



A WORLD OF OPPORTUNITIES FOR YOUNG MEN

No. 5 21 March 2018



From the Principal

Mid-semester reports are being prepared and will be published electronically on 28 March. There are two opportunities for parents and students to meet for progress interviews on 19 and 24 April which may be booked online. The arrival of the mid-semester report is an important opportunity to commend your son for his good work and application. It is also very important to discuss any areas of concern at the interviews and ensure that a plan of action is established to redress any short-comings.

Our Global Awareness Program continues until the end of term and it is good to see so many Tutor groups planning awareness and fund-raising activities as we move to the end of the season of Lent. On Holy Thursday all students will participate in an Easter Liturgy to recall the events of Holy Week and reflect on their meaning.

Last weekend we welcomed staff and students from Takada High School in Japan for the annual Homestay and Cultural Enrichment Program. They were welcomed at an assembly on Monday morning at school and have ten days of school visits and excursions before departure on Wednesday next week. Many thanks to the families who are hosting the students during their stay.

On Wednesday next week the Athletics Team will participate in the ACC Carnival. We wish the team athletes and coaches every success on the day. We have also reached the end of the ACC fixtures in tennis, cricket and volleyball

for our senior students, and we acknowledge the efforts of those who have represented us well in these sports. Students and coaches are busy preparing for football and soccer next term for all year levels.

Congratulations to the Year 7 students on their cooperative and enthusiastic participation in the Year 7 Camps and the “Treacy Trail” recently and thanks to the staff who attended for their support. The Year 7 Mother-Son Evening took place last Wednesday and proved to be a very successful venture. Thanks to those who participated and to the staff for their support and preparation.

The Fathers and Sons Summer Games Night took place last Monday evening with a full house of participants booked in. Many thanks to the parents and sons who attended the Working Bee last Sunday morning on both campuses. A lot was achieved to keep the facilities in top condition despite the windy conditions.

This is our last *Newsletter* for the term. Classes conclude at 3.15pm next Thursday and resume on Monday 16 April. We wish our students a safe and refreshing term break and we wish all our families a very happy Easter.

Dr Denis J Moore cfc
Principal





From the Assistant Principal - Student Welfare

Fr James Wall Bursary Winner

Parade was delighted to receive the news earlier this year that one of our current Year 11 students, Jordan Whitty (T03), had been awarded one of four Bursaries in the Melbourne Archdiocese which recognises leadership potential in (2017) Year 10 students in a range of areas, from science to social justice activities.

Jordan has been engaged in a variety of Community Action activities over the last four years and, along with other students from last year's Year 10 class, went through an interview process at the College to be chosen as Parade's nominee for the award of the Bursary. So, it was very exciting indeed, and testament to Jordan and the work he has done in the community, that he was one of the winners announced on 7 March.

His Grace Archbishop Denis Hart presented the award to Jordan, congratulating him on his generosity and on his willingness to become involved when he saw things needed to be done, particularly commenting on Jordan's work with the Eddie's Backpack Project.

Over the years Jordan has shown a commitment to social issues such as Asylum Seekers, homelessness and the environment. He is a FIRE Carrier who helps to educate the school community about indigenous Australians. He was selected to visit Lake Mungo for an immersion experience in indigenous culture, and he participated in the Eddie Backpack Project, where he helped put together backpacks for underprivileged children. Since Year 7 he has been a member of the Advocacy Group. As a House Committee member Jordan has spent hours in organising and assisting with assemblies and other House activities. He is also heavily involved in meeting with other students to organise and set up activities for fundraising.

The bursaries are sponsored by the Catholic Development Fund, to honour Fr Wall's vision in establishing the fund to assist Catholic schools to grow. Along with three other

students from St Joseph's College Geelong, St Ignatius College Drysdale and Mazenod College, Jordan's bursary will assist him in his final two years of secondary school. Jordan's mother and father, Jean and Michael, were also present to see their son receive this award.

Congratulations Jordan from the entire Parade Community !

Pictured below:

*Jordan with Archbishop Denis Hart;
Jean, Jordan, and Michael Whitty;
The four Bursary winners*



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.



2018 NRL Indigenous Youth Leadership Summit

I was invited and attended the 2018 NRL Youth Summit in Sydney along with fellow Year 11 student, Che Watson T10. The Summit went for four days, from Wednesday 7 February to Sunday 11 February, and it was the experience of a lifetime.

I gained leadership qualities from peers, leaders and workshops, and I met some amazing people I will never forget.

I also got the opportunity to meet two Aboriginal legends, Jonathan Thurston and Greg Inglis, who are examples of good leaders, both on and off the field.

Thank you to Parade College, Melbourne Storm and the NRL for giving me the opportunity to connect with my culture, while learning how to become a strong and powerful leader.

Rylie Cadd
Year 11 T02



Treacy Trail

On Monday 5 and Friday 9 March, the Year 7s went on the annual Year 7 Treacy Trail. This excursion was a wonderful opportunity to learn a vast amount of knowledge about the pioneering brothers who arrived in Australia in 1868, all the way from Ireland.

To understand some of the hardships, which the Brothers endured, we travelled to a handful of sites on the bus. From Station Pier where they first docked after ten uncomfortable weeks at sea, to the original site of Parade College in East Melbourne and from the Saint Francis Church where the first pioneering Brothers school was formed (in Australia), to



Above: Year 7 Treacy House visit St Francis Church

the cemetery where Brothers Lynch and Hughes are buried. We went to countless locations which were extremely significant to the Christian Brother/Parade College history.

At the end of the excursion I had gained so much more knowledge about Parade College's rich history and traditions. I am truly grateful for the tireless efforts of Brothers Treacy, Bodkin, Nolan, Lynch and Hughes, because otherwise we might not have Parade College or any of the other Christian Brother schools situated here in Australia. The perseverance and determination of these Brothers has made the futures of so many other young men distinctively brighter.

Parade College's history is still growing rapidly as the 150th anniversary of the arrival of the pioneering Brothers and the 50th anniversary of the establishment of the Bundoora Campus arrives this year. However, I know for sure that this exceptional school has many more milestones to come, which perhaps one day might be incorporated to the Treacy Trail.

Isum Malawaraarachchi
Year 7 B14

*Old Blue Stone Pile with
College Vice-Captain Prefect
Michael Udovicic and Year 7 Bodkin
students Yuvraj Rana B11 (left),
Wilson Wild B 12 (right) and
Macallum Deacon B12 (middle)*





From the Assistant Principal - Teaching & Learning

Term One Interim Reports and Student Progress Interviews Years 7 to 12

Interim reports will be released online via the parent portal on Wednesday 28 March. Parents of Year 9 students should note that Year 9 ExCEL reports for Extended Learning Project 1 are not included with the interim report. The ExCEL report will be released online by 10.00am on Friday April 20.

There are two opportunities for the important learning conferences to occur, in the first and second weeks of Term Two.

Thursday April 19
4.00 – 6.00pm and 7.00 – 9.00pm

Tuesday April 24
4.00 – 6.00pm and 7.00 – 9.00pm

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

Bookings for Student Progress Interviews will be available via the Parent Portal at 10.00am on Thursday 28 March.

Mr Geoff Caulfield
Assistant Principal - Teaching and Learning



Italian Cultural Immersion 2019

Parade College is once again proposing to take a group of Italian language students to Italy in January 2019.

An information evening has been organised for Tuesday 17 April at 6.30 pm in the Rivergum Theatre and we invite interested parents and students in Years 10 and 11 to attend. A representative from WorldStrides Travel will present our proposed itinerary and answer any questions you may have.

For any further information, please contact Ms Carla Di Vito or Mrs Lisa Briant.

Ms Carla Di Vito
Italian Immersion Coordinator

ST PIUS X CATHOLIC PRIMARY SCHOOL

2018 OPEN DAYS



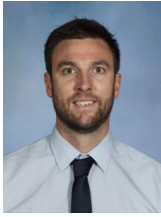
WEDNESDAY 14 MARCH | 9am - 11am
TUESDAY 20 MARCH | 9am - 11am
SATURDAY 21 APRIL | 10am - 12.30pm

Come and visit our amazing school.

ST PIUS X CATHOLIC PRIMARY SCHOOL
431 WATERDALE ROAD, HEIDELBERG WEST, VICTORIA 3081
Telephone 03 9457 3776 Email principal@spxhw.catholic.edu.au
spxhw.catholic.edu.au

ST PIUS X
TOGETHER WE SHINE





Year 9 ExCEL – Humanities/STEM Day

On Wednesday 28 March, as a part of Parade's ExCEL Program, all Year 9 students will be participating in either a Humanities Excursion (Program A) or a STEM Incursion at the Bundoora campus (Program B).

Program A

Who: All students studying Humanities in Semester 1.

Where: Students will participate in an excursion to the Shrine of Remembrance and Botanical Gardens.

All students are required to travel via public transport (Train or Tram) to Federation Square by 9:15am. A Parade staff member will supervise students from 9:15am - 2:30pm.



Why: The day has been organised by the Humanities Department to engage students in the historical concepts and content found in the Year 9 Victorian Curriculum, with particular emphasis on Indigenous cultural history and Australia's involvement in World War I. Students will complete a work requirement at the conclusion of the excursion, which will be assessed and included on the Semester 1 Report.

Program B

Who: All remaining students (not in Semester 1 Humanities)

Where: Bundoora Campus (meet in Greening Auditorium)

Why: The day has been organised to engage students in STEM activities which will develop skillsets, such as critical thinking and problem solving, to prosper in the future world. Students will have the opportunity to participate in Robotics, Forensic Lab, Universe Exploration and Engineering Challenges. Boys will rotate through hands on sessions and actively explore, experiment, and express themselves.



All students are required to wear their Parade College Sports Uniform and bring lunch.

All other information is available on CareMonkey.

We look forward to your son's participation on the day.

Mr Adam Briant, Learning Area Leader Humanities

Dr Janette Berglez, STEM Coordinator



Archbishop's Conversation with Student Leaders

On Thursday 8 March myself and eight other Parade students had the privilege of attending the annual Archbishop's Conversation, held at Caroline Chisholm Catholic College. Representatives of Catholic schools from around Melbourne were invited, many being in positions of leadership, such as College Captains and Vice Captains or Liturgy Captains. The day began with Archbishop Dennis Hart giving an official welcome to all students and accompanying staff. He particularly outlined that this year, 2018, is the Year of Youth.

Next we heard from Justine Cumbo, part of the NET ministry organisation (National Evangelisation Teams), of which many other staff and volunteers were present. Justine emphasised the slogan of the Year of Youth - 'Opening New Horizons for Spreading Joy' - and how we can be joyful in life through finding our 'why'. Why we are alive? What is our purpose? The difference between happiness and joy was also spoken about; happiness being when we get something such as money, accessories, good grades, and limited to these good or positive moments in life. However, joy is possible to have at both positive and struggling times in one's life, concerning one's outlook on life, and their interactions with others, rather than events.

We heard the story of Chiara Badano, who loved dancing, singing, listening to music, swimming, and playing tennis. But what she really had in life was faith, and a purpose. Chiara knew her "why". Because of this she was able to be joyful, even during her life's most difficult events. At age 16 she was diagnosed with a rare and severe bone cancer. By age 19 she succumbed to the disease, but right up until that day, she was a light for all those she met, especially during her extended times in hospital. "At this point I have nothing left. But I still have my heart and with that I can always love" (Chiara Badano). We were asked to think of three things that are central to *our* lives, three things that give us purpose. Many listed things like selflessness (humility and giving), love and faith.

After this session, we broke up into small groups with six or seven others from different schools. Many groups were



Pictured above with Archbishop Hart is James Chesterman Yr12 B04, William Dynes Yr10 T09, Yin Van Beek Yr10 L02, Jordan Freeman Yr10 T06, Noah Araveena Yr10 H08, Lachlan Pike Yr10 H07, Sahan Liyanage Yr10 B01, and Jacob Marchionni Yr10 B01

paired with someone from NET. My leader, Michi, had just moved to Australia from the United States to be in the Melbourne Team for a year. We discussed what we had heard, and how we feel joy can be and is spread today. Additionally, we focused on some specific questions about our thoughts on the church, society and life as young Catholics. As a group we also decided on a few questions to ask the Archbishop.

After lunch we moved into asking questions of His Grace, Archbishop Hart. Topics included:

- how can we as young people in today's society have a voice?
- how can we find and show joy?
- the current challenge to traditional marriage, with the legalisation of marriage equality.
- the role of women in the Church.
- why and how he became a part of the Catholic Church and what he does in his spare time.

The day concluded with the Archbishop giving everyone a blessing. Overall, I am very glad I went, and I know I certainly got a lot out of the day. I encourage other students to consider attending next year as well as getting involved in other reflective and liturgical opportunities at Parade.

James Chesterman,
Social Justice Captain



From the Registrar

Year 7 2020 Enrolments close Friday 17 August 2018

Applications for Year 7 2020 are now being accepted and interviews will commence next term. Please contact me on 9468 3304 or email registrar@parade.vic.edu.au to obtain a Prospectus and application form.

Academy Uniforms

The Opening hours for Academy Uniforms at the Bundoora have changed this year. They will now be opening 15 minutes later on Tuesday afternoons.

Bundoora hours are now:

Tuesdays **2:45pm** to 4:00pm

Fridays 8:00am to 9:00am

Preston hours remain the same:

Tuesdays 10:30am to 11:00am

Mrs Angela O'Connor
Registrar



MARCH 23 TOGETHER YOUTH

A new space where young spirits gather together... to interchange experiences and information, to make contacts, to look for support and why not to create and maintain new friendships all whilst sharing a plate of food.

Please contact or leave a text message at 0430075277 if you are interested.

OUR LADY OF THE WAY KINGSBURY

A 2 hour space per month is open to allow us to know each other and share as a Parish family and friends.

Venue:
OLW Church
Foyer

Time:
7:00 - 9:00pm

When:
Friday, 23rd of
March



Waterford Garden

Parade's award winning Waterford Garden has been directly supported by Bunnings Thomastown. Bunnings has a policy of "connecting with school-community projects" with practical support and advice.

Ms Stephanie Withner is the Community Link Representative at Bunnings Thomastown, and she undertook to support the next stage of the Waterford Garden with irrigation equipment and a water pump, which was recently presented to both myself and Mr Andrew Walker.



The Bunnings Thomastown donation was much appreciated and will further assist the Waterford Garden in its next expansion stage.

Mr Mike Bowen
Waterford Garden Project





2018 Global Awareness Program

Tuesday 13 March marked the beginning of our Global Awareness Program (GAP). As teachers at a Catholic school in the Edmund Rice tradition, Parade College staff across all faculties are keen to engage students in discussions about key teachings regarding



how we should live, locally and globally. What are these key principles? The first and perhaps most important one is *human dignity*, the belief that every person is created in God's image and that all human life is sacred. Others include the *common good*, the *preferential option for the poor*, *economic justice* and *solidarity*. In *Laudato Si*, Pope Francis reiterates another key principle, *stewardship of creation*. In this letter the Pope not only addresses the human effect on the environment, but also the many philosophical, theological and cultural causes that threaten the relationships of humans to nature and humans to each other.

During GAP, these principles are not just taught as part of the formal Religious Education curriculum, but students will learn about them in many of their subject areas.

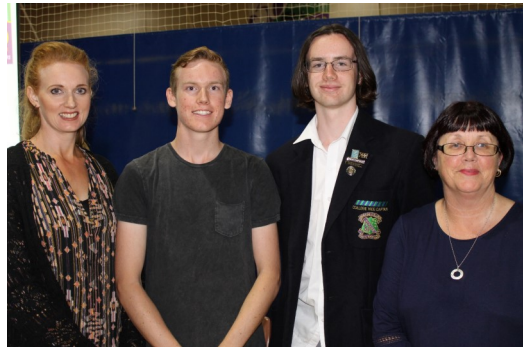
As part of GAP Week the Climate Justice group invited Old Paradian Richard Di Natale to visit for a conversation about local and global issues. Senator Di Natale was accompanied by candidate for Batman, Alex Bhathal. The conversation was not about trying to influence who the students will vote for. It was about allowing them to hear from an ex-student who is successful in the political sphere and about encouraging them to think of this as a possibility for themselves. It was about asking important questions: What is a just response to climate change? How do we weigh up the need to protect the Earth with the need to provide as many people as possible with jobs, offering an adequate standard of living and the dignity of an occupation? How do we compete with the industries of other countries who aren't considering the cost to the environment in their economic policies? This was a great event where students were able to ask important and challenging questions and the politicians were very impressed by the maturity of our students and their interest in contemporary issues that affect our planet.



Above L-R: Kylie Kuppe, Senator Richard Di Natale, Zac Ray Yr11 L04, Pinidu Chandrasekara Yr11 H06, Alex Bhathal

Mother-Son Evening

The Mother-Son Evening has been running at Parade for many years, so I think we can now call it a tradition! On this night we recognise that the move into secondary school is a significant transition, not just for our students, but for their parents too. Mothers feel this in a unique way, as they know that their sons are becoming young men and that the adolescent years will bring changes in the relationship they will have with them. We mark this transition by the sharing of stories and special items that are reminders of the journey so far.



Above: Mrs Andrea Chesterman, James Chesterman Yr12 B04, Jack McArdle Yr12 H07, Mrs Leanne McArdle

A big thankyou to Andrea and James Chesterman and Leanne and Jack McArdle for sharing generously with the group on the night. Thanks also to the staff who attended and to Parents of Parade who put on a lovely supper at the end of the evening.

Mrs Kylie Kuppe
Director of Ministry



From the Director of High Performance Sport

2018 ACC Athletic Championships

The 2018 ACC Athletic Championships will be held at the Lakeside Stadium, Albert Park on Wednesday 28 March. After our success in 2017, the team has been training extremely hard and is looking forward to the challenge that lies ahead.

All squad members are asked to meet at the Bundoora Campus at 7.30am on the day of the Carnival. All students are asked to wear their full Parade Sports Uniform and bring the lunch and drink. The bus will be back at the Bundoora Campus at approximately 6.00pm.

Greensborough Baseball Club

The Greensborough Baseball Club are currently running clinics as part of the Year 7 Sport Program.

As the Baseball season will commence in April, the club is looking to recruit players. No previous experience is necessary as coaches at the club will teach and develop the required skills. Training is held every Thursday night from 5.00 to 6.00pm at the Manfred ground. For further details, please contact Ben on 0433617304

Mr Phillip Gaut

Director of High Performance Sport



From the Sports Desk

Water Polo Competition

If any students would be interested in joining forces to form a Parade College Water Polo Team, could they please see Mr Turner in E45 for information. The College has been approached about entering a team into a tournament held in Term 3. The matches will be played on either Friday evenings or Saturday mornings at Camberwell Grammar.

Bikes

Throughout the course of 2017 the College has been storing a number of student bikes in the shed adjacent to Bunjil Park for Outdoor Ed excursions and Year 9 ExCEL activities within the school. Owners of these bikes have neglected to collect them and a number of them have been here since the completion of the 2017 year.

If you are a student who has failed to collect their bike at the end of 2017 and wish to keep this bike could you please see Mr Turner in E45 ASAP to organise collection. Collection of the bike must be organised prior to Thursday 29 March (final day of term).

Any bikes not collected will be removed and donated to charity.

Year 7 ACC Sport Trials

As most families would be aware, the trial process for a number of sports on the Bundoora and Preston Campus have been taking place during Term 1. An update on where things are at is listed below:

Year 7 Football and Soccer (Bundoora)

Final squads to be confirmed week 1 of Term 2.

Year 7 Football & Soccer (Preston)

Final squads to be confirmed week 1 of Term 2.

Year 7 Cricket (Bundoora)

Final squads will be announced before Term 1 is completed.

Year 7 Tennis (Bundoora)

Final squads will be announced before Term 1 is completed.

Mr Ben Turner

Sports Coordinator





Captains Report



The 2018 school year is at full throttle with numerous, engaging and exciting events having already taken place and plenty more to be unveiled in the upcoming weeks. A tremendous number of Hughes boys have become involved in many activities around the College, building up momentum in order for Hughes to run home with the Treacy Cup. Although currently in third place, our House Vice-Captain Anthony Fernando (Yr12 H08) and I are very happy to see the enthusiasm and energy in Hughes House.

On Friday 2 March, the Year 12 Hughes Prefects and the House Committee members at each Year level, took part in our Harmony Day Assembly, and it was indeed another memorable event. In order to celebrate the cultural variations within the House, Anthony and I interviewed many boys to show the rich diversity that exists. We wanted to drive home the message with veracity that we all sound the same, we all have the same values and we are primarily part of the Parade family in our big world. We also presented the 'Hughie' Award to one boy in each Tutor Group who has demonstrated true endeavour in his first month back at school. I would like to thank Mr Petruccelli for initiating the idea because it helps convey to the whole House that genuine decency towards each other will make life at school so much more enjoyable for everyone.

We would like to 'tenete' (hold firm) to one of the main themes of this year and show the rest of the College that Hughes House is where 'little things grow'! Having already raised \$1417.40 as a House in one week, we now hope to reach our goal of raising \$50,000 as a school by the end of the year. All the money raised will be going towards the Comboni Sisters Hospital in South Sudan. Dr. Danny Doyle, a key supporter of the hospital, visited the College and informed us about the harsh living conditions in South Sudan and how Parade College is providing incredible assistance to one and all.

The Failte program continues this year, with the Year 12s buddying up with the Year 7s. I believe that the program is a huge success, as it is another valuable aspect of the College's Year 7 transition. It is yet another 'little thing' we do that has allowed the newest members of our community to feel at home, even though some of the senior students have been challenged on their knowledge of directions around the school!



Above: Hughes House Vice-Captain Anthony Fernando (Yr12 H08) and James Dunse (Yr7 H17)

Below: Noah Jackson (Yr7 H15), Hughes House Captain Kamalakar Ravi (Yr12 H06) and Kevin Ly (Yr7 H15)



I anticipate that this will be a wonderful year for Hughes as we have many events to come. I look forward to updating on our progress and imagine an exciting momentum as the year takes off.

Kamalakar Ravi
Hughes House Captain



Wellness Wall

Happiness and Wellbeing

We all want to be happy however it can prove to be an elusive state. The quest to achieve happiness in our lives has led to much research and some interesting findings. The following is taken from the Black Dog Institute 'Happiness' fact sheet.

What is happiness?

The term happiness captures a huge variety of positive emotional responses, including such things as cheerfulness, serenity, optimism, and joy. Throughout history, philosophers, religious writers and poets have pondered on the meaning of happiness and how it might be achieved. More recently, scientists, psychologists and even politicians, have joined the pursuit.

Psychologists have found it useful to distinguish between a hedonic and an eudaimonic states of happiness. A hedonic state is a transitory state of pleasure, while a eudaimonic state is one associated with ongoing wellbeing, engagement and contentment. Eudaimonia is based on Aristotle's notion of the 'good life'. Sociologist Corey Keyes argues that wellbeing is more than just the absence of persistent negative emotions. His concept of 'flourishers' describes people who have high life satisfaction and/or enduring positive mood plus at least six of the following eudaimonic qualities:

- contributing to society
- wide range of social groups
- accepting others
- self-acceptance
- mastery over their environment
- positive relationships with others
- autonomy
- personal growth
- purpose in life

Happiness and the brain

Neuroscientist Richard Davidson measured electrical activity in the prefrontal cortex area of the brain. He found

that the left side is activated when people are feeling happy and that the balance of activity between right and left moves as mood changes. He studied the brain activity of Tibetan monks whose meditation training resulted in extremely high activity on the left side. In fact, Matthieu Ricard, a Buddhist monk and translator to the Dalai Lama, has been dubbed 'the happiest man in the world'. The activity in his left prefrontal cortex was the highest ever measured. It's not just highly trained Buddhist monks who benefit from meditation. Davidson gave meditation therapy to a group of highly stressed unhappy employees with high levels of right brain activity. Meditation increased activity in their left prefrontal cortex, employees felt happier and they reported renewed enthusiasm. Techniques such as meditation, relaxation, yoga and mindfulness therapy can boost activity in the left side of your prefrontal cortex leading to increased wellbeing.

Happiness and our genes

David Lykken, from the University of Minnesota, studied the role of genes in determining satisfaction in life. He gathered information on 4000 sets of twins and found that about 50% of one's satisfaction with life comes from genetic predisposition. However, neuroscientists have learnt that the brain is highly plastic and can rewire and change itself in response to life experiences.

Health and happiness

Numerous studies have shown that eudaimonic happiness is associated with longer life and superior health. In one study, monitoring 1,300 men over 10 years, Laura Kubzansky found that optimists had half the rate of heart disease. This research has shown that happy people are better at health maintenance, such as spending more time exercising and having routine check ups.

Where to get more information

The University of Pennsylvania, Positive Psychology Centre: www.ppc.sas.upenn.edu

Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Happiness: an online resource for Martin Seligman's book. The website includes questionnaires to help you identify your personal strengths and measure your level of happiness. www.authentic-happiness.sas.upenn.edu

Mrs Sharon Muir
Student Counselling and Wellbeing Services



Parents of Parade (POP)

Congratulations

Congratulations to Dr Denis J Moore cfc who recently celebrated fifty years of ministry as a Christian Brother.



Br Moore's contribution to the education of boys at Parade College was recognised with the presentation of a gift from the Parents of Parade (POP) committee at the recent March meeting. We thank Br Moore for his dedicated service and wish him many blessings for the future.

Thank you

Mother and Son Evening

Once again a lovely evening was enjoyed by all last Tuesday evening and a big thank you to the many helpers who assisted on the night.

Working Bee ~ Bundoora and Preston

Thank you to the many parents who assisted with the many jobs around the College at Preston and Bundoora on Sunday. Thank you also to POP members who kept our hard-working team of parents well fed and refreshed with the BBQ sausage sizzle and drinks.

Father Son Games Night

As always the Father Son Games Night was enjoyed by everyone who attended. Thank you to the POP members for cooking up a storm at the BBQ. Thank you also to Mr Phil Gaut who coordinated the games as he has done for many years..

The response to the first Games Night for 2018 was overwhelming, and numbers are limited by the available space that the various games need to be enjoyed by all.

Another night is planned for 13 August - The Father Son Winter Games Night. Details for registration will be advertised in the *Newsletter* closer to the end of Term 2, and registration will be available through the Parent Portal.

If you missed out on the Summer Games Night, POP would like to invite fathers and their sons to express their interest for the Winter Games Night. Please send your details, including father's name, son's name and Tutor Group number via the POP email pop@parade.vic.edu.au Please note that expressions of interest can only be received from those who missed out on the Summer Games Night.

Watch this space!

Please keep your eye out for the POP raffle coming soon! This raffle is the largest prize pool POP has ever created. More details will be published as they become available.

POP Meeting

Our next meeting will be held on Wednesday 18 April at 7.30pm in the Boardroom at Bundoora. It would be wonderful to have as many people at the meeting as possible - everyone in our community is very welcome to attend.

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 school newsletter.

Download POP app >> Apple iOS Android

Jeff Warke

President Parents of Parade

0409 174 208

pop@parade.vic.edu.au





From The Old Paradians

Golden Jubilee - Dr Denis Moore

2018 is a significant year for Parade. It is 50 years since the College opened at Bundoora; and 150 years since the founding Brothers Treacy, Lynch, Bodkin and Nolan arrived to begin Edmund Rice Education in Australia.

To complete this 'trinity' of jubilees, it is also 50 years as a Christian Brother for the current Principal and old boy, Dr Denis Moore (1967). Denis is the longest serving principal of Parade College after being Deputy Principal at four other Christian Brothers' schools: St Patrick's Ballarat; St Kevin's, Toorak; St Virgil's, Hobart; and CBC St Kilda.



Denis was joined by members of his immediate family; past and current members of the Parade Leadership Team; members of the College Board, EREA and the Old Paradians' Association; and fellow Christian Brothers at a lunch to celebrate the occasion.

Stories were shared around eight key words that were most commonly ascribed to Br Denis: humour, wisdom, humility, unflappability, financial wiz, educator, loyalty and compassion.

Blessed Edmund Rice once wrote a letter to one of the first Brothers that equally could have been written to Br Denis:

"Above all, beg of God to give you the virtue of humility which is so necessary for religious in every station, but particularly for those who have the care and direction of others. If you only acquire this virtue, it will always guide you safely, let your paths be ever so cross or difficult."

.....Andy Kuppe (1983), Assistant Principal

Montemurro takes Arsenal Women to the Mountaintop

Back in November, with the English season already four rounds in, Old Paradian Joe Montemurro (1987) grasped the opportunity of a lifetime, in replacing Pedro Martinez Losa as Manager of Arsenal Women. At the time, Arsenal was placed fourth behind Reading, Manchester City Women and Chelsea Ladies.

On Wednesday night, Joe commandeered the Gunners to the FA WSL Continental Cup League title, on the end of a 1-0 victory over Manchester City. "All credit to the girls who played very well," Joe told www.arsenal.com afterwards.



(image, video - www.arsenal.com)

"Our game plan went very well for 50 or 60 minutes but then Man City threw everything at us towards the end and it got a little bit hairy. We got there in the end."

"It's actually been seven games since we last conceded a goal and City created a couple of very good chances in the second half. We dominated the first half though and we got the rewards.

"Winning the competition means a lot to me, but we have to make it habit again. It's hopefully one of many going forward. I just applaud the players because they've worked so hard ever since I came in and they're starting to believe again. We just want to get better and better."

It's been an extraordinary rise in the world game for Joe - the career manager who lists amongst his credentials a UEFA Pro License qualification and a Masters Degree in Sports Coaching, and boasts an impeccable coaching record with Melbourne City Women.

In his first season with Melbourne City (2015/'16) Joe coached his team to an unbeaten championship-winning campaign. The City team emulated that achievement through 2016/'17, completing back-to-back championships under his watch. Which is why Joe joined Arsenal with City's best wishes.

The youngest of three Montemurro brothers, Joe followed Anthony (1976) and John (1978) through the Parade gates. Anthony currently commits his energies to South Morang's Marymede Catholic College as Vice-Principal, while John serves as an architect.

In 1986, whilst meeting his Year 11 responsibilities, Joe committed to NSL club Brunswick Juventus. The following year he captained Parade's 1st XI soccer team then coached by John Palomares – a first-year mentor who succeeded John Pyrgos.

Though the Paradians savoured only one victory in the seven-round season (2-1 over North Melbourne at home), Joe (who also took seasonal goalkicking honors) recalled being part of a special time in the game's evolution when soccer wasn't generally afforded the respect commanded by Australian Rules and cricket.

"Even though it was a third or fourth-tier sport, we boys just went ahead and played – which furthers your love for the game when you just make things work out of nothing," Joe said in November. And when asked at the time what the women of Arsenal could expect of Manager Montemurro, Joe replied: "I'm probably very, very empathetic to the players".

"I try to allow the players to solve the problems within the framework," he said. "I wouldn't say that I'm a dictator. I would best describe myself as a passionate, empathetic coach."

"Joe Montemurro has only been in charge for less than five months, but he's led them to silverware." - To view highlights of Arsenal Women's FA WSL Continental Cup win, and to see Joe's reaction at the final whistle, click on the following link;

https://www.facebook.com/ArsenalWFC/videos/1835872043110277/?hc_ref=ARSrwgRvhDJ3-G22Lj9Ms_XhWZy4qqdTLIUGKPlcrzaB-dbQqRA5XKQrFJCq_yqE8sM&fref=nf

For Brendan

Joe and Irene Tresckitta are part of the fold at Parade. Their twin boys Daniel and Matthew are both Old Paradians, while youngest son Brendan would, under normal circumstances, now be pursuing studies as a Year 12 student at the Bundoora Campus.

But these are not normal circumstances. Eighteen-year-old Brendan (pictured here between Daniel on the left and Matthew) is battling the extremely rare neurodegenerative condition called SMA-PME.



Brendan is one of only twenty people known to be afflicted by SMA-PME worldwide - which is why his family are turning to the purple, green and blue network in their time of need. To quote Joe: "Irene, the boys and their partners and family and friends have been wonderful with Brendan, but we need more help".

The hope for the Tresckitta family is that a medical breakthrough can be achieved in the treatment of Brendan's extremely rare and debilitating disease, which is unfortunately compounded by the young man's epilepsy caused by the condition. A medical answer would, said Joe, allow Brendan a quality of life "that such a beautiful young soul deserves", but while researchers are furthering their labwork in Canada and the United States, trials are still some way off.

In reflecting on Brendan's early years, Joe said that his son first experienced an issue with his hearing ("which we now know was caused by the same condition"). That problem was manageable for a time, and when Brendan pursued his studies as a Year 7 student in 2013 his teachers backed him all the way.

"But then other issues began to manifest themselves and Brendan was diagnosed with epilepsy," Joe said.

"Usually epilepsy can be kept under control with medications, but in Brendan's case it was caused by the underlying condition (SMA-PME)," Joe said. "At the time the doctors completed a lot of tests – blood tests, skin biopsies and the like - and Brendan was off for a month. But the results all came back negative and the doctors were left baffled."

By mid-2013, Brendan's hearing was on the decline, prompting Joe and Irene to withdraw their son from Parade and find a placement for him at St. Mary's College for the Deaf within Marymede Catholic College at nearby South Morang. The College's special school for the hearing impaired was good for Brendan. He enjoyed the school environment and specialized assistance he received and continues to receive.

"Brendan was an active child too, He was a good cross-country runner, a basketballer and a soccer player, but then he started falling and dropping things and finally had to resort to using a wheelchair," Joe said.

"From there Brendan's condition deteriorated and he started experiencing full Tonic Clonic seizures. He was finally diagnosed with SMA-PME in mid-2016 and is the only person in Australia known to be afflicted with this condition."

The Tresckitta family knows that unless a medical breakthrough can be found and administered, the condition will relentlessly continue to rob Brendan of those daily activities most take for granted – the capacity to move, to speak and to eat and drink without assistance – and the seizures and twitching remain the constant.

For all that though, the Tresckittas remain upbeat. As Joe said: "We're trying to put money aside for Brendan and if a treatment becomes available and has to be administered overseas then we will go. That won't come cheap . . . but he's my son and I'll do anything to arrest the condition's advancement".

Accordingly, all Old Paradians and members of the Parade community are urged to join the Tresckittas in finding a way for Brendan.



A Night For
BRENDAN
FUNDRAISER GALA DINNER

Unite to help us support the Tresckitta family in their journey to cure Brendan

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Includes three course dinner, beer, wine and soft drinks

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One way is to support an impending Fundraising Dinner on Saturday, April 14 at Tullamarine's Melrose Receptions, at which the Old Paradian David Cosma (1992), with the backing of his five-piece band, Sun Rising, will belt out "The songs that made Memphis". Jerry Lewis tribute artist Tony Lewis also features through the course of the evening, with Gab Rossi providing the comic relief.

"Parade College and the Old Paradians can help, whether by being part of the gala night or donating to the cause," Joe said.

"The current Year 12 students were in Brendan's year. Some would remember him and some wouldn't because he was only there for a brief time, but he made friends there, as did his older brothers . . ."

To the many Old Paradians who now work as tradesmen, another opportunity has also presented. The Tresckittas would benefit enormously from those who may be able to commit their time and energies to the construction of a ramp and deck for Brendan at the family home.

“A relative did build a ramp for us with some minor assistance from me, but it’s only a provisional one,” said Joe.

“We’re hoping that someone might be able to help build a better ramp and deck in the backyard so that Brendan can enjoy a little bit of sunshine.”

Those who may be able to help Brendan and the Tresckitta family with the building of a ramp and deck are urged to contact Lou Metelovski on 0418 595845 or imetelovski6@bigpond.com or the Old Paradians’ Association c/o Parade College.

A Night for Brendan

(advertisement on the previous page)

Fundraiser Gala Dinner, to be held at Melrose Receptions, Melrose Drive, Tullamarine, Saturday 14 April 2018 from 6.30pm to 11.30pm.

Please support Brendan and his family by booking your ticket or tickets by the 7 April RSVP date. Those who might not be able to attend the Fundraiser, but would like to pledge a financial donation can do so via the following;

The Tresckitta Fund
BSB 063 886
A/C 10524024

James first book poses the big question

James Sismanes, a final year student of 2008, is the latest in a long line of Old Paradians to have turned his hand to book writing. James’ self-published tome – *The Art of Being Jonny* – is set for release in late March, and in essence deals with the thorny subject of moral dilemna.

“Originally I started writing a different book entirely,” James conceded, in an interview at a café in nearby University Hill recently. “I completed about 150 pages about a guy who developed this business in Florida, got in with the wrong crowd and ended up being chased by law enforcement . . . but the story was too generic and I didn’t like where it was going.

Some time later I was at my fiancé’s house watching an episode of A Current Affair. The episode featured a small



“story about a bloke from regional Victoria who found a loophole in the ATM system, which meant he could withdraw unlimited funds without it being recorded then splurge all the money around Melbourne whilst believing he’d done nothing wrong.

“Anyway, I thought about it and found that tiny idea fascinating – that a normal, unobtrusive, naïve guy going about his business could accidentally find himself in this situation.”

Thought firmly planted in his mind, James duly set to work on his manuscript, a process which took him the best part of three years to complete. Attention to detail was paramount, to ensure that the people and the places of which he wrote were authentic - and Google Earth helped his cause in respect of the latter given that the story is set in the town made famous by Billy Joel’s musical homage to the unemployed steelworkers, Allentown.

Accordingly, James has penned a story which he likens to “Breaking Bad meets The Wolf of Wall Street” – a story which poses the question “How much are you willing to sacrifice in order to get ahead and when you get there will it have been worth it?”.

And the answer?

“Well you’re going to have to read the book. I had two general resolutions in mind when I first started writing, but ultimately I stuck with one of them all the way through,” said James. “That was because the way the story ends makes sense for the character and makes sense for the reader who understands that no matter how hopeless the situation there is light at the end of the tunnel.”

A dedicated Walt Disney fan, James revealed that his next tome - an historical fiction - would revolve around mob-exploitation of a Hollywood-based animation studio in the early 1920s.

The Art of Being Jonny is available from March 27 through Amazon, Angus & Robertson BookWorld, Booktopia and Barnes & Noble

<https://www.amazon.com/Art-Being-Jonny-James-Sismanes/dp/064823620X>

Architect Alistair's lightbulb moment

Old Paradian Alistair Wenn, a final year student of the College in 1987, has acknowledged the moment his old Geography teacher John Ramsdale set him on the career path. Speaking at the recent Association Luncheon at the RACV City Club in Melbourne, Alistair, now a Senior Principal Landscape Architect with national planning and design practice Tract, told the audience that he had John to thank for pertinent advice at a critical moment in his final year.

"I consider myself fairly unremarkable, but I'd be one of the many hundreds if not thousands of old Paradians who have come through over the years and forged a career," said Alistair, pictured below between the two Johns - Ramsdale and Joss. "I look back on my time at Parade very fondly. Those years I spent there were extremely formative, and a little story I'd like to share today involved a very important moment during my time at Parade that set me on my path and career as a landscape architect."



Declaring himself to be "a pretty average student", Alistair conceded that his report card throughout most of his time at Parade reflected as much "and I put it down to not really knowing what I wanted to do in my life". "I got to a point in Year 12 when I started thinking I wanted to be a chef, but everyone was suggesting otherwise for this was the time before celebrity chefs. It was then that I had a chat with John Ramsdale as I was quite good at Geography," Alistair said. "I said to John: 'What is it that I can do that is related to geography, but is not geography?', to which he replied 'Have you thought about town planning?'. I asked John what it was all about and he explained it to me."

On the strength of that conversation, Alistair contacted the University of Melbourne and was duly forwarded a brochure which outlined the work of a town planner, environmental planner and landscape architect – "and from the moment I read that description of what a landscape did as a professional I knew that's what I wanted to be".

"John, himself an Old Paradian and now member of the Association Committee, was in attendance for Alistair's address, as was former accountancy teacher John Joss, whom Alistair also acknowledged. As he said: "I have to thank John Joss, because at the end of Year 11 I was about to fail accounting, which prompted him to tell me: 'I'll pass you as long as you don't do it in year 12!'. So thank you 'Jossy'."

Alistair, who is based in Tract's Southbank office, is calling on all Old Paradians currently working in or near the Melbourne CBD to avail an hour of their time to attend the Old Paradians' Association Luncheon, which has been held on a monthly basis since 1936.

Old Paradians and non-Old Paradians alike wishing to support future Luncheons through 2018 are urged to book via the Upcoming Events section on the association's homepage. Next month's speaker is Fitzroy IT's Business Development & Strategy Lead Justin Kelly (1998), who together with company Director and fellow OP Tim Jenkinson (1998) recently assisted with the redevelopment of the Association's website.

Mr Tony De Bolfo
Old Paradians' Association CEO

Calendar

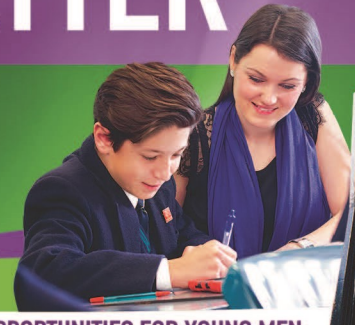
The following important dates in the College calendar can also be found on our website under the 'News' tab

17-28 March	* Takada Visit	30 March	* Good Friday
18-24 March	* Gifted Awareness Week	31 March	* Holy Saturday
19-29 March	* Work Experience for ERPP Pathways students and VCAL Year 11 & Year 12 students		* Daylight Savings Ends
21 March	* Harmony Day		* First Day of Passover
	* Athletics Carnival, Lakeside Stadium 10.00am to 4.00pm	1 April	* Easter Sunday
	* Winter Sleep Out concludes at 12.00pm	2 April	* Easter Monday
	* Homework Club 3.15-4.30pm	5 April	* Musical Rehearsals 9.00am to 5.00pm
	* ACC Senior Finals	6 April	* Musical Rehearsals 9.00am to 5.00pm - Leads Only
	* Musical Rehearsals	7 April	* Last Day of Passover
22 March	* Staff Development PD Day - Student Free Day	8 April	* Orthodox Easter
23 March	* Global Action Program concludes	9 April	* Board Meeting, 7.15pm Boardroom
	* Family School Tour - Preston Campus	10 April	* Musical Rehearsals 9.00am to 5.00pm
25 March	* Palm Sunday	11 April	* OPA Luncheon
	* Feast of the Annunciation		* Musical Rehearsals 9.00am to 5.00pm
26 March	* Musical Rehearsals	12 April	* Musical Rehearsals 9.00am to 5.00pm
	* Family School Tour - Bundoora Campus	16 April	* Term 2 Commences
	* Finance Committee Meeting, 7.30pm Boardroom	17 April	* ACC Year 9/10 Sport
27 March	* Homework Club 3.15-4.30pm		* Bundoora Immunisations Year 7
28 March	* Athletics Carnival, Lakeside Stadium 10.00am to 4.00pm		* Homework Club 3.15-4.30pm
	* Preston Easter Liturgy	18 April	* Ministry Retreat #5
	* Takada Trip Concludes		* ACC Sports Senior Div 1&2 Bedford Shield Game (Away)
	* Musical Rehearsals		* Musical Rehearsals
	* Homework Club 3.15-4.30pm		* Homework Club 3.15-4.30pm
29 March	* Holy Thursday		* Parents of Parade Meeting, 7.30pm Boardroom
	* Bundoora Easter Liturgies	19 April	* Ministry Retreat #5
	* Athletics Carnival Backup Day		* ACC Year 7/8 Sport
	* Term 1 Ends		* Family School Tour - Bundoora Campus
		20 April	* Teaching and Learning PD Day - Student Free Day
		22 April	* World Day of Prayer for Vocations
		23 April	* Strategic Planning Meeting 7.30am
			* Family School Tour - Preston Campus
			* Music Rehearsals
			* Autumn Music Concert 7.00pm

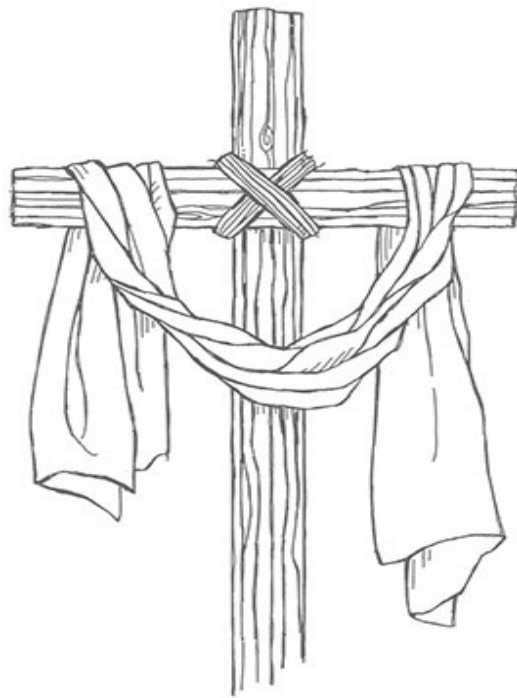
PARADE COLLEGE



NEWSLETTER



A WORLD OF OPPORTUNITIES FOR YOUNG MEN



Happy Easter

*He is not here;
He has risen.*

—Matthew 28:6



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