



NO PROCRASTINATION



I suppose most of us could plead guilty at times to procrastination. We put off or set aside matters we ought to deal with now, and instead wait for a better time, for when we feel

more energetic, or for a day when the sun ain't (sic) shining!

A prime example amongst many matters would be exercising. We might know that we should take a walk, continue jogging, attend regularly our paid for gym course, yet it can be easy to procrastinate and put the effort off until tomorrow or the weekend. The result is a deterioration in our general health.



Students too often ignore the assignment which is due, the homework the teacher set, or they might not 'get around to' studying for the forthcoming

test or examination. It can be called laziness, slackness, or downright wilful ignoring of an obvious task. The result, we know, is lack of preparation, disobeying instructions, and a general decline in educational results.

A litany of examples flow: losing weight; emptying the dishwasher; cleaning one's bedroom; paying a bill; even visiting grandparents who only live ten minutes' away. Procrastinator, that is whom we become, and it is not good.

People often find every reason in the world not to say prayers. Prayer is communication with our God, praising God, asking God to meet our needs, listening to God's Word, praying that God may

assist another person in need. Prayer is quiet time for reflection and sensing the gentleness of God's spiritual breath in our souls. We deprive ourselves of these beautiful godly experiences when we put prayer off until tomorrow, next month, or until our dire circumstances drive us to God for intervention and help.

Jesus in the Gospels is never the procrastinator. He never walked away from the children who flocked around Him: Jesus was present always to many women whose lives were in strife or out of kilter. Jesus could have procrastinated in the Garden of Gethsemane, but He did not. Jesus could have procrastinated and had the Last Supper a year later, but He did not. Jesus acted.

Saint Monica did not hesitate to travel from North Africa through to Milan in search of Augustine. She never delayed her trip. Saint Mary of the Cross MacKillop always told her Sisters to meet a need immediately they saw or encountered one, not to ignore it. These were action women.

I had intended to conclude this text with a quote about procrastination. There are millions available. Instead, I urge Monicans to tackle tasks (of whatever kind) promptly and assiduously. Do what is required of you (from your conscience or your sense of responsibility), do it well and with a pleasant look on your face. The best thing to do always is **Pray AND Persevere**.





RE-ENROLMENT 2021 IS DUE

A reminder that re-enrolment for 2021 closes on **Friday, 16 October 2020**.

You can make your payment through the College webpage. www.stmonicas-epping.com

Follow the steps below:

- MY SMC
- Community Portal
- Enter your username and password
- Click on Events, click on attending and ensure you select quantity '1' for the re-enrolment fee.

Every child needs to be entered separately.

Or, alternatively, you can make payment at Reception, in Augustine House.

Not Returning to St Monica's College 2021?

Contact the College Registrar, Mrs Enza Sinopoli, on 9409 8444 in regards to exiting your child from the College.

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SMC PIANO COMPETITION

All students are encouraged to enter the Piano Competition. The online event is open to pianists of all levels of experience (Beginner, Intermediate and Advanced).

Video performances are due on **Friday 30 October**. The award winning performances will be announced and made available to view in the first week of November.

All entries must be submitted via the link: <https://forms.gle/PeDXqzxXjQmTRR328>

Please contact Mr Hatherell if you have any questions regarding the event.



FINANCIAL ASSISTANCE FOR CAMPS, SPORTS & EXCURSIONS FUND (CSEF) ELIGIBILITY

EXTENSION FOR 2020

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 **camps** 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 based on the extension per student will be:

\$112.50 for secondary school students.

How to Apply

Contact the school office to obtain a CSEF application form or download from www.education.vic.gov.au/csef

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 2020 if any of these changes have occurred.

- New student enrolments: students who have started or changed schools in 2020 or if the parent did not apply for CSEF at the school in 2019.
- Changed family circumstances: such as a change of custody, change of name, concession card number, or new siblings commencing at the school in 2020.

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 1 (28 January 2020)** or **Term 2 (14 April 2020)** and **Term 3 (5 October 2020)**.

Closing Date

You should lodge a CSEF application form at the school by **27 November 2020** for eligibility. For more information about the CSEF, visit www.education.vic.gov.au/csef

For any further queries, please contact Miss Andrea Moon 9409 8800.

CAREERS CORNER

Skills and Jobs Centres

Skills and Jobs Centres should be your first port-of-call when you are looking to enter the workforce, start training, re-skill, or for employers to meet their workforce needs.

What are Skills and Job Centres?

Based in TAFEs across Victoria, Skills and Jobs Centres provide expert advice on training and employment opportunities, including:

- ♦ careers advice
- ♦ help with job searching
- ♦ assistance preparing resumes
- ♦ apprenticeship and traineeship advice
- ♦ assistance using the [Victorian Skills Gateway](#)
- ♦ referral to welfare support and financial advice
- ♦ assistance in using your existing skills to align to a new job or to undertake new training (Recognition of Prior Learning (RPL))
- ♦ information on employment trends, areas with a shortage in skills and employment opportunities.
- ♦ assistance with career and training plans, identifying training qualifications that could be undertaken to make a successful career transition.

The Centres also engage with a broad range of local industries, ensuring that the centres are tailored to meet the needs of their local communities and industries.

Who can use the Centres?

Skills and Jobs Centres are aimed at:

- ♦ prospective students
- ♦ current students
- ♦ apprentices and trainees
- ♦ unemployed or retrenched workers
- ♦ women returning to work
- ♦ new immigrant/refugee
- ♦ anyone seeking a career change
- ♦ employers
- ♦ industry

Skills and Jobs Centres locations

The Skills and Jobs Centres are located within all TAFEs and dual sector universities across Victoria.



FROM THE COUNSELLORS

HELPFUL HINTS from MENTAL HEALTH WEEK

The following may be useful at times:

- ♦ Know your early warning signs and triggers that signify you are not your usual self
- ♦ Maintain healthy routines around sleep, movement and nutrition
- ♦ Fill in the blanks: Ask yourself "Today is important because...."
- ♦ Take time to reflect on the good things in your life, even though things may be difficult right now
- ♦ Use one of your strengths as a tool to overcome a current challenge or setback
- ♦ Reflect on your role models or individuals of inspiration and think about how they use their strengths in day to day life
- ♦ Offer your help to someone in need
- ♦ Find a new way to connect with someone within your household
- ♦ Think of a recent mistake you made and what lessons you took from it
- ♦ Be open to feedback and ask for help
- ♦ Find a new way to spend time with someone virtually
- ♦ Set yourself some goals for today and a clear plan on how you will achieve them
- ♦ Take a mindful walk and allow your senses to be indulged by beautiful gardens
- ♦ Savour your morning beverage
- ♦ Think of three things you are grateful for today
- ♦ Reminisce on a happy memory.



CAROLS BY CANDLELIGHT

Monican Carols by
Candlelight
LATE NOVEMBER

CASTING CALL!
To audition for this event, complete the Google Form via this link:
<https://forms.gle/jg9MFDzkYNCpPudu5>
Auditions close Tuesday 21 October. Good luck!

SMC
PRAY AND PERSEVERE

SPORT

Athletic Development Program 2021

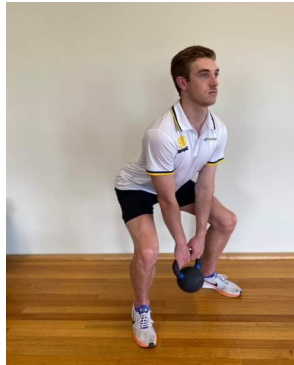
Athletic Development Program Applications for 2021 are now open. The application can be found at :

<https://www.stmonicas-epping.com/wp-content/uploads/2020/08/Application-Form-2021-SMC-Athlete-Development-Program.df>

Applications close on Friday, 23 October.



WORKOUT OF THE WEEK



3 sets x 10 reps Glute Bridges
3 sets x 15 reps Kettlebell Deadlift
3 sets x 20 reps Back Squat
3 sets x 10 reps Dumbbell Pushup Renegade
3 sets x 15 reps Single Leg Calf Raise (Double if you need)
3 sets x 10 Lat Pull Downs
3 sets x 10 Step ups.

RESULTS FROM PRINCIPAL'S AWARD FOR PUBLIC SPEAKING



The Principal's Award for Public Speaking took place digitally in the first week of Term 4. Seven students recorded a prepared speech and these speeches are available to view online, reaching a wider audience than ever before.

The results from this event were announced on Monday 12 October:

Winner of The Principal's Award for Public Speaking 2020 – Leanne Sebastian (Year 11 Mauve) with her speech 'Dangers of the Digital World'.

Principal's Encouragement Award – Cidelle Rodrigues (Year 9 White) with her speech 'The Power of Positivity'.

All participants are to be commended for their dedication to public speaking, including Sienna Bartolomeo (Year 10 Brown), Manju Vettrivel Malathi (Year 8 Brown), Anika Nicholapillai (Year 8 Brown) and Sanjita Choudhary (Year 7 Silver).

Thank you to all participants for your preparation and work during this period of remote learning, the success of this event is a credit to your enthusiasm, creativity and commitment.

MARVELLOUS MONICAN

Congratulations to Rhea John (Year 11), who in addition to winning the SMC Principal's Cup for Song, has achieved first place and is the recipient of The Sir Zelman Cowen School of Music at Monash University emerging Jazz Performer Prize for 2020. She was also the runner-up in The Sir Zelman Cowen School of Music Emerging Popular Music Performer Prize for 2020.

We are so proud of you, Rhea, your musical skills are appropriately recognized and generously shared.



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