



18 February 2010 ~ Edition 2 :1 :10

“That which is Christ-like within us shall be crucified.
 It shall suffer and be broken.
 And that which is Christ-like within us shall rise up.
 It shall love and create.” (Michael Leunig)
 As we begin our Lenten journey
 God, give us the strength to accept
 Life's difficulties and pain
 In the sure hope that Christ
 Will rise again in us
 When we love others as He has loved us. Amen

FROM THE PRINCIPAL

Dear families,
 Last week we celebrated the achievements of the Class of 2009, recognising the 20 students who earned over 90 for their ENTER score. It was also an opportunity to recognise the students who received the highest study score in each of the subjects. These students were:

Religion and Society

Religion and Society Andrew Pyta
 Texts and Traditions Joanna Fitzgerald/Michael Marazita

Language

English Samantha Carey
 English Language Cleon Soares
 English as a Second Language Andrea Lopez
 Literature Samantha Carey
 LOTE / Italian Gloria Ursino

Personal Development

Health and Human Development Stephanie Morra
 Outdoor & Environmental Studies Liam Green/Chris Long
 Physical Education Benjamin Kennedy

Humanities

Accounting Jason Au/Stephanie Basile
 Business Management Julian Wallace
 Economics Louise Puican
 Geography Chris Nash
 History / Australian Rory Halliwell
 History / Revolutions Shermaine Pedraza-Sampang/Julian Wallace
 Legal Studies Rebecca Giacomini/Chanelle Schiavone

Mathematics

Further Mathematics Stefanie Aranza
 Mathematical Methods Simon Hadid/Jayden Blanco/Melinda Nuzacco
 Mathematical Methods (CAS) Cleon Soares
 Specialist Mathematics Jayden Blanco

Science

Biology Kristy Mansour
 Chemistry Cleon Soares
 Physics Simon Hadid
 Psychology Joanne Romell/Melinda Nuzacco
 Systems Engineering Rory Halliwell

Technology

IT Applications Wayne Rodrigues
 IT Software Development Peter James
 Food and Technology Emily Spiteri
 Design and Technology—Fabrics Demi Kaucic/Jasmine Zammit
 Design and Technology—Wood Matthew Attard

Visual and Performing Arts

Art Jessica Duda/Catherine Calleja
 Studio Arts Catherine Calleja

Drama Rhys McIntosh
 Visual Communication and Design James Sammut
 Media Emily Spiteri/Julian Wallace/
 Ashleigh Geason

VET

Certificate II in Business Office Admin Mannon Bridges
 Certificate II in Community Services Pauline Cassar
 Certificate II in Hospitality Zara Shea
 Certificate II in Multimedia Matthew Mumford
 Certificate II in Sport and Recreation James Sammut

Congratulations to all of the Year 12 students who received an academic award for their outstanding grades in their end of year report for Semester 2, 2009. These students consistently achieved an A or A+ across their subjects

Joanne	Agius	Michelle	McGinley
Amy-Alyce	Attard	Daniel	Messina
Graeme	Batty	Coby	Millar
Sophie	Cirillo	Melanie	Modaferri
Kymerley	Coleiro	Dylan	Morrison
James	D'Souza	Marc	Naimo
Shaun	Dalli	Phuong	Nguyen
Joanna	Fitzgerald	John Phong	Nguyen
Nicholas	Gale	Ken	Nguyen
Sara	Gianetta	Stephen	Parker
Tegan	Kay	Matthew	Pelly
Stella	Kindler	Andrew	Pyta
Lamitta	Lakkis	Kevin	Singh
Karleen	Lapie	Natasha	Tripodi
Dominic	Maderazo	Monica	Zaksek
Michael	Marazita	Daniele	Zarosinski

These students all achieved outstanding results because they understood that homework matters. Moreover, their parents understand that homework matters.

HOMEWORK MATTERS

In a recent study, one third of parents felt that their children did not do enough homework. Further, most parents said they checked the homework of their Year 7 children but by Year 10, the figure dropped to a minority of parents. In senior secondary, very few parents actually checked what their son or daughter was doing for homework. In most cases, parents were generally unsure about the length or depth of effort required for pieces of homework.

The reality is that Year 11 students should be completing 3 hours of homework each and every weeknight. Year 12 students need to complete 4 hours per weeknight. If a student misses time on a weeknight due to another commitment then this missed time should be completed on the weekend.

The study also found that 58% of Year 7 children had help with homework from family members at least once a year, but this dropped to 36% by Year 10. When asked how parents helped with homework, substantial numbers of parents felt that they lacked specific guidance or expertise about how to help with homework. Catholic Regional College Sydenham produces study guides for each and every subject to assist students and parents when it comes to planning homework and home study. The following is a guide to what parents can do after downloading the study guides from our website or calling your son/daughter's teacher to ask for one to be sent home.

1. **Show an interest in your child's homework assignments/SACs and SATs.** Ask about the subjects and the work to be done;
2. **Be a role model** -- take the opportunity to read the English texts and books so that you can discuss the texts with your son/daughter. Ensure that there is a daily newspaper around while your child studies as these are often needed for research. The Age is always better than the Herald Sun;
3. **Teach your child how to be organized.** Be sure he or she keeps a diary up to date and his/her locker is organised. There is no use getting home and finding out the books are still at school.
4. **Eliminate as many distractions as possible during study time.** Make sure your child has a quiet, well-lit place to do homework. Avoid having your child do homework with the television on or in places with other distractions, such as people coming and going. Study Hall and the library are open until 4.30pm weekdays and one week each holiday period;
5. **Develop a strategy for dealing with homework.** Find a plan that works for your family and stick with it, ensuring that you include sporting commitments and part time jobs. Establish a set time each day for doing homework. Don't let your child leave homework until just before bedtime. Think about using a weekend morning or afternoon for working on big projects, especially if the project involves getting together with classmates. Establish a study timetable and stick to it. For help on setting up a study timetable, your son daughter can speak with his/her Tutor or seek guidance from Student Services Staff; Remember that school should come first in Year 12;
6. **Try to relate the homework to your child's everyday life.** Discuss what they are learning and why it might be relevant;
7. **Encourage your child to establish a regular time to do homework.** Developing a schedule might help avoid procrastination;
8. **Meet with your child's teachers** to discuss the nature of the approach to specific topics that your child is being taught. Attend parent – teacher – student interviews to ensure you keep up to date;
9. **Make sure the materials your child needs, such as paper, pencils and a dictionary, are available.** Ask your child if special materials will be needed for some assessments and get them in advance;
10. **Praise your child** for successfully completing homework. Nothing builds self-esteem like praise from parents.

If in doubt, ask. The staff at the College want the very best outcomes for each and every student and we are here to work with you and your family. Please contact us if you require assistance, guidance or help with supporting your son/daughter to successfully complete home work and home study.

Yours faithfully



Brendan J Watson OAM
Principal

HOMWORK AND EFFECTIVE STUDY GOAL SETTING

Listed below are some suggestions and recommendations that will enhance your child's study whilst at the College.

Aiming high to achieve your personal best in the VCE or VCAL is not going to be easy by any means. Our goals are what define our success. Long-term goals embody what we need to describe a successful year but we often use the achievement of smaller, short-term goals to get there. Thus, long-term goals, and short-term goals need to be established from the outset. They are essential for success.

Homework or Home study

Homework is a necessary part of school life. Homework consists of completing set tasks, preparing for SACs, working on SATs as well as doing revision. Students in Year 11 should be completing 3 hours of study on average per night. Students in Year 12 should be completing 4 hours of study per night. This study time should be uninterrupted and should be broken up into separate time intervals with 'sanity' breaks in between.

Active Study

Active study involves reproducing what you learn. It engages your mind in a creative effort. Active Study requires you to think!

Active Study methods:

- ◆ Writing Memory Cards
- ◆ Prepare revision notes for all your subjects.
- ◆ Reading Aloud
- ◆ In order to learn and remember something, you have to understand it first.
- ◆ Use Podcasts whilst travelling to and from school listen to podcasts.

Are you getting enough sleep?

I cannot stress enough the importance of getting enough sleep. Sleep experts recommend that teenagers need up to 9-9.5 hours of sleep on average. Getting the right amount of sleep helps to improve your short term memory.

Are you eating the right foods?

- ◆ Make the time to both prepare & enjoy a healthy breakfast.
- ◆ Avoid foods high in sugar. Aim to eat foods that have a low Glycaemic Index (G.I) This will help you to stay focused, alert and energetic throughout the day.
- ◆ Eat some fruit in the morning with natural yoghurt, some linseeds, sunflower & almonds.
- ◆ Drink a glass of fresh, natural water within the first hour of waking and up to eight glasses throughout the day.
- ◆ Prepare some healthy snacks, like carrot or celery sticks, some nuts or whole seasonal fruit, that you can consume through the day to help maintain energy levels and prevent excessive hunger.

Time Management

Balance your time so you can study for school and have time for work, sport and friends. Time management is essential to achieving your goals, being motivated to study and managing your time is one of the most important life balance skills.

All students are strongly encouraged to prepare a **study plan**. Included in the plan should be time to complete set homework tasks as well as time to revise coursework.

Studies have shown that revising for short periods of time each day (15-20 mins) helps to improve memory and retain information. Time Management is a vital tool for success in the VCE.

A website worth visiting is: www.vcehelp.com.au It contains valuable VCE resources for students and parents. It really is worth a download.

SCHOOL ASSESSED COURSEWORK (SAC)

Each Unit of study of the VCE is designed so students have the opportunity to complete SACs under teacher supervision. It is during these assessment pieces where the teacher determines whether the Learning Outcomes have been met by the students to achieve a Satisfactory (S) result for the overall Unit.

A reminder of the SAC absence policy: If students are absent when a SAC is scheduled, then they must submit a SAC Absence Application form to the Director of Curriculum within 24 hours of their return to school. If the SAC Absence policy is not followed correctly, then students will have a not satisfactory result (N) for the unit. All SACs missed automatically default to an N and then it is up to the student to apply for the SAC absence to be approved.

If the reason for the SAC Absence is due to a medical condition then a **medical certificate must be attached to the SAC Absence application** for the Absence to be approved.

If the reason for the SAC Absence is of a personal nature, then the **Cluster Coordinator or welfare staff must be aware of the situation beforehand** to support the SAC Absence application.

If the reason for the absence is due to a school related activity, then the teacher organizing the activity will support the SAC Absence application.

If the SAC absence is approved, students will have the SAC rescheduled and it will be **graded**.

If the SAC absence is not approved, then the SAC will be rescheduled and will be assessed for S or N only. **It will not be graded.**

If students complete the SAC to a not satisfactory level, they will have one final opportunity to meet the learning outcomes via a SAC resubmission. However this work is not graded but assessed for S or N only.

It is also imperative that all work submitted for assessment is the student's own work. The student diary contains the VCAA rules and guidelines that must be followed when completing School Assessed Coursework and School Assessed Tasks. Students will be required to sign an authentication sheet stating that the work submitted for assessment is their own.

Also, all students who complete School Assessed Coursework in Study Hall will be required to sign a contract stating that they have not brought in any unauthorised material to their table. This contract signed by the student will be submitted to the supervisor before the task is given out to complete. If a student breaches the contract, that is, they are found with additional material that was not authorised by the teacher, these students will automatically receive a 'N' result (Not satisfactory) for the SAC and hence a 'N' result for the Unit. This will jeopardise their VCE and parents will be required to attend an interview at the College.

The expectation of the College is that all students undertake their School Assessed Coursework fairly with full commitment and application. Students must ensure that they are fully prepared for all VCE work.

SPECIAL EXAMINATION ARRANGEMENTS

If your child suffers from a long term medical condition that would require Special Examination Arrangements, please contact Maria Caroli or Janet Doolan at the College as soon as possible.

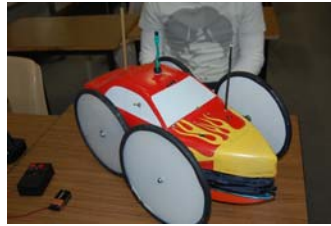
Applications for special examination arrangements for the June and November examination periods are due by Friday 5 March.

Maria Caroli
Director of Curriculum

SYSTEMS ENGINEERING by Bruno Wisidagama

Year 2009 had been a very rewarding year for our Systems Engineering students. Four students participated in the annual Electrotechnology Secondary School Student Awards conducted by NECA, the National Electrical and Communication Association. Dominic Zielinsky for 3rd place to receive a certificate and a cash award. Two of our students got in to the state's top ten in "Season of Excellence for Top Electro-Mechanical Designs" conducted by the VCAA.

Both Dominic Zielinski and Rory Halliwell produced the following projects to achieve the top design status, their work and the Folios will be on display at the Melbourne Museum this year. Both of these students along with other classmates, received offers to complete their preferred engineering courses.



Pictured Above—Dominik Zielinsky's Car boat



Pictured Above—Rory Halliwells' Automated garage and the car.

ACCESS EDUCATION SCHOLARSHIP PROGRAM

The Access Education Scholarship Program was a wonderful initiative that was provided by the College which selected four students to participate in three lectures at LaTrobe University in the Bundoora Campus. The program helped assist us with tips and outlines on course development and how to survive the year in the subjects we were undertaking. The four students lucky enough to attend were Tegan Kay, Matthew Pelly, Andrew Pyta and Dylan Morrison. The lectures comprised a variety of different subjects including Biology, Chemistry, English and Mathematical Methods. They were three hours in duration and each student selected the three that would be most beneficial to attend. The lectures provided fantastic information on the course, provided excellent strategies on how to tackle exam questions, provided a course outline and in-depth knowledge and discussions from the presenter. It also gave us an interesting insight into the life of University and how lectures differs from being in the classroom environment. Overall it was a worthwhile experience which would definitely be recommended to prospective Year 12 Students. It granted us a great head start to the tough year ahead. In appreciation we would like to thank those individuals who allowed us to participate in this great experience.

By Dylan Morrison and Tegan Kay

WEDNESDAY ACTIVITIES BEGIN WITH A BANG (OF THUNDER)!

Last week saw the beginning of our Wednesday Afternoon Activities and the weather certainly made things interesting. It did rain for most of the afternoon but it didn't dampen the spirits of our Year 11 students! They have chosen from 16 different programs on offer ranging from Basketball to Board Games and Soccer to Self Defence. We hope that students will make the most of this opportunity to learn a new skill and develop new friendships. If you need to check the dates for future Wednesday Activities please see the calendar in the front of the student diary.



Sarah Nailor
Director of Student Wellbeing (Acting)



EFM Health Club
at CRC Sydenham

3 Free Trial Sessions
Monthly memberships
Personalised Fitness Coaching
Yoga
Massage

Personal Training Available-3x30min sessions for \$60

1st Birthday January - February 2010 Special Birthday offer.

5 weeks for \$25

No Lock In Contracts

*Mum sessions Tuesdays and Thursdays 9 - 10am

CATHOLIC REGIONAL COLLEGE NORTH KEILOR Year 7, 2011 Enrolments

Parents of students currently in Grade 6 are reminded that Enrolment Applications for

Year 7, 2011 close on

Friday 26th February, 2010.

Parents seeking enrolment for their child at

Catholic Regional College North Keilor should contact Mrs. Harrison at the College (Telephone: 9361 5900) for an Enrolment Form.

Please note that no late applications will be accepted after this date for the first round offers.

ST. DOMINIC'S DEBUTANTE BALL

The St Dominic's Debutante Ball for 2010 will be held at Luxor on Friday 17 September 2010. That is the last Friday of Term Three. We still have some vacancies for this ball.

There are nine practices from 6-8pm on Thursday nights at Luxor. The cost for Debutantes and Partners is \$260 each.

Any young ladies wishing to be presented at this ball can phone Sue 97432941 or Robyn 97433174 by the 5 March.

SCHOOL PHOTOGRAPHS

Arthur Reed will be at the College for a second time on Monday 22 February at 1.40 pm. All students who did not have their photograph taken on 11 February must have a photograph taken on this day, even if you are not purchasing. All students have an I.D. photo taken. Full, correct summer uniform with blazers must be worn. Photographs may be ordered on online at www.arphotos.com.au/schoolorders.

EDUCATION MAINTENANCE ALLOWANCE

The Education Maintenance Allowance (EMA) is provided to assist eligible families with the costs associated with the education of their children.

Parents/guardians are able to access the EMA if they have a valid Health Care Card or valid Pension Card.

To be eligible for receipt of the EMA you must:

- ◆ be either a parent or guardian of a primary or secondary school student up to the age of sixteen, and
- ◆ be an eligible beneficiary of a Centrelink pension, allowance or benefit with the meaning of the State Concessions Act 2004 or be on a Veterans Affairs (TPI) pension or be a poster parent.

The EMA application must be submitted to the College by 26 February 2010 for the first instalment.

LOOKING AHEAD


Important Dates

Tuesday 23 Feb	Yr. 12 Biology to GTAC
Wednesday 24 Feb	Year 11 Wellbeing Afternoon All Year 11 students to attend. Year 11 students will be dismissed at 3.30 pm
Thursday 25 Feb	Yr. 12 Biology to GTAC Yr. 12 Group A Outdoor Education trip to the Murray River
Friday 26 Feb	Yr. 12 Group A Outdoor Education trip to the Murray River

Important Dates

Wednesday 3 March	Yr. 12 Group B Outdoor Education Trip to the Murray River
Thursday 4 March	Yr. 12 Group B Outdoor Education Trip to the Murray River SACCSS Swimming Carnival
Friday 5 March	Yr. 12 Group B Outdoor Education Trip to the Murray River

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