



### TERM 2 10 MAY 2024

Dear FCJ College community,

Last week's Gospel included the powerful message from Jesus: "This is my commandment: love one another as I have loved you." Jn 15:12

God is constantly enlarging the boundaries of love, and we are invited to adapt our lives to ever inclusive patterns of love. In this Gospel, Jesus' entire teaching is summed up in one sentence. It is love which moves out to be there for others. Jesus preached a radical love which encourages us to act for anyone who is oppressed including people suffering the disastrous effects of an unrelenting ecological and military crises.

We are thus called to a disruptive love, in a world which needs disrupting and waking up. Through joy and commitment to loving one another, we subvert isolation, we build bridges rather than walls. We dare to care. We make a difference.

In this theme, let us celebrate the love shown by mothers and mother figures this weekend. On behalf of the College, I wish all the mothers in our community a blessed Mother's Day. For those in our community for whom Mother's Day is tinged with sadness, you have my prayers.

#### Curriculum Review

Our College Staff have been continuing their work in reviewing our offerings and our structures. Our focus has been Year 9, 10, 11 and 12. We look forward to sharing with you some exciting developments over the coming weeks. Please know, at the heart of any decisions made will be what is best for the learning experiences of our students in and beyond the classroom.

#### Meet the Principal Mornings

Our enrolment period for 2025 is currently open and we have been blessed with more than 200 people visiting our school across the three mornings offered. This is a tremendous turn-out and we are so proud to be able to share our school, grounds, facilities and wonderful learning experiences happening in our classrooms. My thanks to all the students across the school who volunteered as tour guides – you are our best ambassadors. A reminder to our current families who might have siblings in Year 6, our enrolment period closes on 31 May.

#### Victorian State Budget

Finally, I was disappointed to hear about the discriminatory decision that the State Government has made, excluding most students at Catholic schools from the \$400 School Savings Bonus. I include in this newsletter a letter outlining my concerns. I have written to Annabelle Cleeland, State MP for Euroa and I encourage you to contact your local State MP to make your voice heard about this matter as well.

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.

# What's On

## May

14	Round Robin 2
22	FCJ College Cross Country
28-29	Year 9 OED - Warby's Overnight Camp
31	Southern Ranges Cross Country

## June

3	Year 10 Pathways Evening
5	Year 10 Pathways Interviews
10	Student Free Day - King's Birthday
11	Student Free Day - Staff Professional Learning
13	Let's Find our Voice Concert
17	Semester 2 Commences
24	Year 7 & 10 Vaccinations
28	Last Day of Term 2

## July

15	Student Free Day - staff professional learning
16	First day Term 3 for students

## 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)



Uniform Shop

OPEN

FRIDAYS

12.30pm - 3.30pm



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

10 May 2024

Dear FCJ College community,

This week the Allan Labor Government announced a \$400 School Saving Bonus for all school students in government schools regardless of income, but only for Health Care Card holders in Catholic schools.

This is deeply unfair.

We believe the payment should be means tested for all students or apply to all students.

**It should not be based on which school you attend.**

This policy punishes families for choosing to send their children to a Catholic school.

Our school, FCJ Education Australia and the peak body, the Victorian Catholic Education Authority, are working hard to oppose this policy and we need your help.

We need to show the Victorian Government that punishing families who choose a Catholic school is unacceptable.

Please consider contacting your local Member of Parliament to express your concern.

Our school's local MP is Annabelle Cleeland and they can be contacted by calling 03 5762 1600 or by emailing [Annabelle.cleeland@parliament.vic.gov.au](mailto:Annabelle.cleeland@parliament.vic.gov.au)

Template letters are attached to assist you with making your voice heard.

Thank you for your time in reading this and for advocating for your family and our school.

Yours sincerely,

Mr Shaun Mason  
**Principal**

## Template email for parents to send to MPs

Dear MP,

I am very concerned by the Allan Labor Government's \$400 School Saving Bonus for all school students in government schools regardless of income, but only for Health Care Card holders in Catholic schools.

As the parent of a child in a Catholic school I believe this payment should be applied equally. Either means tested for all students or available to all students.

**It should not be based on which school you attend.**

Families in Catholic schools are also experiencing cost of living pressures. This announcement discriminates against my family and punishes me for choosing to send my child to a Catholic school.

I have the right to expect the government treats me and my family equally regardless of our choice of schooling.

Please vote against this discriminatory policy and treat all families fairly.

I look forward to hearing from you.

Your sincerely,

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## Template email for broader school community (e.g. staff, alumni, parish communities) to send to MPs

Dear MP,

I am very concerned by the Allan Labor Government's \$400 School Saving Bonus for all school students in government schools regardless of income, but only for Health Care Card holders in Catholic schools.

I believe this payment should be applied equally. Either means tested for all students or available to all students.

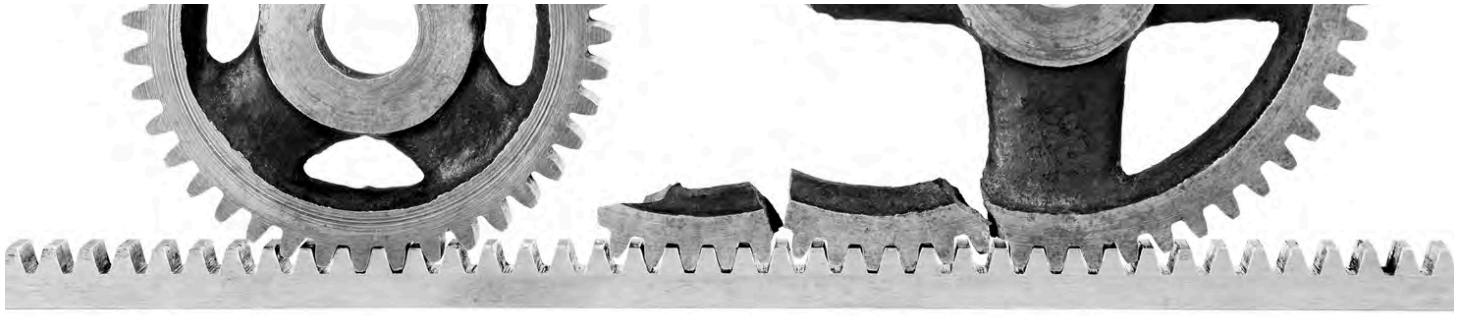
**It should not be based on which school you attend.**

Families in Catholic schools are also experiencing cost of living pressures. This announcement punishes families for choosing to send their children to a Catholic school.

Please vote against this discriminatory policy and treat all families fairly.

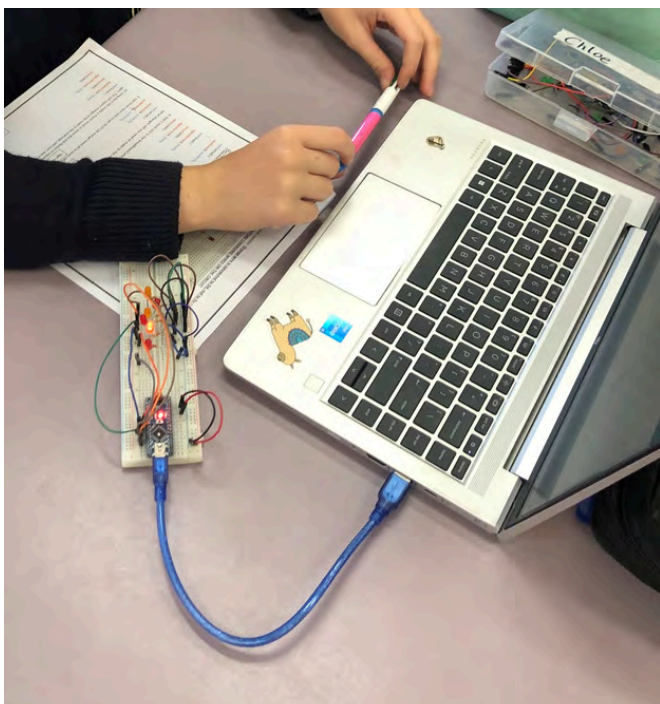
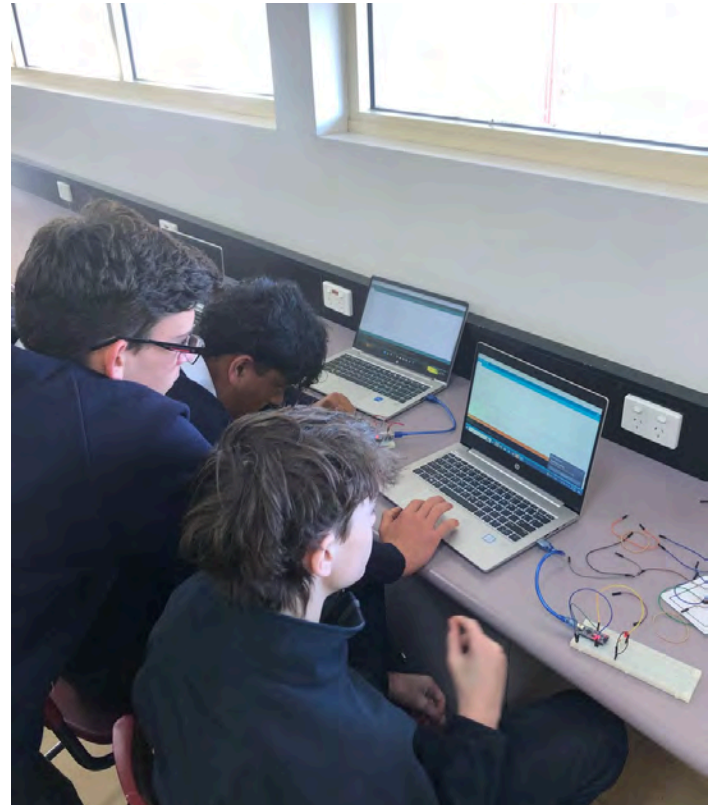
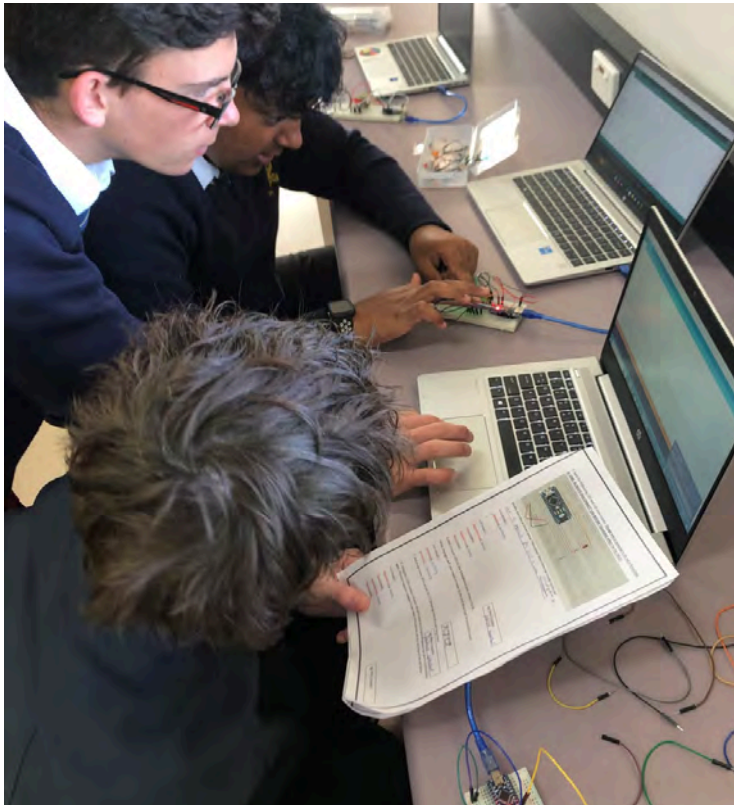
I look forward to hearing from you.

Your sincerely,



# Year 10 Systems Engineering

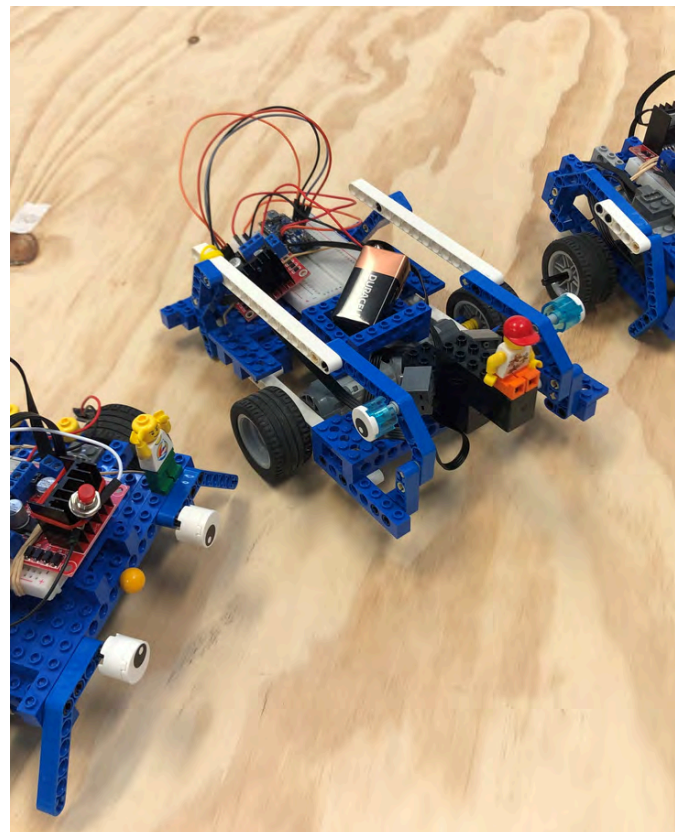
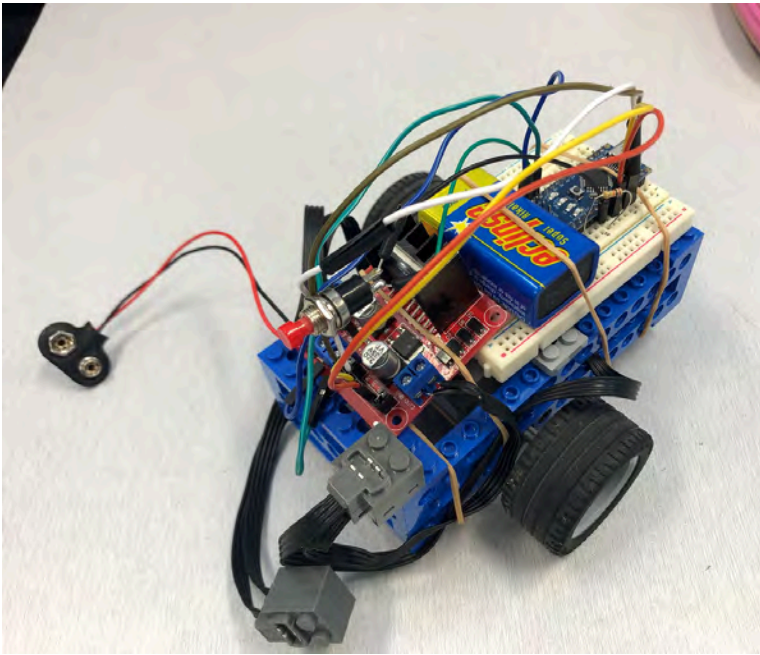
The Year 10 students are using their skills learnt during the circuit board construction activity earlier in the term to create simple circuits with a range of components and use Arduino programmable chips and A++ code to control the circuits.



# Year 11 Systems

## Dancing Robots

The class was given the task to create a wheeled robot that would dance by combining an Arduino programable chip and lego along with other components. Some were coded to be able to start with an external button, some included sounds. All were cool to watch.



# FUN DAY

*Each Friday, the Year 11 pastoral groups join together for Fun Friday! This week, thanks to Miss Clay, the Year 11s undertook a tug of war challenge with Ms Joyce's pastoral group coming out the overall winners!*



# VPC Getting ready



Our Victorian Pathways Certificate (VPC) kids are putting their hearts and minds into crafting something truly spectacular for our Founder's Day. Picture giant games so grand they'll leave you speechless! These young innovators have been working tirelessly to bring their imaginative visions to life, and the results are awesome.







*Benalla*  
**HERITAGE  
FESTIVAL**

1 - 5 May 2024

As the archivist at FCJ College, I am fortunate to belong to Benalla Heritage Network. As we did last year, we again participated in showcasing our history and tradition by offering tours of the College and opening of the archives to the general public. The theme for this year was "Connections". Our magnificent heritage building is a local prominent landmark and many people have admired its splendour from the street but during Heritage Week there was the opportunity to enjoy the wonderful architecture and see how the College has transformed into a modern educational facility whilst retaining our history and heritage buildings. Seventy-five people visited the College and from all reports thoroughly enjoyed their time.

Some of the many compliments were:

*"Great opportunity to learn about FCJ College"*

*"Wonderful archive exhibition and a trip down memory lane"*

*"Thank you for the informative tour"*

*"Amazing presentation and tour. Well, done!"*

*"Excellent - what a beautiful school"*

*"A big thank you to the tour guides Elizabeth Ireland and Brayden & Jahye-Lee Quattrocchi for giving up their time on Saturday to assist with showcasing the school"*

*"A special thank you to Robbie Elliot for unlocking the College, turning on heaters and general assistance with cleaning and closing. Much appreciated"*



# Athletics Carnival

## HOUSE SCORES

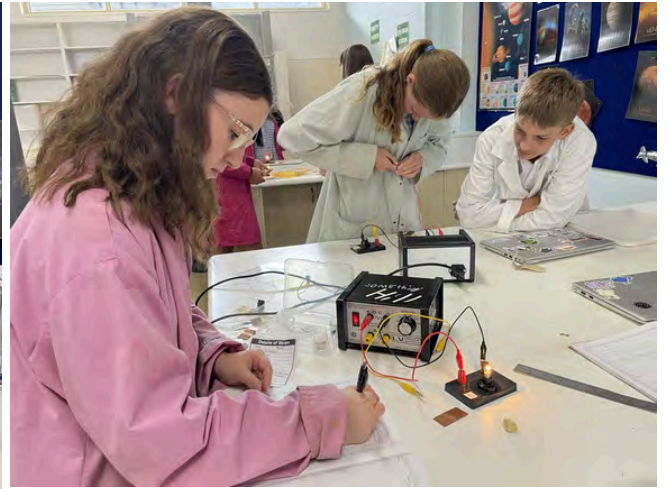
1st - Hughes 1,267  
 2nd - d'Houet 1,210  
 3rd - Davy 1,135

## Victoire Gift

**FASTEST 100m sprint**  
 Yr 11 Charlotte Quilliam  
 Yr 10 Chris Martin



# SCIENCE





## Term 2

What's cooking in  
FOOD TECH  
this week.

Wk beg 6.5.24  
Wk 4

### Monday

- Yr 10 - Triple chocolate mousse
- Yr 11 - Spice prac
- Yr 9A - Cake decorating

### Tuesday

- Yr 9B - Cake decorating

### Friday

- Yr 8X - Hamburgers



*Year 9s made fondant cupcake cake toppers in preparation for cake decorating.*



# Book banter!

10 May 2024

New Audio books:

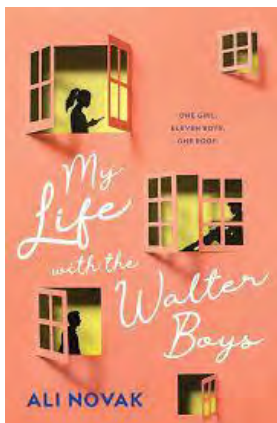
Our ever growing Audio book collection has been

Boosted by 5 new titles. Please find these under Audio

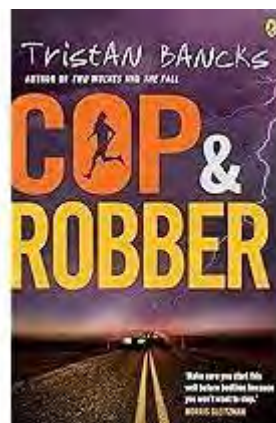
Books in SIMON. They are organised into two separate sections:

One more difficult reads than the other and in alphabetical order. These can

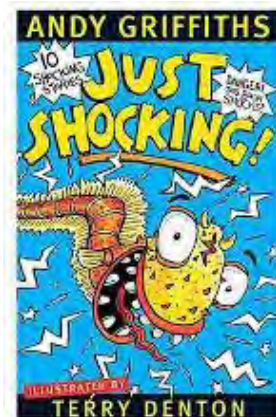
Be accessed on Simon a all times- even from home. Pop on your headphones and enjoy!



My life with the Walter Boys



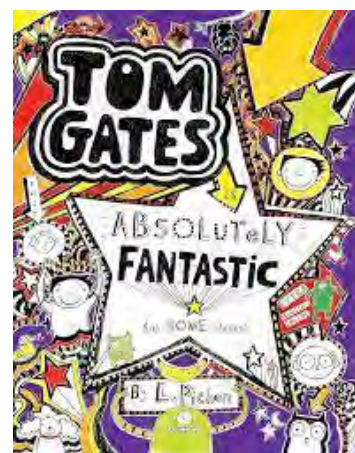
Cop & Robber by Tristan Banks



Just Shocking!



Mackenzie Blue



Tom Gates is absolutely fantastic

## Phones & Social Media:

Wellio Parent Webinar: Tuesday 14 May at 6:30pm (AEDT)

- Registration Link (so you can be sent the recording):  
[https://www.wellioeducation.com/en\\_au/webinars](https://www.wellioeducation.com/en_au/webinars)

Join Wellio for a free webinar to learn practical strategies that will help your children manage phone addiction and social media.

- **Reality vs Social Media:** we discuss how students compare their lives with what they see on social media and the impact this has on their self esteem. We'll share 3 simple strategies to keep them on track.
- **Technology and Sleep:** 73% of teenagers aren't getting enough sleep and their devices are a primary cause. We explain how you can limit the impact.
- **Techniques to manage anxiety:** A toolkit of strategies that you can use to help your child manage and prevent anxiety developing as a result of social media and phone use..

### 2024 Parent Webinar Schedule and materials:

Please see below for the dates for our other free parent webinars running across the year:


- Tuesday 14 May 6:30pm - Phones & Social Media
- Thursday 29 August 6:30pm - Building Healthy Relationships
- Thursday 31 October 6:30pm - Resilience & Setbacks

Parents can register to attend any or all of these sessions [here](#).

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.facebook.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](mailto:emma.kay@mansfield.vic.gov.au)  
[youth.services@mansfield.vic.gov.au](mailto:youth.services@mansfield.vic.gov.au)

 MANSFIELD  
SHIRE  
YOUTH 

## 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 - peter.dewey@bigpond.com  
Matt - 0427 282 055 - mattandlisa@gmail.com  
Rob - 0429 848 013 - robert.findlay@golten.vic.edu.au



## Parenting Programs - Term 2 2024

\*There is no cost to attend these programs

Location	Program	Duration	When	Where	Register
Wodonga	Mother Goose (0 - 2 years)	Full Term	Wednesdays 17th April - 26th June 10.30am - 11.30am	Gateway Health 155 High Street Wodonga	Scan the QR code to register
Wodonga	Parenting after Separation	5 weeks	Mondays 29th April - 27th May 6pm - 8pm	Gateway Health 155 High Street Wodonga	Scan the QR code to register
Wodonga	Tuning into Kids Emotional intelligent parenting	5 weeks	Wednesdays 15th May - 12th June 12.30pm - 2.30pm	Gateway Health 155 High Street Wodonga	Scan the QR code to register
Wodonga	Parenting Trans & Gender Diverse Kids & Teens	8 weeks	Fridays 3rd May - 21st June 10.30am - 12.30pm	Gateway Health 155 High Street Wodonga	Scan the QR code to register
Chiltern	Tuning into Kids Emotional intelligent parenting	5 weeks	Mondays 6th May - 3rd June 5.30pm - 7.30pm	Chiltern Community Hub Crawford St Chiltern	Scan the QR code to register
Wangaratta	Tuning in to Teens Emotionally intelligent parenting (10 years and over)	6 weeks	Mondays 6th May - 10th June 5.30pm - 7.30pm	Gateway Health 45-47 Mackay St Wangaratta	Scan the QR code to register
Lavington	Mother Goose (0 - 2 years)	Full Term	Mondays 29th April - 1st July 10.30am - 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.vic.au](mailto:mhcss@acso.vic.au) W: [www.acso.vic.au](http://www.acso.vic.au)

If you would like more information, please contact:

#### YORS Co-ordinator

Kerry Osborne  
M: 0456 748 806  
E: [kerry.osborne@mindaustralia.org.au](mailto:kerry.osborne@mindaustralia.org.au)

#### YORS Co-ordinator Peer Practitioner

Rachel Lawrowicz  
M: 0456 742 144  
E: [rachel.lawrowicz@mindaustralia.org.au](mailto:rachel.lawrowicz@mindaustralia.org.au)

Areas covered:



Mind Connect  
1300 286 463  
Carer Helpline  
1300 554 660



Youth Outreach Recovery Support  
5/8-10 London Road  
Wodonga VIC 3690  
p 1300 286 463  
e [mindconnect@mindaustralia.org.au](mailto:mindconnect@mindaustralia.org.au)  
w [mindaustralia.org.au](http://mindaustralia.org.au)

Mind Australia Limited ABN 22 005 069 585

## 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>

