



26 March 2020

FROM THE PRINCIPAL

Dear Parents, Staff, Students and Friends of Our Marymede Community,

I begin this Newsletter with a Prayer during a Pandemic:

*May we, who are inconvenienced,
remember those whose lives are at stake.*

*May we, who have no risk factors,
remember those most vulnerable.*

*May we, who have the opportunity of working from home,
remember those who must choose between preserving their
health or making their mark.*

*May we, who have the flexibility to care for our children when
schools close,*

Remember those who have no options.

*May we, who have to cancel our trips,
remember those who have no safe place to go.*

*May we, who are losing our margin money in the tumult of the
economic market,*

remember those who have no margin at all.

*May we, who settle in for a quarantine at home,
remember those who have no home at all.*

*As fear grips our Country, may we instead choose faith, hope
and love.*

*During this time, we cannot physically wrap our arms around
each other.*

*Help us find ways to be the loving embrace of God to our
neighbours.*

Amen.

Coronavirus Update

I have said previously we are living in interesting times. Our world is facing something that it has never faced before and we are all trying to find ways to understand and reconcile this in our minds and hearts. I have reflected a number of times over the last fortnight that this must be how my parents felt when the Great Depression began and then World War 2. I am reminded that there are people who live with this unease every day.

Your son or daughter may feel quite anxious about the current situation. I encourage parents to have discussions with your children to help them understand this situation and to feel calm. We are working at school to do the same and we encourage students who are experiencing anxiety to seek support.

As a community we will get through this and I hope when we reach calmer times we can rejoice in the gift of unity that we have gained from such difficult circumstances. I hope that the time away from school brings an opportunity for all to rest and enjoy the company of our loved ones.

Staffing Update

I wish Laura Heffer all the best as she commences Maternity Leave at the end of the term. Rita Casonato has finished her time teaching Year 2C. I thank Rita for her work in teaching the students this term. Christie Ramaekers will return from Maternity Leave in Term 2 and we look forward to seeing her back at the College.

Term 2 Commencement

At this stage staff will be returning from holidays on Tuesday 14 April and the students are scheduled to return the following day. I will keep you updated during the holidays (via email) if there are any changes to these dates.

Mr. Michael Kenny
Principal

DEPUTY PRINCIPAL STAFF AND OPERATIONS PREP – YEAR 12

Supporting the Marymede Community During the COVID-19 Outbreak

Prior to the compulsory closing of the College by directive of the Premier and the CECV on Monday 23 March, the Senior Leadership Team at Marymede had taken a wide range of measures to minimise the impact of COVID-19 (coronavirus) on our students, staff and families. These have included additional cleaning services, hygiene signage, the necessary cancellation

of incursions and excursions, suspension of parent help, provision of extra sanitising products, and many more measures.

While the College has already emailed updates about potential changes to learning at Marymede during this time of uncertainty, parents of VCE students can also access the latest advice being provided by VCAA through the following link:

<https://www.vcaa.vic.edu.au/news-and-events/latest-news/Novel%20coronavirus%20update/Pages/default.aspx>

To further support our Marymede community – particularly after this week’s governmental announcement and the potential move to enact our Home Learning Program at the start of Term 2 – please read the following advice extracted from the CECV (Catholic Education Commission of Victoria) ‘Update on the coronavirus outbreak, No. 13’:

Supporting school communities

We are all aware that some people in our school communities have heightened levels of concern and anxiety regarding the many impacts of the coronavirus pandemic. These thoughts and feelings are normal and understandable.

Most adults and children will be able to manage these feelings through being resilient and practising positive coping skills. However, some may feel overwhelmed and unable to adequately express their concerns. This may result in escalated levels of distress or worry.

Conversations with children and young people

Families and caregivers of children and young people should discuss news of the virus with those in their care in an open and honest way. Try to relate the facts without causing alarm, and in a way that is appropriate for their age and temperament.

It is important to listen to any questions they may have, and to let them know that they are safe and that it’s normal to feel concerned.

If the media or the news is getting to be too much for them, encourage them to limit their exposure.

Resources

A range of key resources, including videos and tips for young people, have been collated for families to help promote ongoing wellbeing and good health across the school community:

- SPECIAL REPORT: Coronavirus – Dr Michael Carr-Gregg developed this video for parents and school staff. Catholic Education Melbourne acknowledges the generosity of **SchoolTV** in making the report accessible to parents and staff in Catholic school communities
- How to talk to your children about coronavirus – *ABC News article*
- Worried about your child getting coronavirus? Here’s what you need to know – *The Conversation article*
- Talking to children about natural disasters, traumatic events, or worries about the future – This **Emerging Minds** video introduces ways for parents and carers

to manage media coverage of traumatic events, and talk to their children about their worries and fears

- Traumatic events, the media and your child – This **Emerging Minds** fact sheet provides guidance on how to support and reassure children during ongoing media coverage of COVID-19.

Try to maintain a practical and calm approach

While families are the main source of comfort and information, **school staff** play a key role in supporting and reassuring children and young people. Familiarity, predictability and stability enhance children’s sense of safety and capacity to manage emotional responses. Refer to:

- the **Australian Psychological Society’s** advice for maintaining positive mental health during the coronavirus outbreak
- **Beyond Blue’s** information about mental health in relation to the coronavirus, facts about anxiety, and other practical advice and resources at the link below.

<http://www.beyondblue.org.au/>

- the **Royal Children’s Hospital (RCH)** Melbourne’s keeping healthy and staying safe video with Infectious Diseases Physician Dr Andrew Daley
- **headspace’s** information for young people and Tips to maintain a healthy headspace.

Access quality factual information from credible sources:

- Victorian Government Health Department
- Victorian Government Education Department
- Catholic education’s response to COVID-19 (coronavirus)
- World Health Organization.

Online safety

The eSafety Commissioner website provides information for parents/families about child safety best practice online, including:

- supervising young people using technology
- privacy for young people in the online world.

College Events affected by COVID-19 measures

Due to advice issued by the Victorian and Federal governments, Department of Health & Human Services and the CECV, the College has minimised all interactions with the general community. As noted above this includes the cancellation / postponement of all incursions and excursions through to 24 April.

At present, events through to the second week of May have been reviewed, resulting in the cancellation of the following College activities for Term 2:

- Mothers Day stall
- Mothers Day event
- All interschool sports

- Weekly Mass & Monthly Community Mass (by order of the Archbishop)

The following events have been postponed: we hope to stage these events once the health restrictions are lifted later in the year.

- High School Musical production
- Sacrament of Reconciliation (Year 3)
- Sacrament of Eucharist (Year 4)
- Portrait Photos 'catch-up' session (National Photography)
- Year 9 Outdoor Education camp
- NDIS Parent information evening
- Family Zone Parent information evening

We will keep the community informed via the College newsletter and email once details for re-scheduling postponed events become available.

Mr David Broadbent
Deputy Principal Staff & Operations P-12

DIRECTOR OF FAITH AND MISSION

Project Compassion 2020 – 'Go further together.'

We thank those students who brought in a Project Compassion Donation for your class box – these are extraordinary times for us all, but particularly the most vulnerable in our global community.

So far \$100 has been raised on-line, \$300+ from our Sausage Sizzle and \$400+ from the sale of Hack's Rocky Road: thank you! In these uncertain times, let's give what we can to projects which need our support more than ever. Our Year 12's participated in a Water Bucket challenge last week which highlighted those who need to walk distances to collect water, often preventing women and children from accessing education.

Donations can still be made online at the link below.

<https://lent.caritas.org.au/marymedecatholiccollege>



Lent Liturgies 2020

Our Student Leaders from Year 6 to Year 12 participated in workshops to plan our 2020 Lent Liturgy. This year the Stations

of the Cross with a contemporary interpretation was prepared for each of our classrooms. With the early declaration of school holidays, we hope to make this Lenten Liturgy presentation available so that families can experience this liturgy in their own home together.

Each Year Level SRC group and House Group prepared a Station, exploring a response to a question. For example:

How are we moved to 'stay awake' and stand in solidarity with our neighbours?

How can we carry the cross for our brothers and sisters who face injustices?

How can we ensure the voices of all women are heard and respected?

How can we be the catalyst for change for issues that are often ignored?



Faith and Mission Events suspended until further notice.

As advised, we are suspending Faith and Mission events which are open to the public and wider Marymede Community until further notice and which involve large gatherings of students and families. We will continue to prepare formation opportunities for our students and staff in class-size environments.

At this moment in time, events suspended include:

- Weekly Wednesday and Monthly Sunday Community Masses
- Sacrament of First Eucharist and associated events
- REMAR and Gamechangers regional connect days
- Blessing and official opening of our new Technology Building

Advice from the Bishops of Victoria is attached. Please do not hesitate to advise Julia Wake - Julia.wake@marymede.vic.edu.au, if you have any queries or would like to advise of any families experiencing difficulties in these current circumstances.



Ms Julia Wake
Director of Faith and Mission P-12

STUDENT LIFE

Primary Sport

Primary Interschool Sport

Term 1 has seen 100 students compete in the Bridge Inn District Interschool Sport Program. The sports on offer this term are Soccer, Cricket and European Handball. Due to unforeseen circumstances the results are not in yet as all sports have been suspended.

Late in Term 1 we began trialling Year 5 and 6 students for Hot Shots Tennis, Netball and Boys AFL.

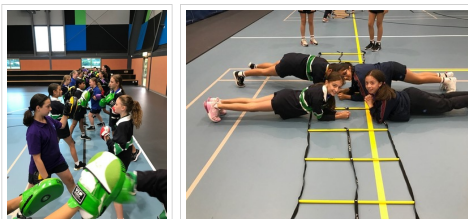
Trials for Athletics, Volleyball, Basketball, Boys Netball and Girls AFL will occur next term.

Hoop Time trials for year 3 and 4 are also planned for Term 2.



Year 6 Internal House Program

The Year 6 students are working on their fitness in the Internal House Program. They have been participating in boxing sessions and a fitness circuit and it is great to see their improvement each week.



Primary Swimming

Across February and March the Year 4-6 Swimming team competed at the Interschool Swimming Carnivals. We took 35

students to the Bridge Inn Carnival and qualified 20 through to the Division Competition. In the Division finals, Tahlia Trenevaska qualified 1st in the 50m freestyle and she led her team to 1st place in the 12/13 girls relay team. They will compete in the Regional Swimming Competition at a date yet to be advised.



House Cross Country

Congratulations to the following students who placed in the House Cross Country Competition.

Year 3 Girls: Ella Macheda, Lucy Sacco, Madeleine Tawadros

Year 3 Boys: Ben Fitzgerald, Zac Large, Blake Ioannou

Year 4 Girls: Elliah Klein, Ava London-Hagen, Francesca Trinidad

Year 4 Boys: Elijah Eather Maaliki, Ace Whitnall, Ricki Panzarino

Year 5 Girls: Olivia Seneca, Milla Ioannou, Emily Fitzgerald

Year 5 Boys: Lucas Macheda, Lucas De Santo, Seth Popovski

Year 6 Girls: Abbey Mueller, Sienna Klein, Rocki Fraumano

Year 6 Boys: Naithan Thomas, Josh Gravina, Chanula Konara Mudiyansele

We have now started training a squad of students though the competition date is now postponed. Further details to come.



Ms Liz Miles
Primary Sport Assistant

Secondary Sports

We started the year off with a sport packed Term 1. Our year 10s kicked off the Premier League season playing in the Basketball, Volleyball, Soccer, girls Netball and – for the first time our history – the boys Netball competition. Our girls Volleyball, girls Basketball as well as boys Soccer teams have progressed to the Semi Finals.

The Senior Cricket and Netball teams have also started off the SACCSS Senior Season, with our Netball girls looking like a high chance for finals.

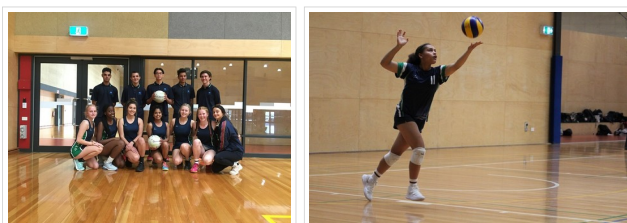
We kicked off our first whole school House event with the House Swimming Carnival held at the Oak Park Aquatic Centre. The day went well as we ran our Novelty events, Point Swim and the swim events throughout the day. This year we had two

separate awards for Novelty events and Point Swim. Marcellin took home the crown for Novelty Champions whilst Chisholm showed their overall Swimming talent by taking home both the Point Swim Champions and Overall House Swim Champions.

On Wednesday 11 March our talented Tennis, Volleyball and – in another first – Mixed Netball athletes represented the College at the SACSS Senior day. From all reports, students had a blast and our senior girls Volleyball team made it all the way to the Grand Final coming runners up to CRC Melton.

We also held a House Cross Country for the students in Years 7-9, with Chisholm coming out on top. Brodie Scrimizzi ran the fastest time for the boys and Grace Vilella ran the fastest for the girls.

Trials for our Year 7 Premier League teams as well as senior boys & girls footy teams have commenced and will start back up next term. We look forward to seeing all of our Marymede athletes continue to represent the College for the rest of what is set to be a busy year.



Ms Bridgette Taylor-Gray
Secondary Sport Assistant

PATHWAYS

Careers

This newsletter contains Information on the following:

- Careers in the Army
- Further Information on Medical Courses
- Bachelor of Nutrition Science ACU
- News from VU
- RMIT – Bachelor of Science



Careers in the Army

The Army is more than just a dynamic place to work. You'll also love our unique culture of adventure, sports and friendships.

There is a wide range of jobs in the army including aviation, logistics, trades, engineering and medical, to name but a few!

Below are some useful links students might like to browse to learn more.

About the Army	Defence Jobs - About the Army
Army Life	Defence Jobs - Army Life
Training & Education	Defence Jobs - Training & Education
How to Join the Army	Defence Jobs - How to Join the Army
Women in the Army	Defence Jobs - Women in the Army

Jobs in the Army	Defence Jobs - Jobs in the Army
All other FAQs	Defence Jobs - FAQs about the Army

Further Information on Medical Courses



Studying Medical Courses at the University of Tasmania

The University of Tasmania (UTAS) offers a range of medical courses, including the following -

- **Bachelor of Medicine and Bachelor of Surgery**

The Bachelor of Medicine and Bachelor of Surgery (MBBS) is an on-campus full time course which takes a minimum of five (5) years to complete. Years 1-3 of the course are based in Hobart at the Medical Science Precinct, with short placements in rural communities around the State. In Years 4 and 5, students have the opportunity to complete their degree at the Hobart Clinical School, the Launceston Clinical School, or the Rural Clinical School in Burnie. Years 4 and 5 will involve a series of clinical rotations, including some electives.

On completion of the MBBS, graduates will be eligible for provisional registration to work in approved hospitals whilst undertaking training as an intern for one year, and after completing the one-year internship will gain full registration to work in Australia and New Zealand.

To be considered for this course students will need an ATAR score of 95 or higher, have completed English and Chemistry, and a competitive score in the UCAT.

- **Bachelor of Medical Research**

The Bachelor of Medical Research is a research-led course, providing a strong foundation in medical research. It is designed to help you develop the skills to push the boundaries of what science knows about human health. If you've got a passion for saving lives, helping people and conducting scientific experiments, then this is the degree program for you.

This 3-year degree will equip its students to have a strong aptitude for science, the ability to make clear and precise observations, to work accurately under pressure, and be able to identify and analyse problems and develop practical solutions. Graduates of the program will work towards practical solutions, developing new medicines, finessing existing drugs, testing new products, and figuring out measures to prevent and combat diseases.

To be considered for this course, an ATAR score of 85 or higher is required, as well as Chemistry. Further Maths or Maths Methods are not prerequisites but are highly recommended.

Note: Students who do not enter the MBBS at UTAS but seek an alternative entry, should note that the Bachelor of Medical Research is the preferred tertiary entry point for the MBBS. This is a highly competitive scheme and entry into the MBBS is not guaranteed.

- **Bachelor of Laboratory Medicine**

The Bachelor of Laboratory Medicine is the perfect degree for students looking to work in specialised *medical or pathology* laboratories. This degree is professionally accredited by the Australian Institute of Medical Scientists (AIMS), so employers will recognise that graduates from the course have been specifically trained for the industry – and are ready to be employed as medical scientists. Students will gain knowledge and a variety of skills in professional areas such as: clinical chemistry, endocrinology, haematology, blood transfusion science, histopathology, microbiology, human molecular biology, and immunology.

The three-and-a-half-year course consists of six semesters of on-campus study, plus a seventh semester of clinical placement in an accredited lab in Australia.

To be considered for this course students will need an ATAR score of 75 or higher and have completed Chemistry and Further Maths or higher. **This course provides an excellent foundation for students hoping to enter undergraduate and postgraduate medicine and other allied health courses across Australia.**

For a list of all courses offered in the medical field, browse Studying Medicine at UTAS



Bachelor of Nutrition Science at ACU

Nutritionists help communicate nutrition science to the public and advise the community about food choices for healthy eating. Studies in nutrition therefore include the nutritive value of foods, the nutrients that bodies need at different stages of development, and the role that nutrients and diet play in health promotion and disease prevention. Nutrition links very closely with the national health priorities in Australia such as obesity, diabetes, cardiovascular disease much of which are preventable through healthy lifestyle.

ACU's 3-year Bachelor of Nutrition Science program focuses on general healthcare, chronic disease management, Indigenous health, and other emerging areas of need in the industry and is appealing to students interested in careers in nutrition including nutritionists in public and private industry, hospitals and public health sectors, e-health and tele-health, in nutrition communication, and in the food science and in the research and development sectors.

Importantly, the program provides the basis for postgraduate studies in dietetics. Dietitians treat disease through diet and therefore require further studies and clinical practice in health settings.

The VCE pre-requisites are: Units 3 and 4 – a study score of at least 30 in English (EAL) or 25 in any other English.

Find out more at Bachelor of Nutrition Science



News from Victoria University

- **Block Model**

Usually students' study eight units a year, four each semester. Traditionally, the timetable is structured so a student has a mix of all four units each week.

VU is the first university in Australia offering the Victoria University - Block Model. Each block focuses on one unit

(subject) and is only four weeks long, with up to four days between blocks to relax and prepare for the next. In other words, with the **Block Model**, students get to study one subject every four weeks, with a few days in-between each block. So, students' study and complete a unit at a time. By immersing oneself in one unit before moving on to the next is regarded as a more focused approach to learning and assessment, particularly for first-year university student.

- **Studying the Bachelor of Community Development at VU**

The courage and leadership shown by communities responding to the devastating Australian bushfires have inspired people across the globe. Many young people are thinking about how they can help others and use their voice to advocate for change, now and in the future.

The Bachelor of Community Development prepares students with the knowledge and skills they need for a worthwhile career building strong, sustainable communities in Australia and around the world. Part of the course required students to undertake fieldwork placements in second and third year in NGOs, community groups, local government or as part of community campaigns. They also have the opportunity to go overseas to countries including Timor Leste and Kenya. This combination of knowledge and practical experience is geared at preparing students to be job-ready for a rewarding, exciting, and fulfilling career.

- **Sport and Learning Precinct**

Victoria University is ranked No. 12 in the world for Sport Science. Its \$68 million high-technology **Sports and Learning Precinct** at the Footscray Park Campus supports VU students and researchers with 29 labs that are fitted with the latest technology and equipment. The laboratory facilities investigate *exercise physiology, biomechanics and motor learning and skills performance*. These facilities are used by students studying courses such as the Bachelor of Exercise Science (Sports Practice) and Bachelor of Sport Science.

The Institute for Health & Sport (IHES) provides the platform for VU's world-class research into topics such as sport and exercise science, active living and public health and sport in society. IHES's facility is used by students, researchers & professional sports teams.



Bachelor of Space Science at RMIT University

Do you want to be part of Space 2.0? Have you thought about human spaceflight, space tourism and even missions to Mars?

The Bachelor of Space Science at RMIT University allows students to prepare for an exciting career in the growing space industry. In addition to space science and physics, students will study complementary courses in *satellite remote sensing, mathematics, IT and data analytics, signal and systems engineering as well as spaceflight systems design*. During their studies, students will have the opportunity to undertake a 12-week industry placement so they can immerse themselves in the world of space. These placements are run through Boeing, Geoplex and Nova Systems.

Find out more at Bachelor of Space Science at RMIT University



Environment & Sustainability at Swinburne University

Preserving the earth begins with an understanding of the current landscape. The environment and sustainability courses offered at Swinburne are an exploration into what it means to champion and sustain the earth for future generations. Courses are designed to provide foundational knowledge and practical skills through an emphasis on conservation, land management, horticulture, renewable energy and more. An environment and sustainability course could lead to a future in floristry, horticulture, retail, writing, and beyond.

Swinburne offers courses in:

- Conservation and Land Management
- Environmental Science
- Environmental Sustainability
- Horticulture and Landscape

Visit Environment & Sustainability to find out more.

Ms Stavroula Tsembras
Careers Co-ordinator

BUSINESS MANAGER

Notice from CommBank School Banking

The health, safety and wellbeing of our communities and our people is our first priority. Due to the rapidly developing situation with coronavirus, School Banking has been temporarily paused from **20 March 2020** until further notice. Once classes resume, please do not bring your deposit book with your weekly banking into school and we will notify you when banking will recommence.

Mr Paul Roman
Business Manager

CAMP AUSTRALIA

All Planned Autumn Holiday Excursions Cancelled To Mitigate COVID-19 risk

We have made the informed decision to cancel all excursions this Autumn, and they will be replaced with other activities for the day within the service environment. We have made the decision based on advice that schools are receiving and how we can mitigate the impact of the Coronavirus, while maintaining much needed care for families in our services.

Customers who have made Excursion bookings for their child this Autumn, if you want to keep those dates booked, they are now Club Based Days and the pricing will automatically reduce to the relevant charge. Alternatively, you can cancel your bookings for these dates online at no charge.

