



A WORLD OF OPPORTUNITIES FOR YOUNG MEN

No. 3 21 February 2018



From the Principal

Last week we celebrated Ash Wednesday to mark the beginning of the Church season of Lent. Lent is a 40 day time of preparation for the joyful celebration of the death and resurrection of Jesus Christ at Easter. A prayer service was held in each Tutor Group with focus on the symbol of the ashes and the call to take stock of our lives and relationships during this time. During Lent we raise awareness of the plight of the neediest people in our world and offer some support through our Global Awareness Program.



Our Open Day took place last Sunday on both campuses as we welcomed many families wishing to learn more about the educational opportunities offered by the College. Many thanks to the Parade staff, parents and students who helped in so many different ways on the day. The visitors were extremely impressed and commented most favourably on the students' friendly greetings and willingness to share experiences.

Last Thursday we held an official opening ceremony for the new Nash Learning Centre with quite a number of special guests to the College as well as members of the College Board. Dr Wayne Tinsey, Executive Director of Edmund Rice Education Australia, formally opened the building and it was blessed by Fr Vincent Le, Parish Priest of Bundoora.

The ACC Swimming Competition takes place this Friday evening at MSAC and our swimmers have been engaged in early morning training. We wish the members of the Parade team and their coaches great success for the event.

The Old Paradians Annual Bike Ride from Alphington terminated at the College as part of Open Day. It was good to see present students and parents joining Old Paradians' for the ride.

Dr Denis J Moore cfc
Principal



Open Day 2018





Student Exchange Opportunity

Expressions of Interest Invited

There is an opportunity for two 2018 Parade Year 10 students to have a student exchange with an Edmund Rice school in British Columbia, Canada: Vancouver College.



Founded in 1922, Vancouver College is a highly regarded boys' P-12 Catholic School in the Edmund Rice tradition. This is a unique opportunity to experience life and learning on the other side of the world.

The successful Parade students will attend Vancouver College for the last five weeks of Term 3 this year (*with an option to extend this time for sightseeing into the Term 3 holidays*). The hospitality will then be reciprocated and these Parade students will each host a student from Vancouver College for the first five weeks of Term 1, 2019 (*and for the last two weeks of the summer holidays*).

The tuition and organisation costs will be borne by the two Colleges. Participating students will wear their own College uniforms to school. The student's family will need to pay for the return airfare (approximately \$1550), any visa, pocket money and incidentals (*and any optional sightseeing*).

Expressions of interest (by Friday 2 March) are invited by contacting the Deputy Principal, Mr Andy Kuppe, by emailing: andrew.kuppe@parade.vic.edu.au or by phone on 9468-3300

Mr Andy Kuppe
Deputy Principal



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.

School Photos

If you have not returned your son's photo envelope and you wish to purchase photos please return the completed envelope along with the correct money to my office by Friday 23 February. Orders after this date will need to be sent directly to the photographers.

Academy Uniforms

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

Bundoora Uniform Shop Hours:

Tuesdays 2.45pm to 4.00pm
Fridays 8.00am to 9.00am

Preston Uniform Shop Hours

Tuesdays 10.30am to 11.00am

Mrs Angela O'Connor
Registrar





Opening and Blessing of the Nash Learning Centre

On Thursday 15 February the Nash Learning Centre was officially opened by Dr Wayne Tinsey, Executive Director of Edmund Rice Education Australia. Fr Vincent Le, Parish Priest of Bundoora, blessed the building and led the service.



Distinguished guests for the opening ceremony included Paul Williams, Regional Director Southern Region EREA, Dr Ben Cleveland (Melbourne University) Associate Director of the Learning Environments Applied Research Network, Colin Brooks MP, State Member for Bundoora, Marc Blanks (Melbourne Polytechnic), Executive Director of Technical Schools, and Skylie Massingham (Melbourne Polytechnic), Project Director, Principals from neighbouring Catholic schools, College Board Chairman Darryn Borg, many of the Parade Board members, Lewis Derrico (OPA), Veronica Spiteri (POP), architects (CHT) and builders (Devco), as well as staff and students were in attendance.



In his welcome, Dr Moore spoke of the 2018 anniversary marking 150 years since the arrival of the Christian Brothers in Australia, and how the small group of founding Brothers worked tirelessly to provide education to Melbourne's most needy children. He spoke of the establishment of Parade College in East Melbourne and the move to the Bundoora location. Dr Moore spoke of the many major projects completed since the move here in 1968, and, in our Jubilee Year, the opening of the Nash Learning Centre.

Dr Wayne Tinsey spoke of Parade's incredible heart, and how the Nash Learning Centre represents Parade's dedication in providing fantastic facilities in aid of excellent education.

Guests were able to tour the building, with many remarking on its fine architecture, attention to student-centred learning, and how the Nash Learning Centre positively displayed the spirit of the school.

We would like to thank Dr Wayne Tinsey for opening the Nash Learning Centre, Fr Vincent Le for conducting the Service of Blessing, distinguished guests for their attendance, and, for their assistance in the ceremony, the College Prefects and the Nash Learning Centre Student Team.

Mr Dante Gabriele
Director of Programs—Nash Learning Centre



“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 Acting Assistant Principal - Teaching & Learning

Supporting Students in Gaining Deeper Academic Understandings

Supporting our students to achieve their full potential is of the utmost importance at Parade College. We do this by having a number of policies in place. An important part of the School's Assessment Policy, is the **resit/resubmit and academic redemption** process. Analysis of the assessment data since its inception in 2014 indicates a distinct improvement in students' overall academic performance. In essence, the aim is to progress students further along the learning continuum towards mastery of the course content.

A summary of the process is outlined below;

In most cases, Year 7 to 12 students failing to achieve a satisfactory level of performance in formally assessed tasks, deemed to be a C or higher (60%+) will be required to resubmit or resit the task, within a week of receiving their work back. Parents will be notified of the unsatisfactory result and of the need for their son to resit/resubmit the assessment task.

Teachers will generally set the same task for the resit or resubmission, with incorrect and unsatisfactory parts to be completed. By doing this, students are given the opportunity to revise and resit/resubmit what they were unable to master the first time. Please note, VCE students scoring below 40% resit the entire task. Teachers will provide feedback and support to students along their individual learning journeys, hopefully leading to a deeper understanding of the coursework and better educational outcomes.

Teachers will use their discretion to focus on the underperforming students who are capable of achieving better results, and whose efforts are lacking, rather than those making every effort to succeed but not meeting the standard. Hence, students with identified learning difficulties will not be the focus, and only resit/resubmit in assessment tasks consultation with parents and teachers.

Students who do not submit a task, or who fail to resubmit the unsatisfactory task, will be required to attend an Academic Redemption session after school. Parents will be notified whenever this occurs.

Year 7 students whose first attempt falls below a C will have their improved grades listed on their reports. Year 8 to 12 students will have their original grade reported, and the comment section of the Semester Report will acknowledge the improved grade. This measure is intended to encourage students to give their very best effort the first time they are assessed. This is in line with, and is a requirement of, VCAA assessment procedures for VCE students.

Parents are encouraged to discuss this aspect of the assessment policy with their sons. Rather than being punitive, the aim is to support our students to progress towards achieving greater academic success, and achieving their potential.

Should you have any queries about the aforementioned policies, please contact Mr Geoff Caulfield, Assistant Principal, Teaching and Learning, Mr Paul Fahey, VCE Coordinator or Mr Chris Ryan, Year 7 to 10 Learning Coordinator.

Mr Geoff Caulfield

Acting Assistant Principal - Teaching and Learning



St Francis of Assisi
invites you to our
FAMILY FAIR

**Sunday
18 March**

10 am - 3.30 pm

Rides, Games,
International Food,
Market Stalls, BBQ,
Books, Cakes, Toys,
Entertainment,
Popcorn, Ice-Cream,
Fairy Floss, Plants,
Spinning Wheel,
Donuts, Coffee . . .

Lots more fun and bargains for everyone!

290 Childs Road, Mill Park

All Welcome for a day of fun!



Pathways Education

Year 12s Welcome Year 7s To Preston Campus

On Wednesday 31 January, the first day of school, the Year 12 boys at the Preston Campus welcomed the 2018 Year 7 students.

There was a 'getting to know you' session where the Year 12 students met their Year 7 mates. The boys introduced themselves and then talked a bit about themselves.

In the afternoon, we had a liturgy where the Year 7s were presented with house badges and the Year 12 students received their Year 12 badge. Then the Year 12s took their Year 7 to their locker and many had a chat with parents who were waiting for their son to complete the day.



Here are a few comments from some of the Year 12 students.

The feeling of being someone the Year 7s can look up to is pretty amazing as the pressure being a role model is something that I am not used to. I believe the Year 12s will show the Year 7s the proper way to act at recess and lunch.

Joshua Slattery B10

The feeling of being able to offer the new Year 7s advice and for them to look up to us is such a good feeling. Now that I have met these younger guys, I feel more obliged to set a good example.

James Watson T10

The feeling of being a Year 12 is awesome, because you are the oldest boys in the school and now we are leaders. We have a responsibility to be good leaders. I plan on setting a good example for the younger boys this year.

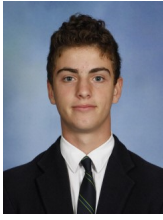
Ryan Curukovski B10

Overall, this was a really good experience for me and the fact that we are the oldest in the school means it is time for me to keep my head down and work hard. I need to make sure that I am a good role model for the Year 7s.

Billy Tssolacos T10

Wishing all of our new Paradian's a happy and successful 2018

*Mr Joe Herran
VCAL Convenor*



World Scholar's Cup

In November 2017, I was lucky enough to represent Parade College at the World Scholar's Cup Tournament of Champions at Yale University, USA. The whole program was one of the greatest experiences I have ever undertaken and I encourage many more students to sign up .

What is World Scholar's Cup? It is an academic competition which consists of four main events; Debating, Creative and Collaborative Writing, a multiple-choice test and an interactive quiz on various subject areas. You compete in teams of three against other schools and teams.

In 2018, the Regional Round is 25 and 26 May at Genazzano College in Kew. What happens if your team performs well in the Regional Round? World Scholar's Cup has over one hundred Regional Rounds around the world and the best performing teams can qualify for the Global Round which is in Melbourne in late August this year!

At last year's global round in Vietnam the program saw over three thousand students from sixty different countries!

If you are lucky enough to qualify for the global round you will not only be competing, but you will be able to meet incredible people from all over the world.

The program gets even more spectacular as the best teams from the Global Rounds get the opportunity to travel to USA to compete at The Tournament of Champions.

If you are a student who likes having fun while learning and enjoys working in a team this is the program for you!

Max Tricarico
Year 11 L05





Hollywood Luminaries Talk to Media Students

Year 11 Media and Theatre Studies students were afforded an incredible opportunity to visit Maribyrnong College to take part in a documentary film-making seminar with two keynote speakers: John Marsh and Kelly Curtis.

John has enjoyed a successful career as a writer, producer and director in the American film making industry, spanning some fifty years. Kelly, growing up in the very famous Lee Curtis family, has excelled as an actor on both the silver screen and the stages of Broadway. She has more recently turned her hand to producing films with John for their production company Liberty Films and now, as semi-retirees have chosen to give back to the media industry. They self-fund films such as "Marby Jets Are Go", an account of the elite Maribyrnong Sports Academy track team's successful trip to the USA Simplot Games; the USA's largest college level meet.

The Parade College students, along with Media students from Maribyrnong College, were treated to an hour-long discussion of the technical side that goes into producing such documentaries. I found the discussion fascinating and know that, as the media students will be creating their own documentaries later in the year, the boys were able to take away so much knowledge. John and Kelly were generous, funny, incredibly knowledgeable and very frank in their discussions of how such films are constructions rather than reflections of reality.



I would like to thank John and Kelly for fitting us into their busy schedule and the staff at Maribyrnong College for graciously hosting us.

Catholic Education Melbourne Visual Arts Exhibition

The Annual Visual Arts Exhibition is taking place once again, running from 13 to 17 March, and we are proud to announce that four Parade College student's work have been selected for inclusion.

Stephen Franzese (Year 12 T04) and Elian Cagliero (Year 11 L06) have 2D artwork on display, and Francis Cao (2017 Year 12) and Chris Hides (2017 Year 12) have films chosen for inclusion.

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



Above: artwork by Elian Cagliero Yr11 L06

Below: artwork by Stephen Franzese Yr 12 T04



Below: film by Francis Cao (graduated student)



Below: film by Chris Hides (graduated student)





From the Director of Ministry

What Kind of Fast?

When I was 10 years old I decided to give up lollies for Lent. It was a bit of a challenge, made easier by the fact that I chose not to say a definitive “no” to offers of sweets, but instead stockpiled them in a jar, ready for feasting at Easter.

These days I have given away my lolly jar but am still interested in ways that I can take up God’s invitation to come closer during Lent. Pope Francis challenges us to think of how our Lenten fasting benefits others. He quotes the early Christian mystic John Chrysostom who said:

“No act of virtue can be great if it is not followed by advantage for others. So, no matter how much time you spend fasting, no matter how much you sleep on a hard floor and eat ashes and sigh continually, if you do no good to others, you do nothing great.”

In our readings at mass on Friday, we heard from the prophet Isaiah, who links fasting with vigilance for justice, generosity, and authenticity. What is the point of giving up lollies if I am not also working towards building right relationships with the people around me?

Pope Francis’ Words

Do you want to fast this Lent?

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and trust in God.
- Fast from complaints and contemplate simplicity
- Fast from pressures and be prayerful.
- Fast from bitterness and fill your heart with joy.
- Fast from selfishness and be compassionate to others.
- Fast from grudges and be reconciled.
- Fast from words and be silent so you can listen.



Students helping out at Sacred Heart Mission last week: Bryce De Wind Yr 12 B09, Daniel Barca Yr 12 L01, Danny Hoang Yr 12 H02 and Cameron Wilson Yr 12 B05

This week we had our second Tenete Ministry Retreat, where Year 12 students spend time with people who are marginalised for some reason, whether because they experience homelessness, physical or mental disabilities, unemployment or addiction. What a fitting way for them to spend time during Lent:

‘Is not this the sort of fast that pleases me – it is the Lord who speaks – to break unjust fetters and undo the thongs of the yoke, to let the oppressed go free, and break every yoke, to share your bread with the hungry, and shelter the homeless poor, to clothe the man you see to be naked and not turn from our own kin?’ (Isaiah 58).

Mrs Kylie Kuppe
Director of Ministry





Community Action Report

Ministering to others!

Community Action has started the year in a new centre, located in Alphington Court. It has been good to see a number of new faces coming along at recess and lunchtimes to see what the program is all about.

For new families to the school, the Student Community Action Centre is open at recess and lunchtimes for all students who wish to get involved in any of the projects we are working on.

Students are encouraged to volunteer their time and talents to the wide range of community initiatives that the program is involved in.

Keep an eye on the daily student bulletin to see how you can get involved in helping others less fortunate in the community. I look forward to working with students over the course of the year

Community Action Awards

At our Commencement assembly, I presented our annual Community Action awards - The Nuwan Amarakoon Year 10 Community Action Award and the Stefan Minutoli Blood For Life House Shield.

These awards reflect the generosity and willingness of Parade students to give back to the community. Both of these awards are named after past students whose lives were taken far too soon under tragic circumstances, but who in their short life made a difference!

The Nuwan Amarakoon Community Action award recognizes and rewards the commitment of a Year 10 student to volunteer his time and talents. I am thrilled to state that the list of candidates for this award is always long, and this, again, was the case in 2017.

We had Year 10 students such as Christian Matarazzo (L07), who was a regular volunteer at Eddy's Brekky Van and who made positive connections with the locals of Heidelberg.

Patrick Petersen (H02), another student who committed to Eddy's Brekky Van. In 2017, Year 10 students Zac Ray (L04), Tommy Graziano (L09), Gary Huang (B08) and Youssef Abou Zied (B07) were committed to sustainability in the College and began a staffroom compost and soft plastic recycling program.

However, the 2017 winner of the Nuwan Amarakoon award is Shaun Spiteri (L05), who last year stood out for his outstanding generosity of spirit, commitment to and leadership in Community Action at the college.

Most Monday afternoons last year, Shaun could be found tutoring refugee primary school children in St Alban's. He would sit and help them with their homework and was able to establish meaningful relationships with the children. Early most Tuesday mornings, Shaun was making tea, coffee, and friends at Olympic Village through the Eddy's Brekky Van. Shaun was involved in many other Community Action initiatives throughout the year. Congratulations Shaun.

In 2017, the Stefan Minutoli Blood For Life House Shield was hotly contested between the four Houses. Parade students and staff are always proud to be counted in the half a million blood donor volunteers each year through the College blood donor program.

Despite the Red Cross changing the age requirement to eighteen years of age in Term 3 last year, Parade still managed to reach our annual target of over 100 donations - in fact we were only two short of the 113 donations of the previous year --which means we saved 333 lives!

In 2017, the winning House - saving 81 lives - was TREACY! Dr Moore presented the Shield to Treacy House Captain Zane D'Silva (T03). Congratulations Treacy House.

Students turning eighteen this year will be given the opportunity to donate blood or plasma.

Year 11 Service Learning

All Year 11 students are reminded of the 'Service Learning Program' that asks all Year 11s to commit to ten hours of volunteer work. Students can make up these ten hours by getting involved in the wide range of volunteer opportunities offered at the college.

At an assembly last week guest speakers from St Albans Tutoring Program, the Greensborough Community Meal and Eddy Rice Camps spoke to Year 11s about the programs they offer and their benefits to the community and how they can get involved. Our Year 12 Prefects presented the many other Community Action initiatives that students can get involved in such as the Eddy's Brekkie Van.

The ten Service Learning hours can also be made up through involvement in programs outside the school.

Students wanting to sign up for any of these opportunities or wanting more information on the Service Learning Program are asked to see me in the Student Community Action Centre at recess or lunchtimes.

Ms Anne-Marie Morello
Community Action Convenor

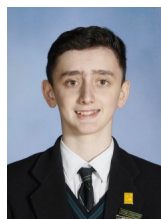


Eddy's Brekky Van

Brekky Van 2018 has started with a bang. On our first morning back we used our new BBQ and cooked up a feast for West Heidelberg friends. With new students eager to be involved, a great energy has developed in the last two Tuesday mornings. Coming back from the long break, we reacquainted ourselves with our old friends and some new ones. Many thanks to Geraldine Fernandes and Noel Vincent –our regular volunteers who assist us each Tuesday.

Even though Brekkie Van is an early morning start, I really enjoy catching up with the friends I have made, and knowing that I am making a difference in that local community makes me feel good.

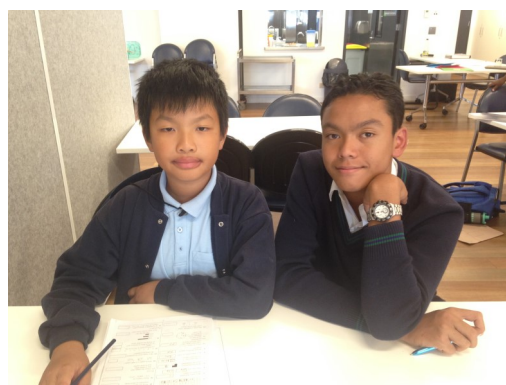
Noah Aravena
Year 10 H06



St Albans Tutoring



Parade is once again involved in the St Alban's Refugee Tutoring Program. It was great to see the kids again on Monday afternoon and to be involved in such a welcoming community.



Pictured at St Albans Tutoring
Above: Yin Van Beek Yr10 L02
Below: Harry Foster Yr10 T03



St Albans means a great deal to me, and I am proud to be spending my Monday afternoon helping such wonderful kids. St Albans is about tutoring refugees who need an extra bit of help in their schooling.

I recommend this activity to anyone wanting to take part in Community Action and making someone's life just a little bit brighter.

Jordyn Freeman
Year 10 T06



Preston Sports

The Preston Campus is excited to open our brand new Ambrose Treacy Oval in 2018. The Oval is an all-weather surface suitable for hosting ACC Hockey and ACC Tennis in Terms 3 and 4. The surface is also fantastic for use in a variety of activities in Health and Physical Education classes, Sport classes and during the breaks throughout the day.



We are excited by the new opportunities this surface offers our boys and would love to share this with all parents and friends.

Preparations are underway for a family sports evening on our surface towards the end of Term 1, where all students, parents, guardians, siblings, etc., are welcomed into the College to participate in sports and share a meal. More details to follow via this newsletter and email.

The Year 7 and 8 House Athletics Carnivals have been run and won for 2018. Congratulations to all students for their participation and fantastic results at these carnivals.

The ACC Athletics Squad has launched with training occurring weekly in the lead up to the ACC Athletics Carnival at the end of Term 1. Parade is the reigning champion and we are excited by the prospect of going 'back-to-back' for the first time in many years. If any Preston student is interested in participating, he is encouraged to see Mr Watson as soon as possible.

The ACC Swimming Carnival takes place on Friday 23 February at the world-class MSAC pools. We wish luck to the entire squad, especially our Preston Campus students in Alexander Buzacott Year 7 H20, Nicholas Luhrs Year 7 L21 and Dino Koutes Year 9 B21. Go well!

Finally, the trials for Term 2 ACC Sport is underway with Football and Soccer trials taking place in the lead up to the season. If any Preston student is not involved, but would like to be, he is encouraged to see Mr Watson as soon as possible.

We look forward to seeing you at our official opening of our new oval for some sports and dinner (details to follow). Have a great 2018.

Mr Paul Watson
Preston Sports Coordinator

At EFM we are a Health Club that cares about you & your health

We provide a unique personalised training service, whereby your coach will support and guide you through a tailored program every time you attend, to ensure correct exercise technique and to maximise your results.

We cater for all ages and fitness levels within a friendly, non intimidating environment.

Our month by month memberships give you peace of mind that you're not weighed down by a 12 month contract.

Register online at efm.net.au or see below for contact details

Like us on Facebook

We are EFM Health Clubs. The right fit for you.

EFM Bundoora
On-site at Parade College
1436 Plenty Road
Bundoora VIC 3083
Call: 0433 200 002
efm.net.au/bundoora



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4 weeks for \$40*

Kick start your goals 4 a healthier you!
Experience the EFM difference.

See back for details



From the Director of High Performance Sport

Nathan Wins Australian Title

Congratulations to Year 12 student Nathan Bof (B10) who won the Australian U/19 30K Madison Cycling Championship which was held at the Anna Mears Velodrome in Brisbane last week.



Above: Nathan Bof (left) and his team mate Luke Plapp

After being named Victorian Junior Cycling Champion, Nathan is looking at a possible spot in the Australian team to compete in the upcoming World Track Cycling Championships. All at Parade wish Nathan the best of luck in his quest for Australian selection.

ACC Athletics Training

Listed below are the training times for ACC Athletics. Please note that there has been some changes to previous published schedules.

Training after school at Bunjil Park from 3.30pm to 4.30pm for all interested students

Thursday 22 February all year levels

Tuesday 27 February and Thursday 1 March all year levels

Willinda Park Training – 12.50pm to 2.45pm

Tuesday 27 February Years 9 to 12 (trials)

Thursday 1 March Years 7 and 8 (trials)

Thursday 15 March All Year Levels - selected athletes

Tuesday 20 March All Year Levels - selected athletes

Monday 26 March All Year Levels - selected athletes

RMIT Athletics Track – 12.50 to 2.45pm

Tuesday 6 March Years 9 to 12 – selected athletes

Tuesday 13 March Years 9 to 12 – selected athletes

Specific Hurdles Training – Lunchtime at Bunjil Park

Tuesday 20 February and Thursday 22 February

Monday 26 February and Friday 2 March

Monday 5 March and Friday 9 March

Friday 16 March

Monday 19 March and Friday 23 March

Additional training sessions for Shot Put, Discus and High Jump athletes will be held after school until 4.30pm for selected students. Dates will be advised after consultation with specific students.

ACC Athletics Championships

Wednesday 28 March, Lakeside Stadium

Northern Football League Umpiring

The Northern Football League is looking to run an Umpiring Academy in 2018 at Parade College. The Academy is a ten week program that starts late March and runs through most of second term. Students would be required to attend a one hour training session after school with all sessions being conducted at the Parade Bundoora Campus. There is no cost to the program and all participants receive a FREE umpiring uniform and starter kit when they umpire. Students must be at least fourteen years of age and demonstrate a willingness to commit to the program and a preparedness to umpire.

The Academy is supported by AFL Victoria and is one of the most successful programs in recruiting umpires, creating career pathways to the AFL. If you are interested in becoming an umpire please see Mr Gaut in E44 by Friday 23 February.

Mr Phillip Gaut

Director of High Performance Sport



From the Sports Desk

Year 7 and Year 8 House Athletics Carnivals

Well it is that time of year again as both the Year 7 and Year 8 students took to Bunjil Park for the annual House Athletics Carnivals.

The Year 8s would be first, and on a hot and steamy afternoon the students battled through four track and field rotations. All students should be commended for the way in which they participated throughout the day.

After completing the field events, the day would conclude with the 100m final to crown the fastest Year 8 student - Jack Miles of L14 backed up his performance in the heat to win the sprint in a great contest.

Treacy House would again prove too strong for its rivals, going back to back as House Athletics Champions for 2018.



Year 8 Treacy House Winners

The following week was the Year 7s turn, and in much more pleasant conditions the students had their first opportunity to compete for their house and it was great to see the house spirit in full force.

Like the Year 8s, the day concluded with the 100m final, and in an action packed event it was Vicson Jackley of L18 who blitzed the field to prove a very popular winner.



Year 7 Bodkin House Winners

With the final event run and won, the overall result hinged on the 100m final with Bodkin house narrowly defeating its competitors to record victory! Well done to all students on an excellent two weeks!

Mr Ben Turner
Sports Coordinator



Players Wanted
Parade St. Damians JFC
Registration Sunday 11th Feb 10am - 2pm
Garvey Oval, Parade College, Bundoora
We are looking for enthusiastic 7 to 16 year old boys and girls who love football and want to be part of a growing, family based club. All skill levels welcome.
Call Angela on 0484 268 762
or register online www.paradesaints.com.au




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



Wellness Wall

Setting realistic boundaries with your teenager

This article has been taken from the Parent ReachOut.com page.

The importance of boundaries

Boundaries are an important part of creating clarity between you and your child as you both navigate a time of great change. By setting and agreeing on boundaries together, you create a 'contract' of expected behaviour that can help avoid conflict.

While boundaries help parents to feel more in control of their teenager's behaviour they also help them by:

- Letting them know that you care about them, and you are concerned about what they're doing even when you're not together.
- Making them feel safe and supported.
- Helping them make informed and sound decisions.
- Providing them a framework within which they have autonomy.

What are the most important boundaries for your family?

Prior to discussing boundaries with your child, first sit down with your partner and/or all of the important authority figures for your child and agree on what the most important boundaries are. It's important that there is consensus amongst you so that you are giving clear and firm boundaries, not mixed messages.

Some potential items for discussion:

- What are the most important boundaries?
- What boundaries are negotiable, and which are not?
- What kind of consequences are we comfortable with?
- At what age do the boundaries change?

All of these questions can apply to a variety of teenage behaviour – some examples are things like going out with friends, going to parties, drinking, and social media use.

When to have a discussion around boundaries

There are two different ways you can approach boundary setting with your child. You can choose to spontaneously sit down with them to discuss boundaries around a variety of issues; or you can choose to set boundaries as your child requests more freedom.

It's important to choose a good time of day to have the discussion. Make sure you have plenty of time that you're both in a relatively good mood and there's not been any recent conflict. Ideally have the discussion with the whole family present.

How to set boundaries

When setting boundaries with your child it's important to get their feedback and input into the process. Young people are less likely to adhere to boundaries that have been dictated to them without any negotiation. You can choose to set boundaries about just one issue at a time, or perhaps you can cover a few issues at once.

Some things to consider when boundary setting:

- Try to set a tone of friendly cooperation throughout the conversation
- Make sure to listen and respond to your child's concerns
- Be very clear and precise when setting boundaries to ensure that there's no miscommunication.
- avoid being dictatorial
- Try to negotiate points that you disagree on, but stand firm and state your case if there's something that is just non-negotiable in your view
- Remind your child why you're making the boundaries – reiterate your care and concern for them
- Discuss what the consequences will be if the boundaries are ignored or flouted.

If the conversation is leading to conflict, suggest taking a break and follow-up when things have cooled down a bit. Also, try not to overload the conversation with too many boundaries at once, suggest a follow-up talk to cover other things that come up.

A good way to finish up a boundary setting conversation is to ask them what boundaries they'd like you as a parent to

stick to. This conversation can be very illuminating and can help to bring mutual understanding and respect between you.

Evolving boundaries

The process of setting boundaries is one that will need to be repeated fairly often during the teenage years. As young people grow the boundaries that we place around their behaviour need to change to reflect their maturity.

It's important to explain to younger siblings the reasons why there are different boundaries for them and their older brothers or sisters.

Boundaries may also need to be shifted if your child exhibits untrustworthy behaviour. Shifting the boundaries to be more restrictive can be a consequence of ignoring or flouting boundaries.

Consequences

Testing boundaries is normal teenage behaviour. No matter how good your relationship is with your child, they may still flout the boundaries.

Impulsive behaviour, the influence of their peers, and poor decision-making often lead to boundary-testing behaviour. If this happens it's important to:

- Reiterate your previous discussion where boundaries were set.
- Ask them to identify how their behaviour didn't meet the agreed rules.
- Cooperatively decide on a consequence that fits the behaviour.
- Follow through with the agreed consequence.
- Provide positive reinforcement when your child does behave within the agreed boundaries.

Mrs Courtney Baglin
Counselling Team



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Parents of Parade (POP)

On behalf of the POP Committee, I once again extend a warm welcome to all families especially those who are new to Parade College in 2018. We hope that this will be another successful year of sociable and fundraising events.

Thank you to the parents who assisted with our Year 7 welcome morning tea on our first day back at the College.

Open Day

Thank you to our POP members for giving their time to support a very busy weekend in the POP Calendar.

On Saturday morning an amazing team baked more than 500 scones for the Open Day at Preston and Bundoora on Sunday. Parents and prospective students were treated to the delicious treats along with other delights as well as the ever-popular sausage sizzle!



Upcoming events ~ helpers needed ~ save the date

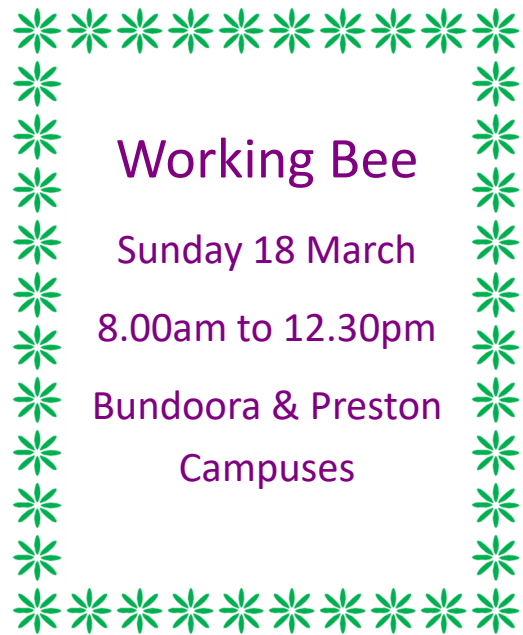
Please keep in mind the following events and contact POP if you can assist. Please see the POP app for more information.

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, and clean up at the end of the night

Working Bee ~ Bundoora and Preston

Sunday 18 March
From 8.00am to 12.30pm



Working Bee

Sunday 18 March

8.00am to 12.30pm

Bundoora & Preston
Campuses

Father Son Summer Games Night

Monday 19 March, College Hall
Coordinate games/sausage sizzle
Setup at 5.00pm, serving from 6.00pm, and clean up at the end of the night

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



From The Old Paradians

“Do Your Best” 2017 Dux addresses College Assembly

2017 Dux Callum Holmes, who posted the perfect ATAR of 99.95, was one of a number of high achievers recently acknowledged at Parade’s Term 1 Assembly in College Hall.

Together with his colleagues, Callum (who proudly sported his Old Paradians necktie) was presented with an Association lapel badge as a memento of the occasion, and duly addressed more than 1900 students of both the Bundoora and Preston campuses.

Callum’s mother Kathy, who with her husband David has committed her energies to the Parents of Parade committee, acknowledged her son’s dedication to his studies and commended the teachers’ support of her boy throughout his time at the College.

“I knew Callum had it in him. He’s a bright lad, but he put a lot of effort into it, and the family’s very proud of him,” Kathy said.

“He was born with a gift, he’s a smart boy, but he took that and worked it to the bone because he’s persistent and very self-driven.

“He had a fantastic time at Parade. He made the most of every opportunity, the teachers supported him all the way along and they’re really invested in all of the kids.”

Callum’s flawless ATAR comprised two perfect scores of 50 in Chemistry and Physics and 49 in English, with fellow classmates Aiden Hrup, Michael Barrese and Simon Rebellato posting respective scores of 99.7, 99.2 and 99.1.

Kathy said that Callum had realised his objective of gaining a University of Melbourne Chancellor’s Scholarship and will now further his studies in science.



Callum’s given middle names are ‘Carlyle’ (the name of his late paternal grandfather) and ‘Girvan’ - a throwback to Kathy’s Scottish ancestors the McMillans, who originally hailed from Girvan in the burgh of Ayrshire.

“There was a tradition in my family to use the name ‘Girvan’ either as a first name or middle name because that was where seven members of the McMillan family came from in 1854 in search of a better life,” said Kathy.

“And that’s what we’ve always hoped for Cal and our other boys – a better education than we had to help set them up.”

The following is Callum’s address to Term 1 Assembly:

Dr Moore, distinguished guests, teachers and staff, and both current and former students of Parade College before me today; Good afternoon.

I left this school, what, three months ago? – and already I miss this place. Parade feels so close to my heart, so coming here today as an Old Paradian is surreal, a trip down memory lane. You won’t believe me when you hear it gentlemen, but don’t take these glory days for granted; time flies.

It is a privilege and honour to be here as the College Dux of 2017, particularly in Parade’s 50th year anniversary at Bundoora, and 150th Year Anniversary since the Christian Brothers first arrived in Australia. But despite my accolades, I am indebted to many amazing people that have helped me

along the way, without which I would not be here today receiving this recognition.

And so firstly, I give thanks to my parents. Often I have been a ghost at the house's end and seldom interacted with another human soul. But regardless, you have always been at my side, providing me every chance to develop, the opportunity of an education, and the joy of life in itself. You deserve to know and be continually reminded that I respect and appreciate the sacrifices you have made for my sake, and for my brothers as well. As much as it would be protested, I could scratch out my name and write yours on these accolades, because my character and drive would not exist without you.



To the teachers who have taught me over the years - you have fuelled my passion to learn at every stage. You have endured my pestering, my questioning, and perhaps most difficult of all my handwriting; I think it is a great mystery what superhuman powers you must have developed to understand it.

And lastly, to my fellow classmates and fellow ex-Year 12s here today, it was fantastic to have worked and lived alongside you; you brought such a diversity of personality and talent to the classroom that I know I'll miss these golden years. I sincerely congratulate you on your achievements, because you deserve every ounce of recognition that you get.

Now as is traditional of any Dux, I would like to share pearls of wisdom from my own experience. Firstly, this might be a bit of a shock, but the high achievers and I are **not** workaholics. In fact it's mostly the opposite. Everybody must

keep a sense of balance in our lives. We are not robots (although some people still think I am). Of course we had our weekends with parties, or those days we decided that video games were top priority. But when we had a test, we studied until we were absolutely assured we would do our best. It doesn't matter how driven you are about anything; balance is critical.

Secondly. When you climb a ladder, where do you look most of the time? You rarely look up or down – in fact you mostly look where your hands are. Similarly, when you have a goal and ambition, do not let it overwhelm you like the ladder's height, or the distance below. Break it down into simple, achievable goals, something we could do every day that would get us just a bit closer to the top. I initially saw the Year 12 year as overwhelming, but I focused on objectives, to get some mark on the next test or finish an essay in an hour, and planned my year ahead as a series of steps. Every time you climb one step, tackle the next one. And the next. And before you know it you are miles high, and you are amazed at how far you have come.

My last point is the most important thing to take away.

Do your best.

Now I get it - if we try our best we are risking failure, and falling off a ladder hurts a lot. But if you want to go up, you will inevitably fall at some point. As a certain College Captain once said, you have to ride the rollercoaster.

As a matter of fact, mistakes were actually my greatest tools. For every mistake I made in any subject, I would write it down and then review and memorise it until it was second nature. For me, failure was the fuel of success. And so I learnt that in doing my best, even in failure, I could become the best I could be.

I leave you with a quote from Henry Ford I have come to love. "Whether you think you can, or you think you cannot, you are right". If you take your errors and disasters and let them motivate you, rather than bring you down; if you believe that you have the capacity despite opposition, then even the greatest error is but one step on a ladder.

Have a great year gentlemen.

Subcommittee seeks former teachers for impending reunion

The Old Paradians' Association, with the support of the College, is organising a reunion of former teaching and non-teaching staff to herald in the 50th anniversary of Parade College's relocation to Bundoora.

The reunion gathering is to take place in the Greening Auditorium, Bundoora Campus, on the evening of Friday 23 March from 5.00pm to 7.00pm.

An organising committee comprising former teachers John Joss and John Ramsdale, together with Parade's Director Pathways Education John Nicholls, Deputy Principal Andy Kuppe and Administration Support Teaching and Learning Liliane Crouch, is currently compiling lists of all staff members connected with the Bundoora Campus since its foundation year of 1968.



Pictured here at a recent organising-committee meeting in the Treacy Room at the Bundoora campus are (left to right) John Joss, John Nicholls, Liliane Crouch, Andy Kuppe and John Ramsdale.

Invitations have already been circulated to those whose whereabouts are known to the committee, but John Ramsdale said the committee sought to ensure everybody was mindful of the impending reunion.

"We've been in contact with a lot of people, but there's still a number of staff whose whereabouts are unknown," John said. "We would love to see as many of them in the room as possible in what is obviously a milestone year for the College."

If you are a former member of Parade's teaching and non-teaching staff yet to have received an invitation to the reunion and would like to do attend, please contact either John Ramsdale via jandramsdale@hotmail.com, or Liliane Crouch, Liliane.Crouch@parade.vic.edu.au at your earliest convenience.

The organising committee hopes that in building its connections, former teaching and non-teaching staff can be kept abreast of future gathering, including the final-year class reunions of 1968 (16 May), 1978 (6 October), 1988 (27 April), 1998 (25 May) and 2008 (22 June), and the 50th anniversary reunion of all former students to be convened by the Old Paradians' Association at the College on the evening of 13 October.

Bike Ride generates record numbers

An unprecedented number of cyclists, comprising current and former students of the College, have participated in the Old Paradians' Association's Annual Bike Ride.

The 40-kilometre ride, which began at the Preston Campus and took in the old East Melbourne and Alphington Colleges, ended by at Bundoora on what was Parade's well-patronised Open Day.

Of the thirty six cyclists who participated, half were current Parade College students. Twelve more cyclists were Old Paradians, five of them fathers to current students. One of them was Peter Dynes (1983), pictured here with (from left) partner Liz, sons Will (Year 10) and Edward (Year 8) at the finish line.





Another father of a former student rode, along with two international guests of Old Paradian cyclist and team leader Dino Rebellato (1978).

Three former students of the 'Old Bluestone Pile' – Paul Davies (1966), Peter Gilmartin (1968) and Bernard Flinn (1962) – completed the ride; the latter joining the race at a checkpoint in front of the building on Victoria Parade where he completed his final year of schooling in 1962.

Also participating in the race was Parade's cycling royalty – the back-to-back Melbourne to Warrnambool Champion Nathan Elliott (2008) and the National Under 19 Men's Madison titleholder (and Year 11 student) Nathan Bof – who not surprisingly barely raised a breath in completing the ride.

"What a great way to spend a Sunday - perfect weather, even better company and a memorable trip through the years visiting the Parade campuses, past and present," Paul Davies said.

"I have to say, that as one of the older Old Paradians' the bike ride reinforced to me what a first rate leisure pursuit cycling is. It really enabled Paradians' from ten to seventy to do something together and thoroughly enjoy themselves.

"It didn't matter whether you were a dual Melbourne to Warrnambool winner, an old guy like me or a young person on a borrowed bike, we all felt equal and enjoyed each other's company."

I'll certainly be back for future bike rides and can only wish that they become stronger and take on a life of their own.

Mr Tony De Bolfo
Old Paradians' Association CEO



It is a condition of travelling on the PTV College Bus Network that students carry a relevant College Bus Pass (printed on the reverse of their College ID card) and have a MYKI card with sufficient credit for the fare.

Students aged 17 and 18 no longer need to purchase a Victorian Public Transport Concession Card, however those purchasing a Victorian Student Pass are still required to purchase a Victorian Public Transport Concession Card.

The Parade College buses that operate under this PTV system include:

- Route F** to Regent Station;
- Route G** to Reservoir North, Massey Ave;
- Route H** to Botanica Park & Thomastown Station;
- Route K** to South Morang, Whittlesea & Humevale
- Route L** to Apollo Parkways & St Helena;
- Route M** to St Thomas PS & Yarrambat;
- Route N** to Greensborough Station;
- Route P** to McDonalds Rd Epping, Pindari Ave Mill Park;
- Route Q** to Blossom Park & Mill Park;
- Route R** to Sth Morang Station & Mill Park Lakes

Students travelling on our College *CHARTER* Bus Network need to carry and show their College Bus Pass whenever asked.

If you have any questions regarding this please contact me at the College on 9468-3372.

Mr Kevin Bourke
Logistics and Environment Manager

Calendar

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

22 February	* Ministry Retreat #3	12 March	* Labour Day Public Holiday
23 February	* ACC 2018 Swimming Championships, MSAC, 7.00-10.00pm	13-23 March	* GAP Fortnight
24 February	* Saturday Detention	13 March	* Global Action Program commences
25 February	* Second Sunday of Lent		* Preston Year 7 Immunisations
	* Open Day Back Up		* Mother and Son Evening, College Hall
26 February	* Finance Meeting, 7.30pm Boardroom		* Homework Club 3.15-4.30pm
	* Music Rehearsals	14 March	* Ministry Retreat #4
27 February	* Homework Club 3.15-4.30pm		* Lawn Bowls Tournament
28 February	* Homework Club 3.15-4.30pm		* ACC Senior Sport—Tennis and Volleyball Semi Finals
	* No ExCEL Excursions		* ACC Senior Sport - Cricket Round 7
	* Musical Rehearsal		* Musical Rehearsal
	* ACC Senior Sport Round 6		* Homework Club 3.15-4.30pm
	* Purim (Jewish) begins		* Parents of Parade Meeting, 7.30pm Boardroom
1 March	* Parent/Tutor Evening 4.00-9.00pm	15 March	* Ministry Retreat #4
	* Purim (Jewish) ends		* Strategic Planning Committee Meeting
2 March	* World Day of Prayer	16 March	* Hughes Celebration Day
4 March	* 3rd Sunday of Lent		* Bodkin House Mass
	* Clean Up Australia Day	17-28 March	* Takada Visit
5-9 March	* Year 7 Camp Week	17 March	* St Patricks Day
5 March	* Musical Rehearsal		* Saturday Detention
	* Board Meeting, 7.00pm Champagnat Room	18-24 March	* Gifted Awareness Week
6 March	* Homework Club 3.15-4.30pm	18 March	* Fifth Sunday of Lent
7 March	* No ExCEL Excursions		* St Josephs Day
	* Musical Rehearsals		* Working Bee 8.00am-12.30pm, Bundoora and Preston Campuses
	* Homework Club 3.15-4.30pm	19 March	* Old Paradians Executive Meeting, 7.30pm Boardroom
8 March	* International Women's Day		* Father Son Summer Games Night
11 March	* Fourth Sunday of Lent		* Takada Visit Welcome Assembly
			* Musical Rehearsals



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2018 Term Dates

Term 1

Wednesday 31 January	Years 7, 11 and 12 commence
Thursday 1 February	Years 8, 9 and 10 commence
Monday 12 March	Labour Day Public Holiday
Thursday 29 March:	Term 1 finishes

Term 2

Monday 16 April	Term 2 commences
Wednesday 25 April	Anzac Day Public Holiday
Monday 11 June	Queens Birthday Public Holiday
Friday 29 June	Term 2 finishes

Term 3

Monday 16 July	Term 3 commences
Friday 21 September	Term 3 finishes

Term 4

Monday 8 October	Term 4 commences
Tuesday 6 November	Melbourne Cup Day Public Holiday
Friday 7 December	Term 4 students finish
Friday 14 December	Staff final day
Friday 21 December	College Office closes/Gazetted School closure



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