



TERM 4 27 OCTOBER 2023

Dear FCJ College community,

Last week we celebrated the final day of classes for our Year 12 cohort of 2023. It was a wonderful day filled with both joy and nostalgia as the students farewelled what they have known for some 13 years. Then this week saw the commencement of the VCE exams and the final chapter of their time with us. We are mightily proud of this cohort and all their achievements. Below are the words I offered the Year 12 cohort during their final assembly.

For some of you today, you will be feeling delighted that this is the last day of school – we won't take it personally – but no doubt there will be some joy at finishing, some delight at leaving all the routine and all the habit behind, that is a normal reaction. But for some of you today, there will be a tinge of sadness too. This is also natural – something that has been such a constant in your life is coming to an end, making lunches, packing school bags, doing homework – it's all coming to an end. It's almost like grieving and that too is a normal reaction.

Yesterday, Mr Mount and I spoke to the Year 12s reminding them that they are zooming towards the final time they will be gathered together at school as a group. We asked them to consider the legacy they wish to leave here, but also what they will take from FCJ as they head out into the world. When reflecting on this, and listening to Laura and Georgia's speeches this morning, I am reminded of something I heard this year that I would like to share with you all.

When I was studying in the US earlier this year, one of my fellow students said something that really resonated with me. He was a priest from Columbia and we were talking about where we find God in our lives. He was telling me a story about going on a silent retreat – now that's where you literally go away from home, family, friends, technology and stay silent – simply no speaking. To anyone. Nothing. He was reflecting on how difficult this was for the first few days, and then how it got easier over time. He said that he found himself praying and thinking a lot – and after a few days he discovered that most of the time, he was thinking about his friends and loved ones. He noticed that his thoughts were about other people – wondering what they were doing and considering his relationships with them. He came to the realisation, that for him, that is where he finds his God. God is present in the connections he has with others. In other words, in his relationships with other people, where there is love, there is God.

I look around here this morning, and I think he's right. God can be found here in the connections you have forged with each other at FCJ College.

Those connections that you have made at FCJ College go with you today – not just in the friendships you have formed, but in the little moments that you have experienced across your time here. Whether you joined us in Year 12, or have been here from Year 7, all of you have had moments of connection – perhaps it was running the relay in Year 9 and passing the baton to your mate, maybe it was smiling at a Cooina resident during Let's Find our Voice in Year 7, it might have been carrying a pack for a mate on a hike in outdoor ed, or maybe it was just being a friend and listening to someone who was having a tough time.

Newsletter

These are the moments I think you'll remember. These are the moments that stay with you years after you finish school. Trust me, you'll forget the colour of the walls in the classroom, you'll forget where you finished in the swimming carnival, and you'll forget some of the names of your peers (it's true). But those little moments of connection they will stick with you, and you will carry them with you beyond this place.

But importantly, while you take those connections with you, some of them will also remain here with us. You are part of a FCJ tradition that is 123 years old. You have left an indelible mark on the story of our school. It is forever changed because of your presence, and we believe it is a better place because you were here. We are mightily proud of you – and as I said yesterday, we send you out with full confidence in the people you have grown into and the people you will continue to become. The world is full of division and distress at the moment. Perhaps what the world needs is more moments of connection. So go out there, go and be the face of God to all those people you will meet. Inspire them. Challenge them. Allow them to see the good in you and the hope you provide the world. You've got a special role to play in making our local community a better place, our nation a better place and of course, as you start travelling, our world a better place.

Remember the choices you've made and the lessons you've learned here – they will stand you in good stead for the wide world out there. As Marie Madeleine said: never say "I can't do that" because we all have faith that you can, and faith that you will.

God Bless and Go well.

Our Year 12 VCE students are well into their VCE exams, and all is going smoothly. We continue to pray for them, their families and their teachers as they complete this final step in their formal schooling.

On Friday 27 October, we recognised World Teachers' Day. I want to take this opportunity to publicly thank all the wonderful staff at FCJ College for their tireless efforts at ensuring all students have opportunity within and beyond the walls of the classroom. We are truly blessed to have a great team of people here supporting, challenging and encouraging our community to do better and be better every day. My thanks to all who choose to work with our young people.

Shaun Mason



I got selected by RMIT University in Melbourne to participate in the Space Teams Academy competition. It is a program where you get put in teams of four to design, build, fly, and land spacecraft then build a base on another planet to support human life, using software that people at NASA use to design spacecraft.

First, we had to learn about planetary science, orbital mechanics, trajectory design, orbital descent, habitat construction, and surface operations. We also got to speak with an astronaut and some of the people who are working on Lunar Outpost Oceana.

I really enjoyed this program and learned lots of new things. – Kirra Follett (Yr 8)



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

November

| | |
|--------------|-----------------------------------|
| 1-2 | Yr 10 Outdoor Ed Hike |
| 3 | Student Free Day |
| 6 | Student Free Day |
| 7 | Student Free Day (Melb Cup Day) |
| 9-10 | Yr 9 Outdoor Ed Hike |
| 15 | Yr 12 Valedictory Mass & Dinner |
| 16-21 | Yr 11 Exams |
| 22 | Year 11 Student Free Day |
| 23 | Year 11 Feedback Day |
| 24 | Student Free Day (Headstart Prep) |
| 27/11 - 8/12 | Two weeks HeadStart for 2024 |

December

| | |
|---|---------------------------------|
| 4 | Awards for Excellence Evening |
| 6 | Grade 6 Orientation Day |
| 8 | Last day of Term 4 for students |



Class of
2023

Congratulations to the FCJ College Class of 2023!

Your hard work, dedication and resilience has paid off, and you're now embarking on a new and exciting chapter in your lives. As you step into the future, remember that the possibilities are endless. Your education has equipped you with the tools to make a positive impact on the world. We are incredibly proud of your accomplishments and can't wait to see the incredible achievements that lie ahead.



Class of 2023

Year 11 Formal

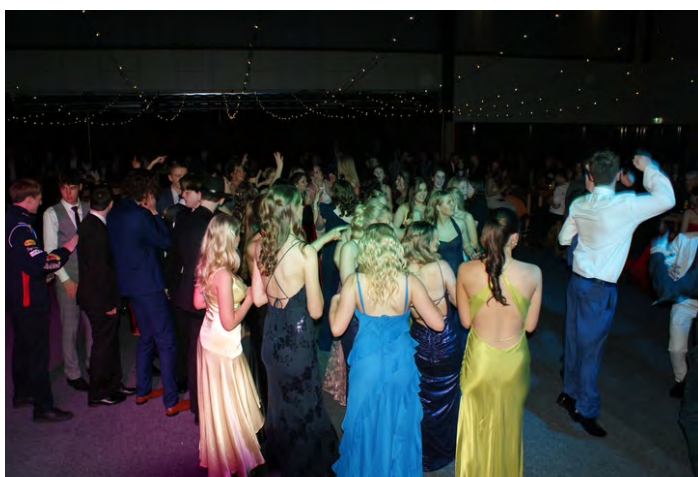
The much-awaited Year 11 formal was held on 8 September. From the beginning of the year, the formal has been a hot topic of conversation throughout the year level, especially between the girls. The hopes and dreams that everyone had for that night were well and truly pulled off by Mrs Crook, Kristy Hanrahan and the Year 11 Formal Committee.

The night went smoothly with everyone looking their best and having a truly memorable night. The classic song 'My Lighthouse' that every student learns in Year 7, was one of the favourite moments with Mrs Branigan stealing the show with her impressive moves.

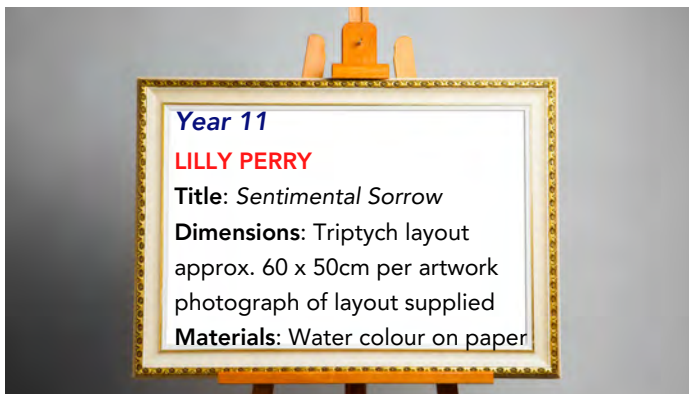
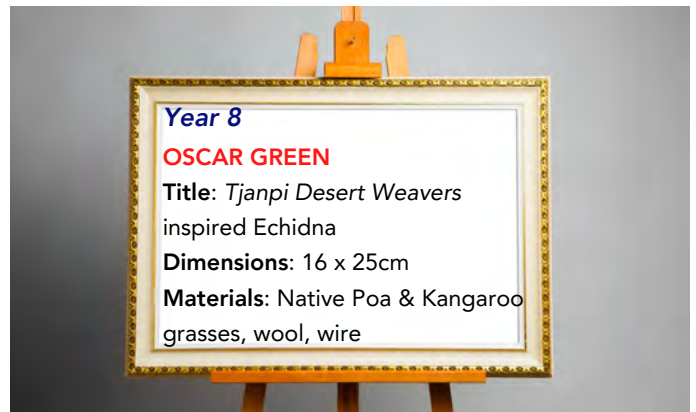
A special mention to Katie Breheny who led and taught the year-level flashmob dance which was a roaring success.

A big thank you and congratulations to all students who always enthusiastically participated and a big thank you to all the teachers who were in attendance. Now the year level is talking about the far less exciting hot topic of exams.

Ally Vecht



Congratulations to the following art students whose work has been selected for this year's MacKillop Art Exhibition. The exhibition will be open for viewing at Sacred Heart Bendigo on 10-26 November and can also be viewed online from 13 November 2023 - ceosand.catholic.edu.au/mae



PBL Pos Ed Task *Conversation*

Our Year 9 students embraced a unique challenge aimed at fostering deeper connections and a better understanding among their peers. To kick things off, we paired them with a fellow student they might not typically interact with. Armed with a set of thought-provoking questions, they embarked on a journey of self-discovery and mutual understanding.

At the conclusion of this task, students were asked to note down the shared aspects they discovered and share these insights with the entire group. This exercise encouraged them to find common ground with others they may have initially perceived as very different from themselves.

In addition, we organised a 'speed conversation' activity where students engaged in one-minute dialogues with a partner across from them. Guided by conversation starters, these rapid exchanges encouraged students to practice the essential skill of initiating conversations, a skill they will undoubtedly find valuable as they embark on their journey into the workforce and world.

We were genuinely impressed by the wholehearted participation and engagement of our students in these tasks. Not only did they expand their understanding of one another, but they also honed the crucial ability to initiate conversations and connect with people beyond their comfort zones.



Congratulations Brayden Quattrocchi & Elizabeth Ireland



Congratulations to Brayden Quattrocchi who has been awarded a 2023 ABCN Accelerate Scholarship. This year, 39 scholars have been selected by the Scholarship Selection Panel from all over Australia. Brayden will receive:

- \$7000 for educational expenses over Years 11 & 12 and the first year of further education or training.
- A business mentor
- A 3-year leadership program
- A network of role models and like-minded students outside his existing community
- Workplace and tertiary education access & opportunities

Elizabeth Ireland's application was highly commended and also received a cash prize for her efforts.



Congratulations to Koby of Year 10 who recently competed in the Australian National Championships in lawn bowls and came away with two gold and a silver.





Year 7s
Microscopes

Science is cool because we get to do something different each lesson and I love using microscopes, both digital and monocular microscopes.

Written by Erin Mahoney



Year 8s

Year 8s made models of different atoms and carried out precipitation reactions



Year 9s

Year 9s made different types of neurons, and it is interesting how your diet affects your mental health and specific thought patterns.

Written by Patrick Ballantyne



Year 10s

Year 10s enjoyed creating their own green house and doing practical learning. - *Written by Irish Anderson*

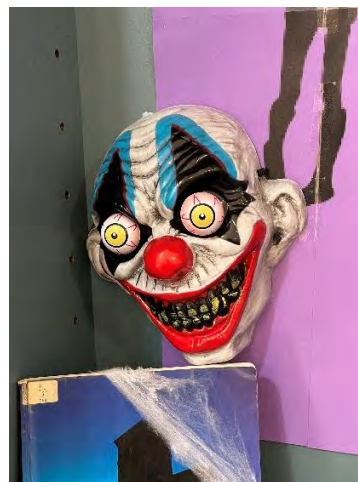


Book Banter!

27/10/2023

HAPPY HALLOWEEN!

Although I'm not an avid reader of Horror stories (the ones that give you nightmares and make you check under the bed before going to sleep), Halloween is a great excuse to dress up the library! Many of our students are great readers of the Horror genre and often beg me to get the latest offerings from the likes of Stephen King and Stephanie Meyer. Me, personally, I prefer the more fun side of the day- the pumpkins and scared cats- I just don't want me to be the 'scared cat'!



From the Executive Director

MEMO

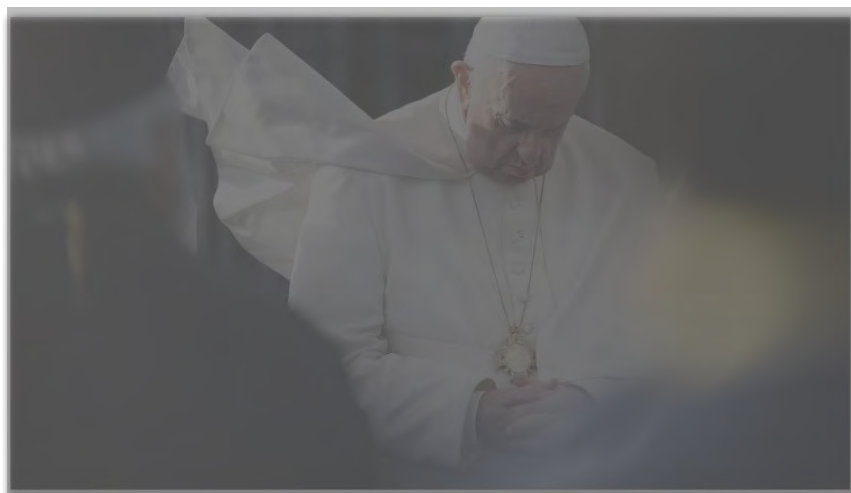
To: Catholic Education Office Staff

Date: 26 October 2023

Re: Prayer for Peace

Pope Francis has expressed his closeness to those who are suffering due to the situation in Israel and Palestine, including hostages, the wounded, victims of violence and their relatives, and in Ukraine.

"War, any war that there is in the world - I think of the tormented Ukraine and the Middle East - is a defeat," Pope Francis said after praying the Angelus last Sunday. "War is always a defeat; it is a destruction of human fraternity. Brothers, stop! Stop!" the Pope pleaded.





Mansfield L.E.A.D

2-5 November 2023
Mansfield Youth Centre

WHAT | 4 Day Leadership Development Program
WHO | Emerging Leaders 18 yrs - 26 yrs
CONTACT | Jasmine Godfrey 0429 704 824



REGISTER | WWW.THEMANDALAPROJECT.COM.AU/MENU#LEADERSHIP

OPEN GARDEN

BIRCHWOOD NEAR BENALLA

Sat. 28 & Sun. 29 October 10:00-5:00

653 ODea Rd. Molyullah

\$8 Entry 18 yrs & under free

Salvias, Iris, Peonies, Spring Bulbs & More

Phone 0357 666275


Plant Sales, Arts & Crafts


Lunch & Dev. Teas


No wheelchair access

No dogs please.



 Birchwood Near Benalla

 birchwood.near.benalla

 birchwoodnearbenalla.com.au

All proceeds supporting
Cancer Council Victoria and
Benalla & Wangaratta Hospitals



BENALLATRAVEL

HIDES BAKERY

Jesuit & Ignatian
Spirituality Australia

CHAMPIONS LEAGUE BASKETBALL AUSTRALIA

WHO'S READY FOR

3X3

ENGAGE!



CLB 3X3 AUS

BASKETBALL

CLB3X3 BENALLA

BENALLA GARDENS TENNIS CLUB

SATURDAY
11TH NOV 2023

OPENS SOCIAL & ELITE
ALL GENDERS, ALL SKILL LEVELS
FROM 12PM ONWARDS
\$150 PER TEAM

SUNDAY
12TH NOV 2023

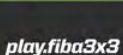
JUNIORS
U13'S / U15'S / U18'S
FROM 10AM ONWARDS
\$120 PER TEAM

SCAN QR CODE
TO REGISTER:



Prize Money / Prizes / Food & Beverage / Music
/ 3 point shoot outs / FIBA3X3 Ranking Points

HAVE QUESTIONS?
EMAIL: INFO@CLB.COM.AU



Do you know a young adult leader....

who might be interested in promoting ecological change? Let them know about the 2024 Young Adult Summer Eco-Camp hosted by Jesuit and Ignatian Spirituality Australia. You can also sponsor a young adult to attend.

This summer camp invites young adults, students, and young professionals aged 18-35 from Australia to connect "head, heart and hands" and explore the call to care for our common home.

Speakers in climate change, agriculture, politics and Ignatian Spirituality will share their knowledge and encourage practical applications. The camp takes place at JISA Sevenhill.

From 7-12 February 2024

[ENQUIRE HERE](#)

[LEARN MORE](#)



REASONS FOR YOUR CHILD TO SEE A PODIATRIST



- Family history of foot problems
- Uneven wear patterns on your child's shoes
- Abnormal gait patterns
- Knock knees
- Pigeon toed
- Re-current pain in back, hips, knees and feet
- Ingrown toenails
- Hard skin, lumps and bumps
- Warts
- Heel pain



Come and see us at The Foot Centre
Phone: 03 5721 5100
Benalla - Wangaratta

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 |
|--|---|------------------------|
| Tomorrow Today Shop 1, 66 Nunn Street Benalla | Wednesday 18th October - 22nd November 5.30pm - 7.30pm | This is a free program |

To Register

You can contact Karen Curl at Tomorrow Today on 03 5762 1211 or admin@tomorrowtoday.com.au
You can also register by scanning the QR Code or [click here](#).



RSVP by Monday 16th October

Bookings are essential



gatewayhealth.org.au

Please note this information applies to Term 4 2023



Share your world
Be a Foster Carer

Could you be a Foster Carer?

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

Participate in the exciting sport of Softball
Ages 8 & Up

Become
a
Junior
WARRIOR

No equipment needed
Every Thursday
Starting September 7th
4:30pm-5:30pm
Gayview Park, Serpentine Ave,
Wodonga.

Contact: Tracey Chadwick - 0407592722



<https://www.facebook.com/wodongasoftball>

