



Lent

Loving God,

Bless us as we enter these forty days of Lent.

May this be a time when we reach out to find you.

May our fasting be a hunger for justice;

our alms, a making of peace;

and our prayer, the chant of humble and grateful hearts.

Bless our efforts to grow in our love for you,

in our generosity towards others,

and our willingness to live our lives fully.

Amen

From the Principal . . .

On Wednesday we joined with Sacred Heart school and the parish community to celebrate Ash Wednesday and the beginning of Lent. Lent is a time for reflection; a time where we pause to think about how well we're living our lives.

In many ways Lent is a bit like gardening. We look at our lives to 'weed' and 'prune' the things that are stopping us from living fully, to 'water' the things we're doing well and to plant new ways of being.

Often in Lent we choose simple actions that help us to become more prayerful, to live more simply, and to share what we have with those who are in need.

Lent originated in the very earliest days of the Christian church. The forty days of Lent mirror the forty days that Jesus spent in the wilderness. Originally it was a time when the faithful re-dedicated themselves, and when new Christians were instructed in the faith and prepared for baptism.

Lent is a perfect time for reflection and making changes in our lives. I wish all in the College community a very fruitful Lenten season.

Opening Mass

On behalf of students and staff I would like to thank Fr. Minh Tran (Holy Eucharist) and Fr. John O'Reilly (Sacred Heart) for concelebrating our opening school mass on Friday 21st February. Thank you also to the students and staff who planned, prepared and led the very prayerful and thoughtful liturgy.

Year 10 Family Night

Thank you to all the families who were able to join us for the Year 10 Family Night earlier this week. The evening provided families with the opportunity to meet Mr Iannuzzi and the Year 10 Pastoral Care teachers and to learn a little more about the Year 10 program,

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particularly Work Experience and the process for selecting Years 11 and 12 courses.

I hope that families found the night of value. We're continually looking to improve the way we engage with families so that we can better meet your needs. Feedback on the night would be very welcome.

If families have any comments about **what worked well** and / or **what might be improved** it would be great if you could email these to principal@crcstalbens.com.au and we will take your comments into account when planning for 2015.

The Struggling Butterfly

At Monday's Year 10 Family Night we used the story of 'The Struggling Butterfly' as part of the opening reflection. This story is often attributed to Henry Miller and does the rounds in many different versions. We've included it in the Families Matter section of the newsletter as it has an important message for all parents, carers and teachers. How do you find the balance between care and challenge, freedom and boundaries, protection from harm and the opportunity to learn from mistakes? How do we give young people the chance to develop the 'wings' and 'muscles' they need for independence?

Cybersafety

At the recent Year 8 iPad Information Night families felt that regular hints in the newsletter around Cybersafety would be helpful for parents.

This week I'd like to start with two helpful websites. The first is <http://icybersafe.com> which has been set up by Ivanhoe Grammar, both for their own community and for other families to use. If you visit the site and sign up for the newsletter you will get an email alert whenever a new post is added.

These posts often update families about sites or apps students might be using; what they do, why parents might be concerned and how they might be managed.

Recent posts include: what is Yik Yak and an overview of the Top 5 Teen Apps for 2014.

The second is www.cybersafe.gov.au. This website is run by the Australian Communications and Media Authority (ACMA). It is a one stop shop with helpful advice for

parents, young people and educators. Well worth a browse.

Save the Date: Cybersafety Awareness Evening

ACMA also conduct workshops in schools throughout Australia for students, teachers and families on issues related to Cybersafety. They will be at the College on **Monday 24th March**.

During the day the ACMA presenter will work with Year 8 classes and in the evening they will conduct two workshops for parents / carers.

We encourage all families to attend one of the sessions; either at **5.00 – 6.30pm** or the session from **7.00 – 8.30pm**.

Arrangements for Tuesday 11th March

Families are reminded that students are not required at school on Tuesday as staff will be involved in the CRC Federation Intercampus In Service Day.

Interhouse Swimming Carnival

Congratulations to O'Reilly House on winning both the Girls' and Boys' aggregate, as well as taking out the overall championship at Wednesday's Interhouse swimming carnival. This is their fifth overall win in six years. An impressive run!

Despite the overcast and cool conditions it was a really good day. 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.

With these very impressive swimming results O'Reilly has made a strong start to the 2014 Williams Cup but it early days yet. They are talking back to back but I'm not sure that the other Houses agree with them.

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

Year 8 Great Escape: Country Experience

Next week Year 8 students are off to camp. For many this camp will be a new experience as students will be camping out in tents overnight and participating in a range of challenge experiences. I hope that staff and students attending have a terrific time. This is a great opportunity to really get to know class mates, to see each other in a new light and to further build connections within the group.

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 2014:

7th March
21st March
4th April

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

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

Changes in contact details

Families are reminded that the school needs to be notified immediately that there are changes to phone contact details or addresses.

Applications for Year 7, 2015

Enrolments are now being taken for Year 7 2015. 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:

SACCSS Swimming Training
Year 7 Verbal Combat drama performance
Fitness training
Year 10 Family Night
Ash Wednesday
Interhouse Swimming Carnival
Yr 9 Sci Fi film making excursion
Outdoor Education Snorkelling excursion
Year 10 Old Melbourne Gaol visit

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



CATHOLIC EDUCATION WEEK BREAKFAST

TUESDAY 18TH MARCH 7.30AM

Join us for breakfast, a hot coffee, tea or chocolate—a great way to start the day!
FAMILIES & YOUNG CHILDREN WELCOME

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



Lady Jayne 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.

[Newspapers available in other language]

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



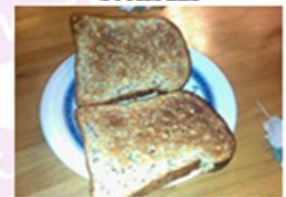
Renata Damasio www.flickr.com

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 nhà trường.

[Có sách báo đủ mọi thứ tiếng]

في بنا والتحقوا تفضلوا...والطلاب الأمور أواباء مدرسة في لانتقال إفطار وجبة الإقبيصة زابن سفت تقوية

Catholic Regional College) St Albans



www.flickr.com (Lady Jayne) ليدي جاين

تناولوا طعام الإفطار واستمتعوا بالقهوة أو عصير البرتقال مع خبز "التوست"، أو اقرأوا صحيفة أو مجلة، والتقوا بأعضاء الآخرين من مجتمع المدرسة

(لدينا كذلك صحف يومية بلغات مختلفة)

Images from Flickr.com

Please return slip with numbers attending, to the school by **FRIDAY 14th MARCH** to assist with catering

STUDENTS NAME:

NUMBER ATTENDING:



Questions for thought:
 What are some things that we can become over focused on?
 How can we ensure that we don't lose sight of God and his unconditional love?

Project Compassion
"Have life and have it to the full" John 10:10
 Ash Wednesday is the start of the Lenten Season and is also the start of our efforts to give to Caritas' Project Compassion. In 2013 we raised over \$1700. This year we aim to raise even more. Give generously.

Wednesday Morning Mass

Wednesday the 5th March marked the beginning of Lent. Many staff and students attended Mass at 8:30am at Sacred Heart. Thank you to the staff and students of both CRC and Sacred Heart for leading us in the Liturgy. It was wonderful to see so many of you there. Please note that there will be no Wednesday Morning Mass for the remainder of term one. We will resume these masses on 23rd April.

St Vinnie's Corner
St Vinnie's Community Chair

Last year the year 8 students all contributed to a special project to mosaic a garden chair. The chair has tones of the colour blue, which represents the colour of the St Vincent De Paul Society and the value of 'Community' in our school. The chair has been placed in the Jubilee Garden for the school community to admire and use. It is set in the foreground of the amazing



recycled flowers that were also made by students as part of the Images Exhibition last year.

A special thank you to the staff who developed the concept of the seat, the year 8 students of 2013 who contributed to it and to David Mancouso for assembling and grouting the bench seat. This St Vinnie's Community Seat is for everyone to enjoy.

Matthew's Gospel Reflection

Mt 6:24-34

Do not worry about tomorrow.

Jesus said to his disciples:

'No one can be the slave of two masters: he will either hate the first and love the second, or treat the first with respect and the second with scorn. You cannot be the slave both of God and of money.'

'That is why I am telling you not to worry about your life and what you are to eat, nor about your body and how you are to clothe it. Surely life means more than food, and the body more than clothing! Look at the birds in the sky. They do not sow or reap or gather into barns; yet your heavenly Father feeds them. Are you not worth much more than they are? Can any of you, for all his worrying, add one single cubit to his span of life? And why worry about clothing? Think of the flowers growing in the fields; they never have to work or spin; yet I assure you that not even Solomon in all his regalia was robed like one of these. Now if that is how God clothes the grass in the field which is there today and thrown into the furnace tomorrow, will he not much more look after you, you men of little faith? So do not worry, do not say, "What are we to eat? What are we to drink? How are we to be clothed?" It is the pagans who set their hearts on all these things. Your heavenly Father knows you need them all. Set your hearts on his kingdom first, and on his righteousness, and all these other things will be given you as well. So do not worry about tomorrow; tomorrow will take care of itself. Each day has enough trouble of its own.'

St Vinnie's Crew at the Caritas Leadership Day – Sacred Heart Kyneton

Last Wednesday on the 26th of February, eight of the St Vinnies Crew members travelled to Kyneton for a Caritas Leadership Conference. At the Conference, we developed our Leadership skills, learnt about Project Compassion, met people from social justice groups from other Catholic schools and brainstormed different ideas to help people less fortunate than us.



We learnt about many different things. We learnt that raising awareness about social issues is just as important as fundraising money. We learnt that environment is an important issue to focus upon as well as community issues. We learnt that we need to understand others and ask people what they need before raising funds or goods. One of the interesting things we took away from the day was that 20% of the world's population has 80% of the world's wealth.

The Leadership Conference was a great opportunity. We loved meeting new people, the challenging discussions we had, and the opportunity to use what we learnt on the day to come up with different ideas for our St. Vinnies group to undertake this year. We have lots of exciting plans from the day which we want to try out this year. A special thank you to Jordan Wren for accompanying the students and taking time out in her busy schedule to help promote St Vinnies and social justice. Please support our Project Compassion campaign which we are running this term. The house with the most money will win points for the Williams Cup!!!



family Matters

The Struggling Butterfly

A little boy in India went up to a guru who was sitting and looking at something in his hand. The little boy went up and looked at it. He didn't quite understand what it was, so he asked the guru, "What's that?"

"It's a cocoon," answered the guru, "inside the cocoon is a butterfly. Soon the cocoon is going to split, and the butterfly will come out."

"Could I have it?" asked the little boy.

"Yes," said the guru, "but you must promise me that when the cocoon splits and the butterfly starts to come out and is beating its wings to get out of the cocoon, you won't help it. It is important not to help the butterfly by breaking the cocoon apart. This is something it must do on its own."

The little boy promised, took the cocoon, and went home with it. He then sat and watched it. He saw it begin to vibrate and move and quiver, and finally the cocoon split in half. Inside was a beautiful damp butterfly, frantically beating its wings against the cocoon, trying to get out and not seeming to be able to do it. The little boy desperately wanted to help. Finally, he gave in, and pushed the two halves of the cocoon apart. The butterfly sprang out, but as soon as it got out, it fell to the ground and was dead. The little boy picked up the dead butterfly and in tears went back to the guru and showed it to him.

"Little boy," said the guru, "You pushed open the cocoon, didn't you?"

"Yes," said the little boy, "I did."

The guru spoke to him gravely, "You don't understand. You didn't understand what you were doing. When the butterfly comes out of the cocoon, the only way he can strengthen its wings is by beating them against the

cocoon. It beats against the cocoon so its muscles will grow strong. When you helped it, you prevented it from developing the muscles it would need to survive."

It's a story every parent should remember. . .

Handing a child the toy he wants instead of letting him crawl across the room for it or try his best to crawl for it; fulfilling his every whim; loading him down with toys and other shiny beautiful things before he really needs or desires them; giving a child the latest and best of everything. . . all of these things tend to weaken the 'muscles' a young person should be developing on his own so that when the time comes to function independently, he will have the strength he needs.

As family and as teachers the best gift that we can give our children is wings.

On-going support

When life doesn't run to plan there's no need to feel alone. Visit your local doctor or contact one of the community supports available. Some examples are . . .

Lifeline	131 114
Parentline	132 289
Griefline	9596 7799
Kids Help Line	1800 551 800
Headspace	9927 6222

All of these have websites for more information. You might like to post this note on your fridge at home. **Jenny Ricketts**



2020socialjustice

Induction of
student leaders
and morning tea
for the families.

Someone Once Said...

“ Be at peace
and there you will find yourself. ”
- ed.



STUDY SUPPORT

Year 7
Monday—Thursday
3.15—4.00 pm
Room 37

Years 8-10
Monday—Thursday
3.15—4.00 pm
Language Centre

Falling behind in class?
Don't 'get' your schoolwork?
Come along and we'll help
you with your studies . . .

**KEEP
CALM**
AND
COME TO
STUDY SUPPORT

KeepCalmAndPosters.com

... O'REILLY HOUSE WINS ... SWIMMING CARNIVAL 2014



KEY DATES 2014 TERM 1

Monday 10th March 2014:
Labour Day Holiday

Tuesday 11th March 2014:
CRC Federation Staff
Professional Learning Day
Student free day

Wed 12/3 – Fri 14/3:
Year 8 Great Escape
Country Experience

Thursday 13th March 2014:
7 SNOWY FAMILY NIGHT
6.30pm—8.00pm

Tuesday 18th March 2014:
7 YARRA FAMILY NIGHT
6.30pm—8.00pm

Thursday 20th March 2014:
7 KIEWA FAMILY NIGHT
6.30pm—8.00pm

Tuesday 25th March 2014:
7 WIMMERA FAMILY NIGHT
6.30pm—8.00pm

Thursday 27th March 2014:
7 AVOCA FAMILY NIGHT
6.30pm—8.00pm

Wednesday 26th March 2014:
SACCSS Interschool Swimming

Tuesday 1st April 2014
Student / Parent / Teacher
interviews

Thursday 3rd April 2014:
Student / Parent / Teacher
interviews

Friday 4th April 2014:
Final Day Term 1



Umpire Football and Earn Money!



Do you love footy but aren't very good?

Why not try **UMPIRING?**

OPEN TO GIRLS AND BOYS.

Helps you develop life skills of Leadership, Critical and Clear Thinking,
Decision Making, Communication and Management of People.

Opportunity to umpire AFL Auskick Rules Grid Games @ AFL matches!

Caroline Springs Umpires Academy - Tuesdays 4.00—5.15pm
City Centre Oval

OR JOIN THE

WESTERN REGION UMPIRES - TRAINING FROM 4.45 - 5.45PM (approx.)

Scovell Reserve Maidstone (Mel: 27 H 12)

CONTACT: the Western Region Football League: 9315 1377

www.wrfl.asn.au

Mark Westgarth:0424 505 443 Terry O'Donnell:0439 794 545



Kitchen-Hand VACANCY

Catholic Regional College Sydenham is seeking a Kitchen hand. It is desirable yet not essential the successful applicant holds a Food Handling Certificate and has experience in food service. Fixed term (6 week)

contract commencing 17th March with a possible extension. Hours of employment: 9.30am – 2.00pm, Monday – Friday. Please email your CV to the Director of Staffing Administration at: jobs@crtsydenham.net by Friday 7th March.