017 students or 01 December for students in Years 7 – 9.

Families planning to travel at the end of 2016

CHRISTINA UTRI **PRINCIPAL**



ISSUE 19 2015

KE THE MOST OF SUM

Next year will be a fresh start—new timetable, new classes, new teachers, new challenges and possibly even new subjects. It's the ideal opportunity to turn over a new leaf, so over the summer break set yourself some targets for the new yearrenew and re-invent yourself!

Ideas for making the most of your summer holiday start here... 1 Get fit. Pick a sport or activity and do at least 30 minutes of exercise a day.

2 Get creative. A film, a story, a painting, a song, a dance routine, a blog ... create something unique and just enjoy doing it. 3 Learn a new skill. Have a go at something you've never done before: juggle; learn chords on a guitar or ukulele; cook a meal; catch, gullet and cook a fish; sew a garment; change a car tyre.

4 Become an expert. Pick a subject you're

interested in and become an expert at it.

Research online, at the library, a museum; speak to another expert; keep a notebook and pictures of your findings.

5 Get to know your family. Sit down with members of your family and ask them to tell you about their life. Are there any photos or movies from their early years?

6 Grow your own. Plant a small (or a large) garden and have fun watching it grow-pick your own herbs and vegies, or if you're lucky, your own fruit!

7 Read a book. Get into some holiday reading. If you've never enjoyed a book, you're reading the wrong ones. Find a genre and an author that fire your imagination.

8 Do things for free. Check out all the free things that are happening in your area. Visit your local library, the park, volunteer your services around the house or at a neighbour's place. Local councils have volunteers helping out the homeless at Christmas lunches.

9 Relax in style. Why lie in bed all day when you can lie on the beach? Or on a riverbank? Or in a hammock in the garden? Find a local beauty spot and take a picnic.

10 Keep cool in style. Make your own icecreams, sundaes and cold drinks—check out recipes online. Swim at the beach, the local pool or dip yourself into a cool bath filled with fresh herbs.

Before you know it, the holidays will be over, so make the most of the time you have.

since our last newsletter





ISSUE 19 2015



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.

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



- 1. Simply go to www.academyuniforms.com.au
- 2. Select ORDER ON-LINE
 - CRC ST ALBANS and enter password ST ALBANS

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



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

Counselling Service

Best wishes to all for a peaceful Christmas, hopeful New Year, and a relaxing change of routine. Thank you for the trust and confidence you have placed in the Counselling Service this year. Please take good care of yourselves and one another over the coming weeks.

Just on case life doesn't go to plan, in an emergency, call 000. Otherwise, here are some helpful contacts. Check their websites for more information and some on-line chat rooms.

The 24 hour, confidential support services:

Kids Help Line 1800 551 800 Lifeline 13 11 14 Parentline 1300 30 1300 Bevondblue 1300 22 4636 Headspace 1800 650 890 Griefline 1300 845 745 Safe Steps (Family violence) 1800 015 188

Services with some limitations over the next few weeks:include:

Centacare 9287 5500 Good Shepherd Youth and Family Services 8312 8800 Help and support are only a phone call away. The people at these services really appreciate the challenges that Christmas, New Year, and holidays can pose. So, maybe make a call sooner rather than later. Have a chat with someone who can listen and offer useful, practical suggestions.

- Jenny Ricketts, Counsellor.



3. Select

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

Festiva

Festival 21 was an event held at the Melbourne Convention Centre all about achieving a sustainable and healthy future. 13 lucky students were able to attend this amazing event

festival 2]

with Hayden and Mitchell Porter. It was a really great inspirational day as we were able to sit and listen to so many speakers in the festival's 'Social Innovation Boot camp'. In these sessions we heard many wonderful ideas and about how each presenter got their idea up and running. One way we learnt about getting an idea going is to create a course of action. The procedure went like this: Frame, Connect, Focus, Challenge and then finally Action. With each

point we were ableto gain a lot of new knowledge such as, framing your ideas well so that your

such as, traming your ideas well so that your audience is interested, connecting your team and the people around you so that you are gaining the support of many people. Focus so you know what your goal is and so you don't get distracted from achieving it and to coll with the audience is interested, connecting your team and the people around you so that you are gaining the support of ma people, Focus so you know what your goal is and so you don't get distracted from achieving it and to roll with the numbes and don't let a challence etcn you punches and don't let a challenge stop you. We also learnt a lot of life lessons. Some of which include... not seeing a 'failure' as the defining moment of your life, but rather to take it as lesson and to improve upon it. To not let people around you define yourself before y We also learnt a lot of life lessons. Some of which include... not seeing a 'tailure' as the defining moment of your life, but rather to take it as lesson and to improve upon it. To not let people around you define yourself before you do How a small single idea, no matter how small, his silly or absurd it may be if you put your beart, soul and al life, but rather to take it as lesson and to improve upon it. To not let people around you define yourself before you do. How a small single idea, no matter how small, big, silly, or absurd it may be, if you put your heart, soul and all your effort into it. You may just be able to achieve it and it might be the beginning of a change that could change it and it might be the beginning of a change that could change the second se do. How a small single idea, no matter now small, big, silly, or absurd it may be, it you put your heart, soul and all your effort into it, you may just be able to achieve it and it might be the beginning of a change that could change the entire world or could even inchine other people. To Numb the Tunk' because it changes your lifestyle complete punches and don't let a challenge stop you. your effort into it, you may just be able to achieve it and it might be the beginning of a change that could change the entire world or could even inspire other people. To 'Dunk the Junk' because it changes your lifestyle completely or to have fun with the idea your present because who knows maybe the whole world will bear about it The entire world or could even inspire other people. To Dunk the Junk because it changes your intestyle or to have fun with the idea your present, because who knows, maybe the whole world will hear about it. or to have tun with the idea your present, because who knows, maybe the whole world will hear about it. Overall the day was really fun and we were able to learn so many new things, hopefully this will be the first of many tring to Feetival 21 by Kethloone

trips to Festival 21. by Kathleene

Our school garden in 2015: **Cultivating soil, making connections:**

စ္တိုင္ပ

In the 2015 Spring edition of the EarthSong journal an article was published about our schools adventure into food, sustainability and environmental connection to celebrate the United Nations International year of Soil. The following is an excerpt from the article:

'Catholic Regional College (CRC), St. Albans has some audacious (but grounded) goals when it comes to integrating sustainability practice into our school this year and into the future. Our intention is to build a dynamic enterprise project that links hands -on learning and connection to the environment within the school curriculum, supports our local food bank both financially and with regular fresh produce, creates a thriving student run market garden and builds the capacity and resilience in our community to grapple with the challenges of the 21st century. None of this is possible without soil.

Soil is the lifeblood of our endeavours here at school to connect social and environmental justice at a fundamental level. Part of our work to become better stewards of creation will always be to enable ecosystems to create spongy, living, thriving soil that smells sweet and looks good enough to eat.

This year has been an incredible beginning to our school garden and sustainability project. We've had multiple classes from across the year levels and

subject areas working and learning in the garden, with a special shout out to Mr. Green and the yr. 10 Design Wood and Construction class who spent the second semester designing and building portable greenhouses (see picture below) Students have engaged in recycling and composting through the Year 8 Participate program and a student led rubbish audit and film project - all of which have laid the foundation for more audacious resource recovery plans at school for 2016. Fresh winter greens and other produce have been delivered to the Loaves and Fishes Food bank, with a bumper summer crop of zucchinis, pumpkins, tomatoes, corn and cucumber sure to provide more food in the new year.

The garden volunteer program has developed into a close knit group of willing volunteers, with special thanks to Shermta Flomo, Nour Alsammour, Emily-Ana Miskovic, Jose Miguel Ortega, Faith Nguyen Abuk Jerry, Achan Ajak, Awer Makuach, Marie Celestial and Amy and Emma Emukule among others who have given up their own time at lunch, after school and even the school holidays to support the establishment of the school garden. There has also been a stark improvement to the soil quality in the garden in the areas where students and staff have worked to break down the heavy clay that is on our garden site, it is thanks to their hard work that we now have a great summer crop of veggies! Their work also paves the way next year for

even more growing spaces, fruit trees and maybe even a chicken or 6.

I would personally like to thank the leadership team for their belief in the possibilities of the project, the teaching and support staff for their work, energy and willingness to find links between the garden and the curriculum (often at short notice!), to Adrian and Luke in the maintenance team for their help and support with the water systems, building paths, general advice and for lending me tools whenever I needed. To Mirtha for being even more enthusiastic than I am about recycling, and to the 2015 year 8 SRC of Tina Bui, Caitlyn Gonsalves and Jocelyn Cuzcano for their persistence with the recycling project for this year.

Thanks must also go to the Coles Junior Landcare grant program and the Brimbank Council growing food in schools program for their financial support of the program and to Jason and his family FIX & FASTEN in Sunshine West.

2016 is already shaping up to bigger and better than ever and I can't wait to see you down in the garden in the new year.

Have a safe and Merry Christmas.

- Hayden

P.S please use the link below to see the full article published in the earth song article:

http://www.earthsong.org.au/es-journal-shop/wpcontent/uploads/2015/09/cultivating soil.pdf



WELCOME TO NUTRITION CORNER

It is often the thought that it is more expensive to eat healthy.

This is why many people turn to prepackaged and highly processed foods. But if you look closely, you'll find that these types of foods are more expensive and are cheaply made as they contain a lot of "fillers" that do not cost manufacturers much at all. Here are some examples:

\$3/kilo Fresh potatoes Rolled oats \$1.30/kilo Frozen chips \$4.30/kilo \$14/kilo Cocoa pops Fast food chips \$29/kilo Sugary cereals \$12/kilo \$9/kilo Fresh chicken fillets 43 cents each Apples (approx.) \$22.00/ kilo Chicken nuggets \$1.20 Mangoes in juice Pre-made kebabs packet of chips/chocolate bar

\$16.00/kilo \$3.00

The differences in cost are quite dramatic. Another difference is that food in its more natural state takes more time to prepare. Putting more time into preparing food is worth it if you want both flavoursome and healthy food that will make you feel good. Natural food is better for our emotional state and can have a more calming effect. Please read the link I have attached on food and ADHD. http://therealfoodguide.com/naturalremedies-adhd-nutrients/ #ixzz3qzElwRUP

I hope you all have a wonderful Christmas and I wish you the very best in good health. L Steele, FoodTech



CHRISTMAS IN OUR PARISH

Wednesday 24th December Christmas Eve

- RECONCILIATION -

RESURRECTION Every Saturday at 9.30am

- MASS -

EMMAUS (Family) 7.00pm, 10.00pm

HOLY EUCHARIST (Family) 7.00pm, Carols begin 6.00pm (Vietnamese) 9.00pm Carols begin 8.00pm (Midnight Mass) 12.00am, Carols begin 11.00pm

> RESURRECTION (Children's) 4.00pm, 5.30pm St Nicholas will be attending. (Family) 7.00pm (Mid Evening) 8.30pm (Midnight Mass) 12.00am Carols from 11.30pm

SACRED HEART (Family) 5.30pm, 8.30pm, midnight

Thursday 25th December

Christmas Dav

- MASS -

EMMAUS 9.00am

HOLY EUCHARIST (English) 10.30am (Vietnamese) 12.00 midday

> RESURRECTION 10.00am

SACRED HEART 8.00am, 10.15am, 11.30am (Polish) 9.00am

Thursday 26th December

BoxingDay

- MASS -

EMMAUS 10.00am

SACRED HEART (English) 9.00am (German) 10.00am (Polish) 11.00am

Wednesday 1st January 2014

Rew Pear's Day

- MASS -

EMMAUS 10.00am

HOLY EUCHARIST (English) 10.00am

(Vietnamese) 12.00 midday NOTE: NO 9.00am MASS

> RESURRECTION 10.00am

> SACRED HEART (English) 9.00am (Polish) 10.30am



ISSUE 19 2013





Make the distance. Here are some photos of the COIN TRAIL . . .

WE WOULD LIKE TO WISH ALL OUR FAMILIES. STAFF AND STUDENTS A VERY MERRY CHRISTMAS. WE LOOK FORWARD TO WHAT 2016 WILL BRING.







The Social Justice Council





Justice Captains and members of the new Social Justice Council.

Chloe Nunan Social Justice Captain – Action Social Justice Captain – Environment Kathleen Mendoza

The Social Justice Council Annie Dinh, Madelyn Ruel, Akier Mabior, Gebi Beric, Nyanjuma Akoul Conratulations to all these students. Mr Marshall



PAGE 10

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. Students will also have access to their reports through the Learning Management System.

CRC students raise \$6500 for food bank

December 7, 2015 10:16 am by <u>Ben Cameron</u>



Jans Garay, Tina Bui and Chloe Numan. Picture: Kristian Scott

Families in need will have a more comfortable Christmas this year, thanks to Catholic Regional College students from St Albans.

The school recently donated \$6500 to the Holy Eucharist Food Bank, which was raised by students who developed, planned and ran fundraising activities during the year.

School spokeswoman Laura Cioccia said the students had worked extremely hard.

"The food bank feeds up to 200 families a week in the area, and relies heavily on donations," she said.

"Our students have been volunteering there every Friday morning for the last couple of years, and we are developing a community garden in the school to help support the need for fresh fruit and vegetables."

For more information about the food bank, go to <u>holyeuchariststalbans.org</u> email StAlbansSouth@cam.org.au or call 9366 1310.

KEY DATES TERM 1, 2016

A full calendar for Term 1 will be sent home to families in the first week of 2016. However, key dates for Term 1 2016 are listed below:

> Thursday 21 January: School office re-opens

> Monday 25 January: Book collection Day 2016 classes published

> Thursday 28 January: Student Leaders' Camp

Friday 29 January: Year 7 2016 start school

Monday 01 February: All students return.

Thursday 04 February: Year 9 Family Night

Wednesday 10 February: MacKillop Awards Assembly Ash Wednesday

Thursday 18 February: Opening Mass

Thursday 25 February 2016: Interhouse Swimming Carnival

Monday 14 March 2016: Labour Day Holiday

Tuesday 15 March 2016: Intercampus Mass Early finish for students

Wed 16/3 – Fri 18/3: -Year 8 Camp



Tuesday 22 March: SACCSS Interschool Swimming

Thursday 24 March: Stations of the Cross / Final Day Term 1