



17 March 2011 Edition 4:1:11

As we journey through the season of Lent

May the prayer of Micah

Be our prayer:

"This is what the Lord requires of you: to do what is right, to love mercy and to live humbly with your God."

Amen

FROM THE PRINCIPAL

Dear Families,

Harmony Day is celebrated around Australia on 21 March each year, a day where all Australians celebrate our cultural diversity. The day is also the United Nation's International Day for the Elimination of Racial Discrimination.

Harmony Day is managed by the Department of Immigration and Citizenship (DIAC) and gives people the opportunity to celebrate what makes each Australian unique and share what we have in common.

The continuing message for Harmony Day in 2011 is that 'Everyone Belongs', which means all Australians are a welcome part of our country, regardless of their background. It's a time to reflect on where Australia has come from, recognising the traditional owners of this land. It's also about community participation, inclusiveness and respect – celebrating the different cultures that make Australia a great place to live.

Harmony Day began in 1999 and since then, a wide variety of groups including sports organisations, community groups, local government, schools and businesses have staged more than 25 000 Harmony Day events. Over the years, Harmony Day has grown in popularity as Australians have made the day their own.

Given that we are blessed with so many different cultures and backgrounds making up our community at Catholic Regional College Sydenham, it is appropriate that we recognise and celebrate Harmony Day. Staff and students, in the tradition of Jesus Christ will 'break bread' and share a meal on the day. The table, sharing and community are all aspects of Jesus life that were important symbols of community and faith. Gathering around the table for the Jews was an essential aspect of community and is where the tradition of communion and the Eucharist is drawn from. It is a practice that we too can embrace today.

In 415, Augustine explained how eating together at the table of the Lord, sharing the one loaf and drinking the one cup makes us one: "Remember that the bread is not made from one grain but from many. Many grapes hang on the cluster, but the juice of the grape is gathered together in unity. So also the Lord Christ consecrated on his table the mystery of our peace and unity." The word communion comes from the

Greek *koinonia* meaning fellowship or sharing. I invite all students to join the staff in sharing a plate of food, preferably one from their heritage or culture so as to gather around a communal table at lunch on Monday 21 March in the cafeteria or on the 'village green' weather permitting. More information will be available to students via the daily notices.

Community is an integral aspect of life at Catholic Regional College Sydenham and there are many opportunities for parents to be active members of the College community. The Parents' Association annual meeting and dinner is one such event. This will be held on Thursday 24 March at 6.30pm in Quatrefoils restaurant. I invite parents willing to give of their time, to join this group. RSVP information for the dinner is included in this newsletter. On the evening I will also seek input from families on the new Parent Portal that will shortly be launched. The portal will allow families electronic access to their son/daughter's timetable, attendance, fee information, school notices and newsletters. The portal is being developed so that parents can be informed of student progress and access the most up to date information. The portal will be launched within the next few months with parent information sessions being organised at the College preceding the launch. I welcome and look forward to your input on this new innovation.

Yours faithfully

BRENDAN J WATSON OAM—PRINCIPAL

FROM THE DEPUTY PRINCIPAL - STUDENT WELLBEING

Dear Parents and Students,

As hopefully your child will testify the College has been keen to follow up on a number of suggestions made by Dr. Michael Carr–Gregg after his delivery to our Year 12 students on Tuesday 22 February. Our efforts to encourage your child/our students to have more sleep of a night has been enhanced by our “March off to bed earlier in March” campaign.

Dr. Michael says that “the best prediction of how well someone is going to do in their VCE, is whether or not they get a good night’s sleep”. He has also stated that “being tired when taking an I.Q. Test can drop 7 points off your score and can drop performance in exams”.

As promised in the last Newsletter I have included a list of hints to enhance your child’s sleep habits.

The College has invited Michael back on Thursday 24 March to be involved in our Wellbeing Day. We will have a number of activities and groups on campus to enhance student wellbeing as well as to continue our “March off to bed earlier in March” campaign. Network 7 are very keen to be on site so stay tuned to their news on the 24 March.

So sleep—how much is enough?

Most teenagers need 8.5 to 10 hours of sleep a night to feel rested and energetic. Getting less sleep (even for a couple of nights) can leave adolescents feeling drowsy, irritable, forgetful, and more likely to make mistakes. Sleep deprivation can lead to serious health problems and research shows it may suppress the immune system. It is not uncommon for people who have chronic sleep issues to also have conditions such as asthma or diabetes. If your teenager has a sleep issue, it can also affect their metabolism, making them gain weight more easily

So here are a few tips for us all, but in particular your children.

1. A bedtime routine -Teenagers benefit from following a bedtime routine just as young children and adults do. By adopting a routine they can train their mind and body to feel relaxed and ready to fall asleep in response to ‘triggers’. The process doesn’t need to be complicated or take a lot of time - taking a warm bath, listening to calming music, drinking a cup of warm milk, camomile or peppermint tea, or reading all of which promotes sleepiness. What’s important is your teenager develops a routine that works for them and is easy to follow every night. However, if your teenager has an unpredictable weekly schedule which causes their sleeping times to vary, creating a routine may be challenging.

2. Don’t study late at night - Assist your teenager to map out a study and assignment plan so the necessity to stay up late to complete homework or study for an exam is less frequent. Make sure their plan includes some relaxation time between study and bedtime, so they have time to unwind before going to sleep. Your teenager may even refuse the idea of a bedtime routine and schedule, preferring to stay up late to study or talk on the phone with friends. In this instance it might help to suggest they see a doctor for a professional opinion and advice on their sleeping habits.

Get regular exercise, but not three hours before bedtime. Daily exercise can help teenagers get to sleep faster and to sleep more deeply, but exercise too close to bedtime can have a stimulating effect.

3. Avoid or limit caffeine five hours before bedtime. Teenagers often enjoy drinks such as tea, coffee, cola and Red Bull soft all of which contain caffeine. Some common painkillers also include caffeine in their ingredients – even as much as 130 milligrammes in a two tablet dose. Encourage your teenager to avoid (or limit) caffeine based drinks five hours before bedtime and if they need to take painkillers regularly, get your doctor to recommend an alternative that won’t affect their sleep.

4. Avoid alcohol and drugs. Ensure your teenager knows the risks associated with drug and alcohol use. Apart from the psychological and health risks, alcohol and drugs will also affect their sleep patterns, and their consumption will most certainly affect their quality of sleep.

5. Have the evening meal at least two hours before they go to bed. Eating a late meal too close to bedtime can create high levels of stomach acid that will keep your teenager awake. Make sure they eat early in the night, and if they are still hungry afterwards, give them a light snack or glass of milk if it’s close to their bedtime.

6. Complete tasks early in the afternoon or evening. Study, sport training, homework or music practice are activities that stimulate the mind and body, making it harder to relax and fall asleep. Encourage your teenager to complete all their tasks soon after returning home from school, so they have time to relax before bedtime.

7. Avoid over-stimulation. If your teenager watches television, listens to music or plays computer games in the evening, negotiate a schedule with them to ensure they have some rest time for at least 1 hour before bedtime, rather than going straight to bed when they are still feeling over-stimulated.

8. Don’t deviate from the bedtime routine on weekends. Your teenager may revert to habits of staying up late at night and waking up late on the weekend. This will make returning to school during the week more challenging, particularly on Monday morning. It’s OK to allow your teenager some flexibility with their routine on the weekends, but ensure they don’t get over-tired or change their weekday routine as a consequence.

9. Don’t sleep with a digital clock pointing at you, turn it away before you go to bed

10. When it’s time to sleep, make sure that your environment is dark. Even dim lights—especially those from TV or computer screens—can confuse the body clock. Heavy curtains or shades can help block light from windows, or you can try an eye mask to cover your eyes.

11. The temperature of your bedroom also affects sleep. Most people sleep best in a slightly cool room (around 65° F or 18° C) with adequate ventilation. A bedroom that is too hot or too cold can interfere with quality sleep.

LEO MCINERNEY - DEPUTY PRINCIPAL - STUDENT WELLBEING

GORTON YOUNG LEADERS AWARDS

The Local Federal Member for Gorton, the Hon. Brendan O'Connor, established the *Gorton Young Leaders Awards* last year to recognise local young people who have shown an exceptional commitment to public service, specifically through involvement in voluntary work, student leadership or community service. Two students from CRC Sydenham received the award in 2010. They were Nicole Calleja and Kevin Singh.



Nicole did outstanding work at the Edmund Rice Homework program in St Albans for newly arrived migrants and refugees, travelled to East Timor and worked in the school community of Railaco, actively got involved in promoting the school's involvement in East Timor and helped develop the East Timor Action Group which organized the highly successful Walk To School Day, participated in the school's City Experience where she immersed herself in the realities of life on the streets of Melbourne and did wonderful placement work at the Collingwood Food bank and The Way, a refuge for men recovering from alcoholism.

Kevin demonstrated outstanding leadership in the college community. He supported his peers in his tutor group and was involved in the Young Achiever's Program. He enrolled in the RE Community Service program and was a member of the school Social Justice team. He participated in the school's City Experience and did wonderful placement work at the Collingwood and Brunswick Food Banks. In term 3, Kevin also became actively involved in the school East Timor Action Group and Walk To School Day. He assisted with the fundraising BBQ at the college during the Federal Election which began the fundraising program. He was also credited with organizing the single highest donation (\$2,000 from NewSat – a communication company).

LEADERSHIP CONFERENCE

On March 8, the College Captains attended a Leadership Conference at Moonee Valley Racecourse. Through the various workshops and information sessions we learnt new strategies to enhance our leadership skills. We chose two out of four elective workshops each to



attend which addressed the leadership concepts of planning events, public speaking, leadership types, and encountering conflict. As a whole group, we covered all bases and are able to say that, from this great experience, we have been able to bring many ideas to our College Community. A big thank you to Leo for this opportunity.

JAKE ROWAN, BETHANY PAWLOWICZ AND OLGA NAZHA

COLLEGE CAPTAIN MONTHLY REPORT

During the month of February, the SLG has been involved in many events and occasions that have helped continue to build the College. Our major fundraising event last month was a 'Gelati Day,' held in conjunction with our opening school mass that was attended by the Archbishop of Melbourne. All profits from this fundraiser will go towards our sister school in East Timor. Our annual SLG dinner was also held on a Thursday night, catered by students working in our own restaurant, Quattrefoils.

The SLG also came together to bond and plan for the future in our SLG Camp which ran overnight in Riddells Creek. This followed on with the updating of our individual 'Cluster Display Boards' located on the Library.

Finally, after a compelling push from 'Michael Carr-Greg for students to get more sleep, the SLG have launched a campaign for the month of March: "March of to bed earlier in March."

We would finally like to thank Principal Brendan Watson and Deputy Principal Leo McInerney for their continual support and encouragement throughout February.

MATTHEW CAMENZULI AND ANGELA SMOLJKO

COLLEGE CAPTAINS

YEAR 11 OUTDOOR AND ENVIRONMENTAL STUDIES- OTWAY'S COASTAL EXPERIENCE

On 2 March, 20 students and 4 staff left the College grounds to take part in the first Year 11 Outdoor and Environmental Studies camp for the year to the Surf Coast. After a slow start to the camp we finally arrived at Anglesea, cooled off and tried our best to ride the big swell on our groovy long boards. After testing our camping and cooking skills on the Trangia we were all excited for day two. With our new jackets on and lunch packed we set off along the Cumberland trail. After working together to cross some small river crossings we reached a very refreshing (cold) small swimming hole which a few students took full advantage of. On the last day we snorkelled at Popes Eye Marine National Park (just off Queenscliff) and we were lucky enough to share the amazing experience with a small pod of Dolphins.



COMMUNITY NEWS

YEAR 12 BIOLOGY GTAC EXCURSION

On 24 February and 2 March, the Year 12 Biology students visited the GTAC (The Gene Technology Centre). At GTAC the scientists and teachers made us feel very welcome. We weren't shy to speak up, and applied our knowledge to further develop our understanding of enzymes and overall the biological factors of life. Once we had our hands on our experiments we felt like real scientists, and were so delighted to be there working with such wonderful and knowledgeable people. We saw and learnt a lot and left feeling inspired, making our visit to GTAC an unforgettable experience.



Thanks to our incredible biology teachers, Suzanne, Paul and Leanne who made this excursion possible.

REPORTED BY CANDIDA, HELENA, GEORGINA, JESSICA AND TAYLOR

PARENTS' ASSOCIATION

The support of parents in our College is always so very much appreciated. Over the past number of years a small band of dedicated parents have formed our Parents' Association. This group will meet on Thursday 24 March in Quatrefoils for our Annual General Meeting, a meeting that the College invites all parents to attend. The meeting will commence at 6.30pm and if you would like to be part of the Parents' Association please indicate that you will be with us by replying on line at rsvp@crtsydenham.net by 4.00pm on Friday 18 March. We look forward to your company on the evening.

BRENDAN WATSON AND LEO MC INERNEY (DEPUTY PRINCIPAL - STUDENTS)

SCHOOL FEES 2011

All families should now have their 2011 school fees account. The BPAY reference numbers on the accounts are incorrect, this has been rectified and the correct number will be on your next invoice. Should you wish to use BPAY in the meantime you can call the College to get the correct number.

Full fees paid by 31 March will receive \$100 discount. If you experience any difficulties making payments by the due voucher dates, please call the Business Manager - Cheryl Howard on 9361 0000 to discuss options.

Fortnightly	Monthly	Term
11 March	February 20	March 1
25 March	March 20	
8 April		

LOOKING AHEAD

Important Dates

Wednesday 23 March SACCSS Swimming 1.00pm - 9.00pm Melbourne Sport and Aquatic Centre

Year 11 Wellbeing Afternoon. All Year 11 students to attend. Year 11 students will be dismissed at 3.30pm

Important Dates

Tuesday 29 March Year 12 Chemistry Excursion (Group A)

Wednesday 30 March Year 12 Chemistry Excursion (Group B)

Friday 1 April Year 11 SEN Excursion (Top Designs)

Important Message to all parents/guardians - It is highly advisable that all students at the College are covered under an ambulance subscription in case of any medical emergencies.