



8 May 2020

## Prayer

### Psalm 23

LORD, you are my shepherd;  
nothing I shall want.  
Fresh and green are the pastures  
where you give me repose.  
Near restful waters you lead me  
to revive my drooping spirit.

You guide me along the right path;  
you are true to your name.  
If I should walk in the valley of darkness  
no evil would I fear.

You are there with your crook and your staff;  
with these you give me comfort.  
You have prepared a banquet for me  
in the sight of my foes.

My head you have anointed with oil;  
my cup is overflowing.  
Surely goodness and kindness shall follow me  
all the days of my life.

In the LORD'S own house shall I dwell  
for ever and ever



*Prayer*

## Principal

In times of uncertainty and worry, I often turn to Pope Francis for inspiration and guidance. He recently commented that our experience today mirrors in many ways that of the disciples of Jesus after his death and burial in the tomb. Like them, 'We live surrounded by an atmosphere of pain and uncertainty,' and we ask, 'Who will roll away the stone from the tomb?'

Pope Francis likens the stone that sealed the tomb of Jesus to the tombstones of the current COVID-19 pandemic that 'threatens to bury all hope', for the elderly living in total isolation, for families who lack food and for those on the front lines who are 'exhausted and overwhelmed'.

He recalls, however, that the women who followed Jesus did not allow themselves to be paralysed by anxiety and suffering. 'They found ways to overcome every obstacle', simply 'by being and accompanying'.

He notes that many today are following suit, including 'doctors, nurses, people stocking the supermarket shelves, cleaners, caretakers, people who transport goods, public security officials, volunteers, priests, women religious, grandparents, teachers, and so many others.'

But like the women, the pope said, they all ask: 'Who will roll away the stone?'

Pope Francis says many are participating in the passion of Christ today, either personally or at the side of others, and he reminds everyone: 'We are not alone, the Lord goes before us on our journey, and removes the stones that paralyse us'. This is the hope that no one can take from us, the Pope says.

Pope Francis says the disciples of Jesus discovered something that we are now learning: 'No one is saved alone'. He describes the present moment as a 'propitious time' to be open to the Spirit, who can 'inspire us with a new imagination of what is possible'.

Let's hope and pray that we can indeed achieve this.

## Wellness Day and Remote Learning

I am sure you will agree that the start of Term 2 has been challenging for all of us. Staff and students have coped extremely well under very difficult circumstances and have worked diligently to ensure remote learning has been a success. However, current studies are showing that the pace and scope of the change to remote learning, has also been very demanding and tiring for some. After four weeks of very busy schedules, on Monday 4 May we held our first 'Wellness' day, which provided staff and students the opportunity to take some additional time to focus on their overall health and wellbeing. The day provided an opportunity for students and staff to rest, refresh and re-energise for the next period of remote learning.

We have achieved outstanding attendance rates, with 98% of students attending their scheduled remote learning classes since the start of Term 2. This is an exceptional result and a credit to our students, staff and also our families. The key now is to continue to attend all scheduled lessons this week and to ensure all set work is completed.

While it is impossible to predict how long we will be required to operate in Remote Learning Mode, the Leadership team is planning for a sustained Term 2 delivery, should it be the case. We are currently awaiting further advice from the Victorian Government and the Chief Medical Officer regarding a possible return date for on-site learning.

Once again, I would like to congratulate our students, staff and families for the manner in which they have entered into this unique period of time and for their on-going commitment to remote learning.

## Staffing News

We wish Ms Morgan O'Neill all the best for the impending arrival of her first child. Morgan will begin her maternity leave at the end of next week.

We thank Morgan for her outstanding contribution throughout her time at the College and look forward to her return in 2021.

## Future Directions

The College, as part of its vision and mission, aims to provide excellence in learning. This will be supported by ongoing development and upgrading of College buildings, grounds and facilities.

Some exciting news is that work is well underway on the new Year 9 Learning Centre. This centre will be a great inclusion for our community and students will reap the rewards of this state of the art facility. This building will host nine homerooms, as well as two large collaborative learning spaces and numerous staff offices. The building and other new facilities recently opened at the College provide a rich and stimulating learning environment for all our students to flourish and reach their full potential. The Year 9 Learning Centre should be completed ready for the start of the 2021 school year.



*Current construction work on the Year 9 Learning Centre*

Below is a link to a 3D presentation of the Year 9 Learning centre:

<https://drive.google.com/file/d/1iDobMyF8B8rXfxb1-UFvaPVkUKTVfb2f/view?ts=5d99c79e>

## Uganda Project

We continue to build on the very positive relationships that has been established between CRC Caroline Springs and St Luke's parish as well as our sister school St Francis primary school in Kizinga Uganda.

By reaching out in friendship and solidarity with the community of St Francis, Kizinga we have given hope to hundreds of children and their families who otherwise couldn't access education. The support of our students has enabled the construction and furnishing of a brick classroom; a food program; the refurbishment of the church with a concrete floor; and soon the installation of water tanks.

Compassion, empathy and love for one another are the cornerstones of our teaching at Catholic Regional College Caroline Springs and we are immensely proud of our community for continuing to embrace the Uganda Project.



*Uganda Project*

Click the below link to view a message from the students at St Francis primary school in Kizinga Uganda.

<https://drive.google.com/open?id=1JE-lyjhLvAOGMXGr7S44D6T743GB4WzR>

## Mothers Day

I would like to wish all Mothers and other significant people in our students lives a happy Mothers Day.

Click the below link to view the Principals Mothers Day message.

<http://vimeo.com/416173255>

## Mothers Day Prayer

Loving God,  
we thank you for the love of the mothers you have given us,  
whose love is so precious that it can never be measured,  
whose patience seems to have no end.

May we see your loving hand behind them and guiding them.

We pray for those mothers who fear they will run out of love  
or time, or patience.

We ask you to bless them with your own special love.  
We ask this in the name of Jesus, our brother.  
Amen.

**Jamie Madigan**  
**Principal**

## College Choir – ‘The Future’

Click below to view the College Choir singing ‘The Future’

<http://vimeo.com/416173168>

## Mission and Faith Leader

### Good Shepherd Sunday

Last Sunday we celebrated Good Shepherd Sunday. In this time many of us are experiencing uncertainty and anxiety. We have many questions about when our life will return to some normality. We are not used to not knowing what the immediate future holds or the inability to plan for the future; for us knowing equals security. The Gospel on Good Shepherd Sunday gives us consolation that we do not necessarily need to have all the answers and that we can put our trust in Jesus. Jesus tells us in the gospel that the sheep may not necessarily know where they are going but ‘...the sheep follow because they know his (my) voice’ (Jn 10:4). Jesus is saying to us, you may not know where I am leading you, but you do know that it is I that is leading you and that ‘...*anyone who enters through me will be safe*’ (Jn 10:9). The truth is, in Jesus we know enough to be courageous and trust in the Lord’s voice.

In the last line of the Gospel (Jn 10:10) Jesus states ‘*I have come so that they may have life and have it to the full*’. We take the first part of our College motto Live Fully from this passage in scripture. It has been humbling and with great joy to hear that many staff, students and their families have continued to strengthen and maintain a relationship with Christ through prayer (rosary, daily/weekly Mass online) whilst at home. It shows that we are a community that realises the *fullness* we

can obtain from a relationship with our Lord. I encourage staff, students and their families to continue to nurture their spirituality during this time.

Lastly, Good Shepherd Sunday is also traditionally the day we pray for religious vocations within the Church. We are asked to pray for, or to consider a vocation to the priesthood or consecrated life. We thank God for the gift of our priests, in particular those who have reached out to us during this time of not being able to physically celebrate Mass and participate in the Sacraments and many who have sacrificed their lives.

## Local Parish Masses Online

### St Catherine of Siena Parish, Caroline Springs

<https://www.youtube.com/channel/UCvYNhnHMm3Mzs5lzT9i-6gg>

### Sacred Heart/Emmaus Parish, St Albans

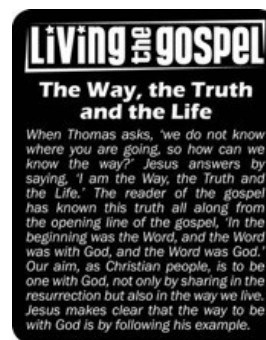
<https://www.youtube.com/channel/UCN-G9lQOotTeJbr8Jl-t12A>

### Resurrection Parish, Kings Park

<https://livestream.com/resurrection>

## Gospel Focus

Fifth Sunday of Easter Year A – John 14:1-12



*Gospel Focus*

**Mr Paul Sammut**  
**Mission and Faith Leader**

## Deputy Principal Wellbeing

Dr Michael Carr-Gregg is one of Australia's highest profile psychologists. He works in private practice at in Melbourne. and is a successful author, speaker, broadcaster and mental health advocate. Below is an abridged version of an article he has written lately regarding remote learning during the current health crisis.

It is an interesting article in that it reinforces many of the structures and advice already provided by our College, while adding a new layer of resources that parents and students can access. A link to the full article and Michael's official website is attached at the end of the article.

However, before you begin reading it, I would urge you to contact the College if you or your child is experiencing challenges and need support.



'The spread of the coronavirus has turned life upside down...Being a teenager is complicated even without a global pandemic in the mix, and this information is about helping young people navigate a new reality of remote schoolwork, lots of family time, and a ton of uncertainty about what happens next.

... The reality is that the coronavirus has turned many caregivers around the world into home-schoolers. This transition is daunting. It's unfamiliar.

... From a psychological point of view it is important, no matter their age, to provide **structure** ...The evidence so far from my clients whose schools have closed, is that the vast majority can learn to school themselves, as long as caregivers have set the groundwork to help them succeed. Home-schooling does not necessarily mean that the parent is the teacher - but they should provide structure.

Here are 5 points to bear in mind:

- ...Make a **daily schedule** ...Most traditional school programs incorporate some sort of lunch period and a recess in the morning and a home-school schedule should be no different.
- ... Set up a **discreet learning space** ...preferably not in a bedroom...all distracting mobile devices should be off...
- ...Supplementing their education with **other tools can help young people explore interests they don't have time for during the school year.** Caregivers can use a mix of free and paid sites like [Outschool.com](https://www.outschool.com), [ProdigyGame.com](https://www.prodigygame.com) and [KhanAcademy.org](https://www.khanacademy.org)
- ...While many young people have and will make a seamless transition to home-schooling, some may struggle-so acknowledging it is a stressful time for them and offering reassurance around **just doing their best** can be helpful...Use the mindfulness app [Smiling Mind](https://www.smilingmind.com) for just 10 minutes a day
- ...If possible **preparing lunch and recess snacks** for the school day should go on as per usual, so that the home-schooler don't just graze all day.

Lastly, social distancing is not the same as social isolation. Remember our sons and daughters can still engage in fun activities and experts say **being outdoors is a safe option**, so the schedule should include time for walking, running, or bike rides.

For students with **special needs**, many already have individualised education plans (IEPs) to help them succeed. While parents are an important part of developing these plans, they are generally not the ones who administer them. But in a homeschool environment, parents must run the show. If struggling, contact your school welfare staff for advice.

With respect to more family time, at a time when most young people are spreading their psychological wings, being away from friends and in some cases stuck at home can be difficult. What can adults do to maintain relationships? The key actions are to be understanding, acknowledge how hard things must be and offering support. Using humour, trying to resolve

conflicts quickly and doing a daily emotional check-in with regular family meetings - may help diffuse tensions.

Children aren't the only ones relegated to working from home in the immediate future. I recognise that many parents have been asked to do the same. This means that hundreds of thousands of mothers and fathers likely will be forced to balance home-schooling with their day-to-day responsibilities at work. We just need to try to do our best, whether we are teachers, parents or working professionals. There's no map for this journey that we're on.

Finally, the young people will take their lead from us. The responsible message is to let them know that as the adults in their life, we are **taking the coronavirus seriously but we are not panicking**. The truth is that history shows the Coronavirus will run its course. This is not the end of the world. The models predict that Corona virus will eventually peak - then the Australian public will stop working from home, start travelling again and economic activity will return.

### Key tips for young people:

- Be mindful of exposure to information through traditional and social media. Take a break from the 24-hour news cycle.
- Do things that make you feel physically and emotionally safe, and be with those who are helpful to your wellbeing
- Engage in activities that promote a sense of calm and feeling grounded
- Eat well, stay active, get enough sleep
- It can help to talk with a trusted adult if it all feels a bit much

### The 8 secrets of wellbeing and websites/apps that can help

1. If you can't change it, change the way you think about it ([ecouch](https://www.ecouch.com)/[this way up](https://www.thiswayup.com)/[moodgym](https://www.moodgym.com))
2. See life as it is, but focus on the good bits (**Three Good Things**)
3. If you want to feel good, do good (**The kindness app**)
4. When we are together, everything is better (**Happify**)
5. Be active, rest and relax (**Couch to 5K**)
6. There is more to life, when you stop and notice (**Headspace/Smiling Mind**)
7. Find time to lose yourself in what you love (**Blinklist**)
8. It helps to know what you are looking for (**Bucketlistly/Soon**)'

For the full article and more:

<http://michaelcarrgregg.com/resources-2>

**Richard Brodrick**  
**Deputy Principal Wellbeing**

## College Captains

The College Captains would love to once again congratulate the students, parents, and staff of the CRCCS community for their efforts in adapting to remote learning.

Since we are stuck at home due to the pandemic, we get that at this time you may find yourself bored, or in need of some things to do to keep yourself busy. So we thought we might share with you, as listed below, what we do to keep ourselves entertained, as you may find that during this period of isolation, you've got a bit of time on your hands. Hopefully you find them helpful!

### Janine – Deputy College Captain

- Go for walks with my family
- Listen to music
- Read bible verses or quotes that help keep me inspired
- Sitting outside and listen to the birds and wind
- Watch the clouds and guess what things they can be
- Texting or checking up on my friends
- Writing poems and lyrics
- Learning more techniques on the piano and guitar

### Jade – College Captain

- Video calling friends! It's the best way to ensure you keep connected during this period of isolation
- Board games with your family is also a great way of maintaining a sense of connectedness and a sense of normality during these times.

### Trista – Deputy College Captain

- After a day at school, or a day full of home activities it's a nice ending of the evening when I sit outside and catch the sunset when I can. It's a beautiful view and I can catch some fresh air.
- I love to play around with my pets, lying in the sun.
- As much as Netflix and tiktoks are fun to watch, it's good to take a break from the screen too, so I love to do some drawing and sketching to break up the strain

### Megan – Deputy College Captain

- Keeping contact with friends is the best thing to do for me so I am able to have some sort of normality at this time
- I love drawing and playing with my pets too
- Playing games with my family is also a good outlet
- I would highly recommend going for walks and keeping active. It helps me feel energised and is a good break from school work.

We get that it's an important time to remain connected more than ever and the leadership team are looking into ways we can. Don't be afraid to reach out at any time, to anyone,

Continue to do the fantastic work you already are,

God bless and stay safe,

**Jade S, Trista Z, Megan M and Janine S  
Captains 2020**

## Parents and Friends Association - A Parent's Perspective

Having been at home for seven weeks now, with two kids studying, I can say that it's been a blessing.

The school has definitely put into place the resources and support both students and parents have required in this time of difference, and never have we felt lost or uncertain as to what to do, or where we can find what we need.

The teachers have been available, and it has been great for the students to see that they too, have been pushed out of their comfort zone. It shows that teachers are 'human' to the students.

Living in a situation like this has brought our family even closer, as we have shared in learning time together as well as lunch times together. The simple act of our daily routines, shared in the same space for a duration of time, has given us an appreciation of education, family's needs, appreciation of our homes and of each other.

I know that when students re-enter the class rooms, they will have a new found view on their daily world, and know that it is the little things that do count after all.

For parents, some will miss the quality time that the home brought them, some will appreciate their free space again, but overall we will feel like a bonded community having shared in a once in a life time experience.

May we be kinder, more patient and more ambitious than ever!

**Margerat Zerafa  
Parents and Friends Member**

## Nationally Consistent Collection of Data (NCCD)

The Nationally Consistent Collection of Data on School Students with Disability (the national data collection) is an annual collection that counts the number of school students with disability and the level of reasonable educational adjustment with which they are provided.

The national data collection will count students who have been identified as receiving an adjustment to address a disability under the Disability Discrimination Act 1992 (the DDA). College funding in support of learners is determined by this collection and submission of data.

Further information, in both English and Arabic, are attached for parents.

## Mathematics Department

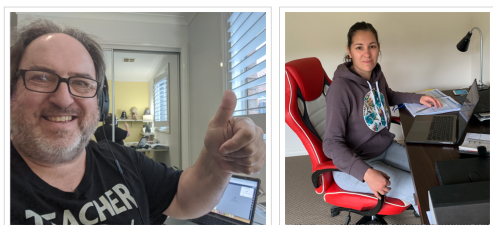
In last week's newsletter, I posted some photos of students completing online learning at home or at school. How inspiring it is for teachers to see how students have adapted themselves to a new way of learning. It surely gives teachers the confidence and courage to keep working hard, knowing that most of our students are too.

Students are learning in different spaces, while connecting with other students to discuss and complete work. They may be also seeking out assistance from siblings or other members of the family. We thank everyone for supporting our students with their online learning.

I would like to remind our students how important it is to take care of their wellbeing. Mathematics can be a challenging subject for some students and it may be harder for them while remote learning. Whilst students should be trying their best and asking for help when they need it, if they are tired or cannot understand a particular mathematical concept, maybe having a mind break and getting back to the problem later could help. Mathematics requires high level thinking, and so it might be a good idea to break up the work into smaller chunks which can be more manageable. I cannot stress enough that your child's Maths teacher is always willing to assist and guide students through this difficult period.

Finally, I'd like to share with you the new remote working spaces of some of our mathematics teachers!

**Ms Clara Cremona Millo**  
**Mathematics Learning Area Leader**



*Maths Remote Teaching*

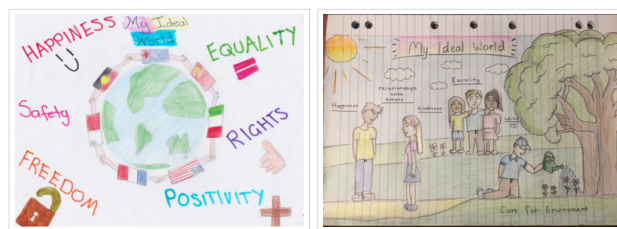
## Year 8 Religious Education

During the first weeks of remote learning during Term 2 students in Year 8 Religious Education classes have started to reflect on what the Kingdom of God means and to develop their understanding of an ideal world.

Students viewed different online clips and gave consideration to different ideas that were put forward as to what would create a more just world. Following this, students then created a timeline of events to understand the historical background to the Jewish belief of King and Kingdom. Student were able to submit their thoughts and reflections in various ways.

Well done to all year 8 RE students.

**Melinda Martinek**  
**Religious Education Teacher**

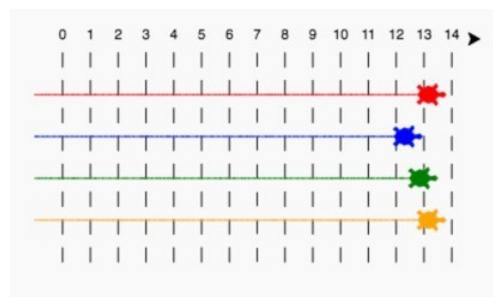


*Year 8 Religious Education*

## Year 9 Digital Technology

In Term 1, students were studying the Python programming language. Python is a language used extensively in industry and will set a useful platform for any students that feel they would like to pursue programming as a career.

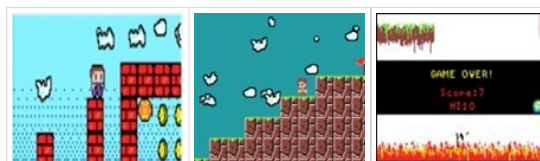
The first assessment was a Turtle Race using Python. Students created a race track, positioned the turtles at the start line and had them move at random speeds until one turtle crossed the finish line.



*Year 9 Digital Technology*

In Term 2, students have just started to learn MakeCode to create retro computer games. The programming can be in either block code or JavaScript. Programming is ideal for remote learning with students following video tutorials at their own pace with the opportunity to ask any questions of their teacher or fellow students in their class forum.

The images below show some of the types of games students will be producing.



*Year 9 Digital Technology*

**John Edwards**  
**Digital Technology Teacher**

## Visual Arts – Term One

Students were hard at work in the pottery and Art rooms.

Year 8 and Year 9 classes worked creatively by learning and applying hand built techniques for pottery. Year 8s created pinch pot animals, while the Year 9 students made their own house that displayed unique features of the students' own design.

Year 7 classes investigated the life and paintings of Vincent Van Gogh. They created their own prints using Van Gogh's 'Starry Night' and 'Sunflowers' as inspiration.

**Deborah Cooper**  
**Head of Visual Arts**



*Visual Arts*

## 2022 Enrolment for Year 7

Enrolment applications for 2022 Year 7 are now open. You can download the application form from our website. Applications close Friday 21 August 2020.

Parents who have children attending the College and have siblings in Year 5 will still need to complete an enrolment form.

## Finance Department

### School Fees

Payment plans for school fees are still available. Please download a direct debit form and return it to Reception at your earliest convenience.

### Camps Sports Excursions Fund

CSEF Applications are now open and will close on 26 June 2020.

### Who can Apply

To be eligible for the fund, a parent or legal guardian of a student attending a registered government or non-government Victorian primary or secondary school must:

- on the first day of Term 1, or on the first day of Term 2,
  - a) be an eligible beneficiary within the meaning of the State Concessions Act 2004, that is, be a holder of Veterans Affairs Gold Card or be an eligible Centrelink Health Care Card (HCC) or Pensioner Concession Card (PCC) holder, or
  - b) be a temporary foster parent, and;
  - c) submit an application to the school by the due date.

\* A special consideration eligibility category also exists. For more information, see:

<http://www.education.vic.gov.au/about/programs/Pages/csef.aspx>

### Year 9 & 10 Macbook Program

Year 9 & 10 Macbook program payment of \$490.00 is now overdue, If you have not paid for your child's 2020 Macbook please contact the College Finance department to arrange payment as soon as possible.

### 2021 Year 7 Macbook Program

Macbook program direct debits have commenced for Grade 6 students that have been accepted into Catholic Regional College Caroline Springs for 2021.

If you are having any problems with your direct debit or would still like to set up a payment plan please contact our Finance department.

The 2021 Macbook Program payment of \$1977 is due in full on **29 November 2020.**