Sandhurst Education Conference 2012
Re-imagining the Mission - A Pilgrimage of Faith

Last week 2162 delegates from 54 Catholic Primary and Secondary schools in the Sandhurst diocese united as one at Catholic College Bendigo for the 2012 Sandhurst Diocesan Conference on the 24th-25th of May. There were 10,655 registrations to attend seminars and workshops over the two days. All staff (both teaching and non-teaching) were inspired by many guest speakers and had the opportunity to engage in a wide range of practical workshops. The conference commenced on Thursday morning with a brilliant opening ceremony, acknowledging the traditional custodians of the land and the history of Catholic Education in Australia. Galen College students proudly featured in the opening ceremony with a fantastic drama enactment of the history of Catholic education in the Sandhurst diocese. This performance featured Mary Paino, Des Flanagan, Mindi Suter and Darcy Gibson.

Keynote speaker, Fr Frank Brennan delivered a powerful, thought provoking and challenging message to our Sandhurst community of educators. He challenged us to re-imagine what the face of our Catholic school communities need to be as we step forward together into our next five years, bringing the Christian story to life in our important day to day work of educating young people. This message of living life to the full, as Jesus calls us to do, was at the centre of the celebration of the Eucharist at Sacred Heart Cathedral, Bendigo on Thursday evening at the conference. There was much to be gained, individually and collectively, for the Galen staff. Many Galen staff were inspired by their two days at the conference and looked forward to sharing what they had learnt in the classroom. Staff also found the conference to be re-affirming of their commitment to Catholic education.
Dear Parents and Guardians,

The 2012 Sandhurst Diocesan Conference was a great professional development experience for our Galen staff, and indeed for the staff from all the Catholic primary and secondary schools across the diocese.

As well as the international and interstate keynote speakers for the 2,000 delegates, there were also many workshops and seminars for the staff to attend. It is well worth noting that several Galen staff shared their expertise in leading a number of these workshops and seminars for their colleagues from other schools. In particular, Maree Timms, Bernadette Albertson, Elizabeth Holligan, Lyndel Petersen, Gerard Sullivan and John Pasztor all led various sessions.

As well as the professional input into the sessions, staff member, Julie Nolan, and Drama students Des Flannagan, Mary Paino, Mindi Suter and Darcy Marum further represented Galen in the spectacular Opening Ceremony: a great experience for these young people in front of an audience of over 2,000 adults.

As a staff, we will have many formal and informal reflections on the conference, including what we will be doing differently as a result. I will keep you informed of what develops as a result of these reflections.

Exams and Reports
We are entering the business end of first semester with exams and semester reports now upon us. Students in Years 10, 11 and 12 will be doing formal exams this week and next week: good luck to all concerned. This is the final year that there will be Year 12 exams in June – all exams will be in November from next year.

Teachers will be putting in long hours over the next three weeks marking exams, correcting end-of-semester assignments and making sure that your sons and daughters receive comprehensive and meaningful reports on their progress over the past five months. One day, I have no doubt that progress and summary reports online will replace once-a-semester paper reports: meanwhile, however, we continue in the traditional manner to the best of our professional ability.

Bernard Neal - Principal

A number of classes in the junior school have already experienced some ‘circle time’. Circle time is used as a time for classes to discuss how they are going as a group. Each student has the opportunity to anonymously acknowledge positive and negative aspects of their class by writing their thoughts on a piece of paper. The group leader then collects these papers and a discussion follows allowing all members of the group the chance to share their thoughts and feelings about these positives and negatives. There are always three rules for a circle time meeting: everyone must listen to the person who is speaking to the group, no put downs, and everyone has the right to “pass” if they do not wish to or cannot respond to a question. It is mostly about inclusion and respect. The hope is that circle time will promote positive class discussions, reduce bullying, increase resilience and improve communication skills.

Some Reminders
• Students who are out of uniform for legitimate reasons need to provide a note from a parent explaining the reason for the student being out of uniform and when it will be possible for the problem to be rectified.
• Please phone the school in the morning on 57216322 or email your child’s homeroom teacher if your child is going to be absent from school. A note should also be provided when the student returns.

Bernard Neal - Principal
Middle School News
Liz Morrow & James Bourke - Middle School Directors

With only weeks now until the Mid-year holidays, the Galen College Middle School students have been working hard to complete their Semester 1 studies. Whilst the Year 9 cohort have been completing all their necessary coursework and assessment for the semester, the Year 10’s are now completing their Mid Year Exams.

A big thank-you to all the Year 9 Discovery students and staff who put on a terrific night with the Night of the Notables evening on Tuesday the 22nd of May. We’ve received lots of terrific feedback from parents, students and staff about the success of the evening. Most importantly it was great to see all the year 9’s having fun, dressed up as their favorite Australian Notable. A big thank-you is extended to the following staff for their efforts in preparing the students for this event: Wendy Chuck (Discovery Coordinator), Tegan McKeown, Kate Howard, Paul Walker, John Pasztor, Laurie Burt and Kelly Smith.

On Monday, the 4th June the Year 9 students were lucky to be part of the ‘REACH: Build It’ Self Esteem workshop at the Wangaratta Performing Arts Center with their Homeroom Teachers, Year 9 Coordinator James Bourke and Wellbeing Coordinator, Therese Rodway. This workshop was organized and provided free of charge by the Rural City of Wangaratta for all Galen Catholic College students, and is conducted by the REACH organization, which was set-up by the late Jim Stynes.

Congratulations to the following students who were chosen to represent the Middle School at a Leadership Conference which was held in Wodonga on Friday 1st June; Sarah Cunningham (10.1), Annie Brien (10.3) & Ruby Gardner Russell (10.6). The conference will give these SRC members the opportunity to learn from other SRC students from local schools and develop leadership and communication skills. We look forward to Sarah, Annie and Ruby reporting back to the Galen SRC in the next Meeting. Our thanks to Laurie Burt for his organization with this.

A few extra words from Liz Morrow - Year 10’s
The Sandhurst Education Conference held in Bendigo was a wonderful experience for all Galen staff. We enjoyed spending time together with our colleagues and attended many interesting and informative workshops. Some sessions I found valuable included; ‘Helping your Anxious Child’ with Shonna Hayes a Clinical Psychologist from Bendigo and ‘Social Media within the Middle School’, presented by Jo Lange and Andrew Fuller.

Most students are now organised with their Work Experience. Thank you for your support with this. I am sure it will be a valuable experience. Please also note that the Year 10 Careers Info Day on Friday 15th June is a compulsory School day.

Emergency Training
At a recent staff meeting, all Galen staff were briefed about emergency situation practices at Galen College. Staff were informed about these practices by EmQ - Crisis & Emergency Management. Staff pictured are wearing emergency warden vests and hard hats at an all school emergency drill that was held on Tuesday 22nd May.

At the Opera
Several students studying Italian at Galen recently had the opportunity to experience the Opera in Melbourne. As a reflection of the calibre of our students at Galen, the school was very happy to receive the following letter of congratulations. This letter was also published in the Wangaratta Chronicle (23/5/2012):

Dear Mr Neal,

Last Thursday evening, my daughter and I attended the Melbourne Arts Centre to see Opera Australia’s presentation of Rossini’s “The Barber of Seville”. This performance was also attended by a group of students from Galen College. This note was prompted by the presentation and behavior of these students on the night.

The students were beautifully presented with young women in elegant evening wear and young men in suits. They all carried themselves with maturity and composure throughout the evening. We spoke to a number of students during the interval and they were interested and interested.

Our media pages are regularly consumed by stories of poor behaviors and attitudes in the community. Your students were, however, a wonderful example of the qualities and maturity that can only make one highly optimistic for their future.

Ross Passalaqua

Indonesian Dance
Some Galen students have begun studying authentic Indonesian dancing with Ibu Marta. She is a trained dancer from Kalimantan and has kindly volunteered to teach ‘Tari Piring’ each fortnight (Day 5) during lunch time. Tari Piring involves careful movements of the hands while balancing a plate in each one. Adding feet and body movements is another matter entirely! Some Italian students are also keen to learn and have come a long way in only two lessons. Hopefully Galen will soon have their own dance troupe to perform at assemblies and conferences.

If you would like to learn Indonesian dancing, come along to room LOTE 2, day 5 at lunch time. All welcome!
Social & Emotional Wellbeing

Wangaratta High School and NECAMHS present an evening with Dr Andrew Wake.

“How to provide for your child’s social and emotional development: helping them manage their strong emotions”

Dr Andrew Wake is a child and adolescent psychiatrist with eight years of experience working in the public and private health systems.

When: Wednesday 13th June, 6:45pm for a 7:00pm start
Who is invited: Parents of Grade 5 to Year 12 students
Where: Wangaratta High School in the Multi purpose Science space

Please contact the office at the school on 57230500 to register attendance for this presentation.

Words from Wellbeing

Therese Rodway - Wellbeing & Pastoral Care

Happiness model helps people go from good to great

The search for happiness can be a never-ending quest according to Kennon Sheldon, professor of psychological sciences in the College of Arts and Sciences. It has been known that after a major life change you can experience happiness! New relationship, baby, travel, achievements, awards, goals reached etc. Although after time things seem to return to normal. New research has identified a model that helps people maintain levels of happiness with great benefits. The model consists of two major components: the need to keep having new and positive life-changing experiences and the need to keep appreciating what you already have and not want more too soon. Sheldon, and Sonja Lyubomirsky (University of California) surveyed 481 people about their happiness. Participants after 6 weeks identified a recent positive change in their lives that had made them happier. Six weeks later again testing highlighted those who had a continuous boost. The majority got used to the change that had made them happy in the first place, Sheldon said. They stopped being happy because they kept wanting more and raising their standards, or because they stopped having fresh positive experiences of the change. Some individuals have certain ‘set-points’ of happiness due to genetics and other factors. For example, some people are bubbly and others somber and anywhere in between. Sheldon's research suggests how people can train themselves to stay at the top of their possible range of happiness. Therapy can help people go from miserable to okay, but the lasting affects come from those who can take themselves from good to great. Therefore people who anew their good experiences everyday have lasting happiness.

Adapted from: http://bit.ly/ISwFCv

Senior School News

Mick Grogan - Senior School Director

Year 11 Exams, June 7 - 15

Students are only expected to be at school when they have an exam. They are encouraged to arrive 10-15 minutes before the exam commences. School uniform is not required during the exam period. Students who are at school when they are not doing an exam need to utilise their time productively by studying in the Senior Library. If for some reason a student is unable to attend their exam or if they are running late please communicate with Mr. Evans or Mr. Grogan.

Exam guidelines for students:

• Are encouraged to remain for the duration of the exam, however they are permitted to leave the examination room thirty minutes before the completion of the examination or at the completion of the examination.
• Are only permitted to bring authorised equipment into the examination room as per the guidelines in the Exam Navigator Booklet.
• Need to bring a Student Name Card or identification card
• Enter the examination room under the direction of the exam supervisors.
• Please ensure that mobile phones, MP3s, etc. are not brought into the exam room
• Need to seek permission for toilet breaks.
• May bring a clear drink container of water into the examination room.
• Must not communicate with anyone once they have entered the examination room.
• Not complying with the above expectations will be asked to leave the examination room and will forfeit the right to complete their examination paper.
• Arriving late need to speak with the Director or Year Level Co-ordinator

Unit 3 Exams, June 12 - 14

Students were given Exam Navigator booklets at the recent assembly. The key content was highlighted. Students and parents are encouraged to carefully read this booklet. Frank McFarlane, the chief exam supervisor was introduced to the students. He reiterated the simple message that his job is to ensure that all students are given the opportunity to complete their exams in a fair and equitable manner. Year 12 students resume classes on Friday, 15th June.

Air Force Cadets

Friday nights see Harry Clarebrough (9.1) take the trip to Benalla where he is a member of the 420 Squadron, Australian Air Force Cadets. Harry joined the Air Cadets in 2011 when he was eligible to join as a 13-year old. Since this time, Harry has learnt many skills, including flying both a powered and gliding aircraft, field signals and camping survival skills. The cadets have made many trips to events such as the Avalon Air show and the 90th anniversary of the AAFC. Community participation is a strong focus, with the cadets volunteering their time at bush markets, serving dinner to members of the Legacy, upkeep of the Weary Dunlop statue in Benalla and playing a major role in the running of the National Gliding Championships in Benalla. And of course, participation in ANZAC Day parades and the Vietnam Veterans. Remembrance Day is also an important part of the Cadets service. On June the 15th, there is an opportunity for interested teenagers to come and learn more about the growth and support provided by the Air Cadets. The cost per annum is minimal and uniforms and equipment are all provided. For more information, please contact Flight Lieutenant John Currie.

Mobile: 0447 676 095
Phone: (03) 57 628 097

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On Thursday 31st Year 10 Drama presented their performance on Ancient Greek Theatre with a play titled ‘The Cyclops’ by Euripides. Drama teacher, Jennifer Bromley, believes it is a vital component to studying Drama overall, for secondary students to experience and appreciate the first ‘golden age’ of theatre from ancient times. Students learn of the vast time separating us from these first theatre performers and writers, and also come to understand the common threads of humanity that link us, one of which is comedy. Students actively see and feel the classical styles of comedy used that are still seen today, such as political satire, crudity and mocking tones. The cast enjoyed developing sets and costumes, and delivered an entertaining performance that was enjoyed by several Galen students.

On Wednesday, May 30th, the Year 9 Printmaking and Photography class had the opportunity to participate in a Printmaking workshop run by practicing Artist, Fleur Rendell. Fleur is a printmaker who lives in the Warby Ranges and creates limited edition linocut prints. Fleur is currently exhibiting her work at Muse Gallery, situated at the Milawa Cheese Factory and the Silver exhibition, at Wangaratta Art Gallery. Fleur studied a Bachelor of Arts at RMIT, completed a traineeship with a master printer and has a Bachelor of Teaching (Hons) from the University of Melbourne. Fleur has had two solo exhibitions, numerous group exhibitions and her works are collected by the Australian Print Workshop, National Gallery of Australia and the University of Melbourne, Victoria. Fleur created a thoroughly engaging teaching environment, where each student was inspired and enthusiastic. The students were taught how to design and transfer images, cut lino and print with multi-coloured inks. The pleasing dedication shown by all students whilst creating their much-considered image, was evidence of a rich learning experience had by all. Printmaking students can look forward to having the opportunity to work with Fleur again next term.

All Year 9 Discovery students participated in the annual ‘Night of the Notables’ on Tuesday 22nd May. A full report about the night will be included in the next issue of Reflections.

Above - left to right: Tim Feehan (as Sir Edward Weary Dunlop), Ms Kate Howard (as Henry Lawson) and Tom King (as Lionel Rose)

For information and resources about digital citizenship, visit www.commonsense.org/educators.

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We all do things to enhance our lives; fitness programs and diets to improve our health; professional development programs to improve our job skills. Why not take the opportunity to give a wonderful gift to your children by enhancing your marriage through a Marriage Encounter weekend? Take a look at the Marriage Encounter website for more info: www.mariage.org.au Marriage Encounter weekends in 2012 are: 15-17 June (Anglesea), 10-12 August and 12-14 October (Melbourne). For further information and bookings contact Marianne & Marcel Van den Bronk (03)9793 0979 or Email vicbookings@mariage.org.au
Junior Science Quiz

QUIZ 9 ANSWER
TRUE or FALSE?

Teeth are considered to be part of the skeletal system, but are not counted as bones.

This is TRUE. Teeth are made of Enamel and Dentin. Bones are made of calcium, phosphorous, sodium and other minerals along with the protein collagen.

CONGRATULATIONS TO ELISSA WHITE OF 8.3 for winning this week’s quiz. Excellent work Elissa!

7.4 have yet again had the most students enter the quiz. Are 7.4 unbeatable?

Upper Hume Netball

On Thursday 10th May, our Year 7-12 girls netball teams took to the courts at the Barr Reserve to compete in the Upper Hume competition. There was fierce competition to be picked for the teams this year, with over thirty students trying out for the nine available positions in each team. Thanks to all students who tried out and congratulations to those who were selected. Team members included:

Year 7: Gemma Tua, Brooke Callahan, Emma Collet, Monique Szeligiewicz, Chloe Elliott, Maeve Convey, Amelia Walton, Haylee Streggs and Sarah Maher.
Year 8: Julie Borbridge, Sarah Ward, Sophie Crosbie, Maddie Smart, Tayla Ramsay, Gemma Enever, Sophia Miccio, Bethany Cook and Tamara Chamberyron.
Year 9/10: Carly Perso, Holly Judd, Demi Bowers, Eliza Nolan, Amy Cook, Brooke Morely, Adrienne Murphy, Isabelle Clarke and Ajiah Harris.
Year 11/12: Emma Witham, Zali Yelland, Dimity Harris, Georgie Waite, Demi Ryan, Georgie Fisher, Kaylee Seymour, Tayla Ward and Kate Clarke.

Year 7 girls displayed some great form early on and won their first game 19-0. Unfortunately they were unable to back this up in their other games, and they missed out on the grand final. Brooke Callahan, Monique Szeligiewicz and Chloe Elliott were stand out players on the day. Tamara Chamberyron was Best on Court for the Year 8 team.

In the year 9/10 team, Holly Judd, Adrienne Murphy, Brooke Morley and Carly Perso all played consistently well across all games, with Holly being Best on Court overall. The 11/12 girls also unfortunately didn’t make the grand final, but all the girls played well, with Zali Yelland and Geogie Waite being standouts.

Upper Hume Cross Country

Congratulations to all students who participated in the Upper Hume Cross Country Championships held in Myrtleford on the 28th May. Students ran either a 3km or 5km course depending on their age group. Year 7 student Ned Penny had a great run in the 3km event, both winning the 13 year old age group and setting a new record in a time of 8.40.74. Tamarah Chamberyron also had a great run, coming second in her age group. Renee Collet, Kaitlyn Ritchie and Jemma Hales all finished in the top ten in the 15 year old age group, well done girls! All of these students as well as Mikhaila Lovett, Ryley Pasquali and Dylan Syres have qualified to compete at the next level which will be held in Broadford on 19th June. We wish them all the best at the Hume Championships.

Pony Club

Congratulations to the two Galen teams that recently competed in the Bendigo Pony Club interschool team challenge. Year 7 girls Samantha Lilley, Amie Hourigan and Hayley Silva made up the Galen Mini Stars team and placed 25th out of 52 schools. Emily Campbell, Kerrie-Anne Forge and Natasha French competed in the Galen Stars team and were 21st out of 52 schools. Thanks to Catherine Campbell who was the team manager for the event.

Senior Football

The Galen senior football team competed in the MCC Herald Sun Country Shield at the Wangaratta Bar Reserve on Tuesday 15th of May. Galen played in 3 games, which consisted of two fifteen minute halves. What was most pleasing on the day was the manner in which the Galen students conducted themselves both on and off the field. All players tried their best and demonstrated great sportsmanship.

Game 1 - Galen 30 def Wodonga Secondary College 22
Game 2 - Wanganui 62 def Galen 25
Game 3 - Notre Dame 50 def Galen27

Best players on the day were Liam Murphy, James Smith, James McClounan, Dylan Wilson, Ashley Robins, Jay Nykvist, Matt Hedin and Harrison Berenger. Special thanks to assistant coaches Michael McKenzie and Jake Murphy and also Year 10’s Ben Rieter, Ben Morrow and Tim Clark.

Upper Hume Basketball

Well done to the VCE boys team who played in the Upper Hume Basketball competition on Wednesday 16th May in Wodonga. Unfortunately the boys did not have a win on the day, but it was great to see them having a go. Thanks to Alex Lilley, Sean Greaves, Matt Ryan, Anthony Ryan and also Ben Suter who stepped in at the last minute to play when other team members couldn’t play on the day. Thanks also to Jacqui Pengelly and Eliza McMonigle for taking the team on the day.
Library News

FREE EBOOKS - A FANTASTIC OPPORTUNITY

The State Library of Victoria is making thousands of Australian non-fiction books available through the Electronic Book Library, which can be accessed at this link: http://bit.ly/MdHuQC. Now you can borrow ebooks on cooking, travel, sport and more, for up to seven days.

If you download or read any of these books online for more than five minutes, they will purchase them on your behalf and they will also become available for other readers. As you read and discover more, you will be helping us build a collection that truly reflects what Victorians want to read.

To access the Electronic Book Library you will need to be a Victorian registered Library user. It’s easy to join online or in person. You can join online via this link: http://bit.ly/JxIE2O. From all of us at the Library, happy reading!

READERS CUP WITH iPADS AND iPods

The Reader’s Cup has got off to a flying start with some students using ebooks on iPad’s and iPod’s. The Reader’s Cup is a Junior School Homeroom Competition which will come together at the end of term as Homerooms battle it out for the CUP. Students will make a promotional trailer of their chosen book and present it to the Junior School at an assembly.

Parent Meeting - A Vision for Galen

Dear Parents,

On Wednesday June 27th at 7:00pm in the Galen Auditorium we will be conducting a parent meeting for any parents interested in assisting the college develop its Educational Brief. The Leadership Team recently concluded an extended meeting to start the process. As a part of this process we will be looking for student and parent feedback to assist us in forming our Educational Brief.

An Educational Brief is designed to inform staff, students, parents and our community of the underlying philosophy and values that drive our processes for continual improvement. The Educational Brief will be the key tool directing future developments in strategic and master planning. The activities we will conduct on the night are similar to those that have been done with students and staff. If you would like to attend please follow this link to register online: http://www.schoolinterviews.com.au. To login you will need to enter this Booking Code: MYBHF. We look forward to seeing you on the night.

Earn & Learn

Don’t forget to keep collecting tokens when you shop at Woolworths! Ensure that you put your stickers on the sheet and return to Galen College by June 25th. Last year we were able to select some classroom resources with the points we received from the docket. We would greatly appreciate your assistance with this initiative!

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

Members of the Board and Parents Association can be contacted via the office on 03 5721 6322 or email: admin@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
- Graham Spence: Treasurer
- Trish Impink: Secretary

Newsletter enquiries can be emailed directly to the Publications & Promotions Officer: malcolm.webster@galen.vic.edu.au
Education Maintenance Allowance

NOW CALLING FOR SEMESTER 2 PAYMENT APPLICATIONS

If you have already applied for Semester 1, we will automatically re-submit your application for processing. If you have recently been issued a valid health care card or pension card, please collect an application.

Information for 2012

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 1 (1 February 2012 which is the first day for teaching staff) and Term 3 (16 July 2012).

The EMA application must be submitted to the school by 29 February 2012 for the first instalment and 3 August 2012 for the second instalment.

The EMA provides an annual amount of $235 for primary students and $470 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 2012 will be paid on a pro rata basis.

Payment Amounts

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<td>$ 470</td>
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*Student year level (or age for ungraded and special school students) will form the basis for calculating the amount payable to parents and schools.

Contact: School Office for application form and further information.