

Newsletter



TERM 4 17 NOVEMBER 2023

Dear FCJ College community,

The past few weeks have been particularly busy for FCJ College as we edge closer to the end of the 2023 school year and prepare for our 2024 Headstart program.

Two weeks ago, our staff, along with staff from our three partner schools – St Joseph's Primary, St Mary's Primary and St John's Primary – were blessed to spend a day of learning with Professor Peta Goldberg rsm, who visited us at FCJ College from the Australian Catholic University in Brisbane. Peta guided the staff through three different sessions ranging from Jesus the Jew to Justice in Scripture, providing us with a strong foundational understanding of how to engage with Scripture in a relevant, meaningful way for us and for our students.

In the same week, we had a flying visit from Dr Helen Haines MP, who presented our SRC with a new Australian flag. Helen was gracious with her time, sought questions from the students, and offered insights into the life of a member of parliament. We thank Helen for sharing her wisdom and for opening the eyes of our young people to the complex world of federal politics.

This week, we gathered for our final school assembly of the year where we reflected on the 2023 school year, through the eyes of our SRC across the year levels. We also recognised our final students of the term for the year, and acknowledged those students who took part in the national ICAS Maths competition. I also took the chance to remind the students that now is the time to challenge and extend themselves as we head towards the end of the school year. For the next few weeks, we ask you to maintain the focus. Maintain the energy levels and enthusiasm. Really see this as a chance to get a Headstart.

I also had the pleasure of sitting in on the College Captain interviews with our prospective College leaders for 2024. The calibre of these students ensures that whoever is successful in being awarded the positions, we know that the school is in capable hands. These students are a credit to themselves, their families, and their school. We look forward to sharing the new leadership team with you in the coming weeks.

And finally, it has been a big week for our Year 12s who completed their final VCE exams and then we celebrated at their Valedictory. In a beautiful night, we reflected on their 13 years of schooling, and especially, on the 6 years of an FCJ education. The students ably guided our community through prayer and reflections on their time here at FCJ College and then at our dinner, shared their insights, favourite memories, and no doubt some hilarious tales. Below are some reflections from the students shared on the evening.

As a graduating student of FCJ College, standing here at our valedictory dinner, I'm filled with gratitude and reflection.

Ladies and gentlemen, fellow graduates, esteemed teachers, Learning Leaders, Principal Shaun Mason, tonight marks not just the end of an academic journey, but also the celebration of a family we've built together.

During our time at FCJ College, we've learned that education is not just about textbooks and exams. It's about the nurturing environment created by our teachers and Learning Leaders, who've guided us like family. Each of them, with their unique teaching styles and unwavering support, have helped shape our characters and prepare us for the world beyond these walls.

Our teachers, your leadership has been a beacon of inspiration. Your dedication to the school's ethos and your unwavering belief in each student's potential has not only elevated our academic experience but has also instilled in us a sense of purpose and belonging.

Being an FCJ student means carrying a legacy of integrity, compassion, and a thirst for knowledge. These values,

imparted to us through the example of our Learning Leaders and the broader school community, have prepared us to face challenges with courage and grace.

As we step out into the world, we carry with us not just the knowledge we've gained, but also the life lessons imparted by our FCJ family. The importance of community, the strength in unity, and the power of empathy – these are the gifts we take away from our time here.

So, as we bid farewell, let's remember that our journey as FCJ students may be concluding, but our roles as ambassadors of these values are just beginning. Let's step forward with confidence, knowing that the family we've found and the lessons we've learned here will always be a part of who we are.

Thank you, FCJ College.

FCJ College should be and is, rightly proud of all our graduates, all their achievements and successes, but more importantly, proud of the people they have grown into and will continue to become. We send them out with full confidence that they take the FCJ characteristics of justice, courage and confidence, gentleness and companionship with them, and that they will bring light to all they meet. May God continue to bless them.

Go well,

Shawn Mason
Principal

Staffing News

Mr Joseph Mount is taking some well-deserved long service leave for the remainder of the school year. Mrs Kirsty Renkin is the Acting Deputy Principal in Joe's absence. Please do not hesitate to contact Kirsty at the College if required.



Uniform Shop

OPEN

FRIDAYS

12.30pm - 3.30pm

What's On

November

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
15	FCJ College Office Closes

January

18	College Office Opens
31	All Students Return



F.C.J College
P.O. Box 123
Benalla 3671
Ph. (03) 5762 1222

17 November 2023

Dear parents and guardians,

RE: Vaping

FCJ College has been working with Church Street surgery to address Australia-wide concerns regarding vaping. Recently, doctors and registrars have spoken about the health concerns regarding vaping and supports available to those who may be suffering from addiction.

Workshops with these doctors were conducted with Year 8, Year 9 and Year 10 students on Friday 31 October. Students from all year levels asked intelligent questions of the doctors focussed on general health concerns, advertising, costs, passive vaping and debunking myths.

We look forward to maintaining our relationship with the Church Street Surgery and their support, into 2024. Such workshops will remain a regular educational resource for our students.

We at FCJ College encourage all families to educate themselves on all aspects of vaping and suggest families visit the following site for quick and easy information: vapingfacts.org.au

Please be aware that the purchasing and possession of a vape is illegal. If you know of anyone selling vapes to people without a doctor's prescription please report them to Crime Stoppers on 1800 333 000.

FCJ College does not tolerate vaping or smoking. There are clear consequences for students that bring a vape onto the premises. However, we are concerned that some of our students are vaping and they need our love, support and reference to medical guidance. We are here to help.

If you are concerned about your child or someone you know, please contact the school through your child's Pastoral or Learning Leader. If you require medical support, please call Church Street Surgery on 5762 1022 and let them know you are a family from FCJ College – they will endeavour to see you on that day.

We value our relationship with Church Street surgery and greatly appreciate their support.

Yours sincerely

Shaun Mason
Principal



Congratulations to the FCJ College class of 2023 who celebrated their Valedictory Liturgy and dinner on 15 November



Students of the Term



Mia Vaz - Year 11



Lily Evans - Year 10



Alicia Langlands - Year 9



Riva Ranjit - Year 8



Daina Harrop - Year 7

WINNERS



Congratulations to the following exhibitors whose artworks were selected by the judges of the MacKillop Art Exhibition.

Highly Commended

General Art Award - Yr 8 Oscar Green

Spiritual Art Award - Yr 12 Felicity Mason

People's Choice Award Finalists:

Yr 8 Oskar Green

Yr 11 Krystal Lilley

View the online exhibition here <https://ceosand.catholic.edu.au/mae/>

Vote for People's Choice Award until Sunday 26 November.



Krystal Lilley



Felicity Mason



Oskar Green



Recently the Year 9 Outdoor Education class participated on a day hike to Mt Stirling. From Telephone Box Junction, the students hiked to the summit to see spectacular views of the surrounding mountains. After a lunch break on the summit they made their way back to the bus via Stirling Trail. Along the way they frequently stopped to observe the changing vegetation zones and other characteristics of the Victorian Alpine environment.



Staff Professional Learning Day

On Friday 3 November we hosted a professional learning day for the Benalla Regional Catholic Education schools which include staff from FCJ College, St Joseph's Benalla, St John's Euroa and St Mary's Mansfield.

Our guest speaker was Professor Peta Goldberg from the Australian Catholic University who spoke to staff about Justice in Scripture, Contextualising Scripture and the understanding of Jesus and his Jewish background.



chemistry

The Unit 1/2 Chemistry class had the opportunity to go kayaking on Lake Benalla to collect water samples to test. They learnt how to use different equipment to test the water and read their results, as well as comparing the results from samples taken at different areas of the lake. It was a great way to finish off a great year of Chemistry.





On Friday 10 November VCE Art Making students and Visual Art teachers Ms Begley & Ms Hayes held their inaugural Open Studio event in the Art rooms. The exhibition included painting, photography, drawing, digital artworks and ceramic works and visual art journals the students document the creation of their art making in throughout the year.

FCJ College Arts Captain, Ellen Sambell gave an Acknowledgement to Country and Ms Begley spoke of the range of experimental and finished artworks that the Yr 11 & 12 students have created throughout the year, encouraging those in attendance to talk with students about their ideas, subject matter and chosen art forms they explored and developed this year.

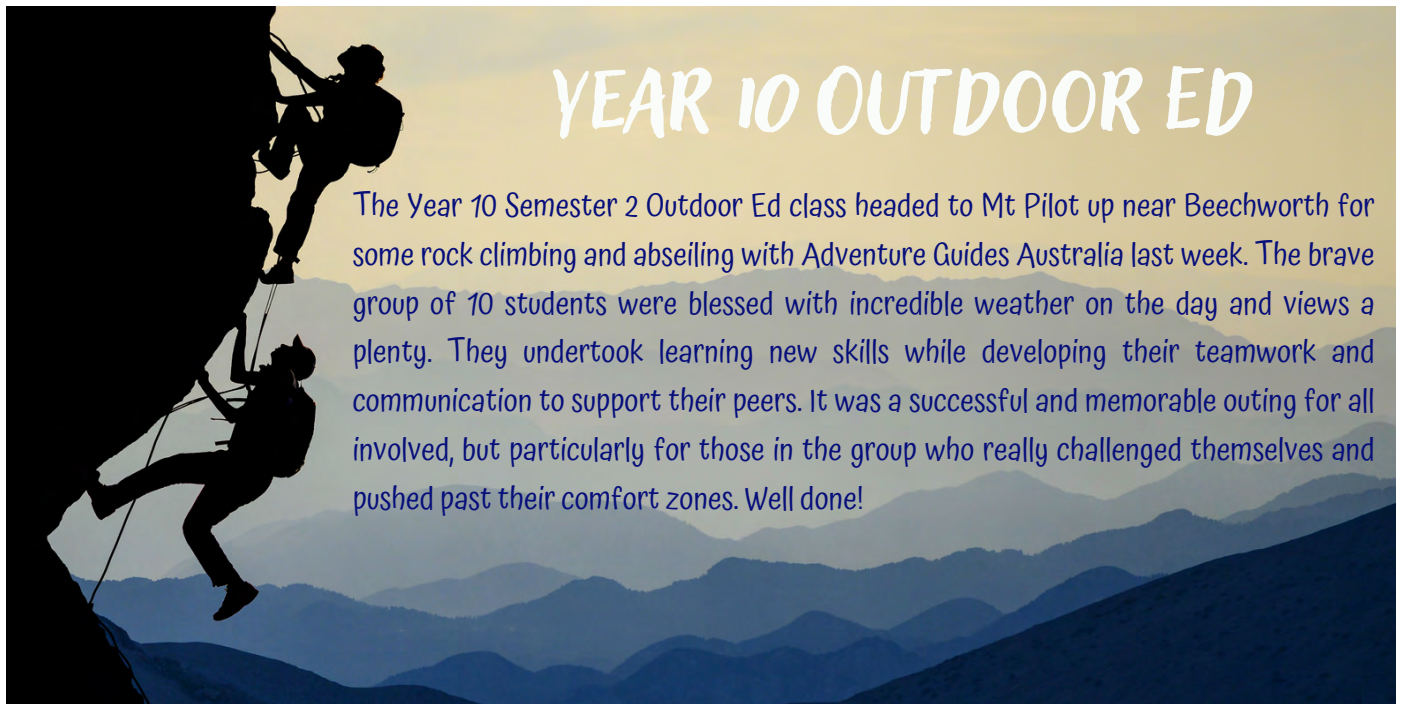
She stated that during the Art Making & Exhibiting course, students were dedicated to developing their personal visual language, creating complex and highly unique artworks influenced by the word around them and what they wonder about.

Unit 4 Art student Jacob Livingston spoke of his experience as an art student and how his art studies had helped him communicate his thoughts and opinions using visual language to reach an audience. He said he had learnt a lot of practical information about the gallery industry including curatorial and conservation considerations when exhibiting artworks.

The VCE art students and teachers are looking forward to their Open Studio event next year.



VCE Art Making & Exhibiting student Krystal Lilley with her Unit 2 Artwork 'Obsessions'



YEAR 10 OUTDOOR ED

The Year 10 Semester 2 Outdoor Ed class headed to Mt Pilot up near Beechworth for some rock climbing and abseiling with Adventure Guides Australia last week. The brave group of 10 students were blessed with incredible weather on the day and views a plenty. They undertook learning new skills while developing their teamwork and communication to support their peers. It was a successful and memorable outing for all involved, but particularly for those in the group who really challenged themselves and pushed past their comfort zones. Well done!



PBL PLATES GAME

On a cheerful Friday afternoon, the Year 9 students indulged in a light-hearted and amusing activity now known as the PBL Plates Game. Paired up with buddies, they listened intently as Mrs Sims issued a series of entertaining instructions. Placed strategically in the middle was a plate, the focal point of the game.

The objective? To outmanoeuvre their partner and swiftly pull in the plate with a well-timed foot movement when the command "plates" echoed through the air.

The result? Buckets of laughter, creating a memorable and enjoyable experience for all involved.

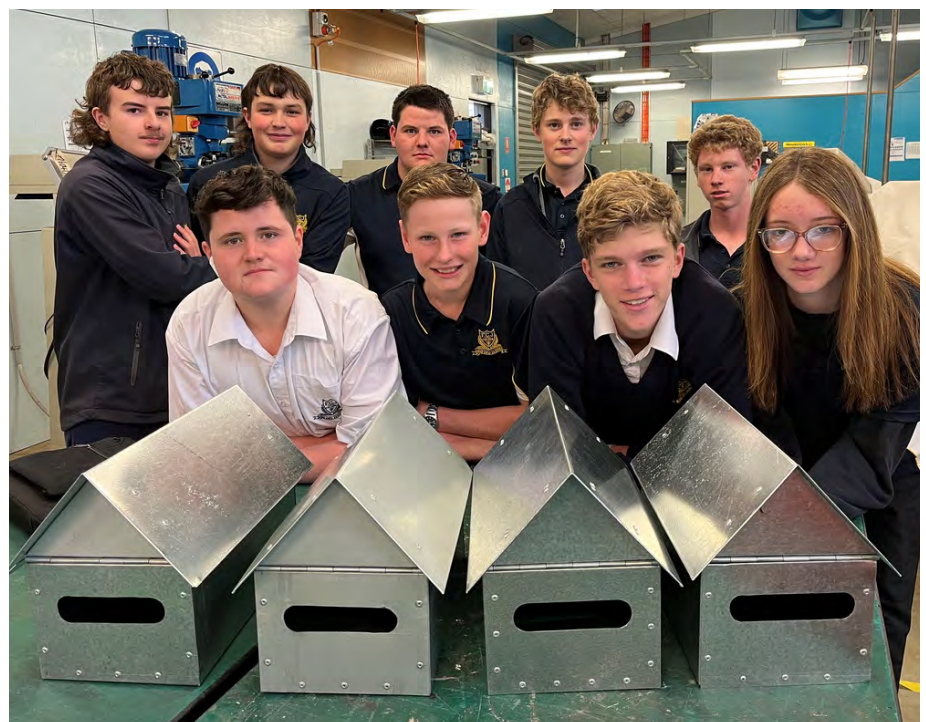




BENALLA KIDS COTTAGE VISIT

FCJ College had a visit on Monday 13 November from Benalla Kids Cottage kinder students. The reason behind the visit was twofold, to give the Year 11 Business students a chance to organise a community event and to thank Benalla Kids Cottage staff for generously accepting our students for workplace learning.

The partnership between the students was a pleasure to observe, reading books in the library, learning how to play tunnel ball and sharing the delight of blowing bubbles. After the activities and a tour of the school we shared a light lunch and the kinder students were on their way home.



WOODWORK

KANE IN YEAR 10 WOODWORK HAS MADE HIMSELF A MOTORIZED SKATEBOARD. THIS WEEK HE Poured SOME RESIN STRIPS FOR BOTH STRENGTH AND VISUAL APPEAL.





October was a busy month for FCJ College with seven students representing the College at School Victoria State Athletics on 16 October 2023. Well done to all our athletes and congratulations to Walter Jackson (Year 10) who came second in discus and Connor Breheny (Year 9) who came third in High Jump.

Our Year 9 & 10 Boys Basketball team represented FCJ College at the Hume Division Basketball Competition. There was some tough competition with the boys finishing third.

Our Year 9 boys won the Hume Division Table Tennis on 27 October and will represent FCJ College at the State Championships on 24 November. Good luck to Christian Squires, Patrick Cornell, Xavier Rhodes and Logan Hyland.





FOOD TECH

Year 9s cooked an Asian banquet. They munched their way through Japanese chicken curry, Korean chicken bao buns and Indian lamb naan pizzas. Delicious!





Year 7s

Year 7s prepared and stained different specimens and observed cells of onion, leaves and banana on a microscope slide. They also modelled how the rotation of the Earth causes day and night.



Year 8s

In science we experimented with simple pendulum, Newton's cradle and different types of forces and energies. Our model of Rube Goldberg machine consisted of five events: tube, buckets, marbles, train tracks and cars. we were able to identify different types of energy transformations that consisted of elastic, kinetic energy, and potential energy.

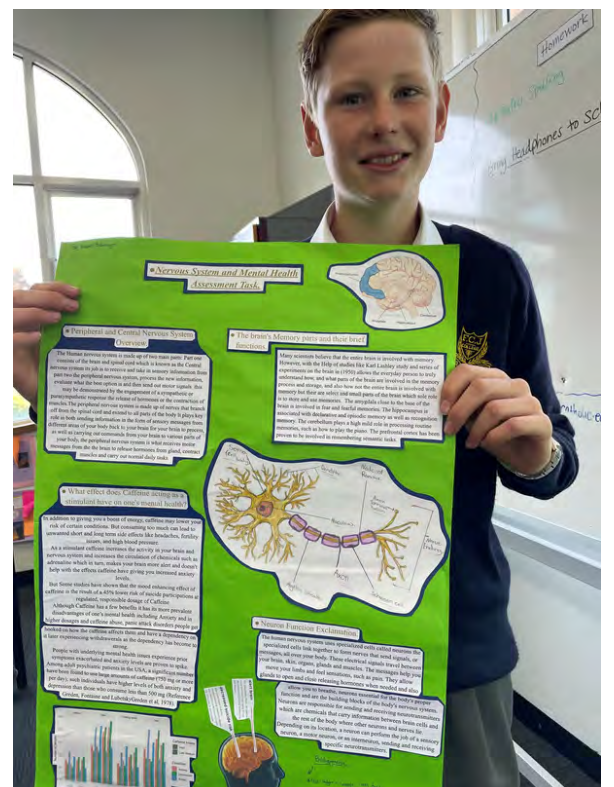
- Charli Hornby King, Nina Soledad, and Kadey Macklin.



Year 9s

We experimented with the use of tectonic plates by recreating them with a bowl of syrup and wafers following the study on nervous system and mental health. It was fun watching the wafers acting as the tectonic plates and as we moved them the syrup would move acting as the mantle of the earth.

- Samuel Gates



Book banter!

17th November, 2023

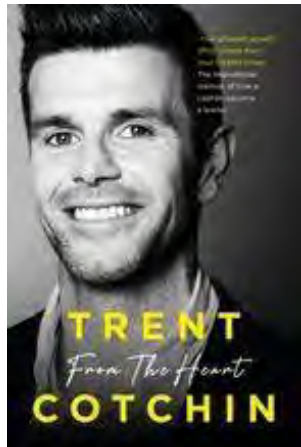
Some of our new Biographies purchased for our readers enjoyment. These are available to be borrowed from the library.



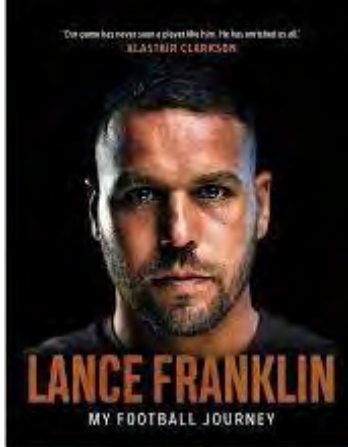
On the world Soccer stage, both male and female, Sam Kerr is our example of a living legend. She represents herself, her heritage and her country with pride and has taken the sport of women's soccer to new heights.



First Australian woman to win Wimbledon and be world Number 1 in the modern tennis era. With courage and conviction, Ash has been a role model to all young women to follow their dreams.



Such a role model, on and off the football field. Trent Cotchin has had many football successes. Brownlow Medalist and Richmond team captain, Trent shows us his vulnerable, self-doubting side. His honesty is refreshing.



Another indigenous legend who hung up his boots this year after an illustrious career spanning more than a decade.

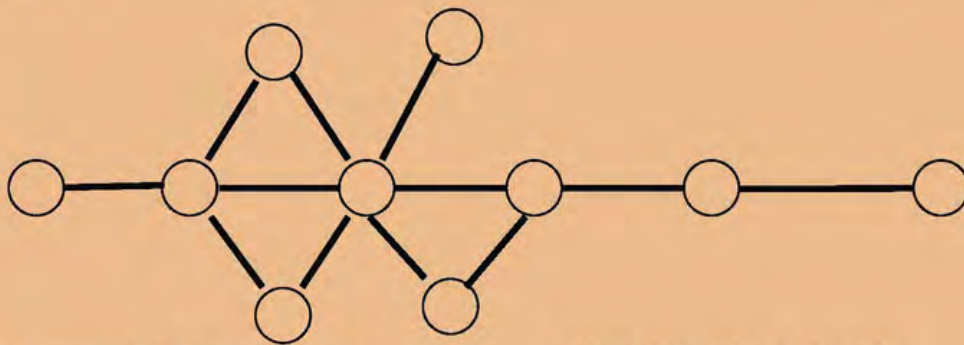


Math Matters

Term 4 Week 8

DECEMBER MATH CLUB CHALLENGE

Over the last couple of weeks the Maths Club have been looking at Network graphs as puzzles. Each circle in the diagram below represents a person and the lines connecting them represent friendships. Use the clues provided to work out which circle is which person.



- Imogen is Carly's only friend.
- Eric is friends with 6 people.
- Imogen has 2 friends.
- Eric and Frank are both friends with Alfred.
- The person with 4 friends is friends with Jackson and Harry.
- Harry has only one friend.
- Gary is friends with Danni.
- Alfred has 3 friends.
- Bernie's only friend is Eric.
- Jackson and Danni are friends with the same people.

OCTOBER SUDO-CLUE SOLUTION

4	8	2
1	7	5
9	3	6

NOVEMBER SUDO-CLUE SOLUTION

4	1	9	16
5	15	10	13
11	7	3	2
8	12	14	6

ICAS MATHEMATICS COMPETITION



Congratulations to all students who participated in the ICAS Mathematics competition. You can access more detailed results using the information of the back of your certificates.

Included below is an example question the students sat for those who may be interested in being involved next year.

<i>Participation</i>						<i>Merit</i>	<i>Credit</i>
Aurora Blake	Abigail Sambell	Georgia McLean	Emily Snell	Owen Tilton	Elizabeth Ireland	Xavier Watson	Showrik Das
Cooper Kidgell	Dion Hok	Eleanor Renkin	Poppy Broomhall	Caelan Fothergill	Brayden Quatrocchi	Kirra Follett	Sophie Hammond
Gus Robinson	Zeke Mundy	Anaav Singh	Libby Ferguson	Jordan Gillespie	Bronte MacPhee		
Alida Ferguson	Angus Richardson	Owain Boyle	Alicia Langlands	Christian Squires	Jade Rau		
Angus Hayes	Noah Kayssar	Xavier Rhodes	Jayhe-Lee Quatrocchi	Jack Walker			

Susie, Mark and Bill each have their birthday in November.

Mark is 10 days younger than Bill and 2 weeks older than Susie.

Which of these dates in November could be Mark's birthday?

- (A) 20
- (B) 17
- (C) 14
- (D) 10

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



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



Jesuit & Ignatian Spirituality Australia

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