

# The Angel

Thursday 16th February 2017, Volume 2



## *Prayer for the journey of Healing:*

Almighty and loving God,  
You, who created all people in your image,  
lead us to see your compassion as we listen  
to the stories of our past.  
You gave your only son, Jesus, who died and  
rose again so that sins will be forgiven.  
We place before you the pain and anguish  
of dispossession of land, language, love,  
culture and family kinship that Aboriginal  
and Torres Strait Islander peoples have  
experienced.  
Aboriginal and Torres Strait Islander families  
have endured the pain and loss of loved  
ones, through the separation of children  
from their families.  
We are sorry and ask God's forgiveness.  
Touch the hearts of the broken, homeless  
and afflicted and heal their spirits.  
In your mercy and compassion walk with  
us as we continue our journey of healing to  
create a future that is just and equitable.  
Lord, you are our hope, Amen.

## 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.

## *Principal's News*

**Matt Carver**

Dear Parents / Guardians, Staff, Students and Friends,

What a wonderful celebration last Thursday, as we came together with St Francis Primary School students and staff for Opening School Mass. It was fantastic to see our older students acknowledge the St Francis school captains and then for the younger students to acknowledge our 2017 Year 12 students. Furthermore, the recognition of Hannah Conroy's successful results as our 2016 College Dux was also a highlight of the Mass. Thank you to Fr. Michael for leading our celebration and helping us to bring our faith to life. Our opening School Mass was offered for Connor Remmerswaal and it was a pleasure to welcome Rene and Kath Remmerswaal on the day and join with us in celebration of Connor and the beginning of our new school year.



College Leader Patrick Brooks  
acknowledges the anniversary  
of 'The Apology'.

On Monday morning, the College acknowledged the anniversary of The Apology to our aboriginal brothers and sisters. The Apology offered in 2008 by the then Prime Minister Kevin Rudd has become a symbol of the reconciliation movement going forward. Thank you to Vanessa Byrnes for organizing our liturgy and thank you to Chris Summers and the St Francis community for joining us for this symbolic event.

Over the next couple of weeks the College staff will be busy with a number of year level information nights. These evenings provide an opportunity to unpack the year level educational philosophy, discuss the coming year and informally meet and greet with learning advisors and homeroom teachers. I encourage your participation in order to assist in setting a solid learning foundation for the year.

I look forward to next Tuesday's College swimming carnival. The competition is always fierce and I look forward to the St Elizabeth swimmers putting their best foot forward and leaving the St Clare and St Francis swimmers in their wake. A big welcome to all of our parents, guardians and friends to the day. Refreshments and a light lunch will be available and the competition begins at 9.30am concluding at approximately 2.45pm. GO LIZZIE!

Pace e bene.  
Matt Carver

**College House**  
**Swimming Sports**  
**Tuesday 21st February 2017**  
**at the Nathalia**  
**Memorial Swimming Pool**

**St Mary of the Angels Secondary College**

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# Media release

Date: 7 February 2017

For immediate release

## Statement from Bishop Leslie Tomlinson – Royal Commission

The figures released yesterday about the Diocese of Sandhurst by the Royal Commission into Institutional Responses to Child Sexual Abuse between 1950 and 2010 require a response.

The evidence of the Royal Commission, along with all we have heard over the past four years, can only be interpreted for what it is - a massive failure on the part of the Catholic Church as an institution in Australia to protect our children from abusers and predators.

I acknowledge that the Diocese of Sandhurst, like every other Diocese in Australia, had its share of perpetrators of sexual abuse. To have a single priest abuser was one too many and to have a single claim against a Diocese was also one too many.

It has been reported that the Diocese of Sandhurst was the second worst in Australia for rates of alleged child sexual abuse. This statement needs to be read in the correct context.

Over a 60-year period, the Sandhurst Diocese had a total of 27 claims of abuse, of which 14 were substantiated.

The report identified 1880 alleged perpetrators across Australia, of which 384 were Diocesan priests. The total number of priests from the Sandhurst Diocese alleged to have been perpetrators, using the 14.7 percent figure stated in the report released yesterday by the Royal Commission, is 16. This is consistent with data held by the Diocese.

On these figures, the 16 Sandhurst priests represent 4.1 percent of the total alleged perpetrators Australia-wide.

The last report of sexual abuse of a minor by a priest in this Diocese was 26 years ago in 1991.

As the Bishop of the Diocese of Sandhurst, I have apologised to victims and survivors of sexual abuse on several occasions in the past. I wish to take this opportunity to do so again. I remain committed to working with victims, survivors and their families into the future. As a Diocese and community we will work together to ensure that this betrayal can never occur again.

We have recently recruited a Child Safety Officer to work across the Diocese to ensure that all proper processes for protection of children are in place and maintained. This important position will assist in meeting the requirements of the Victorian Government's Child Safety regulations in our schools, parishes and charitable organisations.

We commit to working with the findings of the Royal Commission to ensure a positive future for our young people and those entrusted to our care.

I believe that the Diocese is very well served by a dedicated clergy, in who I have the utmost confidence.

I encourage anyone who has suffered sexual abuse to report it to the police.

Bishop of Sandhurst, Leslie Tomlinson

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For further information contact: Damian Griffin – Media and Communications Manager P: 03 5445 3610 M: 0418 162 536

*Parents & Guardians are invited to join us on  
Tuesday 21st February 2017  
for the College's Annual House*

# *Swimming Sports*

## *Where:*

Nathalia Memorial Swimming Pool,  
Park Street, Nathalia

## *Attendance:*

Parents & guardians are invited to attend our College House Swimming Sports. All students are required to attend to cheer on their house

## *Time:*

Students go to homeroom get marked off the roll and then walk to the pool in their homeroom groups. They attend the Swimming carnival and then walk back to school in time for homeroom. First race starts at 9.30 am

## *Transport:*

Students will walk to the pool via the levee bank supervised by College staff.

Parking for parents is available on the side of Park Street.

## *Dress Code:*

Students are to dress in house colours,

St Francis – Yellow, St Elizabeth – Red, St Clare Blue. Students MUST wear a hat while not swimming and remember to “slip slop slap” and use sunscreen throughout the day. Parents are also invited to wear house colours on the day

## *Food:*

Students can bring their own lunch if they wish. The Pool staff will be running a BBQ on the day and their canteen will be open to purchase items.

Food and drinks will be available for parents at the hospitality tent.

## *Medical:*

A reminder to students with medical conditions e.g. asthma or anaphylaxis, please bring the necessary required medication with you.



# Deputy Principal's News

**Tim Campbell**

**Deputy Principal - Student Wellbeing & Development**

## BUSES

Our students should now be organised with buses and seating plans should be finalised. A reminder to parents and students that seating plans are implemented in order to make it easier for our drivers and bus captains to know if a student is absent, misbehaving or if damage has been done. Students are also reminded that school rules are enforced on the buses and that drivers, bus captains and in particular other students are to be treated with respect at all times.

Poor behaviour on the buses can result in:

- A formal warning
- Being moved to a different seat or to the front of the bus
- If poor behaviour continues students may lose the right to travel on the St Mary's bus and parents will need to find alternative travel arrangements to school.

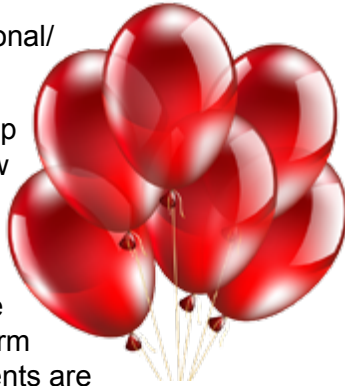
## SPRAY DEODORANT

Just a reminder to students and parents that spray deodorants are not to be used at St Mary of the Angels due to a number of asthmatic and allergic students. There has already been one incident this year where a child has had a reaction to spray deodorants and has required medical treatment. Students are asked to use roll-on deodorant to maintain respect for others.

## RED BALLOON DAY - FRIDAY 24TH FEBRUARY (OUT OF UNIFORM DAY)

Next Friday is the Annual National/ Nathalia Red Balloon Day.

This year's fundraiser is to help the CFA raise funds for a new Thermal Imaging Camera for Nathalia (who currently share one with Numurkah CFA). To support this worthy event we will be having an out of uniform day to help raise money. Students are encouraged to wear RED on the day and make a gold coin donation (\$1 if wearing red, \$2 if not wearing red). Some students will also get the opportunity to have their photo taken with the CFA volunteers on the day when it visits the College. So let's all get behind our local CFA and help support their efforts! (A gentle reminder that singlets, thongs and inappropriate material on clothing are not permitted. Also, students with PE/ Sport on this day are still required to bring their sports uniform/swimming gear for class).



## Student Leadership Day

On Friday 10th February, our College Leaders were involved in a Student Leadership Day. The guest speaker for the day was Kate Wilde (pictured above) from "The Workshop" who discussed what it is to be a leader and how to engage all students in our school. The students were highly engaged and learnt new skills to help them in their leadership journey. The afternoon session was spent planning and organising their approach to events throughout the year. We look forward to what they will bring to the College in 2017.



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## COLLEGE LEADERS FOR 2017

Our College leaders have formally accepted their roles for 2017 and have begun hastily organising events.

Congratulations and thank you to the following students on their leadership for 2017:

**College Leaders:** Lauren Harris  
Patrick Brooks  
Olivia Brunskill

**SRC Leaders:** Emma Champion  
Ashleigh Walpole  
Jake Hindmarsh  
Jess Hicks  
Maria Gilroy

**Social Justice Leaders:** Mikaela Wood  
Jack Hooker  
Tayha Malseed  
Jessee Champion  
Livindya Sooriarchchi  
Kate Berend

**Arts Captains:** Josephine Direccion  
Callum Bunnett

### Sports Captains:

St Clare	St Elizabeth	St Francis
Tom Boyd	Jesse Trower	Josh Smith
Millie Nye	John Walker	Pete Ingamells
Georgia Nelson	Sienna Bate	Ruby Arnel
Eilish Judd	Cassie Madill	Hannah Garner

### Bus Captains:

<b>Bus 1</b>	Numurkah	Todd Davies	Mitchell Small	Livindya Sooriarchchi
<b>Bus 2</b>	Cobram/Yarroweyah	Millicent Nye	James Raco	Olivia Brunskill
<b>Bus 3</b>	Wunghnu/Numurkah	Alysha Booth	Jack Hooker	Isabella Nielsen
<b>Bus 4</b>	Cobram East	Jacob Brennan	Damon Hartley	Eliza Flanigan
<b>Bus 5</b>	Barooga/MV Hwy	Harrison Davis	Alysha Nicosia	Taylah Bignell
<b>Bus 6</b>	Strathmerton	Josh Smith	Brianna Sargent	Matt Ryan
<b>Bus 7</b>	Finley/MV Hwy	Phoebe Doyle	Callum Bunnett	Gracie Reid
<b>Bus 8</b>	Cobram/Labuan Rd	Sienna Bate	Eilish Judd	Keely Bond
<b>Bus 9</b>	Katamatite/Invergordon	Lauren Harris	Natalie Lukies	Maria Gilroy



**Bev Thorp**

**Deputy Principal - Learning and Teaching**

## INFORMATION NIGHTS

Information Nights are being held at all year levels. Both the Year 7 and Year 8 Information Evenings being took place last week with tremendous turnout from our parent community. The Year 9, 10 and Senior Information Nights will be held over the next few weeks. The dates for these are listed below. I invite all families to attend the relevant Information Nights where they are able, as they are an ideal opportunity to learn more about the programs and facilities that we offer your children; as well, to meet your child's Learning Advisor, homeroom teacher and other key staff involved in your child's education.

### INFORMATION NIGHT DATES:

**Year 9:** Wednesday 22nd February

**Year 10:** Monday 20th February

**Senior School:** Wednesday 1st March

## PAM / LEARNING ADVISORS

Over the next few weeks, all families should be contacted by your child's Learning Advisor. This early contact is primarily to introduce the Learning Advisor and to request your preferred method of regular contact. The upcoming Information Nights are also a wonderful opportunity to meet your Learning Advisor and develop the three-way communication between student, family and College. The first round of Learning Advisor Interviews will be held toward the end of this term. If you are unable to attend any of the Information Nights, or meet your Learning Advisor, please remember that we are only a phone-call or email away. Keeping the lines of communication between home and school is vitally important to further supporting student success, and we welcome the opportunity to work in partnership with you. Please feel free to contact your Learning Advisor if you have any queries or feedback about your child's progress or the learning programs offered.

All new families should have received their login and password details to our Parent Access Module (PAM) where you are able to keep up to date with information on College events and notices, track work due and follow your child's assessment results. Please do not hesitate to check with your Learning Advisor or Kylie Palmer in the College Library with any queries with regard to accessing PAM.

## ACER TESTING:

All Year 7 to 10 students will shortly begin testing in the areas of Reading and Comprehension, Grammar and Punctuation, and Numeracy. These online tests,

conducted in Term One and Term Four on behalf of Australian Council for Educational Research (ACER), are not designed to cause stress for students but are used in conjunction with teacher observation and other ongoing assessment to ensure targeted teaching and to evaluate learning progression. St Mary of the Angels continues to prioritise the development of collaborative practice in all curriculum areas with teachers working together to plan valuable learning activities to engage and target each individual learner.

## CAMPS / SEMINARS / SWIMMING SPORTS

Our Year 8 students and their teachers have enjoyed time spent at Anglesea this week where they have participated in a range of surfing and other activities as they make new friends and experience team building opportunities. I look forward to seeing many photos and reading their stories in next week's newsletter. Next week our Year 11 students will venture to Melbourne to investigate University and TAFE opportunities in addition to experiencing inner city Melbourne and the vagaries of public transport. All Year 12 students will participate in an English Seminar Day, and the first two Religious Education seminars that make up part of their compulsory RE education. Together with the College Swimming Sports that will be held next Tuesday 21st, it looks as though next week will be a typically busy week! I encourage all students to get involved in the swimming carnival, be it in the pool or as a supporter, and look forward to seeing many parents who may be able to come along and join the fun and friendly house rivalry.

## OPENING SCHOOL MASS

It was indeed a privilege to be a part of our Opening School Mass last week. There were so many aspects of celebration - the life and friendship of Connor Remmerswaal, the commissioning of our College Leaders and the presentation of our 2016 College Dux.

It is with great pride that we watch and experience the growth in each of our students, in supporting each other through friendships, building on their academic successes and developing as leaders in our College and wider community. In receiving her College Dux award, Hannah Conroy gave the most outstanding speech that reflected each of these aspects and more. She is a shining example for our student body, and I am incredibly thankful to have witnessed the development of a truly remarkable, hard-working and considerate young woman. With Hannah's generous permission, we have included her speech in this newsletter for your admiration.



Above: Hannah Conroy addresses the student body and guests at Opening Mass before a presentation from Matt Carver.

## Hannah Conroy's Speech

*"First I would like to say a big congratulations to the whole class of 2016, especially to Jye Noonan, Brayden Price, Todd Wallace, James Flett and Jasmine Buha.*

*I was lucky to have a great group of classmates and peers. As you move through the year levels you realise how important it is to look out for one another and support your friends. To the Year 12's especially, make sure you try to work together and encourage each other. We had Muffin Monday's every English Class thanks to Lily Beer, Pancakes every Friday recess made by Rhys Palmer, and it was small things like this that made the year so much more fun.*

*Thank you to all of my teachers: for staying at Homework Club; for giving up lunchtimes to help us; for sacrificing holidays to come in to school. I appreciated Miss Sparrow's motivational quotes on her power-points, Mrs Hando's speedy email replies, Mrs Thorpe's 'you beaut guide to Stoichiometry', Mrs McCracken's passion for pracs, and Mrs B eventually forgiving me for dropping out of Methods. Also Mr Dimble for listening to our many complaints and putting up with our antics. I have so many great memories of school not just from my VCE years, interschool sports, Immersion and the equestrian team. I wouldn't have had half the success I did at school without my teachers encouraging and believing in me.*

*To the current senior school students, I wish you all good luck, but try to remember this is only one year of your life. The best piece of advice I was given last year, was to study smarter rather than harder, prioritise what needs to be done and try to study in ways that are going to be most effective for you. For me, I found that writing and re-writing notes made me bored and tired, so I would try to find ways of making it more interesting to me and do visual summaries or practice questions instead.*

*I also think it's so important to keep yourself balanced and make sure you allow yourself some downtime and to have fun. I'm not saying that you don't have to make sacrifices, but having a busy/ varied lifestyle kept me motivated and prevented me from getting burnt out. During year 12 I played senior netball and worked a couple of weeknights after school. Don't neglect real life for the sake of VCE, it will leave you feeling stressed out. It can be a really fun and rewarding year, so make the most of it. There will probably be some tears during the year ahead - but there's also a lot of fun and laughter.*

*Thank you to my family - for their support and for putting up with "grumpy-me" telling them to be quiet because I'm trying to write an essay, or that I couldn't unpack the dishwasher because I had too much work to do. Sorry to my little brother Darcy for telling him to stop watching cartoons because I was trying to study, and thanks to my sister Abbey for taking care of my horse during the year.*

*My sister Bronte told me I should give her a shout out, then dab and drop the microphone before walking off stage. But I'm not as dramatic as her, instead I'm just going to say that I hope you all make the most of your time at high school, whether your passion is for production, sports, music or academics - be kind to each other, have fun, and enjoy your time here, because it goes by really, really quickly".*

**Hannah Conroy, Year 12 - 2017**

## Important Term 1 Dates:

<b>20th Feb</b>	Year 10 Information Evening
<b>21st Feb</b>	COLLEGE SWIMMING SPORTS
<b>22nd Feb</b>	Year 11 Camp (22nd-24th) Year 12 RE Seminar (22nd-23rd) Year 9 Information Night
<b>24th Feb</b>	Red Balloon Day Year 12 RE English Day
<b>27th Feb</b>	Student Free Day - Staff PD
<b>28th Feb</b>	Shrove Tuesday
<b>1st March</b>	Year 7 Camp (1st-3rd) Senior School Information Night
<b>13th March</b>	Labour Day Public Holiday
<b>15th March</b>	P/T Interviews Barooga (5.00 - 8.00pm)
<b>21st March</b>	Year 7 Immunisation
<b>22nd March</b>	P/T Interviews Nathalia (4.00 - 8.00pm)
<b>23rd March</b>	P/T Interviews Nathalia - All Day
<b>31st March</b>	Last Day of Term One

## Carmel & Sandy - Student Wellbeing

We talk about resilience all the time and the importance of resilient children. Our newsletter focus for the next two weeks is resilience - what that means and what it looks like. When young people are resilient, they cope better with difficult situations. They 'bounce back' when things go wrong. Young people need resilience to navigate life's ups and downs, so building resilience is an important part of adolescent development.

## RESILIENCE

**Information: [raisingchildren.net.au](http://raisingchildren.net.au)**

### HELPING YOUR TEENAGER 'BOUNCE BACK'

#### What is resilience?

Resilience is the ability to 'bounce back' after a tough situation or difficult time and then get back to feeling just about as good as you felt before. It's also the ability to adapt to difficult circumstances that you can't change, and keep on thriving.

When you're resilient, you can learn from difficult or challenging situations and get stronger.

#### Building resilience: how you can help your child

Resilience for young people is built on a foundation of strong positive relationships with parents.

For more information on strong positive relationships Kids Matter: The building blocks of healthy family relationships.

<http://www.kidsmatter.edu.au/mental-health-matters/family-relationships/building-blocks-healthy-family-relationships>

Children can also gain strength from other caring adults, such as grandparents, aunts, uncles or teachers who might act as mentors. Friends and classmates can be great sources of support too.

You can help your child build the ability to bounce back from difficult situations by giving them the opportunity to learn and practice important values and skills such as:

- self respect and other personal values and attitudes
- social skills
- helpful and optimistic thinking
- skills for getting things done

As a parent you can't stop your child from experiencing problems or tough times. But you can play a big role in helping your child to be more resilient. And the earlier you start, the more likely it is your child will develop skills for resilience.

## Self-respect is a great building block for resilience.

Self-respect grows out of setting standards for behavior. If your child has self-respect, they believe that they matter and should be treated respectfully by others. They also are more likely to protect themselves by avoiding risky behavior and situations.

Empathy, respect for others, kindness, fairness, honesty and cooperation are also linked to resilience. This includes showing care and concern for people who need support, accepting people's differences, being friendly and not mistreating or bullying others.

If your child shows these attitudes and behavior towards others, they more likely to get a positive response in return. This helps them feel good about themselves.

Having a strong, loving relationship with you and staying connected are the basis for all these qualities and values in your child. If you show your child love and respect, they will be more likely to care for themselves and others.

#### Social skills for resilience

Social skills are another important building block for resilience. They include the skills needed to make and keep friends, sort out conflict, and cooperate and work well in a team or group. For more information <http://resilientyouth.org.au/>

When your child has good relationships at school and gets involved in community groups, sports teams or arts activities, they have more chances to develop connections and a sense of belonging.

Next week we will provide information on helpful and optimistic thinking and skills for getting things done.

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

## 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](http://www.education.vic.gov.au/csef)**



## Student News

### Year 7 School Life

**Matthew Hodgson. Year 7 White**



7 White Classmates (L-R):  
Kade O'Dwyer, Matt Hodgson and Luke Bosse.

My time here so far at St Marys has been great! I have met so many new friends and I really like the teachers and staff at my new school.

I have really enjoyed my electives so far and have enjoyed Maths and English. I like playing footy at snack and lunch.

I'm really looking forward to the Year 7 camp and getting to know everyone and my new teachers a bit more.

I cannot wait for the athletics and swimming carnival. I am looking forward to all of the sporting opportunities and competing for my house St Elizabeth.

## Curriculum News

Homework Club is now into its second week and proved very popular with all year levels. This is a great opportunity to access help with homework or catch up on missed class work, with plenty of teachers from across all subject areas to help you out.

A very big thank you to the VET Hospitality class for supplying afternoon tea for those who stayed after school for homework club.

Don't forget to return your Homework Permission Slip, attached to the last newsletter Volume 1 'The Angel' Thursday 9th February. This permission slip is also available in Knowledge Banks/Excursions on PAM and SIMON.



## Science News

### Year 7 Science Inquiry

**Nick Bakogianis - Science Teacher**

As part of the Science Inquiry elective at Year 7, students were given the challenge of weighing a car using air pressure in the tyres and the contact area that the tyres made with the ground. The class calculation 1619kg was then compared to the published weight 1350kg.

The evaluation included the importance of taking careful measurements and the part errors play in the calculations.



Mr Bakogianis' Year 7 Science Inquiries class use science to estimate the weight of the Kia Rio Sports model.





## VALENTINE'S DAY

'Love was in the air' at St Mary of the Angels Secondary College on Tuesday 14th February.

The annual Year 12 fundraising event was well supported with delicious cake stall treats sold during recess; as well as, the purchase of balloons, messages, chocolates and serenades to be delivered throughout the day.



## KATUNGA FOOTBALL NETBALL CLUB

Invites all new and past players to participate in our 2017 season. Training is currently running on the below nights.

### FOOTBALL

Seniors – Mondays and Wednesdays at 6.00pm warm up, 6:15pm start

Third XVIII - Mondays and Thursdays at 5:30pm

Fourth XVIII – Thursdays at 5:00pm

### NETBALL

Seniors – Tuesdays and Thursdays at 6:00pm

17/Unders - Thursdays at 5:30pm (2 nights a week commencing at a later date)

15/Unders - Thursdays at 5:30pm

13/Unders - Commencing Thursday 23 Feb at 5:00pm

11/Unders – Meet & Greet Thursday 23 Feb at 5:00pm, training to commence Thursday 9 March.

### MEET THE COACH AND REGISTRATION NIGHT

All players and parents are invited to our Meet the Coach BBQ and Information night following training on Thursday 9 March.

Registration Night will commence from 5pm.

Please come along and help our journey to success.

For further information please contact:

Rachael Howden on 0400 877 409, [katungafnc@outlook.com](mailto:katungafnc@outlook.com)

## STRATHMERTON FOOTBALL CLUB FOURTHS TRAINING:

Training starts Wednesday 22nd February 5.30pm at the Strathmerton Recreation Reserve.

New and old players welcome to come along and register. (Eftpos available).

Coaches for the 2017 season:  
Trent Payne and Graham Price.



For more great Valentine's Day photos visit our College facebook page

<https://www.facebook.com/stmarysnathalia/>