Important Dates

Academy Uniforms is now at CRC Sydenham
Mon 2:30pm - 4:30pm
Thu 8:00am - 10:00am
Sat 9:00am - 12:00pm

Every 2nd Tuesday
Early Finish Days
30/08/2016
13/09/2016

Thu 25 August
Beauty & the Beast Production

Fri 26 August
Beauty & the Beast Production

Out of School Uniform Day

Sat 27 August
Beauty & the Beast Production

Mon 29 August
SACCSS Athletics Day
Division 2

Tue 30 August
Year 9 Mass

Tue 6 September
Year 9 Premier League Finals

Wed 7 September
Regional Chess Championship

Thu 8 Sep
Live Fully Act Justly Feast Day

Friday 9 September
Professional Development Student Free Day

Mon 12 September
Year 8 Premier League

Tue 13 September
Year 9 Premier League Grand Finals

Friday 16 September
Last Day of Term 3

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Issue 12 – Friday 19 August 2016

Feast of the Assumption of the Blessed Virgin Mary
(15 August)

From the ‘Litany of Mary of Nazareth’

Woman of mercy...Empower us.
Woman of faith...Empower us.
Woman of contemplation...Empower us.
Woman of vision...Empower us.
Woman of wisdom and understanding...Empower us.
Woman of grace and truth...Empower us.
Woman, pregnant with hope...Empower us.
Woman, centered in God...Empower us.
Seeker of sanctuary...Empower us.
First disciple...Empower us.
Sharer in Christ's ministry...Empower us.
Participant in Christ's passion...Empower us.
Seeker of God's will...Empower us.
Witness of Christ's resurrection...Empower us.

Mary, Queen of Peace, we entrust our lives to you. Shelter us from all that may cause us harm. Teach us to live in peace, to be compassionate and generous people. Inspire us to act justly, to raise up the lowly and to support all those in need. We ask this prayer in Jesus’ name.

Amen.

A MESSAGE FROM THE PRINCIPAL

During the month of August, one of the significant feasts in the Catholic Church’s calendar is the feast of the Assumption of the Blessed Virgin Mary. Mary being taken up into Heaven, body and soul, after her death is a statement which defies all human scientific reasoning. As we move towards the realm of faith, when I abandon what my intellect tells me that ‘this is impossible’ and come to accept the deeper meaning of this declaration and it’s implication on our lives, it becomes easier to accept.

Who is Mary and what made her so special? In Chapter One of Luke’s Gospel, we read how Jesus came to be conceived by Mary consenting to God’s invitation to give birth to Jesus, the second person of the Trinity. It was very courageous of Mary to say ‘yes’ to this enormous request and to put her complete trust in God as life unfolded. Her ‘Song of Praise’ in Luke 1:46-55 reflects her relationship with a God who has loved her from all eternity, her humble acknowledgement and acceptance of God looking kindly upon her and her gratitude for what was to come. Mary embodies the qualities of faithfulness, sensitivity, acceptance of hardships in order to protect her son, and confusion in the adolescent Jesus who got lost in Jerusalem and was on a mission doing His Father’s will. Mary seeks understanding by pondering all these things in her heart.

A lot of mothers can identify with Mary in their role of motherhood. They are not alone in their struggles in nurturing and educating their children, in the daily sacrifices they make in giving of their best to the children they love, in the hope their children will reciprocate. Children look to their parents for guidance and protection.

May God continue to bless and strengthen you in your efforts to be good role models for your children.

In this issue of the College Newsletter you will again read about the many wonderful faith, learning, student wellbeing, student leadership and co-curricula opportunities, activities and programs that have currently been running within the College this year. Recently the following activities have taken place:
I ask that you take the time to read through the various reports and encourage your son/daughter to actively participate in these opportunities. I also encourage you as parents to also involve yourself within our College and accept our invitation to the various parent programs offered.

**Parent Evening: Guest Speaker Dr. George Otero:**

On Thursday 11 August, Catholic Regional College Caroline Springs was very fortunate to host renowned international educational consultant, Dr. George Otero from Santa Fe, New Mexico, U.S.A. Dr. Otero spent the afternoon with the Catholic Regional College Federation Leadership Teams, our Catholic Regional College Caroline Springs staff, and then the evening with our parent community.

Dr. George Otero is an educational consultant and the director of the Center for Relational Learning based in Santa Fe, New Mexico. He has worked for many years in Australia, the United Kingdom, as well as the United States. George works with schools and community leaders to transform schools though transforming relationships and family-school partnerships. George has worked extensively with schools in the Archdiocese of Melbourne and Catholic Education Melbourne over the past decade. George enthusiastically led workshops with the staff on the topic of ‘the development of productive partnerships between schools, families and communities by connecting parents and the community’.

Dr. George then facilitated a parent community conversation on the importance of spending time together as a family and the importance of quality, joy-giving, fun relationships within families.

He then asked the parents to list words that describe what they want their child to leave our College experiencing. Below are some of the very thoughtful words:

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<th>Faith</th>
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<td>Self Worth</td>
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<td>Belonging</td>
<td>Honesty</td>
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As a Catholic community we are committed to providing opportunities for our students to achieve and experience the above values and ideals. We thank the parents for the feedback and for attending the evening. A live College parent ‘Learning Walk’ will be organised later in the year and the above words will be used to guide us in our conversations around what we see and experience during the ‘Learning Walk’. More details regarding this will be made available later this term.

**Live Fully Act Justly Feast Day- Thursday 8 September**

On Thursday, 8 September we will be celebrating our Live Fully Act Justly’ Feast Day celebrations. This will consist of a Mass beginning at 9.30am followed by a College Fair, with a variety of stalls including food, games, raffles, and entertaining activities. The day will then conclude with an afternoon talent quest where students, and maybe even staff, get to display their gifts and talents. All monies raised on the day will be donated to Mercy Hospice Sunshine.

More information will be outlined in the College Newsletter as the date approaches. Parents and guardians are indeed warmly invited and encouraged to attend this exciting College event. If you would like to register to attend our College Live Fully Act Justly Feast Day please email me at principal@crccs.catholic.edu.au

Jamie Madigan

Principal
FROM THE DEPUTY PRINCIPAL

It is with great concern and disappointment that I write this newsletter article as I have received news that yet another student MacBook has been damaged this afternoon. Our statistics show that the number of devices that have had damage due to liquid accidents or broken screens has doubled in the first six months of this year on the previous 12 months. Much of this damage is happening in Year 7 followed closely by Year 10.

Other damage has included the keys coming off on keyboards and broken hinges where the screen attaches to the keyboard/processor. Some students have removed or broken the crystal casings the MacBooks were placed in to give them more protection and some are no longer using the protective bag when walking to classes. Teachers have been challenging students on this as it is a breach of the ICT Acceptable Use Contract that both parents and students signed. Disappointingly, they have received mixed responses from students.

In the past the IT Department has issued the student with a ‘loan device’ while their MacBook is being repaired. This is becoming increasingly difficult as we have so many devices out at one time. We are at the point where we will need to consider whether we will be able to do this in future.

As a reminder – the MacBook, bag and charger belong to the College. Parents/guardians pay a yearly fee to allow their child the use of the MacBook, access to software and access to the infrastructure of our network. It also gives you access to insurance to cover for accidental damage to the device. If the College has to do a repair on a device parents are charged the excess of $200. However, if the damage is determined to be deliberate, then the insurance company will not pay and the full price of the repair will be charged. We have some devices that have been brought into the College a number of times for repair and it becomes an expensive exercise. For example, the full cost of a new screen is $795 and a new keyboard is $470.

This can all be avoided if students take greater care of the device and not do things such as walking with the screen open and dropping it, eating or drinking when near or using the device, using the casings and bag to protect the device when not in use, not leaving it on the floor or throwing the bag around, and overall treating it with greater regard and care. Sometimes this damage has happened due to friends of students thinking it would be a funny thing to do. It is not funny and while we are happy to charge the repairs to the person who did the damage, there are times when students do not want to cooperate and tell us who did it. In this case the student is up for the repair charges.

The College tries hard to work with parents/guardians to ‘fix’ the damage in a timely manner and as inexpensively as possible. Students have been spoken to at Homeroom and have been asked to take greater care of the devices but we continue to have at least one device come into the IT Department weekly with major damage.

Parents/guardians, we genuinely need your support to encourage your child/ren to take responsibility for and greater care of their MacBooks.

Thanking you for your continued support.

Sheena Wright
Deputy Principal
As we prepare to celebrate our **Live Fully Act Justly Feast Day** for 2016, I am delighted to report that the finger puppets that were made during last year’s celebrations reached the girls at the Yasodara Orphanage in Sri Lanka last week. Our thanks to Justin Peacock who acted as a conduit for us and reported that the girls were delighted to receive them.

The Year 9 Mass for the whole year level will be held on **Tuesday 30 August at 1:45pm** at the St Catherine of Siena Parish Church. Parents, carers and friends of the College are invited to join this celebration. Our Year 9 students have also begun attending Mass with the St Catherine of Siena Parish on weekday mornings. It is always special for our classes to join the parish celebrations and we thank Fr John and the parishioners for always welcoming our students so warmly.

Our Social Justice focus for this term is on **homelessness and poverty in our local community**. As such we will be supporting St Vincent de Paul’s Winter Appeal. A bin for the donation of clothing and blankets will be placed in the College Reception foyer for donations to be made. When considering such a donation, please carefully consider the condition of the goods. If they are damaged or worn out, please dispose of them rather than donating them. It is important that we always remember the innate dignity of every person, particularly during times of hardship. It is also very costly for charitable organisations to foot the cost of disposing of other people’s rubbish – money that is much needed for more important matters!

This year the St Vincent de Paul Society’s Winter Appeal asks us to ‘Rethink Homelessness’ and is drawing attention to the 45,000-plus women in Australia facing homelessness. In Australia, women represent 59% of those seeking the support of homelessness services which is significantly higher than other comparable nations such as the UK (26%) and the USA (38%). Each year, donations to “Vinnies” assist 1.3million people, providing 2 million hot meals and 365,000 bed nights. Our Liturgy and Social Justice Leaders will be conducting a soup and hot chocolate fundraiser during the term to financially support this work.

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Jenny Jones  
Mission and Faith Leader
FROM THE STUDENT WELLBEING TEAM LEADER

Over the past few weeks, I have been humbled and inspired by our community and the role each person plays in Student Wellbeing. We have been challenged and pushed, supported and cared for, trusted and believed in. And we have worked closely with our young people, with our caring staff and with our terrific families to ensure all of our students are OK.

A few of our students are doing it tough. They are finding life very challenging for a number of reasons and are in need of much love and support. Our role here at the College is to support students as they journey through these tough times. We access all the resources we can to ensure that that child has the best pathway to being happy, healthy and their best. We work with their families to support them too on this journey. And we are supported and cared for by our colleagues so that we can be our best to provide the best.

A number of our students are friends with these young people who are doing it tough. Often, they don’t know what to do to not only support their friends but to actually help them. We have spent some time talking to our students about what they can do to help. The most powerful thing a friend can do is TALK. Talk to their friend in need, talk to each other, talk to an adult who can help. We encourage all students to talk to their parents or to talk to someone from the Wellbeing Team when they have a friend who is finding life difficult. It’s important for them to encourage their friend to TALK to a trusted adult and to seek help.

I have attached a fantastic information flyer from headspace that we have shared with all our students. Can I suggest you take the time to read through this and to reinforce it with your child? With one in four young people facing mental illness, one in five suffering some form of abuse and one in three coming from a broken home chances are your child will be a friend of someone who is not OK. Skilling them up before the challenge presents itself is exactly what they need and they need us, their family and their teachers, to work together to help them do so.

Ivanka Spiteri
Student Wellbeing Team Leader

FROM THE LEARNING AND TEACHING TEAM

CULTURAL CITY IMMERSION

On Friday 12 August, the Year 7 students participated in a Cultural City Immersion. Four activities were on offer on the day: Passport Plus at the Immigration Museum; Kung Fu at the Chinese Museum; and two City Discovery Walks Multicultural Melbourne and Indigenous Melbourne.

Students participated in two of the four activities offered and were immersed in Melbourne’s rich cultural heritage. As a result of this Immersion Day, students now have a better understanding and appreciation for the contributions of all Australians to the development of Melbourne and the importance of being part of a multicultural society.

I would like to thank all staff for their hard work and dedication in planning and attending the day. I would also like to thank all our Year Seven students for representing the College with pride.

Belinda Corbo
Learning and Teaching Leader
MELBOURNE CITY IMMERSION

Friday was an eventful and unexpected day for our Year 9 students. Our students were geared up ready for an exciting and challenging day in their first Melbourne City Experience with their teachers and peers. Having met with their teachers on the Watergardens Train Station platform, we were given the news that all trains into Melbourne had been delayed indefinitely and the reality had set in for all that we were stuck at Watergardens for a period of unknown time.

As time passed, and multiple unsuccessful calls were made by teachers to secure alternative transport, the reality set in that we would have to cancel the City Experience adventure and embark on an “Urban Bushwalk.” Students were challenged to rise to the occasion, and attempt to make the most of a situation that is entirely out of our control. The day provided an opportunity for students to demonstrate their resilience in the face of adversity – both mentally and physically. It also provided them with multiple opportunities to connect with their peers and teachers in a unique environment. It gave them an underlying understanding that although situations can be out of our control, it is our individual response to these given situations that will determine the outcome and any positive or negatives associated with that.

The entire Year 9 Team would like to thank those students who rose to the occasion, and demonstrated their maturity, flexibility and all round capacity to endure unique and challenging situations.

Andrew McAlindon
Year 9 Learning & Teaching Leader

KRYAL CASTLE IMMERSION

On Friday the 12 August, the Year 8s went on an excursion to Kryal Castle. It was an education packed day where we learnt about medieval medicine, executions and punishments, weapons, and we also had the opportunity to participate in archery. Despite the frigid weather, we all enjoyed the day.

Janine Agarano 8 Coranderrk

On Friday the 12 August, the Year 8s went into Ballarat for an experience they won’t forget at Kryal Castle to learn about Medieval History and what life was like in the Middle Ages. There were many activities throughout the day. There was archery, sword battles (with foam swords), learning about armour and trying it on (it was very heavy). Another activity was learning about Sickness and Medications that they had to take to cure themselves from the Black Plague. Afterwards, we learnt about punishments and torture systems. To finish off the day we learnt about the Hierarchy System and how it worked and who could be overthrown from the crown. The day was amazing. We took in so much information and had lots of fun with the archery and foam sword fights. Kryal Castle is definitely a place that I will revisit as I want to learn more.

Hayden Jones 8 Kororoit

Costantina Stephanou
Year 8 Learning & Teaching Leader
The Victorian Student Representative Council is a council that empowers the voice of students to be valued in every aspect of education. On Thursday the 4 August, the student leadership team from Catholic Regional College Caroline Springs, alongside Lakeview Secondary College, learnt about empowering the voice of students. The day was run by a VicSRC Project Officer representative named Nina, who specifically taught us about a program called Teach the Teacher. Teach the Teacher is a student-led program for teachers, where everyone can have a voice.

By giving students a say in their learning, not only do we improve the classroom behaviour but we create a very positive community for all. Throughout the day we learnt how to run the Teach The Teacher Program for our teachers at the College and how to make a difference. We completed many activities that were fun and engaging. We spoke about the different issues in our school and ways we could improve them, through not only the students but also the teachers. We as students are the centre of our education. We are the ones who sit in the classroom every day and casually get the ideas about what works and ways to make our learning and teaching better. Through the day we were able to run a very short Teach the Teacher session were some students acted as the teachers and others acted as students. The teachers were given an introduction to the program and what the point of it all was. The students told the teachers about the issues and ways we can improve them and although some of the teachers did retaliate the students upheld it very sensibly and were able to fix the problem. This roleplay made the program much easier and clearer to understand. During the day we learnt how to Teach the Teacher in seven steps:

1. What’s the big idea?
2. The conversations begin. (Form your students to run the program)
3. Get ready for New Ideas. (Plan it all and help each other)
4. Teach the Teacher time! (Begin a session with your teachers)
5. Plan for a positive change. (Consolidate ideas from the session and identify what steps are needed for making a positive change.)
6. Taking the next step. (Meet up with your teachers once again to implement strategies)
7. Make a lasting impact. (Inform the school community)

As the day progressed we worked very well together as a team to create big idea’s and ways to make our school community positive and stronger, to make a difference.

Alana Zerafa 9 Wonga

As part of the Catholic Regional College Caroline Springs Student Leadership Team, with the inspiration and help of the Victorian Student Representative Council, we have decided to run a new program called Teach the Teacher, which reinforces the relationship between students and teachers at the College.

We had a guest speaker from the Victorian Student Representative Council also known as the Vic SRC, to talk to us about how to run a Professional Development or PD Session. This was to help us understand the structure of a PD and being able to express the issues and concerns raised by students to the teachers and leaving them with an open-ended question which would have various answers. This was so we could get an idea of how the teachers feel about the relationship between themselves and their students and whether, their current strategies of running a classroom seemed to be the most suited and effective coming from the students point of view.

We are in the process of organising the PD Sessions that we would like to present to the teachers during a staff meeting some time next term so we could improve the teacher and student partnership in the classroom.

By having this PD Session we want to enhance the students’ approach as a whole to each class along with the help of the teacher, seeing where they could have input to help resolve this issue that is realised in schools around Victoria and in many other schools. We think that this would encourage students and teachers to have an approach to their classes and strategies that are suited to both students and teachers.

Chloe Jensen 8 Kororoit
FROM THE LIBRARY

Three terms of chess games culminated in Grand Finals which were held in the first week of August.

Lachlan Ross played against Richard Li in the Intermediate Championship, with Lachlan being declared the winner. Matija Jankovic played against Christian Lopez in the Junior Championship, with Matija eventually checkmating Christian. To start with, both games moved slowly and players ran out of time. Games were then replayed on the following days. Second time around, both games moved quickly and elicited plenty of “oohs and aahs” from the audience as each piece was captured. Both Richard and Christian were very worthy opponents, having won most of their games throughout the year. Congratulations to all four contestants!

Intermediate Chess Championship: **Lachlan Ross and Richard Li**

Junior Chess Championship: **Matija Jankovic and Christian Lopez**

CASUAL CLOTHES DAY FRIDAY 26 AUGUST

Did you know that, on estimate, 130,470 cases of Cancer are diagnosed and recognised in Australians per year? This equates to 1 in 2 Australian men and 1 in 3 Australian women being diagnosed prior to turning 85. These rising numbers are harming the lives of many, all of whom are deeply loved and cared for.

Students are encouraged to show their support in raising funds for cancer research, prevention strategies and support services on **Friday the 26 August** by wearing casual clothes, with a hint of purple, to raise much needed funds for Relay For Life, to assist in helping the lives and hearts of those dealing with the inevitable impacts of Cancer. Students will be asked to donate a gold coin during Homeroom for the privilege of wearing casual clothes on the day.

Emily Hartley 10 Coranderrk
YEAR 9 DEAL: DANCE PROGRAM

As not all Year 9 students have been engaging in Premier League this term, the students who remained at school have engaged in an Elective Style Program. Students were given the opportunity to select a subject of their interest that they would like to participate in during the allocated Premier League time.

After conducting a survey with the students in regards to what they might like to know more about, three elective programs were chosen. These included Jurassic Park, exploring the history and evolution behind the dinosaur Species; Dance, exploring those physical and written components of the elements and styles of dance; and Bush Walking and Hiking, allowing students to gain skill required for walking in the bush including reading Topographic Maps and assessing the risks in order to survive.

This week we had our last session with the groups. We hope the students have enjoyed the mini Elective Program and have all gained some expertise and knowledge in an area of their interest.

Abby Smolenaers and The Year 9 DEAL Team.

For the past couple of weeks some of the Year 9 girls have been participating in a Dance Elective. In this program we explored 4 different genres of dance which were Jazz, Contemporary, Hip Hop and Salsa with a professional dance instructor.

We have learnt how to be creative and how to choreograph our own dances in small groups. Throughout the past three weeks we participated in classes of these different styles but also learnt about the history of the different genres of dance.

Being a part of this program has been very enjoyable as we have shared many laughs together. I believe that we have all taken something out of this Dance Elective including having a better understanding about how these styles of dance came to be, what they are now and we also learnt skills on how to create your own choreography.

In our last lesson we also looked at the different elements of dance, which I feel we all found interesting and was new information for most of us. During this session we had time to choreograph our own dance, in which ever style we chose and had the opportunity to perform in front of the class. It felt good to show what we have been working on and also all the new things that we learnt throughout the weeks.

Personally I have really enjoyed the subject because we explored different styles of dance, got to interact with other people from our year level who we had not worked with before and together we all gave it a go, engaging in something different.

Sasha Ventureira 9 Bunjil
The Rock and Water Program is a psycho-physical training program that we have built into the Year 9 DEAL Program. It is a program that is taught in 18 countries worldwide, developed from a scientifically proven effective teaching method.

The aims of the program are to raise self-awareness of personal strengths in students, encourage positive Relationships amongst peers and allow students to become learners beyond the classroom, teaching them valuable life skills.

Throughout the past 10 weeks, all Year 9 students participated in the Rock and Water Program. The boys were instructed by Andrew McAlindon and Thomas Matkovic and the girls were instructed by Victoria Brink and Abby Smolenaers, ensuring that the programs were tailored to the needs of each gender during this crucial period of development in the students.

All students have done an amazing job participating in the workshops, assisting in the demonstration of activities and completing weekly reflection questions, generating a deeper sense of self awareness and developing an understanding and appreciation for their peers.

On behalf of all your Year 9 teachers, we would like to thank the entire cohort of Year 9 for your efforts in this program. We hope you take away all the skills you have learnt and use them as you travel through life.

The Year 9 DEAL team.

Recently in DEAL, the Year 9 girls have completed the Rock and Water Program. This course taught us skills and knowledge about defense and how to put it to use if we are ever in danger but, most importantly, it taught us that as females we can be just as strong as males are physically, and how to be strong within our own mind.

This course greatly impacted the way I thought about myself and I’m sure most of the Year 9 girls would agree. We learnt skills such as, getting out of wrist grabs, different punches and kicks to be used in serious danger, how to ‘ground, centre and focus’ ourselves before practicing certain skills and how to say ‘NO’ to things that we either don’t want to do or that will lead to danger.

I felt like this was one thing that all girls should be taught and I found it made me realise I don't have to say “yes” to everything in an attempt to please others, I can stand up for myself and others. Going into this DEAL unit, I doubted I would be strong enough to use the defense skills we were taught in a real life situation and I was most anxious about the board-breaking at the end of the unit.

When Ms Smolenaers and Ms Brink told us we were going to be breaking a wooden board at the end of Rock and Water, none of us girls believed we would do it. We were all very certain we wouldn't be strong enough but, as we travelled through the program and got to the day of the board-breaking, every single one of us broke a board in half. It was a great feeling knowing I had walked out of that room knowing that I was strong, not just physically but also mentally.

This unit didn’t just teach us skills but also how to accept each other for who we are. I honestly felt very comfortable and I didn't feel as if I was being judged by other girls, which I believe is the result of this program. We all learnt to respect each other’s differences and work together as a group of girls.

Lastly, I’d like to thank Ms Smolenaers and Ms Brink for the effort they put into teaching us these important skills and knowledge and for helping us believe in ourselves

Isabelle Vulinovic 9 Bunjil
The students at Catholic Regional College Caroline Springs were given the opportunity to sign up for a class where they spent three periods a week to study the activity of Orienteering, Bushwalking and Navigation. We spent multiple periods doing theory and learning about the different skills needed.

On the 9 August, we were given the opportunity to go and do the practical side of things - we went on a hike at Werribee Gorge Park. The hike consisted of steep uphill and downhill slopes, climbing over rocks and climbing large rocks with a cable line. Students recall the event as a ‘fun learning experience’, ‘challenging’ and ‘enjoying’. Students travelled 10km on foot around the Gorge with backpacks filled with needed supplies such as water, japaras, maps and compasses. The hike went for four hours approximately with stops along the way.

The skills of every student were put to the test during the hike. For some this was the physical side or the mental side and for many, both. This also included skills to navigate in the bush and correctly get around without harming habitats or nature.

There were roles that people continuously rotated through voluntarily during the walk which was the ‘sweepers’ and the ‘leaders’. This was a technique we used so that no one was left behind and those who were confident could lead the group. Although we had some confusion and students had to walk extra we learnt a thing or two.

A very big bonus to our adventure was that we had Mr Wilkinson and Mr Manning who were familiar with the surroundings and could continuously teach and educate us along the way.

The day was a huge success although it was challenging and tiring. Students saw the aim of the day and took it all in a positive matter. We all returned to our next class hoping for another hike but unfortunately the topic had come to an end. During the next couple of weeks I’m hoping to return to another mountain range or the same one to show my friends out of school who have the similar interests as me.

Nicole Sabanovic 9 Marin-Kurrang

At the start of this topic a few weeks ago I honestly did not like the idea of bush navigation. I didn't like it as I thought it was going to be a very draining class but by the end I loved it. At the start I didn't know how to read a map until I actually went to the Werribee Gorge and did the walk. I really enjoyed the scenery and the challenging part of walking 10km. As I was the leader of the group with my mates, we had a really good time leading the group up the mountains and then back down again. The scenery from the environment and the nature is absolutely amazing and I recommend anyone to go there. I had a great time and will be going back again.

Oliver Vella 9 Wonga
FROM THE SPORT DEPARTMENT

Round 4 09/08/2016
Away Game Vs Catholic Regional College Melton
Boys AFL: Lost 8 - 149
Boys Basketball: Lost 36 - 52
Girls Basketball: Won 32 - 2
Girls Netball: Lost 15 - 34
Boys Soccer: Won 10 - 0
Girls Soccer: Won 11 - 0
Boys Volleyball: Won 3 - 2
Girls Volleyball: Lost 1 - 3

What a season we are having! 15 girls have come together to become the Year 9 Soccer Premier League Team. As a team, we have united to be undefeated and heading for the title of the Premier League Champions 2016. Every person has contributed their bit of our success. Without their dedication, we would not have been successful so far. It has been an honour for myself to be part of this team with such a great group of girls and also a wonderful coach, Mr. Ray, who has helped us to get to this stage in the season. I hope and pray that our success continues in the game before the Grand Final. GO CRCCS!

Mackensi Galea 9 Kororoit

Round 5 16/08/2016
Away Game Vs Emmanuel College
Boys AFL: 17 - 142
Boys Basketball: Lost 25 - 57
Girls Basketball: Won 52 - 39
Girls Netball: Lost 11 - 30
Boys Soccer: Won 5 - 4
Girls Soccer: Won 6 - 1
Boys Volleyball: Lost 2 - 3
Girls Volleyball: Won 3 - 0

Premier League this year was overall a lot of fun. We were able to try-out and participate in sports that we all really enjoyed playing. Being a part of the Netball Team was really fun and exciting. I think everyone was able to make some new friends and talk to someone new, while also being a team and supporting each other on the court. Premier League is always something that we would look forward to because we could play the sport that we enjoy with all of our friends from school. Even though we didn’t win all of the games we still had a lot of fun on the court and encouraged each other through all of the games. Being on the court and having a few laughs as well as playing some competitive netball was a great experience that we all loved. Overall, this whole experience was a lot of fun and I really enjoyed playing netball with my CRCCS team.

Isabelle Owen 9 Marin-Kurrang

FROM THE MATHS DEPARTMENT

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<td>Ms C. Cremona Millo &amp; Ms T. Binks</td>
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<td>Monday</td>
<td>25th July</td>
<td>N/A [PTI week]</td>
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<td>4</td>
<td>Monday</td>
<td>1st August</td>
<td>Mr A. McAlindon &amp; Ms J. Jones</td>
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<tr>
<td>5</td>
<td>Monday</td>
<td>8th August</td>
<td>Ms T. Nguyen &amp; Mr B. Jackson</td>
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<tr>
<td>6</td>
<td>Monday</td>
<td>15th August</td>
<td>Ms C. Cremona Millo &amp; Mr D. Conversano</td>
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<tr>
<td>7</td>
<td>Monday</td>
<td>22nd August</td>
<td>Ms B. Desira &amp; Ms R. Dhillon</td>
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<td>8</td>
<td>Monday</td>
<td>29th August</td>
<td>Ms E. Lenson &amp; Mr A. McAlindon</td>
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<td>9</td>
<td>Monday</td>
<td>5th September</td>
<td>Ms M. Desira &amp; Ms K. Nguyen</td>
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<td>10</td>
<td>Monday</td>
<td>12th September</td>
<td>Ms R. Dhillon &amp; Ms T. Binks</td>
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<td>Wednesday</td>
<td>31st August</td>
<td>Mr D. Conversano &amp; Ms E. Commadeur</td>
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<td></td>
<td>Wednesday</td>
<td>7th September</td>
<td>Ms C. Cremona Millo &amp; Ms M. Desira</td>
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On **Wednesday 3 August** a group of Year 8 students participated in *State-wide Mathematics Games Day* organised by The Mathematical Association of Victoria at Penleigh and Essendon Grammar School, East Keilor.

**Maths Games Day** is an opportunity for students to develop their mathematical talents and thinking skills in a setting where Maths is regarded as fun and worthwhile with like-minded students from a diverse range of schools. It is an ideal way for students to participate in mathematical activities without the usual classroom pressures and is a very effective vehicle for getting young people – particularly in the middle years of schooling – excited about Maths.

Our students had a great time at the **Games Day** and worked as a team to solve various problems as well as play mathematical games against the competing schools.

Here are the reflections from the students who participated in the Decathalon:

The **Maths Games Day** was an experience never to be forgotten. There were 5 activities planned out for us and the 94 other teams from various schools across Victoria. First up, we worked as a team to solve 10 different worded puzzles in 40 minutes. Next were 3 different probability games (*Line of 3, Five Alive and Connect the Dots*), where each of us individually faced off with another player from the opposition’s team. After each game had been completed, we switched teams so that there was some variety in our opposition. Each game had been allocated 20 minutes, and each player had to get through as many games as possible. Lastly, the day ended with 30 problem solving questions, which had to be solved as a team and within 40 minutes. The overall experience was a fantastic one, and I was so lucky to be nominated. I would highly recommend going for the **Maths Games Day** to anyone who would get the chance; I assure you that you will not be disappointed.

**Calvin Marangoly 8 Kororoit**

The **Maths Games Day 2016** was a day that consisted of many aspects such as; logical thinking, problem solving, games and what could possibly be classified as strategy. The experience consisted of mainly doing the activities/challenges set by the hosts. The experience on that day was definitely nothing short of absolute fun and challenges. If given the opportunity, this is something that I would recommend.

**Dave Crisostomo 8 Bunjil**

The **Maths Games Day** consisted of many different types of maths problems, problem solving, puzzles, logic, strategy and much more. We were given two sets of worksheets filled with worded problems and 3 games (*Line of 3, Five Alive and Connect the Dots*) where we would compete against another school individually. We were given a lunch break after the first worksheet and a few games. In this spare time we could explore certain parts of the school, have a break, socialise or listen to the PEGS Own School Band.

To attend the **Maths Games Day**, we all had to commit and practice during Lunchtime to solely train and revise our Maths skills for few weeks. Although none of the two teams won any prizes, we definitely had a new and unforgettable experience. I definitely recommend participating in the annual **Maths Games Day** if you have a chance, you won’t regret it.

**Lorenzo Celestino 8 Marin-Kurrang**
Throughout the day we played a wide variety of puzzle solving games such as Five Alive and Connect the Dots. Each game determined our place on the leaderboard. By the end of the day Team 1 was 36 out of 94 schools and Team 2 was 54 out of 94 schools. I would like to thank Ms Dhillion for supporting us and helping us back-stage during training. If you ever get invited to Maths Games Day and like a bit of competition, you should go. But don’t expect it to be easy!

Dru Roman 8 Coranderrk

The event included both Maths questions about topics such as problem solving and Maths games such as Five Alive, Line Of 3 and Connect The Dots. During the break between the events, we were given time to eat and explore the school. The questions made us think outside the box and they really challenged our brains. Altogether, the day was a really enjoyable and educational experience for us all.

Aidan Clare 8 Marin-Kurrang

This day made us all think outside of the box and was a difficult but fun experience. This day had multiple topics like problem solving, puzzles and games. All of the questions made us think, and overall was a fun and learning experience for all of us.

Jacob Baquial 8 Kororoit

COMMUNICATIONS

Please like our Catholic Regional College Caroline Springs Facebook and Twitter Page:

Link to Twitter: - https://twitter.com/CRC_CS

Link to Facebook: - https://www.facebook.com/Catholic-Regional-College-Caroline-Springs-256402724739893/?fref=ts
In this Jubilee Year of Mercy, and with our focus this year on the College Pillar of **Compassion** we have decided to donate all monies raised from our upcoming Feast Day to the ‘**Mercy Hospice Palliative Care in Sunshine**’. Mercy Hospice Palliative Care is a 24-hour service supporting people with incurable illnesses who live in the western region of Melbourne. Mercy Hospice Palliative Care also supports patients’ families and carers.

Palliative care aims to reduce pain and discomfort, physically and emotionally, and to improve quality of life when a cure is no longer possible. Care is given in close consultation with each patient’s doctor and community agencies.

Mercy Health is a Catholic organisation grounded in a 2,000-year tradition of caring for others. Founded by the Sisters of Mercy, Mercy Health employs over 7,000 people who provide acute and subacute hospital care, aged care, mental health programs, maternity and specialist women's health services, early parenting services, home care services and health worker training and development. Mercy Health employs people from many cultures and backgrounds who, irrespective of their beliefs, share a common bond to care for those in need.

The Sisters of Mercy were founded in Dublin in 1831 by Catherine McAuley who dedicated her life to serving people in need.

**Mercy Foundress**

Catherine McAuley was born in Dublin, Ireland in 1778. Dedicating her life to caring for the poor, particularly women, Catherine established the House of Mercy in 1823 – a facility built to house and educate poor women. In 1831 Catherine made her Profession of Vows and created the Order of the Sisters of Mercy.

“**Sisters of Mercy should be particularly kind – the kindest people on Earth, with the tenderest pity and compassion for the poor.**” Catherine McAuley.

**Mercy in Australia**

The Sisters of Mercy went on to found convents, schools and hospitals across the globe. They arrived in Australia in 1846, led by Mother Ursula Frayne. The Australian congregation established schools and convents around the country and opened their first hospitals in Brisbane and Sydney.

Following a devastating influenza pandemic, the Sisters of Mercy opened their first Victorian hospital – St Benedict’s in Malvern – in 1920. They established a reputation for excellence in care and hospitality that has grown in strength to this day. The success of St Benedict’s allowed the Sisters to open Mercy Hospital in East Melbourne in 1934, Mercy Maternity Hospital (later renamed Mercy Hospital for Women) in 1971, and Werribee Mercy Hospital in 1994.

Over time, the Mercy Order has expanded their mission across Australia, drawing on other local and international religious orders with whom they share a commitment to mission. They include the Family Care, Good Shepherd and Holy Spirit Sisters, all of whom have made lasting contributions to the Mercy charism and care.
Disney's Beauty and the Beast

Catholic Regional College Caroline Springs

Production of Disney's

Beauty and the Beast

Only 4 Shows
Thursday 25th & Friday 26th August - 7pm
Saturday 27th August - 12.30 pm & 7pm

https://www.trybooking.com/MHZT

At CRC Melton: 109 Bulmans Rd, Melton West VIC 3337

Music by Alan Menken
Lyrics by Howard Ashman & Tim Rice
Book by Linda Woolverton

By arrangement with Hal Leonard Australia Pty Ltd. Exclusive agent for Music Theatre International (MTI)
Cancer affects the lives of many, all in who are loved and cared for.

On Friday 26th August, please show your support towards raising funds with Relay for Life for Cancer Research and Support Services and give a helping hand to support those dealing with the impacts of Cancer. Wear Casual clothes with the colour purple for a gold coin donation.
A wonderful opportunity for your child to be part of Catholic Regional College Caroline Springs Instrumental Music Program!

Private tuition is offered in the following instruments:
★ Piano / Keyboard ★ Voice
★ Guitar / Bass ★

Teachers:
Guitar & Bass – Mr. Luke Julian
Keyboard & Voice – Ms. Lorraine Salvador

At Catholic Regional College Caroline Springs students have the opportunity to be part of an exciting and thriving Instrumental Music Program. It will provide your child with an enjoyable way of presenting skills and sharing music. The performing groups will allow your child to experience the social aspect of music activities, learning and playing together with other students of like interest.

For more information:
Ms. Melinda Martinek
mmartinek@crccs.catholic.edu.au

VOCAL GROUP
CATHOLIC REGIONAL COLLEGE CAROLINE SPRINGS:

Vocal Group rehearses every Tuesday during Lunchtime and is open to all students to participate in. If you love to sing, bring a friend and show your passion to sing, sing, sing!

(You don’t have to be part of the Instrumental Music Program to participate!!)
If your friend is not okay...

Getting help for a friend can take a bit of time and effort but it is worth it. As part of being a good and supportive friend, there are times when we will need to check in with our friends, to ensure that they are okay. Good help will assist your friend to deal with their problems and help them get on with life.

If your friend tells you that they’re not okay...

1. Listen and try not to judge or “fix things” straight away – taking the time to listen lets them know that you care and that their feelings are important. If someone has been going through a tough time, it can be a big relief to talk about what has been going on. Listening can be helpful, even without taking any actions, it might just be what they need. And don’t panic, the fact that your friend sees something is wrong is a really important first step.
2. Let your friend know that they don’t have to go through this on their own and that you are here to help and support them.
3. Some people need ‘time’ or ‘space’ before they’re willing to accept help. Just giving them information about where to get help or providing them with fact sheets can be useful.
4. Suggest they read stories at headspace.org.au about other young people who have made it through difficult times; it may help reduce their feelings of being alone and give them hope for the future.
5. Be honest about why you are worried and ask if anyone else knows about how they are feeling.
6. Encourage them to try some self-help strategies. Things like eating well, exercising, writing feelings down, getting enough sleep, doing things they enjoy and avoiding alcohol and other drugs are just a few self-help tips that your friend could try. (Visit headspace.org.au to download the ‘Tips for a healthy headspace’ fact sheet).
7. Don’t be too forceful in encouraging self-help activities. It’s important to understand that your friend may not feel able to use them because of how they are feeling, or they may not be enough to help them to feel better. If they’re interested, you may be able to do some of the strategies with them (e.g. going for a walk, watching their favourite movie).
8. Sometimes, self-help strategies and/or talking to family and friends is not enough and that’s okay. There are a lot of professionals out there who can help. Suggest they make an appointment with their general practitioner (GP) or their nearest headspace centre if things don’t begin to improve. You could offer to go with them if they need some extra support.
9. Let them know about eheadspace if your friend would prefer to seek help online rather than face-to-face. eheadspace.org.au provides free online and telephone support (1800 655 880) for young people. Lifeline (13 11 14) and Kids Helpline (1800 55 1800) also provide free and confidential support over the phone.
If your friend is not okay...

If your friend doesn’t want to get help and you are still worried

Let their family or another trusted adult know that you are worried. You have to strike the right balance between your friend’s right to privacy and the need to make sure they are safe. If you decide to tell someone else, try to let your friend know that you are planning on doing this.

What not to do or say

Don’t tell them to cheer up or get over it – this is not helpful.

Don’t encourage them to have a night out involving drugs or alcohol. Substance use may help them cope with their concerns temporarily, but is likely to make things worse.

Don’t make promises you can’t keep – if your friend is at risk of harming themselves or somebody else, you need to seek immediate help, even if they ask you not to.

If you are worried that your friend needs urgent medical help or might hurt themselves or somebody else, you need to tell somebody immediately, even if they have asked you not to. This could be a parent, teacher, their GP, someone from a local health service or by calling 000.

Some things you can say or ask to encourage someone to seek further help

- Have you talked to anyone else about this? It’s great that you have talked to me, but it might be good to get advice and help from a health worker.
- Getting help doesn’t always mean sitting on a couch with a psychologist or taking medication. Did you know that GPs can help with this sort of stuff? Find one that bulk bills then all you need is your Medicare card (i.e. you don’t have to pay)
- There are some great websites you can check out to get more information: headspace.org.au; reachout.com.au; youthbeyondblue.com

- Did you know that you can get free and confidential support online or over the phone? You can log on to headspace.org.au to get online and telephone support from a mental health professional. You can also call Kids Helpline or Lifeline to speak to someone. All of these services are anonymous.
- I know you’re not feeling great now, but with the right help and support, you can get through this.

Supporting a friend through a tough time can be difficult. Remember to look after yourself and your needs. Following the “Tips for a healthy headspace” fact sheet may be a good way to look after your own wellbeing to prevent any problems developing.

If at any stage you feel overwhelmed you should consider getting some support from a trusted adult (e.g. parent, teacher or GP).

You can also contact headspace or Kids Helpline.

For more information, to find your nearest headspace centre or for online and telephone support, visit headspace.org.au