# The Angel

Thursday 23rd February 2017, Volume 3



## Prayer for Social Justice:

Lord Jesus, look with tender mercy upon the multitudes of our day who bear the indignities of injustice everywhere. Raise up leaders in every land dedicated to Your standards of order, equity, and justice.

Sharpen our intellects to pierce the pettiness of prejudice; to perceive the beauty of true human brotherhood. Guide our minds to a meaningful understanding of the problems of the poor, of the oppressed, of the unemployed, of all in need of assistance anywhere. Guide our hearts against the subtle lure of earthly things and undue regard for those who possess them.

May we hunger and thirst after justice always.

Amen



Principal Matt Carver presents the Michael McLean Memorial perpetual trophy to Jayden Rees (Year 12).

This trophy is awarded to the person who shares the qualities of Michael, a student who was enthusiastic, 'had a go', encouraged others and built team spirit in a sporting arena.

## Principal's News

Dear Parents / Guardians, Staff, Students and Friends,

This week's prayer moves our thoughts and attention to Social Justice. Monday was the World Day of Social Justice and next week Project Compassion, our annual fundraiser for Caritas begins. Project Compassion continues until Easter. In thinking about Social Justice it brings to the front of our minds those in our local and global communities who are marginalized, persecuted, impoverished, afflicted by war, hungry and unloved. The gospel of Micah guides us beautifully into the season of Lent and strengthens our commitment to Project Compassion.

## And what does the LORD require of you? To act justly and to love with mercy and to walk humbly with your God. (Micah)

St. Francis too good! The weather was perfect, the competition was hot and St Francis proved too good. Our annual swimming carnival on Tuesday was a stunningly successful day. Thank you to Mr Andrew Storer and the PE staff for the organization of the day. Thank you to our staff who were only too willing to fill the many tasks needed on the day. Thank you to our House Captains and students as a whole for your enthusiasm, participation and acceptance of our culture at St Mary of the Angels to get in and have a go! Finally, I would to also thank our many parents and friends who joined us on the day. Our carnivals are very much a community event involving students, staff and families. I am already looking forward to the annual cross-country event / Caritas K's fun run on the last day of term.

Save the date: On Wednesday 22nd March the Annual General Meeting of the College Board will take place. If you have an interest in strategic, visionary work and would like a deeper understanding of the College please consider joining this dynamic group of people. Nomination forms will be available in The Angel soon. Please contact Mr. David Booth on 0408 313 554 or myself at the College if you have any interest or questions about joining our College Board.

Pace e bene, *Matt Carver* 

## Deputy Principal's News

#### Ruth Hartnett-Carr Deputy Principal - Catholic Identity

It is funny how life throws you a curve ball and that curve ball can consume all of your thoughts and then you receive a message that puts your curve ball into perspective and you know thing are manageable.

This morning I had a curve ball that I knew was coming and I wanted it so badly to pass on by and not be part of my world. In fact I've been hoping for a miracle that my daughter Maisie was somehow going to beat a blood test result today and that she was not going to be diagnosed with celiac disease. To cut a long story short my worst nightmare became my reality today. Maisie is orally sensitive and does not eat anything but yoghurt and six packets of commercially produced baby food that I have to blend into a smooth paste. Four of those packets have gluten in them. The options for food have just been severelly narrowed!

While I was wallowing in my own (admittedly self-centred) despair this afternoon I received a wake-up call. The Year 12 students have been working with Sam Clear for their Religious Education seminar days. Sam has walked 15,500 kilometres around the globe for Christian unity. Any way you look at that journey it's impressive. (His story is amazing and if you have a spare couple of minutes look him up on the Internet.) After the students had left for the day Sam and I were packing up and he received a phone call. I presumed it was someone booking his services, as I could hear him talking about sending a book in the mail.

As we continued chatting before we parted company for the day Sam asked me how I had got on with Maisie. I told him and explained the complexity of what it meant for Maisie. Sam then shared his phone conversation with me. It was a woman calling him to ask for a copy of his book. She had never met Sam however her son in year six had, at a school presentation. She said to Sam that any person that could get her son to come home talking about resilience, relentlessly, must be impressive. She had then gone on to reveal throughout the conversation that she was a single mum of three children and her marriage had ended about 12 months before she was diagnosed with cancer. Throughout the conversation Sam organised to meet up with her for a cuppa. I asked Sam if he often received phone calls like that. Part of me was pre-empting that answer of 'yes, all the time', so I was surprised to hear that never before had this happened to him. I mentioned to Sam that the phone call was what I call a 'wonder and awe' moment.

This evening as I returned home from the College Board meeting I walked through the dark to my back door and

'it' hit me. That wonder and awe moment also had a message for me, as much as it had for Sam. Maisie is fit and well and these modifications to her diet, in the grand perspective of life, are minuscule. There is a woman in Sydney with a far bigger battle on her hands than myself. Three young children, on your own is hard enough let alone living with cancer. So I'm working on redirecting my self-pity into praying for this woman, a mother of three. I invite you now at this moment to join me.







Sam Clear has spent the past two days inspiring our Year 12 students to challenge themselves, set goals and achieve great things as he shared his stories as he walked15,500km, all for the sake of Christian Unity.

## Franciscan Missionaries of the Divine Motherhood

Charitable Trusts of the Congregation of Franciscan Missionaries of the Divine Motherhood Charity Registration Numbers (England and Wales): 232098 (Scotland): SC039352

Tel: 01483 425775 Fax: 01483 426244

Email:

heatherburst@ladywell.org.uk



Ladywell Convent Ashstead Lane GODALMING Surrey GU7 1ST

19 December 2015

Ms R Hartnett-Carr Deputy Principal St Mary of the Angels Chapel Street (PO Box 141) Nathalia Victoria 3638 AUSTRALIA

Dear Ruth Hartnett-Carr

Thank you very much for your letter and the enclosed cheque for £3,100.

We are very grateful to your Social Justice students who have worked so hard to make this donation possible.

We have paid your cheque into the Zimbabwean account and have let the Sisters know that it is there for the benefit of the House of Peace. I am sure they will be delighted to receive it and to know that the legacy of FMDM and St Francis continues to be exhibited through the work and care of your students.

I would be very grateful if you would please pass on our thanks to your Social Justice students and all those involved in raising this marvellous amount.

As we are now in the season of Advent may we wish you and all the students and staff at St Mary of the Angels a very peaceful time and a joyful Christmas and please be assured that you are all remembered in our thoughts and prayers with thanksgiving.

Kind regards

Yours sincerely

Heather Burst Secretary

cc. Yeyani Nyoni

The fmdm Sisters wrote to thank the students of St Mary of the Angels for the money raised by the annual FMDM Grand Prix in 2016. The House of Peace which is ran by the fmdm Sisters uses money raised by our Social Justice fundraising event to pay for school fees of those children who otherwise would not be able to receive an education.

### Social Justice News

## **PROJECT COMPASSION**

'Project Compassion' is the major fundraising drive for Caritas, the aid organisation of the Catholic Church. Next week, our Social Justice group along with the SRC and VCAL students will launch into fundraising with Shrove Tuesday.

Over the next six weeks our College will be involved in many fundraising events to support Caritas and 'Project Compassion'.



### Deputy Principals' News

Tim Campbell

Deputy Principal - Student Wellbeing & Development

#### STUDENT WELLBEING

At SMOTA we pride ourselves on having strong connections and relationships with our students and parents. We have an extensive student wellbeing and support team who are more than willing to assist and support our students so that they may feel mentally and spiritually healthy.

Hopefully by now all parents have been contacted by their child's Learning Advisor. This is the first point of contact in the school for parents to discuss issues that your child might have, both academically and socially. In addition to this, our Year Level Team Leaders are available to discuss issues of a more serious nature and are more than happy to help.

We are also very fortunate to have Sandy Carver and Carmel Mithen who are available to help students who may be struggling with personal issues or who may be finding things difficult. They are available for drop-in sessions or for students that require ongoing support. Parents are able to refer their child if necessary; however, consent forms are required for this service.

Our aim is to ensure that all our students are healthy and happy so that they can focus on achieving their best results.

#### STUDENT FREE DAY - MONDAY 27TH FEBRUARY

A reminder to students and parents/guardians that it will be a student-free day on Monday. The College staff will be involved in a professional development seminar by Dan Petro, behaviour analyst and specialist in school wide positive behaviour.

#### **SHROVE TUESDAY – 28TH FEBRUARY**

On Tuesday our SRC students will be selling pancakes out the front of the Technology building to celebrate Shrove Tuesday. Pancakes will be sold for \$2 with a choice of topping included. Money raised on the day will go towards Project Compassion.

#### HATS, SOCKS AND SHOES

It's disappointing to see a number of students wearing the incorrect uniform so early in the school year. What is even more disappointing is the fact that most of these students are in the senior years. Parents are asked to remind their child to wear the correct uniform every day and to ensure they are leaving the house as such. Common issues are the high number of students wearing black socks instead of white or grey and wearing casual black shoes rather than the traditional polishable black leather shoes. Could parents/guardians please do their best to ensure your child is meeting the uniform policy requirements (this can be found in the parent handbook or in your child's diary). Students are also reminded to wear their hat AT ALL TIMES when going outside during Term 1 and Term 4.

St Mary of the Angels

## Parents & Friends ANNUAL GENERAL MEETING

Wednesday 8th March 2017 at 7.00pm

in the Staffroom at St Mary of the Angels

All welcome! Please come along to review and celebrate 2016.

Lucky door prize and supper provided.

## ST MARY OF THE ANGELS COLLEGE BOARD



## ANNUAL GENERAL MEETING

will take place on Wednesday 22nd March 2017 at 8.00pm

## Important Term 1 Dates:

**27th Feb** Student Free Day - Staff PD

**28th Feb** Shrove Tuesday

**1st March** Year 7 Camp (1st-3rd)

Senior School Information Night

**13th March** Labour Day Public Holiday

**15th March** P/T Interviews Barooga

21st March Year 7 Immunisation

22nd March P/T Interviews Nathalia

College Board AGM

23rd March P/T Interviews Nathalia - All Day

31st March Last Day of Term One



## Deputy Principals' News

#### Bev Thorp Deputy Principal - Learning and Teaching

#### **INFORMATION NIGHTS**

Thank you to all of our staff, students and families who have attended the recent Information Nights. These opportunities have provided a valuable forum to meet with Learning Advisors and teachers, to be introduced to the programs on offer and the facilities available. At St Mary of the Angels we continually strive to be a welcoming community, and it is lovely to see so many of our families join us on these evenings. Our final Information Night will be the Senior School Information Night next Wednesday 1st March.

It was also a delight to see a very strong contingent of parents support their children at our Swimming Sports this week. Aided by a beautifully fine day and fantastic support by all staff, house captains and students, a great day was had by all. Many thanks for the tremendous organisation of Mr Andrew Storer and his PE staff in running such a significant College event in such a seamless manner.

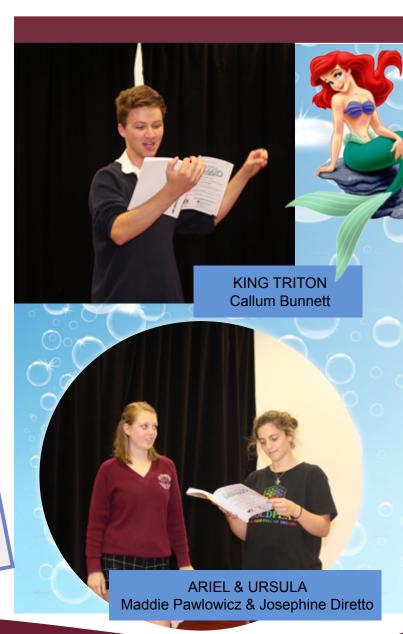
At the time of writing, I am about to join our Year 11 students on their Melbourne Experience Camp. I look forward to reporting on this great opportunity for students, and the sharing of their experiences, in next week's newsletter.

#### **LEARNING ADVISOR INTERVIEWS**

All families should have been contacted by your child's Learning Advisor to introduce themselves and to request your preferred method of communication.

Whether by phone or by email, we love to keep in touch and support your child's progress at school. Bookings are now able to be made for our Learning Advisor Interviews which will be held toward the end of term in both Barooga and Nathalia, dates and times for which are listed below: Bookings for subject interviews for senior students will be made available shortly before the interview dates. We strongly encourage all of our families to present for a face to face interview with your Learning Advisor, and remind you that if you are unable to make any of the interview times to please contact your Learning Advisor to make an alternate arrangement. Please feel free to contact your Learning Advisor at any time if you have any queries or feedback about your child's progress or the learning programs offered. Below is a link to our instructions on how to make a booking through our Parent Access Module (PAM):

http://www.smotanathalia.catholic.edu.au/downloads/parent-handbook/pam-help/ 47-pam-instructions-how-to-book-interviews/file.html



PARENT/TEACHER/STUDENT INTERVIEW DATES:

PARENT/TEACHER/STUDENT INTERVIEW DATES:

Wednesday 15th March, 5.00 pm - 8.00 pm

Barooga Sports' Club- Garden Room

Wednesday 22nd March, 4.00 pm - 8.00 pm

Wednesday 22nd March, 4.00 pm - 8.00 pm

St Mary of the Angels College, Nathalia

St Mary of the Angels College, Nathalia

St Mary of the Angels College, Nathalia

St Mary of the Angels Secondary College Chapel Street, Nathalia, Victoria, 3638



## The Arts News

#### Gerri Eden, Production Director

Rehearsals of 'The Little Mermaid' are swimming along. Year 7, 8 and 11 camps have caused a few snags but hopefully, we can all get together soon! (This production just lends itself to a pun or two).

The scenes we have rehearsed have shown great enthusiasm and potential with a very talented 'cast'.

For those aspiring actors, singers and dancers it is not too late to join our ensemble; or for those a little shy we need backstage crew and we would love you to join our production team.



The 'Mersisters' rehearsing their signature song.

## Year 8 Maths in 2017

Alison Dietrich, Maths Teacher

The Year 8 Maths team is excited to let you know about a development in the curriculum at SMOTA. Traditionally in schools, it has been extremely difficult for one teacher to cater to the learning needs of 20 individual students. As a result, not every student has experienced success in mathematics. Our teaching team (consisting of Ruth Bakogianis, Alison Dietrich and Rose Nihill) is now working very hard to change that, armed with a new system called Maths Pathway.

**Bakogianis** 

Year 8 Maths lessons will be tailored to precisely what each individual student is ready to learn. These lessons might involve filling in gaps in prior learning, or working on extension activities. Students will complete work individually in their maths exercise book, guided by questions and videos from the computer. They will also work with the teachers in small groups, and one-on-one. The whole class will come together for rich learning and real-world mathematical application.

The tailored learning approach means that the focus within each Year 8 Maths lesson will be student-centered. This is an exciting opportunity for Year 8 students because all lessons will be based entirely on teaching at the point of need for each individual.

If you would like more information about the Maths Pathway Learning Model, you can visit www.mathspathway.com. If you have any questions at all please contact any of the Year 8 Maths Team.

## Student Wellbeing News

#### Carmel & Sandy - Student Wellbeing

This week we are continuing our discussion on resilience, focusing on helpful and optimistic thinking and skills for getting things done.

#### **HELPFUL AND OPTIMISTIC THINKING**

Resilience is about being realistic, thinking rationally, looking on the bright side, finding the positives, expecting things to go well and moving forward, even when things seem bad.

When your child is upset, you can help them keep things in perspective by focusing on facts and reality. For example, you could try gently asking, 'Does this really matter as much as you think it does? On a scale from 1-10, how bad is it really?'

You can also help your child understand that a bad thing in one part of their life doesn't have to flow over into all parts. For example, if your child gets a poor exam result, you could point out that it won't stop them playing their weekend sport, or going out with their friends.

A sense of humor can help you both keep things in perspective and stay calm.

If your child is being hard on themselves – for example, 'I'm going to die of embarrassment speaking in front of my class' – you could suggest more helpful self-talk instead. For example, your child could try saying, 'Public speaking isn't my favorite thing, but I'll be able to cope'.

Your child is more likely to feel positive if they can see that difficult times are a part of life, that they'll pass, and that things will get better. You might be able to help your child with this by talking about how you, people you know, or even famous people have gone through tough times.

Talking and working together to find solutions can help your child be more resilient. Also having a problemsolving method is one way for your child to feel they have the power to get through challenging times.

## WAYS TO TURN LOW MOODS INTO BETTER ONES INCLUDE:

- doing things you love and enjoy
- spending time with friends/family
- helping someone else
- talking with friends or a support person
- exploring activities that help you relax
- going for a vigorous walk or doing some kind of physical activity

- going over some good memories by looking through photographs
- watching a funny TV show or DVD, or reading something funny

#### SKILLS FOR GETTING THINGS DONE

Feeling confident, capable and ready to get things done are big parts of resilience. Important skills in this area are goal-setting, planning, being organized and self-disciplined, being prepared to work hard and being resourceful.

You can foster these skills in your child by helping them to work out their specific strengths and limitations. Then you can encourage them to set goals that put their strengths into action, helping them focus on what they are good at.

For example, if your child is good at singing or music, you could suggest they join the school band, or even start their own band. If they are good with young children, you could suggest they look into some babysitting work or coaching junior sport.

Supporting your child to take on new or extra responsibilities – a leadership role at school or even a part-time job as they get older – is a great way to build your child's confidence and sense of what they can do.

Challenges are a normal part of life, and young people have to learn to cope with them by themselves. Let your child have a go sorting out their own problems and fighting their own battles before you step in. Fumbles and even failures are part of the process.

Until next week.......Sandy and Mrs Mithen.



## FANTASTIC DAY IN THE SUN AT THE SMOTA SWIMMING SPORTS

#### Andrew Storer, Sports Coordinator

On Tuesday 21st February the College community was treated to a superb day of weather and school spirit all rolled into one. The annual House Swimming Carnival is a popular day among students and teachers alike. There was a sea of colour, which was great to see with all houses represented with extremely good numbers.

After the small trek to the pool, formalities completed it was down to business. Could St Francis continue its dominance in the pool? Could St Clare finally knock them off? Could St Elizabeth provide a real upset and claim the prize? We were about to find out.

Elizabeth got off to a flying start and were clearly winning the carnival after the first event with Rex Miller and Jack

ST FRANCIS HOUSE CAPTAINS CELEBRATE A WIN THE POOL. L-R: Peter Ingamells, Hannah Garner, Ruby Arnel and Joshua Smith.

Hindson both from St Elizabeth claiming first and second in the first event. However, this must have snapped the rest of the competitors into action and from there it was a very mixed bag of yellow, blue and red all seeming to be winning their fair share of races. As the day went on the cream started to rise to the top and the yellow caps of St Francis were starting to get on top of all other comers. This was very evident in the relay events where they took well over half of the relay events.

At the end of the competition we had some sensational individual performances, some great team performances in the relays and some very happy students who have enjoyed a great day. A big thanks to all the staff and students who make these days such a great success. A special mentions to all of the house captains for their fantastic work leading up to and preparing all the events. To our PE staff in particular, a great deal of work goes into organising this event prior. Thank you for all of your efforts and support for this day to come together.

Finally a big Congratulation to the St Francis House and all the individual winners who will go on to represent the college next Monday at Echuca in the Campaspe District Swimming Carnival.

RECORDS BROKEN IN 2017			
AGE GROUP	EVENT	RECORD (sec)	COMPETITOR
17 YO Boys	Freestyle	30.88	Will Newman
17 YO Girls	Breaststroke	51.25	Aleesha Jarrott
17 YO Boys	Backstroke	38.82	Will Newman
Up to 15YO Boys	Butterfly	29.15	Zander Griffin
Up to 15YO Girls	Butterfly	35.98	Sophi Bury
13 YO Boys	Relay	2.37.86	St Elizabeth
17 YO Boys	Relay	2.18.22	St Clare



#### **HOUSE SWIMMING SPORTS MEDALLISTS**

Pictured above back L-R: Skyla Griffin, Will Newman, Peter Ingamells, Rex Miller, Cassie Madill.

**Front L-R:** Gracie O'Sullivan, Sophi Bury, Zander Griffin, Max Hendy, Jayden Rees, Aleesha Jarrot, Hayley Thorne and Declan Brunskill.

AGE GROUP CHAMPIONS	WINNER (HOUSE)
13 BOYS AGE CHAMPION	Rex Miller (E)
13 GIRLS AGE CHAMPION	Skyla Griffin (F)
14 BOYS AGE CHAMPION	Zander Griffin (F)
14 GIRLS AGE CHAMPION	Sophi Bury (E)
15 BOYS AGE CHAMPION	Max Hendy (C)
15 GIRLS AGE CHAMPION	Gracie O'Sullivan (F)
16 BOYS AGE CHAMPION	Declan Brunskill (C)
16 GIRLS AGE CHAMPION	Hayley Thorne (F)
17 BOYS AGE CHAMPION	Will Newman (C)
17 GIRLS AGE CHAMPION	Aleesha Jarrot (E)
OPEN BOYS AGE CHAMPION	Peter Ingamells (F)
OPEN GIRLS AGE CHAMPION	Cassie Madill (E)
JUNIOR BOYS CHAMPION (13,14,15)	Zander Griffin (F)
JUNIOR GIRLS CHAMPION (13,14,15)	Sophi Bury (E)
SENIOR BOYS CHAMPION (16,17,Open)	Will Newman (C)
SENIOR GIRLS CHAMPION (16,17,Open)	Hayley Thorne (F) & Aleesha Jarrot (E)
MICHAEL MCLEAN	Jayden Rees (F)







Take a look at more great photos on our Facebook page https://www.facebook.com/stmarysnathalia/



## Year 8 News

## SEOR 3 COMP

#### Cassie Brooks and Lilly Osborne, Year 8

On the 14th of February 2017, the Year 8's went on camp to Burnside at Anglesea. Upon arrival, we unloaded our buses and headed down to the beach for lunch. After our time at the park we hopped back on the buses and headed to our camp. Once getting back to the camp we had some delicious afternoon tea and then we had time to explore and enjoy our cabins and teepees. Being in a room with all my friends made camp really enjoyable for me. At 6pm we got ready and lined up out the front of the dining hall to get ready for dinner: chicken schnitzel with gravy and veggies. Awesome! I think that everyone went back for seconds testifying that it was that good. But I think I went back for the gravy and the chicken. After dinner we went for a night walk down to the beach and through the back way to the camp. It was really nice walking along the beach. The calming sound of small waves crashing on the sand and the smell of the freshly salted air was great.

On Wednesday and Thursday we had a series of activities including: archery, rock climbing, high and low ropes, surfing, paddle boarding and mountain bike riding. Our days were fun filled with excitement and joy. And after each day of activities we had an amazing dinner. At night we had movies and a trivia game. Many of us fell asleep during the movie exhausted from the day. Once the movie finished we all headed to bed.

We woke up on our final morning to pack our bags ready for the bus trip home. After our yummy daily breakfast we all said thank yous and goodbyes as we piled on the bus ready for our long trip home. After being on the bus for a few hours we had a lunch break in Nagambie where we were able to go down the main street or lie on the grass and enjoy the quiet. After lying on the grass under the warm sun we all got back on the bus for our final leg home. Once getting back to school we all grabbed our bags and went into the Year 8 room to have a sneak peak at some of the photos. Then it was back on our buses and back to reality, and to enjoy our own rooms and beds!

















Visit: www.sjnumurkah.catholic.edu.au for more information.

## CSEF Financial Assistance

#### WHO IS ELIGIBLE?

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$125 for primary school students
- \$225 for secondary school students

FOR MORE INFORMATION: regarding CSEF please visit www.education.vic.gov.au/csef



## NORTHERN ANGELS' FOOTBALL TRAINING

will commence

Wednesday Nights 6.00pm on the Nathalia Secondary School Oval.

For further information please contact the Northern Angels'

Coach Phil McKenna on 0427662104 Or Assistant Coach Jason Verhoeven 0419346876

#### NATHALIA FOOTBALL/NETBALL CLUB

SENIOR & JUNIOR REGISTRATION NIGHT Friday 3rd March 2017

Starting: 3:30pm with registrations

4:30 pm - First Welcome and Information session - accompanied by free pizza

6:30pm - Second Welcome and Information session - accompanied by free pizza

Fun training session for juniors and seniors will be running for the duration of the evening.

NETBALL REGISTRATIONS NOW OPEN ONLINE

FOOTBALL REGISTRATIONS OPEN ON 20th FEBRUARY Eftpos available on night

Thanks to BRERETON'S BAKERY for kindly donating the pizzas

See you there. GO PURPS!

Chapel Street, Nathalia, Victoria, 3638 Ph: (03) 5866 2222 | Fax: (03) 5866 2471