



8 June 2011 Edition 4:2:11

### PENTECOST 2011

*I remind you to rekindle the gift of  
God that is within you through the  
laying on of my hands; for God did not  
give us a spirit of cowardice,  
but rather a spirit of **power** and of  
**love** and of **self-discipline**.*  
(2 Timothy 1.6-7)

As we celebrate this Sunday the feast of Pentecost and the presence of God's Spirit alive and active in our world today, may God give us the wisdom to recognize the work of this Spirit in all that is good in the world, and the courage to 'go and do likewise' in order to help build the Kingdom of God.

Amen

## FROM THE PRINCIPAL

Dear families,

It is with much sadness that I write to inform you of the death of Mr Bruce Runnalls, Principal of Catholic Regional College Sydenham from 2002 to 2006. Bruce died in the early hours of Friday morning. He had been battling the effects of melanoma since 2009 and had undergone a wide range of treatments. Prior to his appointment at Sydenham, Bruce was Deputy Principal at Catholic Regional College Melton. He was a person of great faith and service. During Bruce's five years as Principal and time at CRC Melton, he served the community of Catholic Regional College in extraordinary ways.

His legacy is that of an outstanding educator with a desire to ensure that every student who attended the College would receive the best Catholic education possible. Bruce worked tirelessly on establishing good relationships with staff and students which provided for a positive climate for learning. It was Bruce who worked to introduce the new uniform and secure funding for the Student Services building as well as numerous other buildings in the College.

Bruce's passion for education was always evident and his desire to improve outcomes for students led to many initiatives during his time as Principal. The legacy of a wonderful person committed to Catholic education will continue to be ever present each and every time the College gathers. There are countless students and staff that will be able to recount their individual encounters with a person who cared deeply, took the time to recognise individuals and put people at ease in his company. During his time as Principal he always made time for all staff and students no matter who they were. He was a passionate Mathematics teacher and I know many families at the College today would have had children go through the College when Bruce was Principal.

Bruce will be sadly missed by our community. The College has extended its deepest sympathies to Bruce's wife Anne and his daughters Hannah and Lucy.

*To everything there is a season, and a time to every  
purpose under the heaven:*

*A time to be born, and a time to die; a time to plant, and a  
time to pluck up that which is planted;...*

*A time to weep, and a time to laugh; a time to mourn, and  
a time to dance;*  
(Ecclesiastes 3: 1-8)

*Rest in Peace Bruce*

This week formal classes for Semester One will conclude with students preparing for examinations. This period of time is critical to the success of students at the end of the year. Hard work, application and study need to be planned and students who do this will achieve better results.

The exam period is a time when stress levels are higher than usual. Stress can be positive, helping students to stay motivated and focused. However, too much stress can be unhelpful, it can make students feel overwhelmed, confused, exhausted and edgy. It's important to try and keep things in perspective and find ways of reducing stress if things seem to be getting on top of students. The best way to avoid stress is to prepare well. Here are some tips for students as we approach the examination period:

**Study area** - Having a good study area can make a huge difference to how well you learn. Study in a well lit, quiet area, away from noises and people in the house. If this is impossible, it might be better to study in study hall at the College which is open for student use throughout the examination period. Make sure your desk is tidy and organised - it means you can concentrate on studying and learning, not trying to find information.

**Find out about the examination** - Find out what format the examination will take i.e. Are the questions in essay, short answer or multiple choice format? Is the examination open book or closed book? Knowing how the examination is marked and what proportion of your total mark it's worth might also be helpful.

**To do lists** - Make a to do list before each study session. Breaking tasks down into small, manageable tasks will make it less overwhelming. Cross them off as you go.

## FROM THE PRINCIPAL

**Past exam papers** - Ask your teachers for past exam papers. They can be a useful insight into what your exam will be like and can also provide a guide for what you know and the areas in which you need help. If possible, practise some under exam conditions and get your teachers to mark them.

**Study groups** - Forming a studying group can be a helpful way to revise your notes and work through past examination questions (it can also help you feel supported, keep you motivated and focused). If you have questions about your work, a study group may be a good place to have them answered. Ask your teachers if they know of anyone else interested in studying with other people.

**Switch the phone, facebook, twitter and email off!** - If you find that you are being distracted by the phone or emails, it might help to put the answering machine on or get others in the house to take messages for a while. You can always ring people back later. Facebook is not a study tool so avoid it. If the temptation is there you will become distracted so remove the temptation from where you are studying.

**Wallpaper** - Write down key concepts you have to learn on small sheets of paper followed by examples of how they are used. Post these sheets around your house, e.g - your bed, on the toilet door, on the fridge door etc. It helps with remembering things like equations, quotes and foreign languages.

**Ask lots of questions of your teachers or tutor** - Your teacher or tutor can help if you are having trouble developing a study routine or need help with understanding subjects or a particular topic. Asking for help doesn't mean you're a failure or stupid - it's smart to tap into their experience and knowledge to help you perform better. Keep going back to them if you're still unsure or you have more questions. It's their job to be available for you.

**Take regular breaks** - Getting up, moving around and away from your desk at least every 50 minutes for 10 minutes makes you concentrate and learn better.

**Revise and learn (don't just re-read)** - Sometimes reading through notes doesn't result in learning or understanding. Include the following in revising each topic:

- ◆ vocabulary, technical terms definitions
- ◆ summaries of points
- ◆ formulae, rules, diagrams, charts
- ◆ ability to understand relationships.

Above all, students should apply themselves fully and do their best. I wish all of our students well for the upcoming examination period.

Yours faithfully



**BRENDAN J WATSON OAM—PRINCIPAL**

### Reports and Parent-Teacher-Student Interviews

Parent-Teacher-Student interviews will be conducted from 4.00pm to 8.30pm on Thursday June 30 and from 11.00am to 3.00pm on Friday July 1. For these interviews we are using the Parent Portal of the school management system called

## FROM THE DEPUTY PRINCIPAL TEACHING AND LEARNING

Synergetic. A letter will be sent to all parent/guardians on Monday June 20 which will outline all of the necessary information for you to access this system. Electronic versions of student reports will be available online from Friday 24 June. Reports will not be posted to homes, but should be collected from the foyer of the College Hall during interview times. Parents can also book an interview with the relevant Cluster Coordinator for their son/daughter, as well as the Careers Coordinator, Josie Albano.

It is recommended that students whose parents require an interpreter for these interviews inform staff from Student Services of their needs and the relevant times.

### End of Semester One Examination Period June 9 – 17

The academic year is now reaching a crucial time for all students at the College. The expectation we have for our students is one of mutual respect for the learning of each other. The collective attitude and effort of each and every student will impact upon what the whole group can achieve.

VCE students need to be aware that they are not only striving to do their best, but are in fact competing with students across the state for results that will secure their future pathway. Many staff at the College are offering additional revision classes for VCE students, and preparing them for the examination period commencing on June 9.

Students undertaking VCE Unit 3 & 4 in Accounting, Biology, Chemistry, Physics and Psychology will have externally set VCAA examinations during this period.

We wish all students well in completing the upcoming exams and trust that they will perform to their potential.

Our VCAL students are busy attending VET courses at TAFE or at school and participating in work placements. These are designed to enhance the applied learning program that they have chosen and assist them in developing the skills and knowledge that are necessary to prepare for their chosen pathway. During the exam period, classes will be running as usual for all VCAL students.

The attached table outlines the class schedule that applies during the examination period for all students at the College.



Jeff Mulcahy - **Deputy Principal** - Learning and Teaching

### Having trouble with Maths or Physics? Cheap tutoring is now available.

Being a past student from Catholic Regional College Sydenham, I definitely understand how stressful VCE can be. Currently studying Mechanical Engineering at RMIT, I am more than capable to tutor year 11 & 12 Mathematics and physics and other subjects (please enquire)

Contact: Daniel Messina  
Phone Number: 0434 129 751  
email: messina@live.com.au

**FROM THE DEPUTY PRINCIPAL  
TEACHING AND LEARNING**

**VCE/ VET / VCAL PROGRAMS FOR SEMESTER 1 EXAMINATION PERIOD  
9 - 17 June 2011**

| PROGRAM   | Thursday 9 June  | Friday 10 June               | Monday 13 June   | Tuesday 14 June  | Wednesday 15 June  | Thursday 16 June                                   | Friday 17 June |
|---|--|------------------------------|--|--|--|--|----------------|
| All students studying VET (internal and external) | Classes as per timetable   |                              | Queen's Birthday Holiday<br><br>No classes at CRC Sydenham | Classes as per timetable   |  | Student Free Day<br><br>No classes at CRC Sydenham |                |
| VCE Yr. 11  | Yr 11 Exams (Hall & C Block)                                       | Yr 11 Exams (Hall & C Block) |  | Yr 11 / 12 Exams (Hall & C Block)<br><br>*Yr. 11 students completing a Unit 3 / 4 subject must check for exam clashes and notify Alison Mahoney to re-schedule | GAT 9.45-1.15 (Hall & C Block- all students completing a VCE Unit 3/4)<br><br>and<br>Yr 11 Make Up Exams |  |                |
| VCE Yr. 12  | Study Day<br><br>Practice exams                                    | Yr 12 English Orals          |  |  |  |  |                |
| VCAL  | Morning tutor, timetabled VCAL and VET Classes and Work Placements |                              |  | Morning tutor, timetabled VCAL and VET Classes and Work Placements   |  |  |                |

\* Semester 2 classes commence on Monday June 20 for all students.

**YEAR 11 AND 12 OUTDOOR AND ENVIRONMENTAL STUDIES**

This term our Year 11 and 12 Outdoor and Environmental Studies (OES) students have been involved in a number of practical experiences across Victoria. Students have been able to collect data from a range of natural environments and challenging experiences and then apply this knowledge back in the classroom environment. Our Year 11's undertook a cold and challenging bushwalk around Mt Stirling looking at the intensive cattleman's history, in particular the story behind "The Man from the Snowy River". Meanwhile the Year 12's have been involved in rock-climbing at indoor "Hard Rock" climbing centre (in Melbourne CBD) and later on they explored and climbed through summer day valley at the Grampians National Park. Thank you to all staff and students involved in these terrific outdoor learning experiences.



**ST. DOMINIC'S PARISH DEBUTANTE BALL 2011**

The St. Dominic's Parish Debutante Ball for 2011 still has vacancies for our presentation on Friday 23rd September 2011. The cost is \$260.00 per Debutante and \$260.00 for partners. **Please note that this is last Friday of Term three.** Practise is at "The Luxor" on Thursday evenings from 6 pm to 8 pm for 9 weeks prior to the Ball, the final practise is the night before the Ball.

Tickets for guests are \$80 per adult and children 12 years and younger \$55. Please call Robyn 97433174 or Sue 97432941 if you are interested in joining this years Debutante Set.



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Catholic Regional College are delivering*

## **Certificate II in Hospitality** (Kitchen Operations)

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**18th July – 22nd September**

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One day in the classroom and two days cooking in the kitchen!

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## **Practical Outcomes**

*Specialising in Children's Services*

**Certificate III in Children's Services**

**Diploma of Children's Services (Early Childhood Education and Care)**

**Certificate IV in Outside School Hours Care**

**Diploma of Outside School Hours Care**

**First aid**

**Anaphylaxis**

# **1300 799 610**

