



TERM 1 1 MARCH 2024

Dear FCJ College community,

This week I was blessed to spend the day with the students and staff who are heading to the Philippines over Easter for our first immersion since 2019. It's important to note that this is not a holiday; it's an immersion to the village of Malbago, on the island of Cebu. This is about the students and staff experiencing the world of others, developing a sense of empathy, building relationships, and growing an awareness of how truly blessed we are.

Our first preparation day challenged our students to move outside their comfort zone and to consider some of the blessings they have in their lives compared to others. Our facilitator, Dan Kuzeff, from Global Gratitude, spent time establishing some baseline understanding of how lucky we really are and how others around the world live. This was the first of two pre-departure workshops where we explore themes such as: kitchens, sleep, education and hygiene. The students engaged in activities and research into these themes across the world, so when we get to the Philippines, their eyes are already open to what they might see/experience.

But it was the activity that had the students sharing what they are most grateful for in their lives that really struck me. Our young people, teenagers, who often get a bad rap, were remarkably insightful and honest. They were grateful for medication, for their school, for their friends, their family, for opportunities and for simple things like a bed, a roof, running water, a computer and the ability to turn on an air conditioner. These students are a credit to themselves, their families and our community and we know they will be wonderful ambassadors for FCJ College in the Philippines.

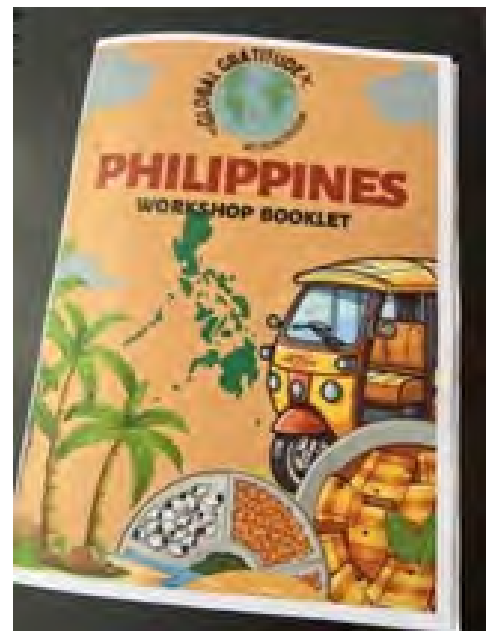
REMINDERS

Pupil free day – reminder that next Tuesday, 5 March, is a pupil free day for our staff to visit other schools across the State as part of our curriculum review. If you are interested in contributing to this review of our curriculum and subject offerings, you may like to complete the survey [linked here](#). We invite all our school families to participate in this important dialogue to help shape our future at FCJ College.

International Women's Day – 8 March. You'll find information about our annual International Women's Day breakfast in this newsletter. I encourage all of you to join us for the breakfast which is a great celebration of women in our community and a wonderful opportunity for our school to celebrate the successes of our FCJ College alumni.

As always, go well,

Shawn Mason
Principal



FCJ COLLEGE BENALLA

International Women's Day Breakfast



**Friday 8th
March 2024**

7.15am - 9am

\$25 Per Person

Tickets available via QR code:



Breakfast will be served from 7.15am.

Guest speaker Clare Hanlon will present from 7.30am followed by a Q&A session.

VENUE:

**FCJ College Marie Madeleine Centre
52-54 Arundel Street Benalla 3672**



Professor Clare Hanlon

**Susan Alberti Women in Sport Chair,
Victoria University
Co-Chair Inclusion & Diversity Advisory
Group, AusCycling
*FCJ College Alumni***

Clare is known for breaking down barriers and increasing opportunities for women and girls as leaders and players in sport. As an internationally recognised scholar, collaborations span from global giants including PUMA to local sports clubs, alongside partnerships with federal, state and local governments. Clare's journey is marked by triumphs, support networks, and personal hurdles, all shaping her pathway to success.

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

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.



April

15	Student Free Day / Staff Professional Learning Day
16	First Day of Term 2
22-24	Year 12 Retreat
25	ANZAC Day Public Holiday
26	FCJ College School Photo Day
30	FCJ College Athletics Carnival

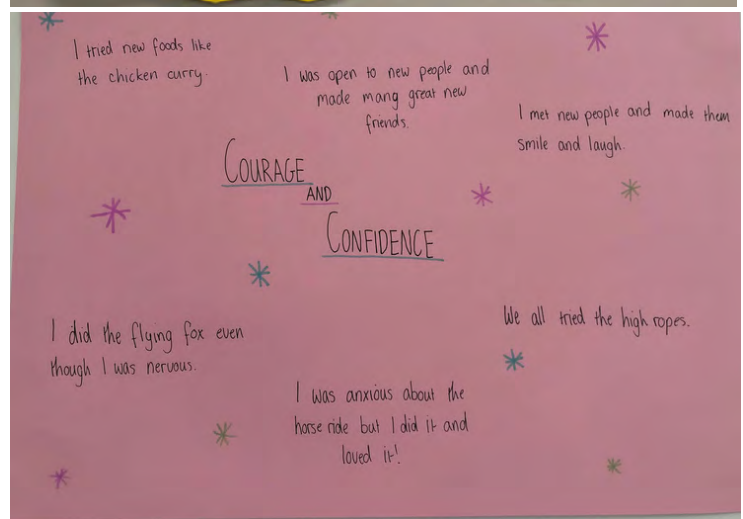
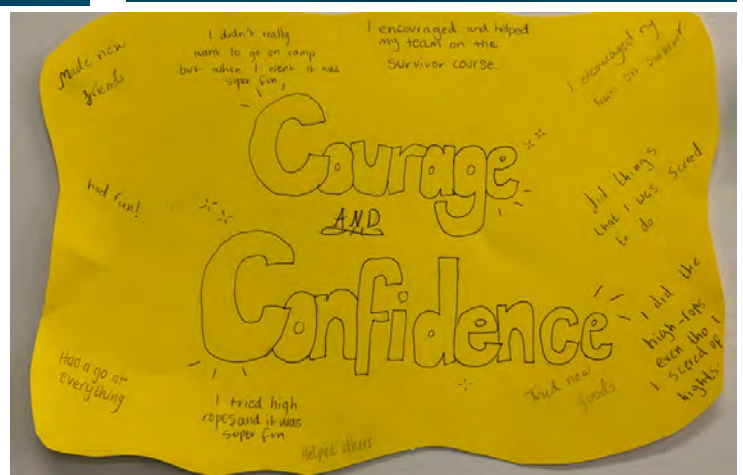
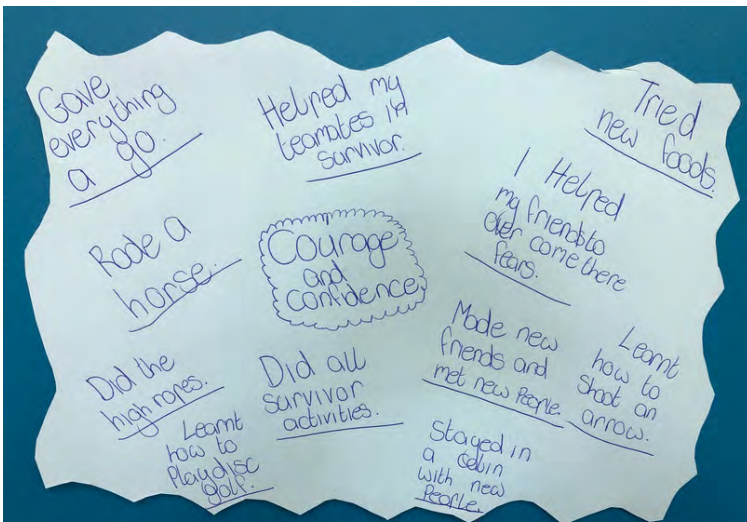
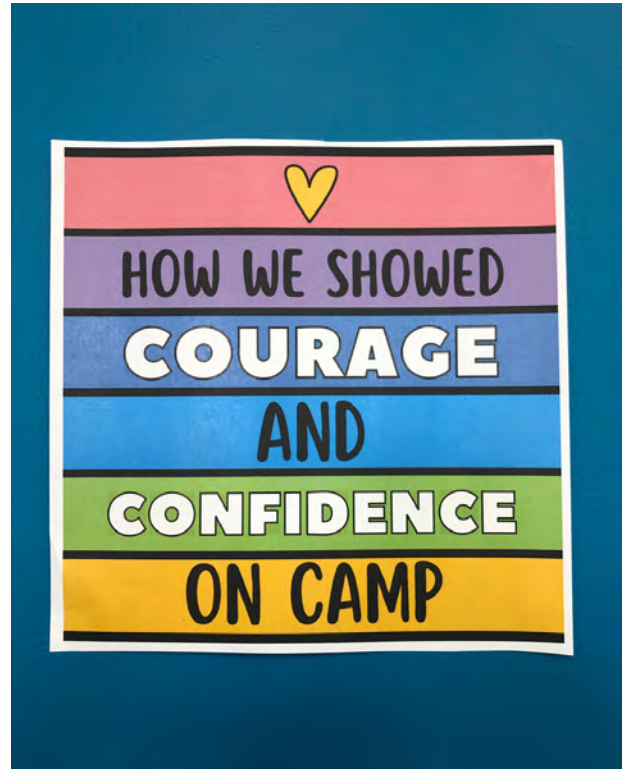
Year 7 Camp Howqua



Year 7 Camp

Courage & Confidence

During camp, Year 7 students showed courage by participating in activities they hadn't tried before. They adapted well and embraced the experiences provided to them. The students have reflected on all of the ways that they showed courage and confidence during camp in their Positive Education classes.





FCJ COLLEGE SWIMMING CARNIVAL

FCJ College’s annual Swimming Carnival was held on Friday 23 February. The weather was perfect and attendance was high. There was plenty of competition in the lanes with over 20 students making it through to the Southern Ranges Division. The staff v’s students relay is always a highlight and it certainly didn’t disappoint. The students were in the lead with one lap to go and a stella performance by Deputy Principal, Joseph Mount saw the staff team take victory.



Final results for the day:

- Davy – 981 points
- d’Houet – 691 points
- Hughes – 539 points

Well done to our Age Group Champions:

- 13 Year Female – Rowena Creighton & Grace Eddy
- 13 Year Male – Hugh Ross & Taylor Hamill
- 14 Year Female – Quinn Harwood
- 14 Year Male – Josiah McGuigan
- 15 Year Female – Kadey Macklin
- 15 Year Male – Darcy Leenen
- 16 Year Female – Libby Ferguson
- 16 Year Male – Patrick Sambell
- 17 Year Female – Orla Kidgell
- 17 Year Male – Barney Santostefano
- 20 Year Female – Lily Meehan
- 20 Year Male – Sam Begley

Victoire Gift Winners

Patrick Sambell and Kadey Macklin



YEAR 9 OUTDOOR ED

The Year 9 Outdoor Education semester 1 classes went out to Winton Wetlands for their first trip of the year. *All Terrain Cycles* provided mountain bikes and training for safe use before taking students on a tour of the west side of Lake Mokoan from the Hub all the way up to the dam wall and back.



The groups built on their knowledge of environments and were able to discuss the physical features of the wetlands as well as identifying a large variety of flora and fauna. The group performed extremely well all day and we were praised by the cycle company for making the day an enjoyable one for all.

A big thanks to Mr Green for coming along and being part of the day.






St Patrick's Day Bake Sale

Project Compassion Fundraiser

Monday March 18th Recess

Bake Sale, Lolly & Chocolate bags



ARE YOU ABLE TO SUPPLY ONE OF THE ITEMS (1,2 OR 3) BELOW FOR OUR ST PATRICK'S DAY BAKE SALE?

- 1  Cakes, Slice or Biscuits (Please include an ingredients list)
- 2  Lollies and / or Chocolate for Lolly bags
- 3  Money to spend
- 4  Money to spend

Monday 18th March





FOOD STUDIES

- Year 8 - Fried rice & sausage rolls**
- Year 9 - Kangaroo burgers and Spinach & ricotta gnocchi**
- Year 10 - Cauliflower tacos**
- Year 11 - Traditional scones**
- Year 12 - Brunch**



OUTDOOR ED COASTAL TRIP

Last week, the Year 10 & 11 Outdoor and Environmental Studies classes travelled to the surf coast for our annual coastal trip. Greeted by stunning weather, students learnt to surf, with most confidently standing and riding the waves in by the end of the first lesson. We also travelled along the Great Ocean Road to Lorne. The students visited some waterfalls and hiked in the National park at the back of Lorne. Part of the trip was also to observe and record environmental issues along the coast line and management practices that take place in the region.



Book banter!

1 March 2024

It is important to acknowledge and support not only school events, but occasions in the community that support and recognise groups in our community. So we take on the task of celebrating women: women who inspire, who have courage, who take the lead - and those women who have the resolution to make it out of bed every day! Women everywhere we salute you!





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

FCJ College Easter Holiday Trading Hours

March / April 2024			
Thursday	28/3/24	1:00pm - 4:00pm	Last Day of Trade Term 1
Friday	5/4/24	1:00pm - 4:00pm	
Monday	15/4/24	8:00am - 11:00am	Students Resume

Term Trading Hours

- Friday 1:00pm – 4:00pm

Contact Details

Email: fcj@dobsons.com.au

Or save time and shop online!

dobsons.com.au

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



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 22nd 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 - mattanderson@proton.com
Rob - 0429 848 013 - robert.lindley@gaolm.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
Wodonga	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	Orana Community Centre 40 Cardo Drive Springdale 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	Orana Community Centre 40 Cardo Drive Springdale Heights	Scan the QR code to register

For more information on our programs phone 0457 279 796

gatewayhealth.org.au

BENALLA NETBALL ASSOCIATION

DOMESTIC COMPETITION COMMENCES
TUESDAY 5TH MARCH 2024

Net Set Go DOB - 2016, 2017, 2018, 2019
Under 11 DOB - 2013, 2014, 2015
Under 13 DOB - 2012 and 2011
Under 15 DOB - 2010 and 2009
Ladies competition Tuesday Nights
Mixed competition Wednesday nights.

For registrations and further information,
please visit the Benalla Netball Facebook Page



Benalla Project

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

Youth Outreach Recovery Support (YORS)

What is Youth Outreach Recovery Support (YORS)?

Youth Outreach Recovery Support (YORS) is a Mental Health Community Support Service (MHCSS) for young people aged 16-25 years who are experiencing mental health symptoms or significant psychological distress. It will be delivered by existing Youth Residential Recovery (YRR) service providers across Victoria.

YORS is funded by the Department of Health to provide young people with short to medium term flexible outreach wellbeing support to help them to better manage their mental health, develop practical life skills for independent living, and self-care, engage in community life, access other health and social support services they need, and make the journey towards recovery and the life they want.

Who will benefit from YORS?

YORS is for young people aged 16-25 years in Victoria, who are experiencing mental health symptoms or significant psychological distress.

It will complement, but not duplicate, case management supports the young person may be receiving from other service providers (e.g. area mental health services, youth justice, out of home care and homelessness providers) by providing a psychosocial therapeutic response tailored to the needs of the young person. This includes providing young people with some access to the YRR group programs and activities on a day basis. This support can also be provided before or after a YRR bed-based placement.

How do you refer to YORS?

Young people can self-refer to YORS. With the young person's consent, referrals can also be made by family members or carers, schools, youth services, GPs, private and public mental health clinicians, headspace, Prevention and Recovery Care Services (PARCS), as well as health and social support services such as those related to: homelessness, justice, out of home care, and substance use or addiction.

Referrals through ACSO Intake

Phone: 1300 022 760 E-mail: mhcss@acso.org.au W: www.acso.org.au

If you would like more information, please contact:

YORS Co-ordinator

Kerry Osborne
M: 0456 748 806
E: kerry.osborne@mindaustalia.org.au

YORS Co-ordinator Peer Practitioner

Rachel Lawrowicz
M: 0456 742 144
E: rachel.lawrowicz@mindaustalia.org.au

Areas covered:



Youth Outreach Recovery Support:

5/8-10 London Road
Wodonga VIC 3680
p 1300 786 463
e mhconnect@mindaustalia.org.au
w mindaustalia.org.au

Mind Australia Limited ABN 22 005 069 586

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



gatewayhealth.org.au
Please note this information applies to Term 1 2024

Bookings are essential