From the Principal

The first Year 7 camps were held at Santa Monica last week with many of the boys using the eco cabins. Congratulations to Rebecca Cracknell, Charlene Landvogt and Mic Stapleton on the success of the camp. This week a Year 7 and a Year 9 group will co-occupy the campus. It is a wonderful asset to the College.

I spent last Saturday there and for much of the day was the only person onsite. The experience led me to reflect on how rare is to experience total silence. This was regretfully undermined when my son arrived, having prepared for a possible lack of a television with a laptop and hard drive full of movies. On Monday one staff member told me that Year 7s participated in an activity that involved extended periods of silence outside in the darkness. A number of boys commented on this exercise as something foreign to them. It seems that even brief periods without sensory input are extremely rare for us all. Phone, computer, television, radio and the demands of life as an adult and as a student are incessant.

The opportunity for silence is also an opportunity to be aware of the presence of God. Silent prayer, alone or in groups, has a long history in our Catholic tradition. Like many aspects of the practice of our faith, the world we live in makes it difficult to find these opportunities. This difficulty makes it all the more important that we seek such opportunities. I recently read an article suggesting that time spent alone and in silence may have more than just spiritual benefits.

Last year The Age reported a survey by Relationships Australia that suggested that 30% of Australians aged 25 – 34 were frequently lonely. The figure was 18% in the 18 – 24 age group. The accompanying article noted that these age groups are generation Y, the most “connected” generation ever and indicated a connection between a substantial “online life” and loneliness in real life.

I’m not suggesting for a moment that our students or we avoid social media or abandon our mobiles, as there are many positives to both, but it certainly seems that online connectedness does not insulate against loneliness. Late in the article Damon Young, a philosopher at Melbourne University, suggests that Generation Y is often lonely because people do not know how to be alone.

Perhaps finding time away from this online connectedness provides the opportunity to reflect and think about our relationships with others and adds depth to them. Perhaps being alone and “disconnected” (in the electronic sense), helps nourish our online and “real life” relationships. There are many benefits of the programs conducted at Santa Monica and I hope learning the value of time alone and the advantages of silence are amongst them.

Many families would be aware of an incident that occurred at the College one afternoon this week whereby a boy was transported to hospital after engaging in an activity known as the Choking Game, also known as Pass Out, Faint, Dreamland and Elevator along with a number of other titles. This activity involves hyperventilation followed by some external pressure or occlusion of blood supply through the neck. The result is a loss of consciousness followed by a period of altered consciousness. Fortunately the student is well and no longer in hospital. Our investigation of the incident suggests that playing this game is not uncommon amongst young people. It also suggests that worldwide many deaths and permanent injuries have resulted.

I encourage all parents to reinforce with your sons the dangers of this and similar risky behaviour.

On another note, the Gonski review of school funding was released last week. The Catholic Education office staff are conducting modeling to predict the likely impact of suggested funding changes to Catholic schools. Preliminary estimates suggest that, in the short term, there is unlikely to be any significant changes to St Bernard’s total level of Government funding and resultant impact on fee levels. The longer term is less certain. I will keep families informed as more information becomes available.

Best Wishes
Tony Paatsch

Please remember in your prayers
Kenneth Garth, Father of staff member John, Grandfather of Greg (’07) and Pat Phillips, Mother-in-Law of staff member Paul Shannon
May They Rest in Peace

Important Dates for Year 7 2014 Enrolments

Information Evening for Family Surnames A - L (New and Current Families)
Tuesday March 20 Auditorium, 7.30 - 9pm

Information Evening for Family Surnames M - Z (New and Current Families)
Wednesday March 21, Auditorium, 7.30 - 9 pm

** Bookings for the above Information Nights are NOT required.

Application form with fee must be received by 3.30pm on Tuesday, 24 April 2012

* All applications after this time are considered Late Applications *

For more information please contact Mr John Nocci (College Registrar) on 9289 1103

Change of Details

A reminder to Parents to use the Parent Portal for any changes to your residential or postal address, phone, mobile or email.

A link to the Parent Portal is on the front page of our website or key in http://www.sbc.vic.edu.au/parents/login.php
From The Clairvaux Campus Director

VCE Help
Seeking help from teachers is important in the learning process and students are encouraged to make the most of their class time to ask questions and enhance their understanding of the work covered. I would also strongly urge all students to take advantage of study hall, early finish times and our Year 13 program. Help may also be sought from elsewhere; a particularly valuable Internet site for VCE students is the VCE help website that may be found at www.vcehelp.com.au. This website provides free resources for students and parents specific to VCE, including tips on getting motivated, advice to parents, memory techniques, information specific to VCE subjects and links to other relevant websites. I strongly encourage every VCE student and their carers to explore this site and take advantage of what it has to offer our students.

Unit 3-4 Parent Teacher Interviews
A reminder that Parent/Teacher Interviews for Year 12 Unit 3-4 students will be held on March 15. Interviews will be held in the Year 12 homerooms. Information explaining the log-on details will be sent home prior to this date.

From The Strand Campus Director

The Strand Athletics Carnival
Yesterday was our first house based Athletics Carnival held on The Strand since the re-introduction of the house system. Congratulations to Mr Craig Osborne on the success of the day. It was great to see a vibrant house spirit already evident with the boys. Results of the carnival will appear in the next edition of the newsletter.

Year 8 Retreats
Year 8 students are permitted to wear free dress to their respective Retreat Day at the College. 8A and 8B will attend theirs on Tuesday March 20 with 8C and 8D on Wednesday March 21.

Year 8 Medieval Day
Next Friday the 16th of March is Medieval Day for our Year 8 students. Thanks to Ms Brooke Sullivan for organising the day that has been designed to complement the Year 8 student’s studies in Humanities.

Homework Help
Mathematics homework help is held on Tuesday afternoons from 3:10 pm - 4:00 pm in 9B Room 432. Italian homework help is on Monday afternoons in classroom 642 (Clairvaux) 3.00-4.00pm.

Year 7 Camp Dates
Over half of the year level has now experienced our new Year 7 camp at Santa Monica and the feedback from the boys and staff has been overwhelmingly positive. The focus of the camp has been for the boys to get to know their homeroom classmates and teacher and what better way than to share meals and fun times in a beautiful environment.

Remaining Camp Dates:
- Wednesday 14th – Friday 16th March: 7C
- Monday 19th – Wednesday 21st March: 7A
- Wednesday 21st March – Friday 23rd March: 7H

Information regarding the camp can be found at: http://year7sbc.weebly.com/year-7-camp.html

Dates to Remember on The Strand
- Friday March 16 – Year 8 Medieval Day
- Tuesday March 20 - 8A and 8B Retreat Day
- Wednesday March 21 - 8C and 8D Retreat Day
- Tuesday March 27 – Year 7 Immunisation
- Wednesday March 28 – Year 7 excursion to ACC athletics
- Wednesday March 28 - Year 7 – 9 students finish 12.40pm
- Wednesday March 28 - PST Interviews 2pm – 8pm

2012 Italy Tour
Many thanks to those students who have paid their $500 deposit for the 2012 Italy Study Tour. We have 18 students at this stage. There are still 4 places available for any student who would like to be part of this exciting tour, departing Thursday 20/09/12 and returning Sunday 7/10/12. For further information, please contact Mr. Bruno Spiller, Senior Teacher of Italian, at the College.

Mediterranean Fiesta
Moonee Valley has a long history of migration from European countries located on the Mediterranean Sea, in particular from Italy. Now in its third year, the vibrant contribution that these communities have made to the city will again be the focus of this community event which celebrates the traditions of Mediterranean music, food, art, dance and culture.

Don’t miss this wonderful occasion to join your neighbours and celebrate our diverse cultural heritage with delicious food, dance performances, toe-tapping music, gardening workshops and activities for the kids.

This free event and will take place in a piazza style setting at Centreway in East Keilor on Sunday, 25 March from 11am to 4pm. For more information visit www.mvcc.vic.gov.au or call the Arts and Culture team on 9243 8888.
Music News
We have launched our Vocal Ensembles for the year. Sync, Shout and Shazam have all started rehearsing and we look forward to the strong promotion of singing at the College this year. Sync is the vocal ensemble for Year 7 and 8 students. A number of Year 7 students were nominated to join this group while all other Year 7 students were invited to take part. Despite rehearsals having started, others are welcome to attend, with our next rehearsal of Monday March 19 after school. Those intending to take part are encouraged to register at http://sbcmusicdepartment.weebly.com/sync.html.

Further to this promotion of singing, the College will be hosting the ACC Vocal Workshop and ACC Percussion Workshop on May 14. This day will feature guest vocal instructors Mr Sonny Chua (MacRobertson High School), Ms Faye Dumont (Renown Melbourne Vocal Director) and Jason Coleman and The Collective Sound (Director of Groove Pill Records and Judge on So You Think You Can Dance Australia). This will be a tremendous day and we encourage students to join our vocal groups in order to take part in this.

A reminder that the aim of the music department website is to diminish the need to send letters, information and permission forms home. All information concerning instrumental lessons, concert dates, excursions & permission forms, soiree information & registration is available at all times along with much, much more. The first excursion for the year is the ACC Concert Band Workshop to be held at CBC St Kilda on March 26. This event is open to all members of the Year 8 Intermediate Band and Year 8 Music enhancement classes. Students and parents are asked to print this permission form for completion and return.

Finally, we encourage all parents to look at the Friends of Music information on the website and support the program in any way possible. One way is to participate on the up-coming Winery Trip and Luncheon on Sunday March 25th. Information is attached with this newsletter and can also be accessed directly at http://sbcmusicdepartment.weebly.com/winery-tour-and-luncheon.html. Events such as this raise significant funds for our music program. It is suggested that parents and their friends interested in participating register soon as seats on the bus will sell quickly.

Carmelo Puglisi, Director of Music

Extra English Support on Clairvaux Campus
The following times are available for students to receive extra help from English teachers outside of class time:
Year 12: Monday Period 6 and Tuesday Periods 5 & 6 in the Yr 12 Building,
Years 10 & 11: Monday from 3:00pm – 4:00pm in Room 643 (Yr 11 Corridor).

Chris McGee, Clairvaux English Coordinator.

Western Front Tour - Expression of Interest
We are currently seeking expressions of interest from students interested in a 2 week tour of Turkey and the Western Front in September 2013. The purpose of the tour will be to visit some of most important battlefields of the Australian campaign during The Great War. Sites include Gallipoli, Hill 60, Menin Gate, Fromelles and Viller-Bretonneux. For further information and a complete itinerary please contact me at bsullivan@sbc.vic.edu.au.

Brooke Sullivan

What is the Premier's Active Families Challenge?
The Challenge encourages Victorians to do 30 minutes of physical activity for 30 days from 19 March to 30 April 2012. It’s free, its fun and its part of the Victorian Government’s commitment to get people more active more often.

Help our school win up to $1000 of sports gear!
By entering the Challenge you also give the College the chance to win up to $1000 of sports gear and sports clinics with high profile sporting personalities. The more students who register, the more chances we have to win. And just for registering you and your family will receive special offers, including:

• 15% off at Rebel Sport
• 20 free YMCA passes
• One free child pass to National Sport Museum
• One free child pass to Melbourne Aquarium.
• Plus go in the draw to win Rebel Vouchers and iPads!

Register online at www.betterhealth.vic.gov.au/challenge or call 1800 463 684, and remember to include the College’s name when you register.

Peter Kelly
MUSICAL 2012

On behalf of St. Bernard’s College and the Performing Arts department, I proudly and officially present the Broadway hit, Jekyll and Hyde, as the musical for 2012.

Through the Arts we are able to explore the world that surrounds us and develop an understanding of it that may not be possible if presented to us any other way. This is clearly evident in this year’s choice of production through the enlightening themes that it draws upon. The musical is not only an opportunity to promote our school within the community but also valued as a vital part of the well-rounded education for our students.

It is always difficult to choose a text and this year was no exception. The production team battled with the task of finding a text that can showcase the talent of those involved and provide equal opportunities for both male and females auditioning for leads. They tried to break away from the themes, settings and styles of previous years and make their choice, one that can educate and make the production a learning experience.

Jekyll and Hyde is based on the short novel, The Strange Case of Dr Jekyll and Mr Hyde. It follows the story of Dr Henry Jekyll, who in an attempt to separate good from evil, undertakes an experiment, which accidentally transforms him into Edward Hyde, an evil version of himself. The affects of the experiment are only temporary but Jekyll becomes fascinated by the power he holds as Hyde and continues to transform, neglecting his fiancé and friends and becoming consumed by the feeling of “being alive”. As things turn dark Jekyll must fight for control before he ends up hurting everyone around him and destroying his life.

It is a thrilling show with some very powerful scenes and musical numbers. It burst onto Broadway in 1997 and has been nominated for four Tony Awards. The show will know doubt be very exciting for those involved and holds great promise for the performance dates ahead. Well done to all who were involved in the audition process and special congratulations to those announced as the cast for 2012. We look forward to working with you in the year ahead.

Lachlan Brown, College Arts Intern and Production Assistant, Jekyll and Hyde

JEKYLL AND HYDE CAST

HELENA ABAPO
EDWARD ARTHUR
ADAM BEVANDA
BEN BORRELLI
MOLLIE BRANDJES
GAB CIAMPA
TRENT CLIFFE
MEGHAN CONRICK
CHRISTIAN DARIOL
JEREMY DEUTSCHER
MARC EASTMURE
ELLA EDWARDS
TIM FLAMURI
VALONA FLAMURI
HENRY FLEMING
REBECCA GRECH
MICHAEL HABBER

BEN HARGREAVES
JAMES HADCITI
STEPH HARKIN
SARAH HOLLIBONE
MONICA IRELAND
SARA JAMES
MADELEINE LUCIANI
JAMES LYNCH
FRANCIS TAIT
DAMON PERILLO
KEVIN MAI
GABRIELLE MANGIONE
MICHAEL MARINELLI
KRISTINA MARINI
ALEXANDRA MARSH
LIAM McWHINNEY
JOSHUA MONAGHAN

BRIGETTE PAMMENT
CHANTELLE PARKER
MELANIE POLLOCK
LUKE ROCCA
JASMINE ROMANIN
TIM ROSE
JULIA ROSSI
JESSICA SAMUEL
JANUS SANTOS
JACOB SIBBALD
ADAM SLEVISO
BARBARA SLISKO
TOM SOLARINO
AMELIA WAWRZON
EDWARD WILLIAMS
Careers News March 2012

1. HOW WILL YOU CHOOSE A CAREER?
   • Will you do what your parent does?
   • Will you do what your parent wants you to do?
   • Will you do what your friend does?
   • Will you do what ‘falls into your lap’?
   • Will you choose something without really checking out what it involves?
   • Will you choose something that you think will make you lots of money?
   • Or, perhaps, you will try to put off thinking about it at all.

   None of the above methods is necessarily the wisest. You may be different from your parents. You are probably different from your friend. You need to find out what suits you because it is your life and you will hopefully be fulfilled and happy in your career. So....

2. THINK ABOUT THE FOLLOWING:
   • What subjects do you like most at school?
   • Do you enjoy sport and being active?
   • Are you a ‘hands-on’ person?
   • Do you enjoy reading?
   • How do you spend your spare time?
   • What are you good at?
   • What is important to you?
   • Do you like the outdoors?
   • Do you find science interesting?
   • Do you like helping people?
   • Are you creative?
   • Do you like to design things and find out how they work?
   • Do you like to work with others or do you prefer to work on your own?

   Your answers to these questions will give clues to help you decide.

3. SO YOU WANT TO BE A VET? The University of Melbourne is the only university in Victoria to offer a veterinarian qualification. The university is holding an Open Day at the Veterinary Hospital to which all are invited. Attend lectures, pet demonstration, tours and get course advice. When: 10am-3pm, Sun 25 March; Where: 250 Princes Hwy, Werribee; See: www.vet.unimelb.edu.au.

4. FOLIO PREPARATION AND CAREER DISCOVERY COURSES – Many design courses at university and TAFE require applicants to present a folio of their work as part of the application process for their courses. They want to find out about your ability and creativity. If you think you could use some assistance with your folio you might want to consider RMIT short courses. Some of these are held in the evening and some in school holidays, covering things like AutoCAD - QuickStart, drawing techniques, folio preparation in fashion drawing, in textile design, in graphic design, in interior decoration and in visual/fine art. There is also a career discovery course in building design. For more information: www.shortcourses.rmit.edu.au, or phone 9925 8111.

5. GET REAL AT RMIT – over the course of the year, RMIT has day programs in a range of interest areas: art and design, IT, engineering, advertising, PR, marketing, justice, health and medical science. Places can fill quickly. Register at www.rmit.edu.au/experiencedays.

6. GOT AN INTEREST IN FOOD? William Angliss have a Trial-a-Trade Day Sunday 18 March. Call 1300 ANGLISS for more details.

7. EXPERIENCE LA TROBE – Essential for year 12s who have done little research about their university pathway, as well as those who have identified La Trobe as a potential tertiary destination. Call 1300 135 045 to register. Friday 13 April

David Rosel
Careers Adviser
1159
drosel@sbc.vic.edu.au
The Friends of Music at SBC undertake a number of fundraising initiatives each year. Getting involved with these is a great way to get to know other parents and to learn more about the school. We encourage you to partake in our first event for 2012:

**S.B.C. Friends of Music**

**Winery Tour and Luncheon**

All SBC parents and friends are welcome to join our bus trip to the Yarra Valley for lunch at Killara Estate followed by a number of wine tasting stops. This is a fantastic social day, particularly for new members to our community. It also raises much-needed funds for our music program.

Sunday March 25, 2012 from 10am. $70 per person.

For further information and registration:

or

Complete the following reply slip and submit to the music department office or school fees office by March 14 2012 with payment.

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**S.B.C. Friends of Music**

**Winery Tour and Luncheon**

**Reply Slip**

Name of person making the booking: ________________________________

Email address : __________________________ Contact telephone Number: ____________________

Number of guests in total: __________ x $70 each…. Total : ____________________

Please submit to the music department office or school fees office by March 14 2012 with payment.