

FROM THE PRINCIPAL – Mr Peter Riordan

This week we are coming to the end of our Lenten journey. On Easter Sunday, Christians celebrate the resurrection of Jesus Christ from the dead. For Catholics, Easter Sunday comes at the end of 40 days of prayer, fasting and almsgiving. Together, we will celebrate our belief that, beyond all expectations, God raised Jesus from the dead. Love and life have triumphed over evil and death. Christ is risen!

On our final day of Term 1, our whole school community gathered at St Mary Star of the Sea for The Stations of the Cross. Year 7-12 students and staff lead by Fr Anthony, our College Chaplain, were able to reflect on the 14 Stations of the Cross and to contemplate the Passion of our Lord and Saviour Jesus Christ.

Simonds Catholic College continues to quickly regain the momentum of school life prior to 2020. Our Year 7 Camp at Camp Toolangi was a great success, with many of our newest students forging new friendships, and experiencing outdoor recreational activities they had not experienced before.

I thank all those parents who were able to attend our recent Parent Teacher Interviews, held on the 24 March. There is no doubt that Parent Teacher meetings held using Microsoft Teams ensure a very efficient and structured evening, and interestingly this would seem to be a genuinely positive outcome that we can take out of the events of 2020.

On Wednesday 31 March, the ACC Swimming Carnival was held at MSAC in South Melbourne, where our ACC Swimming Team performed very well in Division 2, with fine performances from many of our swimmers. It has been particularly encouraging to observe the number of students representing the College with great pride in our two major carnivals this term, in the ACC Athletics and ACC Swimming Carnivals.

I am sure many students and staff are feeling quite fatigued at the end of Term 1, as together we have returned to a much more normal school life in 2021 and made the necessary adjustments that a busy and vibrant term brings.

break open the tomb

Lord of Easter's Promise,

I live in faith of the Resurrection, but such is the nature of my faith that so much of me remains entombed. Break open the tomb.

Where I've buried my compassion, break open the tomb.

Where I've buried my sense of mercy, break open the tomb.

Where I've buried my humility, break open the tomb.

Where I've buried my humanity, break open the tomb.

Where I've buried my love for my Heavenly Father, break open the tomb.

Where I've buried my sense of joy, break open the tomb.

Where I've buried my willingness to forgive, break open the tomb.

Lord, in you I've found Savior no grave can withstand. Help me to roll away this stone And find the miracle of new life. That I may live more fully in your saving grace

amen



Photo by Oscar Leiva/Silverlight for C...

May all families have a very safe and relaxing holiday, ready to embrace all that Term 2 will bring on the return of classes on Tuesday 20 April 2021.

Yours sincerely



Mr Peter Riordan
Principal | Simonds Catholic College

SCHOOL UNIFORM

We are confident that as parents you understand the role the school uniform plays in immediately identifying a student as a member of the school community. I ask for your support in ensuring that your son has all the necessary uniform items and that these are worn correctly and with purpose and pride. This applies from leaving home in the morning to returning in the afternoon.

Staff members have been asked to be vigilant and pay close attention to boys' attire and to not allow anyone into class who is not wearing the uniform correctly. If your son comes to school without a part of their uniform they are to report to their Year Level Coordinator before 8.30am for a [Uniform Pass](#).

The requirements for wearing the uniform can be found on the school website and in your son's diary, and we would ask that you please keep these requirements in mind throughout the year as your son dresses for school.



The formal uniform consists of

- Simonds blazer
- Simonds tie
- College grey trousers
- White, long sleeve shirt
- (Optional) Simonds pullover
- Grey socks
- Black leather, lace-up school shoes.

The alternative summer uniform (optional for Term 1 and 4) consists of

- Short sleeve, open neck shirt with school logo
- Grey shorts with grey walk socks.

Students do not have to wear the blazer during classes. However, when coming to and leaving from school students must be wearing an item of uniform that clearly displays the school crest; this can either be the blazer or the short sleeve shirt.

PLEASE NOTE THAT THE FORMAL SCHOOL UNIFORM IS REQUIRED FROM THE BEGINNING OF TERM 2.

Mrs H Koutoulogenis
Deputy Principal (Learning & Teaching) | Head of St Mary's Campus

Do you know that we have a Facebook and Instagram page?

FOLLOW US ON SOCIAL MEDIA TO SEE THE SCHOOL IN ACTION.

There's a lot of information on our school website too, including a link to PAM.



FACEBOOK



<https://www.facebook.com/SimondsCC/>

INSTAGRAM



https://www.instagram.com/simonds_catholic_college/

WEBSITE



<https://www.sccmelb.catholic.edu.au>

Camps, Sport and Excursions Fund (CSEF) 2021

I am pleased to announce that the Victorian State Government is again offering the \$225 financial assistance to students aimed at ensuring all students can partake in school camps, trips and sporting events. Families holding a valid concession card are eligible to apply. Please note that if you have applied for this funding in 2020 you do not need to re-apply, Simonds College can re-apply on your behalf. If you have not applied in the past or if you have a second son who has started with Simonds this year you are required to complete an application.

Application forms are available at both campuses or online at:
<https://www.education.vic.gov.au/about/programs/Pages/csef.aspx>

Application forms should be returned to Simonds Catholic College. We shall lodge the application on your behalf and upon the funds being received from the Victorian Government we shall credit the CSEF funds against your School Fees.

Mr H Rayner
Business Manager

Food Studies

Food Studies at Simonds is designed to give the students the key knowledge and skills that would make them successful in VCE. Along the way we develop life skills and knowledge that allow our students to become well rounded and develop into everything they can be. Students do practical most weeks, and this is interwoven with a theory component.

All students start off the year with Ongaard training, a series of online modules that are designed give the students the skills to be safe in the Kitchen. The focus of the year is outlined below for each year level.

- Year 7 – Food Safety and Hygiene
- Year 9 – The multicultural influence on Australian Cuisine
- Year 10 – Food Choices and Healthy Eating.

All students are encouraged to try everything, give it a go and see what they think. They are encouraged to come into the Kitchen with an open mind and desire to try things that they normally would not. If you watch our social media pages you'll often see pictures of our boys in action and copies of the recipes they make.

Students are also required to bring a container to their Food Studies Lessons.

Mr A Houghton
Food Studies Teacher

Magic Easter Muffins



INGREDIENTS

1½ cups self raising flour

½ cup soft brown sugar

1 egg

60 g butter melted & cooled

½ cup milk

*6 caramel filled miniature
chocolate eggs (or Rolo's)*

icing sugar for dusting



METHOD

1. Pre-heat oven to 180 degrees Celsius.
Lightly grease a muffin tray.
2. Sift flour into large bowl and stir in brown sugar.
3. Whisk together egg, milk and cooled, melted butter
4. Stir liquid ingredients into dry ingredients and mix until smooth and combined.
5. Divide the mixture in half and set one half aside.
6. Evenly distribute one half of mixture into muffin tray.
7. Place choc egg upright in the centre of each muffin.
Spoon remaining mixture over each egg.
8. Bake muffins for 15-20 minutes until golden brown.
9. When muffins are cooked, allow to stand in the tin for 5 minutes before turning onto a wire rack to cool.
10. Lightly dust with icing sugar.



Do not bite into the muffins while they are still hot because the liquid caramel will burn your mouth.

MR. A HOUGHTON
FOOD STUDIES TEACHER





Readers' Corner

A place where we pay homage to books and the pastime of reading.

Dear students and families, it's wonderful to have the full return of the REP program at years 7 to 9. Special mention to the following students who have made a great start to REP

| | | | |
|-----------------------------------|---------------------------------------|----------------------------------|---------------------------------|
| Daniel Biar 16 passed quizzes | Maximilian Moscicki 10 passed quizzes | Elijah Macapolo 5 passed quizzes | Emmanuel Madut 4 passed quizzes |
| Vincent Vu 14 passed quizzes | Jack Nguyen 8 passed quizzes | Triston Lloyd 4 passed quizzes | Achol Achol 4 passed quizzes |
| Oliver Beaumont 12 passed quizzes | Tomas Gebrehiwot 6 passed quizzes | Kenshin Mina 4 passed quizzes | Louie Delfin 4 passed quizzes |
| Christiano Thai 11 passed quizzes | Lochlan Mahony 6 passed quizzes | Agok Makur 4 passed quizzes | Aden Nguyen 4 passed quizzes |
| Brandon Pham 11 passed quizzes | Burhan Kassab 5 passed quizzes | Matthew Zurzolo 4 passed quizzes | |

What can parents do?

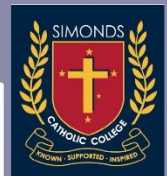
Parents can help their son to read by:

- Providing their son with a quiet environment away from screens. A routine is also very helpful and reading is a great thing to do for an hour before sleep – unlike screen time.
- Discussing books with their son, or reading books he's into.
- Encouraging and celebrating his reading successes.

You can access their reading records at <https://auhosed4.renlearn.com.au/1457087/HomeConnect/>. Use your son's REP log in details (he knows them) and keep up to date with what books he has read and what quiz results he's had.



Students enjoying a balmy Autumn in REP classes





Joshua Sridar (yr 7)

*The Book that Blew me
Away:
Percy Jackson - The Lightning
Thief
by Rick Riordan*



Percy Jackson is a remarkable story about a Greek boy who is 12 years old. He lives a normal grade six life but early in the book he learns that he is a Greek demigod.

He goes on a lot of action-packed adventures that are based around Greek philosophy. Throughout the book and series Percy Jackson has a lot of character changes. I really enjoyed the book because the main character is about the same age as me and was easy to relate to, and because I became so interested in Greek mythology.

The writing is so descriptive it was like a movie was playing in your head. The plot will blow you away, the first book was so good I had to continue reading the series.

Once you start reading it, it will be hard to stop reading. It is also interesting if you are interested in Greek gods, even if you don't it can teach you about Greek philosophy. I would recommend Percy Jackson to someone who liked and read Heroes of Olympus.

Overall Rating:



Will Archibald (yr 7)

*The Book that Blew me
Away:
My Friend the Enemy -
by Dan Smith*



My Friend the Enemy is an action-packed story of Peter, a 12-year-old boy living in an English country village at the time of World War 2 whose father is away fighting.

Peter must look after his mother and be the man of the household, but his adventures tend to take him away from his responsibilities. Peter's decisions are influenced and changed by Kim, a girl that he meets who is not afraid to take any risks and he tries to prove that he is not scared or afraid to take risks like her.

I chose this book when I saw that it involved stories and experiences of people during war time and after reading only a few chapters, I was hooked.

My Friend the Enemy helped me to escape my ordinary 21st century life and always kept me interested. Recommended for anyone who has enjoyed the Once series by Morris Gleitzman.

Overall Rating





This year, despite the brief 5 day lockdown, has seen the two Simonds campuses return to the vital and vibrant places they should be. Boys are, on the whole, much happier to be at school. Their friendships are more easily maintained and their interactions with teachers seem to be more streamlined. I am often struck by the physicality of boys, how they love volleyball and basketball and will play as long as they can. It is a very good school that needs to send students home long after the bell has gone as they play on as long as they can. This is real connection to school, although they are less keen when staying back is due to detention or completion of schoolwork!

Lock down took away two very important things that teenagers need. Teenagers benefit greatly from routine and structure. At a time when their own sense of self is not always strong, knowing what is happening each day and having a clear understanding of what is expected is reassuring and helps keep them focused. Getting up at a time early enough to get ready for school, catch public transport and be in class for role call by a certain time means that boys have been awake for at least an hour and a half before they commence their classes. The movement to school means that their energy levels are up for period one – as opposed to rolling out of bed a few minutes before on line learning starts. This energy should last till recess so long as they have eaten breakfast (which many, alarmingly, do not). I am often talking to boys about how regular and nutritious meals and regular exercise actually contribute to brain function, mood and focus. A good daily routine will ensure optimal energy and focus for the day.

Sleep routine is also a crucial aspect of the boys' wellbeing. As hard as it is to get them off their screens, boys of their age need 9 ½ hours sleep each night so that they can get their 5 sleep cycles. There should be one hour before bed time that is screen free, as the blue light of screens interferes with getting to sleep. Setting limits on devices is critical for proper sleep, and too often I see boys who are overtired and lacking in energy who admit to being on phones well past midnight. If this is your son, have a fixed and inflexible rule that the phone is taken away at 9.00, bed at 10 and sleep till 7.30. This allows good routine and will put boys in the best position to be at their productive best the next day. If he says he needs it for the alarm, agree to allow it in the room only until he is caught using it and then buy an alarm clock! And it's really important to check that the rules are being followed.

Between the routine of getting up for school, eating 3 square meals, sleeping 9 ½ hours at night and regular exercise, with strict rules around devices, you are doing what your son needs. He may complain, but the safety and structure of rules is what he most needs until his frontal lobe has reached maturity. I like to think of parents as the young person's frontal lobe whilst theirs is under construction! We need to impose the discipline until they are able to develop the self discipline so needed in having a successful future.

Have a great Easter,

Ms A Dunell

Coordinator of Student Wellbeing / Psychologist

Term 2 Calendar

| | |
|--------------------------|---|
| Mon 19 April | Staff Professional Development (no classes) |
| Tues 20 April | Term 2 commences for all Students |
| Tues 27 April | Year 8 @ 1000 Steps |
| Tues 27 April – 30 April | Year 9 Hiking Camp at Mt Baw Baw |
| Tues 11 – Thurs 13 May | NAPLAN Testing for Year 7&9 |
| Thurs 13 May | College Advisory Council Meeting |
| Fri 14 May | Simonds Day (Mass and Celebrations) |
| Thurs 20 May | Year 10 Vaccinations |
| Wed 9 June | General Achievement Test (GAT) |
| Mon 14 June | Queens Birthday (Public Holiday – no classes) |
| Fri 25 June | Final Day of Term 2 |

Community News



ST Margaret Mary's Primary **2021 OPEN DAYS**

Thursday 18th March 9-11am & 4-6pm

Thursday 29th April 9-11am

Thursday 3rd June 9-11am

47-49 Mitchell St, Brunswick North
Ph: (03) 9383 6699

www.smmbrunswicknth.catholic.edu.au



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TOP 10%
OF THE STATE



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PROGRAMS FOR BOYS IN ACTION**

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St Brigid's 10-12 Campus | 20 York St, FITZROY NORTH