



### **Be merciful like the Father in Heaven is merciful.**

*When the path is clear and easy,  
Jesus strolls beside us,  
glad of the company.*

Walk beside me.  
Walk in humility and kindness.  
Open your hearts in mercy and love.

*When we stumble because the path is hard,  
Jesus is there, giving us a hand.*

Walk behind me.  
Walk in gentleness and patience.  
Reach out in mercy and love.

*When darkness falls we are afraid,  
Jesus goes ahead to guide our way.*

Walk with me.  
Walk in acceptance and comfort.  
Look out for each other in mercy and love.

*When we've taken the wrong path and are lost,  
Jesus comes to find us.*

Walk before me.  
Walk in compassion and forgiveness.  
Welcome back in mercy and love.

*When we fall and are hurt,  
Jesus picks us up and carries us*

Walk within with me.  
Walk in generosity and solidarity.  
Be the face of the Father's infinite mercy and love.



## *From the Principal . . .*

### ***Be merciful like the Father in Heaven is merciful.***

Our reflection is taken from the Gathering Rite at yesterday's opening of school mass. In this Year of Mercy we are calling and challenging students to walk in mercy with others and to be the Face of God's mercy in the world. Each of us is called to ensure that mercy is at the heart of our actions, in all we do so that our world may be a little less cold, a little less harsh, a little less broken and more just.

I'd like to thank all the families who were able to join us for mass; Fr. O'Reilly who celebrated mass with us; the staff and students who prepared the liturgy; the choir, readers and ministers; students who developed and presented the Gathering Rite, and who participate so fully, reverently and prayerfully in the mass.

### ***Induction of School Leaders***

At our opening mass yesterday we inducted our 2016 school leaders; the School Captains, Social Justice Captains, SRC and House Captains. Congratulations to all the students who have graciously accepted a formal leadership role this year.

Whilst we are only three weeks into the school year our leaders have already been very busy. So far they've hosted the Year 12 2013 morning tea; welcome families to the MacKillop assembly; organised pancakes for Shrove Tuesday and held a Zooper Dooper fund raiser. The Inter-house Swimming carnival and Project Compassion are also under way. Thank you to all involved.

### ***MacKillop Pins***

At the opening assembly we recognised a number of students for all round academic excellence in 2015.

The Mary MacKillop pin is awarded to the top 10 - 12 students at each year level. Results from Semester 1 and 2 are considered in selecting these students.

I'd like to congratulate all students who received a MacKillop Pin. What a talented group you are! Excellence is never an accident or luck. It requires hard work and perseverance.

Recipients of the MacKillop pin generally have the ability to stick at things and to work hard even when the work is not immediately

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Continued from Page 1

enjoyable. They're focussed, seek help, use feedback and constantly look for ways to do better. Well done on working hard throughout the year and doing everything to be the best you can be. Your pin is well deserved.

I'd also like to congratulate all the students who were not recognised with a pin but who know that what they achieved last year was their very best. Well done!

Recipients of the Mary MacKillop Pin for 2015 are:

#### Year 7

Martino Nguyen  
Tommy Nguyen  
KimLy Ta  
Roshith Thanthulage  
Kim Vu  
Sharelle Lynch  
Janaya Nheu  
Julie Le  
Jordan Luong  
Tina Le  
XuanDien Vo  
Jason Pham

#### Year 9

Glydel Lawang  
Jessica Nguyen  
Emily Jong  
Kathleene Mendoza  
Edward Jeselnik  
Stephanie Tran  
Kayla Palmier  
Michelle Nguyen  
Jenny Pham  
Jason Nguyen  
Amanda Tjea

#### Year 8

Tomas Carville  
Henry Chau  
Thuong Nguyen  
Xavier Bondoc  
Jocelyn Cuzcano  
Julia Bui  
Julie Pham  
Charmaine Jarlego  
Lynda Vu  
Caitlyn Gonsalves  
Nour Alsammour  
Darianna Nuez

#### Year 10

Angela Nguyen  
Teresa Phan  
Nina Pombeuna  
Phung Le  
James Le  
Caitlyn Sanahon  
Cindy Do  
Kelly Nguyen  
Diana Bui  
Patricia Magboo  
Ariane Patricia Lee

### 2015 Learning Bursaries

As well as the MacKillop Pin we also awarded a learning bursary for the DUX (student with the most outstanding academic results for each year level). The recipients of these awards for 2015 were:

Year 7: Tina Le  
Year 8: Thuong Nguyen  
Year 9: Glydel Lawang  
Year 10: Cindy Do

Congratulations to these students. Each had a terrific year and achieved results. I am sure that they and their families are very proud of all they've achieved. We hope that each student uses the prize in some way towards their education.

### Kwong Lee Dow Scholar 2015

Congratulations to James Le on being accepted into the Kwong Lee Dow Scholars program at Melbourne University. James has achieved excellent results throughout the year and has been involved in a range of co-curricular activities. He is a worthy recipient.

### Williams Cup

Congratulations to O'Reilly House on a very convincing win in the 2015 Williams Cup. This makes it three in a row! O'Reilly began the year with a win at the Swimming Carnival and never looked back. An outstanding effort!

Competition for the 2016 Williams Cup kicks off next week with Inter-house Swimming. I wish each House the very best.

### Inter-house Swimming

Families have received information outlining arrangements for next week's Inter-house Swimming carnival on **Thursday 25 February**.

The carnival is held at the St Albans Leisure Centre so if families have the time, you're very welcome to join us for the carnival; to cheer on your child and to barrack for their House.

### Years 9 and 10 Family Nights: Thank You

Thank you to all the families who were able to join us for the Years 9 and 10 Family Nights over the last two weeks. The evenings provided families with the opportunity to meet the Year Level Leaders and the pastoral care teachers at these levels, as well as learning a little more about the program for the year. I hope that families found the night of value.

We look forward to meeting Years 7 and 8 families over the next few weeks.

### Arrangements for Tuesday 15 March

Once a year all the staff of Catholic Regional College (North Keilor, Sydenham, Caroline Springs, Melton and St Albans) gather for mass and a joint staff professional learning activity and / or guest speaker.

This year's Intercampus Afternoon is on **Tuesday 15 March** and is being hosted by CRC North Keilor. In this Year of Mercy we're delighted that Sr. Sylvia Williams will be speaking after the mass. Sr. Sylvia was the founding principal of CRC St Albans and is a Sister of Mercy, an

order founded by Catherine McAuley in Ireland. It will be interesting to hear about the work of the sisters and how they understand the call to be the 'Face of God's mercy' in our world today.

As staff need to be at North Keilor by 1.00pm **students in Years 7 - 9 will be dismissed at 12.20pm (end of period 4)** on this day.

Year 10 students will be dismissed on their return from the excursions they're attending during the morning. More specific details will be included with the permission forms that will be sent home with Year 10 students.

I ask that all families note these changed dismissal times and ensure they have clear arrangements in place for their children.

### *Traffic Management: Theodore Street*

Families are reminded to read parking signs around the College carefully. As is the case around all schools a number of areas have restricted parking or no parking at 'school pickup' times to assist with traffic flow. Parking officers regularly monitor the area. I am sure that families can do without the significant fines.

Please consider the following to ensure everyone's safety:

- ◆ Signs on the western side of Theodore Street indicate that this is a 'NO PARKING' zone from 8 – 9am and 3 – 4pm on school days.
- ◆ Double parking is illegal and will incur fines.
- ◆ Students must use the school crossing.
- ◆ It is very dangerous to double park and then wait for students to run across the road.
- ◆ The speed limit in school zones is 40kmh
- ◆ Sometimes it is better to meet students a street or two away from the school to avoid the congestion.

### *Newsletter*

The newsletter is published fortnightly and distributed on **Day 5 (Friday Week 1)**. 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 1 2016:

Fridays:                    04 March                    18 March

The newsletter can also be accessed on Friday morning (Day 5) on the College website at:

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

### *Applications for Year 7 2017*

It is hard to think that we are already planning towards next year. 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](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:

Shrove Tuesday Pancakes  
Ash Wednesday  
MacKillop Assembly  
School Photos  
Year 7 Sunnystones Day  
Year 10 Family Night  
Opening Mass  
Year 9 Great Escape

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

### **Parent Access Module (PAM)**

Families are able to access important information about their children's schooling through our Learning Management System. A letter will be mailed out this Friday to all families with details of how to access the parent portal so that they can keep track of upcoming events, daily messages, assessment tasks, attendance, reports, behavioural tracking and commendations.

**Please keep your user guide and login details in a safe place as you will need to access PAM throughout the year.**





# 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.

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***

## KEY DATES TERM 1, 2016

**Tuesday 23 February**  
8 Attard Family Night

**Thursday 25 February**  
Interhouse Swimming Carnival

**Tuesday 01 March**  
Year 10 Religious Education excursion  
Year 8 Hollows and 8 Clarke Family Nights

**Thursday 03 March**  
Year 8 Orifici and 8 Edison Family Nights

**Tuesday 08 March**  
7 Yarra Family Night

**Thursday 10 March**  
7 Snowy Family Night

**Monday 14 March**  
Labour Day Holiday

**Tuesday 15 March**  
Intercampus Mass / Early finish for students, except Year 10 Outdoor Education

**Thursday 17 March**  
7 Kiewa Family Night

**Wed 16/3 – Fri 18/3**  
Year 8 Camp

**Tuesday 22 March**  
SACCSS Interschool Swimming  
7 Wimmera Family Night

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

### School Photographs

Last Friday, all students had their photo taken. Parents who have not ordered a copy of the photos may do so via the Advance Life website. The address is: [www.advancedlife.com.au](http://www.advancedlife.com.au)

Year 9 students will be receiving an ID card from Advanced Life Photography, however, **if anyone in year 7, 8 or 10 would like to order an ID card, they need to send \$5.00 to school** in an envelope with the student's name and homeroom by **Monday 22<sup>nd</sup> Feb.**

### Immunisations

Year 7 students will be receiving the first of the year's immunisation injections next Wednesday, **24<sup>th</sup> February**. All students should have returned their form to school informing us on whether the student will receive the injection. It is strongly recommended by the authorities that students are immunised.

***If you have any queries, please contact Mr Donahoo via the school office.***



### Do you have one of these valid Centrelink cards?

Please contact the office  
If you have not yet seen Mrs Anne Ross this year. Telephone: 9366 2544.



## FINANCIAL ASSISTANCE INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

### CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

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. A special consideration category also exists for asylum seeker and refugee families. The allowance is 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 is:

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

### HOW TO APPLY

Contact the school office to obtain a CSEF application form or download from [www.education.vic.gov.au/csef](http://www.education.vic.gov.au/csef)

### MORE INFORMATION

For the CSEF application closing dates and more information about the fund visit [www.education.vic.gov.au/csef](http://www.education.vic.gov.au/csef)



### MacKillop Awards Morning Tea

Students past and present attended the MacKillop Awards with parents on 10 February



# Teasing Versus Bullying

By Michael Grose

When speaking with parents when I present at schools, or engaging with them via our social media, bullying is always a hot topic. A recent Facebook post had one of our biggest engagement rates ever. It begged the question- "What is bullying? Do we mix it up with teasing and other forms of mean behaviour?"

It's an important topic that needs clarification.

Bullying is a term that's wrapped in emotion. For many people it's associated with bad childhood memories. It's been estimated that around 40 per cent of people have experienced bullying in the past. It's something that we don't want to happen to our kids.

But I fear it's being overused at the moment and confused with teasing and rudeness.

**Rudeness** refers to thoughtless behaviours and thoughtless words. Kids often do rude things to each other without thinking their actions through. Examples include breaking wind in a child's direction; joking about the colour of a child's hair in front of others; failing to share possessions and neglecting to acknowledge someone. Rudeness is usually about selfishness and thoughtlessness. Taken on their own many rude behaviours can be seen as an element of bullying but when looked at in context they are more about thoughtlessness, lack of consideration and poor manners rather than a deliberate attempt to hurt someone.

**Teasing** refers to annoying, hurtful behaviour that is used to get a reaction from someone else. Teasing can be persistent in nature, but not always. It's generally an attempt to get under a person's skin. It can involve name-calling; it can be personal and hurtful in nature. It can also infringe on another person's rights. But generally teasing doesn't have the key ingredients that make up bullying.

**Bullying** is the *selective, uninvited, repetitive* oppression of one person or group by another. It involves **three elements** – intent to hurt or harm; power imbalance; and repetition over time. It takes many forms and guises including physical aggression; verbal abuse; emotional aggression (or blackmail); intimidation; harassment and exclusion.

The new cyber-dimension to bullying has moved the goalpost for many kids. In the past children and young people could escape bullying behaviours by being at home. Cyber-bullying means that children can't escape bullies like they once could.

## Why the distinction?

I hear the term bullying misused a great deal in the media and when talking with parents. We run the risk of "The Boy Who Cried Wolf" Syndrome where we become so desensitised to the term that we (or teachers) ignore it when children really are the victims of bullying. We also run

the risk of failing to skill our kids up to manage rudeness and teasing if we categorise every awful behaviour that kids experience as bullying.

Our ability to be discerning about bullying is as important as the action we take when we are sure that our child is on the receiving end of bullying behaviour. These actions include: dealing with feelings; providing emotional coping skills, getting others involved; building up a child's support networks; and building self-confidence that can take a battering.

Bullying needs to be taken seriously. But we also need to be discerning about bullying behaviours.





# TIME

CATHOLIC REGIONAL COLLEGE



<http://dishfunctionaldesigns.blogspot.ca/>

# READ

FEBRUARY 2016

ST ALBANS LIBRARY NEWSLETTER

## NEW BOOKS



A powerful, captivating story about Alice, who is reaching out to express herself through her beautiful-broken words, and Manny who is running to escape his past.

Alice is fifteen, with hair as red as fire and skin as pale as bone,

but something inside her is broken. She has acquired brain injury, the result of an assault, and her words come out slow and slurred. But when she writes, heart words fly from her pen. She writes poems to express the words she can't say and leaves them in unexpected places around the town.

Manny was once a child soldier. He is sixteen and has lost all his family. He appears to be adapting to his new life in this country, where there is comfort and safety, but at night he runs, barefoot, to escape the memory of his past. When he first sees Alice, she is sitting on the rusty roof of her river-house, looking like a carving on an old-fashioned ship sailing through the stars.

## GIRL ONLINE

is the stunning debut romance novel by YouTube phenomenon Zoe Sugg, aka Zoella.

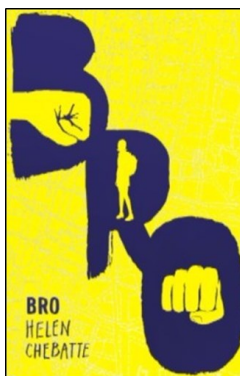
I had no idea GirlOnline would take off the way it has - I can't believe I now have 5432 followers, thanks so much! - and the thought of opening up to you all about this is terrifying, but here goes... Penny has a secret.

Under the alias GirlOnline, she blogs about school dramas, boys, her mad, whirlwind family - and the panic attacks she's suffered from lately. When things go from bad to worse, her family whisks her away to New York, where she meets the gorgeous, guitar-



strumming Noah. Suddenly Penny is falling in love - and capturing every moment of it on her blog.

But Noah has a secret too. One that threatens to ruin Penny's cover - and her closest friendship - forever.



Romeo knows the rules. Stick with your own kind. Don't dob on your mates, or even your enemies. But even unwritten rules are made for breaking.

Fight Clubs, first loves and family ties are pushed to their limit in Helen Chebatte's explosive debut novel.

"Tell no one what I've given you."

Until he got that cryptic warning, Christopher Rowe was happy, learning how to solve complex codes and puzzles and creating powerful medicines, potions, and weapons as an apprentice to Master Benedict Blackthorn—with maybe an explosion or two along the way.

But when a mysterious cult begins to prey on London's apothecaries, the trail of murders grows closer and closer to Blackthorn's shop. With time running out, Christopher must use every skill he's learned to discover the key to a terrible secret with the power to tear the world apart.

If you liked the Percy Jackson series you will like this



www.goodreads.com



www.filigranes.be



## What's on when..

February Reading hour  
Wednesday 24<sup>th</sup> @ lunchtime  
Book in at the library

Catholic Education Week Breakfast 7.30am Friday 18<sup>th</sup> March  
Premier's Reading Challenge Launch  
March Reading hour



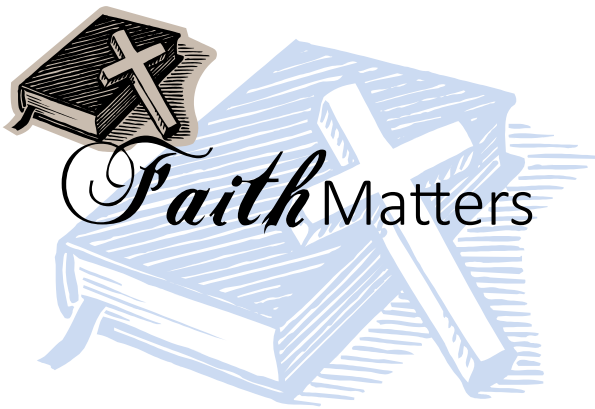
## Remember we can help with:

Computer access  
Computer assistance  
Reading selection  
Homework help

Chess and card games are available in the library  
for quiet use at recess and lunchtime



Remember you can access the Library through the school web page  
[www.crcstalbans.catholic.edu.au](http://www.crcstalbans.catholic.edu.au)



**Wednesday Morning Mass**

Wednesday Mass will commence on Wednesday 2<sup>nd</sup> March.  
 2<sup>nd</sup> March  
 CRC St Vinnies Crew—Mr Marshall  
 9<sup>th</sup> March  
 Sacred Heart  
 16<sup>th</sup> March—(Catholic Ed Wk) CRC 9 Barton—Ms Iaria  
 23<sup>rd</sup> March – (Holy Week) Combined CRC/Sacred Heart  
 10 Mannix—Mr Marshall

**Project Compassion**

Each Homeroom has a Project Compassion Box on their prayer table.  
 We ask that you give generously over this time.  
 This is the 50<sup>th</sup> Year of Project Compassion and this year’s theme is:

**“ Learning more; creating change ”**

You are welcome to log on to the Caritas website to discover the stories which show how Caritas Australia are helping to empower the world’s poorest people.



**YASHIE**

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

**Short Prayers to pray at home  
for the second week of Lent**

**Let us pray to Christ our Saviour, who redeemed us by his death and resurrection :**

*Lord, have mercy on us.*  
 You went up to Jerusalem to suffer and so enter into your glory,  
 - bring your Church to the Passover feast of heaven.  
*Lord, have mercy on us.*  
 You were lifted high on the cross and pierced by the soldier's lance,  
 - heal our wounds.  
*Lord, have mercy on us.*  
 You made the cross the tree of life,  
 - give its fruit to those reborn in baptism.  
*Lord, have mercy on us.*  
 On the cross you forgave the repentant thief,  
 - through which we are cleansed of our sins.  
*Lord, have mercy on us.*

Loving God,  
 I often turn my back on your love.  
 Please accept my small acts of sorrow today  
 and help to open my heart to you.  
 As I journey through Lent,  
 let me remember the feast you have prepared for me  
 in the resurrection and let me be filled with thanks to you.  
**Amen.**



## 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.crcstalbens.catholic.edu.au](http://www.crcstalbens.catholic.edu.au) for more details



Mirtha Carillo shows us just how big some of the produce is.

# OUR GARDEN

**WOW! And these are just the leftovers . . .**

The CRC ST Albans vegie garden is producing some whopper crops—and that's after the food that has been given to the Food Bank! Well done to our garden volunteers and *Hayden, Educational Support.*



## Year 10 Students (2013) Reunion Morning Tea

Past CRC St Albans students who finished Year 12 at Sydenham attended a morning tea on 4 February. Staff caught up with them, reminisced and congratulated on their various chosen paths.



## Welcome back to Nutrition Corner for 2016

*I thought I'd start you off with some fabulous tips for Healthy family eating. Make the challenge to see how many you can do!*

**1. INVOLVE THE KIDS IN COOKING** Children love to cook and are much more likely to try new foods they have helped prepare. Year 7s learn knife skills so are able to chop up those yummy vegetables for you, halving your food prep time.

**2. EAT TOGETHER AT THE MEAL TABLE** Research shows that families that eat together at the table have healthier diets.

**3. HAVE THE WHOLE FAMILY EAT THE SAME FOODS** If children are only given a limited selection of food everyone knows they are willing to eat they are less likely to try new healthy foods. Introduce new foods along with those you know they are happy to eat.

**4. LET THE KIDS SEE YOU, THEIR BEST ROLE MODEL, EATING WELL** Children mimic the habits of those around them. Eating healthy food together allows them to see others eating and enjoying good food.

**5. TURN OFF THE TELEVISION AT MEAL TIMES** Meal time is a great opportunity to enjoy each other's company and catch up on the day's events without the distraction of television. It also helps with eating awareness – tasting and enjoying food and realising when it is time to stop eating because you are full.

**6. EAT VEGETABLES EVERY DAY** Include vegetables with every meal and as a snack for good health.

**7. GO GROCERY SHOPPING WITH THE KIDS** Show children all the colourful, interesting foods at the grocery shop. Let them pick a new fruit or vegetable to try and give them the job of washing and preparing it for the rest of the family. There are many local places in the area; **Big Sam's in St Albans** is a good place to start.

**8. HAVE A BOWL OF FRUIT ON THE TABLE SO CHILDREN CAN HELP THEMSELVES** Fruit is a great snack and children love it. Have fruit available for whenever children feel hungry. *A bag of apples costs the same as a large packet of crisps/chips but will last longer and is much healthier.*

**9. MORE LOW FAT DAIRY FOR CHILDREN OVER FIVE YEARS** Full fat dairy food is important for children under the age of two years, but children aged two-five years can have reduced fat dairy and older children can have low fat dairy food like the rest of the family.

**10. GET THE RIGHT SUPPORT** There are many great **Apps** available to download to your phone or iPad that are a great guide to healthy living. Most of them are free; especially the government ones. The app **Food Tracker** provides a guide to the traffic light system of food choice.



362 Albert St, EAST MELBOURNE P: (03) 9926 9300

## Mary MacKillop Heritage Centre



**OPEN DAY** 10.00am – 4.00pm  
**Saturday 20<sup>th</sup> February 2016**

- Pray in the Chapel
- Take a tour of the Museum
- Visit the Gift Shop
- Enjoy a light refreshment
- Mary MacKillop Walking Tour available @ 11am

