

FROM THE PRINCIPAL

Tullio Zavattiero - Principal

The days feel different and we are experiencing a strange reality, but the weeks keep ticking over. It doesn't really feel like it, but we are now four weeks into Term 2.

I could not be more impressed with the dedication and long hours put in by staff to modify and create lessons to suit the remote online learning environment; this is a big challenge for all teachers, and here at CRCNK our teaching staff and Learning Support Officers have gone to great lengths to engage their students and help them continue their learning journeys. Our staff have genuinely embraced this challenge with determination and true professionalism. Likewise, the way in which our students have adapted to this different phase of learning, and engaging with the content has been equally impressive. In very trying times, it is clear we are trying to move forward together as a learning community.

Whilst the mode of learning might be different, important tasks and forward planning need to continue, such as Year 10 transition to CRC Sydenham. We are working closely with our colleagues at Sydenham and important information will come through in due course. Please read important reminders and updates further on in this Newsletter:

Teaching and Learning – Page 4

Student Wellbeing – Page 4

Other College Matters

Continuation of remote learning in Term 2

The Federal Government will be making announcements about possibly relaxing COVID-19 restrictions later today (8 May), and the Premier Daniel Andrews will potentially do likewise after Stage 3 restrictions are discussed and reviewed on 11 May.

As always, we will be guided by the Premier of Victoria and Catholic Education Melbourne on how and when our College will resume face to face teaching in the classroom. Please keep an eye out for a Caremonkey notification early next week for the latest update.

Mother's Day

And finally, to all the mothers, grandmothers, aunts, and carers, may you have a wonderful Mother's Day this Sunday. I hope you have the opportunity to connect with your loved ones, even if only in a virtual environment, and that you feel and know how important your role in your people's lives are and that you are valued and celebrated by society as a whole. And may you get the opportunity to put your feet up and have a well earned rest. On page 11 are special Mother's Day wishes from students.

While these continue to be unusual times for everyone, but there is light appearing at the end of the tunnel. We are getting through this!

Take care and stay safe.

Vale Liam O'Sullivan



It is with great sadness that I inform the College community that one of our former teachers, Liam O'Sullivan, passed away on the morning of 7 May after valiantly battling a form of leukaemia for some time.

Liam was a gifted, highly valued and professional member of the Teaching staff from 2013 to 2016. He held the position of Domain Leader – English during this period. Liam was a passionate and innovative educator, teaching English predominately, as well as other subjects including Humanities, Audeamus, and being a Homebase Teacher. Please keep Liam in your prayers, along with his wife, Ainsley and their children Edward and Audrey, plus baby number 3 due in September.

Eternal rest grant unto him O Lord and may perpetual light shine upon him. May Liam rest in peace. Amen

PRAYER

Lord of Mercy and Compassion,
Even at Your imminent death on the cross, you gave thought to the needs of your Blessed Mother, Mary. Not only were you sacrificing yourself for us, but you gave your devoted mother to the whole world. You did this to help us learn from her humility and share in her unwavering devotion to you. As Mary witnessed the pain and torment of her Son, she displayed her love and outpouring of emotion.

In this time of uncertainty and sorrow, we call upon the strength and courage of Our Loving Mother to intensify our resolve to follow you with a humble, contrite heart. As we reflect upon the perfect disciple we are reminded of our own mothers and carers who give or have given unconditionally to ensure our needs are met. Lord, help us to better appreciate the various role of all mothers, particularly at this time and during this month of May as we celebrate Mary. Grant this through Christ our Lord.

Amen

IN THIS EDITION

Pages 2-3	Faith Matters
Page 4	Teaching & Learning
Page 4	Student Wellbeing
Pages 5-10	What Have Our Students Been Up To?
Page 11	Mother's Day Wishes
Page 12	Year 7, 2022 Enrolment Update

FAITH MATTERS

Moira Mullan - Director of Faith & Mission

Today we live in hope for the time when restrictions related to the Coronavirus are lifted, but we also know that this will need to be done with caution. The Gospel on 3 May is apt for the times we find ourselves in, as Jesus identifies himself as a shepherd. In Jesus' time shepherds were considered the lowest of the low in society because they did not wash regularly. A shepherd would spend most of his life with his sheep. It was his responsibility to protect the sheep. He also led them. The shepherd made sure the sheep had sufficient water to drink and grass to eat. He also protected the sheep from wolves and other predators.

The shepherd's life was one of constant movement. After the sheep ate all the grass in one pasture, the shepherd moved them to another green pasture. The shepherd's life was also a lonely life. For weeks, the shepherd's only companions were his sheep. Since his sheep were his closest companions and friends, most likely the shepherd came to know his sheep well. He knew which sheep were docile and he also recognized the unruly and stubborn sheep. Yet, the shepherd was committed to caring for each of the sheep, even the aggravating ones. Usually the shepherd had a very strong bond with his sheep. He not only was responsible for them, he truly cared about his sheep (and perhaps even came to "love" them)! In some ways, the sheep became the shepherd's family. They were his constant companions. The sheep only would follow the voice of their shepherd. They would not follow another person. The bond between the shepherd and the sheep was very strong and real.

Jesus is our shepherd and he sticks with us no matter what. He is committed to caring for us and leading us. Jesus comes and finds us when we are lost and afraid. Jesus will keep looking for us until he finds us. However, do we have the same strong bond with Jesus as the sheep have with their shepherd? Do we fully understand that Jesus is our Shepherd and our gateway to eternal life? As you have read, a true shepherd gives unselfishly to his flock and if we are to follow in Jesus' footsteps, we must take up our cross and live as Jesus did. We need to be open to everyone and especially open to our God.

In support of this, the Gospel reading on Mother's Day presents Jesus as our guide. He provides us with directions about how to live our daily lives and that his way is the right way. Just as the sheep trusted their Shepherd, we need to place our trust in Jesus. For us, our centre is the person of Christ. Everything we do and our love for others should all flow from our relationship with Jesus and cannot be unhinged. It is a deeply personal relationship. We are led by Jesus 'one by one', known by name, not as just one of a group. It is up to us to reflect upon the life of Jesus and his actions towards others to help us grow as a person and in communion with others.

Today may we take time to thank Jesus for loving us so deeply. May we also thank Jesus for his tender care and protection. Jesus is our shepherd and our guide whom we need to faithfully follow. Even in this uncertain time, when we are anxious about the decisions people are making in our country, we can always depend on Jesus in our life.

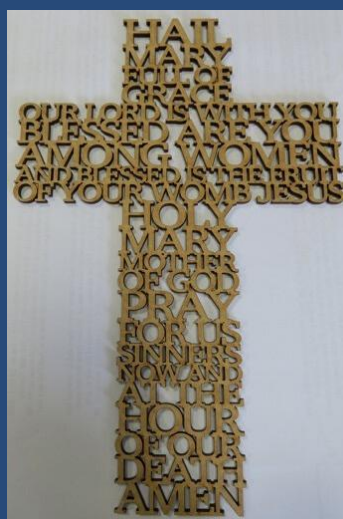
Project Compassion Fundraiser

Thank you to those families who have placed orders for our crosses that are made up with either the Our Father or the Hail Mary prayers.

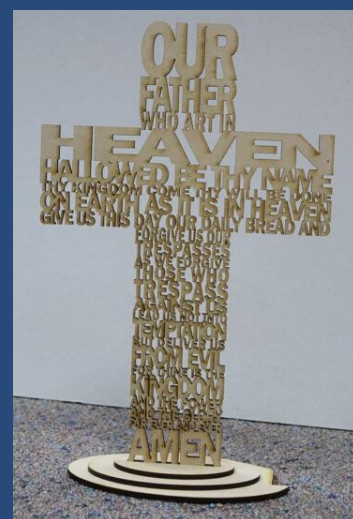
All funds raised go to Project Compassion 2020 to support many people who are doing it tough.

If you are interested in supporting this fundraising activity, you can place an order by emailing me at: mmullan@crcnk.vic.edu.au and tell me exactly what you want.

Each cross is approximately 250mm by 165mm in size with the width of cross being approximately 55mm. As shown in the images, you may have the cross with a stand that you need to glue together, or you can have the cross so it can lie down or be placed against something. A cross without a stand is \$10 or \$15 with the stand.



Cross without Stand \$10



Cross with Stand \$15

Payment and delivery will be confirmed when school is back in operation.

Please note that this fundraiser will be kept open until the end of Term 2.

Thank you for your support.

Mrs Moira Mullan, Director of Faith & Mission

LETTER OF HIS HOLINESS POPE FRANCIS to the Faithful for the Month of May 2020



Dear Brothers and Sisters,
The month of May is approaching, a time when the People of God express with particular intensity their love and devotion for the Blessed Virgin Mary. It is traditional in this month to pray the Rosary at home within the family. The restrictions of the pandemic have made us come to appreciate all the more this 'family' aspect, also from a spiritual point of view.

For this reason, I want to encourage everyone to rediscover the beauty of praying the Rosary at home in the month of May. This can be done either as a group or individually; you can decide according to your own situations, making the most of both opportunities. The key to doing this is always simplicity, and it is easy also on the Internet to find good models of prayers to follow.

I am also providing two prayers to Our Lady that you can recite at the end of the Rosary, and that I myself will pray in the month of May, in spiritual union with all of you. I include them with this letter so that they are available to everyone. Dear brothers and sisters, contemplating the face of Christ with the heart of Mary our Mother will make us even more united as a spiritual family and will help us overcome this time of trial. I keep all of you in my prayers, especially those suffering most greatly, and I ask you, please, to pray for me.

I thank you, and with great affection I send you my blessing.
**Rome, Saint John Lateran,
25 April 2020 Feast of Saint Mark the Evangelist
FRANCIS**

First Prayer

O Mary,
You shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick, who, at the foot of the cross, were united with Jesus' suffering, and persevered in your faith. "Protectress of the Roman people", you know our needs, and we know that you will provide, so that, as at Cana in Galilee, joy and celebration may return after this time of trial.

Help us, Mother of Divine Love, to conform ourselves to the will of the Father and to do what Jesus tells us. For he took upon himself our suffering, and burdened himself with our sorrows to bring us, through the cross, to the joy of the Resurrection.

Amen.

Second Prayer

"We fly to your protection, O Holy Mother of God",

We fly to your protection, O Holy Mother of God; Do not despise our petitions in our necessities, but deliver us always from every danger, O Glorious and Blessed Virgin.

In the present tragic situation, when the whole world is prey to suffering and anxiety, we fly to you, Mother of God and our Mother, and seek refuge under your protection.

Virgin Mary, turn your merciful eyes towards us amid this coronavirus pandemic. Comfort those who are distraught and mourn their loved ones who have died, and at times are buried in a way that grieves them deeply. Be close to those who are concerned for their loved ones who are sick and who, in order to prevent the spread of the disease, cannot be close to them. Fill with hope those who are troubled by the uncertainty of the future and the consequences for the economy and employment.

Mother of God and our Mother, pray for us to God, the Father of mercies, that this great suffering may end and that hope and peace may dawn anew. Plead with your divine Son, as you did at Cana, so that the families of the sick and the victims be comforted, and their hearts be opened to confidence and trust.

Protect those doctors, nurses, health workers and volunteers who are on the frontline of this emergency and are risking their lives to save others. Support their heroic effort and grant them strength, generosity and continued health. Be close to those who assist the sick night and day, and to priests who, in their pastoral concern and fidelity to the Gospel, are trying to help and support everyone.

Blessed Virgin, illumine the minds of men and women engaged in scientific research, that they may find effective solutions to overcome this virus. Support national leaders, that with wisdom, solicitude and generosity they may come to the aid of those lacking the basic necessities of life and may devise social and economic solutions inspired by farsightedness and solidarity.

Mary Most Holy, stir our consciences, so that the enormous funds invested in developing and stockpiling arms will instead be spent on promoting effective research on how to prevent similar tragedies from occurring in the future.

Beloved Mother, help us realise that we are all members of one great family and to recognise the bond that unites us, so that, in a spirit of fraternity and solidarity, we can help to alleviate countless situations of poverty and need. Make us strong in faith, persevering in service, constant in prayer.

Mary, Consolation of the afflicted, embrace all your children in distress and pray that God will stretch out his all-powerful hand and free us from this terrible pandemic, so that life can serenely resume its normal course. To you, who shine on our journey as a sign of salvation and hope, do we entrust ourselves,

O Clement, O Loving, O Sweet Virgin Mary.

Amen

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TEACHING & LEARNING

Brendan Hallinan - Deputy Principal

Staff Planning Day on 6 May

I hope that students were able to use the student-free day this week to have a bit of a break from learning tasks. I can say that staff really appreciated the opportunity to regroup and review their online course content and plan for the weeks ahead. Dates for subsequent staff planning/student free days during the remote learning period in Term 2 are still to be confirmed.

Subject Selection for 2021

CRC Federation Colleges are currently discussing how the Subject Selection process will proceed in 2020 for 2021.

In Term 1 Industry & Enterprise classes, CRCNK Year 10 students spent time with Mr Mirtschin discussing possible pathways. Further work will be conducted with students as we approach the subject selection deadline. However, until we are advised by CRC Sydenham as to when their Course Handbook will be available, there is little more that can be done at this stage. Families will be informed as news come to hand.

If you do wish to discuss Subject Selection, please email Mr Manny Gambin at mgambin@crcnk.vic.edu.au or telephone 9361 5924.

Mr Manny Gambin, Transition Pathways Coordinator

Semester 2 Electives

On Friday 8 May, all Year 9 and 10 students were emailed information regarding Semester 2 electives. The email included an attachment listing individual student's current Electives subjects for Semester 2. Parents/Guardians are asked to please check this carefully with your child to ensure that they are enrolled in the correct subjects. If students are happy with their current elective subject selections there is no need to do anything else.

If there are any blank options, students MUST contact Mr Nathan Tomic no later than Friday 29 May, via the College Office to discuss what elective options are available.

From Monday 1 June, classes with open places will be made available to all students who may be looking to change elective choices. Students will have 2 weeks to request elective changes. Please be aware that classes have strict limits on student numbers and transfers will be subject to the availability of spaces in a class.

All requests to transfer classes MUST be received on the official form (attached to student email) and lodged with the Front Office by Friday 12 June. No requests will be taken by email or phone call.

To contact Mr Tomic, or to request another change of elective form, please phone the College Office on 9361 5900 or email: office@crcnk.vic.edu.au. Completed forms can be scanned and returned to this email address. Alternatively, forms may be lodged in person at the Office between between 8:30am and 3:00pm Monday to Friday. Please practise appropriate hygiene and social distancing if visiting the college in person.

Mr Nathan Tomic, College Organiser

STUDENT WELLBEING

John Coshan - Deputy Principal

Helpful Information for parents from Parenting Ideas

The uncertain times we are currently living in and not knowing what is ahead continue to challenge us in relation to remote learning, parents working from home and siblings interacting in confined spaces. Parent expectations are deceptively powerful and have a great influence over a child's choices. With many students now learning from home, parent expectations are more important than ever.

This week I have shared three articles (attached to the end of this Newsletter) from Parenting Ideas. I trust that the information provided will equip families with some useful suggestions on how best to navigate the current situation.

Some helpful points from these articles are shared below:

Establish structure

Many kids struggle with anxiety when routines break down, so ensure that you have a regular structure that brings predictability to each day. Parents and kids need their own routines starting with get up times, work times and in the event of at home learning, times for schoolwork. Break the day into different time zones that mirror their school days. A regular structure will make the days more workable, feel shorter and be more manageable. It's important to keep daily foundation behaviours in place such as waking up at the same time, dressing for school and preparing for class as they trigger your child's readiness for learning.

Similarly, relaxing your routine on the weekend gives everyone a break from the structure of the school and working week. A regular family meeting provides an ideal way to give kids some input into their own routines and also a say in how family-life looks in the cocoon. If formal meeting are not for you, then ask for opinions and gain feedback in more conversational ways.

Show up for lessons

Expect kids to show up for school lessons with the right attitude, equipment and clothes. Wearing clothes specifically for school work helps to trigger their readiness for learning, and differentiates school time from leisure time.

Sibling Squabbles - Encourage them to make up

Kids often get over disputes far quicker than adults. They can be squabbling one minute and cuddling up the next, so it gets tricky intervening sometimes. However there are times when you need to encourage a child to mend bridges with an aggrieved sibling. This can mean kids have to swallow their pride, admit that they may be wrong, make an apology or make some sort of restitution such as doing a special favour. This type of restoration means kids must take responsibility for their behaviours and is a sign of growing maturity...While sibling squabbles can be annoying, they also offer parents great opportunities to help kids to handle conflict effectively, which is a great life skill.

parenting  ideas

www.parentingideas.com.au

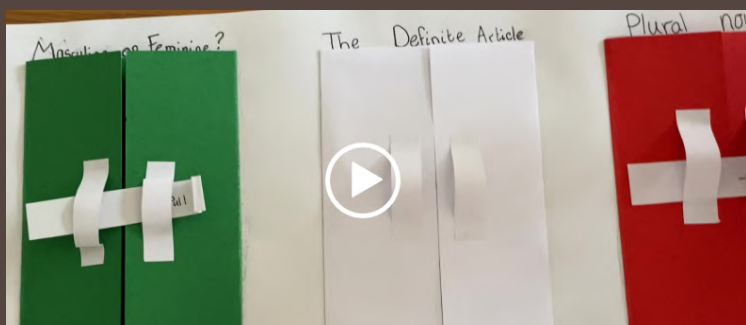
WHAT HAVE OUR STUDENTS BEEN UP TO?

YEAR 7 ITALIAN

Bianca Turrise - Italian Teacher

Mrs Turrise's 7G Italian class were asked to record their creative ways of revising for an upcoming grammar test.

- Danielle.P created a video in which she took objects around the house and outside her house, then named their gender and definite article before changing them to plural, using labels.
- Lauren.P created a pull out poster, in the form of the Italian flag, with each set of grammar rules in the different colours of the flag.
- Christian.L created his own Kahoot Quiz.



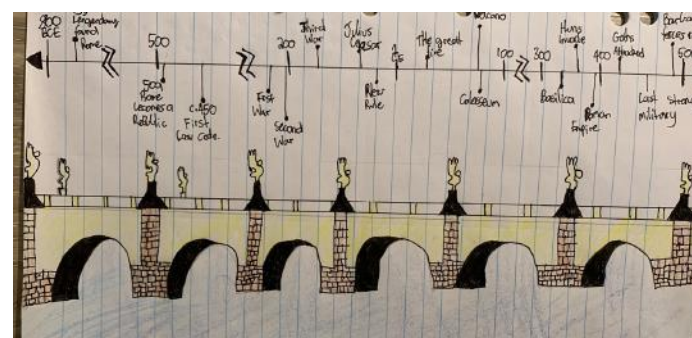
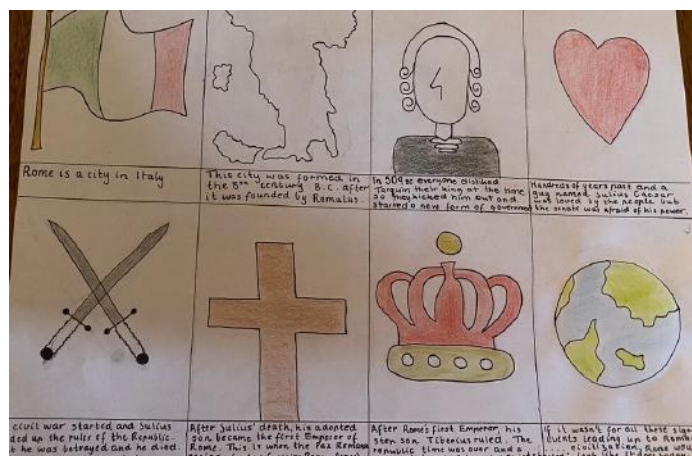
These students are commended on their amazing display of creativity and dedication to their learning in Italian!

Bravissimi ragazzi!

YEAR 7 HUMANITIES

Cherie McSweeney - RE Teacher

This week in Humanities students were challenged to use their creativity to create a comic strip and to produce a timeline of events demonstrating their understanding of Ancient Rome.



WHAT HAVE OUR STUDENTS BEEN UP TO?

YEAR 7 CONNECTIONS

Melissa de Sieno - 7N Homebase Teacher

This week in Connections students were asked to think about and reflect upon the following questions:

- What is working well for you during remote learning?
- What are 3-5 things you are grateful for?
- What is one new thing that you have learnt since our last Connections lesson?
- If you could have one superpower, what would it be?

Some of the students' responses to these questions are shared below:

I am grateful for my:

1. mother
2. family
3. roof over my head
4. nature
5. not having covid-19

Don't choose anger, choose happiness and hope because one day we will all find a way to do just a simple act of kindness and every time someone does something the world gets a little bit better.

Nicholas.E

I have learnt to be more responsible because I have to be on time for class, login and getting my work done. To be grateful for being healthy during this time of uncertainty

William.A

One new thing I have learnt since our last Connections lesson is to be grateful for everything I am able to have. I need to realise that there are some people in this world who can't afford to have the supplies to keep them healthy. I am very grateful that I can have these things to keep me healthy.

Sienna.B

5 things that I am grateful for is, still having a education even tho were at home, being able to still communicate with my friends, being able to spend more time with my family, being able to have a roof over my head and have the supplies that I need during this time.

Dante.I

5 things I am grateful for during this time are:

1. Being able to spend time with my family
2. Doctors and nurses
3. That we have enough food and supplies
4. My family and I are safe and healthy
5. My teachers who are able to give us education during this time.

Zoe.B

5 things I am grateful for are:

having a family that loves me,
having food and water to eat and drink,
having amazing friends,
I have a house to live in to feel safe,
and I have amazing people surrounding me, like teachers.

Isabella.S

YEAR 8 CONNECTIONS

Justin Caruso, Year 8 SWC

It has been quite an adaptation from face to face teaching to remote learning and communicating via technology. This has been accepted in a variety of ways across Year 8. Something that we all have in common is that at times we get overwhelmed or stressed. During the Year 8 Connections lesson this fortnight our focus was on what our stressors were during remote learning and how to be resilient.

Students were asked to reflect on their own remote learning stressors and share strategies that they use to overcome them. It was great to see how resilient these young people are, and how they are embracing some of the challenges that remote learning brings.

During the class discussions it was shared that exercise was a very popular way to destress and improve mental health during a busy day of online learning. Also, arts, reading and other activities were frequently mentioned. I encourage all students to make sure that they set some time aside each day for self-care and personal reflection.

During Connections, students were asked to perform one of the following mindfulness tasks over the coming week:

- Mindfulness Meditation
- Yoga Nidra Sleep Assistance
- A Gratitude Journal
- An activity that the student finds enjoyable

It was great to see that many students attempted these and were able to gain some health benefits of relaxation, destressing, lowering anxiety and self-reflection. A student reflection is shared below:

'I enacted two activities listed in the Connections lesson log those including the Mindful Meditation and the Yoga Nidra Sleep Assistance. I found these meditating practices incredibly relaxing and calming. It enabled me to forget all of my stresses, worries and concerns and allow me to focus on myself for a change.'

Completing these activities caused me to realise I often neglect to worry and care for my wellbeing and let other issues steal my attention. It definitely opened my eyes to see what I was doing to myself from a different perspective. As the meditation had a large positive impact on me and assisted me with receiving the proper sleep needed for the following day and the meditation once every second or third day letting me step away from the world to recollect myself. I have now decided to use these strategies more often and consistently to improve my mental health during this tough and negative period.' **Tamara.V, 8 O'R**

Tamara's comment about often failing to focus on herself and her personal wellbeing is all too true for many of us. I would encourage all students and family members to take a step back during the day and put the focus on themselves, what their body is telling them, and how to treat yourself to be at your best.

Be kind to yourself and reach out for support when needed.

WHAT HAVE OUR STUDENTS BEEN UP TO?

YEAR 10 SCIENCE

Tia. L, 100'R

In Year 10 Science, we are working on Forces of Motion.

To start off this topic, we were required to do a task based around measuring speed. Our activity was to create a PowerPoint presentation on how speed is measured in Australia. We needed to explain how devices worked and where they are used.

In my presentation, I chose to work on fixed speed cameras, motion sensors and multi-flash photography. These are all types of speed detectors used in Australia, if not, all over the world.



Fixed Speed Cameras

Fixed speed cameras are permanently mounted speed cameras that monitor the speed of traffic. In this process, they also identify vehicles that go over the speed limit. These speed cameras work using piezo electronic detectors. These detectors are embedded in the roads surface and when a vehicle drives over them, they deflect slightly allowing an electronic device to correctly measure the speed of the vehicle. These fixed speed cameras are located all over the roads of Melbourne, freeways and suburbs.



Motion Sensors

A motion sensor or detector is an electronic device that detects any nearby motion. These smart devices emit light. If this light is blocked or if the light picks up any infrared signals from body heat, that sensor is triggered. These are located almost everywhere! This includes shopping centers, school and even our own homes!



Multi-Flash Photography

Multi-Flash Photography is a camera mode in which allows the flash to go off multiple times during the shutter-click. This allows the camera to catch all movement. This type of photography is used higher in sports such as tennis, dancing, running, anything with movement!



YEAR 10 COMMUNITY SERVICE

Melissa de Sieno - Community Service Teacher

The last Newsletter included thank you letters from Year 10 Community Service students to essential workers in our community. Some more of these letters are shared here.

Dear all essential hospital workers,

While the world is in lockdown and avoiding trying to catch this virus, you guys are out in hospitals exposing yourselves and putting your family at risk all to save peoples lives who have contracted the virus. This is a very brave thing to do and you all deserve a lot of praise. This is a very tough thing to do and you guys are doing it with no complaints. Throughout this tough time you guys are giving hope to people who have contracted the virus and given people faith that if they contract the virus they will be well taken care of.

It must be tough waking up in the morning and going to work leaving your families behind knowing that you are going to be looking after patients who have contracted a deadly disease that is turning our world upside down. The work you guys are doing is life saving and it has instilled a lot of hope to people in the community that we are going to be able to overcome this and beat the virus. The hours and the effort you guys are putting in is second to none and it's not going unnoticed we all appreciate it. The sooner we get on top of this virus the better but until then we ask that you keep looking after these people and helping them in their recovery.

You guys are doing a great job and it's very courageous what you guys are doing so keep up the good work.

From a CRC North Keilor Community Service student

To Father Dan Serratore

During a time of extreme pain and suffering thank you for helping others by allowing them to still perform acts of faith in the times they would need it the most.

Your services are both noble and kind. Keep up the good work.

From a CRC North Keilor Community Service Student

Dear Dad,

Thank you for all the hard work you are doing and risking your health to go to work and make sure you are getting your job done and providing to our family. I may not act like it sometimes because I am tired from all the work I've done all day or I'm just not feeling well but, I appreciate everything you do for me and sometimes I can take advantage of that and I'm sorry if I do.

I love everything you do for me from making me laugh and deep down when ever you playfully annoy me. I do deep down enjoy when you do it but just not all the time or when I'm in a grumpy or 'hangry' mood. You always put a smile on my face and I enjoy spending free time with you when I'm not tired. I hope that through everything that is happening we can become closer like we used to be when I was little.

Thank you for everything you do at work, by working so hard and work and then coming home to do more around the house and making sure everything is up and running.

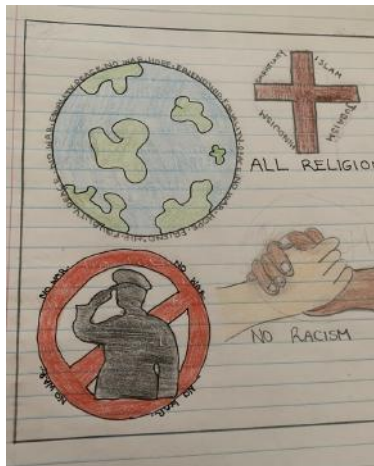
From Your Daughter

WHAT HAVE OUR STUDENTS BEEN UP TO?

YEAR 8 RELIGIOUS EDUCATION

Melissa de Sieno - RE Teacher

8L students have been discussing 'The Kingdom of God' in RE. Students were tasked with describing and illustrating an ideal world, a concept which is very relevant for our current time.



Alexa.M - My vision of an Ideal World

1. Everyone should be treated equally no matter what.
2. Living in a world with no poverty.

Joshua.C - People would all be treated the same no matter what race you are and it would be maintained by one another.

Isabelle.A - My vision for an ideal world is one where:

1. Everyone is friends with everyone and everyone is happy and healthy.
2. Everyone's ideal worlds put together to make the best world there can be.

Chelsey.F - My idea of an ideal world is everyone being kind to one another and everyone treating each other how they would want to be treated.

Mitchell.T - My idea of an Ideal World is peace, meaning no wars, no poverty, no racism, having access to essential resources and service and above that, respect for all.



FOOD TECHNOLOGY

Sue Coyle - Food Technology Teacher

Food Technology classes have continued during remote learning, with students taking over their home kitchens and producing some wonderful cooking.



Carlo.P, Year 8



Laura. A, Year 10



Noah.K, Year 8

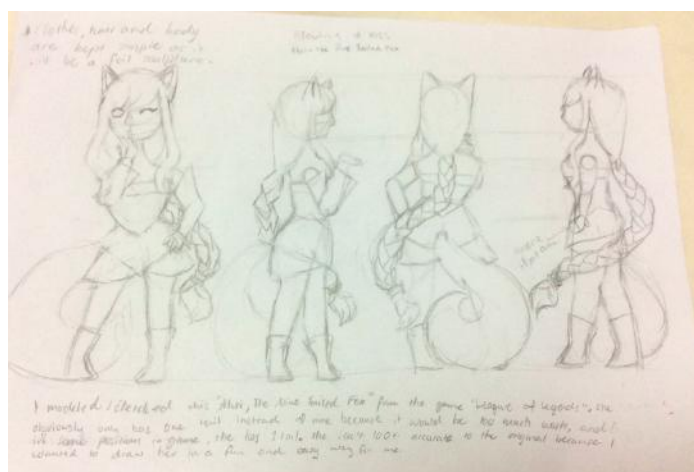
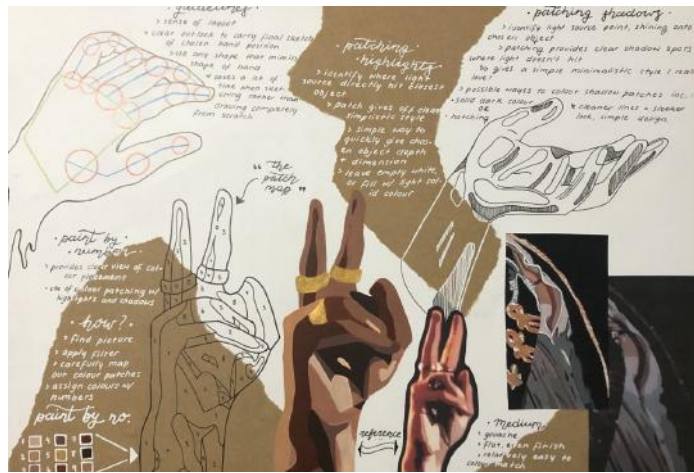
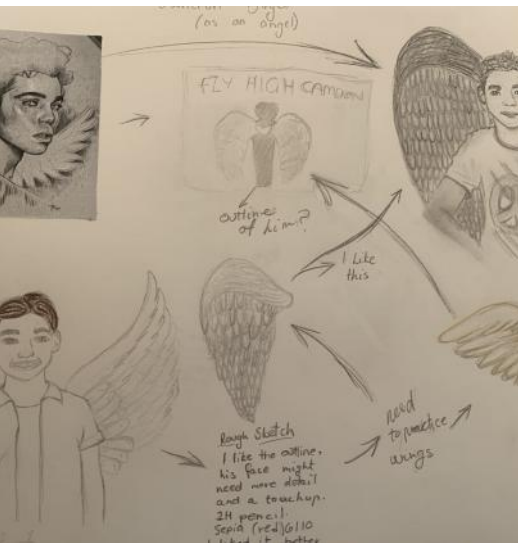
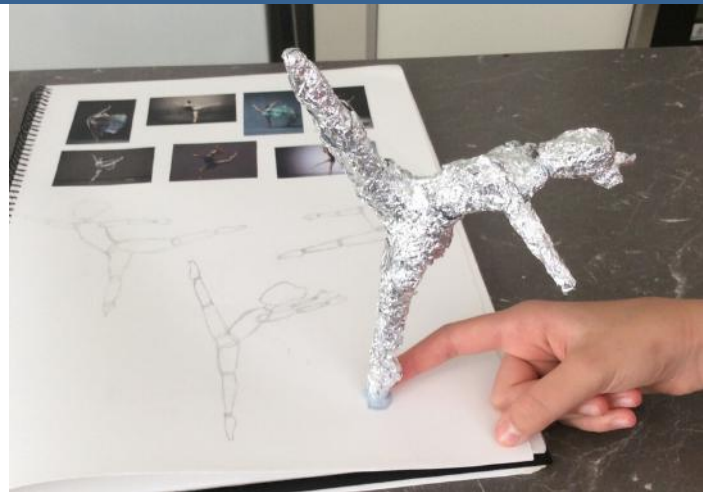
Thomas.T, Year 10

NEWSLETTER

Catholic Regional College North Keilor

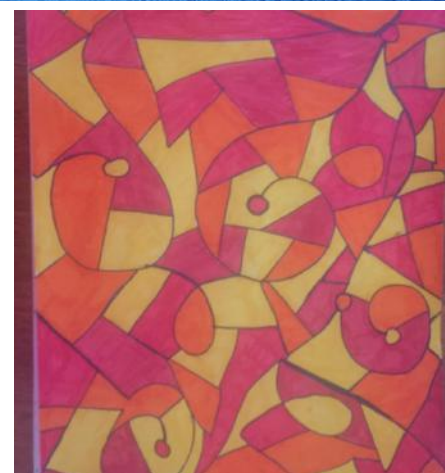
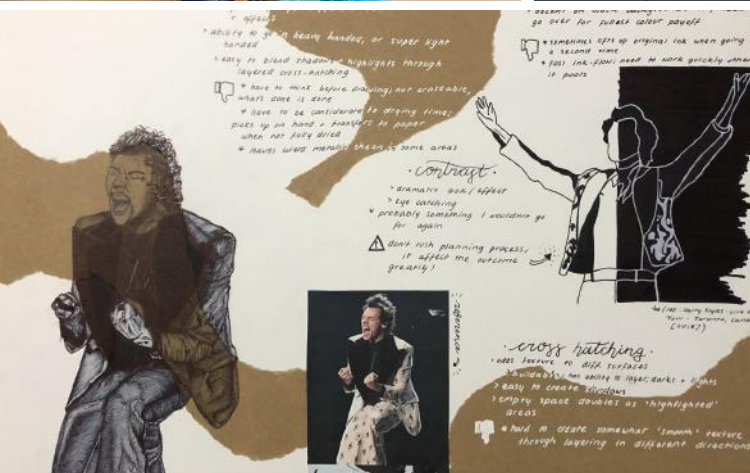
ART

Working remotely has not dampened the creativity of our students. Whether tasked with constructing sculpture, creating colour wheels using found objects, producing colourful line drawings or folio pieces, students have displayed their inventiveness and expressed just how resourceful they can be. Well done to all on your creations!



NEWSLETTER

Catholic Regional College North Keilor



Mother's Day Wishes from all at CRCNK, may your special day be filled with love.

I wish that my mum has the best day ever and gets to do what ever she wants at home. Amy.G, 7L

My wish for my Mum -
To get her a new desk and office supplies. Jamie.M, 7L

Dear mum I hope you have the best day and get the love you deserve. Daniel.N, 8L

Today is your special day! We thank you for taking care of us no matter what, you mean heaps to us all you're our role models. Have a fabulous day everyone ☺☺ Tayla.G, 10G

For the Person that loves me the most, My bearer for the most, I got so lucky to have you, above the rest, I treasure you the most, Happy mothers day, to the best. Jae.C, 8L

Dear Mum Happy Mother's Day, you deserve the world and much more! I am so grateful that you're my mum and wouldn't have it any other way. I am so blessed to call you my Mum. Thank you for all the love and support during this time and always. You're the strongest woman in my life and my biggest inspiration. I love you Mum happy mother's day to you and all the mums out there too! Bella, Isabella.M, 10G

my wish for my mum is to help guide her and give her the courage and strength to help her with work and to help her feel less stressed. Alessia.B, 8N

Happy Mother's Day to Our Mum
You are the perfect mother. You bring sunshine to our days, for all you've done we should make every day Mother's Day. We hope you enjoy this special day. We love you now and always. And to all the other Mums...to all the other Mothers, Grandmothers & other women in our lives that care for us unconditionally Happy Mother's Day. William, 7N and Caitlyn.A, 10M

Even though we are in quarantine and can't leave the house for a nice breakfast or dinner I optimise that Mum receives lots of consideration and gets spoilt along with a nice breakfast. Anthony.M, 8N

Happy Mother's Day Mum. Thank you for supporting us throughout this year, your kindness and love has helped us pursue and achieve our goals. Love from Ria, Rach and Dad. Ria.D, 10G

My mothers day 'wish' is for my mum to enjoy her time with us and have fun. To relax and let us do things for her. Kiara 7G

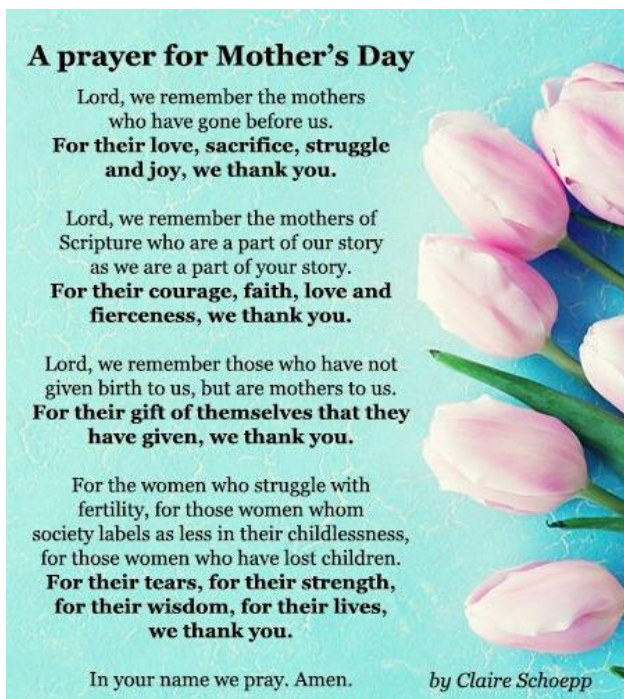
To mum, you are one of the most important people I know. You're strong, confident, smart and help me all the time. We're lucky to have you in our lives. I don't know what my life would be like without you but I'm glad you're in it. Joseph.C, 10G

I love you Mum to the Moon and back. I wish to make my Mum proud. Joya.A, 8N

Happy Mother's Day mum! Thank you for everything you do for me. You're so brave and you're the most thoughtful person I know. Thank you for supporting me and helping me through tough times. Love you lots x Mikaila.N, 8L

I hope my mum (Melissa) has a good day on mothers day and it isn't too bad being in quarantine. I love her so much and I am lucky to have a one of a kind mum. Isabella.S, 7N

I wish that all mums have a safe and happy Mothers Day even though we are all in isolation we all make the most for the day ☺ Danae.P, 7L



Dear Mum, Happy Mother's Day to my loving Mother. Thank you for everything that you do for me. I am always reminded of how lucky I am to have you as my Mum. Your kindness, love and care for me is more than I can ever wish for. From Marcus.J, 7O

'we love you mums' Ryan.C, 8L.

'I am a strong woman because a strong woman raised me, I love you more than anything so I would like to say to you happy mothers day, from your loving daughter' Eva.V, 7N

'The light of God helps you protect us and guide us throughout our lives. We are forever grateful for your unconditional love that pours out of your golden hearts. Thank you for the hugs, kisses, laughs and love that you show to us always. May the love of God be with you now and forever. Love Kyara, Kyle and Tymika.' Kyara.Z 10G

I hope that everyone's safe and all the mothers have an awesome Mother's Day. 'Everything that we are today we owe our mothers'. Danielle.P, 7G

My mother's day wish is for my mum to know how much I appreciate everything I do for her and how much I love her. Christian.L, 7G

dear LOUISE aka (my mum) happy mothers day I hope you have a good celebration and if you see this I hope you know that I love and cherish you all days. love your favourite son, Nicholas.E, 7N

I wish my mum has a super good day on mothers day and any day i also just want to say to her that she's A inspirational person to the entire family and to keep up the good work! Monique.K, 7O'R

Enrolment Update - Year 7, 2022

Application for Enrolment Form

- Available to download from College Website
- Parish Priest Recommendation is NOT required
- Submit via Post or Email

Information PowerPoint

- Available to view on College Website
- Curriculum, Wellbeing and Information
- Enrolment Process and Criteria Explained

College Tours

- Will resume when school re-opens
- Morning Tour on School Days 9.15am - 11am
- After Hours Tours
- Register interest on College Website

CRCNK Highlights Video

- Principal's Welcome
- Student Endorsements
- Highlights of 2019
- Available to view on College Website

Key Staff

- Samantha Beg - Registrar
- Manny Gambin - Community Liaison Coordinator
- Tullio Zavattiero - Principal
- Brendan Hallinan - Deputy Principal, Teaching & Learning
- John Coshan - Deputy Principal, Student Wellbeing
- Learning Diversity - Debbie Kirk-Brittain

Contact

- Website: www.crcnk.com.au/enrolment
- Email: enrol@crcnk.vic.edu.au
- Telephone: 9361 5904



INSIGHTS

Expect more from kids in these difficult times



Studies show that parent expectations are a powerful predictor of student success and wellbeing. As children are required to spend more time at home over the coming months, your expectations about your children's behaviour and performance are more critical than ever.

While there may be a temptation to shield children and young people from hardship during the current COVID-19 pandemic, this is unrealistic and out of step with current societal norms. Every segment of the community including children and young people is expected to both give something up and contribute more during the pandemic.

The greatest contribution kids can make is to help their family function as effectively as possible, look out for the wellbeing of family members and peers (using appropriate social distancing measures) and to quickly adapt to the new learning requirements from school.

As a parent you should expect your child or young person to:

Help at home

More time spent at home means more mess, more untidiness and more food to prepare. It's reasonable to expect kids to clean up after themselves, sweep floors, wipe benches, wash dishes or empty dishwashers and also contribute in age appropriate ways to meal preparation. Consider using a weekly jobs roster for the larger tasks and avoid linking pocket money to jobs. Linking help around the house to pocket money teaches children to think "what's in it for me?" rather than "how can I help my family out?"

Behave well

The default question for kids when living in close quarters with others should be, "How does my behaviour impact on others?" If their behaviour impacts adversely on the rights and wellbeing of others, then it's not an appropriate behaviour. A child who continually makes a noise while in close proximity to a sibling who is studying is showing little consideration. As much as possible skill kids up to resolve relationship problems with their siblings so that you're not continually policing their behaviour.

Look out for others

Encourage children to look after the wellbeing of fellow family members. Using age appropriate language, help children understand the signs of deteriorating mental health including sullenness, moodiness, spending more time alone, shortness of temper and drooping out of family activities. Encourage children to act with empathy and kindness when family members are struggling and discuss ways that they can help including giving them space, listening and having fun at appropriate times. By helping children to look out for the needs of others, you are also helping them to build skills in expressing the full range of their own emotions.

Stick to schedules

The use of structures and routines are an essential element of family functioning, particularly during times of change. It's advisable to make your family schedules mirror the schedules established by your child's school. Expect children and young people to stick to the established schedules without taking short cuts, arriving late or finishing early for online lessons. Differentiate the week by relaxing the schedule on weekends, which gives kids something to look forward to.

Show up for lessons

Expect kids to show up for school lessons with the right attitude, equipment and clothes. Wearing clothes specifically for school work helps to trigger their readiness for learning, and differentiates school time from leisure time.

Display discipline

Time spent at home requires children to self-regulate and be disciplined. I suspect that those children who do best in this time of self-isolation will be students who discipline themselves to exercise regularly, limit their use of digital devices, develop a sleep preparation routine, stick to school work routines and practise mindfulness regularly.

Expectations can be tricky to get right. Too high and children can give up. Too low and children will meet them. In these challenging times when more is asked of all of us, err on the side of the side of keeping your expectations high for your kids. They'll more than likely rise to the new challenges that social distancing measures require of them, building their confidence, character and resilience.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.

INSIGHTS

Successful close quarter living



The current physical distancing measures due to the COVID-19 pandemic will be with us for some time. This cocooned existence is a test of parental patience, children's willingness to cooperate and a family's ability to pull together.

So, if you're about to enter the family cocoon, or even if you've been living in close family quarters for some time, the following tips will help ensure your children not only survive each other, but emerge from the cocoon with a strong sense of camaraderie, a greater appreciation for their siblings and knowledge that they belong to a rock solid family who can pull together in a crisis.

Get kids on board

Start your period inside the family cocoon by getting everyone on board. Give kids a voice in how they'd like their social isolation time to flow. Listen to their fears and worries. Empathise with any concerns about missing regular activities and contact with friends but point to the positives of having more free time than normal. Consider providing kids with family organisation roles – the music girl, games guy, food planner and so on – and swapping these regularly to maintain interest. At Parenting Ideas, we believe that it's reasonable to expect kids to help at home and there are many resources at our website that help with this.

Establish structure

Many kids struggle with anxiety when routines break down, so ensure that you have a regular structure that brings predictability to each day. Parents and kids need their own routines starting with get up times, work times and in the event of at home learning, times for schoolwork. Break the day into different time zones that mirror their school days. A regular structure will make the days more workable, feel shorter and be more manageable. It's important to keep daily foundation behaviours in place such as waking up at the same time, dressing for school and preparing for class as they trigger your child's readiness for learning. Similarly, relaxing your routine on the weekend gives everyone a break from the structure of the school and working week. A regular family meeting provides an ideal way to give kids some input into their own routines and also a say in how family-life looks in the cocoon. If formal meeting are not for you, then ask for opinions and gain feedback in more conversational ways.

Set up activity zones

The Nordic countries with their long, dark winters lead the way in successful close quarter living. One of their major strategies for success is the establishment of living zones within homes and apartments. These zones differ from the usual sleeping, cooking and communal living areas that you may be used to. They incorporate areas for individual activities including learning, playing, chilling out and exercise. With consistence use children soon associate a specific activity with a particular zone making concentration and focus a great deal easier. Avoid having multiple activities in one space as this may lead to conflict, while diluting the impact of this whole zoning strategy.

Get moving, grooving and having fun

Maintaining children's healthy exercise levels when organised sports and informal group play are prohibited is a major challenge for parents. Some organisation and creativity will help. Establish mini movement breaks during each day involving dancing, shooting hoops and exercise to movement. Remember that any activity that gets kids arms and legs moving is beneficial to their physical and mental health. Amp up the fun factor by incorporating music, dancing to online videos and playing simple indoor games.

Instil good mental health habits

As the old saying goes 'prevention is better than a cure', which is pertinent if your child is prone to anxiety and depression. With routine preventative measures such as playing and talking face to face with friends on hold, consider introducing regular mindfulness and breathing into your daily routine. At Parenting Ideas we recommend the resources at smilingminds.com.au as they cater for mindfulness for all groups and at any level. Schedule times for kids to digitally connect with friends so that they don't experience the effects of isolation.

Know when to steer clear

It's hard for family members who are used to doing things on their own to suddenly be thrust together in each other's company for extended periods of time. Many family holidays end in sibling squabbles because family members aren't used to spending so much time together in the same space. Encourage kids to spend some time alone each day so they can relax, reflect and draw on their own emotional resources. Time alone is an under-rated contributor to a child's resilience and mental health.

And know when to come together

While time alone is important it's also essential for your family to come together to connect, to have fun and to enjoy each other's company. Work out your regular family rituals and make these non-negotiable. Evening meals, family discussions and at least one weekly movie or entertainment activity give children and parents the opportunity to come together on a regular basis.

This time spent with your family inside the cocoon at first may be difficult, as it requires changes of habit and behaviour from everyone. There are many positives to close quarter living brought about by COVID-19. Families now get a chance to connect with each in real time and bond with each other in deep, meaningful ways.

Parents also get the chance to establish the positive behavioural and mental health habits in their children that has so often been made difficult by the insanely busy lifestyle that we've all been living for some time now.

The roller coaster has stopped. It's now time adjust to a slower pace and have the types of conversations and pleasurable times with kids that have meaning, have impact and leave lasting memories.



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INSIGHTS

Helping siblings resolve their fights



With family members living in close proximity during the current COVID-19 pandemic, parents may find an increase in sibling squabbles. This is understandable as any relationship is tested to its limits by excess time and lack of space. Sibling squabbles usually arise over low level issues such as space (“He’s sitting in my seat.”), possessions (“That’s my book!”) and fairness (“It’s not fair. I was here first!”). It’s enough to send most parents around the twist.

While it seems that kids in families are programmed to fight with each other, the good news is that parents have the power to facilitate learning.

According to a recent study, sibling fights teach kids important conflict resolution skills. In fact, parents who stop their children from arguing may well be depriving them of important learning opportunities. Researcher Laurie Kramer from the University of Illinois in the US found that kids who learned how to argue with their siblings had more advanced emotional development.

Many parents also worry that their children who fight with each other will not get along as adults. The evidence doesn’t support this view. The test for strong families is more about the willingness for kids to pull together when the chips are down, rather than the frequency of the squabbling.

Healthy families know how to fight well. When parents take an active approach to helping their children resolve their fights, they are teaching them a valuable life skill as well as reducing the incidence of fighting over the long term. Here are some practical strategies to use:

Model good conflict resolution skills

Kids learn by example when it comes to solving disputes. Some kids will yell, get abusive or even get physical when they are settling disputes. Show them better ways of sorting out problems by talking things through with your partner, compromising and apologising when you’ve said something upsetting to your partner or your children.

Help kids manage their emotions

“Yep, it would make me mad too if someone said that to me.” Usually someone’s feelings get hurt when siblings argue so make sure you recognise their emotions without taking sides. This focus on feelings helps kids develop emotional literacy and promotes empathy in siblings as well.

Monitor sibling relationships

Keep your antenna up for the signs of discord within sibling relationships. Some disputes kids can sort out themselves, but you need to be ready to intervene and assist kids in the peace-brokering, or at least to act as a safety net when one child continually appears on the wrong end of a power imbalance.

Mentor them to sort out disputes

Kids need the chance to sort their conflict out themselves, but sometimes they need a little coaching. They often invite their parents to take sides, which is usually counter-productive. Rather than trying to sort out who started an argument, focus on possible solutions, provide suggestions such as taking turns, giving way, bargaining, swapping or even walking away.

Encourage them to make up

Kids often get over disputes far quicker than adults. They can be squabbling one minute and cuddling up the next, so it gets tricky intervening sometimes. However there are times when you need to encourage a child to mend bridges with an aggrieved sibling. This can mean kids have to swallow their pride, admit that they may be wrong, make an apology or make some sort of restitution such as doing a special favour. This type of restoration means kids must take responsibility for their behaviours and is a sign of growing maturity.

Conflict and siblings tend to go together. While sibling squabbles can be annoying, they also offer parents great opportunities to help kids to handle conflict effectively, which is a great life skill.

Related webinar

Our school has a membership with Parenting Ideas. As part of this membership, you can access the below webinar recording 'Sibling Fighting' at no cost.

Spend an hour with renowned parenting educator Michael Grose as he explores the weird and wonderful world of sibling relationships. He'll help you develop an active approach to resolving sibling disputes so they learn valuable life skills.

To redeem:

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/sibling-fighting-what-to-do>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the voucher code HARMONY and click 'Apply.' The \$37 discount will then be applied
5. Click 'Proceed to checkout'
6. Fill in your account details including our school's name to verify your eligibility. These are the details you will use to login to your account and access your webinar and resources
7. Click 'Place Order'

This voucher is valid until 5 May 2020.



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