

# The Angel

Thursday 8th June 2017, Volume 15



## Principal's News

Dear Parents, Guardians, Students and Staff,

Last Sunday I had the privilege of attending the Nathalia G.R.A.I.N. Store 'Young at Art' exhibition opening. The exhibition is showcasing the work of talented artists from across Moira Shire. The College was well represented with many works on display and from a person with very little artistic ability I was staggered with the talent and skill that was on display. Secondly, on the day we were treated to a couple of original compositions from the band 'The Delirious' that features our students Isaiah Mustica and Liam Wyatt-Carter. The band was very well received and this was evident by the encore performance that was demanded by the appreciative audience. Well done to 'The Delirious' and well done and congratulations to all of our budding artists whose work is featured in the exhibition.

This edition of The Angel features a promotion for an informal gathering of St Mary of the Angels' College parents and friends. Our Parents and Friends Association has officially gone into recess and we will now be providing more informal social opportunities for interested parents and friends to come together. At these informal gatherings we will discuss possible fundraising ideas but more importantly come together in a social setting. I look forward to sharing a coffee and some cake with those who join us at Strathmerton's Cafe@3641 in a couple of weeks. In closing I would like to thank the most recent P & F committee for their dedication and courage in making this decision but also the many parents and friends who have worked alongside the College in previous years. The legacy of the Parents and Friends lives on at the College through furnishings, landscaping, water coolers and art works, just to name a few.

As the winter closes in, the days become shorter and our school responsibilities increase, it is a good time to remind us all to take care of our own and the wellbeing of our family and friends. Particularly, as we approach the mid-year break we need to take care of our many and varied responsibilities in an organised, timely and balanced way. Our students, your sons and daughters who are currently completing end of unit assessment tasks, preparing for exams and juggling other external commitments. The staff is busy assessing, reporting, completing LA interviews and preparing for the second semester. I urge everybody in our community to walk gently and be mindful of your wellbeing and of those around us. This busy period in time will pass and the mid-year break will hopefully re-energise, re-motivate and refresh our minds and bodies.

Finally, a quick plug for the Combined Social next week. A great night of dancing and fun is always guaranteed and I look forward to joining our students on the dance floor at the Community Centre next Thursday evening.

*Pace e bene,  
Peace and all good  
Matt Carver*

## Prayer:

Lord, I know you are with me and love me.  
Give me peace of mind as I prepare  
for this time of study.

Help me to focus on my books and notes,  
keep me from all distractions  
so that I will make the best use  
of this time that is available to me.

Give me insight that I might understand  
what I am studying,  
and help me to remember it  
when the time comes.

Above all, I thank you for the ability  
to be able to study  
and for the many gifts and talents  
you have given me.

Help me always to use them in such a way  
that they honour you  
and do justice to myself.

AMEN



## ENROLMENTS ARE OPEN:

Prospective and current families please note that enrolments for 2018 are now open. Current students will have the opportunity to simply re-enrol later in the year while prospective year 7 students, as well as students wishing to enrol in other year levels, have the opportunity to do so until Friday 28th July.

Enrolment forms are available from the College office and on our website at:  
<http://www.smotanathalia.catholic.edu.au/parent-information/enrolment-information.html>

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## **Government funding cuts to students with disability**

Today, the families of over 10,000 students with disability are educated in Catholic schools across Victoria.

Government funding support is critical for our schools to meet the individual needs of these. In 2011, the Gonski Review recognised this when it recommended that students with disability be funded through a loading that should be matched to the needs of each individual student. Until this measure could be established, the Gonski Panel recommended that all students with disability were funded at the same rate.

While all students with disability receive the same loading from the Australian Government, within Catholic education, we differentiate the funding support provided to students based on our own assessment of each student's needs. This system is considered to work well.

The Nationally Consistent Collection of Data on School Students with Disability (NCCD) trial was established to come up with a standardised definition of students with disability that could be used to compare spending and support in all states and territories.

The collection relies on surveys filled out by school principals and teachers, not assessment by medical professionals.

Under the NCCD there has been a significant increase in the number of students considered to have a disability. Initial analysis of the NCCD showed that some schools were over estimating the needs of some students with disability. In addition, as students are only counted in the NCCD if they are receiving an 'adjustment' for a disability, it appears this is favouring the wealthier schools which can afford to make individual adjustments to meet all the needs of their students.

School leaders and disability support groups, including Autism Support Australia, have said that the data is unreliable. Even the Education Minister said in December that the NCCD was flawed and that 'This data ... hasn't come to a credible landing point just yet.'

### **So, why is this important?**

On 2 May, the Turnbull Government announced that it will use NCCD from next year to determine how students with disability will be funded by the Australian Government.

This might have been all right, if the total amount of federal funding available to students with disability was to grow, but this will not be the case for Catholic education.

Under the Government's proposal, more students will be classified as having a disability but, in most cases, they will attract less funding to Catholic education.

This means that most students who are currently funded for their disability will receive less money from the government.

Based on the current data, the total funding provided to Catholic school students with disability will be 17% lower over the next 10 years.

It beggars belief that some of the nation's students who are in most need of funding support are going to be disadvantaged because of the Turnbull Government's decision to use a funding calculation for students with disability which its own Education Minister says is not credible.



*'Forgiveness, dialogue, reconciliation - these are the words of peace.'* Pope Francis

**THE FIRST TO APOLOGISE  
IS THE BRAVEST.  
THE FIRST TO FORGIVE IS THE  
STRONGEST.  
AND THE FIRST TO FORGET  
IS THE HAPPIEST.....**

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

As many of you know, last week we celebrated Reconciliation Week with Mass. It is one of my favourite Liturgical celebrations at our College because 'reconciliation' relates to people on so many different levels. Reconciliation is, at its core, about forgiveness and moving forward together. Forgiveness is such an easy word to pay lip service to but in reality it is very difficult to do. When a person has been hurt, then trust is lost. Once trust is eroded, relationships between people deteriorate and often things are never rebuilt because of lack of trust. When you add into the mix people's personalities and perceptions you have to wonder how people ever manage to forgive others.

They say 'forgiveness sets you free' and as an adult I have a much better understanding of what that actually means. Life has a funny way of exposing you to learning about things. Helping children develop an understanding of those words is difficult as a parent; alas it means your child actually has to be hurt to start learning what setting themselves free means. Carrying the wrongs that others have done to you can become an unbearable burden and it gets in the way of living life.

As parents, the best lessons we teach our children are often caught from us, rather than taught. So this week I invite you to be courageous and invite those around you to do the same. If you need to be reconciled to another, take

a step forward from wherever you are on your journey. If you are carrying hurt invest some time in yourself and work on getting closer to setting yourself free. You may inadvertently model true self-liberation to your children, which long term helps them live life more peacefully.



## LOVE YOUR NEIGHBOUR

**Carmel Mills**

Eight passionate students (pictured above with Miss Mills) braved the icy cold weather and beautiful surroundings of Feathertop Chalet in Harrietville to attend Social Justice Camp last week.

The theme of this year's camp was 'Love your neighbour'. After starting the camp as refugees in an eye-opening simulation, we joined other students from other schools in the Sandhurst diocese for workshops on many things from human trafficking to child slavery and fair trade, prayer sessions and brainstorming ideas for how we can create social change in our communities and the world. All of us came home with a fire lit in our hearts and a better understanding of what it means to 'Love your neighbour'.

## In the footsteps of St Francis

**1223:** Exhausted and ill, Francis went to Greccio in the Rieti Valley. There he re-enacted the Christmas story. It was from this event that the tradition of the Christmas Crib developed.

**1224:** First Friars arrived at Canterbury, England

**1224 (August 15 - September 29):** Francis retired to La Verna to celebrate Lent in honour of St Michael. On September 14 he received the stigmata.

**Bev Thorp**

**Deputy Principal – Learning and Teaching**

## EXAMS AND GAT

Our Year 10 and 11 students should be steadily revising in the lead up to their mid-year exams which begin next Friday, 9th June and will run until Thursday 15th June. An exam timetable is published on page 6. Students might be advised to make the most of their revision time by:

- preparing summaries of notes
- constructing concept maps and flowcharts, glossaries and study cards
- reviewing teacher comments on previous work, making sure that common errors are not repeated
- using online video tutorials (e.g. Edrolo) and quizzes
- attempting practice questions and trial exam papers
- working with others in a study group, testing and explaining concepts to each other (also use parents or siblings to test you, or to practise explaining a concept).

Students should also be clarifying ideas and concepts with teachers, ensuring that they have all required equipment ready beforehand and double checking, when and where exams are being held. All students should be maintaining good eating habits, taking regular breaks, keeping hydrated and having a good night's sleep before an exam rather than trying to cram to the small hours. A little preparation can make a huge difference to your confidence and preparedness in any assessment situation.

Year 11 students will sit exams in each of their Unit 1 subjects, and Year 10 students will sit exams in English, Mathematics, Science, Humanities and Religious Education. Students in Year 10 who fast-track a VCE subject will also need to sit the appropriate Unit 1 exam. Please note that VET classes will run as normal on Wednesday 14th, with the exception of those students who are required to sit the GAT. Semester 2 for all Year 10 to Year 12 students will begin on Monday 19th June.

The General Achievement Test, or GAT, will be held on Wednesday 14th June. The GAT is a three-hour test of general aptitude and must be sat by every student who is completing a Unit 3/4 subject. The GAT is used to establish a derived score in the unlikely event that a student cannot sit their end of year exam (usually due to illness). It is therefore vitally important that students take the GAT seriously and try their best. Students with any questions about the exam process or GAT should speak with myself or our Senior School Leader, Mr Matt Dimble.

## REPORTING AND LEARNING ADVISOR INTERVIEWS

As exam week unfolds, Assessment Tasks are being finalised at all year levels across the school. Friday 16th June is a student-free day to allow staff the extra time needed to ensure that all corrections of student work are finalised, results and feedback entered for access through SIMON and PAM, and semester reports are prepared. Semester Reports will be released to families during the last week of term. If you have lost or forgotten your login and password details, or have any difficulties accessing PAM, please contact Kylie Palmer in the College Library for assistance.

As all Victorian schools have moved to the new Victorian Curriculum, you may note some minor changes to your semester report. St Mary of the Angels has decided to report upon your child's work habits each term so that progress throughout the school year might more readily be observed and followed through. We will also include both the grades and comments from each of the assessment tasks that your child has completed throughout the semester.

In this year of implementation, the graphical display of progression against the expected level of achievement in each of the curriculum learning areas will be reported upon at the end of the school year. It will be noted that historical values will only be displayed for English and Maths due to the data discontinuity from the previous AusVELS curriculum to the new Victorian Curriculum. Please do not hesitate to contact me at the College if you have any queries in regard to our reporting process.

Once the Semester reports become available, Learning Advisors will be in contact to discuss your child's progress through the first half of the year and establish goals and strategies for their further development. These discussions will take place at times that suit both Learning Advisor and family. While Learning Advisors will make formal contact pursuant to reporting, please feel free to contact your Learning Advisor at any time should you have any concerns regarding your child or his/her learning progress.

## Student Free Days

<b>12th June</b>	Public Holiday - Queen's Birthday
<b>16th June</b>	Data Entry Day
<b>20th June</b>	Year 7 students only for Grade 6 Transition

### SUBJECT CHANGES

Some students may be considering changing subjects in Semester 2. Any students wishing to change a VCE subject will need to see Mrs Thorp to collect the appropriate form. Subject change forms will be accepted from June 5th until the end of term so that all students will be in their new subjects by the beginning of Term 3. At all times, we encourage discussion between the student and the teachers concerned, our Pathways staff and parents/guardians to ensure that each student is making the best choices for his/her future pathways.

Any students who wish to change any Year 8, 9 or 10 electives should see Josh Hayes in the library during lunchtimes during the last two weeks of term. It should be noted that subject changes will only be permitted where class sizes allow. All students are more than welcome to discuss their subject selections with Mrs Thorp or other staff at any time.



Please join us for a Social evening  
at Cafe@3641 in Strathmerton  
on

Wednesday 21st June, 7.00pm

Supper will be provided,  
Drinks will be available to purchase.

Please RSVP to the College Office  
no later than Monday 19th June for catering purposes.

## Careers News



**THURSDAY 29th JUNE 2017**  
**12.30 - 1.50PM**  
**IN THE SENIOR CENTRE**  
**AT ST MARY OF THE ANGELS.**

We invite our past students to join us at St Mary of the Angels to share their pathways and what they've learnt along the way. It is hoped that this will give our current senior students the opportunity to chat one-on-one and ask questions from those who've been on this journey.

This event will be held on the 29th June 2017 in the Senior Centre at 12.15 to 1.50pm. Please RSVP Maggie at [mlb@smotanathalia.catholic.edu.au](mailto:mlb@smotanathalia.catholic.edu.au) for event details and for catering purposes.

Our careers web page has lots of exciting information that can link you to:

- work experience opportunities
- employment opportunities
- senior school information
- subject selection, VCE, VCAL and Vocational training.
- Tertiary application links, GAP year information and links for financing tertiary study.
- Links for university subjects that you can study in year 12 in 2018
- Calendar of careers events (including all Uni open days)
- Useful careers links including bullseye careers' charts, careers' conversations and career search functions.
- A student secure area that helps students develop their resumes, career action plans, write cover letters and a whole lot more. Both parents and students can log into the student secure area to explore what it has to offer.

<http://www.stmaryoftheangelscareers.com/> or follow the link from SIMON

# Exam Timetable - Year 10 & 11

## St Mary of the Angels Secondary College SEMESTER 1, 2017 – YR 10 & 11 EXAM TIMETABLE

All exams for Year 11 SMOTA subjects will take place in S2-S3.  
All exams for Year 11 NSC subjects will take place at NSC as indicated.

All Year 10 Exams will take place in the Franciscan Centre.

Year 11 students who do not have an exam in a block are to study in the Senior Centre. Students wanting to sit exam catch ups or make alternate arrangements must see Mrs Thorp.

	PERIODS 1 & 2	PERIODS 3 & 4	PERIODS 5 & 6
	READING TIME: 9.00 - 9.10 WRITING TIME: 9.10 - 10.40	READING TIME: 11.10 - 11.20 WRITING TIME: 11.20 - 12.50	READING TIME: 1.40 - 1.50 WRITING TIME: 1.50 - 3.20
<b>Friday June 9</b>	<b>Unit 1 Exams Block 1:</b> English 9.00 – 12.15	<b>Unit 1 Exams Block 1:</b> English 9.00 – 12.15 Supervised break 12.15 – 12.30 by p 4 teachers then into p4 (study)	<b>Unit 1 Exams Block 2:</b> Business Management (SOB) History Specialist Maths Systems Engineering HHD (KWatkins) – NSC Room 15 Woodwork – NSC Room 15 Psychology (LRainbow) – NSC Room 16
	<b>Year 10:</b> English 9.00 – 11.15	<b>Year 10:</b> Supervised break 11.15 – 11.40 by p3 teachers then into p3 Normal classes (study)	<b>Year 10:</b> Normal classes (study)
<b>Monday June 12</b>	Queen's Birthday Public Holiday		
<b>Tuesday June 13</b>	<b>Unit 1 Exams Block 3:</b> Drama Physical Education (MID) Physics Psychology (LK) General Maths (DWilliams) – NSC Room 15 VCD – NSC Room 16	<b>Unit 1 Exams Block 4:</b> Biology (MK) General Maths (CPR – Block E) Literature Geography – NSC Room 15	<b>Year 11:</b> Normal classes (study)
	<b>Year 10:</b> RE	<b>Year 10:</b> Normal classes (study)	<b>Year 10:</b> Science
<b>Wednesday June 14</b>	<b>GAT 10.00 am - 1.15pm</b> No Year 12 classes Normal VET classes Normal Year 11 classes (study)	<b>GAT 10.00 am - 1.15pm</b> No Year 12 classes Normal VET classes Normal Year 11 classes (study)	No Year 12 classes Normal VET classes Normal Year 11 classes (study)
	<b>Year 10:</b> Normal VET classes Normal classes (study)	<b>Year 10:</b> Outdoor Ed Unit 1 Normal VET classes Normal classes (study)	<b>Year 10:</b> Normal VET classes Normal classes (study)
<b>Thursday June 15</b> <b>Normal Timetable – no Community Time</b>	<b>Unit 1 Exams Block 5:</b> RE Youth Ministry Study Supervision (Call to Action students)	<b>Unit 1 Exams Block 6:</b> Art Chemistry HHD (NQ) Legal Studies (Block F) Business Management (JKay) – NSC Room 15 Media - NSC Room 16 Physical Education (KWatkins) – NSC Room 16	<b>Unit 1 Exams Block 7:</b> General Maths (CPR – Block C) Legal Studies (Block C) Maths Methods Biology (CBarnard) – NSC Room 15 Food Studies - NSC Room 16
	<b>Year 10:</b> Humanities	<b>Year 10:</b> Normal classes (study)	<b>Year 10:</b> Maths
<b>Friday June 16</b>	Student Free Day		

## 2017 Combined School Social

SMOTA & NATHALIA SECONDARY COLLEGE  
STUDENTS ONLY  
Nathalia Community Centre  
Thursday 15th June 7pm-10:30pm



Egyptians from the past



Do you like the hippies from the 1960's?



Are you an Elvis fan from the 1950's?

Theme:  
Past..... Present .... Future  
Ticket Price \$10  
Bus \$10

**Tim Campbell**  
Deputy Principal Student Wellbeing & Development

### COMBINED SCHOOL SOCIAL

Students should now have purchased their tickets (and bus tickets) to attend the Combined School Social. As stated previously the social will be a "Past, Present & Future" theme, with the event taking place on Thursday 15th June (exam week). With Friday being a student-free day, students will be able to dance the night away and have a great time after completing their mid-year exams. A reminder that this is a school event and that all school rules are expected to be followed to ensure everyone has a great time. There will be no pass-outs, no BYO food or drinks, no offensive material to be taken in or worn, appropriate clothing should be worn and that appropriate behavior is expected at all times. Failure to do so may result in your child needing to be picked up. Food and drinks will be available on the night; however, please do not bring large notes (>\$10) as change is limited.



### 10 TIPS FOR WINTER WELLNESS

Winter can be a trying time both mentally and physically. The days are darker, colder and shorter and our bodies become more susceptible to all kinds of winter nasties like cold and flu. While it sounds tempting just to stay inside and hide from it all, being proactive about your health and wellbeing will help ensure that you make it through the cooler months cold and flu-free, and in tip-top shape to enjoy the summer. Here are some tips for supercharging your winter wellness.

<http://www.bodyandsoul.com.au/health/health-advice/10-tips-for-winter-wellness/news-story/43817921a37476eea90a61ac4a3c0c6c>

#### 1. Wash hands:

Sounds simple but it's the number one way to stop the spread of germs. Experts recommend washing hands every few hours and in particular after using the toilet and before meals. Give them a wash after touching someone else's phone or keyboard at work.

#### 2. Get vaccinated:

The seasonal flu jab provides 12 months of cover against the major strains of flu including the 2009 pandemic swine flu.

#### 3. Keep exercising:

It's hard to get motivated when it's cold and dark, but your body has to work overtime to get warm, so you can burn more kilojoules on that early morning walk or run. Find an exercise partner to keep you motivated and if it's too cold outside, go to the gym or do laps at an indoor pool.

#### 4. Eat well:

Keep your immune system in shape by making sure you're eating a healthy diet. For your body to be able to respond to infection, it needs to have enough protein, so enjoy lean meat, fish and poultry.

#### 5. Dose up on vitamins and minerals:

Iron, zinc and vitamin C are also key to a healthy immune system. But before popping supplements, boost your dietary intake of these substances. Look for dark, leafy greens and red and yellow vegetables, which are all high in antioxidants.

#### 6. Stay hydrated:

Drink at least eight glasses of water each day. If cold water is unappealing when the mercury dips, try boiled water with a slice of lemon. The moisture will also help make mucous membranes, including those in your sinuses, more resistant to bacteria.

#### 7. Rest up:

Regular sleep is vital to staying healthy. Don't let yourself get run down. Those who aren't well rested are more likely to get sick.

#### 8. Quit smoking:

Smokers are far more susceptible to upper respiratory infections, which tend to strike in winter. Even if you're a social smoker, now is a good time to quit and clear your airways.

#### 9. Clean up winter mould:

Mould can trigger nasal congestion, sneezing, coughing, wheezing, respiratory infections and worsen asthma and allergic conditions. So move your spring clean forward to autumn.

#### 10. Save your skin:

Cold air, wind and heating will dry out your skin, so keep your face and body well moisturised.

## WHERE ARE THEY NOW?

### **Cath Hoban, Alumni 1987**

My time at SMOTA was definitely a period of huge ups and downs. I remember my first year in Year 7 being really quite difficult. It was a huge adjustment! Back to the bottom of the pack coming from grade six and the world opening up to possibilities. I was a 'Humanities person' so in terms of study I focused on English, History and Legal studies. As well as curriculum I was very engaged in Drama and appeared in a number of school plays which was a blast. The whole sports thing and house alignment were also totally new to me. I was in Elizabeth as were all of my siblings before me and still remember the raw camaraderie from children of all ages when I competed in sports and swimming carnivals. It was so familiar and bonding.

After SMOTA I went to Swinburne and did a Bachelor of Business (Marketing) but didn't do much with that for a few years. I rebelled and studied acting instead and worked in a cafe in Fitzroy; generally, it was a great time. One day a customer offered me a job in his Public Relations Company and I made the jump. I worked in corporate communications for a few years but then the opportunity arose for me to make the jump to the not-for-profit sector and I've never looked back. Working in marketing for good versus evil was life changing.

After 20 years, ten at the Cancer Council and eight at The Wilderness Society, I've recently joined the Asylum Seeker Resource Centre as Director of Marketing and Fundraising. My role entails raising the money to fund really important social change, but also raising awareness of significant issues such as refugees' human rights. I work a lot in direct marketing (so yes that degree did come in handy) and more recently a lot in digital marketing and social media. It's a great combination of using statistics and being creative. The media environment is constantly changing so it's a very agile space to work in.

I've chosen to work for organisations with whom I share values and the cause is important to me. I guess one of the legacies of SMOTA has been the instillation of a strong social conscience. I'm ambitious and have been driven and have had success, but at the end of the day what gets me up in the morning is knowing I'm making a difference in the lives of others.

I've had a pretty successful career to date, even if it took me a few years to get there. I've helped raise hundreds



of millions of dollars for cancer research and environment protection over the last 20 years and have had a lot of fun along the way. I'm also pretty chuffed about the fact that my two sons are proud of my work and I have managed to instill a bit of my social conscience in them too.

If you apply yourself, stay positive and focus on the humanistic aspect of being at school as well as the academics, you will find your way. Companies want to employ interesting and good humans not just degrees. SMOTA gave me the beginnings of that to build upon.

## Catholic Identity News



### STRONGER RALLY

**Michael Ross**  
Faith and Life Leader

The visit of Fr. Rob to our Years 7 & 8's two weeks ago inspired 17 of them to undertake the trip to Bendigo last Friday for the Stronger Rally. We set off with Neil as our driver, and after a quick stop at McDonalds (was not really that quick), we arrived in Bendigo with lots of other students from schools around the diocese. As always with Fr. Rob, it was a great night of music, song, praise of God, and interesting and engaging talks.

There were a number of highlights of the night, chief among them was Fr. Rob's talk based on the words of Psalm 139 - "I praise you because I am fearfully and wonderfully made." Fr. Rob reminded us that in the midst of all the greatness of the cosmos, God holds each one of us in the palm of his hand, individually knowing us and loving us. The other main highlight was Maria Gilroy (pictured above) presenting her story to the crowd and telling us of how God has been present in her life and the joy and purpose that brings to her.

The next rally is in Shepparton on Friday 18th August and we hope that you will consider joining us for what promises to be another fun and exciting rally.

Last week Carmel and I were lucky enough to attend the Positive Schools Mental Health & Wellbeing Conference in Melbourne. We listened to a mix of inspirational stories, tangible grounded ideas and theories supporting people's wellbeing from many different perspectives, information we intend to share in 'The Angel' over the coming weeks.

Dr Michael Carr-Gregg (Child & Adolescent Psychologist) spoke about Technology for Healthy Thinking and Resiliency. The message being technology is a prominent source of information, advice, social connection and support for many young people. He also spoke about the adverse effects of technology and as parents we need to teach and guide our children through their 'technology journey' to ensure wellbeing.

Statistics show the average teen checks their phone 56 times a day (if you wish to test that theory there is an app 'Checky'). Dr Carr-Gregg's advises parents to arm ourselves with information to understand the online world, therefore supporting our children through it. A good place to start is thinkuknow.org.au.



## THINKUKNOW.ORG.AU

**Technology plays an important role in how young people maintain their friendships and communicate with those closest to them.**

Technology is no different to anything else a young person encounters. They will make mistakes, and we need to be able to support them through this and arm them with the right information, and empower them to make the right choices.

The internet is an amazing thing. It is almost the one stop shop for everything. It is a supermarket, it is a university, it is a doctor, it is an entertainment hub.

Parents today have encouraged the use of technology and placed their child right in the middle of it all before they can even crawl in some instances.

Through research and discussions, parents have told us they want to know what their children are seeing and doing online. We've developed advice on what children SEE, SAY and DO online. It is an easy way to remember what your children may encounter online, and the potential challenges they may face.

Another very important message from Dr Carr-Gregg is parents need to implement healthy guidelines around technology. As parents know and understand the sites (thinkuknow.org.au has parent fact sheets on snapchat etc.) your children use and as a family set rules such as: no social media after 8pm, create a central 'charging station' in the house, with phones out of the bedroom at sleep time.

**Until next week....Sandy**

## English News



### SMOTA READING CHALLENGE 5th June - 25th August 2017

**Collect a registration form from the Library today and start reading!**

**Log your reading each week and submit a review to be in with a chance for weekly 'Canteen Voucher' draws.**

**A major prize will be awarded to the students who reads the most books in junior, middle and senior sections during the challenge period and to the homeroom who collectively read the most books.**



Pictured above L-R SMOTA Artists whose work are on display at the 'Young of Art' exhibition: Hannah Riseborough, Ciara Eagleton, Abbey Cleeland, Megan Fisher, Ruby Wyatt-Carter, Charlotte Reilly, Annie Dietrich, Anna Brown, Sophie McCracken and Kate Berend.

## YOUNG AT ART

St Mary of the Angels Art students' work is currently on show in the 'Young at Art' exhibition which opened at the Nathalia G.R.A.I.N. Store last weekend.

The exhibition which has been supported by the Moira Shire Council, provides talented Art students the opportunity to develop and exhibit their own pieces across mediums such as printmaking, drawing, sculpture, photography, painting and multi-media.

Mayor Cr Gary Cleveland officially opened the exhibition along with special guest speaker Dr Rebecca Coates, Director of the Shepparton Art Museum. Local musicians 'The Delirious' were also at the launch providing entertainment. Two of the members of 'The Delirious' attend St Mary of the Angels, Year 12 students Isaiah Mustica and Liam Wyatt-Carter.

The G.R.A.I.N. Store Curator Ken Wong said the venue is extremely proud to present their third annual exhibition of secondary school student Art from across the Moira Shire.

The 'Young at Art' Exhibition features the works of fifty Year 9 to 12 students from participating schools including Yarrawonga P-12, Sacred Heart College Yarrawonga, Cobram Secondary College, Numurkah Secondary College, Nathalia Secondary College and St Marys of the Angels in Nathalia.

Curator Ken Wong also said; "The standard and diversity of works we have to show is extremely pleasing with a broad spectrum of media and a diversity of classical and contemporary techniques and themes explored. Along with some excellent examples of traditional Art skills and subjects, there are some quite cutting edge works of modern contemporary art that would sit quite comfortably in many contemporary Art galleries in Melbourne or Sydney".

We encourage our students and families to see the 'Young at Art' Exhibition which will be open to the public until the end of June at the G.R.A.I.N. Store 24 Blake Street, Nathalia from Thursday to Saturday, 11.00am to 4.00pm. Entry is free.





Pictured above left 'The Delirious' band members at the 'Young at Art' exhibition opening (L-R): Shaun Browning, Isaiah Mustica, Alex Gardner and Liam Wyatt-Carter.



Above Right: G.R.A.I.N. Store Honorary Art Director Bill Kelly talks to Kate Berend and Megan Fisher at the exhibitions opening.

*Photos generously provided by Olive Sage*

## Careers News

### GV RURAL HEALTH DAY

**Barry Norton, Careers & Pathways Coordinator**

In what was a very well organised and presented careers day, several St Mary of the Angels' students journeyed to this year's GV Health Day in Shepparton.

Our students were given a comprehensive overview into the incredible number and diversity of career options available to them in the health industry.

The students all participated in health workshop sessions with practical hands-on opportunities that certainly opened their eyes into areas of medicine and health that they may not have been previously considered.

Particular areas of interest were:

- Midwifery
- Nursing
- Social Work
- Community Aged Care
- Paramedicine
- Radiography / Medical Imaging
- Mental Health / Psychology
- Occupational Therapy

What our students found impressive on the day was the way the presenters shared the details of their own career pathways. In particular, what their ambitions were in Year 10 and what subjects and work experience they took to where they are now. As a result, our students have a much clearer picture of what they now have to do to achieve their future pathways.



**Above:** Samantha Green, Chloe Hicks, Ashleigh Porter, Tahlia Beesley and Blayre Whiteman explore health pathways.



**Left:** Chloe Hicks tests her eyesight.



**Below:** Blayre Whiteman delivers a baby before clearing his/her airways with Samantha Green.

## Good Food Show

**Kirrin Hardbottle, Year 11**

On Friday 2nd June, students studying VET Hospitality, Food studies and VCAL caught the train to Southern Cross Station. We had a quick bite to eat at Crown before heading to the Melbourne Exhibition Centre for the “Good Food and wine show.”

A worksheet was to be completed throughout the day but let’s be honest there was too much to see and do and in the excitement of the day it wasn’t a top priority.

We were allowed to walk around in small groups for 45 minutes to discover what was on offer before regrouping to watch Manu Feildel cook three recipes from his new cookbook ‘More Please’. First he made ‘Salmon Terrine’, then ‘My Asian-style Mussels’ and with his fiancé Clarissa Weerasena he made ‘Malaysian Fried Chicken’. After the show I was lucky enough to get a photo with Manu, and he signed my hat.

We spent some time in the “Food Wonderland” where we rubbed Pro-sensitive toothpaste on our teeth before walking around in a small area tasting roasted pumpkin and potato soup garnished with sour cream and thyme, mocktails with basil and lemonade with salt and sugar infused with citrus on the rim. We walked over to the chicken teriyaki station and lastly were treated to the vanilla ice-cream topped with caramel crunchy things and salted caramel in a pipet as the topping.

After tasting more food we watched Matt Moran cook. Unfortunately to catch our train home we had to leave halfway through his demonstration so didn’t see the final results; nevertheless it was still an experience to watch him cook.

It was a great day and a rare opportunity to meet Manu Feildel and later Matt Moran, two of Australia’s most recognised celebrity chefs. MasterChef runner-up, Matt Sinclair was also popular with our group. It will be a lasting memory that I’ll never forget and I can’t wait for next year’s show.

Pictured bottom right: VET Hospitality students test out Manu’s recipes from the newly released recipe book by Manu Feildel back at school on Wednesday.



## LMR Cross Country

**Andrew Storer, Sports Coordinator**

On Tuesday 6th June, we had nine very brave students face the extreme cold in St Arnaud for the annual Loddon Mallee Regional Cross Country event. We arrived at the venue just in time due to Mr Storer trying a different route suggested by the mighty Google Maps app; unfortunately this new 'shortcut' did not live up to its name sake and should have been called a 'longer more scenic trip'.

Marcus Evans and Jack Wilson were first to race at 10.00am. Marcus was a little lighter than usual (due to a little bus sickness on the way); however, he still ran a sensational time winning his event in 15min15sec for the tough hilly 5km track. Jack also ran well finishing in 18th place.

Our remaining runners tackled a 3km track which was still a tough task considering the hills which our students are just not accustomed. Joshua O'Dwyer's 5th placing in the 15 year old Boys' Race gained him an invitation to the State Cross-Country Final, to be held in Melbourne, later in the year.

Our Cross-Country team did a sensational job considering the unfamiliar terrain, the early start, the 3.5 hour journey to St Arnaud and the extremely cold conditions. As most events had between forty and eighty competitors all of our students placed high in the field.

All results are as follows:

Marcus Evans	1st #
Joshua O'Dwyer	5th #
Jason Beckett	14th
Natalie Lukies	16th
Bronte Conroy	17th
Jack Wilson	18th
Tali Verhoeven	18th
Holly Noonan	19th
Ben Armstrong	20th

# Joshua and Marcus have made it through to the State Final in Melbourne early in term three. Congratulations boys and good luck at the State Final.

Congratulations to all competitors who simply gave their best for themselves and the College. Thanks to Shae Cairns for helping out and also to Camille for driving the bus on a very long journey.



CROSS COUNTRY TEAM PICTURED L-R:

Back: Benjamin Armstrong, Tali Verhoeven, Jack Wilson, Natalie Lukies  
Front: Marcus Evans, Joshua O'Dwyer, Bronte Conroy, Jason Beckett, and Holly Noonan



## Science in Singapore

**Julie Moore**

Year 12 student, Mikaela Wood has received a once in a lifetime honour having been selected amongst six students from across Australia to represent at The National University of Singapore (NUS) Science Camp program at the end of June.



ONCE IN A LIFETIME OPPORTUNITY...

Pictured left Mikaela Wood who has been selected amongst six students from across Australia to represent at The National University of Singapore (NUS) Science Camp program.

Photo: Julie Moore.

Mikaela was one of two St Mary of the Angels' students who had the opportunity to participate in the National Youth Science Forum (NYSF) at Australian National University in Canberra, January this year, the event impressed Mikaela so much that she subsequently applied to attend the international forum in Singapore, but never imagined she would ultimately be selected to attend.

Mikaela said it will be her first time overseas "I'm a little bit nervous, but I can't wait to get over there and enjoy the experience."

Mikaela and her family have been fundraising since they found out about the opportunity to help with travel-related expenses along the way. The school has been a great support holding cake stalls, an out of school uniform day as well as fun science experiment fundraisers to help Mikaela.

Mikaela's home town of Katamatite has also jumped on board, with the Katamatite Community Social Fund together with the Katamatite Lions' Club as well as the Numurkah Rotary Club and Moira Shire Council contributing.

Mikaela said, "I'm so grateful to everyone for their support and in helping my family and I reach our fundraising goals. This is a once in a lifetime opportunity and I'm overwhelmed by all of the encouragement we've received."

The NYSF Year 12 Program is designed to give students a broader understanding of the diverse study and career options available in Science, Technology, Engineering and Mathematics (STEM) and to encourage them to continue their studies in these fields.



## OUTDOOR ADVENTURES CAMP

**Renee McCance, Physical Education Teacher**

On Wednesday 31st May, the year 8/9 Outdoor Adventure students headed to the Valley Homestead in Ovens for their end of unit challenge camp.

Valley Homestead provides students with the opportunity to test, challenge and push themselves beyond their comfort zones through a variety of physically and mentally challenging tasks.

Students and teachers were put through their paces: in rock climbing; abseiling; hiking; vertical challenge; high ropes; vertical slide; flying fox and more. Many of the groups worked hard to overcome their fears in order to complete courses.

Despite some very chilly mornings, we were graced with some fantastic weather for the duration of the camp, making for a pleasant and enjoyable experience for all.

Well done to all of those students who attended for giving everything asked a go, and for their positive attitudes towards tasks – even in the face of fear.

Thank you to the students for a wonderful couple of days.

# Outdoor Adventures Photo Gallery



## NATHALIA POST GETTING BETTER WITH AGE:

As from Tuesday 13th June 2017 Nathalia Post Office will be able to provide the following services : new improved Passport photos, tax file number application lodgement, working with children and national land title verification and identity.

## COME & TRY PONY CLUB

Join Pony Club for May and June.

Rallies to be held on Sunday 28<sup>th</sup> May & Sunday 25<sup>th</sup> June at Floridan Park,

Crn Spences Rd & Lorenz Rd, Katunga.

Membership is only \$30 until the end of the financial year and includes PCAV 24/7 insurance.

Pony club is for riders 25 year and under and is a great opportunity to receive instruction in riding and horsemastership and meet others who are interested in horses.

We have a newly formed 'Little Tackers' group, for riders under 6 years.

Numurkah Pony Club has excellent facilities and benefits from both regular and visiting instructors.

For enquiries & to register attendance please call Caitlin Bouchier on 58621774 or 0467646773

You can Like 'Numurkah & District Pony Club' on Facebook

## 'CREATE A CRITTER' COMPETITION



Goulburn Valley Water invites Primary & Secondary students to participate in the 'Create a Critter' Competition



Entries close:  
Friday 1st September

### Competition Conditions:

- Critters should be based on REAL (not imaginary) FRESHWATER macroinvertebrates
- Students can use any medium including recycled materials, fabric, wool, paint, beading and more.....
- **Full Name, Year Level & School** must be included with each entry
- Schools must register students by Friday 18th August
- Entry is open to students within the Goulburn Broken Catchment

### Judging

Judging will take place within the schools. Register your students and an Education Officer will visit your school between Monday 4th September and Friday 22nd September to judge entries

Competition winners will be announced during National Water Week, 15 - 21 October



Any registrations and enquires, please contact: [waterweek@gvwater.vic.gov.au](mailto:waterweek@gvwater.vic.gov.au) or phone Kristy on 5832 4869

Entries are submitted with the understanding that they may be copied and reproduced by Goulburn Valley Water in newspaper, websites and other publications

## 'DREAMTIME STORIES' WRITING COMPETITION



Goulburn Valley Water invites Primary and Secondary students to submit a story or poem in the 'Dreamtime Stories' Writing Competition

Stories or poems are to be written about the creation of a waterway or native water animal using inspiration from Dreamtime stories.

Click on the below inspirational Dreamtime stories:

[Tiddalick the Frog](#)  
[The Rainbow Serpent](#)

[www.gvwater.vic.gov.au/community/national-water-week/](http://www.gvwater.vic.gov.au/community/national-water-week/)

### Competition Conditions:

- Entries may be fiction or non fiction stories or poems
- Entries are limited to 500 words for stories and 200 words for poems
- **Full Name, Year Level & School** must be included with each entry
- Entry is open to students from within the Goulburn Broken Catchment
- Entries may be submitted electronically or as a hard copy
- Electronic entries must be PDF or Microsoft Word documents
- **Entries close: Friday 1st September**



### Submit your entries to:

Water Week Writing Competition  
C/O Goulburn Valley Water  
PO Box 185, Shepparton 3632  
or email: [waterweek@gvwater.vic.gov.au](mailto:waterweek@gvwater.vic.gov.au)

### Prizes - book vouchers at the following values:

Prep/1/2: 1st \$40; 2nd \$20  
Gr 3/4: 1st \$50; 2nd \$25  
Gr 5/6: 1st \$60; 2nd \$30  
Yr 7-9: 1st \$75; 2nd \$40  
Yr 10-12: 1st \$100; 2nd \$50



Any registrations and enquires, please contact: [waterweek@gvwater.vic.gov.au](mailto:waterweek@gvwater.vic.gov.au) or phone Kristy on 5832 4869

Entries are submitted with the understanding that they may be copied and reproduced by Goulburn Valley Water in newspaper, websites and other publications

## WATER THE HEART OF OUR CULTURE PHOTOGRAPHY COMPETITION



Goulburn Valley Water invites Primary & Secondary students to participate in the 'Water: The Heart of our Culture' Photography Competition

Photos can be of anything that relates to the National Water Week theme:

**Water: The Heart of our Culture**

*Encouraging young people to explore how water shapes our everyday lives through recreational activities, the natural world and our community*

Entries close:  
Friday 1st September

### Competition Conditions:

- Electronic entries must be at least 1MB in size
- Hard copy entries are not to be framed or mounted
- Limit of 5 entries per student
- **Full Name, Year Level & School** must be included with each entry
- Entry is open to students within the Goulburn Broken Catchment

### Submit your entries to:

Water Week Photo Competition  
C/O Goulburn Valley Water  
PO Box 185, Shepparton 3632  
or email: [waterweek@gvwater.vic.gov.au](mailto:waterweek@gvwater.vic.gov.au)

### Prizes - book vouchers at the following values:

Prep/1/2: 1st \$40; 2nd \$20  
Gr 3/4: 1st \$50; 2nd \$25  
Gr 5/6: 1st \$60; 2nd \$30  
Yr 7-9: 1st \$75; 2nd \$40  
Yr 10-12: 1st \$100; 2nd \$50

Any registrations and enquires, please contact:

[waterweek@gvwater.vic.gov.au](mailto:waterweek@gvwater.vic.gov.au) or phone Kristy on 5832 4869

Competition winners will be announced during National Water Week, 15 - 21 October

Entries are submitted with the understanding that they may be copied and reproduced by Goulburn Valley Water in newspaper, websites and other publications

