



**MULTICULTURAL FEAST - FRIDAY 11 SEPTEMBER**

On Friday 11 September the VCAL students are raising money for the Asylum Seekers Resource Centre by cooking and selling food from different cultures. The Resource centre helps asylum seekers and refugees. Please help us by bringing money on the day to purchase our food products. Lunch will be served on the green.



**CATHOLIC REGIONAL COLLEGE NORTH KEILOR**

Enrolment Application meeting for **Year 7, 2011**  
 Parents of students in Grade 5 are advised that an Enrolment Application Meeting For Year 7, 2011 will be held on Thursday 15 October, 2009 at 7.30 pm  
 Parents seeking enrolment for their child at Catholic Regional College North Keilor should attend this meeting.

**Please note that this is a Parent Only Meeting.**

**NON-DEECD  
 ADMINISTERED  
 SCHOLARSHIPS  
 2009 - 10**

Student scholarships advertised by the Department of Education and Early Childhood Development (DEECD) but administered by individual Trustees

**Secondary School**

**The AusIMM EEF Scholarships**

The AusIMM Education Endowment Fund (EEF) Scholarships were established to support the future leaders of the minerals industry through their higher education studies. As well as receiving financial support for up to three years, students receive the valuable benefits of mentoring and networking opportunities with a major minerals company. The scholarships are currently valued at \$8,000 per year for a standard EEF scholarship, and \$14,000 per year for a Sir Frank Espie/Rio Tinto scholarship. The AusIMM also offers a range of travel and thesis scholarships and prizes.

Applications close on **18 September 2009.**

Further information can be obtained from:  
[www.ausimm.com](http://www.ausimm.com)

**Telephone:** Senior Coordinator, Education & Careers on (03) 9662 3166

**Email:** [education@ausimm.com.au](mailto:education@ausimm.com.au)

**Student Scholarship Website** - for further information:

[www.eduweb.vic.gov.au/scholarships/](http://www.eduweb.vic.gov.au/scholarships/)

**FROM THE PRINCIPAL**

Dear Parents and members of the CRC Sydenham Community,  
 The past week has been a very busy one as we start to approach the end of Term 3. Students have an increasing number of SACs and SATs and, as such, it is critical that they are consistently completing home work and study. Students in Year 11 should be completing approximately 3 hours of home study each night while Year 12 students should be completing 4 hours of home study each night. This is the time of year where shifts at work should be less, social activities reduced and an application to study increased. Students who are serious about academic success and achieving their best can only do so with hard work, commitment and application.

We welcomed our local representative in the Federal Parliament to the College last Wednesday. Brendan O'Connor is the member for Gorton and is also a Minister in the Rudd Government – Minister for Home Affairs. Minister O'Connor has always been a supporter of the College and it is good to see our locally elected representatives continuing to take an active interest in what we are trying to achieve as a community. Minister O'Connor recently announced a new award for the Gorton electorate, The Gorton Young Leaders Award. The award recognises Year 12 students who have shown an exceptional commitment to public service, specifically through involvement in voluntary work, student leadership or community service. In Minister O'Connor's letter to me he wrote,

"I believe it's important to encourage and support young people who demonstrate a commitment to active public leadership within their school and their communities."

The Awards will be presented at the end of the school year and the successful students will receive a small prize and certificate, as well as having their names and the names of their schools recorded in a speech to the Australian Parliament. The College will nominate two students to Minister O'Connor's office by the end of this term.

*We pray for all those who journey to our shores moved by different reasons. During this Refugee and Migrant week, we pray that they may find in us a welcoming people and in our country a home gifted with blessing and prosperity.  
 Amen*

Parent/Student/Teacher interviews were held last week in the multipurpose hall. Many staff have commented that many of the parents they had hoped to see were not present. The College sent out a number of letters to students who were academically 'at risk' or who did not perform to the standard expected in their mid year exams encouraging families to discuss what could be done to enhance academic performance. This offer is always there for our families and I urge you to make contact with teachers if you have not already done so after receiving such a letter.

I am pleased to report that three of our Year 11 students, Dylan Morrison, Amy Alyce Attard and Tegan Kay participated in the Future Problem Solving competition recently and as a result have been selected to represent Victoria in the National Finals in Brisbane from 16-18 October. We wish them every success, we are very proud of their achievements



**The Hon Brendan O'Connor MP meeting with Student Leaders**

Yours faithfully

**BRENDAN J WATSON OAM—PRINCIPAL**

**Important Dates & Excursions**

Friday 4 Sep	Yr. 11 Outdoor Education - Group C - Mt. Stirling
Tuesday 8 Sep	Final 2009 Whole School Mass SACSS Tennis Yr. 12 VCAL Excursion - Maribyrnong Aquatic Centre
Wednesday 9 Sep	Yr. 12 Outdoor Education - King River
Thursday 10 Sep	Yr. 12 Outdoor Education - King River

**Important Dates & Excursions**

Tuesday 15 Sep	Drama Performance Evening 6.30 pm - 8.30 pm Unit 4 Solo Performances Unit 2 Ensemble Performances CAS Athletics Carnival Yr. 12 VCAL Excursion—Aquatic Centre
Wednesday 16 Sep	Exam Revision Classes 1.40 pm - 3.30 pm Drama Performance Evening 6.30 pm - 8.30 pm Unit 4 Solo Performances Unit 2 Ensemble Performances
Thursday 17 Sep	Drama Performance Evening 6.30 pm - 8.30 pm Unit 4 Solo Performances Unit 2 Ensemble Performances

## FROM THE DEPUTY PRINCIPAL – STUDENTS

When our students return on Monday 5 October for the commencement of Term 4 they will be required to be in Summer Uniform. The Uniform code is very clearly stated in the College diary and I encourage all parents and students to be familiar with the code as our students are required to wear it correctly.

Overall, most of our students comply with the uniform code and wear it proudly and I would like to take the opportunity to thank them and yourselves for this positive outcome. However we do have a small cohort who do not present properly and we will continue to demand that all students dress appropriately.

In particular it is a requirement that students wear their blazer to and from the College. We are a wonderful College and it is hoped that our students, by wearing the full uniform have pride in being part of this great place of learning.

Glandular Fever.

Unfortunately two of our students have been diagnosed with glandular fever. For your information we have included some medical information regarding the complaint and in the mean time wish our two students a speedy recovery.



### Glandular fever

Glandular fever (or kissing disease) is the common term used to describe an acute viral infection called infectious mononucleosis. The virus that causes glandular fever is known as Epstein-Barr virus. Glandular fever mainly affects young adults. A chronic form of glandular fever is one of the suggested causes of chronic fatigue syndrome.

### Fever and a sore throat

Fever and a sore throat - with exudate (deposits of fluid) around the tonsils and pharynx - are typical symptoms. Other clinical features are:

- Enlarged lymph nodes (lymphadenopathy).
- Enlargement of the spleen (splenomegaly) - this occurs in 50 per cent of cases.
- Jaundice (yellow discolourations of the skin and eyes) - this affects 4 per cent of people with glandular fever.

The symptoms usually develop four to six weeks after infection with the virus. In young children, glandular fever usually causes mild symptoms or no symptoms at all.

Most people are infected with glandular fever at some time in their lives.

### Spread by close contact

Glandular fever spreads through close, personal contact and is transmitted through saliva. About 50 per cent of people who are infected with the Epstein-Barr virus will develop symptoms. It is most common among high school and university students, but young children can also become infected by saliva on toys, shared cups, or the hands of carers.

### Blood tests confirm the diagnosis

If you think you have glandular fever, blood tests can show whether you have the disease.

### You can remain infectious for over a year

Excretion of the virus from the pharynx (throat) can occur for months, or even longer, after infection. Some healthy adults can become long term oropharyngeal carriers. ('Oropharyngeal' refers to the part of the throat that lies just past the back of the mouth.)

Excluding children from childcare is generally not advised because:

- Most people are infected by asymptomatic carriers.
- It would be impractical because the virus is excreted for many months after the initial illness.

### No specific treatment

There is no specific treatment for glandular fever. You will not have to be isolated from other people. Once you have had glandular fever you will develop a high resistance to further infection. However, if your immune system is repressed, the Epstein-Barr virus may be reactivated.

### You cannot be immunised against glandular fever

To prevent the spread of glandular fever:

- Ensure proper hygiene, including hand washing.
- Avoid sharing drink containers.
- Disinfect articles soiled with nose and throat discharges, for example handkerchiefs.

### Where to get help

- Your doctor
- Nurse on Call Tel. 1300 606 024 – for expert health information and advice (24 hours, 7 days)
- Public Health Division, Department of Human Services.

### Things to remember

- Glandular fever ('kissing disease') is also known as infectious mononucleosis.
- The Epstein-Barr virus causes glandular fever.
- Healthy adults can become long term carriers of the virus.

## SPORTS REPORT

### SACCSS Cross country – Individual results

Congratulations to the following students for their contribution in making Sydenham the winners of the Senior Aggregate for the second year running.

### Girls

- Sheridan Sikic – 1<sup>st</sup>
- Alannah Maugeri – 4<sup>th</sup>
- Kristina Anic – 7<sup>th</sup>
- Samantha Carey – 9<sup>th</sup>
- Anastasia Gomes – 10<sup>th</sup>
- Melanie Di Martino – 11<sup>th</sup>
- Joice Anei – 12<sup>th</sup>
- Chantelle De Vito (DNF – injured)



### Boys

- Peter Konjevic – 5<sup>th</sup>
- Aaron Pabst – 11<sup>th</sup>
- Nathanael Smith – 13<sup>th</sup>
- Daniel Zammit – 14<sup>th</sup>
- Matt Cerini – 16<sup>th</sup>
- Joel Pilcher – 17<sup>th</sup>
- James Highgate – 18<sup>th</sup>
- Ben Maud – 19<sup>th</sup>
- Aaron Ciantar – 20<sup>th</sup>

### Coming Events

- SACCSS Tennis – Tuesday 8 September
- Volleyball Victoria School's Cup – Wednesday 9 September
- CAS Athletics Carnival – Tuesday 15 September

