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ST THOMAS AQUINAS COLLEGE

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COLLEGE CHRONICLE

Tuesday 22nd February 2022

Word from the Principal

Dear Parents, Students and Friends of the College,

Whether you're a parent with a student in Prep or Year 12, chances are that there have been times when you have considered whether to go up to the school about an issue that is affecting your child and sort it out immediately.

When helping your child, working out what requires and does not require your intervention can be tricky. If your child's physical, psychological or mental health is in danger then you should intervene. However, if the issue is not of this magnitude, ask yourself this; what would happen if I didn't go to the school about this issue? Sometimes refraining from intervening may be the best thing for your child because if they have just had a bad day and need to offload, the best thing they need is an adult ear. In this situation, the best intervention is usually just to listen, understand and gently guide them out of the whirlwind of their emotions. *"An important part of being a parent is helping a young person to learn to deal with disappointments and difficulties for him or herself. We can help our children learn to cope emotionally with uncomfortable feelings by being there and listening to them. We can acknowledge that sometimes life is challenging or unfair but that we can learn to cope with this. Helping your teenager recognise their emotional reactions by acknowledging them (but not necessarily acting on them) can improve their emotional resilience."* Michael Hawton, Psychologist (MAPS)

Adolescents are eager to become adults. Part of growing into adulthood requires them to increase their capacity to deal with pain, in other words to develop resilience. Resilience is built on a bedrock of accepting that painful experiences are a part of life. Without painful experiences a person will remain emotionally immature. With painful experiences they will grow into strong adults provided the adults around them teach them to use the pain for their growth. Teenagers receive a lot of practice to manage their emotional states from a great deal of pressures that

school life places upon them. In this environment they grow in the virtue of fortitude and with it they grow in resilience. So, when, as a parent, you are faced with a teenager that is suffering and you are wondering if you should approach the school to resolve the problem for them, first consider whether the problem could be resolved by your teenager; if so, you may be robbing them of an opportunity to develop resilience and grow more towards adulthood. "The answer for teenagers is tied up in their capacity to tolerate pain or in their capacity to handle unpleasant feelings. The more they are able to face the pain they experience, the more resourceful they become."

(Joan Rosenberg, Psychologist.) If the problem cannot be resolved without your intervention, then go ahead and contact the school so that we can help. Either way the outcome should remain the same, namely the formation of the youth into adulthood.

Sincerely yours in the Two Hearts,

Father Andrew Cranshaw
Principal



Relaxation of mask requirements for students and staff in Schools

The Victorian Government [today announced](#) significant changes to pandemic orders and public health recommendations that will come into effect at 11:59 pm this Friday, 25 February. The changes include measures in schools related to the use of masks.

Masks will only be required indoors in the following circumstances, unless an exemption applies:

- People on public transport
- Students in year 3 or above at primary school, and workers at early childhood centres and primary schools.

Masks can be removed in secondary schools.

VIRTUE THIS WEEK

GENEROSITY

Giving of oneself in a willing and cheerful manner for the good of others.

COLLECT - SEXAGESIMA SUNDAY

O God, Who seest that we put not our trust in any thing that we do: mercifully grant, that by the protection of the Doctor of the Gentiles we may be defended against all adversities. Through our Lord.



Instaurare
omnia in
Christo
To restore all
things in
Christ

From the Deputy Principal

Diversity encompasses all learners across cultural, academic, social, emotional and physical attributes noting these are not mutually exclusive. 'Learning diversity' refers to the infinite variety of life experiences and attributes a child brings to their formal learning at school. Our staff seek to meet the needs of all learners, so that every student can experience success

Learning diversity at the College is enacted through flexible and inclusive classroom practice and the provision of a child safe environment ensuring that all learners are:

- welcomed
- valued
- acknowledged
- actively engaged in their education.

Every learner at the College is entitled to the enrichment of their faith, academic, social and emotional identities through experiences across all areas of the curriculum. Equitable and inclusive access for all students within the College recognises that each individual may at different times require additional support, specific to their needs. Recognising that the same approach may not apply for all students, our staff strive to make adjustments that facilitate access for all, to the educational opportunities provided within the College.

Two weeks ago I acknowledged the importance of the learning partnership between the College, Families and the student. This is characterised by the parents' intimate

and embodied knowledge of their child, children and young people's emerging knowledge of themselves and how they learn and the teachers' deep knowledge of pedagogy and curriculum. It is imperative that the dialogue between both the College and home remain open, supportive and consistent to ensure that each experience a child or young person has, contributes towards them becoming the best version of themselves.

Research demonstrates that effective schools have high levels of parent engagement. Such engagement with the school is strongly related to improved student outcomes. Therefore, please do not hesitate to communicate with the College on your child/ren's faith, academic or social and emotional development. We understand that success looks different for all learners and endeavour to intervene as early as possible to meet the individual needs and abilities of each student in order for them to flourish.

I look forward to seeing many of you at the upcoming Athletics carnival. It will be a wonderful opportunity to enhance the wonderful sense of community within the College. Events such as this are extremely important in fostering the staff and students relationships and the students' sense of connectedness and belonging to the College.

Kind regards

Kieran O'Dwyer - Deputy Principal

COLLEGE CHOIR

For all 7-12 students who wish to join the choir auditions will be held over the coming weeks.

Please put your name in the signup lists if you are interested.

Practices will be held after school for **both** boys and girls on Mondays from 3:20-4:20pm.

WOODWIND AND STRING MUSIC LESSONS At ST THOMAS AQUINAS COLLEGE

Flute, oboe, clarinet, saxophone, Violin, and cello, lessons are available at STAC.

There are group lessons or private lessons available.

Group lessons are \$10 a week.

Private lessons of 20min are \$18, and 30min are \$27 per week.

Please call Sarah Considine if interested on Mob:0427885306.



PIANO TUITION

For piano tuition, please contact the Office on 56292500.



Secondary Girls

COURTESY

Annette MacDonald, Keva Perez-Melej, Zuri Perez Melej, Isabelle Taylor, Lucy Phillips, Judy Abraham, Emily Houston, Lucy Armstrong, Aleisha Higgins, Lauren Elliott, Faustina Hau Kautai, Isabelle Higgins, Isabelle Lewis, Jessica Phillips, Poppy Taveira, Joanna Verleg, Mia Beckenham, Rebecca Fitzpatrick, Josephine MacDonald, Victoria Stevenage, Christiane Ryan, Lilian de Castella, Anna Hardiman, Anne Ockerse, Alana Houston, Stephanie Verleg.

Respect

Isabelle Taylor, Judy Abraham, Emily Houston, Marina Malt, Lauren Elliott, Madeleine Hovens, Josephine Nivet, Joanna Verleg, Mia Beckenham, Anna Hardiman.

Perseverance

Emily Houston.

Responsibility

Emily Houston.



Secondary Boys

COURTESY

Mark Obrador, Oliver Pravidur, Santino Tommasi, Gabriel Upston, Sebastian Hayward, Andrew Higgins, Tony Nagaraj, Ignatius Attard, Anthony Freriks, William Stevenage, Dorian Hicks, Daniel de Castella, Joseph Hardiman, Thomas Ward, Joseph Hovens, Hugo Ward, Chara Wangkaew, Orlando de Castella, Marcel Upston, William Fahey, Mitchell MacDonald, Matthew Spowell, Anthony Tadros, Deffy Wangkaew, Laurence Ockerse, Braydan Rayner, Aaron Braaksma, Sebastian Fahey, Lachlan Youngman, Michael Spowell, John Higgins, Xavier Taveira, Raymond Borgonovo, Luka Pravidur, Charles Upston, Andre Elliott, Raphael Hayward, Daniel Freriks, Julian Hovens, Joseph Morgan, Ethan Ward, Cameron Armstrong, Troy Kemmink, Immanuel Saldanha, Isaac Braaksma, Simon Taveira.

Respect

Santino Tommasi, Andrew Higgins, Joseph Hardiman, Hugo Ward, Deffy Wangkaew, Laurence Ockerse, Braydan Rayner, Sebastian Fahey, Xavier Taveira, Charles Upston, Andre Elliott, Ethan Ward, Immanuel Saldanha, Isaac Braaksma, Simon Taveira.

Perseverance

Hugo Ward, Laurence Ockerse, Braydan Rayner, Xavier Taveira.

Responsibility

Santino Tommasi, Hugo Ward, Laurence Ockerse, Braydan Rayner, Ethan Ward.

Leadership

Braydan Rayner, Daniel Freriks

Initiative

Ethan Ward

Primary

COURTESY

Thea Attard, Brennan Hayward, Dominik Palcic, Jacy Perez-Melej, Daniel Hanney, Thomas Stevenage, Adam Khier.

Respect

Cristina Mandarano, Philomena Ward, Ava McLean, Thomas Stevenage, Molly Taveira, Kerols Abraham.

Perseverance

Verity Gallagher, Bobby Alexander, Sienna Higgins

Responsibility

Matthew MacDonald

Virtues are awarded to those in Secondary who obtain three votes for the week from the teachers and in Primary two votes are required.

Well done to all our students who have featured this week.

STUDENT APPOINTMENTS

(Photos to be included in next weeks Chronicle)

Primary Captains

David Ockerse Crystella Zaccari

Primary Vice Captains

Adam Khier Paula Obrador

Sacristans

Joseph Morgan (Team Leader)

Cameron Armstrong

Laurence Ockerse

Julian Hovens

Hugo Ward

Chapel Prefects

Josephine MacDonald (Team Leader)

Lucy Phillips

Isabelle Lewis

Emily Morgan

ATHLETICS DAY

Tuesday 1st March, 2022

Casey Fields Athletics Track

160 Berwick-Cranbourne Rd, Cranbourne East VIC 3977

Students are to wear their College Sports Uniform. We encourage students to dress up in their House Colours. Students can wear House Colour ribbons, face paint, outerwear. We emphasise however, that students are NOT permitted to dye their hair. Students should bring lunch and snack food as well as plenty of water and sun protection (hat, sunscreen).

On the day, parents are more than welcome to attend. In fact, this year we want to increase the number of parent volunteers significantly. In order to be eligible to volunteer on the day, parents must have valid WWC Cards. If you wish to volunteer please let Reception know and we will allocate you a role for the day. Your help would be greatly appreciated and very beneficial to making sure the day runs smoothly. On the day, we ask parents who aren't volunteers to stay behind the track's perimeter fence. There is an undercover grand stand with ample seating, however if parents wish to gain different views around the field they are encouraged to bring chairs to set up on the grassed area behind the perimeter fence. Please also be aware that students will be required to stay seated in their House Areas when not participating in their events on the day and that they are not to leave the supervision area without teacher permission.

Buses will be provided on the day. Please don't feel obligated to drive your children to the event, it will actually be a bonding experience for the children to be on the buses to and from the event. We are trying to build team spirit on the day. Parents can drive their children to and/or from the venue but we ask that arrangements are not made between parents to take other children home without the acknowledged acceptance of our Reception staff prior to the day of the event, as this has led to significant issues for the College in the past. Please let us know your plans no later than Tuesday 23rd February 2022 3pm. Further information will come regarding the Athletics carnival however the College wanted to get information out early regarding student transport and parent volunteers. It is sure to be a great day for all.

FOOD FRIDAY DONATIONS

The St Gerard's League will be collecting donations of non-perishable food items on the first Friday of each month. **Our next collection will be 4th March.** Food items can be left at the front office, with class teacher or homeroom. Thank you for your support and generosity.

If at any stage you wish to donate please contact Phil Robinson on 0407 925 720



NEW BABY

We congratulate Natalie Devine, former teacher from St Thomas Aquinas College, and her husband Martin on the recent arrival of their baby daughter. Annabelle Clare was born Tuesday 16th Feb at 4.17pm.

Annabelle weighed 3.76kg or 8lb 4.5oz and is 52cm



COLLEGE CARPARK SAFETY

Now that our car park drop-off and pick-up procedure is returning to (relatively) normal, we need to ask parents to once more refrain from parking on the yellow line on either side of the centre traffic island. This is to ensure the safety of your children and to eliminate the need for anyone to cross in front of a line of parked cars to get to their own. Thank you for your understanding and cooperation on this matter.

VCE NEWS

I warmly welcome parents of our VCE students to information related to the study of the VCE at STAC. Our VCE Yr11 and Yr12 students have settled in very well towards their application of expressing their understanding of the skills and knowledge in each of their VCE subjects. Students are showing a keen interest in their learning within the classroom and during Self-Directed Learning sessions, listening intently and readily asking and answering questions directed towards their learning in each subject area. The written responses I have read so far in VCE English, Unit 3 (Semester 1 of Yr12) and Unit 1 (Semester 1 of Yr11) have been of a pleasing standard and students have shown their dedication by redrafting their writing and applying feedback to enrich the quality of their work. Such a work ethic contributes towards reaching the High and Very High standard in English and other language-based subjects. However, explicit teacher feedback in all subjects will inform students of how to reach their potential.

For all subjects, VCE advisors recommend that students wanting to attain a 40-45+/50 Study Score in a particular subject, must apply at least two and a half hours extra time devoted to study each week per subject, outside of individual subject homework/study activity. Such disciplined application equates to 30 minutes extra study time per subject, each night. Half an hour of this time could be spent at lunch time in the school library with a class member, discussing subject matter, providing less commitment at home. It is essential however, that students take care of their health and take breaks to relax and refresh their mind. It is also recommended to maintain an exercise routine, which could simply be a matter of a regular 30 minute walk a few afternoons or mornings per week.

All STAC VCE Teachers are keen to support your young adult in reaching their desired VCE outcome, so please do not hesitate to contact VCE teachers if you have any concerns.

Kindest regards,

Josephine Illman
VCE CO-ORDINATOR

ROSTRUM VOICE OF YOUTH 2022

The Rostrum Public Speaking competition is open to secondary school students. Students may enter the:

Junior Section if over the age of 11 as at 1 January 2022, and in Yrs 7, 8 or 9.

Senior Section under 18 years of age as at 1 January 2022 and in Yrs 10, 11, 12.

Students present to an audience a prepared speech from a choice of nationally listed topics. (100 marks)

Juniors 6 minutes. Seniors 8 minutes.

A 3 minute short-notice speech, from three topics, with 15 minutes preparation time. (70 marks)

Topics for the PREPARED SPEECH.

Junior Senior

Blue Skies Error of Judgment

Start a conversation Connection to country

This time it will be different Spoilt for choice

Wait and see The lesson that I learnt

Celebration Changing the narrative

If you are interested, please see Ms Illman for further details.

SAINT PETER'S CHAIR AT ANTIOCH

22nd February 2022

SAINT PETER'S CHAIR AT ANTIOCH (ca. 36-43)

That Saint Peter, before he went to Rome, founded the see of Antioch is attested by many Saints of the earliest times, including Saint Ignatius of Antioch and Saint Clement, Pope. It was just that the Prince of the Apostles should take under his particular care and surveillance this city, which was then the capital of the East, and where the faith so early took such deep roots as to give birth there to the name of *Christians*. There his voice could be heard by representatives of the three largest nations of antiquity - the Hebrews, the Greeks and the Latins. Saint Chrysostom says that Saint Peter was there for a long period; Saint Gregory the Great, that he was seven years Bishop of Antioch. He did not reside there at all times, but governed its apostolic activity with the wisdom his mandate assured. If as tradition affirms, he was twenty-five years in Rome, the date of his establishment at Antioch must be within three years after Our Saviour's Ascension, for he would have gone to Rome in the second year of Claudius. He no doubt left Jerusalem when the persecution which followed Saint Steven's martyrdom broke out (*Acts 8:1*), and remained in Antioch until he escaped miraculously from prison and from the hands of Herod Agrippa, while in Jerusalem in 43 at the time



of the Passover. (*Acts 12*) Knowing he would be pursued to Antioch, his well-known centre of activity, he went to Rome.

In the first ages it was customary, especially in the East, for every Christian to observe the anniversary of his Baptism. On that day each one renewed his baptismal vows and gave thanks to God for his heavenly adoption. That memorable day they regarded as their spiritual birthday. The bishops similarly kept the anniversary of their consecration, as appears from four sermons of Saint Leo the Great on the anniversary of his accession to the

pontifical dignity. These commemorations were frequently continued by the people after their bishops' decease, out of respect for their memory. The feast of the Chair of Saint Peter was instituted from very early times. Saint Leo says we should celebrate the Chair of Saint Peter with no less joy than the day of his martyrdom, for as in the latter he was exalted to a throne of glory in heaven, by the former he was installed Head of the Church on earth.

Reflection: On this festival we are especially bound to adore and thank the divine Goodness for the establishment and propagation of His Church, and to pray earnestly that in His mercy He will preserve it and extend its dominion, so that His name may be glorified

2022 CALENDAR

MON	TUES	WED	THURS	FRI
21 Feb	22 Feb LUNCH ORDERS	23 Feb	24 Feb	25 Feb
28 Feb	1 Mar ATHLETICS DAY (no lunch orders)	2 Mar ASH WEDNESDAY	3 Mar	4 Mar
7 Mar St Thomas Aquinas Feast Day	8 Mar	9 Mar	10 Mar	11 Mar MID TERM BREAK
14 Mar LABOUR DAY Holiday	15 Mar	16 Mar	17 Mar	18 Mar

OFFICE HOURS

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

TERM DATES

1st Term: Monday 31st January - Wednesday 13th April
2nd Term: Tuesday 3rd May - Friday 24th June