



Reflections

ISSUE 15

Galen Catholic College Newsletter

AUGUST 15, 2019

Italian Day



Wednesday 14th August was a day of Italian celebration with a range of activities including: crostata e caffè and caffè e brioches, pasta fresca, a humorous Commedia dell'Arte Performance 'Fooling in love' and of course the much-anticipated pasta, gnocchi and pizza feast at lunchtime. Students studying Italian were engaged and enjoyed deepening their language skills and understanding of Italian culture through hands-on learning.



The focus of the Coffee mornings on 14th and 21st August will be for Year 7 and 8 parents regarding their student subject selections for 2020. Students in Year 7 and 8 will need their subject selections completed by 28th August and these mornings will allow parents/ careers an opportunity to ask any questions or seek clarification. **We look forward to seeing you there!**

Galen Parents' Association

Next meeting:
Tues 3rd September 6.30pm at Galen Staff Room. All welcome.
Feel free to email:
gpa@galen.vic.edu.au

Find us on

Uniform Shop

Opening Hours
Tuesday: 9am - 5pm
Thursday: 8am - 4pm
Phone: 03 5723 8320
Email: galen@midford.com.au

Secondhand Uniform Shop
Wednesday: 1pm - 5pm

GALEN CATHOLIC COLLEGE
PARENTS' ASSOCIATION 2019

TRIVIA Night!

**Friday 18th October
7pm @ St Pats Hall**

\$15 per ticket
\$130 for table of 10
Max. 10 people per table

BYO nibbles
Beer, wine, softdrink and water available for purchase.
Tea & coffee provided.

Purchase your tickets at Galen's Main Office
Tickets also sold at the door (cash only, no EFTPOS on the night).

Come along have a great night with the Galen Community!

Galen VEX lend a helping hand

Galen's VEX Robotics Team generously gave Wangaratta Specialist School VEX Team some help connecting and coding their robots. The Galen Team enjoyed helping them out, and the Specialist School Team really liked driving Galen's fast EDR bot!

For student absences, phone: 5721 6322
Or email: absences@galen.vic.edu.au

Senior History - Experiencing the Past

We have had a busy few weeks in our senior history classrooms so far this semester. Our teachers have organised a number of rich and engaging tasks in an effort to improve interest, understanding and empathy of the past.

Year 11 Twentieth Century have been exploring the Cold War as an in depth study. While exploring McCarthyism, students played a game that assigned political ideologies (communist or capitalist). They then undertook tasks with the communists aiming to lose the game and the capitalist win. What followed was the fear of the unknown and false accusations of who was thwarting the game, which mirrors the political climate of post-war United States. As part of the Berlin Wall topic, students also played a simulation where they chose to escape or remain in East Berlin. Weighing up the risks and thinking from the perspective of different individuals, this was a fun and empathic task.

Year 10 Modern History recently participated in the Holocaust Museum, exploring sources and witness testimonies. This activity exposes the human impact of the Holocaust unlike studying the topic from a book or classwork. A solemn experience accompanied by prayers and the

lighting of a candle in our chapel, many students spoke about the impact this class task had on them.

Our Ancient History students haven't missed out either. Year 10 Ancient History have been using the archaeological dig pits to get an in depth understanding of stratigraphy. Year 11 have been mummifying apples while looking at Egyptian funerary practices and Year 12 have a re-enactment of the Punic Wars to look forward to in the not too distant future.

Finally, Year 12 History Revolutions have had a tea party to accompany their study of the Boston Tea Party. It's great to see so many rich tasks and a sense of excitement from our senior history students.



ARTISTS CORNER

Students in Year 9 Ceramics last semester explored slipcasting.

Emily Tidd's finished plate with decorative patterning was among several great pieces of work created by members of the class.





WINTER SLEEPOUT

It was my first time going on the 2019 Winter Sleepout, and I loved it. I really got an insight on how homeless people live and survive, and even how they become homeless. I learnt about all the different types of homelessness, and what people can do about it.

When we arrived, we received a mystery bag and persona card. Inside the mystery bag was our money, which we could spend on blankets and/or food. My persona card told me that I was a refugee living on the streets with my family. I got to play that role for the rest of my time there, filling in the blanks of my persona life in different activities.

I slept in a cardboard box on the concrete, and it was then that I realized just how tough living on the streets would be. After attending a slideshow about all the different situations people leave home for, I noticed just how many people would be homeless. I felt sad and sorry for all the people who were homeless, especially the families, mothers and children. It struck me about how many people's lives could be changed with some help, and now I know what I can do, I intend to do something to help. I can help at Vinnies workshops and fundraisers, and I make donations. I encourage others to help as well.

Jamieson Hunter

This year's winter sleep out was at Notre Dame College in Shepparton. The 5 of us, Ruby Cook, Alice O'Connor, Jamieson Hunter, Neve Harris and Jen Taylor headed over after school on Friday with energy levels on a high.

When we arrived we signed in and were handed an identity card and a bag of tokens, each of us had different identities and a different number of tokens. We set up our boxes and blankets against a brick wall to try and avoid the wind. We spent the night listening to guest speakers and being involved in different activities.

We had dinner, sat in on a reflection and then settled in for the night. It was struggle to get comfortable and fall asleep

and I woke up through the night at least 5 times. The next morning, we woke aching and tired, packed up and headed back to school and went about our normal day.

The night was a big eye opener of what homelessness really is and that it doesn't discriminate, there's no one type of homeless people. They're everyday people living everyday lives in unfortunate but sadly common circumstances. I learnt a lot from the night and met some new people and built stronger friendships with the girls. Thanks to Mrs Hunter for taking us and thanks to the girls for making it such a great night.

Jen Taylor

The winter sleep out in solidarity for the homeless was an amazing experience, the theme was a reflection on the Good Samaritan and focused on what we can do to help the homeless. The night began with a social experiment that was later reflected on during prayer time.

We then moved into our personas for the night (mine was because of a family fight) and received 'tokens' which would be the currency for the night. The night was filled with guest speakers, discussions about homelessness and prayer. I thoroughly enjoyed the sleep out and would do it again.

Alice O'Connor



Upper Hume Table Tennis Tournament

At the recent Upper Hume Table Tennis Tournament 5 Table tennis teams will now go through to the Hume Region Finals to be played in Wangaratta on Tuesday 29th October for the Girls teams and Thursday 31st October for the Boys teams. The reports for the day are below.



Year 9 & 10 Girls Table Tennis

On Monday the 5th of August the most talented year 9/10 table tennis team consisting of Emma Hughes, Caitlin Summerville, Jess Gillies, Keeley Sheridan and Emily Keys hit the courts for a big day. First playing Wangaratta high school and absolutely smashing them with Jess, Emma and Caitlin played some amazing singles games. We then had an hour break and stocked up on food in preparation to play Grace Christian College. This game was tougher than expected but the girls pulled through, with Keeley playing an amazing singles game and Jess and Emily winning a close doubles. It was another great win to finish off a cracker of a day.

Year 8 Girls Table Tennis

On Monday the 5th of August, Jasmine Scott , Ruby Rigoni , Holly Vincent , Lauren Mc Innes and Sienna Sims competed in the Upper Hume table tennis. In the first game, we versed Wangaratta High School. Everyone won all of their games comfortably. The second game was against Grace Catholic College. We were successful in winning all our games. The third game was against Cathedral College. This was a challenge but in the end, we won. Thanks to Mr Burt for taking us on the day and we are looking forward to the next level. We all had a good day. By Lauren and Jasmine

Year 7 Girls Table Tennis

On Monday the 5th of August the year 7 girls team went to the table tennis centre to compete in Upper Hume table tennis competition. The team consisted of Maddy Walker, Eva Kelly, Summer Norton, Ellie Miller and Rose Henry. We played the Wangaratta High School and won convincingly. Our next game was against Grace College, Wodonga and we defeated them 6 games to zero. We were successful in every game winning the whole competition for our division, therefore we will continue to the next round. We had a lovely time and it was a great experience that we are all thankful for.

Year 7 Boys Table Tennis

On Monday, (5th of August) the years 7 to 10 went to the showgrounds for their table tennis competitions. We had 5 teams go through to the next round. We played 2 matches against two schools, comprising of 4 singles games and 2 doubles games. We played against Wangaratta High School and Grace College. The year seven boys won all of their 12 matches they played and will compete in regionals in October. The Year 7 team consisted of Jez, Rigoni, Will McCarthy, Rory Harvey Shon Francis and Cormack McNamara.

Year 8 Boys Table Tennis

The Year 8 team comprising Charlie Holland-Dean, Matthew Lugg, Logan Box and Adam Asla came second on the day. They had 2 very good wins against other schools but came across a very competitive team from Cathedral who were able to win on the day. We really enjoyed the experience and look forward to next year now.

Year 10 Boys Table Tennis

On Monday the year 10 Boys represented Galen extremely well. The boys had to fight hard to keep their state titles alive as there was an unexpected close match against cross town rivals Cathedral college. After some crafty shots from Rhys Rigoni and Alex McCarthy who saved the day. The boys eventually got up on the day and are now keen for the next stage at the Hume Championships.



CHAMPAGNAT



CHISHOLM



DELANY



MACKILLOP

FOUNDERS' DAY 2019

Wednesday 21st August

Founders' Day will be upon us soon. It is a day when we celebrate who we are as a school by recalling and acknowledging the heritage of our Founding Charisms, the Marist Brothers, Brigidine Sisters and local parishes. This will be the second year where the focus has been on our four Houses. Delany, Champagnat, MacKillop and Chisholm. It is a day for celebrating our identity, our core values and characteristics that are grounded on a founding charisms to strengthen our sense of belonging to the Galen story and community. At last week's staff meeting the staff participated in a reflection that assisted them to know their founder's story at a deeper level and to be able to retell the important messages from their story for our students today.

Students are encouraged to come dressed in their house colours in some way. If they do so they will receive participation points that are allocated to their house. More information will come out about this closer to the event. Students will organize a stall, game or activity with their homeroom and these will occur during an extended

lunch time 1:10 -2.45 pm. There will be a Junior Assembly Period 1 at 9.00 am and a Senior Assembly at 9.52 am. The junior students will participate in inter-house activities periods 3 & 4 and the senior students will have the Inter-house football and netball round robin.

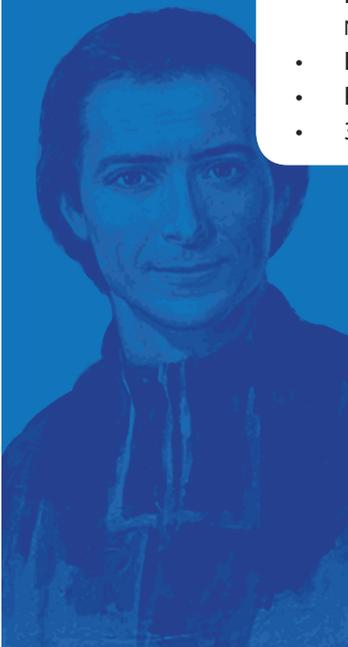
Students will conclude the day in homeroom at the normal time of 3.29 pm. It is a compulsory attendance day and students are asked to remain at school for the entire day. They will need some money for food stalls and activities, and some activities may raise funds for causes associated with the house charisms, however, the purpose of the day is to celebrate our identity rather than raise money for causes.

Champagnat won the Founders' Day House Shield in 2018, so there will be strong competition between the Houses to see who will win the shield for 2019. The points for the day will accrue towards the House Cup that is announced at the end of the year.



PROGRAM FOR FOUNDERS' DAY

- Homeroom
- Period 1 - Junior Assembly (Senior Classes)
- Period 2 - Senior Assembly (Junior Classes)
- Recess
- Period 3 & 4 - Inter-house Activities/Sport/Round Robin Seniors
- Inter-house Activities Junior School Sessions 1 & 2
- Note: Some homeroom representatives will commence setting up stalls ready for lunch.
- Lunch - 2.30 pm Food stalls & activities
- Period 5 & 6 - Teacher vs Student sports & activities
- 3.10pm-3.29pm - Homeroom quiz





Upcoming Headspace info sessions for Galen students & parents

Headspace In Schools will be holding a number of information sessions for students, parents/carers from the 20th - 23rd of August in Term 3, 2019.

Parent/Carer Session

Tuesday 20th August
6.30pm - 8.00pm

The parent session will focus on grief in adolescents and young people, how to support a bereaved young person, and will discuss some of the things that you may notice about bereaved young people, and how you can begin safe conversations to promote help seeking. The session will also provide information about where young people and their carers can receive support for their mental health, and some pathways for support in the local area. General tips and practices to promote mental health will also be discussed.

Student Sessions

Tuesday 20th, Thursday 22nd
& Friday 23rd August

The focus of these sessions are mental health literacy, the impact of bullying on mental health and how to support a friend if you are worried about them. The workshop themes and learning outcomes include:

Let's Talk About It: Mental Health Literacy

- Understand your mental health and wellbeing
- Break down stigma about mental health
- Explore helpful and unhelpful coping strategies
- Noticing within yourself when you need support
- Understanding and practicing how to access supports with trusted adults and services

Standing Strong: Bullying and Mental Health

- Identify ways our brains and bodies react to stress and conflict
- Find people, places and things that will keep you strong in stressful times
- Explore who you can talk to when you have a lot going on
- Explore being an up-stander and how to make a positive impact in your school community

Looking Out For Your Friends: What to do if your friend is not OK

- Notice: identifying warning signs that a friend might not be OK
- Ask: how to have difficult conversations and ask your friend if they are OK
- Connect: how to help them find to the best support and make sure you are looking out for your own self-care

All sessions will be held at the Galen Auditorium

Wellbeing Links

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

Beyond Blue: beyondblue.org.au
1300 22 4636

**Australian Centre for Grief
and Bereavement:** grief.org.au

MensLine: mensline.org.au
1300 78 99 78

Gateway Health: (03) 5723 2000

**GriefLine Community and Family
Services:** griefline.org.au

Head to Health: headtohealth.gov.au

Headspace: headspace.org.au
eheadspace.org.au
1800 650 890

Black Dog: blackdoginstitute.org.au

Mindspot: mindspot.org.au
1800 61 44 34

Kids Helpline: kidshelp.com.au
1800 55 1800

Lifeline: lifeline.org.au

SANE Australia: sane.org
1800 18 7263



Call 13 14 95 or visit
donateblood.com.au

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**Australian Red Cross
BLOOD SERVICE**

The BiG Day In is coming to Wangaratta!

Wednesday 4 September

As part of the Victorian Digital Innovation Festival, the Wangaratta Regional Study Centre is delighted to invite you and your students to attend the 2019 BiG Day In IT Careers Conference at the Wangaratta Performing Arts & Convention Centre from 10am until 1:30pm. For more information or to book your tickets please visit: <https://bit.ly/2YkbiWO>



**Charles Sturt
University**

L2P The Right Way
KEYS 2 DRIVE

**JACQUES'
DRIVING SCHOOL
WANGARATTA**

Phone: 0417 777 576

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Australian Government-funded program
is providing learner drivers
and their parents/supervisors
a free driving lesson with a Keys2Drive
accredited professional driving instructor.

Get your **FREE** lesson now!

L2P
The VicRoads L2P - learner driver
mentor program
assists learners under 21 years of age,
who do not have access to a supervising
driver or vehicle, to gain the driving experience
required to apply for a probationary licence.

Call to arrange your first lesson today

2019 Galen Wellbeing Centre Art Prize



The Galen Wellbeing Centre invites all students to enter our **Wellbeing Centre Art Prize**. There will be a Junior School and a Senior School prize.

THEME: "Being Kind"

Submit your original artwork to the Wellbeing Centre **by Friday 20th September (end of term 3)**.

All art mediums welcome. Enquiries to wellbeing@galen.vic.edu.au

THE RURAL CITY OF WANGARATTA
PRESENTS

WINTER FEST

ICE SKATING • LIGHT SHOW
LOCAL FOOD & WINE • BEER GARDEN
MARKET & LIVE ENTERTAINMENT

23 - 24 AUGUST 2019 • 4PM - 9PM

A WINTER WONDERLAND
ON FORD STREET

Plus, keep your eyes peeled for a special guest...

wangaratta.vic.gov.au

  #winterfest2019



WINTER FEST

A WINTER WONDERLAND
ON FORD STREET

23 - 24 AUGUST 2019 • 4PM - 9PM

FRIDAY 23 AUGUST

4:15pm Luke Dewing
5:15pm Antonia Maher
6:15pm Leticia & Mikaylah
7:15pm Em, Maeve & TP
8:15pm Scott & Amanda

SATURDAY 24 AUGUST

4:15pm Claire O'Connell
5:15pm Liv Cartledge
6:15pm Jeff Cabalar
7:15pm Maurice Milani
8:15pm Amanuael Visser

LOCAL FOOD & WINE • BEER GARDEN MARKET & LIVE ENTERTAINMENT

ACTIVITIES

4-9PM
EACH DAY



Inflatable Toboggan Slide

FREE

Ferris Wheel

\$5/pp

Face Painting

\$8-\$10

Synthetic Skating Rink

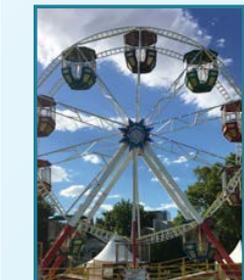
\$5/pp

*4pm-7pm Friday: General Public

*7pm-9pm Friday: Exclusive to 12-18

y/o, brought to you by *freeza*
www.freeza.vic.gov.au

*4pm - 9pm Saturday: General Public



...PLUS MORE SURPRISES



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WANGARATTA



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MOTOR GROUP

SAVE THE DATE

Galen Arts & Technology Exhibition 2019

Showcasing Unit 3 & 4 VCE work and featuring talent from Year 7-12

Galen Resource Centre & Junior Building 3
Tuesday October 15th 6-8pm

Who's Who at Galen

Leadership Team

- Bernard Neal: Principal
- Patrick Arcuri: Deputy Principal—Staff & Students
- Dale Gleeson: Deputy Principal – Teaching & Learning
- Jim Samon: Deputy Principal – Catholic Identity
- Emily Hordern: Business Manager
- Anthony Batters: Head of Senior School
- Wendy Chuck: Head of Junior School
- Rob Walker: Director of Staffing
- Daniel Armitage: Professional Learning Leader
- Debra Doyle: Staff Representative
- Matthew Turnbull: Staff Representative

School Board

- Fr Mike Pullar: Parish Priest
- Colin McClounan: Board Chair
- Bernard Neal: Principal
- Patrick Arcuri: Deputy Principal
- Emily Hordern: Business Manager
- Lyndel Annett: Staff Representative
- Cheryl Impink: Community Representative
- Chris Dwyer: Parent Representative
- Leah Waring: Parent Representative
- Jodie Sutton: GPA Representative

Parents Association Executive

- Kim Saunders: President
- Matt Chadban: Vice President
- Louine Robinson: Secretary
- Carolyn Hicks: Treasurer

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

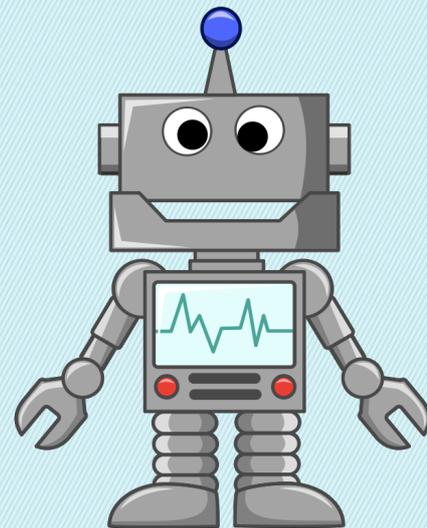
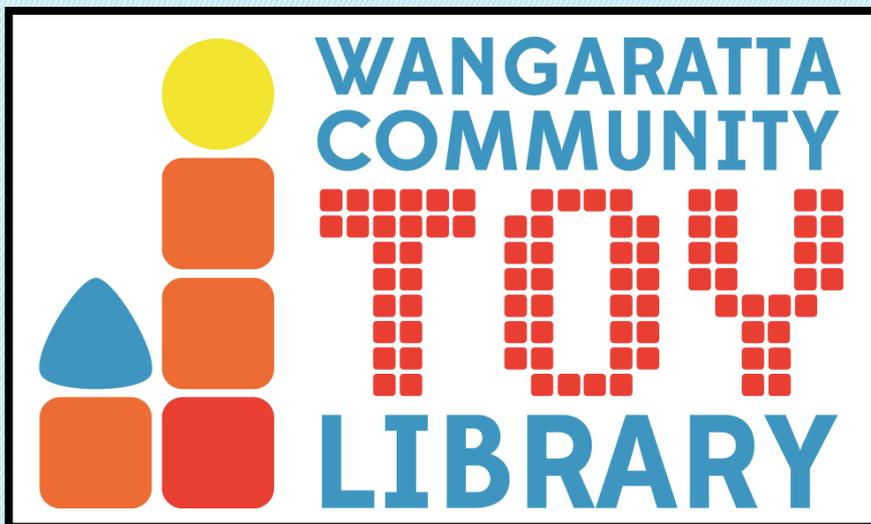
For newsletter enquiries please contact the Publications & Promotions Officer: malcolm.webster@galen.vic.edu.au



Galen Catholic College

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Email: principal@galen.vic.edu.au
Phone: 03 5721 6322
Web: www.galen.vic.edu.au



Through a collaboration between the Wangaratta Toy library and Galen Vex Robotics team we are proud to present:

Robot+ Kids Expo

Saturday 17th August

10am - 1pm

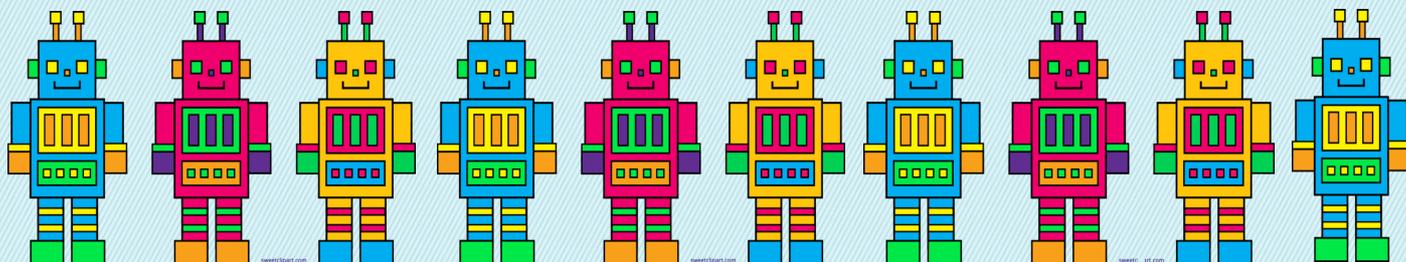
At the
Wangaratta Digital Hub

Situated beside the
Wangaratta Library entrance



Free early childhood robotics expo aimed at children from toddlers through to about 8 years old.

Get to play with the Wangaratta Toy library's new robot collection:
Code-a-pillar, Bee-Bots, Edison, Dash, Cubetto, plus more.





“COME AND TRY” DAY

SUNDAY 25TH AUGUST 2019 11.00AM —1.00PM

WANGARATTA INDOOR SPORTS AND AQUATIC CENTRE

SCHILLING DRIVE WANGARATTA

The Wangaratta Stingrays Swimming Club invites YOU to come along and give swimming a go!

Join our friendly coaches, and experience being a squad swimmer!

The session will encompass stretching before the session, you will be able to get advice and help from the Coaches, and meet kids just like you who swim on a regular basis.

A FREE BBQ lunch will follow, so bring Mum or Dad as well to check it all out.

WHAT SHOULD I BRING WITH ME?

Swimmers (preferably one piece girls); trunks (boys).

Bikinis and board shorts are not recommended.

Towel

Goggles (if you have a pair)

Change of clothes

ANY QUESTIONS?

Andrew Cole (President) - 0488 971313

Max Batey (Coach) -

Andrea Thwaites (Coach)

“Come on.... Be a Stinger!”

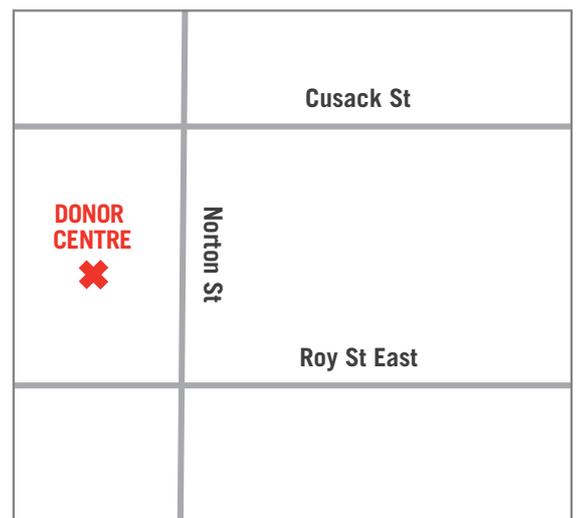


GIVE BLOOD IN WANGARATTA

Blood Donor Centre 17a Norton Street

Monday	Closed
Tuesday	Closed
Wednesday	10.00 am – 7.30 pm
Thursday	12.00 pm – 7.30 pm
Friday	7.30 am – 3.00 pm
Saturday	Closed
Sunday	Closed

Opening hours may be impacted by Public Holidays



To make an appointment,
call **13 14 95** or visit donateblood.com.au

 Australian Red Cross
BLOOD SERVICE

PRE-DONATION CHECKLIST



Here are some common factors that will help determine whether you may be able to give blood.

You **should be able** to give blood if you:

- ✓ feel fit and healthy
- ✓ are aged between 18 and 75 if it's your first donation, or 18 or older if you have previously donated in Australia
- ✓ weigh over 50kg
- ✓ have your photo ID or donor card with you
- ✓ have had something to eat and had plenty of fluids to drink

You **may be temporarily unable** to give blood if you:

- ? have recently travelled
- ? are awaiting the results of medical tests
- ? have a cold, headache, cuts, abrasions or cold sores, or are feeling unwell in any way
- ? have certain medical conditions
- ? have changed medications
- ? have recently had surgery
- ? have recently had dental treatment
- ? have recently had a piercing
- ? have ever had a serious heart condition

You **won't be able** to give blood if you:

- ✗ have visited or lived in the UK for a cumulative total of 6 months or more between 1980 and 1996
- ✗ have engaged in male-to-male sexual activity or other specified at risk sexual activity in the past 12 months
- ✗ have recently been pregnant or given birth
- ✗ have ever had a serious blood disorder or disease
- ✗ have injected or been injected in the past 5 years with drugs not prescribed by doctor or dentist
- ✗ have had a tattoo (including cosmetic tattoos) in the past 4 months

If you have any questions or would like more information please visit donateblood.com.au/eligibility or call 13 14 95.

For more information visit donateblood.com.au/eligibility

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BLOOD SERVICE**