



Thoughts Can Reveal and Shape Our *Intentions*



I often hear myself saying, “I was just thinking……”, and then tell the person to whom I am speaking my ideas. You might do the same. In this second part in our series ‘Words, Thoughts & Actions’ we think about our thoughts and how they can reveal and shape the way we live out our life, form our relationships, and function in the world in general.

God gifted us with a brain, and it is our responsibility to respect and cultivate our brain through knowledge and understanding. The ability to think is an exclusively human process, not given to animals, plants and other forms of life. An essential mission for any school is to appropriately develop the ability of its students to think critically and to discern by ‘thinking before they leap’. These are different matters.



To think critically means we do not readily and easily believe everything we hear. This is not cynicism, but it does mean that we will not allow ourselves to be duped or influenced into adopting an idea or doing a deed without due thought. It is not just a matter of avoiding eating a poisoned mushroom simply because we are told it is harmless (albeit that would be stupid and potentially fatal), but it is on a deeper level by not accepting an evil like racism or intolerance of other religions because powerful or influential politicians preach and proclaim that message.



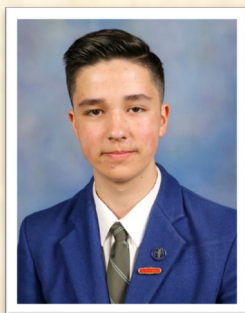
Thinking before acting (or leaping) is often associated with our wellbeing and our safety. It includes situations like not driving when intoxicated, not ‘experimenting’ with lethal drugs, refusing to adopt stances on issues that could bring about bad consequences. A child ought to look before crossing the road; an adolescent should study all options prior to subject selection; an adult is wise when he/she weighs up alternatives and selects the better way, whatever that is discerned to be.

Each of us at times has thoughts that can be categorised in many diverse ways such as compassionate, mischievous, positive, kind, a bit naughty, deep, mature, flippant, random and strategic. Thoughts can be fun and good ones enrich our life.

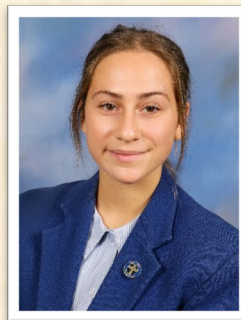
Throughout time, philosophers, prophets, preachers and people from all nations have shared their thoughts and millions have followed faithfully (and unfortunately fanatically at times). Monicans are urged to discern whose thoughts they will follow, and Jesus Christ is the pinnacle of peace, justice, compassion, and everything which is good. *That is what I think.* Maybe you do too.

STUDENT LEADERS in 2022

I am pleased to announce that the 2022 College Captains will be Logan Divers and Sienna Bartolomeo and the Vice Captains will be Nikita Gruevski and Grant Manhika. Congratulations to these outstanding Monicans.



College Captain
Logan Divers



College Captain
Sienna Bartolomeo



Vice Captain
Nikita Gruevski



Vice Captain
Grant Manhika

DANTE ALIGHIERI POETRY COMPETITION

Every year after the Annual Dante Alighieri Recitation Competition, the vice-president of the Society makes a request to schools to ask for students to participate in presenting their recitation on the Italian radio station – Rete Italia. Students are selected on the basis of the highest score for their year level and school, and this year Laura Yildirim (Year 9 Azzurro CLIL) was selected from our cohort of students to represent our College. Laura's score was 100+

As you know, this year the students conducted their recitations online with judges, therefore it was a little more challenging for them. Every student did their very best under the circumstances.

Results:

Year 9

Laura Yildirim	Italian-Australian	Primo
Adrian Beavis	Italian-Australian	Terzo
Sienna Cavaliere	Italian-Australian	Secondo

Year 10

Vincent Barillaro	Italian-Australian	Primo
Jodie Parisella	Italian-Australian	Secondo
Rosemary Lombardo	Italian-Australian	Terzo.

FINANCE UPDATE

Fee Statements have now been emailed and a copy sent via the post to all families earlier this week.

A reminder that Fee Statements and Tax Invoices will be emailed at the beginning of each month and sent in the mail each term. If you are not receiving your fee statement via email please contact the fees office.

All accounts are due and payable by the 26 November 2021 unless you are on a payment plan and have requested an extension of time.

All queries relating to 2021 statements can be directed to the Fees Office on 9409 8800 or at fees@stmonicas-epping.com.

St Monica's College will continue to offer both Direct Debit and Credit Card payment options in 2022. Payment plans will be automatically entered into for those families on a plan in 2021. If you are not currently on a payment plan and would like to arrange for a plan, please return your application form either to fees@stmonicas-epping.com or in person to the College Reception at Augustine House (400 Dalton Road, Epping VIC 3076), this form has been emailed and mailed to you accordingly. Application forms for Direct Debit or Credit Card can now also be completed online using the link: <https://www.stmonicas-epping.com/payment-plan/>.

PIANO COMPETITION, 2021



Senior Section: Winner *Vincent Xue*

The Piano Competition was held at the beginning of Term 4. The virtual event provided piano students with an opportunity to prepare a recorded performance for adjudication.

Well done to the following students who entered the competition:

Year 7:

Madelena Iozzo, Christina Boulos, Jessica Fernandez, Anna-Maria Constantin, Bao Khong, Chelsea Huynh, Joel Thomas.

Year 8:

James Gasper, Matthew Fitzgerald, Slavica Altandzieva.

Year 9:

Matthew James.

Year 10:

Alaina Santos, Ethan Van, Lachlan Denham, Melissa Huynh.

Year 11:

Karl Rabago.

Year 12:

Vincent Xue.

Congratulations to the following award winners:

Senior Section:

Winner

Vincent Xue.

Highly Commended

Melissa Huynh.

Intermediate Section:

Winner

Karl Rabago.

Highly Commended

Matthew James.

Junior Section:

Winner

Anna-Maria Constantin.

Highly Commended

Slavica Altandzieva.

Many thanks to the Piano teaching staff, Mr Chan, Mr Ball and Mrs Murone who prepared students for the event and assisted with adjudication.

Please enjoy Vincent's winning performance on the following link:

https://drive.google.com/file/d/103QR49_jELF11jEziwW5U_gkjnnNiW6l/view?usp=sharing

CAREERS CORNER

HELPING YOUR TEENAGER WITH CAREER PLANNING

A GUIDE FOR PARENTS

As your teen moves through secondary school, their thoughts may naturally turn to considering their options for their future career. As a parent, you are well placed to offer support and advice as they begin to direct themselves towards their future goals.

In this guide you will find helpful information and resources to support you in supporting your child through the crucial decision-making processes that lie ahead.

From understanding what the role of a career coach entails, to where you and your teen can find further support, this guide helps answer many of the concerns your teen may have at this time. This guide aims to help you help your teen to:

- Find their career passion
- Understand the labour trends in today's world
- Consider the options available to them
- Discover their next step
- Where to go to find out more

WHAT IS CAREER COACHING?

Being a career coach for your teen means helping to guide your teen through the decision-making process and supporting them in reaching their goals.

The role of career coach requires a parent to help their teen to:


- Explore their interests and discover their passions
- Grow in experience by engaging in a range of career-related activities
- Set realistic career goals and support them in achieving those goals
- Connect with mentors and allies that will encourage them and assist them in making informed decisions
- Explore the range of educational and career options available to them
- Try on 'career hats' through volunteering and work experience
- Make the best possible decisions for their situation.

To explore this guide more, go to our careers website:

https://www.careertoolsonline.com.au/resources/career_coaching_parents_guide_aug_18.pdf



Library *news*



Have you had a chance to check out SMC's Libraries Instagram page yet?

Our Library Instagram page is full of exciting and interesting book-based news!

Along with book recommendations, you will find Staff and student favourites and reviews, good news sites, positive information to help you get through challenging times and lots of faces you are bound to recognise. Oh, and more books!

Plus, being our very own Instagram Community means that parents, friends, as well as students are very welcome to join and follow!

"Reading is to the mind what exercise is to the body"
Joseph Addison.

Check it out now on Instagram...@smc.libraries



TRAVELLING WITH A VALID TICKET

It's easy to pay for public transport journeys.



STEP 1

Purchase a myki card at your nearest train station, 7-Eleven store or local retailer.

STEP 2

Visit the PTV website to register your myki. This will protect your balance if your card is lost or stolen.



STEP 3

Top up your myki card with travel money at your nearest train station, 7-Eleven store, local retailer or online.

STEP 4

Touch on your myki card whenever you travel on Melbourne's trains, trams and buses to pay for your journey.



SAFETY TIP

STAY BEHIND THE YELLOW SAFETY LINE WHILE WAITING FOR TRAINS

FOR MORE INFORMATION VISIT
www.ptv.vic.gov.au

LOCKDOWN ART COMPETITION WINNING ENTRIES

Thank you to all staff and students who took part in the Lockdown Art Competition by recreating famous artworks, album covers and film covers. A fantastic range of creative works were entered, with recreations not only reflecting lockdown constraints, but the breadth of interpretive skills and creative ability. Congratulations to all participants!

Thank you to all who visited online Gallery, and to those who voted in the People's Choice award.

The Lockdown art Competition winning entries are:

Dalton Road Campus

Year 7

Anna-Maria Constantin

For her recreation of famous artwork "Self-Portrait with Bonito" by *Frida Kahlo*

Davisson Street Campus

Year 12

Miriam Trezise

For her recreation of famous artwork "Ophelia" by *Sir John Everett Mallais*

Staff

Dominique Elbarbar

For her recreation of album cover "The Best of The Wiggles" (The Best of The Elbarbars)

People's Choice

Year 12

Ryan Ly

For his recreation of album cover "Highest in The Room" by *Tavis Scott*.



City of Whittlesea

The City of Whittlesea currently have School Crossing Supervisor positions available in the Epping and Lalor areas.

To be considered for this important job you need to:

- be medically fit
- have your own transport
- be of good character
- relate well to children
- be able to talk to children's parents and teachers
- be available to work for 1.5 hours per day, generally between 8.00 am -9.00 am and 3.00 pm - 4.00 pm on weekdays during school terms
- able to obtain and retain a Working with Children Check.

We encourage anyone interested to submit an application via Council's website:

<https://www.whittlesea.vic.gov.au/parking-roads-footpaths/road-safety/childrens-school-crossings/>

Please select the link called 'Apply to become a school crossing supervisor', fill out the form, then select 'Submit'.

Kind Regards,

Janina Chandler | Coordinator School Crossings
Compliance and Environmental Health Department
City of Whittlesea

SPORT

*** 2022 House Captain Applications ***



Our 2022 House Captain Applications are officially open for Years 9 - 12. Please check your email for a link to the application form, or optionally head to @smcepping.sport on Instagram for more information.



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



Economical Interiors

**Krista Di Marco
(Owner & Buyer)**

Economical Interiors

Email: economicalinteriors@gmail.com

Instagram: <https://instagram.com/economicalinteriors?r=nametag>

Website: www.milestonedental.com.au

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The Catering Buffet Co.

By Lina

EVENTS | CATERING | CAFÉ

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Facebook: (1) The Catering Buffet Company – By Lina | Facebook

Instagram: [@thecateringbuffetco](https://www.instagram.com/thecateringbuffetco) • Instagram photos and videos

It's all you
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Ask Ros, She Travels

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NETBALL

WHAT IS IT?

The Netball Academy provides our students with opportunities to develop their skills and be part of a team. Once selected we work together to develop our netball players through high-quality training and preparation. Our pre-season, develops and refines skills whilst providing other opportunities associated with netball, such as coaching and umpiring. The Netball Academy provides opportunity for the athlete to grow in all aspects of netball. Today, we are proud to have members that have commenced their coaching journey with our younger teams and in community sport. This growing confidence has created leaders who experience incredible success through their teams in all competitions.

The Netball Academy continues to evolve and meet the needs of our players. In 2021 the academy entered a team in the local association open division. This opportunity for competition and growth provided a new outlook, which contributed to the team reaching the Senior Premier League Grand Final.

The Netball Academy has strong networks with both local associations and representative teams. In 2021 we welcomed two new reputable and specialist coaches to focus on position-based training and skill development.

The Netball Academy provides a range of training and competitive experiences. We are hopeful that the introduction of Interstate and Overseas camps/competition in the near future will provide further new and exciting experiences for our netball players.

DETAILS

Netball training occurs throughout the year with sessions held either before or after school. Our squads compete in the annual Victorian Netball School Championships held in August.



KEY PERSONNEL

Ms Samantha Kolonis

Director of Netball Academy

s.kolonis@stmonicas-epping.com

Mr Matt Sheens

Director of Sport

Extension 412

m.sheens@stmonicas-epping.com





LEMON TREE VERY PRETTY

(as planted in the John Bede Polding Rose Garden within Davisson Park on DSC)

MARVELLOUS MONICANS

ELE MATTY (Year 11 Silver)

Ele Matty is a wonderful student who is a dedicated member of the Year 11 Debating Team. She has been named Best Speaker in multiple debates this year and has also recently been awarded a Swannie Award. A Swannie Award was presented to Ele as she was the highest scoring B Grade/Year 11 debater in the Watsonia region in 2021. A tremendous achievement and further proof that Ele is very deserving of being named Marvellous Monican for October.



LOGAN DIVERS (Year 11 Blue)

Logan Divers recently participated in the Physics Olympiads, a competition that is part of The Australian Science Olympiads. This national competition provides a rewarding opportunity for students to extend themselves beyond school science through a challenging two-hour examination.

It is with great pleasure to announce that Logan received a Distinction in this examination.

This is an outstanding result given the final stages of his preparation – as well as the actual examination – were done in lockdown.

If you know Logan, it would be great for you to praise him for his efforts and for his willingness to challenge himself in this way, as this was very much an activity that was done outside the regular classroom.



B.E. Hanley
B.E. Hanley
Principal



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