

This Lent may Project Compassion remind us all to be good stewards of the earth and care for our environment on which all life depends.

*Archbishop Adrian L Doyle  
Chair, Caritas Australia*

## From the Principal:

Over the past weeks, at Senior and Middle School Assemblies as well as House Assemblies, something exciting is evident at the College... we are experiencing a new level of student voice. At Middle School as well as at Senior School, at House and Year Level as well as at full College assemblies, we have been witnessed new teams of student representatives pledge their leadership commitment and then lead these gathering activities. Later this week we will celebrate the commitment of several Senior students as they graduate in the Mater Christi College Leadership Skills Certificate program.

I congratulate all these students who have begun this year's College leadership journey with such enthusiasm and energy. It is an essential component of our education process to provide opportunities for young people to prepare for future roles as leaders, learners and advocates, working to "contribute freely and actively in the affairs of society".

And so it was that at the first College Assembly for 2009, College Captains Georgie Stokel and Rachel Smith offered the following tips for inspiration:

"....Now is the perfect time to assess what we want to get out of 2009 and what this year will mean to us....Let's work on turning ideas into goals..."

- Set goals from which you can gain satisfaction – giving something to others will give you satisfaction; it will make you feel good.
- Question things: this is related to 'treading lightly'. It means you ask questions that can change

your approach to life and that is truly important.

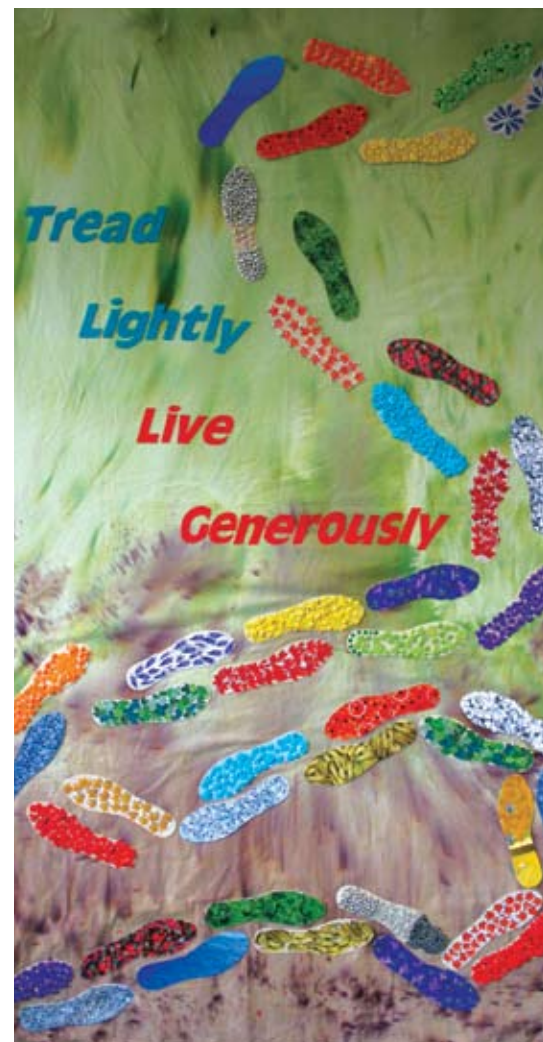
- Invest your time and energy in your most precious relationships: This simply means the giving generously of your time, yourself and your energy into making your relationships work.
- Control what you can but understand that you cannot control everything. Take charge of something you have a passion or a natural aptitude for and give it your all. This is bound to be a positive step towards treading lightly or living generously because it means you are giving it a go

What we are really trying to say is although you are here at school you still need to be happy. For some it might be hard to think that school and happiness can exist in the same sentence, but it is important to realise that you waste a lot of energy fighting against something you cannot change rather than accepting it as it is and enjoying it while you can. While trying to incorporate the example to tread lightly and live generously in all aspects of your life, you can achieve a sense of fulfilment and happiness by contributing to the positive feelings of the people around you. " College Captains' Address, 11 February, 2009.

I commend the efforts of our student leaders thus far. Together we seek to be a community that "treads lightly, lives generously". May these efforts be richly reflected by generous contributions to Project Compassion in the final weeks of term.

Let us remember especially in our prayers the families of Binh Vuong, following the death of her grandmother and Genna & Melanie Stott following the death of their grandfather. We thank God for the safe arrival of Liam James Glover to Tim (staff member) and Kerryn Glover.

*Mary Fitz-Gerald Principal*



## Airshow Experience



Five Year 10 students recently attended the International Avalon Airshow.

We heard many speakers from different areas of the Aviation Industry. The most interesting speaker was Andrew Thomas, the famous Australian Astronaut who has travelled into space four times and to the moon. After lunch we explored the

Expo and the many aircrafts on show. It was an amazing experience and would like to thank Mrs Andy Donnelly and Mrs Amanda Bischoff-Foster for organising and supporting the event for us.

**Brydie Murphy and Alexandra Usatoff**

## Knox City Council Active Girls Breakfast

Last week a group of Year 9 and 10 students participated in the Knox City Council Active Girl's Breakfast.

Mary Bluett was the MC and the presenters included two Olympians, Madeleine Hogan, bronze medal winner at the 2008 Beijing Paralympics in Javelin and Catherine Arlove, a triple Olympic Judo competitor who holds more than 16 national titles. Also on our table was Renae Hallinan, a former Mater Christi student who plays for the Melbourne Vixens Netball Team.

We asked questions of the athletes after the presentations and enjoyed thorough and interesting answers. There was also a raffle for each table and Carla Bast won a sports towel, Stephanie Murray won a yoga mat and Ashlee Holmes won a \$50 Gift Voucher from Rebel Sport.

We were inspired and what we heard and thank Mrs Phillips and Ms McLellan for the opportunity.

**Carla Bast and Amelia Finnegan**

## Pathways Profile Bronte Shaw

I am currently studying Intermediate VCAL at Year 11 and completing a School Based Apprenticeship in hairdressing. This involves studying hairdressing at Biba Academy Fitzroy every Wednesday and working in a great salon called Kubochi in The Basin every Friday.

I am really enjoying being at school, working and going to TAFE at the same time as I feel it gives me a good insight into work life.

**Bronte Shaw Year 11**



## Progress Statement and Progress Notification

All students will receive a Progress Statement in the mail in the first week of the term holidays. This statement will summarise the student's progress during the term, and provide a reference point for the Progress Meetings scheduled for the first and second weeks of Term 2. In addition we encourage students to continually discuss the subject matter, assessment tasks and learning experiences with parents. This approach will help to promote a close relationship between home and the school.

Occasionally teachers may deem it appropriate to contact home directly in order to discuss a particular concern. This may be via the student planner, a phone call or through a Progress Notification.

The Progress Notification is used in exceptional circumstances to address issues affecting learning such as failure to submit work or being consistently unprepared for class. Progress Notification is emailed if parents have supplied an email address, otherwise it is posted. Parents are also requested to acknowledge receipt of a Progress Notification by telephoning Student Services. Parents are encouraged to discuss the reason for the notification with their daughter so its purpose is reinforced.

**Tony Kolb Director of Curriculum**



## Shoes... Health advice

The College Uniform Policy currently requires girls to wear "Black leather school shoes (no slip on styles)" Most students wear lace ups, T Bars or shoes with a buckled instep strap.

Some, however, do wear soft ballet slipper types of shoes with minimal or no firm fastening or shoes with broken buckles. This is a problem!

The College has recently sought advice from Catholic Church Insurances Risk Management Division about suitable shoe types for the school environment. Below is a summary of the advice received.

- For 5 days a week, approximately 40 hours per week, student feet are enclosed in shoes. Without the correct support many foot and lower limb problems will occur later in life. Students who do not wear their shoes correctly are more at risk of trips and falls and the ramifications could be anything from bruising and scratches to a broken limb.
- Some of today's footwear does not

have a supportive construction. Students choose styles according to trends and peer pressure without consideration of safety and health issues.

Appropriate school footwear should have the following features:

- A shank (hidden support under the arch)... if it bends in the middle it does not have a shank... to prevent shock damage to the spine
- A firm heel to support the rear of the shoe to stabilize the ankle joint
- Be made of natural materials so the shoe will breathe
- Be of appropriate width and length... particularly in the toe box
- Should bend at the point where the child's foot bends when walking (ie the ball of the foot)
- Fasten firmly at all times

In view of these safety and developmental issues the College strongly recommends that black leather **lace up** shoes be the

shoes to be worn with the Mater Christi College uniform. If you are purchasing new shoes this year, we suggest that you purchase lace ups.

Our College has many internal and external steps to access the learning and recreation spaces. In addition, many girls study Science, Food Technology and Photography where they use materials and equipment that require their feet to be covered as much as possible for safety and hygiene reasons.

T-Bar shoes and buckled instep strap shoes are satisfactory if worn fastened at all times. Lace-up shoes, done up, are even more secure and provide greater foot support and coverage. T-Bars and buckled instep strap school shoes will remain on the uniform list provided girls can demonstrate that they are worn properly.

We understand that shoes are an expensive item but we hope that parents will work with us to ensure that we have a safer outcome for our girls.

Mary Close Deputy Principal – Welfare

## VCAL News

The VCAL Personal Development Class is currently completing a RACV Transmission Project. We are looking at the issue of Drink / Driving. The project involves producing and submitting a storyboard, production design and research around the theme. The winner of this competition will have their advertisement professionally made and screened on Channel 7 as a Community Service Announcement. We are working towards getting through the first round submission in late April.

Rachel Bourke, Samantha Currie, Imogen Geikowski, Megan O'Brien, Paige Richardson, Bronte Shaw and Sarah Terry.



## Where next?

In the first of a series of events for Year 12 students, speakers from RMIT University presented an overview of their courses/options. They also created a picture of "life as a university student".

These events are designed to assist the girls make informed choices as well as provide motivation for their VCE studies.

Andy Donnelly Careers Co-ordinator

Become active in Earth Hour to contribute to the preservation of our global environment. This year, Earth Hour has been transformed into the world's first global election, between Earth and Global Warming. On March 28 at 8.30pm you can VOTE EARTH by switching off your lights for one hour. Or you can vote Global Warming by leaving your lights on!

The results of the election are being presented at the Global Climate Change Conference in Copenhagen 2009. We want one billion votes for Earth, to tell world leaders that we have to take action against global warming.

So get active and flick the switch to start your journey into fighting the effects of Global Warming. Vote now at [www.earthhourau.org/](http://www.earthhourau.org/)

Cassie Schill Environment Captain

### Cancer Foundation Initiative

My family, friends and I participated in the charity event, Relay for Life. Our team was 'Team Schmidt'. Relay for Life is a 24-hour relay to raise money for the Cancer Foundation. Among us were people who have battled with cancer or families who have had people die from cancer. Throughout the night we walked or ran around Acoonah Park, with our team batten, counting our laps. It was a cold and long night. Approximately \$197,000 has been raised. We are still collecting donations, so if you would like to contribute, place the money in an envelope with your name and address so that I can make a receipt for you.

For further information, please contact Mr Zito on 9757 0875 or [zito\\_l@materchristi.edu.au](mailto:zito_l@materchristi.edu.au) or you can visit the website <http://vic.relayforlife.org.au> to find more about it. Your support would be greatly appreciated.

Samantha Currie  
Year 11



### Monash University

#### Faculty Seminar Series for Prospective Students

What: Arts & Humanities  
When: Wednesday 1 April  
Where: Clayton Campus

What: Science  
When: Tuesday 31 March  
Where: Clayton Campus

For more information and to book online  
[www.monash.edu.au/study/events](http://www.monash.edu.au/study/events)

### Warburton Harmony Festival

Opportunities to explore issues around Nature and Faith.

Events include Meditations, Taize Chanting and a forum for Interfaith Dialogue.

Program Details can be found at [www.harmonyfest.org](http://www.harmonyfest.org)

### Harrison Community Services Effective Parenting Program

A 6 session program to assist parents develop skills that support their adolescents' transition into adulthood whilst maintaining a sense of equilibrium within the family.

For further enquiries or to make a booking contact Stronger Families team on 9871 8700

### St. Jude's Youth Activities

St. Jude's Youth Mass:  
Sunday nights at 6:30pm  
St. Jude's Youth Band:

Rehearsals Every Monday night  
6:30pm - 8:00pm.

Junior Youth Group (Ages Grade 6 and above)

Friday 3rd of April 2009  
7pm - 8:30pm St. Jude's Parish Hall

Senior Youth Group (Ages 15 years and above)

Friday 27th of March 2009.  
7pm - 8:30pm St. Jude's Parish Hall

### Knox Deanery

The Youth of Knox are getting together! Got together, and it was awesome!!

The Spirit of World Youth Day was alive and kicking at our first gathering, with over 100 young guys and girls turning up!

Youth representatives from each parish in the Knox Deanery have come together to organize a big year of events for 2009! Our idea is to join together to build up a community of young people in Knox, have a great time and celebrate our Catholic faith!

The Knox Deanery Youth Ministry team is proud to present our youth gatherings in 2009. Look out for the coming event in March.

Youth Mass and gathering

Saturday May 30th

Deanery Day festival and fun!

For further details, phone Bronwyn Dean on 0417 112 692 or email [bronwyndean1988@gmail.com](mailto:bronwyndean1988@gmail.com)

### Important dates

Friday 27 March

Year 12 Formal

Saturday 28

Earth Hour 8:30 - 9:30 pm

Friday 3

Term 1 Concludes

Sunday 5

Daylight Savings Ends

Friday 10

Good Friday

Sunday 12

Easter Sunday

Monday 20

Term 2 Commences

### Canteen Roster

Monday 30 March

Frida Kassis

Tuesday 31

Ruth MacNab

Wednesday 1 April

**HELP NEEDED**

Thursday 2

Una Steele

Friday 3

Carolyn Mitchell

Monday 20 April

Nicky Turner, Frida Kassis

Tuesday 21

Robyn Lynch, Kay Murray

Wednesday 22

Debbie Wills

Thursday 23

Bev Crawford

Friday 24

Sabrina Martenstyn

Monday 27

Frida Kassis

Tuesday 28

Monique Froude

Wednesday 29

Debbie Wills

Thursday 30

Brenda Felton

Friday 1 May

**HELP NEEDED**

More help is needed in the Canteen. If you can spare a few hours, it would be greatly appreciated. Phone 9757 0832