

The Angel

Thursday 29th November 2018, Volume 32



Prayer:

Prayer for the Future:

Loving God,
Each day as I step further into my future, give me the courage, knowledge and patience that I need.

Remind me that you always journey with me and that you will never lead me into anything that you won't lead me through.

Thank you for the gift of my life.

May the way I live be my gift back to you - with your love and guidance.

In Jesus' name.

Amen

Principal's News

Dear Parents, Guardians, Staff, Students and Friends,

On Wednesday evening San Rufino was full of energy and excitement as the second contingent of incoming Year 7 students and families attended the Information Night in preparation for 2019. Uniform perusal and selections, mini PAM information sessions, blazer fittings, brand new bags, tours, student reflections and our formal presentation made for a busy and practical evening. My intent is for our Year 7 students and families to go home feeling ready and equipped for the next stage in their educational pathway. Thank you to our many new and existing families for joining us on the night. I am sure our journey towards graduation in 2024 will be 'signposted' with many memorable occasions.

A huge 'congratulations' and thank you to all of our Year 12 students, their parents, guardians (and extended family members) and staff for a very successful graduation Mass and dinner last Thursday evening. The occasion was celebrated in St Joseph's Church and the Civic Center in Cobram. Thank you to Fr Michael Grace and Fr John Corcoran for their celebration of Mass. Thank you to Christie, Andrea and Kylie for their overall co-ordination of the event. Thank you to Michaela Brooks and Mel Knight for your leadership of the evening. The evening was a culmination of many years of love and encouragement from parents, families and staff and to witness the final 'roll call' of our graduating Year 12's was a highlight for all of those assembled on the night. I have great faith that our graduating 'Class of 2018' will make our world a better place.



St Mary of the Angels Secondary College
warmly invites

Families & Friends

to celebrate

Presentation Night

on

**Tuesday 11th December 7.15pm
for a 7.30pm start**

at the

**Nathalia Community Centre
Robertson Street, Nathalia**

We ask that families bring a plate of supper to share at the conclusion of the presentation and awards ceremony.

Tickets for the St Mary of the Angels' Major Raffle have been sent home with your child.

We ask that tickets are returned to the College prior to the draw on Presentation Night 11th December, 2018.

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On Tuesday evening Bronte Conroy, Bridget Seiter, Riley Wilson, Cooper Fitzpatrick, Gracie Reid, Louise McCracken, Eliza Flanagan, Chelsea Gray and Mrs. Ruth Bakogianis embarked on a very different 'Schoolies' experience to Cebu, Philippines. The eight students and Ruth as teacher chaperone are part of the Sandhurst 'Alternate Schoolies' contingent to Cebu to assist in the local communities. Alternate Schoolies provides an outstanding opportunity for students to be actively involved in social justice initiatives and bring their faith to wholeness; working with the impoverished and marginalized. I am sure the St Mary of the Angels contingent will represent the College with distinction in the Philippines. I applaud the initiative and thank Catholic Education Sandhurst for their coordination of the event.



Pictured at Graduation Mass before departing on their 'Alternate Schoolies' program: Riley Wilson, Bronte Conroy, Gracie Reid, Eliza Flanagan, Bridget Seiter, Chelsea Gray, Louise McCracken, Cooper Fitzpatrick and Ruth Bakogianis.

Finally, please save the date for :

Presentation Night on Tuesday 11th

December. I look forward to catching up with as many students and families as possible at this annual event which showcases and celebrates your children's talents and endeavours.

With Peace and Goodwill,

Matt Carver

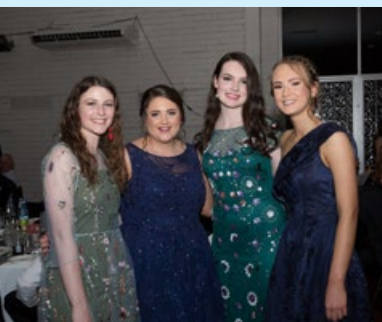
Principal

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Chris Dainton

Deputy Principal - Catholic Identity

It is important to look around us to see the great works of God in every part of our world. I am often struck with a sense of wonder and awe when walking in God's Creation and taking in the sky, clouds, trees, plants and birds. We are truly blessed to live in such a beautiful part of the world and these wonders are God's gifts to us.

It can be more difficult to recognise the gifts we have within us, and even more of a challenge to offer those gifts for the glory of God and fulfillment of others.

I was reminded of the personal gifts that God places in us when I listened to Jo Diretto and Isabella Nielsen sing at our Graduation Mass in St Joseph's Church, Cobram. The ease at which these two connected in harmony and filled the sacred space with beautiful music was, for me, another moment of wonder and awe. To the girls it was probably a nerve wracking and challenging experience, but for all of us in the congregation it was an opportunity to witness God's great works right in front of us. For that realisation I thank Jo and Isabella and wish them well for their futures. I hope that they will visit us at the College and inspire us again with the gift that God has blessed them with.

There were other examples at our Graduation Mass and Dinner that highlighted the many and varied gifts that our students and staff possess. It really was a joy filled evening to be a part of.

So, what gift has God given you in your life? What skills and talents do you possess that can fulfill the Kingdom of God and make our world a better place? It isn't an easy question to answer for most of us, but it is an important one. It is also true that each and every one of us has something special to offer to the world. Sometimes it can take a little more time and experience to locate exactly what that is. When you do find it, be proud of it and grateful to God for it.

"Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows." James 1:17



Alison Dietrich, Positive Behaviours' Leader

One of the most obvious side effects of the College focus on our SPARK values has been of the idea that you see what you are looking for. For example, Term Three saw the College focus on teaching and reinforcing what it looks like to be KIND. It was interesting that through doing this, many staff noticed that they ended up seeing more 'kind' behaviours in their students. While this shift in focus does not remove the necessity of responding to and taking action to inappropriate behaviour, it is important to note that it certainly helped to reduce a number of behavioural mistakes within the College.

These same ideas can also be applied at home and could potentially encourage more peaceful relationships in your own family. See some tips for supporting positive behaviour at home are listed below:

- give clear, short and specific directions
- be patient (allow time for processing directions)
- be consistent
- stay calm and use a calm voice
- focus on logical consequences when a problem arises
- reward positive effort
- try to give five positive responses for every one negative response
- set an example
- try to anticipate where your child might have trouble and prepare them for the situation by coaching them on the behaviour that you want to see.

*"What we see
depends mainly on
what we look for"*

-John Lubbock



schooltv.me



FEATURING: Dr Michael Carr-Gregg

THIS MONTH:

Mindfulness

Why is it so important
for today's youth to
practise mindfulness?



Tim Campbell

Deputy Principal - Student Wellbeing & Development

THIS MONTH ON SCHOOLTV - MINDFULNESS

Over the last decade, mindfulness has been slowly rising in popularity with many individuals practising it on a regular basis. Evidence based research has found that there are many benefits to mindfulness which has prompted schools across the nation to implement this practice into their daily routines.

Mindfulness can be described as attention training for your brain, enabling you to focus on something without judgement and to stimulate curiosity. Mindfulness can be practised in a number of ways and is something that can be done by everyone - no matter what your age! It has been practised by many cultures around the world, but it is not exclusively affiliated to any particular philosophy or religion.

Mindfulness helps improve memory, engagement and performance. Its positive effect on the brain can improve immunity, mental wellbeing, learning ability, emotional health and even, time management. It is especially important in this era of information overload as our attention is constantly being pulled in many directions making us more distracted.

In this edition of SchoolTV, parents can learn the best way to introduce mindfulness to their children, implementing it into their daily lives to have an overall positive impact on family relationships. We hope you take time to reflect on the information offered in this month's edition and we always welcome your feedback.

If you have any concerns about your child, please contact the school counsellor for further information.

Here is the link to this month's edition <https://smotanathalia.catholic.schooltv.me/newsletter/mindfulness>

Deputy Principal's News

STUDENT LEADERS FOR 2019

Over the last few weeks our staff have been extremely busy reading applications and interviewing students for a number of student leadership positions for 2019. The quality of our applications this year have been outstanding and we look forward to seeing them in action for next year.

Congratulations to the following:

COLLEGE LEADERS:

Rosie Arnel
Vincent Barca
Sophie Morris
Kye Roberts

ARTS LEADERS:

Kallum Green
Maddie Pawlowicz
Phoebe Timmis

SRC LEADERS:

Elizabeth McKenzie
Rian Mendoza
Ellie Mae Warrin
Te'a Slatterie

SOCIAL JUSTICE LEADERS:

Sophi Bury
Sophie McCracken



1. College Leaders: Kye Roberts, Sophie Morris, Rosie Arnel, Vincent Barca.

2. Arts Leaders: Phoebe Timmis, Kallum Green, Maddie Pawlowicz.

3. SRC Leaders: Te'a Slatterie, Elizabeth McKenzie, Rian Mendoza (absent Ellie Mae Warrin).

4. Social Justice Leaders: Sophi Bury and Sophie McCracken.



HOUSE LEADERS: (pictured above L-R)

St Clare: (5.) Kasey Brinsdon (absent), James Miller, Lily Kennedy, Declan Brunskill.

St Elizabeth: (6.) Chloe Armstrong, Michael Brooks, Lachlan Hyde, Max Shannon.

St Francis: (7.) Hayley Thorne, Lilly Bond, Jordan Bovalina, Marlee Ingamells.

Today at the final assembly for 2018 the 2019 leaders were presented with their leadership badges.

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

Important Dates:

TERM 4

4th Dec	Year 7 (2019) - Orientation Day
5th Dec	Year 7 – Kyabram Fauna Park Year 9G & 9W – Cultural Experience
6th Dec	Year 9B & 9R – Cultural Experience
10th Dec	Year 7 – Activities Day in Yarrawonga Year 8 - Activities Day in Shepparton
11th Dec	Presentation Night Students Last Day for 2018
12th Dec	Staff Community Outreach Day
14th Dec	Nathalia Community Carols
18th Dec	College Office closes at midday

TERM 1 - 2019

24th Jan	College Office Opens
30th Jan	Year 7 first day
30th Jan	Year 11 & 12 first day (go on Retreat)
30th Jan	Year 11 Urban Retreat Year 12 Retreat at Dookie
31st Jan	Year 8, 9 & 10 first day

Deputy Principal's News

Bev Thorp

Assistant to the Principal - Learning and Teaching

ORIENTATION DAY

Orientation Day for our incoming Year 7 students will be held next Tuesday 4th December. This is a very important part of the transition process where students will join their home-groups, meet teachers and make new friends, engage in activities and classes, and orient themselves around the College and the bus trip! Any families who were unable to attend either of the Year 7, 2019 Information Evenings are invited to make contact with the College Office to obtain an Information Pack, and we look forward to meeting our new Year 7 students again next Tuesday.

HEAD START PROGRAM

Well done to all of our new Year 11 and 12 students who have engaged in the Head Start program over the past two weeks. Students should be set up to start the 2019 year on a positive note. I encourage our students to complete homework in the period before Christmas so that they can enjoy a well-deserved break from their studies before the 2019 school year. A good idea is to complete all set work early, and then quickly review notes prior to classes beginning to start the new year of study on the front foot. The holiday break is a wonderful opportunity to ensure that you are set up and prepared for studies with a study space at home, folders and note books, and perhaps starting to establish what a study schedule might look like.

KOOL SCHOOLS

Congratulations to our VET Music students who were nominated in several sections of the Kool Schools Awards; including Best Pop Ballad, Best Rock Track and Coolest School. Special congratulations to student Paige Owen who won the Best Pop Ballad, and to teacher Mrs Kim Carter for leading this group of talented students. Well done!

SMOTA Star



Congratulations to James Miller who competed in the Victorian State Athletics at Hagenauer Reserve, Box Hill North, on the weekend.

James' team along with his Bendigo Harriers Club teammates placed third in the 4 x 100 Men's U18 relay.

The boys broke the U20 and U18 records for Bendigo Harriers Club which was a huge accomplishment!



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Year 8 News



Three Year 8 classes have been making candles as part of business and economics topic. Students were required to create a product with a target market in mind, and work out production costs and therefore a profit margin. Pictured are some of the entrepreneur with their product.

Music News

CD ON SALE NOW!

Kim Carter, VET Music

I was sad to say goodbye to my VET music class after two years of learning and performing together but we finished on a high note with three nominations and a win at the 2018 Kool Skools Awards. Kool Skools is a songwriting and recording competition that begins early in the year with songwriting workshops to develop original material. In the July school holidays, students travelled to Melbourne to record their songs. St Mary's students recorded a staggering seven songs for the Moira shire CD this year.



Vet Music students Jake Parente and Michael Leahy were nominated for Best Rock Track with their song 'Fighting for our Freedom'. Vet Music student Paige Owen was

nominated for Best Pop Ballad with her song 'Free Falling' and won! Paige's song was also selected for the Best of Kool Skools 2018 list which can be heard on Soundcloud. Our CD as a whole was nominated for the Kool Skools award, which is an amazing effort considering hundreds of songs are entered into the competition from all over Victoria and New South Wales. Another Vet Music student, Annalei Moon, has recently released her Kool Skools song 'Grey' as a single for her music duo act Slade & Moon. A huge congratulations goes out to all the students involved in the Kool Skools recording project in 2018 – what an amazing year!

If anyone would like a copy of the CD, please see Ms Carter or Mrs Byrnes.

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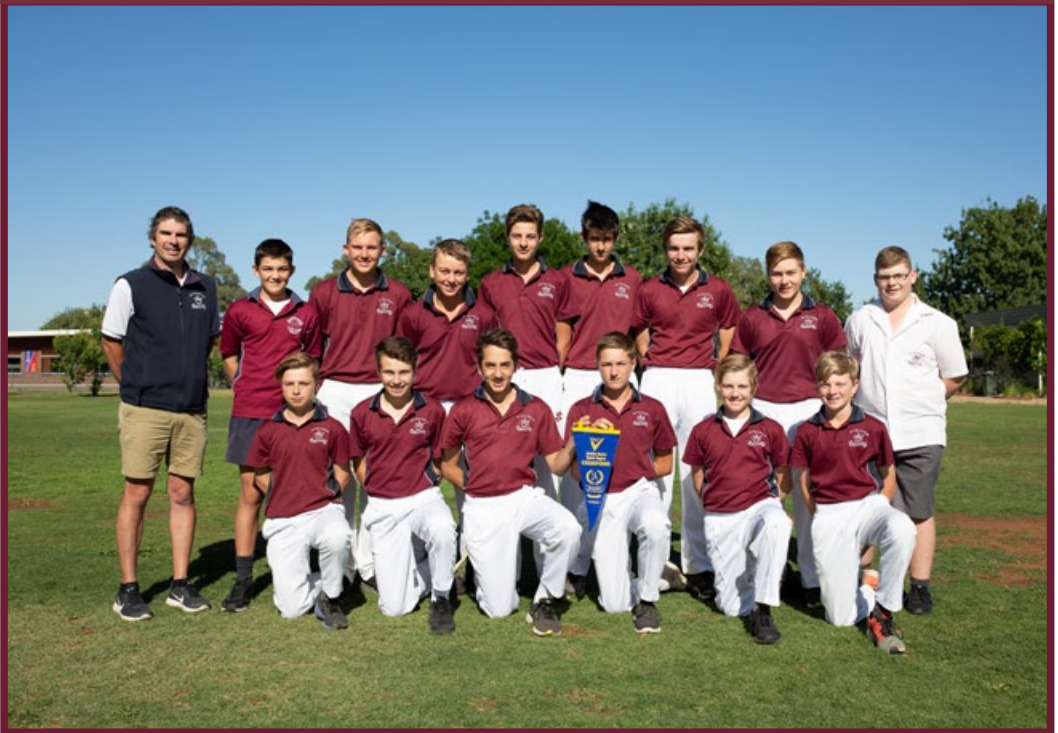
YEAR 8 BOYS CRICKET

Tim Campbell, Deputy Principal

On Thursday 22nd November the Year 8 boys cricket team travelled to Strathfieldsaye to play their state quarter final 20/20 match against Epping. The day began in horrible conditions with rain falling heavily the whole way to Bendigo. When we arrived the boys were met with wet conditions and the likelihood of any sort of game was looking grim. However, after an hour of waiting the rain finally cleared and Epping were up for a full match.

The boys lost the toss and were sent in to bat. It didn't begin well with Clayton Beer being bowled first ball of the match. The conditions were difficult for a while with the boys struggling to find runs. After the first five overs the boys had only managed 15 runs but with plenty of wickets in hand. However, the change of ends seemed to work and Bailey Smith and Matteo Allen started to get on top. With some excellent batting the boys put on a terrific partnership only for Matteo to be run out by some brilliant fielding. Bailey continued with his terrific batting and was finally run out in the 19th over for 78 – a terrific knock! This also included some friendly fire when he hit the ball straight back at Hunter Verhoeven. The boys finished well with a final total of 5/139 off their 20 overs.

The boys were confident with their total and headed into the field with overwhelming confidence. The boys focused on their line and length and it worked a treat, tying the Epping team down and limiting them to 6/78 off their 20 overs. Hugh Hyde was excellent taking 3/19 off his four overs. The boys now travel to Melbourne for the State Semi Final. Congratulations to all boys involved and a big thank you to Jesse Trower for scoring and organising the trip and Camille for driving.



Year 8/9 Horticulture Day Trip

Andrew Storer, Horticulture

On Friday 16th November, twenty-one eager Horticulture students spent the day away from the College visiting some of the most impressive Horticulture establishments in our area. The trip consisted of five stops to investigate and learn about importance of good horticulture practices in business.

At the Numurkah Golf and Bowls Club, we looked at turf management and the new irrigation system recently installed. This was followed by a visit to Andrew Routley's little tree farm which is in the process of growing 60,000 fruit trees from different root stocks to produce the most efficient and productive fruit trees. We were also lucky enough to see the plum trees being thinned and trimmed ready for future harvests.

Our group moved onto Cactus Country where we focused on the different types of plants and the diversity which allows them to survive in harsh conditions. After a quick lunch stop in Strathmerton we met Greg Brooks at his Dairy farm. Again, we were lucky to see the latest technology in farm irrigation, along with the more regular operations of a traditional dairy farm. We may or may not have also been treated to a plate of scones with jam and cream provided by Greg's wife Jodi (thanks for the unexpected delicious afternoon tea Jodi). After the dairy farm, we proceeded to Katunga Fresh where we were given a tour around the biggest Hydroponic system in the Southern Hemisphere. It is truly amazing!

Overall the students were given a great insight into the big wide world of Horticulture and the opportunities that exist.

A big thanks to Stuart Mansfield for driving the bus and also to Zoe Backway for joining our class for the day.



Year 8/9 Horticulture Adventures





Pictured above: Mr Smith's Year 8 Karts class who enjoyed the fruits of their labour in the workshop in their last elective class for the year with a spin in the finished Kart.



Students in the Patchwork class for Semester Two, have been very efficient in completing their quilts quickly. They have also been able to construct a cushion pocket matching their quilt, with their left over fabrics. Because of their efficiency, the class were able to learn the skill of machine appliqué and most were able to construct a Christmas Cushion to take home and celebrate.

'Food really does taste better when it looks good!' That being the case the 'Freak Shakes' designed by Mrs Few's Year 8/9 Creative Foods class must have been absolutely delicious. Our photographer, Julie Moore did manage to capture some pictures before they were gone.





UNIT 2 OUTDOOR ED CAMP 19 - 21 NOVEMBER, 2018



After returning from their three day camp at Anglesea the Unit 2 Outdoor Ed students shared their favourite moments from camp:

Molly Coburn: "I enjoyed surfing as it was a new experience and getting drowned by waves was fun".

Gracie O'Sullivan: "I enjoyed surfing as it was an amazing experience, learning something new is always fun".

Luca Allen: "I had an awesome experience on Anglesea camp, I personally enjoyed the surfing and the bike jumps which provided amazing thrills".

Lewis McShane: "I really enjoyed my time at Anglesea as it was my first time here, I especially liked the surfing and the gnarly instructor dude".

Nick Thorp: "We took off on a trip to the Otway rain forest where we went tree top walking and were able to climb a 47m high tower".

Abbey Bell: "I enjoyed the walk through the Otway Forest as it was very scenic and the tour guides were very helpful".

Dempsey Nye: "I enjoyed the bike riding up the hills because it was really challenging, the bike track was also really enjoyable as it gave us an adrenaline rush".

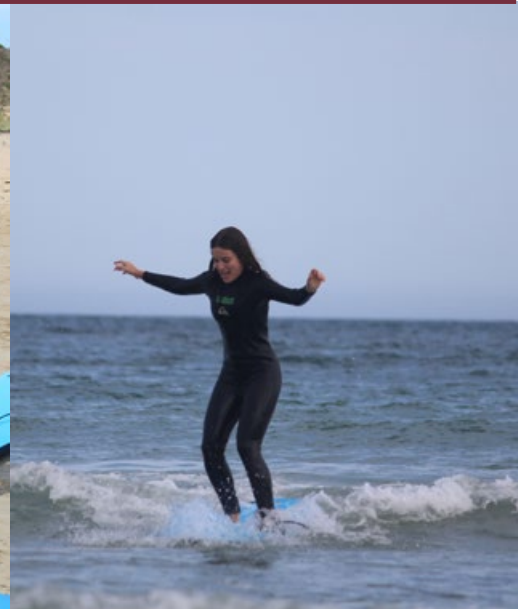
Anna Newman: "I enjoyed surfing as it was a new experience and it was fun learning to stand up on the board, but it was scary when we got crashed and drowned by the big waves".

Jorja Paganoni: "I enjoyed the surfing and catching the gnarly waves, as it was a good experience for country people".

Molly Reid: "During the outdoor Ed trip to Anglesea my favourite part was the walk through the Otways Rainforest at the tree top walk".

Lewis Kennedy: "I enjoyed learning about the species of trees that surround the otways and the history of the logging industry during our time at the Otway Fly tree top walk".

Sam Arho: "I really enjoyed my time at Anglesea the bike riding was really fun and challenging, especially riding down hill through the single tracks".





WHITE WATER RAFTING

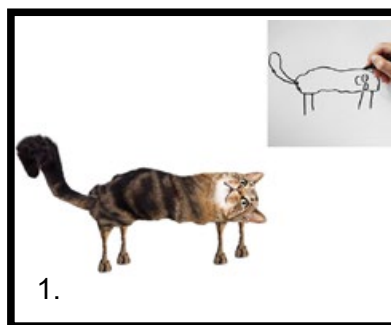
Emily Tymensen, VCAL

On Friday 16th November, VCAL A and B students travelled by bus to the sunny town of Bright for a thrilling day of white water rafting on the Ovens River.

Initially we were given a partner and shown on shore how to steer, paddle, back paddle and stop in our inflatable rafts. We then walked down the embankment and entered the water to paddle the 'Cherry Walk' to the beginning of the 'Bright Avenue'.

David, Marcel and Hannah led our group and were very patient as some were more advanced and skilled than others. It was a great opportunity to step up and be leaders to encourage our peers and have some fun.

We would like to thank Ms Knight and Mrs Eddy, for organizing such an engaging day out. A special mention must go to Mrs Wendy Shannon and Mr Matt Dimble for entertaining us each time they fell out of their boats but also for teaching to be resilient and to not give up when we get frustrated. Just get back on the horse or in our case back on the raft.



1.



2.



3.



4.

Mr Orlandi's Year 8/9 Photoshop class were given an interesting challenge in their last week of their elective. They were required to create photo-realistic versions of kids' drawings (no matter how strange the drawing may have been).

Take a look at how the results. Work pictured created by:
1 & 2. Albatool Abdulmir
3. Dakota Pellegrino
4. Shontay Kirby

