

A Prayer for Ascension Day

Let us give thanks
for all the signs of God's Kingdom
in our world today.

For Christian men and women
offering themselves for election to
public office;
for those who serve Christ
in civil service
and other fields of public life;
for all who seek to walk
in Christ's way
in the world of business, commerce,
and industry;
for those who seek to honour Jesus
in the caring professions.
They seek to honour Christ;
and we honour them.

For congregations quietly working
to welcome refugees
and asylum-seekers;
for men and women of faith
struggling to overcome the debts
of nations
in order to feed the nations'
starving people
and to house the nations' homeless;
for teachers, parents
and youth workers
celebrating the Kingdom
amongst the young;
for carers; and for old people
facing the end of one stage of
the journey,
approaching faith in the next.
They seek to honour Christ;
and we honour them.

Friday 26 May 2017

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Principal's Report

At our Feast Day mass we will use the readings from Sunday's liturgy, the Ascension of our Lord. In the Gospel, Jesus is preparing his followers for his imminent departure. He gathers them together one last time and challenges them to continue his work but also reminds them that he will always be with them.

Throughout his life and today, Jesus invites us to **come and listen; to gather and learn; to go and teach.** This invitation and challenge is the same today as it was over 2,000 years ago. Our opening reflection acknowledges people who are doing just this, making God's Kingdom present today, in all they say and do.

Mothers' Day Breakfast

Thank you to the Year 7 students and Ms Cioccia who organised our inaugural Mothers' Day breakfast. What a terrific morning. Great hosts, good company, yummy pastries and treats – we all felt really special.

A highlight of the breakfast was our guest speaker, Sr. Mary Batchelor. Sr. Mary is a religious sister with the Our Lady of the Sacred Heart (OLSH) sisters, and the aunt of Mr Kevin Quinn. She has been a Principal in Australian schools and more recently has worked in both South Africa (5 years) and South Sudan (19 years). It was lovely to see Sr. Mary re-united with one of our mums who she had taught in South Sudan. It reminds us that the world is indeed a very small place, that there are only a few degrees of separation between all of us, and that what we share and have in common is far greater than our differences.

Sister Mary's stories were moving, challenging and life affirming. She spoke with pride about voting for Nelson Mandela in the South African elections, of the value of education, and the importance of mothers and mothering in our lives. Being a mother is all about love and giving without thought to the cost. Sister Mary captured all of that and more.

Feast Day

As I write this newsletter, the planning is done, preparations are almost 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 tomorrow.

Intermediate Futsal

Congratulations to the girls' and boys' intermediate futsal teams who completed in the SACCSS Futsal competition earlier this week. Both teams were great ambassadors for the College and can be very proud of their achievements. The girls made the semi-finals and the boys just missed the finals, taking third place in the round robin phase. All students displayed fine sportsmanship, good skill and gave each other tremendous support.

Curve of Retention

With Years 9 and 10 exams a little over two weeks away many students will be well into their revision for exams. A number of staff have been working

Continued overleaf

with students on the importance of reviewing work, not only just before exams but throughout the semester. These discussions focus on what is known as the 'Curve of Retention' which basically describes how we remember or forget what we learn. This model shows why homework is important and gives some insights into how best to prepare for exams.

We have included a simplified version of this information in the 'Families Matter' section of the newsletter. Families are invited to discuss these with their son / daughter.

Newsletter

The newsletter is published fortnightly and distributed on **Day 10 (Friday Week 2)**. 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 2017:

Fridays: 11 June, 25 June

The newsletter can also be accessed on Friday morning (Day 10) on the College website at:

[http://
www.crcstalbans.catholic.edu.au](http://www.crcstalbans.catholic.edu.au)

Enrolment for Year 7 2019

The timing of the Year 7 enrolment process has changed for those students starting Year 7 in 2019. The enrolment process will now take place in Terms 3 and 4 of Year 5.

Critical Dates

25 August 2017:
Applications for Year 7 2019 close.

13 October 2017:
Offers of places to prospective Year 7 students are posted.

27 October 2017:
Final date for families to accept offers made.

Enrolments are now open for Year 7 2019. 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:

- School Play rehearsals
- 10 Mannix Community Service
- Year 7 Premier League
- Ball Sports and Coaching elective – Sports Training at St Paul's Kealba
- Health Education Expo
- VCE / VET / VCAL Assembly (Year 10)
- Feast Day

It's again been a busy two weeks. 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



“Are you enrolling your child into Year 7 for 2018?”

For all enrolment enquiries call **Anne Stokie** on 9366 2544

Application forms are available online at
<http://www.crcstalbans.catholic.edu.au>
or come in and pick one up from 10 Theodore Street St Albans





Meditation

Christian Meditation

PARENTS

Did you know that in 2016, our year 7 students were introduced to the practice of Christian Meditation?

WHAT is Christian meditation?

It's a form of prayer where one is silent and still. It is both solitary and communal. A repeated word, known as a mantra, is used to help one let go of distracting thoughts. At CRC we use the Aramaic word *mar-an-a-tha*. It means, "Come Lord Jesus".

WHY meditate?

The idea of meditation is to have a sense of personal connection with Jesus. This can be spiritually refreshing. Meditation may also reduce tension and anxiety. It is a way of following the will of God to, "Be still and know that I am God." (Psalm 46:10)

The mental and physical discipline can enhance other parts of our lives: commitment, relationships and learning.

Meditation helps us to be joyful, hopeful, loving and connected.

Our students in years 7 and 8 regularly engage in short times of meditation during their Religion classes, where the silence lasts 2-5 minutes.

The website of the Catholic Education Diocese of Townsville is a good place to find out more about Christian meditation with young people and students. See: <http://www.cominghome.org.au/>

STUDENTS

Coming soon - the opportunity to engage in some 1-o-n-g-e-r times of meditation. This will be during a lunch break or after school.

Interested? Email Ms Mac for details. (cmackenzie@crcstalbens.com.au)

WEDNESDAY MASS
 We welcome families to join us on Wednesday mornings from 8.30am

TERM 2 ROSTER

31 May: CRC—MSK 7 KI
7 June: Sacred Heart
14 June: CRC—CRS 7 AV
21 June: Sacred Heart
28 June: CRC—MCE 7 YA

Reflect
 Meditative Reflections
 in the
 Language Centre
 with Mr Donahoo...



Semester One Exams

	Tuesday 13 th June (Day 2)	Wednesday 14 th June (Day 3)	Thursday 15 th June (Day 4)	Friday 16 th June (Day 5)	Monday 19 th June (Day 6)	Tuesday 20 th June (Day 7)
Peri- ods 1 & 2	Year 9 English	Year 9 Maths	Year 9 Humanities	Year 9 Religion	Year 9 Language	Year 9 Science
Peri- ods 3 & 4		Year 10 VCE Exams		Year 10 Language Exam		Year 10 Religion
Peri- ods 5 & 6			Year 10 English	Year 10 Humanities	Year 10 Science	Year 10 Maths

- Year 10 Students (apart from those doing VCE or VET) will not be required at school on Wednesday 14th June. Students are expected to study at **home** on this day.
 - Students studying **VCE or VET subjects must attend** their regular class and/or sit their Year 11 exam (VCE Business, VCE Psychology, VCE Health & Human Development and VCE Physical Education) at **Sydenham** on **Wednesday 14th June**. They will need to make their own travel arrangements on this day and be at Sydenham at the usual time.
 - Year 10 students need to be at school at least 20 minutes before each scheduled exam and be ready to enter the examination room (hall) at least 10 minutes before the start time. Students are **not** to be at school prior to these times – they are to study at home.
 - Year 9 students will have one exam per day during the first 2 periods followed by normal classes in periods 3 – 6.
- Having a good study work space at home which is well lit with natural light and is comfortable for them.
 - If they are using technology to study ensure that any form of social media is not in the background.
 - The majority of learning happens inside the classroom, therefore students are strongly encouraged to use this time as effectively as possible.
 - Students are encouraged to have an open dialogue with their teachers about their learning and approaches to studying.
 - Healthy habits that include a healthy diet, exercise and good sleep patterns are also important.
 - Asking your child each night how they are going with exam preparation and opening conversations with them.

Advice for Parents & Guardians

There are several measures that you could perform that may help your child through this challenging period. These include:

Key Dates Term 2, 2017

Monday 12 June

Queen's Birthday Holiday (no classes)

Tues 13 June – 20 June

Years 9 and 10 exams

Wednesday 21 June

Exam Correction
Report Writing Day (no classes)

Friday 30 June

Final Day Term 2



FOSTER CARERS NEEDED

Have you thought about
foster care?

Contact us and ask the ques-
tions you have always wanted

Ring: Key Assets 1800 932 237 or 1800 WE CARE

Email: info@keyassets.com.au

Web: canifoster.com.au or keyassets.com.au



Interested families would receive a brochure, information and no pressure!

*Key Assets Victoria is a foster care agency operating in the
East, South & West of Melbourne*



What is Visible Learning?

On Tuesday 16th May, our staff participated in a professional development workshop on *Building and Developing Visible Learners*.

Visible Learning is based on extensive research conducted by Professor John Hattie from Melbourne Graduate School of Education on influences in education that have the greatest impact on student learning.

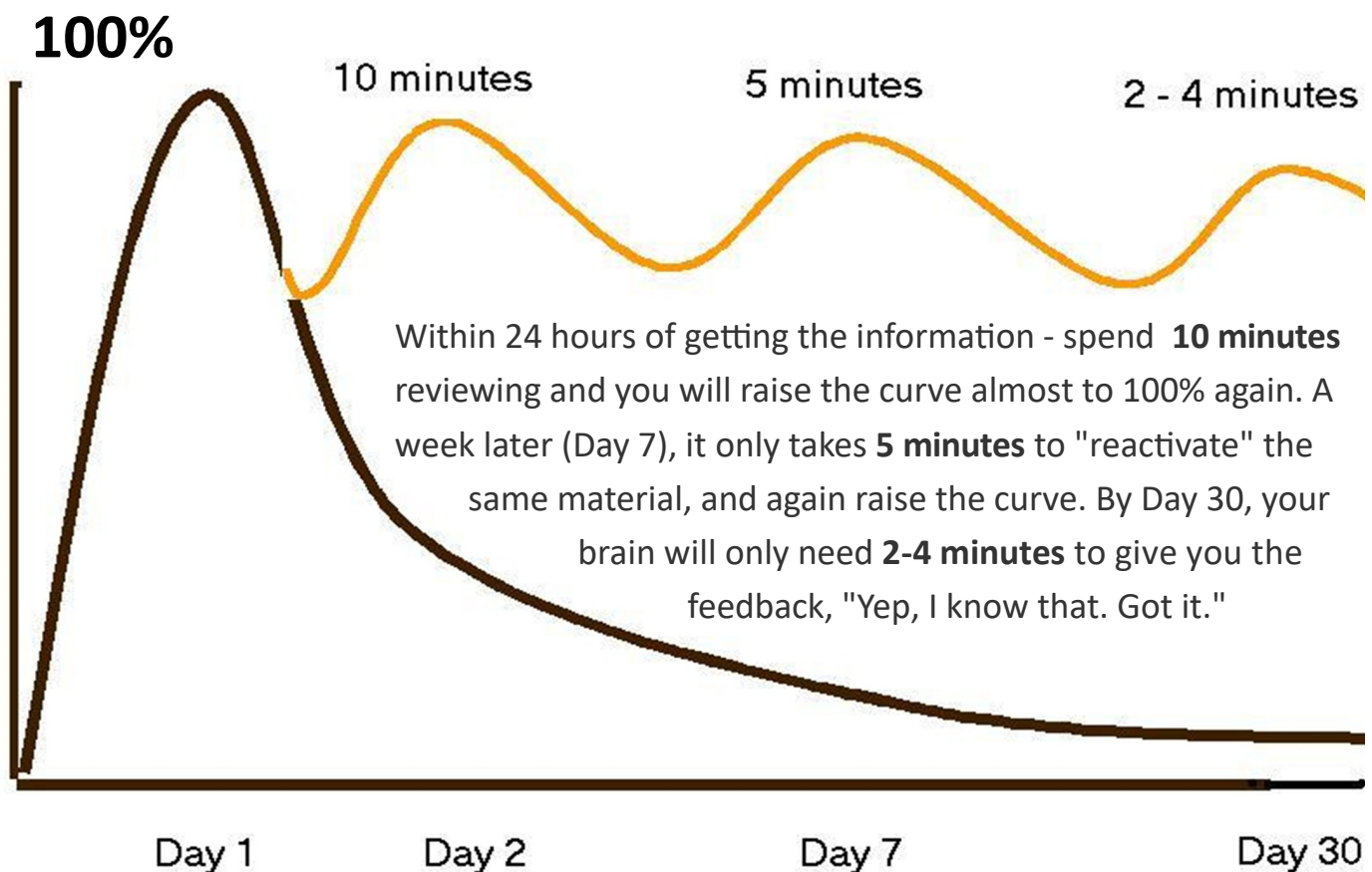
The key areas in which *Visible Learning* is being implemented at Catholic Regional College St.Albans are:

- Communicating the Learning Intentions and Success Criteria to help students identify what they are learning, where they are going and what they need to do to get there.
- Providing effective feedback to students to improve their learning, and seeking feedback from students to improve the teaching.
- Ensuring that teachers evaluate the effect they have on their students' learning through analysing students' results and work.
- Developing a shared language of learning for the school community.

The focus is on developing *visible learners* through building dispositions and actions that enable them to take responsibility and grow as learners. In order to do this, the students should be able to answer three key questions: 'Where am I in my learning?' 'Where am I going?' and 'What do I need to do to get there?'

Learning & Teaching Team

The Curve of Retention



SCHOOL FEES 2017

School fees were posted out last week. If you have not received yours yet, please contact the school office.

If you have any concerns or difficulties PLEASE CONTACT Mrs Ross : 9366 2544

If school fees are paid in full before the end of term 2, (Friday 30/6/17) a

\$100 DISCOUNT

will apply.

NET BANKING

A reminder to those families who are using Internet Banking for payment of school fees, that it is important that you enter the I.D. number and child's family name which is located on the bottom left hand corner of your statement as shown below:

Catholic Regional College St. Albans
 P.O. Box 112, St. Albans, VIC 3021
 Telephone: (03) 9366 2544
 Facsimile: (03) 9366 2544

EXAMPLE

Direct Deposit Details: BSB Number 000 000 000
 Account Number: 6007 1234 5678
 Account Name: Catholic Regional College St. Albans
 Please Enter: **Citizen 12345** as reference.

Winners of the The Generous Award Year 8

Celebrity host Ellen Degeneres is a bright, happy, shiny, caring, sharing person. She is also the voice of Dory, that gentle fish who swims along, helping and caring for others. Our Year 8 Council felt that each homeroom should cast a vote to acknowledge the Generous of Heart person that makes everybody's day - The Generous Award.



Congratulations to 8 Attard's Lisa Pham.
 Big smiles to 8 Clark's Mekayla TapualaUnasa
 Happy days to 8 Edison Aron Josh Martinez
 Peace to 8 Orifici Helen Nguyen

Your class appreciates you making this world a happier place for all.
Have a great Feast Day.

Year 8 Council

On the 26th April, 2017 a group of students were invited to talk about the needs of the Year 8 level group. It was recognised that **Participat8** was a very important part of year 8 life, however, students wanted to have a say in the responsibilities allocated for students to perform. 'We want to be involved and we want a say in what needs to be done' seemed to be the message.

Well, a month later, and the group has two representatives from each of the homerooms and a member from the student representative council. A new student to our school, Baidu Ballah, was elected President and Sharize Cunanan was selected to be secretary. A meeting time each week was decided upon and already the group has been busy as a self-appointed council meeting the needs of the year 8 level.

First achievement. The Degeneres Award. Students felt the need to have a peer acknowledgement award. The criteria was based on who brought happiness to the class, showed a positive spirit, involved in school and added to the lives of others. The first recipients of the reward will be acknowledged on Feast Day. Very appropriate. Their next challenge is the organisation of an assembly.

Fun times ahead.

Well done to the following students:

- 8 Attard: Liam Nguyen and John Vo, Karen Nguyen
- 8 Clark: Delvana Dorbor, Mekayla TapualaUnasa and Lydia Asmerom
- 8 Edison: Vivian Dang, Rhanel Hao,
- 8 Orifici: Baidu Ballah, Patrick Mendoza, Breanna Pruszek and ArabellaCeline Julian



Meeting Time

week 1 Day 1—Recess into period 3
 week 2 Day 6—Lunch into period 6

LIVING ARTS AWARDS



EYES ON NUTRITION

What's the go with SUGAR?

WINTER IS COMING..... Eat more Fruit and Vegetables!

With winter on our doorstep, it's easy to fall into the trap of eating for comfort.

It's so easy to sit in front of the TV when the weather is not conducive to outdoor activities and mindlessly munch away. I do this myself! Lately I've swapped the Cobbs Cheesy Popcorn for a bowl of raw nuts and dried cranberries and a hot cacao drink.

It is really important during winter to keep up the fruit intake. Especially oranges, mandarins, berries and kiwi fruit; all high in vitamin C and fibre.

Don't forget all the wonderful vegetables that are in season during autumn. Cauliflower, Broccoli, Brussel sprouts, Beetroot and Carrots.

Roasted vegetables are so warm and hearty and provide great nutrition during winter. They are easily added to pasta sauces and casseroles.

Winter is the time when we are more susceptible to infections and flu.

Some of us may also feel not as jovial as we would during the warmer months. This is normal; as we are not getting as much sunlight and it is a well-known fact that those people who reside in areas where sunlight is minimal, suffer more bouts of depression than those who live in more constant environments of sunshine. I have a rule; during the colder months, when the sun comes out - I go out. I love to just close my eyes and raise my head to the sun and take in that warmth for about 15-30 minutes. It truly makes such a difference. I am also giving myself a healthy dose of Vitamin D and therefore topping up my bone density.

So yes, winter is coming.... Indulge in the comfort food that is Fruit and Vegetables.

Lee-Ann Steele (Graduate Diploma of Human Nutrition)

EYES ON NUTRITION



CONGRATULATIONS TO THE FOLLOWING YEAR 8 STUDENTS WHO HAVE RECEIVED THIS FORTNIGHT'S LIVING ARTS AWARDS.

Arabella Julian of 8 Orifici was able to construct a free-standing 3-dimensional sea creature, with detailed relief work in **Visual Arts**.

Ethan Pietersz of 8 Attard has consistently demonstrated enthusiasm and motivation throughout each unit in **Visual Communication Design**.

Peter Nguyen of 8 Orifici has consistently demonstrated a positive attitude, energy and creativity in **Drama**. His ability to apply stagecraft to enhance his performances is also very good.

Ivan Virtudazo of 8 Eddison for sharing his gifts and talents by assisting fellow students with the learning of the Guitar in **Music**.



Quiz 9

Match the word below on the left, with the meaning on the right . . .



- | | |
|-----------------|---|
| 1. ABHOR | a. Appreciating art and beauty |
| 2. BEDLAM | b. Wild and savage |
| 3. CELESTIAL | c. An odd or unusual way of behaving or thinking |
| 4. IDIOSYNCRASY | d. Not needed, without purpose |
| 5. AESTHETIC | e. Very dangerous |
| 6. BLASÉ | f. A scene or state of wild uproar and confusion |
| 7. PERILOUS | g. To detest, hate |
| 8. REDUNDANT | h. A bad-tempered, disagreeable, or stubborn person |
| 9. CURMUDGEON | i. Heavenly or relating to the sky or outer space |
| 10. FERAL | j. Not impressed by something |



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



WIMMERA
YARRA
AVOCA
SNOWY
KIEWA
EDISON
ATTARD
CLARK
ORIFICI
LITTLE
MANNIX
O'CONNELL
DEAKIN
CURTIN
LYONS
HUGHES
BARTON
MACKILLOP
MCAULEY

The READERS Cup

Small advancements this week with 9 Barton, 9 Lyons, 10 O'Connell and 8 Orifici all moving up rungs in the Reader's Cup Ladder. Congratulations to 7 Avoca for jumping into third place. The competition is only just reaching the half way mark, and still has a long way to go. Any class can still win.



KEEP READING

What's On When

Reading Hour

Friday 23rd June, Tuesday 1st August

BOOKWEEK

Activities to be announced



The CS Detective: An Algorithmic Tale of Crime, Conspiracy and Computation by *Jeremy Kubica*
When a robbery hits police headquarters, it's up to Frank Runtime and his extensive search skills to catch the culprits. In this detective story, you'll learn how to use algorithmic tools to solve the case. Runtime scours smugglers' boats with binary search, tails spies with a search tree, escapes a prison with depth-first search, and picks locks with priority queues. Joined by know-it-all rookie Officer Notation and inept tag-along Socks, he follows a series of leads in a best-first search that unravels a deep conspiracy. Each chapter introduces a thrilling twist matched with a new algorithmic concept, ending with a technical recap.



Summerlost by *Ally Condie*
Summer will never be the same again for Cedar. Desperate to outrun their grief, her family move to their mother's hometown for the long holiday. Despite the change of scene, Cedar can't escape her memories, and then strange gifts start to appear in the night as if by magic.

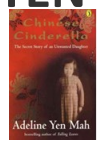


Toad delight by *Morris Gleitzman*
"The jaw-dropping details of one slightly squashed cane toad's adventures on TV. And his shock when he discovers what's cooking."



Dragons, Devils and Rebels by *Terry Denton*
When an unknown girl marries the Emperor of China, can she take control and stay in power? Could you? Imagine you were faced with: DRAGONS - Emperors who had run China for two thousand years DEVILS - strange foreigners invading with guns and ships, and REBELS - Chinese bandits and warriors with supernatural powers! Qing Dynasty China is a huge old empire and the fight for its future has begun..

TOP TEN BOOKS BORROWED LAST WEEK . . .



So Much to Tell You by *John Marsden* Scarred, literally, by her past, Marina has withdrawn into silence. Then, at her new boarding school, she is set the task of writing a diary by her English teacher, and finds a way of expressing her thoughts and feelings and of exploring the traumatic events that have caused her distress. **Chinese Cinderella: The True Story of an Unwanted Daughter** by *Adeline Yen Mah* A riveting memoir of a girl's painful coming-of-age in a wealthy Chinese family during the 1940s. A Chinese proverb says, "Falling leaves return to their roots." In Chinese Cinderella, Adeline Yen Mah returns to her roots to tell the story of her painful childhood and her ultimate triumph and courage in the face of despair. Adeline's affluent, powerful family considers her. **Boffin Boy & the Invaders from Space** by *David Orme* 14 year-old Rick Shaw is very clever, but he's interested only in science and in saving the world - as Boffin Boy! In this book the planet is in danger from a fleet of alien space ships on a mission to steal Earth's water. Boffin Boy must stop them. **Boffin Boy and the Lost City** by *David Orme* Designed for struggling readers aged 8 to 14, this title features Rick Shaw, an extremely clever 14-year old who is only interested in science. When his father is killed, he vows to use his scientific skills to fight evil - as Boffin Boy. **The bogeyman in the garden** by *Dianne Bates* When Lauren and Emily finish building a cubby in the back garden, they think it might be great fun to sleep in it overnight. Snuggled in their sleeping bags, the torch glowing warmly... "What's that? Who's there?". **Everything Changing Fast Lane Orange Fiction** by *Carmel Reilly* **Bad Luck** by *C.L. Tompsett* Ben doesn't want any bad luck but it's out to get him... **Boffin Boy and the Temples of Mars** by *David Orme* Rick Shaw, an extremely clever 14-year old, who is only interested in science. When his father is killed, he vows to use his scientific skills to fight evil - as Boffin Boy. **Gadget Boy Saves the Day** by *George Ivanoff* **One-Punch Man, Vol. 8** by *ONE, Yusuke Murata* Nothing about Saitama passes the eyeball test when it comes to superheroes, from his lifeless expression to his bald head to his unimpressive physique. However, this average-looking guy has a not-so-average problem-he just can't seem to find an opponent strong enough to take on!