With Italian Camp going into its 26th year, we knew we were going to have a fun filled 3 days. With many things on the agenda, it was going to be hard to find a minute spare. We had the privilege of having many Italians to help us improve our knowledge of the language like Linda and the other ‘assistenti’ from various schools in Victoria.

The first day we arrived at the Homestead we unpacked, settled in and prepared ourselves for a busy few days. After lunch we played some communication games which made students from the various schools mix together and get to know each other. We participated in a range of activities in which we learnt more about the Italian culture and language. Throughout the whole camp our Italian speaking skills and knowledge of the language was tested and improved.

We were split into smaller groups and sent off to do various activities from our libretto (booklet). Everyone had the opportunity to learn about Italian folk dances and costumes, Italian theatre and acting, Venetian mask making and its history, and translating and singing famous Italian songs.

Red faces was a highlight for many students on the camp. The different year levels and schools all put on a great performance which kept the rest of the students entertained. Galen was the winner of the Facce Rosse, and we are able to bring the trophy back home to where it belongs. By winning we were able to keep Mr Cudini happy for the remainder of the camp.

The discoteca was another highlight of the camp with many of the students up dancing and having a great time. Many of the students were worn out due to the amount of dancing and singing they did. DJ Lucy proved that she could take over the big hole left by the past DJ Mr. Arcuri. The Italian helpers proved very useful when working on our libretto as they were able to provide assistance with pronunciation and spelling and they added a little Italian vibe into the camp.

Once again the Italian camp was a great success with all the students enjoying learning about Italian and broadening their understanding of the culture and language. With beautiful scenery and food to match the camp was very enjoyable and everyone is looking forward to coming back next year.

*Written by the LOTE team*
What’s On

- Tues Oct 16-19 - Arts/Tech Exhibition
- Thurs Oct 18 - Injections
- Thurs Oct 18-19: Yr 10 OEd Bushwalk 2
- Thurs Oct 18 - 7-8 UH Volleyball
- Thurs Oct 18 - 7-8 Super 8 Cricket
- Fri Oct 19 - 7 Hume Basketball
- Tues Oct 23 - Yr 12 Farewell Assembly
- Tues Oct 23 - State Athletics
- Wed Oct 24 - Yr 10 Italian Melb Trip
- Thurs Oct 25-26: Yr 7 Melb Trip
- Thurs Oct 25 - Yr 8 Hume Cricket
- Mon Oct 29 - Yr 9-10 Italian Pizza & Pasta Period 5 & 6
- Mon Oct 29 - Yr 7 BG Cricket
- Tues Oct 30 - Yr 10 OEd Canoe 1
- Wed Oct 31 - Yr 10 OEd Canoe 2
- Wed Oct 31 - Yr 10 Party Safe Program
- Wed Oct 31 - 7/8 BG UH Tennis
- Thurs Nov 1 - Year 12 Exams begin
- Thurs Nov 1-2: Yr 7 Melb Trip
- Mon Nov 5 - Student Free Day
- Tues Nov 6 - Melbourne Cup
- Wed Nov 7 - Yr 10 OEd Canoe 3
- Thurs Nov 8 - Yr 7,8,9 Indonesian Day
- Thurs Nov 8 - Yr 7/8 BG Volleyball

The latest ‘What’s On’ is also updated daily on the Galen website homepage. www.galen.vic.edu.au

From the Principal

Dear Parents and Guardians,

With Term 4 already upon us and the end-of-the-year fast approaching there is much happening and much to be done. Our Principal, Bernard Neal, is currently on long service leave and among other activities has just completed a trekking expedition in South America with a former principal, Max Fletcher. We look forward to Bernard’s return to guide us into the completion of a very eventful year.

Currently our focus is on our Year 12 students who have little time left in their formal secondary education and their time as a Galen student. Such occasions are time for reflection, thanks and celebration.

The Year 12 Farewell Assembly will be held on Tuesday, 23rd October commencing at 9.10am in the Stadium. We look forward to that occasion with the students and their parents.

Staff and students are currently working feverishly to complete and revise courses. Some classes met during the recent vacation and a trial English exam was conducted on the first day of Term 4.

The Year 12 students have provided great leadership within the college this year with their attitude and involvement. We wish them well over the next few weeks.

On Thursday, November 22, the Graduation Evening will be held at WPAC where we will celebrate the conclusion of the exams, acknowledge the contribution of the students to Galen over their student years and wish them well for the next exciting phase of their lives. The Galen experience and values will serve these young people well.

In terms of ongoing student leadership consideration has already been given to 2013. On Friday I was on a panel with Edwin Evans (Year 11 Coordinator), Anne O’Dwyer (Year 12 Coordinator) and Mick Grogan (Senior School Director) and had the pleasure of interviewing the following candidates for the position of School Co-Captains for 2013: Jonathon Panozzo, Michael Raleigh, Andrew Mair, Nick Dellicastelli, Bridget Naughtin, Zoe Levesque and Tess Rowland.

After some great interviews, which highlighted the quality that exists within our student body, and considered discussion we decided on Andrew Mair and Bridie Naughtin as the School Co-Captains for 2013. They will be wonderful ambassadors for the College next year and will play a major role in the Year 12 Final Assembly and we congratulate them.

Of course some of Year 12 students will be applying for the positions of Junior School Officers at Galen in 2013. This program has provided a number of our former Year 12 with an invaluable experience at Galen in their ‘gap year’ before they take up tertiary studies. This year Eliza McMonigle, Lucy Walsh and Michael McKenzie have fulfilled that role with distinction. Similarily, our IT Trainees Steve Frezzini and Sean O’Neill and Trainee Receptionist, Carly Van Den Heuvel – all ex-students, have been exceptional in their roles. The public face of Galen is our students and it is their qualities that reflect so favourably on our College.

Best wishes,
Geoff Welch - Acting Principal

Words from Wellbeing
Therese Rodway - Wellbeing & Pastoral Care

Mental Health Week: 7-13 October

“Mental Health Week is all about raising awareness of mental health and wellbeing in the wider community. A critical part of reducing stigma to support those with a mental illness (and their carers); is public awareness and an understanding that mental illness, like mental health, is part of the human condition.

This awareness and understanding can come from many sources. Throughout Mental Health Week local and regional events are organised by many different communities, not-for-profit organisations, schools, individuals and workplaces. These events, coupled with the information available on the website, generate discussion about mental health and get people sharing their own stories. The Queensland theme for Mental Health Week 2012 is “Working Toward Wellbeing”. This theme was chosen to emphasise the impact that work, paid and unpaid, can have on an individual’s wellbeing and recovery.

1 in 5 Australians are affected by a mental health condition in some way which in the workplace means a loss of productivity and profits due to absenteeism and reduced hours etc.”


Uniform Shop

Opening Hours
Tuesday: 10.30am - 2.30pm
Thursday: 1.00pm - 5.00pm
Direct Line: 03 5723 8320
uniform.shop@galen.vic.edu.au
Junior School News
Lauren Lee - Junior School Director

- Term 4 means that students need to be wearing hats if they are out in the sun. Please double check that your child has a hat and that their name is on it.
- Year 7 Camps are approaching. Please make sure that your student returns their medical and permission forms as soon as possible to their homeroom teachers.
- Uniform has slipped with a number of students lately. Please send a note with your student explaining what the problem is and when it will be fixed. Remember that black socks are not part of the uniform and shoes must be able to be polished for example, leather or synthetic leather.

Chemistry Roadshow 2012

During the last week of Term 3 the Victoria University Chemistry Roadshow visited Galen. Our Year 11 Chemistry students were able to use sophisticated analytical techniques such as High Performance Liquid Chromatography and UV Visible Spectroscopy to find the concentration of caffeine in energy drinks such as Coke and Red Bull. These are the techniques that the students study in detail in Year 12 without having the instruments to work with due to their expense. Being able to work with the machines, hands on, and with the assistance of Vic Uni staff was exciting for the students and will be of great help to them in their studies next year.

Indonesian Batik

Year 8 Indonesian classes have been experimenting with a simplified version of traditional Indonesian Batik. Isaac Waite shows off his fishing bag which he designed, initially sketching lightly in pencil. Cold wax was then applied using a paint brush, then dyes were added. Once the dyes dried, the wax was removed by placing paper on the design, then ironing with a hot iron. The heat melted the wax which adhered to the paper. This is a quick way to achieve a modified version of Batik.

A Face in Space

Science as a Human Endeavour

It is important that we recognise aspects of science in everyday life and be able to identify work associated with science in the community. After watching the Australian movie *The Dish*, students were asked to reflect upon the role Australia played in the historic 1969 moon landing.

*The Dish - By Patrick Knowles (7.5)*

No atmosphere, no water, no air;  
But still we made it there.

And after ten tries it was only fair.

The dish was there through it all,  
And even after winds it still stood tall.

Even when the dish broke down,  
It still wasn’t enough for this great town.

The moon seems so far away,  
Yet the night shines like the brightest day.

When we got there no one knew what we would find.  
One small step for man,  
One giant leap for mankind.

Art Therapy at Galen

Over the recent school holidays the Galen Art Rooms were host to an Art Therapy workshop for the region’s Neuro Support Group. About 14 clients with Acquired Brain Injury along with their carers and Allied Health Professionals attended the workshop. The facilitator was Mrs Amanda Hansen from the Royal Talbot Rehabilitation Hospital. It was very interesting to witness the Art Therapy process and the feedback indicated that it was a very successful experience for those involved. It is good to see the Galen facilities being used for a different community activity outside of class time as well as reminding us of the importance of the arts for human well being. - Written by Jim Samon

Care Monkey and Asthma Australia

CareMonkey is a safe and free web app for sharing health care information. Asthma Australia has partnered with CareMonkey in order to contribute to the safety and well-being of people with asthma. Parents can create a profile for their child in CareMonkey which can be shared with trusted carers, including family, friends, teachers and sports coaches. Vital information such as emergency contacts, health and safety alerts, medications, allergy details, asthma plan and more can be easily shared.

Consider creating a profile for your child with asthma or other medical condition. For more information visit: www.caremonkey.com
Health & Human Development at St Bernards Primary

On Friday the 7th of September Mrs Faithful’s year 11 Health and Human development class visited St Bernards Primary school’s prep classes. The visit was part of the course work that the class was studying about the characteristics of health and development of young children. By observing and playing with the children we were able to see that although they were the same age they were at different stages of development. Some children were able to grasp concepts earlier than others, some were taller, others were able to share, and some had big imaginations. By being able to play with the preps we could see first hand what we had been learning in class, which made it more interesting as we could relate to it.

Written by Zoe Levesque

Middle School News
Keith Willett - Middle School Director

YEAR 9 ADVENTURE CAMPS

Parents and students are reminded that the annual Year 9 Adventure Camps for all Year 9 students will take place on the following dates:
- Year 9.1 and 9.2 Wed Nov 14th to Friday Nov 16th
- Year 9.3 and 9.4 Mon Nov 19th to Wed Nov 21st
- Year 9.5 and 9.6 Wed Nov 21st to Fri Nov 23rd

Note that Wed 21st is a ‘cross over’ day hence the involvement of 4 homeroom groups. Information about these camps will be sent home with students in the next few days.

YEAR 10 EXAMS SEMESTER 2 2012

Parents and students of Year 10 are requested to read the following information in respect to Year 10 exams. As has been school policy in recent years there will be a formal Year 10 exam in each of the core subjects, Religious Education, English, Maths, Humanities and Science. Please read and note the exam timetable inserted at the back of this newsletter. Some elective subjects will also run exams in normal timetabled double lessons in the week preceding the core subject exams. The exception to this is Italian which will run an exam in the same timetable as the core subjects. Over the next 5-6 weeks students will be briefed by their subject teachers as to what will be required for each exam. It is important that in the remaining time before exams are held that students spend study time revising content for each of the subjects in which they will be examined. Any queries or concerns in respect to Year 10 exams are to be directed to Keith Willett.

Senior School News
Mick Grogan - Senior School Director

Congratulations to the students who participated in Grand Finals over the break. Many students experienced success both as Premiers and Runners-up.

The final term began with a trial English exam for Year 12 students and a speaker from Spinchat for VCAL and Year 11 students. Most students were prepared for the exam and it proved to be a valuable learning experience for those who participated. Unit 3/4 students are encouraged to re-read their Exam Navigator Booklets thoroughly and to communicate with teachers if there are any concerns. Persistent, structured, application in the lead up to final exams is guaranteed to increase overall performance. Oral and Performance exams for some have already commenced.

Traditionally Year 11 students doing a Unit 3/4 exam have taken a study day the day before their exam. Students in this category need to see Mr. Grogan to discuss arrangements for this. Once this is organized they need to communicate the time they will miss with their subject teachers.

Parents are warmly invited to attend the Year 12 Final Assembly at Galen Catholic College to celebrate the culmination of your child’s 14 years of education (Kinder being a very significant year). The Farewell Assembly will be held in the Galen Sports Stadium next Tuesday 23rd October at 9am (for a 9.10am start). The proceedings should be finished by 10.40am. A light luncheon will be served in the Auditorium afterwards. Tickets for the Graduation Evening 7.30pm, 22nd November at the WPAC will go on sale shortly.

Congratulations to Andrew Mair and Bridie Naughtin on being the Co-Captains of the College for 2013. They will be wonderful ambassadors and strong leaders for Galen College. Congratulations are also extended to the following students who will be members of the SRC: Tess Rowland, Zoe Levesque, Michael Raleigh, Jonathon Panozzo and Nick DelliCastelli. We are looking forward to working closely together as a team.

Year 10 Final Day: Nov 30
Year 11 Exams: Nov 19 – 23
Year 12 (2013) Headstart Program: Nov 26 – 30
Year 11 Final Day: Nov 30

Philippines Alternative Schoolies Appeal

Please remember to bring in new and old TOY’s, STATIONERY, and BOOK’s (blank excersize or picture books) to donate to the orphanage, schools, and children we encounter whilst on our trip. Drop them into the boxes in your homerooms please. Thank-you, and if you have any queries please see Jess Traczyk in Year 12.

Important Dates for Year 11’s

- Year 11 SWOT VAC: Nov 15 & 16
- Year 11 Exams: Nov 19 – 23
- Year 11 Final Day: Nov 30

Wang Tennis Club

WANGARATTA LAWN TENNIS CLUB Invites all interested juniors (under 8 years to 16 yo & under) To play in the Saturday morning competition.
Registration & grading day; This Saturday 20th October 8.30am. At Merriwa Park
Competition commences Saturday 27th October. Contact Stephen Russell Mobile: 04233236907

Above: Verity Hancock lends a helping hand with a Prep student at St Bernards Primary School.
The Wonders of Ancient Mesopotamia

At the end of Term 3 Ms Bromley’s Year 10 People & Power Pathway History class took part in an excursion to the Mesopotamian exhibition at the Melbourne Museum. Thanks to Ms Fiona Hamer for accompanying us and Mr Peter Girolami as History domain leader for his support. This exciting exhibition has come from the British museum and has given our History students a direct and vivid experience of a civilization that dates back to almost 8000 years ago! Students learnt of the various Mesopotamian cultures of Sumerians, Assyrians and Babylonians. Cultures that first established cities, writing with cuneiform and so much more. This study will next be leading on to the Medieval Crusades in the Near & Middle East and then the Arab Uprising. Students are being able to make crucial links between the ancient civilizations of Mesopotamia with all of it’s complexities and achievements, together with the modern realities in context to the Middle East.

R U OK? Day

The Wellbeing team at Galen contributed in promoting ‘R U OK?’ day on Thursday the 13th of September. At recess the morning tea for staff provided a very friendly, conversational and stress free time out with great food thanks to the lovely job of those in the canteen. At lunchtime the balloons and free hugs on offer were very popular despite the humorous difficulty we had due to coincidental wind. The hugs and balloons served their purpose and were passed on throughout the school like a chain reaction. This was followed by the most important part, a conversation about looking after each other and supporting those around you by checking in to see if they are okay.

R U OK? TM
A conversation could change a life.

Year 12 Theatre Studies

Year 12 Theatre Studies students took part in a Theatre workshop with past Theatre Assessor Anne Holt from Melbourne. Together with Ms Nolan & Ms Bromley, students were given the valuable opportunity to work directly with Anne and complete some intense ‘one on one’ rehearsals for their Monologues which will be performed in Albury early this term. Student’s use of space, props and statement of intentions were just some of the areas covered. Pictured with Anne Holt are senior Theatre Studies students, Ben Creed (standing) & Tim Van Der Leeuw.

La Trobe Uni

All Ways La Trobe
Our Door Is Always Open

With Year 12 students busily completing VTAC and UAC applications, the Albury/Wodonga campus of La Trobe University would like to offer students, parents and friends the opportunity to contact us to discuss study options or issues related to university study. Our wish is that local young people find courses, locations and institutions that best meet their interests and needs, and hopefully a La Trobe campus will be able to provide that. Whatever the outcome, we’re very happy to dedicate time to exploring your needs.

If you would like to visit us, or to discuss options, please call Melissa on (02) 6024 9847.

A visit may include:
- A campus tour and outline of campus life (by a current student from a course of your choice)
- Exploration of the study options available to you
- An understanding of the support services available (both inside and outside the university)

We look forward to hearing from you!
Year 9 students: Work Experience Tuesday
11th - Friday 14th, June, 2013

In Term 3, Year 9 students have started planning for their work experience next year. In the first week back the term the Year 9’s started one of the legal requirements for work experience, the General safe@work module. It’s very important that students ensure this is completed in preparation for next year. All information can be found on the冈

scholars website in myclassrooms, under Careers and Further Education.

Work Experience for students in year 10 is compulsory. Choosing a work experience placement can be extremely useful for students preparing for VCE subject selection or the transition from school to work. Testimonies from past students clearly indicate how helpful work experience is. Talk to friends, parents, students, teachers and family about what you dream job would be. This can be a unique and valuable experience if you want it to be!

Most local employers won’t have to be contacted until February 2013. However, because it is so competitive for places it doesn’t hurt to make contact soon. For some placements students will need to contact these employers NOW. These include national or state level sporting clubs such as AFL, VFL, NRL, Netball Australia and Football Federation Australia.

The second is the case with the most local companies in metropolitan areas. Again, students will need to contact these employers NOW. These include hospitals, law firms, museums, television stations, newspapers and magazine companies. If you’re thinking of the Wangaratta hospital or the Victorian Police you will need to see Mr Walker.

FOCUS ON VOLUNTEERING OR WORKING OVERSEAS AFTER SCHOOL

Thinking of taking a year off to work or volunteer overseas after school? There are hundreds of gap year companies and programs to make sure you choose the right company, consider the following:

• Check costs between the companies. Some will offer the similar services and opportunities.

• Ensure you and your parent/guardians have access to 24 hour telephone support during your placement

• Ask if you can email young people who have participated in the programs so you can gain an independent opinion.

• Ask the company if they will run an information session at your school or in your town/city.

• Make a list of what the expenses cover (i.e. meals, accommodation, travel)

The following is a brief list of companies you can explore:

• Cultural Care Au Pair: You can work as a live-in nanny in America. You must be at least 18 years old.

www.culturalcare.com.au

• Latitude Global Volunteering: You can undertake activities such as community service, outdoor education or teaching children English in countries such as Africa, Mexico, Spain, Poland or the UK.

Placements range from 3 – 12 months.

www.latitude.org.au

• Camp Counselors USA: You have three options. 1) Camp counselor leading children in various sports and outdoor adventures in America, Russia, Canada or Croatia over the summer break. 2) Working up to 12 months in the USA, Canada or the UK in a seasona

• Letz Live: You will stay in a boarding school and work as a gap assistant in one of the following countries: China, Canada, France, India, New Zealand, Singapore, Thailand or the UK. Placements range from 3 – 12 months.

www.letzlive.com.au

• Antipoedans: You will work with other young Australians on a sustainable volunteer project in a developing country/area such as Kenya, Nepal, Tanzania, Vietnam, and Peru. You can work volunteer projects such as building/ construction, conservation, care work, community work and teaching.


• World Youth International: This is similar to Antipoedans in that you work on sustainable projects. You can undertake placements in the following areas- Kenya, Uganda, Nepal, Cambodia, India and Peru. You can undertake projects in building/construction, care work, community work, health and sanitation and teaching.

www.worldyouth.org.

• Projects Abroad: You can work in one of 26 developing countries undertaking short and longer term projects such as care work, teaching/conservation/ environment, sports, culture/ community, archaeology, building and performing arts.

www.projects-abroad.com.au

• International Exchange Programs: You can undertake working holidays in the USA, Canada, Ireland, Britain and volunteer in Cambodia, USA, Peru, and South Africa. Working holiday placements include working in the hospitality industry, summer camps and skiing.

www.ise.org.au

• Sports – running, surfing, martial arts training, sailing, scuba diving and horse riding.


Work Experience: If you can raise the funds required, you may be able to participate in work experience overseas. The following are two examples of companies that offer these types of placements

Projects Abroad: Students between 16 – 19 years of age can undertake a two week work experience during the mid year holidays in the following project areas: archaeology, building/ construction, care work, conservation & environment, culture & community, law & human rights, medicine & healthcare, and sports.


Gap Medics: This program is for students in years 11 and 12 who are interested in studying medicine, nursing, dentistry and/ or midwifery in the future. Placements are offered in Thailand and Tanzania during school holiday periods. You will have the opportunity to shadow highly skilled professionals in medicine during your placement.

www.gapmedics.com

VOCA TIONAL AND HIGHER EDUCATIONAL NEWS

UNIHU-Study Locally for a University Degree

Learn Local Education Centres now offer opportunities for you to study an associate degree without leaving your home. UNIHU is a facilitated learning program delivered both in class room and online at your learn local centre. Associate degrees on offer are Business Administration, Applied Management & Health & Community Care. – An affordable & supportive approach to University. For further information contact Mansfield Community Education Centre on 5775 2077

Changes to VCAL entry to RMIT TAFE: RMIT has widened its access to its certificate and diploma programs for senior level VCAL students. Upon successful completion, senior VCAL students will now be eligible to apply for those programs that select on ATAR for commencement in 2013. Students continue to be eligible to apply for programs that select on a range of criteria – such as folio and interview.

INTERESTED IN DESIGN AND/OR FASHION?

Whitehouse College of Design offer VET subjects in Fashion Visualisation, Interior Decoration Visualisation and Style Visualisation. Students living in rural and regional areas can complete block classes during school holidays. To apply, download an expression of interest form at www.whitehouse-design.edu.au/courses/vet and return it to your house signed by your parent/guardian and school.

UPCOMING EVENTS

VCE Exam Revision Lectures: The University of Ballarat will be hosting Access Education Exam Revision Sessions for the following VCE subjects: Health and Human Development, Maths Methods (CAS), Biology, Legal Studies, Chemistry, Psychology, Business Management, Physical Education, English, Further Mathematics and Physics. For information on dates and to book a place, go to: www.accesseducation.com.au

SCHOLARSHIPS

Scholarships for Nursing: The Nursing and Allied Health Scholarship and Support Scheme (NAHSS) is now open to students applying for any of the following approved courses- Diploma of Enrolled Nursing, Diploma of Nursing, Bachelor of Nursing and the Bachelor of Nursing/Bachelor of Midwifery. To find out if you are eligible, and how to apply, go to: www.rcna.org.au/WCM/RCNA

NAHSS Allied Health Undergraduate (Entry Level) Stream: This scholarship is for rural students planning to apply for an approved allied health degree. The application period closes on Thursday 15 October. For information on eligibility and for a list of approved courses, go to: http://sarrah.org.au/site/index.cfm?display=277041

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). For more info go to: www.rcna.org.au/WCM/RCNA

Environmental Scholarships at the University of Melbourne: The Melbourne School of Land and Environment (MSLE) offer numerous scholarships and annual prizes for students studying in areas such as Geography, Agricultural Science, Food Science, Animal Science etc. To find out more and to see if you will be eligible for any scholarships, go to: www.land-environment.unimelb.edu.au/scholarships

OCTOBER EVENTS

• 14: Open Day, Endeavour College of Natural Health, Melbourne, www.endeavour.edu.au

• 27: Campus Tour, University of Ballarat, www.ballarat.edu.au/future-students/open-day/september-tours


NOVEMBER EVENTS

• 12 – 14: Games and Animation Showcase, JMC Academy, Melbourne Campus, www.jmcacademy.edu.au


• 28 – 29: Whitehouse Graduate Exhibition and Parade, Melbourne, www.whitehouse-design.edu.au
Galen Students ‘Shoot Em Up’ in Bendigo

On Monday September 3rd, six Galen students travelled to Bendigo to compete in the annual State Clay Target Championships for school students. Representing Galen and North East Zone were Kayla Grassi, Demi Shale, Brianna Grassi, Jayden Scobie, Bryan Green and Will Robinson. To qualify for this level of competition these six shooters all had to achieve a placing in their respective age groups at the North East Zone Competition that was held earlier in Term 3 at Echuca. The event in Bendigo consisted of 30 targets, all shot single barrel which is extremely demanding on both skill and concentration. All six of Galen’s representatives were very competitive with Kayla Grassi 27/30 and Demi Shale 23/30 finishing 2nd and 3rd respectively in the Senior Girls event. Brianna Grassi, Jayden Scobie, Bryan Green and Will Robinson all posted excellent scores and narrowly missed a place in this competition. Congratulations are extended to all of these competitors. They all performed at a high level and should be very proud of their achievements.

- Written by Keith Willett

Upper Hume 9/10 Basketball

On Wednesday 12th September, the Year 9/10 boys and girls basketball teams travelled to Wodonga to compete in the Upper Hume Basketball Competition.

The girls started the day well when they comprehensively beat Mount Carmel Christian College 68 to 2. They also won 22 to 4 against Cathedral College, but unfortunately Catholic College Wodonga were too good on the day and the Galen girls lost in a hard fought match 17 to 11. The girls finished 2nd in their pool and all the girls played well as a cohesive team. Best on Court players were Carly Perso and Issy Bryne. Thanks to Linda O’Donohue and Deb Doyle who coached the girls team.

The boys also won two out of their three matches to finish 2nd in their pool. They beat Huon 46-10 and Cathedral College 39-13. Unfortunately they lost a very close match to Catholic College Wodonga 27-22 and so didn’t make the final. All the boys played and worked well together as a team. They played fairly and displayed very good sportsmanship throughout the day. Best on Court players were Jackson Clarke & Sam Peters. Thanks to Jacqui Pengelly who coached the boys.

Cycling Championships

Tom McDonald recently represented Victoria in the Australian Junior Cycling Championships. Competing against 47 of the best junior riders from all over Australia Tom finished third in the time trial. The event was conducted in very hostile conditions, with the riders battling a strong headwind for a large part of the race. Tom also rode in the Road Race with the Victorian team and in the Criterium.

Hume Athletics

Congratulations to the twenty-three track and field athletes who competed in perfect conditions at the Hume Athletics in Albury on Wednesday 10th October. Students who won their events at this meet have qualified to compete at the State Championships in Melbourne later this month.

Ned Penny had an outstanding run in the 800m event and set a new record of 2.11.03, breaking the old record by over 5 seconds. Other place-getters on the day included Kyle Woods (2nd in 800m), Jack Jenkin (3rd in javelin), Hayley Stibilj (2nd in shot put), Darcy Laffy (2nd in discus and 3rd in 90m hurdles), Jemma Hales (2nd in javelin), Adrienne Murphy (3rd in javelin) and Zoe Marshall (2nd in 400m). The 13 year old boys relay team of Ned Penny, Ryan Squires, Jordan Direen and Ryley Patford were narrowly beaten into second place by Tallangatta Secondary College. Thanks to Liz Cox, Michael McKenzie and Lucy Walch for managing the Galen team so well on the day.

Congratulations to the following students for qualifying:

Mikhaila Lovett – 3000m, Kyle Woods – 90m hurdles, Zac Laffy – 110m hurdles, discus and javelin, Josh Ismale – 1500m, Harrison Berenger – 800m, Ned Penny – 800m, Sarah Lockwood – High Jump

McDonalds TriKids Triathlon

Don’t let mum & dad have all the fun racing the Campbell’s 70.3 Ironman Shepparton Event...

Give the Kids Tri a try

Age Categories: 7 – 9 Years: 50m swim/2km ride/400m run
10 – 15 Years: 100m swim/4km ride/800m run

When: Saturday November 17, 2012
Where: Kialla Lakes – Gordon Drive, Shepparton
Time: 5:30pm
Cost: $25

Entries: www.IRONMAN703shepparton.com.au - online entries open September 1, 2012

Cross the Ironman Finish Line, score yourself some freebies & have some fun!
Social Justice Sunday

The theme chosen by the Australian Bishops for this year’s Social Justice Sunday is: The Gift of Family in Difficult Times. The Bishops reflect on the social and economic challenges facing families today in their Social Justice Statement. From the brochure called Ten steps to strengthen and support families we can do this by: Taking time to strengthen family relationships, Learn to repair relationships, Have a work life balance, Take time to pray together as a family, Take time to celebrate and rest on Sunday • Reflect on your wealth today • Have concern for the vulnerable and families living in poverty • Know who the Indigenous people in your area are • Understand Asylum seekers and refugees, & Assist and support people with a disability.

For more information and resources please visit http://www.socialjustice.catholic.org.au or find the resources in the Galen school office.

Netsavvii : E-Safety Update

What to do and what to say when your friend tells you that they are really struggling, self-harming or saying they don’t want to live.

If the conversation happens on Facebook or another social media site, start by making sure the conversation is private not somewhere public like a chat forum or on status updates.

1. Build trust by asking open-ended questions (a question that doesn’t require a yes/no response), for example: “Tell me how you feel or tell me what would make things better”.
2. Listen without judgment (caring questions, plenty of time to reply).
3. Don’t rush to solve problems for them.
4. Encourage action by summarising what you’ve heard and ask them what they plan to do.
5. Explore who they could talk to that they trust (teacher, parent, friend, adult).
6. If the friend tells you that they can only trust you and don’t want to speak to anyone else explain that if they are at the risk of harm to self or by others it is better for them to talk to a trusting adult about this situation.
7. Remember to follow up with your friend to see what actions they have taken, remembering to reassure them.
8. If your friend hasn’t talked to an adult, seek support yourself and let them know of your concerns and what actions you have taken.

Don’t be a “keyboard worryer,” talk to someone face-to-face. There will always be someone who can listen and offer good advice! Facebook friends won’t always offer the answers you need! - (Prepared by e-safety & Wellbeing)

Funding for Special Needs Students

Governments have never funded students with special needs in Catholic schools in the same way they fund students with the same needs in government schools. This is despite more and more families with Indigenous, poor or refugee backgrounds, or with children with disabilities, choosing to send their children to a Catholic school. As part of their social justice mission, Catholic school communities welcome these students, despite the small amount of funding they receive to support them.

Government funding for Catholic students with special needs often falls short of what students with special needs require. If these Catholic students were enrolled in government schools, they would receive more funding to support their needs. It’s about time governments fund students equally, based on their needs, and not the school they attend. - Article provided by CECV

If you have any questions about the current funding review, please contact Michael Pountney, Policy and Research Adviser, via email mpountney@ceomelb.catholic.edu.au or by phone on (03) 9267 0228 or 0409 860 884.

Galen Online

Don’t forget to check the Galen website regularly for the latest updates and news. www.galen.vic.edu.au

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 035721 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
- Di Crockett: Treasurer
- Angie Semmens: Secretary

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

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

Principal: Bernard Neal
Email: principal@galen.vic.edu.au
Phone: 03 5721 6322
Web: www.galen.vic.edu.au
# YEAR 10 EXAMS

## WEEK 7 NOVEMBER, 2012

(Exam Duration: 95 minutes – Exam: 90 minutes, Reading Time: 5 minutes)

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<tr>
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DEAN ST & QUEEN ST
ALBURY
11AM - 5PM
SATURDAY 20TH OCT
2012
INTERNATIONAL STREET PERFORMERS,
FESTIVAL BUSKERS, MUSIC,
CIRCUS & DANCE WORKSHOPS,
SHOWBAGS, WAITERS RACE,
FREE KIDS ACTIVITIES,
ROLLER DERBY DEMO, PHOTOBOOTH.

Albury Central’s
Applause FESTIVAL

Our Sponsors for 2012
Dear Young People!

We would like to take this opportunity to inform you about the Victorian Pilgrimage to Rio de Janeiro for World Youth Day from 23rd-28th July 2013. This is an exciting new initiative that we believe will enable the youth of Victoria to share their faith and to be rejuvenated to spread the Gospel of Jesus Christ; and to be fired by a deep desire to “Go and make disciples of all nations.” (Matthew 28:19)

There are three pilgrimage options that you can choose from:

- VIC01 “Roads to Rio”
- VIC02 “Mission Chile”
- VIC03 “Project Peru”

*please note under 18’s can only participate in VIC01 “Roads to Rio”


If you would like to find out more about the Victorian WYD Pilgrimage to Rio 2013 please come to one of our Information Sessions!!!!!

**October 14**\(^{th}\) – 7pm at Sacred Heart Cathedral Hall, **Bendigo** (after 6pm mass)

**October 15**\(^{th}\) – 7pm at the Catholic Education Office meeting room, 71 Ryley St. **Wangaratta**

**October 16**\(^{th}\) – 7pm at St. Brendan’s Parish Centre, Knight Street **Shepparton**

Please express your interest if wishing to attend one of the Information Sessions to Melissa Mewburn on 5441 2544 or email [melissa.mewburn@sandhurst.catholic.org.au](mailto:melissa.mewburn@sandhurst.catholic.org.au)

We look forward to seeing you there!

God Bless,

Brendan Lindsay
Victorian World Youth Day Coordinator

Melissa Mewburn
Sandhurst Youth Ministry Worker
Halloween Scream

Double, bubble, toil and trouble.
Fires burn and cauldron bubble.
Calling all witches, goblins and ghosts.

The Wangaratta Library
Will be your host...
Stop on by for a trick or treat,
Eyeballs, worms and plenty to eat.
The fun starts on Friday 26th October at 1.30pm
For teenagers aged 13+

(Gold Coin Entry) Costumes and Bookings essential. Please call (03) 5721 2366

[Logos at the bottom]