Health and PE Week

2nd - 6th September 2013

As part of Health and PE week this year we offered a staff versus student Netball match that was hotly contested. The Year 7 inter-homeroom Netball grand final was our showcase game during the week with 7.6 being victorious. Students enjoyed the latest inclusion to the competition “Dodgeball” which was a real favourite. Students were also able to try Rockclimbing, Meditation and the biggest Downball competition that Galen has seen so far with a 77 square game!
Dear Parents and Guardians,

Final weeks for Year 12’s
We are approaching the business end of the year for our senior students. Our Year 12 students now have less than three weeks of class time before final exams and other assessments. The term break provides the time for consolidation and revision of the year’s work in preparation for the most important testing of what they have learned in their years at school.

For those who have worked well throughout the year, this will be a time for putting the final polish on their preparation. On the other hand, for those who have not worked steadily and consistently throughout the year, the holidays offer a last chance to shore up their position.

The teachers of the Year 12 students are their best resource over this period of time followed closely by their own time management. The Galen Year 12 teachers will be encouraging their students to make contact, seek advice, and continue to keep asking questions between now and the final exams. They have worked in partnership with the students all year and have a genuine desire to see the students do the best they can.

As a minimum, VCE students should be following the same patterns of study time during these holidays as they would during normal term time. It should not take a great deal of discipline to start work by 9:00am each weekday and continue through to 3:30 in the afternoon. After all, this is less time than a normal working day if they were in the workforce. We know from experience that the better and more determined students will spend well over this amount of time: what I have outlined is the minimum requirement for any student who is serious about doing their best.

Changeover of laptops
Between now and the end of the school year we will be recalling all laptops for students currently in Years 9, 10, 11 and 12 because they are reaching the end of their three-year lease. A separate letter will be mailed and emailed to parents outlining the steps in this process as we begin to collect the old laptops and replace them with new ones.

It is important that the laptops are returned in good condition or, under the terms of the agreement signed by parents at the time of issuing the laptops, the leasing company may not accept them back and could charge a fee anywhere between $0 and $300 for repairs or in the case of significant damage, write-off.

Please read the separate letter carefully when it is mailed and emailed in the last week of third term. If you have any queries or concerns coming from your reading of the letter, please contact the school for assistance.

Deputy Principal Changes
Mr Geoff Welch, our Deputy Principal – Staff & Students, will be taking some well-deserved long service leave for the first half of 2014. Geoff has given 16 years of dedicated service to Galen so far, most of those in the senior position of Deputy Principal. I have no doubt that I speak on behalf of the entire Galen community in wishing Geoff well during his leave and in acknowledging the great benefit he has brought to Galen in his time with us.

Another of our Deputy Principals, Mr Darren Hovey, meanwhile, has just been announced as the new Principal for Catholic College Wodonga from the start of the 2014 school year. Darren has led the Galen community in Learning & Teaching for the past three years having joined Galen from Marian College, Ararat. Darren will be an outstanding Principal and our loss is definitely Catholic College Wodonga’s gain. Again, I am sure I speak for our whole community in wishing Darren all the best in his new position and in thanking him for his contribution to the life and progress of Galen over the past three years.

Advertisements have been placed for replacements for both of these Deputy Principal positions. The process of selection and appointment will start over the term holidays and we should know the outcome for both positions early in fourth term.

Best wishes,

Bernard Neal
Principal
Students share Timor Leste Experience with Corowa Rotary

On the 5th of September, three Year 11 students from Galen gave a slide show and presentation from their Timor Leste experience to the Corowa Rotary Club in the hope of raising awareness and funds for the Abafala School near Baucau that they visited whilst in Timor earlier this year. The diligence and maturity that Beth Chester showed in organising this event is evidence that the experience in Timor Leste is more than just a visit to Timor. Alex Iwanuch and Bridget Naughtin, along with Beth, shared photo’s, stories and reflections on the emotional experiences they shared in Timor and represented themselves and Galen Catholic College well to the Corowa Rotary Club. Beth, Alex and Bridget all acknowledged the enrichment that the experience had on their lives and have gained further recognition for their cause. All three students hope to continue raising money for the Abafala School and Community and plan on either returning to Timor Leste or pursuing other social justice paths in their future. I would like to congratulate Bridget, Alex and Beth on their successful presentation and also thank the Corowa Rotary Club for hosting the evening.  - Written by Hannah Banks

Above: Bridget Naughtin (Year 12), Paul Mowan (Corowa Rotary Club President), Beth Chester and Alex Iwanuch.

Student News

Mick Grogan - Senior School Director

Year 12 Hoodie and T Shirt
Thanks to Bridgette Byrne and Bec King who have worked steadily to finalise arrangements for the Year 12 Hoodie and T Shirt.
Costs are: Hoodie $40.00    T-Shirt $28.00
Allison King has kindly offered to co-ordinate the orders through the uniform shop.
Year 12 students interested in purchasing these items please place your order details with payment by Thursday 19th September.
The Uniform shop is open Tuesdays 10.30am – 2.30pm, Thursdays 1pm - 5pm

Sport Finals
Congratulations to all students who have been involved in finals and good luck with the remaining games.

Jumper Designs
Congratulations to Rose Parsons as her VCE/VCAL Jumper design for 2014 was voted the most popular.

Day 1 Term 4
• Year 12 VCE - English Practice Exam Period 1-4
• Year 12 VCAL - Normal classes
• Year 11 All students - Speaker from Spinchat (Spinal Injury Unit) Period 3

Important Dates:
• Arts/Technology Exhibition, Tuesday Oct 15 – Friday Oct 18
• Year 12 Unit 4 Written Exams begin Oct 30
• Year 12 Graduation Evening Thursday Nov 21

Donations Needed for Alternative Schoolies in Cebu

While many students celebrate ‘Schoolies’, three Galen students will be celebrating schoolies with a difference later this year: to assist those in great poverty, in the Philippines.

On the 2nd of December Sarah Lockwood, Lucy Roberts, Bridie Naughtin and 16 other students from surrounding schools are extremely excited to be taking part in a trip to Cebu in the Philippines. The trip is with the Sandhurst Diocese as part of an Alternative Schoolies experience. The journey offers us a chance to immerse into a completely different culture, form connections and stand in solidarity with each other as a group of enthusiastic youth with the goal of making a difference. Although we know we will be confronted by inequalities and poverty we feel blessed to have such an opportunity.

A focus of our trip is communities living on or adjacent to the city’s dumpsites and efforts to transfer families to basic accommodation in the form of housing projects. During the time before we depart we will be fundraising, this is one of the projects that our Alternative Schoolies group will be supporting. There are many other places in Cebu where there is great need for funds which we will be supporting including Missionaries of Charity, a home for babies and children whose families can’t support them. Visits to Development centers, drop in centers for the homeless, a halfway house for prostitutes, juvenile offenders and also those living in cemeteries. The final major project we are supporting is the Cebu City Nutrition council, an inspiring program feeding over 30,000 kindergarten children across the city daily.

The funding that we raise will be spread out across these well deserved and needed projects.

We have a fundraiser coming up on Friday 27th September 6.30pm at the Galen Auditorium, involving talented musical acts, silent auctions, raffles and much more! It’s for the public of all ages, and it would be great to see you there to support the beautiful Philippine country! If the attendees could bring an auction item with them on the night to be actioned off, that would be greatly appreciated.

We are also after clothes, books, stationery and toys that are in good condition to donate to the places in need. Donations can be handed to the office or to Sarah, Lucy or Bridie. Any monetary donations or donations of wine, gift vouchers, soaps, ect are also hugely appreciated as we are hoping to get a raffle started and have a silent auction. Every little bit counts! Lots of photos will be taken and we will update Galen when we arrive back in Australia!
Evaluating online information

Children need to be able to distinguish fact from fiction online and learn the basics about copyright. They also need to develop good browsing and searching skills to ensure they visit safe sites and find appropriate information.

Parents can:
- Review a website before using it. How old is the information? Who wrote it? Does the website have contact details, a privacy policy or copyright statement? If not, find another website.
- Advise children to use several sources of information and compare them.
- Advise children to acknowledge sources when quoting or reproducing material found online if in a library, ask library staff for a list of safe websites and search techniques.

See more at: http://www.cybersmart.gov.au

Galen students can find information via the library website look under Students > Search > Evaluating Sites


Relay For Life 2013

When: 2.45pm Saturday 5th October to 10am Sunday October 6th
Why: To raise money for cancer research, education and support, and to have fun.
What happens: Each team, of about 10 to 20 members, has a tent site around the track and a baton. There is a prize for the best decorated tent and the best baton. The baton is to be carried around the track by a team member for the 18 hours of the Relay.
Highlights: Include live music until 11pm and again on Sunday morning. Movies from 11pm onwards. Midnight madness. Zumba on Sunday morning. AND Miss Relay Gets Married, where a guy from each team dresses up as Miss Relay and has 45 minutes to go around collecting money for his/her team. There will be a prize for the ‘bride’ with the most money raised and another for the best ‘bride’.
Cost: $20 per person. The team must have a team captain and for each Under 18 team there must one person over 18 for every 10 people under 18. The next Teams Meeting will be from 6pm to 7pm at the Centre in Chisholm St on Monday September 30th.
Registration is online at www.relayforlife.org.au and there are information brochures at the front office. Any questions, please ring Jane Derrick on 0439 202 037

Senior Concert Band achieves Gold Award

The Galen College Senior Concert Band performed at the Victorian Schools Music Festival – regional division that was held for the first time at the Wangaratta Performing Arts Centre on August 9th. A panel of judges from Melbourne who awarded the band a Gold Award for their excellent performance adjudicated the bands program of pieces. The Bands musical director David Ashfield commented on how proud he was of the bands achievement as this was the first time the Galen students had the opportunity to perform in a bands festival of this type.
You can hear the Senior Band along with the Swing Big Band who will be performing a short concert on Monday 14th October at the Max Fletcher Auditorium beginning at 7pm. Come along and hear some great music played by some very talented students. Supper will be provided.

Year 10 student Earvyn Divinagracia is one of the two young pianists who will play the piano on Wednesday 9 October at Wangaratta Performing Arts Centre. Steinway on Stage is a series of one hour twilight concerts arranged by Wangaratta Arts Council Inc and WPAC. Earvyn will play an all Chopin program during the event which begins at 6pm. Tickets ($12/$8/$5) and information from WPAC, phone 5722 8105 (10am - 4pm) www.wangarattapac.com.au

Earvyn plays the Steinway Grand Piano

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R U OK? Day

The Galen Wellbeing Team supported the nationally celebrated R U OK? day on the 12th of September at Galen College. The R U OK? Foundation aims to raise awareness about the importance of connection, providing resources throughout the year and preventing isolation by empowering people to support each other through life’s ups and downs. At recess the Wellbeing Team held a morning tea of fresh fruit for all staff with the aim of reminding them to look out for each especially through times of stress. For students there was a lunch time, ‘R U OK?’ balloon stall. Students were asked to pass the balloon to some one and ask them ‘Are you ok?’ Just beginning the conversation is the start of someone feeling heard and listened too. “We should all make a point of doing this daily,” Therese says. “Checking in with each other builds safer, open and trusting communities.” “Are you OK?”

2013 Yr 10 Melbourne Excursion

August the 22nd, 23rd, 29th and 30th August has seen the entire Year 10 group travel to Melbourne to participate in a range of activities related to RE and Humanities. The 22nd and 23rd of August saw 10.1, 10.3 and 10.6 on excursion and then the following week on the 29th and 30th August 10.2, 10.4 and 10.6 travelled to Melbourne to participate in the different activities on offer. Day one of each excursion included a visit to either the Mandinah Islamic Cultural Centre or the Tara Institute Buddhist Temple with roughly half of the Year 10’s attending one venue and the remainder the other. Depending on their choice of venue students were exposed to some of the rituals, cultures and religious teachings of Islam and Buddhism.

The second excursion destination on day one was the Jewish Holocaust Museum. The Holocaust Museum is fascinating. Not only is this a highly informative presentation but it is also very powerful and at times confronting. The lecture, the displays and in particular the heartfelt testimonials from Holocaust survivors is indeed a moving experience. Thursday evening of the excursion presents students with the opportunity to dine in Lygon Street and then participate in the activity of their choice from ice skating, indoor rock climbing, ten pin bowling or the cinema.

Friday morning begins with a beautiful walk of about 45 minutes from the accommodation at Urban Central, along South Bank to St.Kilda Road and The Shrine of Remembrance. This activity engages students in a short seminar on aspects of World War One followed by a guided tour of The Shrine. Following this its lunch at South bank and then a late afternoon return to Wangaratta. The behavior and attitude of the Year 10’s on this excursion was terrific. They were interested, cooperative and participated in all of the activities very effectively. Organisation of excursions such as this is vast and thanks are extended to Mrs Morrow for all of her hard work along with the Year 10 Home Room Teachers Mr Heath, Mr Murphy, Mr Benedetti, Mr Beattie, Mrs Holligan, Ms Smith, Mrs Annett, Mrs Doyle, Lauren Parker, Tom Frawley, Chris Parsons and Sarah Pitcher for their attendance and generous support. - Written by Keith Willett (Middle School Director)

Year 7’s treated to entertaining Science performance

On Wednesday the 11th of September all of the Year 7 students from Galen and Cathedral College travelled to the Wangaratta Performing Arts Centre (WPAC) to see the one man performance of ‘Squaring the Wheel’. It was a performance based on scientific experiments, circus skills, puppetry, music and tricks. The main player, Leo Cartouche, was a very entertaining and intriguing man. He used audience participation to involve us in a few parts. We all enjoyed it very much. We learnt, saw and heard some very interesting, funny and cool scientific things. We are very grateful to have such an opportunity to see Squaring the Wheel.

By Bridie, Mackenzie and Riley from 7.9

Wellbeing Links for Teens

The Wellbeing team is pleased to announce there is a resource list of links and apps for young people that are youth friendly and relevant to the issues teens face today. You will find this on our website. You might find this info will help you support/understand a friend or help you through a tough time. Remember the Galen wellbeing team is here to help, so if you wish to see one of us contact Therese, Kirsty or Neville. Visit this link to explore what’s on offer: http://bit.ly/17FbkF7

149th Wangaratta Show

11th & 12th October 2013

The Wangaratta Show Committee are looking for entries from school students for the 2014 show which will be held in October. In particular, entries for the Cookery, Craft and Needlework, Photography and Woodwork sections are being sought. There are many areas that students can choose from and they are able to enter work that has been made at school (either from the current semester or semester one) or at home. For details of entry requirements, please go to: www.wangarattashow.org.au

If any student is interested in entering some of their schoolwork and wants more information, they can see Mrs Evans in the Food Tech area.

Words from Wellbeing

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If any student is interested in entering some of their schoolwork and wants more information, they can see Mrs Evans in the Food Tech area.
Royal Military College, Duntroon will run a 5 day work experience program from October 28th until November 1st for 45 students

Defence Force School of Signals, Simpson Barracks will run a 5 day work experience program from 18-22 November for 15 students. All students need to apply online at www.defence.gov.au/workexperience

This is a two fold process where the student must first register for the eRecruit system, then submit an application for the actual work experience placement. A merit based selection process will be used to determine which students are successful.

Please also note that at this time, Defence does not offer accommodation for work experience. Any student under the age of 18 who participates in a work experience placement that is out of area must be supervised by a responsible parent or guardian for the duration of their placement with Defence.

For those of you who have year nine students wanting to know when applications for 2014 will open, please advise them to start checking our website in mid February next year.

Air Force Technical Camp For Girls

Air Force is excited to offer girls the opportunity to experience Air Force technical and engineering careers. Dates: 01 – 04 Oct 13 Location: RAAF Base Wagga

What you will get to do:
• Enjoy some hands on experience working on sophisticated Air Force Equipment.
• An opportunity to engage and ask questions of Air Force women technicians.
• Experience Air Force life including living quarters, meals, training and a some leadership activities.
• A chance to speak with Defence Force recruiting regarding all opportunities for Air Force employment.
• There may be an opportunity to fly in an Air Force aircraft to another base for an overnight visit.
• To find out how much your degree will cost per year, search for the course you are interested in via the My University website - http://myuniversity.gov.au

How much will your university degree cost? Did you know that Bachelor Degrees are all roughly the same amount across government universities depending on what type of degree is it? So a Bachelor of Engineer will be roughly $8363 per year at all universities. To find out how much your degree will cost per year, search for the course you are interested in via the My University website - http://myuniversity.gov.au

Find a casual job in Melbourne! Go to www.melbournecbdjobs.com, upload your resume and a photo, choose the type of work you would like to do and employers will be able to view your profile.

The Puggy Hunter Memorial Scholarship: provides financial assistance to Aboriginal and Torres Strait Islander people who are intending to undertake study in an entry level qualification in an eligible health related discipline at an Australian university or TAFE (Certificate IV and above). Applications close Monday 16th September.

Nursing & Allied Health Scholarship and Support Scheme: For students intending to apply for one of the following accredited courses- Diploma of Enrolled Nursing, Bachelor of Nursing, Bachelor of Midwifery or a combined Nursing/Midwifery degree. Applications close Friday 13th September. For more information and to apply, go to the Australian College of Nursing website - http://www.acn.edu.au/

Undergraduate Allied Health Stream: For students enrolling in areas such as social work, physiotherapy, medical imaging, chiropractic, occupational therapy, speech pathology etc. Now open, http://sarah.org.au/

Wing Commander Llani Kennealey
0408 990 401
llani.kennealey2@defence.gov.au

Health Science Videos - La Trobe University has posted videos you can view about their health science programs. You can learn about their Human Nutrition program, take a visual tour of the Alfred Clinical School for Nursing and the Podiatry Clinic, and learn about their Social Work Program. To view the videos, go to www.latrobe.edu.au/health/active-in-health

What you need:
• An interest in Maths and Science related subjects.
• Parental permission if you are under 18 years old.

What you can expect to experience Air Force technical and engineering careers.
• There may be an opportunity to fly in an Air Force aircraft to another base for an overnight visit.
• There may be an opportunity to engage and ask questions of Air Force women technicians.
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UPCOMING EVENTS

JMC Academy Information Session: The next session is being held at the Melbourne campus on Saturday 21 September. For more information, go to http://www.jmcacademy.edu.au/

JMC Academy High School Workshops: Come along to one of JMC Academy’s introductory workshops in the September school holidays and learn what a career in the creative industries would look like. Workshop dates are as follows:
• 27 September: Film
• 1 October: Entertainment Business, Animation, Music, Games Design
• 2 October: Audio Engineering

For more information and to register, go to http://www.jmcacademy.edu.au/

SEPTEMBER EVENTS

• 15: Creative Careers Day: Academy of Design Australia, Melbourne, Joanne Brodie, marketing@designacademy.edu.au
• 22 – 26: ConocoPhillips Science Experience, University of Ballarat (22 – 24) and Swinburne University, Hawthorn (24 – 26), www.scienceexperie.com.au
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Young Soccer stars set to kick goals

Galen College students Seb Pasquali and Josh Taylor will make the trip up to Coffs Harbor later this month to take part in the Football Federation Australia (FFA) National Youth Championships. It’s the third straight year the two young stars have been chosen in the Victoria Country side, and both are looking forward to the opportunity to test themselves against the best once more.

‘It’s been really good every year that we’ve been,’ Josh said. ‘You see the level of soccer that everyone is at around Australia. The first year I struggled, because I was underage, but I got to see what everyone was like and strive to be at that level for the next year. That first year really helped me to set my goals and to get up to the top. It also really helps when you come back to club soccer, because you get a sense of leadership and try to help everyone else out a lot more.’

While the Albury Wodonga Football Association (AWFA) finals and the FFA National Youth Championships are at the forefront of his mind, Seb Pasquali is also set to make his third trip to England later this year.

Seb spent two weeks training with English Premier League giant Chelsea at the start of the year, and has only recently returned from a trial run at Fulham, where he impressed the talent scouts enough to invite him back as an academy team member.

‘It’s been a pretty amazing experience to train with some of the best kids in England, and probably some of the best in the world,’ Seb said. The FFA National Youth Championships are staged at Coffs Harbor from September 30 until October 4.

Wang Netball Association

COACHES IN THE FIELD WORKSHOPS

- Sunday 20 October 2013 at the Wangaratta Netball courts
- Workshops designed for netball coaches of all abilities
- $30 per Workshop
- 9am-12noon: Footwork Skills
- 1pm-4pm: Space Awareness, Timing and Reading the Game

Book online on the Netball Victoria website: Participation/Coaching/Coaching calendar – for either Workshop or both

WNA contact: Wendy McCormack - 0457 582 609

Netball is changing in 2014

The age for beginning Net Set Go starting at Grade Prep. As a taster for new players, over the holidays we will be hosting a Netball Clinic which will be run by two Melbourne Vixen Players and assisted by players from Melbourne Flame and Melbourne Fury. This will be held Tuesday 1st October from 3.30-4.30 5-10 year olds and another one for the older players 11-17 year olds 4.30-6.30. Places limited. Cost involved. Visit our website, facebook page or contact Jackie Seymour: 0400 801 776 for more info.

A great chance to learn from professionals!

Wangaratta Netball Association Survey

To better understand the needs and aspirations of current players, supporters, volunteers and committee members associated with Wangaratta Netball Association, a series of consultation activities will take place with the netball and greater Wangaratta community. An online survey has been developed and interested persons can go to http://www.surveymonkey.com/s/WangNetballAssoc to participate. The survey is open now and will close Friday 21st September 2013.

The insights gained through the consultation process will help to identify key challenges and opportunities for the Association and will form an integral part of the development of the association’s strategic plan. Any input and feedback is greatly appreciated and valued by the association.

For more information please don’t hesitate to contact Jaime Carroll on 0448 013 395 or email jaime@inditeconsulting.com.au.
Galen's Impossible Made Possible group recently spent a fantastic day with Galen VET Hairdressing students at the Borinya hair salon. The service conducted by the hairdressing students was professional, efficient and positive. They were certainly in their element! The hairdressing girls were an absolute credit to themselves, Tony (their trainer) and the school. Thank you to Tony for guiding these girls on this fantastic journey of self-discovery, and skill development. His guidance, care and interest is evident in the engagement levels of the students.

This year's VET Hairdressing students have been fortunate to be the first group to use the new Hairdressing facility at Borinya. This centre will officially opened next term, in addition to the new Hospitality Centre and Engineering Shed at Galen.

**Reunion**

**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.

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The Hospitality Centre at Galen needs a name! Make sure you take a look at the information on the following page of this Newsletter and let us know your suggestions!
That’s right, our new Hospitality Centre needs a name, and we need your help to choose one.

If you’d like the chance to win a $50 iTunes voucher and have your suggestion chosen for the Hospitality Centre signage, please submit your ideas to: tess.barnard@galen.vic.edu.au by 2.30 this Friday!