

Reflection:

DO YOU KNOW HOW IMPORTANT YOU ARE?

You may be the only way someone could see God!
You could change the path one takes with just an understanding nod.

A despairing spirit might need a lift.

Your words might do the trick.

You can bring the peace of Christ to someone who's heartsick.

You might just need to listen - and never say a word.

It might require a smile or hug:

Maybe a pat on the back.

You can show them they are good
and give them what they lack.

It may be that they truly doubt the good they have inside. Their life might be tough right now and they've lost their inner guide.

They may be needing assurance that God hasn't moved away.

Be ready to share your faith with them.

It might just make their day!

Because you see, you've changed my life -
Just by being you!

It's amazing what wonderful things happen when faith, hope and love blend.

I thank you for so much caring and especially for being my friend.

by Valerie Cadarr

Prayers from Franciscan Hearts

Catholic Identity

Ruth Hartnett-Carr

Deputy Principal, Catholic Identity

Fifty years in a vocation is cause for celebration and Fr Michael Grace has celebrated. The communities of Numurkah, Nathalia and Shepparton have all honoured Fr Michael over the past few weeks and I was humbled to be asked to speak on behalf of St Mary of the Angels' College community. I have known Fr Michael for quite a number of years now and had the pleasure of working alongside him since his appointment as the Canonical Administrator of St Mary's Parish. Fr Michael's unwavering support of all we do in our College ensures that we continue to flourish as a place of faith, spiritual and educational development for our students, staff and wider community members.

Last year Fr Michael and I had lunch together and during our conversation I quite cheekily, told Fr Michael I thought he was 'bohemian.' I remember him looking at me, with a rather contemplative stare and then telling me he was going to look up the meaning of bohemian in the dictionary. We parted company and a few days later the conversation continued. He told me he had looked up the meaning of the word 'bohemian.' As you can imagine I was impressed that Fr Michael had taken the time to investigate our initial conversation and then I had that awful feeling that I may have offended him. I asked him tentatively what he thought. He laughed loudly and said... 'you are right I am bohemian.' We then discussed how the term originates from gypsies and that Fr Michael's heritage involves gypsy ancestry. (I can't say I knew that when I bandied the term as a description for Fr Michael!)

Since that conversation I too have researched the term 'bohemian' and discovered that my 'off the cuff' comment applies in a more fuller sense to Fr Michael. Fr Michael has many bohemian traits. Some of these include:

- He has a clear vision of who he is and wants to be.
- He has a drive to create and self-express.
- He is an adventurer.
- He is educated with an open mind.
- He is an extensive reader.
- He has a keen interest in music and art.
- He is a propagator of love.

It's through these traits that Fr Michael has spread the Good News for half a century. Fifty years service and commitment is an enormous achievement and I congratulate Fr Michael on his golden jubilee and I thank God for bringing him into our lives at St Mary of the Angels. We have been blessed and our lives have been made richer with Fr Michael in them.



On behalf of the St Mary's Parish, St Mary of the Angels and St Francis Primary School Sally Clifton Parish Pastoral Council President presents a gift to Fr Michael Grace at his Golden Jubilee celebration at Nathalia.



26th July 2017

Dear Members of the St Mary of the Angels College Community,

I am pleased to inform you that the Bishop of Sandhurst, Most Rev Leslie Tomlinson DD, has endorsed the recommendation of the selection panel and the good news is that Mr Matt Carver has been appointed as Principal of St Mary of the Angels Secondary College, Nathalia.

Matt has proven to be a fine and capable leader of our College community since taking on the role of acting Principal in term 4, 2015. Matt's dedication towards Catholic Education and taking the College into the future has been outstanding.

I am sure you will join me in congratulating Matt on his appointment as our College Principal and look forward to him guiding the College through the years ahead.

May the Lord God bless us all with wisdom and gratitude.

Yours sincerely,

A handwritten signature in dark ink, appearing to read "Fr. Michael Grace".

Fr. Michael Grace
Parish Priest of Nathalia & Numurkah

Building Update



Year 10 Learning Centre

Construction is now well underway with the much anticipated Year 10 Learning Centre going ahead in leaps and bounds over the school holidays.

The \$1.45m project is now right on track with 95% of steelwork complete, roof frame work installed to the west courtyard, storm water complete, new fire hydrant installed and timber framing almost complete.

We've been really pleased with the works so far. Since the commencement of frame work over the school holidays, the progress has been impressive.

The steel work went up at a really fast pace and we've also had fortune on our side with good weather which has been a big help. Within the next two to three weeks we expect window installation to commence and roofing works to get underway.

At this stage, we anticipate completion at the end of October, 2017.



Pictured left (L-R): Principal, Matt Carver, Crow Constructions Construction Manager, Darren Bohm and Architect, Chris Flynn with St Mary of the Angels Business Manager, John Giffard, review building progress of the new Year 10 Learning Centre.

Deputy Principal's News

Bev Thorp

Deputy Principal – Learning and Teaching

SUBJECT SELECTIONS

Planning for 2018 is underway as our Year 10 and 11 students are now making initial subject selections for their senior years of schooling. Year 10 students have been involved this week in a Pathways program which provided presentations and the opportunity to experience a range of 'taster' VCE, VCAL and VET subjects. Students were also fortunate to work with Glenn Irvine to consider their personal, study and work skills in preparation for further study and employment. The program culminated with the Senior School Information night that was held Wednesday evening where parents and their children were provided with presentations on the VCAL, VET and VCE programs that are offered, and were able to speak with staff regarding particular subject or pathway options. Thank you to our Year 10 Year Level Leader, Mrs Anne Berend, and our Pathways staff Mr Barry Norton and Mrs Maggie Booth, for their organisation and expertise in putting this program together.

Students may download the senior subject selection booklets from SIMON or PAM from Knowledge Banks, Course Information Booklets. Subject Selection sheets have been given to students and are due back to the College Office by **Thursday 3rd August**. I invite all Year 10 and 11 students to ensure that they investigate all options available to them, ask questions of teachers and Pathways staff, discuss choices with parents, carers and siblings, and make the best choices for their particular needs, skills and interests.

YEAR 9 IMMERSION

Our Year 9 Immersion program begins next week with the first Mungo trip getting underway. While students will be in and out on their various Immersion experiences throughout the term, those still at school will be participating in a self-directed program to continue their studies. This provides another important skill set for students in addition to their Aboriginal studies, to build their ability to take responsibility for their own learning, following schedules and meeting checkpoints throughout the term. We wish all students and staff well on their various experiences and look forward to their final Immersion Showcase later in the year.

PRE-SERVICE TEACHER

The College welcomed Georgina Rykers into our College community this week. Georgina is a second year teaching student from Australian Catholic University, and has been spending time in English, Humanities and History classes. Placement in schools is an important part of teacher training and we hope that Georgina's experience with us is both instructive and valuable. We look forward to spending more time with Georgina over the next few weeks.

Deputy Principal's News

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

WELCOME BACK

Welcome back to our staff and students for Term 3. I hope everyone had a terrific break and is refreshed, re-energized and ready for a great term ahead. Once again the calendar is full of big events for this term including Winter Sleepout, Feast Day, FMDM Grand Prix as well as our Year 9 Immersion trips and other various excursions and camps. We look forward to seeing our students achieving their best and having fun whilst at school.

A big thank you to all the staff, parents and students for their presents, kind words and support with the recent birth of our twin boys Marley and Xavier. My wife Leila, myself and big three year old sister Macy are feeling very blessed to have such a wonderful school community of which to be a part.

FRANCISCAN STUDENT LEADERSHIP PROGRAM

The Franciscan Student Leadership Program is well underway for 2017. This year we have twenty-seven students taking part in the program which will run over five weeks. The students will have the opportunity to build their leadership skills whilst exploring ideas such as leadership styles, public speaking, strengths and weaknesses and stepping out of their comfort zone. Guest speakers involved in the leadership program include Mr Paul Desmond, Fr Rob Galea and Kate Wilde, as well as presentations and insight from Mr Carver and myself. We look forward to seeing the progress our students make and their confidence grow as part of the program.

Last week began with an introduction to Leadership and the "little things". The highlight being the Marshmallow Challenge. This week we were very privileged to have the Director of the Catholic Education Office of Sandhurst Mr Paul Desmond come to present to our students. Mr Desmond's topic focused on the phrase "A Smooth Sea Never Made For a Skilled Sailor". During the presentation Mr Desmond addressed things such as the difficulties and challenges faced in leadership, conflict resolution as well as educating our students about the importance of good leadership.

Next week we look forward to seeing Fr Rob Galea weave his magic with the group.



During the first week of the Franciscan Student Leadership program students took part in some 'fun' activities to build skills important for all leaders.

Top: 'Speed Dating' learning to listen and welcome others.

Left: 'The Marshmallow Challenge' required team work and innovation.

CHILD SAFE STANDARDS

As many of you know the introduction of Child Safe Standards across the College has been a large focus in 2016 and into 2017. We have educated staff and students on the new changes to ensure that all students are safe all of the time. In addition to this we have added links to our web-page for members of our school community to access. For more information, please visit our web-page and locate the Child Safe Standards tab at the bottom of the page.

MOBILE PHONE USE @ SMOTA

A reminder to all students that the use of mobile phones/I-pods is prohibited during the school day. Students are asked to keep mobile phones away/in their lockers and turned off or on silent. If students need to communicate with home they need to do so via the school office.

SIGNING OUT AT ST MARY OF THE ANGELS

Students may only sign out from St Mary of the Angels if they have a permission note signed by their parent/guardian. Parents/guardians coming to collect their child from the College are asked to come into the office to sign their child out. This is part of our Child Safe procedures here at the College.

Students over the age of 18 are expected to abide by these rules also as they still fall under the care of their parents/guardians whilst enrolled at the College. We thank you for your support and understanding.

MOTIVATION

is the topic this week. Motivation is what drives us to make things happen, but staying motivated isn't always easy. Term 3 is a good time to re-assess your motivation level, particularly for our senior students heading into their final months of secondary school – staying focused and motivated to study can be hard. So if you are struggling and can't get motivated talk to someone (homeroom teacher/parent/friend), sometimes a simple conversation might get you back on track. You may need to re-assess your goals, jiggle your timetable or work out some way to re-fuel your mind.

Following are some motivation tips from ReachOut.com:

Get some tips on how to become (and stay) motivated, and suggestions for what to do if you just can't get into gear.

This can help if:

- you want to figure out your goals and learn how to achieve them
- you're feeling unmotivated
- you want to get stuff done.

Positive and negative motivation

Motivation is what drives you towards a goal, gets you up in the morning, and keeps you working through a task, determined to succeed when things get tough. But motivation can be both positive and negative:

- **Positive motivations** focus on the positive things that will happen when you take action. For example: 'Finishing this assignment means I'm only a step away from being qualified.'
- **Negative motivations** focus on the negative backlash that will occur if you don't take action. For example: 'If I don't finish this assignment in the next few hours, I'll fail my course.'

Negative and positive motivations can both be effective in different circumstances. However, it's much easier to do something because you actually want to, rather than because you want to avoid a particular outcome if you don't do it. If you don't have a positive plan of action, using negative motivation can make you feel helpless and may even reduce your motivation.



How to become (and stay) motivated

- **Set goals.** When you set a goal, you make a decision to act in a way that will help you achieve what you want. Goals give you a direction to focus on – one that's measurable and has an endpoint. This can help you to stay motivated.
- **Choose goals that interest you.** You're much more likely to stay motivated if you're working towards something that you genuinely want to do or achieve, rather than what other people want for you.
- **Find things that interest you within goals that don't.** Sometimes other people set goals or tasks for us that we don't find interesting or want to do. So, try and find something within that task that does motivate you. For example: 'I hate maths, but it's going to help me become a builder, which I want more than anything.'
- **Make your goal public.** If you tell someone – or write down – your goal, you've essentially made a promise to keep your word.
- **Plot your progress.** When you're working towards something, it can be really motivating if you can see evidence that you're making progress. Draw or create a visual representation of how you're coming closer to achieving the goal you've set yourself.
- **Break up your goal.** Start with easier tasks and work your way up to bigger challenges. Breaking up a task in your mind into achievable chunks helps build confidence.
- **Use rewards.** Promise yourself some sort of reward each time you complete a step/task.
- **Don't do it alone.** Join a class, or find a teacher or someone you can share the experience with. Other people's encouragement to keep going can be a big boost to your motivation, particularly when you're doing it tough.

If you're really finding it hard

If you've tried but failed to get motivated, then it might help to talk it through with someone you trust – parent, sibling, friend or teacher. Sometimes it can be hard to achieve things on your own, so having a good support network may help when you've taken on a big challenge.

You could also try talking to a counsellor, who can help you to work out which motivating strategies will work best for you.

WHERE ARE THEY NOW?

Natalie Tinkler, Class of 2008

I began my secondary schooling at SMOTA in 2003 and graduated with the class of 2008. I took on my first VCE class in Year 10 when I chose to complete Health and Human Development as a fast tracking subject. In Year 12 I completed: Physical Education, Psychology, Biology, General Maths, Religious Education and English. I was very motivated to receive a high enter score as I was hoping to continue study at University in the area of Health. I applied myself throughout VCE and was rewarded with the required score to receive an offer into a Bachelor of Health Science and Master of Occupational Therapy at La Trobe University in Bundoora.



I decided to complete University straight out of school and graduated from the four-year course in 2012. As I attended University in Melbourne I began applying for positions at Melbourne Hospitals and was lucky enough to be employed by St Vincent's in Fitzroy. Occupational Therapists have many different career paths; however, I began working with adults, mostly those aged 75 and over. My main job was to assess their safety in the home environment and enable them to manage independently at home. Of course, there are numerous other different avenues in Occupational Therapy such as Mental Health, Injury Management, working with children.

After working at St Vincent's for about two and half years I decided to apply for a two-year visa allowing me to work overseas in the UK. I left for London in June 2015 and was able to work casually as an occupational therapist, which allowed me the opportunity to travel. I was able to continue in my chosen profession, whilst having the flexibility to travel throughout Europe when I wanted. This was an amazing experience and one that I would definitely suggest for anyone looking to travel the world and also experience living overseas.

I recently returned to Australia as my visa expired in June this year and have applied for sponsorship to return to live in London for another three years. I have secured a full time position at a Hospital in East London as I plan to travel less and focus more on my career this time around. This job is working in Palliative Care (end of life care) and this is an area about which I am very passionate.

My advice for current SMOTA students is to make sure you work as hard as you can throughout your secondary schooling as this is only a short period of time in your whole life. This will allow you more opportunities once leaving school and allow you to move in any direction you choose. However if you do not receive the ATAR you had hoped for there is always a way to get to where you want to go. You just need to find it.

Important Dates:

TERM 3

31st July	Year 9 Mungo Group depart
7th Aug	Year 9 Jungai Group depart
14th Aug	Year 9 OAP Group depart
16th Aug	Franciscan Pilgrimage Information Session, 7.00pm
	Year 9 Billiluna Group depart
21st Aug	Student Free Day - Staff Spirituality Day
22nd Aug	Year 9 Yipirinya Group depart
23rd Aug	Year 12 Dinner
25th Aug	Staff PD - Student Free day
4th Sept	Year 10 Outdoor Ed Ski Camp
	English/Humanities Week begins
6th Sept	Parent/Teacher Interviews Barooga 5.00 - 8.00pm
7th Sept	Year 5 Transition
11th Sept	Year 9 Grampians Group depart
	Campaspe Athletics Carnival
14th Sept	Parent/Teacher Interviews Nathalia 4.00 - 8.00pm
20th Sept	Year 7 Immunisations
	Year 9 Subject Selection Information Evening
22nd Sept	Last Day of Term 3, FMDM Grand Prix

Legacy

Public Speaking Competition

Amelia Spence, English Team Teacher

On Friday 21st July, Charlette Nielsen, Chloe Bell and Patrick Bennett took up the opportunity to compete in the annual Legacy Junior Public Speaking Competition held at Legacy House in Shepparton. The topic encouraged the students to speak about ideas associated with legacy. These included: mateship, caring, volunteering, and sacrifice. On the day, students were provided with an impromptu topic: 'How can schools counter bullying?'. The students were praised by the judges for their enthusiasm, creativity and courage.



L-R: Charlette Nielsen, Chloe Bell, Patrick Bennett.

Congratulations to Charlette Nielsen (pictured below) on taking home first place in the competition where she will go on to the Regional Final on September. We wish Charlette all the best in the upcoming finals.

CHARLETTE NIELSEN

I was excited to compete in this competition and readily took on the challenge of writing a five-minute speech as well as an impromptu speech at the event. My topic was called, 'A World Without Volunteering' and I explored the difficulties our country would be faced with if volunteers ceased to exist. My favourite part of this experience was performing my speech and discussing it with the legacy members there.



Below is an extract from Charlette's talk:

"So, instead of thinking about a world without it, why don't we consider a vision of volunteering for the future? A vision in which volunteering is a core part of every citizen. A vision in which taking time out of your day and helping another is a part of our everyday experience. A vision in which every person lives everyday, feeling engaged and active in their community. Together, we can make this vision a reality and build a culture of service".

CHLOE BELL

My speech was entitled; 'Why care about caring?' I wrote about the power of caring, positivity and kindness. I was very excited about entering this competition and eagerly got to writing my five-minute speech. On the day, after reading our prepared speech, we were then put to the challenge of using five-minutes to write a two-minute impromptu speech. We did not know the topic until arriving in the room which added even more pressure! Overall, my favourite part of the day was reading my prepared speech and getting the feedback from the judges on what we did well, and what we can improve on.

Chloe's extract:

"I challenge you after today to dedicate 5 seconds of your day to show the world that you care. When you leave here today I urge you to pick up that piece of paper, open the door for the lady in the wheelchair and smile when you see those small acts of kindness shown by others. Thank you."

PATRICK BENNETT

My speech was embraced with humor mixed with a bit of seriousness (mostly humour) while writing about how farmers sacrifice their time and life to keep us alive. Yes that's a lot of stress we put on our farmers. The judges commented that they liked how I engaged them from the first few words and my honesty that I aimed to captivate them with my "delightful voice".

Patrick's extract:

"Good morning, afternoon or evening, ladies and gentlemen, boys and girls, my name is Patrick Bennett and I am here to satisfy your eardrums with my delightful voice! No sorry that's not right. Oh, yes, I'm here to talk to you about how farmers help out in our wonderful community and keep us alive. Yes, that's how much stress we put on our farmers, to keep our community alive, WOW".



Josephine Diretto, Year 11

G2K Cinderella Junior took place during the children's holiday program ran annually through Numurkah Singers Theatre Inc. showcasing the talents of participants ranging from seven years of age through to seventeen years.

Cinderella was produced in just two weeks with eight full-day rehearsals during the school holidays. The program finished with an amazing performance at the Numurkah Town Hall of G2K Cinderella Junior on the final Friday night and Saturday afternoon of the Term 2 holidays.

There were many St Mary of the Angels' students cast in this production, Chloe Hicks as 'Cinderella', Phoebe Timmis as 'The Godmother', Josephine Diretto as 'The stepmother', Maddi Pawlowicz as 'Stepsister Joy', Beth McLeod as 'Stepsister Portia', Digby Bunnett as the 'King', Harry Altoft as 'Prince Charming', Zoe Germon as 'Chef'. The show also included as ensemble Olivia Lucas, Georgia Bear, Bree Poar, Daniel Skidmore, Bradley Skidmore, Caleb Clark, Teagan Clark, Phil Hayes. Two St Mary's staff came to help out backstage – Ms Carmel Mills and Joshua Hayes.

The whole program was fun and very enjoyable. Beryl White the director of the show was such a joy to be around with so many ideas for the characters and the scenes. She was very organised which made the whole program energetic and fun for the cast and crew. The backstage crew were amazing, how fast they got props on and off the stage; even the ladies in the greenroom, how they help us get our hair and make-up on in time and made our costume changes a breeze especially Ms Mills who helped me change my entire hair doo in a minute. Such a fantastic two weeks. We can't wait to do it again soon!

SMOTA STARS AWARDED

St Mary of the Angels' students and staff continued to shine on the stage taking six awards at the Numurkah Singers' Awards night held last Friday.

Chloe Hicks was awarded the best interpretation of a role in 'The Wedding Singer' and the director's award for her role in the recent G2K Cinderella.

Phoebe Timmis received the director's award for her role in G2K Cinderella.

Digby Bunnett was awarded the best interpretation of a role in G2K Cinderella.

The best senior company member was awarded to three members of the Hayes family for their work in lighting, sound and backstage: Year 12 student Philip Hayes, staff member Joshua Hayes and their father Ian Hayes.

Year 12 student Bree Poar was given the Frank Hunter Award for her contribution to the ongoing success of the company. Bree has performed in many Numurkah Singers Inc. Productions throughout the years and also choreographed Peter Pan Junior.

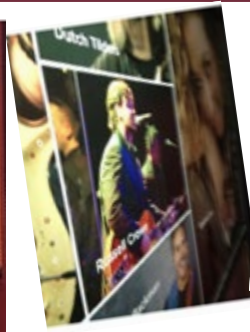
Congratulations to our SMOTA stars (pictured below) who continue to shine brightly out in the community. It is wonderful to see your efforts and talents recognised and rewarded.



NUMURKAH SINGERS INC. AWARD WINNERS:

Back (L-R) Joshua Hayes, Ian Hayes, Phoebe Timmis, Chloe Hicks, Robert Johnston, Philip Hayes, Beryl White.

Front (L-R): Eva James, Kelsey Walker, Chloe Simpson, Breeanna Poar, Michelle Squish Davis and Digby Bunnett.



Kool Schools Reflection

**Michael Leahy (St Augustine's),
VET Music**

It was to be the beginning of a very big day as we took the tram down to Collingwood and Studio 52 for the Kool Schools program during the Term Two school holidays.

I was the first to record, while Ruby, Paige and Annalei sang and played guitar in the next room to guide my performance which I could hear on the headphones. I also had a metronome set at 83 beats per minute, and could see them on the television screen. Three takes later they had recorded my drumming to be used as the foundation for the rest of the recording, as drum tracks are usually in most recording scenarios.

We then moved into the next studio for Jake's guitar playing, which was excellent as usual, I filmed him playing some riffs to warm up. The next recording was Ruby on bass. Ruby and Annalei were saying the bass line wasn't that interesting because that's just how it is in pop music, but I really liked the tone she got on the bass. Then Paige's keyboards came in which in terms of the melody, the song's hook, I think is the most important element of that song.

To be in the room watching the engineer as he arranged the tracks, the concentration he had, it was reassuring that any bum notes or missteps would easily be fixed in the mixing. I heard a rough mix and it sounded solid. There weren't that many mistakes at all really. I also got to talk to Kim about the rest of Postmodern Jukebox, because we had watched their soul cover of Metallica's Nothing Else Matters in class. As a result of that I combed through the other videos and I enjoyed nine other covers they had done so we talked about that.

What was really significant about the day was the prediction that the recording would take the whole four hours allotted to our group, but we actually worked so

**VET Music students pictured above and left at Studio 52 during the Kool Schools Program
L-R: Michael Leahy, Ruby Wyatt-Carter, Annalei Moon, Paige Owen, Jake Parente.**

well that it was done in a lot less time. As a result we went down the street and had lunch, I had a "gourmet beef roll" (it's a sausage roll! Why are they kidding themselves like that?) No but seriously it was good, a comfortable layout and just good dialogue back and forth between us as a group.

Once we returned to the studio, we took a group photo outside, another group photo inside and then our recording was finished. We went downstairs (a very flimsy and shaky staircase-it's all good though no worries) to the recording space. Jake and I talked to the engineer present and then I proceeded to the drum kit where I played 'Detroit Rock City' by KISS. It was shortly after that I believe, that Jake and I discovered the Marshall fridge they have, that is very much a rare piece of Marshall memorabilia and a cool one. There were pictures on the wall of musicians who had recorded at Studio 52. In my mind the most significant would be 'Russell Crowe' (The Nice Guys, Gladiator, Man Of Steel) and 'The Wiggles' whom I was a fan of as a small child.

That was our day, the recording done, a good time had by all and so we headed back to the station to catch the bus home while solo tracks were recorded by our fellow classmates. We cannot wait to hear the finished track when it is finally released on CD. I think that recording a song is an achievement and I am proud of my drum track because of all the practice I put in exclusive of class time.

This was my first experience in a studio and it was a memorable one.

VCE STUDENTS' ABILITIES TESTED

Shae Cairns, AFL Trainee

On Thursday 20th July, Year 12 PE students had the opportunity to attend Exercise Research Australia (ERA) to cover the key knowledge and skills needed to create a three-week fitness program.

During the first session Jordan Adams took the students through the various fitness tests and the principles behind them. He explained the importance of pre-testing prior to an individual training program being made and post testing, training program administration as well as the different energy systems that are being used with each test.

After a two-hour lecture during the morning session, Jordan took the students to begin their own pre-fitness testing, where the students did the vertical jump, 20m sprint, sit and reach, 60-second timed sit up, AFL agility test as well and the Yo-Yo test. Despite many complaints from the students about doing the fitness testing they were, in the end, very grateful as they were able to do the test in the correct environment as well as being able to get the assistance they needed from those running each test.

Once all testing was completed, the group returned to ERA to begin the next session with Victoria Carroll, based around tailoring their own fitness program. This gave the students a head start into their training program as Victoria was able to gradually move through the process of choosing different, training methods in place for the individual students sport.

It was an excellent day overall as the students were able to gain an in-depth knowledge about their next area of learning for their VCE Physical Education subject.



Unit 4 PE students were put through a rigorous testing program recording their agility, speed, vertical leap and flexibility..



Marcus places top 10 in Victoria



Marcus Evans leads early during the state finals.

Andrew Storer, Sports Coordinator

On Thursday 20th July, Year 11 student Marcus Evans competed in the SSV State Cross Country finals held in Bundoora. As you would expect at state level the field of eighty competitors in the Open boys' section was of a very high standard.

Marcus ran a very impressive time of 15 min 1sec. Running 3 minute kilometres over undulating terrain is extreme running and we're very proud of his efforts. Marcus is officially the 9th fastest school boy in the state finishing less than a minute behind first place (14min 7sec).

Congratulations Marcus on a sensational effort!



1.



2.



3.



4.



5.



6.



EQUESTRIAN RESULTS

Rebecca Phillips, Equestrian Coach

Seven students represented the College at the Elmore EA Equestrian Interschool qualifying competition held during the school holidays. St Mary's 'Bling it On' and 'The Mane Attraction' teams both had great results through all equestrian disciplines and was a fantastic preparation for the upcoming 2017 Interschool State Championships later in the year.

Congratulations to team 'Bling it On' Haylee Adams, Bianca Phillips, Anneliese Phillips and Charlee Mason who placed sixth overall which is an amazing result against some very 'prestigious equestrian' schools.

Pictured top of page: Abbey Brennan, Bianca Phillips, Ella Osler, Anneliese Phillips, Charlee Mason with their collection of ribbons.

Pictured above and left:

1. Haylee Addams and Yabba Lodge Simba.
2. Anneliese Phillips and Zip M'up Plauclit.
3. Jordan Lee-Madgwick and JD Graduate.
4. Anneliese Phillips, Zip M'up Plauclit, Charlee Mason and BP Pippin Orlando Park.
5. Jordan Lee-Madgwick, JD Graduate, Bianca Phillips and Sorrento Gold.
6. Ella Osler and Lonely Oak Lollipop.

Science News

Year 11 Biology Excursion

Melissa Knight, Senior Biology Teacher

The Year 11 Biology class attended a field excursion to investigate the biodiversity of two differing sites. As part of their AOS 3 they had to complete an investigation within an ecosystem. The two sites included a dam with a paddock of lucerne and a site on the Broken Creek. They then had to choose the type of species they were going to investigate. Their choices included the fungi, shrubs and aquatic invertebrates. All of the class had to take both the abiotic and biotic features of the two sites and draw comparisons of their finding in relation to biodiversity and produce this in the stipulated scientific poster.

Pictured top right: VCE Unit 1 Biology students on the field investigating fauna and flora in and around the dam.

Above: Keely Bond pretty happy with her sample.

Far right: Ryan Wallace's mobile was certainly a handy tool while collecting data.



Careers News

www.stmaryoftheangelscareers.com

We've put together a new website.

VTAC/UAC/QTAC

It's a "One Stop Shop" for everything you need with Career Planning and help.

VET

LATEST NEWS AND EVENTS

CHECK IT OUT NOW!

WORK EXPERIENCE

Mr Barry Norton & Mrs Maggie Booth
Career Co-ordinator's

DO AN INTERESTS TEST

FIND A JOB

CHOOSE A UNIVERSITY

GAP YEAR

CREATE A RESUME

DEFENCE CAREERS

YOUTH ALLOWANCE



THE BEST WAY TO PREDICT THE FUTURE IS TO CREATE IT

HELP DECIDE
ON A CAREER

gotafe

CAREER VOYAGE - YOUR FREE WEB BASED GUIDANCE TOOL

GOTAFE's Career Voyage program asks about your likes and dislikes to help you choose a career.

Free 1.5hr sessions

Every Wednesday from 6.00pm - 7.30pm

Suitable for all ages 15+

Held at GOTAFE, Fryers Street Shepparton

Limited seats - book now at
www.gotafe.vic.edu.au/careervoyage

TAFE VICTORIA

gotafe.vic.edu.au | 1300 GOTAFE (468 233)

GOTAFE is the trading name of Goulburn Ovens Institute of TAFE (RTO 3094) 06/17

St Mary of the Angels Secondary College

Chapel Street, Nathalia, Victoria, 3638

Ph: (03) 5866 2222 | Fax: (03) 5866 2471

Email: info@smotanathalia.catholic.edu.au | Website: www.smotanathalia.catholic.edu.au

PEOPLE, PLACES AND THINGS

Julie Moore, Communications & Promotions

The Passion Projects of our Year 8, 9 and 10 students are currently on display for the public to enjoy at the Barmah Forest Heritage and Education Centre in Nathalia.

Our Year 10 Photography Class completed a unit of work during the first semester of the year surrounding 'Documentary Photography', the ideas of which culminated in an assignment focusing on 'People, Places, Things'. Students learned the different techniques of capturing portraits as well as landscapes and still life photos. Each of the subjects posed different and interesting challenges for the students to decipher and capture and the resulting works are just beautiful.

Our Year 8 and 9 Photography Class completed a free choice assignment called 'Passion Projects' where students were able to draw inspiration from things about which they are most passionate. The students' creativity and insightfulness are just lovely to see.

The high quality of work produced was absolutely fantastic and we're very grateful to the team at the Barmah Forest Heritage and Education Centre for providing such a wonderful opportunity for our students to showcase their talents.

The St Mary of the Angels' Student Photography Exhibition will be on display to the public at the Barmah Forest Heritage and Education Centre in Nathalia until Thursday 10th August. Entry is free and everyone is welcome.



Examples of the great work by our Photography students currently on display at the Barmah Forest Heritage and Education Centre.



Take part in the HTAV 2017 Historical Fiction Competition.

Inspire your Year 5 – 10 students to create stories based on historical events and people.

Students can write about any period of history as long as the entry has a convincing setting that is historically correct in time and place.

Winning students will each receive a cash prize of \$150.00 and a certificate.

Years 5 and 6 - there will be one prize for the best individual story. Years 7 and 8 - there will be one prize for the best individual story. Years 9 and 10 - there will be one prize for the best individual story.

ENTRY RULES

1. Entries are free.
2. Entry is open to all students in Years 5 & 6, 7 & 8 and 9 & 10 in the academic year 2017.
3. Entries can be linked to the student's existing history curriculum work or to their historical interests.
4. Entries must be word-processed. Original illustrations may be included. A maximum length of 4000 words applies.
5. Winning entries will remain the property of the HTAV. The HTAV will be unable to return entries, so please ensure that you make copies.
6. Each entry must have a completed entry form attached which can be obtained from the HTAV website.

Entries close: 7th September 2017



Invitation

Franciscan Pilgrimage

2018

'Lord, make me an instrument of Your peace'.

St Francis of Assisi

We invite
**Parents, Guardians,
Senior Students (Years 11 - 12)
and Parishioners**
to join us on a
**Franciscan Pilgrimage
to Assisi and Rome**
April 7th - 20th, 2018

An Information Session will be held

**on Wednesday 16th August, 2017
at St Mary of the Angels Secondary College
St Clare Auditorium
at 7.00pm**

This session will outline:
Application for Franciscan Pilgrimage,
Itinerary, Costs and Q&A.

Uniform for Sale

FOR SALE:

2 x size 16 boys winter pants \$15 each
Please phone 0418357984

FOR SALE:

2 x size 12 girls Tunics \$40 each
1 x size 10 girls Dress \$25
1 x size 12 girls Dress \$25
Please phone Rose 0409 427 558

Public Notices

Movies at NUMURKAH NUMURKAH LOVE OUR LIFESTYLE

FILM SOCIETY

**Saturday
19th August**
Doors open at 7pm for a 7.30pm start

**PLEASE BYO DRINKS
AND BRING A
PLATE OF
SUPPER TO
SHARE FOR
AFTER THE
SHOW!**

HIDDEN FIGURES
COMING SOON

Come along to the Town Hall and sign up to be a new member for the Movies at Numurkah Film Society!

Enquiries to MoviesAtNumurkah@gmail.com

Public Notices

419 Squadron - Shepparton



Open Day

Saturday 29 July 2017

1000hrs (10am) - 1500hrs (3pm)

110 Sobraon Street, Shepparton (Somme Barracks)

Recruiting ages from 13 - 17 years
from surrounding areas:
Seymour, Nagambie, Kyabram, Rochester,
Echuca, Deniliquin, Cobram, Finley, Yarrawonga,
Benalla, and Euroa

AUSTRALIAN AIR FORCE CADETS

For more information, contact:
WOFF (AAFC) Ray Bolton OAM ph: 0407 247 916 email: co.419sqn@aafc.org.au
www.aafc.org.au



THE CROW FAMILY



AN URBAN PARABLE ABOUT FAMILIES, SCAVENGERS AND
CAKE TOLD BY THE REAL LIFE PIDD-DAVEY FAMILY.

Sunday 6 August, 8pm

St Mary of the Angel Secondary College Auditorium
10 Chapel Street Nathalia

Bookings: trybooking.com/272483

Tickets: Adult \$25, MAC Inc. Members \$20, Students \$15



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