Dear Parents,

Ash Wednesday marks the beginning of the Lenten Season. On Ash Wednesday, 13 February, Fr Max and Fr Anthony celebrated Mass at St Mary’s for the entire Simonds Catholic College community. Again, it was terrific to see the students of both campuses coming together for such a significant occasion, and importantly in such a respectful manner.

With the month of February now over, it is pleasing to observe many students developing a consistent and organised routine in regard to their studies both here at school and at home. It is critical that students develop these organized home study patterns at all levels of secondary schooling.

The House Swimming Carnival held at Oak Park was a huge success with the new House flags for the first time. With many staff and students dressed in House colours there was a great competitive spirit amongst the swimmers with a very close result in the finish. The ACC Swimming Team performed to the best of their ability at the recent ACC Carnival at MSAC, and I congratulate all of those swimmers in representing Simonds Catholic College at this level.

At the recent Family Mass all student leaders from Years 8-12 were presented with their leadership badges. After receiving their badges the student leaders then pledged to give of their best to the school community that they were representing. I would urge all members of the school community to support these leaders and work with them as they work through the challenges that lay ahead for them in 2013.

Yours sincerely,

Mr P Riordan
PRINCIPAL
**Student Leaders**

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<tr>
<th>Position</th>
<th>Name</th>
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<tr>
<td><strong>School Captain</strong></td>
<td>Patrick Morel-Shields</td>
<td><strong>Vice Captain</strong></td>
<td>Marcus Walsh</td>
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<td><strong>Middle School Captain</strong></td>
<td>Andrew Doan</td>
<td><strong>VCE Liturgy Captain</strong></td>
<td>Richard Mariano</td>
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<td><strong>VCE Social Justice Captain</strong></td>
<td>Stephen Warburton</td>
<td><strong>Middle School Captain</strong></td>
<td>Andrew Doan</td>
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<td><strong>Middle School Liturgy Captain</strong></td>
<td>Gabriel Gomez</td>
<td><strong>VCE Social Justice Captain</strong></td>
<td>Alfonso Zampogna</td>
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<td>Stephen Warburton</td>
<td><strong>Middle Social Justice Captain</strong></td>
<td>Alfonso Zampogna</td>
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<td><strong>VCE House Captains</strong></td>
<td>POLDING Jack Nguyen</td>
<td><strong>Middle School House Captains</strong></td>
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<td>KNOX Eamonn Murphy</td>
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<td>Nelson Cheong</td>
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<td>MANNIX Simmon Tran</td>
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<td>GOOLD Rohan Pereira</td>
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<td>Isaac Montebello</td>
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<td><strong>VCE Student Leaders</strong></td>
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<td><strong>Year 12</strong></td>
<td>Richard Mariano</td>
<td><strong>Year 10</strong></td>
<td>Farzan Yazdi</td>
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<td>James Saragias</td>
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<td>Denshan Fernando</td>
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<td>Matthew Massaro</td>
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<td><strong>Year 11</strong></td>
<td>Raimus Precilla</td>
<td><strong>Year 9</strong></td>
<td>Richard Precilla</td>
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<td>Vincent Papandrea</td>
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<td>Jacky Chen</td>
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<td>Regan Gilbert</td>
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<td>Christopher Barraza-Purcell</td>
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<td>Kenny Le</td>
<td><strong>Year 8</strong></td>
<td>Zachary Ghanbari</td>
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<td>Frank D'Agata</td>
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**Family Mass**

On February 21, 2013 the Community of Simonds Catholic College gathered at St. Mary’s Star of the Sea Church, West Melbourne, to celebrate the Family Mass and Presentation of Student Leaders. The Principal, Mr Peter Riordan welcomed the congregation and the celebrant, Fr. Max Polack. The celebration of the Eucharist began with the processional hymn “In Faith and Hope and Love”. It is the Year of Faith when the Church calls us to encounter Christ anew and nourish our gift of faith.

The College Chaplain, Fr. Max Polak celebrated the Mass while students, staff and parents actively participated in the Eucharist by reading the Scriptures or leading the Prayers of the Faithful. Simonds Altar Servers assisted Fr. Max throughout the celebration while the cantor, Mr John Lanphier led the whole congregation in singing Mass Shalom, accompanied by the organist, Mr David Agg.

At the end of the Eucharistic celebration, the Student Leaders were presented to the community and together pledged their service and support to the College. Mr Riordan then thanked our Chaplain and Canonical Administrator, Fr. Max, for his generous contribution to the sacramental life of the College.

Maryanne Krall - Religious Education Coordinator
Art Workshop for Parents and Friends of Simonds Catholic College

Through the funding of the School Community Partnership Programme, the Arts Faculty offers to all members of the school community, the opportunity to participate in a weekly Art Workshop in our art room with the guidance of the art faculty.

Since its inception the participants have enjoyed sketching & drawing, creating watercolor paintings and pottery. They have also designed and printed Christmas cards using digital software and lino printing.

The workshops are scheduled in the school’s art room, and participants choose their favorite art medium and explore various techniques with the assistance of the art staff. As illustrated in the photographs here-on, in the last few sessions, participants have been focusing on sculpture and are exploring various techniques of clay modelling, casting and stone carving.

If you would like to join us please contact Mr Sanciolo, through the school’s secretary. The workshop is timetabled every Tuesday from 3:20 pm to 5:15 pm. There are no costs to participants.

This is a great opportunity to spend a few relaxing hours with other members of our community, awaken the creative self and show the youngest members of our Simonds community that The Arts may be enjoyed as part of everyone’s life!

Mr B Sanciolo - Head of The Arts

Sense Poems

Sense Poems in the spLIT Classroom!

A few weeks ago, the talented boys of Simonds Catholic College lent their creative talents to composing thought-provoking sense poems during their Tuesday spLIT Writers’ Workshop classes. A sense poem is described as “a five-lined, visually stimulating poem that describes a situation, environment or event through the senses.”

Below are some excellent examples of sense poems from our wonderfully creative students! In the next few newsletters, we will be showcasing even more poetic talent.

Well done, boys!

The City
A luminous city with alleys only to be concealed with despair.
Echoes of shrivelled screams and laughter that replays nonstop in my ominous head.
As if to survive I must run. My very soul screams in excitement as I develop a bloodlust.
The sweet taste of pollution that extends through these violent gusts of wind.
Burning tires and open canals that reek and screech in the odious atmosphere

Jenwin Mabanag - Year Nine

Untitled
My body engulfed in the sense of pins and needles stabbing me with the other sense of dead roaming souls which have not had eternal rest
Death all around me with a harsh sensation
The souls of the lost whisper into my ear, asking for help
The fear that beholds me
An empty room with the darkness all around me yet I can see the souls of the dead begging for forgiveness

Tarkan Godino - Year Nine

VCAL BBQ

Thank you to all the teachers and students who helped with the swimming carnival BBQ last week. It was a great success and the VCAL boys raised $370.00 for the Red Cross foundation to help them with the costs of rebuilding areas that were affected by the bush fires in the past week. A big thank you to the boys who brought gold coins, it did make it easier for us to run the BBQ. All drinks and 400 sausages were sold out and more than half of the lollies bags were sold. The VCAL boys were very happy about the amount raised and have started to plan the next BBQ in the three weeks at the athletics carnival. There will be a different variety of food next time, so please stay tuned and read the next newsletter.

2013 VCAL - Students
Are you looking for a Catholic Secondary College for your daughter?

Experience what St Aloysius College has to offer students from Year 7 – Year 12, including:
- Rich & Challenging Curriculum
- Exciting Outdoor Education Program at our Torquay Campus
- Dedicated & Experienced Teaching Staff
- Excellent VCE Results
- VCAL & VET Pathways
- Scholarship Program

For further information or to book into a Talk & Tour contact the College directly on 9329 0411

31 Curran St Nth Melbourne
www.aloysius.vic.edu.au

Simonds School Counselling Program

- Ailsa Lord is a Psychologist with many years of training, and is at the school Wednesdays and Fridays 8am-4pm.
- She works within the school with students, parents/families, and teaching staff
- She provides students with support around social-emotional issues

Why might a student see the School Counsellor?
- If a student needs help/guidance/support with events in his or her life
- Talking about things with a trusted person can help students find solutions
- Talking with someone who is supportive can really reduce student stress

What are the benefits of having a School Counsellor in the School?
- Students have access to confidential counselling services within school hours and free of charge
- Parents and families can access advice and support for their child and themselves
- The Counsellor can refer to local agencies in the area

According to school policy, unless parents advise the receptionist that they do not want their son seen by the school counsellor, the school may refer a student when deemed necessary for welfare reasons.

Why should I refer a student for counselling?

There are two circumstances in which a student should be referred.

When a student is showing social/emotional/behavioural issues such as:
- Anxiety
- Anger management issues
- Feeling down
- Loneliness/social issues
- Self-harm

What sort of issues are not dealt with by the School Counsellor?
- Immediate or ongoing discipline for student misconduct. However, misconduct can sometimes indicate that a student has underlying issues and that they may benefit from coming to counselling. Counselling is often used in conjunction with discipline to support the student to conduct themselves within the boundaries required by the School
- Getting a student to behave better in class. Behavioural issues can be a sign of underlying emotional problems, and this is what counselling can address. The Counsellor and teacher could consult on classroom management if necessary.

What is the referral process?

You can always just ask me about this...

If referral by a teacher:
- Fill in referral form and forward to me
- Send consent form and student/family information form home to be signed

If referral by parents:
- They will fill in the referral form and others
- I will approach the teacher to obtain more info and a teacher observation form

If you have any questions about the role of the School Counsellor, the referral process, or are concerned about a particular student please feel free to come and chat to me.

Ailsa Lord – School Counsellor
**Canteen Price List**

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**St Mary's Campus**

2013

### Rolls / Sandwiches / Wraps

- **Salad** $3.50
- **Ham & Salad** $4.00
- **Chicken & Salad** $4.50
- **Chicken & Lettuce** $4.00
- **Ham, Cheese & Tomato** $3.50
- **Toasted Cheese** $3.00
- **Toasted Ham & Cheese** $3.50

### Hot Food

- **Dim Sims - Steamed** $1.00
- **Com on the Cob** $1.00
- **Dim Sim Roll** $2.50
- **Cup of Noodles** $3.50

### Salads

- **Fruit Salad** $3.00/$3.50
- **Fresh Fruit** $1.00
- **Pasta Salad** $3.50/$4.00
- **Salad Boxes** $4.50

*varieties include chicken and tuna

**Please note:** Water for NOODLES/MICROWAVE USE - $0.50c

### Dessert

- **Jellies/Fruit (Custard - 50 cents extra)** $2.00

See daily Specials Board for other varieties

### Drinks

- **Pump Water** $3.80
- **Vitamin Water** $4.00
- **Summit Water** $2.50
- **Play Water** $2.50
- **Up & go** $2.50
- **Big M – Large** $3.50
- **Big M – Small** $3.00
- **Nestea Iced Tea** $3.50
- **Slushy (Iced Drink)** $2.00
- **Deep Spring Mineral Water** $2.50
- **Daily Orange/Apple & Blackcurrant Juice 300ml** $3.00

### Snacks

- **Red Rock Chips** $2.00
- **Butter Menthols** $2.00
- **Soothers** $2.00
- **Pop com** $1.00
- **Muffins** $1.50
- **Cake** $1.50
- **Piranhas** $1.00
- **Chocolate chips** $2.00

### From the Freezer

- **Paddle Pop Tubs** $2.00
- **Splice** $2.00
- **Paddle Pops** $1.50
- **Vanilla Tubs** $1.50
- **Frozen Yogurt** $2.50
- **Icy Poles (plain)** $1.00
- **Calippo small** $2.00
- **Calippo Large** $2.00

*varieties include chicken and tuna

**choice of meat with mixed salad

See daily Specials Board for other salad varieties