



TERM 3 20 SEPTEMBER 2024

Dear FCJ College community,

Last week I had the pleasure of attending the Year 9 Camp at Happy Valley. It was a joy to spend some time with these fine young people as they were experiencing obstacles and activities that were pushing them far beyond their comfort zone. It made me pause and consider the courage and confidence that they were demonstrating in their actions.

For some of them, no doubt, attending camp in the first place may have been a real challenge. Then there were the activities that were designed to challenge them and make them feel uncomfortable. They reflected on these challenges, and many of them saw how they felt buoyant once the challenge was complete, and they had achieved far more than they thought possible. This is so true for all aspects of life. There are many challenges in our day-to-day activities that we think we cannot possibly overcome. However, when time moves on, so too does our perspective, and we look at things with new insight and a fresh outlook, and those things that seemed insurmountable, all of a sudden appear possible.

I want to thank the Year 9s and their amazing team of staff who accompanied them, for embracing our College theme of Courage and Confidence and reminding all of us of what is possible when we have a support crew and people helping and encouraging us along the way.

Year 12s

Our Year 12s are heading into the most important part of their year over the break, as they continue preparing for their exams. Our VCE students will have their trial exams when school returns in Term 4, in readiness for the actual VCAA exams. We wish them well as they study, revise and prepare for this exciting time.

For our VCEVM and non-scored students, they will be finalising their work requirements very shortly and finishing up their formal education. We wish them well as they embark on the exciting adventures of life beyond school. We can't wait to celebrate with them at the Year 12 Valedictory Mass and Dinner in November.

I trust that all of you have a safe and restful break. I hope that the students find some time to slow down, and really stop and enjoy this beautiful part of the world we live in. If you're travelling, please take care, and we'll see you all back for a busy Term 4 on Tuesday 8 October.

Go well,

Shaun Mason
Principal

All students enrolled, and any child visiting FCJ College, have a right to feel safe and be safe. The wellbeing of children in our care will always be our first priority and we have zero tolerance to child abuse. We aim to create a child safe and child friendly environment where children feel safe and are free to enjoy life to the full without any concern for their safety.

PROTECT

Everyone has the right to be safe and be protected from abuse.

No one should behave in a way that makes you feel unsafe or afraid, including anyone in your family, anyone at school or anywhere else in the community.

Tell a teacher or any adult at your school if you feel unsafe.



It's everyone's responsibility.

Adults at school must listen and respond to concerns about child abuse.

If you suspect abuse of any child or young person, you have a responsibility to report it, even if you are not sure.

Further information & resources
www.education.vic.gov.au/protect



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>

What's On

October

7	Student Free Day – Staff Professional Learning
8	First day Term 4 for students
14	Catch up vaccinations (only for students who missed out in June (Yr 7&10))
29–30	Year 9 OED – Warby's Overnight Camp

November

1	Student Free Day – Staff Professional Learning
4	Student Free Day
5	Student Free Day – Melbourne Cup Day
19–21	U20ES – Coastal Surf Trip
21	Year 12 Valedictory Mass & Dinner
26	Grade 5 Discovery Day
27	Year 11 Student Free Day
28	Year 11 Feedback Day
29	Student Free Day – Staff Professional Practice Day (Headstart Preparation)

School Immunisation Program: FCJ College Benalla

School vaccinations are being conducted at this school on **Monday 14 October 2024**.

The following vaccines will be offered on this day:

YEAR LEVEL	VACCINES OFFERED
YEAR 7 STUDENTS Catch up for students who were not vaccinated earlier in the year	Human Papilloma Virus (HPV) 1 Dose only Diphtheria, Tetanus and Pertussis 1 Dose only
YEAR 10 STUDENTS Catch up for students who were not vaccinated earlier in the year	Meningococcal ACWY 1 Dose only

These vaccinations are funded as part of the Victorian Secondary School Vaccination Program. Should your child miss out on starting their vaccination course this year they may not be eligible to receive them for free in subsequent years.

A vaccination program was held earlier in the year for Year 7 and 10 students. If your child was vaccinated as part of this program **you do not need to do anything further**. However if your child was not vaccinated as part of this program and you would like them to receive vaccination, please provide online consent for vaccination using the link provided as per the instructions below. If you have not previously returned consent for your child and **DO NOT** wish to have your child vaccinated or if your child has **already been vaccinated elsewhere**, please select the relevant **NO Denied consent** fields using the link provided, as per the instructions below (Not required for parents of Year 7 or 10 students who returned a consent earlier in the year). Please complete the online consent process as soon as possible as vaccination cannot proceed without consent.

How to provide online consent for vaccination for Year 7 students - ONLY complete if you did not provide consent for Year 7 vaccinations earlier in the Year (Please note that your child may have already received their Year 7 vaccinations, during a previous vaccination program earlier in the year) :

To complete online consent for your Year 7 child's school vaccinations, click on the following link Yr 7 – <https://portal.cirv.vic.gov.au//PrivacyCollection/?id=3759e25a-6a6e-ef11-a670-6045bd3f09a6&Year7>

How to provide online consent for vaccination for Year 10 students - ONLY complete if you did not provide consent for Year 10 vaccinations earlier in the year (Please note that your child may have already received their Year 10 vaccinations, during a previous vaccination program earlier in the year) :

To complete online consent for your Year 10 child's school vaccinations, click on the following link Yr 10 – <https://portal.cirv.vic.gov.au//PrivacyCollection/?id=daceb35b-6a6e-ef11-a670-000d3a79e2bf&Year10>

Once in the portal, you will be able to view information about the vaccine/s being offered as part of the school vaccination program.

1. Once in the portal, click next.
2. Enter your mobile number.
3. You will receive a text message with a 6 digit code – enter this code on the screen.
4. Confirm your child's school and Year level.

5. In the student details section, enter your child's:
 - Firstname
 - Surname
 - Gender
 - Date of birth
 - Medicare number
 - Position on the medicare card
 - Indigenous status
 - Address
6. Click next.
7. Provide consent for the vaccine/s. Click edit. Select yes granted, if you would like your child to receive the vaccine/s at school OR no denied, if you would NOT like your child to receive the vaccine/s at school.
8. As parent/consenter enter your details as follows:
 - Firstname
 - Surname
 - Relationship to student
 - Mobile number
 - Email
 - Click next
9. Review the Pre-Immunisation checklist and enter any pre-existing medical conditions, severe allergies or previous reactions to vaccination. If nothing to note, leave blank.
10. Click next
11. Review all entered information and ensure it is correct.
12. Click confirm at the bottom of the screen.
13. You will receive a confirmation email. Please keep this email as it has your confirmation code which you may need to amend or change the consent you provided.

The benefits of providing consent online:

- receive SMS and/or email notifications when vaccinations are given
- faster upload of vaccination records to the Australian Immunisation Register (AIR).

If your child is to be vaccinated at school, please ensure they are wearing their sports uniform and have eaten breakfast on the day.

Parents/guardians who wish to withdraw their consent for any reason may do so by emailing or phoning the school, and Council's Immunisation Team on immunise@wodonga.vic.gov.au **before** the vaccination day.

If you have any enquiries about the program or your child's vaccinations, please contact Wodonga Council's Immunisation Team on 1800 655 360.

YEAR 8 FIRST NATIONS CLASS EXPLORES BENALLA ON COLONISATION WALK

The Year 8 First Nations classes joined with Michael and Troy from our local Catholic Education Office on a colonisation walk around Benalla. They explored the use of non-native plants in the development of our local parks, the significance of memorials and the Aboriginal Garden.



GEORGIA CROWNED NATIONAL CHAMPION AT AUSTRALIAN SNOWSPORT CHAMPIONSHIPS

On Friday 23 August, Georgia Bolton represented FCJ College in the Victorian Snowsport Championships at Mt Buller where she placed 1st in both Female Division 1 (years 11&12) Moguls and Slopestyle becoming Victorian State Champion in both events which qualified her to represent FCJ College at the Australian Snowsport Championships at Perisher Valley NSW.

On Thursday 5 September, Georgia represented FCJ College in slopestyle at the Australian Snowsport Championships at Perisher Valley where she placed 5th against a tough field in her non preferred event.

On the following Saturday she placed 1st in Female Division 1 Moguls winning by a margin of 5 points becoming the national champion.





1. Ask



2. Listen



3. Encourage action



4. Check in



Thursday 12 September FCJ College celebrated R U OK? Day. Our annual reminder that a simple question, "R U OK?" can make a huge difference.

Starting the conversation can help support mental health and create a community where everyone feels heard. Let's continue to ask, listen, and be there for each other, not just today but every day.

Students enjoyed some outdoor activities whilst celebrating and acknowledging this significant day.



SHELBY COOK'S VPC SPECIAL PROJECT EDUCATES YEAR 9S ON BUSHFIRE PREVENTION

Shelby Cook chose to organise a CFA talk as his VPC Special Project. In his role as the coordinator for the Year 9 Outdoor Education cohort, he organised an engaging and informative talk and demonstration by the Country Fire Authority (CFA). The event took place on 10 September at the MMC Foyer, bringing together students to learn about crucial fire safety measures. The session focused on three key areas: fire safety, fire prevention, and the fire laws specific to the bush regions surrounding their school.

The CFA representatives delivered a compelling presentation, highlighting the importance of understanding fire risks, especially in areas prone to bushfires. They demonstrated practical ways to prevent fires and shared tips for staying safe in emergencies. Students were also educated about the laws and regulations governing fire safety in rural and bush areas, gaining valuable insights into the responsibilities individuals have to protect their environment and community.

Shelby's careful organisation ensured that the students had the opportunity to ask questions, interact with the CFA team, resulting in enhancing their learning and understanding of fire safety in the context of Outdoor Education.



MOCK TRIALS & CIVIL DISPUTE RESOLUTION

Year 11 Legal Studies students explored the resolution of a civil dispute through Alternative Dispute Resolution and a civil trial. They were required to demonstrate their understanding of the processes involved in civil dispute resolutions and the extent to which these processes achieved the principles of justice: fairness, equality and access. They developed their own mock civil dispute and designed an appropriate method to resolve the case and provide a suitable remedy. Through simulations of mediation, conciliation, arbitration and in some cases, a civil trial, they aimed to realistically portray the process and ensure clarity in communication and legal reasoning.



VCE JAPANESE UPDATES

VCE Unit 2 Japanese class has been learning about sustainability and discovering initiatives at FCJ College that could be put in place in the future. In class, Bella and I created a Japanese-style poem called Haiku that promotes looking after the environment and sustainability around the school. We also utilised our calligraphy experience and skills learnt on the Japan 2023 trip to create posters with the message. Look out in the future for these posters that contain this message:

すてないで、もったいないよ、リサイクル。

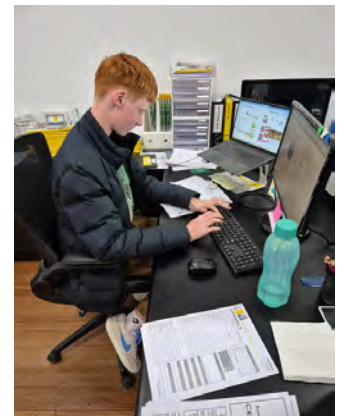
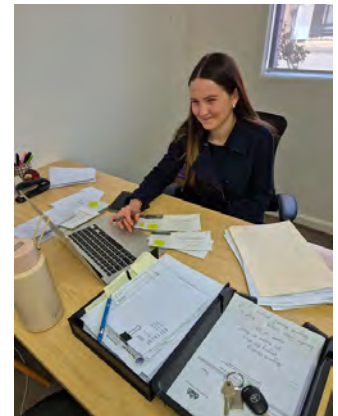
Do not throw away, it is such a waste, recycle! Learning about the environment from the perspective of Japan opens our eyes to what we could be doing in our own country and at school to promote sustainability.

- Elizabeth Ireland



YEAR 10 WORK EXPERIENCE

This week Year 10 students participated in a work experience program, spending time in a range of work places including local businesses, hospitals, schools and vets to gain an introduction to the workforce. Some took the opportunity to venture out of town for their placements, exploring different environments and industries. Overall, the students had a great time, learnt new skills, and experienced what it's like to be in a professional setting. Whether working in offices, classrooms, or shops, they gained valuable insights into potential career paths while also enjoying the chance to connect with new people and broaden their horizons. We would like to thank the employers who provided our students with these opportunities.



THE IMPORTANCE OF SLEEP AWARENESS

BY YEAR 12 STUDENTS LILLY ROBERTSON & LILY SIMMONS

Hello, we are Lilly Robertson and Lily Simmons. We're currently in our 12th year as VCE VM students. For our last school project within our Personal Development Skills Class, we have been assigned to deliver a sleep awareness campaign to the community of FCJ College. Our sleep awareness campaign is suppose to touch on the importance of why a regular sleep schedule will benefit your mental health and your physical health. In this article we want to share our knowledge on sleep importance and provide you with an understanding on why we need regular sleep.

Sleep Importance is the ability to understand the benefits of good quality sleep. Both from the physical and mental health benefit, which also helps to regulate emotions, strengthen memories, and restore energy. Long-term illnesses, mental health problems, and memory loss are just a few of the health problems that can result from getting too little sleep. Sleep Importance provides us with knowledge and consideration to improve our sleep schedules.

With Sleep Importances comes the understanding of NREM. The definition for NREM is 'Non-Rapid Eye Movement', it is defined as the stages of sleep we enter throughout the night. There are three stages of non-rapid eye movement (NREM) sleep, which accounts for 75–80% of adult sleep N1, N2, and N3. It involves reducing body temperature, muscle activity, and heart rate along with slowing breathing, heartbeat, and brain waves. For physical recovery, building up memories, and general health maintenance, NREM sleep is essential. Throughout the stages of NREM it maintains its cycle for 90 to 120 minutes which should occur several times throughout the night to have adequate sleep. Without proper sleep, our minds will lack the ability to function throughout the day and if continued it can cause further damage.

Lack of sleep has negative impacts on a person's immune system, mood, physical and mental health, hormone regulation, heart function, memory formation, learning capacity, and fertility. Moreover, it raises the risk of high blood pressure, heart disease, stroke, obesity, and type 2 diabetes. Lack of sleep can worsen the quality of our life and raise the risk of accidents. Sleep disorders such as insomnia and sleep deprivation can have a major impact on an individual's daily functioning and overall health. Sleep deprivation happens when sleep problems don't go away after three months, whereas chronic insomnia happens when they do.



Sleep Studies from FCJ College

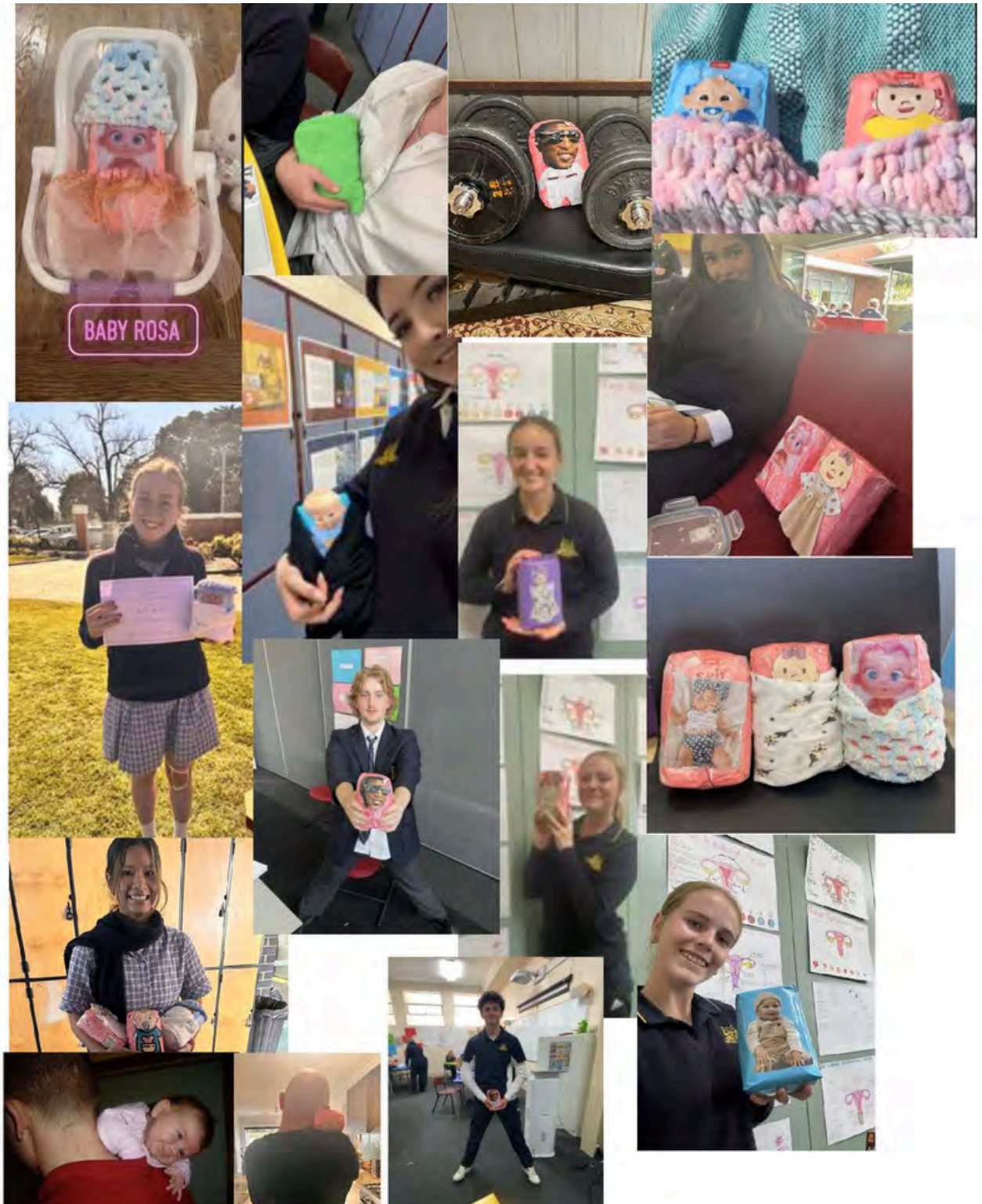
Within our sleep awareness campaign we wanted to discuss statistics on bad sleep habits. But we wanted our content to be more relevant to our audience. At this time, the Unit 4 Psychology class was conducting a sleep study on students from Years 7-12 and staff members. We asked the Psychology class if we could collect the data from their sleep study and use it for our campaign. With the data from the Unit 4 psychology class we were able to conduct our investigation. We discovered many facts about student and staff sleep schedules. For example, on average a person within FCJ College will go to bed at 10 o'clock on a weeknight, and with weekends being stretched until 11 o'clock. People stated that they usually have a terrible night of sleep which increases their stress levels throughout the day.

Having a regular sleep schedule is highly important to our physical, and mental health. As well as our social interactions and relationships with others. Having awareness over our bad sleeping habits and routines before sleep will allow us all to see room for improvement. I urge you to consider changing your sleep habits, try it, and see the changes yourself.

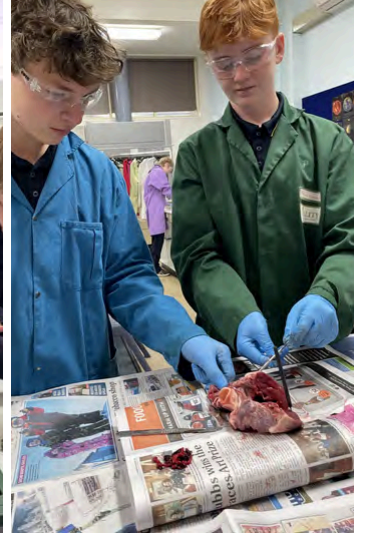
- Lilly Robertson & Lily Simmons

FLOUR BABY PROGRAM: A HANDS-ON LEARNING EXPERIENCE FOR STUDENTS

This week, Unit 2 Health & Human Development students took part in the Flour Baby Program, where they experienced the responsibilities of caring for a newborn. Each student cared for their own 'flour baby,' logging attendance during nightly wake times and maintaining a baby passport in class. The program emphasised persistence, responsibility, and the full-time commitment involved in childcare. Parents provided support and advice, while students were responsible for returning their flour babies in the same condition they received them.



SCIENCE



Book Banter!

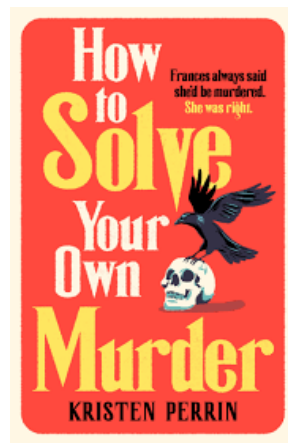
20/9/2024

New audio books for your holiday listening pleasure!

Here is a list of some of the newer titles added to our FCJ audio book collection found on Simon. These are available for you to log into at home and listen along to some great stories.



Winner of the 2024 Book Of the year .



New book about to be released.



An oldie but a goodie!



First book in a trilogy, if you Like fantasy this is a great New series.



A virus based apocalyptic adventure and again a Trilogy



An adventure about an Unbreakable bond between a man and his dog

Don't forget to log onto Simon and books are available in the left hand dropdowns! Check out the dozens of more titles available!

Urgent need for Blood Product Donations

Who can donate:

Age/health/illness / etc

Age=Ranges from 18-75. (other rules may apply if you are already a donor)

Health=Be healthy and weigh at least 50kg. Have normal temperature and blood pressure. Meet guidelines designed to protect the donor and the people who will receive the blood.

Illness=**NOT** suffering from a cold, flu or other illness at the time of your donation.

What can you donate?

Blood, plasma, and platelets.

What are your donations used for?

Blood-Cancer, heart surgery, heart disease, stomach disease, etc.

Plasma-Brain disorders, measles, haemophilia, heart surgery, etc.

Platelets-Cancer patients, life-threatening injuries and illnesses.

How long does a donation take?

Blood-55 minutes

Plasma-1 hour 30 minutes

Where can you donate?

Wangaratta-17a Norton St, Wangaratta VIC 3677. Opening hours-Wednesday 11am-6:30pm, Thursday 11:30am-6:30pm, Friday 7:30am-2:30pm, Public holiday hours 7:30am-2:30pm unless stated.

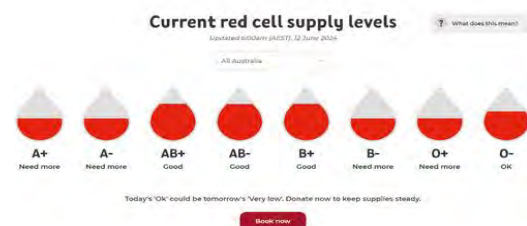
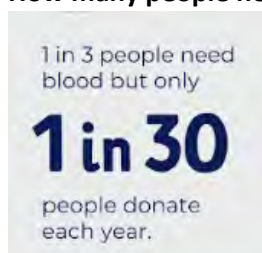
Shepparton-Unit 3, 210-216 Corio St Coles Carpark, entrance via Vaughan St, Shepparton VIC 3630. Opening hours-Monday-Thursday 11:30am-7pm, Friday-7:30am-3pm, every second Saturday 7:30am-3pm, public holiday hours 7:30am-3pm unless stated.

Benalla-Fawckner Dr carpark, Fawckner Dr, Benalla VIC 3672. Opening hours Tuesday 17th December 2:30pm-6:15pm, Wednesday 18th December 9am-6:15pm, Thursday-19th December 9am-6:15pm, and Friday 20th December 7:30am-11am.

Download the app:



How many people need blood and how many donate:



Benalla Wellness Workshops

Free community sessions

Financial Empowerment

Budgeting and financial planning for independence. Monday 7th Oct 4pm - 6pm

Parenting Support

Effective communication and positive parenting strategies. Monday 14th Oct 4pm - 6pm

Legal Guidance

Understand your rights and legal options after trauma. Monday 21st Oct 4pm - 6pm

Art Therapy

Practicing self care, compassion, and creativity through crafting self care boxes. Monday 28th Oct 4pm - 6pm

Mindfulness & Meditation

Calm the breath, calm the body and calm the mind. Monday 4th Nov 4pm - 6pm



Come to one or come to all, choose what's best for you!
Register via the QR Code or email admin@cav.org.au

CENTRE AGAINST VIOLENCE



Free workshop

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 [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 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

0447 810 025

Positive Partnerships is funded by the Australian Government Department of Education. The views expressed within this program do not necessarily represent the views of the Australian Government or the Australian Government Department of Education.

WANGARATTA'S CALL TO ACTION: MEN AGAINST VIOLENCE

One man's journey to healing and the global anti-violence movement he inspired.

MON 18 NOV

5.30-7.30PM

FREE MEN'S EVENT: Special Guest Speaker Matt Brown

She is not your rehab

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: mhcsa@sovo.org.au W: www.acso.org.au

If you would like more information, please contact:

YORS Co-ordinator Kerry Osborne M: 0456 748 806 E: kerry.osborne@mindaustalia.org.au	YORS Co-ordinator Peer Practitioner Rachel Lawrowicz M: 0456 742 144 E: rachel.lawrowicz@mindaustalia.org.au
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Areas covered:

Mind Connect
1300 286 463

Carer Helpline
1300 554 660

Youth Outreach Recovery Support
5/26 To London Road
Wodonga VIC 3680
p 1300 286 463
e mindconnect@mindaustalia.org.au
w mindaustalia.org.au

© Mind Australia Limited ABN 22 005 093 988

GIRLS AGED 5+

GIRLS ONLY MOVIE NIGHT

BREAST CANCER FOUNDATION FUNDRAISER

BENALLA GIRL GUIDES
14 LOWRY PLACE

\$5 ENTRY
FREE POPCORN AND SOFT DRINK

FRIDAY 20 SEPTEMBER
6:00 ARRIVAL FOR 6:30 START

FEATURED FILM: STORKS (G)

CONTACT FOR MORE INFO
MEL GOODWIN
0417129252

SEASON 2024-25

WE ARE WELCOMING

Achieve your personal best!

Love to run, jump, and throw? Enjoy having fun, spending time with family and friends, and achieving your personal best?

Why not give athletics a try?
Sign up for your 2 FREE sessions today and dive into the excitement!
We can't wait to meet you.

REGISTER TODAY

lavic.com.au

Benalla Little Athletics Centre Inc.
New season begins Friday 4th October, 5pm
Churchill Reserve, Benalla
www.benallalac.com.au

MACE

MACE and Mansfield Shire Youth have partnered with Performance Driving Australia to offer

DEFENSIVE DRIVING

FREE for participants aged 16 - 25!

workshops in the September School Holidays
23 OR 30 September
Please email reception@mace.vic.edu.au to enquire, as spaces are LIMITED

WODONGA WARRIORS WANTS YOU!

Wodonga Warriors Softball Club are recruiting Senior & Junior players for its 2024/25 Summer Season.

We offer:
U12's, U14's & U16's Boys & Girls Mixed Comp
Senior Women and Senior Men Comps

If you've ever wanted to play, or are looking for a club, Contact us today for more info.

Training starts
Thursday, 19th of September
Juniors 4:45pm
Seniors 6pm
Gayview Park, Wodonga.

Contact Tracey 0407592722

Find us on Facebook

MANSFIELD TENNIS ASSOCIATION

JUNIOR TENNIS COMPETITION

Junior Membership \$40

ALL WELCOME TO COME AND TRY

STARTING SATURDAY OCTOBER 12
9 AM TO 11 AM

The competition runs on Saturday mornings in Term 4 and Term 1 (except for public holiday weekends). Ages: Grades 3 and above. Hot Shots Program available for younger children who need to start in a modified program. For more information head to our website

WWW.PLAY.TENNIS.COM.AU/MANSFIELDTENNISASSOCIATION

MAINTAIN & OPERATE A CHAINSAW

Are you aged 16-25? and interested in a free course?

Friday 4th of October

Over one day you will learn how to maintain, sharpen, and operate a chainsaw safely with an accredited and experienced tutor.