

*Words come in all shapes, sizes – with **INTENTIONS***

We use words in all ways every day. They are at the essence of our communication – written, read and spoken. Words comprise all the languages of the world, dialects, and messages given in odd ways in some cultures.

Words are CAPITALISED, minimised, and words are sometimes longggggggggggggg whilst others are short. When words are spoken they may be shouted, screamed, whispered, mimed in silence sometimes too. When they are written they are spelt out in a precise and correct manner, or maybe misspelt which is a dreadful thing to happen.

Importantly, words carry meaning and here their intention is critical. We use loving words when we wish to show our deep affection. We use words to express our emotions and our innate feelings, and often words are used to soothe a situation or alternatively enflame one.

Sarcastic words are unpleasant, crude words are revolting, slang words are basic, sophisticated words may give the impression of wisdom – or pompous attitude. Many words are holy, some words are transformed into music, some artists draw words to express meaning and mood. Words are promises, words are deals, words are funny often and sad on other occasions.

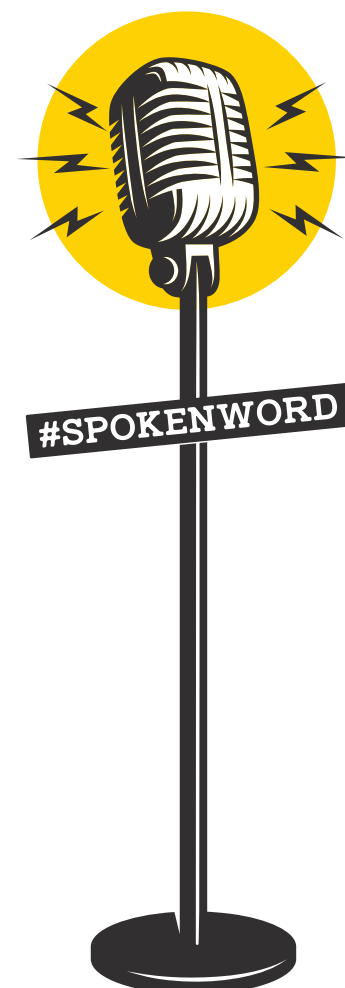
Words are names of people and places, animals and items. Some words are very formal legally while others are used to be humorous. Words are found and defined in dictionaries, they actually are the content of novels, newspapers, and televised highlights and news summaries. Words inform the population of the weather, warnings, security advice and they deliver messages of all kinds.

We name words as our 'vocabulary', they reveal our nationality as they are spoken with accents, and they are used for speeches, vows and thank you messages. You are reading a whole collection of words right now.

Be careful with the words you use, they cannot be withdrawn once spoken aloud. Think before you speak, ponder prior to writing, select the words that convey accurately the message you wish to send. Punches hurt and so too do words if used with cruelty. No one deserves that.

We have many Monican words that are so indicative of whom we are as a community. They include pray, persevere, Monica and Augustine, the Jewish word shalom, and Monican. Dalton and Davisson, each tells a story.

Speak well, read widely, write wisely. Use words purposefully and beautifully as blessings, congratulations, affirmation and thanks. Listen intentionally for the Word of God.



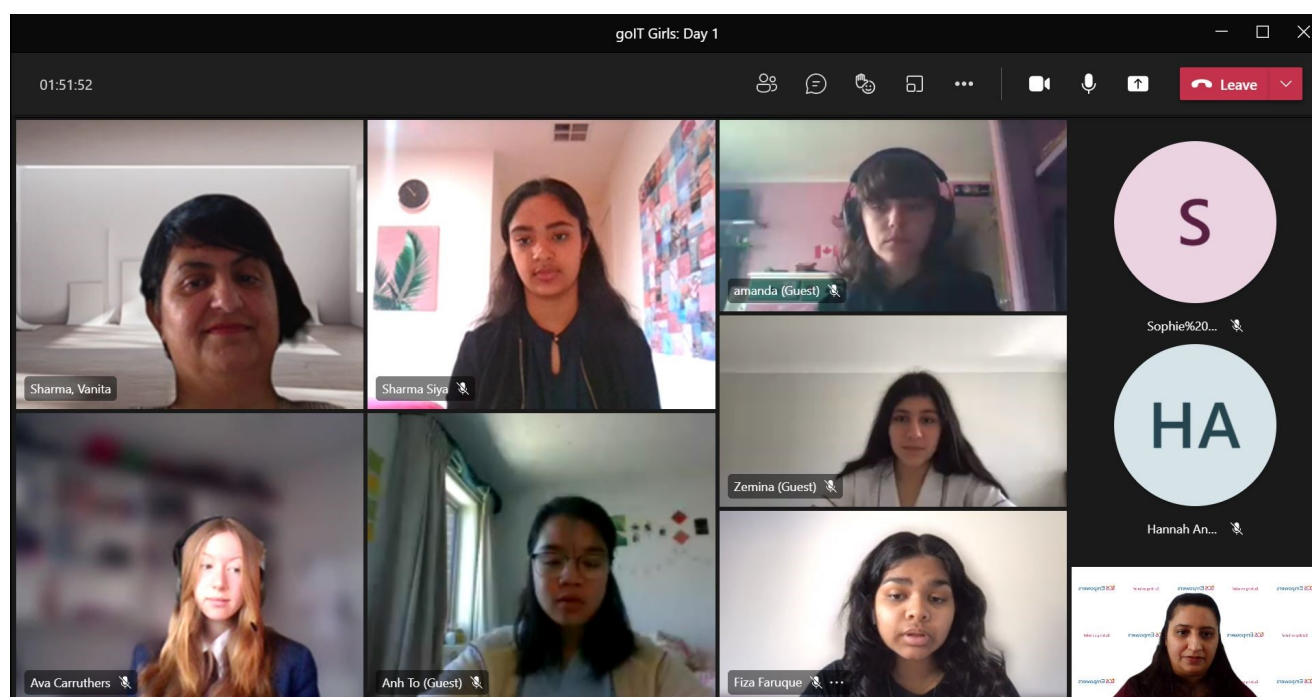
GoIT Girls and STEM

GoIT Girls is a virtual work experience program hosted by Tata Consultancy Services (TCS), enabling students to work alongside industry professionals in the field of Information Technology (IT). The experiences challenge stereotypes and inspire female participation in STEM. This experience is open to any Years 10 and 11 girls interested to learn, grow and gain industry experience working on large corporate IT projects. St Monica's College is always committed to the growth and excellence of every student and provides opportunities through student-centred programs such as GoIT for Girls. In Term 3, a few Year 10 girls undertook this opportunity during the lockdown. Siya presents the following reflection of her work experience:

"My name is Siya Sharma, and I recently represented SMC by participating in a virtual work experience associated with GoIT Girls by TCS Australia. This conference was held for four days during lockdown by many incredible people from TCS and Westpac. The mentors and presenters shared many great and inspirational lessons about IT and their learning experience on

*the way. The conferences were set out accordingly, in which we had time to listen and ask questions. We also worked on a project regarding COVID-19 and how we could use technology to help vaccinate 70% of high school students. Each student was assigned a task which industry professionals later assessed. Creating and designing a solution for the Vaccination project was fun and felt more like working which can also be fun. Every participant had an opportunity to present their project, and it got even better when my solution was selected in the **top 2** amongst several other students from various schools. The project was a great learning experience. I learnt many things which even astonishes me today. If given the opportunity, I would do it again. I would like to encourage other students to undertake this fantastic work experience opportunity or just give it a go because you never know; you might end up loving it and maybe even have an idea about what you want to pursue as a career.*

Once again, big thanks to my school for giving me this opportunity and many thanks to the GoIT Girls Project team for the experiences."



SMC Online Chess Club weekly tournaments

Despite the recent lockdown and absence from onsite meeting opportunities, members of the St Monica's Chess Club have continued to play and improve their skills through the reintroduction of weekly online chess tournaments, held every Monday after school for members of the SMC Online Chess Club.

Tournaments have consisted of five rounds of 8-minute matches, and it has been great to see a number of students returning on a weekly basis. If any students would like to be involved in these weekly tournaments, they should contact Mr Strantzen for details on how to join the SMC Online Chess Club.



LIBRARY NEWS

Behind the scenes in the SJQ Library

In quite a different manner to the Pamela Coyne Library (PCL), the Sister Julian Quaine Library (SJQL) is also extremely busy. There is always lots happening here too!

This year saw the introduction of Wide Reading classes for our Year 10s, with Mrs Kremers Ms Iles and Ms Stratton. These students are also given the opportunity to (re) read the texts they are studying in English, which has been a big hit with English teachers and students.

As well as these classes, Mrs Kremers and Ms Iles have also been running research and notetaking workshops with Years 10, 11 and 12 students (prior to lockdown of course!) This will continue when we are back onsite.

To further assist our Seniors, the SJQL has a broad selection of study guides, course summaries, text guides and revision material for the majority of VCE subjects, for use in the Library. Our afterschool Study Centre runs Monday to Thursday from 3.30 to 5pm, with two tutors (ex-students) and occasionally, teaching staff, who can assist with the majority of subjects including Maths and Sciences. Queries regarding the afterschool Study Centre can be directed to Ms Rogers.

The Beyond the Book Reading Club offers lovers of books the opportunity to meet informally and talk about things book related. Students get together with Ms Hall and Ms Stratton and other book loving peers to discuss what they have read, get suggestions for future reads, and often the chance to help select new titles to add to our collection. Mondays in Blue Week in the Library Classroom (Q87) you will find them, or if you want more information, contact Ms Hall or Ms Stratton.

Earlier this year we also had a small group of eager students join up as Library Monitors in SJQL. If you would like to become a Monitor, please be sure to see Mrs Pattison to organise training (Wednesday only) or a refresher session.

Staff are regularly selecting and adding to our collection behind the scenes, updating Lib Guides, assessing and maintaining the NF collection, along with the everyday practices a busy library entails.

Last but by no means least, the Library Resources Faculty (LRF) has a great Instagram page, you can follow to see our

regular updates on books, activities, competitions and reviews for both the SJQL and PCL Libraries. Make sure you check it out @smc.libraries





ST MONICA'S COLLEGE

16 DAVISSON STREET, EPPING VIC 3076

P.O. Box 11, EPPING VIC 3076

Phone: 9409 8800

Fax: 9408 7531

Email: admin@stmonicas-epping.com

Web: www.stmonicas-epping.com

Dear students, families and staff,

Melbourne Archdiocese Catholic Schools – School Improvement Surveys (MACSSIS): Thursday 7 October through to Thursday 28 October, 2021.

Throughout each year, we pause to listen to our students, families and staff to gauge how our learning community is travelling. This feedback is invaluable to our progress as effective school communities and is backed by evidence-based research and best practices.

A significant and formal way in which we engage and gather data is through **MACSSIS**, the Melbourne Archdiocese Catholic Schools – School Improvement Surveys.

MACSSIS is a set of surveys that have been built specifically for Catholic schools in Melbourne by the Learning Services team at MACS, in partnership with researchers at Learning First and in wide consultation with principals in our schools.

In 2021, students, families and staff are invited to participate in MACSSIS via our secure and purpose-built online platform. The online platform is where our school leaders will access the summary reports that visualise the results of the student, family and staff surveys.

The MACSSIS survey platform is operated by an independent supplier, ORIMA Research Pty Ltd. The platform meets with the high security and privacy standards for handling student and school data. Participating schools are in the process of updating their privacy policy to ensure school communities are fully informed and protected.

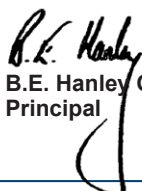
Students at our school will be provided with supervised sessions, where teachers are on hand to help and answer any questions. Families and staff can complete the survey anytime over the three-week window via an emailed link and password. Feedback has indicated that previous surveys were completed across a range of mobile devices and different web browsers. Schools have provided information about MACSSIS throughout Term 4.

Our community's opinions are critical to understanding how our school is performing – MACSSIS is a key data source for guiding the ongoing work to improve our school.

All participation is invited, welcomed and 100 per cent voluntary. The surveys are not a test; they are an inclusive way to support the work we are already doing to improve our school. Everyone has the right to refuse to participate, or withdraw from the survey at any point before, during or after completion of the survey. Please notify the school if your child does not wish to participate.

If you would like more information, please contact the school.

Yours sincerely


B.E. Hanley OAM
Principal

ST MONICA'S COLLEGE

SERVING CATHOLIC EDUCATION TODAY AND TOMORROW

CAREERS CORNER

EVER THOUGHT OF TAKING A GAP YEAR?

A "Gap Year" is where you take a "year off" after your secondary schooling to do something else before you undertake further education and training (or full time employment). Normally, people travel, work part time, or do volunteer work, or a combination of these.

It is now a common practice to defer university for a year and undertake these activities before commencing university the following year. There are a number of reasons why you might decide to do this:

- You want to take a break from studying
- You want to get some skills and experience
- You want to make some money before going on to further study
- You want to use this time to work to gain "independent status" before going to university **

** NOTE: it is recommended you visit the Centrelink website to check current guidelines for this.

The "Year 13" website has a lot of information on Gap Year options and other programs. It's well worth a look here.

The button below will take you to information on different Gap Year programs that are available and also, a very common Gap Year activity – Volunteering.

Go to this section of the [careers website](https://careersdept.stmonicas-epping.com/gap-year-volunteering) (<https://careersdept.stmonicas-epping.com/gap-year-volunteering>) for more information on different Gap Year programs that are available and also, a very common Gap Year activity – Volunteering.



RE-ENROLMENT – 2022

We would like to thank everyone who has already re-enrolled their child/children at St Monica's College, Epping for 2022.

For those who have not yet completed their re-enrolment we ask that you attend to this now by submitting the Re-Enrolment Family Information Form and payment of \$150 deposit per student, which will be deducted from your 2022 fees. This can be done online or at College Reception at Augustine House.

Please contact the College and speak to the Fees Office or Registrar should you have any questions.

MARVELLOUS MONICAN

Jaskee Nanda
Year 8 Blue

The Queen's Commonwealth Essay Competition is the world's oldest international writing competition for schools, established in 1883. With thousands of young people taking part each year, it is an important way to recognise achievement, elevate youth voices and develop key skills through creative writing.

Jaskee Nanda's essay topic was: 'The year is 2050 and you have been asked to write about the coronavirus pandemic for a museum. What story would you tell'?

Jaskee participated in a QCEC competition a few months ago and was successful in winning a Silver Award for her writing!

With her teachers' guidance and support, she said she was able to write better and thanked her teachers for all the support she received.

The story she submitted was: 'The year is 2050 and you've been asked to write about the coronavirus pandemic for a museum. What story would you tell'?





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



Driving School
Zena Eau
Mobile: 0402 23 22 73
Email: zenaeau@gmail.com



Michael Frendo
Naiko Personal Computers
Email: michael@naikopc.com.au
Telephone: (03) 9315 4050
Website: www.naikopc.com.au



Vicky Frendo
The Cheesecake Shop, Epping
Telephone: (03) 9408 5322
Email: epping@webake.com.au



Jarrod Grech
A Thousand Words Photo Booths
Phone: 0403 897 730
Email: athousandwordspphotobooshs@gmail.com
Website: www.athousandwordspphotobooshs.com.au



Tore Inturrisi
Calibre Carpentry Co.
Mobile: 0422 862 679
Email: admin@calibrecarpentry.com



Lou Krstevski
Aspire Business Advisers
Telephone: 03 9497 2222
Email: lou@aspirewealthgroup.com.au
Website: www.aspirewealthgroup.com.au

SPORT







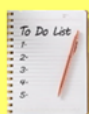



ADP APPLICATIONS

Our Athlete Development Program application process for 2022 closes on Friday 22 October. Please visit the SMC website or @smcepping.sport on instagram for more information and how to apply.



WELLNESS CHALLENGE

MAKE
YOUR
MENTAL
HEALTH
YOUR
PRIORITY
THIS
WEEK!

Go for a walk 	List your strengths and find a new way to use them	Cook a family meal together 	Think of 3 things you are grateful for today and share them with a family member
Try something new today	Dedicate some time for your favourite hobby 	Give someone a compliment	Contact someone you haven't spoken to in a while 
Have a good belly laugh 	Give someone a hug	Watch a movie with your family 	Practice a mindfulness meditation (Smiling Mind)
Get in touch with your inner Van Gogh...draw, paint, colour in, be creative	Create an upbeat play list 	Write a letter by hand to someone who's made a difference in your life	Give someone the gift of your ear by listening to them 
Pick a bunch of flowers and put them in your house 	Wear your favourite outfit	Do something that you have been putting off 	Seek out your favourite scents
Social Media Free Day	Tell someone why you love them 	Create a kindness box to keep a record of kind actions	Play a board game with your family 
	Make healthy choices of how you nourish your body	Enjoy the sunrise or the sunset 	Be respectful. Only engage in positive conversations

HOW TO ENTER

During Mental Health Week participate in as many activities from the Wellness Challenge as you can. Take photos or videos of some of the things you do and submit these to Deborah O'Malley with a small paragraph explaining how the Wellness Challenge has helped you! PRIZES TO BE WON 😊

MENTAL HEALTH WEEK
11 - 17 OCTOBER

SMC

PRAY AND PERSEVERE

400 Dalton Road, Epping VIC 3076
Telephone: 9409 8800
Email: admin@stmonicas-epping.com
www.stmonicas-epping.com

B.E. Hanley
B.E. Hanley OAM
Principal

Principal's Bulletin