Athletic Sports 2013

Delaney – 845
McKillop – 822
Champagnat – 724
Chisholm – 668

See page 7 for the Athletics Day report.
Dear Parents and Guardians,

I hope you all managed to enjoy the Easter break with your families. Easter is a time of spiritual renewal, rebirth and resurrection for all of us and provides another opportunity for us to reflect on the Christian story and our place in it.

New staff
- Mr Nick Beattie and Ms Sarah-Anne Holmes are here at Galen replacing Mr John McKenzie and Mr Terry Magree, respectively, both of whom are enjoying long service leave
- This week we also welcome Ms Cassandra Douglass, replacing Mr Peter Brien who is taking a mixture of medical leave and long service leave.
- Ms Kim Saunders started with us this week in a new role of Assistant Business Manger. Kim will eventually replace Ms Kerry Nolan in the front office when Kerry moves into retirement later this term.

Timor L’Este (East Timor)
We are eagerly awaiting the return to school of the senior students and staff who attended our inaugural Timor L’Este immersion experience. Initial reports from the staff who accompanied the students – Mr Jim Samon, Ms Lyndel Peterson, and Ms Carly Bilke – were very positive and encouraging.

ANZAC Day
Galen students will be participating in the Wangaratta ANZAC Day march on Thursday. At school, we will be commemorating ANZAC Day on Wednesday with two separate assemblies for Years 7-9 and 10-12.

Galen Board AGM
All parents and guardians are reminded that the Annual General Meeting of the Galen Catholic College Board is scheduled for Thursday May 2 starting at 7:00pm. The major item will be the adoption of the new Board constitution.

Presentation Balls
Good luck to those involved in the two upcoming Year 11 Galen Presentation Balls on Saturday May 4 and Saturday May 11. Thanks to Parents Association President, Mrs Allison King, for her great leadership in these events.

High School Musical
Next week sees the Galen annual musical production at the Wangaratta Performing Arts Centre. Many thanks for this go the extraordinarily talented directors, Ms Julie Nolan and Mr David Ashfield supported by a strong and committed support team. I hope to see many of you there – these performances are always a highlight to the Galen year.

Year 7 2014
Please note that there is an Information Night for parents of students wishing to enroll into Year 7 in 2014. Details of school tours and the enrolment process will form part of the information provided.

Best wishes,
Bernard Neal - Principal
Year 9 Bushwalks

Over the last few weeks the Year 9 Discovery classes have been preparing for their overnight bushwalks. Some classes went to the Warby Ranges and 9.1 went to the King Valley on a Ned Kelly bushwalk. On the Ned Kelly bushwalk we visited the Greta Cemetery, Ned’s old family home, Stringybark Creek and finally a bushwalk at Powers Lookout. We stayed the night at Gentle Annie Caravan Park. On the second day we walked Long Spur track near Lake William Hovell. When we reached the top of Long Spur track we went for a bush-bash down to the waterhole at the bottom of Wild Cattle Waterfall where we had a refreshing swim. Afterwards we made our way back down the track and drove back to Wangaratta. We all had a wonderful time and got a lot out of the bushwalk. 9.1 would like to thank Mrs. Chuck, Mr. Minns and Lauren Parker for coming along on the walk with us.

Written by Lucy Tharratt & Annie Jordan

Palms Australia is a Catholic organisation which has been sending volunteers on mission for over 50 years. Palms global volunteers mentor and exchange skills in countries across Asia, Africa and the Pacific. Positions exist in education, health, administration, agriculture/farming, trades and other areas.

Pope Francis calls Catholics back to Core Values. Volunteering to share your skills is a great place to start.

Come to Palms Information Session on Saturday 11 May 11:00 AM at Ross House, Ground Floor Room 1, 247 Flinders Lane, Melbourne. If you know anyone who may be interested in volunteering but is unable to attend, please ask them to contact Sarah Torcasio on 02 9518 9551 or at sarah@palms.org.au for more information.

Galen Catholic College

YEAR 7 - 2014 ENROLMENT INFORMATION.

Galen Catholic College would like to announce the following important dates in regard to enrolments for students going into Year 7 in 2014:

DON’T MISS the May 8: Parent Information Evening 7.00pm in the Max Fletcher Auditorium (enter off Phillipson Street).

Applications open May 9. Enrolment Forms available at the Information Night or from the College Main Office and Catholic Primary Schools.

May 9, 10, 13, 14: School Tours available. Tours will be conducted at 9.15am and 1.50pm.

Please pre-book your tour online prior to the information night by going to the following link:

www.schoolinterviews.com.au
Login Code: FDGFM

You can also contact the front office to book a tour.

May 17: ENROLMENT APPLICATIONS DUE

May 27: Interviews commence: for all families who have submitted enrolment applications.

Please contact the College for more information regarding enrolments and tours.

Telephone: (03) 5721 6322

Galen swimmers represent Wangaratta at Australian Championships

Two of Galen’s swimming stars, Elli Warren and Kate Brown, spent part of their holidays in Adelaide, competing at the Australian Age Championships. Although both competed in a relay team at last year’s meet, this was the girls’ first experience swimming in individual events. Kate competed in the 100m and 200m breaststroke, achieving rankings in the top 50 for her age. Elli’s program consisted of seven events: 100m, 200m, 400m and 800m freestyle, 100m and 200m butterfly, and 200m individual medley. She also made to 400m freestyle final to gain a ranking of 8th for her age, and achieved an Open National qualifying time in the same event. Five of her swims placed her in the top 20 fifteen year olds in Australia. An amazing effort by both these young talents, whose fantastic results are clearly the product of hard work and dedication to their sport.

Congratulations Kate and Elli!

Elli Warren
Kate Brown
Are you a young carer?

Do you look after someone who has
• long term illness? • Disability? • mental illness?

What do young carers do?
Every young carer’s situation is different.
They do things like:
• Shopping, cooking, cleaning • paying bills
• helping with showering and dressing
• managing medication • emotional support

We may be able to help
The Young Carers Respite and Information Services Program supports young people who need help staying at school because they’re looking after a family member who has a long term illness, disability, mental illness or is frail aged.

Support for young carers at school
If you’re at school and need help with things like:
• respite – taking a break • help at home
• getting to sport or other activities • tutoring or time to study
Call 1800 052 222*. The Commonwealth Respite and Carelink Centre will talk to you and your family about how they may be able to support you.

Information for young carers
Carers Associations in each state and territory can help young carers, up to 25 years: • with advice and counselling
• find someone to talk to • get help and support
Call 1800 242 636* The young carer website has information for young carers, families and professionals. www.youngcarers.net.au
And http://careaware.com.au - a great resource for all types of carers

*Freecall, except mobile phones are charged at mobile rates

Young Carers Respite and Information Services Program
An Australian Government Initiative

Want to learn how to make a short film?

Now is your chance! There is a Youth Film Workshop being held for 12 - 25 year olds on Sunday 5th May 2013 from 10am - 3.30pm.
Cost - $5
In this hands on workshop you will be shooting a pre-written scene, exploring how to get the best out of your actors/technology without wasting time and breaking the bank. Focusing on working a scene through from rehearsals to completion. An emphasis on creativity, experimentation and energy. Along the way discussions on dispelling myths, creating opportunities, ideas and career paths. Please contact Across the Arts info@acrossthearts.com.au www.acrossthearts.com.au or follow us on Facebook.
Phone 0439 795 215 to make a booking, or for more information.
This workshop has been sponsored and subsidised by Rural City of Wangaratta Creative Youth and is a collaboration between Creative Youth & GANEAA
Senior School News
Mick Grogan - Senior School Director

The Kitchenette is almost ready. Year 12 students are eagerly awaiting its completion. The Year 12 Student Leaders have been developing guidelines to ensure that the new facility is utilised appropriately and respectfully. This has been a long-term project (last year’s student leaders assisted with the initial design and several drafts were considered before the final version) and without Allison King and the Parents’ Association’s input the students would still be waiting. Currently referred to as the ‘Shack’, Year 12 students have begun the process of voting on a name for it and are considering colour options. Once everything is finalised there will be an official opening.

Upcoming dates:
• Presentation Balls – May 4 and May 11
• Senior Tertiary Trip – May 7

Below: Justin Byrne (Builder) and Steve Collins (Plumber) working on the Year 12 Kitchenette.

Parents’ Association News

Over the holiday break R&R Quality Homes began construction on the Senior School Kitchenette. It will have a refrigerator, boiling water, microwaves and sandwich presses allowing the students to prepare food and drinks at any time during the day, it will also provide a fantastic social area for the students. This project has been co-ordinated by the Senior School S.R.C. and completely funded by the Galen Parents Association. It will be up and running by the end of the first week of Term 2.

Pictured right: Workers from R&R Quality Homes Chris Crimmins and Tom King (a current Year 10 Galen student) constructing the Kitchenette.

Galen Parents Association would like to thank the following people for their work:
• Rob and Nic Humphreys - R&R Quality Homes: 5721 6135
• Brad Fraser - Fraser Electrical: 5721 2757
• Justin Byrne - Justin Byrne Plumbing: 0427219550
• Chris Crimmins  • Tom King

Reunions

Yr 11 1981/Yr 12 1982
GALEN CATHOLIC COLLEGE
Wangaratta Reunion

WHEN: Saturday November 30 2013
TIME: 6.00pm onwards at North Eastern Hotel Beer Garden
WHO: Past students and teachers and their families are most welcome.
RSVP: Please email Lyndel Petersen (nee Annett) lyndel.petersen@galen.vic.edu.au by the beginning of November

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 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

Wangaratta Netball

Wangaratta Annual Netball Tournament
Sunday 19th MAY 2013
H.P. BARR RESERVE, SCHILLING DRIVE, WANGARATTA
17/U, 15/U, 13/U (as at 31st December 2013)
Cost: $ 50.00 per team
Entries Due: Thursday May 9th 2013
PO Box 830 Wangaratta  3676
Enquiries: Jackie Seymour  57219196 / 0400801776
Email: wangnetball@westnet.com.au

Medication at Galen

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 sick bay 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.

www.galen.vic.edu.au  |  5
ACN Nursing and Health Expo: The Australian College of Nursing is running a Nursing and Health Careers Expo this Sunday 21 April at the Melbourne Convention and Exhibition Centre. You will be able to talk to exhibitors from leading universities and TAFEs, hospitals, public and private health care, and nursing specialty groups. For more information, go to www.acn.edu.au

Diploma of Live Production, Theatre and Events: Box Hill Institute is running an information session on this course on Wednesday 24 April, 1.30 – 3.30pm at the Whitehorse campus. You will also be able to tour the Centre for Creative Industries and speak to current students and staff. To RSVP contact Matt Tieman on 03 9286 9695, mttieman@boxhill.edu.au

Curious about health and natural therapies? The Australasian College of Natural Therapies is hosting an Open Day on Saturday 27 April at their Sydney Campus. You will be able to find out about healthy eating; discover herbal treatments; find out the best way to burn fat and build muscle; and explore careers in health and wellbeing. To register, go to http://www.acont.edu.au/

Thinking of studying beauty? The Australian National College of Beauty is hosting an Open Day at their Pyrmont Campus on Saturday 27 April. You will be able to attend information sessions on careers in the beauty services industry; see their clinic in action; and learn about courses and career options. For more information, go to http://www.ancb.edu.au/

Interested in Hospitality? William Blue College will be hosting an information session at the Sydney campus on Tuesday 30 April. You will be able to find out about their courses in Commercial Cookery, Events Management, Resort Management, Hotel Management, and Tourism Management. To register for the event, go to www.williamblue.edu.au

Meet Melbourne University: Staff from the University will be at the following regional centers this month to speak to prospective students and their parents: Geelong (23), Ballarat (23), and Mildura (30). To register, go to http://futurestudents.unimelb.edu.au/experience/events/victoria_and_interstate/victoria/

agideas 2013 Futures: This event will be run Wednesday 1 May between 4.00pm – 8.00pm and is a must for any student considering a career in design. You will be able to learn about courses and careers in the design industry and attend a presentation from top Australian and overseas designers. Tickets are available to buy now. For more information, go to http://www.agideas.net/

The Age VCE & Careers Expo: This is a fantastic annual event, which enables senior school students and their parents 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. 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, 03 9596 8881

Massage Course Showcase: Endeavour College of Natural Health will be showcasing their massage courses on Thursday 2 May, 12.00 – 1.30pm at the Melbourne campus. They offer massage, remedial massage, and traditional Chinese remedial massage. To register, go to http://www.endeavour.edu.au/events/massage-course-showcase

At Monash Seminar Series: Dates for May are as follows

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

For more information and to register, go to www.monash.edu.au/study/life/student/seminars/

Careers by Design Forum: ACM! Education will be running a careers forum for secondary students on Thursday May 9 between10am – 1pm in Melbourne. Students will be able to hear from guest speakers working in the design industry, learn about career and course pathways and attend the Hollywood Costume Exhibition. To book, go to http://www.acm.i.net.au/

JMC Academy Open Day: The day will run on Saturday 18 May at the South Melbourne Campus. You will be able to learn about career options and courses available in the following areas: audio engineering; film & television production; music; entertainment business management; animation, and game design. You will also be able to listen to live music, view student projects, watch studio recordings and view student films and animation reels. To register, go to www.jmcacademy.edu.au

Monash University Parent Seminars: Year 11 and 12 students and their parents are invited to attend the Monash University Parent Seminars being held in Albury on Thursday 9 and Bendigo on Thursday 23 May. You will be able to find out about different course, pathways, accommodation, scholarship options. To register, go to www.monash.edu.au/parent

VOCATIONAL AND HIGHER EDUCATION NEWS

Applying for a music course at JMC Academy? You will need to undertake an audition as part of the selection process. Year 11 and 12 students are welcome to undertake a mock audition at the Academy to build their confidence and to gain critical feedback. For more information phone Maria Duarte, Senior Recruitment and Admissions, 03 9624 2915 or go to http://www.jmcacademy.edu.au/Course/Contemporary-Music-and-Performance.cfm

Are you interested in health and also working overseas? The Bachelor of Applied Public Health/ Bachelor of Global Studies at Australian Catholic University offers students the chance to pursue a career in International Public Health. The four-year double degree, which will be introduced in Melbourne in 2014, combines training in Public Health and Global Development with access to national and international community development programs. For more information, go to www.acu.edu.au

SCHOLARSHIP

Rural Finance Scholarship: Rural Finance’s Scholarship program is designed to encourage the education and skill development of those committed to the future of agriculture. The scholarship program includes vocational, undergraduate and postgraduate opportunities. The scholarships are open to all students who can demonstrate a career commitment to agriculture (i.e., farming, consultancy, research, technological and other services to the agricultural industry). Scholarships applications close 31 May 2013. For further information, head to: http://www.ruralfinance.com.au/pages/default.aspx?PageID=26&lid=1
On Tuesday 26th March the weather was perfect, the track was freshly marked and mowed, and Galen held its annual Athletics carnival. It was a pleasure to watch some outstanding athletes run, jump and throw, but what was even more encouraging was the true spirit of this event with students willing to just have a go. All students should be congratulated on their efforts.

This year saw the introduction of an electronic timing system. This proved to be a hit on the day, with improved accuracy of the timing of the track events and a more professionally run event.

The standard was once again high this year. Year 8 student Ned Penny was the standout athlete of the day, smashing three long term records. He broke the 1500m and 800m records both set in 1979 by well over 10 seconds in each event. Ned also broke the 400m record set in 1980 by 2.5 seconds. In addition, he also won his 100m and 200m events. Other record breakers were Darcy Laffy of year 9 who broke the 15 year old male discus record by 0.15m, and the 17 year old Champagnat male team who broke the relay record in a new time of 49.57 seconds.

As always, the final two events on the day were the Galen female and male Mac Hill memorial gifts. These gifts are an opportunity for the 8 fastest females and males over 100m to compete against each other, and they are hotly contested.

The female field was strong and included Hayley Trethowan, Sarah Borbidge, Cheyenne Byrom, Olivia Storer, Hannah Fitzgerald, Bianca Mulqueen, Shivonne Watson and Millie Gunner. Year 7 student Sarah Borbidge managed to hold off her more experienced competitors and narrowly won with Hayley Trethowan close behind in second place.

The male field was equally strong and included Nick Cox, Murray Waite, Jackson Clarke, Ben Talarico, Ryan Clohessy, Isaac Willett, Josh King and Cody Schutt. Jackson Clarke capped off a great day of competing by winning the male Galen gift for the second year in a row. Congratulations Jackson!

Congratulations are also in order for our age group champions. These are the best performers from each age group, males and females, on the day. Each age group champion will be presented with a medallion at an upcoming assembly.

**Age Champions**

**FEMALES**
- 13 Year old: Amber Ferraro
- 14 Year old: Mikaela Trethowan
- 15 Year old: Taylah Reidy
- 16 Year old: Gemma Enever
- 17 Year old: Olivia Storer
- 20 Year old: Shivonne Watson
- 20 Year old: Georgie Waite

**MALES**
- 13 Year old: Jack Gerrish
- 14 Year old: Edward Penny
- 15 Year old: Darcy Laffy
- 16 Year old: Daniel Banister
- 17 Year old: Jackson Clarke
- 20 Year old: Harrison Berenger

All students who won track and field events have qualified for the Upper Hume athletics team which will compete in Albury in term two.

The overall house results are below. It was fantastic to see Delaney, who last won the Athletics in 1991, finally break the drought and just hold off McKillop for the win. Congratulations to Delaney senior house captains Tess Rowland, Zoe Levesque, Jake Murphy and Rob Carnovale and all the Delaney participants who contributed to their win.

<table>
<thead>
<tr>
<th>House</th>
<th>Points</th>
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<tbody>
<tr>
<td>Delaney</td>
<td>845</td>
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<td>668</td>
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</tbody>
</table>

Thanks to all staff, house captains and students who helped with various duties before and on the day. And finally well done to all who were present for creating such an enthusiastic and enjoyable atmosphere.

**Written by Carly Bilke - Sport Coordinator**
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

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-enquiry@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

It’s time to start collecting coupons again for Earn & Learn! When you shop at Woolworths, you’ll receive 1 sticker for every $10 spent (excludes liquor, cigarettes and gift cards). Galen have sticker sheets available at the office, or you can pick one up when you next visit Woolworths. We’d really appreciate your participation in Earn & Learn as the program allows us to select fantastic new learning resources for your children to use at school. Please return completed sticker sheets to the Galen office by the 9th of June.

Let’s start collecting and sticking!

Galen Catholic College
College Street, Wangaratta
PO Box 630 Wangaratta Vic 3676

Galen Catholic College
YEAR 7 - 2014 ENROLMENT INFORMATION.

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May 17: ENROLMENT APPLICATIONS DUE

May 27: Interviews commence: for all families who have submitted enrolment applications.

Please contact the College for more information regarding enrolments and tours.

Telephone: [03] 5721 6322

Newsletter enquiries can be emailed directly to the Publications & Promotions Officer: malcolm.webster@galen.vic.edu.au
Youth Mental Health First Aid

Youth Mental Health First Aid is a 14 hour course that is specifically targeted towards helping adults provide initial support to young people experiencing mental health problems.

Wangaratta High School and North East Child and Adolescent Mental Health Service (NECAMHS) are pleased to present this training for parents and staff of the Wangaratta High School community.

Participants will learn the signs and symptoms of more common mental health problems, where and how to get help and also what sort of help has been shown by research to be most effective. Whilst this course is not a therapy program or support group, participants will gain more skills and confidence to support young people.

This course will be delivered by a NECAMHS’ Mental Health Worker.

Who should attend?
* Principals/Assistant Principals * Parents and carers * Year Level Coordinators * Welfare Staff * Chaplains *Secondary school teachers * Admin Staff *Support Staff

Course content
* Adolescent Development *Anxiety disorders * Panic attacks * Self-harm * Acute psychotic behaviour * Eating disorders * Substance use disorders * Depression * Suicidal behaviours

Dates and Costs
This course will be presented over 4 evening sessions. Cost of the course is $30.00 per person.

SESSION 1: 7/5 - 5:00pm to 9:00pm
SESSION 2: 14/5 - 5:00pm to 9:00pm
SESSION 3: 21/5 - 5:00pm to 9:00pm
SESSION 4: 28/5 - 5:00pm to 9:00pm

(You must attend all sessions to receive a Certificate of Participation).

Participants will receive a Youth Mental Health First Aid Manual Edition 2 and resource pack.

Venue: In the Multi-purpose space at WHS

To register or for further information, please contact: Lesley Milne at WHS, 5723 0500

• Please bring a light supper to eat during the break