

FCJ COLLEGE

Benalla



2023

Newsletter



TERM 3 18 AUGUST 2023

Dear FCJ College families,

This week we celebrated the 123rd anniversary of the FCJ Sisters arrival in Benalla and the founding of our wonderful school. The day commenced with a moving liturgy ably led by our Youth Ministry students. A special part of the liturgy was a powerful reflection, by former student, parent, and current staff member, Donna Willcock on how Marie Madeleine's vision for education is still driving our actions here at FCJ College Benalla. I share Donna's reflection below.

My sincere thanks to all the staff and students who made our Founders' Day a wonderful celebration of community and all that is special about our school. Importantly, Founders' Day was also an opportunity to raise funds for our support of scholars from Malbago Village in the Philippines. With close to \$3,000 raised, we are delighted to be able to sponsor a young person's tertiary education once again in the Philippines. This year was made even more special with the announcement that our Philippines Immersion is back in 2024 and we are currently accepting expressions of interest from students who will be in Year 11 and 12 in 2024 to participate in this life-changing experience. Exciting times for all our community!

Reflection from Director of Catholic Identity – Ms Donna Willcock

This reflection is written from the perspective of a former student, parent and current teacher at FCJ College. Three generations of my family have had the privilege to be an active and supported member of this community. My mother was a student here, my Dad was employed as a woodwork teacher, my three sisters and I are past students, along with my daughter Jordie and my nephew Mitch. My parents are proud members of the FCJ Community Choir and treasure the time they have spent getting to know our Year 7 students during the practice sessions, the making of the video and the performance.

For Marie Madeleine, the central purpose of her life was to serve her God lovingly by lovingly serving others wherever she saw their need.

The characteristics of Catholic Education in the FCJ Tradition are Companionship, Gentleness, Justice and Courage and Confidence. Looking through the lens of these characteristics I can identify where Marie Madeleine's vision is evident here at FCJ College Benalla.

When I walk through the gates of a morning, I feel a strong sense of welcome and belonging. As I enter the convent building, I am greeted with a warm and friendly smile from Sue or Sue, who never fail to wish me a good morning. This warm welcome is replicated repeatedly every day when students, parents, staff and visitors enter through the front sliding door. A true example of Companionship and Gentleness. Where the dignity and diversity of every person is respected and accepted.

The goal of the characteristic of Companionship is to provide an environment where all are supported to develop a faith-filled relationship with God. Students are encouraged to support each other, and to advocate for and accompany those on the margins. I have witnessed companionship at FCJ College in the way staff and students support each other in both the good and difficult times.

The school donated money to Food Bank in Shepparton during the COVID lockdown, we have participated in WYD events where we have sent staff and students across the world to experience what is possible when two or three gathers in Jesus' name, we visit and have donated sporting goods to the Hermannsburg community and our school visits to the Village of Malbago, where students and staff have assisted their community in various ways during their stay. These opportunities and experiences have been life changing for all who have been fortunate to attend. We will hear from Shaun Jones this morning about his experience and the impact that it had and continues to have on him today.

I had the privilege to be a companion on one of the FCJ Pilgrimages to France to follow in the footsteps of Marie Madeleine. There I walked alongside pilgrims from Australia, England, Ireland and the FCJ Sisters on a journey to learn more about their foundress' story. Marie Madeleine was driven by a strong sense of social justice to provide education to the marginalised. She worked tirelessly to bring to forefront injustices that were occurring by speaking for those who do not have a voice. This opportunity enabled me to bring to life the story of Gigi. Her faith and never give up attitude drove her to live out the values of the Gospels and to continue the ministry work of Jesus. She was a Companion.

PTO

The characteristic of Gentleness is to create an environment where students grow in the self-knowledge that leads to attitudes of gentle strength and wisdom. Gentleness is influenced by the appreciation of the basic principle of respect for the dignity and diversity of the human person. Each one is listened to and treated with care and love, genuinely recognised as a human being made in the likeness of God. In such an atmosphere, staff and students have the freedom to grow and to learn, to celebrate and to develop their own self-worth. At FCJ College, students are encouraged to be the best versions of themselves and to be active members of not only in our community but in society as well. The introduction and implementation of the School Wide Positive Behaviour will ensure that we all have a common language around what is a positive behaviour and what does it look like in our classroom and school yard. It also provides a non-confrontational way to address behaviour that falls outside of the parameters.

Justice implies embracing diversity; through dialogue and advocacy it challenges injustices which contradict Gospel values. Social Justice has always been a strong and passionate focus at FCJ College. Students are encouraged to advocate for what they believe in and to be the voice of those who are voiceless. Our Social Justice and Environment Captains, across the years have been very proactive in this space, leading fundraising events, which include St Vinnies Winter and Christmas appeals, Project Compassion and raising funds to sponsor our scholars from Malbago Village. The generosity of students who regularly contribute to our fundraising events is inspiring. We acknowledge and celebrate International Women's Day, Pride Month, Reconciliation Week, National Sorry Day, Wear it Purple Day and RU Okay Day to name a few. However, fundraising is only one element of the Catholic Social Teaching Framework, See, Judge, Act. At FCJ College we identify an issue and then make a judgement on how we can support and advocate for others and then act upon this. In Term Four last year we raised funds for the Vinnies Christmas appeal.

The money raised was then used to purchase and make care packages. I was very fortunate to be a part of this along with other staff who made up the packs. This aspect of fundraising is often not witnessed by you however, you need to be aware that your generous donations and participation is making a difference for families in our Benalla Community.

Courage and Confidence - The self-esteem of students in FCJ College grows when they are encouraged to take informed risks, to step beyond their comfort zones in a supportive environment. Students have always been encouraged to not be a bystander and to stand up for injustices that are occurring in our school, community, country and throughout the world. It takes courage and confidence to put your hand up to take on a leadership role, especially when you must speak in front of your peers and school community. The Neurodiverse Club members are an example of students who have been encouraged to take informed risks. They have presented to students on what neurodiversity is and the implications this has for their learning. Their firsthand honest accounts have also inspired and given other students the courage and confidence to speak about their experiences as well.

Every day we are privileged to walk through the gates of our school into a community that strives to live out the vision of Marie Madeleine. We do not always get it right as we are only human and at times, we all need a gentle guiding hand. But we have an opportunity to make a difference in our lives, in order for us to be beacons of hope for others in our families, communities and throughout our world. My hope for you all is that you walk out of the gates for the final time you leave with a heart filled with Compassion, Gentleness, Justice and have the Courage and Confidence to bring about change in the communities you belong to.

Go well,

Shaun Mason

POLAR FLEECE JUMPER PHASING OUT THIS ITEM OF UNIFORM

The polar fleece pictured is an old item of our FCJ College Uniform, but we are aware some families purchased this item a couple of years ago in a clean-out. I take this opportunity to remind all the community that it is only to be **worn as part of the sports uniform**. I also take this opportunity to inform the community, that from the end of the 2024 school year it will no longer be a part of our approved uniform.



Dobsons

Uniform Shop

NEW OPERATING TIMES

FRIDAYS

12.30pm - 3.30pm

STARTING WEEK COMMENCING 7 AUGUST

FCJ COLLEGE'S COMMITMENT TO CHILD SAFETY

All students enrolled, and any child visiting FCJ College, have a right to feel safe and be safe. The wellbeing of children in our care will always be our first priority and we have zero tolerance to child abuse. We aim to create a child safe and child friendly environment where children feel safe and are free to enjoy life to the full without any concern for their safety.

PROTECT

Everyone has the right to be safe and be protected from abuse.

No one should behave in a way that makes you feel unsafe or afraid, including anyone in your family, anyone at school or anywhere else in the community.

Tell a teacher or any adult at your school if you feel unsafe.



It's everyone's responsibility.

Adults at school must listen and respond to concerns about child abuse.

If you suspect abuse of any child or young person, you have a responsibility to report it, even if you are not sure.

Further information & resources
www.education.vic.gov.au/protect



What's On

August

24	Year 10 Holocaust Excursion
30	FCJ College Athletics Carnival
31	Unit 4 OES - Mt Buller Ski Trip

September

1	Unit 4 OES - Mt Buller Ski Trip
4-6	Year 9 Camp
8	Year 11 Formal
11-15	Year 10 Work Experience Week
13	Last Day Term 3 for Students
14	Parent/Teacher Interviews
15	Staff Professional Learning Day

October

2	First Day of Term 4
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FOUNDERS' DAY



FOUNDERS' DAY



DEBATE

8Y English

The students have spent this term learning about the importance of Matter, Manner and Method when preparing and presenting a formal debate. They have also learnt how important it is to work as a team to prepare propositions and formulate arguments and counterarguments. Students also participated in acting as the Chairperson, Timekeeper and/or Adjudicators. There was a winning team awarded at the conclusion of each debate and a 'Best Speaker' was also recognised. Congratulations to the students for demonstrating courage in confidence throughout this task.



YEAR 9 METALWORK

Yr 9 Design & Technology Metal students, Fraser Martin and Patrick Ballantyne applying design thinking, creativity and innovation to modify a BBQ Scraper model. They are demonstrating excellent understanding, selection, and operation of tools to develop and fabricate their planned project.



Round Robin 3

Table Tennis

Christian Squires, Xavier Rhodes, Patrick Cornell and Logan Hyland were undefeated and going through to the next round (photo below).



Yr 7 Boys Basketball

The team was well organised under Captain Josh Byers, regularly rotating during games to stay fresh.

Star goal scorers included Mason Willett, Bodhi Killeen and Kobi Thwaites. The boys all worked well together and came third overall.

Yr 8 Girls Badminton

The Year 8 girls badminton team played the Hume finals on Tuesday 15 Aug. They ended up coming a very close 3rd having one win, one loss and a draw.

All the girls have trained really diligently since they won the Round Robin tournament (nearly every lunchtime). I have to admit the girls played the toughest games they have ever faced and showed me just how much they have improved their skills and game play. I am so very proud of them... the last badminton team of over 240 teams I have coached. Well done ladies, it has been a pleasure.

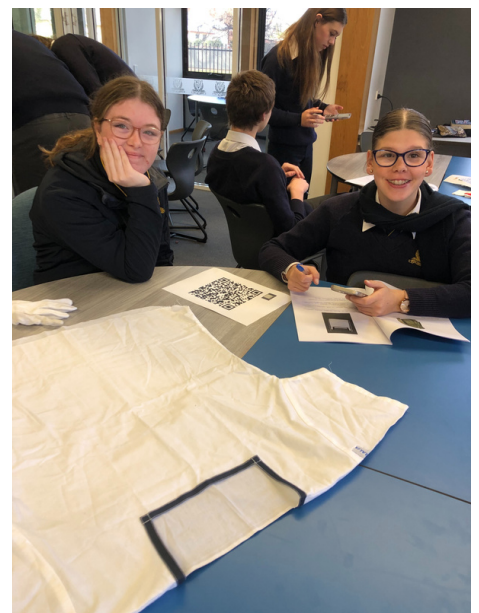
Carolyn Mackenzie (Teacher)



Project Based Learning

WW1 MEMORIAL BOX

Year 9s have begun their studies on World War 1. As part of their studies, they had the opportunity to view and handle artefacts and replicas of objects from the First World War. Over thirty items from the Albury City Library Museum were on display in the PBL space. Students used QR codes to take them to the Australian War Memorial website, where information about each item was displayed. They recorded information in workbooks. The students were captivated by the age of the objects and found the experience very interesting.



Year 8 SEPEP Tournament

On Thursday 10 August the Year 8s held their SEPEP netball tournament in periods 1 and 2. Thankfully the rain stopped and we were able to get a full competition played.

The SEPEP unit, which is delivered as part of the Physical Education curriculum, sees the students take the lead role in running the lessons. Each class in the year level was divided into three teams for the duration of the unit. Each team was then responsible for nominating a person to take the warm up, another the drills as well as team managers, coaches, umpires and scorers.

Over the course of the unit they effectively taught the basic rules and tactics of netball to each other. Likewise for the tournament, they were responsible for organising their teams to be on court at the required times, to umpire and score and report final scores to the teachers.

Credit to our students who, with so many teams involved and the two courts running, were able to promptly get on court for their matches, provide the umpires and scorers and to play with such positivity, enthusiasm and good sportsmanship.

Jason Boyle (Teacher)





On Wednesday 16 August, Year 12 students and students in Year 10 Food Studies completed barista training using our new coffee machine. Sarah from Mansfield Coffee Merchant ran the sessions with the students. Students learnt how to make the perfect coffee and will be able to use these skills to add to their resumes. A second training day for the Year 11s who put their names down will be held in a few weeks' time.



In Year 11 Food Studies we have been studying contemporary Australian cuisine. Students completed a practical assessment where their task was to create a fusion dish that fuses a quintessential Australian recipe with a recipe from another cuisine. Some of the dishes that were prepared included Indonesian Shepards pie, kangaroo curry, tim tam tiramisu, and tandoori chicken burgers.





Year 7s

Year 7s measure buoyancy and construct different boats to float on water. They see how many pennies they can hold before they sink.



Year 8s

Year 8s having fun with the pop test, which is for testing for the presence of the gas hydrogen.



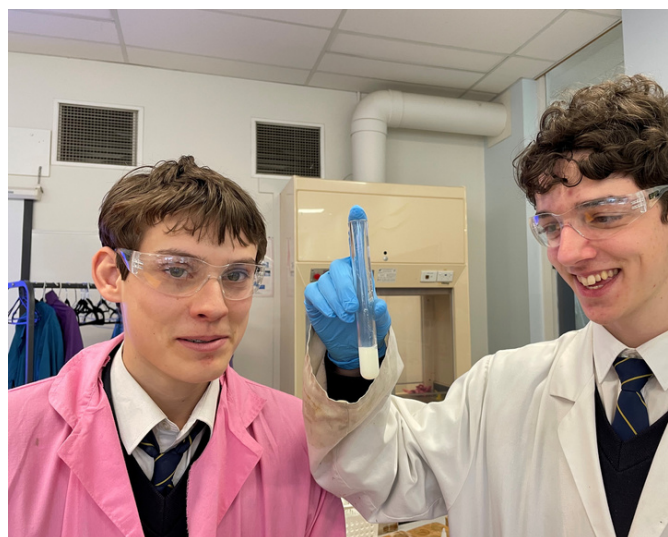
Year 9s

Year 9s conduct a presentation on an endangered animal of their own choice after carrying out detailed research investigation.



Year 10s

Year 10s having fun with precipitation reactions. They use the solubility chart to predict when precipitates will form.

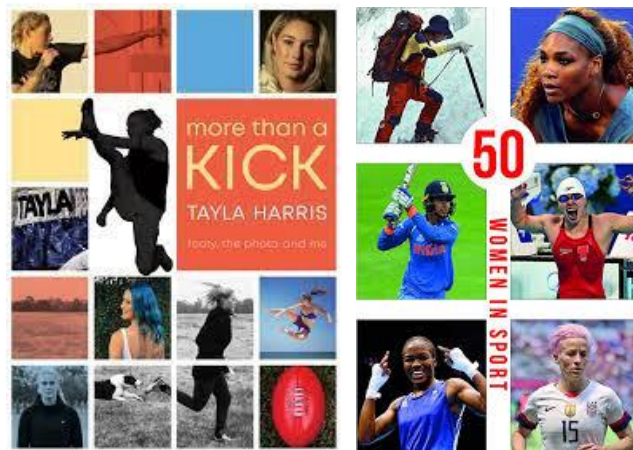
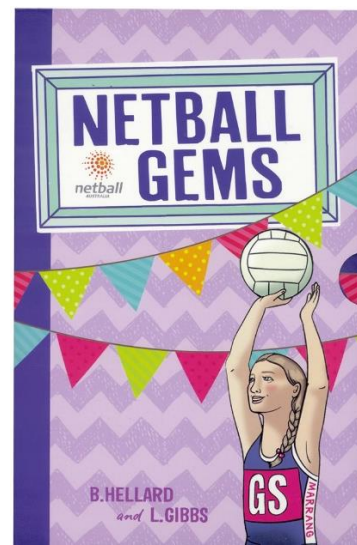
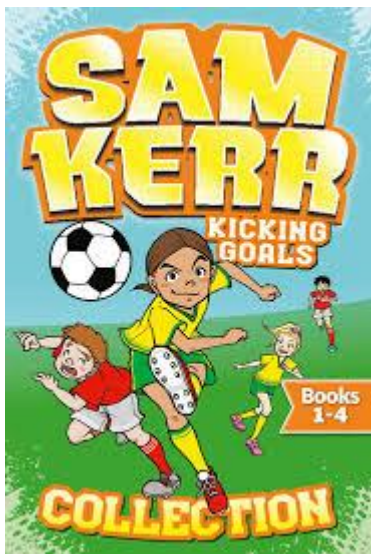


Book banter!

18/8/2023

Women in sport!

In this current climate, where the focus is currently on women's sport and women in sport, it is important to see where we can support our young females to like and participate in any number of chosen sporting arenas. We have seen the Aussie Diamonds be crowned yet again World Netball Champions in South Africa and we are on the precipice of World Cup glory with our Soccer playing Matilda's showing the way. We can offer our students a variety of reading materials to help them see that sport is very much a part of everyday life, from local level to the world stage. Go the DIAMONDS and go the MATILDAS!



small TOWN SING

A ONE NIGHT COMMUNITY CHOIR FOR EVERYONE

FRIDAY 25th AUGUST 7PM

Tickets \$15 online—visit <https://www.trybooking.com/CKEZX> or \$20 at the door. Drinks available at bar prices. Finger food provided. Under 18s to be accompanied by an adult

BENALLA LAKESIDE COMMUNITY CENTRE
(REDGUM ROOM)

E: info@adamtoms.com

All ticket proceeds will be
donated to



Proudly supported by Benalla Saints Sports Club



BESTCARE
@ Benalla
HEALTH

Has your child missed their HPV vaccine?

Benalla Health are providing immunisation sessions as a 'catch up' for the HPV vaccine

Immunisation Sessions:

Community Care - Ray Sweeney Centre
45 Coster Street, Benalla
7th & 14th of September 2023. 10am - 12pm

Do you know how to check whether your child is overdue for any immunisations?

Scan the QR code or call Benalla Community Care Reception 5761 4500 or email BenallaCommunityCare@benallahealth.org.au and we will be able to assist you.



www.benallahealth.org.au |



2023 SPRING COMPETITION

Juniors and Ladies Netball starting

Tuesday 22nd August

Registrations close Thursday 17th August



Volunteer with Red Cross - Benalla



Perks of being a Red Cross retail volunteer!

- 20% discount in our shops
- Learning skills in retail
- Add new experience to your resume
- Connect with the community
- Make new friends
- Improve your English



Tuning in to Teens Emotionally intelligent parenting



This free six-week program aims to help parents and carers of teenagers to understand their child's experience and connect with and support their child.

If you are a parent or carer of a teenager this program will help you to:

- understand what your child is going through at this stage in their life
- help your child manage their emotions
- communicate more effectively
- build a closer more connected relationship
- build on your skills as a parent.

Location	Date and Time	Cost
Online (link will be provided)	Thursdays 3rd August - 7th September 7 - 9pm	This is a free program

Contact us

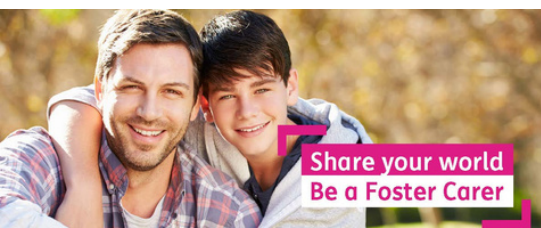
For enquires and to register your attendance please call 0457 279 796 or email parenting@gatewayhealth.org.au.

Bookings are essential

gatewayhealth.org.au

Please note this information applies to Term 3 2023.

gateway health
People living well



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If you've ever thought about becoming a Foster Carer, now is the time!

We are seeking singles and couples to provide stable, nurturing homes for children in your local community.

To find out more scan the QR code or call Louise on 0437 262 194.



LIFE WITHOUT BARRIERS
lwb.org.au/foster-care