

# 

## CONTENTS

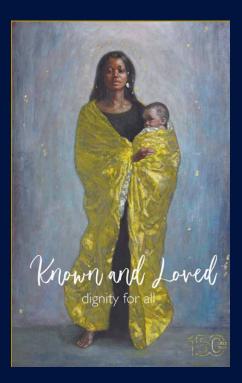
Principal's Report Learning and Teaching Learning and Wellbeing 2022 Student Leaders Pathways and Careers 2021 ATAR & Apprentices Opening Liturgy

### Music

Holocaust Centre Incursion The Resilience Project Kindness Culture Sacramental Program Important Information Contact Us

ISSUE ONE

Principal's Report



### A Reflection for Lent

Dramatic moments come and go. We return from the sea to the city. We leave the forest for the streets. We exchange serenity for the confusion of our homes, classrooms and workplaces. Wonder and awe. Joy and pain give way to exasperation and frustration. Clouds obscure the sun. The baby cries. The old man complains. The traffic snarls. The quiet, prayerful end of the day gives way to morning. Sunday passes. Monday dawns. Our lives go on. So if we are to find God it will have to be where we are at any given moment – not just in the bright, glowing times and places when the world is a very special place or in the worst of times when he seems our only and last refuge, but in the ordinary, confining, demanding, and rarely dramatic days of our lives. (Thomas Merton)

Welcome to our 2022 school year and our first newsletter. We have had a wonderful start to the year even with Covid restrictions throughout February. Our theme this year is:

Known and Loved

# Dignity for All

Our theme is highlighted by the beautiful image "Our Lady of Loreto with the Refugees' Cloak". The image was printed by young Italian artist Margherita Gallucci. She dedicated the painting to "the sacredness of human life, to the sacredness and dignity of all those who are victims of cruelty, war and racism." Mary, defender of the displaced, the accompanier of the lost, the least and the lonely.

We see Mary's motherhood more easily as sacred, but we hardly realise the sacredness of every person. However, it is not too difficult to see this in the faces and souls of real people...children, women and men, victims of war, violence, injustice and poverty. We are called to recognize the preciousness and sacredness of every person, to welcome God into our hearts and homes.

This theme is the Marist theme for all of Australia as we celebrate 150 years of Marist education in Australia. The theme also draws deeper on our college theme of 'Every Student Every Day'. We are also celebrating 100 years of Marist education in Sale as we remember the opening of St Patrick's College in 1922.

At our first assembly (via Zoom) we started the year with a welcome to our beautiful Year 7 students by ringing them in with the Sion Bell which has welcomed students to our college for over 130 years.

We commissioned our College Captains for 2022 Gabrielle Stephenson and Sebastian Pendergast and they signed the Sion Bible which the Sisters of our Lady of Sion brought with them when they arrived in Australia in 1890. Fr Jithin blessed our school leadership badges and our school badges which were presented to school

Principal's Report

leaders and each student as a sign of their role and importance in our college community. The college welcomed our Dux for 2021 Madison Connors (ATAR 97.4) and our 90+ Club members Charlotte Perkins (96), Marni McCubbin (94.4) and Avril Hadden (92.5). "Congratulations on a fantastic years work." Each year the college also presents the "Mother Raphaela Scholarship" to the highest three ATAR achievements above 90. The scholarship was established by a local family several years ago and provides \$500 each towards further study.

At last week's whole school Ash Wednesday Assembly (only our second in two years), we welcomed the Very Revd Fr Francis Otobo, newly arrived Parish Priest for St Mary's Cathedral. Fr Francis had our students mesmerized with his beautiful singing voice as he expanded on the theme of Hope by singing "Amazing Grace." Fr Francis used the theme of hope, love and forgiveness to encourage students to reflect on their own actions and desire for improvement and grace in this period of Lent. Everyone who was present is looking forward to sharing more time with Fr Francis.

We also used our Assembly to reflect on how we can turn 'Known and Loved – Dignity for All' into action. My question to the students was:

What do you practice every day? What do you prioritise?

Because what you practice you will get good at...eg. a subject, a sport, a hobby... What do you practice?

Do you practice **joy** in your life?

- Do you practice **peace** in your life?
- Do you practice calm in your life?

Or do you practice complaining...do you practice anger...do your practice worrying...?

What do you practice? Do you practice being kind? Because if you practice being kind you will become very good at it. And you will become so good at it that everything you do will be wrapped in your kindness. You may not see others follow your kindness and be kind to others but it will happen and your kindness will spread.

Be kind in how we speak to each other – how we include each other – how we help each other and how we support each other – how we stand up for each other...

We can all spread God's love.

Congratulations to all students who achieved success in our recent Swimming Carnival and to all students for their enthusiasm and participation. Due to unforeseeable circumstances, results will be published in the next Newsletter.

We welcome new staff to the College. Teachers: Ashleigh Ramsey, Bronwyn Barbetti, Megan Sellenger, Chris Smart, James Dwan and Christine Ruijs. Learning Support Officers: Emilie Parkinson, Jasmine Ludlow, Juanita Steer, Kerri Brown and Cameron Latta. Administration: Selina Gaden, Neeve Caldwell and Emily Morrison. Canteen: Rebecca Swasbrick

You are strong of mind, gentle of heart, and loved by God.

Chris Randell Principal



Learning and Teaching

Welcome back to another year – We have had a great start to 2022 and it is looking to be a promising year ahead. I'd also like to extend a special welcome to all of our new students. I hope you're starting to become a little more familiar with your timetables, teachers and classrooms, and that you're feeling supported and confident. Our 2020-2023 strategic theme, 'Every Student, Every Day' reminds us of the unique personal gifts and talents every student brings to our community.

Every person in our community is unique but we do share common feelings and stages of learning. Parents can help their children by acknowledging when we learn new skills and knowledge, we all have a sense of being uncomfortable. For every stage of learning there can be confusion and feelings of failure. However, with courage and a willingness to persist these feelings always dissipate. Normalising the learning stages will help children because they are prepared for these feelings and know it is a part of the process and those feelings will lessen over time, this will help to build a community of resilient learners!

### 2022 Teacher Email Directory / Parent Access Module

The partnership between students, parents and the College is vital to strengthen the learning platform for each student. We are continuing to strengthen communication and keep our community up to date on what is happening in the College. Our 2022 Teacher Email Directory is <u>available here.</u>

I encourage all parents to regularly check the Parent Access Module (PAM). PAM gives parents access to student grades with teacher feedback, access to the school calendar and student profile which includes students timetables, attendance data, commendations and historical reports. Correspondence from the College is also accessible via PAM, including most letters and excursion permissions. When new correspondence is generated an email notification is sent to alert parents/ guardians. I would like to remind students and parents of the extra support the College offers:

### **Study Opportunities**

# Homework Help – Notre Dame de Sion (Library)

English & Maths Teachers available Monday, Wednesday and Thursday 3.45pm – 4.45pm.

### Sustained Silent Study (VCE Students)

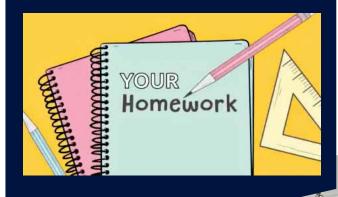
Wednesday 3.45pm – 7.00pm

### Notre Dame de Sion Library)

Mon,Tue, Thurs 8.30am to 5.00pm Friday 8.30am – 4.30pm

### Ratisbonne Centre (VCE Students)

Monday-Thursday 8.00am to 6.00pm Friday 8.30am – 4.30pm



### **Unpacking VCE**

Our Director of Senior Studies Mr Ken Holmes conducted a ZOOM information session on February 15th highlighting important VCE information for all senior students and parents. This session includes valuable information for preparation and assistance in student's final years. Please click <u>here</u> for more information.

Year 12 students are also taking part in fortnightly "How to Study" sessions throughout the year. To date, students have had a session on how to take effective notes during class and this week the topic was what students should do "Before, During and After" Class to make the most of their lessons. These sessions are a great way for students to develop valuable study habits to ensure they are getting the most out of their study time. Creating these good habits early is essential for success throughout Year 12 and in their future tertiary studies.

# METACOGNITION QUESTIONS TO ASK YOURSELF DURING LEARNING



If you have any VCE related queries please do not hesitate to contact the College to discuss either over the phone or to arrange an appointment.

### **Student Graduate Criteria**

An important requirement of Catholic College Sale that parents and students need to be aware of at the start of a school year is the Graduate Criteria. This document outlines the criteria students must meet before they will get approval to complete a VCE or VET subject. The application process for these subjects will happen in line with our Subject Selection in early Semester 2. To read the Graduate Criteria <u>click here</u>.

I wish everyone a year of new discovery and the opportunity to develop a love of learning!

### **Cindy Foat**

Assistant Principal Learning and Teaching

### Canteen

The Canteen Menu and price list is available through CDF Pay by scanning the logo. To pay for items, please ensure your Student Card has money on it (this can be done by either bringing cash to the canteen at recess or through <u>CDF pay</u>).





Learning and Wellbeing

As we approach the mid-point of Term 1, our vibrant College Community has been in full swing over the past weeks including the Year 7 Student Induction Day, Year 12 Study Seminar Day, Years 10-12 Swimming Sports, Years 7-9 Swimming Sports, Ash Wednesday Liturgy, the 2023 Year 7 Enrolment Evening and the launch of our new Personal Development program "The Resilience Project".

These projects, have not been possible without the dedication shown by our new Student Leaders and highly committed Staff.

The College would like to announce the appointment of those students who will form the 2022 Student

Leadership Team. Together, these students share the responsibility to represent all students of the College, through regular engagement in College activities and participation in structured meetings with members of the College Leadership Team. There was a strong field of applicants from the College student body, and we as a College Leadership Team, are grateful to all those who submitted their expression of interest to join the Student Leadership Team.

We are proud to announce the 2022 Student Leadership Team:

CATHOLIC COLLEGE SALE - 2022 STUDENT LEADERSHIP TEAM											
Learning, Spiritual, Communal											
Co	ge Capt	tain: Sebastia	an Pendergast			Colleg	College Captain: Gabrielle Stephenson				
	LMAN		CHAMPAGNAT				DALY				
House Captains: Ruby Dillon & Lane McBean				House Captain: Maya Bown & Mason Annear			House Captains: Jessie Sedman & Ryan Beale				
Pastoral Groups				Pastoral Groups			Pastoral Groups				
		First Name	Surname			First Name	Surname			First Name	Surname
Student Voice Cabinet	AL1	Zachary	Hatt	Student Voice Cabinet	CH1	Jai	Stewart	Student Voice Cabinet	DA1	Sam Chloe	King Felsbourg
	AL2	Jack	McQuillen		CH2	Alex	Nicholls		DA2	Hannah	Wilms
	AL3	Tayli	Dimarco		СНЗ	Bella Chloe	Forsyth Rees		DA3	Katelyn	Robinson
	AL4	Drury Flynn	Davidson Ferguson		CH4	Oska	Ward		DA4	Mia	Fraser
	AL5	Lantana	Barakat		CH5	Ella-Rose	Spence		DA5	Ella	McCubbin
	AL6	Sebastian	Lampkin-Bell		CH6	Dane Lara	Nicholls Wain		DA6	Emma	Robb
	AL7	Lachlan	Rowley		CH7	Mason Maya	Annear Bown		DA7	Sirawit	Wongsawat
PAULINUS				RAPHAELA				THEODORE			
House Captains: Kiana Wedlock & Charlie Anderson				House Captains: Rebecca Bourke & Jack Myers				House Captains: Tess Hansford & Harry Gravener			
Pastoral Groups				Pastoral Groups				Pastoral Groups			
		First Name	Surname			First Name	Surname			First Name	Surname
Student Voice Cabinet	PA1	Polly	Bicknell	Student Voice Cabinet	RA1	Lincoln	Smith	Student Voice Cabinet	TH1	Oscar	Millar
	PA2	Annalise	Harbert		RA2	Haydn	De Sair		TH2	Jack	Nowak
		Phoenix	Anderson		RA3	-	Simpson		тнз		Stewart
	PA4		Osborn				Duncan			Kayla	Pratt
		Heather	McGregor			Ryan	Heskey			Charlie	O'Loughlin
	PA6	Grace	O'Brien		RA6		Morcom			Charlotte	Ronchi
	PA7	Alessia	Casella		RA7	Zoe	Robbins		TH7	Marocelle	Botes

Learning and Wellbeing

🕁 🔼 🔥

### School Links

### • 1. PAT testing online

- 2 Library Hub
- 3. Counselling Appointments
- 4.1 Edrolo VCE Studies
- 4.2 Stile (Science Textbooks)
- 4.3 Oxford Big Ideas (Humanities Textbooks)
- 4.4 Cambridge (Year 10 Maths Textbooks)
- · 5. Pathways Website
- 7. 2022 Curriculum Handbook
- 8. Report Bullying
- 9. Internet Bypass (Code Required)
- Child Protection
- College News
- Feeling Safe Information
- Staff Email List
- Study Skills Website
- VCAA Exam Timetable

I would also like to take the opportunity to highlight to students and their families that the College offers support structures to assist students' wellbeing and learning via their Pastoral Teachers and House Leaders. Further to this, we have two College Counsellors on-site, who are available to provide additional support for all students with their learning journey and personal development.

Please remember, all students have access to two important areas to report any concerns you may be having with your own wellbeing or with others. These can both be found on the home page of SIMON

### **National Day Against Bullying**



National Day of Action against Bullying and Violence

Friday 18 March 2022

### Click here for more news and events.

<u>News & Events - Catholic College Sale</u> (ccsale.catholic.edu.au)

Learning and Wellbeing

### **Students Safety When Cycling to School**

Since the commencement of the school year there has been an increased number of students selecting to cycle to school each day. Riding to school is a great way for students to keep active and get the recommended one hour of physical activity each day.

As our school is centrally located in Sale, students must ensure they arrive and depart the College grounds safely and follow all road rules and respect other pedestrians and motor vehicles.

Tips to stay Safe

### Signs and signals

Cyclists must follow all traffic control signs and signals including:

- red lights
- stop signs
- give way signs.

At crossings, if there is a bicycle lantern, cyclists can continue riding across when

the lantern is green. For any other pedestrian crossings, cyclists must dismount and walk across the road.

### Who can ride on a footpath

- You can ride on a footpath if you:
- are a child under the age of 13
- are a person 13 and over who is accompanying a child under the age of 13
- have been given and are following the conditions on a medical certificate that says you have a disability that makes it difficult for you to ride on the road. You need to follow the conditions on your medical certificate and show it to a police officer or authorised person when asked.

### Riding on a footpath or shared path

When riding on a footpaths and shared paths, a bicycle rider needs to:

- Keep to the left on footpaths and shared paths (unless impractical to do so)
- Give way to pedestrians

A cyclist is required to have a bell or similar warning device on his or her bicycle. When overtaking other path users a cyclist should use this warning device, or his or her voice to warn others.

### Mobile phone use by the rider of a bicycle

Using a mobile phone is prohibited, except to make or receive a phone call or to use its audio/music functions provided the phone:

- is secured in a commercially designed holder fixed to the bicycle, or
- can be operated by the rider without touching any part of the phone, and the phone is not resting on any part of the riders' body but can be in a pocket.

Using a phone as a navigational device/GPS while riding is prohibited unless it is secured in a commercially designed holder fixed to the bicycle. All other functions (including video calls, texting and emailing) are prohibited.

The penalty is a fine of \$476. Demerit points do not apply to bike riders, but do apply to drivers of motorised vehicles.

### Be seen during daylight hours

Installing and using flashing lights during daylight hours can make you more easily seen by other road users. Wearing a bright shirt over your uniform may also assist to be seen by motor vehicles.

### **Bicycle helmets**

Cyclists and bicycle passengers need to wear a securely fitted and fastened helmet showing:

- a mark of compliance with the Australian Standard, AS/ NZS2063
- the symbol of a <u>JAS-ANZ (External link)</u> accredited company (for helmets manufactured or imported after 1 July 2012)

Mandatory bicycle helmet laws were introduced in July 1990. This applies when riding:

- on roads and road-related areas
- on bike and shared paths
- in bike lanes
- in recreational parks
- in car parks
- on footpaths.

In special circumstances, you might be eligible for an <u>exemption</u> from wearing a bicycle helmet.

Visit the <u>Wearing a bicycle helmet</u> page for more information about helmets.

### Riding to school with other riders

A cyclist can ride next to another cyclist (this is called 'riding two abreast) on the road with the following rules:

On single-lane roads, cyclists can't ride beside more than one other cyclist (unless overtaking).

On multi-lane roads without a bike lane, cyclists cannot ride more than two abreast in each marked lane (unless overtaking). When travelling two abreast, cyclists shouldn't be more than 1.5 metres apart.

Tip for cyclists: when riding two abreast, consider other road users and if necessary, change to single file to help drivers overtake safely.

Warm regards,

### Tim Morrison

Deputy Principal – Student Learning and Wellbeing



Student Leaders



Congratulations to our 2022 College Leaders. Our College Captains, Sebastian and Gabrielle were selected from a strong field as they demonstrated good academic rigour, participated in all school events and strongly represented the ethos of Catholic College Sale.

**School Captains** – Gabrielle Stephenson and Sebastian Pendergast

Theodore – Harry Gravener and Tess Hansford Raphaela – Jack Myers and Rebecca Bourke Champagnat – Mason Annear and Maya Bown Daly – Ryan Beale and Jess Sedman Paulinus – Charlie Anderson and Kiana Wedlock Allman – Lane McBean and Ruby Dillon

Pathways and Careers

Looks like another busy year ahead for all Careers classes.

Our Year 12 students are currently exploring their individual career options for the future and they will shortly be interviewed by one of the Pathways team. This brief interview based on their future goals will help them focus on where they want to go in 2023 and what they need to achieve in order to get there. Students need to be checking both the School Pathways Website and their emails regularly for communication from me regarding upcoming events relating to pathways, university early enrollments, scholarships and UCAT information for those who wish to pursue a career in Medicine.

# The VCE and Careers Expo 2022 will take place at the Caulfield Racecourse from:

### Thursday 28th to Saturday 30th of April, 9.00am-3.00pm.

This is the biggest careers and education event in Victoria and includes over 140 exhibitors. It also features seminars on VCE subjects, for more details <u>click here.</u>

I am currently in the process of organising a visit from the Defence Force Recruitment team for Year 12 Career classes in the last week of March. This will have the benefit of a presentation tailored to them including information on their GAP Year program for 2023.

Year 10's have completed their Career Profile using a wonderful new tool on the "myfuture" website. This allows them to create a profile for themselves mapping out their areas of interest and hopefully helping them to achieve a clearer understanding of their future career goals and how to achieve them.

Our work experience program is going ahead in Term 2 for year 10's this year. A number of companies and organisations are slowly coming back offering work experience opportunities for 2022 after a long break due to Covid. All information on these work experience programs and available apprenticeships are advertised on our **Pathways Website** which is accessed through the College website or can be found <u>here.</u>

I would encourage any student who has a query on any aspect of their future in the world of work to email me or come and see me in my office upstairs in the Ratisbonne Center.

Johanna Clancy Pathways Coordinator



ATAR and Apprentices



# 2021 Dux



Madison Connors **ATAR 97.4** 

We are very proud of all of our students and their magnificent accomplishments during 2020 and 2021. They have consistently demonstrated Catholic College Sale values of resilience, persistence and

# Catholic College Sale celebrates our 2021 student success



**Charlotte Perkins** ATAR 96

Abbi Boulte

Hairdresser

Taylen Griffiths Plumber

Brodie Johnson Builder





Marni McCubbin ATAR 94.4

Avril Hadden ATAR 92.5

Catholic College Sale Apprenticeships

**Reuban Bowtell** 

Plumber







Pyper Colbran Florist



Beau Johnson Small Engine Mechanic



Lachian Mooney

Bradley Nikolajew Painter



Kyan Sellinos

Plumbe

James Wisely

Miah Stothers Hairdresser





Bily Huttor Carpenter



Ryder Miller Plumber













Ethan Kelly Boilermaker







Daniel Burton

Cameron Hill Shopfitter







Opening Liturgy

We celebrated the beginning of the 2022 school year with an Opening Liturgy on February 9, attended via zoom by staff and students from Years 7 to 12. The Liturgy was led by Father Jithin, St. Mary's Cathedral Parish who blessed all 2022 College Badges. Our Year 7 students were welcomed with the traditional ringing of the Sion Bell. It was also fantastic to have members of our 90 plus ATAR club from 2021 with us for the celebration.

In 2022 we celebrate the first arrival of the Marist Brothers and the education they have made available to young people. 150 years ago they arrived in Australia establishing a school at "The Rocks" in Sydney. This year we also celebrate the arrival of the Marist Brothers in Sale 100 years ago where they established a school for boys in the newly built St Patrick's building who then joined with the Sisters of Our Lady of Sion. Staff and students were presented with badges in honour of these 2 milestones. As well, the 2022 College Leaders were also recognised and presented with their badges during the celebration.

This was followed by a presentation to our 90 plus students. The four students who achieved an ATAR of 90 or above, including the 2021 Dux of Catholic College Sale, Madison Connors, were presented with certificates and recognised by the College community.



House Leaders 2022 L to R – Theodore - Harry Gravener and Tess Hansford, Raphaela - Jack Myers and Rebecca Bourke, Champagnat - Mason Annear and Maya Bown, Daly - Ryan Beale and Jess Sedman, Paulinus - Charlie Anderson and Kiana Wedlock, Allman - Lane McBean and Ruby Dillon



2021 Dux -Madison Connors



Principal Chris Randell and Father Jithin with 2021 90s Club – Charlotte Perkins, Marni McCubbin, Avril Hadden, (Absent Madison Connors)





Welcome to 2022 – and we are so excited to be back on campus and working as whole school on one campus. This is such a positive for the Music Department as age is no barrier to playing music, and we can have musicians from all year levels playing and enjoying music together in our various ensembles.

The demand for music lessons is continuing to grow which is fantastic news not only for the Music Department but also for the College as a whole. We are so fortunate to have such high quality and experienced teachers working for us: Mr Roy Condeza for Choirs, Rock Bands, vocal, guitars, drum kit, keyboards; Mr Cruickshank (Concert Band) and Ms Roffe (Strings). This means that our ensembles can continue to grow in quality and quantity. There is a Concert Band, a String group, Sion Singers – open to all interested Year 7, 8 and 9 students, Show Choir – a select Senior close harmony group, MVC – a male vocal group open to all interested males, a Guitar Ensemble, and we have just successfully auditioned interested Year 7 and 8's to form two Junior Rock Bands. We also encourage students to form their own ensembles and run other ensembles as the need arises throughout the year.

### **Performance opportunities**

We are so happy to be able to perform again, and we have already had a most successful lunchtime concert this term on our lovely Leaf outdoor stage. We will have after school concerts coming up early in Term Two so that parents can enjoy our performances and so that our ensembles and soloists get a chance to perform before upcoming Eisteddfods and other events. Dates will be available in the near future.

### **Places available**

It is not too late to join in the activities in the Music Department – we have new members joining all through the year! We would particularly like more flautists and a string instrumentalist or two is always welcome. There is also one vacancy for acoustic double bass. Unfortunately some instruments are fully booked, but a waiting list exists, and in the mean time you could always try a second choice. Pick up an application form from Student Services and see Ms Roffe, or any of our other music teachers if you would like to start learning an instrument. All you need is enthusiasm and a willingness to practice regularly.

### Ensembles

Playing music in an ensemble is an essential part of learning your instrument, and for most students the element that they get the most pleasure from. Joining a suitable ensemble is therefore a compulsory part of the College Instrumental Program. Our ensembles are not limited to those learning an instrument at school, however. If you have an interest in playing in one of our ensembles or singing in one of our choirs just let us know. Our most successful ensemble in 2021 – winning multiple trophies across all three Eisteddfods – MVC lost many Year 12's last year and is seeking any interested male voices to join the winning team.

Currently rehearsals take place at lunchtimes for most ensembles, however Show Choir also rehearses after school from 3.30pm – 5.00pm on Thursdays.

Thank you all for your continued support of Music at Catholic College Sale.

Ann Roffe Head of Music



Holocaust Incursion

Our three Year 10 History classes this semester have been investigating and learning about World War Two. Students looked at the political landscape after World War One and how this contributed to the rise of Hitler and the Nazi Party. Students have identified significant events and turning points of World War II, Australia's involvement and have gained an understanding of the nature of warfare. A key component of this area of study is the Holocaust.

Students had the privilege to participate in a Holocaust Incursion via Zoom run by the Jewish Holocaust Centre in Elsternwick. This incursion consisted of an introduction to the Holocaust, a virtual tour of the museum in Elsternwick and a Q&A session with a Holocaust survivor, Vivienne Spiegel. Students participated respectfully and asked very insightful questions throughout the session.

The Year 10 History students are congratulated on the way they conducted themselves whilst learning about one of the worst atrocities the world has ever seen.

### Two perspectives from our Year 10 Students

On Wednesday, February 16th Year 10 students were privileged to speak with Vivienne Spiegel, one of the few holocaust survivors. As a 7-year-old with two younger siblings in this traumatic time, she told her personal story about her experience with being sent away by her mother for her safety. She was sent to a farm with a family 'Meme & Pepe' who hid her and her siblings for years before being taken to Australia to finally be safe from the horrific times happening all over Poland, Germany and France. "Did you feel safe on the farm with Meme & Pepe?" This question was asked by one of our year 10 students. Viv replied with a story explaining how she had to hide in a potato patch when any sort of transport, cars, trains or planes came near the farm just to be safe. Pepe had a certain whistle he used so that Viv and her siblings knew it was safe to come out. We thank Viv and the Jewish Holocaust Centre for taking their time to talk to us.

### Freya Di Luca

Wednesday the 16th of February was one of the most rewarding days having the opportunity to speak to Vivienne Spiegel, a holocaust survivor who shared her personal story and knowledge of the horrific and traumatic holocaust with our year 10 History students. Vivienne's inspirational words have left a mark on all. From the description of her feelings to the stories of families and the traumas that still haunt her dreams, Vivienne told us "be kind to all no matter where they come from, what religion they are, just be kind." There is so much unkindness in this world and being kind to someone will go a long way. The morals learnt from this experience will carry through all people that listen to the incredible things the holocaust survivors have to offer us. We thank Vivienne for the privilege of hearing about her life and the Jewish Holocaust centre for their time. Alyssa Light





# Parents & Carers - Welcome to The Resilience Project

This year, we are excited to bring The Resilience Project into our school community and implement their wellbeing curriculum throughout our classrooms.

### Current research tells us:

- 1 in 4 adolescents have a mental illness.
- 1 in 7 primary school students have a mental illness.
- 1 in 5 adults will experience mental ill-health throughout the year.
- 65% of adolescents do not seek help for mental illness.

<u>The Resilience Project</u> delivers emotionally engaging programs and provides evidence-based, practical strategies to support positive mental health and build resilience. Presentations will include stories and research on how we can build mental health in our day to day lives, and support the mental health of the children in our care.

We understand that as primary carers, you have an essential role to play in building positive mental health with your children. Through this program, teachers and students will engage in weekly lessons and activities around the key principles of **Gratitude**, **Empathy** and **Mindfulness (GEM**) to build resilience. To support what we're doing in the classroom, you will be given access to an online **Parent and Carer Hub** which will introduce you to The Resilience Project, build your own confidence around resilience, and give you ideas to help your children and their mental health throughout the year.

The Resilience Project's School Program has been evaluated by the University of Melbourne, with parents observing positive changes in how children handled home situations.

### The evaluation also demonstrated the program had targeted benefits in building:

- Children's use of daily gratitude strategies and their sense of gratitude.
- Confidence and self-esteem, especially in relation to their peer relationships.
- Relationships at school and home.
- Knowledge and ability to express emotions.
- More supportive classroom environments.

Information about how to access the Parent and Carer Hub will be shared soon. In the meantime, feel free to learn more about The Resilience Project by exploring the ideas, activities and resources which bring Gratitude, Empathy and Mindfulness (GEM) to life on <u>TRP@HOME</u>.

education@theresilienceproject.com.au | (03) 9113 9302 | theresilienceproject.com.au



Kindness Culture

# Planning for a safe and supportive school community

On Friday 18 March 2022, National Day of Action against Bullying and Violence (NDA) is recognised in schools all across Australia. The NDA is Australia's key bullying prevention initiative, connecting schools and communities to find workable solutions to prevent bullying.

The theme for the 2022 NDA is Kindness Culture. CCS students and staff, through the SEED Pastoral Care Program, help to promote kindness through inclusiveness, respect, and creating and a sense of belonging for all students. Planning for a safe and supportive school community requires a whole-school community approach. Whole-school responses to bullying prevention build positive and supportive school environments by incorporating strategies for intervention at all levels, inclusive of students, teachers, parents and carers.

Three key characteristics outlined in the national definition of bullying distinguish bullying behaviours from other forms of peer aggression behaviours which do not constitute bullying. The key characteristics of bullying include:

- 1. Power imbalance
- 2. Deliberate intent to cause harm, and
- 3. Ongoing and repeated behaviour.

While the following behaviours of peer aggression do not constitute bullying, these behaviours may still be serious and require intervention at home and at school:

- Arguments and disagreements (where there is no power imbalance)
- Single acts of social rejection or meanness, or
- Isolated incidents of aggression, intimidation or violence.

It is important for our entire school community, including our staff, parents, carers and students to have a clear understanding of the definition of bullying to be able to distinguish these behaviours from peer aggression, and correctly identify and respond to incidents of bullying.

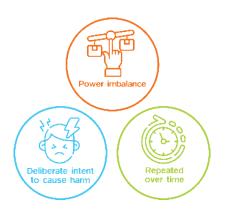
Knowing the <u>types of bullying behaviour</u> can also help you identify if the incident is bullying, or peer aggression. While neither of these behaviours are tolerated at Catholic College Sale, they do require different management strategies, and the first step for responding is to correctly identify the behaviour.

If you have concern that your child is being bullied, please contact the classroom teacher in the first instance. CCS also has two student counsellors who are available should you want to discuss any issues. Students are also able to report bullying on SIMON, Student Links, "Report Bullying."

For more information, please visit the <u>Bullying</u>. <u>No</u> <u>Way!</u> Website for additional resources.







National Day of Action against Bullying and Violence

bullyingnoway.gov.au

Sacramental Program

# **ENROL NOW FOR SACRAMENTS IN 2022**

St. Mary's Cathedral Parish Sacraments Program is *Family centred, Parish based, School and Catechist supported.* 

We welcome into our program baptised Catholic children from all schools in the Cathedral parish of Sale.

The Catholic Church teaches that Sacraments are visible actions and signs of God's self-giving love made present for us. They are wonderful saving gifts of God's Grace to us through Jesus.

The Sacraments require a continuity of friendship with Jesus, a journey of discipleship with Jesus. Parents who present their children for the Sacraments make that journey possible, in turn, parents themselves can deepen their faith and the faith of their children and understand that sacraments are always meant to be in the context of a journey with Jesus in our daily lives.

It is from the heart that we encourage you to fan the flame of Jesus' love in your children.

Children from year 3 upwards are welcome and encouraged to take part in the Sacraments Program. We welcome you and your child to make a commitment to the 2022 Sacraments program. **Reconciliation** is offered to children in Grade 3 (and older) who have received the Sacrament of Baptism.

**First Communion** is offered to children in Grade 4 (and older) who have received the Sacraments of Baptism and Reconciliation.

Click<u>here</u> to find 2022 First Communion Program Dates.

**Confirmation** is offered to children in Grade 6 (and older) who have received the Sacraments of Baptism, First Communion and Reconciliation.

Click <u>here</u> to find 2022 Confirmation Program Dates.

Enrolment information and forms are available at: Sacraments Enrolment and Registration Meeting Wednesday 16th March at 7.00pm in St Mary's Cathedral

Forms can be returned to the Parish office.

# **ENROLMENTS CLOSE WEDNESDAY 6TH APRIL 2022**



Amportant Information

### Online Parent Student Teacher Interviews (PST's) via ZOOM

Years 7 – 12 Tuesday 29th and Wednesday 30th March 4.00-8.00pm

Once again it is time to renew our three way partnership to ensure your children, our students are achieving their very best in learning outcomes.

**Click here to book** 



The learning outcomes for our young people are enhanced enormously if the lines of communication are open between home and the College. If you are unable to participate in our ZOOM PST Interviews but still want to make contact with your child's teacher, an alternative time can be arranged by telephoning or emailing the relevant teacher. Please access the email list <u>here</u>. 2022 Camps, Sports and Excursion Fund (CSEF)

If you are in receipt of a Health Care Card / Pension Card / Gold Defence Card, you may be eligible for the 2022 Camps, Sports and Excursion payment of \$225.00 per student.

Applications along with a copy of your card must be handed into Reception no later than close of business 24 June 2022. Please contact the College on 5143 9700 for an application form, alternatively you may download it here.

<u>csef-financial-assistance-information-</u> <u>parents.pdf</u>



### Year 7 Enrolments for 2023 Close March 18, 2022

Enrolment into Year 7 after the closure date will be subject to availability of vacancies. The College accepts application enquires for Year 8-12 in August/September for the next school year and in May for commencement in Semester 2. For families moving into the Sale area please enquire prior to arrival. The application portal is accessible via a link the link below.

Apply Now - Catholic College Sale (ccsale.catholic.edu.au)





Catholic College Sale Teaching Staff Email Directory.

### Term Dates 2022

Term 1 Wednesday 2nd February (Year 7 & 12)/ Thursday 3rd February (other years) – Friday 8th April Term 2 Tuesday 26th April – Friday 24th June

Term 3 Tuesday 12th July – Friday 16th September

Term 4 Monday 3rd October – Tuesday 6th December

### **Upcoming Events**

Monday 14th March	– Labour Day Public Holiday					
Tuesday 29th March	<ul> <li>– PST Interviews 4pm-8pm</li> </ul>					
Wednesday 30th March – PST Interviews 4pm-8pm						
Thursday 31st March	– Year 10 Immunisation					
Friday 1st April	<ul> <li>Year 11 Presentation ball</li> </ul>					
Tuesday 5th April	<ul> <li>Year 7 Immunisation Rd1</li> </ul>					
Wednesday 6th April	– Easter Liturgy					
Friday 8th April	- Last Day Term 2.15pm finish					
	– Athletic Trials Year 7-9					
Tuesday 26th April	– First day Term 2					
Wednesday 27th April	<ul> <li>Athletics Carnival</li> </ul>					
Wednesday 4th May	<ul> <li>School Photos</li> </ul>					

Keep an eye out for our "Special Edition" Newsletter in the coming weeks.



# Second-hand Uniform Shop

With second term fast approaching, and a change to winter uniform, we have quite a range of winter uniform at the second hand uniform shop, in particular:

- Boys long grey trousers size 87 112
- White long sleeved shirts in all sizes
- Jumpers size 16-28
- Sports jackets and track pants in all sizes

The Uniform Shop is currently running online. For any enquiries please use the request <u>form.</u> Blazers and hats are purchased directly through the College. Items must be paid for at the time of purchase and cannot be charged to school accounts.



### **Catholic College Sale**

51-53 Desailly St, Sale, VIC 3850 PO Box 594, Sale, VIC 3853 03 5143 9700

**Student Absences** 03 5143 9721

Email: contactus@ccsale.catholic.edu.au

Website: www.ccsale.catholic.edu.au