



3 May 2018

FROM THE PRINCIPAL

Dear Parents, Staff, Students and Friends of our Marymede Community,

It is hard to believe that the third week of term is almost over. Study routines should now be developed, and the coming weeks should be a time for quality focussed study. In the senior years, this will be vital in preparation for important assessment tasks and the mid-year exams. However, students at all year levels should now be settling into a regular study pattern.

Year 6 Confirmation

It was a wonderful sight to see so many Marymede families attend the Year 6 Confirmation held at St. Patrick's Cathedral last Sunday. I hope all who attended found the Confirmation to be an enriching spiritual experience.

Thank you to Archbishop Denis Hart, Fr. Martin Ashe, Fr. John Murphy, our Director of Faith and Mission Mrs Melinda Muir and our Primary Religious Education Coordinator Ms Laetitia Malusu. I also thank the many staff who were present on the day. What a wonderful Marymede Community celebration.

Prep 2019 Enrolments

We have received a large number of Prep enrolment applications for 2019. If you know of friends and relatives who are considering Marymede for next year, please ask them to submit their application as soon as possible. Prep enrolment applications close on Friday 11 May.

NAPLAN Testing

Our Years 3, 5, 7 and 9 students will be sitting NAPLAN tests from 15-17 May. The national tests do provide a measurement of ability; however, the results are just one of several pieces of information giving us an understanding of how a student is performing in terms of literacy and numeracy.

Athletics Carnivals

We were blessed with fine weather for our Athletics Carnivals which were held recently. Congratulations to all students who represented their House over the two days.

In the Secondary School, congratulations to Chisholm House on winning the carnival. Media personality Brian Taylor was a big hit with his commentary on the day.

In the Primary School, a great day was had by our Year 3 – 6 students as they eagerly participated in the Primary Athletics carnival with Chisholm House also coming out the overall winners on the day. The Prep – Year 2 students will participate in their carnival later in the year.

Principal's Formative Appraisal

I am now in the fourth year of my Principal's contract at Marymede Catholic College and at the end of this month (30 and 31 May) a Formative Appraisal will take place. Ms Victoria Myers (Catholic Education Melbourne Consultant) will chair the panel. All staff have the opportunity to complete a survey and a number of staff, students, parents and Board Chair Mrs Jo-Anne Mazzeo will be interviewed by the panel. Correspondence from Victoria Myers is included below.

I look forward to the upcoming appraisal as an opportunity to receive feedback from the Marymede Community on my leadership thus far and to reset goals going forward.

Review of Principal of Marymede Catholic College, Mr Michael Kenny

On 30 and 31 May 2018, a Formative Review of Mr. Michael Kenny in his role as Principal of Marymede Catholic College will take place. The purpose of the review is in accordance with the contract under which Mr. Kenny is employed which states that "...this formative appraisal is intended to be a time of professional learning for the Principal, providing an opportunity for synthesised reflection on the early years of the contract, validated by peers." (Clause 8.6.1)

Clause 8.5.3 states that the review provides "a non-threatening opportunity for both Principal and Church Authority to verify

their perceptions of performance with those of the wider College community.”

Marymede Catholic College is currently engaged in the Catholic Education Melbourne *School Improvement Framework* process. The five spheres that are the focus of this process are:

- Education in Faith
- Learning and Teaching
- Student and Staff Wellbeing
- Leadership and Management
- School Community

These areas, along with working with the Canonical Administrators and the College Board, will form the focus for Mr. Kenny’s Formative Review.

The Review Panel

The panel that will conduct the Formative Review comprises:

- Mr. Rob Clancy (Canonical Administrator of Marymede Catholic College)
- Mr. Mark Murphy (Principal of Marcellin College Bulleen and nominee of the Principal)
- Ms Victoria Myers (Regional Principal Consultant and nominee of the Executive Director of Catholic Education and Panel Chair)

As part of the review process feedback from staff will be sought via interviews and an online survey. Parents may also provide feedback to the Review Panel by:

- Requesting an interview on Wednesday 30 May or Thursday 31 May:
 - This can be done by sending an email to the Panel Chair, Ms Victoria Myers vmyers@cem.catholic.edu.au prior to 16 May 2018.
- Parent interviews will take place on 30 and 31 May from 8.45am-9.10am and 30 May from 3.20pm-3.45pm.

Xanadu

Our Senior Musical production Xanadu will be performed at the Plenty Ranges Arts and Convention Centre from Thursday 24 May to Saturday 26 May. The students have been rehearsing since the beginning of the school year and are very much looking forward to showcasing their talents on the big stage. Tickets can be purchased via the College website.

Mother’s Day – 13 May

I wish all of our Mothers an enjoyable day with your family on Sunday week.

Kind Regards,

Mr. Michael Kenny
Principal

HEAD OF FAITH AND MISSION

Project Compassion

Marymede Catholic College was proud to support Caritas Australia with their Lenten fundraiser; Project Compassion.

Project Compassion brings thousands of Australians together in solidarity with the world's poor to help end poverty, promote justice and uphold dignity.

As a College we are proud to announce that we raised a total of **\$3,429.35**.

Thank you to the entire community for your support.

May – The Month of Mary

The month of May is a special time for Catholics to pay their respects to the Blessed Mother Mary.

Marian prayers or Marian devotions are acts of praying to Mary, the mother of Jesus. Marian prayer is not worship. It is asking Mary to pray, or intercede for you and/or other people.

During the month of May we invite all families to take some time to pray and meditate on the Rosary.

You are welcome to visit the college Chapel of Annunciation to pray at or visit our Mary prayer space.

How to pray the Rosary:

http://sicutincaelo.org/downloads/RP_Regular.pdf

Mrs Melinda Muir
Director of Faith and Mission Prep – Year 12

DIRECTOR OF PRIMARY

Term 2

As always, the new term has started off busy and in a highly engaging manner. Our students have demonstrated a settled and enthusiastic approach to their learning and are positively participating in many various activities within the curriculum and also in their co-curricular endeavours. It is lovely to engage with many of the students on my walks around the classrooms and to hear about the events and experiences that matter to them.

ANZAC Day March

On Wednesday 25 April our 2018 College Student Leaders and many of our House Leaders participated in the ANZAC Day march held at Whittlesea. They represented our College in a mature and respectful way, demonstrating their commitment and service to our College community. I wish to thank and congratulate them on our behalf. I also want to pass on a comment from an elderly serviceman and his wife on how ‘fine and smart’ they looked in their uniform and that they did our College proud.

Sacrament of Confirmation

Congratulations to our Year 6 students who celebrated the Sacrament of Confirmation on Sunday 29 April. I would also like to acknowledge the hard work of all our Year 6 teachers, Mrs Muir and Ms Malusu in preparing the students, and to

also thank our College staff for their efforts in ensuring that everything went smoothly on the day.

Mrs Rosemary Bennett
Director of Primary

STUDENT WELLBEING

Wellbeing Element: Strengths and Emotions

Resilience Skills

Resilience is a word often used these days in much educational language and discussion. It seems to be the “in” word commentators use to demonstrate they are aware of its importance. But it would be interesting, if many of them, actually know what it means to be resilient.

The most common description of it, is being able to bounce back from adversity, but what skills do students need to possess to be able to bounce back.

Studies have shown that there are seven key skills, which are essential to develop in both students and ourselves, to be resilient. They are:

- **Optimism and hope for the future** – thinking positively when striving to achieve goals – develop through goal setting and growth mindsets.
- **Regulating emotions** – controlling the intensity and duration of feelings – develop through wellbeing fitness challenges.
- **Impulse control** – resisting the urge to react on feelings – develop through mindfulness activities.
- **Flexibility of thinking** – changing thinking for different situations – develop through habits of mind and thinking tools.
- **Empathy** – accepting the needs and feeling of others – develop through acts of kindness.
- **Self-belief** – valuing yourself and your top strengths – develop through actioning character strengths.
- **Building social-connectedness** – having a sense of belonging – develop through active positive responding.

Positive Education

Grit is your passion for something you wish to accomplish plus your long term persistence to achieve it. The keys to developing grit are to regularly self-assess on your efforts, self-report by writing down/journaling your thoughts and then set process self-expectations to strive for. Grit is about having internal control to use your signature and top supporting strengths to hang in there to accomplish what you set out to do and be in charge of your emotions; resilient pushing through. Because Grit is a long term process, you need to keep up your growth mindsets to persist in trying new approaches and ways of looking at things to overcome setbacks and challenges along the way. It is all about never giving up and believing that to succeed you have to keep on lifting your efforts to build your brain’s abilities well, accepting that mistakes are part of life,

forgiving yourself for making them and learning new approaches from them are valuable skills to develop.

Home Task

As a family describe a time you have done these to succeed.

Use the attached flyer to reflect on your strengths challenges and areas for future growth. (students can complete in their planner on pg 133(primary) or pg 134 (secondary)

Parent Wellbeing

Developing these resilience skills enables you to:

- recognise when you are falling into thinking traps such as catastrophizing
- understand the connection between your thoughts, feelings and actions
- use best case/worst case scenario of what can happen
- what is the best outcome?
- what is the worst outcome?
- accepting that the likely outcome will be somewhere in between.

Quote for the week

“You are not born with resilience, you develop it through effort.” MW

Ms Nicole Pegler
Wellbeing Co-ordinator Prep – Year 6

Mr Anthony Montemurro
Director of Secondary

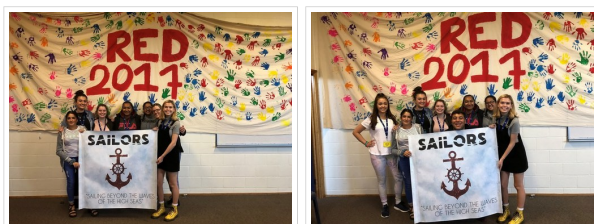
SECONDARY SCHOOL NEWS

Blue REMAR Retreat

On Friday 20 April we embarked on our Blue retreat. At lunchtime we gathered our belongings and with Mrs Di Francesco we were off for the weekend to take part in our Blue retreat. It was held at ADANAC which is in Yarra Junction. There we unpacked the key motto which for this year is to “live as Christ’s disciples.” We had various activities and discussions about different aspects that make up this motto and how we can live them out in our everyday lives. We were blessed as we were with other REMAR students from various schools around Victoria.

In addition, Marymede was the only school to have two Gold REMAR students, Gabriella Agosta and Kyrellos Rizkalla. We were placed in mixed groups and we could discuss how beneficial the REMAR program is and understand how each school implements the program. This weekend has opened our hearts and minds about how to be the best person that we can be and to help those around us and in our community. We are looking forward to our solidarity trip in term three that will really bring home what REMAR is all about. Through this journey we

also made life lasting friends that will be sailing this journey with us.



Ms Cathy Yousif
Year 11 Blue REMAR Team Member

PRIMARY SCHOOL NEWS

Primary Sport

Last Tuesday the Year 3 to Year 6 students participated in the House Athletics. Students participated in events from sprints, relays, high jump, long jump, distance running and novelty events. Congratulations to Chisholm who were the overall winners. We look forward to Friday October 26 when our Prep – Year 2 students will have the opportunity to participate in their House Athletics.

Results:

- 1st Chisholm
- 2nd McCormack
- 3rd McAuley
- 4th Romero
- 5th Marcellin
- 6th Chanel



Mr Gerard Large
Head of Primary Sport

WHOLE SCHOOL

'Xanadu' Tickets- Final Seats Just Released

'Xanadu' follows the journey of a magical and beautiful Greek muse, Kira, who descends from the heavens of Mount Olympus to Venice Beach, California. In 1980 on a quest to inspire a struggling artist, Sonny, to achieve the greatest artistic creation of all time – the first ROLLER DISCO! (Hey, it's 1980!) But, when Kira falls into forbidden love with the mortal Sonny, her jealous sisters take advantage of the situation, and chaos abounds.

The score retains the hits from the film and also includes new arrangements by Eric Stern of "I'm Alive," "Magic," "Suddenly," and "Dancin".

Tickets are now on sale via TryBooking until Friday May 18.

<https://www.trybooking.com/TVZH>

Final seats have just been released for Friday, 25 and Saturday, 26 May! The best seats available are on Thursday May 24.



Mr Jai Cameron
Co-Producer of Xanadu
Secondary Performing Arts and Music Assistant

ANZAC DAY 2018

Arriving at the Whittlesea Bowls Club, Marymede's presence was immediately evident. With an abundance of both secondary and primary students, as well as the support of parents we began our march through Whittlesea.

A four-kilometre march alongside several football clubs, schools, Army Cadets and various Australian servicemen and servicewomen who form an array of Military branches. With hundreds of people, the march filled the streets as we all paid our respect to fallen soldiers both past and present. Focusing on past conflicts from Australia's military campaigns, under the guise of local RSL members and alongside veterans; numerous wreaths were placed at the base of Whittlesea's War Memorial. With sobering contemplation on the sacrifices made by these soldiers, we spent many minutes in silence, followed by anthems, songs and poems.

Under the Marymede banner, students paid their respects to fallen soldiers and through being representatives of our school in the laying down of wreaths. With Mrs Bennett guiding the Marymede convoy and the respectful and reverent manner in which the students conducted themselves, proudly representing the college at this community event, we successfully completed the ANZAC Day March.

Mr Ebadat Dhillon & Miss Gabriella Agosta
College Captains

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We've been cooking up a storm in OSHC

In After School Care we love cooking healthy, delicious meals and snacks from our Healthy Eating Cookbook. All the recipes in our cookbook support our healthy eating program and are officially endorsed by Nutrition Australia.

Our Vegetable Hotpot with Noodles is a popular recipe from the cookbook, so we thought we'd share the recipe with you to try at home.

Our Vegetable Hotpot with Noodles

This delicious hot pot can be prepared early and varied using any vegetables provided.

You'll need:

- Vegetables e.g. carrots, capsicums, onions
- Vegetable oil
- 1 tin of tomatoes
- 1 tin of chickpeas
- 1 tin of corn
- Tomato salsa
- Noodles

Method:

1. Cut vegetables into small pieces.
2. Heat oil in a large pot over medium heat. Add tomatoes and tomato salsa.
3. Stir and bring mixture to a simmer.
4. Drain and rinse chickpeas.
5. Add vegetables, chickpeas and water to the pot. Stir to mix.
6. Cover and cook until all vegetables are soft. You can also serve with cooked noodles.

Come along and see what we're cooking up

You can visit us in the program to see what healthy meals and snacks are on the menu or let us know if you enjoyed the hummus.

From the Team at Camp Australia



visit www.campastralia.com.au

we make kids smile

COMMUNITY MASS



MARYMEDE
CATHOLIC COLLEGE
In Honour of M.C.

COMMUNITY MASS

Marymede Catholic College celebrates Community Mass each Wednesday morning commencing at 8:00am in our beautiful Chapel of the Annunciation. This is a wonderful opportunity for all members of the Marymede Community (students, staff, family and friends) to join together in praise, reflection and worship.