Our Lenten journey concludes this week. We know Lent is a preparation to the person God means us to be, a time for growing closer to God. In reality, Lent is about having a good look at ourselves, really ‘seeing’ ourselves, and to reflect on the lives we are living. Importantly, as a school community, we gathered at St Brigid’s Church on the last day of term and were lead through the Stations of the Cross by Fr. Savino, one of our College Chaplains. It really was a great opportunity for all students from Years 7-12, and staff, to reflect on their own Lenten journey in preparation for the celebration of the Easter mystery.

This term at Simonds Catholic College there has been a strong focus on Social Justice. Project Compassion boxes have been placed in all classrooms and various other places to encourage students to give generously in support of Caritas Australia. Through donations to Project Compassion we are helping to empower the world’s poorest children, women and men with vital learning and renewed hope. As Pope Francis states “Education is an act of hope”. Our annual Trivia Night also raised over $1300 for Caritas Australia, and a number of other students have also raised money with Easter Egg raffles and through the selling of muffins. I commend all students and their families for their generosity in donating to Project Compassion, and also for pursuing new initiatives to raise awareness and money for Caritas Australia which has been operating for over 50 years.

On Tuesday March 8, we had the first of our Parent Evenings for 2016. The topic and theme of the night was ‘Communicating with My Son’. Mr Pascal Rohan, our Coordinator of Student Wellbeing organised a terrific evening, with a highlight being the parent and student panels from within our community who gave extremely insightful and knowledgeable presentations to those in attendance. It was particularly pleasing to have over 43 families in attendance on this evening.

Last Thursday, Mrs Maryanne Krall, our Religious Education Coordinator and six students along with myself attended the annual St Patrick’s Day Mass at St Patrick’s Cathedral. There were over 300 Catholic schools represented at this significant occasion. Events such as this remind us that as a school, we are part of a very large group of Primary and Secondary Catholic schools operating within the Archdiocese of Melbourne.

I wish all families a very safe, happy and Holy Easter.

Yours sincerely,

Mr Peter Riordan
Principal | Simonds Catholic College
This past weekend, Eric Low of 10 Red competed in the Rowing Victoria State Championship Regatta in Ballarat. Having trained very hard in the lead-up to the event, Eric was feeling confident and prepared. He ended up finishing first in both the Under 17’s Single and Under 17’s Doubles events! He also competed in a ‘Junior Open Event’ against much older competition and finished second! Having claimed two Gold and one Silver Medal at the prestigious event, Eric has drawn the attention of Rowing coaches from around Australia. I sat down with Eric and asked him a few questions about his competitive Rowing:

**What got you interested in Rowing?**
My Dad did Rowing, my brother did Rowing. So I’ve been going down to the Rowing Club for ages. I’ve been around the Rowing community for a long time. It is the only sport that I have done pretty well in, so I just keep going.

**When did you start Rowing?**
I started in grade 6, about four or five years ago. But I’ve been down at the Rowing club for nearly 10 years now (Footscray Rowing Club).

**Do you only train with Footscray?**
I train mainly with Footscray, but I have trained with Malvern Rowing Club, Nagambie Rowing Club, Corio Bay Rowing Club and Melbourne University Rowing Club.

**What is your weekly training schedule?**
I train on the water six days a week, with two or three extra sessions, either in the gym or on a rowing machine indoors. I usually row after school and then afterwards, I might do a gym session indoors. If I have something on after school, I will just do the training session before school and go straight to school from Rowing. If I train in the morning at Footscray I get up at about 6 - 6:15am, but when I was training with Melbourne University I got up at 5am and went into the city to row on the Yarra, then got the train to school straight from training.

**What advice can you give to Simonds students who are hoping to excel in sport?**
Train hard. Keep trying. Try and be the best, instead of just competing for the sake of it.

**What strategies do you use to balance your Rowing commitments with your studies?**
I try to study when I’m not training. I try not to get side-tracked too much. I have my priorities about what to do first. I try to keep on top of my studies and meet all my deadlines. I study around my training schedule. If I can, I try to finish my homework as soon as I get home, if not I will just finish it after training.

**Are there any other upcoming events that you are competing in?**
In about two weeks there are the National School Championships.

**What are your goals/ambitions in Rowing?**
At the moment I want to win the National Under 17 Title and then next year I want to win the National Under 21 Lightweight Title.
The Australian Junior Squad is chosen from the Under 21 age group. So if you compete in that age group you can get chosen for the Junior Olympic Team. But I am still two or three years away from being ‘top-age’ and being in contention.
Maybe in four to six years I might be trying to get selected to the Australian Commonwealth Games or Olympic Teams.

*Mr S Vaughan | Year 10 Coordinator*
Term 1 has been a busy and productive term in the area of wellbeing at the College. Below you can read of just some of the initiatives we have been taking.

**Parent Evening - Communicating with My Son - What works and what doesn’t.**

Thanks to the 60+ parents who attended last week’s parent evening. We appreciate your attendance on a hideously hot night! It was a well-received night in that many people remained behind, and later emailed, to say how much they appreciated the speakers and the information they shared. Thanks to the Parent Wellbeing Team members, Staff Wellbeing Team members and our speakers: Ryan di Pietro (year 7); Finnian Eaton (year 10 and Student Wellbeing Team member); Isaac Montebello (year 12 and Alumni Wellbeing Team member), Di Rendle, Shannon Montgomery and Santo Magro (parents of current students).

Parents have also commented positively on the practicality of the 21 page handout supplied on the night.

Some of the parents listening to our student and parent panel speaking.

The “**Partnership Wellbeing Team**”.

At Simonds Catholic College, we understand “wellbeing” to be an all-encompassing reality. To this end, we look beyond the school to establish links with the community of which we are a part. A new and exciting partnership has begun with four of our students with Fitzroy Police and Senior Constable Chris McGeachan. Chris conducts a program at a number of local housing estates, centred around soccer and camps. Our boys have had a couple of meetings with Chris and have begun assisting with the program he conducts. The group has been named as the PASS group: Police And Simonds Students. We support and are proud of our young men who have offered their time for the community and who are concerned, in practical ways, to support the wellbeing of others.

**PASS group**: Saleh Hassen (year 11); John Nguyen (year 12), Snr Constable Chris McGeachan (Geeks), Cholo Viray (year 11), Kenny Hua (year 11).
The Alumni Wellbeing Team:
This team consists of past students - and has just formed. These young men have accepted the offer to be involved with the school that they have attended and loved over the years and now wish to give back in a way that enhances the wellbeing of those at the College.

Last Friday, an initial meeting was held with the Alumni below and Salvina Noonan (Yr 12 coordinator and Pascal Rohan Coordinator of Student Wellbeing /Counsellor). A number of very interesting and energetic suggestions as to their involvement with the College were generated from the members. We meet again, before term’s end, to nut-out and date their first Alumni initiative.

We warmly welcome the generosity and interest of this group and look forward to their involvement.

Members of the Alumni Wellbeing Team:

Back Row: Tim Ryan (2012), Farzan Yazdi (School Captain 2015),

Middle Row: Isaac Montebello (Student Wellbeing Team 2015), Gianni Cozzi (2012)


Student Wellbeing Team: In the next newsletter, we will have a piece on the Student Wellbeing Team which began last year and is continuing its good work this year.

All the best.

Mr P Rohan | Coordinator of Student Wellbeing / Counsellor

David Suzuki visits our students!

Last Friday, renowned environmentalist, scientist, broadcaster and author David Suzuki ran a special live broadcast with the Australian Science Channel. With 6,000 eager science students across the country tuning in, we in the Science Faculty at Simonds Catholic College thought this was an opportunity not worth passing up. 26 of our most diligent, enthusiastic students across Years 7-10 tuned in the live streaming, where Canadian Suzuki answered questions for an hour about what it's like to be a scientist and the status of the Increased Greenhouse Effect and our environment. The boys were very engaged and proceeded to ask many fantastic questions of myself once the talk was over. A very enlightening experience, particularly on how we can reduce our ecological footprint, for all present!!!

Ms L Fisher | Science Faculty Manager
Last Wednesday, the 9th of March was the fourth annual Simonds Family Trivia Night. The event was organised entirely by the Student Leadership Group and we ended up raising over $1350 for Caritas Project Compassion (even more than last year!). Student Leaders Curtis Reeder and Joshua Bowker were the hosts and they set the tone for the event with a couple of jokes and really lame stories which lightened up the evening.

The big highlight of the night was the live auction conducted by our School Captain Yuri Bakay. Yuri had the whole place excited and digging deep into their pockets. The biggest thrill came during the auctioning of a high quality sports bag, with the St Aloysious Student Leaders and a Simonds student trying to outbid each other. At the end of the night, the table that won the Trivia was a group of teachers with the team name “More Chips”, who walked away with a swag of prizes.

Thank you to all the members of the Simonds Catholic College community who attended the night. Thank you especially to the following people for their generous donations: The Riordan family, The Krall family, The Blay family, The Pagdanganan family, The Nguyen family, Hawthorn Football Club, 2XU, Common Ground Coffee Shop, JB Hi-Fi, Brunetti in Carlton, 1565 café and gelateria in Kensington, Hi-Voltage Indoor Karting, Nando’s and Parchem Construction Supplies.

Last but not least, thank you to the Student Leaders for all their hard work and dedication into making the event possible.
School Fees

**Camps, Sports and Excursions Fund (CSEF)**
A reminder to those families that hold a valid concession card that you are eligible for State Government financial assistance to the value of $225.00 per student. Applications are available at both campuses or online at [http://www.education.vic.gov.au/about/programs/health/Pages/csef.aspx?redirect=1](http://www.education.vic.gov.au/about/programs/health/Pages/csef.aspx?redirect=1)

**School Fees:**
Tax invoices for school fees will be issued in the upcoming week. In the interim should you wish to make full or part payment for your son’s tuition or discuss a payment arrangement please contact the Business Manager, Mr Danny O’Malley on 9321 9202.

Mr D O’Malley | Business Manager
Throughout the Term 1 weekly Pastoral Care sessions, the Year 12 cohort have engaged in a number of topics aimed at improving and fostering their wellbeing. Topic 1 focused on “organisation” with each student using a calendar and school diary to effectively plan their daily activities with the aim to balance work, life, and study without feeling overwhelmed. The students discovered that ultimately, good organisation leads to success. Under the assistance of Student Wellbeing Coordinator/Counsellor, Pascal Rohan, and Alumni Wellbeing Team member, Isaac Montebello, students then engaged in a tai-chi session and music therapy session. The focus of this session was to explore techniques to assist with “relaxation before sleep”. Following this, students explored the topic of “nutrition” and investigated the components of a healthy diet and the notion that “you are what you eat”. During this session, students experienced the benefits of healthy eating as they sampled a fruit platter and enjoyed the benefits of drinking green tea. Term 2 will see the Year 12 cohort focusing on topics including; “personality”, “etiquette”, “gratitude” and “good men”. Thank you to the Year 12 Pastoral Care teachers, Mr Carroll, Ms Leung and Ms Sinis for assisting with the delivery of this Pastoral Care program. It has been fantastic to see the students engage and embrace the program in such a positive manner.

Mrs S Noonan | Year 12 Coordinator

I’m delighted to advise that Enrolment Applications for Year 7 next year have been coming in thick and fast.

If you have a son who is going into Year 7 next year, and have not yet submitted an enrolment form, please do so immediately, as they were actually due in by 24 March.

If you need an application form, please contact the Registrar, Stephanie Rocke, on 9321 9206.

Mrs S Rocke | Registrar

As part of our commitment to the joy of reading the College Library is again inviting students to be part of the 2016 Premiers’ Reading Challenge to read a minimum of 15 books from the start of the year to early September. As this literary initiative is an important part of the College year, House Points are awarded to students completing the Challenge.

Consent forms can be collected from the Library Circulation Desk. They must be completed and signed and returned to Mrs Dymond so that students can be registered and issued with a user name and password for online access. Please encourage and support your sons in this endeavour.

Bookies Book Club

The “Bookies” meet every Friday at Lunch in the Library and new members are always welcome. This term we have discussed Stephen King novels and Shakespeare as well as favourite books we have read. For next term discussion we are currently reading The fault in our stars, the very popular novel by John Green. As an end of term treat the group visited the North Melbourne Bookshop and happily chose a selection of books for the Library collection.

Mrs Dymond | Librarian
The Teens Yoga Retreat Program includes:

- Mat based classes morning and afternoon to increase strength, flexibility and coordination that will assist students with their other physical activities, music and sports
- Daily meditation and mindfulness sessions to help with stress reduction and an opportunity for awareness and reflection + strategies to take away to help with exam preparation and in dealing with situations that cause anxiety
- An introduction to specific yogic breathing techniques to help with better digestion, stress management and more restful sleep

Investment: $237 pp, which includes nutritious morning tea and lunch on both days and a Welcome Pack valued at $80 (Student Workbook, AYA T-Shirt, copy of AYA's Powerflow DVD for EveryBody and 2 free classes at any AYA studio). Limited to 20 participants. Students in Years 9-12 are welcome to attend.

WHEN: Mon 4 & Tue 5 April, 9am-3pm
WHERE: AYA Prahran
COST: $237

BOOKING: 

Upcoming Events

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| 20 | ACC Open Badminton  
Parent Teacher Interview Evening | 2.00pm – 8pm |
| 22 | Anzac Day Ceremony |
| 25 | Anzac Day | Public Holiday |
| May 2 | Catholic Family Week |
| 4 | College Board Meeting |
| 5 | Simonds Day |

ST MARY’S STAR OF THE SEA CHURCH
Multicultural Festival
SUNDAY 10th of APRIL 2016
11.30am—3.30PM

Organized by parishioners, including Australians, Egyptian, Indian, Irish, Italian, Lithuanian, Malaysian, Maltse, Filipino, Polish, Vietnamese, Latin American, Spanish, Chinese and Singaporean Communities.

- Multicultural food & drink stalls
- Folkloric entertainment
- Cultural & religious displays
- Huge Second Hand Stall, Kids Corners & Games
- Raffles
- Kangaroos Footy Club, School Band and more!