

Principal's Report

Lent

Lord,
I know how much you love me.
It's hard for me to feel it
sometimes,
but I know your love is
always with me.

Help me to use your love as
a way to persevere
in my Lenten intentions.

I am easily distracted,
but I know with your help,
I can use these
small sacrifices
in my life

To draw closer to you.

May the Lord bless and
protect us,
and bring us to
everlasting life.

Amen.

Friday 3 March 2017

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On Wednesday staff and students joined with the Sacred Heart school and parish for Ash Wednesday mass. This day marks the beginning of Lent. It is sometimes thought that the name of Lent comes from the Latin expression for slowing down, 'festina lente', meaning to 'hasten slowly'. Actually, hastening slowly is not a bad way to describe what Christians try to do during Lent. The season of Lent is a time where we try to live more simply; focusing less on ourselves and more on others, sharing what we have and making more time for God in our lives.

Some people 'give something up' for Lent. They give up chocolate, sweets, magazines, online games, dessert or sugar in our tea or coffee. Another way of looking at Lent is to think about what we might 'take up'. What extra things can we do to become kinder; more giving and welcoming, or more compassionate and merciful. What can we do to love others as Jesus loves us?

During mass on Wednesday, Fr. O'Reilly invited us to take up the challenge of Lent by making more time for God, even if it is to set aside only a minute or so a day. It is an interesting challenge; easy to do once you've set your mind to it and a great way to discover what is really important in our lives. I'd encourage you to try it.

Opening Mass

Our opening school mass last Thursday was an opportunity to welcome new students, staff and families to our community and to reflect on this year's whole school theme 'Come, gather around our table'.

In a moving Gathering Rite students built and set our community table. This table is symbolic of our hopes for our community. We hope that at our table there is room for everyone; that people in our community will be generous with each other and share all they have, and that ours will be a table of hope, peace and love, trust and joy. We pray that in our community everyone will know

mercy, will know grace and will know endless welcome in this place.

There are many people to thank for sharing their gifts, ideas and creativity in preparing our liturgy. Firstly, I'd like to thank Fr. Tuan Do (Holy Eucharist) and Fr. John O'Reilly (Sacred Heart Emmaus) for concelebrating the mass with us. Like all our chaplains they are very busy serving their parish communities and we are very appreciative of their involvement in the College.

Secondly, I'd like to thank the staff and students involved in planning the liturgy; the choir, readers and ministers; students who developed and presented the Gathering Rite, and all who participated so fully, reverently and prayerfully in the mass. Last but certainly not least, thank you to all the families who were able to join us. Your presence is always very much appreciated.

Induction of School Leaders

During mass we inducted our 2017 school leaders; the School Captains, Social Justice Captains, SRC and House Captains. Congratulations to all the students who have graciously accepted a formal leadership role this year.

Whilst we're only four weeks into the school year these young people have already been very busy. So far they've hosted the Year 12 2014 morning tea; welcomed families to the Mackillop assembly; made pancakes for Shrove Tuesday, helped out with Family Nights, started fundraising, organised a Dodgeball competition, launched Project Compassion and helped to run a very successful Inter-house Swimming carnival. Thank you to all involved. Your sense of service and willingness to be involved in terrific.

Arrangements for Tuesday 14 March: Staff Planning / Intercampus Day

Once a year all the staff of Catholic Regional College (North Keilor, Sydenham, Caroline Springs, Melton and St Albans) gather for mass and a guest speaker.

This year's Intercampus Afternoon is on

Tuesday 14 March and is being hosted by CRC Caroline Springs.

On the Tuesday morning staff will participate in a professional learning program looking at Visible Learning.

Students are not required at school on this day.

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 1 2017:

Fridays:
17 March 31 March

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

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

Year 7 2018

Enrolments are now being taken for Year 7 2018. 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:

- Opening Mass
- Shared Stories: Author Visit
- Trinity Kickfit incursion
- Interhouse Swimming Carnival
- Interhouse Lunchtime Dodgeball competition
- Year 8 Family Night (Attard / Edison)
- Shrove Tuesday
- Ash Wednesday

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



Lenten Reflection:

Ashes are what remain after a fire has gone out. They are a symbol for us—of death and of grief. This cross of ashes signifies that we are blemished; we are not perfect; that a fire has gone out in us too and needs to be rekindled. This cross of ashes signifies that we are ready to change.

Merciful God, pray. you called us from the dust of earth; Look upon us as we enter these forty days bearing the mark of ashes. Bless us as we journey through the desert of Lent. May our fasting be hunger for justice; our alms, a making of peace; our prayer, the chant of humble and grateful hearts. Amen.

WEDNESDAY MASS

We welcome all families to join with our students on Wednesday mornings from 8.30am

TERM 1 ROSTER

8 March

CRC—ERS 10 Mannix

15 March

Sacred Heart

22 March

CRC—JMD 10 Little

29 March

Sacred Heart



Healthy Food, healthy Body and Mind, Healthy Life



Our school canteen is making some changes this year to provide healthier food options for our students and staff to support learning, health and all round nutrition and well being.

On the new school menu you'll notice some changes from previous years, whilst retaining most of the food that students like to eat on a daily basis.

Stay tuned for more stories about where our canteen food comes from and hopefully a connection between our school canteen and the garden!

A massive thank you to Jana and the staff in the canteen for working so hard to deliver the new menu and to the 2016 Social Justice Council and Leadership group for advocating for healthier food for our school community.



Catholic
Regional
College
St Albans

Canteen Menu 2017



Breakfast/Recess

Bacon Egg Rolls	\$4
Cheese & Bacon Muffin	\$4

All Day Everyday

Pin Wheels	\$1
Old English Muffins	\$4
Spinach & Ricotta Pastizzi	\$2
Pizza (healthy variety)	\$3

Lunch - Everyday

Chicken Burger	\$5
Chicken Parma	\$5.5
Hamburger	\$5
Hamburger w/Lot	\$6.5
Baked Wedges	\$4
Nachos	Small \$4
	Large \$5
Sweet Chilli Chicken Wrap	\$4.5
BLT	\$4.5

Meals/Board Daily Specials

Pasta w/plain sauce	\$4
Chicken & Rice	\$4.5
Potato Bake	\$4
Bangers & Mash/Gravy	\$4.5
Fried Rice	\$4
Macaroni & Cheese	\$4
Chicken Stir Fry Noodles	\$5
Roast of the Day in Roll	\$5
Meatball Sub	\$4.5
Lasagna	\$5.5

NOT ALL MEALS ARE AVAILABLE EVERYDAY. CHECK THE BOARD FOR DAILY SPECIALS BEFORE PLACING YOUR LUNCH ORDER

Sandwiches - Wholemeal or White

Vegemite	\$2.5
Ham and Cheese	\$4
Ham, Cheese & Tomato (toasted)	\$4.5
Tomato & Cheese	\$3.5
Salad	\$4
Ham & Salad	\$4.5
Cheese & Salad	\$4.5
Tuna & Lettuce	\$4
Chicken, Lettuce & Mayo	\$4.5
Egg & Lettuce	\$4

ROLLS EXTRA 0.80c

Wraps - Summer/Spring

Whole \$5.50 1/2Wrap \$3.80
Chicken, Sweet Chili, Cucumber & Lettuce
Chicken, Mayo & Lettuce
Ham & Salad
Ham, Cheese & Salad
Cheese & Salad
All Salads
BLT
Egg & Salad

Salads - Summer/Spring

	Sml	Lrg
Garden Salad	\$3.5	\$4.5
Caesar Salad	\$4	\$5
Cheese Salad	\$4	\$5
Pasta Salad	\$4	\$5
Chicken & Salad	\$5	
Egg & Salad	\$4.5	
Greek Salad	\$5	

PLEASE PRE-ORDER SALADS BEFORE 11AM

Soup - Winter/Autumn

Pumpkin Soup	\$4
Chicken Soup	\$4
Dinner Roll/Toast	0.50c

Snacks

Yoghurt	\$2
Fresh Fruit	\$1
Vegetable Sticks	\$1.5
Fruit Salad	\$4
Fruit Salad & Yogurt	\$5.5

Ice Creams

Frozen Yoghurt	\$3
Frozen Fruit Stick	\$1

Drinks

Apple/Orange Juice	\$4
Bottled Water	\$2.5
Pop Up 99% Juice	\$2.5
Plain Milk 600ml	\$2.5
Flavoured Milk 300ml	\$3
	600ml \$4.5
Flav Mineral Water(Can)	\$2.5
Flav Water (No Sugar)	\$4
Hot Chocolate	\$2
Tea	\$2
Up & Go	\$3

LUNCH ORDERS CAN BE PLACED AT THE CANTEEN BEFORE SCHOOL OR AT RECESS

OUR GARDEN




KEEP CALM
 AND
READ

Learning MATTERS

LIVING ARTS AWARDS

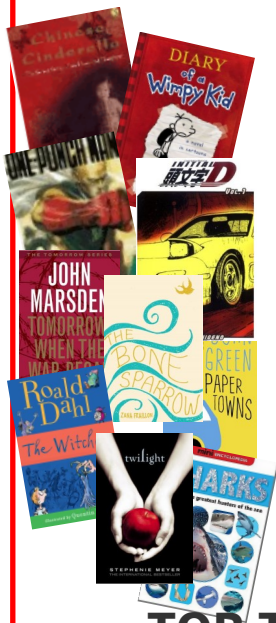
Quiz

Match word with meaning

- | | |
|--|---|
| <ol style="list-style-type: none"> 1. PREMONITION 2. FAUX PAS 3. GAUCHE 4. CORPULENT 5. OBTRUSIVE 6. MATRIARCH 7. STELLAR 8. ABYSS 9. LUGUBRIOUS 10. ERUDITE | <ol style="list-style-type: none"> a. A deep, immeasurable space, gorge, or canyon b. Large, bulky, or fat c. Having or showing great knowledge gained from study and reading d. A strong feeling that a particular thing is going to happen e. Socially awkward, lacking grace or tact f. Exceptionally good g. Pushy, obvious, and annoying h. Extremely mournful, sad, or gloomy i. An embarrassing social blunder j. A woman who is the head of a family or group |
|--|---|

Top 10 Books!

- Chinese Cinderella** by Adeline Yen Mah(class text)
- Diary of a Wimpy Kid** by Jeff Kinney
- One Punch Man** by Kusuke Marata
- Initial D** by Suichi Shigeno
- Tomorrow When the War Began** by John Marsden
- The Bone Sparrow** by Zana Fraillon
- The Witches** by Roald Dahl
- Paper Towns** by John Green
- Sharks** by Sarah Creese
- Twilight** by Stephanie Meyer



TOP TEN BOOKS BORROWED

One punch man. 01 Every time a promising villain appears, Saitama beats them with one punch; **The Shining (The Shining #1)** by Stephen King - Danny was only five years old but in the words of old Mr Halloran he was a 'shiner', aglow with psychic voltage; **After (Once #4)** by Morris Gleitzman - In the fourth part of Felix's story, continuing his adventures in World War Two, he faces perhaps his greatest challenge - to find hope; **One Piece, Volume 02: Buggy the Clown** As a kid, Monkey D. Luffy vowed to become King of the Pirates and find the legendary treasure called the "One Piece."; **Old School (Diary of a Wimpy Kid #10)** by Jeff Kinney - Life was better in the old days. Or was it? That's the question Greg Heffley is asking as his town voluntarily unplugs and goes electronics-free; **The rose that grew from concrete :** Tupac Shakur - This collection of more than 100 poems that honestly and artfully confront topics ranging from poverty and motherhood to Van Gogh and Mandela; **Rodrick Rules (Diary of a Wimpy Kid #2)** by Jeff Kinney - Whatever you do, don't ask Greg Heffley how he spent his summer vacation, because he definitely doesn't want to talk about it; **Double Down (Diary of a Wimpy Kid #11)** by Jeff Kinney - The pressure's really piling up on Greg Heffley. The only thing he's good at is playing video games; **The Third Wheel (Diary of a Wimpy Kid #7)** by Jeff Kinney - Love is in the air - but what does that mean for Greg Heffley; **Ink-heart (Inkworld #1)** by Cornelia Funke - Meggie loves books. So does her father.....They live quietly until the night a stranger knocks at their door. He has come with a warning that forces Mo to reveal an extraordinary secret

This week we will celebrate and acknowledge our Year 8 students work in the Arts. Students are currently learning about Two Point Perspective Drawing, Abstract Portraiture on Lino, Percussion Ensembles and Playbuilding and Improvisation.

Congratulations to the following Year 8 students who have received a **Living Arts Award**.

Hung Bui of 8 Orifici has been recognised for working with pride and follows all instructions when using the lino carving tools in **Visual Arts**.

Jasmine Bui of 8 Attard has been recognised for always being prepared and punctual. Helping others when creating a two point perspective drawings in **Visual Communication Design**.

Dau Kiur of 8 Orifici has been recognised for his strong improvisation skills: making clear offers, responding to others and building highly effective dramatic situations in **Drama**.

Sunday Bol of 8 Attard has been recognised for his fantastic contributions to the Percussion Ensemble performance in **Music**.

Stay tuned for our Year 9 awards next fortnight.



**familiES
Matter**



FOSTER CARERS NEEDED

If you have thought about foster care, please get in touch and ask the questions you have always wanted to.

**Ring: Key Assets
1800 932 237 or 1800**

Key Assets Victoria is a foster care agency operating in the East, South & West of Melbourne. There is currently a great need for new foster families and we would be very appreciative if you would consider placing the following ad in your school newsletter.

Email: info@keyassets.com.au

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

SCHOOL FEES 2017

Families that hold a current Centrelink health care card or pension card and have not already given a copy of their card to the office are requested to kindly bring their card as soon as possible.

We request New Families & existing families to have a payment plan set up with Direct Debit or Centrepay. Families that had this set up last year have to re-do a new one for this year. If you have any queries, regarding fees please do not hesitate to contact Mrs Anne Ross on 93662544.

CSEF APPLICATIONS CLOSE on 16 June 2017

**Parents with Centrelink
Concession Card/
Health Care Card**

Please contact Mrs. Ross on
9366 2544
to make appointment for
2017 CSEF
**Your card should be valid
as of 30 Jan 2017**

Key Dates

Term 1 2017

Tuesday 07 March:
7 Avoca Family Night

Wednesday 08 March:
8 Clark and 8 Orifici Family Night

Thursday 09 March:
7 Kiewa Family Night

Monday 13 March:
Labour Day Holiday

Tuesday 14 March:
Staff Planning Day / Intercampus Mass
(students not required)

Wed 15/3 – Fri 17/3:
Year 8 Camp

Thursday 16 March:
7 Snowy Family Night

Tuesday 21 March:
7 Yarra Family Night

Thursday 23 March:
7 Wimmera Family Night

Tuesday 28 March:
SACCSS Interschool Swimming

Thursday 30 March:
Year 7 Reflection Day

Friday 31 March:
Final Day Term 1

YEAR 7 ENROLMENTS for 2018 are now due

Application forms are available online at
<http://www.crcstalbens.catholic.edu.au/> or at the college office.

Please come in and pick up an application form as soon as possible.

Junior AFL football

Under 13's team required - (2004 and 2005 Born Boys and Girls)

St. Albans Football Club is recruiting players to join their team and football club.

We encourage all age groups to join, in particular the year 7's.

Club President: GUS JIMENEZ Coach: Michael Pavlides
Ph. 0412 945 795 Email: gus.jimenez@expeditors.com
St. Albans Football Club situated at Gillespie Road Kings Park
Our web site is <http://www.stalbansfc.com.au> click on teams and then junior u13 team.
Coach Michael Pavlides: 0401 087 185

TIME



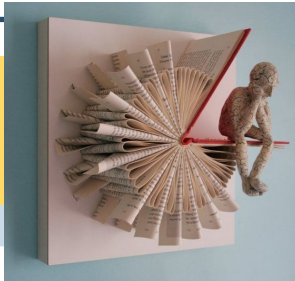
READ

MARCH 2017

CATHOLIC REGIONAL COLLEGE

ST ALBANS LIBRARY NEWSLETTER

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



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

The Reader's Cup

Congratulations to 7 Yarra who moved up 9 places on the Reader's Cup Ladder.

It is a great effort by the entire class. Honourable mention must be made of 9 Lyons, 10 Little, 8 Edison and 7 Wimmera who all jumped 5 places.

Wimmera currently holds first place – Well done A GREAT EFFORT BY EVERYONE. KEEP READING

SIGN UP EARLY FOR THE READING HOUR PLACES ARE LIMITED



WHAT'S ON, WHEN ...

Reading hour

Wednesday 22nd February

Students had a quiet relaxing lunchtime reading the new books in the Library.

Premier's Reading Challenge—TBA
BREAKFAST: 7.30AM Friday 17th March

READING HOUR

Lunchtime - Thursday 23rd March

Lunchtime - Thursday 18th May



1917 (Australia's Great War)

by Kelly Gardiner



'The German planes patrolled in hunting squads. They flew fast fighting craft streaking across the sky in tight formation. The greatest of them was the Red Baron, the deadliest ace on the Front. He'd shot down twenty-one of our planes in a single month. And now were were in his firing line.'

The war in France rages in the skies, and support for the war in Australia turns cold. Alex flies high above the trenches of the Western Front, while a world away his sister Maggie finds herself in the midst of political upheaval. Somehow, both must find the courage to fight on.

For readers 9 and over.

'A moving, evocative story of what it takes to be a hero, on the battle field and on the home front: courage, compassion and the will to make a difference. A fitting tribute to the Australian women and men who put their lives on the line for what they believed to be right and true, whether that be war or peace. Kelly Gardiner skilfully traverses the no man's land between freedom and captivity; instinct and intellect; dumb luck and blind faith; devotion and duty.'

Valentine

by Jodi McAlister



Valentine is the first in a smart, witty and page-turning paranormal twist for fans of Holly Black and Sarah J. Maas. Four teenagers – all born on the same Valentine's day – disappear. As the bodies mount up, Pearl Linford has to figure out what in the supernatural hell is going on, before it happens to her. Finn Blacklin is the boy with whom Pearl shares a birthday, the boy she has known all her life and disliked every second of it, the boy her subconscious has a totally annoying crush on. Finn is also the Valentine: a Seelie fairy changeling swapped for a human boy at birth. The Unseelie have come to kill the Valentine – except they don't know who it is. And now both the Seelie and the Unseelie think Pearl is the Valentine, and if they find out she isn't, she'll disappear too. Pearl must use all her wits to protect herself. Finn must come to terms with his newfound heritage. And then there's the explosive chemistry between them that neither of them know quite what to do about...

JOIN US FOR BREAKFAST

FRIDAY 17TH MARCH 7.30 AM

TO CELEBRATE CATHOLIC EDUCATION WEEK

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.

Mỗi 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.

في بنا والتحقوا لتفصلوا...والطلاب الأحرار في مدرسة في احتفال إثنى وجبة الإفطار في وقت ترفيهي

Catholic Regional College) St Albans



www.flickr.com (Lady Jayne) ليدى جاين

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

YES! I'D LIKE TO JOIN YOU FOR BREAKFAST on Friday 17 March

Please return slip with numbers attending, to the school by ' WEDNESDAY 15th MARCH to assist with catering

STUDENTS NAME:.....

NUMBER ATTENDING:.....

Images from Flickr.com