

## Principal's Report

### ANZAC DAY PRAYER

*"They shall grow not old,  
as we that are left  
grow old;  
age shall not weary them,  
nor the years condemn.*

*At the going down of the sun  
and in the morning  
We will remember them.*

*We will remember them.*

God of love and liberty,  
we bring our thanks for the peace  
and security we enjoy,  
which was won for us  
through the courage and devotion  
of those who gave their lives  
in time of war.

We pray that their labour  
and sacrifice  
may not be in vain,  
but that their spirit may live on in us  
and in generations to come.  
That the liberty, truth and justice  
which they sought to preserve  
may be seen and known  
in all the nations upon earth.

This we pray  
in the name of the one  
who gave his life  
for the sake of the world,  
Jesus Christ our Lord.  
Amen.

### Friday 28 April 2017

10 Theodore Street  
St Albans Victoria 3021

PO Box 252 St Albans Victoria 3021

t 03 9366 2544

f 03 9366 5034

e enquiries@crystalbans.com.au

w www.crystalbans.catholic.edu.au

ABN 99 438 951 490

Earlier this week we celebrated Anzac Day which marks the day that Australian and New Zealand soldiers landed at Gallipoli during the First World War. Although it was a great defeat with great loss of life, it has become synonymous with courage, self-sacrifice, endurance and mateship.

The theme of Anzac Day is 'Lest we forget'. On this day we remember not only those who gave their lives in this war but also all who have sacrificed their lives in the conflicts that have followed and continue today. We should not remember only the heroism of our service personnel but also the horror of war itself. War can bring out the worst in people – on both sides. This is what violence does. The damage to individuals and communities, on all sides of the conflict, lasts for generations.

Anzac Day always falls within a week or two of Easter, and occasionally even at Easter. It shares with Easter a hope for a world that lives in peace. One of the recurring themes in the Resurrection stories is peace. As Jesus catches up with his disciples he often greets them with 'Shalom! Peace be with you'. However, the peace Jesus wishes his friends is not a passive thing or just an absence of conflict and irritation, it is the peace that comes from creating God's world; a world that is just and inclusive; a world where there is a place for everyone; a world where we live in right relationship with each other and our earth.

Both Easter and the Anzac tradition call us to be people who do everything we can to make sure God's world happens.

### Welcome to Term 2

A very happy Easter to everyone and welcome back for Term 2. I trust that you had a good break and enjoyed the time together as family and with friends.

A quick look at the calendar shows us that there is lots on this term so I hope that everyone is well rested, full of energy and ready to work hard.

### New Staff and Students

With the start of the new term we welcome Mr Kenneth Chan (English/Humanities) to our staff. He replaces Mrs Josie Hanlon who is on long service leave for Term 2. Mr Chan brings a wealth of experience to our staff and I wish him every blessing in his time with us.

As well as Mr Chan, we also welcome a number of new students and their families to our school community. We are delighted to have you join us and hope that during your time with us at Catholic Regional College St Albans you flourish personally, socially and as a learner. I know that staff, students and families will make you feel very welcomed.

### Thank You

Thank you to all families for your participation of the Student / Parent / Teacher interviews yesterday. Your interest is very much appreciated and is of great support to your son / daughter. I hope that you and your child found the time spent at the College to be valuable.

The mid-term reports and interviews provide students with the opportunity to celebrate what they've achieved, to reflect on their learning and to set goals for the rest of the semester.

*Continued overleaf*

This year we have trialled having the interviews on the one afternoon / evening. Over the afternoon and evening Ms Laura Cioccia approached a number of families for verbal feedback or to complete the online survey. Thank you to everyone who contributed to this. We will look carefully at this information in making a decision for Semester 2 and 2018.

## SACCSS Cross Country

Best wishes to all the students who will represent the College at the SACCSS Interschool Cross-Country on Tuesday. We look forward to each of you achieving your personal best, giving good support to each other and participating in the spirit of sportsmanship.

## Uniform

All students now need to be in full winter uniform. This includes wearing the blazer to homeroom each morning, and the wearing of the school tie for both boys and girls. The uniform policy and requirements are in the Student Diary.

## Academic Testing: Year 11 2018

All Year 10 families are reminded that all students attending Catholic Regional College Sydenham will need to complete the Academic Testing at CRC Sydenham on **Saturday 29 April (tomorrow)**.

This testing provides students with infor-

mation which will assist in course selection and pathways planning for Year 11. It is a requirement of enrolment in Year 11 that students sit this test. All students who are enrolled at CRC Sydenham for 2018 must attend.

Details are as follows:

Date: Saturday 29 April  
Venue: Catholic Regional College Sydenham, College Hall  
Time: 8.30am – 12.30pm  
Bring: Black or blue pen, a calculator and a snack / drink for recess.  
Dress: Full College uniform.

## Staff Professional Learning Day: Tuesday 16 May

Families are asked to note that **Tuesday 16 May** will be a Staff Planning Day and that students will not be required on this day.

On this day staff will continue to learn about *building and developing visible learners*.

## 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:  
12 May, 26 May, 11 June, 25 June

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

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

## Year 7 2019

Enrolments are now being taken for Year 7 2018 and 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.crystalbans.catholic.edu.au](http://www.crystalbans.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:

- ◆ Year 9 Sci Fi Film Making Day at ACMI
- ◆ Year 7 Premier League
- ◆ Melbourne Legacy ANZAC Day service
- ◆ 10 McAuley Community service
- ◆ Year 10 Media Studies excursion
- ◆ Parent / Student / Teacher interviews

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.crystalbans.catholic.edu.au>  
or come in and pick one up from 10 Theodore Street St Albans





**famiLiES  
Matter**

## SCHOOL FEES 2017

First Term fees are now overdue. If you are having difficulty or concerns, please contact Mrs Ross: 9366 2544.

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

**\$100 DISCOUNT**

will apply.

*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 57, St. Albans, VIC 3021  
Telephone: (03) 9366 2544  
Facsimile: (03) 9366 2545

Direct Deposit Details: BSB Number 00 00 007  
Account Number: 600717  
Account Name: Catholic Regional College St. Albans  
Please Enter: **Citizen 2345** as reference.



Mothers, Grandmothers  
and Carers of students at

**Catholic Regional College  
St Albans**

are invited to our

***Mother's Day Breakfast***

on Friday 12th May  
at 8.30am

in the College Library

Join us for breakfast with  
guest speaker Sr Mary Bachelor

**RSVP**

**College Office 93662544**

OR

**lcioccia@crystalbans.com.au**  
by Monday 8th May



## Year 7 Reflection Day

God of peace

At the end of term one, all of the year 7's experienced their first reflection day. The theme for Year 7 Reflection was peace and many of the activities conducted created a connection between peace in our school community and peace within ourselves. In order for us to be peacemakers, we need to know a sense of peace within ourselves. As Christians we believe that the deepest sense of peace comes from knowing God and knowing that God's spirit of peace is within us. At the conclusion of the reflection day each student received a badge with the school logo 'Love one another as I have loved you'. Below is a prayer read by all year 7 students demonstrating their commitment to being instruments of peace.

### WEDNESDAY MASS

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

#### TERM 2 ROSTER

**3 May**

CRC—DIO 10 O'C

**10 May**

Sacred Heart

**17 May**

CRC—CML 7 WI

**24 May**

Sacred Heart

**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



Lord, make me an instrument of Your peace

Lord, make me an instrument of Your peace.

*All: Make us mindful of the need for quiet and reflection today.*

where there is hatred, let me sow love;

*All: Help me to show genuine care for those around me*

where there is injury, pardon;

*All: Make my actions towards others positive*

where there is doubt, faith;

*All: Open my heart to your presence in my life*

where there is despair, hope;

*All: Let my words affirm and give life*

where there is darkness, light;

*All: May my presence today bring warmth to others*

where there is sadness, joy.

*All: Make this day one of thanks giving and celebration*



The final Project Compassion fundraising tally was \$1330.24 - the biggest fundraising total in recent memory and testament to the generosity of our entire community. Thankyou to all who contributed; a wonderful effort!





**EYES ON NUTRITION**

**What's the go with SUGAR?**

On its own, a little sugar every once in a while is not so bad for you. However, sometimes we are unaware of just how much we are consuming. Sugar is hidden in so many foods, especially packaged foods, sauces, tinned fruits and flavoured yoghurts. Large corporations that manufacture these types of foods, have little interest in their customers nutrition needs; it's all about the money they want to make. They will advertise their products as being sugar free or fat free; mostly these are dishonest marketing ploys to entice YOU, the customer at any cost!

**BREAKFAST CEREALS** are the biggest culprits.

Coco pops, Fruit loops, Nutrigrain and many more say they are an amazing breakfast choice for your child. *They really are not!* The advertisements will entice you and your children into purchasing these unhealthy cereals. The following is a guide to buying a cereal worthy of your child. Check out the labels and nutritional panels next time you go shopping and look out for the following nutrients and how much you should be having. I have also made a comparison of some cereals out there. The higher the number of stars the better they are for our health. Also WEETBIX and OATS are an inexpensive option. For me the choice is easy. For example: Rolled oats cost \$2 per kilo and Cocopops cost \$13 per kilo; now that's a big difference!

**Per 100 grams of cereal**

Energy: 1490 kJ Protein: 12.4g Fat: 0.3g Carbohydrate: 67g Sugars: 3.3g Dietary Fibre: 11.0g Sodium: 290mg Total fat: less than 10g. Saturated Fat: Less than 2g Sugar: Less than 15g Dietary Fibre: Look for more than 7.5g Sodium (salt): Look for less than 120mg

**\*\*\*\*OATS** 1g of sugar, 6mg of sodium, high in dietary fibre and omega 3s (a healthy fat good for our brains) I love creamy oats with blueberries and yoghurt.

**\*\*\*\*WEETBIX** has 3.3g of sugar and has 270mg of sodium. It does however, have other really important vitamins and minerals such as iron, vitamin B, folate and potassium. It is also high in fibre and protein.

**\*\*COCOPOPS** has 36.5g of sugar, 425mg of sodium, minimal fibre and low in protein. It is basically just sugar.

**\*\*Crunchy nut** cornflakes are similar to **cocopops**.



**EYES ON NUTRITION**



**Fr James Wall Bursary Winner ...**

Congratulations go to **Kathleene Mendoza**, 1 of 5 winners of the prestigious Fr James Wall Bursary award for 2016

The Fr James Wall bursary provides five leadership achievement awards annually, to Year 10 Catholic secondary school students who demonstrate leadership potential across a range of areas. Provided by the Catholic Development Fund, the bursary assists with school fees and other expenses incurred during the student's Year 11 and 12 studies.

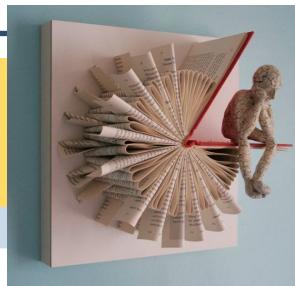


**KEEP CALM AND READ**

**Quiz No 7 : Match the word below with the meaning on the right ...**

- |                |   |
|----------------|---|
| 1. SURMOUNT    | a. Harmless, not threatening                            |
| 2. HOOLIGAN    | b. To deal with a difficulty successfully               |
| 3. FERAL       | c. Great wisdom and foresight                           |
| 4. DILAPIDATED | d. Wild and savage                                      |
| 5. ENNUI       | e. All-powerful, possessing unlimited power & authority |
| 6. BELLICOSE   | f. A young vandal or criminal                           |
| 7. SAGACITY    | g. Hostile, argumentative, and confrontational          |
| 8. OMNIPOTENT  | h. Extremely mournful, sad, or gloomy                   |
| 9. LUGUBRIOUS  | i. In disrepair or partial decay                        |
| 10. BENIGN     | j. Boredom from lack of interest                        |





<http://dishfunctionaldesigns.blogspot.ca>



## What's On When

### Premier's Reading Challenge

Begins 24<sup>th</sup> April

### Reading Hour

Wednesday 10<sup>th</sup> May, Friday 23<sup>rd</sup> June, Wednesday 2<sup>nd</sup> August

### BOOKWEEK

Activities to be announced



## The READERS Cup

Congratulations to 10 O'Connell and 9 Lyons who were our big movers this week, climbing several rungs on the Ladder. Special mention to our Year 7 classes who now occupy the top 5 places!

The competition is still wide open so any class can win!



KEEP READING



### The Secret Science of Magic

By Melissa Keil  
Sophia is smart, like genius-calculator-brain smart. But there are some things no amount of genius can prepare you for, and the messiness of real life is one of them. When everything she knows is falling apart, how can she crack the puzzle of what to do with her life?

Joshua spends his time honing magic tricks and planning how to win Sophia's heart. But when your best trick is making schoolwork disappear, how do you possibly romance a genius?

In life and love, timing is everything

### THE WORLD'S MOST HUNTED BOY.

William is in hiding with his family after the mysterious disappearance of his grandfather. But when his extraordinary talent for cracking codes is discovered, William is kidnapped and taken to the secretive Institute for Post-Human Research. Because someone is after him. Someone who needs William's special skills to find the last remaining traces of a strange and powerful substance called Luridium. William will have to use all of his ingenuity and code-cracking skills to find out the secrets the Institute is hiding. Impossible puzzles, cybernetic creatures and bloodthirsty robots stand in his way.

### Remind Me How This Ends

by Gabrielle Tozer  
It's the summer after high school ends and everyone is moving on. Winning



scholarships. Heading to uni. Traveling the world. Everyone except Milo Dark. Milo feels his life is stuck on pause. His girlfriend is 200km away, his mates have bailed for bigger things and he is convinced he's missed the memo reminding him to plan the rest of his life. Then Layla Montgomery barrels back into his world after five years without so much as a text message.

As kids, Milo and Layla were family friends who shared everything - hiding out in her tree house, secrets made at midnight, and sunny afternoons at the river. But they haven't spoken since her mum's funeral. Layla's fallen apart since that day. She pushed away her dad, dropped out of school and recently followed her on-again-off-again boyfriend back to town because she has nowhere else to go. Not that she's letting on how tough things have been.



William Wenton and the Luridium Thief (William Wenton #1) by Bobbie Peers  
THE WORLD'S GREATEST CODEBREAKER.

## TOP TEN BOOKS BORROWED LAST WEEK . . .

# **The Rose That Grew from Concrete** by Tupac Shakur This collection of more than 100 poems that honestly and artfully confronts topics ranging from poverty and motherhood # **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 # **Charlie and the Chocolate Factory** by Roald Dahl, Quentin Blake (Illustrator) Willy Wonka's famous chocolate factory is opening at last! But only five lucky children will be allowed inside. And the winners are: Augustus Gloop, an enormously fat boy whose hobby is eating; Veruca Salt, a spoiled-rotten brat whose parents are wrapped around her little finger; Violet Beauregarde, a dim-witted gum-chewer with the fastest jaws around; Mike Teavee, a toy pistol-toting gangster-in-training who is obsessed with television; and Charlie Bucket, Our Hero # **Chinese Cinderella: The Secret Story of an Unwanted Daughter** by Adeline Yen Mah # **I won't die: One piece Vol. 8** If Luffy wants to get out of a year's worth of chore-boy duty on the oceangoing restaurant Baratie, he's got to rid the seas of the evil Don Krieg. # **One punch Man Volume 1** # **Paper Towns** by John Green Quentin Jacobsen has spent a lifetime loving the magnificently adventurous Margo Roth Spiegelman from afar. # **The Shining (The Shining #1)** by Stephen King (Goodreads Author) Jack Torrance's new job at the Overlook Hotel is the perfect chance for a fresh start. As the off-season caretaker at the atmospheric old hotel # **The 5th Wave** by Rick Yancey After the 1st wave, only darkness remains. After the 2nd, only the lucky escape. And after the 3rd, only the unlucky survive. After the 4th wave, only one rule applies: trust no one. # **Thirteen** by James Phelan *I click my fingers and everybody dies.* Sam wakes from his nightmare to discover the terrifying reality. It will come true

