

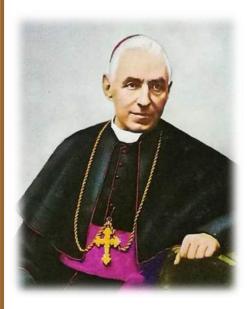
Principal's Bulletin



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

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The Congregation of the Missionaries of St Charles



The Congregation of the Missionaries of St Charles - Scalabrinians - is an international community of men who have as their identity and mission to be missionary religious, who follow in the footsteps of Saint John Baptist Scalabrini on behalf of migrants.

The Congregation of the Missionaries of St Charles or Scalabrinians was founded by St John Baptist Scalabrini, Bishop of Piacenza, on 28 November, 1887, to assist the migrants who were crossing the Atlantic to reach the Americas. The beginnings of the Congregation were humble and unpretentious: just two Italian priests who made their vows in the hands of the Founder. The first mission fields were the United States and Brazil. Subsequently, keeping pace with the evolution of the migration flows, they reached other countries and continents. Today, the Congregation is present in thirty-one countries, with about 700 missionaries and about 400 seminarians, coming from twenty nations.

The members of the Congregation are religious, consecrated to the Lord by the vows of obedience, chastity and poverty. Most are priests, but there is a number of religious lay brothers. They live in community and are called to proclaim the Good News to the migrants, to defend their rights, to promote a more humane society where the migrant is not seen as a foreigner or an illegal, but where the migrant can feel he is a citizen with full rights, because we are all sons and daughters of the same Father and members of the same human family.

By the word "migrants" we mean not only permanent migrants, but also temporary migrant workers, seafarers and refugees. The ministry is exercised in formation houses or seminaries, parishes, missions, chaplaincies, reception centres, shelters for the migrants, and at seaports. They are present in national and diocesan Church organisms; in centres of migration studies; in the teaching and in-depth study of the pastoral care of migrants through the Scalabrini International Migration Institute (SIMI). They engage in lobbying and advocacy through the Scalabrini International Migration Network (SIMN) and through an international network of public and private institutions dealing with the world of migration.

The Scalabrinian Family is made up of the three Institutes of Consecrated Life, founded by Saint J. B. Scalabrini (The Missionaries of St Charles, The Missionary Sisters of St Charles) or which draw inspiration from him (The Scalabrinian Secular Missionary Women).

In recent years, the Lay Scalabrinians have also joined the family; their aim is to be trained so as to be salt and leaven at all levels within the world of migration (ecclesial, cultural, social, political etc.).

The Scalabrini Fathers came to serve the parish of St Luke's, Lalor in August, 1970. Since then, parish priests from the Scalabrinian order have ministered to St Monica's College, Epping as Canonical Administrators and Chaplains.

Brian E. Hanley OAMB.A., Dip. Ed. Grad. Dip. Ed. Admin., M.Ed., MACE, FACEL *College Principal*

Prayer to Blessed Saint John Baptist Scalabrini

O Saint John Baptist Scalabrini, with the heart of a bishop and the zeal of an apostle

you gave yourself completely to all. You listened to the cries of migrants,

spoke in their name, defended their rights. You found sustenance in the Eucharist solace in the cross of Jesus, comfort in Mary, Mother of the Church.

Through your intercession

may God, who is Father, Son and Holy Spirit grant peace to all humanity,

protect those who cross

seas and borders sustained by hope, bless us and our loved ones and grant us the grace that we entrust to your fatherly love.

Amen



FROM THE DESK OF THE EXECUTIVE DEPUTY PRINCIPAL

You need a break

Have you ever considered why taking regular breaks is essential for achieving goals?

Trying to maintain what can become, an overwhelming workload, can and does take a toll on both our physical and emotional wellbeing. Taking necessary time out to refresh, recharge and realign our focus gives us the space we require to replenish our energy levels, optimise daily functioning, and achieve desired outcomes. Taking regular breaks is key for achieving a balanced lifestyle, that allows for motivation at work or school, as well as when enjoying leisure time with family or friends.

We have all experienced moments when we may feel stressed and frustrated. Rather than powering through, a small break can reset your mind and improve productivity by clearing your head and returning with fresh eyes to tackle the task at hand. Whether it is a momentary step away to walk outside, or simply closing your eyes and taking a deep breath, that small action can make a big difference for your mental health and wellbeing. So, the next time you feel like you have hit a road block, permit yourself to pause. Your mind and body will thank you for it.

More extended breaks, like the upcoming term break, are optimum opportunities to refresh, recharge and realign in our pursuit of work/school-life balance. When we take healthy breaks from our daily routines and responsibilities, we allow ourselves time to relax and reinvigorate emotionally and physically. We can work towards reducing stress and fatigue and create space for much needed self-care. This can assist to create improved daily habits that can lead to fewer distractions, enhanced productivity, better health outcomes and healthier relationships with ourselves and others — all of which contribute to increased success at work or school and in other areas of our lives.

Did you know that there are five different types of breaks you can take?

- 1. Strategic break taking a short pause after completing a particular task can keep you on track, and possibly even increase productivity
- 2. Physical break getting up and moving about can counter the negative effects of being in a stationary position for extended periods
- 3. Mental break taking a few moments to breathe deeply or to meditate can support a positive mindset
- 4. Social break social interactions can alleviate stress and provide support if required
- 5. Mindful break stopping to smell the roses, or to appreciate the present moment can encourage a sense of calmness and perspective.

In the often fast-paced trajectory of everyday life, it can be easy to forgo a break because sometimes we feel we do not have the time to interrupt the stride. If we remind ourselves that breaks are not a luxury, but a necessity for maintaining productivity and overall wellbeing, we are not only helping ourselves, but possibly also those around us.

Schedule regular breaks throughout your day or week and use this time intentionally. Switch off your phone, walk away from your laptop and focus on being in the moment. Taking a break is important to recharge your battery. Breaks can and do look different for everyone — disconnecting from technology, dedicating time to a hobby, or simply pausing.

Remember, you can always improve your work/school-life balance and make it easier to achieve your long-term goals. It is important to acknowledge that these breaks are just as necessary as the actual work you do, so prioritise building these breathers into your daily routine so they become an integral part of how you live and work.

May your light, always shine brightly.

Miss P Di Maria Executive Deputy Principal

Safe School Crossings



School Crossing Supervisors have a much-valued role in our community, helping students and parents cross the road safely during peak school times.

Children's school crossings are placed at locations to help children safely cross the road, especially on their way to/from school.

Unfortunately, the City of Whittlesea has received a number of public complaints regarding the unsafe crossing of students at the intersection of Cooper/Henderson/ Dalton Road.

The College has communicated these concerns and the safe crossing of roads to our students during our weekly year level assemblies.

To stay safe at school crossings students are encouraged to:

- Stand behind the yellow line
- Never follow the crossing supervisor out onto the crossing
- Wait until they hear their whistle (two short blasts) before crossing
- Do not ride bikes across the crossing, bounce a ball, or run
- Do not use a mobile phone while crossing
- Walk quickly and safely
- Stay within the lines of the crossing and walk in front of the supervisor (never behind them).

As a College, we ask that you engage in a conversation with your child regarding the safe crossing of roads/intersection.

Ms A Xerri DRC Campus Leader Miss N Meade DSC Campus Leader

TERM HOLIDAY OFFICE HOURS

Please note that the College will be opened Monday, 18 September until Thursday, 28 September. Operating hours are 9:00am – 4:00pm.

Friday, 29 September the College will be closed due to Grand Final Cup Eve Public Holiday.

THIS MONTH IN

Mission

2023

1 September

1 September

1 September

4 September

4 September

6 September

7 September

7 - 8 September

8 September

11 September

11 September

11 September

14 - 15 September

15 September

DSC Youth Ministry Meeting

DSC Be More Meeting

Class of 2013 Reunion

Junior Council Meeting

DRC Youth Ministry Meeting

Leila Gurruwiwi Workshop (NFA Jumper Program)

Year 10 Exodus Service Day

Be More Meetings

DSC Youth Ministry Meeting

Senior Council Meeting

DRC Youth Ministry Meeting

Community Service Oxacare Program

Be More Meetings

DSC Youth Ministry Meeting

IMPORTANT DATES Term 4

October

2 October – Term 4 Commences (Summer Uniform)

10 October – Last Day for Year 12

11 October - College Assembly

12 October – Year 12 Graduation and Parade

24 October - Year 12 Exams Commence

November

6 November – Mid Term Break (Student Free)

7 November – Melbourne Cup Public Holiday

13 - 23 November -Year 10 and 11 Exams

15 November – Year 12 Exams Conclude

21 November – Principal's Trophy for

Technology

24 November – Year 7 to 11 Assembly

24 Nov- 5 December – Senior Studies

Transition

27 – 30 November – Year 9 Exams

28 – 30 November - Year 7 and 8 Exams

December

1 December – Report Writing Day (Student Free)

5 December – Year 7 – 11 Classes Conclude

15 December – Office Closes



Finalising Term 3 Tuition Fees

As we are approaching the end of Term 3, we kindly remind families of their fee obligations. A requirement of enrolling your child at St Monica's College is that payments are made on a regular basis from the commencement of the school year. Please keep in mind that payments are due and payable in four equal instalments by the second week of each term unless you are not on a school administered payment plan. If you have not made an instalment on your Tuition account in Term 3, we ask that you please tend to this.

Instalment 1 - 17 February 2023

Instalment 2 - 5 May 2023

Instalment 3 - 21 July 2023

Instalment 4 – 13 October 2023.

Please refer to your Fees Account Statement sent via email on 4 September 2023 to monitor your fees status. Your Fees Account Statement can also be viewed on the Community Portal.

Extra-curricular activities will not appear on your Fees Account Statement. Additional charges may apply as and when they fall due. These will be charged on a separate Tax Invoice with different Terms and Conditions.

To those families who are up to date with their fee obligations, we thank you for your continued support. Should you need assistance bringing your account up to date, please feel free to contact the Fees Office on 9409-8800 or contact us via fees@stmonicas-epping.com.

2023 Re-Enrolment

We would like to thank all families who have completed the re-enrolment process. If you have not paid your Re-Enrolment deposit or submitted your Re-Enrolment Agreement Form as yet, this is now overdue, and we ask that you notify the school of your intentions immediately. This process secures your child's place at St Monica's College for 2024.

Payment Plans

We would like to remind families that it is never too late to sign up for a school administered payment plan. St Monica's College offers both Direct Debit and Credit Card payment options. Extended tuition account due dates are in place for families on a St Monica's College school administered payment plan. Application forms for Direct Debit or Credit Card automatic payments can be completed online using the following link:

https://www.stmonicas-epping.com/payment-plan/

Office Closure

The Fees Office will remain open throughout the school holidays between the hours of 9:00am and 4:00pm. Any queries can be directed to 9409 8800 or fees@stmonicas-epping.com.

All payment options will remain available during this time:

- a. Direct Debit Payment Plans (Recommended) If you are on a School Administered payment plan, please make note of your 2023 Direct Debit
- b. At College Reception (Augustine House) Payments can be made by cash, cheque, EFTPOS, Visa or Mastercard between the hours of 9:00am and 4:00pm.
- c. Online Payments via the community portal (located in the Finance tab, Fees) or via Bpay.

Welcome to the College.....

The College welcomes **Dr Nicodemo (Nic) La Rosa** to the role of Business Manager as from late September. Dr La Rosa joins our College from the Florey Institute, medical research organization, where he is Chief Financial Officer. He holds a Bachelor of Economics degree from La Trobe University, a Doctorate in Philosophy in Economics (Financial Analysis, Business Forecasting and Benchmarking) from La Trobe University, and he is a Certified Practising Accountant, a Chartered Accountant, and a Certified Management Accountant.

Dr La Rosa worked at KPMG, at Arbias Ltd as Chief Financial Officer and Company Secretary, and he held senior financial management roles for many years at La Trobe University, mainly in the Faculty of Science, Technology and Engineering and as Manager of Financial Performance and Analysis. Recently he has presented his research to various national and international forums.

Dr La Rosa is a member of St Francis of Assisi parish, Mill Park where his children attend school. He coaches and trains athletes with Boxing Victoria.

B.E. Hanley OAM Principal

The College extends best wishes and thanks to Mrs Alison Pisani as she relocates to a school closer to her residence.



Please be advised that due to a security feature known as **Network Unavailability due to Maintenance**

Please be advised that some College network services will be unavailable from 5pm on Friday 15 September until Monday 18 September.

Access to pay school fees via the Community Portal or access to the Parent Access Module will be unavailable throughout the weekend.

Overseas Travel Reminder

If planning to travel, please notify the IT department if your child requires access to College IT resources whilst overseas (e.g., Email, OneDrive, Microsoft Teams). Access within Australia's borders remains unaffected. If your child requires access whilst overseas, please notify the IT department of your travel plans via ITSupport@stmonicas-epping.com.



DRC

BOOKING TIMES AVAILABLE

After a very busy subject selection period it is again possible for any DRC students in Years 7, 8 and 9 to make an appointment to discuss your career direction. Click here to <u>make a booking</u>. Students should bring their laptop to the meeting, and they will receive a typed summary that includes links used during the session. Come along to get some help with your career journey!



DSC

ARMY EXPO AT PUCKAPUNYAL FOR YEAR 10 TO 12





Interested students in Years 10-12 attended a day at the Puckapunyal Army Barracks recently, to help them learn more about what life is like in the defence forces. Male and female students from the three year - levels (including current members of the cadets, and others who don't know much about army careers) attended. Students were encouraged to ask questions of the Army personnel on the base to build their understanding of what a day in the life of a soldier is like, gain insights about different pathways to joining the defence force, and to explore the many and varied types of work that is possible within the

army. Highlights of the day included rides on Bushmaster vehicles and, for a select few students, a ride on an ASLAV (Australian Light Armoured Vehicle). Students were treated to a taste of army tucker with a hot lunch served. All SMC students engaged in conversations with different soldiers, and looked at weapons, vehicles. They learned about the role of chaplaincy and STEM within Defence, challenged themselves with the Physical Training instructors, and met defence force dogs used to find explosives. For some students, the day at Puckapunyal confirmed their plans to enlist in the Australian Defence Force and prompted others to think about the diverse possibilities available.

LATROBE UNIVERSITY TOURS IN THE HOLIDAYS

Latrobe University, Bundoora, is a major destination for St Monica's College students after they graduate. It can be motivating and reassuring for students to explore universities they may potentially attend in the future. Latrobe is running campus tours during the school holidays and any SMC students in Year 9 and above are welcome to attend. Tours will be led by La Trobe's student ambassadors, and these tours will showcase the main facilities for our students. After the tour,

students can also have a one-on-one consultation with a La Trobe student advisor about possible study pathways. Details:

When:

- Day 1 Tuesday 19 September
- Day 2 Wednesday 20 September
- Day 3 Thursday 21 September

Tours will be departing each day at 10am and 12pm. <u>Click</u> <u>here to register</u>.





The Australian Informatics Olympiad: DSC Monican Problem Solvers Rise to the Challenge



The Australian Informatics Olympiad presents a unique platform for Monican students to demonstrate their advanced problem-solving and computer programming skills. On the 24 June over the course of a rigorous 3-hour event, these students employed their problem-solving expertise and algorithmic thinking to devise effective strategies for overcoming complex mathematical challenges. Subsequently, these strategies were translated into executable code, utilizing the Python programming language. This competition not only imparts invaluable insights into the scope of informatics but also nurtures an appreciation for computational thinking and its diverse applications, especially in the field of Mathematics.

Representing the DSC Problem Solvers were four Year 11 students, each bringing their STEM expertise to the fore. The team featured Matthew James, a seasoned Python programmer, alongside Cyrus Tulio, who excels in both Science and Mathematics. Justin Taduran, a mathematics enthusiast, added his analytical competence to the mix, while Gautam Sohal, a proficient Python programmer, joined as a new member, contributing his skills to the team's computational capabilities and critical thinking.

The highest achievers in this competition stand a chance to be selected for the prestigious Australian team that "competes in the International Olympiad in Informatics (IOI). The International Olympiad in Informatics,"





Following an extremely enjoyable St Monica's Week, the LSF continued with Book Week Celebrations at the SJQ Library on the senior campus.

Staff surprised students with fabulous dress ups, competitions and book giveaways, and the highlight of course, was the visit and talk by Young Adult fiction author, Will Kostakis. Will entertained and engaged a group of avid readers on Wednesday and was happy to pose afterwards with both staff and students.





As usual, things are constantly busy in the PCL, with Library Clubs and busy lunchtimes.

Tuesday, 29August saw an excursion for an excited group of students into the State Library of Victoria (SLV).

Students who are members of the Reading Group, Writer's Group, Journaling Club and Library Monitors Club were invited to spend the day in the beautiful SLV and attended an Independent Publishing Workshop there. Time was also spent perusing the Readings Bookstore, where a few lovely purchases were made by both students and staff. Special thanks to Mrs Hiho for organising and Mrs Johnson and Mrs Carbone for assisting on the day.







Journaling Club were busy this week in the library, OOZING into spring!

Journaling Club is a welcoming and relaxed environment for students to meet every Friday at lunch in the Cooinda Bridge Library, giving them a break away space for a brain break or the opportunity to create and express themselves and their interests using a variety of stationery and materials.

The sessions are guided by the students and have included students scrapbooking, goal setting, drawing/doodling, mindful colouring in or creating fan art and journals based on books, authors, and musicians.

To help support their vision and work, students can make requests for materials or activities. Recently there was an overwhelming response to do a sensory activity, something tactile, something fun!

Without the need over STRETCH ourselves and with the support of Mr. Registro and the Spice Girls "SLIME" up your life' this past Friday Journaling Club set up a SLIME making workstation!

It was a STICKY mess, but the activity filled the room with an electric energy, while the students vigorously mixed their elements together and SQUISHED out any frustration, tense or anxious energy, leaving some feeling so refocused and energised, they even offered to stay back and help clean.

> For those who were not keen on getting messy, air dry and polymer clay and materials were purchased for the session, giving students and alternative sensory, mindful, and tactile experience along with the usual art supplies for them to continue their other journaling pieces.

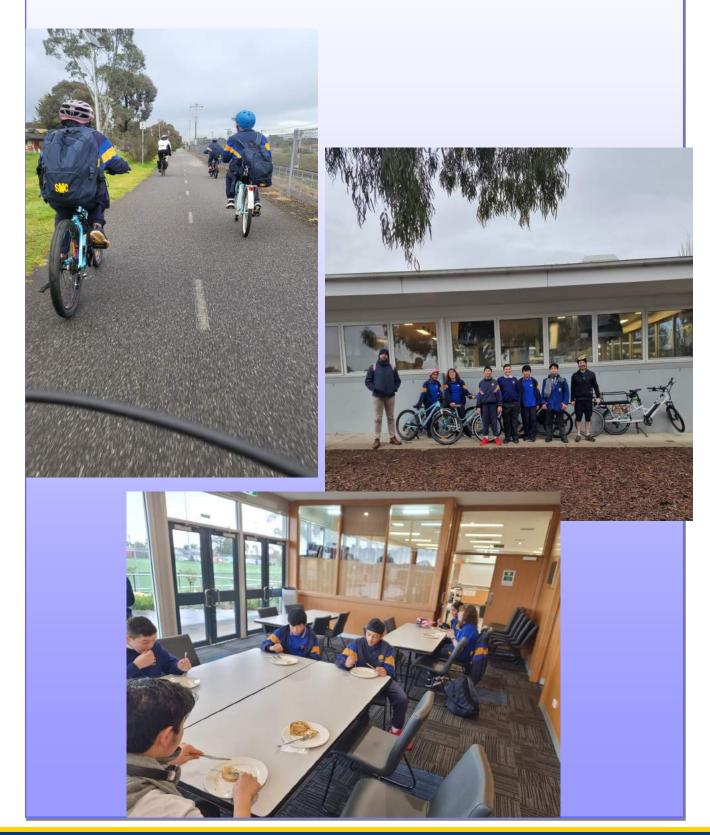
> It was truly a joyful shared experience, with everyone leaving the session with a smile and



Ride to school day

On Tuesday, 5 September several students from the Sustainability and Environment team, participated in our Term 3 Ride2School. This activity aims to promote active transport, allowing students to understand that such transport can be a viable option. This initiative encourages many personal benefits, such as mental and physical wellbeing. It too benefits our environment.

If you would like to know more on how to get involved in a term 4 ride to school please contact Mr Coleman for more information.





World of Sport



Year 9 Premier
League Competition
Round 7

Boys Basketball vs Thomas Carr. 79-21
Girls Basketball vs Thomas Carr. 27-75
Girls Basketball vs Thomas Carr. 23-20
Netball vs Caroline Springs. 23-20
Girls Volleyball vs Caroline Chisholm. 0-3
Girls Volleyball vs Caroline 97.61 - 6.3 29
Boys Volleyball vs Caroline Springs. 12-0
Girls Football vs Caroline Springs. 1-2
Boys Football vs Caroline Springs. 1-2
Boys Football vs Caroline Springs.



Year 9 Premier League Competition Semi Finals

Boys Basketball vs Emmanuel: 47-48
Girls Volleyball vs Caroline Chisholm: 2-1
Boys Volleyball vs St Francis: 1-2
Girls Football vs Emmanuel: 51.31 - 14.5.89
Boys Football vs Emmanuel: 7-1
Boys Football vs Emmanuel: 7-1



SACCSS Senior Boys Basketball Results

Round 3: Senior Boys vs Thomas Carr 39 - 31

Round 4: Senior Boys vs CRC Sydenham



SACCSS Senior Girls Basketball Results

Round 3: Senior Girls vs Marymede 34 - 30

Round 4: Senior Girls vs CRC Sydenham 81 - 40

Round 5: Senior Girls vs Penola 64 - 22

Community Cook-Up

The month of August is a special time for our College community, a month of celebration, reflection and most importantly to practise gratitude for all that we have. We can only practise true gratitude by using what we do have to support those in our communities who are in need.

Each term a team of staff and students work together after hours in the DRC kitchens to cook meals for the Whittlesea Food Collective, a not for profit group which aims to address the pressing issue of food insecurity in Melbourne's northern suburbs. What would a community cook up be without support from our entire community, and this term we were fortunate enough to work with staff and students, our Islamic brothers, and sisters, from Al Siraat College.

Together, 25 devoted individuals prepared, cooked, and packaged over 350 meals. Curries, rice, and pudding were stocked in the freezers across the road and into the homes of families in need of food support. This program has run for two years and continues to grow; we cook quality, nutritious and tasty meals which are now in demand from the community we aim to support.

I cannot thank Mr Topolcsayni, Miss Tenace, Miss Caligiuri and Mrs Ryle enough for their ongoing support without which, these cooks up would never happen.

Finally, to Ms Lobendhan, Ms Hammond, Mr Comar and Ms Photiadis, your support and presence means so much to our students and by leading the way for them our community only grows in strength for compassion and love.

Thank you,

Mr Issa



As part of the College's 2022-2025 Reconciliation Acton Plan, the College has committed to raising funds for the Open the Doors foundation. The foundation supports First Nations children access educational opportunities by providing financial support for basic school supplies such as textbooks, uniforms and stationery. Members of our College community can learn more about the foundation's work and make a donation by accessing this link https://www.openingthedoors.org.au/



OPENING THE DOORS FOUNDATION

Keeping Koorie Kids in an Education of their Choice



Exodus Service Day



The Olympic Village in West Heidelberg hosts the 6th poorest community in Victoria, a statistic which over time regardless of shifts in social climates has not budged. However, despite the ever-present disadvantage in the area, the love and humanity shared is something to marvel. The Exodus Community work closely with the residents in the area to offer immediate social support and living through Marist tradition, Br Harry Proust is living proof that through love and faith, enormous change can be made to people's lives.

Our Year 10 Community Services students toured the area on foot, hearing the stories of the residents and learning about the plight of struggling Aussies. In true Monican fashion, students offered their helping hands to tidy up lawns, backyards, and gardens for those unable to do so for themselves.

Each visit is incredibly rewarding for our students as an afternoon's work can make a lifetime of difference for many people living in the Olympic Village.





MARVELLOUS MONICANS



Isabella Zammit (10 Brown) stands out as a cherished member of our Year 10, appreciated for her kind-hearted and dedicated nature. Isabella's impact on our Monican community is truly exceptional, particularly in her passion for the performing arts.

Isabella is an active and vibrant participant in various musical endeavours at our College, including the Choir, Rock Band, and Senior Vocal Ensemble. Her dedication to these musical pursuits is evident in her outstanding performances that inspire both her peers and instructors.

Isabella has left an indelible mark on our College productions. She has taken on pivotal roles, such as the Lead Dancer in 'Rock of Ages' and the character of Kitty in 'Chicago.' Her talent and commitment to the stage have elevated our productions to new heights. Isabella's presence in the dance showcase has also been a testament to her talent and dedication.

Beyond her artistic achievements, Isabella serves as a class captain and leads by example, demonstrating qualities of servant leadership that inspire her classmates. This year, Isabella completed a work experience placement at Oxa Residential Aged Care. Her dedication and warm demeanour received high praise, with feedback from employers describing her as "an absolute superstar" and highlighting her refreshing positivity.

Isabella Zammit is a shining example of the values we hold at St Monica's College. Her kindness, dedication, and exceptional talent make her an invaluable member of our community, and we look forward to seeing her light shine bright in her future endeavours.



Elijah Borg (10 Orange) has become a standout example of a dedicated St. Monica's Student. In March 2022 he embarked on his Army Cadet career, showcasing unwavering commitment and enthusiasm. Elijah's impressive achievements within the Cadet program include his completion of General Service Training in East Sale and his qualification for shooting competitions through Firearms Training. He has also actively participated in significant events such as Vietnam Veterans Day Parades and Bivouacs at Dallas Brooks. Driven by his ambition, Elijah is currently working towards the prestigious rank of Corporal within the Cadet program. His active involvement extends to proudly marching in the Anzac Day Parade through the city. Recently, Elijah and other interested DSC students an Army Work Experience Expo at Puckapunyal, where students could learn more about Defence Force Careers, a highlight for Elijah was riding in a 'Bushmaster'.

Outside of his Cadet commitments, Elijah pursues a passion for aviation photography, sharing his captivating shots online. His talent and dedication have not gone unnoticed by his digital photography teacher Mrs Laura McKay.

Elijah's dedication and impressive achievements make him a valued member of our College community. We anticipate even greater success in his future endeavours.



400 Dalton Road, Epping VIC 3076

Telephone: 9409 8800

Email: admin@stmonicas-epping.com

www.stmonicas-epping.com

B.E. Hanley OAM College Principal