



From the Principal . . .

Gracious God, give us generous hearts so that we may:

*share the gifts you've given to us;
give without counting the cost;
share without expecting something in return;
be wise in caring for ourselves and others;
hold all of our values with open hands;
be un-begrudging in our giving;
recognize that we are blessed abundantly;
know that true generosity brings freedom;
accept our talents, whether many or few,
and to use them in service of others;
give thanks for everything we receive;
be happy with having what we need, and
wise enough to know that there are things
we want but do not need.*

*Gracious God,
create in our hearts a deep sense of
gratitude.
Remind us of how much you love us,
and are always there for us,
especially in the hours of our greatest
need.
May we always be grateful to you,
for your reaching into our lives
with surprises of joy, growth and
unconditional love.*

Amen.

Thank you to Mrs McDonald and 7 Wimmera for preparing this week's Wednesday mass. You led our celebration in a very prayerful and thoughtful manner. In his homily, Fr. O'Reilly challenged each of us to be more generous in the way we are with each other and in the way we live our lives. Our opening prayer picks up this sentiment. I invite all in our school community to read this prayer and to reflect on how you might be more generous in spirit; in what you think, say and do.

Feast Day Mass

Mass will be at 9.45am in Sacred Heart church. Families are warmly invited to join us for mass.

Arrangements for Feast Day

The planning is done, preparations are finished, fingers are crossed that the weather will be kind to us and there is only one sleep to go to Feast Day. I hope that everyone has a great day. School will begin at the normal time of 8.40am and conclude at 3.05pm.

In preparation for the Gathering Rite at tomorrow's Feast Day liturgy, a group of Year students have explored further our understanding of forgiveness. They've drawn together their thinking in what they've called '7 Steps to Forgiveness'. These are:

- Recognition of mistakes
- Conversation
- Genuine apology
- Letting go
- Giving chances
- Time to heal
- Opportunity to grow

Tomorrow each student will receive a bookmark with these steps and an explanation. We've included a copy in the Families Matter section of the newsletter. These are certainly qualities/actions that are at the heart of family life.

CONTINUED OVERLEAF

Continued from Page 1

I thank Nour Al-Sammour (9 Lyons), Angela Joy Cunanan (9 Deakin), Bolis Nyok (9 Deakin), Aaliyah Nicdao (9 Curtin), Christian Malvaso (9 Lyons) and Vincent Le (9 Curtin) for their fine, thought provoking work in developing these ideas.

Rostrum Voice of Youth Public Speaking Competition

On Sunday 10 students represented our school at the Rostrum Voice of Youth Public Speaking competition. All who participated are congratulated on their preparation, skill and the support they gave each other.

Students deliver a prepared speech of 6 minutes for juniors and 8 minutes for seniors, and then a 3 minute speech on a topic for which they only get 15 minutes preparation time in the semi-final. Of the 10 students, 5 made the semi-finals: Nathan Taylor, Piath Monoah, Danika Alwyn, Tina Le and Edward Jeselnik. Congratulations to all on this fine achievement, particularly Piath who was runner up in the junior section and Edward who was runner up in the senior. I'm sure that the students and their families are very proud of their achievements.

Thank you to Mrs Pannunzio who has been working with students throughout Semester 1 to prepare for the competition and to Ms Ib-rido, Mr Dorney and families who attended to support the team.

SACCSS Girls' AFL competition

Congratulations to the girls who represented the College at the recent SACCSS AFL Girls' competition. The girls displayed outstanding sportsmanship, great team spirit and gave 100% all day. Thank you to Mr Watson and Mr Mead for running the training session and accompanying the team on the day. Well done to all involved.

Guelen Week

Thank you to the Student Leaders for organising a terrific Guelen Week. Throughout the week the school was touched by yellow and everyone enjoyed the special activities, especially the skipping and hoola hoops at lunchtime on Thursday.

Guelen House is named after Fr. Tony Guelen who was the founding parish priest of Holy Eucharist in St Albans South where he established a thriving parish community. Now in his 80's Fr. Guelen is enjoying his retirement and still helping out in parishes when he can.

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 2 2016:

Fridays: 10 June, 24 June

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

<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

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:

Guelen Week
 Visual Communication and Design gallery visit (Year 10)
 Visual Arts Gallery visit (Year 10)
 Premier League (Year 7)
 Ball Sports and Coaching peer training sessions at St Paul's (Year 10)
 SACCSS Girls' AFL tournament.
 Years 11 and 12 Information Session (Year 10)
 Drama rehearsals (Year 10)
 Year 10 Music Workshops
 Liturgy preparation for Feast Day
 Choir
 Percussion Group
 Chess Club
 Reading Hour (Library)
 Rostrum Voice of Youth Public Speaking

**KEY DATES
TERM 2**

Thursday 02 June:
Year 10 Drama Performance evening


Wednesday 08 June:
Year 10 Music Performance evening

Monday 13 June:
Queen's Birthday holiday
(no classes)

Tuesday 14 – Monday 20 June:
Years 9 and 10 exams

Tuesday 21 June:
Correction Day
(students not required)

Friday 24 June:
Final day for Term 2
Year 10 University and TAFE visits



CHRISTINA UTRI
PRINCIPAL



Catholic Regional college St Albans

Are you enrolling your child into Year 7 in 2017?

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

**Thông báo nhập học cho các em học sinh lớp 7 năm 2017**

Trường hiện nay đang nhận đơn nhập học cho các em học sinh lớp 7 năm 2017. Mẫu đơn và thông tin có thể thu được từ văn phòng của trường CRC St Albans bất cứ lúc nào. Quý phụ huynh có thể tìm thấy mẫu đơn nhập học từ trang web của trường tại

TIME

2

CATHOLIC REGIONAL COLLEGE


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

READ

MAY 2016

ST ALBANS LIBRARY NEWSLETTER

Readers Cup Leader Board

The big improvers this week are 9 Lyons who moved up **6** places. 8 Attard moved up **3** places and 10 MacKillop **2**. It was a great effort by everyone. **Keep reading**

Classic

Goosebumps #30: The Haunted Car by

R.L.Stine

The original books featuring the scariest creatures from the Goosebumps movie, in theatres October 16, 2015!

Mitchell Moinian tried to do some homework. But he kept jumping up and going to his bedroom window to peer down at the car.



A street light made the chrome bumpers sparkle and the sleek blue body glow. Mitchell couldn't resist. He had to sit in the car.

Holding his breath, he crept down the stairs and out the front door. He stepped around to the driver's side of the car and grabbed the handle.

""Go ahead,"" a voice whispered. ""Climb in.""

Mitchell had no idea how scary

May Reading Hour

On Tuesday we held another highly successful Reading Hour involving 32 students all reading in silence. The students

who attend Reading Hour are able to make their selection of books from our newly arrived titles., and get the chance to read a few chapters before deciding whether to borrow the book or make another selection


www.filigranes.be

What's on when..

Mindful colouring - Jigsaw Puzzles
Construction kit - Dinosaur kits
Chess Club Wednesdays @ Lunchtime
READING HOUR:
Friday 24th June

Remember we can help with:

Computer access, Computer assistance, Reading selection
Homework help, Chess and card games are available



WIMMERA

KIEWA

SNOWY

YARRA

ORIFICI

HOLLOWS

MACKILLOP

ATTARD

HUGHES

DEAKIN

LITTLE

LYONS

O'CONNELL

BARTON

EDISON

MCAULEY

MANNIX

CURTIN

CLARK

Wednesday Morning Mass Roster Term 2

TERM 2		
<i>1st June</i>	<i>Sacred Heart</i>	
<i>8th June</i>	<i>CRC</i>	<i>8 Clark - Ms Iaria</i>
<i>15th June</i>	<i>Sacred Heart</i>	
<i>22nd June</i>	<i>CRC</i>	<i>10 Little - Mr Mead</i>

A big thank you to Mrs McDonald and 7 Wimmera for leading us in Mass on Wednesday 25th May. Their mass on the theme of Service was a wonderful chance to reflect on how we can be of service to others in generosity.

We invite all members of the school community to attend Wednesday Morning Mass.



St Vinnie's Crew – Winter Sleepout

Date: Wednesday 22nd June 2016

Where: College Hall

Maximum Participants: 40

Donations: Beanies, Scarfs and Gloves
Just a reminder that if you are interested in attending, please complete an application form (found in the front office) and return it to Mr Marshall by Friday 10th June.

We will be collecting Beanies, Scarfs and Gloves this year to donate to the St Vincent De Paul Society. We ask that everyone in our school community makes an effort to donate these items towards the Winter Sleepout.

On the day of sleepout we are also asking students to make a gold coin donation towards the event.

The year 10 Home Economics classes will be catering for the event; providing soup and bread for the participants.

Wednesday 22nd June 2016
Where: College Hall
Maximum Participants: 40

**ST VINNIE'S
CREW**

Winter Sleepout

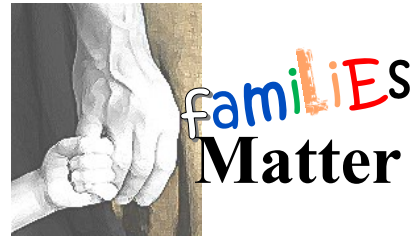
WEDNESDAY 22ND JUNE

This year the winter sleepout will be bigger than ever! If you are interested in attending, please complete an application form (found in the front office) and return it to Mr Marshall by Friday 10th June. Be early and be quick as we have a limit of 40 participants. We will be collecting Beanies, Scarves and Gloves this year to donate to the St Vincent De Paul Society. We ask that everyone in our school community makes an effort to donate these items towards the Winter Sleepout. On the day of sleepout we are also asking students to make a gold coin donation towards the event. More details to follow in the next few weeks.

**DONATIONS
NEEDED:
BEANIES,
SCARVES AND
GLOVES**

HELP CRC ST ALBANS HELP THE HOMELESS

The 7 Steps to Forgiveness



	Actions	Qualities
1.	Recognising our mistakes	<ul style="list-style-type: none"> genuine empathy realising that everyone makes mistakes including yourself Respect for others
2.	Conversation	<ul style="list-style-type: none"> Sometimes words are needed Heart to heart conversation personal (in person)
3.	Genuine Apology	<ul style="list-style-type: none"> Being at peace with yourself and the other person shows courage and self-discipline
4.	Letting go	<ul style="list-style-type: none"> Don't hold grudges Don't blame yourself or the other person – work it out Don't bring up the past Be Tolerant
5.	Giving Chances	<ul style="list-style-type: none"> Everyone deserves a second chance putting yourself in someone else's shoes Love one another as I have loved you... Forgiveness is a two way street
6.	Time to heal	<ul style="list-style-type: none"> Allow an adult to help diffuse the situation Take time to yourself to think Step away from the situation and try to unpack it more Honesty is key
7.	Opportunity to grow	<ul style="list-style-type: none"> examining your own conscience look at the experience as an opportunity to grow rather than a negative one Makes you more resilient

St Vinnies Crew

Prayer for Self-Forgiveness

Today I forgive myself and all others, known and unknown, for any perceived transgressions, judgments, hurts, abandonments, and mistakes.

Today I let the light of the Holy Spirit shine down on me like a golden rain of forgiveness letting go of all judgments and hurts. I willingly give them to God and I trust wholeheartedly that every experience I have gathered is part of a divine plan for my highest good. Strong daily forgiveness is the key to my understanding and self-healing.

I cannot change the past, I cannot undo mistakes, but I can have compassion for myself and others involved. I can choose to accept and let go of the oldest and deepest of resentments.

I can choose to acknowledge that the human experience is imperfect but that my heart is pure and perfect and that God's love for me is pure and perfect and stronger and more powerful than any experience of suffering.

God welcomes me with open arms no matter how far I have turned away. God wants me to come home, God wants me to be at peace with myself, God wants to comfort me. God is saying come home, let go of the sadness, anger, and confusion, come home to the innocence of your heart. Let go.

In the innocence of my heart all is well, all is forgiven, I am whole.

Cecilia Kinzie <http://>

www.circleforselfhealing.com

How to move your child from worrier to warrior

By Michael Grose

As a parent of a worrier, and also a natural born worrier myself, I'm a collector of ideas and strategies to better manage anxieties and worries. Fortunately, as a child my young worrier didn't allow her anxieties to prevent her from participating in sporting, learning, social or leisure activities inside or outside school.

She did, however, spend a lot of time worrying about how little everyday things would pan out, almost to the point of being sick at times. She was a micro-manager who always made sure she had every angle covered in an unfamiliar or new situation. For instance, if she was to be picked up from a friend's birthday party she'd always have a back-up plan in case a parent wouldn't arrive in time to take her home! 'Being prepared for every contingency' was one of her main strategies to help alleviate her worries.

Many children worry about seemingly little things that they have no control over. Whether it's worrying about the house catching on fire; monsters or spiders lurking under their beds; or even worrying that their parents will go work in the morning and won't return home can seem irrational to all-knowing adults but make perfect sense to them.

If you are a Type A worrier yourself then you probably fully comprehend your child's anxieties and worries. You know that being told not to overthink things or to stop worrying just won't cut it. If you are the 'It'll be right. Don't overthink it' type then you may be scratching your head wondering what all the fuss is about. There's no doubt that worriers need careful, sensitive handling by families and teachers alike. Your concern and understanding is one thing but they also need some practical tools and ideas to help them cope now and build strength so they can minimise the impact of worries in the future.

Here's a collection of great ideas that may help you transition a young worrier to being a social and learning warrior, or at least get the worry bug under control.

From writers such as Jeanene Ecob author of *Everyday Jitters* Mary Sheedy Kurcinka author of *Raising Your Spirited Child* and Tamar Chanksy author of *Freeing Your Child from Anxiety*, and Washington Post columnist Suzanne Nelson I learned these ideas:

Give the worry a name: Somehow giving a worry a name makes it feel less scary and more manageable. My favourite picture storybook for toddlers 'There's a Hippopotamus on our Roof' by Hazel Edwards personifies fear of the dark as a friendly hippo. Much more friendly and easier to boss around if you're a child.

Put your worries in a jar: Wouldn't it be great to put all your worries into a safe and throw away the key? As an adult you may do this when you take time out to watch your favourite TV show; or lose yourself browsing for hours online. Children need something a little more practical. They can write their worries on some paper and lock them away in a jar by the side of the bed at the end of the day. It's good to know that their worries can't get out because they are locked up tight.

Limit talking time: Kids have a need to verbalise their worries but talking needs to be contained to prevent their worries from dominating their lives. Set aside ten minutes a day to talk about their worries and then put worry time aside until tomorrow.

Normalise rather than lionise their anxiety: Anxious kids are very sensitive to their parents concerns and worries. One way we build their concerns is by continually reassuring them that things will be fine. One reassurance should be sufficient most of the time followed by "I've already talked to you about that." Continually going over old ground can allow worries to linger longer than necessary.

Worry about the things worth worrying about: Worrying is energy sapping and can take up too much of anyone's time. As your child gets older it helps him or her to distinguish between what's worth worrying about and what's not. Helping them prioritise their worries makes them feel like they are in control.

Give them the tools to relax: My wife relaxes in front of the TV, which is sufficient for her to take her mind off her worries. My daughter and I need a bigger set of tools including mindfulness and exercise to help us neutralise our worries. I know when my daughter is physically tired she's less likely to get herself worried or worked up. It's not that worriers can't function well. They generally over-function as they come to grips with their anxieties. Not only can worrywart children be hard for parents to live with, but also they can become difficult partners and friends as adults. This makes childhood the perfect time for parents, not so much to nip worries in the bud but to give natural born worriers some tools and strategies to make life more tolerable now and, importantly, in the future.

Does your child know the “times tables”?

Recently the year 7s did an online Smart Test to check how fluent they are with recalling the “times tables”.
Ask your child how they went.

Ideally, students should come to secondary school being able to quickly recall the basic multiplication facts, and the related division facts. Knowing these facts is important for many areas of the Maths Curriculum:

Students need fluency with the basic facts when working with:

Area

Converting between fractions, decimals and %

Finding the cost of several items

Factors and Multiples

Finding the mean average

Converting between different units of measurement

Calculating with fractions

Slide 2 of 28

At CRC St Albans, we have a program to assist our students to learn these facts. It is called YALP. It runs in the Library during Home Room time. Students work one-to-one with an adult, three or four times a week.

Find out more at: <http://tinyurl.com/jd96pm5>

If you would like your child to take part in YALP, please contact the school office.

SCHOOL FEES

All families should have received an updated statement balance as of 30th April.

A reminder that First Term Fees are now overdue

If families are having any difficulties with school fee payments please do not hesitate to contact me as soon as possible at the college office, on: 93662544. *Anne Ross*

If school fees are paid in full before the end of this term, a

\$100 DISCOUNT

will apply

Year 9 & 10 Examinations

This semester's exams begin on Tuesday 14th June and conclude on Monday 20th June. Next week students will receive a letter outlining the exam schedule in more detail. As we are now well into Term 2, Year 9 and 10 students should be preparing in earnest for their exams. It is important that students develop and adhere to a study routine and follow the advice of their teachers in order to prepare thoroughly for all exams.

We wish them well with their studies.

Outdoor Education Brisbane Ranges Overnight Hike

Congratulations to the year 10 Outdoor Education students who attended the overnight hike in the Brisbane Ranges on the 12th and 13th of May. Both groups excelled with their ability to navigate on the Burchell Trail in the beautiful National Park using both their knowledge of contour lines and their ability to use a compass.

One group saw a koala while walking and the other spotted rock wallabies during their journey. Both classes demonstrated their camping and hiking skills by cooking on Trangia stoves and sleeping in tents, which they carried in and out of the campsite. The weather was kind to the hikers, with only a little rain overnight allowing the groups to make good time on their walks.

Congratulations to the students for creating an excellent outdoor learning environment and demonstrating leadership and teamwork through the 2 days. Special thanks to Jimmy and Hayden for sharing their outdoor skills with students on the camp. Well done everyone! Mr Quinn and Miss Moss



Work Experience 2016 18th July-22nd July

Year 10 students are currently finding work experience in their identified area of interest. Parents need to sign the work experience form along with employers. It is essential that parents get this form back to the school as soon as possible.

The final date for work experience forms is June 10th please contact Jill or Jacinta on 93662544 if you are having difficulty finding placement for your child.