

FCJ COLLEGE

Benalla

Newsletter

Term 3 - September 2nd



Principal's Reflection - Joanne Rock



Many of us have come to recognise that the ever-changing employment and

job trends, employability skill sets and emerging technologies associated with that means that we will be life-long learners throughout our entire working life. A good example of this occurred last Friday when the FCJ College staff joined with a large number of educators from nine other Catholic schools in the North East Region for the inaugural Benalla Contemporary Learning Conference. The conference was a joint venture with St Joseph's PS, and both schools were used to facilitate sessions for the 150 educators present. It was a fantastic day of learning for staff around the latest neuroscience related to the development of the Adolescent brain, ways of engaging students in a whole school approach to Positive Education and how learning intentions and feedback enhance the learning experience for our students.

At FCJ College we are committed to ensuring that the curriculum and style of delivery is meeting the needs of our students, so that they graduate from the College with a rich and high quality education that will prepare them for the next phase of their life journey, be that further study or work. With this goal in mind, this year we have undertaken an extensive review of our curriculum and delivery model and there

are some exciting changes on the horizon for our students in 2017. Kirsty Renkin, our Director of Learning and Teaching has put together a detailed explanation of the changes later in this newsletter

ahead!

In order for the Administration area to undergo the refurbishment, we have had to relocate the office to a temporary space. As you come in to the College from the front gates,



ter so you can see the evolution of our curriculum and delivery from Year 7 through to Year 12.

Another couple of exciting projects commenced this week – the much-anticipated fit out of the lower floor of the Victoire building will transform into a modern, cutting edge Flexible Learning Space that will bring innovative and stimulating learning opportunities to our students. At the same time, we are updating our office/Administration area to be a more welcoming and professional working space for our hardworking Administration staff. Both of these projects are expected to be completed in time for the start of 2017. New learning spaces, new curriculum and a new office for the College all add up to a very exciting year

the office is now situated to the left of the chapel. The usual access to the office has now been taken over by the builders, and there are signs up to assist you in locating the office in its temporary home. I keep reminding staff and students that this is short-term pain for long-term gain.

On Monday of this week, FCJ College held a Beyond Blue Awareness Day, instigated by Sophie Avdyugin and Catherine Burton and a committed group of senior students. For a gold coin donation, students wore something Blue on the day. The aim of the day was to raise awareness about Mental Health issues, and to provide information about where help can be accessed for anyone experiencing a mental health issue, or for friends of someone who is struggling with

mental health issues. Many of us either experience a mental health issue or know someone who is, and we want our students to know it is okay to seek help, talk about it with a good friend, and then involve a trusted adult if more help is needed. I want to commend the Beyond Blue Committee of students and staff who ran a really informative assembly, and thank the VCAL students and Mrs. Richardson for running the lunchtime BBQ that raised a good sum of money that will be donated to the Beyond Blue organisation.

On a different note, Mr. Joseph Mount, Deputy Principal is

taking all of Term Four off on Long Service Leave to travel north with his family for some camping, sun and relaxation. We wish him a wonderful couple of months enjoying quality time with the family and look forward to his safe return to FCJ College at the start of 2017. Replacing Joseph for the term we welcome Susan Nabbs, currently the Head of the Emmaus Campus of Notre Dame College, Shepparton. Susan has extensive and varied leadership experience and comes with the right skill set for the role of Deputy Principal as we finish off 2016 and plan ahead for 2017. I am sure you will join with me and make her welcome.

Joanne Rock

Year 7 Art

Year 7's have been creative in Art producing decorative ceramic pinch pots with teacher Ms Sandra Greed



Contemporary Learning Conference for Educators



FCJ College staff joined with a large number of educators from nine other Catholic schools in the North East Region for the inaugural Benalla Contemporary Learning Conference. The conference was a joint venture with St Joseph's PS, and both schools were used to facilitate sessions for the 150 educators present. It was a fantastic day of learning for staff around the latest neuroscience related to the development of the Adolescent brain, ways of engaging students in a whole school approach to Positive Education and how learning intentions and feedback enhance the learning experience for our students.

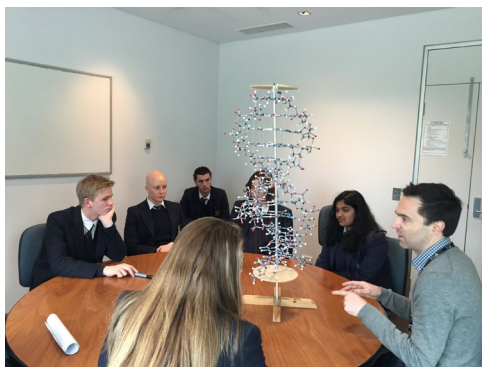


Year 11 Biology Excursion - by Jazzy Burke

Last Thursday, our Year 11 Biology class was very lucky to be able to go on an excursion to Melbourne, to follow on and extend our Biology studies.

The first place we toured was the Harry Brookes Allen Museum at Melbourne University, which housed many different human specimens, displayed for educational use. We heard from the Museum Curator, who told us all about the body donor system that enables the University to have such a large and diverse collection. It was amazing to see what the body really looked like, rather than in a text book, and learn about all sorts of disorders and diseases of the body. After the tour, we walked around the campus and got a feel for where everything was.

After this, we visited the St Vincent's Institute, a research centre in the city. Here we met Professor Jack Martin,



a former Benalla citizen, who talked to us about his breakthrough cancer research, and answered some of our questions. We then went to the Protein Crystallography Lab, where we learnt about how proteins are crystallised and mapped using X-Rays. The presenter Craig Morton even showed us a protein in 3D! Next was the Genome Stability Unit, where Andrew Deans explained the effects of smoking, UV and radiation on DNA using a model. Last of all, Christina Vrahnas taught us about her work in the Bone Cell Biol-

ogy and Disease Unit, where she studies the disease osteoporosis.

Seeing the human body up close and with my own eyes was the most interesting part of the experience for me, rather than just seeing pictures from a textbook. The trip was a fantastic opportunity for us all to see and learn about human anatomy and biology, and especially the possible careers that could lead on from Biology.

Jazzy Burke, Year 10 student



Law Talks - Unit 2 Legal Studies

Regional Law Talks is a free and interactive two-day program, hosted by Victoria Law Foundation, that aims to help students better understand topics covered by the legal studies curriculum. Held in Wangaratta each year, Regional Law Talks gives local students the chance to meet experts from some of Victoria's most important legal bodies. The Unit 2 Legal Studies class was engaged by some high quality sessions such as The Honourable P.D. Cummins speaking on 'life as a Judge', Dispute resolution methods including a mediation role play, Police powers and individual

rights presented by Kevin Mack Leading Senior Constable and Paul Dore the Juries Commissioner. The day offered students with fascinating insights from across Victoria's legal system and a valuable experience for student learning in VCE Legal Studies.



Yr 9/10 Boys Enrichment

In Enrichment a Yr 9/10 boys group have been working with artist and past student Gemma Keating.

Pictured below are the students with their painted large scale portraits of people they are inspired by:

John Cena & Muhammad Ali.





CALENDAR 2016

SEPTEMBER

- 1-2 YEAR 8 MELBOURNE EXPERIENCE
- 7-9 YEAR 9 CAMP
- 8-9 YEAR 10 RETREAT
- 9 SOUTHERN RANGES ROUND ROBIN 3
- 12 INFORMATION NIGHT-YEAR 9/10 2017
(CURRENT YEAR 8/9 STUDENTS)
- 12-16 YEAR 10 WORK EXPERIENCE
- 16 FINAL DAY OF CLASSES (TERM 3)
2:30PM FINISH
- 18 STUDENTS DEPART FOR FRANCE
TRIP DEPARTS

OCTOBER

- 3 CLASSES RESUME
- 4 YEAR 12 TRIAL EXAMS
- 4 YEAR 7 IMMUNISATION
- 6 HUME ATHLETICS
- 9-11 STUDENTS LEADERSHIP 2017
CAMP TO CANBERRA
- 10 WINTER TO SUMMER UNIFORM
TRANSITION WEEK
- 14 STAFF PROFESSIONAL LEARNING
STUDENT FREE DAY

YR9/10 2017 INFORMATION NIGHT

For students entering Year 9 or 10 in 2017 please come along to an information night on Monday the 12th of September from 6pm to 7pm to hear more about our offerings and the selection process.



Congratulations to VCAL for raising \$531 from cooking a bar-beque for the students at lunchtime this week for the Beyond-blue awareness day.

UNIFORM SHOP

TERM 3 OPEN HOURS

TUESDAY 1:00PM-4:00PM



Year 10 Work Experience

12th - 16th September

with Mr Anthony Holligan
Middle School Pathways Coordinator.

The time for Year 10 students to participate in work experience is fast approaching, with the majority of students having secured a placement and a few still finalising arrangements. Most students have been proactive in seeking out a work experience placement.

This year students are participating in a wide variety of placements ranging from local trades and businesses, hospitals, Vet surgeries, aircraft maintenance as well as major sporting organisations in Melbourne. This will provide students with an invaluable insight into industry and may even become the first step in developing a career direction.

For those students who are not participating in work experience there will not be any structured classes therefore these students will not be required to attend school during the work experience



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admin@fcjbenalla.catholic.edu.au

www.fcjbenalla.catholic.edu.au

FRONT OFFICE
OFFICE HOURS 8:15AM - 4:15PM
PHONE 5762 1222

MARIE MADELEINE



Spirit and Leadership

This award recognises students who have demonstrated positive leadership, generosity and thoughtfulness to others.

DEAN DAVY

Academic Excellence

This award recognises students who have achieved academic excellence in a particular subject.



JUNIOR Sub school

Michael Walker

For demonstrating resilience and friendship towards others in times of need.



Jemma Armstrong

For showing a wonderful act of kindness and generosity by paying \$2 for another student for Beyond Blue Day, when they couldn't find their money.



Ayush Singh
Ayush Singh for being happy to challenge himself in Maths and for often completing extension work.



Claire McCauley

For her outstanding work in Japanese. Claire is also participating in the Japanese speech contest.

MIDDLE Sub school

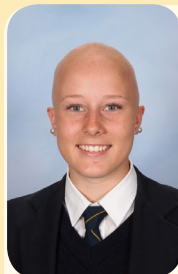
Georgie Uebergang

For always having a positive outlook and is a caring and supportive friend.



Ethan Viant

For his hard work and positive attitude in Sparks Light and Noise.



For academic excellence in Sparks Light and Noise.

Chelsea Gilcrist



Oscar Hide who received an A for his Mind, Body & Soul assessment Task.

Oscar Hide

SENIOR Sub school

Taylor Muir

Taylor willingly assisted in setting up the Senior study space after parent teacher interviews the following morning.



Daniel Tolliday

For showing support to a new exchange student and assisting him with his transition to FCJ College.



Jack Seketa

Jack has worked well and produced work of a high standard in Legal Studies



Chelsea Mailer

Has a terrific work ethic in Psychology and is also achieving excellent results



Beyondblue - Raising Awareness

FUNDS RAISED at school
CASUAL DRESS \$504.80
BBQ \$531.70



coming unwell, they should speak to a friend, a parent, a teacher, a counsellor or a doctor. The students were encouraged to load on three

A group of students met regularly to put together a Beyondblue awareness day at FCJ College. The theme was 'Be Happy, Be Yourself'.

free apps which all support mental health. Breathe is an app that helps a person slow down the physical symptoms of distress, Check in is a great app to help young people speak to their friends about how they are feeling and Smiling Mind gives lots of advice about Positive mental health. The students were all given blue wrist bands and flip cards with help seeking advice.

All of the students were invited to wear casual dress with a focus on blue to link with the theme. There was a barbeque at lunchtime,

ably and enthusiastically organised by the VCAL team. These students sold sausages, hamburgers and soft drinks to raise money for the cause.

The assembly also had two speakers. Terry Scanlan is from NECAMHS visits FCJ College regularly to speak with students and families. Leading Senior Constable Paula Allen also spoke about mental health and her role in the Police Force.

During the day, we had a whole school assembly. The Beyondblue team informed the school community about how to keep mentally well. They suggested getting some physical exercise, eating well and connecting with friends. In the event of a person be-

The highlight of the assembly was a media film called 11 Steps to Happiness. This was produced by the 2015 media class.. It gave a clear message about how to stay happy and it highlighted the talent of many of our students.

Special thanks to all of the Beyondblue team who put together a wonderful assembly.



Positive Education, based on positive psychology, is a whole school commitment to wellbeing. Positive Psychology was founded in the 1980s by Professor Martin Seligman. He was responsible for changing the focus of psychology from a pathology model to one that explored the notion of what makes people thrive. The aim at FCJ College is to develop a sense of community with the intent to encourage staff and students to learn, to grow and to explore their strengths. Positive Education is taught overtly and it is also embedded into the extra curricular activities of the school.

Last Tuesday our Year 11s spent a whole day learning about some of the elements of Positive Education. The students were introduced to the concept of **Fixed and Growth mindsets**. They were encouraged to consider the areas in their lives where they had fixed ideas. For example a student might consider that they

are not very good at maths, and therefore be reluctant to try, and yet with a change of thinking.. 'it may not be my best subject, but I can try' their marks are likely to improve.

The Year 11s also learnt about the **24 Character Strengths**. They completed a survey to discover their signature strengths and they learnt about the relationship between developing those strengths and thriving.

Positive Education is an evidenced based program that has been proven to significantly support student wellbeing.





Kirsty Renkin
Director of Learning & Teaching

It is with great pleasure that we are able to inform you about some exciting changes at FCJ College Benalla in relation to our Learning and Teaching program. In response to student, parent and staff feedback, along with Victorian Curriculum and Assessment Authority regulations FCJ has undertaken a full curriculum review. The basis for this review was to improve student outcomes. We have taken on this review with courage and confidence and we are very proud of the developments we have made in preparation for implementation in 2017.

Staff looked at current research, spoke to and visited high achieving schools and studied the new Victorian Curriculum along with other VCAA requirements. Their findings focused on two main areas, the first was contact hours, or the time spent in each subject, the other was the subject offerings. Research shows that the biggest impact on student outcomes is contact with their teachers – teaching and learning time spent with an educator. At the conclusion of the review there have been changes recommended at each year level. Below is a summary of the new structure.

YEAR 12

RE and Positive Education will be compulsory (unless also studying Unit 3/4 RE). This will have six periods of contact time per two-week cycle.

Students complete English and four other subjects.

Each of these will have nine periods of contact time per cycle.

Students will have 9 study periods per cycle.

VCAL will be an integrated program run over 4 days with the fifth day for work placed training.

YEAR 11

RE and Positive Education will be compulsory (unless also studying Unit 3/4 RE). This will have six periods of contact time per two-week cycle.

Students complete English and five other subjects.

Each of these will have nine periods of contact time per cycle.

See above for VCAL.

YEAR 10

At Year 10 the primary focus will be on preparation for their senior school pathway, be it VCE or VCAL.

Students will complete the core subjects of English, Mathematics, Science, Humanities, RE, Positive Education and Health and PE. English and Mathematics will have 9 periods per two-week cycle, with the other core subjects having 6.

Students can elect to study the normal Year 10 Health and PE program or study VET Sport and Recreation Certificate II.

Students may study a language (9 periods a cycle) *NOTE: Students who chose to complete a language will only choose one elective per semester.

Electives – 2 per semester with 9 contact periods for each. Chosen from: Food Studies, Art, Music, Design and Technology – Industrial Materials, Outdoor Education, Drama, Senior Boot Camp, Design Technology – Textiles, Media Arts, Visual Communication and Agricultural Science. These elective units have been specifically designed to prepare students for a smooth transition into VCE units.

The following VCE subjects may be available on application and will run across the two semesters. These subjects will be Psychology, IT, Biology, VET Business, VET Music. Students completing one of these subjects will complete only one elective.

YEAR 9

The focus of the Year 9 program will be on project based learning and student engagement. A stand alone program for Year 9 students enables greater flexibility around projects and delivery of curriculum. The Year 9 students will be making good use of our Flexible Learning Space in the Victoire building.

The core subjects will consist of an integrated subject including English, Humanities, RE and Positive Education. Other core subjects will be Mathematics, Science and Health and PE.

Integrated Studies will have 18 periods per two-week cycle, Mathematics and Science will have 9 and Health and PE will have 6.

Students may study a language – French or Japanese (9 periods a cycle) *NOTE: Students who chose to complete a language will only choose one elective per semester.

Electives – 2 per semester with 9 contact periods for each. With a choice from: Food, Wood, Media, Visual Communication, Engineering, Textiles, Art, Music, Outdoor Ed and Drama.

YEAR 7 AND 8

The focus for Year 7 and 8 students is to expose them to all Learning Domains, whilst ensuring their Literacy and Numeracy skills continue to develop to the appropriate level. Students will study the following program:

Mathematics and English each for 9 periods a two-week cycle.

Science, Humanities, Health and PE each for 6 periods a cycle.

Religious Education for 4 periods a cycle.

Positive Education for 2 periods a cycle.

Languages – One semester of French and one of Japanese with 6 periods a cycle.

There will be four 'taster' programs, covering Food and Textiles, Performing Arts, Art and Design and Design Technology. Students will study two tasters each semester with 6 periods a cycle.



Andrew Putt
Year 11



On the 18th September 8 students from FCJ College will join a party from Catholic College Wodonga and depart Australia and fly to France for a 3 week cultural immersion trip. **Yr 11 FCJ College student Andrew Putt & Emma Buykx** answers some questions on the pending OS trip.

THREE THINGS YOU LIKE ABOUT THE COUNTRY FRANCE?

The first thing I like about France is their language, I just love their language. At some points it is hard to understand what they are saying because some words I don't know but I get there eventually. The second thing I like about France is the history of France, after study history of WWI and WWII just going to some of the places where these battles took place and some that included our Anzacs. The third thing I am looking forward to trying the many different foods from escargot to frog legs.

ATTRACTIONS & PLACES YOU WILL SEE?

When we are in France we are in Paris for a couple of days where we see the most iconic landmarks like Notre Dame, Eiffel Tower and the Arc de Triomphe. We then get to see the Bayeux Tapestry showing the events that occurred in 1066. We also get to visit Amiens to see the graves of some of the soldiers who lost their lives in World War I. We also get to visit Claude Monet's house and his beautiful gardens where he got his inspiration to paint such paintings as Water Lilies.

WHAT MADE YOU DECIDE TO GO ON THE FRENCH TRIP OVERSEAS?

I have studied French for 9 years now and doing French by correspondence is a really hard thing to do and I feel that actually immersing myself in their culture hopefully helps me learn more French.

WHAT ARE YOU MOSTLY LOOKING FORWARD TO SEEING & DOING IN FRANCE?

I am most looking forward to seeing

Mont Saint-Michel, but I am also looking forward going to school to see what it is like and compare it to Australian schools.

HAVE YOU TRAVELLED BEFORE? WHERE TO?

Yes, I travelled to America last year with my family and this year I went to Japan with the school in May.

WHAT ARE YOU FEELING APPREHENSIVE/NERVOUS ABOUT?

I am feeling a bit nervous with the plane trip, it will be the longest I've ever been on one but in France the only place I am worried about visiting is Paris just with recent events in the last 12 months. But I can't worry about things like this as it will ruin the whole trip.

A SENTENCE IN FRENCH THAT YOU PLAN TO USE WHEN OVER THERE.

Pourriez-vous parler plus lentement, s'il vous plaît?

Which means, could you speak more slowly, please?



Emma Buykx
Year 11

3 THINGS YOU LIKE ABOUT THE COUNTRY FRANCE?

I like the European cul-

ture and landscape of the country. I also like the language because of the way it flows into each word and the way it sounds and is pronounced. And I also like the famous landmarks within the country.

WHY HAVE YOU DECIDED TO GO ON THE FRENCH OVERSEAS TRIP?

I chose to go to France as an opportunity to explore the language that I have been learning for four years and to improve my pronunciation. Another reason was to see the differences between France

and Australia and to experience the different culture of an interesting country.

WHAT ARE YOU MOSTLY LOOKING FORWARD TO SEEING & DOING IN FRANCE?

I am looking forward to meeting my host friend and family who I have been talking to for months. I am also looking forward to checking out the country with the rest of the students going to France and to create new friendships.

HAVE YOU TRAVELLED BEFORE? WHERE TO?

I have travelled before to Fiji, three times. Once when I was 1 year old, again when I was 3 and last year when I was 15. I love Fiji and it makes me less nervous and more excited to travel to France.

WHAT ARE YOU FEELING APPREHENSIVE/NERVOUS ABOUT?

At first I was nervous and scared to go to France since I get homesick and have never travelled that far from home. But as we are getting closer to leaving, I am much more excited and curious to what the trip will bring to me.

A SENTENCE IN FRENCH THAT YOU PLAN TO USE WHEN OVER THERE.

Pourriez-vous s'il vous plaît parler plus lentement - Could you please speak slower.

Merci beaucoup pour aider - Thank you very much for helping.

Recently a group of FCJ students attended the SIXTH ANNUAL BISHOP JOE GRECH MEMORIAL COLLOQUIUM in Melbourne. The topic for this year's colloquium was

"Christian-Muslim Relations in a Persecuted Region and the Impact on Immigration"

The Colloquium was held at Philippa Brazill Lecture Theatre, Daniel Mannix Building, Brunswick Street, Fitzroy, VIC Australian Catholic University (Melbourne). Heres is a report from attendees Hannah Humphries & Lauren Lucas.



The Bishop Joseph Grech Colloquium on Asylum Seekers

and Migration was an insightful look into

the causes and resolutions of the current refugee crisis. There were three speakers on the night, Bishop Robert Rabbat; the Eparch of the Melkite Eparchy (a sector of the Orthodox Church) of Australia and New Zealand, Mr Bayram Aktepe; President of the Islamic Council of Victoria and Fr Fabio Baggio; Director of the Scalabrini International Migration Institute (SIMI), Rome.

The night began with Bishop Robert Rabbat who spoke poetically, emphasising the need for us to embrace everyone regardless of their ethnicity, religious standings, gender. He described himself as Catholic yet not Roman, Greek but not Orthodox. Defying typical stereotypes himself, he implored the audience to demonstrate acceptance and sympathy. He highlighted the devastating discrimination faced by Christians in Arab countries and Muslims in the Western World. He questioned why this similarity wasn't widely advertised and known, creating a sense of



commonality and empathy for each other. The media contributes to this ignorance, demonising those of other religions for the actions of minorities and ignoring the fact that 2 million Syrians have been displaced. Behind the scenes, ongoing mediation, leadership and religious dialogue regularly occurs as we share a set of common beliefs centralised around forgiveness and equality.

The following speaker was Mr Bayram Aktepe. He used his extensive knowledge of the Islamic faith to prove that extremists are not representative of the religion and contrarily are often disregarding key values and beliefs. In the Muslim faith it is stated that one cannot kill another believer and this is one of the most basic beliefs which is being ignored by all extremists. Alongside this, he mentioned how the Arab countries function within a system of consumers and producers. The larger countries such as Iran and Egypt often influence the behaviour, societal standards and finances of smaller countries. They dictate the religious and social climate of the area and often fail to work co operatively with each other which causes displacement of individuals due to conflict and poverty.

Fr Fabio Baggio offered a tangible representation of the refugee crisis

explaining the extreme number of forcibly displaced persons - being over 65.3 million in the last year - was rapidly increasing. He also highlighted the generosity and commitment the European Union have to solving the asylum seeker problem, which is unrivalled across the world. Germany, a country 22 times smaller

than our own receives the most asylum seeker applications internationally. Following Germany is Italy, a country 25.5 times smaller and Greece who are 58.26 times smaller and also experiencing a recession. He posed many theoretical resolutions maintaining that the centrality of the human person needs to be upheld which includes their rights and dignity. He also stressed the need for solidarity beyond borders and embracing our commonality of belonging to one human family. Therefore leading to empathy and global justice as it is our moral duty to share resources with those who have limited access.

For those who attended, the colloquium was an opportunity to gain a greater understanding and an unbiased perspective of the global issues that directly affect us. It promoted a sense of urgency yet maintained an educated and logical approach to the problem. It was enlightening to hear such mature and diverse opinions about migration. The various speakers offered not only a religious approach but also secular. It allowed us access to information not widely publicised which has aided us in developing our own worldly awareness as well as our faith.



Recently Melbourne Author and Playwright Gabe Bergmoser visited FCJ and ran a workshop for students in the library. This year Gabe released his first young adult novel, Boone Shepard. He is currently working on new plays and is developing several television series concepts. Here's what the students in

attendance thought...

Gabe's visit was interesting. He talked about the book he wrote and what it's about. He also talked about his story and his likes & dislikes. He's a very smart person and easy to relate to. I recommend you read his books and get to know him. He even talked about his most embarrassing moments. It was a great experience and worth my lunch time. Gabe was an easy-going bubbly guy who was lots of fun. (Jemma Armstrong)

Gabe's visit was fun as he was so entertaining and fun to be around. His personality was bubbly and he was very easy to talk to. We discussed our opinions on different books and movies. He talked about how he got inspired to write his book and gave us advice on how to write our own stories. (Tara Kells)

Gabe's visit was really good. He talked to us about his experiences and pieces of work. We also spoke about other pop culture books, for example, our likes and dislikes towards Twilight and Harry Potter and the Cursed Child. It was fun. (Molly Heywood)



Unit 4 Outdoor and Environmental Studies - Falls Creek

At the crack of dawn on a chilly Tuesday morning, the Yr 12 Outdoor Education group, small in number but big in character, set out for a three-day skiing adventure in Falls Creek.

Day 1- The crew arrived on the mountain ready for a big day of cross country skiing, with some wary of a sport that requires one to walk uphill with skis on. However, they had not experienced the freedom that cross country skiing can give and after a number of kilometres and few falls the students were hooked. Aidan Daws, one of the more outspoken critics of the cross country aspect was one of the many students to change their outlook "I've been proved wrong

and I'm happy to admit it." This was despite one of his skis breaking, meaning Aidan had to walk the remaining 3 kilometres back to the bus. At this moment, the true bonds of friendship that can only be found on an outdoor education trip shone through, as a number of students sacrificed their own skiing to walk back with Mr Daws. This was truly a touching moment and a great way to wrap up the first day of the trip

Day 2&3 - The downhill days at Falls Creek offered students and teachers alike the opportunity to improve their skiing and snowboarding fundamentals. The group was truly blessed with the weather and this only added to the positive vibes

that radiated from the mountain. I am happy to report that all showed a marked improvement from day one to day three and none more than Mr Brendan Walsh who is a relative novice on the slopes "I was surprised at how well I went; I'll definitely be back next year."

Sadly, the trip had to come to a close, and on returning to the school late on a cold Thursday afternoon all involved came back in one piece and that is more than anyone could ask. Written by Practicum Teacher Thomas John Saker





Au Revoir Quentin Sander - Exchange student

Home: A town called Fontenay-aux-Roses in Haut de Seine

Age: 16

Host Family: The Putt Family
(Yr 11 FCJ student: Andrew Putt)

Time Down Under: 3 months & 2 weeks

Favourite Experience:

Seeing Waterfalls: Paradise Falls near Beechworth & Lady Bath Falls in Bright

New & Interesting Experiences:

Going in a glider, driving a safety car at Winton raceway, Eureka Tower Melbourne, Luna Park and St Kilda Beach.

Difference between Paris & Melbourne: Loved the river and restaurants in Melbourne and seeing buskers. I really liked the beach and the St Kilda market.

Fav Aussie Food: Meat Pie is my absolute favourite!



Least Favourite Aussie food: Vegemite - I just can't eat it. It tastes very fatty and salty.

FCJ College: It is much more relaxed. In France my school is very strict, homework must be done every night and at least 8 hours of homework on the weekends. It is nothing like FCJ school life. We are much more disciplined.

Sports enjoyed in Australia: I tried foot-

ball and really love the basketball and soccer. I even tried netball training one evening. My sports back home are tennis, swimming and Yudo. I get pressure to do these sports as these are the coaches at my school.

Most Interesting subject: Psychology and Cooking were very interesting for me. They don't do subjects like this in France.

Fav Teacher: Mr Boyle and Mr Morgan. Ms Crook was very nice too

and I liked my maths teacher Ms Erskine too. Maths is my strongest subject in France but I have to say we are 3 or 4 years ahead in the Maths we do in France.

Fav tune: anything by French Rapper 'Lefa'

Most memorable experience: Watching Carlton verse Saints at the MCG. Football is so hard for me. I can't kick it properly, I just can't do it.



HOL & VCAL - Improving the school grounds



Year 12 VCAL student Jeremy Hyland marks out a downball court in the Junior Subschool playground.

Hands On Learning students install the red gum bench seats they constructed as part of their course in the Junior Subschool area.



Congratulations Bonnie



Congratulations to Bonnie Tritton who is accepted into the National Youth Science Forum. NYSF is unique in Australia. It is a fantastic two weeks program conducted in ANU, Canberra as well as the Uni in Perth. They will be able to meet students from all over the country and overseas as well, spending two weeks with exciting programs. They are to work with many scientists, professionals, plenty of touring pro-

grams, fun activities and so on.

They learn how to make informed decisions about courses and careers in the sciences and gain a professional skill set to help them realise their potential.

Well done, Bonnie.

healthy lifestyles

Better Cooking
Vegetarian or Vegan
Hands on Cooking Classes

Thur. 8th Sept

Thur. 15th Sept

Thur. 22nd Sept

@ 6.30 - 8.30pm, FCJ College,
36 Arundel St, Benalla, Victoria

learn * cook * eat.

Cost: \$10.00 per session

Free 3 course meal

Bookings Essential call:

M. 0424002551 or

E. - benallasdachurch@gmail.com

Free Recipe Booklet after 3rd session

Sponsored by the Seventh-day Adventist
Church - 44 Smythe St, Benalla



Free School Holiday Activities

Sir Edward 'Weary' Dunlop Learning Centre - Benalla Library

Celebrate Roald Dahl's 100th Birthday

Dress up as one of his colourful characters and join us for fun filled activities and a movie based on one of his books.



**Tuesday 20
September 2 - 4pm**

**Bookings are essential
Phone 5762 2069**



Are you game?

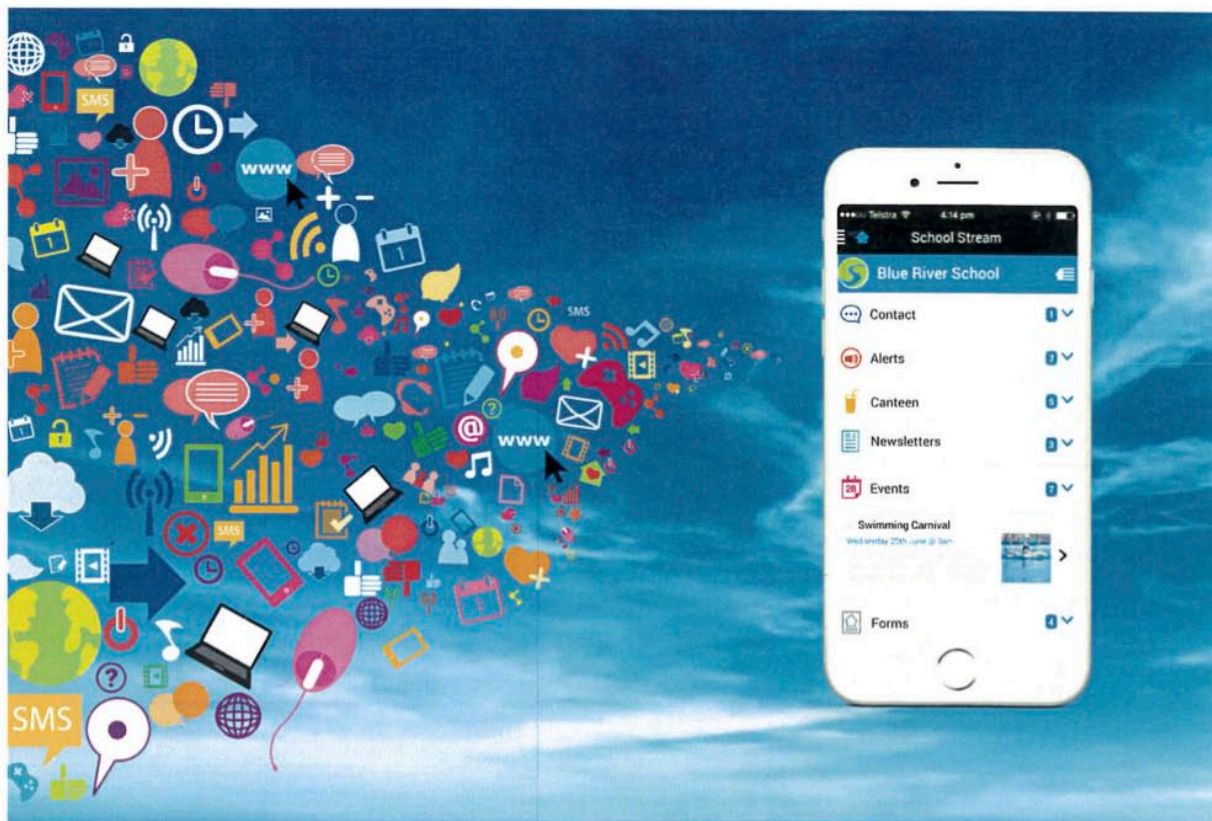
Bring along your friends and participate in a range of games from cards to board games.

**Tuesday 27 September
10 - 11am Primary aged students
2.30 - 4pm Secondary aged students**

**Bookings are essential
Phone 5762 2069**

Your school now has a **FREE** app

Receive school information, instantly and directly to your smartphone



How to download your **FREE** app

- 1 From your mobile device go to the **App Store (iPhone/iPad)** OR **Google Play (Android)** search for **School Stream** and download the app to your phone
- 2 Make sure you agree to **push notifications**
- 3 Once School Stream has finished installing, open the app, type your school name into the search **THEN** select your school

For more detailed instructions go to **schoolstream.com.au/download**