One of the challenges society faces as a whole is to give young people a sense of hope for their future, and to help them achieve their full potential. Here at Simonds Catholic College we work with our students in a very similar way to reinforce both of these messages. One of the ways in which we do this is by encouraging students to become involved in as many co-curricular programs and activities as they can, no matter what their ability level is. Sometimes it can be difficult for young people to push themselves outside of their comfort zone, for fear of not being good enough or even failing at what they are trying to do. I sometimes reflect on the quote by Hunter S. Thompson who says, “So we shall let the reader answer this question for himself: who is the happier man, he who has braved the storm of life and lived or he who has stayed securely on shore and merely existed?”

I believe another very important characteristic we try to instill in our students is that of resilience. In all of our lives, sadly, many of us are going to be faced with adversity, and it is often a real judge of one’s character as to how they deal with adversity or something which does not go as planned. As a school it is critical that we continue to work with our students in developing further resilience strategies both for their school days but also for the rest of their lives.

It was a very exciting day two weeks ago when I received a text from our staff member, Mr Ray Thomas to inform me that Simonds Catholic College has been declared the inaugural ACC Champions of the ACC Culinary Competition held at Holmesglen TAFE – which was a fantastic achievement. The ACC banner we received is proudly displayed in Reception at the St Mary’s Campus with further details inside this newsletter.

A sincere thank you to all of those families who were able to attend yesterday’s Parent Teacher Interviews, it was great to see so many people in attendance.

Yours sincerely,

Mr Peter Riordan
Principal | Simonds Catholic College
Simonds, winners of the Inaugural ACC Culinary competition, Move over Masterchef, Hotplate and My Kitchen Rules... We are the Champions of the Inaugural ACC Culinary Competition.

The competition was hosted by Holmesglen Institute at their Waverley Campus hospitality department.

The competition was a team based event, where each team was given two whole raw chickens and had 90 minutes to produce four serves of a chicken based dish. The event was overseen by the Holmesglen staff, all of whom did an excellent job briefing the teams, guiding them through the competition and judging the dishes at the end.

Our winning team consisted of five Year 11 students: Tommy Nguyen, Jeremy Alvarenga, Adrian Olizon, Andy Huynh and Richard Precilla. Whilst at Simonds we have many budding chefs, this was the first occasion where our culinary skills were put to the test in such a competitive environment and within the world class industrial kitchens at Holmesglen. Our team came prepared for their challenge, with all members allocated tasks to ensure that the tight timeframe was adhered to as the event unfolded.

The criteria for judging included:

Practice - method, techniques, level of difficulty
Preparation - workflow, workplace organisation, adhering to timelines
Presentation & Taste - clean contemporary presentation, tasting

FIRST PLACE Tommy, Jeremy, Adrian, Andy and Richard - produced a dish titled "Chicken Four Ways".

The dish encompassed:

Crumbed Buttermilk Chicken with freshly made aioli, Ballotine of Chicken with dill and sage, Roast Chicken Breast scented with cinnamon and lemon, along with crisp chicken crackling, served with baby beets and wilted spinach. The judges awarded their dish 506 points.

Congratulations!

Mrs M Thomas | Food Technology Assistant
On Monday August 3 the VCAL class went to Creswick for a team-building VCAL camp. A week before the camp, we all had to go to Coles on Johnson Street to purchase all the food ourselves. We had to buy all of the vegetables, all of the bread and then any other smaller food items that we wanted to bring along. Nicholas and I had to purchase all of the meat and all of the lettuce on Sunday, the night before the camp. On the day of the camp, we were asked to be at school before 9 am so we could load up the school bus and Miss Tan's car with all the food, equipment and all of our bags.

We arrived at Creswick Log Cabin Camp at 11:30 am. Our first activity was orienteering. This was similar to Scavenger Hunt except we had to look for colours placed around the camp. The lady that was running some of our activities said that the record was 45 minutes, set by some Year 7. Only one team made it in under that time which was kind of embarrassing. We then had morning tea and lunch at the same time. We had to bring our own lunch. Our second activity was Initiative games. In this activity we had to balance ourselves on a giant octagon with a pivot point in the middle. We had to have perfect weight distribution. Each and every one of us then had to meet in the middle and shake each other's hands without the octagon touching the ground; if it did, we'd have to start again. Once we figured out the proper rhythm it was easy. Our last activity before dinner was the Flying Fox. It was fun seeing some of the VCAL students screaming as they flew down on the flying fox.

Each night we all had different duties, whether it was setting the table, cooking or cleaning up we were all doing something. Johnny and Johannes cooked dinner on the first night which was a Rice Omelette. After dinner we went on a night hike. The hike was about 1 hour long and pretty much circled around the camp. When we all returned, we had dessert, which was a trifle cake, prepared by Brandon. After dessert we had free time for about 2 hours before bed. I had to wake up extra early the next morning because Curtis and I were in charge of cooking breakfast. Mr Anastasio was helping in the kitchen together with us cooking the scrambled eggs and bacon.

Everyone seemed happy with our breakfast. Lunch was prepared at breakfast time as well, which was preparing the ingredients for our sandwiches. The first activity of the second day was hut building. However, we had to make a fire first in preparation for the billy tea and damper bread activity. It was our first experience at starting a fire for some of us. It was not easy but we eventually started our fire. We went to the hut building field where we had to scrounge around for parts to build a hut. After the time was up we had to show off our huts to the other groups. My hut was awesome because it had a sliding door that worked perfectly. In each group, we talked about team work and communication experiences. We were then asked to pack up our hut materials and then set off back to the damper fires. We had to roll our damper dough out into 10 cm “snake shape” dough and then roll it around the stick that we were cooking with. 10 minutes later the damper was cooked and ready to eat. It was an interesting activity as we had to make and cook our own morning tea and the damper did taste delicious with jam and butter.

After our morning tea, we had the Giant Swing activity. The giant swing was about 20 metres high; we could reach up to 60km/h on the way down. This was an activity that needed to execute teamwork. The person on the swing needed to trust the team to pull him up to the height they needed. We then had lunch. Lunch was the sandwiches that were made at breakfast. Our next activity was Scavenger Hunt. We were given a list of the things
we needed to find and had 45 minutes to do it. The record was 35 minutes, Johny and I did it in 15 minutes. We are definitely proud of our record. Our final activity for the afternoon was Milk Crate Stacking. We had to hoist someone up with a rock climbing rope system while two people passed milk crates to people on the hoist and whoever had the most crates stacked won. That was fun! In this final activity of the day, we definitely showed heaps of team work, communication skills and also improved our leadership. We then had about 2 hours free time.

Nicholas and I were in charge of cooking the BBQ dinner. We had to cook 88 beef sausages, 20 chicken sausages, 20 lamb chops, 60 chicken wings and make some salad. This took about 2 hours to cook. It was a big feast for all of us and Mr Riordan came in time for the big feast! Lucky him. We also invited the camp manager and his family to join us for a big finale dinner for the camp. After clean-up we had to get a bonfire ready. Miss Tan bought marshmallows but I had something better... Salami! Johny and I cooked one whole stick which left everybody wanting more. But when I initially suggested it everyone laughed at me. After the bonfire we had some free time which everybody used to clean and pack their clothes. The next morning we packed our sleeping bags, cleaned our rooms and tidied the kitchen up before we left. After we had packed the bus, Miss Tan’s car and Mr Riordan’s car it was time to go. All in all it was an excellent camp, we may all be tired but I recommend that it should be done every year.

Matthew Scicluna | VCAL Senior

**Carry On Secondary Grants 2016**

ARE YOU EX NAVY, ARMY, OR AIRFORCE?

Then Carry On (Victoria) may be able to help you with education costs if you meet our eligibility criteria.

If you have served in the Australian Defence Forces or Allied Forces and you wish to apply for a Secondary Education Grant for 2016, please telephone Carry On (Victoria) on (03) 9629 2648 to establish eligibility and request an application form.

Carry On assists Secondary School students in Years 7-12 with grants for expenses such as fees, books, uniforms, excursions etc. For those students going on to Tertiary Education a grant may also be available.

Children who Parent/s or Legal Guardian/s have a need for financial assistance and comply with our eligibility criteria may apply. All grants are income tested and applications should be submitted by 29 October 2015

**Student Achievement**

Paul Calafiore - 8 Red - recently competed in the Malaysia Open Taekwondo Championship in Kuala Lumpur very successfully.

**Finance**

$225 Financial Assistance for Parents

Deadline for submission of the CSEF Application Form has been extended to Friday September 18 (End of Term 3). To date we have had an excellent response and we encourage anyone who has not applied to do so immediately. In order to be eligible your Health Care Card must be valid on either April 13, 2015 or July 13, 2015.

If you have any queries please contact Ms Cindy Tran or Mr Matthew Rocke.

**School Fees**

Many of you would now have been contacted either by phone/SMS/email following up on overdue school fees. We understand that some families are facing financial hardship and it is important that each of those families contact the Business Manager, Mr Matthew Rocke, to discuss their individual situations.

**Reminder Statements** have been sent to all families so you have an accurate record of your current financial position. For those families paying by Term Instalments, September 30 is the final due date for payment.

Mr M Rocke | Finance Manager
This article by psychologist, Michael Grose reminds fathers to spend time with their sons... and to reap the relational benefits.

Happy Fathers’ Day to all dads!

A good friend enthusiastically told me how he was looking forward to spending a few days away on his own with his two kids, aged 10 and 13. He was feeling quite chuffed.

He was having some ‘dad time’ with his kids.

Good on him!

He was doing some memory building & relationship building, as well as having some fun.

He told me that he was aware that his kids were getting older and he knew such opportunities were diminishing.

Gone are the days when the only relationship many men had with their kids was through their wife. She would explain him to the kids (‘Your dad’s very busy but he would love to see you play sport but he can’t make it.’) As well, she’d keep him up-to-date with the children’s lives.

Blokes, it seems, are valuing the time they spend with their kids on their own.

Or at least the dads I mix with are. Spending time alone with kids is a great way to build confidence in dads.

And the kids usually just love it.

Mothers can play a role here by not getting in the way if their husband or partner wants a little time alone with kids. (Most mums I meet welcome this!)

Children usually associate their fathers with activity. When I ask children to tell me about their dads they usually talk about the things that they like to do together with their dads. Playing, walking, fishing, wrestling...the list goes on.

It’s through shared activity and involvement in kids’ lives that dads build up frequent father points. It’s hard to build good connection with kids when you are not there!

Don’t wait until adolescence

These relationships are best built in childhood, when kids just love their dads to bits and want to be around him. It gets trickier in adolescence, but having shared interests developed in childhood gives you a connection point during these sometimes-turbulent times.

Dads also benefit from spending time with their kids. Most health scales state a healthy relationship with their children is a predictor of good health and longevity for men. I’m not sure where the health benefits come from, but I suspect there is something relaxing and de-stressing about getting into a child’s space. There is a big kid inside most men just busting to get out.

These days we take parenting pretty seriously and it’s easy to forget that one of the fundamentals of raising kids well is to spend some time in your child’s space, doing stuff, or not doing stuff, whatever the case maybe.

So how are your (or your partner’s) Frequent Father Points going? If they need some topping up then you can start by doing something together that they enjoy.

Mr P Rohan | Coordinator of Student Wellbeing/Counsellor
The Social Justice Committee of Simonds Catholic College and St Aloysius College, North Melbourne planned the “Big Day Out” in Geelong for asylum seekers. On Saturday, August 8, VCE students from both schools, along with Year 10 students travelled together on the V Line train to Geelong. There they met Mr Vaughan who had driven the group of asylum seekers from Melbourne to the Eastern Beach, Geelong. Students provided morning tea to welcome everyone and a fun day of activities was enjoyed by all. The sunny weather added to a great day of “Faith in Action”. Many thanks to Alfonso and Marely who initiated the “Big Day Out” and all the students who took part in making the day a success.

Mrs M Krall | Religious Education Coordinator

Woolworths Earn & Learn

Simonds Catholic College has signed up to participate in this year’s Woolworths Earn & Learn program.

With your help we hope to obtain some new equipment and materials for your sons to use at the school.

It’s simple to participate. From Wednesday 15th July to Tuesday 8th September 2015, when you shop at Woolworths you can collect Woolworths Earn & Learn Stickers from the checkout operator. There’ll be one Woolworths Earn & Learn Sticker for every $10 spent (excluding liquor, tobacco, and gift cards). Simply hand the stickers to your friendly campus receptionist and we will complete the sticker sheets for you. (Woolworths will not count a half used sheet)

Last year more that 14,500 schools benefited from the program, boosting supplies in classrooms, libraries, music rooms, gymnasiums and science labs.

It’s easy to earn valuable resources to help the school, so start collecting Woolworths Earn & Learn Stickers today.
Environment Week at Simonds

Last week was Environment Week at Simonds Catholic College. The aim of the week was to bring awareness to environmental issues and to get students practicing environmentally-friendly behaviours.

Students participated in activities such as Earth Hour, calculating their carbon footprint, planting herbs/plants at school and an environment-themed drawing competition. Congratulations to Max Demopoulos from 7G and Andrew Ngo from 12B for their outstanding drawings.

Max Demopoulos | 7G

Michael Ngo | 12B

Year 9 Community Service

After a long term 2 at Simonds Catholic College the students of year 9 were offered a chance to go to various parts of Victoria, whereby they spent their 5 school days, as opposed to learning about the mundane facts of life at school, helping out their local community by engaging at either a primary school where the student either formerly or never attended, or by helping out at an elder’s home, helping out the lovely senior members of society by servicing their every need.

Personally, I went to Richmond West Primary School, a school near my home I attended prior to being at Simonds. It was a long 5 days, but it was very fun engaging with people younger than me, teaching them about what I was studying in high school, as well as seeing old teachers, who were almost always commenting on how, aside from a few physical aspects, that I had not grown or changed a bit. On the first few days, I had spent time assisting the Prep’s with their reading, writing and mathematical skills, by reading to, teaching how to write and making fun posters with very basic mathematical equations. I was, upon the next few days, moved upstairs to the grade 5/6 rooms, where I met up with Jacky and a few other friends. Jacky had made a friend named Phuoc, who was hilarious and insightful to speak to and learn Vietnamese from. We played cards and assisted him with his English until Friday, where we were sad to leave.

On Thursday and Friday, the school had a World Cup soccer program, much like our own. The students of the different year levels (Preps, 1/2, 3/4 and 5/6) competed against each other in a skill based affair of soccer. The addition of a teacher team made the entire competition interesting, but the 5/6 team was too good, prevailing in the competition 2-0 in the final.

The 5/6’s were gone in the first hours of Friday, due to a tennis program I had once myself learnt from. This left me and Jacky free to help out with the 3/4 classes and spend some time alone on the soccer pitch.

Overall, I felt my visit back at Richmond West was a fun time, and helped me in many ways. I learnt as much as I taught, and honestly miss the gleeful laughs, quiet halls and small grounds of Richmond West Primary.

Andy Tuano | 9W
During the past month Year 9 students were given the opportunity to participate in a national program designed to challenge their entrepreneurial skills. All Year 9 Students were immersed in an experiential learning opportunity of building their own business and developing enterprising skills. The program is co-sponsored by The National Bank of Australia and The Foundation for Young Australians.

The program operated by loaning students $20 to start-up and run their businesses.

Over a period of two full days, students worked through learning modules which saw them go through business building activities.

During one of the learning activities students were supported to build their business by an expert Business Coach from National Australia Bank. Here students were able to put their ideas to experts who gave them advice and guidance.

At the end of a 4 week period students will pay back their loan plus a $1 interest payment.

I was very heartened to see so many ideas come through and with persistence I am sure that the boys can develop some of these to their full potential.

Mr P Dingli | 9W Pastoral Care Teacher

I did my Work Experience placement at a vet in Footscray, simply to find out whether or not becoming a veterinarian was right for me. The day I arrived, I was told that I picked the least busy time of the year for the vet clinic, which meant that there wouldn't be many jobs for me to complete and I could take a break during lean hours; the staff and I had many breaks.

I didn't like having so much free time, so I often made jobs for myself, asking if I could clean rooms that they never asked me to clean. By the end of the week, I was expected to clean all the rooms. Another duty of mine was to go to consultations with the vets, a consultation was where the vet examined the ill animals before deciding to perform surgery or not. I learnt many things during consultations, mainly how to make small talk with pet owners. There were a plethora of reasons that people went to have consultations. I even witnessed a dog being euthanised and it was one of the most upsetting but fascinating experiences I've had. The vets were kind enough to allow me to observe them, while they performed surgeries. I watched countless cats and dogs being de-sexed. You would think the procedures would be similar for both animals, but a cat castration seemed a lot less painful than a dog castration. There were other procedures performed as well, but the most memorable one was when the vets struggled to insert a tube inside of a cat's urethra. Overall, my Work Experience was informative and interesting. I would certainly not have been able to observe surgeries if it wasn't for the experience. I made the right choice by choosing the vet clinic for my work placement.

Cholo Viray – 10W