FCJ COLLEGE





Newsletter



TERM 323 AUGUST 2024

Dear FCJ College community,

As the Olympics drew to a close last week there is always a great deal of reflection about what has just happened, how many wonderful stories from across the world take place all in that one space and one fortnight in time. While many people are talking about Raygun and Noah Lyles or even skateboarding or the amazing swimmers, one story that I keep coming back to is that of Australian discus thrower, Matthew Denny. This story struck me, one of many no doubt, about the characteristic of courage and confidence displayed by the athletes at the Olympics. This was Matthew's third Olympics. In 2016, Rio de Janeiro he failed to qualify for the final. In 2021, in Tokyo, Matthew finished 4th overall, missing out on a bronze medal by 0.05m. But, in 2024, Matthew won the bronze medal with a throw that was one of the longest in Olympics history. I saw Matthew interviewed on TV after his third-place win, and he was overjoyed. If you didn't know, you would have sworn he had won the gold medal. I love that this story is about competing against yourself, courage and confidence to keep showing up, to keep training, to keep believing in yourself and your own abilities.

There is much in this example for the young people in our care as well. How often would it be easy for them to not turn up, to not complete that homework, to not prepare for that test. To settle with 4th place. To not keep pushing themselves. It takes courage and it takes a healthy sense of confidence to believe you can be better, can do better and it is my hope for all in our community that they know they have a supporter in me, cheering them on to always push themselves to be and do better.

As a community, we are a better place when we're all performing at our best. We need to support each other, to give them confidence to keep turning up, to keep getting that feedback, and to keep learning. So, thank you Matthew Denny and all the inspiring athletes for reminding us of what hard work and commitment looks like, and that it might not always happen the first time, nor the second, and perhaps not even the third. But to have the courage and the confidence to believe it will happen. At some point.

Mary Poppins

Well tonight is the night! We kick off our fabulous production of Mary Poppins at BPACC. There are still some tickets available for the show tonight and tomorrow (Saturday 24 August) and these can be purchased at the door. We wish Guy Durance, Steph Symes and the whole cast and crew of Mary Poppins all the best for a wonderful weekend of performances. Chookas!

Sad News

We received some sad news this week about the passing of former student and foster daughter of Cath Burton, Jemma Armstrong (class of 2020). We keep Jemma, all who loved her, and especially the Burton family in our prayers at this terribly sad time. May Jemma rest in peace.

If you need help, help is available, please call Lifeline on 13 11 14 or Kids Helpline on 1800 55 1800.

Uniform

As previously mentioned in this newsletter, we are thrilled to announce our new uniform provider, Noone is now operating out of the uniform shop. We will soon be seeking some input from families on some potential changes to our uniform items and look forward to engaging with you in this process.

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.

ANNIE'S GIFT TO SACRED HEART FRIENDS

Annie devoted her weekend to making 22 friendship bracelets, warmly welcoming the Japanese students from Tokyo with a heartfelt gesture of friendship.



What's On

August

27	Year 9 OED - Mountain Biking etc
30	Wear it Purple Day

September

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

October

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.

You can demonstrate via your application how important this scholarship is for you and your ability to successfully access higher education.



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
APPLICATION REQUIREMENTS

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.

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

UNIT 4 OES STUDENTS TAKE ON FALLS CREEK: A TWO-DAY WINTER ADVENTURE

Our Unit 4 Outdoor and Environmental Studies class recently had an amazing two-day adventure at Falls Creek.

On day one, students challenged themselves with cross-country skiing, exploring the stunning winter landscapes.

Day two brought the thrill of downhill skiing, where they got to experience the exhilaration of the slopes.













SOPHIE HAMMOND RECEIVES PRESTIGIOUS BISHOP JOE GRECH YOUTH SCHOLARSHIP

Congratulations to FCJ College student Sophie Hammond, who was announced as a recipient of the prestigious Bishop Joe Grech Youth Scholarship.

Sophie, alongside other students from the Sandhurst Diocese, was recognised for her exceptional leadership, commitment to faith, and dedication to social justice. Named in honour of former Bishop of Sandhurst, Bishop Joe Grech, this award celebrates those who embody these outstanding qualities.



FCJ TEAMS SHOW RESILIENCE AT HUME NETBALL CHALLENGE

Hume netball was a tough challenge for all our teams. The senior boys tried gallantly all day, played with the 7 players only and came away with second place.

Year 7 girls tried hard in all their games however, the strength of the other teams was too good. The girls came home with one win for the day.

Year 9 and 12 girls had a big job ahead of them for the day, also playing against strong teams from Wangaratta and Wodonga, just to mention a couple. With some injuries being taken into the day, the girls fought hard and contested well.

Overall a fun day with some very good netball being played. Well done to the players who represented FCJ College and thank you to the staff who accompanied the teams.









POLICE TALKS ON HEALTHY RELATIONSHIPS, CONSENT AND ONLINE BEHAVIOURS

Wade Spokes and Lisa Atkinson from Benalla Police spoke with Year levels 8 to 12 on Monday 12 August. They spoke about healthy and respectful relationships online and face to face through the lens of treat others the way you want to be treated. Other topics included: consent, sending and receiving images online, sexploitation, looking after your mates at parties and very importantly the laws surrounding all these issues.

Both Lisa and Wade welcomed questions and strongly encouraged all students to tell a trusted adult about any concerns they may have in the online and physical space.

We thank both Lisa and Wade for their time, expertise and willingness to engage in discussion with our students. A resource that Benalla Police utilised and recommend for future use is attached here: https://www.thinkuknow.org.au/



EXPLORING BIOLOGY AND PSYCHOLOGY: A VISIT TO KYABRAM FAUNA PARK

Students from the Unit 1-4 Biology and Psychology classes visited Kyabram Fauna Park to explore biological concepts and the ethical considerations surrounding the conservation and management of land and animals. The Unit 2 Biology students focused on the unique adaptations that allow kangaroos to survive in arid environments. Meanwhile, Unit 4 Biology students delved into evolutionary biology by examining how possums have evolved from their ancestors, specifically through changes in skull structures. The Unit 2 and 4 Psychology students investigated the five domains of animal welfare and assessed how Zoos Victoria upholds these standards to ensure that animals are protected and able to thrive in captivity.







BUDDY TACTICS

Our Year 7 and 12 students met with their buddies to strategise for the Founder's Day races. They had a great time sharing ideas while enjoying ice cream in the sunshine.









PBL WW1 MEMORIAL BOX

In our Project-Based Learning (PBL) unit on World War I, students recently began their exploration with an in-class museum exhibition. The exhibition, provided by The Albury Museum, featured a collection of real and replica uniforms, equipment, and artefacts.

To deepen their understanding, students completed a booklet filled with questions designed to encourage critical thinking and analysis of the items on display. They also engaged with the materials by scanning QR codes, which gave them access to detailed information about each artefact.





ROUND ROBIN 3

Year 7 girls basketball were undefeated for all three games.



Poppy and Ariel were defeated in the finals.



Basketball - girls came runners up and the boys came third.





Year 9-10 Dodge Ball







Wear it Purple Day is coming up on Friday, 30th August 2024!

What is Wear it Purple Day?

Wear it Purple Day is an annual event that celebrates and supports LGBTQIA+ youth. This important day was established to foster safe, empowering, and inclusive environments for young people of diverse sexualities and gender identities. By wearing a touch of purple, we show our commitment to ensuring that every student feels valued, accepted, and free to be themselves without fear of discrimination.

How You Can Get Involved:

Wear a touch of Purple: On Friday 30th August, we encourage everyone to wear a touch of purple to show their support for LGBTQIA+ youth and to help raise awareness about the importance of inclusivity and acceptance.

Spread the Word: Share the message of Wear it Purple Day with your friends, family, and social networks. Let's work together to create a community where everyone feels safe and celebrated.

Learn and Reflect: Take the time to educate yourself about LGBTQIA+ issues and consider how you can contribute to a more inclusive and supportive school environment.

We look forward to seeing our school community come together to celebrate diversity and inclusion on Wear it Purple Day!

Thank you for your continued support.

































THE BROADWAY MUSICAL

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





AUGUST 23 & 24 2024 | 6:30PM

BPACC BENALLA



23rd August, 2024



For those of us not connected to a primary school we may not have known that book week is here! This year's theme is "Reading is Magic" and is a fabulous reminder that reading can take us to places that reality can't! There is nothing better than getting lost in a great read, finding something unexpected or solving a crime that has many twists and turns. Many of us start a book but fail to see it through to it's conclusion! We need to persist and indeed unlock the magic!

Book week banner hanging in the library, 2024







AND THE WINNER IS...?

Older reader: **Grace notes** by

Karen Comer

Younger readers: Scar Town

By Tristan Bancks





Registrations close 16/08/2024

REGISTRATION DAY SUNDAY 8TH SEPT



12.38pm start

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

All Age Groups

MEET THE COACHES

BBQ lunch available BENALLA GARDENS OVAL

Training to be held for juniors both new and returning

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

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

TEEN?

Parenting Programs - Term 3 2024

gateway health

"There is no cost to attend these programs

Location	Program	Duration	When	Where	Register
Worker	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
Winsenga	Tuning in to Kids Emotional intelligent parenting	5 weeks	Wednesdays August 7 - 28 9:30am - 11.30am	Sateway 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	Mather Goose (0 - 2 years)	Full Term	Mondays in School Terms 10:30am - 13:30am	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 1

Contact Information

If you have any questions, please reach out to the Gateway Health parenting team at D457 279 798 or email parenting@gatewayhealth.org.au



WHEN AND WHERE

CONTACT: PEERs Facilitator 0411 845 180

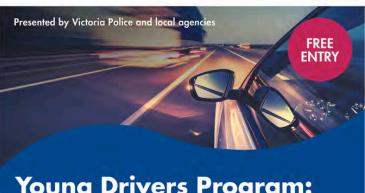
- Kidsplus HQ 49 Ryley Street Wangaratta Commencing 21st August 2024
 - 13 week program



WANTMORE INFORMATION?







Young Drivers Program: Cool Heads Initiative

Cool Heads is a thought provoking, confronting and informative road safety program with advice on a wide range of topics for young drivers.

Join us for our next program:

7:00pm — 9:00pm, Wednesday 28 August, 2024 Benalla Saints Football & Netball Club, Lakeside Community Centre Benalla Showgrounds

Enquiries:

Leading Senior Constable Atkinson (03) 5760 0200

Secure your spot and register via the QR Code



eads-young-driverprogram lla-tickets-924950561027

If an Attendance Certificate is required, please register at the CoolHeads Desk prior to taking your seat.

Safe driving for life - It's all about attitude



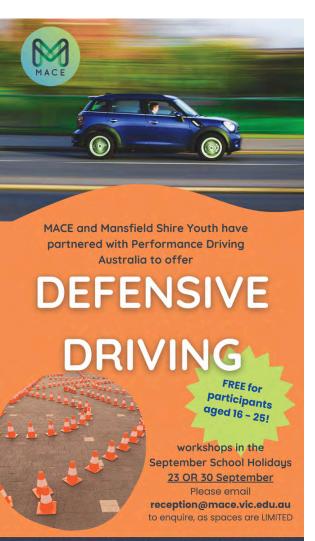












CoolHeads is a thought provoking, confronting and informative road safety program with advice on a wide range of topics for young drivers. The event is to help young drivers recognise poor behaviour and help prevent further trauma on our roads. The program is not about teaching our youth how to drive; 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

CoolHeads Young Driver Program - Benalla Tickets, Wed, Aug 28, 2024 at

7:00 PM | Eventbrite

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

benalla-tickets-924950561027



University of Melbourne Dookie Campus Tour and **DiGS Information Session**

Time: 5pm-8:30pm

Date: Thursday 5 September 2024

All students and their families are invited to come explore University of Melbourne's Dookie Campus - just half an hour from Shepparton.

Learn about the Diploma in General Studies (DiGS), hear from teachers and students, visit campus accommodation and share a halal BBQ dinner together. Free Bus departing from Greater Shepparton Secondary College at 5:00PM returning approximately 8:30PM. Support available in your first language. Please book your ticket, bus and language support through the link or QR code below. If you need help booking, please contact a CHE or details below.



go.unimelb.edu.au/x9o8

For more information please contact Kate Radevski on

kate.radevski@unimelb.edu.au or 0447 215 845





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 VODS

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: mhcu@scio.org.au W: www.acso.org.au

If you would like more information, please contact:

YORS Co-ordinator Kerry Osborne M: 0456 748 806

Mind Connect 1300 286 463

1300 554 550

ACCREDITED

E: kerry.osborne@mindaustralia.org.au

YORS Co-ordinator Peer Practitioner

M: 0456 742 144

E: rachel.lawrowicz@mindaustralia.org.au

Areas covered:



Yeuth Outreach Recovery Support.
5/8-10 London Road
Wadonga VIC 3890.
p 1300 266 463
e mindkonnect@mindaustralia.org.au
w mindaustralia.org.au

(Alimi Australia Limited ABN 22 005 059 589



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.



Session 2: Understanding sensory processing 24 September, 2024 12:00pm - 1:30pm (AEST)



For more information and to register, scan the QR code or click <u>here.</u>

Free workshop



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 one or both.
- These workshops are interactive online sessions.
- 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



Positive Partnerships is funded by the Australian Government Department of Education. The views expressed within this program