



A WORLD OF OPPORTUNITIES FOR YOUNG MEN

No. 4 7 March 2018



From the Principal

We continue the journey through the season of Lent and, as a College, we undertake our Global Awareness Program in the final weeks of term. This is designed to make students more aware of issues of social justice in our world and to consider how action for change might happen. The Prefect Team continue to urge our practical support for the Nazara Hospital in South Sudan

Our Year 7 students are this week attending camp in House groups for three days and all seems to be going well. Each House group is also participating in the Treacy Trail, an excursion designed to help students understand more of the history and traditions of the College. Thanks to the organisers and the staff who are accompanying each group.

The Year 7 Mother and Son Night takes place on Tuesday 13 March and it is good to see so many people wishing to participate. The Father-Son Summer Games Night takes place on Monday 19 March and is already fully subscribed. There will be another games night later in the year.

Last week the ACC Swimming Competition took place at MSAC in South Melbourne. Congratulations to the coaches and swimmers on winning fifth place in the aggregate competition with some great individual performances. Details will be found in the Sports section of this newsletter. We look forward now to the ACC Athletics Competition at the end of the term.

At this stage of the term, mid-semester reports are being compiled and will be made available electronically to families. This will be followed by opportunities for progress interviews with students, parents and teachers as outlined in the College calendar. Bookings for interviews with subject teachers may be made online.

At the end of next week we will welcome the visiting staff and students from our sister school in Takada in Japan for the annual homestay and cultural exchange. Parade students will have the opportunity to visit Japan in September. Many thanks to the families who have volunteered to host a Japanese student next week.

The next College Working Bee is coming up on the morning of Sunday 18 March at both campuses and all assistance is welcome to help maintain the best learning environments for our students.

Dr Denis J Moore cfc
Principal





Working Bee Bundoora & Preston Campuses Sunday 19 March 8.00am to 12.30pm

Earn \$60 per family credited to your fee account simply by attending at either campus for a minimum of three hours

Many hands make light work...but many more hands would be better!!

We ask that as many families as possible come to our first Working Bee for 2018

There are many different jobs that need to be done and we cater for a range of abilities.

How can you help??? Here are some of the jobs that you can do....

Bundoora

- Install pavers in Indigenous Garden
- Clean up and mulch Indigenous Garden
- Remove rose cuttings and mulch Foundation Square
- Mulch Greening Terrace and Quadrangle gardens

Preston

- Remove shutters in Plumbing Room
- Clear/clean up car park gardens



Mums, Dads, Students and Guardians all welcome

Thank you to our Parents of Parade Committee for your support and generous provision of morning tea



Partnership between Parade College and the Northern Knights

Parade College is enjoying a partnership with the Northern Knights for the duration of the 2017-18 Northern Knights Pre-Season. The agreement has allowed all Northern Knights programs to train and utilise the sports facilities at our Bundoora campus during the pre-season months of November to March. Approximately 20% of Northern Knights Squad members across programs currently attend Parade College, which has allowed for reduced travel time and increased study/football time for our students – and less demands on their grateful parents! The arrangement has been timed well with the beginning of Parade’s Senior Sports Academy for students to finish Year 11 and Year 12, who wish to focus on their sport or pursue further university studies and/or a career in sport.



Northern Knights’ Talent Manager Rhy Gieschen has been thrilled with the partnership. *“We’re delighted with the relationship with Parade College. We have always had a longstanding relationship with the school with so many of our talented playing group coming through the Parade School and into the Knights program (in recent times Jade Gresham).”* Gieschen said. *“We had a visit from Matthew Glossop, Head of Athlete Management and he observed that the facilities were outstanding, with a strong ‘AFL’ feel, walking from the gym onto the field, the aths track along with multiple grounds, it’s the most complete TAC facility he has seen. That is a strong endorsement of Parade’s fantastic facilities and what we have added with our programs and equipment.”*



The Northern Knights has an excellent team of coaching, high performance and medical staff across the Boys’ and Girls’ programs and Parade has begun to access this expertise in Parade’s Sport Programs, for example the Knights Youth Academy Head Coach Brett Potter, will lead the AFL Parade Year 7 Academy.

Mr Andy Kuppe
Deputy Principal



Parade Students in the Northern Knights Squads

Back row: Tom Hallebone (Yr12 T04), Koby Davies (Yr11 B05), Nick Barro (Yr12 H06), Ryan Bowkett (Sport Trainee/OP 2017), James Lucente (Yr12 H07), Ben Laschko (Yr12 H04), James Williams (Yr12 B10), Zac Reichert (Yr10 L09)

Front row: Braedyn Gillard (Yr12 T08), Josh Walker (Yr11 B01), Dylan Epifano (Yr10 H04), Rainier Pezzin (Yr10 T04), Kane Francis (Yr10 B03), Ewan Macpherson (Yr10 T07), Heath Ramshaw (Yr10 H01), Julian Janev (Yr10 T05)

Also in the Squads but not in the photo: Ben Major (Yr10 L08), Jye Murphy (Yr11 B04), and Joel Randall (Yr12 H09)

"Mother's love is peace. It need not be acquired. It need not be deserved." Eric Fromm

*Parade College extends an invitation
to all Year 7 Students
and their Mothers to the*

Year 7 Mother & Son Evening

7.30pm Tuesday 13 March

College Hall, Bundoora Campus

Please join us for this annual celebration

Supper provided

RSVP by Thursday 8 March to

Margaret.Grech@parade.vic.edu.au

9468-3300

Enquiries to Kylie Kuppe

9468-3300

Kylie.Kuppe@parade.vic.edu.au



From the Assistant Principal - Organisation

18 March Working Bee

The College will be holding a Working Bee at both the Preston and Bundoora campuses on Sunday 18 March from 8.00am to 12.30pm.

We encourage as many families as possible to attend. Details can be found on page two of this *Newsletter*.

Year 7 Immunisation Information

Year 7 students at the Bundoora Campus will be having the HPV1 and Boostrix immunisation on Tuesday 17 April.

Year 7 students at the Preston Campus will be having the HPV1 and Boostrix immunisation on Tuesday 13 March.

First Aid

Parents would be aware that the College runs a First Aid Centre in support of the community during the school day.

Our First Aid trained staff are permitted to provide your son with medications as directed by a medical practitioner as part of a registered plan, such as Ventolin or an Epipen.

Staff are not permitted to distribute medications such as Panadol, Aspirin and Voltaren. Parents will be contacted to pick up their sons from the school if such medications are requested.

Any student who presents to First Aid with any head or neck contact must be picked up by parents as per the College's procedure.

Student Free Day

A reminder to parents and students that Thursday 22 March is a student free day.

Mr Michael Callanan
Assistant Principal - Organisation



Catholic Education Melbourne Visual Arts Exhibition

The Annual Visual Arts Exhibition is taking place from 13 to 17 March, and we are very proud of the four Parade College students whose work has been selected for inclusion; Stephen Franzese (Yr12 T04), Elian Cagliero (Yr11 L06) Francis Cao (2017 Yr12), and Chris Hides (2017 Yr12).

If you would like to support these students and the arts by visiting the exhibition, visit the Celtic Hall at the Catholic Leadership Centre between 9.00am and 3.30pm from 13 to 16 March, and families are invited to a special viewing on Saturday 17 March from 12.00pm to 4.00pm.

Mr Tim Jacobs
Learning Area Leader Visual Arts and Drama

VISUAL ARTS EXHIBITION 2018

GALLERY OPENING HOURS
 Tue 13 March to Fri 16 March: 9.00 am – 4.00 pm
 Sat 17 March: 2.00 pm – 5.00 pm
 Sun 18 March: 2.00 pm – 4.00 pm (invitation only)

Catholic Leadership Centre
 576 Victoria Parade, East Melbourne
 Contact Rosalie Jones rjones@cem.edu.au
 for more information

CATHOLIC EDUCATION WEEK
 Open new horizons for spreading joy



From the Assistant Principal - Student Welfare

Uniform Reminder

As advised to families last year, we have made a change to the College Winter Uniform from Term 2 2018.

As from Term 2 this year, and for Term 3, the boys are required to wear a plain, white long-sleeved business shirt with the College Winter Uniform. It should button to the collar.



We have found that these shirts are easier for the boys to wear tucked in to the trousers, due to the longer, curved hemline back and front.

Plain white long-sleeved business shirts can be purchased at places like Big W, Target, K-Mart, etc., and are often very reasonably priced when on sale.

We would suggest that families consider buying at least two shirts, where its possible to do so, ensuring that the boys can do up the top button on the collar comfortably and wear their ties in the correct position.

If you have any questions about this uniform change, please don't hesitate to contact your son's House Leader at Bundoora or Sally Ryan or John Nicholls at Preston.

Winter College Uniform Change-Over Times

Students at both campuses will change-over to Winter College Uniform at the beginning of Term 2, and will be

required to have a shirt as described above, tucked into their trousers, as well as wear their blazers to and from school, and ties done up to the collar.

College Tracksuits – tops and pants - will also need to be worn to and from school on the designated Sports Uniform Day for each year level. Parade polo shirts and shorts can be worn underneath the tracksuits.

Miss Regina Rowan

Assistant Principal - Student Welfare



Junior Community Action Project

Pinchapoo is proudly responsible for creating a cheeky hotel toiletry 'pinching' movement.

Pinchapoo works with over 70 leading organisations nationally as a total hygiene solution, providing products to people in need through homeless shelters, soup vans, refugee support centres, crisis accommodation, etc.

So how can you help?

Cheeky pinching of your hotel toiletries (after all, it's included in the price of your hotel room). We also accept the donation of full size toiletries.

Put your donations into your Tutor Group collection box or take them to Reception at either campus.



Italian Exchange Students - Hosting Opportunity

In July and August 2018, the College is excited to be hosting four exchange students coming express from Italy!

We are searching for families with a son in Years 9 or 10 to host these young travellers for four to eight weeks.

The boys are from a small town north of Mantova – in the Italian region of Lombardy – and are keen to immerse themselves in our English speaking culture.

Families from both the Preston and Bundoora campuses are warmly invited to apply to host these young people.

For further information or to register your family's interest, please contact Imogen Lazarus at imogen.lazarus@parade.vic.edu.au

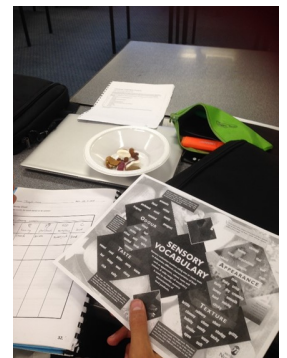
Ms Imogen Lazarus
Language Faculty



Coming to our senses!

Over the past week, the Year 10 Food Studies classes have been learning about sensory analysis and what it entails. As a class we discussed how we use our senses every day without even giving it a second thought. Every time we look at food, buy food, look down at our delicious dinner that's been prepared for us or buy a tasty snack for the trip home, we are using our SENSES!

After equipping students with some sensory friendly descriptors, we sat down as a class to apply our senses to a variety of food products. A task that was much enjoyed by students and created some very interesting discussion!



Looking forward to upcoming curriculum content, the boys will now be able to apply sensory analysis to a range of food items prepared during practical lessons, in a descriptive and meaningful manner!

Mrs Jennifer Najdenovski
Food Studies Teacher



From the Director of Ministry

What is Compassion for Comboni?

In 2009 a Melbourne Cardiologist, Dr Daniel Doyle, visited South Sudan for the first time. He was taken by the Edmund Rice Foundation to a hospital in Nzara, operated by the Comboni Sisters, an order of Italian nuns who work in the poorest parts of Africa.

Daniel was confronted by a town that had experienced many years of war and that was struggling to maintain the most basic healthcare facilities. There was no power supply, apart from what generators could provide. Access to life-saving medicines was limited. One in seven women were dying from complications associated with pregnancy and childbirth. The death rate of children from gastro, malaria, tuberculosis and other manageable diseases was unbearably high. The local people turned to witch doctors before medical doctors.

On that first trip Daniel began to dream of what could be possible in Nzara and has not stopped working towards this ever since.

Last year the Parade College prefect group raised \$35,000 for the Comboni Sisters' Hospital. This year, to celebrate fifty years on the Bundoora campus, the Prefects have set the goal of raising \$50,000.

Since 2009, Dr Daniel and the Edmund Rice Foundation have made a big difference at the hospital. They have constructed a paediatric ward with fifty beds, provided resources for training staff, invited volunteer specialists from all over the world eg, obstetricians and dermatologists, and supplied life saving medications including anti-retrovirals and antibiotics, saving thousands of lives.

Most recently, Dr Daniel has completed his biggest project yet, an extensive solar system, maintained and monitored from Australia, which allows the hospital to have reliable power 24 hours a day. He describes this as a "game-changer" and says "We can now plan for an operating theatre to replace the kitchen table that is used at the



Dr Daniel Doyle with Sandaru Kandambi Arachchige Year 12 L03 and Anthony Fernando Year 12 H08

moment. We already have volunteer surgeons lined up to train the locals when it is built. This will mean that when women have an obstructed labour, they and their babies will survive. It will mean that someone who comes in with a major injury will not bleed to death, and when someone comes in with a bowel obstruction they will be able to have surgery, rather than go home and die".

Dr Daniel gives an insight into his passion when he tells the story of his visit in 2013: "When I was there in 2013 a young woman of 30 died of an appendicitis. When I asked what had happened, her family told me that she knew she would die if she went to the hospital, so she chose to stay home and die. I stood at her grave and said 'We'll do something.'" With solar power, the laboratory facilities can also be expanded to provide crucial pathology and blood-banking facilities.

Dr Daniel says that the hospital in Nzara has become associated with hope for the local community and beyond. People are coming from as far as the Democratic Republic of Congo and the Central African Republic, travelling for days, because they have heard that this hospital saves lives.

A few years ago, children were dying of gastro, malaria and other curable diseases. Now, if the families can get them to the hospital, the children are put on a drip, given antibiotics and home again within a couple of days. Dr Daniel is excited by the chance of life the hospital is giving to the children of the area: "They survive so they can get educated and can achieve what they want to achieve in their lives. I get so much strength from that".



baby being given life-saving treatment at the Comboni Sisters' Hospital, Nzara South Sudan

A

The Parade Community is a hive of activity at the moment, as Prefects, House Committees Tutor Groups and staff mobilise to raise money for this great cause.

Where will our money go?

- Towards the building of the new operating theatre.
- Towards the expansion of the laboratory facilities and blood bank.
- \$10 provides antimalarial medicines for eighty people.
- \$20 provides antibiotic treatment for fifty people with pneumonia or chest infections.
- \$50 provides three months specialised antibiotics for eight people with HIV.
- \$70 provides wound treatment for seventy people.
- \$100 funds paracetamol syrup for pain relief for two hundred and fifty children.

Mrs Kylie Kuppe
Director of Ministry



Tenete Ministry Retreat

For my Ministry Retreat on 21 and 22 February, my fellow classmates and I were split into groups to go off to help the disadvantaged within our society who are needing some assistance throughout their lives, such as providing them the necessities (food and drinks), and also to have a little conversation to help brighten their day, as it could be the only conversation they would have during that day. This program helps students to open our minds to learn and understand homelessness.

I went to a St Kilda Food Van which has many volunteers. For my job, I served the people a variety of sandwiches. While I was giving out the sandwiches, I tried to have some conversations with people to help release a smile after leaving the food van. This made me feel proud of myself as it shows that I am making someone's day even by just talking to them.

It made me think about myself as I am taking everything for granted just like having the luxury of three meals a day and having a comfortable bed to sleep in every night.

A memorable moment that I had that night was when I was delivering stacks of bread for the elderly who are in need and one man came up to me to ask me to get the bread for him as he didn't have the strength to do so. When I returned with the bread he couldn't speak, and to show his appreciation he offered me some chocolate. That really touched my heart and I felt really proud of myself.

The next day, I went to another placement at the Sacred Heart Mission. This was a different experience to the food van as it involved cooking and cleaning. Before coming here, I did not know how to cut onions or broccoli!

Although I learnt something new, I was also helping these people who are in need of a meal to help with their ongoing day, and that thought gave me pride. Whilst I personally didn't talk to the people receiving a meal that day, I knew they were appreciative to even have a healthy meal.



Year 12 students preparing food to be served at the South Melbourne community meal: L-R, Brahdén O'Connell H05, Julian Mora H07, Darcy Saker T04, Morgan Carter H06.

Overall, I really enjoyed the retreat; it really was an eye opener as to how amazing these people are to cope with having little necessities in their lives. I have also experienced a different environment in which I did not feel comfortable at first and realised that they are normal people just like us. This was one of my favourite experiences that I have been part of here at Parade.

Ethan Duong
Year 12 L03



Waterford Garden

What a privilege it was to welcome Jane Edmanson from the ABC Gardening Show to Parade on Thursday 1 March. Jane visited the Waterford Garden, which was the Victorian Schools State Garden Award Winner in 2017.

Jane met with students and staff and commented on the progress that had been made in such a short time. She also shared her experiences and the importance of gardening for young men.



Jane commented on the boys' enthusiasm and their commitment. She was impressed with their politeness, knowledge and novel ideas to expand the garden. The boys were thrilled to have Jane present and really appreciated her expertise.

Mr Andrew Walker
Sustainability Advocate



The Shared Table

The Shared Table is a collaboration between VET Hospitality and the Community Action Program at the College.

Our VET Hospitality students, under the guidance of Hospitality Teacher Mr Michael Chapman, plan and prepare meals as part of their course learning. Under the Parade Shared Table concept members from the local community, many of whom are involved in some way with our outreach programs, will be invited to share the meal.

Our first Shared Table Dinner was held on Wednesday evening 28 February. Our sixteen guests, some were patrons from our Brekky Van program, were treated to a delicious three course meal.

Community Action student volunteers hosted our visitors through the evening, and they were entertained with music and singing from Justin Teo (Year 10 T02), Jamal Taylor (Year 10 L02) Jacob Carlson (Year 9 B14) and Zara and Ella (daughters of Mirella Busso-Lee, PA to Tony De Bolfo, Old Paradians CEO). Our guests were suitably impressed by the culinary skills of our VET students and were delighted to take home some left overs.

Many thanks to Alexander Bullock (Year 11 B01), Jordyn Freeman (Year 10 T06), Shaun Spiteri (Year 11 L05), and Noah Aravena (Year 10 H08), who acted as waiters on the evening and helped with set up and clean up. These students were gracious and engaging hosts throughout the evening. Many thanks also to staff for coming along; Mirella Busso-Lee, Tony McKay and Kylie Kuppe.

We look forward to our next Shared Table Dinner!

Ms Anne-Marie Morello
Community Action Convenor





From the Director of High Performance Sport

2018 ACC Swimming Championships

The ACC Swimming Championships were held at MSAC on Friday 23 February. After a solid performance in 2017, the team was once again looking to replicate those efforts in 2018.

Able to lead by Year 12 Co-Captains Todd Martin (L09) and Long Huynh (T03), the team's performance and manner in which they conducted themselves on the night was excellent.

Parade finished 5th in Division One, which included two ACC overall records to Year 12 student Todd Martin (L09) in the 17 Years 50m Backstroke with a time of 28.85, and Year 11 student Flynn McMahon (T04) who won the Open 50m Freestyle in a time of 24.92. Congratulations to both students on their outstanding performance and also to all students listed below who were part of the Parade ACC Swimming Squad –

Year 7

Xander Buzacott H20, Patrick Carr T16,
Makaio De Thomasis T15, Nicholas Luhrs L21,
Joshua Nicholas H12, Jacob Paglia L12,
William Thomson H16, Benjamin Wolczko T11

Year 8

Blair Cass L14, Matthew Kulle B12, Jaden Menezes H13,
Mark Pegoraro T19, James Pickard L19, Blake Smith T13

Year 9

Lachlan Batchelor L19, Dino Koutes B21,
Marcus Prosperi-Porta T18, Liam Robertson T12,
Christian Schofield (L12),

Year 10

Jayden Carr H05, Joshua Jackson H02,
Rainier Pezzin T04, Khang Reilly L07,
Emilio Rinaudo H09, Anthony Tomazic T07

Year 11

Flynn McMahon T04, Phillip Tomazic T07

Year 12

Tane Cotter B02, Mitchell Crapper B01, Long Huynh T03,
Todd Martin L09



Above: The Parade Swimming Team
Below Parade's two ACC Record Breakers –
Flynn McMahon (left) and Todd Martin (right)



Congratulations to the students listed below who won events. (asterisk indicates a Parade record)

Makaio De Thomasis - 13 Years 50m Freestyle 30.00
Todd Martin - 17 Years 50m Backstroke 28.85*
Long Huynh - Open 50m Breaststroke 32.08*
Flynn McMahon - Open 50m Freestyle 24.92*

Congratulations also to Jayden Carr who broke the Parade 16 Years 50m Butterfly record in a time of 27.76 and Flynn McMahon who also broke the Parade Open 50m Backstroke record in a time of 30.72.

Apart from the swimmers' fantastic contribution, I'd like to thank the people listed below, as the success of the night would not have been possible without their contribution.

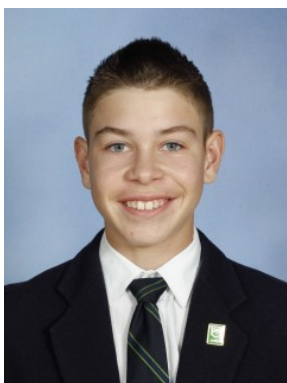
Mr Ben Turner (Sport Coordinator), Mr Paul Watson (Sport Convenor Preston Campus) and members of the Parade Health and Physical Education Faculty who assisted with the organisation of the Carnival.

Mr John Cornish and Mrs Erin Forte – Coaches of the ACC Swimming Team.

The parents and staff of the Parade community who supported the boys on the night. It was greatly appreciated.

Jai to play Cricket for Victoria

Congratulations to Year 10 student Jai Lemire L07 who has been selected as part of the Victorian U/15 Indoor Cricket team which will compete in the Australian Championships to be held in Toowoomba on 15 July.



Jai started playing cricket at the age of eight and currently plays for the Plenty Valley Cricket Club. He has also been a member of the Parade cricket team displaying skill as both a keeper and batsmen. All within the Parade community wish Jai and the team the best of luck at the Championships.

Joshua takes on the best in Australia

Congratulations to Year 12 student Joshua Gallagher (B09) who competed in the Australian Mountain Bike Championships which were held in Armadale, NSW on 25 February.



Competing in the gruelling Cross Country Olympic U/ 19 event, Joshua finished 25th of 45 riders. Joshua is looking forward to the upcoming Victorian Mountain Bike season, which is held during the winter months.

Years 8, 9 and 10 Football and Soccer Trials

Any student currently not in a Year 8, 9 or 10 Semester 1 High Performance class but would like to try out for an ACC Football or Soccer team, then you must attend trials after school on Bunjil Park until 4.30pm on the following dates –

Soccer – Tuesday 13 March

Football – Tuesday 20 March

Mr Phillip Gaut

Director of High Performance Sport

Come along and join
**DIAMOND CREEK (DEVILS)
BASEBALL CLUB**
Registration Day
BOYS AND GIRLS, JUNIORS AND SENIORS
ALL WELCOME!

Sunday 4th March
10am - 12 midday

Wednesday 14th March
5:30pm - 7pm

Campbell St Reserve
Challenger St,
Diamond Creek

Enquiries: Rick Campbell
(President) 0438 721 962
email: diamondcreekbaseball@hotmail.com



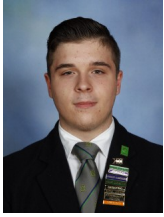
 Starting Again
in March 2018
For info please call or txt
Greg on 0417-018-124

For Girls & Boys Aged 5 to 12
www.paradesaints.com.au/auskick

6pm - 7:30pm
Friday Nights Under Lights
Garvey Oval, Parade College
Plenty Road, Bundoora

OR

9am - 10:30am
Saturday Mornings
Binnak Park Oval
53 Sharpes Rd, Watsonia



Captains Report



It has been a splendid start to the year with our Year 7 Lynchies (along with a number of new 'Men of Fire and Honour' in Years 8 to 12) across both campuses joining our community.

As current holders of the Treacy Cup we continue to strive to excel and Lynch students have shown great determination in getting involved this year and participate in numerous activities. I extend my gratitude to all Lynch students who have contributed so far, whether it be through charity fund raising, Social Justice, sporting activities, House Committee or extra-curricular events. You have all done Lynch House proud and I am sure all of you will continue to do so as the year progresses.

The Year 7 Lynch students have been paired up with a Year 12 mentor, which is a long standing tradition of the Failte Program. This is to ensure the newcomers have a friendly face to seek guidance from in the college environment and it has been a great success, which has created a comfortable atmosphere for the Year 7s to adapt and grow accustomed to. The Year 7 and 8 boys had a great day at the Sports Athletics Carnivals, of which Dante Arestia (Lynch House Vice-Captain) and I were able to witness the boys perform to their personal best.

Lynch House over the past two weeks has raised in excess of \$1000 towards the Comboni Sisters Hospital, highlighting the acts of selflessness and charity our students commit on a daily basis. Each student at Lynch has been given the goal to raise \$25 over the year.

Lastly, we welcome the new 2018 House Committee members who were inducted at our Lynch House Assembly last Friday. These members will contribute immensely to Lynch House and the wider Parade Community.

Joshu Trcka
Lynch House Captain





Parents of Parade (POP)

Upcoming Events ~ Helpers Needed

There are a number of College events coming up in March - the Year 7 Mother and Son Evening, the Working Bee at both the Bundoora and Preston campuses, and the Father Son Summer Games Night.. Please see the POP app for more information.



Year 7 Mother and Son Evening

Wednesday 13 March, Alphington Court

- Help needed to serve coffee/tea and cake
- Setup at 7.00pm
- Serving from 8.30pm
- Clean up

Working Bee ~ Bundoora & Preston

Sunday 18 March from 8.00am to 12.30pm

Many jobs around the College grounds to be actioned followed by a BBQ sausage sizzle and drinks provided by POP

Father Son Summer Games Night

Monday 19 March, College Hall

- Help needed with the BBQ and to coordinate games
- Setup at 5.00pm
- Serving from 6.00pm
- Assist with games
- Clean up

POP Meeting

Our next meeting will be held on Wednesday 14 March at 7:30pm in the Boardroom at Bundoora - **ALL WELCOME!**

New members are always welcome at our monthly meetings. Our goal is to develop strong partnerships with the students, parents, teachers and the community so that we can work together to improve student facilities and support the various activities that are held at the College throughout the year.

Stay informed with POP app

Please download the POP app as this has all our events and contact information. Our meeting schedule and event highlights are published in the College Newsletter.

Download POP app >> Apple iOS Android

Jeff Warke

President Parents of Parade

0409 174 208

pop@parade.vlc.edu.au



Thank you to all of the parent volunteers who made this years Open Day such a great success - here are some of the volunteers getting scones ready for the big day





Wellness Wall

Supporting your son through separation and/or divorce

From Family Relationships Online

The pain of separation can be felt in many ways. You may feel lonely, desperate, depressed or grief-stricken; you may feel a failure; you may feel angry, jealous or guilty.

All these feelings are normal responses to a separation. You should not be alarmed that you experience them, and you should not expect to cope with everything immediately.

On the other hand, if you nurse feelings such as jealousy, anger or despair for too long, they may take over and prevent you from once again leading a good life.

They may also affect your son

The way you handle the separation very much affects how your son will cope with it.

How parents can make things difficult for children following separation

It is very easy after separation for parents to sometimes misuse their power because they feel so hurt and angry about what has happened.

Most parents sincerely love and care about their children. But in times of intense conflict in a relationship children can become weapons against the other parent. Unfortunately, these parents do not realise the harm this is doing to their children.

Sometimes parents may be quite unaware of the more subtle things they do which affect the way their children feel about each of them. These things include putting the children in a position where they feel they have to protect their parents from hurt or choose between the people they love most.

Sometimes, instead of providing support for their sons, parents expect their sons to look after them and keep them happy rather than the other way round.

Separation and divorce can be extremely traumatic for young people – they can see the dramatic changes in their world as a loss of care and stability

Ways you can help your son

- When you begin to accept the separation then your son will be able to do the same – it is important that you get on with your life and not dwell in the past or hang on to any anger or bitterness.
- Ensure your son knows you both still love him and that this will always be the case.
- Don't criticise the other parent in front of your son.
- Be positive about the other parent when talking to your son.
- Give your son the clear message that it is good for him to have an ongoing relationship with both of you.
- Let your son know that even though separating is upsetting, you are handling it and expect things to improve.
- Talk to the other parent about your son and his interests.
- Talk to your son's teachers.
- Give your son the time to think about and express his own feelings about the other parent, even if those feelings are not the same as yours.
- Avoid conflict in front of your son.
- Keep your son out of your arguments. Avoid asking them to give messages to the other parent.
- Turn to other adults for emotional support rather than your son.
- Help your son to discuss his feelings about the separation.



- Reassure you son that he is not to blame – sometimes when parents are fighting some of the anger is directed toward the children who may then mistakenly believe that it was because they were troublesome that led to their parent's separation.

A word from the Parade Student Counselling and Wellbeing Service.....

All of the above is important and good advice. We at Parade Student Counselling and Wellbeing Service would like to acknowledge, however, that parents can't always get it right all the time.

In other words, if you find yourself doing one or more of the things you are advised to avoid, don't beat yourself up about it. Often speaking with your son afterwards can repair any harm done, and it role models open communication.

However, if you find that you (or your former partner) are finding it difficult to manage the separation in a way that protects your son, there is support:

Greensborough Family Relationship Centre
9404 7800

Family Matters, Berry Street
9450 4700

Parade's Student Counselling and Wellbeing Services team can also support your son by helping him develop inner resources to manage this difficult time.

Mrs Annette Magro
Student Counselling and Wellbeing Services





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18 March**

10 am - 3.30 pm



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Entertainment,
Popcorn, Ice-Cream,
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From The Old Paradians

OP lands Grease gig in Sydney

Stephen Valeri, a final year Parade College student of 2007, recently returned to Melbourne after getting the call-up for the role of Roger in a series of Sydney shows in the touring production of Grease - The Arena Experience.

Despite the short notice, Valeri well and truly met the brief in shows staged at Qudos Bank Arena at Sydney Olympic Park through January.



“As the show has toured for a little while, myself and another guy were the only two new cast members, so it was a little stressful,” Stephen said. “We pretty much learned the show in a week, but it was great fun.

“I don’t know the exact numbers, but I know that on the last night we performed to about five and a half thousand people at Homebush, which was pretty cool. That’s the biggest audience I’ve performed in front of before. It’s probably the biggest thing I’ve done and I guess it’s another rung on the ladder.”

As the production company is Brisbane-based, Stephen originally caught a flight to Brisbane for the audition. As he said: “I got through a couple of rounds and didn’t land the role the first time around, but a few months later in Melbourne they were holding dance auditions for ensemble members”.

I ended up going and they pushed me through. I participated in a pretty tough dance audition, but I don’t think landing the role had anything to do with the way that I danced.”

‘68 College Captain awarded the AO

Professor David Kissane, the Parade College Captain in the Bundoora Campus’ inaugural year of 1968, is one of six eminent Victorians to have received the nation’s highest honour, AO, in the 2018 Australia Day awards.

Professor Kissane, the Head of Psychiatry for Monash



University, has been so acknowledged for his work in psycho-oncology and palliative medicine as an educator, researcher, author and clinician, and through executive roles with a range of national and international professional medical bodies.

According to his personal profile at Monash, Prof. Kissane was until recently the Chairman of the Department of Psychiatry and Behavioral Sciences at Memorial Sloan-Kettering Cancer Center in New York and previously the Foundation Chair of Palliative Medicine at the University of Melbourne.

His academic interests include group, couples and family psychotherapy trials, communication skills training, studies of existential distress, and the ethics of end-of-life care.

He developed a cognitive-existential model of group therapy for women with early stage breast cancer, which ameliorated fear of recurrence, and his trial of supportive-expressive group therapy for advanced breast cancer showed the prevention of depression alongside improved quality of life.

He is best known for his model of family therapy delivered to ‘at risk’ families during palliative care, which prevents complicated grief and depression in bereavement. His work on demoralization as a variation of depression in the medically ill has preceded interventions to promote meaning-based coping.

At Memorial Sloan-Kettering Cancer Center, Prof. Kissane established a Communication Skills Training and Research Laboratory, which developed an applied curriculum for oncology, training over 700 clinicians.

His books include the Handbook of Communication in Oncology and Palliative Care with Oxford University Press, Handbook of Psychotherapy in Cancer Care with Wiley-Blackwell, Cancer and Depression for the World Psychiatric Association and Family Focused Grief Therapy with Open University Press.

Prof. Kissane was awarded the Jimmie C. Holland Chair in Psycho-oncology at Memorial Sloan-Kettering Cancer Center and was recognized by the International Psycho-Oncology Society in 2008 with their Arthur Sutherland Award for lifetime achievement.

Recently, Prof. Kissane publicly canvassed his view that Victoria required an independent overseer of doctor-assisted suicide to avoid the failed euthanasia model in the Northern Territory where safeguards were not followed and vulnerable people were put in danger.

Prof. Kissane told *The Australian* newspaper that legal, assisted suicide should be accompanied by an independent authority that delivered oversight, with the body to include an academic unit that studied each case and a tribunal that adjudicated on disputed assessments.

He said doctors who administered assisted suicide drugs and determined whether patients qualified for euthanasia should be separate from palliative care specialists, and required specialised training.

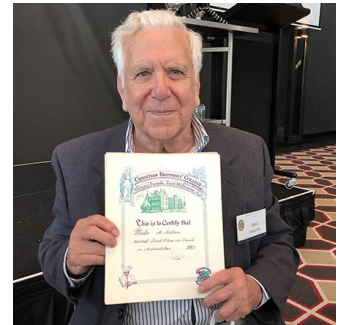
Prof. Kissane, who was unavailable for comment at the time of publication, has accepted an invitation to return to the Bundoora Campus to address students at Term 2 Assembly.



Max's mementoes find a new home

It was at the conclusion of the recent Old Paradians' Association Lunch at Melbourne's RACV City Club that Max Hallam approached with some personal artefacts from Parade's immediate post World War II years.

In doing so, Max, a final year matriculation student who earned Honours in French at the College in 1950, asked that the vestiges – a set of five fine bone china coffee cups manufactured by ABL Grafton in England and four decorative certificates – find a new home in Parade's Heritage Centre at the Bundoora campus.



In an accompanying letter, Max wrote of the cups: "My mother bought these in 1948 when I started at Parade. Apparently similar cups were available for the 'public schools'."



The certificates relate to the years 1945 (when Max, then at St Thomas's Clifton Hill, obtained first place in the 1st year solo section of the Christian Brothers' Elocution Competition) through to 1950 for first placing in French in matriculation.

The 1950 document carries the signature of the then Principal Br. Carey, while the 1948 and '49 equivalents - which Max earned for first placing in Intermediate and second in Form V respectively - each carry the signature of the Principal Br Marlow.

Of the certificates, Max wrote: "Bill Dunne (1944) told me these were a hangover from the years of World War II when no books were available for prize-giving – I don't know how long they lasted after mine".

Mr Tony De Bolfo
Old Paradians' Association CEO



A WORLD OF OPPORTUNITIES FOR YOUNG MEN

Calendar

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

8 March	* International Women's Day	17-28 March	* Takada Visit
9 March	* Year 7 Hughes & Bodkin return from Camp	17 March	* St Patricks Day
	* Year 7 Treacy Trail Treacy and Lynch		* Saturday Detention
11 March	* Fourth Sunday of Lent	18-24 March	* Gifted Awareness Week
12 March	* Labour Day Public Holiday	18 March	* Fifth Sunday of Lent
13-23 March	* GAP Fortnight		* St Josephs Day
13 March	* Global Action Program commences		* Working Bee 8.00am-12.30pm, Bundoora and Preston Campuses
	* Preston Year 7 Immunisations	19-29 March	* Work Experience for ERPP Pathways students and VCAL Year 11 & Year 12 students
	* Mother and Son Evening, College Hall	19 March	* Old Paradians Executive Meeting, 7.30pm Boardroom
	* Homework Club 3.15-4.30pm		* Father Son Summer Games Night
14 March	* Ministry Retreat #4		* Takada Visit Welcome Assembly
	* Lawn Bowls Tournament	20 March	* Musical Rehearsals
	* ACC Senior Sport - Tennis and Volleyball Semi Finals		* Homework Club 3.15-4.30pm
	* ACC Senior Sport - Cricket Round 7		* Winter Sleep Out commences at 4.00pm
	* Musical Rehearsal	21 March	* Harmony Day
	* Homework Club 3.15-4.30pm		* Athletics Carnival, Lakeside Stadium 10.00am to 4.00pm
	* Parents of Parade Meeting, 7.30pm Boardroom		* Winter Sleep Out concludes at 12.00pm
15 March	* Ministry Retreat #4		* Homework Club 3.15-4.30pm
	* Strategic Planning Committee Meeting	22 March	* ACC Senior Finals
			* Musical Rehearsals
16 March	* Hughes Celebration Day		* Staff Development PD Day - Student Free Day
	* Bodkin House Mass		



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