The Annual Galen Swimming Carnival held on Tuesday 19th February was a very enjoyable night for all involved. Many students supported their house and contributed to the fun atmosphere with a vast array of creative costumes. Competition was fierce with students being just a touch too good for the staff in the hotly contested Staff vs Students Relay. The final house results were very close with Chisholm narrowly claiming victory over Delaney.
Grief & Loss Action Research Project

Young Advisors Wanted!

UnitingCare Goulburn North East (UCGNE) has been providing Grief and Loss Counseling for the past four years from our Albury office. Last year we started providing this service in Wangaratta, when we found that there is a need for a youth specific grief and loss program.

We are now looking at the best way to provide this program. To do this, we are looking for young people (aged 13-25 years) who would be prepared to give us ideas and feedback on what will and won’t work. This could be done face to face, by email or phone. This commitment would be finished by June 2013. For more information on the project or on the role of the Young Advisor, please contact Leah on 5723 8000 or email leah.waring@unitingcaregne.org.au

Year 10 and 11 Outdoor Education students recently participated in a water safety program run by Life Saving Victoria. The instructors on the day taught students to use potentially lifesaving skills. Activities included DRSABCD, danger awareness, body boarding and rescue skills (rope & reach rescues) and learning how to use Personal Floatation Device’s (PFD’s).

Year 10 Outdoor Education students also recently went on a windsurfing and canoe trip on the Murray River. Year 10 student Luke Ashcroft explained, “With all of our gear packed in waterproof bags, we set off down the Murray in groups of two. One group with Mr Paul Walker, one with Mr Girolami. We stopped three times on our 15km trip down the river, discussing various subjects such as formations of billabongs and river beaches. Overall, the excursion was a great experience and I look forward to other activities Year 10 Outdoor Education has to offer.”

Amy Cook also thoroughly enjoyed the trip. “When we arrived at the Windsurfing School we met John who was our instructor for the day. He taught us lots of techniques and skills. We were able to put these skills in place while we were out on the lake having a go on the windsurfers. We also had a go at stand up paddling which didn’t take much practice, the only real technique we had to get used to was keeping our balance while standing on the board. It was a great experience, especially because most of the learning we did was practical so we were learning as we were actually doing the activity. It was one of the best activities I’ve done with school so far.”

My child’s gaming is out of control!

Did you know that 78% of teenagers play online games (Pew, 2009). This figure scares a lot of adults. You’re probably nodding your head right now. Your child is probably playing the games on so many devices it’s hard to keep track of what they’re doing and how much time they’re spending. On handheld devices like the Nintendo DS and PlayStation Portable, as well as consoles like the Xbox360, PlayStations 2 and 3, and the Nintendo Wii. As well as online and downloadable games for PC/Mac, iPhone, the iPad, and smart phones.

There is no doubt you feel like you’re being walked all over and your child’s device controls you. You probably see some benefits, like it brings them together with friends when playing games that are creative and sophisticated. However you probably do worry about games that are violent and addictive. So you should! Modern games are getting progressively more violent, and the control actions are more real. These violent interactions affect kids. “Studies have shown that playing violent games increases aggression and decreases sensitivity to others.” We know kids don’t have an ‘off’ switch and they will play for hours if allowed. Gaming addiction is very real. You would have seen changes in their health, school performance, social interactions and your hip pocket.

If you’d like to gain some control over the time your child spends gaming and the type of games they play, you can start by:

- Setting up a media agreement in the home (all new Year 7's should have these (in white bags from 2012)
- Establish limits. Be firm from the beginning. Set an overall daily media usage time and let kids decide which games they will use when.
- Be clear about the games you want them to play, what’s age appropriate. Being aware of highly addictive games online and who they’re playing with (i.e. World of War Craft, Halo 3, Call of Duty)
- Stay involved. Continue to talk to your child about their gaming and look for games and activities that reinforce your family’s values.

For more information visit: http://bit.ly/VY61w2
Or tweet your ideas to us: @galencatholic
St. Patricks Race Day

St. Patricks Race Club, in conjunction with the Wangaratta Harness Club, Race Meeting on Sunday March 10th 4pm - 10pm

GALEN VOLUNTEERS NEEDED

Galen will be manning the Hot Food Kiosk on the night. We require Volunteers for: serving the public and cooking (deep Fryers). We are also asking for two people with take away food or kitchen experience to co-ordinate the running of the Kiosk on the night (all ordering is done by the committee).

Last year Galen Parents Association made $2,200 from working at this event so please put your hand up and volunteer this year!

Please respond to Parents Assoc. President, Allison King on: uniform.shop@galen.vic.edu.au or 0413 561 586

Wangaratta Lions Club Youth of the Year

Zoe Levesque and Bridget Naughtin were chosen by Galen College to represent their school in the Wangaratta Lions Youth of the Year Concert. The contestants were judged on academic achievements, leadership, personality, public speaking and good citizenship. The students meet in fellowship and have the opportunity for open discussion exchange ideas and meet business people in the Wangaratta community.

Both girls gave excellent presentations and spoke passionately about their topics on Drugs in Sport and Indigenous Education at St Theresa. The girls gained valuable insight and appreciation of current affair topics. Even though they didn't win first prize they represented our school with professionalism and maturity preparing so well for their speeches. Congratulations girls on taking up this challenge and performing so well during this contest. The experience will only enhance their leadership aspirations in future years.

- Written by Laurie Burt

MARRIAGE ENCOUNTER WEEKEND

Married couples, we encourage you to prioritise your relationship. It underpins your family life. Please join us for a Marriage Encounter weekend. Our weekend helps you to remember why you married and gives you skills to maintain your love for each other. Couples and a priest present the weekend. It is based around catholic values but you don't need to be catholic to attend. There is no group sharing. Our next weekends in 2013 are on: 19-21 April, 14-16 June and 9-11 August in Melbourne. For further information and bookings contact Marianne & Marcel Van den Bronk (03) 9733 0997 or E: vicbookings@wwme.org.au

Caritas Guest Speaker

On Friday 22 February, we had the immense pleasure of welcoming this year’s Caritas Speaker: Edson Quezada. Edson is the founder of Educar es Fiesta (Education is Celebration) in Bolivia. The program aims to help young children in extreme poverty to develop their potential and worth through the Arts.

This week’s Project Compassion story is about Raymundo who is a product of this program. Edson took Raymundo from the streets where he had been working from the age of 8, and taught him skills. He now has a degree and works with other young people to give them the same opportunities.

For Raymundo’s story please visit the website: http://www.caritas.org.au/projectcompass/weekly-stories/week-2-raymundo

Students from Years 8, 9 and 10 were privileged to meet Edson and to hear the story about Raymundo and other children. They learnt about the plight of the children in Bolivia. Our money that we raise will go towards programs such as Educar es Fiesta.
North East Transport Connections Project in partnership with Benalla and Mansfield Transport Connections Projects, Rural City of Wangaratta and Goulburn Ovens Institute of TAFE, are investigating how people in the Hume Region access further education and training.

The information gathered from the survey will aim to identify the main barriers to accessing training providers and enable solutions to be developed from a student’s perspective, such as transport options, accommodation, training provider locations and training course delivery methods.

The more information we can get the better we will be able to determine the most appropriate direction toward addressing this issue. Visit this link to complete the survey!

http://www.surveymonkey.com/s/WB8GNLQ

### Coaches Wanted

**KEEN TO HELP KIDS IN YOUR COMMUNITY GET ACTIVE?**

The Australian Sports Commission’s Active After-school Communities (AASC) program is seeking people to become community coaches. If you are a club coach, player, parent, student over 16yrs or athlete, you can register to coach.

**What are the benefits?**
- Earn an income
- Free nationally recognised coach training course
- Opportunity to promote your local club or sport
- Ongoing coach development

An Active After-school Community Coach Training Course will be conducted in Wangaratta in March 2013. To obtain further information or to register your interest for this ‘Free’ training course, please contact Tony Pasquali on (03) 57 213 207 / 0428 200 018 or Email tony.pasquali@ausport.gov.au

*For more information on the AASC Program Go to: www.ausport.gov.au/participating/aasc*

### Could you be a permanent care parent?

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 also keen to speak with families who are particularly interested in caring for older children over the age of 5 years.

**Information sessions are being held on:**
- **Tuesday 5th March 2011** at 6:30pm
  Department of Human Services, 43-47 Rowan Street, Wangaratta
- **Thursday 7th March 2011** at 6:30pm
  Department of Human Services, 163-167 Welsford Street, Shepparton

For further information please contact:
Adoption & Permanent Care Program
5832 1552 or 5832 1559

### Love is in the Air

On Thursday January 14th, Valentine’s Day, the students of 7/1 distributed balloons with messages of love to the students and staff of Galen. The event was held as a Lenten fundraiser and the proceeds of the balloon sales will go to Caritas to assist them with their work across the globe. It was the first time for Galen to have a Valentine’s Day fundraiser and having sold 100 balloons it will continue on in the years to come. 7/1 would like to thank everyone who supported their fundraiser. The students of 7/1 were fantastic ambassadors of the Junior School in promoting the fundraiser in all of the 54 homerooms at Galen; from Year 7 right up to Year 12.

**Above: Lachlan Snowdon, Joshua Dowell, Lauren Parker & Zane Osmotherly**

### St Patrick’s Parish will celebrate its Sesquicentenary in 2013.

On Sunday 17 March, a special Mass will be offered in St Patrick’s Church at 10.30 am (the following Masses will be cancelled on this day ONLY: St Patrick’s 8.00am, Our Lady’s 9.30am and Moyhu at 10.00am)

- After Mass, there will be a BYO (picnic lunch, drinks, chairs, if this is convenient) in the grounds of St Patrick’s school. (There will be provision made for visitors to the parish who will find this difficult) There will also be a historic display within the school hall during this luncheon, which will be of interest to many. Everyone who has been a part of the community of St Patrick’s Parish is warmly invited to attend.

- We have a selection of commemorative wines (Riesling, cabernet sauvignon, durif port) available for sale (courtesy of John Gehrig Wines). The red wine and port will sell for $25.00 per bottle and the Riesling will sell for $20.00 per bottle. This will also be available in the Supper Room of St Patrick’s Hall on the weekend of 2/3 March for those wishing to make a prior purchase, as well as special pens and the calendars for 2013.

- Peter Murray has just completed writing the history of St Patrick’s. His book can be ordered at the celebration on Sunday 17 March where there will be a brochure with a short précis and an order form enclosed.

For further details, please contact St Patrick’s Presbytery by email: stpatspresp@iprimus.com.au or by phone: (03) 57 22 1970 during office hours.
DECA CAMP

Year 11 students will be completing a two-day Student Driver Program conducted by DECA in Shepparton. This is a terrific opportunity to gain valuable experience in learning to drive. The students will be accommodated overnight at Dookie College. Students will need to be at Galen College by 6.50 am on the date of departure so that they can be organised to leave by 7.00 am. The Student Driver Program runs from 8.30 am until 5.00 pm each day. After completing the program, students will return to the College at approximately 6.20 pm on the second day. Students will be provided with dinner and breakfast at Dookie College. They should bring food they require for snacks and lunch on the first day. They will require some money to purchase lunch on the second day of the camp. Students are required to bring pens or pencils for use in the classroom. The dates for the camps are listed. Please ensure all medical and permission forms are returned promptly.

- CAMP 1: March 4/5 - VCE 11 (all) VCE 12 (Surname A-J)
- CAMP 2: March 6/7 - VCE 14 (all) VCE 12 (Surname K-W)
- CAMP 3: March 12/13 - VCE 15 (all) VCE 13 (Surname A - Gibson)
- CAMP 4: March 14/15 - VCE 9 (all) VCE 13 (Surname Gilfuis - W)
- CAMP 5: March 18/19 - VCE 8 (VCAL)
- CAMP 6: March 20/21 - VCE 10

NEWS

- At the recent Senior School Assembly, capably lead by Mrs. Kittel’s homeroom, the theme was, 'New Year’s resolutions’ and students were encouraged to take a risk, become involved and to take responsibility. Additionally, congratulations were extended to Hazel Vaughan who designed the 2013 VCE/VCAL jumper. Harley Dalgeish a representative from Interchange gave an overview of the good work this organization continues to do. He invited the assembly to consider being volunteers with this program and distributed information packs to a number of students who are willing to assist.

The swimming age group champions were presented with their medallions (see sport section). Some outstanding sporting achievements were also acknowledged, including the fact that Isaac Willett made 127 runs as opener (for a tour of the school and boarders quarters)

On Wodonga Catholic College at Wareena park. When two of the selected players didn’t turn up for school on the Friday morning the other 9 players knew that they were in for a tough day. Wodonga won the toss and decided to bat. With only 9 fielders there were plenty of spaces in the field but opening bowler Pat Eefting bowled aggressively and picked up 2 wickets in his opening spell as well as pulling off a brilliant piece of fielding and a direct hit to run out another batsman. The team fielded very well with Luke Corker, Matt Thrum(2) and Ben Ralston taking great catches. Dylan Westra took 1 wicket and he and Austin Fendyk chased hard in the field. Dylan Ladgran bowled accurately for his 2 for 12 off 4 overs and Joe McIntosh took 3 for 12 but still Wodonga finished with 150 runs.

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1974 GRADUATES OF MERCY TEACHERS’ COLLEGE ASCOT VALE

You are invited to attend a 40 Year Anniversary Reunion of the commencement of our Certificate of Teaching 1973 - 1974 on Saturday 22nd June, 2013 From 4 – 6 pm

At the Laurel Hotel 289 Mt Alexander Rd, ASCOT VALE

Drinks at bar prices

Dinner is available after 6pm

(If you are considering staying for dinner please email /phone Margaret or Catherine)

Pass this information on to others from our year.

RSVP: June 14th, 2013

Margaret James (Lucardie): 0407 834 598
mjames@ccglenroy.catholic.edu.au

Catherine Fraser (Dullard): 0427 572 549
cfraser@smrushworth.catholic.edu.au

Senior Boys Cricket

On Friday 27th Feb the Senior Boys Cricket team took on Wodonga Catholic College at Wareena park. When two of the selected players didn’t turn up for school on the Friday morning the other 9 players knew that they were in for a tough day. Wodonga won the toss and decided to bat. With only 9 fielders there were plenty of spaces in the field but opening bowler Pat Eefting bowled aggressively and picked up 2 wickets in his opening spell as well as pulling off a brilliant piece of fielding and a direct hit to run out another batsman. The team fielded very well with Luke Corker, Matt Thrum(2) and Ben Ralston taking great catches. Dylan Westra took 1 wicket and he and Austin Fendyk chased hard in the field. Dylan Ladgran bowled accurately for his 2 for 12 off 4 overs and Joe McIntosh took 3 for 12 but still Wodonga finished with 150 runs.

Chasing this total Galen was never really in the hunt. Pat Eefting continued his good work with 16 runs and Matt Thrum made a solid 17. The star of the Galen innings was new student Ben Taylor from Rutherglen who made 18 not out off six balls including 2 sixes and 1 four. Ben was our second last batsman and we could only wonder what might have been if he had batted up the order.

The game was played in great spirit with the 9 Galen players doing themselves and our school proud.
**Careers News**

Rob Walker - Work & Further Education Coordinator

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**CAREER EVENTS, MARCH – APRIL**

Year 10 Work Experience June 11-14

In November 2012 Mr Walker talked to students about work experience and possible future occupations. Year 10 students now need to start organizing their work experience. This is compulsory for all Year 10 students. No classes will run for Year 10’s on Tuesday 11th June to Friday 14th of June. A letter regarding this was emailed on Wednesday 27th February.

Students can work at sporting clubs, museums, research centres, flight simulators, television stations, studios etc. Some helpful tips include:
- Research previous work experience placements. List outside Mr Willett and Mrs Morrow’s office.
- Use the Yellow Pages. This will be useful to gain a number of potential employers.
- Talk to your parents, other students, teachers, friends, family.
- If you organise a work placement away from your residence you also need to organise your accommodation.

At Monash Seminar Series: Dates for March are as follows

- **5**: Arts (Social Sciences and Humanities)
- **6**: Architecture and Interior Architecture
- **7**: Nursing, Midwifery & Emergency Health
- **13**: Business & Economics
- **14**: Science
- **19**: Physiotherapy & Occupational Therapy
- **20**: Information Technology
- **21**: Pharmacy & Pharmaceutical Sciences

For more information and to register, [www.monash.edu.au/study/life/student/seminars](http://www.monash.edu.au/study/life/student/seminars)

Chemistry and nanotechnology: La Trobe University Professor Mulvaney and Dr Nguyen will be hosting a lecture for students in Years 9 – 12 on Friday 15 March at the Bendigo Campus. They will explore the central role of chemistry in nanotechnology and students will see how certain materials are used such as quantum dots and liquid magnets. To register, email Kristen Pascoe at k.pascoe@latrobe.edu.au

Meet Melbourne University: A great way for regional students and parents to meet with staff from the University of Melbourne. You will be able to find out about topics such as:
- Study programmes
- Accommodation
- Scholarships
- The Melbourne Model, and
- Access Melbourne.

March seminars include: Bendigo (26), Sale (26), and Warragul (27)


Charles Sturt University will be running the following MyDay events in March
- **14**: Clinical Practice (Paramedic) and Nursing-
- **22**: Arts, Psychology and Social Work - Wagga Wagga
- **26**: Accounting, Business, IT, Computing Studies, Management and Marketing - Albury-Wodonga

For more information and to register, [http://www.csu.edu.au/go/myday](http://www.csu.edu.au/go/myday)

Considered pursuing a career as a Veterinarian? The University of Melbourne are hosting their annual Veterinary Science Open Day on Sunday 17 March at University of Melbourne Veterinary Hospital, 250 Princes Highway, Werribee, Victoria.

You will be able to:
- Experience amazing animal encounters, including seeing the Customs Detector Dogs in action.
- Step behind the scenes of our world-class Veterinary Hospital.
- Talk to veterinarians about their latest, ground-breaking research.
- Discover our internationally-accredited veterinary science course.
- Enjoy free, fun activities for kids of all ages including our animal farm.
- Feast at food stalls to support the local scouts and our students.
- Engage with vet demonstrations, public lectures, interactive displays and guided tours.

The day provides prospective students and their families the opportunity to learn about pathways into the Doctor of Veterinary Science program. Register your attendance at [www.vet.unimelb.edu.au/openday](http://www.vet.unimelb.edu.au/openday)

The Engineers Australia Careers Expo will be held Thursday 21 March, 11am – 7pm at the Etihad Stadium, Melbourne. You will be able to:
- Participate in interactive workshops
- Talk to over 80 exhibitors from engineering, science and technological industries
- Attend inspirational engineering presentations.

For more information, contact Sarah Cooke, 03 9321 1703, scooke@engineersaustralia.org.au or go to [www.engineeringexpo.org.au](http://www.engineeringexpo.org.au)

Have you considered a career in Forensic Science? Then you should attend the next Forensic Science Careers Information Day on Friday 5 April, 12.30 – 4.00pm at the Victorian Institute of Forensic Medicine (VIFM), Southbank.

Work at the VIFM includes:
- Forensic pathology
- Clinical forensic medicine
- Medico-legal death investigation
- Paternity testing
- Forensic science services
- Preparing coroners reports
- Offering expert opinions on a range of issues

You will receive information on careers in the industry, but you will not be able to participate in a tour of the Building. There are only 70 spaces available so you will need to register quickly.

For more information and to register, go to [http://www.vifm.org/about-us/careers-at-vifm](http://www.vifm.org/about-us/careers-at-vifm)

Are you in years 7 – 12? Do you want to work with animals? Healesville Sanctuary and Werribee Open Range Zoo present a day of activities where you get to work alongside their Zookeepers. You will be able to:
- Help with food preparation
- Assist with animal enrichment
- Help with enclosure maintenance
- Listen to Keeper talks
- Do animal health checks
- Handle animals safely


Experience La Trobe is designed especially for future students to get a taste of what it’s like to be a La Trobe student for a day. You will be able to:
- Chat with staff and students
- Participate in structured workshops focused on your desired career/course
- Meet student ambassadors and talk to them about studying at La Trobe
- You can participate in workshops across a huge range of areas- this is an event not to be missed
- The event will be held Friday 5 April at the Bundoora Campus

For more information and to book your workshops, please go to [http://www.latrobe.edu.au/experience](http://www.latrobe.edu.au/experience)

Meet Melbourne University: April seminars include: Geeelong (23), Ballarat (23) and Mildura (30)

May seminars include: Caroline Springs (8), Shepparton (22), Albury (23), Hamilton (29), and Warrnambool (30)

To register, go to: [http://futurestudents.unimelb.edu.au/explore/events/victoria_and_interstate/victoria/](http://futurestudents.unimelb.edu.au/explore/events/victoria_and_interstate/victoria/)

At Monash Seminar Series: Dates for April & May are as follows

**April**
- **17**: Design and Fine Art
- **18**: Psychology

**May**
- **1**: Law
- **7**: Health Sciences & Social Work
- **13**: Medicine
- **21**: Education & Nursing
- **28**: Gippsland Campus Showcase
- **29**: Biomedical Science, Radiography, and Nutrition & Dietetics
- **30**: Engineering

For more information and to register, [www.monash.edu.au/study/life/student/seminars](http://www.monash.edu.au/study/life/student/seminars)

The Age VCE and Careers Expo: This is a fantastic annual event which enables senior school students and their parents to be able to participate in a diverse range of over 150 seminars related to VCE subjects, gap year opportunities, vocational and higher education courses, career pathways and VCE study skills.

Over 190 organisations will be in attendance, enabling students to be able to talk to course and program advisers directly about their services. Cost is $10 per student and schools have been sent free passes.

The event is being held at Caulfield Racecourse between Thursday 2 to Sunday 5 May. To find out more, go to [www.vceandcareers.com.au](http://www.vceandcareers.com.au), 03 9596 8881

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6 | Reflections - Issue 3
The 2013 Galen Swimming Sports were held on the evening of 19th February in hot conditions. This year a number of new things were trialled. A semi-automatic timing system was used to improve the accuracy of the timing. We held a number of different novelty events and it was great to see so many students make the effort to dress up in their house colours to enter the inaugural “Fashions on the Field” event.

The standard of swimming was high, with a number of records being broken throughout the night. Emma Brown smashed the 17 year girls 50m freestyle record by over 10 seconds, whilst sister Kate Brown did the same to the 17 year girls 50m breaststroke record. Jackson Clarke, Jacob Reidy and Bridget Cole also broke the records in their age groups for the breaststroke, backstroke and butterfly respectively. The 17 year old girls 4x50m freestyle relay team from Chisholm set a new record in an impressive time of 2.55.36, 22 seconds faster than the previous record. Well done girls!

The final individual event of the night was the female and male SuperSwim. This event is a 50m freestyle event between the eight fastest females and eight fastest males of the night. Representing the females were Bridie Nixon, Bridget Cole, Kate Brown, Emma Brown, Elli Warren, Sarah Lockwood, Madison Pease and Olivia Storer. In a very close finish, Elli Warren capped off a great night by taking out the win over Emma Brown in 29.69 seconds. This is the second year in a row that she has won this event – congratulations Elli! The eight fastest males were Drew Hiskins, Ned Penny, Jacob Reidy, Mitchell Horwood, Jackson Clarke, Harrison Clarebrough, Heath Nash and Rob Camovale. Congratulations to Mitch Horwood who won by a close margin over Jackson Clarke, also in a time of 29.69 seconds.

The final event of the night was the hotly contested student/staff freestyle relay. Sadly for the staff on the night, the student team was just a touch too good for the staff. The female staff team of Carly Blike, Jess Clarke, Sarah Pitcher and Liz Cox were, however, victorious over the male staff team of Chris Parsons, Tom Anson, Anthony Holligan and Darren Hovey.

The age group champions are listed below. These are the best performers from each age group, males and females, on the night. Each age group champion will be presented with a medallion at an upcoming assembly and they should be congratulated on their fine efforts.

13 Yr: Harrison McCarthy (M)  Bridget Cole (F)
14 Yr: Edward Penny (M)  Shaniel Dyer (F)
15 Yr: Harrison Clarebrough (M)  Elli Warren (F)
16 Yr: Joel Murphy (M)  Olivia Storer (F)
17 Yr: Jacob Reidy (M)  Kate Brown (F)
20 Yr: Drew Hiskins (M)  Georgina Waite (F)

Thanks to all staff and parents who helped out on the night and to all students for creating such an enthusiastic and fun atmosphere. Special thanks must also go to Allison King of the Parent’s Association who organized the sausage sizzle. Finally a big thank-you to all of the house captains, particularly the senior captains, who played a big role in organizing the relays, encouraging others to participate, generating house spirit, and swimming themselves.

Galen Swimming Sports
Carly Blike - Sport Coordinator

Southern Suns U18’s Football Team

Training Sessions are at 5.00pm Tuesday and Thursday nights @ Wareena Oval, Swan Street, Wangaratta.

We are aligned with King Valley, Greta and Moyhu Football Clubs in the Ovens & King Football League

For further training and team info, please visit and ‘Like’ our Facebook page:
www.facebook.com/southernsunsfootballteam

Saturday Morning Netball

SATURDAY MORNING NETBALL BEGINS APRIL 20TH
All teams and registrations need to be finalised by Thursday 14th March. If students are interested in playing netball under the GALEN NETBALL banner, they need to write names on the sheets in the JUNIOR LIBRARY. We will help to organise your teams, provide you with bibs and balls and attend meetings in your name. A meeting will be called later in the month where we will establish teams, give out registration forms and other information. Girls will be required to return these forms and pay the registration to Galen College by March 14th. We will then look after the registration of teams with WNA. The cost this year of registration is $75 for a player. Players need to think about organising fees, teams and umpires.

Wangaratta Hockey Club

WANGARATTA DRAGON’S HOCKEY CLUB
Registration night Thursday 7th March at Bill Eaton Athletics Complex Appin St.
From 7 years+ All welcome! BBQ on the night.
Contact Eric on 0421 056 184

Dressage State Champions

Congratulations to Emily Campbell of Year 11 who won the Overall State Champion for Grade 3 Dressage (pictured right). Shivonne Watson (pictured left) also achieved with their team coming an overall 3rd in the state for Dressage.

www.galen.vic.edu.au
Experience in Italy!

Over the summer holidays, I went on exchange to Italy for 2 months. I lived in a small town in the north of Italy on the border of Switzerland called Bormio. It was a very cold town with a lot of snow. Bormio is a ski town, and because I love to ski and snowboard, it was perfect for me, I got to go skiing as much as I wanted.

The host family I stayed with was very nice and welcoming. I had a younger sister who was 13 and a younger brother who was 9. They all led very busy lives so I found that I had to do a lot of things by myself, which I didn’t mind because I like to be independent and it made some of the things I did more worthwhile because I did it for myself.

I went to Cuneo to stay with Amanda, the Italian girl I hosted last year. Together we went to Turin and Alassio, a town on the same coast as Nice and Cannes. The trip was so much fun, apart from the fact that two gypsies stole my iPhone on the train!

My favourite part of my experience was the 4 days we all spent in Rome together. We went to The Vatican, Sistine Chapel, Trevi Fountain, Pantheon, Colosseum and the Spanish Steps just to name the main places. I think we can all say over 2 months we ate a lot of good food and drank a lot of coffee. The experience was invaluable for the things it taught me, not only did my Italian improve more than I could ever imagine, I also learnt a lot about Italy and the people. I will definitely go back one day!  

Written by Eliza Honybun

Wangaratta Table Tennis

2013 AUTUMN COMPETITION

• Muster Nights : 27th of Feb & 6th of March
• Juniors 5:30 p.m. Seniors 7 p.m.
• Free Come ‘n’ Try, Learn, Registration and Grading.

Juniors Ages 7 to 15, All New and Past Players Welcomed

Comp Starts: 13th of March
Juniors at 5:30pm & Seniors at 7:00pm

Where: The Industrial Building, Wangaratta Showground. (First building on the left side as you enter the main gates).

For further information call Robert (Seniors) 0407228280
Andrew (Juniors) 57273871

Galen students in Italy: Liana Stafford, Angela Perri, Eliza Honybun, Molly Burnett & Rose Sartori.

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
• Anthony Batters: Daily Organiser
• Mick Grogan: Senior School Director
• Keith Willett: Middle School Director
• Lauren Lee: Junior School Director

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

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

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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