



ST MONICA'S COLLEGE, EPPING

Principal's Bulletin

SMC

PRAY AND PERSEVERE

St Monica's College – A School of Educational Enterprise | Serving Catholic Education Today and Tomorrow

Volume No. 31 | Number 13 Monday, 6 September 2021

The Role of a Father in Our Life

COVID presents such a challenge when purchasing gifts for self or loved ones. For instance, what special thought did you give to your father last weekend for Father's Day, 2021? Maybe it was a pair of colorful, patterned socks, a bottle of after shave he prefers, a Bunnings voucher, or even a bottle of his favorite liqueur or spirit. A special chosen card might have been your choice to show your Dad what you think about him.

Fathers can and do play a special role in a child's life and how blest we are to have a good and loving Dad. Not everyone is so fortunate, and many mothers do a brilliant job raising their family singlehandedly. Unfortunate death of a Dad can be the major event in a child's early life.

Together, parents seek to raise their family, provide their children with comfort and security, ensure that there is a good place in which to reside, plentiful food on the table, and an education offered to their youngsters. Relationships deepen and grow as children turn into adolescents and then become adults.

Fathers are often seen in the model of Saint Joseph. Here we see the typical Dad who is employed, holds down a job for a long time, provides money for the family, and works equally and happily with his wife. Then, there is time for recreation, kicking a ball, spinning a top, riding a bicycle along the creek bed, and watching movies contentedly and cosily together.

Dads try to teach their children lessons for life – kindness, fairness, strength of character, fortitude, and good graces. Dads give of their valuable time; their individual talents; their interest in the growth and development of their children. Some Dads might struggle personally, worry about how well they provide for their family, stress over maintaining or finding a job, trying always to be forthright and loving. Some Dads are shy, others are boisterous and funny, some are quiet and studious.

Dads deserve to be told how much they are loved and respected by their family. They feel rewarded when thanked, and grateful when their efforts are acknowledged.

We pray for the repose of the soul of Dads who have died, and their death can leave a devastating impact on their children no matter what age they are. Some Dads are ill, pray for them. Some Dads find it difficult to cope with the demands of parenthood. Dads come in all shapes and sizes, moods and temperaments, strengths and weaknesses.

May God bless all fathers – husband, dad, brother, grandad, uncle and son. May God walk beside all fathers through this current virus, protect and guide them, nurture and encircle them with loving warmth.

SHALOM TO ALL FATHERS – WHEREVER THEY GO.



Principal's Bulletin

DALTON ROAD CAMPUS BUILDING UPDATE – COOINDA PROJECT



LIBRARY NEWS

BUSY TIMES IN THE PAMELA COYNE LIBRARY

No day is ever quiet in the Pamela Coyne Library.

Before school, recess and lunchtime we are open and are always busy. Students come in to find a comfortable, safe space to study, read, play board games, catch up on homework and work or play games on their laptops.

The Reading Club meets weekly and we also have Library Monitors who are trained to assist the staff with book returns, shelving etc.

The happy faces on our students (please note, these photos were all taken prior to this year's compulsory mask regulation) prove just how much they enjoy their Library!

If you'd like to join the Reading Club, please contact Mrs Johnson, and future Library Monitors can speak to Mrs Pattison to register for training.

And don't forget, we have a great Instagram Page...have you checked it out yet? @smc.libraries for all our latest new.

The Pamela Coyne Library hours are 8am to 4.30pm (following the ASH program) daily.

See you in the Library!



RE-ENROLMENT – 2022

We invite you to re-enrol your child/children at St Monica's College, Epping for 2022. Re-enrolment 2022 is now open until 8 October 2021.

Re-enrolment into Years 8 – 12 must be confirmed submitting the accompanied 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.

HOW TO SUPPORT A FRIEND OR RELATIVE WITH THEIR MENTAL HEALTH

CONTACT

Stay in regular contact. Pick up the phone, send a text or email to check up on your friend or relative



LISTEN

Listen to your friend or relative. Be patient and understanding



SUPPORT

Offer to go with them to find some extra support and advice from professionals



ENCOURAGE

Encourage them to talk about how they are feeling



COPING SKILLS

Help them to develop coping skills such as relaxation or deep breathing. Be there to practice with them



RESPECT

Respect their limits and do not put pressure on them to do things



DAILY TASKS

Ask them if there is anything you can do to help them with tasks such as shopping, cleaning etc.



WELLBEING

Talk to them about how exercise, sleep and eating healthy can help with their mental health



JUDGEMENT

Do not judge them or be critical when talking to them



YOURSELF

Make sure to look after yourself and your own wellbeing



@BELIEVEPHQ



CAREERS CORNER

DEVELOP SKILLS THAT MATTER FOR YOUR FUTURE SUCCESS

When it comes to planning or starting your career, it's normal to think "where do I even begin and what really matters?" There's a lot to learn and wrap your head around.

Most people pursue a similar path when preparing to enter the workforce, and that usually includes going to school, training, and obtaining the qualifications that prove our knowledge and capability. So, if we all follow a similar path, what it is that makes a candidate stand out and shine?

A lot of credit goes to soft skills. Soft skills will help you make a better impression, land the gig, and achieve greater success! Soft skills, also known as interpersonal skills, represent the characteristics that help employees thrive in the workplace. These include how we interact with people, solve problems, and manage our workloads.

Some examples would include communication, teamwork, self-management, leadership, adaptability, and the list goes on.

WHY DO SOFT SKILLS MATTER?

Did you know that the most in-demand qualities employers are looking for are: communication, teamwork, problem-solving, planning and organisation, and self-management?

Soft skills are super valuable no matter what industry you're in and can positively impact your career – from the moment you apply for a job to the day you're up for that big promotion. It's widely said that "hard skills can help you get an interview, but soft skills can get you the job and keep it.

Soft skills also matter because they are scarce. Employers in Australia are reporting a large deficit in these skills. This means they will be an important and valuable asset whether you're just starting your career, changing it, or wanting to climb to a higher level.

But don't forget, your hard skills are just as important. With a whole world of possibilities out there, find the job that suits you.

Check out the [Soft Skills Super Star series](https://www.skillsroad.com.au/national-skills-week-2021) at Skills Road (<https://www.skillsroad.com.au/national-skills-week-2021>) to help build those skills and succeed in any workplace!



DAV DEBATING RESULTS



On Thursday 19 August two of our DAV Debating teams participated (digitally) in Playoff 1 of the Finals Series.

The Year 8 SMC D Grade 3 team defeated Peninsula Grammar 2.

- ◆ Our team argued the affirmative case for the topic: 'That the Australian of the Year should be publicly elected.'

The Year 12 SMC A Grade 1 team lost to Geelong College 1.

- ◆ This secret topic debate saw our team have one hour to prepare the affirmative case for the topic: 'That the government should have banned news articles that raised concerns about the safety of COVID vaccines.'

Congratulations to both teams for qualifying for the finals of this competition. Their hard work is to be commended.





AUGUST 2021 | VOL. 2

Music News

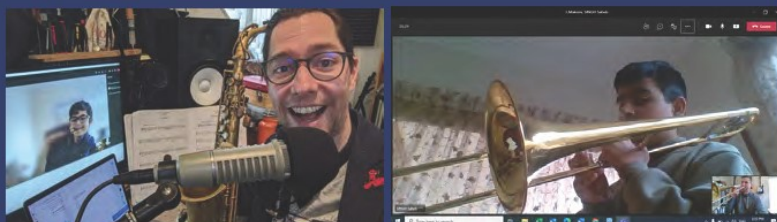
Monthly Newsletter of St Monica's College
Music Department



MUSIC LESSONS

Instrumental music lessons have continued remotely as the Covid-19 lockdown continues. The remote lessons have provided a valuable outlet for music students to break up the weekly activities and connect with their music teachers. The music staff have worked hard to prepare engaging lessons to ensure students continue to build their skills at this time.

Parents and students are reminded to contact the Music Office in advance if there are any reasons why a lesson time may need to be rescheduled.



COLLEGE ENSEMBLES

Ensemble Directors have maintained contact with students throughout the lockdown period with individual practice goals and meetings held. Unfortunately, it is not practical for online rehearsals to proceed but there are many things students can do to maintain skills and connection with their ensemble throughout this time. Students are encouraged to maintain their skills with regular practice as we anticipate the return to live performance in Term 4. Students should contact their Ensemble Director via email or the Music Office if additional support is required.

NATIONAL SONGWRITING COMPETITION

Students interested in songwriting are encouraged to enter the National Songwriting Competition which is run by the Australian Children's Music Foundation (ACMF).

For details, please go to: acmf.com.au/national-songwriting-competition/ or contact Mr Hatherell via email.



UPCOMING MUSIC EVENTS:

Principal's Cup for Song
Wednesday 15 September

Piano Competition
Tuesday 12 October

Sounds of Spring
Rescheduled to Wednesday 3 November

MADD Night
Friday 15 October



St Monica's College, Epping
announces

AUDITION CALL! MADD NIGHT 2021

Virtual Auditions Close: **Tuesday, 31 August**

Onsite Auditions: **TBA**

Audition Form/Video Submission Link:
<https://forms.gle/KEzR6fX2GeM3NH9M7>

Contact Mr Hodges via email at b.hodges@stmonicas-epping.com
if you have any questions



St Monica's College,
Epping

PRINCIPAL'S CUP FOR SONG 2021

Wednesday, 15 September 2021
7.00pm

Theatre Of All Nations
Dalton Road Campus



MUSIC OFFICE EMAIL: d.hatherell@stmonicas-epping.com PHONE: 9409 8800

MONICAN MUSICIAN



NICHOLAS JONG-NGUYEN

Year 11 student, Nicholas Jong-Nguyen was first introduced to the violin at his Primary school and commenced official lessons as soon as he arrived as a Year 7 student at St Monica's College.

Nicholas is passionate about playing the violin and has demonstrated a committed approach to developing his skills. Nicholas has consistently contributed to the co-curricular ensemble program as a member of Junior and Senior String Ensemble. He has regularly performed as a soloist and led ensembles at College events including College Mass, Ensemble Concerts, Opening and Blessing Ceremonies and College Production.

Nicholas has always maintained a commitment to improving his skills through dedication to personal practice, this has led him to advance to a high level of playing. Nicholas is currently studying VCE Music Performance and is preparing for his Grade 8 AMEB exam.

Congratulations to Nicholas for his commitment and leadership in the College Music program.



MUSIC STAFF PROFILE

CAITLIN BASS

In Term 2, we welcomed Caitlin Bass to the Music Staff to teach double bass, cello and electric bass. We are fortunate to have her skills on offer to St Monica's College students.

After completing her Bachelor of Music (Honours) at WAAPA and a Graduate Certificate in Orchestral Performance from the University of Tasmania in 2011, Caitlin moved to Vienna to study a Master's degree in orchestral double bass, and to work in the industry.

Whilst living in Vienna, she worked with highly prestigious orchestras including the Vienna Volksoper, Vienna Chamber Opera, Hamburg Ballet, Norwegian National Ballet, and the Vienna Chamber Orchestra. Her role with Vienna Chamber Orchestra included tours of Germany, France, Turkey, Canary Islands and Taiwan. Caitlin has worked as a session musician at the Synchron Stage and appeared on many film and TV soundtracks including The Crown, Blue Planet II, Dan Brown's Inferno, Pacific Rim, and The Meg.

Upon invitation, Caitlin returned to Australia to work extensively in the role of Associate Principal Double Bass with the West Australian Symphony Orchestra in 2018, and since 2019 she has worked on a casual basis with the Melbourne Symphony Orchestra, Orchestra Victoria, the Australian Ballet, and Opera Australia. In 2019, Caitlin was also invited to work as a fixed substitute with the New Zealand Symphony Orchestra and the esteemed Malaysian Philharmonic Orchestra.

Outside the orchestral sphere, Caitlin is also very active in other music scenes working with such artists as The Whitlams, Katie Noonan, Ratchild, and several times with Eurovision winner Conchita Wurst.

Any students interested in learning double bass, cello or bass guitar with Caitlin are encouraged to contact the Music Office for enrolment information.

PIANO COMPETITION

All piano students are encouraged to participate in the Piano Competition.

Please register by completing the following form:

<https://forms.gle/KpPqBxAo6Fd47P1z5>

VIRTUAL CONCERTS

Enjoy concerts from home via the following links:

Melbourne Digital Concert Hall
melbournedigitalconcerthall.com



NPR Music Tiny Desk Concerts
www.npr.org/series/tiny-desk-concerts/



Melbourne Symphony Orchestra Live
www.mso.live



"Music enhances the education of our children by helping them to make connections and broadening the depth with which they think and feel. If we are to hope for a society of culturally literate people, music must be a vital part of our children's education." - Yo-Yo Ma



PIANO

Competition

NEW DATE!

Tuesday, 12 October 2021
7pm Theatre Of All Nations

ALL PIANISTS
YEAR 7 - 12 ARE
ENCOURAGED TO
ENTER

REGISTRATION

Please go to the following
link for registration and
event details:
<https://forms.gle/KpPqBxAo6Fd47P1z5>

Registrations close
Monday 30 August

MUSIC OFFICE EMAIL: d.hatherell@stmonicas-epping.com PHONE: 9409 8800



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



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KEEPING ACTIVE DURING LOCKDOWN



GIVEAWAY

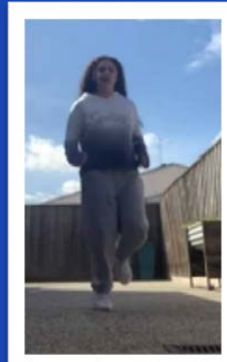


1ST PRIZE - \$100 REBEL SPORT VOUCHER

2ND PRIZE - \$50 REBEL SPORT VOUCHER

3RD PRIZE - \$30 REBEL SPORT VOUCHER

The giveaway recognises students staying active during lockdown and winners will be announced next week. First prize will be a \$100 Rebel voucher, with \$50 and \$30 for placegetters.



PAKISTAN FUNDRAISING

It is that time of year when our Pakistan fundraising concludes for one year only to commence for another year.

I am pleased to report that through our efforts we have raised \$10,000 between 1 August and 31 July 2021. The funds will be a much needed aid to our friends in Pakistan. Over the course of the last 6 months we have received the following request from Pakistan:

1. \$3,000 for the payment of teacher salaries for the Tando Allah Yar community of schools
2. \$7,000 for the rebuild of the school in Dhar, Khipro. Below are the details and the photos. As you can see it enjoys a strong enrolment but is in need of major repair. For our assistance I have requested the school be renamed St Monica's. So far the Sisters have been accepting of this idea.

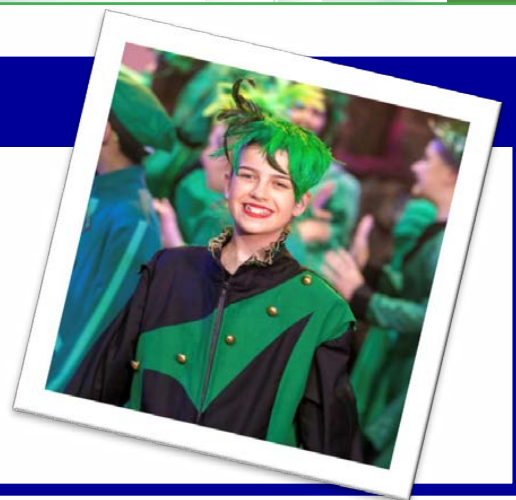
I wish to thank all those who continuously support this important fundraising efforts that we at St Monica's have been so committed to over the last 20 year.



MARVELLOUS MONICAN

Summer Maxwell (Year 7 Purple) is a hard working and dedicated student who always tries her best. She is thoughtful, kind and respectful towards her peers and teachers. Summer has embraced Monican values and opportunities presented to her in her first year at St Monica's College. Summer loves dancing, music and creative arts. She was involved in our production of the Wizard of Oz.

Well done Summer for being an exemplary Monican. We look forward to watching your journey.



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B.E. Hanley
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Principal