



RESPECT FOR OTHERS IS A SACRED DUTY

Monicans, without intending to make exaggerated or false claims, I wonder if you agree with me that the instances of disreputable treatment of women in our society is at a chronic stage. It seems daily that we read about Members of Parliament stepping down from their roles due to sexual misconduct; women being degraded by acts of debauchery by men who harm and mistreat them privately and in public spaces; plus allegations made about sports people, those from the performing arts, television identities, and other well-known personalities.



It is wrong, and personally I do not know if attacks like these are growing in number or if society is demanding that acts of maltreatment and criminal activity must reach the media and thereby be made public.

Surely, it is a sacred duty for us to act and fervently believe that women and men are equal in the sight of God

and must be considered thus in the eyes of society. Our College would be deserving of criticism and shame were we not of the belief that boys and girls are always to be offered the same opportunities. There must be a safe environment at all times.

St Monica's College has a heritage that reaches back to the early 1960's when the first female religious congregation to be founded in Australia in 1857, the Sisters of the Good Samaritan, accepted the challenge to establish a Catholic secondary regional College for girls at Epping. These religious women and their pioneer students provided us with the foundations upon which we have consistently built, including the invitation to boys to join the Monican community in 1978.

Women have played significant roles and shaped our College immensely. An Honor Board names and celebrates the Good Samaritan Sisters who worked here; hundreds of

women have and still do lead the College in all capacities and roles; thousands of our female alumni have played or are now contributing to the growth of our nation. Over a thousand girls are enrolled in 2021 at SMC.



Our College is investigating ways whereby we can enhance what professional approaches we can take on the topic of Consent Education. We have hailed Positive Relationships for decades as our preferred way of operating as a school. Our Mission Statement highlights the sacredness of all people, "The school values the sacredness and welling of all students, staff and parents". It continues, "We nurture genuine and harmonious relationships", and we seek to fulfil this statement faithfully every day.

It is important that Monicans confront evil and call it out as totally unacceptable and against all we stand for and believe at SMC. We are only a successful school if females and males (students and adults) are treated in the authentic spirit of equality and utter respect – always.

All these words written above and produced publicly through this Principal's Bulletin is why our 2021 College theme **SHALOM – ANYWHERE YOU GO** is so precious.

SISTER MARY DUFFY sgs

I am saddened to inform the Monican community of the death of our second Principal (1967 – 1970), Sister Mary Duffy sgs on Thursday, 20 May 2021. Our condolences are extended to the Duffy family and the Sisters of the Good Samaritan congregation on the death of a much loved and wonderful woman. A special tribute will be paid to Sister Mary in a forthcoming edition of *The Monican*.

YEAR 7, 2023 APPLICATIONS



Enrol Now

APPLICATIONS FOR YEAR 7, 2023

CLOSE ON

FRIDAY, 20 AUGUST 2021



St Monica's College, Epping

www.stmonicas-epping.com

T: 9409 8800

Junior Campus Year 7 - 9

400 Dalton Road, Epping VIC 3076

Senior Campus Year 10 - 12

16 Davisson Street, Epping VIC 3076

Morning Tea With The Principal

Tours of the junior campus are held regularly throughout the year during school time. This is an excellent opportunity to see our College at work. Bookings are essential.

For tour dates, bookings and further information about enrolment, please contact the College Registrar on 9409 8800 or email registrar@stmonicas-epping.com.



APPLY NOW: www.stmonicas-epping.com/apply

IMPORTANT DATES

TERM 2 DATES

May

28 Year 11 and 12 Theatre Production Evening

June

1 – 10 Year 10-11 Examinations

7 Year 12 Studio Arts Exhibition

8 – 10 Years 8 - 9 Examinations

9 GAT

11 Report Writing Day (Student Free)

14 **Queen's Birthday – Public Holiday**

15 Changeover Electives 7-10 – Start of Units 2 and 4

16 – 20 College Production

23 Principal's Art Prize

25 **End of Term 2**

FINANCIAL ASSISTANCE FOR CAMPS, SPORTS & EXCURSIONS FUND (CSEF) 2021 \$225.00

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund will ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities.

School **camp**s provide children with inspiring experiences in the great outdoors, **excursions** encourage a deeper understanding of how the world works and **sports** teach teamwork, discipline and leadership. All are part of a healthy curriculum.

CSEF will be provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card, veterans affairs or pension card, or are a temporary foster parent, you may be eligible for CSEF. The allowance will be paid to the school to use towards expenses relating to camps, excursions, or sporting activities for the benefit of your child.

The annual CSEF amount per student will be:

\$125 for primary school students

\$225 for secondary school students.

How to Apply

Contact the school office to obtain a CSEF application form or download from https://www.education.vic.gov.au/Documents/about/programs/health/CSEF_application_form.pdf

Accepting applications

Parents (including guardians) no longer need to submit a new application form each year in most cases.

Parents only need to submit an application form in 2021 if any of these changes have occurred.

- New student enrolments: students who have started or changed schools in 2021 or if the parent did not apply for CSEF at the school in 2020
- Changed family circumstances: such as a change of custody, change of name, concession card number, or new siblings commencing at the school in 2021.

Eligibility Date

For concession card holders CSEF eligibility will be subject to the parent/legal guardian's concession card being successfully validated with Centrelink on the first day of either term one (**27 January, 2021**) or term two (**19 April, 2021**).

Closing Date

You should lodge a CSEF application form at the school by **25 June, 2021** for eligibility. For more information about the CSEF visit www.education.vic.gov.au/about/programs/Pages/csef.aspx

If you have already claimed for this year, there is no need to re-apply.

For any further queries please contact the Fees office 9409 8800.

MELBOURNE ARCHDIOCESE CATHOLIC SCHOOLS (MACS)

This is the new governance body for Catholic institutions, headed by Archbishop Peter Comensoli. Obviously, it includes our College and we have had dealings with finance, building authorities, and other management and welfare staff. Schools are moving towards School Advisory Councils and if any parent is seeking further information, please contact Mrs Joanne Depetro. Plans are well underway in regard to the Council.

NATIONAL HISTORY CHALLENGE 2021

Students in Years 7 – 12 who have an interest in History are invited to enter the National History Challenge. This year's theme is 'Significance: History Matters' and students are invited to write an individual research essay, create a 3D model or choose another method of presenting. For more information, please visit www.historychallenge.org.au or email Mrs Turner. Entries close on 27 August.

EXAMINATION INFORMATION

End of Semester Examinations

End of Semester Examinations for Years 10 and 11 commence on Tuesday 1 June and will finish on Thursday 10 June. There will be no examinations held on DSC on Wednesday 9 June due to the Year 12 students undertaking the GAT.

Examinations for Years 8 and 9 commence on Tuesday 8 June until Thursday 10 June. There are no End of Semester One Examinations for Year 7.

Friday 11 June is a Report Writing/Examination Correction day and is a student free day.

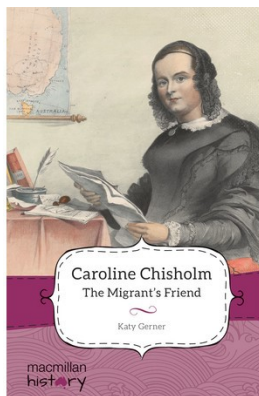
Semester 2 Electives and Unit 2 and Unit 4 studies at the senior levels commence on Tuesday 15 June.

SUPPORT FOR PRESENTATION SISTERS' WORK IN PAKISTAN



Many of you will be aware of the deep and sincere friendship SMC has with the Presentation Sisters of Pakistan. Our friends in Pakistan run many schools in the southern Sindh region that educate the poorest and most marginalised. These schools are run by dedicated teachers who are paid approximately \$1100 per annum. As a result of the COVID pandemic the Presentation Sisters will be unable to meet the wages bill of these teachers in 2021. Our friends have asked the SMC community for help. To do this you can donate to the Presentation Sisters go fund me campaign by going to <https://gofund.me/41a96e97>. Every dollar counts! We aim to raise \$13,000 so please consider donating whatever you can. Individually we need only contribute a little which collectively will amount to a considerable contribution that will enable these schools most valuable resource, their teachers, to continue the fine work they do.

CAROLINE CHISHOLM FOUNDATION—GUEST SPEAKER



We are blessed to have the CEO from the Caroline Chisholm Foundation, Jennifer Weber and Rebecca McAuley, Program and Engagement Coordinator, to come and speak to us about the work of their foundation and on the problem of domestic violence in our world. If you would like to know more about the issue of domestic violence, the work of the foundation and on how we can help, please come and join the Be More staff and students.

When: 29 May
Time: 3:45 pm to 4:45pm
Where: Southern Cross Gathering Space
Please book through: d.fleischmann@stmonicas-epping.com

We would love to see you there.

CAREERS CORNER

YRS 10 -12 POP UP SEMINARS

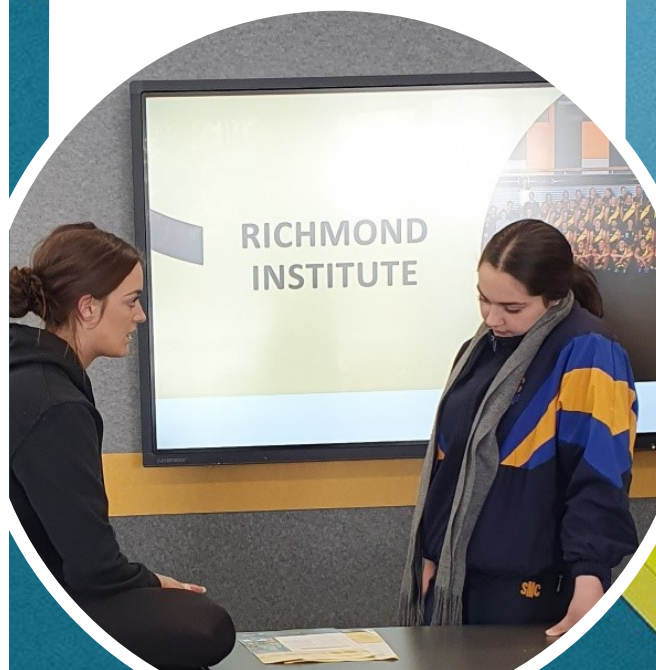
Throughout the month of May we have representatives from many of the Tertiary Institutions that our students are likely to attend after completing their secondary education, coming to St Monica's to present to interested students in Years 10-12.

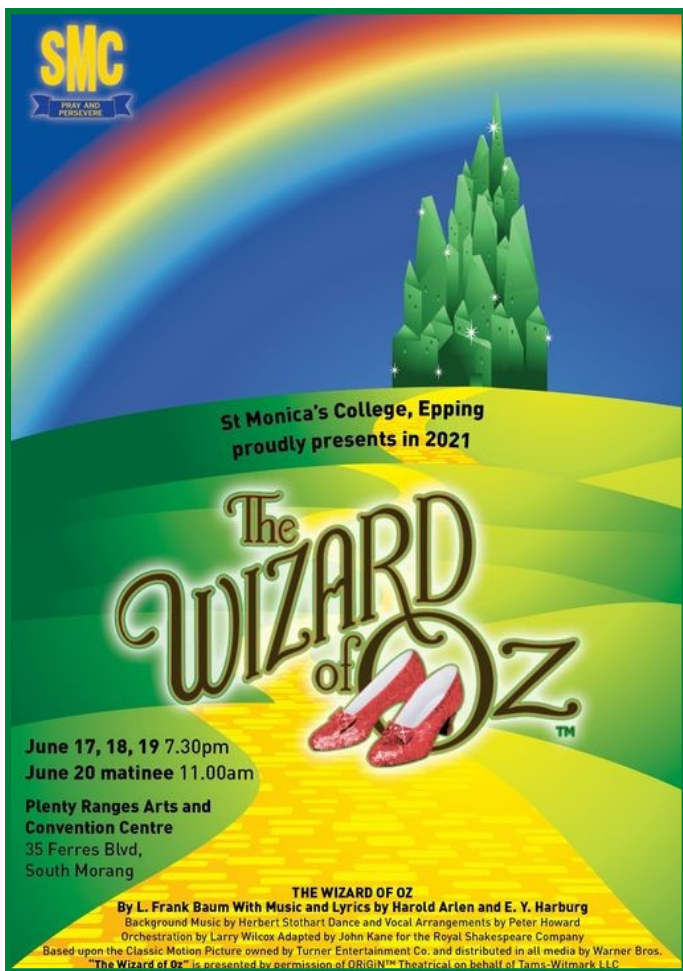
We encourage students from Years 10-12 to attend these presentations as another way to gather necessary information to help make well informed decisions about their career options. Tertiary institutions that have presented (or are still to present) are La Trobe Uni, Melb Uni, RMIT, ACU, ADF, Melbourne Polytechnic, Vic Uni, Carlton College of Sport and Richmond Institute of Sport.

Two of the institutions have early entry programs. It is good to hear that our students are responding to information they receive about these early entry programs, particularly for popular tertiary destinations for our students such as La Trobe University and Victoria University. At recent Year Level assemblies, it was pleasing to present certificates from Vic Uni to three Year 12 students and two Year 11 students who have been awarded a place in VU Guaranteed. It must be very reassuring for these students to know they now have a guaranteed place at VU or VU Polytechnic prior to Year 12 exams. They are now also automatically considered for a \$500 Ignite study grant (Year 11 students) or one of two \$2000 Ignite Scholarships (Year 12) only available to students at St Monica's College. Students are encouraged to apply for these popular early entry programs.

Application details can be accessed via these two links:

LA TROBE ASPIRE PROGRAM VU GUARANTEED





OFF THE LIBRARY SHELVES

MESSAGE FROM HEAD OF LIBRARY

The Library Resources Faculty's (LRF) basic goal each year is the focus on literature and literacy and the love of reading while at school to build this capacity in students in the form of traditional fiction, to graphic novels, picture books, magazines, fact books (non fiction), eBooks but also to go beyond this to newspapers, screen time and to then have a deeper appreciation of writing styles and understand what messages, arguments are presented and hopefully distinguish quality from media chat. The fiction collection is extensive and promoted in the English Faculty Wide Reading program for Years 7 - 10 each week. This is also extended with our eBook collection – Wheelers ePlatform - that is found on the library portal when students use their College usernames and passwords and is available 24/7. The platform also offers audio books. The ePlatform App is available in Windows 10, Google Play and Apple Store all on the library portal.

Library staff will assist, as required, and the site offers a FAQ/Help section.



SPACE TO READ

On 26 May, Homeroom will be extended to include Period 1. DRC students and Homeroom teachers will stay in homerooms for Period 1 and there will be no usual subject period. This is a great opportunity to spend the time to - READ. The theme for the morning is: Space to

Read - that is what this time will provide, space and time to do nothing more except read, to focus, be quiet, chill and just read. Students must have something to read e.g. a book, magazine, comic anything that you find of interest and must be physical (print) no online content.

PREMIERS' READING CHALLENGE 2021

The Premiers' Reading Challenge is open for 2021. Any students in Year 8 or Year 9 who would like to be registered to participate in this program for 2021 need to see Mrs Johnson or Mrs Carbone in the PCL to organize registration. The Challenge will conclude on 17 September. This challenge can be included as an extra-curricular activity. All details of requirements, rewards and registrations can be obtained from the PCL.

COMMUNITY COOK UP DONATIONS



We are calling on our community to support our Be More students in their initiative of a Community Cook Up.

On the 26 May 4.00 pm – 9.00 pm, Be More students will be working with Mr David Topolsanyi to cook hundreds of meals which will be donated to the Whittlesea Food Collective (running out of Melbourne Polytech) to help the vulnerable in our own community.

We are hoping that you may be able to assist us with our initiative by donating goods in which we can use to cook meals.

If you can donate anything to our cause, we are forever grateful.

We are still finalising our menu and ingredients, but we will need things like:

- ◇ Packets of penne pasta
- ◇ Tinned tomatoes
- ◇ Long grain rice.

If you wish to learn more about the work of the Food Collective - click Whittlesea Food Collective. Please contact d.fleischmann@stmonicas-epping.com regarding donations.



VAPING: WHAT YOU NEED TO KNOW

Increasingly, there seems to be a real need to inform our students and families about the damage vaping can do. In this article, we carefully look at what some of the current research is providing. "Kidshealth.org" is a great resource to inform you of the effects of Vaping.

What Is Vaping?

Vaping is the inhaling of a vapor created by an electronic cigarette (**e-cigarette**) or other vaping device.

What Are the Health Effects of Vaping?

Vaping hasn't been around long enough for us to know how it affects the body over time. But health experts are reporting serious lung damage in people who vape, including some deaths.

Vaping puts nicotine into the body. Nicotine is highly addictive and can:

- slow brain development in teens and affect memory, concentration, learning, self-control, attention, and mood
- increase the risk of other types of addiction later in life

E-cigarettes also:

- irritate the lungs
- may cause serious lung damage and even death
- can lead to smoking cigarettes and other forms of tobacco use

Some people use e-cigarettes to vape marijuana, THC oil, and other dangerous chemicals. Besides irritating the lungs, these drugs also affect how someone thinks, acts, and feels.

Do I Have to Vape Every Day to Get Addicted?

Even if you don't vape every day, you can still get addicted. How quickly someone gets addicted varies. Some people get addicted even if they don't vape every day.

Why Should I Quit?

Wanting to be the best, healthiest version of yourself is an important reason to quit vaping. Others include:

Unknown health effects:

The long-term health consequences of vaping are not known. Recent studies report serious lung damage in people who vape, and even some deaths.

Addiction:

Addiction in the growing brain may set up pathways for later addiction to other substances.

Brain risks:

Nicotine affects your brain development. This can make it harder to learn and concentrate. Some of the brain changes are permanent and can affect your mood and ability to control your impulses as an adult.

Use of other tobacco products:

Studies show that vaping makes it more likely that someone will try other tobacco products, like regular cigarettes, cigars, hookahs, and smokeless tobacco.

Toxins (poisons):

The vapor made from e-cigarettes is **not** made of water. The vapor contains harmful chemicals and very fine particles that are inhaled into the lungs and exhaled into the environment.

Sports:

You want to do your best in sports, and vaping may lead to lung inflammation (irritation).

Money:

Vaping is expensive! The cost of the cartridges over time starts to add up. Instead, you could spend that money on other things you need or enjoy.

To go against tobacco company advertising:

Many e-cigarettes are made by the same companies that produce regular cigarettes. Their marketing targets young people by making fun flavors for e-cigarettes and showing young, healthy people vaping. They're trying to make you into their new, lifetime customer.

How Can I Quit?

- Decide why you want to quit and write it down or put it in your phone. Look at the reason(s) when you feel the urge to vape.
- Pick a day to stop vaping. Put it on the calendar and tell supportive friends and family that you're quitting on that day.
- Get rid of all vaping supplies.
- Download tools (such as apps and texting programs) to your phone that can help with cravings and give encouragement while you try to stop vaping.
- Understand withdrawal. Nicotine addiction leads to very strong cravings for nicotine.
- It can also lead to headaches, feeling tired, cranky, angry, depressed, trouble concentrating, trouble sleeping, hunger and restlessness.

The signs of withdrawal are strongest in the first few days after stopping. They get better over the following days and weeks.

Get ready for feelings, people, and places that make you want to vape. These are called **triggers**. If possible, avoid places and people that trigger the urge to vape. If you feel the urge to vape, try these things instead:

- Chew sugar-free gum or drink water.
- Text, call, or hang out with a friend who will support you.
- Listen to your favorite playlist.
- Go for a walk or jog.
- Try yoga or meditation.
- Take 10 deep breaths.
- Keep your hands busy with a hobby, like drawing or making jewelry.
- Go somewhere where smoking/vaping isn't allowed.

What Else Can I Do?

Now that you understand the risks of vaping, take control of your health. If you're having a hard time quitting, talk to your health care provider about local programs and websites that can help you quit vaping.

If you vape, know that it may cause serious lung damage, and even death. Call your doctor right away if you vape and have:

- coughing, shortness of breath, or chest pain
- nausea, vomiting, or diarrhea
- tiredness, fever, or weight loss



If you would like more information about Business Connect, please contact Jordan Hodges at the Promotions and Events Department: J.Hodges@stmonicas-epping.com



Liz Iglesias
(Business Owner)
Fit Me Up
Phone: 0417 503 560
Email: fitmeuptraining@gmail.com



Nicholas Liparota
Jim's Mowing
Phone: 0432180498
Email: nick.liparota@jimsmowing.net



Deborah Lucci
(Owner)
Yummy Cannoli
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Email: info@yummycannoli.com.au
Website: <https://www.yummycannoli.com.au/>



Phillip Lai
(Head Coach)
Australian Combat Sports Academy
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Melissa Loterzo
(Event Planner)
Diamante Debutantes
Email: melissa@diamantedebutantes.com.au
Phone: 0431 413 583
Website: <https://diamantedebutantes.com.au/>
Facebook: <https://www.facebook.com/diamantedebutantes>
Instagram: https://www.instagram.com/diamante_debutantes/



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The Locksmith Guru
Phone: 0425754393
Email: thelocksmithguru@outlook.com
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Facebook: <https://www.facebook.com/TheLocksmithGuru>



SPORT

Last week in Sport consisted of a Senior AFL match against Kolbe, a Year 7 Premier League round against Marymede and concluding with the Victorian College Championships Intermediate Basketball Tournament. There was also a huge fortnight for E-Sports.

The Senior AFL Boys took on Kolbe at Latrobe University, in what turned out to be a very one sided clash. Our boys ran away with a resounding 37.19.241 - 0.1.1 victory. Christian Pappas kicked 8 goals, whilst Harrison Karvellas, Liam Hagen and Khaled El-Leissy all finished with 5 majors. Captain Cooper Scott played his first game of the season after returning from injury and racked up plenty of disposals in midfield along with Alek and Sebastijan D'Arro.

The META High School Esports continued and our Valorant Team 1 is currently in second place from over 40 teams in the state.

Division 1 League of Legends result:

Week 2:

SMC Team A def Notre Dame College (Shepparton)

Week 3:

SMC Team A def by Melbourne High School "Revert Items".

VALORANT results (first to 13 wins):

Week 2:

SMC Team 1 (13) def De La Salle College "Val A" (3)

Week 3:

SMC Team 1 (13) def Yarra Valley Grammar "Pog Squad" (0)

SMC Team 2 (3) def by De La Salle College "Val B" (13)

SMC Team 2 (13) def Melbourne High School "Val 2" (0)

Rocket League results (best of 3):

Week 2:

SMC Alpha (1) def by Fair Hills High School (2)

Week 3:

SMC Alpha (2)

SMC Bolters (0) def by SMC Omega (2)

SMC Bolters (0) def by Overnewton "Anchors" (2)

SMC Echo (1) def by Yarra Valley Grammar "Spuds" (2)

SMC Echo (1) def by Reservoir High School "Pizza" (2)

SMC Delta (2) def Parade College "Butter Squad" (1)

SMC Delta (2) def Elwood College (0)

SMC Alpha (1) def by Coburg High School 4 (2)

SMC Omega (0) def by Yarra Valley Grammar "Spuds" (2).



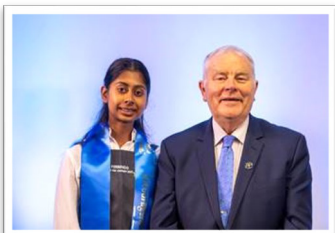
The Year 7 cohort had their first taste of rivalry against Marymede, and produced some quality results over the 7 fixtures. Results were:

SMC	VS	Marymede
55	Boys Basketball	29
44	Girls Basketball	28
3	Boys Football	0
10	Girls Football	0
3	Boys Volleyball	0
3	Girls Volleyball	1
16	Netball	18

This week hosts SACCSS Intermediate Futsal, two Senior AFL games and a big Year 7 Premier League against MacKillop College.

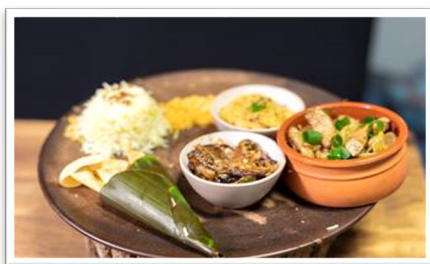
Principal's Ribbon for Cookery 2021

On the evening of Thursday 20 May, the Principal's Ribbon for Cookery was held in The Gateway Room on Dalton Road Campus. Nine competitors with 6 dishes, both sweet and savoury, competed for two awards; the Principal's Encouragement Award and the Principal's Ribbon for Cookery. Our adjudicators, Ms Carmel Boldrin and Mr David Chessari, empathised with the contestants, both having previously competed and won the award themselves.



At the conclusion of the evening, the judges awarded the Principal's Encouragement Award to Chelsea Fernando (Year 10 Blue) for her dish "Grandma's Rice and Curry". Chelsea spoke to

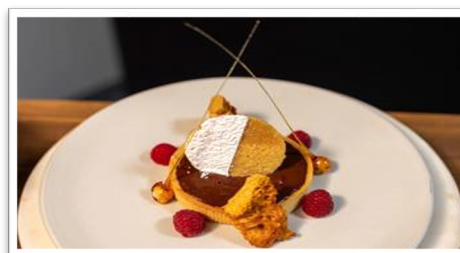
the audience with eloquence, detailing her Sri Lankan culture and love of good food as the inspiration behind the creation of the dish.



The Principal's Ribbon for Cookery was awarded to Daniel Manglaviti (Year 12 Jade) for his Heavenly Hazelnut Chocolate Tart, which was a harmony of sweet, tart, rich and creamy flavours and textures and was

impeccably presented. Daniel, having competed in the competition since Year 9 epitomised the College moto of Pray and Persevere, having won the Encouragement Award in 2020 and finally his penultimate goal of the Principal's Ribbon for Cookery in 2021.

All students competed with distinction and are to be congratulated.



2021 WORLD COMMUNICATIONS DAY



"Hitting the streets"

Let us look first at the great issue of news reporting. Insightful voices have long expressed concern about the risk that original investigative reporting in newspapers and television, radio and web newscasts is being replaced by a reportage that adheres to a standard, often tendentious narrative. This approach is less and less capable of grasping the truth of things and the concrete lives of people, much less the more serious social phenomena or positive movements at the grass roots level. The crisis of the publishing industry risks leading to a reportage created in newsrooms, in front of personal or company computers and on social networks, without ever "hitting the streets", meeting people face to face to research stories or to verify certain situations first hand. Unless we open ourselves to this kind of encounter, we remain mere spectators, for all the technical innovations that enable us to feel immersed in a larger and more immediate reality. Any instrument proves useful and valuable only to the extent that it motivates us to go out and see things that otherwise we would not know about, to post on the internet news that would not be available elsewhere, to allow for encounters that otherwise would never happen.

The Gospels as news stories

"Come and see" were the first words that Jesus spoke to the disciples who were curious about him following his baptism in the Jordan river (Jn 1:39). He invited them to enter into a relationship with him. More than half a century later, when John, now an old man, wrote his Gospel, he recalled several "newsworthy" details that reveal that he was personally present at the events he reports and demonstrate the impact that the experience had on his life. "It was about the tenth hour", he noted, that is, about four in the afternoon (cf. v. 39). The next day - John also tells us - Philip told Nathaniel about his encounter with the Messiah. His friend is sceptical and asks: "Can anything good come out of Nazareth?" Philip does not try to win him over with good reasons, but simply tells him: "Come and see" (cf. vv. 45-46). Nathaniel did go and see, and from that moment his life was changed. That is how Christian faith begins, and how it is communicated: as direct knowledge, born of experience, and not of hearsay. "It is no longer because of your words that we believe, for we have heard for ourselves". So the townspeople told the Samaritan woman, after Jesus stayed in their village (cf. Jn 4:39-42). "Come and see" is the simplest method to get to know a situation. It is the most honest test of every message, because, in order to know, we need to encounter, to let the person in front of me speak, to let his or her testimony reach me.

Melbourne



JOEL, 3
Your sons and daughters shall prophesy, your old people shall dream dreams, and your young people see visions.

HELDER CAMARA
LECTURE 2021

Wednesday June 30th 5pm

Newman College,
887 Swanston, St, Parkville

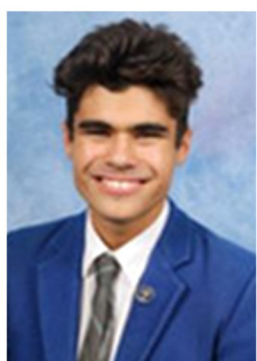
*Some reflections
on the coming
Plenary Council
of the Church in
Australia*



Archbishop Tim Costelloe SDB, Archbishop of Perth, Chairman of the Bishops' Commission and President of the Plenary Council

Bookings are essential as limited spaces are available.
Please RSVP by June 28th

Contact email: mark.oconnor@marists.org.au



MARVELLOUS MONICAN

Nikolas Mitsinikos (Year 11 Purple) is a wonderful student who is well mannered, hardworking, and personable. He is a shining example of being able to focus on schoolwork while being involved in extracurricular activities within the College community. Nikolas is a Be More leader and the only Year 11 student currently in the leadership group. He plays a key role in advocating for social issues and building action to call for change. Nikolas is an absolute servant leader and is very deserving of being named Marvellous Monican.

B.E. Hanley
Principal



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