



This Bulletin is produced fortnightly for the information of College families and is distributed to students to take home.

Volume No. 11

Monday, August 2, 2010

MENS SANA in CORPORE SANO

'A healthy (or sound) mind in a healthy (or sound) body' is an expression that has been used by counselors, teachers and wise people for centuries. It is as relevant today as it was in ancient times.

Monicans will do well to ensure that their intellect and their physical health are sound and in tune with each other. Large numbers of Australians have been captivated by *MasterChef* and we have seen good cooks and aspiring chefs create dishes of various ingredients and from different countries. The Foxtel food channel is popular and regularly watched; it is stated that very young children are turning their hands to cooking; whilst certain items are selling fast from supermarkets once used on *MasterChef*. Food attracts a lot of interest at present in this country.

It is important that Monicans are aware of the food pyramid and select and plan their meals and daily intake of food sensibly and in a balanced way. Whilst certain food might taste nice, we know that an overload of calories, too much salt and sugar and starch, and a general imbalance of food types can lead to illness or feeling tired or lacking energy.

It is important that we all eat a nutritious and satisfying

breakfast, a standard sized lunch, and a balanced dinner. Snacks can be enjoyed in moderation. Move away from these guidelines and the result can be sluggishness, lack of motivation and a general feeling of being unwell. These will definitely affect our minds adversely.

We need to keep our minds active, stimulated, and alive to new ideas. As Monicans we do this by remaining alert in classes, studying hard and sensibly, solving problems creatively, and always being open to different ways of gathering, retaining and using knowledge. Just like our body does, our mind needs to develop and grow, fed by knowledge, experiences and constant stimulation.

God gave us beautiful foods to savor and enjoy – vegetables, fruits, meats, nuts and lentils of all kinds. God gives to each person a mind, free will and a spirit each of which needs nurturing and deepening.

In return, let Monicans do something beautiful for God by using their bodies to do good works in God's name and utilize their minds in ways through which the Good News of Jesus Christ is proclaimed and understood. Act, pray, and persevere in these ways and truly we shall do many things which are beautiful for God.

ST MONICA'S DAY, 2010

On Friday 27 August we will celebrate St Monica's Day. On this day we commemorate our Patron Saint, Monica. It is the highlight of the year at the College and an eagerly anticipated event.

This is a compulsory day for students, as we join together to celebrate as a College community. All parents are asked to ensure that students are in full school uniform (no PE uniforms are permitted on the day).

Mass will be celebrated by Bishop Tim Costelloe SDB commencing at 10.00 a.m. and he will formally induct the Student Leaders for 2011. This year the mass will also include the Opening and Blessing of the Lorraine Pratt Sports Fields. If you would like to request a reserved seat for this mass, please contact Mrs Kath Williams on 9409 8800.

Lunch, drinks and sweets will be provided for all. Parent helpers are required to prepare and serve lunch. If you are available, please contact Mrs Glenda Hay on 9409 8854.

All students are invited to change into casual clothes after mass. Sporting attire or track suits should be considered by students for playing sport, doing activities or trying the go-go dancing.

A range of amusements, entertainment and sporting activities will be on offer in the afternoon. These activities

will involve cha-cha and cyclone rides, a giant slide, a rock climbing wall, Harley-Davidson motor cycle rides, a range of sports, music and a DJ.

Dismissal will occur between 2.30 p.m. and 3.00 p.m. Parents are asked to make suitable transport arrangements.

Much planning and preparation has been devoted to St Monica's Day and I encourage all students to participate to ensure it is a memorable event.

ST MONICA'S WEEK

- | | |
|---------------------|--|
| Sunday 22 August | Alumni Gathering at DRC from 2.00 p.m. – 4.00 p.m. |
| Monday 23 August | Annual Oration – The L'Arche Community Working to do 'Something Beautiful for God' |
| Wednesday 25 August | Sports Breakfast compered by Essendon Champion Anthony Daniher, featuring leading sports identities. Tickets \$35 and \$20 for students. The Heritage Bar and Grill Reception Centre, High Street Epping. 6.45 a.m. Tickets available from Jenny Cavallo on 9409 8860. |

Education Maintenance Allowance 2nd Instalment 2010

The Education Maintenance Allowance is paid to eligible parents/guardians of students under 16 years of age. The EMA is paid in two instalments, \$157.50 to both the parent and the school in April 2010 and \$67.50 to the parent and school in August/September 2010 a total of \$450.

To be eligible the applicant must have:

- ** A valid Health Care Card/Pension Card or Veterans Affairs Card.
- ** Be a Foster Parent and apply for the Foster child only.
- ** Card must be valid on 12 July, 2010 to be eligible for the second instalment.

EMA forms are held at both DRC and DSC Admin receptions and need to be lodged at Davison Street Campus only no later than 6 August, 2010.

Please note: no late applications will be accepted after the 6 August, 2010 as requested by DEET.

Any queries can be directed to Ms Andrea Moon on DSC Campus Tel 9409-8800.

If you have already applied for EMA 1st Instalment then there is no need to apply for the 2nd Instalment.

RE-ENROLMENT PROCESS 2011

All students in Years 7 - 11 should have received a re-enrolment form for 2011.

If your child is returning in 2011, please return the **form together with payment of \$150.00** for each student no later than Wednesday 1 September to secure a place.

If your child is not returning in 2011, the form must be returned indicating their departure.

Payment can be made via cheque/credit card/EFTPOS or cash only. **BPAY payments will not be accepted for the re-enrolment process.**

If payment is not attached, the form will be returned to the student to have the process completed correctly.

Any queries please contact Ms Andrea Moon 9409 8800.

VISITOR FROM PAKISTAN

Our College community is delighted to welcome Sister Bina Yousaf PBVM from Pakistan to SMC for the month of August. Sister Bina joins a long list of Sisters whose visits to Australia have been financially sponsored by our College. We thank Miss Pam Coyne for graciously hosting Sister during her time in Australia.

SMC NOTEBOOK PROGRAM: UPDATE

Netbook Rollout for Years 8 and 9: Dates for your Diary

Parents of students in Years 8 and 9 are advised that their sons and daughters will receive their Netbook on the following dates: **Year 8 – September 1 and Year 9 – August 31.** Parents are required to attend a special evening from 7.30 p.m. – 8.30 p.m. to receive the Netbooks and also hear important advice about Cybersafety. Shortly, you will receive special correspondence in relation to these events.

Netbook Manual

Parents are advised that there has been an update of the Netbook Manual placed on the Parent Portal – just go to the College website, www.stmonicas-epping.com and login at the 'Community Login' link at the top right hand corner of the Homepage. There is an additional Appendix 4 on page 22 which outlines matters to do with repairs and replacement of Netbooks.

MEDIA RELEASE FROM CATHOLIC EDUCATION OFFICE

Catholic Education calls for funding certainty in Federal Election

All sitting MPs and candidates will be invited to Catholic schools during the federal election campaign so that they can see what will be at risk if a fair funding commitment is not made.

The Director of Catholic Education in the Archdiocese of Melbourne, Stephen Elder, said the campaign provides political leaders with the opportunity to assure anxious Catholic school communities that their future funding is secure.

"Victorian Catholic schools receive 37% less per student in total government funding than government schools and Catholic schools know that our future would be at risk if government funding was reduced further," Mr Elder said.

"The Minister for Education, Simon Crean, is yet to make the government's position on funding clear for Catholic schools beyond the process of the school funding review currently underway."

The Shadow Minister for Education, Christopher Pyne, has recently outlined the Coalition's policy on Catholic school funding beyond 2012.

The Coalition's policy to provide at least the same level of funding with indexation against government school costs will ensure federal government funding keeps pace with rising costs. Principals and school communities would welcome this certainty.

School communities will also realize continuing the current funding model will not bridge the gap between needy Catholic schools and better resourced government schools.

More resources for students with disabilities, students at risk, early intervention and literacy and numeracy programs will all be issues of interest.

MONICANS' ACHIEVEMENTS

1. Celeste Mitsiou of Year 11 Purple must be congratulated for being the Runner-Up of the Senior Section in the Australian Catholics Journalist Award 2010. Her story will be published in the next issue of Australian Catholics, Spring 2010 and Celeste's comments and photo will also be included in the magazine. Prizes and a trophy will be forwarded to SMC shortly. We are all absolutely thrilled with Celeste's effort and congratulations from the whole SMC community.
2. Dorothea Mackellar Poetry Competition – SMC Results

I am pleased to announce the results of the DRC and DSC competitions:

DSC Competition:

- 1st Fabrice Terriere
- 2nd Amanda Jackson
- 3rd Adrian Cilmi

Honourable Mention:

Cassandra Dib

DRC Competition

- 1st Lauren Milano
- 2nd Dhilini Ranasinghe
- 3rd Isabelle Terriere

Honourable Mention:

Mikhaela Casicas

Thanks to Ms Molony for judging these competitions. All entries have now been submitted for consideration in the national competition.

3. 2010 SMC DRC Chess Overall Champion

Congratulations to Daniel Giusti (Year 9) on becoming the overall DRC Chess Champion in 2010. Matches were played in the Pamela Coyle Library at lunchtime. Shan Galappathy Year 7 Champion played Jordan Hiho Year 8 Champion, Shan winning against Jordan then went on to play Daniel. Well done to all boys for their great sportsmanship and true Monican spirit. All participants took Chess seriously and obviously enjoyed the fierce competition. Daniel was presented with the DRC shield.

4. 2010 English and Science Enhancement Programs

Congratulations to the following students who have been selected to participate in the 2010 Science and English Enhancement Programs in conjunction with the HORIZONS classes:

English:

Year 9

Rany Misconi
Monika Arar
Tyra Luong
Lauren De Iacovo
Karinda John
Elyse Duggan
Daria Eklic
Brandon Accardi
Keith Lai
Renaë Failla
Adriana Sadaj

Year 8

Kurt Cauchi
Isabelle Terriere
Tiana Nguyen
Kristen Settlinelli
Joshua Traglia
Melvyn Charan

Year 7

Chrystal Tigani
Chloe Palermo
Martina Tran
Brandon Borg
Carla Italia
Tracey Pham
Aaron Yin
Caroline Nguyen

Science

Year 9

Rachel Fenech
Maria Hormiz
Melody Kwok
Tyra Luong
Karinda John
Brandon Accardi
Tammy Nguyen
Monika Arar
Sachin Menikdiwela
Dean Foster

Year 8

Matthew D'Amore
Caroleen Hagopian
Aloisa Budisavljevic
Madison Schembri
Julia Villani
Joshua Traglia
Jerry Lay
Chloe Palermo

Year 7

Ryan Bolger
Aaron Yin
Brandon Borg
Karla Conversano
Tracey Pham
Jason Notaro

Thank you to all students who applied to participate in these programs.

FROM THE STAFFROOM

1. We welcome Mrs Lina Sergi to the College as an Integration School Officer. She replaces Mrs Lynette Cordele who retired from SMC on July 30 after a distinguished career in educational support over many years.
2. Ms Kaye Zugaro replaces Ms Laura Lori who resigned unexpectedly. We welcome Ms Zugaro to the College.
3. On Monday, July 26 a group of former and present staff and Beale family members gathered to mark the retirement of Mrs Ancita Beale. Her time at the College commenced in 1971 and after 39 years of teaching service, Mrs Beale took the decision to retire. We thank her for the many contributions she made to Monican life and wish her a happy and fulfilling retirement.

SINCE THE LAST EDITION

Term 3 is underway: FFV Futsal State Championships; DAV debating; Year 8 premier league; Uniquely Year 9 Experiences; On the Edge at Ostia; Plain English Speaking excursion; auditions for Principal's Cup for Song; Board Committees' meetings; Vocations Awareness Week; talks on World Vision 40 Hour Famine; VCAL sausage sizzler fundraiser; CAS netball; VCE/VCAL Parent/Teacher conferences; Talking Faith in the Local Community event; Year 11 retreat

BEHIND THE ROSTRUM

ROUND 4 DAV DEBATING

Round 4 of DAV debating took place on the evening of Monday 19 July. Of the nine SMC teams six of them won leaving these teams undefeated so far. The results were:

A grade

St Monica's 1 225 defeated Parade College 1 224
St Monica's 2 226 defeated Loyola 1 221

B grade

St Monica's 1 225 lost to Parade College 1 226

C grade

St Monica's 1 225 defeated Eltham HS 1 223

D grade

St Monica's 1 222 lost to Thomastown SC 226
St Monica's 2 228 defeated Parade 2 226
St Monica's 3 229 defeated Montmorency SC 1 228
St Monica's 4 223 lost to Loyola 6 225
St Monica's 5 defeated Catholic Ladies College 1 224

MONICANS OUT & ABOUT

1. Teamwork Café Year 7 Students

Samual Petrecca, Sonali Hewadewage, Christopher Pham, Jamie Kotsos, Andrew Toma, Josephine Oghanna, Rocco Scuteri, Sarah Romeo, Joshua Mifsud, Daniel Chassari

2. Year 10s at St Vincent de Paul centre : Maggie Nguyen; Monica Pham; Rebecca Shepherd; Agnes Poto; Trixi Do; Caitlin Rexley; Kayla Bertoncini; Jessica de Bont

3. Collingwood Cottage helpers: Loredana De Marco; Tram Nguyen; Phillip Tsetsos; Kellie Macnaughtan; Stephanie Bombardieri; Laurence Mincone; Donnie Dimase; Natalya Minca.

4. St Peter's Literacy Program (Year 9): Julia Cherubin; Mathew O'Sullivan; Jessica Ryan; Leon de Silva; Huyen Mai; Benjamin Nolan

CAREERS CORNER

NMIT Child Care Course Update

Any Year 12 student interested in completing a Children's Services Course (Child Care Certificate IV or Diploma level) at NMIT are advised that it is not available through the VTAC process for 2011 applicants. Applicants for next year must attend an information session about the course on Thursday 16 September from 6.30 p.m. at NMIT 65 Cramer Street Preston, Building R where they will receive the information pack for a direct entry application to this course.

Students who cannot attend this information session must contact NMIT for other information session dates to be eligible for this course.

NMIT Open Day

The 2010 NMIT Open Day will be held on Tuesday 3 August from 4.00 p.m. – 7.30 p.m. at the Preston Campus. To attend the information sessions at this time you need to register on-line at www.nmit.edu.au/openday Enquiries 9269 8400.

Super Thursdays

NMIT is also holding information sessions on 19 August, 16 September and 21 October. If you are interested in attending one of these sessions that include activities, experts and advice on the courses you want then check out the NMIT website on www.nmit.edu.au/super_thursdays or phone 92698400.

On 18 November, 2 December, 9 December and 16 December the Super Thursdays information sessions will continue. At these sessions students can also complete Non VTAC enrolments for NMIT courses not listed in the VTAC guide but listed in the NMIT Guide. For further information check out www.nmit.edu.au/super_thursdays

WORLD OF SPORT

Year 8 Premier League - 20 July 2010

St Monica's V Marymede Sport

	SMC	Marymede
AFL	7.15.57	0.1.1
Netball	25	25
Basketball (Boys)	No Game	
Basketball (Girls)	38	44
Volleyball (Boys)	13	
Volleyball (Girls)	32	
Football (Boys)	70	
Football (Girls)	11	

Year 8 Premier League – 27 July 2010

St Monica's V Kolbe

Sport	SMC	Kolbe
AFL	15.13.103	2.1.13
Netball	36	11
Basketball (Boys)	19	33
Basketball (Girls)	30	21
Volleyball (Boys)	2	2
Volleyball (Girls)	5	0
Football (Boys)	6	2
Football (Girls)	9	1

Football Federation Victoria Futsal State Championships

St Monica's College built on our outstanding reputation in 2010 with three State Championships and one runner up in the six categories contested.

Junior Girls were successful with an exciting 3 - 2 comeback win against Loyola College.

The Intermediate Girls backed this up with a win over Haileybury College.

The Senior Boys also had a scintillating come from behind win over Rowville Secondary College. The boys fell behind 3 - 0 before finally winning 4 - 3 in extra time.

Haileybury had some revenge against the Senior Girls with a convincing 6 - 1 win.

LITTER WINNERS

Congratulations to Benjamin Newton (Year 8 Mauve), Laura Oghanna and Khalil Yarak (Year 9 Emerald) and Sam Antoniou (Year 7 Orange) who won a free pizza lunch at the end of Term 2. They also go into the draw for the iPod which will be drawn at the end of Term 4.

Thank you to all those people who are doing the right thing and using the bins. We are all making a big difference as our campuses are already much cleaner. Our aim is for zero papers / litter on the ground and we will achieve this.

FRESH FOOD KIDS – COMMUNITY GRANT

Great news St Monica's College has been awarded a \$3000 grant from Woolworths to be used for our Year 11 VET Sport and Community Recreation Program, we applied for this grant two months ago. The money will be used to purchase equipment for our Grade 3 sports afternoon program, a great result.

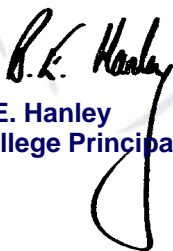
SAFE TEENAGE PARTIES – A GUIDE for PARENTS

Parents are often worried about hosting teenage parties. Most teenagers, particularly those in Years 8 - 10, need guidance and benefit from the support and direction of their parents. There is a forum on this issue on Thursday 12 August at Ivanhoe Grammar School, Plenty Campus, Creative Arts Centre, 730 Bridge Inn Road, Mernda. At this forum you will be provided with information about invitations, communication about the party, guest lists, informing police, control of behaviour, access to alcohol and other important tips to ensure that your party runs smoothly. Entry is free but bookings are essential. For further information, ring Virginia Creed on 9490 3737 or book your place by emailing number of places required to plentytickets@ivanhoe.com.au

MARVELLOUS MONICAN

Olivia Spiteri of Year 7 Green enrolled with the Community Visitor Scheme and has been matched to one of the elderly residents at Blue Cross Community & Residential Services, Mill Park for the past six months. Olivia visits to offer friendship and quality of life to the residents, who are very happy to see her each week.

Olivia is an exceptional young lady who is community minded and a pleasure to have around.



B.E. Hanley
College Principal



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