

FROM THE PRINCIPAL

Tullio Zavattiero - Principal

It's hard to believe that we are six weeks into Term 3. Life is very different, and indeed very challenging for many of us, and school life is very much part of this. The College has settled into what is apparently meant by the term 'new COVID normal', with students and staff continuing to demonstrate resilience and commitment in continuing the learning journey.

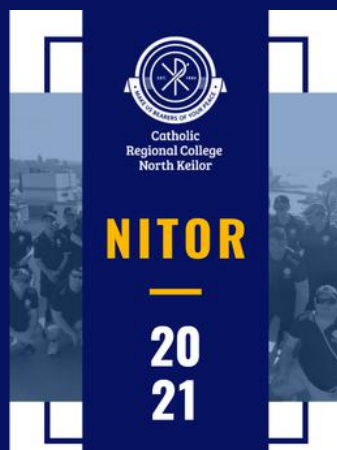
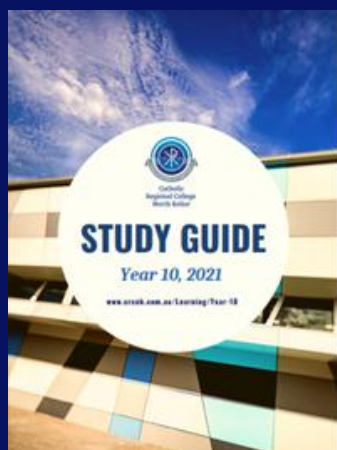
I am very proud of the efforts of the staff of the College to maintain strong connections with their students, adapting to these challenging times and continue presenting and supporting students with learning content that is relevant and meaningful. Likewise, the ways in which students have adjusted to new ways of learning and remained engaged with their studies fills me with great pride and hope for each of them moving forward. Adversity brings opportunities for those who are persistent and willing to grow through challenging experiences. Our students are showing how capable and persistent they are.

Importance of self-care and looking after our wellbeing

The College Leadership is ever mindful of the wellbeing of all students and staff, and that of our families and friends. We have a number of members of staff highly engaged with self-care strategies and wellbeing support. Our Student Counsellor, Hakan Mapolar, recently addressed staff and encouraged them to reframe their thinking about restrictions and lockdowns to instead be opportunities for insight, noting that whilst some people may have felt a degree of stress and anxiety, some have become calmer with the simpler lifestyle.

Continued Page 2

CURRENT YEAR 9 FAMILIES - The Year 10, 2021 Study Guide and Nitor Booklet are now available on Schoolbox at:
<https://schoolbox.crcnk.vic.edu.au/homepage/2899>



PRAYER



"The thing the church needs most today is the ability to heal wounds and warm the hearts of the faithful; it needs nearness, proximity."

Pope Francis

Blessed are those who don't have it all together
Blessed are those who have run out of strength,
ideas, will power, resolve or energy
Blessed are those who ache because of how
severely out of whack the world is
Blessed are those who on a regular basis have a
dark day in which despair seems to be a step
behind them wherever they go
Blessed are you, for God is with you
God is on your side, God meets you in that place.

Amen

IN THIS EDITION

Page 3	Faith Matters
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Page 14	Enrolment Update Year 7, 2022

IMPORTANT DATES

26 & 27 August	P/T/S Interviews - Postponed
27 August	Student Free Day
18 September	Term 3 Ends

Hakan provided staff with some practical alternatives on how to engage their minds and bodies in a positive way, which was very well received. It is important for our staff to practice good self-care so that they can be at their optimum to provide engaging content and positive support to students.

Our Year 9 Student Wellbeing Coordinator, Drew Hanger, is again spearheading our participation in RUOK? Day on 10 September. He and a team of staff are preparing resources to be shared with students and their families, as well as staff, including 'Family Wellbeing Bingo – 28 Days of Wellbeing' which is included on Page 6 of the Newsletter. There has never been a more important time for each of us to focus on and attend to our wellbeing and support those close to us.

The Australian Catholic Bishops Conference recently released its annual Social Justice Statement ahead of the celebration of Social Justice Sunday in Australia on Sunday, 30 August. This year's theme is 'To live life to the full ... Mental health in Australia today'. The statement can be found online at: <https://socialjustice.catholic.org.au/resources/social-justice-statements/>

It has also been added to the College's Schoolbox Faith and Mission page.

Adapting to the 'new COVID normal'

We continue to pivot to meet the changing levels of operations as a result of the introduction of Stage 4 restrictions, including:

- The number of staff and students onsite has reduced significantly (due to changed criteria for onsite student supervision, and the need to maintain basic school operations)
- As indicated in the last edition, Term 3 Parent / Teacher / Student interviews have been postponed until Term 4. Given Stage 4 restrictions require reduction of all non-essential movement in the community, we deemed it inappropriate to have large numbers of staff onsite.

The College will instead be producing an Interim Report on student progress. The focus will be on providing student feedback reflecting their Growth Habits: Personal Responsibility, Engagement, and Persistence – all in the context of flexible and remote learning. Please refer to the Deputy Principal – Teaching and Learning section below.

Planning for the future

As we will potentially be operating between the flexible/remote learning method and face-to-face for some time yet, College Leadership is also mindful that we need to push on with normal operational tasks such as Subject Selection for Year 9s and 10s.

I would like to acknowledge Manny Gambin, Transition Pathways Coordinator, for the huge amount of work involved in him having individual conversations with each Year 10 student and their family to support the Year 11 subject selection process. This is normally undertaken by a team of 10 – 12 staff conducting face to face interviews from 7.30am – 6pm, but due to COVID-19, Manny conducted these interviews online.

Please refer to the Teaching and Learning section for information regarding the Year 9 into 10 process for 2021.

VRQA Review: Every four years schools undergo a detailed review to ensure they meet minimum standards and other requirements for registration. At North Keilor, this process will commence on 7 September with a documentation review, followed by our 2-day review on 7 and 8 October. Much work has been done to prepare for this process and I look forward to receiving the data and feedback to contribute to our strategic and operational planning going forward.

I am intent on leading our College community with focus and purpose through this pandemic. I believe that a key element to successfully doing this to expand our view beyond the pandemic and continue to seek our preferred future on the horizon.

I encourage you to keep the faith, participate in Sunday Mass via your local parish, or through St Patrick's Cathedral, Melbourne: <http://melbournecatholic.org.au/Mass> if that is not possible. Try and use this time of restriction to normal activities to gain insights and opportunities for simpler ways of life with family, perhaps begin with the Family Bingo Board.

I continue to pray for our College community, and our society in general. This pandemic has really tested our resolve, both individually and collectively. It is not something that we could plan or prepare for, hence this journey requires us to be people of faith and hope. Sunday before last, the gospel reading recounted the famous story of Jesus calming the storm. The imagery of Jesus and his reassuring presence is immensely powerful, as is the figure of Peter attempting to get out of the boat to walk towards Jesus. While, like Peter, our lack of faith at times means we may also sink, we must be prepared to get out of the comfort of the boat.

There is no doubt we are in the midst of a storm, anxious about COVID and how this is impacting on our lives and those we love. Our challenge is to remain resolute in our faith, knowing that Jesus walks with us and will lead us through these difficult times. There is always hope, and together, we will make it to the other side, and in supporting each other we learn about what is truly important and what really matters.

Lord, you know our hearts and our deepest needs. Be with us today and always. St Mary of the Cross MacKillop, pray for us!

FAITH MATTERS

Phoebe Mondares - Director of Faith & Mission

Australian Catholic Bishops Conference Social Justice Statement

In a tradition reaching back to 1940, the Australian Catholic Bishops release major social justice statements each year in time for Social Justice Sunday.

This year Social Justice Sunday will be celebrated on 30th August 2020.

Through this tradition they contribute to the development of local Catholic Social Teaching. The statements encourage the Catholic community to reflect and act on social, economic, and ecological issues. They remind us of the social dimension of the mission of the Church.

This year's statement is titled: To Live Life to the Full: Mental health in Australia today.

The theme encourages every member to reflect on mental health in the lead up to R U OK? DAY on 10 September and World Mental Health Day on the 10 October.

Amid the COVID-19 pandemic which is affecting members of our parishes, schools, and communities, it's important to make mental health a priority. As members of the body of Christ we are called to include and reach out to every part of His body- the members of our community. By understanding about mental health and acknowledging the challenges, we ourselves become aware of those who need our support, to work together to serve the most vulnerable and to reject stigmatisation surrounding mental illness.

Pope Francis invites us to heal wounds, warm hearts and be close to people struggling with challenges. "The thing the church needs most today is the ability to heal wounds and to warm the hearts of the faithful; it needs nearness, proximity" - Pope Francis

While physical proximity is limited right now, we are still encouraged to speak out and reach out to others in small and creative ways.

The theme is also a reminder to look after our own wellbeing including our spiritual wellbeing. How are we nourishing our wellbeing through our spirituality?

The Statement can be found on the Schoolbox Faith and Mission page at:

<https://schoolbox.crcnk.vic.edu.au/homepage/2581>

and is also online at:

<https://socialjustice.catholic.org.au/resources/social-justice-statements/>

A Conversation With The Archbishop

Last Thursday, 13 August a group of our student leaders were involved in A Conversation with the Archbishop Peter Comensoli via videoconference.

The students involved included:

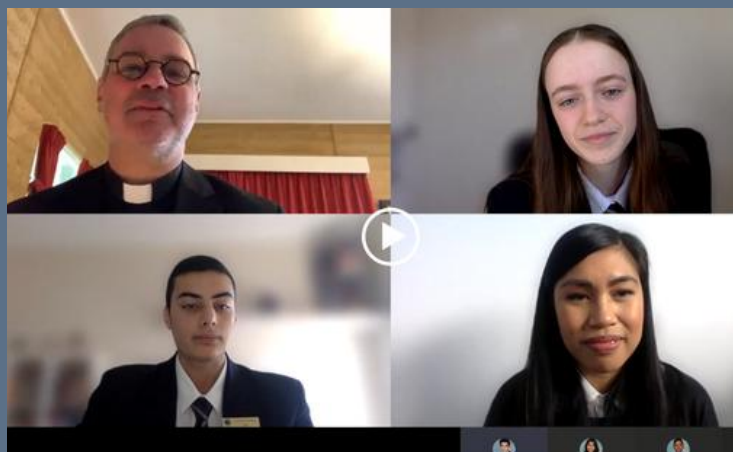
- College Captains – Reshaiah Ratnayake & Christian Pino
- College Vice Captains – Isabel Hrvatin & Joshua Nagendran
- Social Justice Captain – Ria D'Souza
- Liturgy Captain – Jaiden Calleja



This was a great opportunity for our students to engage with their faith, to have a friendly chat with the Archbishop and ask the hard hitting questions such as 'What is God trying to tell us during this Pandemic?' or 'How can we live out our core value of compassion while there are so many restrictions?'. The students involved were grateful for the experience which was an opportunity and a reminder of the importance of staying connected and sharing about faith.

See the Archbishop's responses in the trailer video found in the Faith and Mission Page of schoolbox. The full hour video is also available at:

<https://schoolbox.crcnk.vic.edu.au/homepage/2581>



TEACHING & LEARNING UPDATE

Brendan Hallinan – Deputy Principal, Teaching and Learning

Year 9 into 10 Subject Selection Process

Online Subject Selection Process opens on 26 August and closes on 2 September.

The following information is now available on Schoolbox.

Parents / carers are encouraged to read and discuss the Study Guide together with their child and provide support in the selection of subjects.

- **Year 10, 2021 Study Guide – Electives Program**
- **Nitor Information Booklet**

Schoolbox link:

<https://schoolbox.crcnk.vic.edu.au/homepage/2899/>

Nitor 2021

Students interested in joining the Nitor Program in 2021 will need to email David Magris by 2/9. Students applying for Nitor should still make their subject selections as per the elective subject selection process. If they are accepted into the Nitor Program, and should adjustments be required to take into account their elective choices, this will be discussed with the student.

Video screencasts have also been prepared for families and will be available via Schoolbox this Monday, 24 August:

<https://schoolbox.crcnk.vic.edu.au/homepage/2899/>

Students and their families are encouraged to familiarise themselves with this information, and to reach out to their Homebase Teachers in the first instance if they have questions.

Interim Reports

Thursday, 27 August will be a student-free day as teachers prepare Interim Reports.

Students can use this time for personal planning and completion of any work or to have a break from study. Please note that staff will not be available to answer questions via email or Schoolbox on this day.

Interim Reports will be released to families on Monday, 31 August.



WELLBEING MATTERS

John Coshan - Deputy Principal, Student Wellbeing and Susan Henry, Director of Student Services

LEARNING AT HOME - We are with you! Remote Learning - it's a team effort!

Learning at Home is different! However, we all still have accountabilities to support students and ensure everyone is maximising the learning opportunities on offer.

The key message for all students is to try their best and access the learning to their best ability. Students need to know that College staff will continue to support them during this uncertain time.

As part of doing your best we expect students to engage on a daily basis with their studies by following their day to day student timetables and handing in work on time.

ONLINE RESOURCES

Students will utilise already understood online tools daily. Their contact will require active engagement with:

- Schoolbox
- Microsoft Teams
- Office 365 Emails (studentID@crnk.vic.edu.au)
- Education Perfect
- Mathspace



LESSONS

- Classes will continue in Term 3 as per our fortnightly timetable
- Teacher will provide work and instructions on the lesson logs on Schoolbox
- Teachers may also engage with students on Teams
- Students must know how attendance is being taken by their classroom teacher (i.e. comment on lesson log or attending Teams meeting)
- Students must be online during the timetabled lesson for attendance to be taken, not before or after
- If required, students will be able to access a recording of the Teams Meeting, on the General Channel of the Team

PARENT SUPPORT

- Be aware of College communication. Check your emails and Schoolbox notifications regularly and check in with your son/daughter about their classes and learning each day
- Support studies by having a quiet, clutter and phone free space so learning can occur
- Support your child in planning their day and encourage consistent check in times with teachers
- Support social and emotional wellbeing of your child by encouraging them to do things that make them feel emotionally and physically safe and be in contact with those who are helpful to their wellbeing
- Communicate with the College about absence and engagement concerns

STUDENT SUPPORT

Student wellbeing is critical. Students should:

- Use the Wellbeing tile on Schoolbox, which has resources and support
- Keep in contact with their teachers, Homebase teachers and Student Wellbeing Coordinator
- Reach out for support when needed
- Follow safe practices when online (The CRCNK ICT Policy applies when using technology, even in remote learning)

R U OK? DAY

Drew Hanger - RUOK Day Coordinator



A conversation could change a life.

In recent years, CRCNK has supported the fantastic work of **R U OK? DAY**. In 2020, connecting, talking and looking after ourselves and each other is more important than ever. AS the R U OK? DAY tagline states: THERE'S MORE TO SAY AFTER R U OK? A CONVERSATION CAN SAVE A LIFE.

This year the College will again support this fantastic initiative - even in remote learning. To commence this week, College staff were presented with a Wellbeing Bingo Board aimed at promoting 'self-care'. A similar board is shared below for College families; included are small, manageable, self-care and wellbeing practices which you are encouraged to complete and 'tick-off' together before R U OK? DAY on 10 September. During this time, students will receive mental health and wellbeing resources from the College before we come together virtually, to participate in R U OK? DAY as a community.

Family Games Night	Share you favourite song with someone in your family	Spend quality time together in the sunshine. No phones allowed!	Write a Gratitude List for each person in the family	Share your Gratitude Lists with one another
Do something nice for another family member	Order the family's favourite take-away	Find some old photos and take a trip down Memory Lane	Watch a comedy or some content that makes you laugh out loud	Host a Zoom or Facetime party for family or friends you haven't seen in a while
Go for a walk with another family member - but only for an hour because Dan said!	RUOK? Family Bingo Board 28 Days of Wellbeing			Cook a themed family dinner Aloha anyone?
Practice a mindfulness activity together	Make breakfast for the family	Family DANCE PARTY! Shake your groove thing!	Say I LOVE YOU! to somebody in your family	As a family, do something nice for somebody in need, (in your own way)
Enjoy a family movie night mmm pocorn!	Spend time as a family in Prayer and reflection	Work together to freshen up or declutter a space in your home	Start a new TV series, or re-watch an old favourite	As a family, have 24 hours OFF technology - no TV, socials, phones or gaming
Wake up early and enjoy the beauty of the sunrise together	Create a family HAPPY HITS* board. Add five Happy Hits each!	Team up in the kitchen and spend time cooking a new dish	Pick your own Family Care strategy - make sure you record it	Make a list of 5 things you are going to do after lockdown and share it with your family

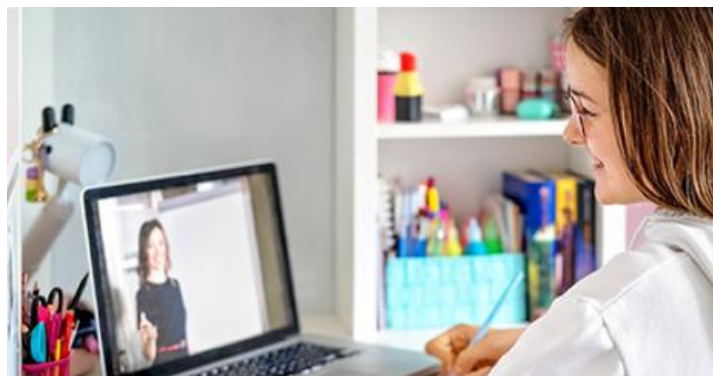
*HAPPY HITS: write down on a post-it note or small piece of paper 5 happy thoughts - things that bring a smile to your face e.g. a favourite song, a funny meme or clip, a person who makes you smile - these are your Happy Hits.

Parenting Ideas

The article below, which was provided as part of the College's Parenting Ideas membership, is shared with families to lend support in dealing with our current times.

The author, Michael Grose, is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Masters of Educational Studies from Monash University specialising in parenting education.

Find more articles and parenting resources at Parenting Ideas:
<https://www.parentingideas.com.au/parent-resources/>



Staying the course in COVID times

COVID-19 continues to test us in ways that were unimaginable at the start of 2020. It's becoming the defining event of this generation and a reference point for decades to come. We've had depression kids, war kids and now we have COVID-19 kids.

The impact of COVID-19 is felt differently across the country. Currently, Victoria is in Stage 4 lockdown while other states are on high alert. Not every student is working from home, but most students are COVID conscious, knowing that they're only a corona cough or virus-filled hug away from remote learning.

Encouraging kids to stay the course when they've been denied access to the classroom, peers and community activities is now a common parenting challenge. Denial is generally tolerable in the short term, but the novelty of changed circumstances soon wears off. The following strategies will assist both parents and kids to stay the COVID long course:

Accept difficult emotions

'There's nothing so bad that we can't talk about, but there are behaviours that we won't accept' is a mantra that serves families well. It's okay for children to feel frustrated, annoyed, angry or upset about their change of circumstances due to the pandemic but that doesn't give them permission to behave disrespectfully, miss school requirements or fail to assist at home. It helps if parents validate how their children feel, then encourage them to focus on fulfilling school and family expectations.

Encourage acceptance

Some children and young people will protest the COVID induced changes that have been imposed upon them. In some respects, it may be admirable for children to push for a better deal, but the severity of the COVID-19 pandemic means that the individual needs to bend toward the greater community good. This is simply a case of accepting and making the best of the situation at hand.

Take it one day and week at a time

On family bush walks my young children would rarely complain when the tracks were windy. The complaint levels rose when paths were long and straight as the finish line seemed such a long way off. In a similar vein, during our current times it's smart to keep kids focused on getting through each day and week rather than look too far ahead. Six weeks of Stage 4 may seem intolerable, so it's better to focus on getting through each day and week.

Be the hope person

Help children and young people understand that they will get through difficult times. "This too shall pass" is perhaps the most apt meme for our times. If your hope bucket is emptying out, seek out positive friends and relatives who can top it up. Our own resilience needs nurturing if we are to last the distance.

The internal parenting manual that guides us probably doesn't include chapters on dealing with remote learning, lack of peer interaction and kids' disappointment. Most of us are treading new parenting ground so it's best to be open to change, accepting of difficulties and forgiving of inevitable parenting stumbles.

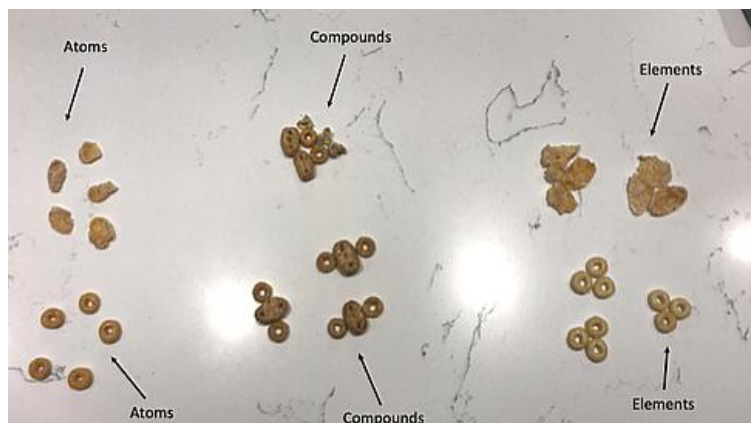
WHAT HAVE OUR STUDENTS BEEN UP TO?

Year 8 Science

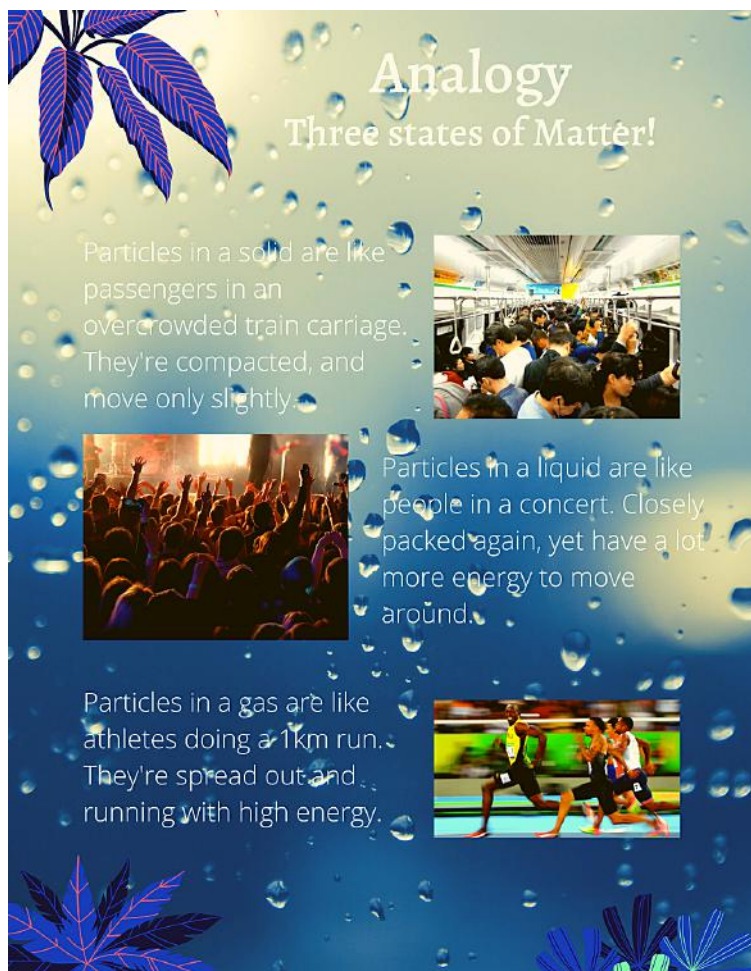
Natalia Susanty - Class Teacher

Year 8 Science students have learnt about atoms, elements and compounds. Tara Broughton (8M) illustrated these terms using a range of different breakfast cereals. Great work, Tara!

For their next unit, 8M were challenged to come up with analogies that represent how particles behave inside a solid, liquid and gas. Here are the analogies they came up with



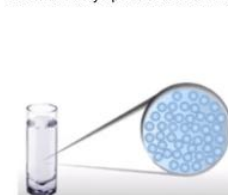
Tara Broughton, 8M - Structure of an Atom using Cereal



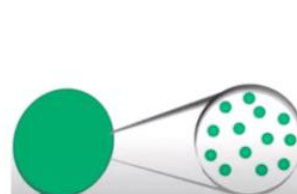
Isabella Alquiza, 8M



Particles in a solid are like best friends- they are very close, they are strong with each other but when they spend a lot of time together their energy gets low



Particles in a liquid are like long full lines in a canteen- they are quite close together with more energy and more movement than a solid, they can slide around each other



Particles in a gas are like cheerleaders, they are spread apart when doing their routine and have lots of energy and they move fast to be on time with the music.



Kleopatra Blazevski, 8M

States of Matter Analogies

Solid:
Solids are like a group of soldiers who are in a compact and orderly arrangement. They must conserve their energy for a fight so they have a low energy and stick to the same pace.



Liquid:
Like a flock of birds migrating to a new home. Staying close and moving over each other in the same direction.



Gas:
Like a room with bouncy balls going all around the room with high energy and no bonds.



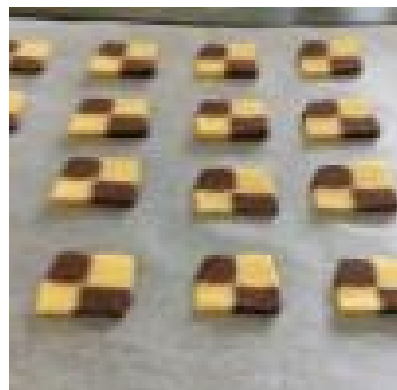
Jake Cuschieri, 8M

WHAT HAVE OUR STUDENTS BEEN UP TO?

Year 10 Food Technology

Sue Coyle – Class Teacher

The Year 10 Fabulous Fast Foods (FFF) and Ultimate Baking & Cake Decorating (UBCD) classes put their baking skills to the test. The FFF class were tasked to bake and present a variety of biscuits using a basic biscuit dough. Wow, what a fabulous job they did! UBCD students baked cupcakes and practiced their buttercream piping skills – all the students should be proud of their efforts.



WHAT HAVE OUR STUDENTS BEEN UP TO?

Art!

Vanessa Swanson and Kirstie Murrihy – Class Teachers

Year 7 Western Art – students have learnt about, and been influenced by important periods from Western Art. So far studying Egyptian and Medieval Art.

For Egyptian Art, the students were tasked with using a digital program such as Pixton to produce a comic strip of what times would have been like, and creating a Cartouchè – a name plate using hieroglyphics. For Medieval Art, students created an Illuminated Initial of their first name in a style used in medieval times. These Illuminated illustrations were highly decorative, used motifs and patterns and very bold eye-catching colours.

Year 8 Printmaking – students have studied printmaking and were required to design and create a piece of 'Notan Japanese Paper Art'.

Year 8 Sculpture – Students utilised paper to create a Tree sculpture, experimenting with different techniques such as twisting their paper to create realistic shapes.

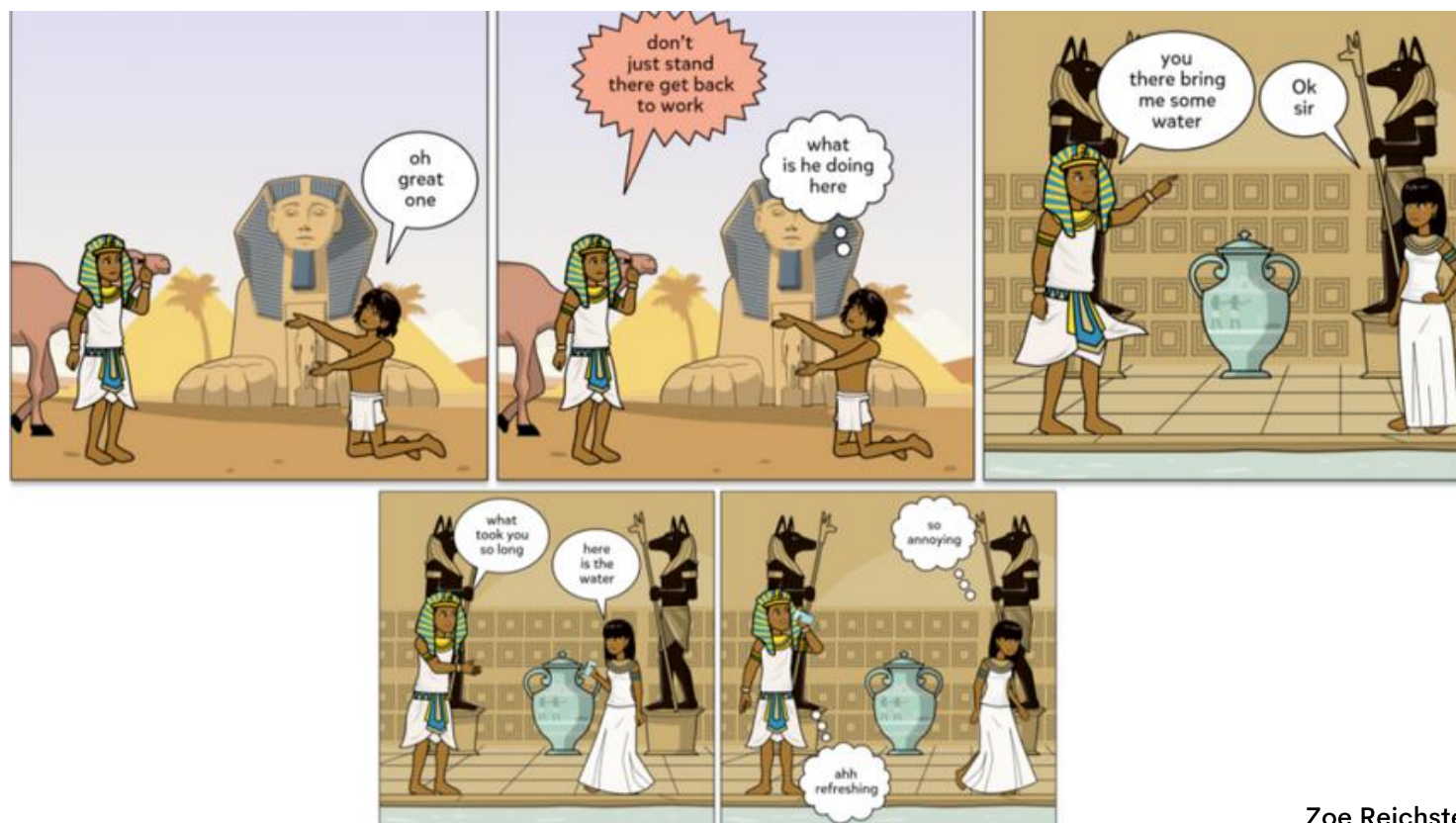
The work produced by our the students is extremely impressive.

Year 7 Egyptian Art – Cartouchè



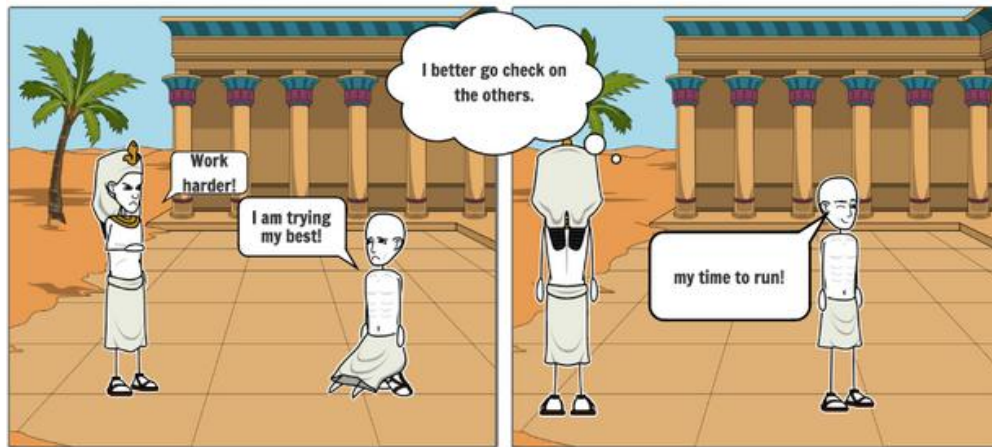
L-R, Christian Logozzo, Danielle Pinheiro and Felicity Chau

Year 7 Egyptian Art – Comic Strips



Zoe Reichstein

WHAT HAVE OUR STUDENTS BEEN UP TO?



Lara Simic



Dante Dolcemore



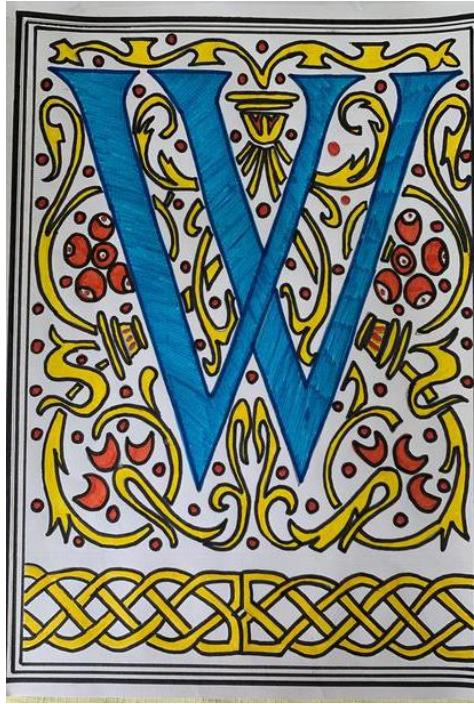
Kate Fernandes

WHAT HAVE OUR STUDENTS BEEN UP TO?

Year 7 - Medieval Illuminated Initial



Jessica Cuschieri



William Abbriano



Isabella Cassar



Jakob Zambara



Felicity Chau



Zoe Bulzomi

WHAT HAVE OUR STUDENTS BEEN UP TO?

Year 8 - Printmaking Notan Japanese Art



Lara Simic



Tamara Vigneto



Caitlin Aubert

Year 8 - Sculpture - Paper Trees



Charlotte Cannard



Talia Arthur



Catholic
Regional College
North Keilor

YEAR 7, 2022

Enrolment Update
August, 2020



CHANGES TO ENROLMENT TIMELINE & REQUIREMENTS

Due to COVID-19 Restrictions, the dates for submission of applications and enrolment timeline has been extended:

- 9 October 2020 – Applications close
- 1 December 2020 – First round offers posted
- 15 December 2020 – final date for acceptance

The Signature of the Parish Priest is **NOT REQUIRED** for Year 7, 2022 applications.

Application forms should be scanned and emailed to: office@crcnk.vic.edu.au
or, posted to: CRCNK, PO Box 40
Taylors Lakes VIC 3038

VISIT CRCNK FROM THE COMFORT OF YOUR HOME

While we are unable to welcome you to the College at this time, we invite you to meet the Principal, our students, and view our facilities online. Please visit the College website www.crcnk.com.au to view the following videos and more:

- Meet the Principal & Virtual Tour: www.crcnk.com.au/ourcollege/virtual-tour
- Year 7, 2020 Students & 2019 Highlights: www.crcnk.com.au/enrolment/year-7-2022
- A Sneak Peak of our Facilities: www.crcnk.com.au/enrolment/facilities



For further information please contact:
Samantha Beg, College Registrar:

Telephone: 9361 5904 Email: enrol@crcnk.vic.edu.au

2020 Year of Compassion

'The Lord is good to all; He has compassion...' Psalm 145:9