



### TERM 4 18 OCTOBER 2024

Dear FCJ College community,

In the process of revisiting our identity statement and our belief statements as a school, we've been speaking a lot lately about inclusion.

This seems to be a radical departure from what the rest of the community is talking about. If we look overseas, and even in our local part of the world, people's differences are used to form an identity and it seems what separates us, what makes us different, is always the focus. The television news and media more broadly seems determined to highlight the simplistic approach of us versus them.

As a Catholic school we are called to do better than this. We are called to move beyond our differences and instead look to what unites us, what we have in common. This might seem difficult, but when we use the life of Jesus as a guide, it becomes relatively simple. Love one another. Look at the other person and see not what divides, but our common humanity. There are examples of this everyday at FCJ College, one I was talking about recently is the way our school yard integrates to allow all year levels to mix safely and together. The Year 12 boys down ball game often includes students from Year 7 or 8, there are groups of students from all year levels in the library or out the front of the school and on the oval there are often 3 sports happening in and around each other. Our common experience of being FCJ College students is on show most lunchtimes, and as the weather warms up, it brings me much joy to see it in action.

#### Year 12s

As we prepare to farewell our Year 12s next week, before they focus on their study regime. I take this opportunity to thank them for the contributions they have made to our community over the past six years. We look forward to celebrating with them on Wednesday and then joining them at their Valedictory after the exam period.

#### World Teacher's Day

Next Friday, 25 October, is World Teacher's Day. We are truly fortunate to have an amazing group of teachers supporting, guiding and teaching our students. I am always amazed at the dedication of our teachers and their willingness to go above and beyond to ensure that all students in their care receive exactly what they require to help them flourish as learners and as people. To our teachers, we say THANK YOU!

#### Uniform

Thank you for the feedback you offered on the sample uniform last term. After the consultation, we have made some changes and have now finalised our uniform. Information has been shared with the community in a separate communication, but we are thrilled with the new direction, and we can't wait to see it in the yard from next year. Please read the full communication to address any questions you may have.

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](http://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

23	Year 12 Celebration Day
29-30	Year 9 OED – Warby's Overnight Camp

## November

1	Student Free Day – Staff Professional Learning
4	Student Free Day – Report Writing
5	Public Holiday – 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)

## December

2	Headstart commences
10	Year 7 in 2025 Orientation Day
13	Last day for students
19	College office closes at 12pm



Hon Jacinta Allan MP

Premier of Victoria

1 Treasury Place  
Melbourne, Victoria 3002 Australia  
Telephone: +61 3 9651 5000

Wednesday 28 August 2024

Dear parents and carers

**Re: \$400 School Saving Bonus**

Families want the absolute best for their kids. But with the current cost of living – uniforms, camps, sports and more – it all adds up.

That's why the Allan Labor Government is making life that little bit easier for families, by providing a one-off \$400 School Saving Bonus.

Non-government school students who will be in Prep through to Year 12 in 2025, and who are receiving the means-tested [Camps, Sports and Excursions Fund](#) (CSEF), are eligible for the School Saving Bonus.

Parents and carers do not need to apply, with the School Saving Bonus being paid to non-government schools for eligible students from late November 2024.

The \$400 School Saving Bonus is available for each child. That means an eligible family with three school-aged children will receive a total of \$1,200.

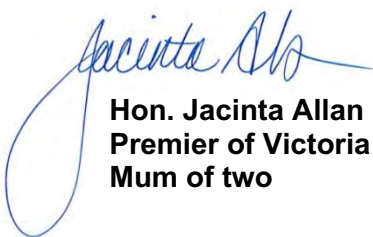
Importantly, the School Saving Bonus is available in addition to the Camps, Sports and Excursions Fund.

To learn more about the School Saving Bonus, talk to your school about how this cost of living relief will apply to you.

More information about the School Saving Bonus is also available at [vic.gov.au/school-saving-bonus](http://vic.gov.au/school-saving-bonus).

And from our families to yours – best of luck for the 2025 school year.

Sincerely,



**Hon. Jacinta Allan**  
Premier of Victoria  
Mum of two



**The Hon. Ben Carroll MP**  
Deputy Premier  
Minister for Education

# YEAR 9 EXCURSION TO WHITTLESEA

On 19 September, some of my classmates and I had the opportunity to go to Whittlesea for a whole day excursion. It was the most fun thing I had done so far this year.

On the day, we were first introduced to the staff and the machines we were going to use. We learnt the difference between a robot and a cobot and the teacher gave us a quick run-down on how to connect the cobot arms to the computers. After that we were split up and did some critical thinking exercises with half the group later using the cobot arms and the other half designing a name tag that would later be cut out with a laser cutter. In between swapping over we had lunch and explored some of the building and the exhibits. Once the groups had done both activities we had a proper tour of the building. Needless to say, this place was amazing. If I get the chance I would gladly go again. I encourage anyone who is interested in this sort of thing to jump at the opportunity if it is presented to you.

- Harvey Bruns



Four of my Year 9 peers and I went on a STEM-based excursion to the Whittlesea Tech. There were also students from Bright and Wangaratta. When we first arrived at the school, we were introduced to the staff and learned about the purpose of the school. We were then split into four groups, in which we participate in four different creativity-based warm-up activities.

Two of the activities involved incorporating shapes into drawings. In the first activity, you had to turn circles into drawings. The second activity was inspired by Mr Squiggle, where you would pass a sheet of paper with squiggles on it around your group and incorporate those squiggles and shapes into a drawing.

Another warm-up activity was story-making. In this activity, you would get a random genre, and each person would receive a random object or animal that had to be included in the story. This activity tested teamwork and creativity, as you relied on your teammates to set up or continue the story.

The final, and what I found to be the most interesting warm-up activity was the wind tunnel. In this activity, you would make different shapes out of aluminium foil, baking paper, and other materials, and then place them in a wind tunnel. The goal was to have your shape float without sinking to the bottom or flying out the top of the tube. Depending on the behaviour of your shape - whether it floated, sank, stuck to the side of the tube, or floated - it would be categorised into one of four piles.

Once the warm-up activities were completed, we were combined into two groups. One group started by designing a keychain in Adobe Illustrator to be cut out of wood using a laser engraver. This design could be entirely personalised as long as it fit in the keychain template. After completing our designs, they were sent to the engraver, and we received our finished keychains once they were done.

The other group started with a 6-axis robotic arm. In groups of three, we were tasked with programming the arm to lift a small block from the end of a conveyor belt and place it at the start, then efficiently repeat this action. There were two ways to program the arm: either through software on a laptop or by manually manipulating the arm while holding down a button. When the button was released, it would save those movements and apply them to the program.

- Luke Davis



# EUROA GAZETTE HOSTS WORK EXPERIENCE STUDENT

Kent Stokes, from the VPC class, recently made the Euroa Gazette after reporting on the efforts on preserving the local biodiversity. Kent partook in the release of a rare, almost extinct grasshopper species back into its natural habitat in the Euroa fields. In addition, he was invited to sit in on political discussions with local representatives. The talks addressed key issues affecting the region, including climate change, sustainable agriculture, and youth involvement in local governance. Kent's participation highlights the important role young people can play in shaping the future of their community and his actions reflect the values of the VPC program and serves as an inspiration to his peers and the wider community.

PEOPLE AND LIFESTYLE

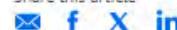
## Gazette hosts work experience student

SEP 25 2024 > UPDATED SEPTEMBER 25, 2024



Darren Chaitman

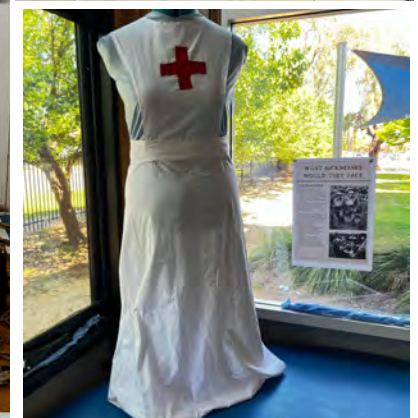
Share this article



*HARD AT WORK: Local year 10 student Kent Stokes spent four days at The Euroa Gazette for work experience last week. PHOTO: Darren Chaitman*

# YR 9 PBL - WW1 EXHIBITION

A group of Year 9 students completed their World War One studies with a museum exhibition to share with their peers and students. Our students were able to share their new found knowledge in several different ways with both models/dioramas as well as visual displays.



# LAWN BOWLS WITH VET COMMUNITY SERVICES AND SCOPE BENALLA!

On Thursday 17 October, VET Community Services partnered with Scope's disability activity group for a fun day at the Benalla Bowls Club.

Students and clients formed teams to learn some skills and then play multiple rounds together. Luckily, we had Koby Cromie, FCJ College's prized lawn bowls national champion, to help us get set up and figure out our way around the greens. The clients in his group absolutely loved seeing him line up and smash the jack (yellow ball) so accurately, "he's schooling us!".

There was a lot of laughter, competitive banter and supportive cheers. VET students are completing modules "Communicate and work in health and community services" and "Work with diverse people" so this project was a great opportunity for them to practise their conversational skills and observe how the Scope support workers interacted with their clients.

We want to give a big thank you to Benalla Bowls Club who generously hosted us, and to all the volunteers who gave up their time to teach and assist us - we really appreciate it! Thank you to everyone at Scope for joining in with us - we hope to continue this partnership in Year 2 of our Certificate in 2025.



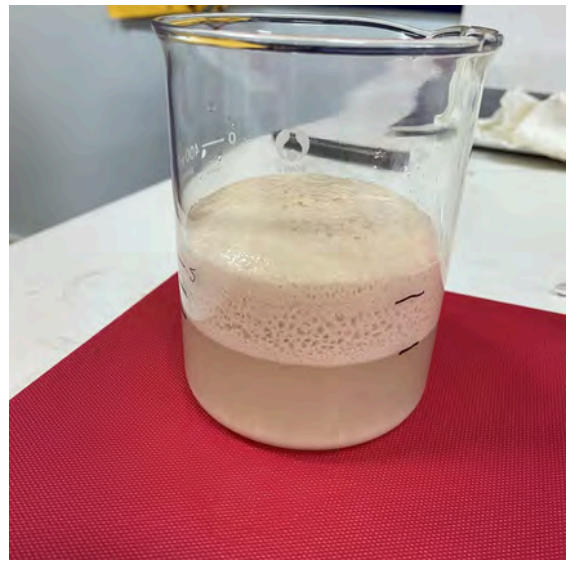
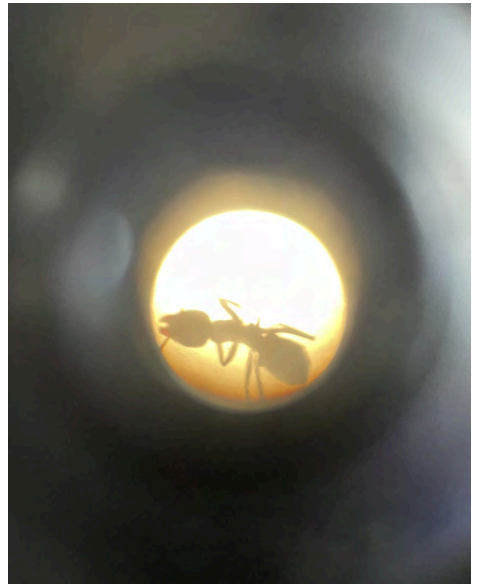
## YEAR 9 OUTDOOR ED: CONQUERING CHALLENGES IN THE GREAT OUTDOORS

Year 9 Outdoor Ed were out in the fantastic Spring weather this week. The groups swapped over from last term and undertook the Mountain Biking at Winton Wetlands and Abseiling/Rock Climbing at Mt Pilot. The behaviour of all involved was excellent and our service providers commented on how lovely the FCJ College groups are. Students challenged themselves at both activities, but particularly on the cliffs, where many had not been on such a large wall. With some breathing and relaxation techniques, all ropes were conquered. It was great to listen to the support and encouragement offered to each other to get through the challenges. Well done to all.





# SCIENCE



# Book Banter!

18th October, 2024

## WORLD BOOK ONLINE

During my classes with the junior school I like to cover some of the resources, usually online, that FCJ subscribes to for the benefit of our students. At the moment we are looking at **World Book online** and my first question to students is “What is an Encyclopaedia?”. This question is often met with blank stares until I suggest that Google is like a giant encyclopaedia. But why use World book over Google? There are a myriad of reasons including:

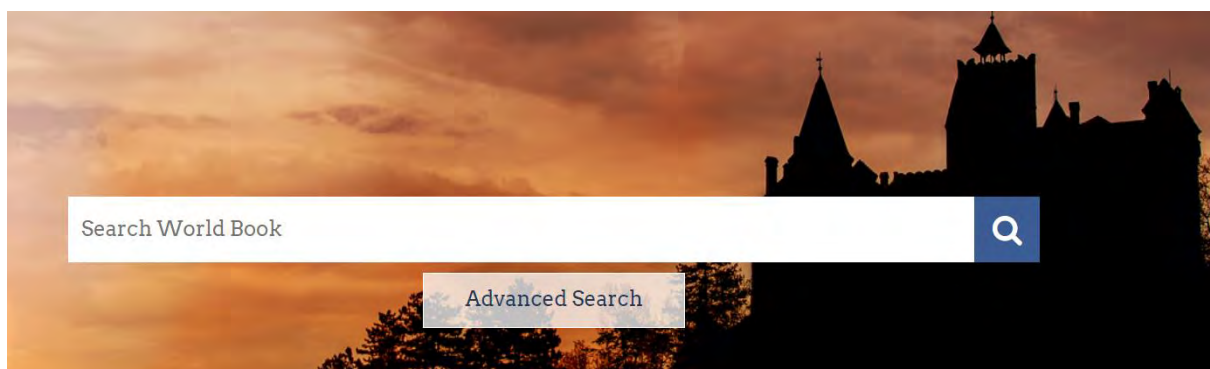
- Authentication
- Availability
- Specific detail
- Authority

It is easy to use and available on Simon for students. It is great to include in a Bibliography when students need to do extra research. It is produced in America but we pay a premium charge to include Australian content, meaning that information is updated regularly, for example the Population of Australia would be very accurate.

World Book contains articles, videos, maps and timelines. It has an audible feature meaning that articles can be read out loud for those with a vision impairment. If you get the chance jump on a have a look. The user name and password are as follows:

User name: **fcjcb**

Password: **library**



# 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](mailto:admin@cav.org.au)

CENTRE AGAINST VIOLENCE



# 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



# WANTED

## Stalls & Buskers

For our  
**CHRISTMAS MARKET IN THE HALL.**  
**ST. PATRICK'S HALL, WANGARATTA**  
**SAT DEC 7<sup>TH</sup> 9-1**

**E: [marketsinthehall@outlook.com](mailto:marketsinthehall@outlook.com)**  
**F/Book: Market in the Hall**



## 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](http://WWW.PLAY.TENNIS.COM.AU/MANSFIELDTENNISASSOCIATION)

Bookings for  
Term 4  
parenting  
programs  
now open



Sessions are free.  
Bookings required.

Gateway Health runs group-based parent education programs and information sessions for parents and carers of children aged from 0 to 18 years.

Scan the QR code to explore available programs.



Freecall: 1800 657 573  
gatewayhealth.org.au

gateway  
health  
People living well

## Triple P Parenting Program

For parents and carers of children aged between two and 12 years

### What the program covers

- Support children's emotional wellbeing and building strong relationships.
- Communication skills
- Teaching children new skills with practical strategies & ideas
- Setting predictable habits
- Focusing on positive behaviours & expectations
- Providing a safe and nurturing environment



### Why Triple P can make all the difference

Stay calm under pressure and strengthen your relationship. Get behaviour support to fix issues before they become real problems and positively influence your child's skills and development.

### 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](mailto:parenting@gatewayhealth.org.au).

[gatewayhealth.org.au](http://gatewayhealth.org.au)

### REGISTER HERE



Every Monday from October 28 until November 25 from 5:30pm | 7:30pm

Tomorrow Today, Shop 1, 66 Nunn Street, Benalla

gateway  
health  
People living well

TOMORROW  
TODAY  
BENALLA COMMUNITY SUPPORT

# VIOLET TOWN HALLOWEEN PARADE

VT Football Netball Clubrooms - Tulip St

AWN  
Violet Town  
VTAG  
VTFNC

## Friday November 1st

Gates Open 4:30 pm  
Parade 5:30pm

Fireworks - at 9pm  
Bar open ... for the parents  
Jumping Castle  
Food stalls inc Lions Club

CONTACT  
ELLIETTE 0499 854 717 OR STEVEN 0427 595 760  
CHILDREN UNDER 13 TO BE ACCOMPANIED BY AN ADULT

mind  
Help, hope and purpose

### 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: [mfccsa@sciro.org.au](mailto:mfccsa@sciro.org.au) W: [www.yors.vic.gov.au](http://www.yors.vic.gov.au)

#### If you would like more information, please contact:

##### YORS Co-ordinator

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

##### YORS Co-ordinator Peer Practitioner

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

#### Areas covered:



#### Mind Connect

1300 286 463

#### Carer Helpline

1300 554 660



ACCREDITED

#### Youth Outreach Recovery Support

5/8-10 London Road  
Wodonga VIC 3680  
p 1300 286 463

e [mindconnect@mindaustralia.org.au](mailto:mindconnect@mindaustralia.org.au)

W [mindaustralia.org.au](http://mindaustralia.org.au)

Mind Australia Limited ABN 22 005 069 585