



TERM 1 15 MARCH 2024

Dear FCJ College families,

As we sprint towards the end of a very short (but busy) term, we take stock and consider all the blessings we have received this term. This is especially pertinent during the season of Lent, and even more so, as I, along with 15 students and Nicole Murphy prepare to head to the Philippines to immerse ourselves in the village of Malbago. FCJ College has a long association with Malbago, particularly through previous immersions and fundraising to sponsor young people from the village to attend tertiary education. We are thrilled to be able to continue this partnership and to provide opportunities for young people, their families and the whole community in the Philippines. We look forward to returning with joy and plenty of stories to share with our community back at FCJ College.

Finally, at our full school assembly this week, College Captain Georgia Morrison shared her reflection on our 2024 theme of Courage and Confidence. I thank her for her insights and willingness to share, and I offer an excerpt of her speech below.

"...Marie Madeleine believed in the importance of courage and confidence in knowing that we, in our turn, are called to make a difference for the better in the world. It is her definition that I believe most of us are familiar with – and perhaps resonate with (probably due to the lack of fancy adjectives).

However, I'm not here to talk about how I feel about what other people think. I was asked to reflect on my own understanding of Courage and Confidence. While this seemed like an easy task when Mr Mason briefed us on it back at the start of Feb, it wasn't until I was staring at a blank page and started thinking "what does it mean to me?" that I realised I underestimated the job...

After a lot of thinking, browsing the internet, and half an hour on TikTok, I was finally inspired. The TikTok that got me thinking was one of those clips from a movie, like 'Part 127' and the movie was Hidden Figures. For those of you who are unfamiliar, it follows three female African American mathematicians as they play pivotal roles in the launch of America's first astronaut into orbit.

The scene this TikTok showed me was when one of the mathematicians calls out the racist behaviour of her white colleagues. It was like a lightbulb went on above my head. For that character to recognise her worth and not be afraid to fight for it to be noticed was a prime example of Courage and Confidence.

So, I got off the couch and slumped over to my desk and muddled around until I wrote something that made sense, and this is what I came up with.

Courage and Confidence is the assurance that comes from knowing oneself, from recognising our abilities, and from understanding that we have a unique contribution to make to the world. It is not about arrogance; rather, it is the quiet assurance that allows us to take risks, express our opinions, and stand tall in the face of challenges.

For each of us, that could mean something different. It could be accepting something about yourself, accepting something about another person, answering a question in class, being prepared to make a mistake, or, most importantly, being unashamedly you.

In today's society, we are influenced by people on our screens living their best lives, wishing we could be where they are, wishing we could look like them, sing like them, or play a sport as well as them. We are shown hundreds of reasons to be unhappy with where we are, so it is important to take that step and be comfortable with yourself, and everything that comes with that.

To stay authentically ourselves, we all need a little bit of Courage and Confidence. It is the voice we all need in our heads, saying "dig your feet in the sand. Stand, be tall, be proud, and help others do the same."

Go well,

*Shaur Mason
Principal*

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



DOBSONS
Look smart

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

What's On

March

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

April

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

May

1	2025 Enrolment Applications Open
14	Round Robin 2
22	FCJ College Cross Country



CURRICULUM REVIEW

FCJ College is currently conducting a curriculum review and would like to invite all families to participate in this important dialogue to help shape the future of FCJ College.

If you are interested in contributing to this review of our curriculum and subject offerings, you may like to complete the survey linked [here](#).

Principal Shaun Mason will be available during Parent Teacher Interviews on **Tuesday 26th March 2024** between 1pm & 7.30pm to discuss this further.

Students of the Term



Bree O'Donoghue - Year 12



Chloe Jacobs - Year 11



Jack Walker - Year 10



Shaely Baldo - Year 9



Aurora Blake - Year 8



Josiah McGuigan - Year 7

International Women's Day March 8




On 8 March we celebrated International Women's Day.

We began with our Annual International Women's Day Breakfast with guest speaker and FCJ College alumni, Professor Clare Hanlon. We are very grateful to Clare for her time and for sharing her life and what has motivated her.

During the school day students and teachers participated in an open mic session at lunchtime, messages of empowerment were written on discs and hung from trees, the glass window display was covered in inspirational quotes about inspiring inclusion and photos of our staff members displaying the heart symbol showing their support of International Women's Day.

Together we celebrated the achievements of women and strive for a brighter, more inclusive future.





Zonta Wangaratta



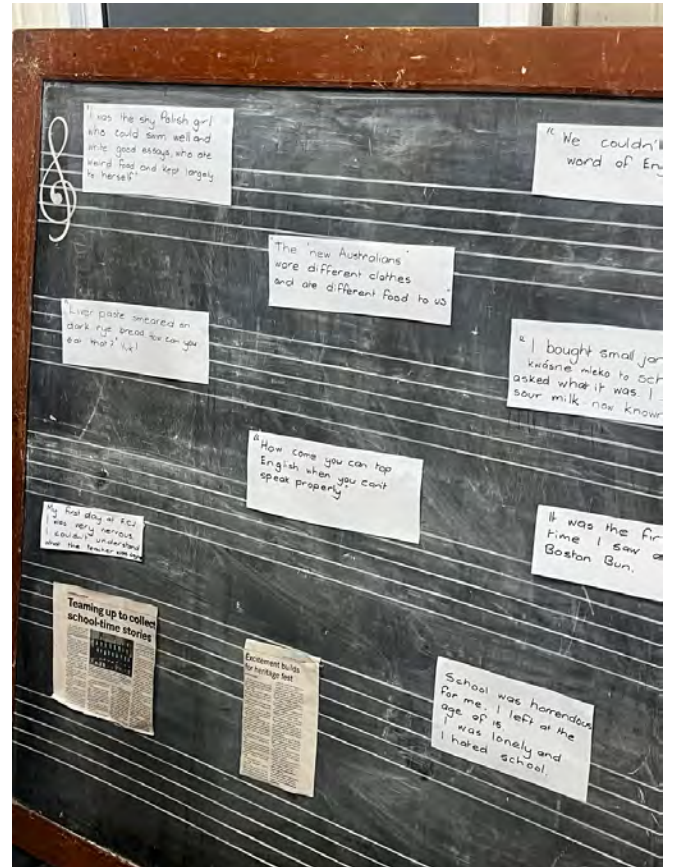
International Women's Day Career Breakfast for Girls

In its 18th year, Zonta Wangaratta provides mentors from key industries along with keynote speakers to sit with Year 11 students for an informal breakfast discussion. We took 10 motivated Year 11 students to this event and the feedback was wonderful.



Yr 12 Australian History

On 7 March Mrs Crook's Year 12 Australian History class met with our College Archivist Lyn Tanner to discuss the impact displaced person/migrants from the Benalla Migrant Camp had on our school in the 1950s and 1960s. In our current area of study, our students are learning about postwar migration schemes and we are very lucky to have the Benalla Migrant Camp as well as our archive room available to us for primary source activities.





All of our Year 7 classes earned themselves a tasty hot chip treat by showcasing their readiness for outdoor play, complete with hats, and preparedness for NAPLAN with their headphones. Well done Year 7s!



INDUSTRIAL REVOLUTION

PBL PROJECT

As part of our study on the Industrial Revolution, students embarked on a fascinating journey into the history of innovation. Each student selected an invention from the era and delved deep into its significance. Working in groups, they researched their chosen invention, exploring its necessity and the ensuing positive and negative repercussions. To bring their learning to life, students created their own replica of the invention.

In addition to this hands-on aspect, students scripted an engaging infomercial to market their invention, aiming to incorporate some hilariously cringeworthy moments for added effect. This creative endeavour not only showcased their understanding of the invention but also honed their persuasive communication skills.

Furthermore, students penned a captivating newspaper article announcing the invention to the public. This article captured the excitement and apprehension surrounding the introduction of the invention, offering a glimpse into the societal impact it promised to bring.



THE TELEGRAPH

Communication access, Country to Country, City to state!

Tired hands, Boring letters? Introducing the TELEGRAPH!

Introducing a new invention, able to communicate messages to others. No wasted time by handwriting letters for hours, or taking months or years to get a response back! By the tap of a lever you're able to send Morse code messages to your companions. This telegraph can reach to people in your city and travel outside of the country as well. Sending important messages or greetings to anyone you desire, no need for hours of transportation to reach your companions. This will guarantee to benefit people that need to communicate through businesses, or information.



This system involves using a sequence of dots and dashes that represent different letters and numbers. This new invention will benefit the community by creating new jobs, which everyday people will be able to work. Also making communication easier over long distances, meaning that news will now be able to be shared more quickly and efficiently than ever before. People predict that this will make future politics and business thrive, and make trade agreements and railway construction easier.

What has been the consequences of the telegraph being invented?

Everyone has been talking about this new invention, the telegraph. But many people have been wondering how good it actually is? In order for the telegraph to possibly become the main form of communication over long distances, there will be consequences due to the resources used and how the telegraph is used.

By putting in the cables to transmit the messages, it has caused a huge impact on deforestation and habitat destruction, as thousands of trees have been stripped back to create poles to hold the wires. These wooden poles then had to be treated with many chemicals that will increase the lifespan of the poles. These poles have had to be transported all around the country. Another problem with the system is that you never know if the message you have sent has been received, as the connection can be sometimes unreliable. Overall, we will have to wait and see how the new communications device will affect society and the way people live.






We all know that from time to time our children just don't want to go to school. This could be for many reasons such as fatigue, struggling with class content or social challenges. Normally parents can help overcome these smaller obstacles and their children are soon walking out the door and off to school. But what happens when 'reluctance' turns into 'refusal'?

School refusal refers to when a child or young person does not want to go to school and involves a high level of stress and/or anxiety about school attendance. The parent/carer knows that their child is staying home from school because the prospect of going to school causes them emotional distress.

When a child or adolescent regularly misses school there are ongoing impacts on education and personal development, including poor academic performance, poor peer relationship skills and potential for developing mental health disorders in adulthood.

High school students who refuse to go to school may show some of the following behaviours:

- frequent unexplained/unjustified absences (especially on Mondays, after holidays, school camps or sports days)
- frequent lateness
- frequent partial attendance
- absences on significant days (e.g., days on which tests, speeches, or physical education class are scheduled)
- frequent requests to go to the sick bay
- frequent requests to call home or to go home during the day

School refusal could be thought of as a symptom. Finding out the cause early on and taking appropriate steps is the best way to keep the situation from developing into something more serious.

If your family is experiencing reluctance or refusal to come to school please don't hesitate to reach out to your child's Pastoral teacher in the first instance and together with the Wellbeing team we will work with you all to help get things back on track.

The link below is an article from Headspace that talks in more detail about this topic and offers some useful suggestions.

<https://headspace.org.au/explore-topics/supporting-a-young-person/school-refusal/>



2003 Class Reunion

On 10 March, 12 members of the class of 2003 met at FCJ College to celebrate 20 years since graduation.

They visited the FCJ College Archives Room and had a chance to look through photos and year books from 1998-2003.

A school tour followed through both the new and old buildings, finding photos of their class in the music room and ceramic tiles they made near the art room as well as their old lockers in the Year 10 hallway!

Lunch at the Royal with families followed.



**PROJECT
COMPASSION**
FOR ALL FUTURE GENERATIONS



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?**

Cakes, Slice or Biscuits
(Please include an
ingredients list)



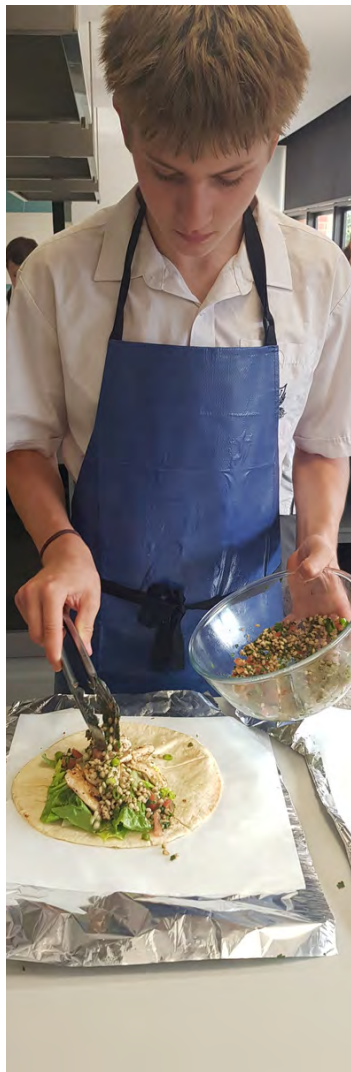
Lollies and / or
Chocolate for Lolly
bags



Money to spend

**Monday 18th
March**





Term 1

What's cooking in
FOOD TECH
this week.

Wk beg 11.3.24
Wk 7

Tuesday

- Yr 12B - Lemon feather cake (gluten free) made with potato flour
- 9B - Chicken Souvlaki
- 12A - Lemon feather coke (gluten free) made with potato flour

Thursday

- Yr 8Y - Chicken burritos
- Yr 11 - SAC - Ancient agriculture/grains

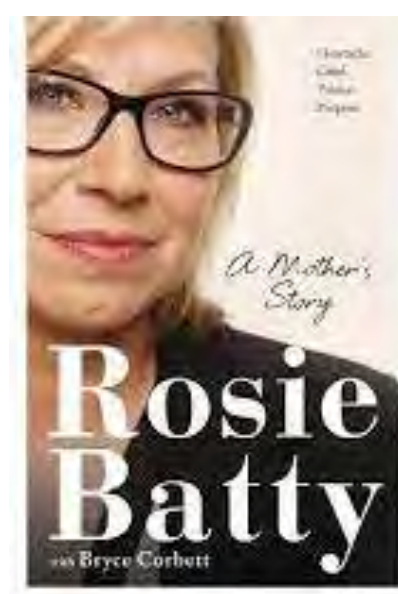
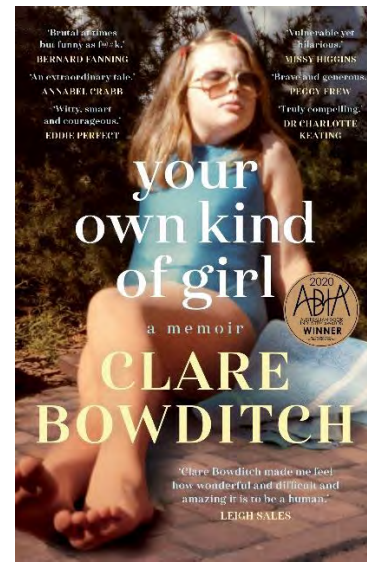
Friday

- 8X - Chicken burritos

Book Banter

15th March, 2024

On the back of International Women's day, I have had a huge interest in students and teachers wanting to read books about empowered women. Women that inspire, women that we look up to and women that change the landscape with regard to how girls see themselves and their future. From musicians to sports people to politicians, we are surrounded by women with drive and purpose and it is important that we provide our students with access to such great stories.



Why maths?

We need maths to...

Describe

★★★★★

★★★★★

Measure

Show relationships

$$a^2 - b^2 = (a-b)(a+b)$$

Hypothesise and predict

Make decisions

Solve problems

How should we talk about maths?

There are a lot of myths that influence the way we talk about maths. For example:

- Myth 1: You're either "good" or "bad" at maths.
- Myth 2: You're either a "maths" person or a "language" person.
- Myth 3: If you don't know the answer right away, you're not good at maths.

These myths can encourage people to think about maths in a very rigid way. These myths are dangerous because they stop people from putting effort in to improve.

Persisting with maths in secondary school can help ensure your child has more career options in the future.

Positive maths attitudes help children persist with maths. We can help shape children's attitudes towards maths by talking about maths in a positive way in the home. Below are some tips to help; they may be things you are already doing:

- Encourage your child to keep trying in maths, even when they make mistakes. Making mistakes is a normal part of learning.
- Think about how we forgive mistakes in other areas: how can we treat maths mistakes in a similar way?
- Tell your child they have done a good job when they put effort into their maths learning.
- If your child asks for help while doing a maths problem but you don't know how to find the answer, tell them that! Discuss with your child who you could ask for help to find the answer. It is important that your child sees examples of people asking for help in maths and that not knowing the answer straight away is OK.

Did you know that all of these jobs require you to use maths skills?

We discuss our world using maths

So, how should we talk about maths?

Developed in partnership by ACER and the Victorian Academy of Teaching and Leadership

Do you react to making a mistake in maths the same way that you do when you play sport or when you are doing something creative? Are you more likely to try again after making a mistake when playing sport or doing something creative? If so, why is maths different?

You don't need to know the answer to maths problems to be able to have a positive impact on your child's maths learning!

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 Holham & Falls Creek
+ introduction to biathlon & competitions
(additional costs)

INTERESTED? Check out our Facebook page
PLEASE CONTACT: Peter - 0407 500 870 - peter@wzbigpond.com
Matt - 0427 282 054 - matt@holham.net.au
Rob - 0429 848 013 - robert.findlay@den.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 - 28th 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 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

Register your interest
<https://www.surveymonkey.com/r/CBBC2024>

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: mhcsl@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@mindaustralia.org.au

YORS Co-ordinator Peer Practitioner
Rachel Lawrowicz
M: 0456 742 144
E: rachel.lawrowicz@mindaustralia.org.au

Areas covered:



Youth Outreach Recovery Support
5/8-10 London Road
Wodonga VIC 3690
p 1300 286 463
e mindconnect@mindaustralia.org.au
w mindaustralia.org.au

Mind Australia Limited ABN 22 005 059 586

Mind Connect
1300 286 463
Carer Helpline
1300 554 660



Training starts
Wednesday 13
March 2024
at 5pm

JUNIOR BASEBALL Winter 2024 Competition

Targoora Park
Wangaratta Whitford Road,
Wangaratta VIC 3677

Find out more
Call Nathan on 0492973419

Season Commences
Sunday 21 April 2024