



# Reflections



Galen Catholic College Newsletter

Friday 29th July, 2011

Issue 11

## Celebrating Faith: Confirmation and First Eucharist

**Paul Maher, Deputy Principal - Catholic Identity**

A wonderful celebration of the Sacraments of Confirmation and First Eucharist was held at St. Patrick's Church late last term with four students from Galen College working through the program together and receiving the sacraments. Jazmyn Coonan, Rebecca Hawkins, Joshua Taylor and Aaron Taylor came together over a period of five weeks after school on Wednesdays in Homework Club to prepare for the sacraments and did a tremendous job. It was very exciting to have older students involved in the sacramental preparation program and I would like to congratulate these fine young people on the way they presented themselves on the night. Monsignor White spoke highly of all the children and how they were to be commended on their efforts throughout the program.



## UNIFORM SHOP

Opening Hours:

Tuesday 10.30-2.30

Thursday 1.00-5.00

Direct line: 03 5723 8320  
uniform.shop@galen.vic.edu.au

### HELPERS NEEDED

- in the Uniform Shop either Tues 10.30 – 2.30 or Thurs 1.00 – 5.00.
- in the 2<sup>nd</sup> hand bookshop at the end of the year
- in the tuckshop

Please phone Alison on 03 5723 8320 if you can help in either shop.

**FESTIVAL LAUNCH**  
**WEDNESDAY 3 AUGUST**  
**WANGARATTA HIGH SCHOOL**

**WANGARATTA**  
FESTIVAL OF **JAZZ & BLUES** ALL WELCOME  
OCTOBER 28 - OCTOBER 31, 2011

ARTS VICTORIA  
WANGARATTA JAZZ & BLUES  
ENQUIRIES | 03 5722 1040

### What's Happening: The next 3 weeks

For the full Term calendar see the Galen website.

#### AUGUST

Mon 1st	Yr 10-11 Play
Mon 1st	Medieval Day
Wed 3rd	11OES: Skiing
Wed 3rd	Ski Team
3rd - 4th	HHD Seminar
Thurs 4th	Maths Comp
4th - 6th	Senior Production
8th - 12th	Health Week
Tues 9th	10OED: X/C Ski
Tues 9th	Indonesian Incursion
Wed 10th	Ski Team
15th - 16th	12OES Ski Expedition
Tues 16th	Yr 12 Play
Wed 17th	Michael Carr-Gregg @ WPAC
Thurs 18th	Ski Team
18th - 19th	Yr 7-8 Author
Fri 19th	Year 9 Ski Day

# From the Principal

Dear Parents and Guardians,

The events in Norway this week provide a sobering reminder of just how frail our grasp is on the securities of modern life. That so much hatred and disregard for the innocence of human life could emanate from a person describing himself as a Christian beggars belief.

Let us keep the victims, their families and the nation of Norway in our thoughts and prayers as they grapple with the awful aftermath of the massacre of their compatriots.

May we also keep in mind the suffering of those in our own community who are also suffering from the death of loved ones. May they find solace in the love of our living God.

#### A busy start

The pace of life at Galen has resumed with the commencement of third term. Our students have already experienced the Year 10 Tertiary Trip and the Year 9 Arts trip to Melbourne. By the time you receive this newsletter the VCE Information Night will be over and the subject selection process under way for next year's VCE, VET and VCAL subject offerings.

#### Break a leg

Given that is considered serious bad luck to say "good luck" before a theatrical performance, I would like to say "Break a leg!" to Julie Nolan, David Ashfield and the rest of the cast and crew of *Joseph and His Technicolor Dream Coat*. This year's major production features the participation of not only Galen students, but also students from St Bernard's, Our Lady's, St Patrick's (all from Wangaratta), St Mary's (Rutherglen) and St Joseph's (Chiltern). In all, there are over 160 primary and secondary students engaged in this production – a massive undertaking by the organisers and a massive experience for the participants!

Opening Night is Thursday, 4 August and the final performance is on the evening of Saturday, 6 August. The Wangaratta Performing Arts Centre may never be the same again!

#### Parents Association – a new era

At the Parents Association AGM on Tuesday evening, we ushered in a new era with our new Association President, Allison King, who has taken over the position from the previous President of the past three years, Meg Paino. Other executive positions on the Association were filled by Graeme Spence as Treasurer and Trish Impink as Minutes Secretary.

I offer heartfelt thanks to Meg and the other outgoing executive members, Ailsa Box and Di Crockett, for their outstanding contribution to the quality of life at Galen Catholic College.

#### Welcome

We welcome the following replacement staff to Galen:

- Mrs Fiona Neal who is taking most of Ms Marisa Cudini's classes this term.
- Ms Ilaria Della Casa who is replacing the former Miss Claudia Bellani (now Mrs Arcuri) until her return from leave.
- Ms Jacqui Pengally who is replacing Mr Pat Arcuri until his return from leave.
- Mrs Danielle Bell who will be sharing Mr Matt Rispin's load while Matt is on long service leave for the rest of his term.

We also welcome Mrs Tess Keane to Galen in the new role of Personal Assistant to the Principal. Tess starts with us on Wednesday 3 August after several years with the Catholic Education Office in the role of Assistant to the Deputy Director and Senior Secondary Consultant.

#### Regards

Bernard Neal  
Principal

**Important note:** Please be advised that the **Fine Arts Exhibition (Years 7 - 11)** scheduled for Wednesday August 3rd has been **Cancelled**. It will be replaced with an exciting whole-school Exhibition at the end of the school year.

# Junior School News

**Lauren Lee, Year 7 Coordinator**

Students in Year 7 and 8 began Semester 2 well, by reflecting on their achievements from Semester 1. Each student was asked a set of questions regarding what they thought were the positives and negatives for them and how they could either continue to experience success or how they could improve on their previous efforts. Goals have been set for the rest of the year and students will have opportunity throughout the semester to reflect on these goals.

The inter-homeroom netball competition has been completed with 8/3 and 8/5 facing off in the final. Convincing winners in the end were Mr. Holligan's 8/3. Year 7 students have begun their trips out to 15 Mile Creek for retreat. Reports back from 7/4 have been positive with students enjoying the opportunity to do some team building, initiative games, an adventurous cycle around the area and an RE activities. Thanks must go to all the homeroom teachers for their organisation of this activity.

Finally, next week will be extremely busy for both Year levels with many activities planned. I look forward to seeing the Junior School Students continue to strive to achieve their best and enjoy themselves.

## A Little Act of Kindness...

It's the little things that make a difference

A big thank you on behalf of all the CREW schools to Dane Levesque who took it upon himself to design and construct a 'Message Stick' stand for each school.

This will now allow each school to proudly display the Message Stick in a more appropriate and respectful way. Congratulations Dane and thank you for your initiative.

## Youth Wellbeing Survey

Beechworth Health Service is undertaking a well being survey with young people aged 12 – 24 years who reside in the area of east Indigo Shire. This includes those young people who live in the following postcodes – 3747, 3749, 3691, 3678 and 3695.

The survey results will then assist in developing an understanding of the health needs and concerns of young people in our community and to develop a health promotion plan to address these needs.

The survey will be available online at <http://www.surveymonkey.com/s/YouthWellbeing> from Monday 18 July – Sunday 14 August 2011 and hard copies will also be distributed on school buses, at the youth centre and cafes and sporting clubs within local areas. There is also the opportunity to win one of 2 \$30 iTunes vouchers by simply completing the survey online and emailing the contact details to an email address located at the end of the survey. *This survey is completely anonymous and confidential.*

If you have any queries and concerns please contact Gabriella Tange at Beechworth Health Service on [Gabriella.Tange@bhs.hume.org.au](mailto:Gabriella.Tange@bhs.hume.org.au) or phone on 03 5728 0200.

## Please Remember

Please remember Ed Scott and his family who are currently coming to terms with the sad loss of their mother, Anna.

The thoughts and prayers of the Galen community are with them during this very difficult time. We hope that they can draw some comfort from the knowledge that they have the full support and best wishes of our school community.



**Galen Catholic College**  
along with the  
**Wangaratta Catholic Primary Schools**  
Present...

**JOSEPH AND THE AMAZING TECHNICOLOR DREAMCOAT**  
LYRICS BY TIM RICE  
MUSIC BY ANDREW LLOYD WEBBER

Thurs Aug 4th, 7.00pm, Fri Aug 5th, 7.00pm  
Saturday Aug 6th, 1.30 pm & 7.00pm  
Wangaratta Performing Arts Centre  
Tickets available at WPAC or Edgars News agency

## Reach Foundation Workshops

**Annie Brien & Ruby Gardner-Russell**

The last day of semester was very inspirational and memorable for the Year Nines from Galen College, the High School and Cathedral College. Students attended a seminar provided by the Reach Foundation, which helped us to build on our self-esteem and relationships. It was held at the Wangaratta Performing Arts Centre.

Reach is a charity aimed at teenagers to boost their self confidence and promote mental health and wellbeing. Reach workshops are run by a young crew aged between 15 to 25 - so it was easy to relate to them.

We started off the morning by splitting up into groups and going to workshops where we explored topics like self confidence, peer pressure and how comfortable we are in our school community. The workshops were really moving as we could share our feelings and thoughts without being judged.

We were fortunate to have as our guest speaker, Sam Cawthorn. Sam is an inspiring motivational speaker who shares his experiences worldwide. Sam was in a car accident which left him with one arm and a severely damaged leg - he was told he'd never walk again. He's proven them wrong and uses his experiences to help others see how precious life is. He won "Young Australian Of The Year" in 2009 - and we could see why.

We came back with a stronger sense of acceptance, respect for other's feelings, self worth and community - it was a fantastic way to end the term.

# Education Maintenance Allowance 2011

The Education Maintenance Allowance (EMA) is provided to assist eligible families with the costs associated with the education of their children.

To be eligible for receipt of the EMA you must:

- be either a parent or guardian of a primary or secondary school student up to the age of sixteen; and
- be an eligible beneficiary of a Centrelink pension, allowance or benefit within the meaning of the *State Concessions Act 2004* or be a Veterans Affairs (TPI) pensioner or be a foster parent.

Consequently parents/guardians are able to access the EMA if they have a valid Health Care Card or valid Pension Card.

The eligibility criteria must be met as at the first day of Term 3.

The EMA application must be submitted to the school by **28 February 2011** for the first instalment and **5 August 2011** for the second instalment.

The EMA provides an annual amount of **\$230** for primary students and **\$460** for secondary students and is paid in two instalments. This amount is split evenly between the parents/guardians and the school. Students turning 16 years in 2011 will be paid on a pro rata basis.

## Payment Amounts

Instalment	Portion	Primary school*	Secondary school*
One	Parent	\$ 80.50	\$ 161.00
	School	\$ 80.50	\$ 161.00
Two	Parent	\$ 34.50	\$ 69.00
	School	\$ 34.50	\$ 69.00
	<b>Total</b>	<b>\$ 230.00</b>	<b>\$ 460.00</b>

\*Student year level (or age for ungraded and special school students) will form the basis for calculating the amount payable to parents and schools.

Parents with continuing eligibility, who are paid the first instalment of 2011 through this school will not be required to complete a new application for the second instalment. Parents who transfer children to another school prior to or on **5 August 2011**, must reapply at the new school for the second instalment.

**Contact:** Sandra Leerson at Reception on (03) 5721 6322. for application form and further information.

# Exchange Students Policy Guidelines

**Franco Cudini, LOTE/Student Exchange Coordinator**

## Preamble

Galen Catholic College recognises that there is great value in having an international student exchange program, and that there has been a healthy flexibility at Galen in the nature and duration of exchange visits. We expect all exchange students to recognize the opportunity they have to further their education at Galen – the exchange, therefore becomes an integral part of their ongoing learning and is not a “holiday” as such.

We note that some exchanges are short-term and involve groups of students being at GCC for 6 or 10 weeks: we are keen for such visits to continue. We also acknowledge that some exchanges can be longer-term (e.g. for a full year).

## Guidelines

1. GCC can only accept exchange students when there are vacancies at the student's particular year level.
2. Students can only ever enrol into classes/subjects that are not full otherwise teacher permission must be obtained.
3. The minimum length of stay for an exchange student should be one full term (or very close thereto).
4. Galen's preference is for exchange students who apply through an agency;; private exchange students will be processed on a case-by-case basis.
5. “Students of the World” is the preferred agency for Galen until circumstances dictate a change is required or desirable.

Students from other agencies are also accepted but to a lesser extent.

6. GCC will not accept any application for an exchange student without at least four weeks notice.
7. GCC reserves the right to determine any “no-go” times for enrolling exchange students – eg. at or near commencement of exam period
8. Year 11 is seen as the ideal level for an exchange student coming into Galen.
9. Exchange students will generally not be considered below Year 11; however, we may choose to look at a younger students on a case-by-case basis.
10. All exchange students need to complete and sign an agreement form developed for any private exchange students; Galen reserves the right to terminate any arrangement on the grounds of misconduct or serious breach of school rules or terms of the agreement.
11. At the end of the exchange period, all exchange students should receive a statement recording their subjects undertaken and the number of lessons attended while at Galen; students who are here for a full semester or longer will be entitled to a school report for each semester of attendance.
12. Exchange students need to comply with our general expectations around uniform, discipline, wellbeing, payment of fees (where applicable), assessment and involvement in the general

life of the College.

13. Teachers with exchange students in their classes will need to comply with a set of clear expectations with exchange students around issues of ESL, modified tasks, etc.
  14. GCC is aware of our limited capacity to host no more than a small number of exchange students at the one time. Rather than decide upon a fixed maximum number, a case management group of the Principal, Director of Senior/Middle School, Year 10/11 Co-ordinator and LOTE/ Student Exchange Co-ordinator (for now) will decide maximum numbers we can deal with on a case-by-case basis.
  15. GCC will give preference to host families who have or have had children of their own at Galen.
  16. Host families will be vetted by agencies where agencies are used, but by GCC where agencies are not used.
  17. Exchange students will be expected to purchase uniform items which they can sell at the end of the exchange if they so choose.
  18. Exchange students will need to pay for all excursions, camps and retreats for which parents of other students would be expected to pay.
- Anyone who is interested in being a host family or wants to be involved in an exchange program please contact Franco Cudini at Galen for further information.

# Permanent Care Parents

There are a number of children supported by the Department of Human Services who require a *family for life* as they are unable to live with their birth families. We are seeking committed and motivated people who would be interested in learning more about providing a permanent family for a child.

Assistance payments are made to the Permanent Care family to assist with the day to day expenses of caring for a child/young person. Assistance payments are considered to be a reimbursement for expenses and not an earned income.

We are keen to speak with families who are particularly interested in caring for children between the ages of 3 and 10 years.

**Information sessions** are being held @ the following Department Human Services offices:

WANGARATTA 43 – 47 Rowan Street Tuesday 2 August 6.30pm

SHEPPARTON 163 Welsford Street Thursday 4 August 6.30pm

To register your attendances please contact:

Adoption & Permanent Care Program  
5832 1552 or 5832 1559.

## Junior Science Quiz Update

Carla Murphy,  
Junior Science Lab Technician

Science Quiz number 12 was won by Jemma Mahoney of 8.5.

All students who entered the quiz submitted correct answers. This is a first for the quiz to date. Great work!

The Question was:  
 $E=mc^2$

What does this equation mean?  
Who invented it?

The winner of science Quiz number 13 was Thomas Kukulka of 7.2.

Thomas' class 7.2 had the highest amount of entrants. Well done guys!

# WORDS FROM WELLBEING

THERESE RODWAY

## Facebook Syndrome: 9 Ways to Beat Your Facebook Addiction

Facebook, YouTube, Twitter, Myspace... the list is endless. Millions of us are hooked. Our attention spans and interests are decreasing. Read on for some ways to change your habits.

### How to tell if you are an internet addict

Before we start you need to find out if you are addicted to Facebook some signs include:

1. *You are late for school because you are on Facebook*

If you are ever late for school or a commitment because you were checking your updates on Facebook or Youtube then you know you are addicted. This is classic addict behavior.

2. *You think about it when you are offline*

Some people struggle to get to sleep because they are thinking about a game or wondering how their website statistics are looking. If you do this then it could be a sign of a problem.

3. *Your friends and family comment on your excessive internet use*

When other people around you start to notice that you have a problem it is generally a pretty accurate indicator. If your mates, coworkers or family members have made comments about how much you use the net then you need to read the rest of this article.

4. *You check your accounts from your mobile phone*

A phone is a talking tool. It is supposed to allow you to text and make calls. It is not for checking Facebook updates while you are having dinner with a friend.

5. *You get stressed when a Facebook "friend" doesn't add you*

Noticed yourself getting stressed over something that has happened on Facebook? Ever feel like your online life is more real than your offline life? Time to make a change.

**Ok – where to from here?** You've established that you have a problem you need to get yourself some recovery tools. The strategies below are some simple ways you can beat it.

1. *Admit that you have a problem*

I want you to take a deep breath and then repeat after me. Seriously, say it "I have an internet addiction problem." Good. Now that you have acknowledged the problem, lets proceed.

2. *Write down exactly how much time you spend on each site*

At the end of the day add up how much time you have been on your chosen site and record it in a little book. Write down your Facebook hours. Over time the hours should decrease.

3. *Give yourself a set time of the day to visit*

Realise that spending time on these sites is not a bad thing. In moderation it can be a lot of fun and even healthy. However, if you start to notice that your school assignment is still not done because you have been watching a friend's skit on Youtube, then it has gone too far. Banning yourself outright often leads to a relapse. We don't want this. Give yourself reasonable set times to visit and don't break the limits.

4. *Turn off email notifications*

Email notifications are annoying reminders begging you to come back and visit Facebook. You don't need to be notified every time someone sends you a message, so turn them off.

5. *Leave your mobile at home or locked up somewhere!*

Having a phone on you at all times just tempts you to check your Facebook every 5 seconds! Shouldn't you be attending to what's going in right there and then?

6. *Meditate as soon as the thought arises*

One of the most powerful ways to beat Facebook Syndrome is to look directly at the tempting thought as soon as it arises in your mind. You do not need to judge it or try to push it out – just look at it. The thought might arise as a worrying thought that begs you to check your updates so you don't offend anyone. Or it might appear as a carefree thought saying that one quick look won't hurt. Over time the power of the thought will get smaller!

7. *Get off the computer!*

Do you need to spend that much time on the computer? Instead turning on the computer when you get home, go for a walk, see a movie. Turn your computer off at a certain time each night.

8. *Write down what you used to do before Facebook*

Write down a list of things that you used to do before you got addicted to Facebook. For example: "I used to meet people in person and play sport"! Try and reconnect with what you used to do before Facebook. You will feel healthier and happier!

9. *Block the sites the REAL way*

You can block certain sites. Sure, you can unblock them as well, but the more barriers you put in your way the better. For Windows systems: Click START and then select RUN. In that box type notepad c:\WINDOWS\system32\drivers\etc\hosts. A neat little Notepad will appear with a bunch of computer jargon on it. Scroll down to the last line of that code and type 127.0.0.1 facebook.com. After that Facebook will never show up on your PC again. You can substitute the domain for any other domain that you do not want to view.

For Macs follow the link: <http://www.proginosko.com/leechblock.html>

If what you have read has concerned you, please contact wellbeing, the IT team at Galen or speak with a health care professional. This article was adapted from [www.thedailymin.com](http://www.thedailymin.com). For more great ideas, the IT reference group will be hosting a parent info night on managing social sites amongst other things on the 10<sup>th</sup> August & 7<sup>th</sup> September 2011.

# Careers News

from Rob Walker

Ever considered a career with the Police? On Wednesday 17<sup>th</sup> of August 2011 at 6.30 p.m at the Benalla Performing Arts Centre the Victorian Police recruiting staff will be presenting a session on the role of police, Operational policing, Minimum requirements, The recruiting process, Victoria Police Academy, Conditions and entitlements & Career opportunities.

**MMS Model Search: Males & Females**  
High School Students National Auditions Melbourne. Saturday Aug 13<sup>th</sup>, Suite 10, 249 -251 Chapel Street, Prahan, Victoria 11am - 1pm. For more information visit [www.mmssearch.com.au](http://www.mmssearch.com.au)

## Open Days are Here!

By now you should have identified institutions you would like to visit, found out their Open Day dates and downloaded their Open Day Guides. Once you have the guides, make a list of the information sessions you would like to attend- if you have time, try and attend information sessions on topics like pathways, VTAC, scholarships and overseas exchange programs.

If you are unsure what to ask on the day, Victoria University has listed some questions you can ask:

### **Getting in:**

- Are there any pre requisite subjects I need to study for this course?
- What marks/ ATAR do I need to get into this course?
- Do I need to audition, have an interview or present a folio during the selection process?
- Are there any other ways into this course other than through a VTAC application?
- Can I do a TAFE course first which might then lead into a higher university course?
- What is the different between TAFE and University?
- If I can't get into this course, is there a similar one at this institution I can study?

### **Course Information:**

- What are the core subjects for this course and are there any electives?
- How many hours a week are spent in class and can I study part time or after hours?
- Are there any special features of this course?
- What type of assessment tasks can I expect?
- What methods of teaching are used?
- Can I defer the course?
- What kind of jobs do graduates of this course generally get?
- Are there any scholarships available?

**Applying for an Electrical Apprenticeship?** The National Electrical and Communications Association (NECA) provide a national pre-selection test for young people interested in applying for electrical apprenticeships. You can use results from the test to show potential employers that you are

competent in areas of literacy, numeracy and comprehension. The test will be held in Melbourne and 8 regional centres during October. For more information and dates/ locations, please go to [www.neca.asn.au](http://www.neca.asn.au)

## Vocational & Higher Education News

**New Diplomas at University of Tasmania (UTAS):** Institutions like Swinburne, the University of Melbourne and UTAS enable to students to study a Bachelor Degree and a Diploma concurrently. This can improve graduate employment outcomes and allows you to be able to explore two interests at the same time like Engineering and Project Management. UTAS have just introduced new Diplomas in International Studies and Public Policy. You can combine these Diplomas with approved degrees or take them as a stand alone programs. For more information, email [Course.Info@utas.edu.au](mailto:Course.Info@utas.edu.au)

**Interested in Nursing?** Did you know that you can complete a Certificate IV or Diploma of Enrolled Nursing at TAFE and then gain credit off a Registered Nursing Degree at University? If you complete the Certificate IV in Enrolled Nursing at a TAFE, you will receive a year credit towards the Bachelor of Nursing at the University of Ballarat and 18 months credit if you complete the Diploma of Enrolled Nursing.

**Have a passion for Accounting?** If you enjoy Math, logical thinking, problem solving and working with people, you may enjoy studying Accounting. According to the University of Melbourne, their Bachelor of Commerce with a major in Accounting provides the shortest pathway to becoming a professional accountant in Australia. The course is accredited by CPA Australia, The Institute of Chartered Accountants of Australia, and the Nation Institute of Accountants. For more information, go to [www.bcom.unimelb.edu.au/bachelor/majors/accounting.html](http://www.bcom.unimelb.edu.au/bachelor/majors/accounting.html)

## Upcoming Events

**A Day in the Life of a Designer:** At Billy Blue College of Design, you will be able to immerse yourself for a day in the life of a designer in your choice of communication, digital media, branded environment, commercial interior, residential interior or branded fashion. The day will be held at their Sydney Campus on Saturday 23 July and Saturday 20 August (pick one) between 10am - 4pm. Cost is \$80. To register, go to [www.billyblue.edu.au](http://www.billyblue.edu.au). Billy Blue are also excited to announced that they have a new campus at Melbourne.

Go to [www.billyblue.edu.au/campuses/melbourne](http://www.billyblue.edu.au/campuses/melbourne) for more information.

**Aviation Bus Tour at Swinburne:** If you are in years 10 - 12, you have the opportu-

nity to participate in a behind the scenes tour of the Tullamarine Airport to learn about non-flying careers and course options at Swinburne. The day will start at the Hawthorn campus where you will receive information about courses in aviation management, before heading out for a tour of some of Melbourne's key aviation facilities. The event will take place on Thursday 4 August at the Hawthorne Campus and Tullamarine Airport. For more information and to register, go to

[www.swinburne.edu.au/engineering/aviation/tours/management](http://www.swinburne.edu.au/engineering/aviation/tours/management)

## **Are you interested in massage therapy, personal training or natural therapies?**

The Australasian College of Natural Therapies in Sydney is running 'A Day in Life Workshops' in these three areas on Saturday 6 August. You will be able to participate in hands on workshops and study for a day as a massage therapist, personal trainer or a natural therapy practitioner. Cost is \$50 for the day. To apply, email [enquiries@acnt.edu.au](mailto:enquiries@acnt.edu.au)

**Interested in Civil Engineering?** The Engineers Australia Civil Infrastructure Branch is running an information seminar for students and their parents to promote Civil Engineering as a career. Young Engineers who have graduated within the past 5 years will share their experiences on diverse aspects of Civil Engineering applied on projects in Victoria and their careers to date. The seminar will be held Tuesday 2 August between 6.00pm - 7.30pm, Melbourne. For more information and to register, email Paul Janssen at [Paul.Janssen@arup.com](mailto:Paul.Janssen@arup.com)

## Scholarships

**Australian Veterans' Children Assistance Trust (AVCAT):** AVCAT gives financial assistance to eligible children and grandchildren of the Australian Ex-Service Community with the costs of tertiary education. There are several scholarships. To find out whether you are eligible, go to [www.avcat.org.au](http://www.avcat.org.au). The application period will run between 18 August to 31 October.

**Scholarships in Science & Mathematics:** The University of Technology Sydney (UTS) offer a number of scholarships to students applying to study science and mathematics commencing in 2012. These scholarships include Faculty of Science Dean's Scholarship; Faculty of Science High Achievers Scholarship; Faculty of Science Indigenous Scholarship; and the Faculty of Science Schools Recommendation Scholarship. Scholarship Information sessions will be held on Saturday, 27 August 2011 in conjunction with the UTS Open Day. For more information, go to [www.science.uts.edu.au/scholarships](http://www.science.uts.edu.au/scholarships)

# Cross Country

Congratulations to Harry Condon, Sam Harvey, Mikhaila Lovett and Harrison Callahan who represented the school in the state Cross Country on the 19th July in Bundoorra. In very cold conditions, all four of our competitors ran exceptionally well. Each field contained over 90 competitors and the results were as follows:

- Harry Condon- 67th
- Sam Harvey- 71st
- Mikhaila Lovett- 21st
- Harrison Callahan- 11th

A big thanks to Michael Clark who helped to supervise.



# Victorian Schools Cycling Championship

Wangaratta Cycling Club invites any interested young riders to enter the Victorian Schools Cycling Championships Border Zone Final. The event is being held at the Wangaratta Saleyards Complex next Tuesday the 2<sup>nd</sup> of August.

This Saturday, riders from throughout the North East will compete in the Regional Championships, incorporating a time trial & road race. During the lunch break the novice championships will be held with the club making available several bikes for new riders to use.

The club invites interested juniors to come along to the saleyards at 11.30am on Saturday to try out the bikes & if keen sign up for the schools championships. Cycling is a great sport to be involved in & something the whole family can do, either as competitors or just for fun.

For more details follow the schools/VSCC link at [www.vic.cycling.org.au](http://www.vic.cycling.org.au).

# Badminton

Congratulations to the schools intermediate boys and girls Badminton teams who finished runner-up in the Hume competition on Monday 25th July. Both teams showed exceptional skill and played well throughout the day.

Girls team:

- Bec King
- Chiara Benedetti
- Nikola Esders
- Zoe Levesque
- Adrienne Murphy

Boys team:

- Max Whitty
- Chris Knowles
- Greg Allan
- Tim Clark
- David Ranten



# 9/10 Football

On Wednesday 20<sup>th</sup> of July the Galen 9 & 10 football side competed in VSSSA Hume Region competition at the Bar Reserve Wangaratta.

Galen played in 3 games, each consisting of two fifteen minutes halves. The competition was fierce with most teams demonstrating a real commitment and enthusiasm for their teammates. In the first game Notre Dame College kicked the first two goals and Galen just weren't able to make up the difference. In the next two games the Galen team dominated. Both Tallangatta and Euroa suffered their biggest loss for the day to Galen. However Galen's defeat in the first game meant Notre Dame College was the overall winner. What was most pleasing on the day was the manner in which the Galen students conducted themselves both on and off the field, trying their best and showing great sportsmanship.

Game 1: Galen vs Notre Dame

Final Score: Galen 3.3 20 Lost to Notre Dame 5.3 33. Goal Kickers: Josh Bonacci 2, Jackson Clarke. Best players: Cody Schutt, Matt Heidin, Isaac Willett, Dylan Wilson, Adam Evans.

Game 2: Galen Vs Tallangatta

Final Score: Galen 8.3 51 beat Tallangatta 2.0 12. Goal Kickers: Josh Bonacci 3, Harrison Berenger, Jake Murphy, Dylan Wilson, Will Carlile, Pat Eefting. Best Players: Dylan Wilson, Hayden Johnston, Will Carlile, Josh Bonacci, Adam Evans, Harrison Payne.

Game 3: Galen vs Euroa

Final Score: 8.4 52 beat Euroa 2.0 12. Goal Kickers: Josh Bonacci 2, Harrison Payne 2, Dylan Wilson 2, Will Carlile, Mitch Horwood. Best Players: Adam Evans, Pat Eefting, Cody Schutt, Dylan Wilson, Isacc Willett, Harrison Berenger.

Special thanks to Mr Fulford for organising the day, to Michael Clark for coaching and to all the students who assisted on the day.

# 9/10 Boys Soccer Victory

"I've seen a lot of soccer played at the intermediate level and I have to say that last game was the most professional. You played like a team." This is how the convener of the recent soccer competition at Myrtelford described the game between Galen and Tallangatta. Once again all the boys performed extremely well.

Some memorable moments:

- Anthony Molinaro fearlessly heading a fast cross into the goal.
- James Wells generously passing to Lachy McKellar to score instead of himself
- Damien Albertson's calm skillful touch to goal under pressure
- Heath Nash's tenacity in dispossessing opponents

The results of the day: Galen 3 Shepparton 0, Galen 10 Euroa 0, Galen 9 Tallangatta 0.

# Alex Meyland to represent Australia

Alex Meyland (Year 12 Galen Student) last week received the exciting news that he has been accepted into the U19 Australian Mountain Bike Team.

Selection to the team occurred over a 12 month period. Alex trained and raced with 60 others in the Australian Development Squad. This squad was reduced down to 10, based on their team skills, race results, performance in training and projected ability and skill levels. Alex was then 1 of 5 members of this squad who were selected to form the U19 Australian Mountain Bike Team. They will all represent Australia at the World Championships in Champéry, Switzerland, on September 1<sup>st</sup> this year.

Alex's discipline in mountain biking is known as the Cross-Country Olympic Format. It includes both uphill and technically demanding downhill components. Competitors have to complete 5 laps of a 4-7km circuit which takes approximately 1.5 hours to complete. Alex's training regime includes riding 6-7 days a week, and some days will see Alex complete sessions both in the morning and again in the afternoon. His future plans are to stay with the Australian Development Squad with the long-term view of competing at the 2016 and 2020 Olympic Games.

Alex leaves Australia on the 14<sup>th</sup> August. He is nervous about the event, but also very excited. Australia's ranking in this event is low which means that he may not get a great starting position and will have to work hard to get up to the front of the field. He hopes to finish in the top 30 out of the 120 competitors. Alex, we congratulate you for your selection to the national team and wish you all the best with your goals!

# Galen Catholic College

Alive with Faith and Integrity

## 'Music Inspiring Change – Change Inspiring Music' An experience of the Arts for Year 9 Students

On Monday July 25th, 162 Year 9 students accompanied by 11 staff members departed Wangaratta well before 'the fiery steeds of Helios had kissed the tree tops good day' to travel to Melbourne to take part in the Arts Connect Program for 2011. This program is funded by the Victorian Government and is intended to give country students access to exciting arts experiences without the burden of prohibitive costs.

The first activity that students were involved in was a concert featuring several very talented and passionate Indigenous performers. Galen students who were part of an audience of 500 country Victorian students were treated to some great music with haunting and moving lyrics through which the performers told of their experiences as Indigenous Australians.



Following the concert we lunched in the South Bank Food Court and then attended a reflective and contemplative workshop related to art works on display in the National Gallery. Amongst the famous works on display Galen students were most fascinated by the works of Frederick McCubbin and Tom Roberts, both artists from the era of the Heidelberg School of Australian Impressionism.

Special thanks are extended to Mrs Julie Nolan for her organisation and Paul Walker, Bernadette Albertson, Wendy Chuck, Keith Willett, James Bourke, Geoff Welch, Kirsty Watson, Kate Howard, Darren Hovey and Betty Holdsworth for attending.

*Pictured (clockwise from top): Dom Hill and Molly Ferguson; Rose Parsons, Chelsea Larking & Xavier Murray.*

## Who's Who at Galen...

### Leadership Team

- Bernard Neal : Principal
- Geoff Welch : Deputy Principal—Staff & Students
- Darren Hovey : Deputy Principal – Teaching & Learning
- Paul Maher : Deputy Principal – Catholic Identity
- Dom Giannone : Business Manager
- Bern Albertson : Professional Development Co-ordinator
- Paul Carson : Senior School Director
- Keith Willett : Middle School Director
- Pat Arcuri : Junior School Director
- Marlene Kittel : Staff member
- Gary Watson : Timetable/Daily Organiser

The best way to contact Galen staff members direct is by email.

All staff have email addresses which follow the formula:

firstname.surname@galen.vic.edu.au

For example, to contact Geoff Welch you would address an email to: geoff.welch@galen.vic.edu.au

### School Board

- Monsignor John White: Parish Priest
- Tony Lane: President
- Bernard Neal: Principal
- Geoff Welch: Deputy Principal - Staff & Students
- Max Fletcher: CEO Sandhurst Representative
- Cameron Butler: Parent and Community seat holder
- John Byrne: Parent
- Suellen Loki: Parent
- Angie Semmens: Parent
- Mark Williams: Parent
- Darren Hovey: Staff Representative
- Mick Grogan: Staff Representative
- Elizabeth Holligan: Staff Representative
- John Pasztor: Staff Representative

### Parents Association Executive

- Allison King: President
- Graeme Spence: Treasurer
- Trish Impink: Secretary



# Reflections

www.galen.vic.edu.au