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ST THOMAS AQUINAS  
 COLLEGE

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# COLLEGE CHRONICLE

Tuesday 28th February 2023

## Word from the Principal

Dear Parents and Carers,

It is hard to believe that we are nearly at the half-way point of the term. There is much to celebrate, and I have enjoyed the various opportunities to meet many of you over the first part of this term.

Our Foundation students and Year 7 students have settled into the routine of life as a student of their respective sub schools and our senior students are meeting the expectations that were outlined at the commencement of our year. In these coming weeks, as they begin to consolidate their routines both at the College and at home please address with your children the importance of a regular homework routine – this needs to be balanced with other activities. However, it will be important for us to work together to ensure that each of our students is aspiring to be better. Please speak to your child's House Mentor or Classroom Teacher if you have any concerns or feel that some information needs to be shared.

Our students have begun preparations for this year's Inter-House Athletics Carnival. This is always a highlight of the term and our students work hard to create a positive and celebratory atmosphere. There is also a strong sense of competition and our students always strongly engage in the day. The College recognises the integral role that volunteers play, and is actively seeking your involvement in the Athletics carnival. I encourage all stakeholders to consider becoming involved in the day through our volunteer program. If you have any questions please do not hesitate to contact Liz Alexander or myself.

Work is well underway for the Annual Secondary Sub School Camps that will occur from the 3rd to the 5th of May. **The Camps, Sports and Excursion Fund (CSEF) is provided by the Victorian Government to assist eligible families in covering the costs of camps, sporting activities and excursions.** If you believe that you may be entitled to this fund, please complete the Application form available on the Parent Lounge or collect a form from the College office. This payment will be credited to your College fee account. The annual CSEF amount per student is \$225 for secondary school students and \$125 for primary school students.



It is the expectation that students attend the College dressed correctly in the full College uniform. A compulsory part of the uniform for Term 1 and 4 is a College Hat. These hats are now available at Noone Uniforms in Officer at a cost of \$17.50.

As we continue through the season of Lent, we continue to invite our community to embrace our College expectations and aspire to be better in all that we do. Lent is a time to challenge ourselves, to push beyond our comfort zones, and to aim for the highest ideals in ourselves and our faith journey. As we received the ashes on our foreheads last Wednesday, we are reminded of our mortality, but also of the infinite potential within us to live a life of humility, simplicity and modesty. Let us use this time to renew our commitment to be more faithful, to deepen our relationship with God, and to strive for the highest in ourselves and in those around us. May we approach this Lenten season with a sense of joy and anticipation, as we prepare ourselves to experience the fullness of God's grace and love at Easter.

God Bless,

*Kieran*

Kieran O'Dwyer  
 (Acting Principal)

### VIRTUE THIS WEEK

**GRATITUDE**

**Thankful disposition  
 of mind and heart**

### COLLECT - FIRST SUNDAY OF LENT

O God, who dost purify Thy Church by the yearly observance of forty days; grant to Thy household that what we strive to obtain from Thee by self denial, we may secure by good works. Through Our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.



Instaurare  
 omnia in  
 Christo  
 To restore all  
 things in  
 Christ

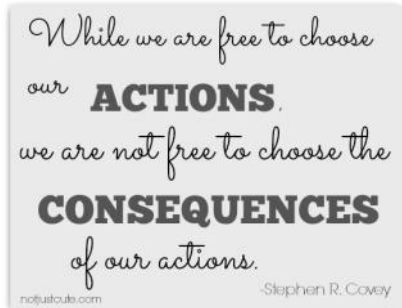
## From the Deputy Principal



### Positive Behaviour Support (Consequences) - Part 3

Dear Parents and Families,

Research has demonstrated that positive behaviour support is significantly effective in minimising and managing challenging behaviours in the classroom. It reduces stress, frees up much-needed time for teaching, improves overall student behaviours and creates better classroom cultures.



This week we will explore the second Universal of Positive Behaviour Support, **Consequences**. Consequences are a result of our own choices. A consequence can be likened to a vehicle travelling along the road to a destination.

A College wide approach to using consequences creates a predictable, consistent, positive environment for students. Consequences are outcomes that happen as a result of actions. Consequences can be employed either to encourage the behaviour to occur again or to discourage the behaviour from occurring again. When selecting consequences they should be logical, meaning that they directly relate to repairing the situation and to make restitution. Before using consequences it is vital that teaching, prompting and acknowledging expectations has occurred.

Effective consequences involve the following;

- Maintaining the dignity and psychological and physical safety of the students
- Being clear, fair and consistent
- Assisting students to become aware of the impact of the behaviour on others
- Building the capacity and ability of students to utilise social and emotional learning skills
- Using negotiation strategies to come to a joint decision and resolution
- Explicitly teaching, modelling demonstrating, practising and reviewing expectations and consequences
- Applying natural and logical consequences for all behaviour
- Focusing on teachable moments
- Using a restorative approach focused on re-establishing positive relationships
- Being gradually progressive, related to the seriousness and repetition of behaviour
- Documenting and recording incidents, issues and agreed outcomes, following up within a reasonable timeframe.

It is important not to confuse consequences with punishments. Punishments are done to the student, and not necessarily used to help the students. Punishments can be used with the intent to pay back and at times inflict misery with the belief that the pain will influence the students to avoid repeating the behaviour that landed them in trouble. If we are dealing with students who face multiple difficulties it is impossible to punish them more than life itself already has, which is why punishment is not a sustainable or effective approach.

The way a consequence is implemented can be more important than the consequence itself in determining its effectiveness. Consequences are best enacted calmly, privately, and with the utmost dignity. A wellbeing and discipline model should focus on teaching and learning rather than retribution or punishment.

God bless,

*David*

David Williams  
**Acting Deputy Principal**

**Primary**

**GENEROSITY**

Eli Taveira, Sophia MacDonald  
Scarlett Autheman, Angela Phillips  
Lola Collins, Philomena Ward  
Brennan Hayward  
Louis Nivet  
Matthew MacDonald

**RESPECT**

Raphael Sprowell, Gabrielle Sprowell  
Monica Sorial, Patrick Hardiman  
Luis Obrador, Maria Falts  
Gemma Higgins, Scarlett Attard  
Christopher Freriks, Helena Soefting  
Jack Lewis, Gemma Verleg  
Marina Sorial

**RESPONSIBILITY**

Luis Obrador, Olivia Fitzpatrick  
Noah Cleary, Patrick Davis  
Jack Lewis, Joshua Morgan

**INITIATIVE**

Maverick Friehe, Helena Soefting  
Samuel Soefting

**Secondary Girls**

**GENEROSITY**

Lauren Elliott, Faustina Hau Kautai  
Madeleine Hovens, Poppy Taveira  
Victoria Stevenage

**RESPECT**

Liola Hau Kautai, Maria Botrous  
Annette MacDonald  
Keve Perez-Melei  
Zuri Perez-Melei  
Josephine Soefting  
Judy Abraham, Emily Morgan  
Marina Maltby, Brianna Robinson  
Jessie Calnan

**PERSEVERANCE**

Isabelle Taylor, Emily Morgan  
Lauren Elliott

**RESPONSIBILITY**

Monique de Castella  
Marie-Estelle Hanney

**Secondary Boys**

**GENEROSITY**

Kerols Abraham, Gabriel Upston  
Thomas Ward, Orlando de Castella  
William Fahey, Sebastian Fahey  
Charles Upston, Joseph Morgan  
Immanuel Saldanha

**RESPECT**

Daniel Nivet, Thomas Ward  
Joseph Zaccari, Hugo Ward  
Sebastian Fahey

**PERSEVERANCE**

Joseph Hardiman  
Xavier Taveira

**RESPONSIBILITY**

Mark Obrador, Ignatius Attard  
Sebastian Fahey

**INITIATIVE**

Mark Obrador, William Fahey  
Sebastian Fahey, John Higgins



**FOOD FRIDAY**

Food Friday continues this year.  
Your donated non-perishable food items are distributed to families in our community. Your support is most appreciated.

Our next Food Friday is this Friday - 3rd March.

Please contact Mr Phil Robinson on 0407 925 720 should you have any enquiries.

**SECOND HAND UNIFORM SHOP**

The Uniform Shop is open Monday afternoons only from

**2:45pm - 3:30pm.**

You are welcome to call for an appointment or to check stock availability.

Michelle can be reached on 0468438404

Michelle also offers a Blazer re-braiding service, cuffs bound, hems, zips replaced, tears mended and repairs to wool jumpers.

Please also note the office no longer accepts items for re-sale therefore please drop at the shop on a Monday afternoon when Michelle is present.

**HATS FOR SECONDARY STUDENTS**

Hats are compulsory for Secondary Students to wear when outside during recess and lunch.

These are available through the Noone Uniform Shop in Officer and are priced at \$17.50

The hats are also worn for all outside sport.

# Easter Egg Guessing Competition



Lunch Times outside the Library Monday, Wednesday, and Friday

50c per guess.

## **WOODWIND AND STRING MUSIC LESSONS At ST THOMAS AQUINAS COLLEGE**

Flute, oboe, clarinet, saxophone, violin, and cello and guitar lessons are available at the College.

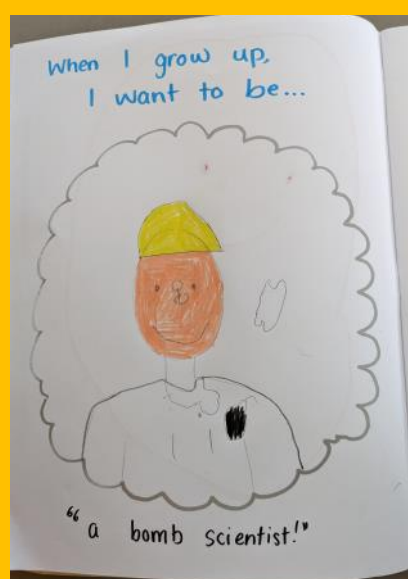
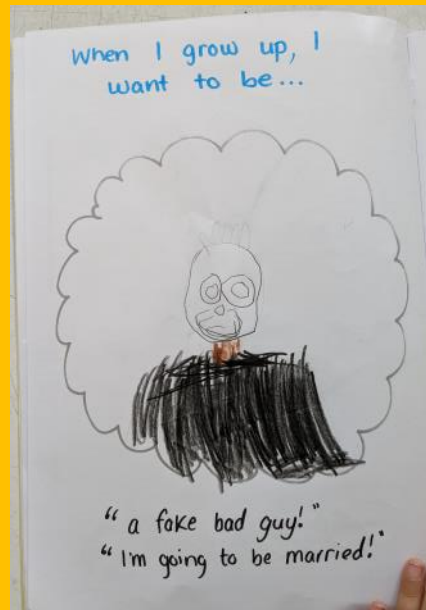
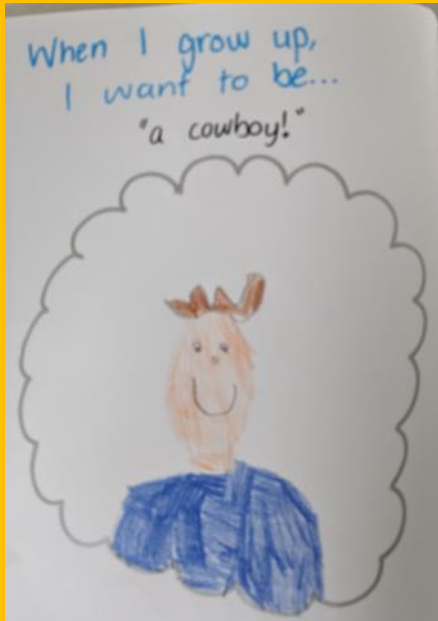
There are group lessons or private lessons available.

Group lessons are \$10 a week.

Private lessons of 20 min are \$19 and 30 min are \$28 per week.



# Our Foundation Class of 2023 produced these.



# St Gabriel of Our Lady of Sorrows

1838 - 1862

Saint Gabriel was born at Assisi in 1838. He was guided by Our Lady into the Passionist Order founded by Saint Paul of the Cross, and became a veritable Apostle of Her Sorrows. He was a very great and truly contemplative soul, whose only preoccupation was to unite himself to God at all times. He allowed no distractions to enter his spirit, and even though Italy, his country, was in a state of ferment when he entered religion, he wanted to know nothing of it.



spectacles of the earth." Among his resolutions was that of visiting Jesus in the Most Blessed Sacrament each day, and praying for the gift of a tender and efficacious devotion to His Most Holy Mother. He wrote a beautiful Credo, worthy to be printed in letters of gold, expressing all that he believed of the Mother of God.

At twenty-four years of age Saint Gabriel died of tuberculosis, having already attained heroic sanctity by a life of self-denial and great devotion to our Lord's Passion and the Compassion of His Mother.

The way to attain union with our Saviour and our God was, for Saint Gabriel, as for Saint Louis de Montfort, his Heavenly Mother. He wrote home to his father, from the first month of his noviciate, "Believe your son, whose heart is speaking by his lips; no, I would not exchange one single quarter of an hour spent near the Most Blessed Virgin Mary, our consolatrix, our protectress and our hope, for a year or several years spent in the diversions and

Although his life was without any miraculous event, after his death in 1862 many miracles occurred at his tomb in Isola di Gran Sasso, Italy. He was canonized by Pope Benedict XV in 1920, and his feast was extended to the entire church by Pope Pius XI in 1932. He is the patron of youth, and especially of young religious.

## 2023 CALENDAR

MON	TUES	WED	THURS	FRI
<b>27 Feb</b> 9am - Community Mass in College Chapel BACKUP Swimming 4/5	<b>28 Feb</b>	<b>1 Mar</b>	<b>2 Mar</b>	<b>3 Mar</b>
3:30 - 4:30pm Study Hall				<b>NO STUDY HALL</b>
<b>6 Mar</b> 9am - Community Mass in College Chapel Yr 12 Physics Excursion	<b>7 Mar</b> <b>St Thomas Aquinas Feast Day</b>	<b>8 Mar</b>	<b>9 Mar</b>	<b>10 Mar</b> <b>STUDENT FREE DAY</b>
3:30 - 4:30pm Study Hall				<b>NO STUDY HALL</b>
<b>13 Mar</b> <b>PUBLIC HOLIDAY</b>	<b>14 Mar</b>	<b>15 Mar</b> 2:00pm - Community Afternoon Tea	<b>16 Mar</b> <b>ATHLETICS DAY</b>	<b>17 Mar - St Patrick</b>
3:30 - 4:30pm Study Hall				<b>NO STUDY HALL</b>
<b>20 Mar</b> 9am - Community Mass in College Chapel	<b>21 Mar</b>	<b>22 Mar</b>	<b>23 Mar</b>	<b>24 Mar</b>
3:30 - 4:30pm Study Hall				<b>NO STUDY HALL</b>

### OFFICE HOURS

8:15am - 3:30pm  
MONDAY - FRIDAY

### TERM DATES 2023

1st Term: 30th January - 5th April      3rd Term: 18th July - 15th September  
2nd Term: 26th April - 23rd June      4th Term: 2nd October - 8th December