**Issue No.3 - Friday 11 March 2016**

Psalm 118:19-21

19 Open to me the gates of righteousness, that I may enter through them and give thanks to the L ORD.

20 This is the gate of the L ORD; the righteous shall enter through it.

21 I thank You that You have answered me and have become my salvation.

Amen

**A MESSAGE FROM OUR PRINCIPAL**

Dear Parents and Students

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. There has been the Year 10 Immersion Day, Year 7 Mass, House Swimming Carnival, musical auditions and various Year Level assemblies. 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.

**Lent in the school community:**

Lent is a time to renew and restore our relationship with Christ. In what ways can this be enabled and supported in the school community?

The following is part of an extract from Mr. Joe Doolan who writes for Catholic Education Melbourne.

Each gospel concerns an encounter with Christ that challenged people to open themselves to God, to faith, to truth, to life. Catholic schools provide opportunities for such encounters throughout the year, but Lent demands a special effort. These opportunities might include:

- providing regular prayer and meditation sessions (daily or weekly, for individuals and groups)
- reflecting on the Lenten readings
- using images of the face of Christ for prayer and meditation
- ensuring every classroom, gathering space and public space contains an image or symbol that is not only a reminder of Catholic identity but an invitation to be open to Christ’s presence
- encouraging participation in Project Compassion, not just in donating or raising money but in opening our eyes to the suffering around us and making a compassionate response.
Lent is a chance to encounter Jesus, to remember again His invitation to chat, to come and see who He really is. It is a rich season for schools to look into the face of Jesus, not merely in our churches and classrooms with crucifixes and other images. Every encounter we have with a student, colleague or staff member can lead to a more profound realisation about our lives in Christ.

**HOUSE SWIMMING CARNIVAL 2016**

The **House Swimming Carnival** was held at Oak Park Pool last **Friday 4 March**. We were blessed with a beautiful sunny and warm day, which made for a great atmosphere for the day. The carnival is another event at the College that encourages school spirit and a sense of belonging. Congratulations to all students who participated so actively. This year, students who swam in an event were given a wristband to ride the giant water slide. This proved to be a very popular initiative and students really enjoyed the opportunity to cool off by weaving their way down the water slide. Students also represented their House in numerous novelty events including water polo, volleyball, skipping and other fun activities. Thank you to the College Sports Leader Rannoch Wilkinson and all of the staff who were involved in the planning and preparation for this event, as well as all staff on the day who supervised and volunteered to run so many great events. The results of the Swimming Carnival will be published in the next edition of the newsletter. The Carnival also served as a great preparation for the **SACCSS Swimming Carnival**, which will be held on **22 March**. I wish our SACCSS swimming team all the very best for this competition.
10th Anniversary Celebration

Planning is currently underway to commemorate our official 10th Anniversary Celebrations, where as a community we will remember and celebrate the foundation of Catholic Regional College Caroline Springs College in 2007. The College commenced with 82 students on a very barren, windy and open site on College Road. Ten years later we now occupy landscaped grounds with modern buildings and facilities to serve a student population of close to 757. Our 10th Anniversary celebrations will be outlined in further detail early in Term 2.

Student Free Day Tuesday 15 March

A reminder that Tuesday 15 March is a student free day as staff are participating in professional learning activities in the morning, followed by the annual CRC Federation Intercampus Mass and Guest speaker to be held at Catholic Regional College North Keilor.

In this Year of Mercy we are delighted to have Sr. Sylvia Williams as the guest speaker. Sr. Sylvia was the founding Principal at CRC St. Albans and is a Sister of Mercy, an order founded by Catherine McAuley in Ireland.

Community Conversation Evening

I would like to thank all of the parents who have already signed up for the Catholic Regional College Caroline Springs ‘Family School Partnerships - Community Conversation’ evening to be held at the College on Tuesday 22 March at 7.00pm. These evenings are extremely important in breaking down any barriers that may impede parents and schools building positive relationships based on mutual trust, respect and support.

A conversation between people is the starting point for improved understanding. Within the community of a school, such conversations occur between all members of that community, about any areas of common interest: the family, the child, learning, growing, the ways in which the school operates, the community, its priorities and hopes.

Community Conversations provide a process that extends and develops those informal moments, and builds and changes relationships within the community.

The process involves having intentional and inclusive conversations between members of the community, in which participants listen to each other, in order to understand and explore what is important to, and valued by, that community.

When parents and school staff work together to support learning, students:

• Earn higher grades and test scores
• Enrol in higher level programs
• Are promoted and earn credits
• Adapt well to school and attend regularly
• Have better social skills and behaviour
• Graduate and go on to higher education
(Mapp 2004)

Community Conversations aim to build strong, safe and trusting relationships within school communities, through changing the ways in which dialogue occurs between the school and its community.

Please RSVP to principal@crccs.catholic.edu.au or ring Melissa Sterritt on 9217 8000 by Thursday 17 March.
FROM THE DEPUTY PRINCIPAL

Year Level Assemblies

Last week saw the first of our Year Level Assemblies that are occurring for each year group each term this year. The objective for doing this is to allow the students to bond together as a cohesive group and to know, share and celebrate the various talents and successes that each group has.

Students in Years 7 and 8 assembled on Monday and Tuesday respectively in the Hall and were led by their highly capable Student Leaders:

**Year 7**
Phoebe Kay, Louise Salindong, Dijana Razumic and Sarah Wood.

**Year 8**
Alicia Azzopardi, Chloe Jensen, Danica Macababbad, Janine Agarano.

Throughout the assembly students were given information about various items such as the Swimming Carnival and Run Club, study skills, Camp and a new program called Academic Recall, for those students who do not complete homework and/or assessments. The assembly also included Mr Madigan congratulating them on how well they have started the year and encouraging them to continue to strive to be the best they can be especially when interacting with others.

A call out to students for musical items for the assemblies saw a number of students volunteer to entertain and display their wonderful talents. We were astounded at the amazing talent we have in Year 7 - Dijana Razumic who sang ‘Love Yourself’ and Monique Blazevic who sang ‘The Climb’ and Betel Cherinet who sang ‘Warrior’ in Year 8.

Thank you to all the students who participated in the assemblies including the students who volunteered to lead the groups in prayer. Your generosity and willingness to serve is truly appreciated and you certainly live out our motto ‘Live Fully Act Justly’.

After this marvelous start to the assemblies we are looking forward to the Year 9 and 10 assemblies, which will be held in two weeks time.

Student Absences

Following on from my last article about absences, parents are reminded of the legal requirement to send in a note of explanation for your child’s absence.

Last Friday on Swimming Carnival Day we had a number of students who were absent from the Swimming Carnival and still have not returned absent notes. Please assist us in fulfilling our legal requirement by providing a reason for all absences your child may have.

Thanking you for your continued support.

Sheena Wright
Deputy Principal
FROM THE STUDENT WELLBEING TEAM LEADER

This week half of our Year 7s have attended their first camp here at Catholic Regional College Caroline Springs. We have aimed to ensure our students have an opportunity to step outside of their comfort zone in a safe and supported manner and have had the opportunity to experience independence and team work, and to develop their resilience when it comes to challenge and adversity. In our next newsletter you will hear what our students have to say about their camp experience but for today, I would like to get you thinking about a core skill we are developing in our students through experiences like Camp - resilience.

Resilience is the capacity to “bounce back” when things get tough. We hear a lot about resilience and even have accredited evidence-based programs to support the explicit teaching of this skill to our students. The reason for this is because resilience is the number one support factor in the battle against mental illness in young people. One in four young people will experience a mental health challenge by the time they are in their early twenties and resilience is a skill that can and does make a difference. Most importantly it is a skill that can be learnt - and this is where we, parents and teachers, come in.

Michael Grose, in his Parenting Ideas website offers the following advice for parents to help build resilience:

From a resilience perspective parents need to coach kids through some of their more challenging moments and reviewing what they may have learned for next time. Avoid solving all their problems for them.

You can promote a lasting sense of resilience in your kids by:

Having a positive attitude yourself. Your attitude as a parent impacts on their ability to bounce back from some of the difficulties they face. Make sure you model a ‘you can do it’ attitude for your child when he meets some of life’s curve balls.

Look for teachable moments. Many kids’ learning opportunities are disguised as problems. Make the most of these opportunities so that kids can grow and learn from some of the challenges they face.

Make kids active participants in the family. Active participation in a family develops the self-help, problem-solving and independence skills of kids that are necessary for resilience.

Build kids coping skills. There are plenty of strategies you can pass on to kids to help them cope when life doesn’t go their way, including acceptance, getting away for awhile, and normalisation.

Promoting resilience in kids is not a single event but a continuous process that requires adults to be supportive and empathetic when things don’t go their way. It also requires you as a parent to have an understanding of resilience, so you have faith in yourself, and your child’s ability to cope.


Grose’s last paragraph is the key to the development of this skill - promoting resilience is not a one-off event, it is an ongoing process that requires all significant adults in a child’s life to model, talk about, expect and encourage. Together we can ensure that our students will grow this skill and will apply it to life when the going gets tough so that they can get going being the people they are called to be.

Ivanka Spiteri
Student Wellbeing Team Leader
This week we want to share with parents what has been happening in our Year Level Programs and we will hear from our College Captain Matthew Waring who is our Leader for the Academic Portfolio.

Lisa Barnard  
Learning and Teaching Team Leader

**Year 9 DEAL Shrine of Remembrance Immersion Day**

On **Tuesday 1 March**, the Year 9 students were given an opportunity to go to the **Shrine of Remembrance** for our topic in DEAL “**Kokoda and Resilience**”. This was an amazing opportunity to learn about the Shrine, ANZACs and to empathise with the soldiers during both WWI and WW2.

The first thing we did was visit the Shrine of Remembrance, where we took a tour around the Shrine. We found out that kids our age were fighting for our country in the war. Some of the students tried on the gear that the ANZACs had to wear during the war which gave us an insight into what they had to carry. The tour showed us an understanding of how tough the war was for young people like us; being away from friends and family would have been very hard. There were photos all around the Shrine which showed us the tough conditions that they had to live in. The tour of the Shrine of Remembrance was very informative and interesting. It was a good start to the day as we were able to really infer, empathise and take in all the information that we were given.

After the enlightening tour of the Shrine of Remembrance we were all given a chance to discover the Shrine from the external view. We were able to do a scavenger hunt to absorb and learn the history of the Shrine and the ANZACs. This was very interesting to learn and everyone was able to take something out of this scavenger hunt. As we were roaming around the Shrine, we saw the eternal flame which even in the strongest wind doesn't go out. The flame is a testament to the people who passed during World War 2. This was very relevant and significant to our topic in DEAL: “Kokoda and Resilience”

After a long day of learning the history of the Shrine of Remembrance, we soon got to sit down and have a rest. After having a lunch break we got to go under some trees with some nice shade. The whole Year 9 Level received a booklet which was to be completed. The booklet consisted of pictures that we had to interpret. They showed us what the soldiers were forced to endure during WW2 - things no one should be forced to go through. As a year level, we had to think of how that soldier was feeling, what would happen after the event and what made them get into that situation. All the Year 9’s got a lot of information that they can take from this day and what it really was like in the World War.
The ANZACs had it hard during both World Wars. Our ‘Kokoda and Resilience’ learning has really helped us understand what the true meaning of the ANZACs was and is. It was a remarkable day with lots of things to learn about such as the Shrine and the History of the ANZACs. All Year 9’s were able to take something away from this amazing day and were able to understand what these men and women went through.

By Trinity Morgan, Isabelle Owen and Mackensi Galea

Hello all,

My name is Matthew Waring and I am one of the College Captains for 2016 and as part of my role as College Captain I have been appointed the Student Academics Portfolio. The Academics Portfolio looks after organising and helping out at any academic based College events.

In the portfolio this year there are four Student Leaders from each year level. For Year 10 there is Lachlan Ross, Year 9, Tenique Borg; Year 8, Chloe Jensen; and in Year 7, Sarah Wood. These students and I will each work hard throughout the year to provide great opportunities for the students across all year levels to participate in academic events throughout 2016.

One of the first initiatives that we have started this term is the “Smarter Everyday Quiz,” which runs every Monday morning during Homeroom and consists of five general knowledge quiz questions. Each Homeroom is competing against each other to get the most answers correct, and at the end of each term the Homeroom with the most correct answers will receive a prize such as chocolates or donuts for the whole Homeroom. Each weekend a member of the Academics Portfolio puts together the quiz which involves gathering the questions, printing them out and distributing them amongst the Homerooms come Monday morning. The Smarter Everyday Quiz is an opportunity for students to test their knowledge on topics that they are not studying or looking at everyday during normal class, and it is a great way to learn something new every Monday morning.

During the ASPIRE Leadership Day on 15 February, I met with the Learning and Teaching Team. We discussed some ideas that they had during their previous meetings about ways we can improve learning for students across all year levels. We looked at the structure of how assessments are given out and marked as well as the process of exams, and how we can better prepare students for Year 11 and 12 exams. The Learning and Teaching Team will ask to see me throughout the year, as well as the other members of the Academics Portfolio, to give them a better understanding from a students perspective on some of their ideas of how they can improve the curriculum.

I look forward to the year ahead and making a valuable contribution to the future of our school. Thank you.

Matthew Waring
College Captain (Academic Leader)
Year 7 and 8 Skills Program

To support our Year 7 and 8 students academically, and to strengthen learning in literacy and numeracy across the curriculum, the College runs the Skills Program overseen by the Belinda Corbo and Costantina Stephanou and our Year 7 and 8 Year Level Team staff.

The Year 7 and 8 Skills Program is planned in response to student assessment data we collect through PAT testing, and we work as a team to analyse this data and implement a program aligned with the needs of our students in the year levels.

The Skills Program runs for four consecutive periods in a day once a fortnight, and is an opportunity for students to come together with their Year Level to engage in activities and lessons that look holistically at skills required across numerous subject areas.

Some examples of activities include personal learning goal setting, problem solving and logical thinking skills, using worded mathematics problems, literacy skill games and investigating students’ own learning styles, all whilst building teamwork skills and creative and effective communication skills.

Year 7 Skills Library Research

Year 7 Skills Zumba
FROM THE MISSION & FAITH LEADER

Fr Noel Brady celebrated our Year 7 Mass on Tuesday 8 March at St Catherine of Siena Parish Church. The theme of the Mass was “Welcome” – being welcomed and welcoming others. Many Year 7s bravely read in front of their peers and I thank them for their contribution to the celebration.

Preparations are currently underway for a group of eight Year 10 students who will attend the Centralian Experience. In the first week of Term Two, these students will travel to Alice Springs to join with the Catholic community through Our Lady of the Sacred Heart College and the Santa Teresa Indigenous Community. We look forward to reporting back on our journey!

Mind Body Soul Days for Year 8 are also scheduled for the first week of Term Two. Soul Day is the Year Level’s Reflection Day and will take place at Brimbank Park. The day is designed to be a walking reflection that ties to the Year 8 Religious Education Program on Revelation, particularly finding God in creation and in human experiences.

Our Project Compassion Fundraiser continues and has currently collected $777 through the collection boxes in Homeroom. Our Liturgy and Social Justice Captains, along with other interested students, have planned a House-based collection to support victims of Cyclone Winston in Fiji. A house point will be awarded for every dollar collected in the week following the long weekend.

As a College Community, we have continued our acknowledgement of the Jubilee Year of Mercy through the creation of a Mercy Door and Prayers surrounding this. Along with our Pillar of Compassion, we will continue on the journey of Mercy throughout the year.

Jenny Jones
Mission and Faith Leader

STUDENT DRINK BOTTLES
Please ensure that your child brings a drink bottle with them to school every day. We have had a number of students in sick bay due to lack of hydration.

CareMonkey
If parents are experiencing any difficulties using CareMonkey, please contact the College for assistance.

2016 TUITION FEE DIRECT DEBITS

2016 Tuition Fee Direct Debits have commenced. If you still want to pay via this method and have not yet completed a Direct Debit Authorisation Form, please collect one from the College Front Office or download it from the website www.crccs.catholic.edu.au.

Please be mindful not all direct debits continue from the previous year. If you have any questions or concerns please contact the College.
PREMIER LEAGUE RESULTS

Thursday 3 March - Against Mackillop College

Boys Basketball: Lost 37 - 35
Girls Basketball: Lost 56 - 6
Boys Soccer: Lost 5 - 1
Girls Soccer: Won 1 - 2
Girls Netball: Lost 61 - 6
Boys Volleyball: Lost 3 - 0
Girls Volleyball: Lost 3 - 0
Boys Cricket: Lost CRCCS 8/74 20.0 Overs. Mack 1/77 8.3 Overs

Thursday 10 March—BYE All Teams

Year 10 Premier League – Girls Soccer

Last Thursday the Year 10 Girls took on Mackillop College Werribee at their home ground in a game of soccer. Despite our previous losses, they displayed great enthusiasm and really committed as a team to bring home a 2-1 win! Just goes to show that with a positive mindset and a bit of hard work, you can achieve anything!

Well done girls!
YEAR 10 IMMERSION DAY

On 23 February the Year 10s had an Immersion Day. The year level split into boys and girls with the boys doing the “Be the Hero Program” and the girls doing the Butterfly Effect. The boys started with a program run by Enlighten Education called ‘Goodfallas’. This Program looked at how teen boys aren’t trouble and how the media portrays teen boys as a problem. The program also looked at more myths relating to young men such as body image and gaming. For the second half of the day the boys looked at the Be the Hero Program which you can find out more about here: http://www.bethehero.com.au/ Be the Hero is a violence prevention program for young men which looks at facts and figures around domestic violence as well as violence that can be seen in the media such as pub brawls and UFC. In Be the Hero we looked at ways of preventing violence in the streets and how men as a whole must change in regards to domestic violence. It looked at how men need to respect women and that violence is a choice and not a force, and that we can choose how we act. Some of the things I enjoyed during the day was how informative the speakers were as well as how they made it interesting with some role plays and use of multimedia. I found the day very beneficial for the future and provided some good food for thought about the choices men make and the choices I will make in the future.

Matthew Waring 10 Bunjil

On Tuesday 23 February the Year 10 girls participated in The Butterfly Effect Program hearing from two guest speakers. We began the morning by partaking in a Zumba class led by Ms Thwaites, followed by a speech on nutrition by a nutritionist named Amy. The rest of the day was spent with a young, inspirational lady from Sydney named Chloe who works for Enlighten Education. Chloe spoke about having self worth, how to be safe in public areas and she also reminded us how we are loved and cared for by getting our friends to write thoughtful messages.
At the end of the day the Year 10 girls were touched, inspired and motivated to always be their best, be honest with themselves and to show courage and be kind. We were taught to ensure that we are meeting our daily nutrition and physical activity needs. All the girls’ feedback was full of positivity and we all enjoyed every moment, even those who went into the day with a negative attitude. Sarah and I personally thought it was an amazing experience and believe that girls, especially at this age, need to participate in The Butterfly Effect.

Sarah Green and Stephanie Bertollo
10 Coranderrk
FROM THE MATHEMATICS LEADING TEACHER

Math Support Sessions run on most Mondays and Wednesdays. The timetable for these sessions is below. These sessions are held between 3:20pm and 4:15pm and students are encouraged to attend, especially if they require additional help with their Maths homework, to prepare for a test/exam or simply to complete any additional work provided by their teacher.

Ms Cremona Millo
Mathematics Leading Teacher

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<td>7</td>
<td>Monday</td>
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<td>Ms M. Desira &amp; Mr A. McAlindon</td>
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<td>7</td>
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HOMEWORK CLUB - TERM 1 2016

Homework Club is held in the School Library every Monday, Tuesday, Wednesday and Thursday from 3.15pm—4.15pm, (2:50pm - 3.50pm on Day 7).

If a student needs to leave early a note must be provided by a parent.

Homework Club provides individual support with homework, resources, access to internet and printing facilities.

Ms. Gray

PARENTS & FRIENDS

Easter Raffle books and Easter egg/item donation due 16 March 2016

Our annual Easter Raffle is currently underway. Each student has been provided a small book of raffle tickets. Individual tickets cost $0.50 each / $5 per book. This is our main fundraising event for the year.

All families and students are asked to support this event by purchasing a small book of raffle tickets valued at $5, and each student is also requested to donate an Easter item/egg.

All raffle books/tickets, together with monies collected and Easter item/egg, must be returned to the College via student's Homeroom, no later than Wednesday 16 March 2016.

Trudy Milligan
President
Beauty and The Beast The Musical Production Update

Auditions and callbacks are now complete, and the cast for 2016 have been announced for the College Production of Beauty and the Beast The Musical. Congratulations to all students who were successful in getting a lead role, as well as students who made it into the Ensemble Cast and Production Band.

College Productions are an incredible way of building College community spirit. This year’s production will be one of our best ones yet!

In the coming weeks we will release the production rehearsal calendars for Term 2, and letters will go out to parents outlining production commitments and contracts for music book hire. It is important that as a parent of a student who is involved in the College Production, you are fully aware of the commitments your son/daughter will be partaking in.

If you have any questions or concerns regarding our 2016 College Production of Beauty and The Beast The Musical, please contact Yanina Martins via email at: ymartins@crccs.catholic.edu.au

Let the show begin!

Yanina Martins
Leading Teacher of the Performing Arts and Arts Promotion Leader
**Time to Shine Catholic Schools Gala 2016**

Tickets for the Time to Shine Gala are now on sale through the Ticket Master website [www.ticketmaster.com.au](http://www.ticketmaster.com.au)

**Session Date:** 30 April 2016  
**Session Times:** 2.00pm and 7.00pm  
**Venue:** The Regent Theatre  
*Collins Street, Melbourne*

We have two pre loved CRCCS students involved in the Gala who are now at CRC Sydenham - Isaac Anderson and Wendell Baluyut.

Performing at The Regent Theatre in Melbourne is a great honour and these boys have been working long hours to perfect their performances.

If you would like more information about **The Time to Shine Gala** you can contact:

Catholic Education Melbourne  
228 Victoria Parade, East Melbourne 3002  
(P O Box 3, East Melbourne, 8002)  
Phone: (+61 3) 9267 0417  
Email: began@cem.edu.au

Or Yanina Martins, Catholic Regional College Caroline Springs, via email at:  
ymartins@crccs.catholic.edu.au

Yanina Martins  
Leading Teacher of the Performing Arts and Arts Promotion Leader
Parent your teenager with confidence

A FREE online personalised parenting program to help you make sense of the teenage years

Sign up NOW:
www.partnersinparenting.net.au

MONASH University
Raising Resilient Teenagers: 
A NEW Online Program for Parents

Researchers at Monash University and the University of Melbourne are pleased to offer parents of teenagers an evidence-based online parenting program which has been shown to help improve parent-child communication and reduce family conflict. Through interactive online activities, parents can develop skills in emotional intelligence, supporting their teenager through difficulties they face, and maintaining a close relationship with their teen. The program is based on Parenting Guidelines that were published in partnership with beyondblue and have been accessed by thousands of parents internationally.

Parents will receive either:
• a personalised feedback report and interactive online modules, OR
• a set of five fact sheets about adolescent development and wellbeing.

You are eligible to participate if you:
• are a parent or guardian of a child aged 12 to 15
• live in Australia,
• are fluent in English, and
• have Internet access.

Participation will take a few hours of yours and your child’s time over 12 months. Both you and your child will be reimbursed for your time.

To sign up for a FREE trial of this program, please visit: www.partnersinparenting.net.au

Questions? Contact us:
Email: med-partnersinparenting@monash.edu
Phone: (03) 9905 1250

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