

The Angel

St Mary of the Angels Secondary College, Nathalia



Vale Julie

Gracious God, our hearts grieve for our dear friend Julie Riley who rests now in your loving arms.

Our College community prays for Julie's family; Bruce, son Bing, and daughters Calypso, Dexy and Djembe, as well as her friends and students who are deeply impacted by the magnitude of this heart wrenching loss.

Lord, as we all navigate the pain and suffering of Julie's death, please remind us of your comfort & strength. As we remember Julie, let us feel the warmth of her presence in every colour of the rainbow that surrounds us.

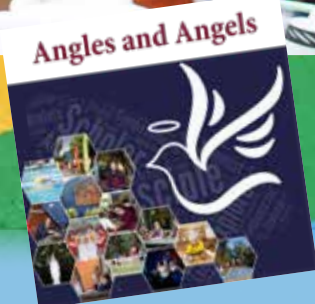
Lord, You are the source of comfort that we turn to in despair. Please provide a season of reassurance in the midst of our deep sadness, and hope to the hearts that are hurting. Hold us, Father. Wrap your loving arms around all of those who mourn Julie's death, so that they know they are not alone. We make this prayer though Jesus Christ our Lord, the One who brings peace.

Amen

"Where there is love and wisdom there is neither fear nor ignorance.

St Francis of Assisi





“Ms Riley your vibrant personality and compassionate nature was what we depended on throughout the year, but most notably, your ability to just listen when listening was what was needed most. We appreciate everything that you have done for us.

Year 12W Homeroom

“Together we have been on quite the rollercoaster this year, and my enduring memory will not be of the many snap lockdowns, but of the many cheerful students who insisted that we could do this together. Your resilience has been impressive, your focus admirable, and you have demonstrated your Christian values in countless ways. I will genuinely miss you, but I hope that you will walk into the world, as proud of yourselves, as I am of each and every one of you. Onwards and upwards.

Julie Riley's farewell to the Year 12 Class of 2021



Catholic Identity

Chris Dainton, Deputy Principal

A Blessing for Julie Riley.

As each moment passes, let us look to God's creation for signs of Julie's enduring presence.

This Irish blessing touches on Julie's ability to light up a room with colour as well as capturing the great joy she found in music.

Source: <https://www.claddaghdesign.com/history/guide-to-irish-blessings/>

Principal Message

Matt Carver - Principal

Dear Parents / Guardians, Staff, Students and Friends,

As we process the events of the last few weeks and continue to mourn the loss of Will and Julie, it is nice to have a few things to celebrate and look forward to.

It is with optimism and enthusiasm that the College will be conducting a Graduation Liturgy and Dinner for our Year 12 Graduates. This will take place after the examination period on Thursday, 18th November. Invitations have been sent to our Year 12s and we sincerely hope that everything between now and then runs smoothly.

College Leaders, 2022:

It is with great pleasure that I announce our College Leaders for 2022. From our strong list of candidates and an arduous selection process, our College leaders for 2022 will be Matteo Allen, Chloe Bell, Clayton Beer and Grace Kennedy. Our incoming College Leaders will be commissioned at our end of year Mass on Thursday, 25th November. The commissioning ceremony will involve an official handover from our incumbent College Leaders, Alexia Barca, Bailey Roberts, Kloe O'Keefe and Jed Warrin.

Further details regarding College End of Year Mass will be forwarded to families in due course.

With Peace and goodwill,

Matt Carver

*Wishing you a rainbow
For sunlight after showers—
Miles and miles of blessed smiles
For golden happy hours—*

*Shamrocks at your doorway
For luck and laughter too,
And a host of friends that never ends
Each day your whole life through!*

*May God give you...
For every storm, a rainbow,
For every tear, a smile,
For every care, a promise,
And a blessing in each trial.*

*For every problem life sends,
A faithful friend to share,
For every sigh, a sweet song,
And an answer for each prayer.*

*May the friendships you make,
Be those which endure,
And all of your grey clouds
Be small ones for sure.*

*And trusting in Him
To Whom we all pray,
May a song fill your heart,
Every step of the way.*



Student Wellbeing & Development

John Wilkinson, Deputy Principal

As we work through the difficult time that our community is facing at present, I would like to make the point that there is no right or wrong way to deal with loss and grief. It is paramount to remember that we will all experience this differently.

As a community, now more than ever we need to stick together and work together to protect the young people in our care and also be kind to ourselves. Grief isn't a linear process, people who are grieving, no matter the age, will have ups and downs and that is ok.

There are no rules about how long it takes to feel better after the loss of a friend or loved one. For someone dealing with grief, knowing that close friends and family care can be comforting and healing. Your love and support are essential during this difficult time.

HERE ARE SOME WAYS TO HELP A TEEN WHO IS GRIEVING

1. Teach your teen about the normal grieving process. Because teens normally have mood swings and conflicting feelings, they may need help telling the difference between normal feelings and feelings of grief. Talk with your teen about the grieving process.
2. Listen to your teen. Be prepared to drop what you are doing and listen when he or she is ready to talk about the loss. Let your teen talk about the loss in indirect ways, if he or she needs to. Listen for the feelings that your teen is expressing. Adults often want to help a teen or ease the teen's pain. Resist the urge to help your teen by talking, offering advice, or solving his or her problems. Let your teen use his or her own problem-solving skills. Listen and respond in a way that shows you're trying to understand what's being said. This may encourage your teen to talk more.
3. Handle serious behaviour problems appropriately. Sometimes a teen's behaviour does not improve when reasonable limits have been set by adults. Start by calmly talking with your teen about problem behaviour. Seek professional

counselling for your teen or for yourself if you are not able to handle problem behaviours on your own.

4. Tell other significant adults in your teen's life about the recent loss. Teachers, school counsellors, and coaches may also be able to help your teen work through his or her grief.

YOU CAN HELP YOUR CHILD / FRIENDS BY:

- Letting them know you are there for them – remind them regularly, even if they don't say anything in response
- Sending comforting messages and emails – don't bombard them, but keep in touch regularly
- Cooking healthy meals together
- Keeping to a routine
- Exercising
- Mindfulness activities: such as colouring, meditation, mindfulness breathing
- Offering to listen – just being there to listen when they are ready to talk is valuable.

Remember, don't be offended by the grieving person's lack of response or reluctance to talk to you. It's not about you, and grief is a complicated process.

Some people who are grieving may not want to talk, but others cope by talking about their feelings. Listen, but don't feel like you must offer advice or solutions.

School TV - <https://smotanathalia.catholic.schooltv.me/>

School TV is a great resource that will support with all things Teen-wellbeing. The following links may be helpful, as well as a search on the School TV website.

HELPING TEENS WITH GRIEF:

<https://smotanathalia.catholic.schooltv.me/content/blog/grief-helping-teens-grief>

UNDERSTANDING ADOLESCENT GRIEF:

<https://smotanathalia.catholic.schooltv.me/content/blog/6-ways-adolescent-grief-different>

Additional supportive resources:

- Youth Beyond Blue: www.youthbeyondblue.com
- Headspace: www.headspace.org
- ReachOut: www.reachout.com
- Kids Help Line: <http://www.kidshelp.com.au/>
- Or call Kids Help Line: 1800 55 1800
- Lifeline: 13 11 14

Learning & Professional Practice

Bev Thorp, Deputy Principal

YEAR 10 AND 11 EXAMS

Our Year 10 and Year 11 students will complete their semester exams next week. Despite the interrupted year, it is important that our students continue to complete their learning program, including practice at valuable revision and exam sitting strategies. Teachers are already working with students to help them identify areas that they may need to revisit, and to develop sound study skills that will hold them in good stead regardless of their future pathway. Some study ideas might include:

- Don't just re-read your learning material. Instead, try summarising your notes into a different form such as dot points, tables, flow charts, a concept map or diagram showing how key ideas connect together.
- Practice, practice, practice! Make sure that you have completed all tasks and worksheets set by your teacher. Revisit any that you may have struggled with, and complete any practice tests and exams. Have another go at those questions that you got wrong the first time so that you clarify and build on your understanding.
- If you get stuck on a question, try a few different strategies. Review any instructional videos that your teacher may have made or available from Edrolo. Check your textbook for worked examples, or ask your peers. Once you've had a go at working it out yourself, clarify by seeing your teacher. Remember that the person doing the most learning is the person doing the most work – that means you!
- Work in a study group. Teaching someone else a concept is a great way for you to consolidate your

own understanding. Try teaching each other different key ideas, and correcting and giving feedback. Share your summary notes so that you can each add something more.

The exam timetable has been shared with students, refer SHARED DOC. Any students who may need to reschedule an exam are invited to see me at their earliest opportunity.

SUBJECT SELECTIONS AND HEADSTART PROGRAM

At the completion of their exams, our Year 10 and 11 students will complete a two week HeadStart program with their subjects for 2022. The HeadStart program is an opportunity for students to confirm their subject selections so that they don't lose valuable learning time next year. Teachers will provide an outline of the course, and set holiday homework so that students can get a 'head start' on their learning. Any students who may wish to change subjects should see me before the end of the school year to finalise their selections.

Booklists for 2022 are being distributed to all students. Orders are to be completed online by Friday 3rd December. Students in Years 7 to 9 will receive their elective subject selections before the end of the school year to enable them to finalise any booklist requirements. Please contact the College Office with any queries.

LEGAL STUDIES

The College has been incredibly saddened by the death of Legal Studies/Humanities teacher Julie Riley. Julie was a compassionate, bright light who will be sorely missed. Additional support will be provided to Legal Studies students in the lead up to their final exams. Our prayers and deepest sympathies are with Julie's family, her friends and colleagues and her students.

SPARK

Alison Dietrich, Positive Behaviour Leader



ACCEPTING: Celebrate everyone's success

Our focus this week is on the importance of celebrating everyone's success. The way that we do this is to be positively focussed.

Two things that positively focussed friends and families do are:

1. Share advice honestly.
2. Look for what is right about what they are doing.

You and other people matter, and showing empathy and kindness to each other builds your resilience to adversity. When you are struggling, even though you don't feel like it, go out of your way to be with others; your feeling of connection and sense of belonging will generate positive emotions in you to restore your normal functioning level.



HOW TO BE A POSITIVELY FOCUSED FRIEND:

- When talking, aim for five positives for every negative
- Accept advice as a pathway to personal and academic growth
- Be kind and forgiving
- Keep your emotions and impulses under control.
- Having a positive focus supports your positive mindset and helps you to be able to enjoy achieving what you, your friends and family set out to do together.
- Stay focused (i.e. Avoid looking at your phone)



Out With the Old, In With the New, **WELCOME SCHOOL CAPTAINS OF 2022**

By Emily Pullar, Year 9 Journalism

Becoming a student leader is a big privilege. To become a school captain is an honour. The few selected are the elite of the elite at our school. They are the students who have proven worthy of the responsibility, they have made academic achievements throughout their time at SMOTA and have made excellent connections with students and teachers. The process of applying for school captain at our school is rigorous. Beginning with a simple application outlining the reasons for wanting to be a representative of the school, this first step in the selection process this year saw over 50 applicants apply; more than anyone could have expected.

After an exhaustive process of reading applications, a panel consisting of Mr Carver, Mr Wilkinson, Ms Knight and Miss Brooks narrowed down the candidacy to eight worthy applicants. For the final eight, an interview and formal speech was the process that would determine who would be school captains for 2022. It takes less than a week after the candidates have made their speeches on our 2021 slogan "We Are Called to be Stewards of God's Creation" to determine who the lucky four captains are. The successful applicants for 2022 are Chloe Bell, Matteo Allen, Grace Kennedy and Clayton Beer. In a short interview with each, I asked them about their reasons for applying for the position.

"I saw this as an opportunity for personal growth, a chance to gain leadership skills and attributes that I can take into the real world, stepping outside of my comfort zone and taking on a new challenge." were some of the reasons Chloe Bell was motivated for being school captain. Giving back to the school community, developing a stronger connection with SMOTA and working with students and

staff to enhance College life were just some of the other reasons for becoming a school captain.

When these four leaders applied for the position they also applied for other leadership roles. These included house captain and SRC leader. Applying for another position would give them a backup role if they hadn't been selected for school captain. In terms of ideas for next year they just hope to continue being involved in College activities and groups and help in improvements and positiveness around the school.

When asked what advice they would give to someone wanting to become a school captain in the future they said to just go for it. It could be your only chance to become a captain of your school and you don't want to leave any regrets. As for what you should be doing in the lead up to applying and throughout your time at SMOTA, one of the biggest pieces of advice was to just take every opportunity that comes your way. Get involved in school sports, SRC, public speaking, social justice and the local community, and take part in the Franciscan student leadership program, which focuses on student leadership, leadership styles, public speaking, strengths and weaknesses and stepping out of comfort zones.

"Be yourself and have a go, there is nothing to lose." "Just be confident in yourself and go for the opportunity." Were some of the inspiring quotes left by Clayton and Matteo.

We congratulate these four amazing people and wish them luck for the year to come. As Grace would say "Embrace who you are and stand up for what you believe in." Stay tuned for our interview on the current, outgoing leaders of 2021.

PUBLIC NOTICES

Numurkah Lawn Tennis Club Junior Tennis Program 2021-22

HOT SHOTS PROGRAM

Fun Junior Hot Shots program
5-10 y/o (Guide only, groups based on ability)
5PM onwards
30 minute sessions
\$80 for the 12 week program
Starts: Thursday 28th October

SATURDAY MORNING COMPETITION

Rd 1 Starts the 6th Nov (Pending COVID restrictions)
8.45am Warm up, 9am Start
Positions based on ability
12 weeks of comp PLUS FINALS
\$100 for entire comp inc. Full Junior Club M'Ship
Come and practice anytime
Training sessions will be Thursday nights 5-6pm.

HOW DO I REGISTER TO PLAY?

All at the Numurkah Lawn Tennis Club:
Registration for all Junior Tennis is on:
Saturday 23rd October 9-11am
Which will incorporate
Practice and grading for new Saturday comp players
And also
Thursday 21st October 5-6pm

Registration forms available
at all registration sessions

GET IN EARLY AS SPOTS WILL BE LIMITED.
DUE TO COVID RESTRICTIONS

Private Lessons also available
For inquiries please call Andrew Storer on
0408621984, or Mark Mills on 0429307373



COMPULSORY ONLINE NETBALL CLUB REGISTRATIONS

The Katunga Football Netball Club invites all new and past players to participate in our 2022 season. This year we will once again require online registrations for ALL netballers to assist coaches for grade selections and trials.

Please note: Trials for juniors may be held pending player numbers.

All intending junior and senior players MUST be registered by no later than 12 December 2021. Only under extenuating circumstances, individual cases will be considered by the selection panel in conjunction with the executive committee whose decision is final.

Please complete the online Club Registration Survey which you will find on our website at www.katungafnc.sportingpulse.net

For further information please contact please contact Stacey Weeks on 0401 362 908 or Aimee Sidebottom 0400 734 831 or email katungafnc@outlook.com.

SECOND HAND UNIFORM & BOOKS FOR SALE

Uniforms:

1x school bag \$25
1x tie \$5
1x blazer (size 90) \$50
1x gray shorts (size 12) \$15
1x PE t-shirt uniform (size) \$20
2x VCE navy blue jumper
(size 14 & size 20) \$20 each
1x maroon jumper (size 18) \$20
1x girl's gray long pants (size 6) \$10
1x school skirt uniform (size 6) \$ 10

Book:

1x Reinventing Russia The Revolution Experience by
Lauren Perfect & Scott Sweeny & Tom Ryan \$ 10
All item's are in good condition
Please contact Sally 0490 417 360

Retail Traineeship

Limo's Mitre 10 & Rural is a family owned business which prides itself on delivering exceptional customer service.

We have a position available for the right person to join our team:-

You must be friendly, reliable and be able to work as part of a team.

You do not have to have hardware retail experience but you need to be willing to learn.

This position may suit a someone wanting a Gap year.

You must have a basic understanding of computers.

You may also be required to work some weekends.

If you believe you have the above skills please email your resume to:

admin@limoshardware.com or drop your resume off instore.

MIGHTY HELPFUL MITRE 10

WE ARE HIRING

Seeking enthusiastic employees with the willingness to learn and be motivated.

Work is based around Nathalia Vic 3638 and Shepparton Vic 3630.



- Currently looking for shearers and shed hands.
- Great opportunity to start a fun and ongoing career.
- Gain skills in a career that can take you all over the world.
- Weekly pay with a very enticing wage.
- Onsite training with professionals and full-time help/support from work colleagues.
- Transport to work everyday



NCN Health has an exciting and rare traineeship opportunity for a Trainee Communications Officer across NCN Health (Nathalia, Cobram and Numurkah)

This traineeship would suit someone who is interested in:

- Communications
- Marketing
- Journalism
- Administration
- Graphic Designing
- Public Relations

NCN Health will support the trainee to complete a Nationally Recognised Certification whilst working and gaining experience.

If you have any query regarding this exciting career opportunity, please contact Sherry or Barry in the Careers Office to discuss further.

BRERETON'S BAKERY
& COFFEE LOUNGE



POSITIONS VACANT

We have a number of positions available for immediate start.

- Baker/Pastry Cook, Full or Part Time, accepting applications for qualified , apprentices & school based apprentices. Nathalia Store
- Customer Service, Full Time Trainees or senior casuals. Also accepting School Based Traineeships applications. Nathalia & Numurkah stores
- Junior staff, casual, for after school, weekends & school holidays. Nathalia Store
- Packer/Delivery Driver, casual. Nathalia Store

COVID-19 Mandatory Vaccination (Workers)
Directions apply

Please phone David or Jim on 58662466 for more details or to apply send your resume to sales@breretonbakery.com.au