Dear Parents and Guardians,

We offer a special welcome to all our new students and their families: I hope your experience as a member of the Galen Catholic College community is a happy and fulfilling one for you and your children.

We have 208 new Year 7 students this year. I was very impressed with the high level of energy and excitement in each of the classes as I went from room to room on Thursday to welcome the Year 7s to Galen. There was an abundance of enthusiasm about being here at Galen and beginning their secondary schooling: long may their fervor persist!

I also had a chance to welcome the Years 11 and 12 students on the same day at their own assembly. For both year levels, the year will start with many activities on offer: the Year 12 retreat, the Jumper Presentation Night, practices for the Presentation Ball, practices for the new Galen Talent Quest, auditions for the school production of High School Musical, social justice activities, the swimming carnival, and a host of other sporting opportunities.

We begin 2013 with the largest enrolment in Galen's history. As mentioned above, we have over 200 in Year 7, our biggest ever intake. Our overall enrolments as we start the year sit just over 1060, up by more than 50 students since this time last year. The Board and the Leadership Team spent some time at the end of last year examining the enrolment trends at Galen over the past 30 years. Up until 1994, there was a slow but steady decline in numbers enrolled at Galen with numbers bottoming out that year at 614. Since then, there has been a steady increase in enrolments in all but three years, leading us to this point in our development.

The reason for mentioning this at the start of 2013 is to highlight the fact that Galen has been in a state of sustained growth for the past 19 years. The college has not only grown in numbers but has also developed and evolved continuously over that time. Our buildings have evolved, our programs have evolved, our approaches have evolved, and our understanding of the role Galen plays in the local community has evolved. We are not the school we were in 1994, nor even in 2004, although at our very core, our values and purpose remain steadfast: to provide the best Catholic education possible to the people of Wangaratta and surrounding regions.

We are on the verge of establishing our next five-year School Improvement Plan (a.k.a. Strategic Plan) and we are similarly on the verge of establishing a Master Plan for our facilities to lead us through the next 15 years of growth and improvement in our buildings and resources. We are currently working on ways that will enable parents to engage with the processes for both plans: I will keep you informed as we move forward with these exciting developments in our college's future. You can expect such information before the midpoint of first term.

New staff

I would like to welcome the following new staff to the Galen community:

- Thomas Anson (Teacher)
- Hannah Banks (Teacher)
- Anthony Batters (Teacher)
- Ashlee Burke (Teacher)
- Kate Clark (Office Trainee)
- Chris Crimmins (Teacher)
- Thomas Frawley (Junior School Officer)
- Jody Heath (Teacher)
- Michelle Mayer (Teacher)
- Bernadette O’Connor (Teacher)
- Sarah Pitcher (Junior School Officer)
- Kylie Quin (Teacher)
- Robert Spencer (Teacher)
- Lauren Parker (Junior School Officer)
- Chris Parsons (Junior School Officer)
- Kelly Smith (Teacher)

Year 12 retreat

All the best to the Year 12 students and staff who will be on retreat at Howman’s Gap in two groups from Monday – Wednesday, and Wednesday-Friday of this week.

Congratulations

Congratulations to staff member, Mrs Deidre Turner, who gave birth during the holidays to twin boys, Theodore and Sebastian. Mother and babies are doing just fine!

Best wishes,

Bernard Neal - Principal
Welcome Back Senior School

Welcome back to all the students and teachers who have been at Galen Catholic College previously and a special welcome to the students who are joining us for the first time in the Senior School. We hope that you will enjoy your time here and that you will consider the many opportunities on offer.

The Senior School Pastoral Teaching team consists of the following personnel:
- **Year 12 Co-ordinator:** Mrs. Anne O'Dwyer
- **Year 11 Co-ordinator:** Mr Edwin Evans
- **Work and Further Education Co-ordinator:** Mr Rob Walker,
- **Year 12 Homeroom Teachers:** Mr Faithfull, Mrs Woods, Mr Samon, Mr Rispin, Ms Harmer, Mrs Nolan, Mr Hovey and Mr Holligan
- **Year 11 Homeroom Teachers:** Mrs Nixon, Mrs Evans, Mr Anson, Ms Leonard, Mrs Faithfull, Mrs Albertson, Mrs Byrne and Mrs Kittel.

*Please don't hesitate to contact your child's homeroom teacher should the need arise.*

Congratulations to Andrew Mair and Bridie Naughtin the Co-Captains of the College for 2013. They will be wonderful ambassadors and strong leaders for Galen College.

Congratulations are also extended to the following students who will be members of the SRC: Tess Rowland, Zoe Levesque, Michael Raleigh, Jonathon Panuzzo and Nick DelliCastelli. We are looking forward to working closely together as a team. The VCAL and Year 11 SRC students will be announced shortly.

Ben Seager, Bridgette Byrne, Mick Raleigh and Ben Leith enjoyed an enlightening experience at the National Youth Science Forum and acknowledge the support received from Rotary and Galen College that enabled this opportunity.

We also welcome back our Italian exchange students and trust that they have been enriched by the wonderful opportunity to participate first hand in a sophisticated culture, rich in Art, Science and History.

Year 12 students and parents/guardians are invited to the Jumper Presentation evening Wednesday, February 13 at the WPAC. Students are expected to be in full school uniform. Please move into the theatre from 7.10pm for a 7.30pm start. The evening usually goes for about 90 minutes.

The Year 12 students will be on retreat as this article goes to print (provided the Hotham fires don't impact Falls Creek). The retreats will take place at Howman's Gap in the mountains.

**Arrangements for students when not on retreat:**
- **Year 12 students when not on Retreat are expected to be at school in full school uniform.** They may study in the Senior Study Area, Work and Further Ed Area, Senior Library or vacant senior classrooms.
- **Students may choose to catch up with some of their teachers if they are available.**
- **Year 11 students doing Unit 3/4 subjects will also have study periods.**

**Important Dates:**
- **Jumper Presentation evening** - 7.30 pm Wednesday Feb 13
- **Swimming sports** - Tuesday Feb 19
- **School Photos** - Thursday Feb 21
- **Opening Mass** - Tuesday Feb 26

**Dear Parents and Students,**

Galen is no longer permitted to give Panadol/Paracetemol to students if they have a headache. If students are feeling unwell, they should still come to the sickbay and parents will be notified, just as we have done in the past. If needed, students can bring their own Panadol from home for use at school and this will be kept securely in the sickbay for their personal use.

**Parents Association**

The first Parents Association meeting for 2013 will be Tuesday the 12th of February at 7pm, in the Staffroom.
AUSTRALIAN AIR FORCE CADETS NOW RECRUITING

Looking for a challenge?  
Want to push yourself to the limits?  
Thought about flying an aircraft before you drive a car?  
Want to try gliding or abseiling?  
Enjoy teamwork?  
Consider yourself a future ‘leader’?  
Are considering a military career?  
Are you aged between 13 and 18 (at February 2013)?

If you answered YES to ANY of these questions, then come to our:

INFORMATION EVENING  
Sunday 10 February 2013, 5pm-6:30pm  
412 Squadron – Australian Air Force Cadets  
Cnr Avalon St & Dalton Place, Albury Airport

For more information please contact  
FLT (AAFC) DANNY SALMON  
0427 414 894

Email: co.412sqn@aafc.org.au  
Check out our National website at www.aafc.org.au

YEAR 10 STUDENTS NORTH EAST HEALTH CAREERS FORUM

Students that have a very keen interest or would I like to know more about a career in medicine, nursing, physiotherapy, pharmacy, dentistry, radiography and other allied health occupations are encourage to attend an information day in Term 2. The day includes detailed sessions on allied health occupations and is delivered by successful professionals in each field. This has proven a great success for past students wanting to know more about their area of interest. If you are interested email the careers coordinator Mr Rob Walker and he will send you more information regarding the day. There are only limited positions available.

Experience Mittagundi

Mittagundi Outdoor Education is happy to be working with Galen in 2013 and would like to announce its dates for upcoming courses.

All students (14+) are welcome to make a booking for a Mittagundi program in 2013. Cows are hand milked and dinner is prepared and cooked by students on wood fired stoves. During the 10 day program, pack horses (Clydesdale) hike alongside the students to the property, which is on the other side of Falls Creek. Students will then spend time on the farm, in the local area, undertake activities including abseiling and rafting before hiking back over the high plains. For more information on how you can register for a Mittagundi program, please e-mail Sarah Yeates: info@mittagundi.org.au  
You can also visit our website at: www.mittagundi.org.au

Program Dates

- Girls 402 Friday, 1st March to Sunday, 10th March
- Boys 403 Friday, 15th March to Sunday, 24th March
- Girls 404 Friday, 29th March to Sunday, 7th April
- Boys 405 Friday, 12th April to Sunday, 21st April
- Girls 406 Friday, 26th April to Sunday, 5th May
- Boys 407 Friday, 10th May to Sunday, 19th May

Volunteers Needed

The Wangaratta Catholic Schools are once again running the food stalls at the

Wangaratta Harness Club Meeting  
Sunday March 10th  
4.30 p.m. onwards

If you are able to assist for a couple of hours on  
B.B.Q/ Kiosk/Coffee  
Please contact: Allison King  
0413 561 586 / uniform.shop@galen.vic.edu.au

Junior School News

The Junior school sprung into action again on Thursday when 206 new Year 7 students arrived for their first day of Secondary School. The students were welcomed by Mr Neal and then introduced to the staff who would be assisting them throughout the day. Once the formalities were over the students spent the rest of the morning in their homeroom groups getting to know each other and going through important information. During period 3 and 4 the Year 7 students were given their first taste of classes and then spent the afternoon enjoying some time at the Olympic swimming pool.

On Friday it was time to welcome back the Year 8 students. Everyone looked well rested and ready to take on the challenges of the year ahead. The main message for these students was that is was their time to step up and become the leaders of the Junior school, a task which they are well-equipped to succeed at.

We would like to take this opportunity to welcome a number of new staff members to Galen College and the Junior school. Mr Robert Spencer, Miss Kelly Smith, Mr Tom Anson, Ms Bernadette O’Conner, Ms Kylie Quinn, Mr Anthony Batters and Miss Hannah Banks are all new to the school and we wish them all the best for the year ahead. We would also like to wish the following staff all the best as they return to Galen after various types of leave. Mrs Kylie Fulford, Ms Greta Norden and Mrs Rebecca Hernandez.

Another new face in the Junior school is Mr Paul Carson who is the new Year 7 Co-ordinator. Paul has experience as sport co-ordinator, timetabler, daily organizer and Senior School Director. We look forward to working with Paul this year and wish him luck in his new role.

For those of you with students in Year 8 you will be aware that Mr Zac Fulford left us at the end of the Year to move closer to home. Over the break we got the fantastic news that Zac has been appointed as the new Deputy Principal at St Monica’s Primary School in Wodonga. We hope that Zac is as successful in his new role as he was in his 3 Years at Galen and congratulate him on this outstanding achievement.

Finally the Junior School would like to pass on their condolences to the Ackerly family on the loss of their eldest son Ed. Please keep them in your thoughts and prayers at this very difficult time.

A reminder to parents on how to contact teachers via email:  
firstname.lastname@galen.vic.edu.au  
Please do not hesitate to contact us if you have any questions or concerns.
The history behind Galen’s sport house names

DELANY: Daniel Delany was the founder of the Brigidine sisters. He was born in 1747 in Ireland to Daniel and Elizabeth Delany (nee Fitzpatrick). The Delany and Fitzpatrick families were wealthy farmers, unlike the majority of Catholic families of the time. His parents and aunts passed on to Daniel the knowledge of their faith, the richness of his land’s traditions, and a deep thirst for knowledge. They also taught him to be sensitively aware of the sufferings that surrounded him in his local area.

In 1763, at the age of sixteen, Daniel Delany decided to become a priest. With the help of a non-Catholic friend he was smuggled out of the country to a college in Paris. In 1770, Daniel Delany was ordained a priest and returned to Ireland, disguised as a layman since priests were outlawed. Early Brigidine writings tell us that Daniel was shocked at the conditions that still prevailed in Ireland. Destitution, violence, lawlessness and crime were rampant throughout the country. There was widespread unrest in the countryside as millions of landless poor struggled for the rights and privileges of ownership.

Daniel’s first appointment as a priest curate was to Tullow at the end of 1777. He organised Sunday school for adults as well as children. Daniel gathered some children and started a choir, teaching them to sing at Mass. He progressed to prayer and religious instruction. Music and singing attracted both children and adults to the chapel. As the young people learned to sing and read, they acquired a new sense of dignity and classes were formed. The numbers increased so much so that Daniel Delany had to ask the help of young women and men whom he trained with great care.

Daniel Delany was curate for only six years when he was appointed Coadjutor Bishop. As Bishop he founded the Brigidine sisters who came to Wangaratta in 1887 and began the Brigidine convent school that was later to become part of Galen Catholic College. The legacy and charism of Daniel Delany live on at Galen in the motto of the Sisters, ‘Strength through Gentleness,’ and the images of the Brigidine banner and cross.

Some of Daniel Delany’s sayings were:
• Love God and live together in peace and charity.
• By performing the ordinary duties of your day well you will perfect yourself, and your day will be full of merit and good works.

Friday February 1st has marked the first day of classes for students in Year 9 and 10. In a general sense on an administrative front all things seem to be running smoothly.

Some things to note:
Welcome to our new students who have commenced at Galen for the first time in 2013. In Year 9 we welcome Kate Wilson, Alexander Critchley, Austin Ross, Laura-Lee Jose and in Year 10 we welcome Jack Wilson and Ben Kubala.

Parents who have any queries in respect to any issue at school are welcome to contact me at school anytime on the school phone number or via e-mail.

Keith Willett - Middle School Director

Dear Parents, please ensure that you check the Education Maintenance Allowance (EMA) forms which can be accessed from the following link:
If you need a hard copy of these forms they may be obtained from the office at Galen.

Two dance teachers that share the same love of dance created Born2Perform. Amy Farrelly & Shelley Jays both have a passion for dance and aim to offer students every possible opportunity to entertain and be a part of the performing industry. If you are interested in learning classical, contemporary, jazz, hip hop, tap, lyrical, boys funk or zumba, Born2Perform are calling for enrollments!

Located at 1/82 (upstairs) Ovens St Wangaratta, Born2Perform offers brand new dance facilities consisting of a professional dance floor, heating and cooling, mirrors, ballet barres and a waiting room area.

To find out more, please contact:
Amy: 0418 428 803
Shelley: 0412 358 806
Cherine: 0418 719 692
born2perform.dance@gmail.com

Would you like to improve your Italian skills?

Hannah Fursdon is offering Italian tuition for interested students. Hannah completed her VCE in 2009 and having travelled in Italy, she is a fluent Italian speaker. If you are an interested student, please phone Hannah on:
0421 201 705 or email: h.fursdon@hotmail.com

Middle School News
Keith Willett - Middle School Director
WANT TO LEARN HOW
to assist young people
experiencing mental health problems?

The 2nd edition of the Youth Mental Health First Aid COURSE IS NOW AVAILABLE

This 14-hour Youth Mental Health First Aid course teaches first aid skills for adult members of the public to give initial help to adolescents experiencing mental health problems, in a mental health crisis situation, or in the early stages of a mental illness.

Where: GOTAFE Docker Street, Wangaratta VIC 3677

When: 27/02/2013 - 28/02/2013 (9am - 5pm)

Instructor(s): Michelle Robins & Michael Loscavo

Cost: 169.55

If you’re interested in attending this 14-hour Youth MHFA course, please see contact details below:

Contact Details: Michelle Robins 03 5833 2590

For further information on the Mental Health First Aid Training and Research Program, please visit our website at www.mhfa.com.au

Uniforms & Personal Belongings

After seeing a large number of items come through lost property last year, we urge all parents to make sure uniforms and belongings are clearly labeled with students’ names. As much as goodwill would have appreciated all the donations last year, wouldn’t you prefer not having to buy replacements in 2013? Let’s keep Lost Property to a minimum this year!

Sun Smart Facts

- Over 440,000 Australians are treated for skin cancer each year. That’s over 1,000 people every day.

- The most commonly diagnosed cancer among adolescents and young adults between 2003 and 2007 was melanoma; it accounted for more than one-quarter of all cancers in this age group.

Facts from: www.sunsmart.com.au
Gourmet Pizza Night
@ Watermarc
Timor-Leste Immersion Fundraiser

When: Monday 25th February
Where: Watermarc Restaurant
56 Faithful St Wangaratta
Time: 6.30 pm
Tickets: $25/person (drinks at bar prices)

Featuring an Auction of Wine and other treasures

All proceeds to go to the Galen Timor Project to rebuild the primary school at Abafala (a small village 1 1/2 hours drive from Baucau in Timor Leste)
A group of Galen students along with their teachers will be visiting the Abafala school in April to build relationships between the Galen, CREW and Wangaratta communities and the Abafala Village community.

The students will make a presentation about the project and there will be entertainment by students.

Tickets available from the front office at Galen.
Contact Jim Samon for more information 0427224628
Anything Goes!

A showcase of talent at Galen

Date: Tuesday March 19th
Venue: Wangaratta Performing Arts Centre
Time: 7pm
Cost: $10 per ticket

Proceeds from the show will go towards Timor Leste projects.

Tickets are available from WPAC from March the 1st.
Author Visits at Galen College

Each year at Galen College, a number of authors are booked to spend some time with students in various year levels. The authors work with the students by running workshops and presentations. Each author has their own individual style and sense of humor, which usually engages and assists the students with different aspects of their education.

At the end of this month, John Larkin will be working with the Year 7 students. He “began life as a professional soccer player but was forced to retire at twenty-one due to a serious knee injury and an even more serious bout of apathy. Disillusioned and heartbroken he backpacked around Europe for a year and was bitten by the writing bug while sitting in a café in Paris reading the Hitchhiker’s Guide to the Galaxy and sipping an outrageously expensive cup of coffee.” Nexus Arts.

John’s books for young adults include his latest release Shadow Girl, as well as Goon Town, Horse Girl Rides Again, Spaghetti Legs, Pizza Features, Ghost Byte, Growing Payne, Lasagne Brain and Nostradamus and Instant Noodles and the Western Wildcats series. His books for younger readers are Horse Girl, Dog Boy and Harry Highpants and the Salivating Beast. He has also released a Generation X novel entitled Deja Vu and a collection of short stories, Bite Me!

John’s talks are based on how to take the simple things in life and how to turn them into stories.

Mastering the VCE

Over $300 Notes & Lectures – Free

Learn proven systems and study skills that will reduce stress and study time and markedly improve VCE scores.


Who’s Who at Galen

Leadership Team

• Bernard Neal: Principal
• Geoff Welch: Deputy Principal—Staff & Students
• Darren Hovey: Deputy Principal – Teaching & Learning
• Gerard Sullivan: Deputy Principal – Catholic Identity
• Dom Giannone: Business Manager
• Bern Albertson: Professional Development Co-ordinator
• Gary Watson: Timetable/Daily Organiser
• Mick Grogan: Senior School Director
• Keith Willett: Middle School Director
• Lauren Lee: Junior School Director
• Marlene Kittel: Staff member

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

School Board

• Monsignor John White: Parish Priest
• Tony Lane: Board Chair
• Bernard Neal: Principal
• Geoff Welch: Deputy Principal - Staff & Students
• Max Fletcher: CEO Sandhurst Representative
• Cameron Butler: Community Representative
• 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
• Di Crockett: Treasurer
• Angie Semmens: Secretary

Sun Smart Facts

Skin Cancer

Skin cancer types are named after the skin cell in which the cancer develops: basal cell carcinoma, squamous cell carcinoma and melanoma. Carcinoma is another word for cancer.

What does skin cancer look like?

Skin cancer generally stands out as being quite different to surrounding skin. If a spot strikes you as being a bit odd, it probably is! Skin cancer mostly appears as a new and unusual looking spot. It may also appear as an existing spot that has changed in colour, size or shape.

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Members of the Board and Parents Association can be contacted via the office on 035721 6322 or email: admin@galen.vic.edu.au

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