



# Reflections

ISSUE 16

Galen Catholic College Newsletter

DECEMBER 16, 2021

## Congratulations Class of 2021

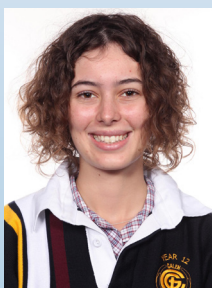


At the end of an extraordinary two-year period for our graduating Year 12 students, the Principal and staff of Galen Catholic College congratulate all Year 12 students across the 2021 VCE and VCAL courses on their results. Our 2021 Year 12 students have done what no other Year 12 cohort has ever been asked to do: complete their final two years of schooling in the midst of a global pandemic with on-again, off-again online learning and disruptions to all eight school terms over the past two years.

We are very proud to announce that the Dux for Galen Catholic College in 2021 is Archie Gemmill with an ATAR of 97.65 placing him in the top 3% of students in the state. Archie was closely followed by Erin Chadban with 97.5 (also in the top 3% across the state).



We are particularly proud of the 4 Galen students who achieved ATARs of 90 or above placing them in the top 10% across the state. 16 Galen students achieved Study Scores over 40 in individual subjects placing them in the top 8% of all students across the state in those subjects.



We are also pleased to announce that Galen Year 12 students have once again achieved 100% success rate in attaining their VCAL certificates.

Galen VET students also performed impressively as part of their VCE and VCAL certificates.

Whilst we are naturally proud of and happy for the large number of students who have achieved high scores, we are equally pleased to report that so many students have achieved to the best of their ability and have given themselves the best possible opportunity to move onto their preferred next steps in life whether that be employment, further study or a GAP year.

Galen Principal, Bernard Neal, said that the staff and Galen community are immensely proud of the efforts of the 2021 cohort. "This group faced challenges that no other Year 12 group has ever faced with not one school term in 2020 or 2021 running its full length with onsite classes. They adapted to these unique circumstances and made it through the year with courage and persistence.

"It is really important to note that we are equally proud of all students who put in their best effort regardless of their subject scores and ATARs and regardless of whether they completed their VCE or VCAL. We are proud to have played such a pivotal role in preparing these young people over their final six years of school education and especially so this year."

*Continued following page*



## Year 12 Results - Continued from page 1

Mr Neal also said, "The breadth and flexibility of opportunities available to our students through the 32 VCE subjects undertaken by Galen at school this year, along with VCAL, VET and School Based Apprenticeships, has enabled the senior students at Galen to tailor courses to suit their particular needs and interests, including the ability to combine elements of all four."

"Today's results will enable the Galen graduates now to step forward with confidence and a sense of achievement that opens new doors into their futures. We wish all the students well on the next stage of their journey – Galen will always be here to help and advise them as needed, and to celebrate their future successes with them. We hope that they will continue to be as proud of their Galen heritage as we are of them."

We look forward to working just as closely with our 2022 Year 12 cohort over the coming twelve months and helping them achieve their goals in spite of any challenges that might come our way or their way.



*Mr Neal pictured with an awesome caricature presented to him on the final day of Term 4 to wish him all the best in retirement. Anyone who knows Mr Neal well, knows that he is rather fond of his lawn... And has since successfully mown the Galen logo into his own patch at home, just like in the pictured illustration!*

*The Galen community wish you all the best Bernard, go well!*

## Faith in our Future

Galen Catholic College acknowledges the Traditional Owners of country the Yorta Yorta Nations including all 8 clan groups and recognise their continuing connection to land, waters and culture. We pay our respects to their Elders past, present and emerging.

## Wellbeing Links

Email: [wellbeing@galen.vic.edu.au](mailto:wellbeing@galen.vic.edu.au) Phone: **0357216322**

**Beyond Blue:** [beyondblue.org.au](http://beyondblue.org.au)  
1300 22 4636

**Black Dog:** [blackdoginstitute.org.au](http://blackdoginstitute.org.au)

**Lifeline:** [lifeline.org.au](http://lifeline.org.au)

**Gateway Health:** (03) 5723 2000

**MensLine:** [mensline.org.au](http://mensline.org.au)  
1300 78 99 78

**Headspace:** [headspace.org.au](http://headspace.org.au)  
[eheadspace.org.au](http://eheadspace.org.au)  
1800 650 890

**Head to Health:** [headtohealth.gov.au](http://headtohealth.gov.au)

**Kids Helpline:** [kidshelp.com.au](http://kidshelp.com.au)  
1800 55 1800

**Mindspot:** [mindspot.org.au](http://mindspot.org.au)  
1800 61 44 34

**Australian Centre for Grief and Bereavement:** [grief.org.au](http://grief.org.au)

**SANE Australia:** [sane.org](http://sane.org)  
1800 18 7263

**GriefLine Community and Family Services:** [griefline.org.au](http://griefline.org.au)

**Our Faith. Our Story.  
Our Identity.**

**Our Learning**

**Our Community**

**Our Culture**





# MAMMA MIA!



"This production was the best school production, not just at Galen, that I have ever seen. The cast were perfectly matched to their roles and every one of them were engaging, even the back-up dancers and singers were just as mesmerising to watch as the lead roles... I had a tear in my eye throughout the whole show! The music was energetic and so closely in-sync with the performance on stage, the costumes and sets were perfect too. Congratulations to all the staff and crew that worked with the students to be able to put on such a memorable performance all round."



"Definitely one of the best Galen productions that I have seen! Congratulations team!"

"To have so much young talent on stage at once was fantastic. I have seen the original stage show, many times and this did not let me down. The singing, the acting, the vocals, the entertainment, the music, the floor crew...all amazing!"

"Big shout-out ALL the cast and crew on Mamma Mia - they absolutely knocked it out of the park last night! Just amazing energy, great comedy and vocal performances of the highest caliber!"



"A huge congratulations to everyone involved in the production of Mamma Mia. Thursday night's show was fantastic with so much talent on display. It is such a fun show. Very proud of the work done by Felicity and Beth and well done Julie on your 60th production."



# Fresh Galen Visual Arts talent awarded at Shepparton Art Museum

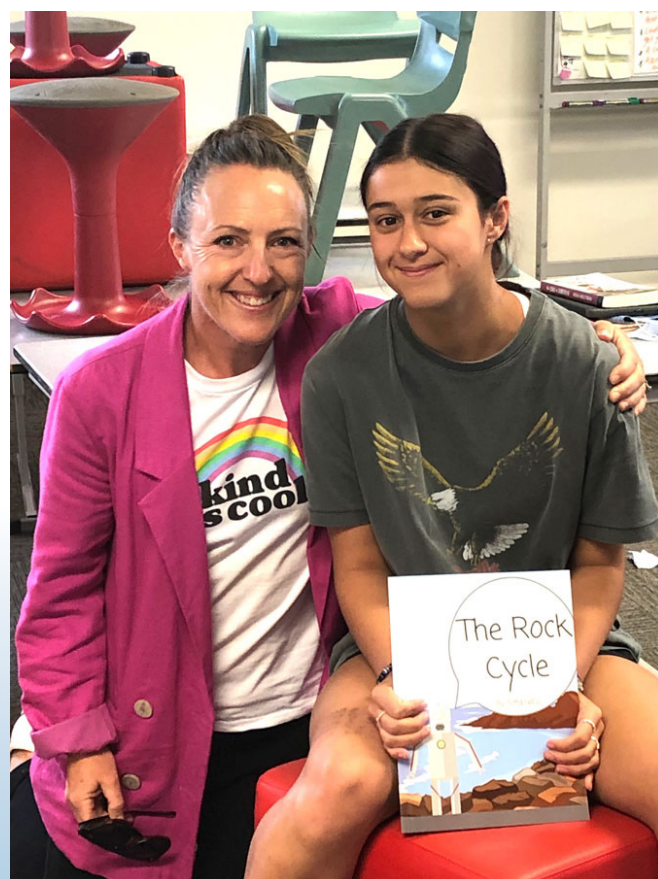
On Wednesday evening this week the Fresh: GV Top Art & Design awards opened at SAM (Shepparton Art Museum) in their the new, state of art gallery. **We're proud to announce that 2020 graduate Breanna Arnold was awarded the Painting Award and is a recipient of a \$500 cash prize.** This exhibition was due to open much earlier this year, but was then rescheduled to open in September... However the pandemic

had other plans! Due to the extended regional lockdowns Shepparton faced, the exhibition was finally able to go ahead as restrictions eased. Over the break, be sure to go and see the show, which also features other Unit 3 & 4 Galen 2020 Arts students, along with those from other regional schools. Fresh: GV Top Art & Design is open until January 17, 2022. **Congratulations Breanna!**



## Sofia's Book Launch Rocked Out at St Bernard's

Sofia Gallo created a children's story book as part of her year 8 science studies of "The Rock Cycle" in science at Galen. All students across year 8 were given this task. Sofia's work was a standout and her story was published as an example for future inspiration for others. Extra copies were printed and she went back to her old school, St Benard's and presented a copy to Mrs Carmody, as Sofia knew she LOVED books, and was one of her favourite teachers. Mrs Carmody was extra excited and to see the book and they read it to her class. They loved the book and asked Sofia lots of questions at the end. Mrs Carmody was so proud of Sofia, as are all of us are here at Galen. Congratulations Sofia!





# Ashlee Davey wins In2science 'Mentee of the Year'



Ashlee has been Awarded the Mentee of the Year for the In2Science Program. Having been part of the program at Galen during 2021 she has willingly given up her lunchtime once per week to connect to a university mentor.

In2science is a program that students volunteer to connect with a University STEM eMentor, once a week for 10 weeks (during lunchtimes). Ashlee said she wished to learn more about Neuroscience, and in semester one was matched with a 3rd year Neuroscience student. She loved the program so much and enjoyed her interaction she asked if she could continue with the program. This time her mentor is a PhD Neuroscience student working in research at the Florey Institute. Her connection to both mentors has been amazing, but with Georgia Eleftheriou it was an extra special connection, they clicked from the get go and hope to continue their mentoring relationship in 2023 when the program begins again. Due to the way she has interacted with both her mentors, Ashlee has been awarded the Mentee of the Year. Ashlee was also part of the In2science KBR Engineering/STEM Professional program where she got to chat to industry professionals about careers in STEM.

On December 14 she traveled to Melbourne with her family to accept the Award and got to meet her eMentor in person. She was presented with the Award by The Hon Jon Brumby (ex Premier of Victoria) and Chair of In2science.

Ashlee was over the moon and very excited, as was her family. When Ashlee met Georgia face to face for the first time, they were like long lost friends catching up with each other, they didn't stop chatting the whole night.

There are about 3,500 students across Victoria participating in the program so for Ashlee to get nominated and win the Award is pretty exciting. She follows in the footsteps of Imogen Quilty, Maddy Baumanis (finalists in 2017), Annabel Martinac, winner 2019.

So Galen students have really thrown themselves into the program over the years.







**Galen**  
Catholic College

## Main Office & Term 1 2022 Dates

- Last day school office is open Thursday 16th December
- School office reopens Monday 17th January 2022
- Year 7 students commence Tuesday 1st Feb
- All other students commence Wednesday 2nd Feb

## Midford Uniform Shop Holiday Trading Hours

- Open Monday to Friday from January 10 (9am to 4pm)
- Closed for Australia Day Public Holiday (Wed 26th January)

**Normal trading hours resume on Thursday 27th January 2022.**

- Tuesday 9am to 5pm & Thursday 8am to 4pm during school term.

Shop online at: <https://MidfordBooking.as.me/GalenCatholicCollege> and collect when the shop is next open.

## Secondhand Uniform Shop Holiday Trading Hours

- Open every Thursday from January 13 (8.30am to 4.30pm)

Shop online at: <https://bit.ly/3DB3EHZ> and collect your order when the shop is next open.

# Secondhand Textbooks

As you prepare for your Headstart classes and the 2022 school year,  
make sure you visit the Sustainable School Shop  
for secondhand text book trading at:

[www.galen.vic.edu.au/secondhand-textbooks-sustainable-school-shop](http://www.galen.vic.edu.au/secondhand-textbooks-sustainable-school-shop)

Please note, that there is no expectation to have text books ready for our Headstart program.



# Proud to be Galen

The Principal of Galen Catholic College wishes to congratulate the staff and students on their outstanding achievements in 2021



- First year of our new Vertical House groups where each child has an assigned Homeroom Mentor to follow each student through from Year 7 to 12
- Development of new bus stop, now located within the school grounds and parent drop pick up and drop off zone
- Approval of plans for stadium expansion and new onsite Performing Arts Centre
- Social Media expert Kirra Pendergast supported students, staff and parents with strategies on how to protect young people online
- Delivery of the Men of Honour program by Glen Gerreyn for our male students and their role models to discuss and tackle challenges facing young men
- Two year level cohorts at Galen have now completed the Teen to Teen Mental Health First Aid training
- Continuation of popular weekly free Breakfast club available to all students
- Golden Wattle Seeds in Space program
- Galen VCE student artwork exhibited in 'Showcase 2021' at Benalla Art Gallery

## Thank you from a grateful soon-to-be-retired Principal

Thank you, Galen community, for the privilege of being Principal at this great school for the past 12 years. Galen has experienced a period of enormous growth, both in numbers and in facilities, over that time and I leave with a sense of deep gratitude for being a part of such a dynamic, committed and future-oriented school community. There was always support from the Board, from the parish leaders, from the Catholic Education Office, from an extraordinary list of school leaders within Galen, from the staff, students and parents. The Galen community will always hold pride of place in my heart. Go well! - **Bernard Neal**



[www.galen.vic.edu.au](http://www.galen.vic.edu.au)



**Galen**  
Catholic College

## 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
- Kylie Quin: Senior School Leader
- Jonas Anderberg: Junior School Leader
- Daniel Armitage: Professional Learning Leader
- Noelia Araya: Acting Human Resources Leader
- Sara Korman: Innovative Curriculum Design Leader
- Tess Barnard: Executive Assistant to the Principal
- Beth Code: Staff Representative
- Anthony Batters: Director of Staffing

### Advisory Council

- Fr. Nathan Verallo & Fr. Shibu Pezhumthottathil: Co-Pastoral Leaders
- Colin McClounan: Advisory Council Chair
- Bernard Neal: 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 - AnnMaree Christian
- Secretary - Interim Cathryn Carboon / Louine Robinson
- Treasurer - Kim Saunders

The Parents Association can be contacted via email: [gpa@galen.vic.edu.au](mailto: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](mailto: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](mailto:malcolm.webster@galen.vic.edu.au)



**Galen Catholic College**

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# Mind Mental Health and Wellbeing Hubs

## Information for referrers



The Victorian Government has funded community mental health services to meet the increased demand for mental health support resulting from the stressors and concerns of the COVID-19 pandemic.

The **Mental Health and Wellbeing Hubs** aim to relieve pressure on existing specialist and general practice services by using community health and non-government mental health and wellbeing support organisations. Mind Australia will be operating seven Mental Health and Wellbeing Hubs to complement clinical interventions and treatment by actively supporting the recovery of people with emerging or existing mental ill health.

### Who is this service for?

The Mental Health and Wellbeing Hubs will be available to all Victorians of all ages who have symptoms of psychological distress and mental ill health. It is expected that this will include people who do not meet the threshold for tertiary support from Area Mental Health Services.

### What support will be offered?

The Mental Health and Wellbeing Hubs will provide a mix of telehealth and face-to-face support, and support for families and carers.

The support will be focused on quick, effective responses to alleviate distress. This could be intensive support for a very short period (less than one week) or up to a couple of months.

### Where will the service be located?

These services are currently available through telehealth. The full service offering will be in place by the end of November, involving a blend of mobile outreach, walk-in locations and online delivery. Mind is securing opportunities to co-locate with existing services across each catchment to build a physical 'pop up' presence in the areas where there is demand and in line with COVID-19 restrictions.

### Access and Referrals

Mind is building targeted referral pathways with existing providers to relieve the demand on their services. These providers can send enquiries and referrals directly to Mind Mental Health and Wellbeing Hubs via email: [mentalhealthhubs@mindaustralia.org.au](mailto:mentalhealthhubs@mindaustralia.org.au)

Initial calls for support from consumers will go through the Partners in Wellbeing helpline: **1300 375 330**.

Partners in Wellbeing staff will complete an initial discussion about support needs and provide a referral to Mind Mental Health and Wellbeing Hubs.







Developed by Beyond Blue and delivered by Wellways, NewAccess is a free mental health coaching program for anyone who feels stressed, anxious, or overwhelmed about everyday life challenges, such as work, study, relationships, health and loneliness.

If this sounds like you or someone you know, please call

**1300 921 535**

NewAccess provides a FREE and CONFIDENTIAL Mental Health Support.

Work alongside a local coach to identify practical skills and problem-solving strategies tailored to your current needs.

**NewAccess is available for people 16+, not currently accessing psychological supports and living in the Wodonga, Wangaratta, Indigo, Mansfield, Alpine or Towong Shires.**

- ✓ It's free, so no out of pocket costs!
- ✓ No referrals necessary. Call direct
- ✓ Available via phone, video call or face to face
- ✓ No long waitlists
- ✓ Up to six structured sessions if the program is the right fit for you
- ✓ Support to link in with alternate services as needed

Reach out today, don't downplay what's playing on your mind, a local coach is here to listen and support you.

For more information, please contact us:

Phone: 1300 921 535

Web Enquiry Form: <https://www.wellways.org/newaccess>







Rural City of  
**Wangaratta**

Summer in the Parks *presents*

# New Years Eve 2021

Wangaratta Showgrounds

Friday 31 December | 6pm-Midnight

Live  
Music

Fireworks

Family  
Fun

Food  
Trucks

VIP Youth  
Chill Zone

Free  
Event

For more information visit  
[wangaratta.vic.gov.au/sitp](http://wangaratta.vic.gov.au/sitp)

Proof of vaccination required upon entry | Licensed event – strictly no BYO alcohol









# ARTIST IN RESIDENCE 2022

## EXPRESSIONS OF INTEREST

Catholic Education Sandhurst Limited (CES Ltd) are seeking applications from passionate artists experienced in Media, Visual Arts or Performing Arts to become part of our preferred suppliers for the **Artist in Residence Program** in our schools.

-  inspire students to engage in processes of art-thinking and art-making
-  develop the capacity of school based Arts teachers
-  foster a generation of art makers and consumers
-  share artmaking skills and techniques

### As a contractor:

- you will be engaged directly by the school to work with our students as required
- have experience working with children and demonstrate an understanding of child safety obligations
- demonstrate exceptional communication skills
- hold or be willing to acquire a Working with Children Check
- demonstrate a commitment to promoting the safety, wellbeing and inclusion of all children
- have their own ABN and ability to invoice
- hold professional indemnity and public liability insurance

Contractors will be paid a generous daily amount to compensate artists for their class time, accommodation, transport and meals.

The artist will collaborate with the school prior to attending to ensure the relevant materials are provided for the project.

## HOW TO APPLY

Please provide a copy of your CV with examples of your artistic work to [applications@ceosand.catholic.edu.au](mailto:applications@ceosand.catholic.edu.au) by Friday 25 February 2022

*Sandhurst schools are committed to promoting the safety, wellbeing and inclusion of all children. CES Ltd embrace diversity and social inclusion and encourage people from diverse backgrounds to apply.*

## FOR MORE INFORMATION

CLAIRE SPINELLI

Education Officer: The Arts

M: 0407 721 088

E: [cspinelli@ceosand.catholic.edu.au](mailto:cspinelli@ceosand.catholic.edu.au)