



A WORLD OF OPPORTUNITIES FOR YOUNG MEN

No. 15 29 August 2018



**From the Principal**

The Old Paradians' *Encore21* Concert took place last Saturday evening at the Athenaeum Theatre and was a truly magnificent and memorable event with so many of our former students presenting items from all 21 of our past musicals. Thanks to the many Old Paradians who organised the evening and to those who performed on stage, in the orchestra and in the stage crew. It was good to see our College Captain Matthew Casamento performing on stage representing our 2018 students.

Many thanks to the families who braved the poor weather for the second College Working Bee on Sunday morning 19 August. While activities were curtailed by the rain, some very useful work was achieved on the gardens

Best wishes to the cast and crew of the College dramatic production of *The 39 Steps*, which opens on Thursday night for three performances from 30 August to 1 September. This promises to be another excellent production and booking details are in this *Newsletter*.

Well done to the Parade Snow Sports Team who competed in the Victorian Interschools Snow Sports Championships at Mt Buller last weekend. Congratulations to Year 12 student Tom Neylon, L05, who qualified to represent Victoria on Boarder Cross at Perisher on 8 and 9 September.

Last weekend two Year 10 students, Fletcher Adcock, L06, and Lachlan Pike, H18, departed for a seven week exchange with Vancouver College, an Edmund Rice school in western Canada. Two Vancouver College students will join us in first term 2019 in a return exchange.

*Dr Denis J Moore cfc*  
**Principal**

PARADE COLLEGE & MERCY COLLEGE PROUDLY PRESENT

RIVERGUM THEATRE  
PARADE COLLEGE, BUNDOORA

THURSDAY 30<sup>TH</sup> AUGUST  
FRIDAY 31<sup>ST</sup> AUGUST  
SATURDAY 1<sup>ST</sup> SEPTEMBER  
7:30PM

**THE 39 STEPS**

ADAPTED BY  
**PATRICK BARLOW**

FROM THE NOVEL BY  
**JOHN BUCHAN**

TICKETS AVAILABLE AT  
[WWW.TRYBOOKING.COM/VNRZ](http://WWW.TRYBOOKING.COM/VNRZ)

ADULT \$15  
CONCESSION \$10  
FAMILY \$45

DIRECTOR  
CAITLIN LAMONT

PRODUCER  
NATASHA NICASTRI

ASSISTANT PRODUCERS  
KATHRYN DUNSTAN  
& MICHAEL DONATO

FROM THE MOVIE OF ALFRED HITCHCOCK  
AN AMATEUR PRODUCTION ARRANGEMENT WITH 'ORIGIN' THEATRICAL ON BEHALF OF 'SMALL FRENCH' LTD.



## OPs take over the Ath in Encore21!

Melbourne's iconic Athenaeum Theatre has hosted one of the most ambitious events ever staged by the Old Paradians' Association – a glorious celebration of the past 21 years of Parade College Musicals, *Encore21*.

Four hundred and forty-seven people filed into the Athenaeum to experience a musical tour de force involving students past and present of both Parade and its sister colleges CLC Eltham, Mercy College Coburg, Our Lady of Mercy College Heidelberg and Santa Maria College Northcote – all of whom paid nostalgic homage to the Parade musicals in which they were previously involved.



Appropriately enough, more than 21 musical numbers were featured from a myriad of productions dating back to *Oliver*, the first production staged by Parade under Principal Dr Denis Moore's watch in 1996. Luke Bortignon (2017) and Joe Spanti (2012) opened the night with Live in Living Colour from *Catch Me if you Can*, with Master of Ceremonies John Abrahams (1982) following with Oh, What a Beautiful Morning from *Oklahoma!*. Former CLC girls Gabrielle Hatty and Christine Sosnowski, who performed the duet *Where is Love* back in '96, did so again after 21 years.

The evening ended with a frenetic performance of *You Can't Stop the Beat* from *Hairspray*, and a rousing rendition of One Day More from *Les Miserables* as the encore.

Rob Clark, a final year student of 2008 and a member of the male ensemble, echoed the sentiments of everyone involved in *Encore21* when he posted on Facebook "That was truly something special. Huge thanks to everyone who built this thing from the ground up way back in October of last year right through to the night, and a huge thanks to all of you for being the coolest, funniest and most awesome people to share a stage with . . . seeyas at *Encore42!*".

Sasha Hennequin, a former student of Our Lady's, wrote: "If someone had told me when I was performing Mary Magdalene in my high school production of Jesus Christ Superstar that I would be reprising my role on the Athenaeum Theatre stage sixteen years later, I would have laughed and told them their time machine is stuffed! I would like to thank each and every single person involved in *Encore21*. We put on one hell of a show – a huge thankyou for asking me to be part of it. I was especially grateful to have had the opportunity to reunite and thank the production team of these musicals I did in high school which kick-started my love for musical theatre and helped me uncover a new dream to follow".

Eleven male soloists, twelve female soloists, together with eleven male and eleven female ensemble members, sang their hearts out to the wonderful backing of the Ross Chapman Orchestra throughout the two and a half-hour musical extravaganza.

Parade College Principal Dr Denis Moore was presented with a gift as a token of appreciation from current and former students who benefited from the performing arts faculty he established almost a quarter of a century ago. Martin Macaulay, the College's long-serving Director of Music, was also recognised with an Honorary Old Paradian Award – the eighth recipient since the award's inception in the Association's Centenary year of 2014.



Old Paradians' Association President, Lewis Derrico, who joined his wife Ana at The Athenaeum, said of *Encore21* afterwards: "If I think back to Saturday night I would firstly say that I was proud to be a Paradian".

"To the musicians, the cast members, the crew and of course the production team who somehow brought this incredible show to life in an incredibly short turnaround time I say thankyou, together with all the sponsors of *Encore21* on this famous night for the Old Paradians," Lewis said.

"I was also pleased to see so many sectors of the Parade community represented in the same room in a spirit of bonhomie. The legacy of *Encore21* is that it paves the way for future events up to and beyond Parade College's 150-year celebrations just three years from now."

The Old Paradians' Association wishes to place on record its sincere gratitude to everyone involved with *Encore21*. It particularly acknowledges the following members of the production team, who committed their seismic talents and energies to the event:

Executive Producer John Abrahams; Producer Brad Cocks (1998); Production Manager Mark Spencer (2001); Director Tyson Legg (2000); Assistant Director Stephen Valeri (2007); Musical Director Ross Chapman (2006); Assistant Musical Director Danial Heskett (1998); Choreographer Michelle Clark; Technical Director and Stage Manager Ash Whelan (2004); Audio Josh Mattielli (2012); Cameras and Vision Steve Howard (1998); Promotion and Marketing Luke Bortignon (2017); Committee Members Michael Butera (2002); and Reardon Jones (2003); Graphic Design Julia Mancuso; Archivist Rodney Prusa (1981); and Mirella Busso-Lee and Megan Sanelli.

**Mr Tony De Bolfo**  
**Old Paradians' Association CEO**

THE OLD PARADIANS' ASSOCIATION  
INVITES YOU TO ITS

*2018 High Tea*

Friday 7 September 2018  
10.30am – 1.00pm  
Cost: \$50.00

Ballara Receptions  
1435 Main Road  
Eltham, VIC 3095

**ALL WELCOME TO ATTEND THIS COMMUNITY EVENT**



**Guest Speaker – Dr. Sally Cockburn**  
(known as “Dr. Feelgood”)

GP, Health Advocate,  
Media Presenter & Host, Writer

*“How to be successful and still have a life”*

**Book Now:**

[www.oldparadians.com.au/events](http://www.oldparadians.com.au/events)

**Or call Mirella Busso-Lee**  
9468 3302

PROUDLY SUPPORTED BY





## From the Assistant Principal - Teaching & Learning

### Term Three Interim Reports/Student Progress Interviews – Years 7 to 12

Interim reports will be released online via the parent portal on Friday 31 August at 10.00am.

Parents of Year 9 students should note that Year 9 ExCEL reports for Learning 4 Life subjects are not included with the interim report. The ExCEL report will be released online on Friday 21 September at 4.00pm.

There is one final opportunity for the important learning conferences to occur this year, on

**Monday 10 September**  
**3.45 to 5.45pm and 6.30 to 8.30pm**

Interviews at Bundoora campus will be in Alphington Court, while those at Preston campus will be in the Mackillop Centre.

Parents and students are encouraged to attend. It is far more beneficial that students attend with their parents.

On the interim reports, teachers may have indicated that an interview is required. Parents may also initiate the interview by booking appointments to meet with their sons' teachers. Teachers will be mindful to keep interviews to the times designated.

Please bring along your son's printed interview times, as they include the location of each teacher.

Please note the prefix/first letter;

'A' with a number means the interview is in Alphington Court at Bundoora Campus

'W' with a number means the interview is in Alphington Court's Waterford classrooms at Bundoora Campus

'M' with a number means the interview is in the MacKillop Centre at the Preston Campus

*Bookings for Student Progress Interviews will be available via the Parent Portal at 10.00am on Friday 31 August and will close for bookings at 1.00pm on 10 September.*

### 2019 JacPLUS - Jacaranda e-Textbook Bundle for Years 8 to 10 in 2019

In 2019, Parade College will continue to use Jacaranda's \$110 Digital Bundle as its digital textbook/educational resource provider for students in Years 7 to 10. This Digital Bundle offers great value as it provides access to eBooks and companion digital learning products across multiple subject areas including Mathematics, Science, English, History and Geography on your son's digital device.

As part of this bundle, your son will receive access to over \$500 worth of educational product that is required for your son for the 2019 school year.

Jacaranda Publishing will add all the prescribed eBooks and companion products to your child's existing JacPLUS account. To ensure that your son's 2019 school year text books and resources are added in time for Parade Headstart Week, you are asked to order and pay the \$110 online via Jacaranda's payment portal by the 23 September 2018.

Booklists with the balance of items will be available in early November and will be required for the commencement of the 2019 School Year.

Details on how to pay for the Jacaranda bundle via the Jacaranda Payment portal were emailed to families today. If you have not received an email please contact Sheena Wright, eLearning Facilitator, on [sheena.wright@parade.vic.edu.au](mailto:sheena.wright@parade.vic.edu.au)

Your assistance in prompt payment will assist the school in the setting up of the resources for the Headstart period in December 2018.

**Mr Geoff Caulfield**  
**Assistant Principal - Teaching and Learning**



# toorongmarnong

## Indigenous Tertiary Information Services

Meet and connect with Indigenous staff from Victorian Universities.

A wonderful opportunity to ask questions, find out about pathways and support available at each university.

**Date:** Wednesday 12th September

**Time:** 4pm - 7pm

Aborigines Advancement League

2 Watt Street, Thornbury

**Refreshments Provided**

Learn about:

- ✦ Each Vic University
- ✦ Planning for university
- ✦ Pathway options
- ✦ Entry opportunities
- ✦ Scholarships
- ✦ Support available

Please register to ensure adequate catering

Book online at [toorongmarnong.com/events](http://toorongmarnong.com/events)

To discuss transport options, for further information contact  
Kristy Lillyst on 0429 109 953 or email: [kristy@toorongmarnong.com](mailto:kristy@toorongmarnong.com)

OR

VAEAI on 03 9481 0800 or email: [vaeai@vaeai.org.au](mailto:vaeai@vaeai.org.au)





## From the Director Student Support Services

Thanks to the efforts of Lyndall Down, the NRL Storm's School to Work Project Officer, on Thursday 26 July, we were privileged with the presence of three elite Indigenous sportsmen from two different football codes: Josh Addo-Carr (Melbourne Storm), Jeffy Garlett (Melbourne Football Club), and Neville Jetta (Melbourne Football Club). Neville is also Parade's Indigenous Education Officer.



The players spoke to invited Year 7 to 12 students including our Indigenous students, Friends Igniting Reconciliation through Education (F.I.R.E.) Carriers, the 2019 Prefect Training Group, Advocacy students, Year 10 History students, and Year 8 Intervention English students. It was wonderful to also host Mercy College's Indigenous students.

Our MC for the event was Year 12 student Jamaica Ilesley (L08) who is the elder of Parade's Indigenous students and bearer of the College's 2018 Indigenous Torch.



Jamaica commenced with an Acknowledgement of Country which was followed by Lyndall's quiz to see how much the players knew about each other and their football code. There were plenty of laughs when it became clear they didn't know all that much!!

Rylie Cadd Year 11 T02 ably asked the players questions about their upbringing, influences, and achieving their goals. The players spoke candidly about experiences of racism, and resilience for managing challenging situations – these were important messages for our boys to hear.



The session concluded with Jamaica thanking our guests where they were presented with Parade football jumpers and Sports Academy caps. All of the students present were kindly gifted with a cap from Melbourne Storm. Following the presentation, the players chatted with staff and students and posed for many photos.

With deep appreciation to Lyndall Down for organising this fantastic opportunity for our students and to Josh, Jeffy, and Neville for generously sharing their time, stories, insights, and wisdom with us.

**Ms Jenine Fogarty**  
**Director Student Support Services**



# HAMER HALL

ARTS CENTRE MELBOURNE

Tuesday September 18th  
7pm



## ACCent on Music 2018

Associated Catholic Colleges (ACC) is proud to present its third combined schools concert - "ACCent on Music". The ACC is an association of 12 Catholic secondary schools for boys, covering various suburbs in and around Melbourne. Over 500 students from years 7 - 12 have been selected by their respective schools to perform on stage in one of Australia's premiere concert venues - Hamer Hall, Arts Centre Melbourne. The performance comprises items from a range of ensembles - choir, drumline, concert bands, stage bands, strings & orchestra. Tickets are just \$20 and can be purchased via the Arts Centre ticket office: <https://www.artscentremelbourne.com.au> For all event details, please visit our website: [www.accmelb.com.au](http://www.accmelb.com.au) and browse under the "Music" menu.



Proudly supported by our event partner







## Music Department News

### ACC 'ACCent on Music' Concert – Hamer Hall, Tuesday 18 September

All musicians are reminded of the major event featuring musicians from all twelve ACC schools coming up on Tuesday 18 September at Hamer Hall.

Parade musicians have been told of their involvement and commitments.

The schedule of rehearsals and performances is as follows:

#### Sunday 16 September - 9.00am to 2.00pm

All Combined Ensembles - Mazenod College  
Buses depart Parade at 9.00am sharp

#### Tuesday 18 September - All Day Rehearsal

Hamer Hall, Melbourne  
Buses depart Parade at 7.45am sharp  
Evening concert start at 7.00pm

Please ensure you have completed the various CareMonkey notifications. Contact [Martin.Macaulay@parade.vic.edu.au](mailto:Martin.Macaulay@parade.vic.edu.au) if you have any questions.

Tickets are available online at <http://www.accmelb.com.au/tickets/>

### Instrumental Music Soiree – Monday 3 September

Instrumental students will be performing at the annual Instrumental Music Soiree concert – held for the first time at the Preston Campus.

Everyone in our College community is invited to attend this musical event, which commences at 7.00pm on Monday 3 September.

**Mr Martin Macaulay**  
Director of Music



## Thinking of working in the Construction Industry?

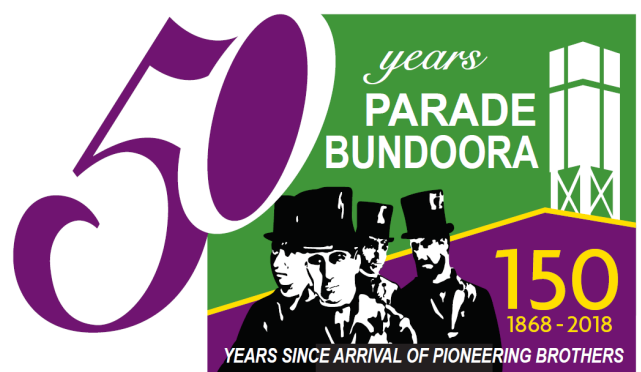
A CI Card is required for any work on construction sites in Victoria.

Parade College offers complete training for the Construction Industry Card across two evenings.

We are currently accepting expressions of interest for our next training group, which will be held in Term 4

Please register your interest by calling Parade College RTO Executive Officer Tony McKay on 9468-3300, or by email

[tony.mckay@parade.vic.edu.au](mailto:tony.mckay@parade.vic.edu.au)



# Br Peter Cole Scholarship

## Applications close 30 August 2018

The Br Peter Cole Scholarship is awarded to prospective 2020 Year 7 students who apply to enrol at Parade College's Preston Campus. The Scholarship honours Br Peter Cole, a former teacher at Parade College and a Christian Brother for almost seventy years. Few, if any, who knew Br Peter Cole would disagree with the judgement that he was unique. His uniqueness was central to his character and embraced the way he did things, the relationships he formed and the goals he set himself. He lived a life that was wholly dedicated to others and was based on the loving principles he imbibed from his family and his Christian faith.

Born in Richmond, Br Peter and his family moved to Preston when he was four years old, then regarded as undeveloped bushland. These paddocks were to be the scene of Peter's youthful exploits, excursions down to the river, wrestles and tussles, and especially the games of cricket and football. He never wavered from his commitment as a Christian Brother and sought always to bring compassion, freedom and liberation to the lives of those with whom he lived and met. He gave of himself fully until his death. He was a much loved and loving person whose talents and gifts were shared for the common good.

This scholarship is created to honour a great man and to acknowledge his connection to the Preston area by offering a limited number of academic scholarships for students who would be part of the Altior Program (Gifted and Talented Program) in Year 7 2020 at Preston.

Altior is a challenging program that extends and enriches students in the core subject areas of English, Humanities, Science and Mathematics. It is aimed at enrolled students who have maintained high academic standards and who wish to develop skills of independent learning, teamwork, and leadership. Selection into Altior at Year 7 is via the application form that is available on the Parade College website.

The Scholarship is for a two year period (Year 7 and Year 8) but will be reviewed at the end of the first year, subject to the stated criteria. When a student is in Year 8, he can apply for a continuing scholarship through the Middle Years Scholarship.

The Scholarship will pay for all or half of the tuition fees.

Selection criteria includes:

- a) Performance in the Scholarship testing program;
- b) student's most recent academic results,
- c) NAPLAN results
- d) Surveys of Year 5 teacher, parent and student

For more information on Scholarships and for Application forms, please contact:

Mrs Angela O'Connor

College Registrar

Phone: 9468 3300

Fax: 9467 3937

[registrar@parade.vic.edu.au](mailto:registrar@parade.vic.edu.au)

[www.parade.vic.edu.au/Enrolments.aspx](http://www.parade.vic.edu.au/Enrolments.aspx)





## From the Registrar

### Year 7 2020 Enrolments closed Friday 17 August 2018

Applications for Year 7 2020 have now closed and interviews are being finalised.

If you have a son currently at the College you are still required to submit an application for any younger siblings and failure to do so may result in him missing out on a place.

Please contact me on 9468-3304 or email [registrar@parade.vic.edu.au](mailto:registrar@parade.vic.edu.au) to obtain a Prospectus and application form.

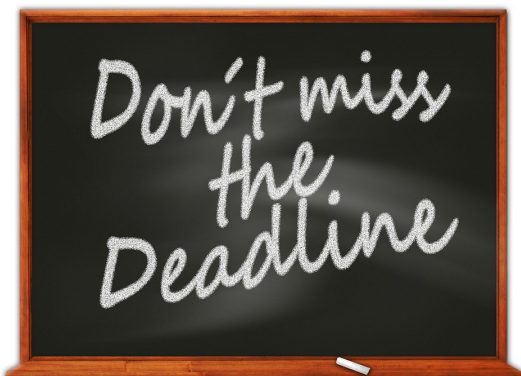
### Brother Peter Cole Scholarship – Preston Year 7 2020

The Br Peter Cole Scholarship is an academic scholarship which is being offered for the first time for a small number of boys who will be part of the Altior program at the Preston campus in Year 7 2020.

Please contact me if you wish to receive information and an application form or go to our website [www.parade.vic.edu.au/Scholarships.aspx](http://www.parade.vic.edu.au/Scholarships.aspx)

Applications close Thursday 30 August 2018.

**Mrs Angela O'Connor**  
**Registrar**



## Banyule Nillumbik Tech School

On August 16, the Banyule Nillumbik Tech School at Melbourne Polytechnic's Greensborough Campus was declared officially open, supporting 14,000 secondary school students from nineteen partner schools across the local area with a number of unique programs including a Student StartUP entrepreneur program, Design Challenges, War on Waste inquiry, projection master classes and an official Maker Faire to be held in Term 4

Danielle Green, Collin Brooks and Anthony Carbines attended the event, with a number of other guests of the local community.



Two Student Ambassadors from Parade College, Sahan Liyanage B01, Year 10, and Surendra Corea, H08, Year 10, with teachers Mr Andrew Kuppe, Dr Janette Berglez and Mr Dante Gabriele, all of which have spent the last year planning and co-developing some of the upcoming programs also attended the event.

We are looking forward to this new partnership with the Tech School which will provide Parade students a unique opportunity to STEM education, state of the art facilities, and industry and community support.

**Dr Janette Berglez**  
**STEM Coordinator**



## The Battle of Coral-Balmoral remembered

18 August has been designated Vietnam Veterans Day – the anniversary of the infamous Battle of Long Tan (18 August 1966).

Each year, on the Saturday closest to 18 August, the Diamond Valley Vietnam Veterans Association holds a community memorial service to remember those who fought in this most controversial conflict.

At this service, Parade College was represented by nine boys and Year 10 student Lachlan Pike (H07) delivered the keynote address.

In 2018 we particularly remember the Battle of Coral-Balmoral because it is the 50<sup>th</sup> anniversary of what was Australia's largest and most sustained battle of the Vietnam War.

In his speech, Lachlan outlined the main happenings of this 26-day battle as well as reflecting upon his own understanding of the battle by saying:

*'As a young person, I believe that the Vietnam War, and more specifically the Battle of Coral/Balmoral, forms an essential part of Australian history and that it is a significant event in our nation's history. Prior to this year, I didn't know all that much about the Vietnam War, or any of its battles, however, due to studying it as part of the Year 10 History course, as well as doing further research whilst writing this speech, I've come to realise the importance of the Vietnam War, and have developed a particularly strong appreciation for the soldiers that fought for our country. The Vietnam War, like all major wars, is extensive...and certainly worth investigating and researching further. There is much to learn.'*

Lest we forget.

**Miss Marita Stretch**  
**Ministry Team**



*Above: Year 10 student Lachlan Pike (H07) delivering the keynote address at the memorial service*

*Below: Students at the memorial service (L-R) Ali Samaei Yr11 T08, David Ohuche Yr11 L03, Jordan Di Palma Yr11 T02, David Hamilton Yr11 H08, Amir Yacoub Yr11 L08, Jordan Whitty Yr11 T03, Hasitha Herath Mudiyanse Yr11 B07, Carl Perera Yr11 L06, Lachlan Pike Yr10 H07*





## Unit 4 Physics - Australian Synchrotron Excursion

On Monday 13 August the Year 12 physics classes attended an excursion to the Australian Synchrotron, located in Clayton.

The synchrotron is 3 GeV electron accelerator with a 216 metre circumference storage ring capable of accelerating electrons to 99.99999% the speed of light, and producing radiation 1 million times brighter than the sun.

Such power was a bit concerning, but also necessary for the research being conducted as the light produced can be directed through one of the ten beamlines to be used for medical imaging, nuclear physics and much more.

Although we initially lacked some *momentum* that comes with Monday mornings, we were also in an *excited state*.

The sight of the synchrotron also brought in a *wave* of enthusiasm amongst us as well as some *uncertainty* as to what we would be doing throughout the day as for many of us it was a *relatively* new experience. During the course of the day, we were given a tour around the synchrotron, performed some experiments using lasers, and extracted DNA from strawberries.

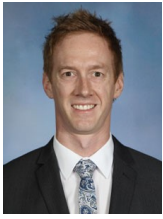
This excursion was a great experience as it related to what we were *currently* learning about. I hope to be able visit the synchrotron again and *potentially* use its facilities which can be accessed freely by university students and professionals to *conduct* their experiments.

I would like to thank the teachers that made this excursion possible as well as the staff at the synchrotron and may the *nILB* be with you all.

Apologies for the puns that you have been *forced* to read and hopefully they didn't cause too much *interference*.

**Raymond Zhang**  
Year 12 T01





## The Jubilee Solidarity Walk

The annual Solidarity Walk was held on Friday 24 August with the aim of raising funds for the Comboni Sisters' Hospital in South Sudan. All money raised went towards expanding the hospital's facilities to build a functioning operating theatre.

At Parade College, we encourage our students to walk in the *footsteps* of Edmund Rice, building a sense of empathy and solidarity for those in need.

The Bundoora campus Solidarity Walk started at the Garvey Oval, stretching along the Ring Road Path, and returning to Naughtin Oval through the suburban back streets of Watsonia and Bundoora.

Junior students set off on their leisurely walk in the morning. They were full of the enthusiasm and set a brisk pace in rather chilly conditions. The sun was out in full force by the time the seniors commenced, which allowed them to enjoy the brilliant sunshine. The 2019 Prefect Training Group did a superb job in coordinating some activities for students once they had completed the route.

Students who raised over \$200 went into the draw to win some wonderful prizes, including a gaming PC worth \$1300 and an LG smart phone valued at \$900. In addition, students who raised significant amounts of money will be acknowledged at their House assemblies.

We hope that the main take away message was 'you can make a difference'. By being caring and generous global citizens, we can transform the lives of those who are vulnerable.

Thanks to everyone who assisted in organising the day and helped to make it a great success.

**Mr Cameron Elmore**  
**Bodkin Lower House Leader**





## From the Director of High Performance Sport

### 'Relay For Life'

The Parade College Community is intending to be part of a community fundraising challenge for the Cancer Council.

The event known as the 'Relay For Life', is being held at Willinda Park on 23 and 24 March, 2019. Teams of friends, families and colleagues raise money in the lead up to an overnight event, where team members take turns walking around a track to signify that cancer never rests.

The Relay event is an experience that will stay with you forever. It is designed to celebrate survivors; recognise carers and raise funds for the Cancer Council.



The major role of the Cancer Council is to support people affected by cancer; fund research and improve cancer prevention.

Underpinned by research, 61,000 Australian lives have been saved by improvements in cancer prevention, screening and treatment over the past twenty years.

But with an estimated 134,000 new cases of cancer expected to be diagnosed in Australia this year, the Cancer Council needs every Australian to rally behind Relay For Life to help continue their vital work.

Whilst the 'Relay for Life' event is an overnight event and runs for 24 hours, our aim is get enough team members to lighten the load for all members of the Parade College community team. All that's required is a willingness to walk for one hour or so to support this worthwhile cause.

Further information can be obtained by going to the following website –

<https://tinyurl.com/DVRelayForLife2019>

If you think you might like to get involved in the 'Relay for Life' and be part of the Parade College community team, then please phone Mr Phil Gaut on 9468-3380 for further information.

### Term 3 and 4 ACC Team Photos

The Parade ACC Sports Team photos for Term 3 and 4 sports will be developed from the students' individual portrait photo taken at the beginning of the year.

To ensure all students who represent the College are truly acknowledged, students are asked to check team/squad lists which are posted on the Sports Noticeboard above the Senior Canteen (Bundoora Campus) and on the Sports Noticeboard (Preston Campus).

If a student represented a team but their name is not included on the team list, then they must see Mr Gaut (Bundoora) or Mr Watson (Preston) by Friday 14 September.

The following team/squad lists are posted on the noticeboard.

ACC Basketball – Years' 7 to 12

ACC Hockey – Years' 7 to 12

ACC Table Tennis – Years' 7 to 12

ACC Cross Country – Years' 7 to 12

Clay Target Shooting

Snow Sports

ACC Tennis – Years' 7 to 10

ACC Volleyball – Years' 7 to 10

ACC Cricket – Years' 7 to 10

### Year 7 ACC Tennis Team – Bundoora

Trials to determine the Year 7 A and B Tennis teams will take place on Friday 31 August and 7 September on Bunjil Park after school until 4.30pm.

These trials are for students who have already made the Year 7 Tennis team.

### ACC Cross Country

The ACC Cross Country will be held at Bundoora Park on Wednesday 21 September at Bundoora Park. Training is being held on a Tuesday and Thursday morning before school (7.30 to 8.15am) at the Bundoora Campus.

Students interested in being involved should see Mr Gaut or Mr Shingler at Bundoora and Mr Watson at the Preston campus.

### Year 7 ACC Volleyball

The Year 7 ACC Volleyball competition will occur in Term 4. Trials for the Year 7 teams will take place on a Tuesday and Friday at lunchtime in the Atrium commencing Tuesday 21 August.

All students wishing to try out for a Year 7 ACC Volleyball teams are to bring their runners and attend these trials.

Please note, that boys who have already made a Year 7 ACC Tennis or Cricket team are unable to play Volleyball as all three sports are played at the same time in Term 4.


### Victorian All Schools Athletic Championships

The Victorian All Schools Athletic Championships will be held at the Lakeside Stadium from 2 to 4 November.

Students interested in competing in these Championships should see Mr Gaut in E44 (Bundoora) or Mr Watson (Preston) for further details.

**Mr Phillip Gaut**

**Director of High Performance Sport**



**Old Paradians Cricket Club is now looking for new players for the 2018/19 season**

Old Paradians CC offers a range of opportunities for cricketers of all ages from junior to senior cricket.

Based at Parade College, Bundoora, Old Paradians provides a fantastic environment to enjoy your cricket including excellent training facilities, great clubrooms and a family friendly environment.

With 5 senior, Under 16's, Under 14's, Under 12's teams and Woolworths junior blast program for 5-7 year old children means whether you're just starting out or a competitive cricketer, Old Paradians Cricket Club is the local club for you!

FOR CRICKET THIS SUMMER  
IT'S JUST GOT TO BE  
**OLD PARADIANS CRICKET CLUB !!!**

Contact us for more information

 President Matthew DelMastro 0409 060 472	 Club Coach Michael Cocks 0409 404 406
 Junior Co-Ordinator Karen McGinty 0417 522 595	 Web <a href="http://www.oldparadianscricketclub.vic.cricket.com.au">www.oldparadianscricketclub.vic.cricket.com.au</a>
 Email <a href="mailto:oldparadianscricketclub@gmail.com">oldparadianscricketclub@gmail.com</a>	 Facebook <a href="https://www.facebook.com/OldParadiansCC/">https://www.facebook.com/OldParadiansCC/</a>

Values: Hard Work, Friendship, Respect, Community

Logos: DVCA, Old Paradians Cricket Club



**Parade College**  
A Catholic School in the  
Edmund Rice Tradition

Liberating Education

Gospel Spirituality

Inclusive Community

Justice and Solidarity

Logos: Parade College, Edmund Rice Education Australia





## Parents of Parade (POP)

### POP Mega Raffle update

The POP Mega raffle was drawn this morning at the Father's Day Breakfast. Details of winners will be published in the next Newsletter.

### Father Son Winter Games Night

It was great to see the fathers and guardians who came along with their sons and enjoyed a BBQ followed by an evening of competition and fun at the Father Son Winter Games Night on 14 August. A great night was had by all.



Thank you to all who assisted in making the evening a huge success including Mr Phil Gaut, the 2019 Prefects Training Team and POP members. Congratulations to all involved.

### Working Bee

Thank you to POP members who kept our hard-working team of parents well fed and refreshed with the BBQ sausage sizzle and drinks.

Thank you also to the parents who assisted with the many jobs around the College at Preston and Bundoora on Sunday 19 August.

### Holy Spirit PS School Fete Seeking Book Donations

Holy Spirit Primary School Thornbury will be holding a Fete in October and are seeking donations of secondhand chapter books for their book stall. Early readers and pre-school books are also welcome. All donations can be left in the marked box at College Reception. Donations will be accepted until 30 August.

### POP Meeting

An invitation is extended to everyone in the Parade community to attend our next meeting, which will be held on Wednesday 12 September at 7.30pm in Hickey Foyer, Bundoora Campus. All welcome!

### Stay informed with POP app

Please download the POP app and keep up to date with meeting dates, events and activities as well as contact information.

### Download the POP app

>> [Apple iOS](#) [Android](#)

**Jeff Warke**  
**President Parents of Parade**  
**0409 174 208**  
[pop@parade.vic.edu.au](mailto:pop@parade.vic.edu.au)





## From The Old Paradians

### Expressions of interest sought, OPA AFC Womens Team 2019

The Old Paradians' Association Amateur Football Club has committed to fielding a Women's Football Team in 2019. The inaugural Women's Team will compete in the Victorian Amateur Football Association (VAFA), now the largest Women's League in Australia.



The Old Paradians are now seeking expressions of interest from women interested in joining the football club, whether as a player, coach or in a supporting role.

**Anyone wishing to be involved is urged to complete a short questionnaire now available through the club website at [www.oldparadiansafc.com/opw19](http://www.oldparadiansafc.com/opw19)**

Old Paradians' Association AFC President Mike Jolley has made it clear to members and supporters that there is now a substantial level of keenness amongst key people to establish the team as soon as possible.

"There is certainly a strong push to make this happen both within our club, our affiliated Junior Club Parade St Damian's and from the top levels of Women's Football in the VAFA," Mike said.

"With more than 1800 boys at the Bundoora and Preston campuses there is a significant network of families and women in the local community who will also have an interest in establishing our inaugural Women's Team.

"Our football club offers potential players some of the very best playing and social facilities in the northern suburbs of Melbourne. We have a very long and proud history as one of the oldest clubs in the Victorian Amateur Football Association. We were established in 1929 and will be celebrating our 90<sup>th</sup> anniversary in 2019. It is now time for Women's Football to be part of that history and we are all looking forward to making that happen."

Mike confirmed that a Women's Football sub-committee had been established, with strong representation of females from AFL and junior football ranks as well as business and media.

***The club will also be holding a Women's Football Information Day on Sunday 16 September in the Frank Mount Social Room - Garvey Oval, Parade College, Plenty Road, Bundoora.***

"This will be a fabulous day for those who may have an interest in meeting our people, finding out more about our plans and looking at what we can offer as a club," Mike said. Further details regarding the Women's Football Information Day can be found on the football club's website as listed above.

### Class of 1958 reunites after sixty years

On Wednesday 4 July, sixteen members of the Matriculation (Year 12) Class of 1958, and one surviving teacher of the "Bluestone Pile" location in East Melbourne, met at the RACV City Club to renew acquaintances and exchange stories of their experiences over the past sixty years.

After such a long time, class members had dispersed to many different places, which made the central city location convenient for those who participated. A number of them came from places outside Melbourne, such as Ocean Grove, Ballarat, and Warrandyte, while one came down from ACT. Apologies were received from Queensland, Western Australia, ACT and New South Wales, as well as from Traralgon and some Melbourne suburbs.

A toast was made to remember "absent friends", naming at least eleven who were known to have passed away.



Stories around the table reflected the diverse fields of endeavour into which Old Paradians have applied their talents over the years, and tribute was made to the efforts of the Brothers in equipping those present for life.

Of the teaching staff, only Barry Blake remained, and was present to enjoy the gathering with us. Having taught history in 1958, he went on to hold a chair in linguistics, with a speciality in aboriginal languages, at Latrobe University.

Dennis Green (College captain in 1958) paid tribute to his assistants, David Jones, Vin Arthur and Bill Casey in organising the event.

For the record, those in attendance were: Vin Arthur, Barry Blake, Jim Boyle, Ken Browne, Bill Casey, Dennis Green, Charlie Griss, Peter Hanlon, Michael Hare, Michael Hardy, Maurie Hobbs, David Jones, Bert Miles, Frank Murphy, Peter O'Callaghan, John Petris and Nick Petris.

*Article submitted by Dennis Green*



## **“It’s Harf Time!” Harford confirms as OPA Luncheon Guest Speaker**

Dedicated Old Paradian and noted football identity Daniel Harford is to grace the RACV City Club (501 Bourke Street) with his substantial presence, after confirming as Guest Speaker for the Association's upcoming monthly luncheon on Wednesday 12 September.



A 162-game player with AFL clubs Hawthorn and Carlton, Harford gave something back to his old school in turning out for a season with the Old Paradians on the Garvey Oval in 2005, before a stint with Northern Bullants. As captain-coach of Balwyn, 'Harf' took his team to the Eastern Football League Premiership in 2008, before plying his coaching craft with St Kevin's Old Collegians at Amateur level.

More recently, Daniel accepted the role of Senior Coach of Carlton's AFLW team, which he now combines with commentary duties for Radio 3AW.

Daniel will articulate his thoughts on the great Australian game at the Old Paradians' Association Luncheon on the afternoon of Wednesday 12 September. "Pre-match drinks" are available from 12.00pm prior to a 12.45pm sit down, with lunch served at 1.00pm. Cost is a very affordable \$42.00.

***To book your ticket to "Harf Time", slap-bang in the middle of the finals, go to [www.oldparadians.com.au](http://www.oldparadians.com.au) and scroll down to the Events section.***

***Mr Tony De Bolfo  
Old Paradians' Association CEO***

## Calendar

*The following important dates in the College calendar can also be found on our website under the 'News' tab*

29 August	* Fathers Day Breakfast, 7.00am Yarangabee Centre	12 Sept cont....	* Year 8 Paradian Spelling Challenge, P3&4 College Hall
	* Drama Production Dress Rehearsals		* Homework Club 3.15-4.30pm
	* Senior Sport Final	13 September	* POP Meeting, 7.30pm Hickey Foyer
	* Homework Club 3.15-4.30pm	14-18 September	* Year 7/8 Sport Finals
	* Year 10 Dancing Classes, 3.30pm Greening Auditorium	14 September	* Unit 3&4 Trial Exams Commence
30 August	* Year 7/8 Sport Round 7		* Year 10 Assembly P4
	* 2019 Prefect Preparation Program Retreat, EREA Centre		* Year 10 Ball, 7.00pm The Centre, Ivanhoe
	* Bundoora Family School Tour	15-28 September	* Takada Homestay Exchange
	* Drama Production Opening Night, 7.30pm Rivergum Theatre	15-30 September	* African Immersion
31 August	* Drama Production Night 2, 7.30pm Rivergum Theatre	17 September	* Yom Kippur begins
1 September	* Drama Production Night 3, 7.30pm Rivergum Theatre		* Units 3&4 Trial Exams—no regular VCE Year 12 classes all week
2 September	* Fathers Day		* Old Paradians Executive Mee4ting, 7.30pm Hickey Foyer
3 September	* Board Meeting 7.15pm	18 September	* Yom Kippur ends
4 September	* Homework Club 3.15-4.30pm		* Preston Family School Tour
5 September	* Preston Family School Tour		* Homework Club 3.15-4.30pm
	* Year 10 Dancing Classes, 3.30pm Greening Auditorium	19 September	* Strategic Planning Committee Meeting
	* Homework Club 3.15-4.30pm		* Homework Club 3.15-4.30pm
6 September	* Units 3/4 Religion & Society Revision Lecture 3.45pm. VCE Study Centre	21 September	* VCE Trial Exams end
7 September	* OPA High Tea		* House Activities P4
10-21 September	Year 11 & Pathways (ERPP) Work Experience		* Term 3 ends
10 September	* Bundoora Family School Tour	23 September	* Spring Equinox
	* Student Progress Interviews	24 September	* Finance Committee Meeting\ 7.30pm
11 September	* Staff PD Day - Student Free Day	6 October	* Class of 1978 Reunion
12 September	* VCE Music Trial Recitals with VCAA Examiner, Rivergum Theatre	7 October	* Daylight Savings commences
	* ACC Cross Country, 10.00am- 2.00pm, Bundoora Park	8 October	* Term 4 commences
	* OPA Luncheon		

Don't  
forget!

**Tuesday 11 September  
is a Student Free Day**



## Part Two - When is too much too much?

### Helping our sons manage technology

There is no doubt the internet is here to stay. Our lives have been transformed as a result – and our lives continue to change as the rate of technological progress approaches warp speed.

In Part 1 of *Helping Our Sons Manage Technology* (see Newsletter No 14), some of the negative impacts were mentioned and a couple of guidelines offered to help us, as parents, protect our sons and help them maintain their wellbeing.

The following are strategies to help minimise ugly conflict as we try to negotiate this tricky issue. As in Part 1, these are suggestions only. There is no-one-size-fits-all answer to this vexed issue. You might know intuitively that a particular strategy will not suit your household. If you do try one of these approaches, though, and you do not immediately get the desired outcome, I encourage you to keep trying. In the moment, our sons might not respond positively to our attempts to communicate.

However, when the emotional dial has come down, they will think about what you have said. And, by far, most of the boys I have seen in counselling know their parents are simply looking out for their best interests. And many of these actually agree with their parents; that is, they harbour their own doubts about the impact of extensive internet use in their lives.

### Understanding the importance of 'Belonging'

As you might already know, adolescence is a time when your son starts to separate from you, his parents, and looks to his peers for a sense of belonging. He still needs to feel he belongs with his family, but his evolutionary brain is sending very powerful urges to make strong connections with people his own age. Why? The basic end-goal of the brain is the continued survival of the human species.

Unless young people look out from their family and make connections with others their own age, the evolutionary

brain worries this particular human being will not eventually meet a partner, settle down and make more human beings to carry on the species. So, this urge is very strong – and this is why 'friendship issues', to a teen, can be devastating.

### Socialising has changed

When I was a teenager, my main connection with other teens occurred face-to-face – usually at school. As we got older, we would also catch up on weekends at the footie, school dances (whatever happened to school dances??) or sleepovers. We would sometimes ring each other on the landline phone – but there was only ever one line and no cordless phones. This meant we had to compete with everyone else in the household for the phone and, when we did have a turn, everyone could hear our side of the conversation.

I clearly remember using codes words with my girlfriends over the phone and, at times, walking up to the corner payphone (remember those?) in a desperate attempt to have a private conversation with my friend without anyone yelling at me to "get off that bloody phone!"

Today, socialisation occurs via technology. Even e-games (Fortnite anyone?) are largely appealing to young people because of the social interaction. And it's no longer 1-on-1 interaction – there are now 'group chats'. So, can you see why asking your teenager to give his phone a rest is, to him, like asking him to have a break from breathing? There is a fear of being left out and, deep within his evolutionary brain, the fear of being left out can feel like his survival is at stake.

This is not to suggest that we let our sons lope off with their iPhones into the sunset. Of course, boundaries are still vital, but when we understand – even a little – what our sons are experiencing – we are less likely to be dismissive of their expressed concerns and more open to listening to them. And, when our sons feel heard, they are more likely to listen to us.

### Know your specific concerns

It might sound simple, but we parents can feel so overwhelmed by technology that, beyond a general unease at seeing our sons continuously on their devices, we are not sure exactly what bothers us about it. In order to address your concerns, you need to know exactly what they are.

Do you think:

- He is being exposed to violence, porn, potential bullying, etc
- He is not getting enough sleep
- He is not studying enough
- He is not getting enough physical activity/fresh air
- He is interacting less with the family

### **Focus on alternative activities**

Once you are clear on what specifically concerns you, clearer boundaries can be applied. For concerns related to your son's safety refer to Part 1. For other concerns, try reversing the approach to boundary setting. In other words, rather than placing boundaries on time spent on devices, try setting expectations around activities you want to see your son more involved with.

I remember when our son got his first device – an iPad. Like many parents I was worried that, without firm rules, he could become addicted. So we developed a contract with him – a written document that required his signature. It placed clear restrictions in terms of how long he could use the iPad during the week and on the weekend. This worked – in a sense.

Our son (mostly) abided by the contract, although it caused a great deal of resentment. And then he got his phone. It was far more difficult to monitor how long he spent on his phone. As he got older, we became aware that the contract and its restrictions weren't working as well.

About a year ago, our son came to us to ask for the restrictions to be lifted and told us why. By then we had learned more about the importance of social media in our son's life; ie, his ability to maintain connection with his 'tribe'. We were better able to listen to his needs.

So we agreed to trial the removal of restrictions – but with a new set of rules. We wanted to see more effort into his homework and to see him doing more physical activity. We also said that we hoped to have more together time as a family. We also maintained the rule of no phones in the bedroom, and we continue to have access to his phone to monitor. So we agreed to trial this....and it's kind of working out okay.

Do I wish he was on his phone less – YES! But, when I ask him to come for a walk or a bike ride with me, he always says yes. When we decide to play a game of Uno as a family, he tells his Fortnite mates that he has to sign off. He plays team sports and has recently joined our local gym. We would probably like to see more effort go into this school work, and this is something we continue to have conversations about. All in all, though, this focus on what we would like to see him doing rather setting time limits seems to work better for us.

However, this approach is not necessarily for everyone. You might feel your son needs to have definite time limits on his devices. You can still do this – but also focus on healthy activities such as sleep, homework, exercise and family life.

### **Have conversations with your son about technology that are POSITIVE**

We certainly need to speak with our sons about the risks, but if the discussion is always about the negative aspects, young people will tense up every time we need to have a conversation with them about it. They are more likely to become defensive – and when they are defensive, they are less likely to listen to us.

If we also talk positively about technology and show some interest, our sons will feel more relaxed and less likely to be 'on guard' when we need to talk. Here are some examples of positive statements:

- Gee, I wish I had Google when I was a student – what a great resource.
- Hey, I just saw the funniest YouTube clip – do you want to see it?
- Can I have a go at that game – it looks fun/challenging.
- How are you going with (name of egame)? Have you gone up any levels lately?

And when you do need to discuss your concerns with them, try to avoid broad statements that convey only negativity; eg, "I hate those screens!" or "I wish we'd never given you that play station!". Having advised this, please let me say....it's not the end of the world if, in frustration, you do let something like this slip. We parents are human, too. It will be more effective, though, if you speak with your son about specific concerns.

### **If you can't beat 'em, join 'em!**

This isn't as defeatist as it might sound. Yes, the internet is here to stay, so why not find elements of it that suit your needs and might also help you connect with your son?

My son knows that I have been following with morbid fascination the changing political landscape in America. So, about a year ago, he started to show me related YouTube clips he came across. I started to do the same – sometimes on topics that interest him. Now, when we are at a café having our hot chocolates after a walk or a ride, we take out our phones, put our heads together and watch the clips.

Don't limit yourself with this YouTube example. There might be an 'inner gamer' in you. Or you might enjoy creating fun photos using the Snap Chat filters. If hearing the terms 'YouTube', 'gamer', 'filters' or 'Snap Chat' leave you reeling – don't be disheartened. Ask your son to tell you about these things – to teach you. It will be a lovely opportunity to boost your son's confidence and to also connect with you. It might also make things easier when you need to have more difficult conversations with him about his technology use....

### **Be Calm and Carry On**

Most of us are familiar with this slogan (and its spin-offs), but you might not be aware that it was originally a motivational poster produced by the British government in 1939 in preparation for World War II. The poster was intended to raise the morale of the British public, threatened with widely predicted mass air attacks on major cities.

So teens with devices are not exactly Nazis in Messerschmitt's, but for those of us who have gone into battle over devices, the fight can be nuclear. We now know why online activity is so important to adolescents and therefore why they will often go into 'fight' mode when they feel threatened by boundaries. That is why it is so important for us, the adults, to remain calm.

I know, much easier said than done – especially when this can be such an emotive issue that brings out fears in all of us. You are very welcome to visit the Parent tab of the Student Counselling page of Parade's website. There you will find an article called *Being an Emotion Coach with Your Teenager*. It provides evidence-based advice on how to help your teenager manage his emotions. It also provides some tips for us parents as well.

If you do find it difficult to stay calm, please do not beat yourself up about it. Parenting can be very difficult at times – and very emotional. If you sometimes have difficulties maintaining control, you are not alone.

Parentline (13 22 89), an anonymous and confidential phone counselling service for parents, has been established for this very reason. It offers counselling, information and support around a range of parenting issues including developing strategies for positive parenting and personal coping.

There are other excellent resources in the community. If you would like to know more about these, do not hesitate to contact us at the Student Counselling and Wellbeing Services here at Parade, also a confidential service.

So, we come to the end of this 2-part article on helping our sons manage technology. Will it end the conflict in your household around the issue of devices? Highly unlikely. Hopefully, though, the conflict will become more manageable, and you will feel more comfortable in exercising your rights, as your sons' primary carers, to protect him from the risks associated with the online world.

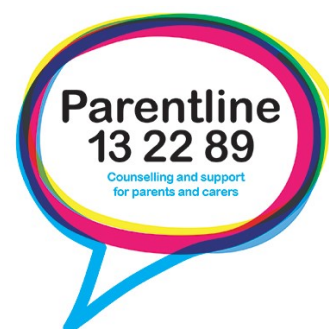
As a fellow parent, I also hope you will go forward knowing that none of us gets it right all the time.

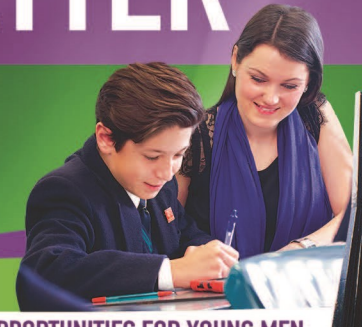
**Parade Counselling & Wellbeing:** <http://www.parade.vic.edu.au/Counsellors/Parents.aspx>

**Parentline:** 13 22 89  
<https://www.education.vic.gov.au/about/contact/Pages/parentline.aspx>;

**Office of the eSafety Commissioner:**  
<https://www.esafety.gov.au/>

**Mrs Annette Magro**  
**Student Counselling and Wellbeing Services**





A WORLD OF OPPORTUNITIES FOR YOUNG MEN

## Volunteer Kitchen Coordinator (1.5 days per month)

### Community Meal Outreach Program

### All Saints Anglican Church

- Volunteer - kind hearted person required
- To coordinate the kitchen feeding 100 – 120 people in crisis.
- Wonderful team of volunteers to support the right person
- Passion for helping people in crisis
- Suit mature minded person with lots of patience
- Some cooking involved (basic only) we have a great cook already

**Please contact**

**Colleen Treacy**

**Community Meal Coordinator**

**[treacyc@optusnet.com.au](mailto:treacyc@optusnet.com.au)**

**0435 107 633**



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