



Catholic
Regional
College
St Albans

All you need to know

Love one another as I have loved you'

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Faith Development

At the College we endeavour to build an environment where young people can explore and deepen their faith. We hope to create a culture where our faith is an integral part of all that we do. We believe that Christ is central to the life of the College and should be the focus of all dimensions of College life. In practical terms this is done in the way we put into practice Jesus' call to 'Love one another as I have loved you'. Students have a range of opportunities through which they can explore and express their faith.

Religious Education Programme

- Religious Education is a core study from Years 7 - 12 and at all levels has parity in terms of curriculum time with other Learning Areas.
- Through their studies in Religious Education we hope that students:
 - Develop an understanding of Scripture, our Catholic tradition and the Church's teaching.
 - Develop the skills to make decisions about values and lifestyle based on the Catholic tradition from which they come.
 - See faith as a gift from God and an invitation to a lifelong journey of discovery.
 - Develop the capacity to evaluate critically and from within a Christian context their world of the 21st century.
 - Have the opportunity to experience prayer and reflection, celebrate the sacraments and participate in the life of the Church.
 - Have opportunities to live out Christian values through concrete and practical action.

Prayer, Reflection and Liturgy

- Weekly mass at 8.30am on Wednesdays in Sacred Heart Church.
- Whole school liturgies to celebrate the major events in the life of the community.
- Liturgy planning groups where students develop school liturgies with the support of staff.
- Choir.
- Use of drama, art, music, dance, movement and symbols to enhance prayer and liturgical celebration.
- Class and homeroom prayer.
- Community celebration of key events in the Church year.
- Reflection days at every level.

Social Justice

- Community involvement program (Project Compassion, Loaves & Fishes Foodbank, St Vincent de Paul).
- Awareness raising and action on a range of social issues topical within the Australian community.
- Community service initiatives.
- College Social Justice Group.
- Community service and engagement at each year level.

Curriculum Overview

The College offers a curriculum that is broad, comprehensive and challenging, giving all students access to a range of worthwhile and enjoyable learning experiences across the Learning Areas.

Curriculum Organisation

- 10 Day timetable.
- 5 x 60 minute periods per day.
- 15 minute homeroom.

Classes

- Core class sizes vary between 22 and 28 students.
- Class sizes for Year 7 and 8 rotation subjects, Year 9 and 10 electives are between 14 and 24 students.
- Small groups are withdrawn from mainstream classes for extra assistance, classes at the College are of mixed ability.

Year 7 Curriculum

The Year 7 curriculum is comprehensive and follows a simple structure. All subjects are core and students have no electives. To support students in their transition from primary school only a small number of teachers work with each class, usually about 5 - 6 at any one time. Students remain in the same class group for all core subjects. Throughout the year they get some experience in each Learning Area but the number of subjects they take at any one time is limited.

The Year 7 program is made up of full year and semester length subjects and participation in Premier League (interschool sport program).

Full year subjects	Semester length subjects	Premier League sports
<ul style="list-style-type: none"> • Religious Education • English • Humanities • Mathematics • Science • Physical Education & Health • Language: Italian <u>or</u> Chinese • Pastoral Care 	<ul style="list-style-type: none"> • Visual Arts • Visual Communication • Wood Technology • Food Technology • STEM • Performing Arts 	<ul style="list-style-type: none"> • AFL Football (boys) • Netball (girls) • Soccer (boys / girls) • Volleyball (boys / girls) • Basketball (boys / girls)

Year 8 Curriculum

The Year 8 program builds on the Year 7 experience and is a mix of full year and semester length subjects. Underpinning the Year 8 program are four themes:

- Developing responsibility, personal autonomy and independence.
- Providing students with new and interesting experiences that engage, allow them to explore their world and to move outside their comfort zone.
- Serving the community.
- Developing and consolidating relationships.

To achieve the broader aims of the Year 8 program and to acknowledge students' growing maturity we offer a number of special programs / experiences in Year 8. This includes the Particip8 program which has a service focus, an outdoor camping experience and Premier League (interschool sport). Subjects covered at Year 8 include:

Full year subjects	Semester subjects
<ul style="list-style-type: none"> • Religious Education • English • Humanities • Mathematics • Science • Physical Education • Languages (Italian or Chinese) • Pastoral Care 	<ul style="list-style-type: none"> • Visual Arts • Drama • STEM • Music • Wood Technology • Food Technology
'Particip8' experiences	Premier League sports
<ul style="list-style-type: none"> • Office Monitors • Community Garden • Flag Monitors • School Gate Monitors • Library Monitors • Year Level Council • Loaves and Fishes Foodbank 	<ul style="list-style-type: none"> • Cricket (boys) • Netball (girls) • Soccer (boys / girls) • Volleyball (boys / girls) • Basketball (boys / girls)

Year 9 Curriculum

The Year 9 program is a mix of core subjects and semester length elective units. This builds on students' experiences in Year 7 and 8; acknowledges their need for independence; gives them some choice about what they learn and provides the opportunity to build learning pathways. Electives give students a chance to select studies according to their particular interests, talents and needs whilst still providing them with a comprehensive base on which to build their Year 10 - 12 programs.

We recognise that Year 9 students are moving from dependence to independence, that they are broadening their social network and developing their own distinct identity. The Year 9 program provides students with the opportunity to be self-reflective learners who appreciate diversity, understand our essential interdependence as people and find their own distinctive voice on issues.

The Trinity program, is a key Year 9 experience. It covers a number of cross curriculum perspectives, including: Personal and Social Learning, Health, Civics, Career Education, Community Engagement and Outdoor Education. In this course, students explore essential questions around Identity, Right Relationships, My Future, Community and Environment.

The Year 9 course includes seven core subjects taken for the full year and six semester length elective units. Core studies include Religious Education, English, Mathematics, Physical Education, Science, Humanities and a Language (Chinese or Italian). Most electives offered are from the Arts and Technology areas. Each student must include at least one Arts and one Technology unit in their Year 9 course.

Semester Elective Units (3 Periods / 10 Day cycle)	
<p>ARTS:</p> <ul style="list-style-type: none"> • Drama • Visual Communication • Music • Visual Arts • Dance • Media • Painting <p>PHYSICAL EDUCATION & HEALTH</p> <ul style="list-style-type: none"> • Health <p>SCIENCE</p> <ul style="list-style-type: none"> • Forensic Science 	<p>TECHNOLOGY:</p> <ul style="list-style-type: none"> • Food Technology • Wood Technology • Computer Programming • Information Technology • Robotics • Product Design: Material <p>ENGLISH</p> <ul style="list-style-type: none"> • Speak Your Mind <p>MATHS</p> <ul style="list-style-type: none"> • Maths Challenge

Year 10 Curriculum

The Year 10 course is a mix of six core subjects taken for the full year and six semester length elective units. Core studies include Religious Education, English, Mathematics, Pastoral Care, Humanities and Science.

Most electives are from the Arts, Technology, Languages and Physical Education learning areas. Students can also include VCE subjects in their Year 10 program. The courses are taken as a cross campus class with students from CRC Caroline Springs and North Keilor at Sydenham. Through our Trade Training Centre at the Sydenham Campus, a number of VET/VCAL options are also offered to the Year 10 students. These include but are not limited to: Certificate II in Food Processing (Retail Operations), Certificate II in Hospitality, Certificate II in Furnishings (Wood), Certificate II in Signage, Certificate II in Picture Framing, Certificate II in Community Service, Certificate II in Dance, Certificate II in Laboratory Skills and Certificate III in Applied Fashion Design & Technology.

Years 11 and 12 Curriculum: Catholic Regional College

Semester Elective Units (5 Periods / 10 Day cycle)	
<p>TECHNOLOGY:</p> <ul style="list-style-type: none"> • Food Technology • Technology Studies Wood • Information Technology • Product Design: Material <p>LANGUAGES</p> <ul style="list-style-type: none"> • Italian • Chinese <p>MATHEMATICS</p> <ul style="list-style-type: none"> • Pre Maths Methods 	<p>ARTS:</p> <ul style="list-style-type: none"> • Drama • Visual Communication • Music • Sculpture • Visual Arts • Media Studies <p>PHYSICAL EDUCATION & HEALTH</p> <ul style="list-style-type: none"> • Outdoor Education • Ball Skills, Biomechanics & Coaching • Active Body & Fitness

Sydenham

At our Years 11 and 12 campus in Sydenham, students have the opportunity to select from a wide range of academic and vocational subjects for their Years 11 and 12 course. Currently a comprehensive range of VCE studies are offered as well as VCAL/ VET courses and the possibility of combining a part time apprenticeship with VCE studies (a combination of part time VCE, part time work and gaining credit towards apprenticeship training) are offered.

Links Between Year 10 Subjects and VCE Units			
Domain	YEAR10	VCE	VET/VCAL
Religious Education	Religious Education (C)	Religion & Society Texts & Traditions	
English	English (C)	English English Language Literature	
Maths	Core Maths (C) Core Plus Maths (C) Advanced Maths (E)	General Maths 1/2 Advanced General Maths Further Maths 3/4 Maths Methods Specialist Maths	
Science	Science (C)	Biology Chemistry Physics Psychology Environmental Science	Certificate III in Laboratory Skills
Humanities	History, Geography, Economics (C)	Accounting Industry & Enterprise Business Management Economics Geography 20 th Century History History - Australian History - Revolutions Legal Studies International Politics	Certificate II in Business
Physical Education & Health	Active Body & Fitness (E) Ball Skills Biomechanics & Coaching (C) Outdoor Education (E)	Outdoor & Environmental Studies. Physical Education Health & Human Development	Certificate III in Community Services (incl. Cert II) Certificate III in Sport and Recreation
Technology	Food Technology Information Technology (E) Tech. Studies Wood (E) Product Design - Materials (E)	Product Design & Technology Food Studies Systems Engineering Software Development Computing Informatics	Certificate III in Media, VET Information, Digital Media & Technology Certificate II in Furniture Making Certificate II & III in Applied Fashion Design & Technology Certificate II in Hospitality
The Arts	Drama (E) Visual Communication (E) Music (E) Sculpture (E) Visual Arts (E) Media Studies (E)	Arts Studio Arts Visual Communication & Design Media Interactive Digital Media Theatre Studies	Certificate III in Music Industry (Music Performance) Certificate III in Music Industry Technical Production Certificate II in Dance

Support Programs

Library

Our library is well resourced and has an extensive collection to support the curriculum offered. The library is open at recess, lunchtime and after school until 4.30pm (4.00pm on Fridays). Students are encouraged to use the library after school for independent research or as a place to complete their homework.

Access to Digital Technologies

The College has a 1:1 laptop program. The cost of laptops is covered in the school fees. Students use Macbook Pros in the Arts and IMAC's for Media Studies. The school is fully networked with wireless internet access in each classroom.

Interhouse Sport and Activities

The College has Interhouse carnivals and tournaments in swimming, athletics, debating and ball sports such as basketball, soccer, badminton, volleyball, golf and indoor cricket. A number of lunchtime competitions are organised by the students in conjunction with staff. Houses compete for the Williams Cup which is named after the founding Principal, Sr. Sylvia Williams.

Interschool Sport

As a member of the Sports Association of Catholic Co Educational Secondary Schools (SACCSS), students compete in interschool athletics, swimming, cross country, tennis, chess and golf. Teams also represent the College in soccer, football, cricket, futsal, netball and basketball. Practice for representative teams takes place after school and at lunchtime. Students in Years 7, 8 and 9 participate in Premier League during Term 2, 3 or 4. This is the weekly SACCSS interschool competition. Sports include AFL Football, Cricket, Netball, Soccer, Basketball and Volleyball.

Our focus in sport is both broad participation and the opportunity to compete at a progressively more elite level, if students have the skills. We believe that it is as important for students to compete in a true sporting spirit and to strive to achieve their personal best.

Community Days

A number of days are set aside each year as Community Days. These days are an opportunity for staff and students to interact more informally. The Community Day in Term 2 marks the College Feast Day celebrated on the Feast of Corpus Christi.

Lunchtime Activities

Activities vary according to student and staff interest. In recent years activities have included debating, choir, various fund raising activities, sport, craft activities, board games, gym, chess club, a range of committee meetings and rehearsals for performances. Students are invited to initiate other clubs and activities in which they are interested.

Student Leadership

Students interested in formal leadership can nominate to be on the SRC. Three students from each year level are elected to the SRC annually. The SRC runs assemblies, is involved in fund raising, organises the Feast Day carnival, and lobbies on behalf of students. Year 10 students are appointed as College Captains and Vice-Captains, and as House Captains for each House. Throughout the year there are many opportunities to take on leadership at year levels, in pastoral care groups or across the school. Students are also invited to work on committees and working parties as the need arises.

Overseas Study Tours

Every second year the College offers a two-week study tour to China. Students have the opportunity to visit Italy in Years 11 and 12. The main purpose of these trips is to enhance students' understanding and awareness of other cultures and to support their studies in Italian and Chinese.

Work Experience

All Year 10 students undertake one week of Work Experience in Term 3. Each student completes the equivalent of a semester of Career Education in Years 9 and 10.

School Counsellor

The College employs a full time School Counsellor to assist students in any difficulties they may face. The Counsellor works closely with teaching staff in the pastoral care of students.

Canteen

A canteen operates on a daily basis. Students are encouraged to order their lunch before school to avoid the queues.

Learning Support

The College is committed to the principles of inclusive education. It provides a range of additional support for students who have learning difficulties. This might be through specific intervention programs, modified curriculum and / or additional support in class.

Study Support

Study Support is offered every afternoon from 3.15 – 4.00pm. A range of staff are available to assist students with their work.

Camp Program

Year 8 students participate in an outdoor adventure camp in Term 1. This two night experience is designed to provide students with the opportunity to develop responsibility and independence, to build and consolidate relationships and to participate in new and unique experiences.

Year 9 students have an outdoor education camp in late Term 3. The focus of this camp is to provide students with challenging physical activities so that they are able to move outside their comfort zone and develop teamwork, their self confidence and a sense of personal achievement.

Year 10 Outdoor Education students participate in an overnight camping and hiking experience.

Year 7 Activities

Year 7 students do not have camp, however, they have an applied learning experience each term. This gives them the chance to develop skills in a different learning setting and to get to know the students in their class and year level.

Reports

All students receive an Interim Report at the end of Term 1. Full written reports are prepared at the end of Terms 2 and 4. Parent / Teacher / Student interviews are held at the end of Term 1 and early Term 3. Parents are welcome to discuss the progress of their son or daughter with the teacher any time simply by making an appointment.

Newsletter

To ensure everyone is informed of College activities a fortnightly newsletter is distributed to each family on Day 10. The newsletter is also published on the College website.

College Website

General information about the school and various policies can be accessed through the College website:

www.crcstalbans.catholic.edu.au

Diaries

Each student has a College diary which contains information about the school, assists them in being organised, recording homework and serves as a communication link between parents and the College.

College Awards

As well as various sporting awards, the College awards special College pins in three areas:

- The Catherine McAuley Pin (maroon) is awarded for all round service and involvement in the life of the school.
- The Mary MacKillop Pin (navy) is awarded for all round achievement in learning.
- The Brigid McMyler Pin (gold) may be awarded any time throughout the year for significant individual contributions.

School Involvement

The College has a strong commitment to Student Involvement. In any year there are many opportunities for students to become involved in a range of activities. Below are some of the activities offered recently. The activities vary from year to year, depending on staff and student interest. However, most students who are keen to be involved will find something to interest them. Students' suggestions for new activities are always welcome.

- Social Justice Group
- Liturgy Planning
- Choir
- 'Particip8'
- Premier League
- Otaku Club
- Lunchtime Sport
- Public Speaking: Rostrum Voice For Youth
- Writer in Residence / Shared Stories Project
- Community Arts Project
- Titration Stakes
- Peer Support Program
- Science Competitions
- Harmony Day Celebrations
- Dante Aligheri Poetry Competition
- Maths Challenge Program
- Sports Taster Program
- College Production
- Lunchtime Concerts
- Volleyball Club
- STEM Club
- Image Art Exhibition
- Student Representative Council
- Year Level Councils
- Sports Leaders
- School Captains
- Chess Club
- Pastoral Care Activities
- Subject Area Weeks / Competitions
- Australian Maths Competition
- Maths Games Days
- Year Level Assemblies
- Community Service (all levels)
- DEAR Reading Program (Drop Everything And Read)
- Community Garden Project
- Loaves and Fishes Food Bank
- Premier's Reading Challenge
- Music and Drama Nights
- Health and Fitness Club
- Badminton Club
- Afterschool Basketball

Other Information

Books

All students are required to purchase textbooks. Approximate cost for Year 7 is \$250. The College runs a second hand book sale to assist parents in this area. Students are encouraged to care for their books so that they can be bought and sold at half the booklist price.

Uniform

The College has a very smart uniform and we hope that all students wear it with pride. Approximate cost to purchase a new full school uniform is \$650 however second hand blazers, kilts, dresses and jumpers are available from the uniform shop. Academy Uniforms are the official supplier and only items with the appropriate College logo can be worn.

School Day

The school day begins at 8.40am (bell) and concludes at 3.10pm except on Wednesday. On Wednesday school commences at 9.10am as we celebrate mass at 8.30am with Sacred Heart Primary School and the parish community at Sacred Heart Church.

Transport

Our students use a range of public transport. The College is situated only a short walk from the St Albans Bus Terminus and is close to both St Albans and Keilor Plains Stations. Many students walk as they live locally or parents drive their children to school.