19 September 2014

FROM THE PRINCIPAL

Dear Parents,

This is the final Newsletter for this term. I wish all our families a safe holiday period and wish our Year 12 students well as they will be sitting trial VCE exams during the holidays as they prepare for the upcoming VCE exams.

Official Blessing and Opening of the VCE Centre

On Tuesday, the Blessing and Official Opening of the VCE Centre took place. The Archbishop of Melbourne, Denis J Hart DD presided at the ceremony. The Executive Director of Catholic Education, Stephen Elder along with a number of distinguished guests were present on the day.

Our Wood Technology students under the direction of Mr. Ronan Kennedy have constructed Prayer Tables for each of the rooms in the building. These were blessed by the Archbishop on the day.

College Master Plan

At the last meeting of the Delegated Canonical Administrators it was agreed that a new College Master Plan would be undertaken by the Architects Smith and Tracey. This gives all of the stakeholders of the College an opportunity to re-examine our priorities and to plan for the next five years while the Secondary part of the College continues to grow. This process should begin as soon as possible and is anticipated to be completed sometime in 2015.

Building Progress

In this Newsletter, parents of Primary students will be able to see some pictures of the first of our refurbished toilets. We hope over the coming weeks to finish the work on all Primary School toilets. I am sure that this will be appreciated by our students.

SACCSS Athletics

Congratulations to our College Athletic Team on competing in the Division 1 SACCSS Athletics Carnival at the Lakeside Track on Monday. The students represented the College with pride and passion.

A full list of results will be in a future Newsletter.

Paul D’Astoli
Principal

FAITH AND MISSION NEWS

“In so far as you did this to one of the least of these brothers and sisters of mine, you did it to me.” Matthew 25:40

These words of Jesus Christ found in the Matthew’s Gospel (26:31-46) are read on the feast of Christ the King on the Sunday preceding Advent. They have never failed to offer me a challenge to consider what outreach truly means. I would suggest that they challenge us to do more than fundraising or collecting food for the needy, noble as these actions and responses are. They involve asking deep searching questions as to why the disadvantaged are in the position in which they find themselves and compel us to consider that if it is not good for me then it should not be good for anyone else.

What Then Must We Do?

Following the study of the unit in Human Trafficking at Year 12, a group of students formed a support group for ACRATH (Australian Catholic Religious Against Human Trafficking). They presented their insights to their peers through powerful multimedia presentations and worked in their time, to design posters and produce leaflets to raise awareness of the blot on human dignity caused by trafficking in human beings. Our Year 11’s have been impressed with their effort and many have spoken about wanting to carry on the work of supporting ACRATH, to raise their voices against human exploitation.

Walking Rosary Enhances Appreciation Of Our Charism
On September 8, the feast of the Nativity of our Blessed Mother Mary, we were very fortunate to have the Legion of Mary from Sacred Heart Parish, Preston lead our Years 3 to 6 in a day of Devotion to Mary in our Chapel. As a school formed In The Way of Mary, the experience for our students was enhanced even more through the visual treat of the Walking Rosary loaned to us by the Office of Evangelisation, Archdiocese of Melbourne.

Secondary RE classes have been making visits to the Chapel to pray the Rosary in this unique way, either sitting around this visually delightful resource or walking around it and learning about the 4 clusters of the mysteries of the Rosary, their meaning and relevance. The Legion has also donated to our students, Marian devotion packs of a rosary, medal and attractive information brochures about this traditional form of devotion to Mary.

**What’s Happening In Faith And Mission**
- Year 9 Mass - 9 October – 11.25 am
- Year 12 Graduation Liturgy & Ceremony 21 October 7.00 pm
- Year 12 Graduation Mass – 9.30 am
- Year 8 Mass – 7 November – 11.25 am
- Year 7 Mass – 21 November – 11.25 am

**SECONDARY LEARNING AND TEACHING NEWS**

**Year 9 City Experience**

A reminder that if you have not already done so, please return permission slips and medical information to the Secondary Office. They were due by the last day of Term 3 but if you have not received it in the mail, please email jenny.priest@marymede.vic.edu.au urgently and she will email you a copy. We cannot take students out of the classroom without this permission.

Each day students will meet at South Morang train station at 8.00am in full school uniform. On Tuesday, October 14 students may wear Sports Uniform as they will be taking part in a bike ride around the Botanical Gardens on the first day. We will all travel together to the city and return on the 3.09pm from Flinders St Station, arriving at South Morang at 4.01pm. However, students will be dismissed from the city so it is up to you to allow your son/daughter to remain in the city after 3pm.

On Thursday October 16 we will be eating lunch at the Victoria Markets so it would be great if all students could buy fresh food that day. Year 9 Italian students are studying the Mediterranean diet in class and so they will be expected to buy typically Mediterranean food on that day.

**NAPLAN** reports have now been posted home for all Year 7 and 9 students while Year 8 parents should have received their Year 8 child’s **Robert Allwell** test results. These reports provide a snapshot of how our students are progressing and help inform our staff about where your child might need targeted support or extension. If you would like to discuss any of these reports please don’t hesitate to contact me.

**Andrea Agnew**

**Head of Learning and Teaching**

**ANZAC Centenary Tour April 2015**

Marymede Catholic College is very proud to announce that James Manoussakis, Year 8, has been selected to be a part of this historic event. He has won an all-expenses six day trip to Turkey visiting Istanbul, Troy and spending 25 April at Anzac Cove with the Australian Government Official Party for the Commemoration of the ANZAC Landing on the beach at Suvla Bay.

In order to be selected, James submitted a very detailed response to an extensive questionnaire regarding his understanding of this historic event. Accompanying his response were references from Marymede Principal, Mr Paul D’Astoli, his English teacher, Mr Luke Robinson and his coach from his sports club.

On Wednesday, 10 September he was presented with a certificate noting his selection by the Victorian Premier, the Honourable Dennis Napthine, M.P.

This privilege will be one he will remember all his life. As one of the youngest students to be selected he may eventually be one of the oldest custodians of the way Australia marked this centenary. Marymede Catholic College salutes this fine ambassador for his Nation, State and above all his school.

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**Moira Christie**

**Head of English**

**RMIT Urban Forces Competition**

A quiet and studious Marymede Catholic College student stood toe to toe on Thursday September 11, against the top 25 “Future Planners” in Victoria and came out grinning.

Emma Wardell one of our Year 10 Geography students entered into the RMIT Urban Futures Competition against a number of other students in Victoria, and was shortlisted to the top 25. On
Thursday at the awards ceremony accompanied by her Mother, Father and Brother, Emma was shocked to receive third place. “I never thought I would get anything other than a ‘top 25’ certificate”.

Mr Joe Hurley, Programme Manager for the Bachelor of Urban and Regional Planning at RMIT said the following about Emma’s prize winning entry; “Emma’s entry impressed because it dealt with the important issue of growth area planning and development in a sophisticated way. She rightfully identified that growth areas need high quality public transport if we are to truly improve the sustainability of new suburban areas. This is something we do not do well in Australia, but is standard practice in many other areas of the world. Emma effectively uses the South Morang example to highlight the inadequacies of transport infrastructure in growth areas; as well as the local environmental and amenity impacts. Emma’s images are also very effective in visualising the issues that she is engaging with.”

For coming third Emma received $200, a litre of organic honey and a beautiful coffee table book “25 Years, Real Stories, Real Communities” from one of the sponsors Villawood Properties.

As her Geography Teacher I am incredibly proud of her and the way she showed perseverance towards editing her own work to be the amazing entry that it was. Congratulations Emma. I look forward to your entry next year.

Kelly Hack
Secondary Geography Teacher

Performing Arts news

Year 12 Drama Workshop at Loyola College

On Wednesday September 3, the Year 12 Drama class jumped into a maxi taxi and headed to Loyola College, to workshop their solo performances with Loyola’s Year 12’s and Teacher, Ms Vanda Tolli.

Throughout the workshop, students were able to show and tell their work so far and receive feedback from different students and staff. Additionally, they teamed up with other students exploring their character to gain further insight.

Year 12 Drama Solo Performance Evening

On Monday September 15, the Year 12 Drama class presented their solo performance examination works in progress in the Theatre. We were treated to a range of interesting characters:

- Maree Theofan as The Socialite, based on the Stephen Sondheim song ‘The Ladies Who Lunch’
- Nicholas Musto as The Artist, inspired by an article exploring the mysterious theft of Picasso’s ‘Weeping Woman’ from the NGV
- Emily Rizzardo as Midge Macpherson, based on the ANZAC nurse protagonist of the novel ‘A Rose for the ANZAC boys’
- Kaitlyn Lea as The Late Night Movie Host, inspired by iconic B grade films and top TV horror hosts
- Jess Kotevski as The Cyclist, based on articles exploring modern day cyclists in Australia.

Congratulations to all the students on their performances. Thank-you to Miss Emma Kiely and Ms Vanda Tolli (Loyola College) for cross marking and to Mr Jeremy Guzman for photography.

‘Time to Shine’ – Catholic Schools Performing Arts Gala

Last Thursday-Saturday, I was thrilled to represent Marymede Catholic College the inaugural Catholic Schools Performing Arts Gala which was held at the Palais Theatre, St Kilda. The extravaganza showcased the talents of 400 secondary students in the Archdiocese of Melbourne, as well as a guest appearance from celebrated performer Silvie Paladino. In my role as Radio Microphone Technician, I met many of these talented performers and witnessed firsthand the professionalism across all areas of the production. I strongly encourage Marymede Catholic College students to audition for the next gala.
**Angie Bedford**  
*Head of Performing Arts*

**Performance Of ‘Romeo And Juliet’**

On Friday September 12 2014, Year 9 students were treated to an excellent performance of scenes from Shakespeare’s ‘Romeo and Juliet’ presented by the Complete Works Theatre Company. Three actors presented, as George Brown, Year 9 stated in his thank you to the players, ‘the tragedy, the comedy and the banter’. Students were engaged with all but especially the banter. The delivery of the lines, the movement about the stage as well as the simple set and the costumes brought the play to life for the audience. Many students were observed mouthing the words of the speeches they had learnt for the oral task in unison with the actors. All agreed it was an excellent way to finish the week. Special thanks to Jeremy Santinon, Michael Kyrifidis, Joel Bix and Lachlan Quirk for their outstanding Oscar winning cameo roles in the opening scene.

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**Moira Christie**  
*Head of English*

**Australian Catholics Media Internships Program**

Emily Maney Year 10 was 1 of 6 students to be chosen for the Australian Catholics Media Internship Program early this year in May. She was the co-editor of the Spring edition of the Australian Catholics magazine, which was officially launched on August 29, at Jesuit Communications.

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**Jeremy Guzman**  
*Media Teacher*

**DEPUTY PRINCIPAL PRIMARY**

As we come to the end of a very busy term, it is an opportune time to thank the primary staff, students and parents for the many and varied contributions you have made to the Marymede community this term.

The four Sacrament of Reconciliation liturgies held on 3 September at 5.00 and 7.00pm and 4 September at 5.00 and 7.00pm were a time of blessing for all present. Sincere thanks

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Below are some photos of Emily during her internship, and at the magazine launch with her proud Teacher.

Below is the welcome article that Emily wrote:

**FACING THE SCARY DRAGON**

Once upon a time, six princesses from a distant land embarked on a quest filled with macaroons, chicken burgers, the Pope and of course, plenty of writing. Only, the princesses were high school students, the distant land was Melbourne and the pope was a cardboard cut-out. The first day of my internship at Australian Catholics, I guess you could say I was a little nervous.

I caught the train and tram into Richmond, not knowing exactly where I was going, not to mention I was nearly an hour early. Once everyone else had arrived, we jumped straight into things, planning this issue around a quote from Pope Francis, ‘Ask Jesus what he wants from you and be brave.’

All six of us were excited to be part of this once in a lifetime opportunity, giving us a peek into the careers we wish to one day have. After overcoming our shyness, we quickly bonded over our love of writing and shared tastes in books and TV shows.

Throughout the week, we began working on our pieces, making important decisions about the issue and speaking to a number of experienced journalists. Listening to these people made us excited about the possibility of becoming journalists, and we learned a lot about the industry and our own writing.

I certainly enjoyed the week. It verified that this is the path I want to go down when I leave school, and gave me an unforgettable experience. Not to mention the great friends I made.

As teaching professionals we strive to set-up balanced pastoral groups across each year level, placing students in groups that we believe have the potential to provide the best learning environment and group dynamics to meet the needs of all the students in the cohort.

**Balance** refers to:

- an even number of each gender (where possible)
- groups of students with different academic abilities
- groups of students at different levels of social and emotional learning
- a spread of students who are compliant and challenging to manage

Much time and effort is expended by the teaching staff to ensure that all students are well placed in a pastoral group each year. The final decision and ultimate responsibility for the placement of primary students in pastoral groups rests with the Deputy Principal Primary who delegates this responsibility to the Head of Primary.

**Raising Resilient Children**

Resilience is a 21st Century parenting concept that every parent needs to understand. It is the ability to cope or ‘bounce back’ after encountering negative events, difficult situations or adversity, and to return to almost the same level of emotional wellbeing.

Some children are resilient by nature - rejection in the playground doesn’t faze them. Unfortunately, not every child has such natural resilience.

The good news is that most of the research shows that resilience can be nurtured and developed, particularly when parents themselves are resilient and they actively foster it in their kids.

**Building Resilience**

Parents are encouraged to coach children through some of their more challenging moments. Avoid solving all their problems for them.

You can promote a lasting sense of resilience in your children by:

1. Having a positive attitude yourself. Your attitude as a parent impacts on their ability to bounce back from some of the difficulties they face.
2. Look for teachable moments. Many children’s learning opportunities are disguised as problems.
3. Make children active participants in the family. Active participation in a family develops the self-help, problem-solving and independence skills of children that are necessary for resilience.
4. Build children’s coping skills. There are plenty of strategies you can pass on to children to help them cope when life doesn’t go their way, including acceptance, getting away for a while, and normalisation.

Another way to develop resilience is being placed in a situation which may not be comfortable for the child. As the year 2015
approaches, it can bring uncertainty and some anxiety about new teachers and which other children your child may or may not be placed with. These are all natural feelings.

As parents and teachers, it is important that we work together to encourage children to embrace change. This is a vital coping skill which will assist children in developing resilient skills, and most importantly, life skills that are essential and are part of adult life.

If you would like more information about resilience, please visit http://www.parentingideas.com.au/Parents/resilience.

Laura Gazeas  
Head of Primary Student Wellbeing

PRIMARY FAITH AND MISSION NEWS

Sacrament of Reconciliation

On September 8 and 9, 96 very excited year 3 students participated in the Sacrament of Reconciliation for the first time. Thank you to all those involved in the Sacrament of Reconciliation. The children involved have reflected positively on their experience and hope to continue trying to ‘hit the mark’ themselves as well as showing forgiveness to others.

Legion Of Mary and Walking Rosary

Last week, the church celebrated the Nativity of our Lady; a day of devotion to our Blessed Mother Mary. Students in Year 3-6 participated in a special presentation and prayer session with visit from members of the Legion of Mary, Sacred Heart Parish, Preston.

Alan, Pat, Allend and Liliane, presented the children with some information about our Mother, stories of Mary in scripture which are reflected in the mysteries of the rosary, the history of the Rosary, and also the opportunity to participate in praying a decade of the rosary.

The office of Evangelisation were kind enough to loan us the Walking Rosary which provided us with a large visual representation of the Rosary.

The Walking Rosary aims to create a peaceful environment ideal for meditation or quiet reflection, building on the traditional Rosary, a well-known devotion to Mary that chronicles her life.

Traditionally, the Rosary consists of a set number of specific prayers, such as the Our Father, Hail Mary, and Glory Be. Participants are invited to recite these prayers as they walk along the life-size rosary path.

There is no prescription as to how long this activity can take. Participants may choose to stop at various points along the way to meditate on each mystery or prayer.

The Walking Rosary has remained in the College Chapel of Annunciation to allow other classes including Secondary students the opportunity to see and participate in the Rosary.

The Legion of Mary were very generous in fulfilling their mission to promote devotion to Mary by offering each of the students a small pack for the students to keep, containing a set of Rosary beads as well as information and prayers encourage devotion to Mary.

Each class in Year 3-6 also received a prayer box which can be taken home by the students in the class for a night or so the use at home to pray together as a family. When your child brings home the Prayer box, please take the opportunity to pray and/or reflect on the faith and spirituality your family shares. The box then needs to be returned to school to allow another child to take it home and share a similar experience with their family.

Nicole Pegler  
Head of Primary faith and Mission

PRIMARY LEARNING AND TEACHING NEWS

Basketball

Well done to all the 48 Basketballers who represented the school at the Senior Hooptime competition on Friday 5/9. Our Girls team won and will now continue on in the Woodland/Whittlesea Division in Term 4. Our boys won through to the final with victory in extra time in the semi and were eventual Runners-Up. Our Mixed team also made it through to the final and finished Runners-Up.

Athletics

Congratulations to the 36 Athletes who represented the school in the Whittlesea/woodlands Athletics Carnival. All did a superb job with 15 qualifying for the Northern Metropolitan Zone in Term 4. Highlights were our Ten Year Old Boys and 11 Year Old Girls relays winning, along with Tobenna and Chideraa winning the individual 200m.
Primary Guild News

Term 4 Walk to School Day and Guild Assembly Friday October 17.

Primary Guild Athletics Carnival Friday December 5.

Current Guild Ladder

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

Mr Gerard Large
Sports Coordinator

Father's Day Assembly

On Friday September 5, the Prep students shared a very special Father’s Day assembly with their dads. It was a wonderful opportunity for students to say thank you to their fathers for all that they do. It was also a great opportunity for the students to share some of their learning with their fathers. The Prep teachers would like to say a very big thank you to all of the Prep fathers and special guests who came along and shared this wonderful event with us.

Christie Ramaekers
Prep 1 Pastoral Teacher & Year Prep Coordinator

Year 2 Healthy Parent Morning Tea

To conclude our ‘Healthy Me’ Inquiry Unit, Year 2 students invited their parents, grandparents or special person to join them for a healthy morning tea in their classrooms. Parents brought in healthy snacks to share while students shared some of their learning experiences from Term 3. Thank you to all those who came along.

The Year 2 Team

Reading Stars


100 Nights - Rocki Fraumano, Reyne Fraumano, Ashling Mathew, Ashling Mathew, Noah Alberti, Katia Alipan, Gemma MacDonald, Mollie MacDonald, Matthew Elkomos, Jovia

Joseph Jeyasinghe, Fiona Polilroni, Joshua Sadza Max Trajkovski, Marcus Vinci, Lara Flammea, Donna Roy, Manas Regi Ria Valder

150 Nights - Noah Carusi, Shreeya Sreejith, Luciana Pastrana Martinez, Alex Yousif, Madison Ackland, Martin Krstevski

200 Nights - Luke Molinaro, Tommy Vrckic, Amelia DeCarolis

WHOLE SCHOOL NEWS

Information Technology And Communication Update

Communication

Over the next month the College will be implementing a number of additional systems that will further improve communication between the College and families. As the systems become available you will receive an email outlining the process to access these systems.

In the coming week you will receive email correspondence providing you with background information and user name and password for an application called CareMonkey.

CareMonkey is an application that will assist the College to easily obtain consent for excursions and camps through electronic permission forms. It will allow the College to automatically collect emergency medical forms from parents and will automatically remind parents with incomplete or missing forms. Parents retain control of the data and can update at any time. This system ensures that your medical and safety information is always up to date. You will be able to access this information from a mobile device if you the authorised carer/parent.

The College will provide parents with access to our Parent Portal this will be accessed via a website and every family will have their own individual username and password. You will be able to see a profile of your student/students providing you with the following information

- Child’s Timetable
- Child’s Attendance Records
- End of Semester Reports on Line
- Daily Messages
- Student Links

It will be compulsory for all parents to access the parent portal if for some reason you do not have internet access at home we will provide access for you at the College. Further information regarding this will be provided to you in further correspondence which will outline the location to access this site at the College.

The final application the school will be introducing is School Stream which is a mobile app and delivers information to you in real time, directly to parents and students on their mobile devices. You will be sent information of the website where you are to download the App from. The App is free for all parents and students of our College and can be used across multiple devices. You will receive via this App school news, sporting fixture information and updates, events, school canteen menus, photo galleries and more. This application is not cm
use but highly recommended as it provides information to you in real time.

**IT Survey**

A further reminder to parents if you could kindly take 6 minutes to respond to our parent ICT Survey

The purpose of the survey is to gauge how technologies are used in your homes and how you child/children use technology at home.

The survey is confidential.

Please go to the following URL and complete the survey by September 22.

https://www.surveymonkey.com/s/parentIT

**Stavroula Tsembas**  
**Director of ICT**

**Vaccine Program**

- **3 big changes to the vaccine program in 2015**
  - The local council immunisation service may, on request, provide a school vaccine program. Schools have been advised to provide a parent contact details to local councils for this purpose. Contact your school by 26 February 2015 if you do not wish for contact details to be provided.
  - In 2015 only, the vaccine that protects against anthrax and whooping cough will be offered to all students in Years 7, 8, 9 and 10. From 2016, this vaccine will be offered to Year 7 students only. This will provide earlier protection from these diseases.
  - The free limited human papillomavirus (HPV) vaccine catch-up program for Year 9 boys will now be offered in December 2014. HPV vaccine will continue to be offered at all Year 7 students prior and beyond from 2015 onwards.

Look out for the vaccine consent forms coming home from school with your child. You need to read, complete and return the form.

To learn more about the changes, the diseases, the vaccines, or how you can prepare your child for vaccination go to immunisation.health.vic.gov.au

Advised by the Victorian Government, 1 Treasury Place, Melbourne.

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**REGISTRAR NEWS**

**Prep 2015**

It is a legal requirement for parents to provide an immunisation status certificate when enrolling their child at Primary School. Could parents of Prep 2015 students please ensure that your child’s certificate has been submitted to the College. If you are uncertain whether or not the College has a copy of your child’s certificate please phone 9407-9000 or email registrar@marymede.vic.edu.au

**Exit Forms**

Any student who is not returning to Marymede Catholic College in 2015 will be required to collect an Exit Form from the Main Office. The Exit Form will need to be filled in and returned prior to the conclusion of Term 3. At the end of Term 4 students will then be required to return all College items and obtain signatures from relevant domains.

**Family Contact Details**

Should you have a change in contact details such as home address, phone numbers or email address, please contact the Main Office on 9407-9000 to submit the new information, alternatively you may also wish to email the change to registrar@marymede.vic.edu.au.

**Enrolments**

Applications for Year 7 2016 are now open and will close on February 27, 2015. Current Marymede Year 6 students will be required to submit their intention form by no later than Friday October 31. The Intention Form is different to the ‘Application for Enrolment’ form. Current Year 6 families (Marymede) will only be required to fill in the Intention Form.

Information regarding the Prep and Year 7 2015 Transition program has recently been sent home to families. We look forward to welcoming a new cohort of families into Secondary School in 2015.

**College Facebook Page**

Be sure to ‘like’ the official Marymede Catholic College Facebook page at: www.facebook.com/marymedecatholiccollege to keep up with exciting news and events at the College. The page is updated regularly and is a great form of communication between the College and community. Please be reminded that it is NOT a requirement for a parent to have their own Facebook account in order to view the College page. Information and news can be read by simply visiting the above link.

**Email Addresses**

Our College uses email as a major form of communication to families. Please ensure that your family has supplied the College with a valid and current email address to avoid missing out on valuable information regarding news and events. It is a College requirement for all families to have a minimum of one valid, working email address. To submit an email address or check your existing email address, please contact the College or email registrar@marymede.vic.edu.au.

**School Bus Service**

The School Bus service will continue in Term 4 and is now growing increasingly popular among the Marymede Community. Term 4 ‘Full’ Bus Passes will be available at a cost of $350.00. With Term 4 ‘One Way’ Bus Passes priced at $200. Alternatively, casual Bus passes are available at $4 each way. Bus timetables and routes can be found on our College Website. For further information regarding the School Bus service please contact the College on 9407-9000.

**Matthew Luczek**  
**Registrar**

**Canteen**

We would like to take this opportunity to thank all our wonderful volunteers that have helped us throughout another successful term. We would like to especially thank our amazing volunteers that jumped on board to assist on Footy Day. We had a successful day with over 550 lunch orders which could not have been possible without the help of the following mums. Laura, Carol, Anna, Mary, Maria, Effie, Kim and Mina. We hope you all have an enjoyable holiday and look forward to another term.

**Kate and Connie**  
**Canteen Managers**
The Uniform Store trading hours for the school holidays are:

**Week 2**
Tuesday September 30 10am to 4pm
Wednesday October 1 10am to 4pm
Thursday October 2 10am to 4pm
Saturday October 4 9.30am to 12.30pm.

**Term 4 Trading hours:**
Mondays 8am to 2pm
Tuesdays 12pm to 5pm
Thursdays 12pm to 5pm