



### *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.*

### *From the Principal . . .*

***This week we've marked National Reconciliation Week (NRW) with a special reflection in morning homeroom. NRW is celebrated across Australia each year between 27th May and 3rd June. The week is framed by two significant events which provide a strong symbol for the aspirations of reconciliation.***

*27th May, 1967 is the anniversary of Australia's most successful referendum and is a defining event in our nation's history. The referendum saw over 90 per cent of Australians vote to give the Commonwealth the power to make laws for Aboriginal and Torres Strait Islander peoples and to recognise them in the national census.*

*3rd June, 1992 marks the High Court of Australia's Mabo decision which legally recognised that Aboriginal and Torres Strait Islander peoples have a special relationship to the land; that this existed prior to colonization and still exists today. This paved the way for Native Title land rights.*

*NRW is a time for all Australians to reflect on how each of us can contribute to the national reconciliation effort.*

### *Feast of the Ascension*

*This Sunday is the Feast of the Ascension. In leaving his earthly life Jesus hands over the day to day work of the Kingdom of God to his followers and through them to all people of faith. It is our hands that do the heavy lifting today.*

*People hear his words through us, see his world through*

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us and experience his love through us. We can only promote the dignity of all people and address issues of peace and justice if we all walk the talk as Jesus did, if we put our words into action. Developing respectful relationships between the broader Australian community and Aboriginal and Torres Strait Islander peoples is one of the many realms where we need to do this.

### *Stay Smart Online Week (2<sup>nd</sup> – 6<sup>th</sup> June)*

Just this week eBay users received notification to change their passwords due to a breach of security. This is a timely reminder for all of us of the need to better understand how to stay safe and secure in the online world. Many of us, even young people who are technologically savvy, know very little about online risks and how best to manage them.

Next week is Stay Smart Online Week. It aims to help Australians using the internet – whether at home, the workplace or school to understand the simple steps that can be taken to protect themselves and their information online.

This year's theme - 'On The Go' - reflects the importance of staying safe and secure online while using mobile devices when social networking, banking, shopping, and navigating the internet.

Families may wish to visit the Stay Smart Online website at [www.staysmartonline.gov.au](http://www.staysmartonline.gov.au) for some tips on how to improve their online security. The section of 'protecting your child' might be of particular interest to parents.

### *Year 10 Drama Performance*

On Wednesday we enjoyed a night at the theatre. Year 10 drama students prepared and presented an interesting, challenging and technically demanding program which included excerpts from Shakespeare's 'Romeo and Juliet' and 'A Midsummer Night's Dream'. As

well as this students presented a group devised performance entitled 'Miracles'.

This night was the result of hard work, both in class and after school. In Drama students take on different roles and each gets an experience in both production and performance. It was great to see everyone playing their part and the support that they gave each other. Congratulations to all in the Year 10 Drama class and to their teacher Mhairi Shepherd. It was a terrific night.

Thank you to all the students, staff and families who supported students at the lunchtime matinee or at the evening performance.

### *Feast Day 2014*

Planning for our Feast Day is well underway. Many different groups are working on the day; planning the mass, carnival and activities.

Feast Day is a great day for families to get involved with the school and to help in running activities. We're looking for family members (parents, grandparents, aunts, uncles and older siblings) who might be able to spare a few hours to help with the carnival.

Helpers would need to be available from about **11am** until **2.30pm**, however, are very welcome to join us earlier for mass. This is a good chance to meet other families and to be part of the fun. If you can assist with the sausage sizzle, making fairy floss, serving at the café, running Mini Golf or the High Striker, helping with Human Table Soccer or one of the many other activities please let us know. No prior experience is needed!

If you have a few hours to spare and would like to help, please ring Jill on 9366 2544 to let us know that you're available.

## *Monday 16<sup>th</sup> June, 2014*

Families are reminded that students are not required at school on Monday 16<sup>th</sup> June. On this day staff will be finalising assessment and preparing end of semester reports.

### *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 2014:

13<sup>th</sup> June,  
27<sup>th</sup> June

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

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

## *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](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 Mannix Community Service  
Year 7 Premier League  
Senior Secondary Pathways program  
Year 10 Chemistry Titration workshops  
TAX talks: Yr 9 Trinity  
Year 10 Drama Night  
LEAP into Health Careers visits (Year 10)  
Author in Residence  
Interhouse Debating  
Years 7 and 8 Lunchtime Basketball  
Chess Club  
Introduction to VCE / VET / VCAL Assembly

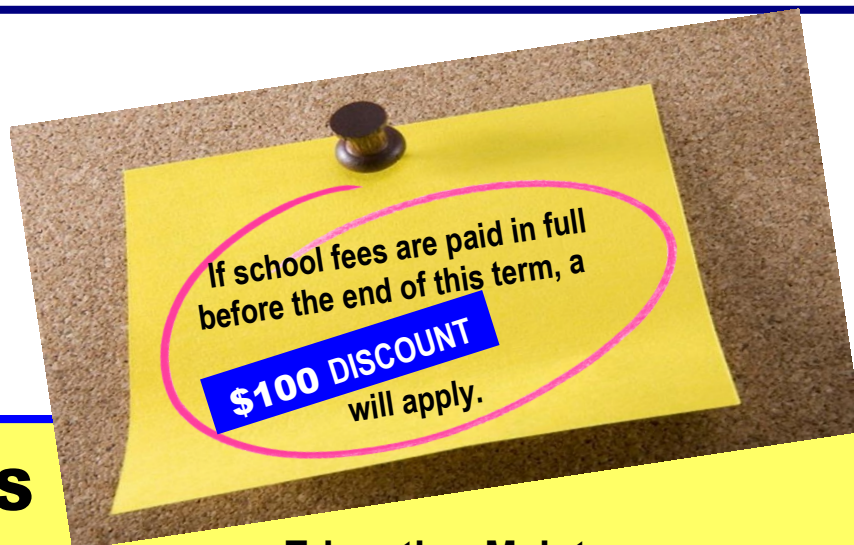
*I am sure that students and their families are very appreciative of all these opportunities and the time and energy that staff put into organising and offering these experiences.*



CHRISTINA UTRI  
PRINCIPAL



# family Matters



## SCHOOL FEES REMINDERS:

Term 1 fees are now overdue. PLEASE NOTE families who set up **Direct Debit** from their **Bank Account or Credit Card** last year, *must complete a new form for 2014*, (these do not carry on from last year).

These forms are always available at the office.

## Education Maintenance Allowance (EMA)

Families who received EMA benefits for the first semester DO NOT need to re-apply this year, **EXCEPT if the card has EXPIRED**. Please bring in your **NEW CARD** to claim your second payment. Your card should be valid as of 14 July 2014. All forms for new applications **MUST BE COMPLETED BY FRIDAY 25th July 2014**.

**If you have any concerns or difficulties or regarding school fees Please contact Mrs Anne Ross at the college on: 9366 2544**

## Year 9 & 10 Exams Friday 6<sup>th</sup> – Wednesday 11<sup>th</sup> June 2014

### Exam Schedule:

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.

#### Year 9

Normal classes periods 3-6 on Friday and Tuesday. Normal classes periods 5 & 6 on Wednesday

#### Year 10

Start at recess time on Friday and Tuesday. Non VCE students will return to their period 2 class at the end of RE exam and then have normal classes in periods 3 – 6

**LOTE exam – Tuesday 3<sup>rd</sup> June during elective class periods, period 5 & 6, in the library**

TIME	Friday 6 <sup>th</sup> June (Day 10)	Tuesday 10 <sup>th</sup> June (Day 2)	Wednesday 11 <sup>th</sup> June (Day 3)
Periods 1 & 2	Year 9 English	Year 9 Humanities	Year 10 RE
Periods 3 & 4	Year 10 Science	Year 10 Humanities	Year 9 Maths
Periods 5 & 6	Year 10 English	Year 10 Maths	

## How do Emotions Affect Our Daily Life?

*“Emotions spread faster than any disease. A smile or a panic will spread through a group of people far quicker than any virus could.” Seth Godin*

*Family tone is usually impacted by the emotions and mood of parents.*



**Anger** creates tension especially when it simmers just below the surface. Kids go into their shells when anger is near, because they feel unsafe. Fear accompanies parent anger.

**Grumpiness** makes kids switch off parents. It's also **Scepticism** leads to cynicism and a hardening of the empathy arteries. Scepticism is sneezed, spreading germs everywhere.

**Gratitude** spreads quickly, lifting everyone who receives it. Family tone quickly lightens when gratitude is expressed.

**Calm** falls on a family like blanket instantly increasing family security and contentment. It too spreads but quietly.

**Enthusiasm** lifts the spirit, making everything seem possible. Most children are naturally attracted to enthusiasm, as it offers hope and inspiration.

### Emotions or mood?

Emotions are short, more intense bursts of feeling. Moods are emotions that linger longer but are less intense. Nothing wrong with negative emotions. In fact, feeling sad is just as normal and healthy as feeling happy.

Some negative emotions become toxic if they aren't curbed or contained, impacting heavily on the long-term family tone. They become the family's default mood.

Children's emotions also impact heavily on the mood in families, but one of your basic tasks as a parent is to do your best to lift yourself above the emotions of children and spread a healthy mood.

It's not easy, but it's important that you do.

*Michael Grose, Happy Kids, [www.parentingideas.com.au](http://www.parentingideas.com.au)*



## MARRIAGE ENCOUNTER WEEKEND



**Invest in your most precious asset.....Your Marriage!** Forget life's tensions and interruptions and rekindle the closeness, intimacy, love and romance that brought you together. Recharge your relationship batteries and explore the precious nature of your marriage, allowing you both to

share your feelings, hopes and dreams with each other in ways that normal, daily living tends to inhibit. There is no group sharing. Couples and a priest present the weekend. It is based around Catholic values but couples of all faiths are welcome.

**2014 weekend dates : 13-15 June, 15-17 August and**

**21-23 November in Melbourne.**

*Starts 7pm on Friday. Ends 5pm Sunday. Accommodation and all meals provided.*

**Information/Bookings: PH: Marianne & Marcel (03) 9733 0997**  
Email [vicbookings@wwme.org.au](mailto:vicbookings@wwme.org.au)  
[www.wwme.org.au](http://www.wwme.org.au)



**Wednesday Morning Mass Roster**

A special thanks to Ms Iaria and 7 Avoca, 8 Clark and 9 Barton for preparing and leading us in Mass on Wednesday 21<sup>st</sup> May.

**4th June**

CRC Year 10 McAuley – VII

**11th June**

Sacred Heart

**18th June**

CRC Year 7 Level Mass - All 7 RE Teachers

**25th June**

St Vinnie’s Crew and Sacred Heart (60th Anniversary SH)

**St Vinnie’s Corner**



**“CRC School Winter Sleepout”**

The St Vinnie’s Crew are proud to announce CRC’s first Winter Sleepout.

This will happen on Thursday 19<sup>th</sup> June here at school. It will be a chance to experience a little of what it might be like to be homeless and experience the cold of our winter.

This is also a chance to give and donate non-perishable cans of food for the St Vincent De Paul Society. A maximum of 50 students will be involved in the sleepout and will have to donate 10 cans of food in total to experience a varying level of the activities.

We also ask the whole school community to get involved by donating canned soup and meals. Collection baskets will be located in the main office, the staff room and the Library.

The more cans we collect the more we can support the great work of the St Vincent De Paul Society. More details of how you can get involved will be published in the student bulletin in the coming weeks.

We will also start informing you all about the cold facts of our homeless here in Melbourne and Australia.

**National Reconciliation Week**

*“Reconciliation involves building positive, respectful relationships between the broader Australian community and Aboriginal and Torres Strait Islander peoples for the benefit of all Australians.”*

**National Reconciliation Week**

is a time for all Australians to learn about our shared histories, cultures and achievements, and to contribute to building a reconciled Australia.

National Reconciliation Week started as the Week of Prayer for Reconciliation in 1993 and was supported by Australia’s major religious groups. Under the guidance of Reconciliation Australia, it evolved into the week-long celebration that it is today.

**Reconciliation**



A united Australia which respects this land of ours; values the Aboriginal and Torres Strait Islander heritage; and provides justice and equity for all.

**Did you know...**

Only **31%** of Australians say they know a lot about Aboriginal and Torres Strait Islander cultures but **82%** of us want to know more.

The Australian economy would be **\$24 billion** better off in 2031 if Aboriginal and Torres Strait Islander people experienced the same health, education and employment outcomes as other Australians.

About **60%** of Aboriginal and Torres Strait Islander people live in cities and major regional areas. (reconciliation.org.au)

**Prayer for Reconciliation Week**

Lord, open up our hearts so that we may hear the message you teach of a world in which the wrongs of the past are recognised  
 - a world in which a reconciled people walk and talk together, sharing stories  
 - a world in which all burn with the desire to have your peace and justice reign.  
 We ask this in Jesus’ name. Amen.





## DRAMA PERFORMANCE

*excerpts from Shakespeare's*

(Act 1) **ROMEO AND JULIET**

&

**A MIDSUMMER NIGHT'S DREAM**

*and also a self devised group performance called*

(Act 2) **MIRACLES.**



### DANTE ALIGHIERI ITALIAN POETRY COMPETITION

Selected students in year 9 and 10 Italian will be participating in the prestigious Dante Alighieri Poetry Competition held at The University of Melbourne on Friday 20<sup>th</sup> June. This is a long standing competition in Melbourne and is in honour of the Italian poet and philosopher, Dante Alighieri. Students have chosen a poem and will need to memorise it in the weeks prior to the event. Good luck to all those competing!



#### CatholicCare Marriage Enrichment Program **Saturday 14 June**

Relax, Renew, Recall, Romance, Revisit, Revitalize, Rejuvenate and Rejoice! This one day workshop for couples is based on the 7 Principles of a Sound Relationship House developed by relationship expert Dr John Gottman. During the workshop you will explore ideas for deepening connection, friendship and intimacy in your relationship. Educators from CatholicCare's Marriage and Relationship Education Team will run the workshop.  
Contact: 92875516 or email [relationships@ccam.org.au](mailto:relationships@ccam.org.au)

*Someone  
Once Said...*

“ It's kind of fun to  
do the impossible. ”

- walt disney

## KEY DATES 2014 TERM 2

*Please mark these important  
college dates in your diary.*

**Friday 6<sup>th</sup> June – Wed 11<sup>th</sup> June**

Years 9 and 10 exams

**Monday 9<sup>th</sup> June**

Queen's Birthday holiday

**Friday 13<sup>th</sup> June**

Immersion Day

**Monday 16<sup>th</sup> June**

Report preparation day

(Students not required at school)

**Tuesday 17<sup>th</sup> June**

Year 8 Family Night

**Wednesday 18<sup>th</sup> June**

Parents as Career Partners

(Year 9 families)

**Friday 27<sup>th</sup> June**

FEAST DAY

Final Day of Term 2

## In the Vegie Patch

Some of you may have noticed a vegie patch growing beside the LOTE centre. This has been created by the work of Year 8 students as part of the Particip8 Program. Students have been moving soil, planting seeds and seedlings, mulching, composting and feeding worms. Yes! Vegetable waste has been collected to feed about 1000 worms. The vegetables love 'worm tea' and that explains why our broad beans, broccolis, lettuce, beetroots, cauliflowers and herbs are growing big and strong. This week ten students from Year 8 (Kiir Jerry, Tayla Lane, Vivian Truong, Patricia Dabu, Jarod Tiquia, Okilo Dimo, Matthew Tufuga, Charles Endaya, Nyajuma Akoul, Joseph Manyror) formed a group to discuss how best to make the vegie patch a shared, sustainable, educational and ongoing resource. The group has yet to give themselves a name; however, they have a vision for the garden. These students are proud that the produce from the garden will be largely donated to the Holy Eucharist food collection. These students have agreed to meet regularly to ensure the garden is a long-term project. Already these students have identified community involvement as necessary for the success of the garden and will be asking for support from family and friends for practical contributions along the way. The next task for the group is to, by next week, assemble a hot house for our seedlings.

**Pictured below:** *Various produce from the garden, and (Main) Matthew, Patricia and Kiir from Year 8 assembled a compost bin donated to the school by Bunnings in Caroline Springs. The compost bin will play a major part in making our little garden sustainable. Well done guys on assembling the bin. Thank you Bunnings.*



## Boys Doing What They Do Best . . .

PSL (Personal and Social Learning) Is a subject at CRC St Albans, which allows our Year 8 students to learn skills about developing into young people with a balanced view on living and life. The photo taken this week (right) shows some of the boys in the group taking on a challenge of strength, trust and interdependence skills.

