A Prayer for Refugees and Asylum Seekers

Blessed are the wanderers and those adrift.  
Blessed are the strangers at our door.  
Blessed are the unfed, the homeless on the road.  
Blessed is the child crying in pain.  
Blessed is the mother working to provide for her children, left behind in her native country.  
Blessed are those who welcome Christ to be born again when they welcome these ones.  
Blessed are we who struggle to make a place in our hearts for all of our brothers and sisters.  
Amen.

A MESSAGE FROM THE PRINCIPAL

Today is Remembrance Day, which falls on the 11th hour on the 11th day of the 11th month. A minute’s silence is observed and dedicated to those soldiers who died fighting to protect the nation. Today we gathered together as a College community in the school gardens at 11.00am for a prayer service, reflection, minute’s silence and the playing of the Last Post. We remember in faith all who have served and continue serving in our armed forces, especially those who have died and those wounded in battle.

We also remember at this time to pray for healing and peace; that one day, all people will lay down their arms and embrace one another as brothers and sisters in one human family. Lord our God, on this day of remembrance, we entrust all our prayers and needs to Your infinite mercy. Help us to become ever more mindful of the bonds that unite us as a human family despite our differences. Heal our inner wounds and outward divisions, that one day our world might live in Your true and lasting peace.

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:

- Year 9 Camps  
- Year 9 Make a Difference (MAD) Program  
- Arts and Technology Week and Exhibition  
- Year 8 SACCSS Premier League  
- Year 9 DEAL  
- Halogen Leaders Conference  
- Year 9 Music recording Studio Experience  
- #polishedman Campaign  
- Run Club  
- Breakfast Club  
- Math 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.

Jamie Madigan
Principal
FROM THE DEPUTY PRINCIPAL

On Friday 18 November our Japanese student visitors from Toyo High School will leave us to return home. This year we have had 5 students (Mina Izutani, Momo Watanabe, Nina Oguri, Ami Ito, Yui Okuaki) join our Year 9 classes for a 12 week ‘experience’ in an Australian school. It was also an opportunity for them to stay with an Australian host family and to visit the many sites and places that Victoria has to offer. To their credit the girls have immersed themselves in all the activities, excursions and classroom tasks that have been presented to them and they have made wonderful friends along the way.

This program is organized by AIIU (Australian Institute of International Understanding) that was founded in 1987. AIIU is a not-for-profit (NFP) company, which means every cent of the program’s fees are used for the student’s benefit. For 28 years AIIU has specialised in student exchange programs between Japan and Australia, helping Japanese and Australian students expand their horizons, learn a new language, experience a new culture and make international friends.

I thank the girls for the outstanding way in which they have ‘fitted in’ and for being great ambassadors of their school and country.

On our community’s behalf I wish them well in their future and a happy and safe trip home!

Thanking you for your continued support.

Sheena Wright
Deputy Principal

FROM THE MISSION & FAITH LEADER

Our annual food drive in support of the Asylum Seeker Resource Centre is on again, being jointly conducted by our Liturgy and Social Justice Captains and a group of Year 9 students as part of their Make A Difference (MAD) project. They have aptly named it the Compassion Drive and we are currently seeking donations of food stuffs including healthy breakfast cereals, dried fruit, nuts & seeds, long life milk, healthy snack foods, tomato paste, tinned fish, tinned tomato, corn and peas, tinned beans and lentils (without sauce), green tea, spices and honey. Other required items include dishwashing detergent, shaving items, shampoo and washing powder.

In support of the drive, students will be introduced to the stories of various refugees and asylum seekers through film clips in morning Homeroom. Many of those profiles have gone on to become notable figures including Heiu Van Le (Governor of South Australia), Munjed Al Muderis (surgeon), Yusra Mardini (Olympian) and Ahn Do (artist and comedian).

As we engage in this drive, it is worthy to note that the Australian Catholic Bishop’s Conference has released a statement in support of the “Bring The Here” campaign, encouraging our government to bring Nauru and Manus Island detainees to Australia. I invite you to read the statement which can be found at www.catholic.org.au under the media releases section.

Our Year 10 students this week celebrated their final Year Level Mass. Fr John Tollan spoke of how mercy and compassion are two great gifts that our Year 10s can take with them into life beyond Catholic Regional College Caroline Springs, and show themselves as followers of Christ. A small presentation was made to Fr John by our World Youth Day participants, thanking him for the work he has done for our College over the years. We wish him well with his new ministry he will take up in New Zealand at the end of the year.

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

As we fast approach the exam period for our Year 9s and 10s, we are also winding up the year’s work at Years 7 and 8, which means a stronger academic demand on all students across the community. It’s a good thing that students have been given this opportunity to experience the pressure that this time of year brings to young people across the country – most teenagers and a number of young adults are all working hard academically via assessment tasks, tests and exams.

This time of year requires our young people to demonstrate GRIT – the capacity to persevere through the hard yards to achieve the end goal. Grit is defined as “perseverance and passion for long term goals” by Dr. Angela Duckworth, Professor of Psychology at University of Pennsylvania. “Duckworth has found that grit – a combination of passion and perseverance for a singularly important goal – is the hallmark of high achievers in every domain. She’s also found scientific evidence that grit can grow.”

Duckworth offers some good advice on how to develop and grow grit. These include:

1. Pursue what interests you.
   Find out what you are passionate about and dive deep into it. In your lessons at school find something that you connect with and learn more about it. Give yourself the opportunity to become an expert at something. Find someone who is equally passionate about it and join forces.

2. Practice, Practice, Practice.
   You need to work hard to develop the skills needed to succeed. If you make a mistake – try again, keep going, try something different. Mistakes aren’t failures – they are normal and necessary. You need to reframe how you see mistakes and take the positive view that these are opportunities to learn and grow. Persistance and perseverance are key.

3. Find a Purpose.
   The difference between hard work and true grit is finding meaning in what you are doing. As you prepare for your exams, as you finish your assessment task, find a reason to do it. Just thinking, ‘What can I do in small ways that would make this more meaningful?’ can help,” said Duckworth.

4. Have Hope.
   Having hope is actively believing that things will get done or better or improve because YOU will do it, make it better or improve it. Research is clear that people without hope give up earlier, act like they are helpless and avoid difficult things. Having hope creates the opposite in people, it creates stamina, independence and encourages healthy risk-taking.

5. Find other ‘gritty’ people.
   There’s an old saying that birds of a feather stick together and another that states that people that sleep with dogs catch fleas. The notion behind this is that if you hang around other people who exercise grit then it will rub off on you, thus making it easier for you to stick it out and achieve your goal.

So, what does this all add up to – happiness. Duckworth conducted research into this and discovered that she “found that the grittier a person is, the more likely they’ll enjoy a healthy emotional life”. A person of grit works hard, aims high and enjoys new challenges every day. The secret is to never give up – don’t give up on the task at hand, don’t give up on studying for those exams and, most importantly, don’t give up on yourself and what you are called to be.

PS. At the end of this newsletter you will find a factsheet from headspace and the Department of Education on ways students can take care of themselves during exams. There is also an infographic that will help you understand the concept of GRIT better. Please take the time to read this with your child.

Sources:
http://theweek.com/articles/624204/5-researchbacked-ways-increase-grit
http://angeladuckworth.com/

Ivanka Spiteri
Student Wellbeing Team Leader
Headstart Week 2017

From Monday the 5th December to Thursday 8th of December we are running Headstart Week for all Year 9 students.

The Headstart Week program is aimed at our Year 9 students going into Year 10 next year, where students begin the following year’s academic program in the last week of Year 9, thereby giving them an academic headstart.

Year 9 students will be in their 2017 homeroom and classes from the Monday and will experience a block of classes for each of their 2017 subjects. The lessons will be planned to introduce the 2017 course and get students ready for the learning that will happen at the start of next year.

Students will be required to complete some holiday homework or reading over the summer break for their subjects to ensure they are well prepared for the year ahead.

Students will have the opportunity at the end of the week to submit a Subject Reselection Form if they wish to reselect for 2017. These requests will be accommodated where possible.

The Headstart Week is compulsory attendance for all students and will contribute to the attendance record for the 2016 academic year.

Students will be notified of their classes and timetable for the Headstart Week a week prior.

Resource List Distribution

In a fortnight, students will receive their Resource Lists for 2017. For those who have already purchased their English texts from the Early English list, please remember to not reorder these from the main list. The books and stationery orders from these lists will be ready for pick-up at the College in the new year. Please see important dates below.

Booklist Return Date: Thursday 1st December 2016

Book Distribution Date: Thursday 19th January 2017

Distribution Time and Place: 9:00am - 3:30pm in College Library
- Surnames A-G 9:00am -11:00am
- Surnames H-M 11:00am -1:00pm
- Surnames N-Z 1:00pm -3:00pm
- ALL 3:00pm -3:30pm

2017 VCAL Parent and Student Conversation Evening

On Wednesday 23rd November we are holding the 2017 VCAL Parent and Student Conversation Evening for all prospective 2017 Foundation VCAL students. A letter has gone home with all students who are entering into the VCAL program for next year with further details about the evening. We look forward to meeting with parents to discuss arrangements for this new and exciting program.

Lisa Barnard
Learning and Teaching Team Leader
**2017 Macbook Program**
A friendly reminder that the 2017 Macbook Program payment of $440.00 per child is due in full by Friday 25 November 2016. Payments can be made at Front Reception via cash, cheque or EFT or over the phone via credit card.

Deborah Gee
Finance Manager

Melissa Sterritt
EA Principal/Finance Assistant

**Year 8 Premier League**

Premier League 27/10/2016
Home Game Vs Emmanuel College

**Boys Cricket:** Won CRCCS – 5/155 From 20 overs, EMC 9/83 from 20 overs
**Boys Basketball:** Lost 25 - 40
**Girls Basketball:** Lost 25 - 46
**Girls Netball:** Won 30 - 22
**Boys Soccer:** Lost 0 - 7
**Girls Soccer:** Won 3 - 0
**Boys Volleyball:** Won 3 - 1
**Girls Volleyball:** Lost 0 - 3

Premier League 03/11/2016
Semi-Finals

**Girls Soccer:** CRCCS 1 Def by Penola 2
**Boys Cricket:** CRCCS 3/108 from 15.1 overs Defeated Penola 7/107 from 20 overs

Rannoch Wilkinson
Sports Leader

**Halogen Young Leaders Conference**

On Monday 7 November the Year 7 and 9 Year Level Leaders attended the Halogen Young Leaders Conference at that you can achieve anything as a leader if you set your mind to it. Students were able to listen to several guest speakers about their leadership journey, and the challenges they have faced, and overcome along the way. Some of the guest speakers included: Alex Malley (CEO of CPA); Kate Austin (Founder of Pinchapoo); Bianca Chatfield (Former Australian Netball Captain); and Melissa Doyle (TV Presenter and Journalist). Students were also given the opportunity to ask questions of the speakers, on stage, or during the recess and lunch breaks. Aside from hearing the inspiring stories of some of the guest speakers, one of the highlights of the day for the students was the opportunity to meet both Melissa Doyle and MC for the day, Scott Tweedy.

Brendan Jackson
College Community Engagement Leader
THE #POLISHEDMAN CAMPAIGN

On Friday 4 November, three students from Year 10 helped organise and facilitate the #polishedman Campaign. The #polishedman campaign is an initiative run by a non-for-profit organisation called Y-GAP (Y-Generation Against Poverty). Y-GAP’s CEO, Elliott Costello, is a former elite amateur footballer and through his father, Reverend Tim Costello, was heavily involved in helping the less fortunate and disadvantaged in his teenage years. Elliott and his brother Martin started Y-GAP and have helped thousands of underprivileged children across the world. The intention behind the #polishedman campaign is to paint one fingernail on one hand to signify that one in five children across the world experience violence (physical, sexual etc.) before the age of eighteen. Students across Years 7-10 were encouraged to get their nail painted and then take a selfie of themselves showing their painted nail and post that on social media with the #polishedman. I would like to thank Brittany Agius, Shanna Calleja and Amelia Sultana for running an amazing day and spreading the word of a great initiative.

Adam Ray
Year 10 Pathways Teacher

YEAR 9 BEACH CAMP

Year 9 Beach Camp in 2016 was held at Araluen Lutheran Camp in Anglesea. Catholic Regional College Caroline Springs had the campsite all to ourselves for the duration of the stay. Anglesea was a place I knew rather well so I was familiar with the environment, and the coastal town feel made me feel right at home. Participating in the numerous beach activities on offer to us, including surfing, body boarding, sea kayaking and stand up paddle boarding or sitting back at the campsite with mates, playing pool or relaxing, ensured there was always something to do, or to try to achieve on the camp. The biggest challenge for me was to not fall in either the Anglesea River or the sea, but falling or hitting a wave was just half the fun. I learnt more about the history of the coastal town of Anglesea and the campsite we were staying at. An interesting fact was about the river; the low ph level at the time of our camp caused by rainfall and other environmental factors made it acidic (can cause skin irritation) and a very light blue that looked stunning on camera. Throughout the days of Wednesday and Thursday the weather was very comfortable, ranging from 17 to around 22 degrees and the water conditions were superb for the activities we were doing.

Lachlan Borg
9 Marin- Kurrang
YEAR 9 HORSE RIDING CAMP

Self
Throughout Camp I enjoyed a number of things: the people who I got to spend time with; getting to know everyone; Dougal the dog; Sherri the Milo Maker; Kay who cooked; and the beautiful horses and scenery. During the duration of the Camp there were also things I didn’t enjoy, which included the extremely cold temperatures of the first night, and when my horse Jimmy jumped over a fallen log and I slipped sideways on the saddle. There were many challenges I faced on Camp, but most of all I challenged myself by getting on the horse and trying my best to ride despite my lack of experience. I also challenged myself by going on the afternoon trail ride despite being very tired. I believe I was definitely prepared and organised; I brought the perfect amount of clothes, jackets, shoes etc. From this experience I can take away the amazing Milo recipe that Sherri taught us.

Others
From Camp I have learnt that each person has very interesting things about them - they are all unique and individual. During Camp I became good friends with Charlotte Azzopardi. I didn’t know her very well before the Camp; however we pretty much spent the entire camp together so I got to know her pretty well. When I was challenged, Stephanie the instructor helped me with Jimmy my horse, as he was kicking the other horses. This was really helpful as I have no idea how to control a horse so some assistance was great. On Camp I also helped out Charlotte by being a friend towards her because not many of her close friends came to Camp. As well as helping her with her extremely stubborn horse, Bruce.

Environment
The physical environment of Stockyard Creek, Howqua Hills was in the middle of nowhere, you were surrounded by hundreds of kilometres of bush land and hills. The place we stayed in was a little valley with a small old 18th century flat on it. There were a couple of buildings that looked as old as the valley itself, that were the stables. There were oak trees and a pretty stream that ran down the side of the property and met up with the raging torrents of the Howqua River. Overall, the place was pretty homey and it reminded me of my grandparent’s home and farm in the Central Victorian bush.

There was no electricity or water at the site so the water was from the local receiver and the electricity was provided by a generator at night (with none during the day). This made living in the area lot easier as you didn’t have to worry about lights being on and off. There was no reception (or phones) so you got to interact with people and the environment more by spending time with the animals, the horses, watching the stars (that you could actually see) at night, and having a campfire.

I learnt that the environment gives you indications of time, place and space in its own way. It was rare that you checked a watch to see the time on a trail ride, you merely looked around and saw how far you were from the homestead - and when you got back - you got back and it’s not like you could do it any faster or slower, so why try? I learnt that the more you pay attention to the environment the more it gives back to you. The longer you looked at the night sky - the more stars you saw, the longer you watched the kookaburras and magpies - the more you would find, and the longer you spent with your horse - the more it listened to you and rode safely with you.

I would most definitely visit the Howqua Hills again as it was so beautiful. The serene quietness of the place, and the way the nature was so calming was really relaxing and exactly what everyone needed before exams. I would go to this place again with some friends who I have already been with to explore a bit more - and I would love to take my family so they could learn about the place like I did.

Caitlyn Cefai
9 Barak
YEAR 9 BUSHWALKING CAMP

Self
On Bushwalking Camp I enjoyed hanging around my friends as well as making new friends too. I also liked when we created a fire and roasted marshmallows because it was a good bonding experience. The thing I did not enjoy was the hike. This is because the uphill parts of the 18km walk were very difficult to do, especially with our backpacks on. Another thing that I didn’t enjoy was how we needed to carry our heavy backpacks around for the whole camp. I challenged myself on Camp when doing the 18km walk because I had never done a hike this long, and what made it even more challenging was how we needed to carry our massive backpacks everywhere with us that had our food, water, clothes and other items. I think that I was pretty organised. This is because I kept my backpack neat and everything in place so that it was easier to access what I needed quickly.

I was probably most nervous about the hike that we did. These nerves were well founded because the walk we did was very difficult and challenging for me since I had never done anything like it before. I was also very nervous about carrying my pack around because I thought it would tire me out. I was correct because in the end I was very tired and my back hurt.

From this Camp experience I can take away how to make friends, as well as how to set up a tent and pack it up. Another experience that may be useful was the walk that we went on because it can prepare us for walking around a lot.

Others
On Camp I learnt how to set up the tent through others. This is because Tiana and I were both away when we were learning about tents in Sport so we didn’t know how to set it up. So, we asked other people that we don’t normally talk to so that we could learn how to do it. My relationship with my friend was strengthened because we were together for the whole trip and were forced to do stuff together that we may not have done.

When we were on the hike, Tiana and I were struggling towards the end. But we both supported each other and didn’t stop because we knew we needed to keep going. By supporting each other and not stopping/slowing the other person down, we helped each other to finish. I helped someone else because when other people were cooking, they didn’t know how to use the cooking equipment we were given. So, Tiana and I went around to everyone asking if they needed help with their cooking.

Environment
The weather at Lake Aire and Bimbi Park on the first day was raining and cold. Then on the second day, it was a clear day that was pretty sunny. On the last day, the weather was similar to the first day. Sleeping was very uncomfortable for both nights, especially the second night where our covers flew off due to wind and then it was raining all night. It was also pitch black so we couldn’t see what we were doing.

On Camp I interacted with the environment by hiking. This is because by walking around so much and being in such different parts of the area (like beach, grass, sand, hills etc) we got to interact and see such different parts of the environment. Another way I interacted with the environment was by going to the waterfall and drinking the water. I learnt about how in such a small area there can be various things and places to explore. By this I mean how there can be a beach, waterfall, hills/mountains and more in around the same area.

I would like to visit the area again. This is because the view was nice to look at and the weather was pretty good. But, if I was to go back, I would not go to camp or hike but instead just for a day or to relax.

Camille Anderson
9 Marin- Kurrang
On Monday the 7 November, the Year 9 Music students had the opportunity to experience what it would be like to be at a recording studio. We drove all the way to Geelong to a school named Oxygen College and this is where we did all of our recordings. For the majority of the students, it was a first experience and so seeing all of the different elements that contribute to recording a song was very interesting. As seen with famous recording artists who are singers, there were headphones and a microphone in a completely soundproof booth and we could communicate with the sound engineer from the booth. We learned that there was more to recording a song than just playing or singing it once. It is most of the time necessary to go back and re-record some portions of the song. Going from a school Music room to a well-established recording studio was a drastic change but a truly amazing experience.

**Emmanuel Soriano**  
9 Barak

Going to the recording studio was an amazing, great and fun experience. As we arrived at the recording studio by the name of Oxygen College, there was a variety of different interests all around things such as instruments, particular microphones, foam sound absorption sponges attached to the wall, not allowing sound to echo one bit. As we walked down to the next studio our class recorded either a duet performance or a solo performance that was captured and we could keep it for ourselves. Something that I learnt was that you have to wear headphones whilst recording as you can hear yourself as well as the sounding engineer working in order to make sure the song/instrument you are singing or playing sounds one hundred percent before you complete your performance. I also learnt why there are the foam sound absorption sponges attached to the wall, which was quite interesting, and astounding. After all, my day was great as we all shared many laughs with each other and enjoyed each others amazing and beautiful talent.

**Giustina Sant**  
9 Marin–Kurrang
### 2016 SEMESTER 2
### EXAM TIMETABLE YEAR 9

<table>
<thead>
<tr>
<th>Day</th>
<th>Class Location</th>
<th>Period 1&amp;2 9.00-10.40</th>
<th>RECESS</th>
<th>Period 3&amp;4 11.05-12.45</th>
<th>LUNCH</th>
<th>Period 5&amp;6 1.35-3.15</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 28th Nov</td>
<td>Normal Homeroom</td>
<td>ENGLISH (1.5 hours)</td>
<td>Normal classes (P3 &amp; 4)</td>
<td>HEALTH &amp; PE (1.5 hours)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tues 29th Nov</td>
<td>Normal Homeroom</td>
<td>SCIENCE (1.5 hours)</td>
<td>Normal classes (DEAL)</td>
<td>Normal classes (DEAL)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wed 30th Nov</td>
<td>Normal Homeroom</td>
<td>HUMANITIES (1.5 hours)</td>
<td>MATHEMATICS (1.5 hours)</td>
<td>Normal classes (P5 &amp; 6)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

NB: in addition to the 1.5 hours writing time, each exam will have 10 mins reading time prior to commencement of writing.

### 2016 SEMESTER 2
### EXAM TIMETABLE YEAR 10 – Year 8 Building

<table>
<thead>
<tr>
<th>Time</th>
<th>8.40 – 8.50</th>
<th>8.50-10.40</th>
<th>10.40am-11.05am</th>
<th>11.15am-1.30pm</th>
<th>1.25-3.15</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 28th Nov</td>
<td>Students to be at school. Gather under shade cloth outside hall.</td>
<td>Humanities (1.5 hours)</td>
<td>BREAK</td>
<td>Mathematics (2 hours)</td>
<td>Students Not Required at school</td>
</tr>
<tr>
<td>Tues 29th Nov</td>
<td>Students to be at school. Gather under shade cloth outside hall.</td>
<td>Science (1.5 hours)</td>
<td>BREAK</td>
<td>English (2 hours)</td>
<td>Students Not Required at school</td>
</tr>
<tr>
<td>Wed 30th Nov</td>
<td>Students to be at school. Gather under shade cloth outside hall.</td>
<td>Advanced Health &amp; PE (ARA) Behavioral Science (LBA) Drama (KFR) Visual Comm. &amp; Design AA (DRO) Art (CST) (Exam 1.5 hours)</td>
<td>All students to attend normal elective classes</td>
<td>Behavioural Science (EMH) Food Technology (OPI) LOTE (BCO) Media (MON) Economics (AAP) Visual Comm. &amp; Design BB (DRO) (Exam 1.5 hours)</td>
<td></td>
</tr>
<tr>
<td>Thurs 1st Dec</td>
<td>Students to be at school. Gather under shade cloth outside hall.</td>
<td>Religious Education (1.5 hours)</td>
<td>BREAK</td>
<td>Health &amp; PE (1.5 hours)</td>
<td>Students to meet in HR’s then take Macbooks, Chargers and Bags to Library. Year 10 End of Year Homeroom gathering</td>
</tr>
</tbody>
</table>

NB: in addition to the writing time stated, each exam will have 10 mins reading time prior to commencement of writing.
21 October 2016

Dear Year 9 Parent,

RE: ENROLMENT INFORMATION EVENING – YR 11 2018 followed by INFORMATION SESSION – VCE AND VET CLASSES 2017

I write to remind you of the upcoming Information Evening for all Yr 11 – 2018 students (current Year 9 students).

In order to provide you and your family with information on how to enrol and to explain the enrolment process, an information evening will be held at Catholic Regional College Sydenham on Monday 28 November. Attendance at this evening is required to receive the enrolment information before release to non Catholic Regional College families.

Enrolments open for the 2018 academic year on Monday 5 December 2016 and relevant information on how to enrol will be handed out on the night following a short information session. Enrolments will close on Monday 13 February 2017; parents should lodge the required documentation with the $215 enrolment fee by this date to ensure a position at this College.

This will be the largest enrolment of Year 11 students in our 35 year history and places will be at a premium. The College currently has a waiting list and will open enrolments for Year 11 2018 to those families not currently enrolled at a Catholic Regional College on Tuesday 14 February 2017, giving you and your family the first opportunity to take up a place at this school. A place cannot be guaranteed for your child if you have not enrolled by 13 February 2017.

Location:

Tours of the College

Information Session for all families

Catholic Regional College Sydenham
380 Sydenham Road
SYDENHAM 3037

Multipurpose Hall

6.15, 6.30 and 6.45pm from the front of the College

7.00pm
Following the enrolment information session, a second information session will be held for those current Year 9 students who have elected to study a subject at Catholic Regional College as a part of their Year 10 course in 2017. This information session will cover the requirements of VCE and VET studies for:

**VCE PROGRAMS – ACU PATHWAY**
- Psychology Units 1 and 2
- Physical Education Units 1 and 2
- Health & Human Development Units 1 and 2
- Business Management Units 1 and 2

These programs are part of the Student Acceleration and Enrichment Program that the College operates in partnership with Australian Catholic University. After successful completion of the Unit 3 and 4 sequences of these subjects in Year 11, students are able to study university units in Year 12 in the following fields: Education, Sports Science, Health Science and Business Law.

**VET PROGRAMS**
- Dance
- Furnishing
- Media
- Applied Fashion
- Beauty
- Business
- Community Services
- Hospitality
- Horticulture
- Information Digital Media and Technology
- Laboratory Skills
- Music Industry Skills – Performance
- Music Industry Skills - Technical Production
- Picture Framing
- Retail Baking
- Signage
- Sport and Recreation

Students undertaking one of these courses in 2017 at Catholic Regional College Sydenham are required to attend this information session. This session will run from 7.45pm – 8.30pm and will include an opportunity to meet the Teacher/Trainer in each course to discuss specific course requirements.

I look forward to meeting you and welcoming you to the senior campus of Catholic Regional College.

Yours faithfully,

[Signature]

Jeff Mulcahy
Acting Principal
ROAD TRAUMA GRIEF AND LOSS SUPPORT / INFORMATION EVENING - FREE EVENT

THURSDAY 1ST DECEMBER
WYNDHAM CITY COUNCIL FUNCTION ROOMS.
REGISTRATION at 6.45 PM
CONCLUDE AT 9PM.

We have engaged Dr. Michael Carr Gregg, who is one of Australia’s highest profile psychologists as our expert presenter to work with the adults attending. He is the resident parenting expert on Channel 7’s Sunrise as well as psychologist for the Morning Show with Neil Mitchell on Radio 3AW. He is married with two children and is a Special Patron of the Hawthorn Football Club.

The needs of grieving teens can be impacted by any number of things including but not limited to, their unique relationship with the individual, how the individual died, their support system, past experiences with death, and their own unique strengths and weaknesses when it comes to dealing with stress, adversity, and high emotion. This is why we have engaged Youth Facilitator Viv McWaters who will work with the youth cohort using appropriate interactive activities. Viv is very innovative when working with groups, and organisations as she will disrupt patterns of thinking and acting whilst exploring serious issues playfully. The participants will not be subjected to a 'talk at' experience as Viv will work with them to validate what they feel.

CONTACT – 0412 707 623 OR facebook.com/roadtraumafamiliesvictoria

How long will I feel like this?

Am I doing and saying the right things to my teenager whose best friend died in a road crash?

Many parents worry that grieving can have a negative impact on their teen’s future mental health.

OUR LIVES WILL NEVER, EVER BE THE SAME.
**LOOKING AFTER YOURSELF**

**ASK**
Notice how you feel. If you or someone you know are feeling low or stressed take action. Ask for help. Don’t go it alone. Talking things over can help.

**BREATHE**
When you’re feeling low or stressed it can also help to look after yourself. Feelings come in waves, learning to notice and let them pass using breathing techniques can help.

**CONNECT**
To improve wellbeing stay connected. Stay involved with things that are meaningful for you; family, friends, school, sport and other activities.

**STRATEGIES for STUDENTS**

**EXERCISE YOU MOOD**
Physical exercise is good for our mental health and for our brains. When you’re feeling down the last thing you might feel like doing is exercising but studies have suggested that any activity, from walking around the block in your cycling overall contribute to improving the symptoms of depression and anxiety and can improve feelings of stress.

**POSITIVE SELF TALK**
There are many different relaxation techniques you can use to manage stress. When you feel like everything is getting too much, remind yourself of your strengths,  narrow down your focus and set realistic goals for yourself. This can be very helpful to make your stress less before an exam.

**USE RELAXATION TECHNIQUES TO MANAGE STRESS**
There are many different relaxation techniques you can use to manage stress. Try to find ways to relax your body and your senses can be very helpful in preparing you for a big exam or test.

**EATING**
Some studies suggest that what you eat affect your mood. A good balanced diet will make sure you have all the essential nutrients needed for your brain to function well, helping to keep you both physically and mentally healthy. You might have noticed that your mood can affect your appetite and food intake. Sometimes a healthy diet is easier to find and engage in stress can be a big part of your diet every time you feel less likely to be eaten.

**GET SOME SLEEP**
A good quality sleep is vital for our mental and emotional wellbeing. Sleep deprivation can increase negative thinking and reduce our stress levels. Try to maintain a regular sleep and wake schedule. Use the bedroom for its main purposes and avoid using distracting devices such as a television or a computer while you are in bed.

**HELP SEEKING**
A problem can sometimes be too hard to solve alone — or with friends and family — so it’s important to ask professional help. You can use your family doctor, psychologist, nurse, occupational therapist, psychologist, social worker or counselor. Ask what you could talk to a counselor, the student welfare Coordinator or school counselor who can provide advice and support. If you talk to a friend or family member about your problems it might feel scary at the start but it gets easier over time.

**TAKE TIME TO STUDY**
The exam period can be particularly stressful but taking time to make sure you get the most from your study can help reduce your stress and anxiety. To reduce exam pressure, think about doing things for fun to have a good balance between social life and study times. Prioritize exams and other academic study activities and do some exam practice papers. Reduce stress and stick to a study schedule.

**AVOID ALCOHOL, DRUGS**
Some people make the mistake of thinking that taking drugs can help them, but in reality, it can cause more harm than good. Drugs, including alcohol, can influence your judgment, decision-making, behavior, and your overall health. Remember, just like any other addiction, it can lead to negative consequences and can be difficult to overcome.

If you are in need of help, visit [headspace.org.au](http://headspace.org.au)
Log on to [headspace.org.au](http://headspace.org.au) for online support and counseling.
The Importance of GRIT

According to the U.S. Department of Education, it’s one of the key skills U.S. students need to develop in order to succeed in the 21st century.

WHAT IS “GRIT”?
The US Department of Education defines grit as having the following elements:

- The perseverance to accomplish goals in the face of challenges and setbacks
- Academic mindsets that provide the cognitive resources to support perseverance
- Strategies and tactics that allow an individual to assess the situation and apply the right tools to improve that situation
- Effortful control in the form of the willpower to look beyond short-term concerns to work toward long-term goals

WHY DO YOU NEED IT?
Grit may provide an edge for workers who want to succeed in an increasingly volatile employment picture.

AS OF JULY 31, 2013
The national unemployment rate had been above 7% for 56 straight months
... the second longest stretch in 50 years
(Bureau of Labor Statistics, 2013)

There were 11.8 million unemployed in the US—a population greater than America’s 3rd largest city

NEW YORK: 18.9 MILLION
LOS ANGELES: 12.8 MILLION
CHICAGO: 9.5 MILLION

Unemployment for Americans lasts an average of 36 weeks
NOT EVERYONE CAN BE A WINNER

According to the Bureau of Labor Statistics:

Some occupations are expected to gain jobs:
- Registered Nurse: +711,900
- Retail Salesperson: +706,600
- Home Health Aide: +706,500

Some occupations are expected to lose jobs:
- Farmer: -96,100
- Mail Sorter/Processor: -88,900
- Sewing Machine Operator: -42,100

(2010 – 2020 projected change in job numbers)

HIGH WAGE EARNERS

have seen their incomes grow faster than inflation

LOW WAGE EARNERS

have seen their income growth fall behind inflation

WAGE GROWTH AND INFLATION OVER PAST 10 YEARS

Bottom 25th percentile of earners: 20.99%
Top 25th percentile of earners: 29.67%

(RLS, Occupational Employment Statistics and Consumer Price Index)

GRIT CAN MAKE THE DIFFERENCE

EDUCATION

The number of U.S. degree holders has more than doubled in 10 years, and grit might provide an edge over the competition.

<table>
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<th>2002</th>
<th>2013</th>
<th>Increase</th>
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<tr>
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<td>1.21</td>
<td>2.18</td>
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(US Census Bureau, 2002 and 2012)
The ability to adapt and meet ever-evolving challenges may be more important than a specific body of knowledge.

A National Research Council paper suggested that 21st century competencies should be clustered in 3 areas:

- **Cognitive Competencies**: Intellect, knowledge, and creativity.
- **Interpersonal Competencies**: People skills such as self-confidence, teamwork, and leadership.
- **Intrapersonal Competencies**: Inner resources such as open-mindedness and determination.

HOW CAN YOU GET GRIT?

Try these activities to develop your 21st century survival skills:

- Volunteer to help people in difficulty
- Take courses outside of your major
- Participate in a sport
- Focus on goal-setting
- Dedicate time regularly to work on long-term projects
- Embrace new technology

**Sources**


Employment Tables, U.S. Census Bureau, 2012, census.gov/compendia/statab/2012/tables/12s0080.pdf

Unemployed Persons by Duration of Unemployment, BLS, September 2015, bls.gov/news.release/empinf.t116.htm

Consumer Price Index, BLS, 2015, bls.gov/cpi/

9th Dec | Melton Blue Light

THE GAP
5 Graham Street, Melton

6-8PM (7 to 12 years) | Cost: $5

No pass outs | No back packs

Contact: AVSGT Steve Turner | stephen.turner@police.vic.gov.au or ValTurner57@bigpond.com

Children to be dropped off & collected by parent/guardian

Food available for purchase at reasonable prices

Melton Blue Light Disco
Ask your parents to like the page if you are under 13

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Melton Council
Lions Club of Melton
Ajays Pizza

Prizes for Best Dressed Xmas Theme

WWW.BLUELIGHT.ORG.AU