

28 August 2015

## FROM THE PRINCIPAL

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

This is the start of my favourite time of the year because of the signs of new life all around and the hope that comes with that. For our Year 12s, it is a challenging time with the end of their schooling fast approaching. I urge them to ensure their focus is firmly on completing their time at school in the most positive manner possible.

### Parent/Teacher/Student Interviews – 3/9

A reminder to all parents that the next Parent/Teacher/Student Interviews will take place for Years P-10 students next Thursday September 3 from 10.00am-8.00pm for Primary students and 2.00pm-8.00pm for Secondary students. Parents are now able to book their interview time slots online. I will be based in the Fitness Centre and look forward to chatting to our parents throughout the day.

### Open Day – 30/8

The College will be holding its annual Open Day this Sunday August 30 from 11.00am-2.00pm and we are anticipating a large turn-out of interested families. I encourage our parents to tour of our very attractive campus with our student guides. If you know of friends considering Marymede Catholic College for their children, please encourage them to come along.

### External Review

This week we have had the pleasure of Janine Enright and Christopher Blake who in their role as External Reviewers have interviewed the College Executive and a number of staff, students and parents. The information gained from the interviews will assist them in reporting on the College's progress over the last four years. I look forward to reading their report next month as it will help the College in developing its Strategic Plan going forward.

### Year 11 Retreat

Our Year 11s were recently involved in a two-day Spiritual Leadership Retreat. The feedback from both venues has been extremely positive and I thank in particular our Head of Faith and Mission (P-12) Ms Judeline Wadhvani for her organisation and the staff and students who attended for their positive contribution.

### SACCSS Athletics Carnival – 1/9

I wish our Secondary School athletes competing in the SACCSS Athletics Carnival next Tuesday at the Lakeside Athletics Stadium every success. As a relatively young school, competing in the Division 1 competition is a credit to both our students and coaches, and our goal is to ensure we stay there.

### McAuley Guild Mass

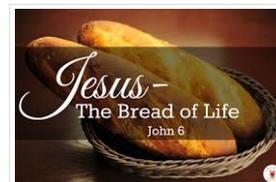
Congratulations to Ms Allison Lemar, the McAuley staff and students on the success of our first P-12 Guild Mass last Wednesday. It is our intention to have all of our Feast Day Guild Masses next year involving students from P-12.

Kind Regards,

**Mr. Michael Kenny**  
**Principal**

## FAITH AND MISSION NEWS

**Jesus: "I am the Bread of Life" (John 6:35)**  
**Peter: "To whom shall we go Lord? You have the message of eternal life". (John 6:68)**



Source- Google Images

Our College Community Masses and our inaugural P-12 McAuley Guild Mass last Wednesday have provided a great opportunity to reflect on the gospel theme of the past four Sundays: "Jesus the bread of life" drawn John's Gospel. Each of the four Gospel passages is rich and profound in for the community of faith from the first century to the present day.

We meet Jesus Christ through our participation at Mass when we receive his body as "the bread of life". Let us remember that every time we join as the body of Christ at for the celebration of Mass we are nourishing and strengthening one another through faith, hope and love.

### Faith & Mission Programmes 2016

Marymede Catholic College is offering exciting opportunities for our current Year 9 and Year 10 students in 2016. In September, each year level will have an information session and a Parent Information Evening (see links below). We encourage parents to attend and to support your son's or daughter's interest in participating in each of these programs.

## Philippines Immersion Programme (Year 11, 2016)

This two week programme to the Philippines in September 2016 will take our students to one of Australia's closest neighbours, visiting schools and places of historical and cultural interest, as well as the hurricane-affected region of Tacloban. These experiences are designed to enhance their understanding and appreciation of their place as global citizens of the 21st century.

## Remar (Year 10, 2016)

Remar is a youth ministry program for students in Years 10, 11 and 12, operating in 19 Catholic schools across the Australian Province of the Marist Brothers. From 2016, Marymede Catholic College will join the Remar network

Remar students at each school are part of a community, journeying together over three years. These groups meet fortnightly after school, for either discussions on a range of topics, social outings, or ministry and solidarity outreach programs.

Remar groups have camps at the start of each year to embark on their journey. They also meet with other groups at regional camps, held annually for each year level.

A briefing session for all Year 9s will be held on Thursday September 10 by Melbourne's Remar coordinator and the Melbourne Youth Ministry Team. A Parent Information Evening will be held on Wednesday 16 September at 7.00 pm in the Auditorium.

Please contact Ms Judeline Wadhvani at 9407 9000 or at [judeline.wadhvani@marymede.vic.edu.au](mailto:judeline.wadhvani@marymede.vic.edu.au) if you have any queries about either programme.

**Ms Judeline Wadhvani**  
**Head of Faith & Mission**

## HEAD OF SECONDARY

### August – The Month of Mary

Our College has celebrated Mary in the month of August. Our student leaders from Year 5 to 12 stepped up with commitment and dedication, *in the way of Mary*, leading the student activities on Marymede Day. Supported by staff, teaching and non-teaching, our community had a great day, being of service to each other and supporting, with great generosity, St Vincent de Paul. Congratulations.

Representatives from each Guild-supported charitable organisation will be attending our next Secondary School Assembly on Monday September 7. Our VCAL students will present these wonderful service organisations with a cheque of over \$900 each, raised through our Walk-a-thon in late July. Our Guild Charities are:

Chanel:	Catholic Mission
Chisholm:	Brigidine Asylum Seekers Project
McAuley:	Mercy Works
McCormack:	Catholic Care
Marcellin:	Marist Solidarity

Romero: St Mary's House of Welcome

Thank you to all those students who pursued sponsorship so well.

## UPCOMING EVENTS

Reminder regarding Parent-Student-Teacher interviews on Thursday September 3. There will be no classes on this day and students are expected to attend interviews with their parents in neat casual clothing.

Year 8 Reflection Day is on Friday September 4. All Year 8s are expected to attend this important day and, if unwell, a medical certificate will need to be provided.

Please continue to check PAM to access calendar events.

## YEAR 12

All end-of-year event details pertaining to Year 12 students will be sent home shortly. Please check the College Calendar for events and times now to begin family preparations. Mrs Thompson went through the practice exam expectations today and highlighted the following points for planning:

- Any absence from a practice exam needs to be supported by a medical certificate
- Any change of dates / times for an examination need to be negotiated with Mrs Thompson and only for an exceptional reasons

One of our College Psychologists, Jacqui Danaher, also took them through the importance of sleep patterns and habits. She provided a fantastic sheet of tips for each student.

**Ms Julia Wake**  
**Head of Secondary School**

## HEAD OF SECONDARY RELIGIOUS EDUCATION

### The Challenge of Parenthood Today – Parent Seminar Series Part 2

On August 12, parents of children in Years 5-10 reconvened for another powerful evening exploring this important role bestowed upon us: that of parenting and raising children. Our guest speaker Robert Falzon spoke about one of the great social challenges of our time today - passing on what is good from one generation to the next generation. Robert stated "It's a challenge why? Because we were never told, taught, instructed, formed, or even had good modelling - some of us, anyway." It is up to us to take all the things that are good from one generation or multiple generations and pass them to our sons and daughters.

Robert spoke to parents about his experiences of being a father and encouraged parents present to do the same. Robert shared his reflections about how he was trained and equipped to be a good businessman but that he had not been similarly equipped to be a good parent and so his first son effectively became his greatest experiment! He told parents that he could leave God out of any conversation about parenting and shared the following passage of scripture about God's intentions, his plan for sending us his son, Jesus.

'He will return the hearts of parents to the children and the hearts of children to their parents, so that I will not come and strike the land with a curse.' (Malachi 4:6)

I'd like to sincerely thank all the parents who honoured this event with their time. I know that you and your children will benefit greatly from it as you journey through life together.



<http://vimeo.com/137457253>

God is glorified!

**Mr Riccardo Iuele**  
**Head of Secondary Religious Education**

## SECONDARY LEARNING AND TEACHING NEWS

### VCE Year 12 Practice Exams – 2015 Timetable now available

During the first week of the September school holidays, students undertaking any Unit 3-4 study will complete compulsory practice exams at the College. The timetable for the practice exam period has now been finalised and an updated version was forwarded to all VCE students via email on August 19.

The practice exams will be conducted in the same manner as VCAA exams and feedback provided to students in relation to their performance will be invaluable in terms of preparation and progress in the lead up to the official end-of-year exam period. Detailed information about the practice exam period was provided with the emailed timetable. Any other questions about the practice examination period can be directed to the VCE Co-ordinator, Mrs Laura Thompson.

**Mrs Laura Thompson**  
**VCE Coordinator**

### Marymede's Got Talent

Dancers, musicians, comedians and everything in between shared their talents with the secondary school at Marymede's Got Talent. Students from Years 7-12 (as well as some brave teachers!) performed a range of acts in the performance, hosted by Ms Cymbalak and judged by Ms Hack, Mr Shead and Mr Komiazzyk. Year 7 students Kiara D'Alfonso and Daniel Foschi reigned supreme with their acoustic performance of *Photograph*. Well done to all the students and staff involved in this exciting afternoon.



**Ms Angie Bedford**  
**Head of Performing Arts**

### Public Speaking News

I am very pleased to announce that Marymede Catholic College student, Ajay Jay (Yr 9), is one of only twelve Victorian students selected to go through to the grand final of the junior Public Speaking Awards this year. The contest will be held on Tuesday September 8 at St Leonard's College, East Brighton. We wish Ajay well for this forthcoming competition.

### The Marymede Art and Design Gallery

The Marymede online Art Gallery is almost here! The inaugural gallery opens with a fabulous selection of work by students in Year 9 Media and Textiles, Year 10 Textiles and Art and Year 11 Art and Visual Communication Design. Keep an eye out on the College's Facebook page and website. Many thanks to Mr Matthew Luczek for his valuable assistance.



Year 10 painting "Things Japanese" by Elish Driver.

**Mr Adrian Montana**  
**Debating Co-ordinator and Head of Visual Arts and Technology**

## PRIMARY LEARNING AND TEACHING NEWS

### Father's Day Assembly

Dear Fathers, Grandfathers or Uncles of Prep students,  
You are invited to the Prep Father's Day Assembly.

When: Friday 4th September 9:15am – 10:00 am (approximately)

Where: Auditorium (located near the college chapel)

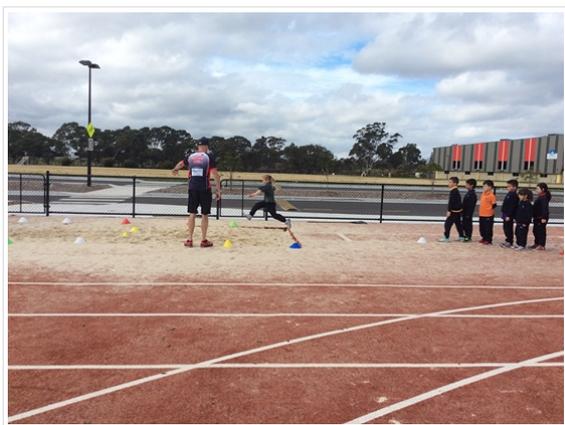
We hope you can celebrate this very special morning with us.

**Ms Rita Casonato**  
**Primary Teacher**

### Primary Sport News

On Monday August 24, the Prep and Year 1 students participated in an Athletics clinic run by Northern Star Little Athletics Club. The students participated in activities such as long jump, shot put, sprints and hurdles. If you are interested in joining a Little Athletics Club please visit their website:

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



Last week, Year 2s were treated to a soccer clinic run by Football Star Academy. Andrew has been running clinics throughout the year and also runs after school clinics for all primary age students. If you would like more information about the soccer program here at Marymede please email Andrew at: [vic34.football@sportstaracademy.com.au](mailto:vic34.football@sportstaracademy.com.au)



**Mr Gerard Large**  
**Guild Coordinator**

### Student-Led Conferences

This semester, Primary parents will be given the exciting opportunity to attend Student-Led Conferences. These conferences are an integral part of our reporting process and are linked with our mid-year reporting. Student-Led Conferences differ from the teacher-directed parent teacher interviews: students are actively involved in their learning and a Student-Led Conference enables them to be more actively

involved in reporting by placing them at the centre of the conversation about their learning. Student-Led Conferences take the form of a conversation between the student, their parents and their teacher, with the students leading the conference to demonstrate their individual growth and any particular achievements that they are proud of.

### Why Do We Run Student-Led Conferences?

The benefits of these conferences are numerous and include:

Student takes responsibility for their own learning by setting their own goals and evaluating their progress using a variety of feedback strategies including teacher, self and peer evaluations. They monitor and share their progress which provides opportunities for discussions about future learning

Parents, students and teachers are able to celebrate successes and note progress and achievements. Students develop and implement skills including self-reflection, evaluation, organisation and communication through open and honest dialogue.

By fostering positive home-school partnerships, the conferences also provide opportunities for students to see the most significant adults in their lives showing an interest in their learning and demonstrating a commitment to supporting them.

Your child is at the centre of the conference and is sure to be very excited about sharing their learning with you in this very dynamic forum.

It is important to note that Student-Led Conferences are conducted differently to traditional Parent/ Student/Teacher interviews and that the participants have different roles to play. Please note that during the conference the following will occur:

What do the students do?	What do parents do?	What do teachers do?
Student takes responsibility for their own learning	Take an interest in their child's learning	Prepare the student
Engage parents in their learning	Engage with their child	Support the student
Present their achievements	Ask questions of the child about their learning	Encourage parent participation
Help to foster a positive home-school partnership	Support their child	

### What If I Want A One-On-One Parent-Teacher Interview?

We strongly encourage parents to make an appointment to discuss any concerns that they may have, at the time that they occur, directly with their teacher, at any stage during the year. You don't need to wait until the mid-year conferences to discuss your child's progress - in fact, the earlier, the better!

**Ms Nicole Pegler**  
**Head of Teaching and Learning Primary**

## WHOLE SCHOOL NEWS

### Adolescent Sleep

Sleeping difficulties are a common problem, particularly during adolescence. Hormone changes often shift an adolescent's body clock delaying sleep onset, thus adolescents tend to

feel the need to go to bed later. However, adolescents still need between 8 to 10 hours sleep each night which can be problematic with educational commitments. Establishing regular sleeping routines can bring forward sleep onset and improve sleep quality.

### Sleeping tips:

- Ensure your bedroom is quiet, dark and with a cool temperature
- Establish a regular bedtime routine including relaxing activities during the hour before going to bed
- Avoid the use of electronics during the hour before going to bed, as these emit a blue light which delay sleep onset
- Avoid social media in the hour before bed as this is likely to increase arousal levels
- If you're not asleep within 20-30 minutes of getting into bed, get out of bed and engage in a relaxing and non-stimulating activity. Return to bed when you feel sleepy
- Avoid caffeinated drinks and food after 4 pm
- Avoid naps, however, if you must nap ensure the nap is no longer than 30 minutes and not after 4 pm
- Exercise daily
- Increase exposure to outdoor light during the day, particularly when you first wake
- Avoid long sleep ins on weekends
- Plan your study time, so that you are not studying during the hour before bed
- Regularly engage in relaxation exercises, the Smiling Mind application contains a number guided relaxation techniques

More information and sleeping tips can be found at

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

**Ms Jaclyn Danaher**  
**College Psychologist**

## BUSINESS OFFICE

### Arilla Village Building Works

Please be advised that Arilla Village is undergoing building works and residents will need to exit the Village via Vincent Drive over the next six months. Speed limits along this section of road have been reduced and need to be observed.

### NCEC On Funding

The Save Our Schools coalition on July 6 2015 released its latest analysis of school funding. National Catholic Education Commission (NCEC) Executive Director Ross Fox pointed out in a media release that the report is the latest in a steady stream of reports designed to create conflict between schools and school sectors.

Despite claims outlined in the report, Commonwealth funding for government schools is growing steadily. At the same time, analysis suggesting Catholic schools have higher recurrent

funding per student by using a false comparison (for example, gross recurrent funding), are not supported by the facts. Funding for students in Catholic schools is, on average, about 80% the level of funding for students in government schools. Net recurrent income (including parental contributions and other private income) per student is also lower, on average, in Catholic schools than in government schools.

**Mr Paul Romanin**  
**Business Manager**

## REGISTRAR NEWS

### Year 7 2017 Intention Forms

A reminder to all current Year 5 families that intention forms for Year 7, 2017 are due back to the Main Office by no later than Friday September 25, 2016.

### Open Day

Only two more sleeps until Open Day! This Sunday's Open Day is a great opportunity to immerse yourself within the Marymede Community. There will be plenty of activities for children to take part in, including our 3-Point Shootout, FIFA Competition, Rubiks Cube Challenge, Art Workshops, Desert creation and more! Our free sausage sizzle lunch will commence in Wurun Common from 11.00am onwards. For more information please visit

<http://www.marymede.vic.edu.au/openday2015>

**Matthew Luczek**  
**Registrar**

### Upcoming Events

This a snapshot of upcoming events across the College for the next few weeks to aid in your planning and organisation at home.

Week 8	
30/08/2015	College Open Day, 11am-2pm
31/08/2015	10.3 Humanities Excursion, 8.30am-3.30pm, Melbourne CBD
	Yr 2 Travelling Kitchen incursion
	Instrumental Music Program Concert, 6.30pm, Auditorium
	Italy Study Tour Parent Info Evening, 7pm, (TBC)
1/09/2015	SACCSS Athletics Div 1
	Student Leadership Council, 8-8.40am
	Yr 2 Travelling Kitchen Incursion
	Yr 11 Drama Excursion - Antigone, Malthouse Theatre, Southbank
	P & F Father's Day Night, Fitness Centre

2/09/2015	P & F Father's Day Stall
	Yr 10 Outdoor Ed Mountain Biking, Lysterfield Park
	AIM - Academic Improvement at Marymede, 3.15pm-4.15pm, Resource Centre
3/09/2015	P-12 Student Free Day
	Primary PTO Interviews, 10am-8pm
	Secondary PTO Interviews (Yr 7-10), 2-8pm
4/09/2015	PS Snr Hooptime
	Yr 7 PIT Gymnastics Excursion
	Yr 8 Reflection Day, 8.40am-3.10pm
	Year 5.4 and Year 6 Basketball Clinic, Periods 1-3
	Prep Fathers' Day Assembly, 9am, Auditorium
6/09/2015	Father's Day
7/09/2015	SS Student Leadership 2016 interviews commence
	Student Leadership 2016 process commences
<b>Week 9</b>	
	Year 12 Elevate: Finishing Line, Period 2
	SS Assembly, Period 5
8/09/2015	Year 9 Premier League Finals
	Year 5 Basketball Clinic, Periods 1-4
	Yr 11 Media Excursion, 12-5pm, Southbank
9/09/2015	Yr 7 Science Excursion, Ecolinc, Bacchus Marsh
	Yr 8 Boys AFL v St Monicas, 12.30-3.10pm
	AIM - Academic Improvement at Marymede, 3.15-4.15pm, Resource Centre
	Italy Study Tour student meeting, 3.20-4.20pm, Lower Founders Building
10/09/2015	Division Basketball 5/6 - 2nd Round, Mill Park Basketball Stadium
	SACCSS Tennis
	Yr 7 Science Excursion, Ecolinc, Bacchus Marsh
	Yr 9 Romeo and Juliet incursion
	Yr 9 REMAR 2016 information session, 2.10-3.10pm, Auditorium
	Parent Info Evening - 2016 Philippines Immersion Program, 7-8.30pm, Auditorium
11/09/2015	School Community Mass, 8am, Chapel
	Yr 11 VET Sport & Rec excursion, 12.30pm-2.10pm, Epping Leisure City

12/09/2015	Italian/Art International Cultural Study Tour commences
<b>Week 10</b>	
	Performing Arts Week
	Yr 12 Drama Solo rehearsals and performance evening, 6-7.30pm, Auditorium
15/09/2015	PS Whittlesea/Woodlands Athletics
	Year 9 Premier League Grand Final
	Student Leadership Council, 8-8.40am
16/09/2015	Youth Engaging the World Forum, 8am-4pm, St Michael's Uniting Church, Melbourne
	School Community Mass, 8am, Chapel
	Ministry Team meeting, 3.30-4.45pm, FB03
	AIM - Academic Improvement at Marymede, 3.15-4.15pm, Resource Centre
	Sacrament of Reconciliation, 5pm & 7pm, Chapel
	Yr 9 Parent Information Evening - REMAR, (TBC)
17/09/2015	Year 8 Premier League R1, v Kolbe, Away
	College Footy Day
	AIM - Academic Improvement at Marymede, 3.15-4.15pm, Resource Centre
	Marymede Top Acts Rehearsals, Periods 3-5, Auditorium
	P-6 Assembly, 10-11am, Fitness Centre
	P & F Committee Meeting
	Marymede Top Arts Performing Arts Concert, 7pm, Auditorium
Sacrament of Reconciliation, 5pm & 7pm, Chapel	
18/09/2015	Post-Reconciliation reflection liturgy and certificate presentation, 9-11am, Chapel
	SS Guild Clean Up, Period 5
	P-12 Students Conclude (normal finishing times)