From The Principal

Last Friday night over 550 guests gathered at Flemington Racecourse for our 75th Anniversary Gala Dinner. The occasion was a fitting celebration of 75 years of excellence.

Old Collegian Francis Leach presided over a memorable event with guests including: Mr Rod Lamplugh (Chair of the College Board), Mr Steven Elder (Executive Director of Catholic Education Melbourne), Mr Ben Carroll MLA (State member for Niddrie), Mr Peter Reilly (Chair of the College Foundation), Mr Lachlan Yourn (President of the Old Collegians Association); Br Frank Chappel, Mr Simon Madden, Mr Michael Arnold, Mr Stefan Romaniw and Br Bill Wilding (Hall of Fame members); Fr Gerard Dowling, Mr Noel O’Brien, Mr Geoff Eames, (Hall of Fame legends) Br Brian Bond, Br Terry Burke, Br Frank Chappell Br Bernie Adams, Mr Frank Fitzgerald (Past Principals) and Professor Mark Rose inductee to the College Hall of Fame.

Eminent Old Collegians who have achieved success in their chosen fields addressed the gathering: Andrew Morello (business), Stefan Romaniw (community), Geoff Eames (Law and Public service), Simon and Justin Madden (Sport), Luigi Lucenti (Arts) and Mark Rose (Education). As part of the occasion I was delighted to confirm the names of some existing buildings and announce the naming of a number of previously unnamed buildings and facilities at the College.

As you might imagine such a process was invidious, lengthy and not without controversy but was thorough. A committee representative of the school community developed a naming policy and made recommendations to the College Board. Eminent people were listed and rated according to a set of criteria, which included contribution to the College, excellence achieved in their chosen field and legacy to future students. Recommendations were then accepted by the Board.

I was pleased to affirm the naming of our main oval as the ‘PB Murphy Oval’ in Honour of Br Murphy and Oval 2 as the ‘HH Hilbert oval’ in honour of Harold Hilbert along with the ‘Madden Scoreboard’ in honour of Justin and Simon Madden and the Pavilion as the ‘Michael Perrett pavilion’, in honour of Michael’s contribution to St Bernard’s.

The synthetic Soccer oval, occupying part of the area formerly known as Angel oval will be known as ‘Angel Field’ in honour of the Angel Family who were instrumental in the development of this area of the College grounds.

The Tennis and Hockey courts will be named the ‘Paul McNamee courts’, in honour of Paul McNamee (class of 1971), who in a successful tennis career was twice champion at Wimbledon and winner of the Australian Open and Davis Cup.

Given the historical focus of the Christian Brothers on the care of those most in need it is fitting that the building containing all our year 7 classes will be named ‘The Edmund Rice Centre’ after the founder of the Christian Brothers.

In 1992 the contribution of Noel O’Brien and the O’Brien family was recognised with the naming of O’Brien Hall. With the current development of the Gymnasium an expanded foyer and gathering space will greet all those using the Gymnasium, the Auditorium and O’Brien Hall...This foyer will be known as the ‘Noel O’Brien Foyer’ in honour of Noel and his contribution to the College.

In 2012 The College opened the Visual Arts and Technology building. This building will be known as the ‘Br Bond Visual Arts and Technology Centre’ in honour of former College principal (1985 – 1988), Br Brian Bond.

The College Music Centre will be named the ‘Peter Reilly Music Centre’ in honour of Old Collegian Mr Peter Reilly, (1968), a noted patron of the Arts and inaugural (and only) chair of the St Bernard’s College Foundation.

College Principal (1996 - 2009) Frank Fitzgerald was a strong supporter of the Arts and oversaw the development of many facilities including the Auditorium. This facility helped us establish a reputation for excellence in performing arts, particularly through its annual musical productions, jointly with St. Columba’s and will be named the ‘Frank Fitzgerald Auditorium’.

The College 25m indoor Swimming Pool will be named the ‘Peter McMahon Swim Centre’ in honour of Peter McMahon, College Board Chair (1998 – 2008) who presided over the development of this facility.
The Tobin name has been associated with St Bernard's since 1949 when Kevin enrolled his son Geoff. Kevin was founding president of the Parents and Friends and inaugural president of the Old Collegians Football Club. The first building on the site, the three story classroom block closest to Rosehill Rd will be named the ‘Tobin Building’.

Ambrose Treacy was the superior of the first group of four brothers who arrived in Melbourne in 1868. The building in which the brothers at the College resided, now used for administrative purposes, and containing the College Chapel will be known as the ‘Treacy Building’.

The College archival area storing and displaying memorabilia from the last 75 years will be named the ‘Maureen Kavanagh Archives Centre’ in recognition of the contribution of our honorary archivist, Maureen Kavanagh, to preservation of the history of the College.

Peter Hogan graduated from the College in the class of 68. Peter was a Board Member for 20 years, the last 6 as Chair of the Board. The Administration area opened in 2009 includes a College Boardroom. This will be named ‘The Peter Hogan Boardroom’ in honour of Peter’s contribution to the College.

In 1962 Fr Gerard Dowling said Mass for the deceased Old Boys of the College on the Saturday After All Souls Day...A tradition that has continued each year for the last 52 years. Each visitor to Reception at the College walks past a Garden planted in memory of deceased old collegians. This Garden will be known as the ‘Fr Gerard Dowling Deceased Old Collegians Garden’ in recognition of Fr Gerard’s outstanding contribution to our deceased Old Collegians.

I would like to acknowledge the work of Bernie Cronin, Cameron Evans, Pauline Zammit, Geraldine Camilleri and Maureen Kavanagh in putting together a memorable community celebration.

Best wishes to the Immersion groups travelling to the Philippines and Kokoda next week. Both groups have been raising funds to assist the poor communities that they will be visiting. It is affirming to see so many of our students committing themselves to ‘Justice and Solidarity’ with the poor of the developing world.

Congratulations to all our sporting teams who represented the College in ACC competition during the term, in particular Year 9 and Year 8 Division 3 football teams and 2nd XI, Year 8 Division 1, Year 8 Division 2 and Year 7 Division 2 soccer teams who won premierships.

This is the final newsletter of first semester. I take the opportunity to thank all staff for their care for our students and commitment to assisting them achieve excellence throughout the semester. I hope that everyone has the chance to rest and renew over the break and that our senior boys commit to a significant study and revision regime in addition to a period of rest and relaxation.

Best Wishes
Tony Paatsch

From the Deputy Principal – The Strand

End of Term

Next Friday is the final day of Term 2. We hope that all students will enjoy the two-week break and return to school refreshed for the busy second semester. We would like to extend our thanks to all families for supporting their son’s learning during semester one.

Semester Reports will be published on the parent portal on Friday, June 26. Bookings for Parent-Student-Teacher interviews will be open via the parent portal on Friday, June 26 at 3pm and then close on Monday, July 20 at 3pm. Parent-Student-Teacher interviews will be conducted on Tuesday, July 21 from 2.00pm – 8.00pm in the College gymnasium.

Term Three Dates
Monday, July 13: First day of school for students (Day 1 timetable).
Tuesday, July 21: Parent-Student-Teacher interviews 2.00pm – 8.00pm.
Friday, August 21: St Bernard’s Day Mass at St Patrick’s Cathedral.
Friday, September 18: Last day of term 3.

Supervision from 8.30am
A reminder to parents that the College is unable to supervise students at school prior to 8.30am. There are a number of boys arriving at school very early, prior to 8.00am. Our library is open from 8.15am in the morning and that provides the first opportunity for students to access a warm and sheltered area within the school.
Is your teenager sleep deprived

Sleep research has shown that the brain practises what it has learned during the day when a young person is asleep. So sufficient sleep consolidates past learning as well as keeps a young person fresh to maximise their future learning.

Many teenagers today are sleep deprived because they don’t get enough sleep. They need between nine and ten hours sleep each night, yet most get between seven and eight hours sleep. Some get less.

Sleep deprivation is akin to jet lag, where they don’t function at their optimum. The sleep-wake cycle for teenagers is delayed by up to 2 hours. That is they are sleepy later and awake later than when they were children. Most teens secrete melatonin, which makes them sleepy, around 11.00pm, which makes the time before then a sleepless zone. Children secrete melatonin far earlier than this. Cortisol, the chemical that wakes them up, is secreted at around 8.00am for many teens. It seems the teen brain wants to be asleep just when most have woken up.

Sleep maximises brain growth, which occurs during adolescence. Sleep also consolidates learning. Sleep research has shown that the brain practises what it has learned during the day when a young person is asleep. Sleep experts have noted that children who have developed good sleep patterns tend to carry these through to adolescence.

**Good sleep habits include:**

1. **Regular bed times.** Kids may fight this, but be regular during the week and let the kids stay up a little later on weekends.
2. **Have a wind-down time** of up to 45 minutes prior to bed. This includes removing TV and other stimuli, calming children down, and limiting food intake (and caffeine for teens).
3. **An established bed time routine** that makes the brain associate activities such as cleaning your teeth and reading in bed with sleep.
4. **Keeping bedrooms for sleep** and not for TV. Bedrooms that resemble caves seem to be recommended.
5. **Maximising the three sleep cues** of: darkness (cave-like bedroom), lowering body temperature (baths can be good for this) and melatonin (work within their cycle).

Better knowledge of the biology of sleep and of sleep patterns, as well as instigating good habits, will go a long way to helping kids and teens get a good night’s sleep.

**Sleep tips for teens**

1. Allow them to catch up on lost sleep on the weekends.
2. Help your son schedule their after school activities to free up more time for rest.
3. Discuss ways to limit stimulating activities such as television and computer around bedtime. Encourage restful activities such as reading.
4. Afternoon naps are a good way to recharge their batteries.
5. Make sure they go to bed early each Sunday night to prepare for the week ahead.


**Music News**

The end of Term 2 sees our students from 7A,B,C,D,and H have their concert and conclude compulsory instrumental music tuition at the College. It is hoped that students continue further lessons on an instrument and get further involved in the band and ensembles program. Students have been issued music lesson application forms and parents have also been emailed the document. It is asked that all students interested in continuing an instrument submit their application form before the end of term to ensure that further lessons can start promptly in Term 3.

As Director of Music, I am always forwarded, sourcing and gaining access to the most recent findings on the benefits of music involvement as a partner in an academic program. Three of the most interesting articles and research I have recently seen suggests 1) That Cognitive Dissonance (mental challenges such as hard school work) is dealt with better by musicians, with music considered to be a tool by which humanity has increased cognitive capacity and the ability to deal with problems/thinking challenges. 2) In the state of Victoria, VCE music students (<2% of the cohort) have average VCE English and Maths scores 19% and 17% higher than the broader VCE cohort. 3) Melbourne schools monitored with students undertaking music programs found that music students performed better at NAPLAN tests and had higher social and emotional wellbeing than non-musicians.

I cannot think of an article, paper or research I have seen that is contrary to the benefit of music education. I encourage all our students and parents to consider the benefits mentioned and do further research. As much as learning an instrument is valid for its own sake, the spin-off benefits are profound.

Carmelo Puglisi, Director of Music
Detention for Detention

The Government's latest statistics showed that 124 children are being detained in detention facilities within Australia. This is significantly less than October last year when that number stood at 998. This is a cause for celebration, with the ERA for change “detention for detention” campaign certainly helping promote discussion and action to reduce the number of children in detention.

However, we still believe that one child is too many, so, at lunchtime on June 5th, approximately 40 students sat another voluntary detention. Through this simple act, students were advocating for kids living in detention, and saying “You are welcome here.” Congratulations to all boys and staff involved in the event.

The Eddie and Bernies, St Bernard’s student social justice group, will be running a campaign throughout Term 3 to raise awareness around family violence. Our goal is for every boy in the school to purchase and wear a white ribbon throughout the term and make their own pledge against family violence or violence against women.

In response to this, the St Bernard’s College Social Justice Network (SBCSJN - our parent led social justice group) will be running an evening on August 12th at 7.30pm titled “Raising our boys to be Good Men”. The Pecha-Kucha style panel will discuss themes of: the influence and impact of positive relationships, role models, conflict resolution skills, adolescent mental health and the importance of community in young peoples’ lives. We invite you and your sons to come along to this stimulating evening.

The SBCSJN meets on the third Wednesday of every month and new members are always welcome. For more information please contact me at lgrass@bsc.vic.edu.au

Lisa Grass, Christian Service Coordinator

Australian Maths Competition

The Australian Maths Competition will be conducted Australia wide at the end of July. The competition is open to all students and takes the form of a 1.5 hour examination. As it is a formal competition, registration is compulsory. Students in Discere Blue at Years 7, 8 and 9 as well as the Enhanced Maths students from Year 10 and year 11 have already been enrolled. If there are other students who wish to be enrolled they will need to contact their Maths teacher. Please feel free to contact me at the school if you would like further information.

Brian Moloney, Maths KLA Leader

Host Families required for 2 students from Italy

St. Bernard’s has been asked to host two 16-year-old male students from the Lombardia Region (Milano & surrounds). Their names are Filippo and Federico. The boys will be completing an 8-week stay with us. They are due to arrive for the start of Term 3 in July.

Naturally, with this type of stay, there will be financial remuneration for those families who are able to assist – it would be ok to host for a 4-week period, if an 8-week period is too great. Many thanks in advance for your due consideration and assistance with this special request. Should you require any further information, please do not hesitate to contact me.

Bruno Spiller, Languages KLA Leader

From the Finance Office

PLEASE NOTE: the College Administration/Finance office will be open during the school holidays from 9am - 4pm. Any enquiries please phone 9289 1000.

The Finance Team

75th Anniversary Montage

The Library is putting together a display to celebrate the 75th birthday of the College. We are wanting to create a montage of faces over the last 75 years (old and new) and are looking for photos of uncles, dads and brothers who attended St Bernard’s College. Please HELP us by sending in a photo for our display. Email a copy to knorton@sbc.vic.edu.au

Kerry Norton, Librarian
Congratulations

…to all our Football & Soccer teams who have completed their respective fixtures for 2015. We had another terrific term with 6 teams experiencing premiership success:

ACC Football - Year 9 & Year 8D3
ACC Soccer - 2nd XI, Year 8D1, Year 8D2 & Year 7D2

Well done to our 1st XI, Year 9 & Year 7D1 Soccer teams who all played in Grand Finals but couldn’t quite get the win on the day. Nonetheless, it’s a terrific effort in making it to the final game of the year so congratulations on a season well played. It’s a pretty good strike rate having 9 out of 16 teams playing in Grand Finals in Term 2! Thanks to all staff and students for their efforts in Term 2 with Football & Soccer.

We now turn our attention to ACC Basketball, Hockey & Table Tennis in Term 3. Several year levels have begun training and try-out sessions for these sports so stay tuned for further information in the coming week for those year levels yet to start training / try-outs.

…to Old Collegian Justin Rousis ’14 (left), who was presented with his Premier’s Award for achieving the perfect score of 50 in Italian recently. He was the only student in the State to achieve the perfect score in the subject. Justin was also the recipient of the 2015 Colin McCormick Memorial Scholarship. Colin McCormick was a well-known Professor of Italian at the University of Melbourne. This prestigious award consists of a $2,500 bursary that will assist Justin to continue his study of the Italian Language. A formal presentation ceremony will take place at Loyola College, Watsonia, in August.

…to Simone Rutolo of 9A for making it to the Finals for the Dante Alighieri Poetry Competition out of 3200 participants. We also congratulate the other 15 Year 9s who recited their poem at Melbourne University on June 2.

…to Marcus Piscopo of Year 8D who recently competed at the Vic Champs for Gymnastics and won gold in the Rings and a silver medal in the Vault.

SBC Cross Country Holiday Training

As Term Two draws to a close many of the staff and students are looking forward to a well earned rest. Not so the cross country team. The boys heading up to Sydney for the City2Surf, in early August, plus the cross country squad will be hard at work, training over the break. The cross-country squad and the Maribyrnong 150 team have been training for the last eight weeks with the City2Surf team already completing ten weeks of training this term so they are ready for the grueling 14km event. It would be a pity to waste all that fitness work by not training over the break. With this in mind we will again be running holiday training.

HOLIDAY CROSS COUNTRY TRAINING:
Venue: Aberfeldie Athletics Track, Corio Street, Essendon
Tuesday 30th June: Hill work (C2S: Tour De Canning)
Thursday 2nd July: Interval work
Tuesday 7th July: Tempo Run
Thursday 9th July: Interval work
Time: 9.00-10.00am

CITY TO SURF: “TOUR DE CANNING”

On the first Tuesday (30th June) morning the City2Surf boys will be doing the Tour de Canning, which is the traditional 14km training run the boys do in the lead up to the event every year. These holiday sessions will also allow the boys who hope to make the ‘150 team’, but have not done enough training sessions, to build up their training session numbers. Remember to be part of the team you must attend and participate in a minimum of 75% of all training sessions. We look forward to a good turn out over the break. (Note: If you have been training but can’t get to holiday training try to get in a run or two each week of the holidays on your own.)
TERM 3: CROSS COUNTRY TRAINING:
Venue: Aberfeldie Athletics Track, Corio Street, Essendon
Days: TUESDAY & THURSDAY (starting first Tuesday the 14th July)
Time: 6.50am

If you have any questions or concerns please feel free to email:
Helen Roberts: HRoberts@sbc.vic.edu.au
Gerard Brown: GBrown@sbc.vic.edu.au
Daniel Baldwin: DBaldwin@sbc.vic.edu.au

LOOK GOOD – FEEL BETTER

FACING CANCER WITH CONFIDENCE

This year St Bernard’s FC John Fawkner Charity Lunch on Saturday 25th July, 2015 will be supporting the ‘look good feel better’ initiative.

Established in 1990, Look Good Feel Better is a free national community service program dedicated to teaching cancer patients how to manage the appearance-related side-effects caused by cancer treatment. Women, men and teens participate in a practical workshop which covers skin care, make-up and head wear demonstrations, leaving them empowered and ready to face their cancer diagnosis with confidence.

Look Good Feel Better programs are open anyone undergoing treatment for any sort of cancer. In Australia, more than 118,000 people have participated in the program, which now offers approximately 1,000 workshops nationwide in more than 180 venues, including club sponsor John Fawkner Hospital.

Today, the program is managed by a small team of staff and the support of 1,500 trained and certified cosmetic, beauty and hairdressing professionals who volunteer their time and expertise to help deliver workshops across Australia. Each workshop participant receives a complimentary Confidence Kit and instruction booklet.

With no government funding, the Cancer Patients Foundation relies heavily on the generosity of corporate and community supporters.

Bookings are now open! If you would like to attend this function please contact me by email (tables of 10 or smaller groups). Ticket price is $48pp which includes a glass of bubbles on arrival, two course lunch + afternoon tea. Also, $5 from each ticket going towards the charity along with a donation from the raffle proceeds.

The guest speakers will provide vital insight into Women’s Wellbeing (further updates to follow in coming weeks). Not to mention, a bumper raffle, lucky dip, major prizes and lots of chitty chatter…. All welcome.

Kind regards

Angela McGuire
mcguirea@iprimus.com.au

St Bernard’s FC Women’s Network
The Keilor St-Bernard's Athletic Club.

In 1965 Ron Stobaus and brother Peter Faulkiner formed the St Bernard's athletic club with the intent of developing an athletics environment at the college.

The club borrowed money which was used in the development of the ovals near Steele Creek and for the provision of throwing rings and jump pits which have long since been buried under the Buckley Street earthworks and the many changes to the ovals.

The club joined Victorian Amateur Athletics Association and has been a prominent competitor in the winter cross country and the summer track and field seasons ever since.

The St Bernard's athletic club was instrumental in the creation of the Keilor Little Athletics centre and the Keilor Heights women's athletic club. With the merging of the Victorian Amateur Athletics Association and the Women's Amateur Athletics Association to form Athletics Victoria St Bernard's merged with Keilor Heights to form the Keilor St Bernard's Athletic Club (KSB).

The club has grown and over recent years has averaged around 155 members, male, female, young and old with all levels of ability. Our membership comes from across the north west of Melbourne and areas such as Gisborne, Sunbury and Macedon.

The club trains at the college and on the paths and hills along side the Maribynong river and also at the Keilor Park Athletics track.

**This is the clubs fiftieth year and a celebratory dinner is planned for October the 16TH.**

The club would like to hear from anyone who has been a member of the club over the years. We are looking for anecdotes, war stories and historical documents or photographs.

**If you can help or would like details on the fiftieth year celebratory dinner please email the following:**

Ron Stobaus: rstobaus@bigpond.com, Ian Upton: ian.upton@iinet.net.au.

If you would like information on the club try the website www.ksbaths.org.au or the 'facebook' page 'www.facebook.com/ksbaths'.
Workshop
Cyberbullying for parents

These sessions will teach parents how to use technology and be safe online.

Older children and teenagers welcome. Presented by the Moonee Valley Legal Service.

Sam Merrifield Library
Monday 1 June, 6pm -7pm

Avondale Heights Library
Thursday 25 June, 6pm -7pm

FREE Sessions. Book online: mooneevalleylibraries.eventbrite.com.au