



### TERM 1 16 FEBRUARY 2024

Dear FCJ College community,

The start of the school year is always busy – and this year has been no different. With almost 100 new Year 7s entering the school there is a real buzz around the place. So far this term we've hosted our Dux Assembly, our Opening School Mass, our Year 7 Camp, our buddy morning tea, Sr Liz's 40th Jubilee, Ash Wednesday services, and of course, commenced new classes, new content and new learning.

At our Dux Assembly, I shared the brief reflection below on our 2024 College theme of Courage and Confidence:

*This year, our College theme comes from the FCJ Characteristic - Courage and Confidence. We'll be spending quite a bit of time exploring this theme over the course of the year, but today I want to share with you an insight from one of our former students. Many of you will remember Hamoudi, who graduated from FCJ College in 2022. Hamoudi came to us via a long journey that started in Syria. For the three years he was at FCJ College, he grew into being the self-proclaimed "ambassador for FCJ College" and we couldn't be more proud of him and his achievements. But I talk about Hamoudi today, because only last week, he was back at school talking to our Year 12 RE classes about his faith and some of the key pillars of Islam. Mr Mount and Mrs Renkin asked Hamoudi to reflect on our College theme for 2024 and they asked him what courage means to him – and without missing a beat, he said 'courage is being you'... Let's think about that for a moment 'courage is being you'. It seems so simple doesn't it, simply being you, going about your day as you want, making decisions*

*you feel good about, doing and acting in ways that you can be proud of. But, we know for so many students and people here, in fact for some adults and people around the world, that is often a difficult ask. For some it's easier to put on a mask, cover up who they really are, for them to act a certain way, speak a certain way or join in with the crowd, to be swept along with what everyone else is doing. But what Hamoudi is pointing out to us here is the courageous thing to do is to actually BE YOU. To not wear the mask, to speak up when things don't feel right, and to take the opportunities that are presented to you even if your friends aren't.*

*As we gather here today to celebrate the achievements of those students in Year 12 last year, another way to look at this, is what we're really doing is celebrating those who chose to be courageous. Those who chose to do their best. They made the decision to embrace the opportunities presented to them across their time at FCJ College, but especially those presented to them in their classrooms by their teachers. They took the opportunity to get more feedback, they took the opportunity to do another practice exam, and they continued to study right up until it was time to show their wares. There may have been sacrifices along the way – they may have had to give up on going to a party or give up a shift at work, but they made these choices knowing there was another goal, another priority at that time.*

*There is also another group of students who are not here, because they took a courageous leap prior to the end of last year and accepted a job, accepted an apprenticeship, took up a traineeship or began study at TAFE. A substantial number of our VCAL or VCEVM cohort last year fell into this category, and we couldn't be more proud of all our graduates for finding their path and taking a leap into their future.*

*Today, we acknowledge these courageous people, these people who committed to themselves, these young people who decided that being themselves was the right choice. And for these reasons and more we celebrate their successes as a community.*

.....PTO

## Professional Learning Day – 5 March (pupil free)

As our school continues to grow and develop, it's always wise to do a health-check, to stop and make sure we're still tracking a direction we're happy with. This semester, we're going to be looking closely at the curriculum structure we employ here at FCJ College, our subject offerings at Years 7-10 and doing a deep dive into the Victorian Curriculum to ensure we are providing our students the best possible experiences we can as they undertake these important formative years of Year 7-10. To do this, it's timely to explore what others are doing as well – to have a look on the other side of the fence. As such, on Tuesday 5 March, we are having a professional learning day for our staff. They will be heading out across the region to visit other schools, to see what is happening across our region, to gather information, to seek alternative views and to challenge and validate what is already happening here at FCJ College.

Our students are an important part of this process. We will shortly be conducting focus groups with members from our student body at all year levels. We want to hear from them about what is working well and where they think we should be doing more/doing differently. These sessions will happen at school.

Our families will also be involved in this process. We want to hear from you about the type of subjects and the type of learning experiences you are hoping for your sons/daughters throughout their time here at FCJ College. Shortly, a survey will be shared with all families seeking your input and there will be opportunity to engage in focus groups with members of the FCJ College staff. Please keep an eye out for more information and opportunity to contribute to this important reflection.

As always, go well,

*Shaun Mason*  
Principal

## NOTICE TO PARENTS - HEAD LICE

We have reports of Head Lice at school.

It is extremely important for you to check your child's head for head lice. Keep checking every two days until there are no head lice found for 10 consecutive days.

If head lice are found, please treat your child for head lice and use a fine comb to remove all lice and their eggs. This will prevent head lice from spreading.

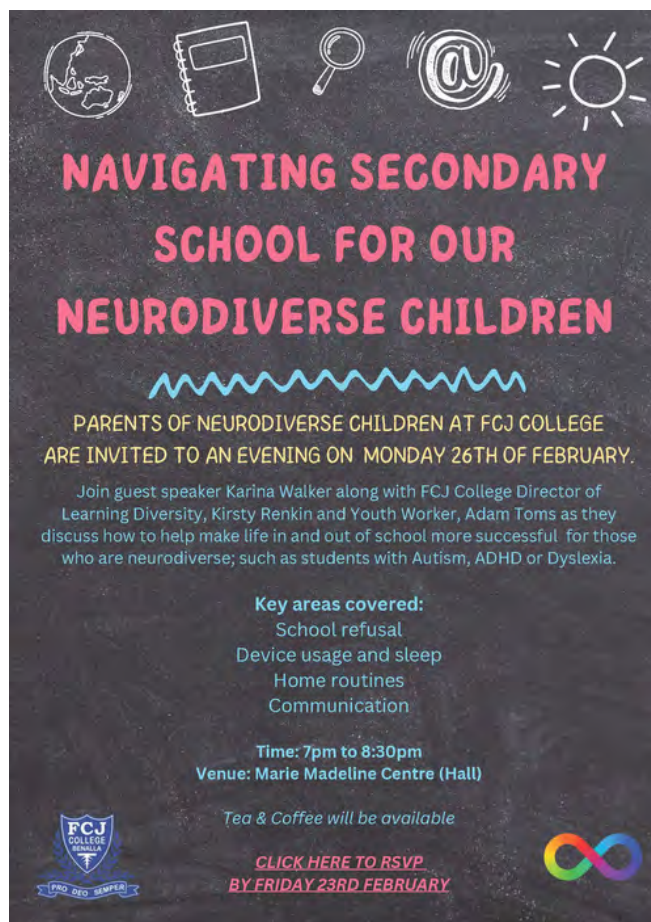
Also:

- Check all members of the household at the same time.
- Use an effective head lice treatment.
- Wash bed linen, hats, hair ties, brushes etc in hot water.
- If using a chemical treatment, repeat 7-10 days after initial treatment according to the manufacturer's directions.

The Department of Education regulations state that students who have head lice are not to come to school until they have had effective treatment.

For further information:

<https://www.health.vic.gov.au/infectious-diseases/head-lice>



**NAVIGATING SECONDARY SCHOOL FOR OUR NEURODIVERSE CHILDREN**

PARENTS OF NEURODIVERSE CHILDREN AT FCJ COLLEGE ARE INVITED TO AN EVENING ON MONDAY 26TH OF FEBRUARY.



Join guest speaker Karina Walker along with FCJ College Director of Learning Diversity, Kirsty Renkin and Youth Worker, Adam Toms as they discuss how to help make life in and out of school more successful for those who are neurodiverse; such as students with Autism, ADHD or Dyslexia.

**Key areas covered:**  
School refusal  
Device usage and sleep  
Home routines  
Communication

**Time: 7pm to 8:30pm**  
**Venue: Marie Madeline Centre (Hall)**

Tea & Coffee will be available

**CLICK HERE TO RSVP**  
**BY FRIDAY 23RD FEBRUARY**

# 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.

# What's On February

20-22	Unit 1 & 3 OES Coastal Trip
20	Year 7 Welcome BBQ
23	FCJ College Swimming Carnival
26	Neurodiverse Parent Info Evening
27	Year 9 OED – Mountain Biking
28	Year 12 Islamic Museum Visit
29	Year 7 Parents – Social Night

# March

5	Student Free Day / Staff Professional Learning Day
8	International Women's Day Breakfast
13	Year 8 Musical Experience (Melbourne)
15	Hume Region Swimming
18	Grade 6 Leadership Day
21	Yr 10 Beechworth Historical Tour
22	Round Robin 1
26	Student Free Day – Parent/Teacher Interviews
28	Last Day Term 1

## REINFORCING THE FCJ COLLEGE UNIFORM POLICY IN 2024



### Sports Uniform

- FCJ College Sports Shorts
- FCJ College Sports T-Shirt
- White socks (must be over ankle)
- FCJ College Navy Blue Pants
- FCJ College Sports Jacket
- FCJ College Navy Blue Bathers (girls)



### Winter Uniform

- FCJ College Blazer
- FCJ College long or short-sleeve white shirt
- FCJ College Long Grey Pants (boys) Navy Trousers (girls)
- FCJ College Winter-Skirt (girls)
- FCJ College Dark Navy Blue Jumper
- FCJ College Tie
- Navy tights, black or navy socks (must be over ankle)
- Black leather lace up shoes (no logo)
- Hair accessories - Navy Blue/White
- FCJ College Navy Beanie
- FCJ College Navy Scarf



## REINFORCING THE FCJ COLLEGE UNIFORM POLICY IN 2024



A school uniform, worn properly, leads to a sense of belonging, increases self-esteem and reflects pride in the College. It is expected that students wear the appropriate uniform to the College each day. Students are expected to be always neat and tidy, and to take proper care of their clothes. For safety reasons, jewellery is to be kept to a maximum of one stud per ear, and a watch. Facial piercings, extreme hair colours and haircuts are not a part of our uniform. Students are not permitted to wear coloured nail polish and makeup. Extreme haircuts are determined by staff leadership at FCJ College.





## Vale Margaret Mackerell

It is with great sadness that we advise of the passing of Margaret Mackerell on 18/11/2023.

Marg held the position of bursar at FCJ College from 1981 to 1999.

She was a woman of intelligence, great strength with a wonderful sense of humour. So very proud of her family and rightly so. A former student, parent, employee and was generous enough to record her memoirs and donate items of memorabilia to the FCJ College Archives. Marg was an extremely good cook and provided many a delicious meal for staff. She also conducted cake decorating courses at the College. She will be greatly missed by all who knew her.

Margaret is survived by her five children Patrick, Tony, Stephen, Anne-Maree and Carmel and their respective families. Our prayers and thoughts are with them all!

May she rest in peace.



## Sr Liz - 40th Jubilee

Recently the FCJ College school community gathered to celebrate the 40th Jubilee of Sr Liz Brown fcJ. We congratulated Sr Liz on a life of service, dedication and commitment to living as a faithful companion of Jesus. We wish her all the best for her continued service into the future and can't wait to see her and Charlie around the school this year!







# Hamoudi Al-Saghir

## guest speaker

The Year 12 Religious Education class was privileged to hear from 2022 Alumni and FCJ Honour Roll recipient Hamoudi Al-Saghir.

Hamoudi spoke of his Islamic Faith and how this faith enriches and influences his daily life. Hamoudi described his faith as “A piece of hope” and explained the significance of the 5 pillars of Islam: Faith, Prayer, Fasting, Almsgiving and Pilgrimage. He drew from his own experiences to answer questions from the audience ranging from historical origins of Islam to cultural and daily practices.

Hamoudi linked his presentation to the FCJ College theme of Courage and Confidence and said, “Courage is being you”, and that “Showing kindness, showing curiosity, showing interest in others leads to confidence.”

The Year 12 class continued to explore the 5 pillars of Islam, similarities and differences between Islam and Christianity and are now looking to their excursion to the Islamic Museum in Melbourne later in the term.





# Update from the Archives

As some of you may be aware the Benalla Heritage Festival was held in May 2023 with many and varied activities. As the Archivist at FCJ College, I have been fortunate enough to be able to join this group under the auspice of Benalla Family Research Group. The group consists of members in and around Benalla who are interested in preserving and sharing local history. The program for last year included historical walks, cemetery tours, and significant buildings open to the public just to name a few.

The theme for last year was "Shared Stories" and FCJ College teamed up with the Migrant Camp under the energetic leadership of Sabine Smyth. Shared stories were gathered from migrants, as many of them attended the College during that period. These stories can be accessed by visiting the FCJ College Archives. Archives opens on Wednesday and Thursday afternoons from 12.30pm til 3pm or by appointment.

We were fortunate to have been nominated in Benalla Rural City Australia Day Awards. Although we didn't win, we did receive a Merit Award.



The Benalla Heritage Festival is happening again this year in town from Wednesday May 1 till Sunday 5 May. FCJ College will once again participate with the Archives being open on Wednesday 1 May from 1pm till 3pm, Thursday 2 May from 10am till 12noon and again on Saturday 4 May from 1.30pm till 4pm. The theme for this year is "Connections".

Keep those dates free and come and visit the College Archives and take part in all other events being held over that time. A program will be distributed later.

*Lyn Tanner (Archivist)*





# DUX ASSEMBLY

We've had a busy start to Term 1, celebrating the Dux Assembly, a whole school celebration of the students who gained the highest study score for each subject in Year 12 in 2023. This was also an opportunity for the Dux of 2023, Ellen Sambell, to address the community.

The Phillip Scriven Memorial Scholarships were presented. We congratulate all of the recipients and appreciate the ongoing support of the Scriven family.

The Tomorrow Today Foundation Scholarships were awarded to two Year 12 students who live and attend high school in Benalla and are continuing on to further education or training at university, TAFE or an apprenticeship.

Nicole Patterson and Georgia O'Brien were awarded \$2000 each.





# Year 12 Buddy Morning tea

Our Year 12 students enjoyed meeting their Year 7 'Buddy' at a special morning tea.







# Commencement Mass

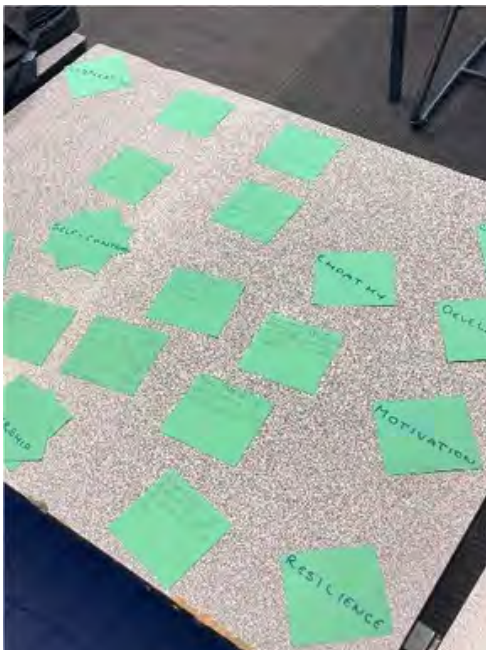
On Tuesday we celebrated our Opening Mass in the Marie Madeleine Centre where House Captains were also presented with their badges.





# VCE-VM Personal Development Skills Unit 1

At present we have been learning about the concepts of personal identity and emotional intelligences in differing contexts. The elements of emotional intelligence, self-awareness, self-regulation, motivation, empathy and social skills were explored during our latest outcome. Working in groups, we had to work as a team to design and create a game or puzzle that our peers could play. We then had to complete a reflection on how we worked together as a team.







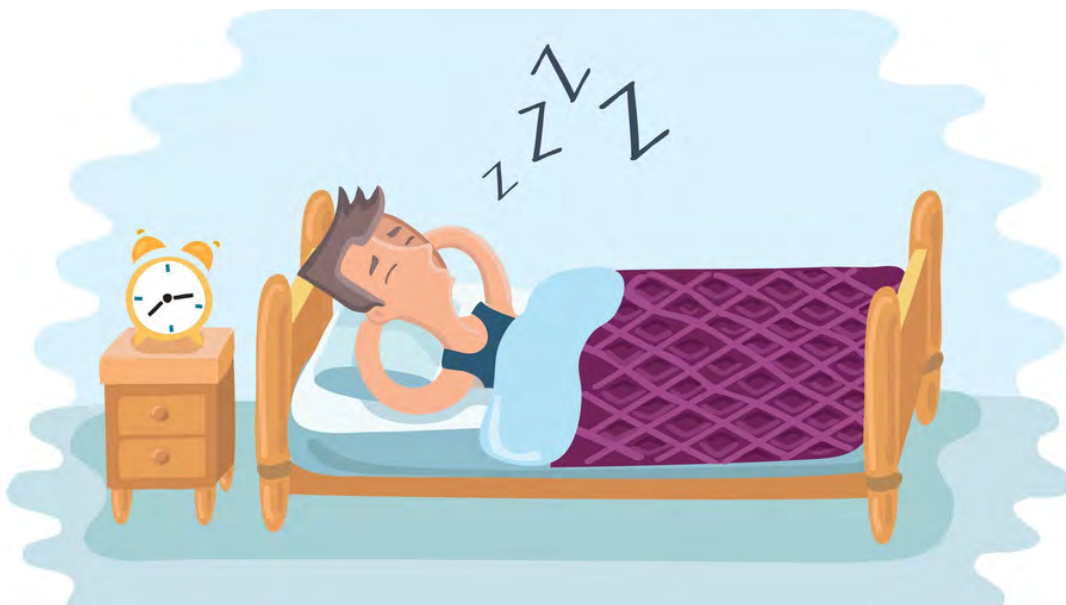
Is your child getting enough sleep?

Following on from a big school holiday break we commonly talk with students and families who are struggling with getting back into a healthy sleep routine. Here are some facts and information that will be helpful for families to support their children to get back on track.

- Sleep research suggests that a teenager needs between eight and 10 hours of sleep every night. Most teenagers only get about 6.5-7.5 hours sleep per night.
- Chronic sleep deprivation can have dramatic effects on a teenager's life, including their mental wellbeing (eg. anxiety and depression) and reducing their academic performance at school.
- It's no surprise that smart phones and other devices such as iPads and laptops used around bed time negatively impact sleep quality. Studies have shown these devices interfere with sleep by suppressing the production of melatonin, a natural hormone released in the evening to help you feel tired and ready for sleep.
- Also avoiding stimulants such as coffee, tea, soft drinks and energy drinks in the evening can help to promote better sleep.

For more useful information around sleep please visit <https://raisingchildren.net.au/teens/healthy-lifestyle/sleep/sleep-teens>

If you would like any help or advice on this topic please contact our Wellbeing team or speak to your GP.







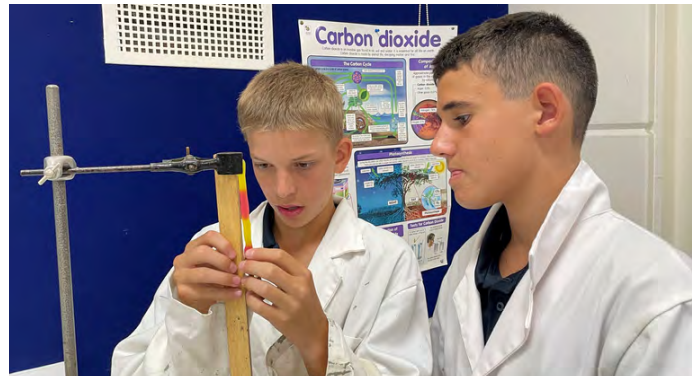
### Year 7s

Year 7s' curiosity was sparked by observing an everyday phenomenon - bubbles! We learnt how they were made, all the different shapes and sizes and we did an introduction to science on Stile which was a fun and easy activity. After that we then put on our lab coats and headed outside. Each group was given one tube of bubbles to use, and the fun began. Everyone was blowing bubbles trying to catch them. This was super fun and engaging.  
- Harry Bennett



### Year 8s

Year 8s used a scientific method to investigate how weight affects the extension of a lolly snake.



### Year 9s

Year 9s made electrical circuits and measured current and voltage across resistors to investigate Ohm's Law.



### Year 10s

Year 10s extracted DNA from strawberries and peas as part of the study on genetics followed by the investigations on Mitosis and Meiosis.







# FOOD STUDIES

- Year 8 - Pita pizza
- Year 9 - Cornish pasties
- Year 10 - Design your own pizza, Design your own risotto
- Year 11 - Traditional scones
- Year 12 - Pork bao buns with an Asian slaw.





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

5 February 2024

Dear Parent/Guardian,

The Secondary School Immunisation Program offers free vaccines to all eligible Year 7 and Year 10 students.

**Year 7 students (24/6)**

- Diphtheria-tetanus-whooping cough
- Human papillomavirus (HPV)

**Year 10 students (24/6)**

- Meningococcal ACWY

The local council immunisation service delivers the school-based immunisation program. The local council will provide immunisation consent forms and information to your child's school for your child to bring home. Parents/guardians are required to complete and return the immunisation consent forms to their child's school.

The [Public Health & Wellbeing Regulations 2019](#) authorises secondary schools to provide their local council with student and parent/guardian contact information for any student scheduled to receive a vaccination. This information is only used to assist local councils to follow-up parents/guardians of students with incomplete or missing immunisation consent forms.

**What information is given to local council?**

The school provides the following basic student and parent/guardian contact information to the local council immunisation service:

- student name
- date of birth
- gender
- year level and class group
- parent/guardian contact details
- language(s) spoken at home.

**Why does the school provide this information?**

- To improve communication with parents/guardians regarding their child's vaccination needs.
- To ensure all eligible students are offered the opportunity to access free vaccinations at school.
- To reduce the administrative burden on school staff to follow-up consent forms.
- To eliminate manual data entry processes.

**What do I need to do?**

1. Read the information provided in your child's consent form and complete all sections.
2. Return the immunisation consent form with all relevant fields completed to school, even if you choose not to consent for your child to be vaccinated as part of the secondary school immunisation program.
3. Your information will be provided to Wodonga Council in March. If you do not wish for your details to be provided, please advise the school in writing before the last school day in February.

Every day vaccination saves lives and makes it possible for Victorians to live free from the illness and disability caused by many infectious diseases. For further information please go to [Immunisation in Secondary Schools](#)

Yours sincerely

Shaun Mason  
**Principal**



# Book banter!

16<sup>th</sup> Feb 2024

Welcome back to the school year and Book Banter! I hope you all had a relaxing and safe holiday and have come back to school ready to learn and grow!

I am always excited by this time of year when we get to welcome our new cohort of Year 7 students to our FCJ College Family. We (their English teachers and I) have been working through orientation classes with them to show them the ins and outs of the library and what we have on offer. From new books and magazines, to Nettek and a quiet place to land during lunchtimes, we hope that everyone finds the library a welcoming place to be. My first welcoming point is to create a welcoming sign to show the Year 7s that they are a part of the school. This year the students have been enjoying my 'Puzzle' display and finding their own name - no-one has found the three intruders that don't belong to the year level - or at least they haven't mentioned "who is Barbie, Shrek and Harry Potter???". Anyway, we hope the year has started well for everyone and welcome back to Book Banter!

*Mrs Keady*





# 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](http://www.education.vic.gov.au/protect)

# A Cyber Safety Event for parents and carers

## Delivered by a Former Undercover Internet Detective

### WHAT TO EXPECT:

- ENGAGING AND POWERFUL INFORMATION
- UNDERSTANDING DIGITAL COMPLIANCE
- NAVIGATING YOUR CHILD'S DIGITAL WORLD
- STRATEGIES FOR PROTECTION AND PREVENTION

### WHO SHOULD ATTEND:

- PARENTS AND CARERS
- YOUTH AGES 10-18

### DATE & TIME:

- TUESDAY 20 FEB 2024
- 5.30PM - 7PM

### LOCATION:

- ONLINE VIA ZOOM

### WHY ATTEND?

- EMPOWER YOURSELF WITH DIGITAL AWARENESS
- SECURE YOUR HOME FROM ONLINE RISKS
- DISCOVER THE SIMPLICITY OF ONLINE SAFETY

**DON'T MISS OUT ON THIS FREE TRANSFORMATIVE WORKSHOP!**  
**YOUR CHILD'S DIGITAL SAFETY IS IN YOUR HANDS.**



Register via QR Code



## SUSTAINABLE SCHOOL SHOP

### Second-hand Textbooks and Uniforms

 We have partnered with **Sustainable School Shop** to provide families access to second-hand textbooks, uniforms, calculators, musical instruments, sports gear and much more!

Sustainable School Shop have preloaded items specific to our school onto their site. This makes it super easy to list your items for sale and to buy items.

 See all the **second-hand uniform** items for sale here:  
<https://www.sustainableschoolshop.com.au/stocktake/fcj-college>

 See all the **second-hand textbooks** for sale here:  
<https://www.sustainableschoolshop.com.au/booklist/fcj-college>

So jump onto the site, register and list your items for sale, you will be:

- reusing items rather than adding to landfill
- making money on items you sell
- saving money on items you buy
- providing another family in our school with cheaper items
- helping to create a culture of contact amongst our school community families!

 Login or Register here: <https://www.sustainableschoolshop.com.au>





# Learn to X-COUNTRY SKI

Wangaratta Snow Sports Youth Development Group  
Years 7 to 12

**Term 2 - Rollerskiing - Mon & Wed 3:45-5:30pm**  
starts 22<sup>nd</sup> April @ Barr Reserve (netball courts)  
progress to hilly terrain as skills develop & continues in Term 3  
(\$100 per year)



**Term 3 - XC ski camps at Mt Hotham & Falls Creek**  
+ introduction to biathlon & competitions  
(additional costs)

INTERESTED?? Check out our Facebook page  
PLEASE CONTACT: Peter - 0407 500 870 - peterdewez@bigpond.com  
Matt - 0427 282 056 - himattandlisa@gmail.com  
Rob - 0429 848 013 - robert.findlay@galen.vic.edu.au



## Parenting Programs - Term 1 2024

\*There is no cost to attend these programs

Location	Program	Duration	When	Where	Register
Wodonga	Mother Goose (0 - 2 years)	Full term	Wednesdays 31st January - 27th March 10.30am - 11.30am	Gateway Health 155 High Street Wodonga	Scan the QR code to register
Wodonga	Parenting after Separation	5 weeks	Tuesdays 20th February - 26th March 10am - 12pm	Gateway Health 155 High Street Wodonga	Scan the QR code to register
Warragul	Tuning into Kids Emotional intelligent parenting	5 weeks	Mondays 19th February - 25th March 10am - 12pm	Gateway Health 155 High Street Wodonga	Scan the QR code to register
Ovens & Murray region	Tuning into Teens Emotional intelligent parenting (10 - 17 years)	6 weeks	Mondays 12th February - 25th March 5.30pm - 7.30pm	Via Zoom	Scan the QR code to register
Lavington	Dads Tuning into Kids Emotional intelligent parenting (2-10 years)	6 weeks	Tuesdays 20th February - 26th March 6.30pm - 8.30pm	Orens Community Centre 40 Cardo Drive Springvale Heights	Scan the QR code to register
Lavington	Mother Goose (0 - 2 years)	Full term	Mondays 5th February - 8th April 10.30am to 11.30am	Orens Community Centre 40 Cardo Drive Springvale Heights	Scan the QR code to register

For more information on our programs phone 0457 279 796

gatewayhealth.org.au

## Benalla Respond Project

Seeking Expressions of Interest: 2024  
Confident Body Confident Child

As part of Benalla's RESPOND Project, the community identified children's mental health and parent's body image as issues.

Benalla Health in partnership with Tomorrow Today would like to offer the Confident Body, Confident Child program in 2024. This will be free of charge and open to parents & carers of 2-6 year olds living in the Benalla Rural City.

The program is 2x two-hour workshops run by a trained facilitator in person or live online. We are gathering expressions of interest to see if we have enough numbers for this to run.

You will be given practical tips for the whole family, evidence-based resources and fun activities on these topics:

- Body image and why it is important
- Promoting self-esteem
- Dealing with social influences and teasing
- Promoting healthy eating

confident body confident child

Register your interest  
<https://www.surveymonkey.com/r/CBCC2024>



## 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
Via Zoom	Monday 12th February - 25th March 5.30pm - 7.30pm	This is a free program

### To Register

Scan the QR Code or [click here](#)  
Please register by Friday 9th February



For further information contact parenting team on 0457 279 796



Bookings are essential