



Be careful not to drop your bundle

In the previous edition of the Principal's Bulletin I urged readers to take matters 'in their stride'. Along the same lines this edition, I counsel, 'be careful not to drop your bundle'. This is a typically Australian way of saying, not to let matters overtake you to the extent that you give up and just accept matters as they are. Instead, persevere.

When I was a very young child growing up in Maidstone, there was a lady in the neighbourhood who was a laundress. She would carry her bundle of clean clothes to her client's home, balanced on her head! This was quite a sight for a young pie-eyed boy. Through the street of Maidstone she would travel on foot, concentrating on her balance and not dropping her bundle (of clean washing). I am not sure what she did on rainy days, though on windy days she would rest her hand on each side of the load to prevent its falling.

Life can be somewhat like that at times, I believe. We hold within ourselves 'bundles'. They might be responsibilities, hopes, a dream, plans, intentions, and we live and work to bring them to fruition. We persevere to keep these alive and achievable and in a sense they provide us with purpose.

However, some people or circumstances can upset us, disorientate us, and we might panic. We begin to drop our bundle. How might we recognise this? We might find ourselves thinking: 'This is too hard'; 'I am not accomplishing anything fast enough'; 'This is not worth the effort'; 'No one cares what I do or ever thanks me'. These are dangerous thoughts!

Much is achieved through effort and perseverance. At times we might go through a rough or tough patch when we have to really keep trying, remain positive and convince ourselves that the project in hand (aka bundle) is worth our effort. Many very worthwhile life achievements can fail because we too easily or too quickly drop our bundle.

When St Monica's College was established in the 1960's, a search was held for a suitable College motto. The end result was 'Pray and Persevere', and this esteemed motto has driven this school forward for decades. Monicans pray and they persevere, they do not drop their bundle. Once a determination is made by an individual Monican on what they wish to achieve and how they will accomplish that, they ought to stay on the path, eyes forward.

I urge Monicans not to allow fear, insecurity, gossip and criticism, mean words of others, or lack of effort to distract them from what they know and believe in their heart and head to be the right path to pursue.

The Washing Lady of Maidstone never let that bundle perched on her head slip or topple. Similarly, we all know people whose commitment to achieve and be successful is on show for all to admire.

As we travel on our journeys ahead together in 2022, may you be that person.

Brian E. Hanley OAM,
B.A., Dip. Ed. Grad. Dip. Ed. Admin., M.Ed., MACE, FACEL
College Principal





YEAR 7, 2023 ENROLMENTS



If you have a child presently in Grade 6 and have not yet enrolled into Year 7, 2023 please do so as soon as possible as places are limited.

Application for enrolment is available on the St Monica's College website
www.stmonicas-epping.com

Click on the apply button to complete your online form and submit with documentation required.

If you have any further enquiries, please contact the College Registrar on
registrar@stmonicas-epping.com
or 9409 8800

Lina Sirianni
College Registrar
www.stmonicas-epping.com/apply

TERM 1 PARENT/TEACHER CONFERENCES YEARS 7 – 12

Parent/Teacher Conferences for Years 7 – 12 will be held on Tuesday 22 March and Thursday 31 March from 2.30 pm – 8.00 pm and will be held online. Bookings can be made by using the Parent Access Module (PAM) system from 9.00 am on Tuesday 15 March using your log on details received previously. If you require any assistance, please contact the College on 9409 8800. Students will conclude at lunchtime (12.55 pm) on both days.

PARENTS/GUARDIANS

The price of a Lenovo Laptop Charger in 2022 is \$50.00.

These can be purchased from Augustine House.



YEAR 9 CAREERS CLASSES

Careers lessons continue for Year 9 students during their Pastoral classes as they learn to match their interests to potential careers.

A new Careers office will be situated on the Dalton Rd Campus in The Cooina Building once construction has concluded. For the time being, students who wish to make an appointment with a Careers staff member should contact their Year Level Leaders.

MELBOURNE UNIVERSITY SCHOLARSHIP APPLICATION HANSEN SCHOLARSHIP

Each year twenty exceptional students from around Australia are chosen as Hansen Scholars based on their commitment to their academic success, resilience to adversity, and demonstrated commitment to helping and leading others.

Open to all Year 12 students applying for an undergraduate degree at Melbourne in 2023, the Hansen Scholarship is the University's most generous equity scholarship. Hansen Scholars receive accommodation near the Parkville campus for three years, a yearly allowance for living expenses, as well as a tailored program of enrichment including academic orientation, study skills, mentoring and cultural activities.

LATROBE UNIVERSITY EARLY ENTRY PROGRAM

Latrobe University is a very popular destination for SMC graduates with its fine reputation and proximity to Epping. Many SMC students have in the past received their offers to Latrobe through the Aspire early admissions program. This is what Latrobe says about Aspire: "Our Aspire Early Admissions Program rewards your involvement in community, leadership and volunteering with an early conditional offer into your chosen course at La Trobe. This means you'll know if you have a place at university in September, or even earlier. You'll also receive exclusive benefits designed to nurture your skills and give you the support you need to succeed at La Trobe and beyond."



FINANCIAL ASSISTANCE FOR CAMPS, SPORTS AND EXCURSIONS FUND (CSEF) 2022 **\$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 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 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 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 2022 if any of these changes have occurred.

- New student enrolments: students who have started or changed schools in 2022 or if the parent did not apply for CSEF at the school in 2021
- Changed family circumstances: such as a change of custody, change of name, concession card number, or new siblings commencing at the school in 2022.

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 (31 January, 2022) or term two (26 April 2022).

Closing Date

You should lodge a CSEF application form at the school by 24 June, 2022 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.

VETiS and VCAL PROGRAMS



We are delighted to recognise the hard work of our students who have secured Structured Workplace Learning with employers this term. At this point we have over twenty students attending a workplace one day a week, this will allow them to gain vital experience whilst using skills and knowledge that they have acquired through their VET studies. In the next week we expect many more students to undertake their placements as positions are finalised. Well done to all involved.

Also thank you to Mr Krstevski (SWL Officer) and Mrs Registro (VCAL Manager) for their support.

IN PRAISE OF MONICANS

I am pleased to report that the behaviour, attitude and overall school spirit of our Monicans at the House Athletics Carnival on Wednesday, 9 March was of the highest standard.

Naturally, it is always unsatisfactory when an individual Monican's behaviour disappoints because everyone is responsible for each other and the reputation of the College. This includes language, grooming, deportment, adherence to school rules, and any actions that can be deemed unacceptable.

Library

news



Parents, have you received an email from the SMC Library Faculty?



SMC's Library Resource Faculty have recently introduced a new aspect to their loans system, which is a great advantage to both Families and Library Staff.

Parents, we are pleased to announce that we are now able to email you directly from our Library Management System to inform you of any Overdue books your child/children may have.

From your perspective, as parents, this will enable you to make sure your child has a clean slate of loans and is able to continually borrow books. From our perspective it is a time efficient way to retrieve our books and resources and have them back on the shelves for further loans.

So, if you have in the recent past received an email from SMC Libraries, please be sure to follow up with your child as soon as possible to ensure their book is returned. This will cancel out any further emails and you will then not be charged the replacement cost of the book/s to your school fee account.

STUDENT FREE DAY

Parent please be advised that Friday 18 March is a Student Free Day.



STAFF WELLBEING PROFESSIONAL WORKSHOPS

We are excited to announce some changes we will experience in Wellbeing this year.

In lieu of the Wellbeing Staff PD day on the final day of Term 3 (Friday 16 September), our staff instead will be having short, sharp PD workshops during the year.

The research is evident that short, sharp PD workshops are the best way to go for high impact and an effective way for Staff to focus on PD. From the Counselling Services Working Party meeting held in 2021, our research suggests this is true.

To introduce us to these PD workshops, on Monday 4 April, all students will be dismissed from school at the end of Lesson 5, in order for us to begin our Wellbeing workshop. Students will be dismissed at 2.35 pm and staff will immediately work on their PD workshop on Wellbeing.

Date to note in your diaries:

Term 1 - Monday 4 April.

Students dismissed at the end of lesson 5. (2.35 pm).

We are excited to trial some contemporary, relevant PD for Wellbeing in short bursts each term, in lieu of the Wellbeing PD day. The final day of Term 3 will be a normal day of classes to finish Term 3.

COVID MANAGEMENT

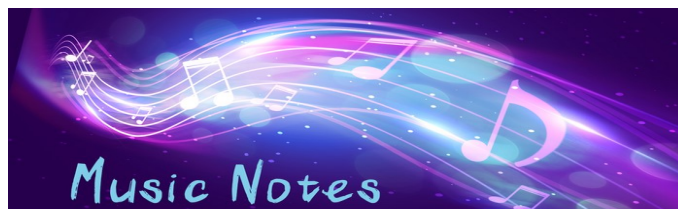
I am always interested in receiving feedback from families about how they experience SMC's handling of the COVID situation. Our Risk & Compliance Officer, Mr Antonio Novembre, is always keen to be told how we are coping and protecting our school community.

Contact:

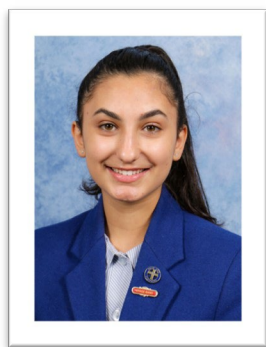
Mr Antonio Novembre, Risk & Compliance Officer

Phone: (03) 9409 8800

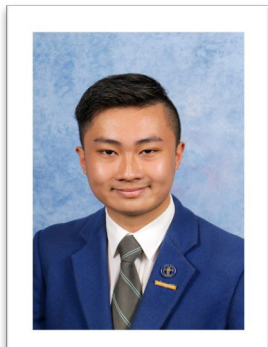
Email: a.novembre@stmonicas-epping.com



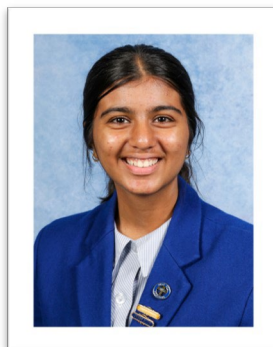
MUSIC CAPTAINS 2022



Alessia Di Gregorio
Davison Street Music Captain



Nicholas Jong Nguyen
Davison Street Vice Music Captain



Shagun Saharan
Dalton Road Music Captain



Dean Wu
Dalton Road Vice Music Captain

ENSEMBLE REHEARSALS

ENSEMBLE	DAY	TIME	VENUE
CONCERT BAND	THURSDAY	3:45 PM TO 5:00 PM	G30
SMC SINGERS (COLLEGE CHOIR)	THURSDAY	3:45 PM TO 5:00 PM	TOAN
STAGE BAND	WEDNESDAY	3:45 PM TO 5:00 PM	G30
SENIOR VOCAL ENSEMBLE	MONDAY	BEFORE SCHOOL 8:00 AM	T18
FLUTE ENSEMBLE	THURSDAY	BEFORE SCHOOL 8:00 AM	T18
JUNIOR BAND	WEDNESDAY	BEFORE SCHOOL 8:00 AM	G30
JUNIOR GUITAR ENSEMBLE	WEDNESDAY	3:45 PM TO 5:00 PM	E27
SENIOR GUITAR ENSEMBLE	TUESDAY	3:45 PM TO 5:00 PM	T25
JUNIOR SINGERS	TUESDAY	LUNCH 1:05PM	E27
JUNIOR STRING ENSEMBLE	TUESDAY	LUNCH 1:05 PM	G30
SENIOR STRING ENSEMBLE	MONDAY	3:45PM TO 5:00 PM	T18
SAXOPHONE ENSEMBLE	WEDNESDAY	LUNCH 1:00 PM	T25
DRUM ENSEMBLE	WEDNESDAY	LUNCH 1:05 PM	G30
JUNIOR ROCK BAND	THURSDAY	LUNCH 1:05 PM	G30
SENIOR ROCK BAND	TUESDAY	LUNCH 1:05 PM	T18

ARCHIVES

The College is looking for copies of the College Annuals for the following years:

1980, 1982; 1983; 1984; 1986; 1987, 1988, 1989, 1994.

If you are able to assist please contact the College Archivist, Mrs Claire Polidano on 9409 8969 to arrange collection.

LENTEEN REFLECTION



Today is always a good day to begin again to be an ambassador for Christ. Lent gives us a yearly reminder and opportunity to intentionally turn our lives to what is life-giving for ourselves and for others, both personally and communally. Being reconciled to God is making space for the voice of goodness to speak clearly so we can remember who we are and let go of who we do not wish to be any more. We make a move towards becoming who we are meant to be in Christ. Taking time in prayer and with Scripture is a gift to be savoured more intentionally in Lent and helps us to hear God's voice of love and peace each day.

As we reconnect and renew in prayer, we also give ourselves a sharper focus through fasting and almsgiving. In any form of fasting, we strip away the excess, whether that be in food, luxuries, or over-indulging in digital media. Pope Francis asks us this Lent in his Lenten

Message to cultivate instead a more integral form of human communication made up of authentic encounters. He challenges Christians to make this Lent a favourable time to seek out – and not to avoid – those in need; to reach out – and not to ignore – those who need a sympathetic ear and a good word; to visit – and not to abandon – those who are lonely. This kind of almsgiving goes beyond a distant charity into building relationships and bridges between our human family. We are all connected.

As Monicans, we enter into this Season with thoughtfulness and hope. Our world is suffering in so many ways. Lent reminds us that suffering is part of our lives, but that God is with us as we live through the sadness and loss and rise into the light of new beginnings at Easter.

God of both the darkness and the light, we ask you to be with us in this Season of Lent as we make time and space to listen to your voice of encouragement and more faithfully answer the call to be people of justice, truth, and compassion. In every journey ahead this year, guide us by your life and witness to welcome the stranger, feed the hungry, shelter the homeless, visit the sick, and to promote peace wherever we are. We ask for the courage and commitment to speak and act as your witnesses in our world today.

Gracious God, we ask you to be with us this Lent as we open ourselves to your healing mercy in our lives. Bless us and keep us as we walk with you on our Lenten journey in 2022. Amen.

FOR A HEALTHY LUNCHBOX

PICK & MIX

SOMETHING FROM EACH GROUP

1-6!

FRUIT 1	VEGETABLES 2	MILK, YOGHURT AND CHEESE 3	MEAT OR MEAT ALTERNATIVE 4	GRAIN AND CEREAL FOOD 5	WATER 6
<p>FRESH FRUIT</p> <ul style="list-style-type: none"> • Apple • Banana • Mandarin • Orange quarters • Passionfruit halves (with spoon) • Watermelon, honeydew, rockmelon chunks • Pineapple chunks • Grapes • Plums • Nectarines, peaches, Apricots • Strawberries • Cherries • Kiwifruit halves (with spoon) • Pear <p>MIXED FRUIT</p> <ul style="list-style-type: none"> • Fruit salad • Fruit kebabs <p>DRIED FRUIT</p> <ul style="list-style-type: none"> • Dried fruit, nut, popcorn mixes* <p>TINNED FRUIT/SNACK PACKS/CUPS</p> <ul style="list-style-type: none"> • In natural juice (not syrup) 	<p>FRESH CRUNCHY VEGIES</p> <ul style="list-style-type: none"> • Corn cobs • Carrot sticks • Capsicum sticks • Green beans • Cucumber sticks • Celery sticks • Snow peas • Tomatoes (e.g. cherry and Roma tomatoes) • Mushroom pieces <p>Can serve with either:</p> <ul style="list-style-type: none"> • Hummus • Tomato salsa • Tatziki • Beetroot dip • Natural yoghurt <p>SALADS</p> <ul style="list-style-type: none"> • Coleslaw and potato salad (reduced fat dressing) • Mexican bean, tomato, lettuce and cheese salad • Pesto pasta salad* <p>BAKED ITEMS</p> <ul style="list-style-type: none"> • Grilled or roasted vegetables • Wholemeal vegetable muffins or scones • Vegetable slice (with grated zucchini and carrot) • Popcorn <p>SOUP (In small thermos)</p> <ul style="list-style-type: none"> • Pumpkin soup • Potato and leek soup • Chicken and corn soup 	<ul style="list-style-type: none"> • Milk • Calcium-enriched soy and other plant-based milks • Yoghurt (frozen overnight) • Custard <p>Tip:</p> <ul style="list-style-type: none"> • Freeze the night before to keep cool during the day <ul style="list-style-type: none"> • Cheese cubes, sticks or slices • Cottage or ricotta cheese • Cream cheese • Tatziki dip <p>Can serve with either:</p> <ul style="list-style-type: none"> • Fruit • Wholegrain cereal, low in sugar • Vegetable sticks • Rice and corn cakes • Wholegrain wheat crackers 	<ul style="list-style-type: none"> • Tinned tuna or salmon in springwater • Lean roast or grilled meats (e.g. beef, chicken, kangaroo) • Falafel balls • Lean meat or chicken patties • Tinned tuna or salmon patties • Lentil patties • Lean deli meats (e.g. ham, silver side, chicken) • Boiled eggs • Baked beans (canned) • Tofu cubes • Hummus dip • Lean meat or chicken kebab sticks • Peanut butter* <p>Can serve with:</p> <ul style="list-style-type: none"> • Wholegrain sandwich, roll, pita or wrap bread with salad • Rice and corn cakes • Wholegrain wheat crackers • Side salad <ul style="list-style-type: none"> • Vegetable frittata • Skinless chicken drumsticks • Savoury muffins or scones (e.g. lean ham, cheese and shallots) • Homemade pizzas with lean roast or deli meats and vegetables <p>Can serve with:</p> <ul style="list-style-type: none"> • Side salad • Steamed or roasted vegetables 	<p>MAINS</p> <ul style="list-style-type: none"> • Wraps • Sandwiches • Rolls • Toasted sandwiches <p>Tip: Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, herb, naan, bagels, focaccias, fruit bread and English muffins.</p> <ul style="list-style-type: none"> • Pasta dishes • Rice, quinoa or couscous dishes • Noodle dishes • Sushi <p>SAVORY BAKED ITEMS</p> <ul style="list-style-type: none"> - Homemade pizzas - Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins) - Vegetable based muffins - Pasta or noodle bake <p>SWEET BAKED ITEMS</p> <ul style="list-style-type: none"> • Fruit loaf • Wholemeal fruit based muffins <p>SNACKS</p> <ul style="list-style-type: none"> • High fibre, low sugar cereal (e.g. muesli) • English muffins • Crackers • Crispbread • Rice cakes • Corn thins • Wholemeal scones • Pikelets • Crumpets • Hot cross buns (no icing) 	<ul style="list-style-type: none"> • Take a water bottle (for refilling throughout the day) <p>Tip:</p> <ul style="list-style-type: none"> • Freeze overnight to keep foods cool in lunchboxes <p>Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.</p> <p>Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.</p>

For more information about healthy eating and for many tasty recipes, visit the the Healthy Eating Advisory Service: <http://heas.health.vic.gov.au/>



*Check your school's policy regarding the use of nuts and products containing nuts.



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



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SPORT



Year 10 Premier League Results Round 5

Boys Football: 1-0 MMCC
 Girls Football: 2-1 MMCC
 Boys Basketball: 64-50 SAL
 Girls Basketball: 97-20 SAL
 Boys Basketball B: 45-58 SAL
 Netball: 19-46 SAL
 Boys Volleyball: 3-0 SAL
 Girls Volleyball: 2-3 SAL



Senior Sport Results Round 4

Cricket: SMC 2/105 def
 Marymede 10/89
 Akshu 20 & 2/20
 Rohan 28 & 1/20
 Digvijay 26*
 Netball: 46-12
 Star players - Alyssa
 Cuschieri & Nikita Gruevski

HOUSE ATHLETICS CARNIVAL 9 MARCH 2022



HOLY NAME
PRIMARY SCHOOL



EVERYONE
WELCOME

HOLY NAME & COMMUNITY

FAMILY FUN DAY

FREE
ENTRY

SUNDAY 20TH MARCH 2022

11:00AM - 3:00PM

HOLY NAME PRIMARY SCHOOL
12 ROBB STREET PRESTON - ENTRY VIA MCCOLL ST

FOOD
VENDORS

INFLATABLES ~ CRAFTS ~ FACE PAINTING ~ ANIMAL FARM
MINI GOLF ~ SPORTS GAMES ~ RAFFLE ~ FITNESS ZONES

LOCAL COMMUNITY BOOTHS & ENTERTAINMENT





**St Gabriel's Primary School, Reservoir
Class of 1968—1973
(Grade 1—6)**



If this is your year level , we would like to reconnect with former classmates to organise a reunion. You are invited to join our Facebook group or email the following people:

Rosa Laveglia rosettalaveglia@gmail.com
Judy Kirkpatrick (Bowdern) judykirkpatrick@aussiebb.com.au or
Christopher Fleming cfleming2691@gmail.com

COLLEGE PUBLICATIONS

I trust you enjoyed the first edition of 2022 of *The Monican*, Volume 32 / Number 1.

Please be assured that the 2021 College Annual should soon be provided to 2021 families. The delay is not due to SMC.

MARVELLOUS MONICAN



Sanjita Choudhary began her Monican life in 2020. Since then, she has made many great friends and taken up the many opportunities to thrive within the community.

Studying as a HORIZONS student and excelling in her classes, Sanjita utilises her leadership skills in the Junior Student Council, participates in Library Club, plays guitar in the Guitar Ensemble and builds her skills as a public speaker in Public Speaking Club.

Outside of school Sanjita attends language classes to perfect her Hindi and plays tennis. Sanjita is striving to study Medicine at Monash University and work as a Paediatrician.

Most important of all she is a courteous, friendly and caring individual who is always happy to lend a helping hand. We are proud to call her a Marvellous Monican.

B.E. Hanley OAM
Principal



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