

The Angel

Thursday 21st June 2018, Volume 16



Prayer

For all those who see 'home' and all it means disappear behind them as they flee;

For all those who cannot see a home in the days ahead of them;

For all those who dwell in daily insecurity in tents and camps;

For all those who are weary and without hope for the days ahead;

For all members of refugee families we pray.

May the image of the Holy Family fleeing oppression stay with us as we pray for your displaced children during the day and stay with us each night as we are blessed with returning to a home.

May we also be blessed with compassion for those still weary, still uprooted, still looking far from home. Amen

(Source: Education for Justice)

Principal's News

Dear Parents / Guardians, Staff, Students and Friends of St Mary of the Angels,

Congratulations to our Year 10 and 11 students on the completion of their mid-year exams last week. The study, preparation and sitting of the exams is a busy and sometimes stressful time. Our students were well prepared and I thank their teachers and associate staff members for their work regarding the required preparation. This week our Year 10 – 12 students begin semester two while, in the back ground, our staff assess, correct and write the mid-year reports. Please note this Friday is a student free day at the College to allow the staff the opportunity to complete the necessary assessment and reporting requirements. I would like to pay tribute to our highly professional and dedicated staff at the College. The best interests of your sons and daughters is always at the forefront of their work and the preparation, due diligence and delivery of a contemporary relevant curriculum is something that our staff takes great pride in.

Congratulations also to Ruby Wyatt- Carter who organized, managed and led 'Below and Beyond', a collaboration of the SMOTA VET Music class' talent held on Friday evening at the Nathalia GRAIN Store. The show was entertaining, engaging and simply good fun. Thank you also to the VCAL students who catered for the event. 'Below and Beyond' was Ruby's VCAL Project and Friday night was the culmination of many months of hard work. Great job Ruby!



Pictured left: Year 12, Senior VCAL student Ruby Wyatt-Carter at 'Below and Beyond'.

See page 10 for the full details.



ENROLMENTS ARE OPEN:

Prospective and current families please note that enrolments for 2019 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 27th July.

Enrolment forms are available from the College office and on our website at:

<http://www.smotanathalia.catholic.edu.au/downloads/enrolment-policy-forms/152-enrolment-form-2017/file.html>

St Mary of the Angels Secondary College

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Deputy Principal's News

Without doubt one of the highlights of the College calendar is the annual Combined Social to be held this evening at the Nathalia Community Centre. With approximately 450 students geared up to dance the night away in their best Aussie costumes to music that our generation only considers noise, it will be a fantastic night! Thank you to the Nathalia Secondary College for taking the lead role in the organisation of this year's event and thank you to Mr. Tim Campbell for his leadership and assisting our SRC students. Furthermore, thank you to our staff and bus drivers who respectively supervise and transport our students home from the event would simply not take place without this level of dedication.

Next week, the College is hosting in excess of one hundred and sixty five Year 6 students from across the region for our annual Year 6 Transition Day. This will provide another opportunity for our incoming students to visit the College, become more familiar with the lay out, work with our junior staff and experience many of the learning opportunities that we have on offer. I look forward to providing a warm welcome to these students next Tuesday 26th June.

REMINDER: Our Year 7 students have a student free day next Tuesday 26th June to allow Year 6 Transition Day to take place.

Finally, after much anticipation our Year 12 students took part in a jumper presentation ceremony (pictured below) last Friday followed by a shared lunch. Yes, the students are now able to wear the Year 12 jumpers at the College. Thank you to the team who organized the jumpers and to Miss Michaela Brooks for overseeing the process. The team has done a great job with the 2018 version looking very sharp!

*With Peace and Goodwill,
Matt Carver*



St Mary of the Angels Secondary College

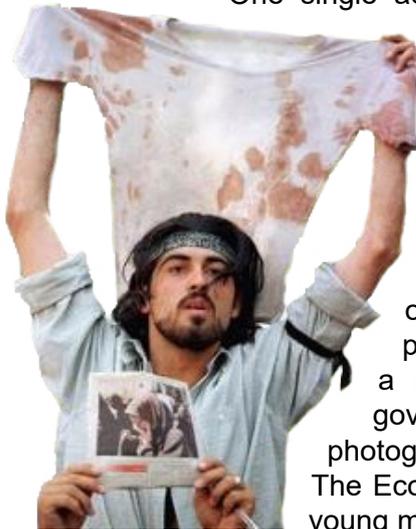
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"Be on your guard; stand firm in the faith; be courageous; be strong." (1 Corinthians 16:13)

Chris Dainton
Deputy Principal - Catholic Identity



One single act, the result of witnessing a horrific incident, irrevocably altered the course of one man's life. Accused by authorities in his homeland of being an insurgent seeking to destabilize the government, Ahmad Batebi paid a very heavy price for trying to save lives. The famous photo (July 1999) shows Batebi waving a bloody shirt-that of a fellow protester shot by plainclothes police-an act many interpreted as a rallying cry of rebellion against the government's autocratic policies. This photograph was published on the cover of The Economist magazine, thereby sealing the young man's fate.

COURAGE:

Courage is shaped by many things. The context of one's existence will have a great bearing on the requirement for bravery, and in Ahmad Batebi's case there was no avoiding the conflict and despair within his country that would ultimately define his life.

Consequences will also impact on courage, as once we decide to step into the breach there will be a resulting action that presents its own challenge or victory. For Ahmad, these consequences were felt in the ongoing physical and mental assault that would leave any person devastated.

As I read Ahmad Batebi's graphic story of injustice and pain I could not erase the image of Jesus; beaten and broken, carrying the cross. His courage shaped by his context and the consequence of his courage demanding him to make the ultimate sacrifice for us.

So why wouldn't these two people just walk away? Why not take the easy option and maintain the status quo?

The answer lies in the potential for change, the potential for victory. Courage is not as vital in times of peace and happiness. Courage is accessed by those who can see a need to embrace fear and access strength in the face of pain, injustice or grief. They commit themselves in the hope that a better world will result from their actions. So, when it is your time to stand up, access the strength of our Saviour Jesus Christ and the example of Ahmad Batebi- ***"Be on your guard; stand firm in the faith; be courageous; be strong." (1 Corinthians 16:13)***

Important Dates:

21 June	College Social
22 June	STUDENT FREE DAY Data Entry Day
26 June	Senior Basketball Grade 6 Transition Day
29 June	Last Day of Term 2
<u>TERM 3</u>	
16 July	STUDENT FREE DAY: Staff professional learning
17 July	First Day of Term 3 for students
18 July	Boys' Night Out
24 July	STUDENT FREE DAY: Staff spirituality day
30 July	Year 9 Lake Mungo Immersion group depart
1 Aug	VCE, VET, VCAL Information Evening 2019
6 Aug	Year 9 Grampians Immersion group depart
13 Aug	Year 9 Rubicon Immersion group depart
7 Aug	Year 9 Yipirinya Immersion group depart
15 Aug	Year 9 Bililuna Immersion group depart
22 Aug	Year 9 One Arm Point Immersion group depart
29 Aug	Year 12 Parent Dinner
2 Sept	Year 9 Kakadu Immersion group depart
13 Sept	STUDENT FREE DAY: Learning Advisor Interviews
21 Sept	Feast Day & the FMDM Grand Prix Last Day of Term 3

For more important dates visit the College website term calendars at <http://www.smotanathalia.catholic.edu.au/parent-information/term-calendars.html>

Refugee week



Ruth Bakogianis **Social Justice Leader**

This week is National Refugee Week, which is Australia's peak annual activity to raise awareness about the issues affecting refugees and celebrate the positive contributions made by refugees to Australian society. This week we encourage everyone to celebrate the best aspects of our nation's welcome of refugees, acknowledge unjust treatment of asylum seekers and refugees and commit to working together to ensure that we do better. In doing this, we celebrate the positive contribution to Australian society made over the past 70 years by the 800 000 Australians who once were refugees and have come to call Australia home.



A refugee is a person who is outside his or her country of nationality and can't return due to a well-founded fear of persecution because of his or her race, religion, nationality, political opinion, or membership in a particular social group. The poorest countries in the World host 80% of the world's refugees. It's estimated that 50% of refugees are under the age of 18. Under international law, refugees are not allowed to be forced back to the countries they have fled. Pope Francis has called on everyone to welcome refugees with "arms open wide".

Wednesday was World Refugee Day and the Social Justice team decided to hold a day of solidarity for refugees. Each teacher and student was presented with a name tag that contained a number. Throughout the day, everyone was encouraged to refer to each other by this number rather than their name. This simulates the way in which refugees are dehumanised in detention centres where they are referred to by a number. Using someone's name is a mark of respect



for their human dignity. When held in detention centres, the poor who are usually fleeing war are left without a sense of humanity. These people who we lock up as a result of an effort to establish a better life, have their names forcibly taken away and in return are given numbers.

A big thank you to everyone who contributed to Refugee week in some way, particularly the VCAL students. They worked very hard on different projects (see the VCAL report) and we are very grateful for their fantastic contribution.



Above: Monga Mukasa speaks to our Year 7 and 8 students.

Right: Senior VCAL students Sarah and Dana pictured with Monga, Neema and Tina.

Middle: The trio entertained the Year 9 and 10s.

Bottom: Senior VCAL students and their teachers with their guests.



Refugee Guest Speaker Monga Mukasa

Sarah Hender & Dana Rattray - Senior VCAL

On the 18th June, 2018. Sarah and myself, as part of our Senior VCAL Certificate and Refugee Week, organised a guest speaker (Monga Mukasa) to talk to the Year 7, 8, 9 and 10, about refugees and his Story. Monga brought along with him, his twin sisters Neema and Tina.

The day turned out to be very valuable with all year levels engaging in what was being said and joining in with the beginning activity to get people comfortable and asking plenty of questions.

Monga introduced his story, by beginning of course, at the start which was at the Dominican Republic of Congo. He then proceeded to tell us how he came to be in Australia. Being in Refugee camps, going through the interview process and then after a long time they ended up in Shepparton, Victoria. Monga explained that English is one of the hardest languages to learn as it being his second language. He shared with us the organisation he has founded called L.Y.D.A it stands for Leaders of Youth Diversity & Action.

We are so happy that Refugee Week began with such a fantastic guest speaker who spoke passionately about being a refugee; and judging by all the smiling faces around the room all enjoyed Monga Mukasa's story.



Senior VCAL students Mitchell McKay and Jason Williamson (pictured above R-L) are hoping to inspire some generosity and warmth. The VCAL students are seeking your support for their 'Refugee Blanket Drive'. Your donation will help new refugee families as they adapt to their new homes and prepare for the cold winter months.

Please bring any unused or spare blankets to the College Office before Thursday 2nd August and the VCAL students will deliver your donation to the Asylum Seeker Resource Centre for distribution on your behalf.

VCAL REFUGEE BLANKET DRIVE

REFUGEES ENTER OUR COUNTRY WITH NOTHING.

Donating your unused or excess blankets can make a difference on a cold winter day

VCAL is currently seeking donations. You can simply bring your excess or unused blanket to St Mary of the Angels College Office. Donations will be accepted until Thursday August 2nd. Blankets will be delivered to the Asylum Seeker Resource Centre in Footscray on Friday August 3rd.

Every donation will make a difference to a refugee family

THIS REFUGEE PROJECT IS A PART OF THE SENIOR VCAL PROGRAM 2018

Bev Thorp

Assistant to the Principal - Learning and Teaching

GRADE 6 TRANSITION

We welcome approximately one hundred and sixty-five Year 6 students from our feeder primary schools next Tuesday 26th June. These students will be engaged in a series of activities through the day that form an important part of our Transition Program. The transition process enables potential new students to St Mary of the Angels to become a little more familiar with the layout of the College, how a day operates, and get to meet some of the teachers and other students with whom they may have classes next year. A reminder that Year 7 students will not have classes that day to enable enough teachers and rooms to be available to accommodate our visiting Grade 6 students.

CONTACT AND MEDICAL UPDATES ON PAM

Each year the College asks parents and carers to update the contact details and medical information that we hold for each student. This is important information that we hold with strict confidentiality in order that we might appropriately recognise and respond to any medical issues that arise whilst your child is in our care. The College is increasingly moving toward an electronic system where all of this information will now be updated online by parents/carers through PAM. This reduces the double-handling of sensitive information, and also enables parents and carers to update any details throughout the year as needed.

Upon logging in to PAM, the alert 'bell' in the top right hand corner of the screen will alert you to any new notifications or tasks to be addressed. All notifications will be accompanied by an email. Please refer to the attached information sheet in this newsletter that provides detailed instructions on how your contact details and each child's medical information can be updated. We encourage all families to please update this information at your earliest convenience to ensure that we have the most current and pertinent information available to us.

Excursion notifications to parents and carers will also begin to occur through PAM throughout the year. You will receive an email notification that your approval is requested for your child to attend an excursion. You will be asked to log in to PAM to confirm that your child's medical information is up to date, and approve the excursion. This process again ensures that we have the most current contact and medical information available to us, and saves the need for notes to be transported home and back to school.

Attached to this volume of 'The Angel' (page 14) - Instructions to assist with updating PAM Medical details

Any families that may have difficulty accessing the internet or PAM are most welcome to contact the College Office where they can obtain a hard copy medical form to complete, and will still be able to approve excursions by hard copy. Please do not hesitate to contact the Office with any problems in accessing PAM or updating your information.

Deputy Principal's News

Tim Campbell

Deputy Principal Student Wellbeing & Development

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.

10 Tips for winter wellness

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. If you're considered at risk (for example over 65, pregnant, or have a chronic illness), the government picks up the tab.

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's 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.

Students News

FUTURE LEADERS SHARPEN THEIR SKILLS

Leanne Rawson

Youth Council met for the third time this year under the guidance of two Moira Shire Councillors. Our students worked on their networking and public speaking skills. Year 8 student Charlotte Nielsen (pictured) took the opportunity to test her skills; and spoke with confidence and passion on her own choice topic 'living life as a vegan'.



Students become engaged in conversations with guest speakers Fiona Smolenaars (Goulburn Youth Engagement Project) and Kathryn Foster (Don't Park in the Blue Space Project) after listening about their involvement in their respective projects.

It was certainly a great day, thanks to the Moira Shire and their guest speakers, and beneficial to our future leaders.

St Mary of the Angels aims to provide a safe, supportive and welcoming environment where all students can flourish.

Carmel, Sandy and Rowan - Wellbeing Team

THE VALUE OF FEEDBACK

When we give and receive non-judgmental feedback we are building **trust**. Feedback focuses on **what we are doing well**.

It encourages us to try **new approaches** which help improve our brain's abilities. Feedback usually comes from our family, friends, coaches and teachers.

It is vitally important to **welcome feedback** to develop personal wellbeing.

TABLE TALK....**Describe** how **you** currently give and receive feedback.

When we look at things we should **always** choose to be our viewing them in our **personal best** way.

The way we do this is to:

- Look through the lens of our top strengths
- So when you are asked to give feedback by someone, use perspectives of your strengths
- Aim to inspire positive emotions in **them**
- Avoid saying **what you think they want to hear**.
- Offer positive alternatives to negative approaches
- Say "you" not "we"---- the feedback is about them not you
- Listen and speak with your ears, eyes and heart



TABLE TALK TOPIC...
What are two things we as a family, can start doing to improve how we give and receive feedback?

- Avoid encouraging **victim** mentality of blaming, justifying and storytelling
- Discuss **possible** not **probable** then **preferred** strategies

When **receiving** feedback:

- **Listen** and **process** what is being said
- Avoid thinking about your reply: **just listen**.

**DON'T MISS OUT
BOOK NOW**

through the College Office



BUILDING RELATIONSHIPS

wed

18th July
7pm

BOYS NIGHT AT SMOTA

Come along, enjoy some finger foods, some great chats, find out from some very inspiring local figures how they cope with challenges and how positive relationships impact their lives.

This years Boys Night at SMOTA will highlight the power of positive relationships in our lives and their impact, particularly when times get tough.

We will open with a 'getting to know you' segment including a panel of our SMOTA Leaders; Principal Mr Matt Carver, Deputy Principal Mr Tim Campbell, Deputy Principal Mr Chris Dainton and Wellbeing Team Member Rowan Priest. Followed by our special guest speakers... (details to come)



ACCEPTING

Focus on what is good about others

**Alison Dietrich,
Positive Behaviours' Leader**

Do you tend to see the best in others – or are you more of a skeptic?

We all see the world in a unique way; sometimes we meet others whose perspective on life is very different to our own. At times, these differences can be annoying or even lead to major disagreements. It is up to us to choose to let our differences open our hearts and challenge ourselves to see a situation from a different point of view.

At SMOTA, we encourage our community to focus on what is good about others. We all have differences, however, if we choose to see others in their best light then we will be able to experience each other in a more positive way. We teach our students to show acceptance by:

- being mindful of people's differences
- actively listening to others
- cooperating with others
- celebrating everyone's success

Remember, it feels good to see the best in others!



HelloWorld

Dana Rattray, Senior VCAL

During the first half of 2018 as part of my VCAL work placement commitment, I have had the pleasure of working with wonderful and friendly staff at HelloWorld Travel Cobram every Tuesday. Rosa and Sue do an amazing job planning and organising trips across the world every day. My role in the office is to, stamp brochures and make sure all files are up-to-date with the latest offers. I also answer the phones, file documents, update and putout the sandwich board and help organise quotes.



Interview with Rosa Luff:

1. What got you into the Travel Business?

By chance – on work experience. Once a year, for one day only was to set my career path.

2. How long have you owned and operated the Business?

From 1987-1989 for 18 months and from 2008-2018 for 10 years

3. What are the biggest challenges in the Travel Industry?

The biggest challenges are keeping up with constant changes.

4. When looking for employees what qualities do you look for?

Presentation; body Language; confidence level and have an eager passion to learn

5. What do you like best about working in this industry?

Meeting new clients; constant learning and changes as well as making people's dreams come true

6. Where do you think the company is headed in the next 5 years?

We plan to build on our customers and grow the business.

7. What does a typical day look like in this industry?

Check overnight emails; check diary to ensure time management for the day; receive phone calls; appointments; dealing with ongoing bookings; banking and brochures

8. How do you think the business has improved over the last couple of years?

Growth has been a big improvement.

9. Roughly how many customers do you get a day?

It does vary as the business also relies on email bookings without even meeting with clients face to face.

10. What is your favourite travel destination?

To me every destination has a unique beauty to offer. I'm very fortunate to have experienced so much in my 45 years in this amazing and challenging industry. LOVE IT



Ruby Wyatt-Carter, Senior VCAL

On the evening of Friday 15th June, with much anticipation I saw my VCAL PDS 'Below and Beyond' come to life. The work on this project began at the start of this school year; with the plan to give the VET music students the opportunity to complete one of their required performance SACs in a supportive local venue.

Through the support of Olive Sage from the GRAIN Store, Miss Carter the VET Music teacher and St Mary of the Angels' staff members, I was able to organise a date, time, catering and borrow the school's sound system.

Mr Mustey worked his magic as live sound engineer for the performances, after generously giving his time after school to set up the sound gear with my assistance. Miss Carter and I returned to school to collect the food that VCAL B had prepared. There were five plates of slices, rum balls and a tray of cheese, kabana and biscuits.

At 7:10pm, Philippa from the GRAIN Store began the night with a 'Welcome to Country' before Olive introduced me to begin the show.

Josephine Diretto opened the show with musical theatre songs, sang with backing tracks. Phoebe Timmis sang pop techno while I accompanied her on an acoustic guitar. During Phoebe's performance, Mrs Byrnes collected the hot food (pinwheels and small sausage rolls) from the hospitality room's oven for the 15 minute supper break.

Paige Owen (from St Augustine's) started the second half of the show with songs from five decades of pop music, alternating between piano and guitar. The night closed with Indie music from Annaei Moon (from St Augustine's) with her duet partner Bailey Slade on harmonies and acoustic guitar.

The evening went well and I'm pleased to announce that 'Below and Beyond' raised \$195 which the GRAIN Store will put towards future youth events in Nathalia.



Josephine Diretto, Yr12



Phoebe Timmis, Yr 11



Ruby Wyatt-Carter, Yr 12



YEAR 8 HUMANITIES - BRINGING VIKING HISTORY TO NATHALIA



Jane Hando, Humanities Teacher

This term Year 8 Humanities students have been studying Vikings. To start off our investigation we looked at some of the popular perceptions about Vikings as a way of comparing the myths with the facts. For example, did you know that Vikings did not wear horned helmets. According to 'History Stories' in depictions dating from the Viking age—between the 8th and 11th centuries—warriors appear either bareheaded or clad in simple helmets likely made of either iron or leather.' However, there has never been an archaeological uncovering of a horned helmet.

To prepare for our Project Based Learning approach to this unit we worked as a year level to explore topics such as: farming, geography, weaponry, family life, long boats, and religion. Once students had gained a basic overview of some of these topics the next part of unit required students to decide on an individual area of focus. They were required to devise inquiry questions and to use evidence from reliable websites in order to answer these questions. Designing an artefact and exhibiting the final created product in the Barmah Heritage Centre was the final goal of this unit. Collectively, the Year 8 cohort will now present their completed creations in a massive exhibition display. Supported by the staff at the Barmah Heritage Centre, students were encouraged to think about how information might be appropriately displayed in a museum exhibition. Under the guidance of Marilyn Gourley, the curator of the Heritage Centre, we were



given instructions and tips about methods of presentation and display.

The grand finale was the opening of our very own Vikings Exhibition on Wednesday the 20th June. All students attended the gathering where we were joined by members of the Barmah Heritage Centre, Year 8 parents and grandparents, and members from the College Leadership team. After the formal presentations and a speech delivered by Nikita Pawlowicz, the museum display was declared open and students were invited to peruse the exhibits.

The display will be open to the public until the 7th July.



FORENSICS TEAM SOLVE THE CASE



Piper Doyle, Yr 9



L-R: Piper Doyle, Brianna Armitage, Indiya Parker, Jemmah Ryan

Gemma Connally, Year 8

Blood typing, biometrics, hair and fibre investigations, chromatography, in other words; a fun forensics class.

We wrap up Term Two with the conclusion of this elective and the many practical forensic analyses. It's generally not a common experience to walk into class and find a well-planned out crime, victim and list of suspects; but in this class, not much is a common experience. At the beginning of Term One, Mrs Thorp's Year 8 & 9 Forensics class walked into a crime scene depicting a stolen element, a staff member laying on the ground unconscious. The class would then go on to carry out many practical investigations in the science lab to determine the who, what and why to find the person responsible for this crime.

Commencing these experiments and investigations the class inferred that the suspect who was guilty of the crime was in fact a most unlikely suspect Mr Dainton! After admitting to the irrefutable evidence he was 'arrested'. Looking back we should have realised Mr Dainton was guilty from the beginning, after all he was smiling in the mug shot.



L-R: Rhys Cason & Jack Bergamin



L-R: Pasandi Sooriarachchi & Jopaul Joseph



L-R: Jennifer Smith & Bri Morgan



L-R: Scott Guppy & Will Smith

PE & Health News

Year 12s up for the test

Matt Dimble, Senior PE Teacher

Last Monday the Year 12 Physical Education students ventured to 'Exercise Research Australia' in Melbourne to take part in elite level fitness testing and lectures to assist with Unit 4 Physical Education classes. The students participated in various fitness tests including the sit and reach test, vertical leap test, 20 meter sprint test, 60 seconds up test and the Yo-Yo recovery test.

The results were collated and taken back to the lecture theatre and we discussed how these results can be applied to the process of structuring, planning and implementing a training program.

This information, coming from experts in the field, will prove to be of great assistance to the group when preparing for their SACs and exam over the coming months, with much content covered during the day.

SEPEP

Leanne Rawson, Health & PE Teacher

During Term Three, Year 7's have completed the SEPEP unit. SEPEP is a program which uses sport to teach skills and organization of sports events. Students need to set up the field, ensure administration jobs are filled such as scorers, timekeepers, there must also be the referee, linesman, captain, coach, reporter and photographer.

Year 7's are now coming to the end of the competition and are celebrating the season with an Awards day. Feedback on SEPEP from Year 7P below:

Kate Buha: "It was a good way to learn a game that you haven't played before, and can help with other games as well"

Emily McPherson: "It's a different way to teach kids about different skills"

Julia Brown: "It's a good way to improve on skills on how to organise things"

Caitlin Verlin: "SPECTACULAR and FUN"

Blair Eddy: "It was positive"

Charlotte Letcher: "It's a great way to work on team work"

Sophie Miller: "It's a great way to build team work and new friendships"

Mia Bell: "It's good to interact with different people"

Regan Mangles: "I really enjoyed SEPEP"

Emily Woods: "It was a fun way to learn different skills"

Ben Nave: "A different way to learn a sport"

Max Conboy: "It was a fun letting students run it"

Porsha Stuart: "It was fun learning what other people's skills were"

Callum Hulley: "It was fun"

Bill Brown: "It was innovative that we had to do everything"

Darcy Young: "It was cool"

Mak Eddy: "It was enjoyable to play"

Marly Handford: "It was good to see how mature we are when it comes to organizing everything"



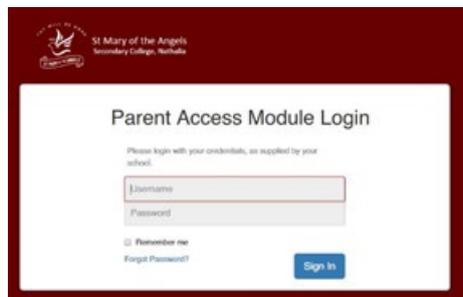
Pictured above: Year 12 PE students take part in elite level fitness testing at 'Exercise Research Australia'.

St Mary of the Angels aims to provide a safe, supportive and welcoming environment where all students can flourish.



St Mary of the Angels Secondary College Updating Medical Details on PAM (Parent Access Module)

Step 1: Type pam.smotanathalia.catholic.edu.au into your internet web browser OR click on the Parent Access Module on the College's website www.smotanathalia.catholic.edu.au Login to your PAM Account.



Step 2: You may be asked to verify your email address, please ensure you complete this process in order to receive the email alerting you to any excursions that require your approval.

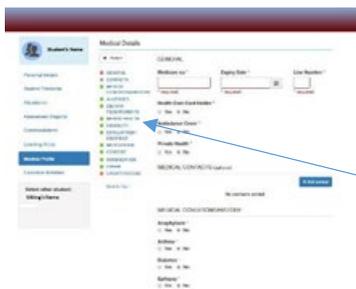
Step 3: When in PAM look at the bell in the top right corner. It will alert you to any information that requires your attention. You will also be sent an email alerting you to any excursion that requires your approval.



Step 4: To update your child(ren's) Medical details click on the bell alert in the top right hand corner. Alternatively, you can click on your child's image on the home page and then click on 'Medical Profile'



Step 5: Please complete each section in 'Medical details' The sections will appear green as you work through the form



Step 6: Please complete 'Medical details' step-by-step. The sections will appear green as you work through the form. If your child has a medical action plan you will be prompted to attach any relevant documents. Finally, confirm the 'details are true and up to date'.

If your child's medical information alters at any time please log into PAM and amend as necessary.

As always, if you need any assistance logging onto /or navigating PAM please contact the College Office and speak to Kylie Palmer. If you do not have internet access a hard copy can be provided for you to complete.