



Galen
Catholic College

Reflections

FORTNIGHTLY
NEWSLETTER



Dear Families

Welcome to our first newsletter for 2022. In each newsletter I will give an update on aspects of school life through my eyes as Principal.

I would like to start by thanking our community for the wonderful welcome I have received from staff, families and importantly, students. To put it simply, it has been sensational.

Each term I will write an extended piece on a theme related to school life which I will also place on my blog (<https://dartahovey.com>).

Once again, we start the school our school year under the cloud of COVID-19. Below is a list of updates which impact the current four-week period up to Friday 25th February 2022.

Rapid Antigen Tests

All students will receive their second set of RAT testing kits on Monday 6th February. These will be distributed directly to the students on the day to bring home. If your child/children are away, please ring the front office (5721 6322) to co-ordinate the pick-up of tests.

Masks

Mask wearing remains mandatory indoors. Students have fully supported the wearing of masks and to date, we have only had minimal requests from students to purchase a mask. Masks are available at the front office for a gold coin donation. All money raised will go to Caritas.

Excursion/Incursion

Excursions are currently limited due to the current guidelines, as are visitors on site. Visitors on site for meetings must be essential to the school's operations.

It is important for families to note that after 25th February, visitors must show proof of their 3rd vaccination to be onsite for meetings with staff.

Happy Days

Darta - Principal



Pathways to success for all students

 www.galen.vic.edu.au

FOLLOW US 

Upcoming Dates

TERM 1 - WEEK 2

- Wed Feb 9 - Breakfast Club 8am
- Fri Feb 11 - Year 12 Jumper Presentation

TERM 1 - WEEK 3

- Wed Feb 16 - Brigid House Celebration Day (Brigid Assembly)
- Wed Feb 16 - Breakfast Club 8am
- Thur Feb 17 - School Photos

TERM 1 - WEEK 4

Wed Feb 23 - Breakfast Club 8am

Thur Feb 24 - Year 7 Immunisations

TERM 1 - WEEK 5

- Mon Feb 28 - School Photo Mop Up Day
- Tue Mar 1 - Shrove Tuesday
- Tue Mar 1 - VET Sport & Rec Melbourne
- Wed Mar 2 - Ash Wednesday
- Wed Mar 2 - Breakfast Club 8am
- Wed Mar 2 - Year 11 Outdoor Ed 2 night surf camp
- Wed Mar 2 - Year 7 (2023) Information Night
- Thur Mar 3 - Year 7 (2023) Tours begin
- Thur Mar 3 - VEX Nationals
- Thur Mar 3 - Zonta Breakfast
- Thur Mar 3 - Year 11 Outdoor Ed 2 night surf camp
- Fri Mar 4 - Alternate date for Swimming Carnival

TERM 1 - WEEK 6

- Mon Mar 7 - ReWild Overnight Hike
- Mon Mar 7 - Upper Hume Super 8 Cricket Year 7 Boys, Year 8 Boys & Year 9/10 Boys
- Wed Mar 9 - Opening Mass
- Wed Mar 9 - Breakfast Club 8am

Galen Contacts

LEADERSHIP TEAM

- Principal: Darta Hovey
- Deputy Principal - Staff & Students: Patrick Arcuri
- Deputy Principal - Teaching & Learning: Dale Gleeson
- Deputy Principal - Catholic Identity: Jim Samon
- Business Manager: Emily Hordern
- Senior School Leader: Kylie Quin
- Junior School Leader: Jonas Anderberg
- Professional Learning Leader: Daniel Armitage
- Innovative Curriculum Design Leader: Sara Korman
- Executive Assistant to the Principal: Tess Barnard
- Staff Representative: Beth Code
- Director of Staffing: Anthony Batters

ADVISORY COUNCIL

- Fr. Nathan Verallo & Fr. Shibu Pezhumthottathil: Co-Pastoral Leaders
- Colin McClounan: Advisory Council Chair
- Darta Hovey: Principal
- Patrick Arcuri: Deputy Principal
- Emily Hordern: Business Manager
- Lyndel Annett: Staff Representative
- Chris Dwyer: Parent Representative
- Leah Waring: Parent Representative
- Kim Saunders: GPA Representative
- Angelo Pomponio: Parent Representative
- Glenn Mercer: Parent Representative
- Leonie Irwin: Catholic Education Sandhurst representative

PARENTS ASSOCIATION EXECUTIVE

- President: Margaret Anderson
- Vice President: Ann Maree Christian
- Secretary: Interim Cathryn Carboon / Louine Robinson
- Treasurer: Kim Saunders

The Parents Association can be contacted via email: gpa@galen.vic.edu.au

Members of the Board can be contacted via the office on 03 5721 6322 or email: admin-enquiry@galen.vic.edu.au

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

Uniform Shop

Tuesday: 9am - 5pm

Thursday: 8am - 4pm

Phone: 03 5723 8320

Email: galen@midford.com.au

Secondhand Uniform Shop

Open each Thursday during Term 8:30am - 4:30pm

Student Absences

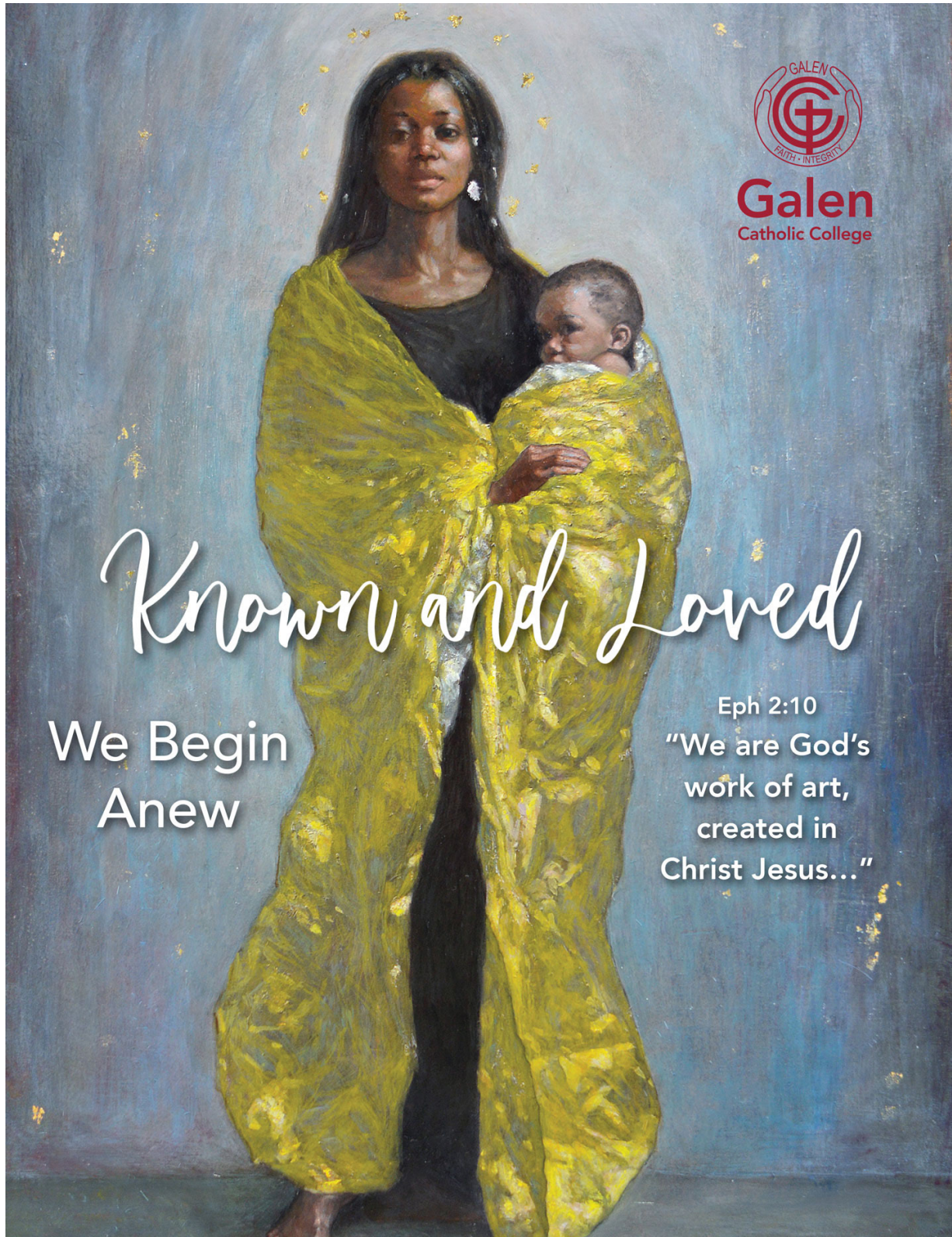
Phone: 5721 6322

Email: absences@galen.vic.edu.au



College Street, Wangaratta
PO Box 630 Wangaratta Vic 3676
Email: principal@galen.vic.edu.au
Phone: 03 5721 6322

2022 College Theme



Our 2022 college theme 'Known and Loved - We Begin Anew' was selected by Senior students as they look forward to the year ahead with renewed optimism. The painting 'Our Lady of Loreto with the Refugee's Cloak' by artist Margherita Gallucci which accompanies our theme, depicts a representation of Mary wrapped in an emergency blanket given to refugees. Gallucci states, "The light that illuminates the stars around Mary is the same that shines in the soul of each person. The sacredness of life in each of us."

Wellbeing Words

Getting the SLEEP you need!

A common complaint of students in wellbeing is that they cannot sleep! Sleep as we know is critical for rest, recovery, and resetting the batteries! Not enough sleep can sometimes lead to depression and feeling anxious. Coming back from holidays we've developed some guidelines to assist you enter slumber land with bliss and ease. Give these strategies a go, and if you have trouble talk to a trusted/respected adult and/or your family GP.

Most people need between 5 to 9 hours sleep a night but, when it comes down to it, it's not the total length of sleep that really matters. It's how good the sleep is for your body and whether you're getting... "deep sleep" or "dream sleep".

To induce this deep sleep state remember you can:

1. Prepare for sleep half an hour before you put your head on the pillow (get your uniform ready, pack your bag, set alarm (**not** a mobile alarm))
2. Reduce any factors that might keep you awake (phones, computers, external noises, light)
3. Get any medical conditions under control (asthma, pain etc)
4. Reduce stimulants and sedatives (tea, coffee, chocolate, cigarettes, herbal remedies and self medications) don't drink too much liquid before bed!
5. If you would like a hot drink try a malt style drink like Ovaltini or Milo
6. Keep exercise 4-6 hours before bedtime (we know 30 mins of regular exercise is great for our health)
7. Try having a hot shower before bedtime
8. Wake up and go to bed at a fixed time **every** day
9. Have a ritual before bed (like reading or listening to calm music)
10. If you are worrying about something, set some time aside during the day to problem solve (talk to an adult to share the load)
11. Avoid heavy bedding and wear comfy bedclothes
12. Hide your clock/phone so you don't check the time (pop it on flight mode if you are using it as an alarm)
13. Avoid napping during the day (something you may have done on the weekend)
14. Keep laptops and devices outside of the room
15. Get plenty of morning sunlight

Those who concentrate best can sleep best! If you can't sleep:

1. Write a letter
2. Write in your journal
3. Read a book
4. Listen to relaxing music
5. Concentrate on your breath
6. Try meditation and relaxation techniques
7. Make your mind hop from one idea to another (like a great holiday, plans you have, childhood memory, weekend plans)
8. Get out of bed and find a space where you can do something for 15-20mins that is distracting (reading, Sudoku, crossword), go back to bed when feeling sleepy, repeat if need be

Adapted from Beyond Blue sleep fact sheet www.youthbeyondblue.com, The Alfred Hospital Sleep Disorders Centre, and the Galen Wellbeing Team.

Email: wellbeing@galen.vic.edu.au Phone: 0357216322

Welcome new Year 7s



Term 1 Canteen Menu

BREAKFAST (from 8am to 8.40am):

CUP OF FRUIT (G)	\$4.00
- Mixed Seasonal or Grapes or Pineapple or Rockmelon or Watermelon	
BACON AND EGG MUFFIN (A)	\$4.00
OVEN BAKED HASH BROWN (A)	\$1.50

HOT FOODS - Recess:

BACON AND EGG MUFFIN (A)	\$4.00
OVEN BAKED HASH BROWN (A)	\$1.50
HOMEMADE SAUSAGE ROLL (A)	\$3.00
STEAMED DIM SIM (A)	\$1.20
MACHO NACHOS with homemade sauce (G)	\$4.50
TOASTED SANDWICH (A)	
- Cheese	\$4.00
- Baked Beans	\$4.00
- Ham and Cheese	\$4.50
- Chicken and Avocado	\$5.00
HOMEMADE PIZZA (A)	per slice \$2.50
- Margherita	
- Hawaiian	
ROAST BEEF, or PORK, AND GRAVY ROLL (A)	\$6.00

HOT FOODS - Lunch:

BACON AND EGG MUFFIN (A)	\$4.00
OVEN BAKED HASH BROWN (A)	\$1.50
HOMEMADE SAUSAGE ROLL (A)	\$3.00
STEAMED DIM SIM (A)	\$1.20
TOASTED SANDWICH (A)	
- Cheese	\$4.00
- Baked Beans	\$4.00
- Ham and Cheese	\$4.50
- Chicken and Avocado	\$5.00

Term 1 Canteen Menu

MACHO NACHOS with homemade sauce (G)	\$4.50
- Plus add fresh avocado, diced tomato and sour cream (G)	\$5.00
- Beef add fresh avocado, diced tomato and sour cream (A)	\$6.00
NAPOLETANA PASTA gf available extra .50c (G)	\$6.00
VEGIE BURGER in a roll with lettuce, tomato and cheese (G)	\$5.50
VEGAN PIE (A)	\$5.00
LITE PIE (A)	\$5.00
HOT SWEET CHILLI CHICKEN WRAP (A)	\$5.00
with lettuce, tomato, cheese and sweet chilli mayo	
CHICKEN BREAST BURGER grilled or crumbed, in a roll with lettuce and mayo (A)	\$6.00
HAMBURGER - BEEF with lettuce, tomato and beetroot (A)	\$6.00
ROAST BEEF, or PORK, AND GRAVY ROLL (A)	\$6.00
HOMEMADE PIZZA (A)	per slice \$2.50
- Margherita	
- Hawaiian	
FOCACCIA (A)	- PRE-ORDERED ONLY - \$6.00
- Ham, cheese and pineapple	
- Chicken, avocado and cheese	
- Vegetarian, pesto, spinach, tomato and cheese	
<u>DAILY SPECIALS:</u>	- PRE-ORDERED ONLY -
MONDAY - OVEN BAKED WEDGES with sour cream and sweet chilli sauce (A)	\$6.00
TUESDAY - MYLIN'S SINGAPORE NOODLES (A)	\$6.00
WEDNESDAY - LASAGNE Beef (A) or Vegetarian (G)	\$6.00
THURSDAY - HONEY ROASTED VEGETABLE & COUS COUS SALAD	
orange and poppy seed dressing (G)	\$6.00
with CHICKEN (G)	\$7.00
FRIDAY - FRIED RICE (A)	\$5.00

SANDWICHES - ROLLS - WRAPS:

choice of Wholemeal or White, Gluten Free .50c extra, Wraps \$1.00 extra

SALAD ONLY lettuce, tomato, cucumber, carrot, cheese, mayo (G)	\$4.50
- with CHICKEN, HAM or TUNA	\$5.50
EGG AND LETTUCE (G)	\$4.00
SWEET CHILLI CHICKEN WRAP (A)	\$6.50
CAESAR SALAD WRAP (G)	\$6.50

Term 1 Canteen Menu

SALADS AND COLD FOODS:

SUE'S SUPER SALAD lettuce, carrot, tomato, cucumber topped with crisp oven baked sweet potato and pumpkin pieces (A)	\$6.00
- with CHICKEN, HAM or TUNA	\$7.00
CRUNCHY ASIAN SALAD (G)	\$6.00
- with CHICKEN, HAM or TUNA	\$7.00
CAESAR SALAD (G)	\$6.00
- with CHICKEN	\$7.00

AVAILABLE PRE-ORDERED ONLY:

MONDAY/TUESDAY	- SUSHI 2 pieces (G)	\$5.00
- CHICKEN avocado		
- VEGETARIAN avocado, carrot, cucumber, tomato, lettuce, mint, with sweet chilli mayo dipping sauce		
WEDNESDAY/THURSDAY/FRIDAY	- RICE PAPER ROLLS 2 pieces (G)	\$5.00
- CHICKEN carrot, cucumber, tomato, lettuce, mint, with sweet chilli mayo dipping sauce		
- VEGETARIAN avocado, carrot, cucumber, tomato, lettuce, mint, with sweet chilli mayo dipping sauce		

SNACKS:

CUP OF FRUIT (G)	\$4.00
- Mixed Seasonal or Grapes or Pineapple or Rockmelon or Watermelon	
RED ROCK DELI CHIPS 28g (A)	\$2.50
- Honey Soy	
- Sea Salt	
LEMONADE ICY POLE (A)	\$1.50
PADDLE POP (A)	\$2.00
- Chocolate	
- Rainbow	

CAKES:

HOMEMADE CHOCOLATE CUPCAKE (A)	\$2.50
HOMEMADE CARROT CAKE (A)	\$3.00
HOMEMADE APPLE SLICE (A)	\$2.50
SWEET MUFFIN (A)	\$2.50
- Apple and Cinnamon	
- Blueberry	
GLUTEN FREE CUPCAKE (G)	\$3.00
- Chocolate	
- Lemon	

Term 1 Canteen Menu

DRINKS:

WATER (G)

- Plain 600ml **\$2.00***
- Lightly Sparking 500ml **\$2.50**
- Pump 750ml **\$4.50***

NIPPY'S FLAVOURED MILK 250ml (G)

\$3.00

- Honeycomb
- Chocolate
- Iced Coffee
- Strawberry

BARISTA BROS FLAVOURED MILK 500ml (A)

\$4.50

- Chocolate
- Double Espresso
- Iced Coffee
- Mocha

NIPPY'S JUICE 350ml (G)

\$3.00*

- Orange
- Apple
- Apple and Blackcurrant
- Pineapple

JUICE BOMB 250ml (A)

\$3.00*

- Grape
- Apple and Raspberry
- Watermelon

COKE ZERO 375ml (A)

\$2.50

DIET COKE 375ml (A)

\$2.50

FROZEN SLUSHIE Fruit Juice (A)

\$2.50

*gst free

Community News



GET VOTING!!

We are asking community members to vote on the below Pitches, three simple ideas to improve public spaces and surprise, excite and inspire the community.

1. Painting concrete stairs in the Big W carpark rainbow
2. A community chalkboard gallery outside @Charlies in Victoria Parade
3. A pop up vintage market in the King George Gardens

Click the link below to cast your vote and register to get involved! Voting closes 11 Feb 2022.

<https://forms.office.com/r/4M4sB5kcf3>

This is only the first of many placemaking projects coming your way. If you live in any of the rural townships in the Rural City of Wangaratta we'll be coming your way soon with more information about placemaking events in your area. So start thinking about the pitch that you want to make!

**YOUTH COUNCIL
APPLICATIONS
ARE OPEN!!**



OPEN TO AGES FROM YEAR 7-TO 18 YEARS OLD

YOU CAN MAKE A DIFFERENCE



email
youth@wangaratta.vic.gov.au
for an application form
or scan the QR



Rural City of
Wangaratta

**FREEZA CREW
APPLICATIONS
ARE OPEN!!**



OPEN TO AGES 12-25

**WANT TO PUT ON COOL EVENTS FOR
YOUNG PEOPLE??**



email youth@wangaratta.vic.gov.au
for an application form



Rural City of
Wangaratta

Community News

MWFF | MELBOURNE WOMEN IN FILM FESTIVAL

VISUALISE YOUR VOICE

13.02.22

AN ONLINE FILMMAKING WORKSHOP

FOR AGES 15-25

WWW.MWFF.ORG.AU

MWFF | MELBOURNE WOMEN IN FILM FESTIVAL

VISUALISE YOUR VOICE

AN ONLINE FILMMAKING WORKSHOP

LEARN HOW TO TELL YOUR OWN STORY IN DYNAMIC WAYS, MENTORED BY FILMMAKERS IN THE INDUSTRY!

THIS WORKSHOP IS FOR:

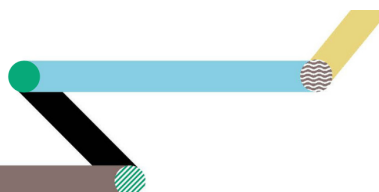
- CIS AND TRANS WOMEN AND GIRLS
- NON-BINARY FOLKS
- TRANS BOYS AND MEN
- PEOPLE WITH INDIGENOUS GENDER IDENTITIES
- OR ANYONE THAT FEELS LEFT OUT BY THE PATRIARCHY!

WHAT PARTICIPANTS NEED:

- YOURSELF
- A SMART PHONE/CAMERA
- AN INTERNET CONNECTION

'IF YOU DON'T HAVE EASY ACCESS TO THE INTERNET BUT WOULD STILL LIKE TO TAKE PART, LET US KNOW!'

WWW.MWFF.ORG.AU

gateway health
People living well

Parenting Programs Term 1 2022

Program	Location / Venue	Day	Date	Time	Registrations
WODONGA					
Tuning in to Kids emotionally intelligent parenting (2-10 years)	Gateway Health 155 High Street Training Room (G10)	Fridays	4 th March to 1 st April	9.30am – 11.30am	Intake Team Wodonga (02) 6022 8888
Tuning in to Teens Emotionally intelligent parenting (10+ years)	Gateway Health 155 High Street Training Room (G10)	Tuesdays	1 st March to 5 th April	10am – 12pm	
Mother Goose (0-2 years)	Hyphen—Wodonga Library 124 Hovell St	Wednesdays	9 th February to 6 th April	10:30am -11:30am	
Triple P – Positive Parenting Program (2-12 years)	Gateway Health 155 High Street Training Room (G10)	Wednesdays	16 th February to 16 th March	6.30pm – 8.30pm	
Parenting Trans and Gender Diverse Kids and Teens	Gateway Health 155 High Street Training Room (G10)	Mondays	14 th February to 11 th April	6pm - 8pm	
WANGARATTA					
Tuning in to Kids emotionally intelligent parenting (2-10 years)	Gateway Health 45-47 Mackay St Multipurpose Room	Wednesdays	2 nd March to 30 th March	9.30am—11.30am	Jane 0429 984 203
TALLANGATTA					
Mother Goose (0-2 years)	Tallangatta	Thursdays	2 nd February to 7 th April	10.30am – 11.30am	Paula 0447 310 679

Community News



NORTH EAST RIDE IN PRIDE

SKATE AND SCOOT
BY AL'S SKATE CO

ALSSKATECO.COM.AU

FREE WORKSHOPS FROM 4:30 PM
REGISTRATIONS ESSENTIAL

- Friday 14th January – Wangaratta
- Thursday 20th January – Mount Beauty
- Thursday 27th January – Rutherglen
- Tuesday 1st February – Wangaratta
- Tuesday 8th February – Beechworth
- Tuesday 15th February – Myrtleford
- Tuesday 22nd February – Bright

Contact your local Council's Youth Officer for details

Community News

We are now hiring CHEESE FACTORY and RETAIL WORKERS in the beautiful gourmet region of Milawa.

We are super busy and are struggling to keep up with demand – so we need help and new people to join our fun-loving team.

We are looking for workers across three departments (areas) within the factory:

- 'Assistant Cheesemakers' to work in PRODUCTION.
(People who make the cheese under supervision)
- 'Cheese Wrappers and Packers' to work in POST-PRODUCTION
(people who cut, wrap, label, and box the cheese)
- 'Retail Assistants' to work in RETAIL (people who cut, wrap, label and SELL the cheese)

Each role requires slightly different skills, however overall, we're looking for people who are: -

- Physically fit and can work quickly and efficiently doing manual tasks.
- Team players with a can-do attitude and who take ownership of what they can bring to the team
- Easy going with a nature to follow systems and safety guidelines
- Comfortable in a changing environment where our workflow must adapt to meet our customer's needs.

The casual positions are up to 38 hours per week and are based in Milawa, Victoria.

These roles are paid in line with award rates.

Email your applications to: - info@milawacheese.com.au.

All applications are treated as confidential and are due by 31st January 2022. Previous applicants need not apply.

In2science @ Galen

Contact: Maree.timms@galen.vic.edu.au for more information if you'd like to take part in this fabulous program @ Galen

In2science eMentoring

Since
2016

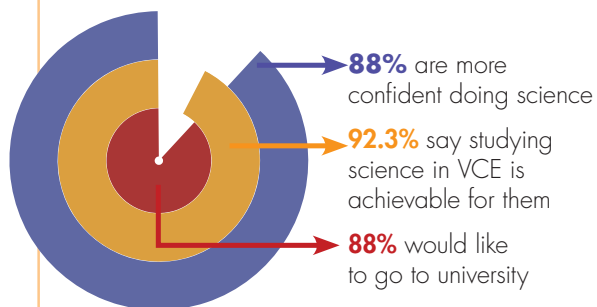
213
eMentor
Placements

1000+
Hours
Mentored

22
Schools

In2science eMentoring connects university STEM students to high school students from regional, rural and remote Victorian high schools with an aptitude for, or interest in, STEM. After undergoing rigorous training, eMentors meet with high school students over a secure platform, once a week for 10 weeks. Groups of up to three eMentees share resources, interact via video and chat with their eMentor. **In2science eMentoring aims to inspire, motivate and mentor regional and rural students interested in studying STEM to year 12 and beyond.**

Students



Topics regional and rural students liked to discuss with their mentors reflect their curiosity and excitement about pathways leading to higher education.



93% of eMentees report that they enjoy talking about life at university

86% enjoy discussions about future studies after school.

"My In2science mentor gave me some new resources and has helped me to do a lot of things more easily. She's also helped me become a lot more positive about University."

– Yr 9 student, Galen Catholic College, Wangaratta

"I have witnessed students coming away from their eMentoring sessions with a bounce in their step and a sense of confidence and satisfaction. It's evidence of the strong bond our students form with their mentors – a person that becomes a peer, an inspiration and a positive role model."

– Kristen Raine, Maffra Secondary College

Mentors



92% of eMentors agreed that participation in In2science developed skills they will use in the future.

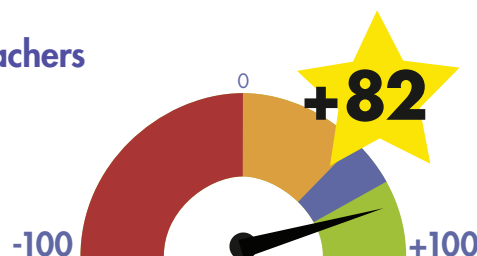
50% of eMentors are considering teaching as a career (cf 10% of STEM graduates who enter a career in education & training)

"My mentee told me that I broke her perception of scientists; she now knows that most of them don't wear lab coats."

– Poojan, eMentor at Galen Catholic College.



Teachers



Net Promoter Score

100%

of Teachers agreed that the eMentor was beneficial for their professional development as a STEM teacher

91%

agreed that the mentor contributed additional specialised subject knowledge and/or real-life examples

In2science @ Galen



Above: Maddie (right) with her Mentor Sabrina

The In2science program is jointly funded by:

The Victorian Government and the In2science Partner Universities

The Selby Scientific Foundation



"My son has been part of the program and for him it has been completely life changing."

- Alison Walsh, parent

Maddie's story

Throughout my experience with In2science, I gained confidence in my STEM studies. My eMentor, Sabrina, provided me with advice and support, reflecting on her own VCE and university journeys, which included how to modify my study to be effective for myself and how to balance school, study, work, sport and other extracurricular activities. Sabrina catered every session to be most beneficial for me and was always organised and prepared. I developed a very good relationship with Sabrina due to her friendly nature and enthusiasm for STEM.

Attending school in rural Victoria means that I do not have access to facilities and resources that students living in Melbourne would. By involving myself with the In2science eMentoring program, I felt my world open up to more opportunities in STEM that I didn't even realise were possible. Without In2science, myself and hundreds of other students across rural Victoria would suffer from a distance barrier that places us at a disadvantage, especially while completing VCE studies.

By gaining an insight into Sabrina's STEM experiences, influences, and goals, my own career aspirations shifted due to being exposed to the living proof of many different types of opportunities associated with the world of STEM. As a female aspiring to pursue a career in STEM, the In2science Program showed me that gender does not limit my abilities, and that more women should feel empowered to pursue a career in STEM, just like myself.

As I reach the end of my schooling journey, the experiences I gained from my own In2science experience have now made me feel more empowered than ever to study a Science Degree at university, and to pursue a challenging, yet rewarding career in the medical field.