Important Dates
*************

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

Thurs 24 Mar
Good Friday Liturgy
Year 10 Premier League - Finals
End Term 1—3.15pm finish

Fri 25 Mar—Fri 1 Apr
Office Closed

Mon 11 April
Term 2 Commences

Mon 11—Fri 15 Apr
Centralian Experience
Year 10 Work Experience

Wed 13—Fri 15 Apr
Year 7 Camp Manyung
Barak
Bunjil
Coranderrk
Kororoit

Wed 13 Apr—Fri 15 Apr
Year 8 Mind Body Soul

Thurs 14 April
Yr 10 Premier League—Grand Final

Tues 19 April
Early Finish 2.50pm

Thurs 20 April
Yr 7 Premier League

Mon 25 April
ANZAC Day—College Closed

Tues 26 April
Early Finish 2.50pm
Parent Teacher Interviews

Thurs 27 April
Yr 7 Premier League

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Issue No.3 - Thursday 24 March 2016

Prayer
The Cross is the central symbol of the Christian faith. It reminds us of the depth of God’s love, of Jesus’ suffering and death, as well as his resurrection. It is the symbol of God’s victory over death, and so we pray:
For all who face difficulty and suffering at this time, may the cross of Christ inspire us.
For those persecuted unjustly, may the passion of Christ heal us.
For those who are afraid, may the love of Christ protect us.
For those feeling overwhelmed by their ‘crosses’, may the arms of Christ enfold us.
Compassionate God, may our imitation of the selfless love of Your Son Jesus Christ, lighten our burdens, strengthen our faith and inspire us to be hopeful witnesses to Your saving love.
Amen

A MESSAGE FROM THE 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 7 Camp to Sunnystones, St Patrick’s Day Mass, College Cross Country Competition**, **Year 9 DEAL excursion to the 1000 Steps, SACCSS Swimming Carnival**, **musical rehearsals** 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.

Community Conversation Evening:

I would like to sincerely thank the 55 parents who gave up time from their busy schedules to attend our recent ‘Family School Partnerships—Community Conversation’ evening held at the College on **Tuesday 22 March at 7.00pm**.

I was very much overwhelmed by the large number of parents in attendance and the open and honest conversation and dialogue that ensued. These conversations proved very important in breaking down any barriers that may have impeded parents and our College building positive relationships based on mutual trust, respect and support.
FAMILY SCHOOL PARTNERSHIP COMMUNITY CONVERSATION

During the community conversation evening, parents and the College Leadership Team discussed many areas of common interest. This included the importance of family-school partnerships, the student’s spiritual and holistic development, quality learning and teaching and the way in which the school operates.

Parents were then able to work in smaller groups to further discuss and document their overall priorities and hopes as well as ways in which the College can support them as parents and build strong partnerships. These parent priorities and hopes will be outlined in the next edition of the College newsletter. At the request of the parents who attended we will run another ‘Community Conversation’ evening towards the end of Term 2.

At the conclusion of the evening parents were invited to join our newly formed ‘Family School Partnerships Team’. This team will work together with the College Leadership Team to implement key strategies and actions to further improve and develop the College. I eagerly look forward to working with the 22 members of this team and thank all parents for their attendance, involvement and contribution to this successful evening.

Staffing News:

We would like to farewell the following staff who will be taking leave as of Term 2:

Yanina Martins (Maternity Leave until 2017)
Jenny Saunders (Long Service Leave all of Term 2)

We thank them for their outstanding contribution to the College throughout Term 1 and wish them all the best for their period of leave, and look forward to them returning to the College in the future.

We also congratulate the following staff who will undertake the following positions of leadership in an acting capacity throughout 2016:

- Rannoch Wilkinson: Student Wellbeing Leader
- Katie Franzone: Arts Promotion
- Costantina Stephanou: Leading Teacher Performing Arts
- Ivanka Spiteri: Learning Support Leader (Term 2)
- Tony DeFazio: Learning Support Leader (Term 2)

Thank You

What an absolute pleasure it has been this term to be so warmly welcomed into the Catholic Regional College Caroline Springs community and to serve you. I have been overwhelmed with the friendliness and support from staff, students and parents. 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 2. As we conclude Term 1, 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 spirit of hope that Easter brings inspire renewed energy, new goals and a strengthened resolve to live the Christian life in the footsteps of Jesus.

Jamie Madigan
Principal
FROM THE DEPUTY PRINCIPAL

Community exists to be a source of life or as Kevin Treston, "Wisdom Schools" (2002, p22) expresses it, to be "a service for the wellbeing of people and the Earth."

Ideally in our community students come to the realisation that the goals of our school are best attained when they use their gifts to promote the "common good". This realisation is also helped when teachers witness to a ministry of service and empower students to lead by being of service to others.

It has been wonderful this term to see so many good things happening in the College and to see so many people contribute to and experience a genuine climate of community through the sharing of their gifts for the "common good". Much of this has involved collaboration between students and staff, empowerment of students by staff and finally remarkable leadership on behalf of our students.

I thank our community for the hard work, collaboration and service that has gone into this term and hope the holidays bring rest, rejuvenation and joy.

As this term ends, the season of Easter is upon us. During this time we recall how one man, Jesus, was able to change the world. He suffered brutally at the hands of others yet He continued to show love, compassion and forgiveness. The trauma of His death on the cross and how it gives way to the joy of His resurrection is the basis of our Christian faith. Reality is that we all suffer adversity in our lives. But like Jesus we have the capacity to be filled with hope in the face of those demands, pains, challenges and pressures.

For the Catholic Regional College Caroline Springs Community, may the gift of God’s love be present in all families during the forthcoming Easter Season. May our attitude to life be truly focussed on sustaining rather than defeating us in our pain, and may it be an attitude that is Christ-like.

Thanking you for your continued support.

Sheena Wright
Deputy Principal

SCHOOL HOLIDAY OFFICE HOURS

The College will be closed from Friday 25 March 2016 and reopen on Monday 4 April 2016.

Office hours will be 8.30am to 3.30pm.
One of the challenges our students face today is how to be a good friend, particularly when our friend is in serious need. 1 in 4 young people aged between 12 and 24 suffer from a mental health issue. This means that one quarter of our College community is likely to fall into this category. With the statistics so high it is also likely that someone we care about, one of our friends, is living with a mental health issue. And this not only impacts on them but on us as well.

This means that more than likely each of our students will have a friend who will have to deal with a mental health issue. They will have a friend who will be struggling with life and they will want to be a good friend, one that does something to make it better. When our friends are feeling down and seem to be distant, we know something is wrong but we may not know what to say or what to do. We do know we want to do something but we’re not sure how to approach them.

When someone you care about isn’t acting the way they normally do, it’s hard to know what to say. You may want to help them, but perhaps you don’t know how. Here’s some advice on how to start these conversations and what to look for. Also, don’t forget that everyone’s different and what may work for one person may not be helpful for another.

At our Year 9 and 10 Year Level Assemblies I addressed this issue and encouraged our students to watch the following video clip from the youthbeyondblue website. It very clearly offers suggestions to young people about what to say, when to say it, how to say it and how to support their friends when they are going through a rough time. I encourage all our students and their families to watch the short video and to visit the youthbeyondblue website to find healthy ways to look after our loved ones and ourselves.

How To Talk About It

Here are some Do's and Don’ts that can help you help others:

- Let the person know if you've noticed a change in their behaviour.
- Encourage them to talk about what's going on (how they feel, what they're thinking, what they're doing differently).
- Let them know that you're there to listen without being judgmental.
- Suggest they see a doctor or health professional and/or help them to make an appointment. You could offer to go with them.
- Help the person to find information about anxiety and depression from a website or library.
- Be the friend you've always been. Hang out together. Just being there can really help.
- Reassure them they are not alone and there is hope that things can get better.

And the don’ts:

- Put pressure on the person by telling them to 'snap out of it' or 'get their act together'.
- Stay away or avoid or ignore them.
- Tell them they just need to stay busy or get out more.
- Feel you need to talk about how they're feeling all the time.
- Pressure them to party more or wipe out how they're feeling with drugs and alcohol.

From time to time the Wellbeing Team will be showing students different resources and apps that will help them get through tough times - both their own and their friends. We encourage all families to take the time to speak about these resources and to check in with their children to make sure they and their friends are ok. I appreciate it when parents call to discuss any concerns they have about the friends of their children – quite often it gives the Student Wellbeing Team vital information about the mental health of our students and we are able to step in and make a difference. And that is exactly what we want.

Ivanka Spiteri
Student Wellbeing Team Leader
Last week Louise Sanlindong (Year 7), Janine Agarano (Year 8) and Ellise Angel (Year 9) attended the *St Patrick's Day Mass* with me at the Cathedral to represent our College in a celebration of *Catholic Education Week*. After a beautiful Mass celebrated by the Bishop and attended by schools from all over Melbourne, we also attended a concert in the *Treasury Gardens*. The day had a wonderful spirit and a strong feeling of unity among the Catholic Schools and Colleges.

This week our College will be participating in a *Way of the Cross* journey to mark *Good Friday* in the lead up to *Easter*. This year’s stations will include the journey taken by Jesus, paralleled with challenges people continue to face in our world today.

Congratulations to the students who have very ably led the opening prayer for their *Year Level Assemblies*. In each case, this was an extended prayer including elements of scripture and reflection. It is always courageous to take on such a duty and I thank them for doing it so willingly and well.

Thank you to everyone who has contributed to our support of *Project Compassion*. The last day of term will include a casual clothes day option for $2 in order to complete our fundraising efforts. Our staff have felt particularly motivated this year in supporting this drive after Megan Bourke from *Caritas* conducted a professional development workshop last week. Megan gave a greater insight into the work of *Caritas* and how Catholic Social Teaching is at its heart. We look forward to updating you on our final tally early next term.

Term Two will have a very busy start with the first week back including *Soul Day* for Year 8 students and the *Centralian Experience* for a small group of Year 10 students. Parents and carers of Year 8’s are reminded to respond to the Care Monkey request for permission for students to attend this day. It will complement their Religious Education studies on *revelation* by challenging them to find God in creation, each other and themselves as they spend some time in the outdoors.

I wish you all the joy of *Easter* in the days ahead and a happy and safe break.

**Harmony Day Lunch**

Students were given the opportunity to receive drinks and a pack in order to acknowledge *Harmony Day*. A group of Year 8 students (pictured) along with two groups of Year 7s got together and brought in a shared lunch comprising food that represented their cultural background. This is the first year we have run a *Harmony Day Lunch* and we look forward to more students becoming involved next year!

*Jenny Jones*
*Mission and Faith Leader*
As the end of Term One draws to a close it is exciting to see that our students have settled in to the new year and have begun to take advantage of the full educational program the College has to offer.

Teachers have finalised assessment and have taken note of student progress over the past eight weeks to complete interim reports for each student. This is a good time for parents to also be talking with their child or children about academic progress during the term. I sincerely thank all parents for the support you have given to your children and their teachers during Term One. I wish all students an enjoyable and restful break and may they come back for Term Two with an even bigger thirst for learning.

Term One Interim Reports
Interim reports will be available to parents on Thursday 24 March via SEQTA Engage. The purpose of the interim report is to provide a summary of the progress your child has made during the first part of the semester through a rating on a range of work habits. The one page report will also indicate if you have been requested to make an interview with the subject teacher. All parents are of course welcome to make appointments with subject teachers in our upcoming Parent/Student/Teacher Interviews that will be held at the College in Term 2. All interview times can be booked via Parent Teacher Online Portal.

NAPLAN 2016
National Assessment Programme Literacy and Numeracy Testing.
A reminder that these tests will be conducted in Term 2 between 10—12 May. Parents of the Year 7 and 9 students will receive further information regarding the testing providing you with a better insight into what the testing is all about. The testing is compulsory so attendance of every student over these days is paramount.

Homework & Academic Recall
By this stage of the year, all students should be completing homework. Homework serves to strengthen the partnership between home and school. It provides parents and caregivers with insights into what is being taught at school. It needs to be balanced with family, social and extracurricular activities.

At the College all students are expected to complete homework throughout the week. The recommended homework time from our Homework Policy is:

<table>
<thead>
<tr>
<th>Year Level</th>
<th>Minimum Hours per week (including weekends)</th>
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</thead>
<tbody>
<tr>
<td>7 and 8</td>
<td>Minimum 5 hrs balanced through the week</td>
</tr>
<tr>
<td>9 and 10</td>
<td>Minimum 10 hrs balanced through the week</td>
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</tbody>
</table>

Students may also be expected to complete work over the holidays such as reading novels, collecting materials for the next term, assignments or preparatory work.

Our Homework Club runs Monday to Thursday from 3.15pm-4.15pm in the Library, and offers students the opportunity to complete their homework in a productive and supported environment. Students may wish to take up this opportunity to assist them in completing their set tasks.

For students who have outstanding and incomplete homework and assessment tasks, they will be required to attend an Academic Recall session on a Wednesday afternoon. We ask that parents support us with this matter and encourage their children to stay organised and on top of school work requirements.

Lisa Barnard
Learning and Teaching Team Leader
On 23 March, our Year 9 Students participated in their **1000 Steps Immersion Day**. Below is a reflection from Mackensi Galea of 9 Kororoit. Several other student reflections will also be made available on our **DEAL Portal** page and I encourage you to read through these to gain an understanding of our students’ experiences on the day.  

**Andrew McAlindon**

**Reflection On 1000 Steps (The Hike)**

On 22 March 2016, Year 9 Students from Catholic Regional College Caroline Springs went on an excursion to the engaging **1000 Steps**. During the day we were separated into House Groups. My group was the first to take on the **1000 Steps Challenge** in the morning. Going up the steps some people struggled, as it was very steep and a challenge for most Year 9’s. Thankfully, we all managed to get up the **1000 Steps** by using strategies that can encourage everyone to try their best. Some strategies that were used throughout the day included teamwork, resilience, endurance, leadership, positive mindset and self motivation. By all of us using these motivational strategies we were able to benefit everyone. Teamwork was a big part of this excursion as everyone was encouraging each other and making sure that everyone remained positive throughout the walk. Students were their own leaders and also other people’s leaders. By all of us having a positive mindset and being self-motivated it really benefited all of us to keep going up the steps and not give up. Lastly, this day really showed all students and teachers that we have the ability to work well as a team and remain positive in the face of adversity, and how these skills and traits will benefit us throughout our high school years. 

**Reflection On ANZAC Ceremony**

During the **1000 Steps Immersion**, as a group we all got to contribute to an **ANZAC Ceremony**. As we did the **ANZAC Ceremony**, we all had the opportunity to reflect, remember and pay our respects to the soldiers who fought for our country during that time of war. As Year 9 students we all had the time and opportunity to be compassionate, respectful and show reverence. This proved to all that Year 9 students can be mature and respectful to those who spent their time in the war. A large number of our students contributed to the ceremony by reading and even singing which was very spiritual and respectful, as it was a time to remember the ANZACs. Lastly, it was a great experience and a great way for us to show that we really respect those who fought for our country.  

**Mackensi Galea 9 Kororoit**
On 11 March, the Phoenix class went with Mr. Jilbert to Brunswick East to visit the public garden known as ‘CERES’. We spent the day with Brendan who taught us a lot about what plants we could use during Winter that can grow quickly and easily. We learnt about different types of soil and what amount of different nutrients are needed to grow different types of plants. We also learnt about companion planting and what types of plants worked together and others that will steal the nutrients and resources from other plants growing in the same bed.

We had lunch at the local café at CERES, which sold organic and vegan food. Some of us went to the Farmer’s Market and others went to the café to have lunch. At the end of the day, we learnt about different types of liquids that could be used to kill different pests or weeds in the garden. For example, milk can be used to kill caterpillars that could infect the plants.

It was an informative and entertaining day. We enjoyed every moment of it and we were able to take away information for our very own garden in our school.

Alicia Malady, Year 10

RUN CLUB

A reminder that Run Club permission forms are available on the news stand opposite Reception for those students wishing to participate.

STUDENT PERMISSION TO ATTEND EXCURSIONS

Please be aware that parent/guardian permission for students to attend excursions needs to be received by the College three (3) school days prior to the excursion. If permission is not received by the nominated due date, the student will remain at School for the duration of the excursion.

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

As we come to the end of the first term, I would like to commend all the students who have attended Math Support Sessions. These students have shown that they are willing to either improve their Maths skills, seek help with their tasks or simply to extend their knowledge in Maths.

Students now have a term’s worth of Maths assessments/grades they should be focussing and reflecting on during the upcoming school holidays. They should recognise what areas they need to work on and improve and, hence, I hope that students will keep making use of this opportunity next term. The timetable for Term 2 Math support sessions will be issued with the next newsletter.

I wish all our students and families a happy and safe Easter break.

Ms Cremona Millo
Mathematics Leading Teacher

CATHOLIC EDUCATION WEEK 2016

Catholic Education Week 2016 saw four student artworks of 2015 from our school entered into the Catholic Education Melbourne Visual Arts Exhibition 2016.

Congratulations to the following 2015 students:

- Stella Causing - Skateboard Deck Design
- Joylin Fernando - Peacock Sculpture
- Aaron Rueda - Google Design
- Isabelle Vulinovic - Printing and Drawing Portrait
PREMIER LEAGUE RESULTS

Thursday 17 March

Round 5 Vs Emmanuel at Home

Boys Soccer: Lost 1 - 9
Girls Soccer: Lost 0 - 9
Netball: Lost 19 - 27
Boys Volleyball: Lost 0 - 3
Girls Volleyball: Lost 1 - 3
Boys Basketball: Won 50 - 39
Girls Basketball: Lost 20 - 50
Boys Cricket: Lost Emmanuel 3/179 (20 overs)
Def CRCCS 7/43 (10 overs)

HOUSE SWIMMING CARNIVAL RESULTS

Franklin – 913
Norman – 1351
Jackson – 1458
O’Reilly – 1740
From Wednesday 9 to Friday 11 March 7 Kulin, 7 Lingiari, 7 Marin-Kurrang and 7 Wonga attended Camp Sunnystones near Merrimu for their Year 7 Homeroom Camp. Students met the Camp Leaders a few kilometres from the Camp to start their experience by hiking through and learning about the unique nature reserve bordering the Camp. Over the 3 days students participated in a number of group activities including canoeing, geocaching, archery, low ropes and rock climbing among others and showed fantastic teamwork and support for each other. The weather certainly provided a challenge and adjustments were made to the program throughout the stay to allow the Camp to continue.

The students showed exceptional resilience in continuing in a positive manner despite the obvious weather challenges and it was great to see their smiling faces throughout the Camp. Congratulations to all involved on completing the experience and making the most of the situation.

Rannoch Wilkinson
Sports Leader

On 9 March, half of the Year Sevens attended school camp at Camp Sunnystones. As soon as we got there we took a nice bush walk to our cabins. It was nice to see and smell the beautiful nature around us. We hiked past some animal dens and an old river. The house we stayed in was cozy and fun. We got started in our activities straight away. Some groups were doing different activities but my group started with “Survival Games”. We were split into herbivores, carnivores, humans and diseases. We had to steal each other’s key chains and hide for survival. It was really fun since we were in the bush, we even spotted some friendly kangaroos. We also did some canoeing which was fun. We played cops and robbers on the canoe, which was difficult but also enjoyable. We also participated in more activities such as archery and geocaching which were both really fun. The food we had was delicious. Camp was a memorable experience where we had tons of fun and strengthened our bonds with one another.

Chantelle Morgan 7 Lingiari
One of the best things at Camp was the low ropes. It was pouring rain and really muddy and just really fun. We all bonded and got to know each other better. We tried various activities in small groups and we supported and encouraged each other so we could all do our best.

Katherine Bilic 7 Kulin

The highlight at Camp was making new friends and finding out people’s strong points and weak points. It may have been rainy but people slipping over made us all laugh!

Jaxson Prato 7 Kulin

The highlight I had at Camp was when we had a range of different activities. The activities made us closer and we got to know each other better. Another highlight I had was when I got so muddy with all of the mud on my shoes and legs. One of the funniest moments was when my friend Abbey and I slipped in the mud when we were walking down the hill.

Alycia Palacios 7 Kulin

One of the highlights of Camp was making lots of new friends and getting to know everyone better. Another highlight at Camp was the fact that it was raining, making the camp experience even better. It was really fun because it made us laugh a lot because lots of people slipped.

David Romano 7 Kulin
2016 HOUSE CROSS COUNTRY CARNIVAL

On Monday 21 March the College once again held the annual Cross Country Carnival at Lake Caroline in Caroline Springs. The sun was shining and conditions were perfect for students to get their heart rates up and exercising in the local community. Students ran, jogged, walked and talked over 3 or 4km and earned points for their Houses and selection times for the College Cross Country Team.

Well done to those students who placed in their year level, ran personal bests and participated in the event.

Selections for the College Cross Country Team will be made early next term and entered into the SACCSS Cross Country on 3 May.

Results

<table>
<thead>
<tr>
<th>House</th>
<th>Points</th>
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<td>Franklin</td>
<td>401 Points</td>
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<tr>
<td>Norman</td>
<td>355 Points</td>
</tr>
<tr>
<td>Jackson</td>
<td>352 Points</td>
</tr>
<tr>
<td>O’Reilly</td>
<td>339 Points</td>
</tr>
</tbody>
</table>
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

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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