**Important Dates**

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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**
11/10/2016
25/10/2015
8/11/2016
22/11/2016

**TERM FOUR**

Mon 3 Oct
Classes Resume 8:45am

Thu 6 Oct
Yr 8 Premier League

Mon 10 Oct
Year 10 Reflection Day
Barak, Coranderrk & Kororoit

Thu 13 Oct
Yr 8 Premier League

Fri 14 Oct
Year 10 Reflection Day
Bunjil, Marin-Kurrang & Wonga

Wed 19 Oct
Year 9 Camp

Thu 29 Oct
Year 9 Camp
Year 8 Premier League

Fri 21 Oct
Year 9 Camp

Tue 25 Oct
Arts & Technology Evening

Wed 26 Oct
Year 7 Immunisations

Thu 27 Oct
Year 8 Premier League

Mon 31 Oct
College Council Holiday
Student Free Day

Tue 1 Nov
Melbourne Cup Day
Student Free Day

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**Issue 14 - Friday 16 September 2016**

**Saint Teresa of Calcutta**

*Radiating Christ* was written by Cardinal John Newman and was a favourite prayer of Mother Teresa who was canonised, 4 September 2016 by Pope Francis.

Dear Jesus,
Help me to spread Your fragrance everywhere I go.
Flood my soul with Your spirit and life.
Penetrate and possess my whole being so utterly,
that my life may only be a radiance of Yours.

Shine through me, and be so in me
that every soul I come in contact with
may feel Your presence in my soul.
Let them look up and see no longer me, but only Jesus!
Stay with me and then I shall begin to shine as You shine,
so to shine as to be a light to others;
the light, O Jesus will be all from You; none of it will be mine;
it will be you, shining on others through me.

Let me thus praise You the way You love best, by shining on those around me.
Let me preach You without preaching, not by words but by my example,
by the catching force of the sympathetic influence of what I do,
the evident fullness of the love my heart bears to You.

Amen.

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**A MESSAGE FROM THE PRINCIPAL**

On Thursday 8 September we held the College ‘Live Fully Act Justly’ Feast Day.

This was a wonderful celebration as a College community, where we gathered together to celebrate our guiding motto of ‘Live Fully Act Justly’. I would like to sincerely thank Father John O’Reilly for celebrating Mass with us and the College Ministry Team led by Jenny Jones for preparing the Mass.

I would also like to thank the many parents who attended the Mass and then joined us for the College Fair and Talent Quest. I would also like to thank all the students who participated in the Mass so respectfully and reverently. Thank you also to all of the staff and students involved in the Mass. It was certainly a wonderful way to gather together as a school community and celebrate the Eucharist. The Eucharist is at the heart of the CRC Federation of schools. It is in the Eucharist that we find ourselves called, invited and challenged and the Eucharist makes visible the Christ we seek to know.

These four words ‘Live Fully Act Justly’ are relatively simple yet paradoxically they are also very complex, deep and spiritual. Last Thursday we gathered together as a Catholic community to celebrate the Eucharist, break bread, laugh and smile together during the Fair and also share our wonderful gifts and talents in the afternoon Talent Quest.

The College motto is made up of two components both of which are integral to the development of the whole person and both of these are represented in our school logo. The first statement ‘Live Fully’ comes from the Gospel of John. Jesus is talking about His dream for us. His hope is that with direction and guidance and with people to lead us, we will have life and have it to the full. The mission of the school as part of the wider Catholic Church is to offer that guidance and direction and as a result enable you, our students, to live your lives to the full.
However, fullness of life can never be at the expense of others. Jesus’ desire that we may have life to the full is not an invitation to do what ever we like whenever we like. It comes with a strong expectation of responsibility not only for ourselves but for others.

This leads us to the second part of our motto: ‘Act Justly’.

The guiding principle that determines how we live fully is justice; justice certainly towards self, but justice always for the other as lived by the Good Samaritan.

In seeking to be the best we are called to be, we encourage others to be the best they can be. As we celebrate our success we also acknowledge the success of others. As we enjoy the many opportunities that we are provided, we actively work towards providing those opportunities for others.

Finally, we remember that God who came to live among us as Jesus modeled a full, just life and who remains our constant reminder that we are called to be like Him.

And to be more like Jesus we can simply choose to live, breathe and enact these four beautiful words: ‘Live Fully Act Justly’.

In this Jubilee Year of Mercy, and with our focus this year on the College pillar of Compassion, we decided to donate all monies raised from our Feast Day to 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. We formally announce the final amount raised early next term at an assembly.

I am constantly amazed by the wonderful gifts and talents that our students have across so many diverse areas. Throughout the Talent Quest we witnessed our students’ outstanding performing arts abilities involving singing, dancing, acting and as musicians. This was an excellent opportunity for the students involved to showcase these gifts and talents in an engaging and entertaining way. Students will forever have wonderful memories of their involvement in the Talent Quest and have also developed strong friendships.

I would also like to thank Deputy Principal Mrs. Sheena Wright and Communications Officer Ms. Danielle Ferraro for their outstanding efforts in overseeing the College Fair. Thanks also to Ms. Jenny Jones for organizing the Feast Day Mass and Mrs. Katie Franzone for overseeing the very successful Talent Quest.

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:

- ‘Live Fully Act Justly’ Feast Day
- Health and PE Week Activities
- Grade 5 Visits
- Year 10 Religious Education excursions
- Year 8 and 9 SACCSS Premier League
- Year 9 DEAL Programs
- Year 8 Subject Selection
- SACCSS Athletics and Tennis
- SACCSS and CRCCS Chess Tournament
- Run Club
- Breakfast Club
- Maths Support Classes (Mon and Wed 3.20pm to 4.15pm)

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.
Thank You:
Term 3 at Catholic Regional College Caroline Springs has now come to a close and has certainly been a term filled with energy and enthusiasm. It has been my pleasure to get to know the many different members of our community including students, staff and parents. I eagerly look forward to fostering and further developing these relationships with the view to provide the best possible contemporary educational experience for our students.

Enormous amounts of work go into preparing facilities such as classrooms, IT facilities, sporting facilities and the College grounds for the students during the term. I thank the teaching, administrative, support and maintenance staff involved in this important work as it contributes significantly to the comprehensive educational environment for our students.

There have been some wonderful achievements reached this term and much to celebrate. I ask that students take the time to reflect on and enjoy these achievements, whilst also setting specific and realistic goals for Term 4. As we conclude Term 3 we give thanks for the many enriching experiences of life and learning at our College and we pray for a safe and restful time for students, staff and families over the holiday period. May the Holy Spirit inspire renewed energy, new goals and a strengthened resolve to live the Christian life in the footsteps of Jesus.

Jamie Madigan
Principal

LIVE FULL ACT JUSTLY FEAST DAY
FROM THE DEPUTY PRINCIPAL

Last week the Year 5 students, their teachers and parents visited from our feeder primary schools Cana, Christ the Priest, Emmaus, St George Preca and Resurrection. This year the College ran the day as four rotations of seven activities which included PE, Food Technology, Art, Science, Drama/Dance as well as playing Pokemon Library in the Library and going for a tour around the College to see the students in their classes. The visits were highly successful and this is attributed to the generosity, expertise and care offered by our staff who volunteered to run the activities and the student leaders who assisted with the activities and ran the tours of the College. Feedback from the Year 5 students and the adults accompanying them was very positive and they indicated they liked the new approach.

I would like to thank the following staff and students who made the visits such a success:

Brad Taylor, Adam Ray, Emma Commadeur, Danny Manning, Costantina Stephanou, Lisa Barnard, Kelly Nguyen, Natalie Hamill, Marissa Gorman, Katie Franzone, Rachael McCormack, Dinesha Pillay, Roz Corban, Belinda Harding, Thomas Matkovic, Rannoch Wilkinson, Renuka Dhillon, Abby Smolenaers;


This week has seen a number of excursions taking place for various year groups. It has also seen a greater number of parents calling after the 3 day cut off asking for access to CareMonkey so that they can approve their child attending. While in most cases access was granted I do need to remind parents/guardians that the cut off is not something that the College has made up but is mandated from Catholic Education Melbourne where we have to register our excursions and the number of students attending three days prior to the activity.

Excursions take a lot of time and effort on the part of the staff to organize; they are highly stressful events as students are not in the structured environment of the College. Lots of things can go wrong and for that reason staff must complete detailed applications outlining all that will happen on the day and any possible risks before the College approves them. The three day cut off also allows such things as the finalising of buses, tickets to venues, organising first aid bags etc. to be completed, which are all necessary to ensure a successful excursion.

Asking the College to allow approval after this time does put the staff in a very difficult situation; we all want the students to attend and to not disappoint them but we have a mandated requirement that also must be met and this week has seen us being non compliant in this matter because we felt that the excursion was a worthwhile experience for the students.

The College needs your support in this matter; when you receive a notification regarding an excursion or activity please deal with it in a timely manner and well before the cut off time.

I cannot guarantee that in the future we will be able to be as flexible.

Finally, as this is the last newsletter for the term, I would like to remind all that when we return next term it is summer uniform. Parents and students are reminded that the PE uniform is only to be worn for days when they have PE, sport or training. Parent assistance in monitoring this would be greatly appreciated. If for whatever reason your child is unable to wear a part of the uniform, a note from you explaining the reason would also be appreciated.

Have a wonderful break and I look forward to working with you again next term.

Thanking you for your continued support.

Sheena Wright
Deputy Principal
FROM THE MISSION & FAITH LEADER

It is always a special occasion when our community comes together to celebrate the Eucharist, as was the case for last week’s Live Fully Act Justly Feast Day Mass. The readings were centred around the Parable of the Good Samaritan for our Pillar of Compassion and the Year of Mercy. Our Principal, Jamie Madigan, gave an inspired homily, challenging us to consider where we have greater capacity for mercy in our lives than we might currently show. Our thanks to the choir who supported the Mass and increased their repertoire by singing the responses in the Eucharistic Prayer. Above all though, we must extend a heartfelt thanks to Fr O’Reilly who celebrated the Mass for us; his third Mass for the morning.

Our Year 10 students attended excursions to the Jewish Museum and Islamic Museum as part of their Religious Education studies. In Term 4, “One God, Three Religions” is a comparative study of the three Abrahamic religions. Each excursion allowed our students to see how people of a different faith practice their religion and see similarities with Christianity due to their origins. Feedback from the students has been really positive and the experience has broken down many myths and stereotypes for them.

Term 4 will mark the final term for our Year 10s at CRC Caroline Springs and, as such, we will have a number of transition activities for them to participate in. The first will be the Year 10 Reflection Days in the second week of term at Brimbank Park, with the year level split across two days. Students will engage in a range of reflective activities and will develop a symbol of their time here at the College that they will carry with them over to CRC Sydenham. As I will be on leave at this time, I wish them all the best for these days.

Jenny Jones
Mission and Faith Leader

FROM THE STUDENT WELLBEING TEAM LEADER

It’s that time again - School Holidays! Students across the state are cheering, teachers are ready for the break and for the time to prepare for Term 4 and parents are …. you can fill the blank yourself! There is always a mixed response to School Holidays on all fronts. Some students really enjoy the break, some aren’t too fussed either way and some dread the two weeks away from the regularity of school. As parents, you know best how your child will respond so today I’m offering a range of resources that might help you and your family get the most out of the next two weeks.

Some parents feel a level of anxiety around the school holidays because they wonder what they will do with the kids for two weeks. Victoria Tourism has a little website that has a number of links to a range of activities for teenagers and children alike. I also came across a blog by a parent that has some terrific ideas as well. You can access the websites WeekendNotes and Victoria Tourism here.

Some students find the two weeks difficult for a range of reasons and miss the regularity of school. Some students also have issues that they may need support with and miss the contact and support offered by the school. I encourage all parents to ensure that if this is their child to encourage them to access KidsHelpLine at www.kidshelp.com.au or on 1800 55 1800. This is a 24 hour service and can offer counselling either online or over the phone. No issue is too big or too small for them so it is a service I highly recommend.

Another good thing to do over the holidays is move. I encourage you all to find the time over the holidays to get that body (and mind) moving! Take the dog for a walk, shoot some hoops at the local basketball court, take a run around Lake Caroline, ride your bike on the many kilometres of designated cycling tracks we have or just dance to your favourite tunes. There’s a lot of science and research that backs up the need for us to move. We have been designed for physical work and, given the sedentary lifestyle we have, we need to make a conscious decision to use our bodies for what they have been designed. When we do this we release endorphins that improve our mental health, our sense of optimism and our general outlook on life. And … it’s free!

On a different note, last week all staff were involved in a Professional Learning Day run by Tom Brunzell from The Berry Street Institute. Tom lead the staff through a range of strategies around student management and the research behind this. Tom was terrific in getting the staff to get up and practice some of these, to read, listen and talk about this and to connect with each other in order to provide the best learning experience we can to all of our students. It was a particularly useful Professional Learning exercise and we are grateful to our entire community for supporting us and for understanding the need for such days.

Enjoy the holidays, whatever you decide to do. Relax, recharge and refresh - ready for the final term of the year.

Ivanka Spiteri
Student Wellbeing Team Leader
FROM THE LEARNING AND TEACHING TEAM

The end of the term has come around again and I hope all students can reflect on their past term and feel proud of what they have actively participated in, all they have learned and what they have achieved.

All families will have received an Interim Report for their son or daughter via SEQTA. The Interim Report provides a good summary of how students have progressed during the first half of the second semester of the academic year and will indicate if everything is on track for some good academic results at the end of this year. I would encourage all parents to take some time to discuss the various aspects of the interim reports with their child.

I offer my congratulations to those students who have received very positive interim reports and encourage them to continue to strive for academic excellence. Where individual Interim Reports may point to areas of improvement, again I would encourage a discussion at home about what can be done to seek improvement. I would also remind students that it is never too late to make changes and finish off the year in a positive way.

I wish everyone a restful September holiday break and hope that the return to school in Term 4 will be one welcomed with enthusiasm to make the most of the last part of the year.

Best Wishes,

Lisa Barnard
Learning and Teaching Team Leader

TESTING AND COLLEGE COMMUNITY CONVERSATION AND INFORMATION SHARING MORNING YR 7, 2017

Testing and College Community Conversation and Information Sharing Morning will be held on Saturday 8 October for the Year 7, 2017 students. If have not yet confirmed attendances could you please do so by emailing Silvana Pavlovic spavlovic@crcscatholic.edu.au by Friday 23 September.

ADDITIONAL CONVERSATION:

ADF LONG TAN YOUTH LEADERSHIP & TEAMWORK AWARD

The Australian Defense Force Long Tan Youth Leadership and Teamwork Awards started in 2006 to recognise Year 10 students who demonstrate leadership and teamwork within both the school and broader local community. At the same time, they recognise those who display strong values, such as doing one’s best, respect for others and “mateship”, characteristics that are integral to both the ADF and Australian society. The awards are designed to also be a fitting tribute to the Long Tan veterans, as the very traits they demonstrated included determination, mateship, teamwork, tenacity, compassion and leadership.

At Catholic Regional College Caroline Springs, the following students were nominated for the 2016 Long Tan Award: Liam Foley; Julian Musig; Stephanie Ananidis; Matthew Waring; Juanita Ravanal; Emily Hartley and Lachlan Ross. Students were required to write an application outlining why they believed they met the selection criteria for the award, before staff voted on whom they believe best met the criteria of the award. I would like to congratulate Juanita Ravanal, who was the recipient of the ADF Long Tan Youth Leadership and Teamwork Award for Catholic Regional College Caroline Springs for 2016.
FROM THE COLLEGE PSYCHOLOGIST

The College Psychology Services and the student Wellbeing Team would like to welcome Anthony Hurst, provisional psychologist, who has joined the Team for the last week of Term 3 and all of Term 4. Anthony will work alongside Jessica Schembri, College Psychologist, and provide counselling support to individual students and their parents and teachers. In addition, Anthony will be involved in providing information to staff and the general student population via group work and presentations. Anthony is currently in his fifth year of study in psychology and is completing his Masters of Professional Psychology. Anthony brings to the team enthusiasm and a high degree of professionalism, and looks forward to being involved in our College community.

A reminder to all that students at Catholic Regional College Caroline Springs are able to access the College Psychologist for counselling support. Student Wellbeing Team members and parents are welcome to refer students for counselling with the College Psychologists. This process would typically involve a discussion with the student and parent about the referral. Students are also able to self-refer. Whilst in most cases parents will be informed about their child seeing the College Psychologist for counselling, students are able to come on their own. At times, students might be involved in small or whole class discussions with the Psychologist and student Wellbeing Team about current issues impacting on student wellbeing. If you do not wish for your child to access the College Psychology Services, please inform the College in writing. In addition to the support provided to our students by Jessica and Anthony, the College also has a consultant psychologist who is based at the College on a fortnightly basis.

Should you require any additional information about the services available, please do not hesitate to contact Jessica Schembri at the College.

Jessica Schembri
College Psychologist

INTER-SCHOOL CHESS TOURNAMENT

On Wednesday, 7 September, 10 students competed in an inter-school chess tournament which was held at Bacchus Marsh Grammar. Our team came third and the four highest ranking students each received a bronze medal. They were: Jacob Baquial, Christian Lopez, Christopher Banon and Matija Jankovic. Jacob Baquial also came third in the individual standings and received a second medal. Additionally, Jacob and Christian both received Certificates of Distinction, whilst Christopher and Matija received Credit Certificates. Congratulations to all of the students for their efforts and excellent sportsmanship.

SACCSS TENNIS

On Monday September 5 the annual SACCSS Tennis Tournament took place at Melbourne Park. We took a group of 12 competitors and 12 additional students to assist in the convening of the day. The students represented the College brilliantly both on and off the court. All teams won at least some of their games throughout the competition with the Boys Intermediate B Team making the finals but unfortunately bowing out in the semi finals.

The students who came along to assist in convening the day worked together scoring games, keeping the games to schedule and running the score sheets. Thank you for your assistance in allowing the day to run so well.

Our day was topped off upon our return to school with some anonymous feedback from a member of the public who boarded the train in the morning. This person was heavily pregnant and while no-one had offered her a seat it was our students who noticed and a number of them got up and stood for the journey so that she could sit down.

Thank you to all of the students who participated and assisted in the day and congratulations on a wonderful day.
TERM 3 YEAR 9 PREMIER LEAGUE RESULTS

Round 1 - 12/07/2016
Home Game Vs Caroline Chisholm Catholic College

Boys AFL: Lost 7 - 17
Boys Basketball: Won 40 - 32
Girls Basketball: Won 60 - 10
Girls Netball: Won 36 - 4
Boys Soccer: Won 14 - 1
Girls Soccer: Won 12 - 0
Boys Volleyball: Lost 0 - 3
Girls Volleyball: Won 3 - 2

Round 2 - 26/07/2016
Away Game Vs Catholic Regional College St Albans

Boys AFL: Won 23 - 15
Boys Basketball: Won 60 - 31
Girls Basketball: Won 65 - 7
Girls Netball: Won 36 - 4
Boys Soccer: Draw 1 - 1
Girls Soccer: Won 5 - 0
Boys Volleyball: Won 3 - 1
Girls Volleyball: Won 3 - 0

Round 3 - 02/08/2016
Home Game Vs Mackillop Catholic College

Boys AFL: Lost 7 - 170
Boys Basketball: Lost 40 - 77
Girls Basketball: Lost 39 - 44
Girls Netball: Lost 15 - 38
Boys Soccer: Won 3 - 1
Girls Soccer: Won 7 - 0
Boys Volleyball: Lost 1 - 3
Girls Volleyball: Lost 0 - 3

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

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

Girls Soccer:

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 to our success. Without their dedication we would not have been so successful so far. It has been an honour for myself to be part of this team with such a great bunch 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 9Kororoit

Girls Netball:

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 this team.

Isabelle Owen 9Marin-Kurrang
TERM 3 YEAR 9 PREMIER LEAGUE RESULTS CONTINUED...

Semi Finals

01/09/16
Girls Basketball versus Salesian College at Salesian
Won 28 – 15

02/09/16
Boys Soccer versus Penola Catholic College at Caroline Springs
Lost 1 – 4

07/09/16
Girls Soccer versus Catholic Regional College North Keilor at Caroline Springs
Won 5 – 0

Grand Finals

14/10/16
Girls Basketball versus Mackillop College at Eagle Stadium Werribee
Lost 22 – 61

07/10/16
Girls Soccer versus St Monica’s College at Caroline Springs

Term 4 Finals

Congratulations to all Year 9 students who competed in Premier League sports this term. The level of competition was very high and we had some impressive results. 3 teams, Boys and Girls Soccer and Girls Basketball, made finals after finishing in the top 2 in the Western Division. A number of other teams just missed out on finals, finishing 3rd in their pools but all showed great spirit and support to their team mates and opposition.

The Boys Soccer team finished on top of the table but after a tight first half gave up a few late goals in their semi final to go down to Penola College 4 – 1.

The Girls Basketball continued an impressive vein of form through the season to beat Salesian College 28 – 15 in their semi final. Unfortunately they couldn’t keep up their dream run when they faced a determined Mackillop College in the Grand Final. The first half was a tight contest with Mackillop taking more of their opportunities to lead by 10 points at the break. In the second half they ran away with the contest dominating possession and scoring but our girls finished strongly with an eye to next year. The eventual score was Mackillop 61 – CRC Caroline Springs 22.

The Girls Soccer team will play their Grand Final against St Monica’s College on Friday October 7 on our home pitch. The Girls have dominated all season scoring 50 goals and only conceding 1. The Grand Final is sure to be their toughest test yet but we are confident going in to the game. Good luck for the final and once again thank you to all of the students that gave their best in competing for our College in term 3.

SACCSS ATHLETICS

On Monday August 29 a group of 90 students travelled to Lakeside Stadium in Albert Park to compete in the SACCSS Division 2 Athletics Carnival. Our students did a fantastic job representing our College with pride and giving their best throughout the day. Students were happy to put their hand up to fill in for absent athletes and ensure we had competitors in each event.

Many students won ribbons in their events with standout performers, Mackensi Galea, who finished 2nd in the 15 year old girls division, Juanita Ravanal, 2nd in the 16 year old girls division and a special congratulations to Georgia Hill who won the age group champion for 13 year old girls.

Collectively we finished 2nd in the Intermediate Boys and Aggregate Divisions. In the Juniors we finished 2nd in each of the Boys and Girls Division. The boys and girls combined to take out the aggregate in the Junior Division. Due to our success in both Intermediate and Junior Division we have been promoted to the Division 1 carnival for next year’s SACCSS athletics.

Congratulations and thank you to all who participated.

Rannoch Wilkinson
Sports Leader
Tuning in to Teens is a six-session parenting program for parents of adolescents aged 11-16 years grounded in the of Emotional Intelligence (EQ).

Would you like to learn how to:
* Be better at talking with your teen?
* Be better at understanding your teen?
* Help your teen learn to manage their emotions?
* Help to prevent behaviour problems in your teen?
* Teach your teen to deal with conflict?

Benefits of higher EQ:
* are more aware, assertive and strong in situations of peer pressure
* have greater success with making friends and are more able to manage conflict with peers
* are more able to cope when upset or angry
* have fewer mental health and substance abuse difficulties
* have more stable and satisfying relationships as adults
* have greater career success

DATES: 11th, 18th, 25th October & 8th, 15th, 22nd November
TIME: 11:00am-1:00pm
COST: Free
LOCATION: CRC Caroline Springs
FACILITATORS: Emma Mahoney (Wellbeing Leader), Jessica Schembri (College Psychologist) & Anthony Hurst (Provisional Psychologist)

For more information please contact Jessica Schembri at jschembri@crccs.catholic.edu.au