



### Good Things from Small Things

A little yeast makes the dough rise,  
and it becomes yummy to eat.  
Tiny seeds are planted  
and they become trees that give shade.

*Good things come from small things*

Just one kind word makes the lonely times better,  
a cuddle makes sad times better,  
a helping hand makes the work less of a burden.

*Good things come from small things*

A tiny idea can become a plan,  
and a plan can grow into a reality that makes life  
better for people.  
A chance meeting can grow into friendship that  
lasts a lifetime.

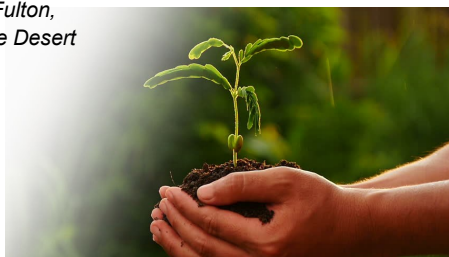
*Good things come from small things*

All the little kindnesses,  
all the new ideas,  
all the meetings and moments of magic can  
grow and grow.  
You never know until you begin.

*Good things come from small things  
and God is in it all.*

Go out of your way today to do one small  
thing to change your small corner of this  
big, wide world.

*Sally Foster-Fulton,  
Dancing in the Desert*



### From the Principal . . .

**Our opening reflection is a gentle reminder that Lent is a time of doing small things which will and can make a difference in our world. It is not about grand gestures but about remembering to do the small, everyday things better; one act of kindness at a time.**

The reflection also echoes the Paul Kelly song 'From little things big things grow'. Often we know only this line from the song, not the story behind it. The song is about Vincent Lingiari and the Gurundji people of the Northern Territory who battled the Government, landowners and their vested interests to regain their traditional lands. It very much became a David vs Goliath story but also an example of a small idea becoming a reality that made a huge difference to indigenous Australians. It is well worth a read.

As we continue to journey through Lent - what is one small action that you will take to change your corner of our world?

### Inter-house Swimming Carnival

Congratulations to Guelen House on winning both the Girls' and Boys' aggregate, as well as taking out the overall championship at last week's Inter-house swimming carnival. This is the first win for Guelen in the swimming overall since 2000. Well done on a deserving win.

We were blessed with good weather and it was a really good day all round. Thank you to all the students who got into the spirit of the day by dressing in house colours and costumes. There was good sense of House spirit, friendly rivalry and good sportsmanship all round.

Congratulations to all the students who represented their House and who did their absolute best for their teams. There were some very good team and individual performances. Thank you to all the supporters, both families and students who cheered for the swimmers as they competed.

Thank you to Andrea Jurcec, Claire Rayos, the House Captains and all who assisted them in organising a fine carnival and a very enjoyable day.

CONTINUED OVERLEAF

Continued from Page 1

Our attention now turns to the SACCSS Interschool Swimming which is held in the last week of term. Training for the interschool team begins this week.

## *Williams Cup*

Following an outstanding performance at the Inter-house swimming, Guelen House is the early leader in this year's Williams Cup. The progressive scores after the swimming and lunchtime skipping are:

- |                        |                         |
|------------------------|-------------------------|
| 1. Guelen (45 points)  | 2. O'Reilly (36 points) |
| 3. Corbett (30 points) | 4. Reis (17 points)     |

## *Congratulations*

Recently the College won the 'Biggest Pumpkin in Brimbank' competition at the Westvale Community Centre. Congratulations to Hayden O'Doherty and all involved in the Community Garden which is thriving at many levels.

On Thursday afternoon we hosted the Brimbank Environmental Teachers' Network in the garden and the Language Centre. This was a great chance to 'show off' all the fine work being done in this area in the past 12 months. Visitors were very impressed.

## *Year 8 Family Nights*

Thank you to the families who have joined us for the Year 8 Family Nights over the last week. These nights are an important opportunity to meet staff and other families informally and to get an insight into key Year 8 experiences.

Thank you to Hayden O'Doherty and the student leaders who have organised a very tasty BBQ to start each night. I'm sure that the hospitality that you offered was more than welcomed by busy families rushing between after school commitments. A highlight on the menu was the delicious garden salad made from fresh ingredients picked from our garden.

We look forward to meeting Year 7 families in coming weeks.

## *Save the Date: 24 March*

On Thursday 24 March (Final day Term 1 / Holy Thursday) we will be holding Stations of the Cross in the school yard. Families are very welcome to join us for one of the sessions. More details and exact times will follow in the next newsletter.

## *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.

## *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: 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*

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:

10 Little Community Service

Trinity Kickfit

Inter-house Swimming

Year 10 Author visit – Steven Herrick

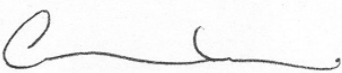
Year 10 RE excursion

Year 8 Family Nights

Media Arts ACMI Day

Brimbank Environmental Teachers Network meeting

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



MAKING  
HEALTHY  
WEEK

MONDAY  
7TH



FRIDAY  
11TH  
MARCH.



# OUR GARDEN



**Recently staff and students enjoyed a healthy lunch, catered for by the Garden Volunteers and using mostly ingredients from our own college veggie garden.**

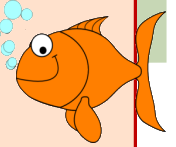
Hayden and the student garden team diligently made a glorious Garden Salad, Tomato Relish and a yummy Garlic Sauce, served with Corn Fritters and also delicious barbequed Corn on the Cob! What a superb lunch, enjoyed by many at CRC ST Albans.

Perhaps you also saw our whopper vegies, which won **FIRST PLACE** at the recent Brimbank Sustainable Expo?



### Clean, Green and Fish Friendly

This week at school as part of Clean Up Australia events across the country we have been collecting all of the litter from the yard at lunch time and at the end of each day. We'll use this information to design ways as a community, to keep our school environment cleaner. The year 8 SRC have launched paper recycling bins in our year 7 classrooms. Hopefully with the success of this work we can put recycling bins in all of the year levels and ultimately keep our pond ecosystem healthy enough for some fishy friends in the future.



**CLEAN UP AUSTRALIA DAY** is on again and Brimbank Council will provide a **FREE BBQ** for all participants who help out at the **Selwyn Park clean up site**. (next to 1 Selwyn Street, Albion, near the playground)  
 The clean up is hosted by *Friends of Koroit Creek* and starts at 12 noon.  
 For further info, contact Martha from the Conservation team on 9249 4717.  
 There are over 20 sites registered for Clean Up

in Brimbank (including CRC ST Albans).  
 There are 2 located in St Albans for families to join:  
 1) 1A Oleander Drive, St Albans  
**10am-12noon** Site Coordinator: Nhi Tu  
 email: [nhitu8@gmail.com](mailto:nhitu8@gmail.com)  
 2) Alfreda St, St Albans,  
 (Meet Outside St Albans Library)  
**1.30-2.30pm** Site Coordinator: Kim Thien Truong  
 email: [kimsfoundationofhopeinc@mail.com](mailto:kimsfoundationofhopeinc@mail.com)

## Welcome back to Nutrition Corner



By now, students should be well and truly focused on their study and setting themselves up for a good year of learning and setting goals. One of the best ways to cement their learning and concentration is by ensuring they are looking after the **health of their brains**. Our brain is a very important organ and one we should give some priority to. This week the Year 9 Food Technology classes have been studying **Omega 3 Fatty Acids** and gaining an understanding of how good these Fats are for their brain and overall health. **Fish** is a great source of Omega 3 FA's and the students made Tuna or Salmon Patties using sweet potato as a base. **Salmon and sardines** have the highest amounts of omega 3, and plant foods and flaxseeds are also good sources. Another important function of omega 3 FAs is that it has

been found to help those suffering **depression and anxiety**. Evidence has also pointed to **arthritis** sufferers getting much needed **relief**. So plenty of good reasons to up our intake of Omega 3 FAs! Salmon and Sardines are cheap and readily available in tins and so easy to add to food - fried rice, pasta or in a sandwich or on toast. If I don't feel like cooking dinner I will open a tin of sardines or mackerel and pop on some toast. Now that's a quick and easy dinner when you are short on time! **To BRAIN FOOD and good brain health!**





familiEs  
Matter

## SCHOOL FEES

All families will receive their school fee statements in the mail by the end of this week.  
**PLEASE NOTE: CSEF FUNDS (\$225 PER CHILD) WILL BE CREDITED TO YOUR SCHOOL FEE ACCOUNT BY END MARCH/APRIL**  
*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**

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.

## Asthma Australia

### Young People and Asthma

Asthma Australia is working with key organisations supporting young people's health to help improve asthma health outcomes for 12-25 year olds. A Facebook page, Young People with Asthma – Australia, provides a range of information for these young people and their supporters. Every two months Asthma Australia will also run a Question and Answer session that is proving very popular. Check out the page for our posts and promotion for upcoming Q and A sessions.



## 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)



## Catholic Regional college St Albans

### Enrolling your child into Year 7 in 2017?

To enrol call **Anne Stokie on 9366 2544** or visit [www.crcstalbans.catholic.edu.au](http://www.crcstalbans.catholic.edu.au) for more details

### Parent Access Module (PAM)

Families are able to access important information about their children's schooling through our Learning Management System which will allow them to 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

## Year 7 Immunisation Date Change

Due to a council problem, the immunisations for Year 7 students will now take place on Thursday 17th March.

**YEAR  
&  
CAMP**



## FORMS DUE MONDAY 7 MARCH

All Year 8 Students would have received the form to be signed for our camping trip. These forms, four in total, need to be returned to your homeroom teacher.

***The deadline is Monday 7th March. Please be diligent.***

### Activities Brief

#### Expedition:

Students will be instructed on how to pack a backpack for their overnight expedition. As groups they will pack only their personal clothing and toiletries along with sharing group equipment and food. The group will then make their way to Kurth Kiln Regional Park via tracks and roads.

The group will camp out on Scout Loop Track where they will setup camp. Explore the area of Kiln and its local history. They will cook dinner as a group using Trangias under the direction of the Group Leader (GL). The next morning they will prepare breakfast, arriving back at Gilwell before lunch where they will unpack their pack back into their personal bags.

#### Canoe / Raft Building:

This activity will be conducted in the Lochlan with a water specialist as well as the teacher and Group Leader. The groups will play a game on the water (group Vs group). An interchange system will be used for the game. Also there will be equipment and materials to build a raft for use on the water.

#### High Ropes:

Student will participate in a number of elements on the onsite High Ropes. This activity will challenge students and build confidence in their personal abilities. Also build team work and communication skills.

#### Ecological Survey:

This survey will be in two parts; a Water survey and a Land survey, where students will complete survey sheets as a group and participate in a water activity where the students collect a water sample from the creek. They will carry out a bug count, using a magnifying glass and aqua nets and there will be identifying charts so students can identify the bugs. Students will walk through a section of Gilwell Park, looking at the different types of landscape.

## Generic Clothing and Equipment List for Students

Camp is not a fashion parade, so be practical! This list assumes 3 sets of clothes – one set is worn to camp, one is a spare set and one set is for getting wet & muddy (any water sessions).

### Clothing

- 2 Thin woolen jumpers (one of these will be used canoeing and will get wet)
- 1 Warm jumper (for the night wear)
- 2 Long sleeved shirts/skivvies
- 2 T-Shirts must have sleeves (NO SINGLET TOPS)
- 2 Track pants (not cotton, check the label)
- 3 Pair socks (Woolen socks preferred)
- 3 Pair of underwear
- 1 Sun hat (broad brim)
- 1 Woolen Beanie
- 2 Pair shorts (NO SHORT SHORTS)
- 2 Pair runners, 1 for getting wet, and 1 for walking (NO THONGS OR CROCS)
- 1 Pair bathers and towel
- 1 Pair of thermals optional

### Equipment

- 1 Sleeping bag (Dacron or down as the campout may get cold)
- 1 Lightweight torch and spare battery and globe
- 2 Strong large garden tidy bags
- 3 Recycled supermarket plastic bags
- 6 strong rubber bands
- 1 Water bottle with good sealing lid (1 Litre minimum)
- 1 Toiletries - comb/brush, toothbrush and paste, soap and deodorant
- 1 Sunscreen
- 1 Small 1st aid kit (eg. band aids, roller bandage, personal hygiene needs)
- 1 Eating set, plastic plate, bowl, cup, knife, fork, spoon (NOT DISPOSABLE ONES)

## PARTICIP8

**Thank you Year 8's once again for your service to our school and community.**

***Recognition to several people:***

**Jasmine Paras** and **Christina Cao** who will now take responsibility for the administration of the Participat8 Program. Two very capable students with high organisational skills to maintain and develop the Particip8 Program further. If you wish to be part of the program you may see these two students in order to volunteer your time and services.

**Weeks 5 and 6**

Flag duties: Rosanna and Destiny 8 Attard  
Composting; Phi Long and Caesar 8 Clark  
Gate Monitors: Janaya and Jordan 8 Edison  
Corridor monitors: (Naomi and Chiara) 8 Hollows  
Library monitors: (Jenny and Mary) 8 Orifici

***Two more roles available during weeks 5 and 6:***

Our Year 7 area will be implementing the recycling of waste paper in their classrooms. Particip8 requires two students to collect boxes, ensuring no contamination has occurred, and take these to the recycling drop-off in our garden.

The second role has an environmental focus as well. Two students are required to clean the school pond at least three times a week. Hayden and the eco friendly students have been creating a habitat for fish to live in by introducing water plants and an aerating water system. It will soon be time for fish to be introduced into our pond. BUT we need to ensure the yard is clean from rubbish that blows into the pond. **Message for all:** Put your rubbish in the bin!

Behind the scenes three students each Friday have been visiting **Fishes and Loaves** to help those in our community (see Fishes and Loaves notice). Furthermore, three students from 8 Clark; **Alexander, Cindy** and **Shirleen** have met with our school's principal Ms Utri and an interior designer to discuss renovating designs for our Yr 8 upstairs corridors.

**Keep up the amazing commitment to help our school and community grow better and stronger each day.**

## Opening School Mass and the Induction of the Student Leaders

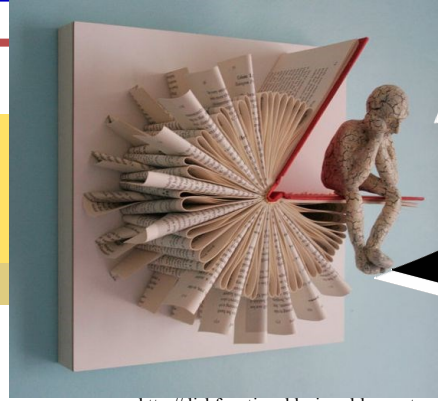
Parents attending the Opening School Mass then joined staff and the students for morning tea.



**YEAR 8 IS GREAT, SO PARTICIP-8**

# TIME

CATHOLIC REGIONAL COLLEGE



<http://dishfunctionaldesigns.blogspot.ca>

## READING HOUR Wednesday 16<sup>th</sup> MARCH

# 2 READ

FEBRUARY 2016

ST ALBANS LIBRARY NEWSLETTER



Reading Hour in the Library was a very successful beginning to the Reading Hour program and our next one is at lunchtime on Wednesday 16<sup>th</sup> March. All students are welcome but they must register in the Library by the 15<sup>th</sup> to participate.

## CATHOLIC EDUCATION WEEK BREAKFAST IN THE LIBRARY ON FRIDAY 18TH MARCH @ 7:30AM

Parents and students come join us for breakfast to celebrate at  
**Catholic Regional College  
St Albans**



Lady Jayne [www.flickr.com](http://www.flickr.com)

Have breakfast, enjoy a coffee or orange juice with toast, read a newspaper, or look at a magazine and meet other members of the school community

Mời quý phụ huynh và học sinh đến dự bữa sáng mừng tại trường  
**Catholic Regional College  
St Albans**



Renata Damasio [www.flickr.com](http://www.flickr.com)

Dùng bữa sáng, thưởng thức tách cà phê hoặc ly nước cam kèm bánh mì nướng, đọc báo chí và gặp gỡ những thành viên khác trong cộng đồng

أولياء الأمور والطلاب... تفضلوا والتحقوا بنا في وجبة إفطار احتفال في مدرسة

**Catholic Regional College  
St Albans**



[www.flickr.com](http://www.flickr.com) (Lady Jayne) ليدى جاين

تناولوا طعام الإفطار واستمتعوا بالقهوة أو عصير البرتقال مع خبز "التوست"، أو أفراوا صحيفة أو مجلة، والتفقا بأعضاء آخرين من مجتمع المدرسة



Please return this slip with numbers attending, to the school by **TUESDAY 15th MARCH** to assist with catering

STUDENTS NAME: .....

STUDENTS CLASS:..... NUMBER ATTENDING:.....

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





**Wednesday Morning Mass**

9th March—Sacred Heart  
 16th March—(Catholic Ed Wk) CRC 9 Barton—Ms Iaria  
 23rd March – (Holy Week) Combined CRC/Sacred Heart  
 10 Mannix—Mr Marshall

Special thanks to the *St Vinnie’s Crew* for leading Mass on Wednesday 2<sup>nd</sup> March.

**Please come along and join in every Wednesday at Mass. You are all welcome.**

**Project Compassion**

We are well into Lent and the Project Compassion Boxes are going well. Please continue to give generously. Last week we had our first Project Compassion House Skipping Competition. It was a huge success and congratulations to all competitors. These are the results:

- Equal 1<sup>st</sup> – Corbett and O’Reilly House
- 2<sup>nd</sup> – Guelen House
- 3<sup>rd</sup> – Reis House

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 onto the Caritas website to discover the stories which show how Caritas Australia are helping to empower the world’s poorest people. [www.caritas.org.au](http://www.caritas.org.au)



**Year 10 RE Excursion**

*On Tuesday 1<sup>st</sup> March the Year 10 Level visited the Islamic Museum of Australia and the Temple Beth Synagogue. This was a day to learn about the similarities and differences between the Islamic, Jewish and Christian Religions. It was enjoyed by all and many of our students asked wonderful questions and gained many new understandings.*

*Many thanks to all year 10 RE teachers and Year 10 Homeroom teachers for attending the day. Here are some photos from the day. . .*



**YASHE**

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



## KEY DATES TERM 1, 2016

**Tuesday 08 March**  
7 Yarra Family Night

**Thursday 10 March**  
7 Snowy Family Night

**Monday 14 March**  
Labour Day Holiday

**Tuesday 15 March**  
Inter-campus 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**  
SACSS Interschool Swimming  
7 Wimmera Family Night

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

## Swimming Carnival 2016

What a wonderful day for everyone. The sun shining its warm rays onto our skin, with students piling up against the poolside eagerly watching the races ... or not. The day was kick started with the choir singing the national anthem. Then the races started. Event after event each student would marshal for it then compete, for if they won, it would mean that their house would have the possibility of WINNING! So, which house would win? Everyone thought that O'Reilly would win, though, as it turned out there was a twist of fate as another house would win. As the warm day flew by it soon came to an end. It was time to announce the winners, but first, TEACHERS VERSUS STUDENTS. There were three teams all together. Two Teachers and One Student, all with four people. So what were the chances that the students would win, it was two against one after all. But alas! The teachers proved to be no match against the students with the students standing victorious. After all the excitement of the day, the announcement of which house won was long awaited. And the announcement finally came, the winning house was Guelen. Their first win since 2000. Yay!

By Kathleen Mendoza



### Results from the carnival

Boys Aggregate	Girls Aggregate	Overall Aggregate
1. Guelen 212 pts	1. Guelen 218 pts	1. Guelen 436 pts
2. Corbet 208 pts	2. O'Reilly 192 pts	2. O'Reilly 408 pts
3. O'Reilly 207 pts	3. Reis 155 pts	3. Corbett 349 pts
4. Reis 123 pts	4. Corbett 130 pts	4. Reis 286 pts

### Champion Swimmers Awards

		Year 7	Year 8	Year 9	Year 10
Female	1 <sup>st</sup>	Arabella Julia	Destiny Eustace	Laycee Eustace Piath Monoah	Kathleen Mendoza
	2 <sup>nd</sup>	Sharize Cunanan	Sharelle Lynch Shirleen Nguyen	Jessie Stevens	Brianna Flores
Male	1 <sup>st</sup>	Ethan Binny	Rafik Tawodros	Jonah Winton	Cameron Nguyen
	2 <sup>nd</sup>	Clyde Vallescas	John Abuan Jason Pham Franko Senio	Nathan Taylor	Martin Yabut