



TERM 1 28 MARCH 2024

Dear FCJ College community,

As we head towards Easter and the wonderful season of Hope with the resurrection, I've been reflecting on the powerful image that always strikes me during Holy Week; that of Jesus in the Garden of Gethsemane, where he is facing his impending death with fear, anger and anxiety. These human emotions always remind me of the very human nature of Jesus. He was a person, who lived, who experienced the full gamut of emotions, and as he got closer to his death he was scared. I think this is helpful for students to appreciate that Jesus was a person, that he had feelings, feelings that they can relate to.

When we consider the physical cross Jesus carried to Golgotha, we are challenged to consider what crosses we are carrying in our lives today? What are those things weighing us down? Like Jesus, where are the things we are struggling with personally, as a community and even more broadly, as humanity? However, whilst these 'crosses' weigh us down, make us slower, take our attention, we have hope that there will always be people like Simon to help carry our cross, there will always be Veronica to wipe our face and there will always be a crowd accompanying us as we walk. We will never be alone. This is a powerful message for all our young people to hear, in fact it's a powerful message for all people to hear, not just the young.

This week we took the opportunity to celebrate the Easter story with our annual Easter Liturgy. My thanks to all who brought this to life, especially Donna Willcock, Kathryn De Fazio, Catherine Burton, Adam Toms, Rod Reardon and Cath Begley. These staff ensured our students, and those from our partner schools (St Joseph's, St John's and St Mary's) were all involved in a wonderful, reflective and prayerful telling of the Passion and Resurrection of Jesus.

On Good Friday, we farewell our students and staff travelling to the Philippines for the immersion in the village of Malbago. I know you'll continue to hold this wonderful group in your prayers as they represent us and our broader community.

Staff Movements

This week we farewelled **Minnie Askew** who will be well-known to all members of the community thanks to her tireless service in our finance team over a number of years. We take this opportunity to thank Minnie for her wonderful contributions to our school and we wish her all the best for the future. We also welcomed **Cassandra Briggs** to our administration team, **Peter Rigby** as our Grounds Manager/Maintenance and Facilities, and **Mayumi Burke** as our new Finance Manager. We know you will make all our new members of the community feel welcome when you meet them.

May you all have a happy and Holy Easter, and for those travelling, stay safe and we'll see you all on your return next term.

Go well,

Shaun 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

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
7	Year 9 OED - Rock Climbing
8-10	Justice Matters Camp
14	Round Robin 2
22	FCJ College Cross Country
28-29	Year 9 OED - Warby's Overnight Camp
31	Southern Ranges Cross Country

YEAR 10 EXCURSION

HISTORY

The Year 10s travelled to Beechworth as a compliment to their History unit focusing on Colonial Australia. They participated in a walking tour that explained the impact of the Gold Rush in Beechworth and then toured the Old Gaol, where they heard fascinating stories about the life and times of some of the inmates. The students then enjoyed a visit to the famous Beechworth bakery and lolly shop, - of course!





During lunchtime on 21 March, we had a visit from Ant Newham, past employee and FCJ College parent.

Ant is working in the Western Australian mines, driving trucks on a FIFO schedule. He spoke to us about opportunities in the mines from his first-hand experience as a truck driver. For young people there are many opportunities to complete training and apprenticeships and also university degrees, while working for a mining company.

He also spoke about having a financial or time goal when going to the mines and to save your money for a worthwhile purchase such as a deposit on a house.

Thanks Ant for your time and valuable information.





The Year 11 and 12 Girls Volleyball team fielded two teams in the recent Round Robin. Both teams were very competitive and won 2 out of their 3 games. The spirit and enthusiasm of both teams was tangible throughout all encounters. The ardent and piercingly loud celebrations following victorious rallies were heard throughout Benalla.



Year 7-10 Boys Tennis



Intermediate Girls Tennis Champs



Lawn Bowls



Cricket



Volleyball



Intermediate Boys Tennis Champs



Year 8 Girls Volleyball



"Wicked was an extraordinary experience, it was a one-of-a-kind performance. The bus drive was really good stopping in Wallan for a break.

We got to Melbourne and had lunch in Fed Square and we finally made it to the Regent Theatre where we got our tickets and headed into the theatre. The theatre is 95 years old and holds up to 2,162 people.

When we took our seats the lights dimmed, the music started, the dragon overhead lit up and smoke came out of its mouth which we did not expect - it was truly amazing.

Throughout the whole performance we were amazed and engaged. The performance was amazing, the light, music, singing, dancing, and acting were just magnificent. Many of my peers enjoyed it and said they would go to a live performance again. At the end of the performance, we were all so happy and cheered and clapped as loudly as we could.

We made it onto the bus and drove to Wallan for dinner going to Maccas, KFC and the service station. It was definitely an awesome day. Thanks to everyone who made this day amazing."

- Amelia Peisley



"Wicked is such a good musical for kids from primary school. They would enjoy it so much and have a good time. The show overall was really good. I loved the singing, the acting, the expressions and the details of the costumes! I recommend it to primary schools and adults."

- Will Colville

Shoko's week @ FCJ College

"First of all, thank you very much for allowing me to attend FCJ College for the week.

It was my first studying abroad and I was nervous, but it was a very valuable experience.

In Japanese class, not only teaching about my own culture, but also learning about Australian culture from the students was a lot of fun. I have very good memories of making and eating fairy bread with Year 9 students.

I hope you will enjoy Japanese studies and visit Japan someday. Thank you very much."

- Shoko Ishida (from Sacred Heart School, Tokyo)



"Thank you Shoko for visiting FCJ College and staying with my family for the week. We hope you had a great time immersing in the various subjects such as Art, Food tech, Biology, Japanese and many more whilst also making many new friends!!!"

- Elizabeth Ireland



Year 9 Music Performance

Keep up the great work and continue sharing your musical talents with the world! Thank you, Mrs Appleford and her System Engineering class for being an audience.

- Ms Ashby



Melbourne Gallery Excursion



VICTORIAN PATHWAYS CERTIFICATE (VPC) CLASS

The VPC Special Projects class met with the FCJ College management team at a luncheon where they talked about their projects and sought help with approval. They wanted to make their ideas better with advice from the management team. The different projects that they are all working on are important because they benefit the school and students and enrich them.

At the luncheon, everyone shared their ideas and talked about how they saw their projects would run. The goal was to learn from each other and make sure the projects are really good before they go forward. So, they chatted over lunch and made plans to work together.



Hume Swimming

Kadey - age champion under 15s



Hume Lawn Bowls

On Wednesday 20 March four students represented FCJ College at Hume Division Lawn Bowls. The boys had a successful day progressing to State finals on 7 May.





Food Tech



Easter Egg Hunt



To celebrate the fantastic term enjoyed by our Year 7 students, we arranged an Easter egg hunt. The Year 12s meticulously hid the eggs out the front of the school, and then we released the Year 7s to find them. Happy Easter!



2024 WINTER NETBALL COMPETITION

Registrations open!
Go to - www.netballconnect.com



Starts Friday 26th April till 2nd August
Team lists and uniforms will be provided 2 weeks prior

Competition Fees

VNA registered players \$84
Non VNA registered players \$150
(\$66 goes to Netball Vic Insurance)

Age Groups

11/U (Born 2013/14/15)
13/U (Born 2011/12)
15/U (Born 2009/10)
17/U (Born 2007/08)

By joining the competition, you agree that the teams may be changed within the first 3 weeks based on committee evaluation, to ensure a fair and enjoyable season for all.

Any problems please contact us
Facebook Group "Mansfield Junior Netball Club"
Email - mjnclub20@gmail.com
Age Group Coordinators - Chris Mitchell & Nadia Gardner
Club President - Leonie Berry

REGISTRATIONS CLOSE STRICTLY FRIDAY 22ND MARCH

Competition has been advertised in Courier, Facebook & School newsletters



Want To Be Upskilled For Free For Ages 14-25

Available Courses

Operate Chainsaw
Food Safety
Chemical License
White Card
First Aid
CPR
Defensive Driving
Mental Health First Aid
Marine Licence

Mansfield Shire Youth

[_mansfieldshireyouth_](https://www.instagram.com/_mansfieldshireyouth_)

Diplomas & Cert 2-4

Certificate in Agriculture
Horticulture
Mental Health
Community Services
Youth Work
Counselling
Environmental Sustainability
Public safety
Emergency Response

Contact: Emma
Youth Project Officer
Disaster Recovery
Email:
emma.kay@mansfield.vic.gov.au
youth.services@mansfield.vic.gov.au



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!

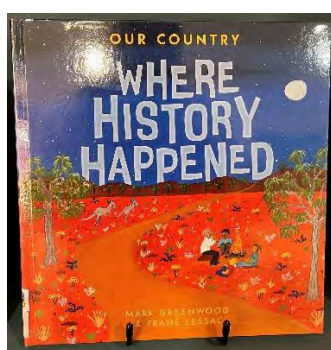
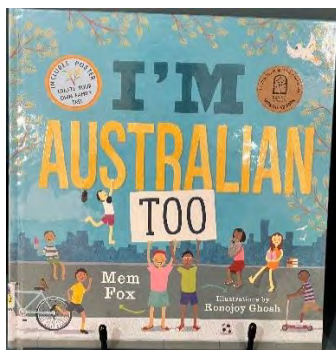
Login or Register here: <https://www.sustainableschoolshop.com.au>

Book banter!

28 March 2024

Last week was celebrated as “**Harmony week**”. Harmony Week is the celebration that recognises our diversity and brings together Australians from all different backgrounds. It’s about inclusiveness, respect and a sense of belonging for everyone.

Here are a few snippets of Harmony week in the library.





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@wzsbigpond.com
Matt - 0427 282 054 - matt@wzsbigpond.com
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

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@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



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>



JUNIOR BASEBALL Winter 2024 Competition

Training starts Wednesday 13 March 2024 at 5pm

Targoora Park
Wangaratta Whitford Road,
Wangaratta VIC 3677

Find out more
Call Nathan on 0492973419

Season Commences
Sunday 21 April 2024

Mind Connect
1300 286 463
Carer Helpline
1300 554 660



Dance Workshops/Group Lessons

Dance Factory



Dance is a powerful tool that engages people physically, mentally and creatively; it is an inspirational way for individuals to move and gain experiences in new and exciting ways.

AT OUR STUDIOS OR YOUR LOCATION

We can create and conduct a range of classes or workshops that can be delivered on site at your location, or we can provide studio space here at Dance Factory, as we can accommodate anywhere up to 60 students in one studio.

We have the experience, staff and options to provide you with the right dance outcome for your group.

DANCE STYLES

We can offer a range of Dance styles and classes:

- Hip Hop
- Funk
- Jazz
- Ballet
- Tap
- Musical Theatre
- Acrobats
- Contemporary
- Lyrical
- Creative & Choreographic Workshops
- Incursions and excursions for schools
- Team Building for Companies and Clubs



CLASS OPTIONS

- Half day workshops
- Full day workshops
- Weekly class
- One off class



PRICES

NUMBER OF STUDENTS	TIME	COST	WHAT YOU RECEIVE
1-4	1 HOUR	\$150	1 X 1 HOUR CLASS
5 - 20	1 HOUR	\$220	1 X 1 HOUR CLASS
21 - 40	1 HOUR	\$350	1 X 1 HOUR CLASS
20 OR LESS	1/2 DAY	\$400	2 X 1 HOUR CLASSES
	FULL DAY	\$750	1 X 30 MIN WARM UP 3 X 1 HOUR CLASSES OR 2 X 90 MINUTE CLASSES
21 - 40	1/2 DAY	\$650	2 X 1 HOUR CLASSES
	FULL DAY	\$1100	1 X 30 MIN WARM UP 3 X 1 HOUR CLASSES OR 2 X 90 MINUTE CLASSES

Dance Factory

DANCE FACTORY

225 Swan Street Richmond VIC 3121
Ph. 03 9429 9492
Email: dancefac@netspace.net.au
Web: www.dancefactory.com.au



Come and Try Day 2024



FREE community event for families and young people aged 5 - 19

Our biggest ever!

Come and try:

- Auskick and Junior Footy
- Benalla Art Gallery
- Little Athletics
- Benalla Gliding Club
- Benalla Aero Club
- Country Fire Authority
- Lawn Tennis
- Litter Gatherers
- Room at the Table
- Benalla Auto Club and Winton Raceway
- Full Impact Squad
- Valley Sport
- Waminda
- Astronomy
- Badminton
- Archery
- Taekwondo
- Scouts
- Parkrun
- Soccer
- Squash
- Yoga
- Guides
- Hockey
- Darts

Sunday
21 April
10am - 1pm

Benalla Indoor Rec Centre
and All Blacks Reserve

Prizes to be won!

Free food

plus... Youth Careers Expo

Featuring:

- Apprenticeships Victoria
- Australian Defence Force
- La Trobe University
- CSU
- GOTAFE
- Benalla Police
- APM Employment Services