FCJ COLLEGE





Newsletter



TERM 39 AUGUST 2024

Dear FCJ College community,

This week has been a busy time preparing for our upcoming Founder's Day, the day where we pause and remember the efforts that have gone into ensuring FCJ College can stand proud as the school it is today. It's a time for us to reflect on the wonderful contributions of the many FCJ sisters who have come before us, had a vision and brought that dream to life. Founder's Day gives us the chance to acknowledge that we stand on the shoulders of those who have come before us. We look forward to celebrating our past and powering on into the future.

Sacred Heart Tokyo Visitors

Over the past fortnight, our school has been blessed with the joy of hosting 22 students and 2 staff from Sacred Heart School in Tokyo. These visitors have brought a zest for life to our community and have embraced all the experiences presented to them over the course of their stay. I take this opportunity to publicly thank the wonderful families in our community who have opened their homes and their hearts to look after a Sacred Heart student and to give them a wonderful insight into Australian culture and life. This is a powerful learning experience for the Japanese students, but also for our FCJ College community and I'm grateful that we have so many people prepared to jump in and assist in any way possible.

Vision and Mission

As mentioned earlier this term, we have begun a process of review for our current identity statement, vision and graduate outcomes. We have had our staff and students involved in this process and we are ready to ask for your assistance. As key partners in the education of your children, we seek your involvement to ensure that FCJ College continues to offer the best educational opportunities and possibilities for your young people.

We would like to invite all our current families to participate in one of two workshops on offer – both on 4 September (the Parent Teacher Student Interview Day). We will host a face-to-face workshop at 12.30pm-1.30pm at FCJ College, and then an online workshop at 6.00pm-7.00pm that same evening. We are keen to hear from as many families as possible, so I'm asking you to see if one of these times might suit and to follow this link to express your interest in joining in this important conversation. LINK

Philippines Trivia Night

My thanks to Katie Breheny and Ally Vecht (both in Year 12) for their wonderful efforts to host the Philippines Trivia night last week. Single handedly they contacted businesses, wrote the questions, prepared all the paraphernalia and hosted the evening. With the support of our school and the broader Benalla community the trivia night was a huge success raising more than \$3,500 to support young members of the Malbago Village to access a college education. This is a mighty achievement, and they deserve all the plaudits they receive.

Sad news

This week our school received the sad news of the passing of Sr Ben fcJ. Sr Ben was a stalwart in the Benalla community and here at FCJ College, she played an important role in ensuring the financial and operational viability of the College over many years. She was a woman of faith and had a tireless commitment to social justice here and globally. Her funeral will take place at St Joseph's Church on Tuesday 13 August at 11am. May Sr Ben Rest in Peace.

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

August

15	Founder's Day
19	Round Robin 3
20	Year 10 OES – Cross Country Ski Day
23&24	School Production "Mary Poppins"
27	Year 9 OED - Mountain Biking etc

September

4	Student Free Day - Parent Teacher Interviews
5	Southern Ranges Athletics
6	Year II Formal – Year II Student Free Day
n n	Year 10 Holocaust Excursion
11-13	Year 9 Camp
20	Last Day Term 3

October

7 First day of Term 4



Vision & Mission Workshop

Wednesday 4th September 2024

12.30pm - 1.30pm (Face to Face Session) 6pm - 7pm (Online Session)

We invite our Parent and Guardian community to participate in an hour workshop with Shaun Mason and Joseph Mount. The aim of this workshop is to gather your suggestions for developing an FCJ College Identity Statement, Vision Statements and Graduate Outcomes. Within the workshop we will gather your suggestions and thoughts on your hopes, aspirations and direction for our school.

Please register your expression of interest by 28th August 2024.





TOMORROW TODAY TERTIARY STUDY SCHOLARSHIPS 2024

To provide encouragement and support for two FCJ College Benalla Year 12 students to pursue tertiary studies beyond Benalla.

This award will be to the value of \$2,000 payable to each student on confirmation of their enrolment in a recognised tertiary course.



tomorrowtoday.com.au

GUIDELINES FOR SELECTION

CONSIDERATIONS FOR SELECTION

You are a Year 12 student currently attending FCI College Benalla.



You reside in Benalla Rural City

Your identified potential for succes in your chosen tertiary course.

You are applying for a tertiary course (university or TAFE) once you've completed VCE, or within one year of completion.

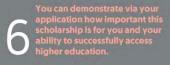
Your written application that addresses the guidelines to a high order.

You have performed to a good standard in Year 12.

An interview with the selection panel.

You have made a contribution to the school community or Benalla community in some way, through volunteering, sport and recreation, and/or paid part-time work.

Your academic achievement to date.





Tomorrow Today | Shop 10, 66 Nunn Street, Benalla, VIC 3672 | 03 5762 1211 | tomorrowtoday.com.au | ABN 90 610 420 123

APPLICATION PROCESS



Applications should be neatly hand-written or typed. Include your full name, phone number, email and home address.

Applications should address all key points outlined in the Year 12 Scholarship Application Requirements.

Applications must include a reference from one of the applicant's Year 12 teachers.

Applications must include information about the applicant's school and community involvement. This may include information about academic achievement, school interests and involvements, hobbies, paid part-time work or other interests.

Shortlisted applicants will be required to attend an interview held by a panel at FCJ College Benalla.

The successful applicant will be announced at the FCJ Awards night in December. They will also be invited to meet with representatives of Tomorrow Today to discuss other support available.

TIMELINE FOR APPLICANTS

Written application due:

Wednesday 18 September 2024

Interviews will be held:

between 7 - 11 October 2024

Please submit your application addressed to Guy Durance, Year 12 Learning Leader.

YEAR 12 SCHOLARSHIP

Please address the following points with as much detail as possible. Make sure to include your name, address, phone number and email address at the top of your application.

APPLICATION REQUIREMENTS

Attach your teacher's reference to your application. You are encouraged to bring any further evidence to support your application should you progress to the interview stage.

Submit to Guy Durance, Year 12 Learning Leader.

Your Year 12 subjects and progress to date.

Your intended tertiary studies (including tertiary institution/s).

Describe how you contribute to the school community or wider Benalla community.

How would this scholarship make a difference to your tertiary studies?

Due: Wednesday 18 September 2024

REMEMBERING SR. BEN: A LIFE OF SERVICE AND DEDICATION

Sr Mary Benedicta fcJ born Kathaleen Ann Quinlan 14/4/1942, known affectionately at school as Kaye and later Sr Ben.

She was the daughter of James and Mary Quinlan, a well-known Benalla family. Her father operated a "cobbler" business in Carrier Street for many years. Sr Ben, after leaving FCJ College, worked in the family shoe repair business until she entered the FCJ Community in 1962. She was a treasured sister of Denise, Pat (both deceased) Joy, Mary, Tony and Andrew.

Sr Ben spent time at Genazzano in charge of the boarders and was a founding member of the new FCJ Community at Stella Maris Frankston. After leaving Frankston, she served as community leader and the FCJ Province Bursar working from St Raphael's. Her last active ministry before returning to Benalla was for many years a valued pastoral care minister with Mercy Palliative Care in the western suburbs of Melbourne. She returned to Benalla and celebrated her 60th Jubilee at Cooinda Aged Care in 2023 where she remained until her passing on 6 August 2024.

May she rest in peace.











SACRED HEART TOKYO STUDENTS: A HEARTFELT CULTURAL EXCHANGE

Today we bid farewell to the students from Sacred Heart Tokyo who visited FCJ College for a two-week stay.

This visit was part of our long-standing relationship with Sacred Heart Tokyo. We extend a heartfelt thank you to our FCJ College families for hosting these students. We're sure the experience was enriching for everyone involved!







YEAR 12 AUSTRALIAN HISTORY



Students explored what a meal during the early 1940s looked and tasted like using only rations.







RMIT UNIVERSITY TOUR

Recently the Year 11 and 12 students had an amazing experience at RMIT City Campus! They attended a tutorial on the diverse opportunities RMIT offers, learning about their unique approach to combining university and TAFE education with strong industry connections.

The students also took part in a group challenge to navigate the city's landmarks and enjoyed lunch at Melbourne Central. A big thank you to the Tomorrow Today Foundation for making this enriching experience possible!







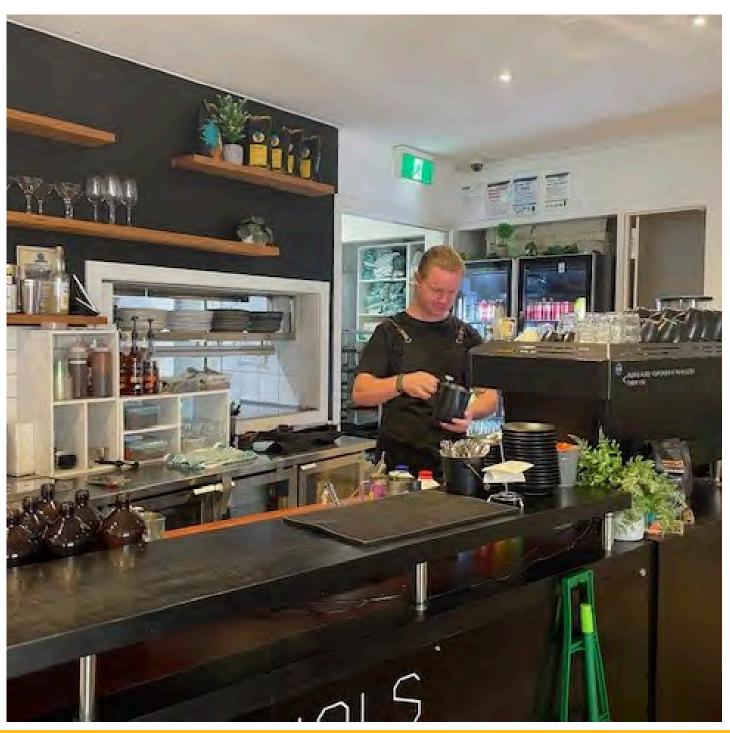


VPC STUDENTS SHINE IN WORK EXPERIENCE AT BENALLA ART GALLERY

The VPC students have embarked on an exciting work experience opportunity with Munro and Sargeant at the Benalla Art Gallery, made possible through a collaboration with North East LLN. This enriching program will culminate in a friendly competition among schools in the district.

We have four talented superstars participating, showcasing their creativity and dedication while gaining invaluable hands-on experience in the hospitality industry.

This opportunity not only enhances their skills but also fosters community engagement and social interactions.



YEAR 12 POSITIVE EDUCATION

Our Year 12 students had the invaluable opportunity to participate in a special presentation delivered by three members of our local Highway Patrol and the Youth Liaison Officer. The session was designed to educate students on critical topics related to road safety as they prepare to become probationary drivers.

The Highway Patrol officers covered a range of essential subjects, including the responsibilities that come with holding a probationary driver's license, the severe consequences of driving under the influence of alcohol and drugs and the often devastating impacts of road trauma. Their insights provided a real-world perspective that reinforced the importance of safe driving practices.

The students were highly engaged throughout the presentation, actively listening and asking relevant questions. Their curiosity and attentiveness highlighted their understanding of the importance of these issues as they prepare to navigate the roads as new drivers.

This session was not only informative but also a crucial step in helping our students become responsible and informed drivers. We extend our sincere thanks to the Highway Patrol members for their time and commitment to educating our students on such important topics.









EXPLORING HEALTH CAREERS: STUDENTS ATTEND NE HEALTH CAREERS FORUM

The NE Health Careers Forum was held this week at the Wangaratta Regional Study Centre of Charles Sturt University. The Health Industry is a growth area, providing a variety of employment opportunities that may involve study at TAFE or University.

The event showcased career pathways in the Health Industry and yesterday's event was opened by the Member for Indi, Helen Haines, who spoke of her wonderful career in health prior to becoming a politician.

Following the official opening, the whole group watched a simulation of an injured patient from accident, paramedic transport to the emergency department. Across the day students attended four small group workshops of their choice from Paramedicine, Nursing & Midwifery, Allied Health, Medicine, Mental Health and another real life simulation. We finished the day with a Q&A session with four current university students as panel members.

This event has provided our students with first-hand knowledge from industry experts on a real day and the daily tasks they perform, whether they work solely or in a team and possible study pathways from TAFE to University.







NUMBERS, NUMBERS EVERYWHERE PROJECT RECOGNITION

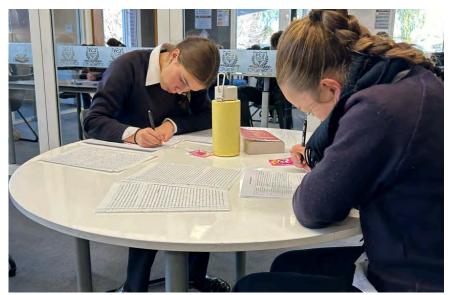
Janene Humphries and Rachael Heywood from Tomorrow Today visited our Year 7 combined Pastoral Group to present certificates to the students who participated in the Numbers, Numbers Everywhere community project.

The games that the Year 7s developed for the young children at Tomorrow Today have now been passed on to a kindergarten here in Benalla.

Well done, Year 7 students! You have made a big difference to many little lives.



PBL NOVEL STUDY ESSAY



Our Year 9 students have been diligently planning and preparing for their novel study essay this term. Each student studied a book centred on the experiences of refugees as part of our unit of work on Laws and Citizenship.

Last Thursday, the students completed their assessments, and we are incredibly proud of the effort and dedication they demonstrated. Their hard work reflects a deep engagement with the material and a growing understanding of the complex realities faced by refugees.

Well done, Year 9!

Well done Georgia Bolton!!

Year 12 student, Georgia Bolton, competed at the Junior National Mogul Championships at Mt Buller on 3 August. After qualifying in P2 for the final, she cleaned up her 2nd run to claim victory under lights on Chamois Run Mt Buller supported by friends and family.

Georgia will also be representing FCJ College at the Interschool Snowsports Championships in Moguls and Slopestyle on 23 August at Mt Buller.





Year 12 Australian History Students Explore Melbourne's Past



On Tuesday, our Year 12 Australian History classes had the opportunity to travel to Melbourne and visit the Old Treasury Building and the Melbourne Museum. At the Treasury, we had an amazing tour guide called Jackie who was very enthusiastic about history and had great knowledge about the subject. There we learned about the development of Melbourne, Indigenous people and John Batman, women's role on the home front during the war and conscription, which was very interesting as there was propaganda posters all over the walls that we got to look at.

The building itself was very historical and we were surprised to learn it was designed by a 19 year old architect many years ago. At the Melbourne Museum, we had the chance to see an exhibition dedicated to Melbourne's development, where some of the highlights were a cottage designed to replicate a slum house, old household items used in the kitchen and living rooms such as an old television and all the information about Australia's involvement in the war. Our free time at the museum was also very fun and the day was a really enjoyable learning experience.

- Darcie Spokes











7X FELT PLUSHIES

I'm very satisfied with my work. The result was awesome. - Brianna

I think it looks great for my first time. - Callum

I am very happy and proud of my work because it was what I was trying to make. - Cooper I enjoyed making the lama and I'm happy with my choice. - Emily

I am proud of my work because this is my first time doing felt plushie. Grace

I am satisfied as it was fun to create, and the finished product is what I was aiming for. - Katie

I learned how to do a French Glove Stitch and Blanket Stitch. - Rowena

I am extremely satisfied with my Felt Plushie. - Thomas



























A successful day at Hume Table Tennis coming a close second behind Wodonga SSC





SCIENCE





















A MUSICAL BASED ON THE STORIES OF P.L. TRAVERS
AND THE WALT DISNEY FILM

ORIGINAL MUSIC AND LYRICS BY
RICHARD M. SHERMAN AND ROBERT B. SHERMAN

BOOK BY
JULIAN FELLOWES

NEW SONGS AND ADDITIONAL MUSIC AND LYRICS BY
GEORGE STILES AND ANTHONY DREWE

CO-CREATED BY
CAMERON MACKINTOSH

LICENSED EXCLUSIVELY BY MUSIC THEATRE INTERNATIONAL (AUSTRALASIA).





AUGUST 23 & 24 2024 | 6:30PM BPACC BENALLA



9th August, 2024

Library Olympics

It comes around once every four years! The competitors train hard, brim with excitement and are a bundle of nerves! Yes! It's the Library Olympics.

Our Year 7 cohort are fortunate enough to compete in the most anticipated Library event of the season. It involves three rounds of undeniable effort, intrigue and most of all- FUN!!! Round one is what I like to dub the "Library round", where competitors must answer library related questions in an effort to advance to the next round. This next round is the "Olympics round", where those that have advanced will have to delve deep into their Olympic knowledge and answer questions such as "name an Australian Olympic host city" and "what do the five colours on the Olympic flag reference?". Ultimately we end up with three fierce competitors who advance to the pen-ultimate round- "The Race around the Library". A hotly contested round where competitors are put through their paces in three spine-tingling events which include genre sorting, match the Olympian with their name and the reconstruction of the Olympic Flag! This is enough to make that event in Paris look like Childs play!!! At the end of the day we are left with one winner from each class who takes home a goody bag of prizes as well as the coveted GOLD MEDAL! Lots of fun had by competitors and spectators- Well done all!













2024 SPRING COMPETITION

Juniors Starting

Tuesday 20th of August

Net Set Go Starting

Tuesday 27th of August





Registrations close 16/08/2024

REGISTRATION DAY SUNDAY 8TH SEPT 12.30pm start



Register on the day, or an expression of interest to play

All Age Groups

Message the club for more information

MEET THE COACHES

BBQ lunch available BENALLA GARDENS OVAL

Training to be held for juniors both new and returning

Parenting Programs - Term 3 2024

*There is no cost to attend these programs

NetSetGo



Location	Program	Duration	When	Where	Register
Wotens	Mother Goose (0 - 2 years)	Full Term	Wednesdays In School terms 10:30 am 11:30 am	Gateway Health 155 High St Wodonga	Scan the QR code to register
Westings	Tuning In to Kids Emotional intelligent parenting	5 weeks	Wednesdays August 7 - 28 9.30am - 11.30am	Gateway Health 155 High St Wodonga	Scan the QR code to register
Online	Tuning in to Teens Emotionally intelligent parenting (10 years and over)	6 weeks	Mondays August 5 - September 2 7pm - 9pm	Online	Scan the QR code to register
Online	Raising Resilient Children	2 hours	Monday August 19, 2024 7pm - 9pm	Online	Scan the QR code to register
Lavington	Mother Goose (0 - 2 years)	Full Term	Mondays In School Terms 10.30am - 11.30am	Orana Community Centre 40 Cardo Dr Springdale Heights	Scan the QR code to register
Benalla	Dads Tuning in to Kids	5 weeks	Tuesdays July 30 - September 3 2024 5.30pm - 7,30pm	Tomorrow Today Shop 1, 66 Nunn St Benalla	Scan the QR code to register



Benalla Basketball has an upcoming Domestic competition & we need new, existing & past players back playing our great game.

If this is, please scan the QR code.



Domestic Competition

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

Contact Information
If you have any questions, please reach out to the Gateway Health parenting team at 0457 279 796 or email parenting@gatewayhealth.org.au

Winter Wonderland Ice Skating

Experience winter wonderland fun with an ice-skating rink featuring inflatable surrounds and penguin trolleys for kids. This event will be fun for the whole family with Extreme Cloud Snowboarding experience, photobooth, hot chocolate, live entertainment and more.

Nagambie Ice Skating

Sat 3rd August | 11am - 7pm Sun 4th August | 11am - 4pm Jacobsons Outlook, High Street, Nagambie

Avenel Ice Skating

Sat 10th August | 11am - 7pm Sun 11th August | 11am - 4pm Jubilee Park, Avenel

Euroa Ice Skating

Sat 24th August | 11am - 7pm Sun 25th August | 11am - 4pm Binney Street, Euroa

Bookings essential: https://tinyurl.com/ssc-winter-wonderland



For more information contact Council on 1800 065 993 or visit www.strathbogie.vic.gov.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

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

Referrals through ACSO Intake

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

If you would like more information, please contact:

VORS Co-ordinator Kerry Osborne

Mind Connect 1300 286 463 Carer Helpline

1300 554 550

ACCREDITED

M: 0456 748 806 E: kerry.osborne@mindaustralia.org.au YORS Co-ordinator Peer Practitioner M: 0456 742 144

E: rachel.lawrowicz@mindaustralia.org.au Areas covered:



Youth Outreach Recovery Support 5/8-10 London Road Wadonga VIC 3690 p 1500 266 463 w mindaustralia.org au

Minn Australia Limited ADN 22 005 053 589



AUTISTIC ADHD TEEN?

PEERs is a social skills program for the enrichements of relational skills and to build confidence in making and keeping friends. It has been individuals 13-17 who identify as autistic, adhd, or experience social anxiety or challenges with making friends.

WHAT IS COVERED

CONTACT:

PEERs Facilitator

0411 845 180

Brenda Spilva - Accredited

brendaspilva@gmail.com



PROGRAM

PEERs is a 13 week group program and also includes a social coaching group for parents or caregivers

CANTUSENDIS?

Yes! Most likely if you have Capacity Building Funding or specific funds allocated for a social skills program. We can help you confirm

WHEN AND WHERE

Kidsplus HQ - 49 Ryley Street Wangaratta

13 week program

Commencing 21st August 2024

5.15pm - 6.30pm

WANT MORE INFORMATION?

Call or email to book an intake session and we can discuss the program with you in more detail.



Autism online workshop for parents & carers **National**

Join us for an online workshop where you will have the opportunity to listen. share and learn with parents and carers who support young autistic people from across Australia.



Session 1: Diversity of autism 17 September, 2024 12:00pm - 1:30pm (AEST)



For more information and to register, scan the QR code or click here.



Understanding sensory processing 24 September, 2024 12:00pm - 1:30pm (AEST)



For more information and to register, scan the QR code or click here.



2 Workshop sessions

Learn more about autism and ways to strengthen the partnership between home and school.

- This series of 2 workshops will be held online via Zoom.
- The sessions are stand alone, but complement each other.
- Each session has a separate registration. You can register for
- These workshops are interactive
- If you plan to invite others to watch this session with you, they must register via the website to receive a certificate.

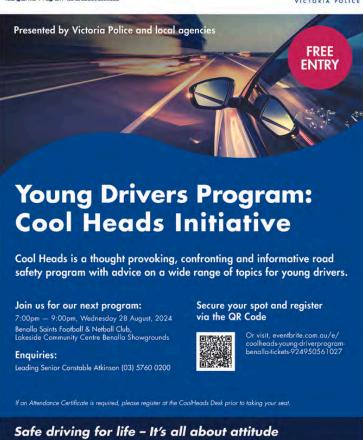
For enquiries email Rebecca Wahlsten: rwahlsten@positivepartnerships.com.au











Ensign

CoolHeads is a thought provoking, confronting and informative road safety program with advice on a wide range of topics for young drivers. The event is to help young drivers recognise poor behaviour and help prevent further trauma on our roads. The program is not about teaching our youth how to drive; it is about highlighting the real consequences of distraction and risk taking while driving. The death or serious injury of local young people on our roads has had a devastating impact on families and ripples out to friends, local communities, schools and sporting clubs. It is designed to improve the attitude of young drivers towards driving on our roads.

The program challenges drivers, before it is too late, to take the opportunity to make important decisions about their attitudes to driving. The reality is that 16-25 year old drivers have the highest risk of being killed or seriously injured on our roads. CoolHeads focusses the audience's attention on the devastating impact that road trauma has on the lives of so many. It aims to motivate all drivers to reduce driver distraction each time they get behind the steering wheel or in a passenger seat and consider, if even for a moment, "It could happen to me".

CoolHeads – Young Driver Program Wednesday 28th August 2024

Time: 7-9 pm

Benalla Lakeside Community Centre- Benalla Showgrounds

Register via the QR code or online at

<u> CoolHeads Young Driver Program - Benalla Tickets, Wed, Aug 28, 2024 at</u>

7:00 PM | Eventbrite

https://www.eventbrite.com.au/e/coolheads-young-driver-program-

benalla-tickets-924950561027

