



FAVORITE THINGS



Oscar Hammerstein and Richard Rodgers composed the song 'My Favorite Things' for their musical, "Sound of Music." Julie Andrews, playing the role of Maria, gleefully and

joyfully sang to the Von Trapp children of those things which made her life happy.

Monicans, as we live through this dreadfully sad time of Coronavirus and as we seek daily to cope with the Stage 4 restrictions, it might be pleasant to enjoy a touch of escapism and think for a while about our favorite things – those matters which bring a smile to our face.

Using the lyrics of 'My Favorite Things', let us begin a journey of pleasure. For many of you, it may be animals that brighten your life. For Julie Andrews, it was *cream colored ponies and whiskers on kittens*, and she was taken by *wild geese that fly with the moon on their wings*.

Pets give great peace, entertainment and companionship to many folks. Their dog, the cat which rubs against one's ankle, the chirping golden canary in the cage and the chooks in the henhouse find favor with so many. Treasure them.

Julie Andrews sings about her favorite dishes. She loves *crisp apple strudels* and *schnitzels with noodles*. How happy are you when served a favoured meal that you savour each time you have it on your plate? Is it a spicy, salty, frozen, roasted, fried, sweet and sour meal? Maybe it is a takeaway or a pastry snack like a hot sausage roll or meat pie coated with tomato sauce that entices you. We hear people declare themselves meat-eaters or chocoholics; a lover of ice cream or a hot date pudding. Enjoy your favorites and occasionally treat yourself!

I know people who, like Julie, love clothes such as *white dresses with blue satin sashes* and *warm woollen mittens*. Perhaps you are nature devotee

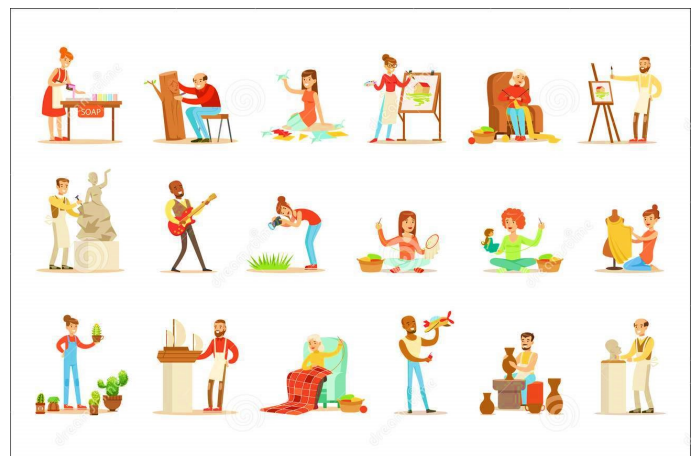
and *raindrops on roses and snowflakes that stay on your nose and eyelashes* during *silver white winters that melt into spring* are your favorites.

And who does not love the surprise and delight of *brown paper packages tied up with string*? Monicans, whatever, try to introduce some happiness into your life and the lives of your family and friends during this time. Let us do all we can to remain optimistic, resilient, strong and determined, united in this battle, and healthy.

Monicans are educated under the motto of 'Pray and Persevere'. This can both sustain and inspire us during this time of crisis and anxiety. I urge all Monicans on occasions to reach out to God through prayer and to offer our perseverance in our remote learning and teaching to Saint Monica on whose support spiritually we can depend.



We have six tough weeks ahead of us – and each Monican must deal with circumstances as they affect them. No one, I presume, is looking forward to what awaits. In this Principal's Bulletin, I am suggesting that in the midst of the challenge it will not be too extravagant to remember often our favorite things and for a time turn grief into happiness, worry into joy.



RE-ENROLMENT in 2021

We invite you to re-enrol your child/children at St Monica's College, Epping for 2021. We trust that you will continue to support the College and it is our intention to build on the work of 2020. Next year we shall maintain our high standards to offer a first-class Catholic Education for all our students.

Re-enrolment into Years 8 - 12 must be confirmed by payment of \$150 deposit which will be deducted from your 2021 fees. If your son/daughter does not return to the College in 2021, this deposit will not be refunded.

In some circumstances, re-enrolment will be dependent on meeting College standards and/or ability to meet current fee obligations. Those parents will be contacted separately.

Payment of this re-enrolment fee will be taken as acceptance that you are responsible for payment of the College fees for the forthcoming year as and when they fall due and for the finalisation of any current outstanding fees. Furthermore, College families need to abide by and support the College Ethos and regulations regarding uniform and conduct.

Re-Enrolment 2021

Re-enrolling your children can be completed online via the Community Portal.

Opens: 10 August 2020 - Closes: 16 October 2020

Parents access the Community Portal using the below steps:

1. On the College website
2. MY SMC
3. Community Portal
4. Enter your username and password
5. Click on Events

Please note: Every student re-enrolment needs to be completed separately.

If you are having difficulties using the community portal, please contact the College for assistance.

Payment for re-enrolment can also be made at College Reception at Augustine House.

Not Returning to St Monica's College 2021

Contact the College Registrar [Mrs Enza Sinopoli](mailto:Mrs.Enza.Sinopoli@stmonicas-epping.com) on [9409 8444](tel:94098444) regarding exiting your child from the College.

St Monica's College, Epping

www.stmonicas-epping.com

T: 9409 8800

Junior Campus Years 7 - 9

400 Dalton Road, Epping VIC 3076

Senior Campus Years 10 - 12

16 Davisson Street, Epping VIC 3076

ENROLMENTS

Close off date of Year 7, 2022

9 October 2020



Enrol Now

For Year 7, 2022 And 2023
Limited Places Available For
Years 7 - 12 For 2021.

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CAREERS CORNER



As we go back to remote learning, please be aware that Mr White and Miss Kneebone are still available for **careers appointments**. Simply get on to the Careers website via St Monica's

home page and go to the 'Book an Appointment' tab. As the meeting will be conducted by phone or video conference, please also include a relevant phone number to be used to make contact for the meeting.

Under the 'Important Info' tab on the Careers website, we have now added another page titled 'Year 12 Updates' (students in **other year levels** will also find items of interest!). This page is being constantly updated, and along with emails sent to Year 12 students, they will have all the information they need to remain **fully informed**. One of the links on the page takes you to the **VTAC YouTube Channel**. Here you will find some excellent videos explaining everything from VTAC account registration to the scaling process.

This 38 minute video, '[VTAC guide to applying for year 12 students and parents](#)', is also well worth watching and can also be accessed via a link in the 'Year 12 Updates' section of the Careers website.

For students in the younger years, who might want to explore various careers, there is an excellent collection of 3-5 minute videos on the careers website. They can be accessed through this link which takes you to the relevant section on the website:

<https://careersdept.stmonicas-epping.com/job-and-career-search>

STAFF MEMBER OF THE MONTH FOR JULY



The Staff Member of the Month for July is Mr Matt Sheens for his outstanding work in developing a superior, more competitive and fairer structure for the SACCSS Premier League competition.

Acknowledgement is also made of his allocation of duties to Sports staff which, when completed, will enhance the College's Sports program.

COUNSELLORS ON CALL

FAQ COUNSELLING

1. Does SMC have counselling services?

SMC has counselling services that are accessible to all students. Counsellors are available every school day, during normal school hours. Under the current restrictions, counselling is provided through Telehealth. Telehealth is counselling support using a telephone and, in some instances, can be supported with the use of video.

2. How do I access counselling?

There are a few ways to access the counsellors. Speaking with a teacher or Year Level Leader can lead to a recommendation or referral to counselling. In addition to this any student can self-refer via the SMC Student portal, wellbeing/counsellor services/student referral. Once we receive a referral the student will then be emailed by one of the counsellors.

Additionally, you can call reception - 9409-8800 and request to speak with a counsellor.

3. What sort of issues can I get support for?

Students present for counselling for a range of issues: anxiety, family issues, stress management, mood, motivation, procrastination, friendship, grief and loss.

4. How is my information managed when I speak with a counsellor?

During this time of restrictions all SMC counsellors are working offsite. All conversations are confidential, however in the instance where there are concerns about the safety for a student or they identify that someone else is at risk, then we advise the student of the need to inform others: parents, guardians, carers and Year Level Leader. This to ensure that the young person is safe, and the key people are informed and able to offer support. This is explained to the student prior to commencing counselling and both the student and parent are provided with a consent statement outlining the above, this is emailed to both, acceptance of this consent statement must then be emailed to the counsellor in order for counselling to commence.

COUNSELLING SERVICES DURING STAGE 4 RESTRICTIONS, AUGUST 2020.

We find ourselves back in a time of remote learning and greater restrictions to our daily lives. It is never more important than now for us to strive together in order to stay safe and look after our loved ones and our community. These are challenging times.

The Counselling team is committed to the ongoing provision of an accessible, safe, supportive and confidential counselling services to all students of St Monica's College.

Firstly, it is important that you know that at St Monica's we have five counsellors and that during this time all the counsellors are available. However, the way we are delivering this service has changed.

If you are concerned about a young person's wellbeing

- There is a strong network of pastoral and wellbeing support services at SMC. Speaking with the young person's Year Level Leader or Homeroom teacher is the appropriate starting point. They will be able to assess and make recommendations, based on your young person's needs. Our Year Level Leaders consult regularly with the Counselling team. They may recommend speaking with a counsellor.

Counselling appointments for students

- Parents, students and teachers can refer to counselling
- The counselling service is voluntary, this means that the young person needs to be open to engaging with the service. Therefore, it is important that you speak with the young person and have their agreement.

How the sessions will work

- Once a referral is received the counsellor will email the student and the parent (in some instances) to schedule an appointment
- Following the student's email response, acceptance of the appointment and the attached consent statement, the counsellor will schedule an appointment and will provide the student with their office landline phone number
- We are currently providing telephone counselling services.

Sessions will vary in length of time; however, the young person can expect to be available for up to 45 minutes.

Suitability for telephone counselling

- Some students may find that this method of counselling difficult to engage with. The counsellor will be able to talk with them about this
- Some students' needs will be better met by working with an external service or provider, the counsellor will discuss this with the young person and or the parent
- Counsellors will maintain their strict professional practices in all instances and will make assessments and respond accordingly.

Wellbeing Resources

Wellbeing resources are available on the SMC website—go to COVID 19 INFO. There are resources relevant for parents and students.

TELEHEALTH AVAILABLE 24/7

Need a Doctor? 24 – 7 MedCare provides telehealth consultations for:

- Instant Medical Certificates
- Instant Prescriptions
- mental Health Management.

Call: 139247 or
Visit: <https://24-7medcare.com.au/> for more information.

MISSION AUSTRALIA YOUTH SURVEY

The annual Mission Australia Youth Survey is active for students to complete. The survey can be accessed at www.missionaustralia.com.au/youthsurvey until 14 August. It is Australia's largest annual survey of young people. The survey seeks the views of young people on the following topics:

- Mental health and wellbeing
- Help seeking
- Transition to employment
- Discrimination
- Financial concerns, and
- Exclusion.

The online survey is available to young people between the ages of 15 and 19, and can be completed on a computer, laptop, tablet or mobile phone.

PRINCIPAL'S CUP FOR SONG AUDITIONS



All singers from Year 7 to Year 12 are encouraged to submit a video audition for the Principal's Cup for Song. To audition, please complete the form on the following link:

<https://forms.gle/s3KZuFC62Kb1GLEh>

All audition applications must be received by 4.00 pm on Friday, 14 August.

If you require assistance with selection of music please contact your vocal teacher or Mr Hatherell.

The Principal's Cup for Song will be held as an online event. Further information to follow.

BRIDGE PROGRAM FUNDRAISING RESULTS

Over the course of the year, four devoted Year 12 VCAL students committed to selling every Thursday at lunchtime, Harvest Snap baked pea crisps to raise funds for our Bridge partner school in the Philippines. The students involved are: Molly Gills, David Chessari, Caitlin McGrotty and Corina Martini and have raised over \$700. The money will be directed to the Moreno Integrated School in Daet to support their Be More Social Justice group which they have established on the model of our very own St Monica's College Social Justice program. These efforts of these students have enabled us to further the relationship St Monica's College enjoys with Moreno.

WORLD OF SPORT



SMC Basketball Academy Trick Shot Competition

Over the next 4 weeks the Basketball Academy will be conducting a fun competition. So let's get creative and see who can come up with the **funny 5 second video** of a goofy/trick shot or drill and take home the prize.

Start date: Monday 17 August
Close date: Monday 7 September

How long is the clip? Up to 5 seconds long.

Who Can Enter? Any St Monica's College student.

Who I use in the video? You, family or family pets

How many times can I enter? Once.

Other requirements. Must have a College logo visible within the clip.

Prizes? Yes \$50 gift Voucher

All you need to do is think creatively. If you don't have a basketball ring you may use anything that a ball with drop into if you are doing a goofy shot. If it's a drill, all you require is a ball. Video it, upload it and email it to j.dorge@stmonicas-epping.com

MARVELLOUS MONICAN



Congratulations to Kate Pavic (Year 9) who when in Year 7 submitted a design in Coles' national bag design competition to support the supermarket chain's commitment to remove single-use plastic bags in its supermarkets. Kate was chosen as one of the four national winners.

Kate's bag design has finally hit the shelves at Coles. It is a gorgeous freezer bag which supports the charity SecondBite and proudly features our College name. Congratulations Kate. We are all proud of you.



B.E. Hanley
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Principal



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