

The Angel

Thursday 31st August 2017, Volume 23



Principal's News

Dear Parents, Guardians, Students and Staff,

Last Wednesday evening the College hosted our second annual Year 12 Dinner to commemorate the beginning of the end. Our students and their families came together for a meal and some inspiration and end of year organisational details. The evening provides a 'signpost' to our students and families that there are only 8 weeks of schooling to go and that we are definitely into the business end of the season.

Maggie Booth provided an excellent explanation on the role of VTAC and the VTAC process. Matt Dimble informed everybody of the practice exam arrangements, Year 12 last day and Graduation Mass & Dinner dates, times and logistics. These two presentations highlighted that the end of the year is a busy time inclusive of many factors not just study and then the formal exam period.

Personally, the highlight of the night was the presentation by Adam from Elevate Education. Adam is currently a student in Melbourne who is studying law at Monash University. Adam spoke to the group about time management skills, work/home/study balance, effective study techniques, the importance of practice exams and some brain function and science.

From the presentation, we have some liberating news to share. Our students, your sons and daughters cannot multi task any better than you and I. This generation has not evolved so quickly that they adapted to outside distraction better than you and I. The claim that this generation can multi task specifically in regard to technology is simply not true. So here are the facts:

OUR STUDENTS, CANNOT EFFECTIVELY STUDY WITH THEIR PHONE NEXT TO THEM, THE TV ON, MUSIC ON OR ANY OTHER DISTRACTING DEVICE. IT IS OK TO REMOVE THESE DISTRACTIONS TO ENHANCE STUDY EFFECTIVENESS!

Finally, thank you to Neroli Eddy and our VET Hospitality students for providing us with a delicious meal. Thank you to Matt Dimble for the overarching organisation of the event. Thank you to our students, staff and families for joining us and ensuring the evening was a huge success. If you would like to know more about study tips and tricks (not just for year 12 students) please take a look at the Elevate Education website.

Next week we begin to welcome our Year 7, 2018 students and families into our community. Throughout the next few weeks we will be conducting welcome interviews with the newest members of our community. The welcome interviews provide a wonderful opportunity to further enhance our transition processes and further ease any possible anxiety about secondary school for both students and families. This week's prayer focuses on Spring and renewal. The sun is shining and new beginnings, new life is upon us. I would particularly like to dedicate the prayer to our incoming Year 7 students and their families for 2018.

Pace e bene, (Peace and all good)
Matt Carver

A Prayer for Spring and Renewal

Dear God,

Spring is the metaphor for change.

Some changes we eagerly await, and some we don't.

Some changes we plan and others arrive uninvited.

To all these changes we ask the gift of Your grace opening us to expectation, hope, and rebirth.

May the sunlight and the rain be reminders that You are at work renewing the earth.

As a God of renewal, You are always at work in our lives.

Open our eyes and lives to the needed changes in our lives this Spring.

Awaken us to new life and new beginnings, for we pray in Jesus' name.

Amen.

St Mary of the Angels Secondary College

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Ruth Hartnett-Carr

Deputy Principal - Catholic Identity

**'Where two or three are gathered in my name
I am there.' Mt 18: 20**



The Holy Spirit came to visit me this week and put me straight back into my place. On Monday I was at the Royal Children's Hospital with Maisie, who had a gastroscopy with quite a few biopsies being taken throughout her digestive system. It was a very long day, especially for Noah who had come along to gain a deeper understanding of what hospital and operations are all about. The surgeon spoke to me about how things had gone and was preparing me for the results that will be confirmed in a few weeks time. I have been hoping for a miracle and I realise it's an extremely long shot that Maisie will not have celiac disease. It presents challenges for us as Maisie only eats pureed commercial produced food, most of which has gluten in it.

As I was sitting in recovery with Maisie and wallowing in my own pity and feeling like I didn't have the stamina for any of this anymore the next patient was wheeled into recovery from the operating theatre. It took me a while to glance over and give the parent of the child the acknowledging smile that conveys the 'welcome and I can hardly wait to be out of here' look. I had waited because the child has been really struggling with nausea and pain relief. When things quietened down it was then that I went to smile. The sight that greeted me was so incredibly powerful that I immediately thought of the many religious depictions in religious art of Mary cradling Jesus in her arms after he was taken down from the cross.

A father was supporting his son by cradling him in his arms. The child's eyes were closed and his head was positioned like he was looking towards the ceiling. The man had his face pressed up against his son's cheek supporting him. The child had fallen asleep. It was very obvious to me that this child was in the middle of an enormous battle with cancer as his hair was gone and he was jaundice.

Suddenly my trivial worries mattered no more. I remember thinking I was witnessing living, re-contextualised religious art. That image is one I am unable to get out of my head and I am grateful to the Holy Spirit for putting things into perspective for me because I certainly needed it.

Tim Campbell

Deputy Principal (Student Wellbeing & Development)

GRADE 5 TRANSITION DAY

THURSDAY 7TH SEPTEMBER

Next Thursday we will be having our Grade 5 Transition Day. This is an opportunity for the College to showcase the wonderful opportunities we provide as well as engage Grade 5 students in different activities across the school. Due to transition requirements, Year 8 students WILL NOT be required to attend school on this day. We apologise for any inconvenience this may cause.

ALTERNATIVE SCHOOLIES FUNDRAISER

MONDAY 18TH SEPTEMBER

This year we have six Year 12 students that will be attending the Sandhurst Diocese Alternative Schoolies immersion experience that takes place in Cebu in The Philippines. To support our students that will be attending, on Monday 18th September the College will be having an out of uniform day plus a variety of other fundraiser activities. Please support what will be a terrific opportunity for our senior students.

SMILING MIND

With the end of year fast approaching, anxiety and stress levels are certainly set to rise over the upcoming weeks. Please visit the following website which provides different mindfulness activities which will help to manage the difficulties associated with stress.

<https://smilingmind.com.au/>

SCHOOL REFUSAL

School refusal is often linked with anxiety and can affect students in many different ways. It often requires the school and parents to work cohesively to come up with a plan to support the student, addressing their needs where required. In saying that, I am extremely pleased to state that the attendance at St Mary of the Angels is excellent, demonstrating that our engagement and support of students is of a high standard. If parents have concerns about their child's attendance they can contact the school office, their child's Learning Advisor, Year Level Team Leader or speak with Sandy Carver (School Counsellor/Chaplain) or myself.

Secondhand Uniform

A number of Boys summer shirts, sizes 20 and 22, Excellent condition. - \$20 ea

Contact Rebecca on 0417658330

Deputy Principal's News

Bev Thorp

Deputy Principal – Learning and Teaching

LEARNING ADVISOR INTERVIEWS

Learning Advisor Interviews will be held toward the end of term at both Barooga Sports Club and the College. We strongly encourage all parents/carers to make a time to speak with your child's Learning Advisor to ensure that each of student, College and home are working together to maximise the educational opportunities and development for your child.

Learning Advisor interviews are now able to be booked via PAM, while subject based interviews with VCE teachers will be made available later in the term.

Interviews at Nathalia Secondary College will also be held on 13th September, and students who attend subjects

Franciscan Pilgrimage, 2018

Thank you to everybody who attended our information session on Wednesday evening. For those interested, the following explains the next steps.

- Pay \$1000 deposit to Carmel Payne at the College office by 1st September.
- The organising of flights is a personal responsibility. Flights need to be sorted and details provided to Carmel Payne by 20th December, 2017.
- The land component final figure is approximately \$3,600 AUD. This payment is required in the new year.

at Nathalia Secondary College will be able to make appointments to speak with teachers by contacting the NSC Office on 58662331.

**Wednesday 6th September, 5.00 pm - 8.00 pm
at Barooga Sports Club, Barooga**

**Wednesday 13th September, 4.00pm - 8.00 pm
St Mary of the Angels, Nathalia**

**Thursday 14th September 9.00 am - 3.00 pm
St Mary of the Angels, Nathalia**

VET MUSIC CONCERT

Congratulations to VET Music teacher, Mrs Kim Carter, and her team of talented musicians for a highly entertaining evening concert that was held in the College Auditorium on Wednesday night. Students performed to an incredibly high standard and showcased a wide range of skills as part of their assessment. Students had participated in significant preparation and practice and this was evident in their polished performance. Well done to all!

P & F - Footy Tipping

After a long season it has come down to 2 fighting out for top spot. Cobram Courier prevailed by one tip above Mick Macheda. John Giffard came in 3rd the Botterills came in last so they get their money back.

Thank you to all those who entered this year.

See you all next season.

ROUND	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	TOTAL
Cobram Courier	5	7	5	7	8	6	5	6	6	8	3	5	5	6	4	5	6	7	7	6	8	6	7	138
Mick Macheda	5	9	5	7	8	6	5	5	5	7	4	5	4	6	4	5	6	7	7	8	6	5	8	137
John Giffard	3	8	5	5	9	4	4	5	6	8	4	3	3	7	4	3	5	7	8	9	6	6	7	129
Andriana Oliver	7	9	5	6	6	5	5	4	7	5	3	3	3	6	4	5	8	5	5	6	8	6	5	126
Hugh Hyde	6	6	4	5	6	6	5	6	5	8	3	1	4	7	4	3	6	6	8	7	8	5	7	126
Anthony Oliver	7	8	4	5	8	4	6	5	6	8	3	2	3	5	5	4	5	5	6	6	8	5	5	123
Greg Palmer	3	7	3	8	8	6	5	3	7	8	4	2	2	7	2	4	8	6	7	6	6	5	5	122
Ryan Wallace	5	8	4	6	8	4	4	5	7	7	3	4	3	6	4	6	6	6	4	6	6	6	4	122
Mark Oliver	6	9	6	8	6	3	5	4	7	5	4	4	3	6	6	6	6	3	4	7	5	4	4	121
R & K & Cats	5	7	4	7	8	3	5	5	7	5	3	3	2	7	5	5	5	6	5	6	5	8	5	121
Kevin Payne	4	7	4	6	5	4	3	6	6	7	3	1	3	6	3	6	6	6	7	8	8	3	8	120
Mick Butler	3	6	4	6	5	6	8	6	5	6	4	4	4	7	5	4	5	5	5	6	4	4	5	117
Carmel Payne	3	6	4	4	6	6	7	6	6	6	4	6	3	5	2	4	3	5	4	4	7	4	7	112
Bev Young	6	5	3	5	6	4	5	3	5	7	2	1	2	6	5	3	6	7	7	3	6	3	4	104
Botterills	3	5	3	3	4	8	5	7	5	8	1	3	3	2	2	4	3	3	7	5	2	3	7	96

DAD'S & TEENAGERS

Dads really do matter to teenagers, because good relationships between dads and kids can boost teenage self-esteem and wellbeing. Just being around and spending everyday time with your child is a great start.

DADS MATTER

Mums and dads play different roles and bring their own strengths.

Good relationships between dads and teenagers are about dad being around and being involved. These kinds of relationships can boost teenagers' self-esteem. For example, some research shows that teenage girls whose dads are warm and supportive report higher levels of self-esteem than peers.

Loving and attentive fathering has also been linked with fewer symptoms of depression in teenagers. Research shows that dads being involved can help teenage boys stay out of trouble too.

Children, especially boys, learn a lot from their dads about being in relationships. For example, the ways dads interact with their partners and children tends to influence how their children act in relationships later in their lives.

The bad news is that harsh fathering (when dads give less support and have more fights with kids) has been associated with more symptoms of depression in teenagers.

HOW RELATIONSHIPS CHANGE

Both mums and dads spend less time with their children during adolescence as teenagers gain more independence. But changes in father-teenager relationships can open doors to new ways of connecting.

Dads can find new ways to bond with their children in the teenage years. For example, you might find yourselves sharing leisure activities that you both enjoy, such as watching movies, sport or getting out for some exercise. Teenagers might also turn to their dads for help in areas such as deciding on careers, getting a drivers licence or managing money etc.

So dad's role is still important – as much as in your child's younger years.

Family relationships change as your child moves into the teenage years – you'll have to make room for your child's friendships and romantic interests. But both mums and dads give teenagers the love and stability they need when lots of other things are changing. Your children also trust you for advice on things like education and careers.

Wishing you all a Happy Fathers Day.

Enjoy spending time with your family.

Important Dates:

TERM 3

4th Sept	Year 10 Outdoor Ed Ski Camp English/Humanities Week begins
6th Sept	Parent/Teacher Interviews Barooga 5.00pm - 8.00pm
7th Sept	Year 5 Transition (Yr 8 home)
11th Sept	Year 9 Grampians Group depart Campaspe Athletics Carnival
13th Sept	Parent/Teacher Interviews Nathalia 4.00pm - 8.00pm
14th Sept	Parent/Teacher Interviews Nathalia 9.00am - 3.00pm
20th Sept	Year 7 Immunisations Year 9 Subject Selection Information Evening
22nd Sept	Last Day of Term 3, FMDM Grand Prix

TERM 4

9th Oct	First Day Term 4
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Homework Club

A reminder that there will be no homework club on the 6th or 13th September due to Parent Teacher Interviews.

L.A. Interviews

Wednesday 6th September
5.00 pm - 8.00 pm
Barooga Sports Club, Barooga

Wednesday 13th September
4.00pm - 8.00 pm
St Mary of the Angels, Nathalia

Thursday 14th September
9.00 am - 3.00 pm
St Mary of the Angels, Nathalia

NSC interviews are on the 13th September. To make an appointment call the NSC Office on (03) 5866 2331

To book your SMOTA interview please go to:
pam.smotanathalia.catholic.edu.au
or contact the College for further assistance.



This year we will be celebrating the Feast of St Francis of Assisi on the last day of term three with a liturgical celebration as a school community, followed by Feast Day activities in conjunction with the FMDM Grand Prix.

Each year the FMDM Grand Prix event raises much needed funds to assist the FMDM Sisters who support and help educate orphans in Zimbabwe. We ask that students seek sponsorship for their homeroom's 'Grand Prix Car' with families, friends and businesses in their local communities (*Attached to this week's newsletter is a letter for sponsorship requests from businesses and families*).

So please start collecting your cardboard and seek donations for our annual FMDM Grand Prix which will take place on Friday 22nd September.

On the day there will be a car parade at recess, with the great race held later in the day during the Feast Day activities. There will also be sausages (\$1.50) and soft drinks (\$2.00) available for purchase at lunch.

There will be prizes for:

- the 'best car on show' in the Junior, Intermediate and Senior section;
- The homeroom that raises the most sponsorship and donations;
- and the homerooms that wins their respective race (junior, intermediate and senior).

The Rules of the race will be as follows:

1. Three races will be run: Junior (7&8), Intermediate (9&10) and Senior (11&12)
2. The car that enters the parade must be the same car which competes in the race. No pieces can be added or removed after the 'car parade'.
3. All racers must wear a helmet at all times. (The protective and safety qualities are not an issue).
4. Two laps of the circuit to be completed with a change after one lap. The driving team must be comprised of two males and two females.
5. After the first lap, the car may undergo repairs.
6. To be qualified a finisher, the car must still be held together at the end of the race.
7. A car can be made of several pieces of cardboard or boxes, but it must be a single box. (Trains not permitted)
8. Judges' decision is final and no dispute will be entered into.

All money raised will be donated to the FMDM sisters to fund their aid work in Zimbabwe. A portion will also be given to the community that our Year 12 students will assist while participating in the Alternative Schoolies program at the end of this year.

3rd August 2017



To Whom It May Concern,

The St Mary of the Angels Secondary College Social Justice Group, is coordinating the annual FMDM Grand Prix Event on Friday, 22nd September. Last year we raised \$5,360 which was donated to the FMDM orphanage in Zimbabwe. We are hoping to at least match this amount but endeavour with your help to exceed it. This year we are planning once again to send this money to aid the FMDM sisters in Zimbabwe and also contribute towards the community our Year 12 students in the Alternative Schoolies program will assist at the end of this year.

Students in each homeroom are invited to build a cardboard car (like on the Flintstones), decorate it and enter it in an obstacle race. Each homeroom is asked to raise money through sponsorship. The logo/name of the sponsors will appear on the cars that they make, as well as in the St Mary of the Angels newsletter, 'the Angel'. The race is a handicap event, so the more money raised by each homeroom the greater the advantage in the race.

Any donation, irrespective of the contribution, would be greatly appreciated. Your money will contribute to the success of our event and will be put towards a worthwhile cause.

Yours sincerely,

Ruth Hartnett-Carr
Deputy Principal – Catholic Identity



ST MARY OF THE ANGELS FMDM GRAND PRIX 2017

Name & homeroom of student requesting sponsorship:

.....

Name of Business/Organisation:.....

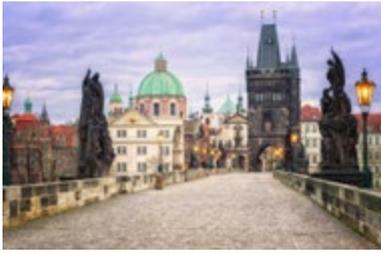
Contact Person:

Mailing Address:

Amount donated:

HUMANITIES HAPPENINGS PUZZLES

Every week this term there have been a series of puzzles and questions designed to pique the curiosity of our students and marvel at the amazing world we live in.



Week 2 winner was Rachael Matthews of 7R who correctly identified that the mystery object on display in the library was indeed a tie press dated from the early 20th Century.

Week 3 saw Eliza Wood of 7P correctly work out which countries and cities the various pictures of man-made landmarks were located. This was a particularly tricky quiz as the answers were 'ungoogleable'.



Last week year 8 student, Lilly Osborne was able to identify that the Lennon Wall, Dancing House, Charles Bridge and St Vitus Cathedral were all located in Prague, capital city of the Czech Republic.



Above: Lilly Osborne with her prizes from last week's Humanities quiz.

AUSTRALIAN GEOGRAPHY COMPETITION 2017

Once again the students at St Mary of the Angels proved to be no slouches when it came to demonstrating their knowledge of all things Geography. The new Year 7 students turned out in numbers and of course there were the old seasons competitors who have 'had a go' each year.

The Australian Geography Competition is an initiative of the Royal Geographical Society of Queensland and the Australian Geography Teachers' Association. The Competition is a contest for Australian secondary school students (with over 700 schools competing) assessing their geographical knowledge and skills. The Competition aims to encourage student interest in geography and to reward student excellence.

Congratulations to all of the following students for your enthusiasm and application:

Participation: Scott Guppy, Kirrin Hardbottle, Rachael Matthews, Sarah McIlveen, Charlette Nielsen, Chloe Pullar, Jake Wilmot and Eliza Wood

Credit: Alex Bakogianis, Clancy Lester, Bianca Phillips, Felicity Symonds, Riley Wilson and Mikaela Wood

High Distinction: Justin Watson

A special mention to Justin who managed to finish in the top 2% of all participating students in the Year 9 category. This is an incredible achievement given the quality of the competition.



Left: High Distinction recipient Justin Watson.

Below: Chloe Pullar, Eliza Wood and Rachael Matthews.



S M O T A

S P E L L I N G

Bee



Which team will take out the 2017 Spelling Bee Championship?

**Come along
to the St Clare Auditorium
at 1.00pm
on Monday 4th September**

To watch the battle between the:
family teams, teacher teams,
school leader & staff leadership teams
in this year's SMOTA Spelling Bee.

Storytime

We invite our creative writers to share their stories
in the library during 'Storytime'

on Tuesday 5th September

A canteen voucher will be awarded for each story read.

Not a creative writer?
That's OK come along
with a pillow,
close your eyes and
listen to the stories
on offer to
'Escape to Everywhere'



WHATS ON NEXT WEEK DURING ENGLISH/HUMANITIES WEEK?



How well do you know the alphabet?

Test out your skills in the Library on

THURSDAY 7TH SEPTEMBER, 1.00PM

**a b c d e f g h i j k l m n o p q r s t u v w x y z
z y x w v u t s r q p o n m l k j i h g f e d c b a**

**SIGN UP
SHEETS AT
STUDENT
RECEPTION.**

**ESCAPE TO
EVERYWHERE**

THANK **SMOTA**
YOU'RE HERE

THEATRE SPORTS EVENT
WEDNESDAY 6TH SEPTEMBER, 1.00PM
IN THE ST CLARE AUDITORIUM

Teams will be given a book title impromptu.
The aim of the game is for the audience to guess the book being performed.
Points will also be allocated to the best team-work, improvisation
and connection to the story.

GREAT PRIZES UP FOR GRABS!

Sign Up Today



**THE
WHIZ
BOOK
QUIZ**

FRIDAY 8TH SEPTEMBER
IN THE LIBRARY AT 1.00PM

Great Prizes
Sign Up Now!



'ESCAPE TO EVERYWHERE'

**You have to
be in it to
win it!**

**Great Prizes
on offer all
week!**

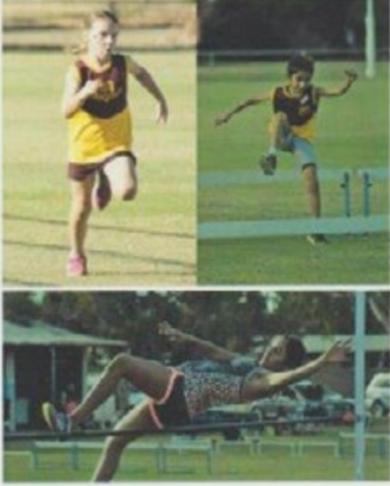


SIGN UP NOW FOR THE THE AMAZING RACE

THURSDAY 7TH SEPTEMBER, 1.00PM

THE RACE WILL BEGIN OUTSIDE THE LIBRARY.

Teams of Two - will need to answer questions as they
'Escape to Everywhere'.



**SEASON 2017
BAROOGA
LITTLE ATHLETICS**

Free Come and Try Nights
Monday 11th & 18th September 4:45pm-6pm
Season runs from Monday 9th October-11th December 2017

Find us on **Facebook**

Where?
Barooga Recreation Reserve
Snell Road, Barooga

When?
Monday afternoons starting at 4:45pm
Term 4,
9th October 2017

Who?
for children aged 5-16 years old

Cost?
\$90 per child

BAROOGA LITTLE ATHLETICS
Contact Marcla Nolan on 0427 800 516

Boys Brains

This two hour workshop will give insight into the workings of a boy's brain and how their needs are different to girls. It will provide practical strategies to help parents and carer's understand boy's needs and how to meet them.

When: Monday 11th September 2017

Time: Arrival and registrations 6.15pm;
Session 6.30pm to 8.30pm

Where: Tongala Community Activities Centre
Meeting Room 1.

Cost: Free

Facilitators: CatholicCare Family Education
Services Team

**Childcare is not provided

For bookings and enquiries phone Jessica on
58591268 or tcadmin@bigpond.com



Centacare Sandhurst

Groups are subject to minimum numbers determined seven working days prior to the commencement date. Early registration is encouraged.



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Get your first delivery FREE

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Woolworths Earn & Learn 2017

This year we are again participating in the Woolworths Earn & Learn program. Through this program we will be able to get new educational resources for our school and all you need to do is shop for your groceries at Woolworths.

Until Tuesday 19th September or while stock lasts, we are collecting Woolworths Earn & Learn Stickers. You will get one Woolworths Earn & Learn Sticker for every \$10 spent (excluding liquor, tobacco and gift cards). Place the Woolworths Earn & Learn Sticker onto a Woolworths Earn & Learn Sticker Sheet and when it's complete, the Sticker Sheet can be dropped into the Collection Box here at the school or at your local Woolworths.

At the end of the promotion, we'll be able to get some great new equipment. The range is extensive and offers lots of items ideal for our students – including resources for Maths, English, Science and some fantastic fun supplies for Arts & Craft, Sport and for our library. If you'd like to know more visit woolworths.com.au/earnandlearn