



Newsletter

23 November 2018

We are challenged to shine, to develop our gifts, to achieve our personal best and to share our talents for the benefit of others.

Light of Excellence

Monday 26 November - Lower School Presentation Evening

Tuesday 27 November - Upper School Presentation Evening



Young Vinnies Wind Up

In This Issue

From The Principal's Desk	1-2
Outreach 2018	3
Young Vinnies Wind Up	4
Children, Family & The Community Playgroups	4
Outdoor Education News	5
Mathematics News	6-7
GATS Incursion	7
Music News	8
Matrix News	9
Lumen Events	10
Year 7 2019 Orientation Day photos	11
Permapleat Uniform Shop	12
Lumen PnF.....	13-14
Community News	16-19

From the Principal's Desk



Making Right Choices

In a College Newsletter earlier this year (10 August) in which I wrote about Children and Resilience, I referred to those “teachable moments” that often present with children that allow valuable and meaningful lessons to be learned. I made reference to the ongoing discussion amongst many child health experts, sociologists and educational leaders who offer very varied opinions on such matters as the importance of giving praise to students; establishing clear consequences for given

behaviours; and the life lessons that can be learned from occasionally failing and working through some hardship. The article also touched on the importance of adolescents learning how to make correct choices.

In that particular Newsletter article, I stated that while it is vitally important that children constantly receive affirmations for their efforts, it is equally important that we do not set up systems that artificially praise all of the time; or in which competition does not occur; or in which hardship and/or failure does not exist;

From the Principal's Desk

or in which responsibility for personal decision making is not analysed. I focused on the importance of developing resilience and self-responsibility in our students. Both resilience and self-responsibility in children can be enhanced by the approach adopted by the significant adults around them – essentially their parents, families, teachers and coaches. Often, important learning opportunities are hidden as problems. Most commonly they are: change, loss, failure, disappointment, conflict and actually facing up to the consequences of choices we make. When parents and teachers have mindsets for building resilience then they see such situations as teachable moments. While we can enjoy moments of triumph and rightly give out praise, we can equally use those moments of hardship as opportunities to develop children who are resilient, responsible and positive in their outlook. Making right choices is part of an adolescent's developmental progress.

At a recent College Assembly, I took the opportunity to speak to our students about the importance of making right choices and taking full responsibility for the choices that we make. I did so in the context of examining our Guiding Light of Faith. I have included extracts from my address below and hope it may be the catalyst for further discussion at home.

"...This morning I wish to examine our Light of Faith, with a particular focus on the choices we make. Our Light of Faith challenges us to;

- Have an optimistic faith and to appreciate the blessings we have in life,*
- Be good stewards of these blessings by making good choices,*
- Form positive relationships with each other, with our families and with our God.*

So how does making right choices reflect our sense of gratitude and faith and strengthen our relationships?

The choices we have to make on a daily basis, both big and small, determine the consequences that follow and will determine our path in the future. The choices that we make as we go through life will ultimately determine how we travel, the destination of our travels and who will be on the journey with us. It is good to reflect on the choices we make, the reasons we make them and to consider those people or those things that may influence our choices.

It is part of our very humanness that we have the ability to choose. As you continue to move through your high school journey and onto paths beyond our College, you will realise that no one else can make your choices for you. Your choices are yours alone. They are very much a part of you and you will have to be fully responsible for your own choices. In the long run, the choices you make will shape your life and your future. The choices you make will define your character - and the choices you make will establish how others perceive you.

What choices am I referring to?

- The choices you make about how you treat others.*

- The choices you make about how you respond to others in need and how you respond to those that look to you for leadership.*
- The choices you make with regard to how hard you apply yourself; of how much you strive to do your best.*
- The choices you make in respecting those who love and care for you - your parents, your family, your teachers and your true friends.*
- The choices you make to respect yourself, regarding your own health and happiness.*
- The choices you make to follow your own dreams and plot your own path, not to follow the wishes of others or the false happiness that the media can often present.*
- The choices you make to smile, to say hello, to thank others, to say please.*
- The choice to choose what is right and what you know is right, over what you know is wrong.*

While at school you will be required to learn many different subjects and experience learning in a variety of forms. However, learning what to choose, how to choose and the true meaning of why to choose may, in fact, be the most important lesson you will ever learn. Make choices that leave you and those around you in a better place. Make choices that allow you to be the best person you can be. Strive for your best and choose options that will help you get there. I would hope that for all of you as students at Lumen Christi College, you make choices that leave you, and those around you, in a better place. In this regard, we have as our model, Jesus Christ – our Light of Faith.

One thing that being a teacher for many years has taught me is that those students who choose to succeed; those students who choose to give their best: and those students who choose to do what is right, always do better than those who never choose at all. I am reminded of a very simple saying that reflects much about our choices. 'You can never be right by choosing wrong and you can never be wrong by choosing right'. As students at Lumen Christi College, I pray and sincerely wish that you continue to make choices that are right and allow you to be the best you can be..."

I trust that the opportunity to talk to your son or daughter about their choices and the importance of making the right choices, presents another one of those 'teachable moments' that will assist in their development.

May the Light of Christ shine upon you.

Darren O'Neill

Principal

Outreach 2018

I would like to take this opportunity to inform and thank our community for the amazing effort in our Outreach program this year. Outreach at Lumen Christi College asks all of us to open our eyes, touch our hearts and move our hands in response to the incredible difficulties people face both nationally and internationally. Compelled by the message, life and love of Jesus Christ, we form students to build care, love and gratitude for others. Our Outreach program reminds us that we can make a difference and our help is needed.

I am proud to say that this year, we have been able to donate \$24,585.90 to 11 different Community Foundations. This is an amazing effort considering we have separate fundraising for our own Lumen community such as SLT Fun days and Lumen Love.

I thank the many people who have led projects and organised events in relation to our Lumen Outreach Program – without you, many of our Community groups would not have received much-needed funds. Let us also remember that with fund raising comes AWARENESS raising. I have listed all of our foundations below with a short description of their work.

In 2018 Lumen Christi College supported the following agencies:

- **Matrix Mission**
The Matrix Mission is in Atoor, a modest town in the Kanyakumari district of Tamil Nadu State, the southern tip of India. Working in partnership with Fr Maria, a priest of the diocese of Trivandrum, the Lumen Christi College Community helps to provide a home, food, clothing and education for 26 boys who live at the Matrix.
- **Caritas Australia – Project Compassion**
An international aid agency which supports long-term development programs in impoverished communities in Africa, Asia, Latin America, Indigenous Australia and the Pacific – helping oppressed people to rediscover their dignity by taking greater control over their lives and overcoming poverty.
- **Life Link WA**
The Life Link organisation was established by the Archdiocese of Perth in 1994 to provide for the ongoing financial and promotional support of agencies established or assisted by the Church.
- **The Cancer Council**
As Australia's peak national non-government cancer control organisation, Cancer Council Australia advises the Australian Government and other bodies on practices and policies to help prevent, detect and treat cancer. The Cancer Council also advocates for the rights of cancer patients for best treatment and supportive care.
- **The McGrath Foundation**
McGrath Breast Care Nurses help individuals (and their families) experiencing breast cancer by providing physical, psychological and emotional support.
- **Catholic Mission Australia**
Catholic Mission operates in over 160 countries to support initiatives in 1,100 dioceses, including remote Australia. Grassroots needs are identified by local Catholics, to give

people the opportunity for a full, enriched life—physically and spiritually—regardless of race, stigma, religion or gender.

- **Young Vinnies**

The St Vincent de Paul Society is a lay Catholic organisation that aspires to live the gospel message by serving Christ in the poor with love, respect, justice, hope and joy, and by working to shape a more just and compassionate society.



- **Beyondblue**

Beyondblue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

- **The Heart Foundation**

The Heart Foundation funds lifesaving heart research, and works to improve heart disease prevention and care for all Australians.

- **Legacy WA**

Legacy is a charity providing services to Australian families suffering after the injury or death of a spouse or parent, during or after their defence force service. They currently care for around 60,000 beneficiaries, with 96% of them being elderly widows throughout Australia.



- **Telethon**

Telethon has been created by and belongs to the community of Western Australia who over five decades have generously donated more than \$268 million to ensure a better life for our children now and in the future.

A heartfelt and sincere thank you to our community for their support and generosity throughout the 2018 Outreach program.

Silvana Vicoli

Deputy Principal - Mission and Identity

Young Vinnies Wind Up

On Monday, 19 November the Young Vinnies Team met for the last time this year. It was a chance to reflect on all the good work they have completed throughout the year, and to celebrate their achievements. Such events the team has organised and coordinated include the 'Dump a Jumper' appeal, the Lumen Day Fashion Parade, and the Vinnies Sleepout. It was great to see the Senior students return for this celebration and for Chloe Hazebroek and Shania D'Souza to pass on the leadership of the group to Tashinga Chitiyo and Georgia Curulli. This group of students are to be commended for their passion and commitment to Young Vinnies throughout the entire year. We look forward to a restful break and to meeting up again in 2019.

A reminder that the [Vinnies Christmas Appeal](#) is currently running in Homerooms. Please think generously towards those in our local community who may not be able to afford luxury items at Christmas and to donate items suitable for a Christmas Hamper.

Jane Cox

Christian Service Coordinator & Young Vinnies Bally



ACC Inclusive Sports Bowling

On Friday, 16 November, the ACC Inclusive Sports team headed to Zone Bowling with Miss Gillooly, Mr Ainsworth, Mrs Menzie, Mr Bodinner, Miss Skinner and Ms Sice for the last Inclusive Sports event of the year. After a morning of playing board games, we went off on the bus (accompanied by Mr Ainsworth's excellent music) to play two games of ten-pin bowling. With the aid of special 'ball-rollers', everyone had a blast and we even scored a few strikes! It was a great opportunity to mingle with students from other schools in the name of friendly competition. After bowling, we went to the Kent Street Weir to enjoy lunch and to have a play under the sun. We returned to school (with an ice-cream stop on the way), tired but satisfied.

Mary Gillooly

Head of Learning Support



Children, Family & The Community Playgroups

The Year 10 Children, Family and Community class held their final Playgroup session on Tuesday, and it was their best one yet. The students had the opportunity to interact with 14 young children, aged between 18 months and 5 years old. There were many activities, including playdough, painting, sand and water stations, toys and interactive mats. The session ended with story time and a 'Goodbye' song, which was sung by everyone, followed by a round of high-fives and hugs. The children and students had a wonderful time, with many wanting to come back and do it all again the next week! This has been a great confidence building experience for the Year 10 CFC students and we look forward to Playgroups in 2019.

Brittany Whitesmith

Children, Family and The Community Teacher



Outdoor Education News

Year 10 Camp

Over the past three terms, students in Year 10 Outdoor Education have been preparing for their Overnight Program at Ern Halliday. This preparation included excursions, travelling to Riverton for snorkelling lessons, bike riding in class and some interesting cooking lessons using Trangias. While on Camp, students showed exceptional team work skills, perseverance and grit while they pushed through some tricky situations. They proved themselves as a strong and devoted year group that displayed numerous amounts of collaboration to ensure an enjoyable and memorable experience.

On the camp, students participated in snorkelling, surfing and bike riding. After a couple of long days, it was great to see the cohort hold their heads high with exhausted smiles on their faces. It was a pleasure to take the Year 10s away as they represented the College with pride and with high respect for themselves. We wish the students attending their trip in Week 8 a safe and enjoyable experience.



Year 11 Mountain Biking Expedition

I am writing on behalf of some very proud Teachers who were able to witness a bunch of strong, tough and awesome Year 11s who achieved the unthinkable in Week 2.

The Year 11 Outdoor Recreation students went down to Donnybrook to ride the Munda Biddi trail. Until this now infamous trip, Lumen Christi College had not had an entire College group complete the 80+ km bike ride (with 30+ kgs of weight on each bike) since starting the Outdoor Recreation Course three years ago. On Friday, 12 October, this group successfully completed that challenge, with all members of the group making the ride (and no one fell off or injured themselves!).

It was a great achievement for the students and it didn't come easy, with many tough, sandy, boggy and hilly parts on the ride (including some wicked downhill sections). As well, mosquitos and flies were trying to eat them alive while they had short breaks, but the group continued on and pushed themselves out of their comfort zones. For most of them, this was the toughest physical challenge they had faced.

With great big smiles on their faces and many funny stories to tell, they were all excited to come home to their loved ones on Friday afternoon.

Since then, I hear that the students have created a Facebook group and have big plans to go on their own camping adventure these holidays. We wish them all a very safe and happy trip.

Erinn Campbell

Outdoor Education Coordinator



Reminder: Backup Student Laptop for Return on Wednesday 5/Thursday 6 December

As previously advised, Years 7 to 10 students will be required, under the direction of their teachers, to hand their Laptop to the College ICT Helpdesk on Wednesday, 5 December 2018 for Years 7 & 10 and Thursday, 6 December for Years 8 & 9.

As all Laptops will be re-imaged, students need to be aware it is imperative they backup their data and their work to avoid any loss before Monday, 3 December 2018.

Students are reminded of this and are strongly encouraged to use One Drive to back up their data. Students experiencing issues with their backup should see ICT staff in the Dot Com Centre, or Mr Brown for assistance before Friday, 30 November 2018.

Thank you for your assistance and support.

Lumen Christi College ICT Department



Mathematics News

Australian Mathematics Competition

The Australian Mathematics Competition (AMC) was held on Thursday, 9 August, 2018. This competition was introduced in Australia in 1978 as the first Australia-wide mathematics competition for students. It has since spread internationally, with students in more than 30 countries attempting the same problems. In recent years, the competition has been available in two formats - online and paper, allowing even more students to participate worldwide.

This year, 224 Advanced Mathematics students from Lumen Christi College were invited to take part in the competition.

The students scored extremely well with our top results as follows:

17 Distinctions (top 15%):

Year 7	Year 8	Year 9	Year 10	Year 11
Zara D'Cruz	Lance Dcruz	Ferrel Endrasmore	Jamie Hughes	Patrick Morton
Alexander Gurney	Yong Zhao	Jake Taylor	Joaquin Refrea	
Byron Feast	Arpitha Biju	Sebastian Darr	Nicholas Svensson	
Bianca Patio	Mitchell McLeod		Zhenmei Yeap	
	Indianna Waller			

The 'Best in School' award went to Zara D'Cruz, who achieved Lumen Christi College's highest standardised score.

In addition, a further 66 students received a Certificate of Credit (top 50%) and 113 students received a Certificate of Proficiency (achievement of preset score).

Congratulations to all students who participated.

ACER Certificates in Mathematics and Reading

During Term 2, parents were provided with information regarding an opportunity to recognise and celebrate their child's achievement in literacy and numeracy through participation in voluntary testing. This was done through the Australian Council for Educational Research (ACER).

ACER Certificates in Mathematics and Reading help students to engage and progress their learning by:

- setting challenging personal goals toward higher levels of knowledge and skill
- gaining formal recognition by one of the world's leading educational research centres
- identifying strengths and weaknesses to inform personal learning plans, and

- benchmarking their achievement against other Australian students.

An ACER Certificate represents excellence and quality in educational assessment, ensuring confidence and widespread recognition for ACER Certificate levels achieved.

This year, 54 students sat ACER certificates in Mathematics and Reading up to level 4, with 25 students successfully attaining certificates. The best performer was Year 12 student, Rikaya Foster, who achieved a level 4 in Mathematics – an amazing result.

Congratulations to all of the following students who attained Certificates in Mathematics and Reading:

First name	Surname	Year	Mathematics	Reading
Ali	Akbar	7	Level 1	Level 1
Amal	George	7	Level 1	Level 1
Matthew	Greaves	7	Level 1	Level 1
Hayden	Grey	7	Level 1	Level 1
Sairam	Jagadeeswaran	7	Level 1	Level 1
Ria	Juggessur	7	Level 1	Level 1
Tadiwanashe	Madzongo	7	Level 1	Level 1
Bianca	Patio	7	Level 1	Level 3
Alex	Green	8	Level 1	
Yujie	Huang	8	Level 3	
Jazmin	Minn	8		Level 1
Sunaina	Saini	8	Level 1	Level 1
Jasmine	Cash	9	Level 1	
Chido	Mutsvanga	9	Level 1	
Tejinder	Mohar	11	Level 1	
Rikaya	Foster	12	Level 4	

Marie Noble

Head of Mathematics

Year 8 & 9 GATS Incursion

On Friday, 9 November, the Year 8 & 9 Gifted & Talented (GATS) students took part in an ASPIRE UWA Incursion. Year 9 students were introduced to Angry Parabolas. Students in groups of threes, using copies of Leonardo Da Vinci's original Catapult, fired three projectiles: a foam ball, a rubber ball and a model of Da Vinci's brain. Using a Projectile Program, students were able to film the launch on their I-Pads and then break it down frame by frame. This data was then graphed and students plotted this graph in hard copy.

Year 8 students were introduced to the giant, ancient world of the Megalodon. Sharks teeth give an approximate size of their length. Student groups were provided with fake Megalodon teeth (real ones are too rare and expensive!) and using a graph, they were able to work out the approximate length, which turned out to be around 18 metres or 60 feet. They then drew this shark to scale and compared it with a Great White. Finally, each group constructed the Megalodon to scale from Lego.

Mel Fialho

GATS Coordinator



Music News

Alexia Completes AMEB Performance Exam

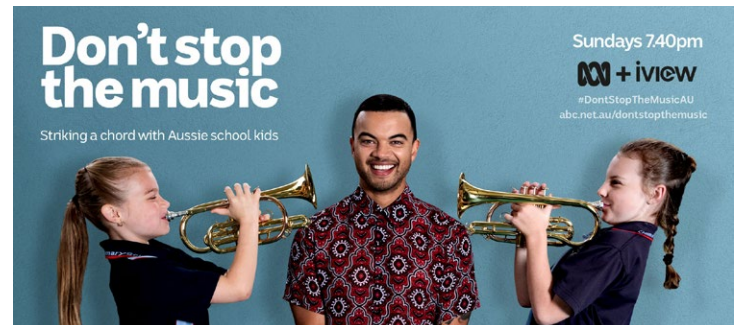
Alexia Harrington-Bartley has successfully completed her Grade 3 AMEB performance exam on the Flute. It takes courage and months of commitment to complete a Music performance exam, and we congratulate Alexia on her efforts. We also say thank you to our flute tutor, Miss Monique Rose.



Don't Stop The Music

This Sunday night on ABC TV at 7:40pm, you can catch the 3rd and final episode of "Don't Stop The Music", a three-part TV series featuring our very own Lumen Music Strings' tutor, Ms Rachel Johns! Armadale's Challis Primary School is visited by Guy Sebastian and Neuromusical Educator Anita Collins to help enrich students' lives with Music! If you missed episode 1 or 2 you can watch it FREE on iView here: <https://iview.abc.net.au/>

Raise your awareness of the immense benefits of Music Education on neurological, academic, social and behavioural development. Support all school Principals, make Music a central part of school life, placing a higher value on creativity and self expression. Be entertained and witness heart wrenching moments but most of all, experience the reality of what music brings to our lives through this nation-wide campaign. A must-see for all ages and all Australians! You can see a link to the trailer on the [Lumen Facebook page](#).



Tutor News

Mr Marc Osborne, our fantastic saxophone and clarinet tutor, recently performed with the Junkadelic Brass Band for a project called "Six Seasons", of which he was Musical Director and actually composed three of the pieces. As part of the Perth International Jazz Festival (PIJF), Mr Osborne also performed with two award winning jazz ensembles; Kate Pass Kohesia Ensemble and Soft West, for which he also composed works.

Alana Macpherson was the saxophone and clarinet tutor for our College Music department in 2017. She is currently studying a Masters in Jazz Composition at Kunst Universität Graz in Austria. Only a few weeks ago she won Best Brass/Woodwind/Strings Instrumentalist at the West Australian awards (WAM), and her ensemble, 'Alana Macpherson Nonet' won Best Jazz Act.



St Munchin's Family Fun Night

Join us on Friday, 30 November at the St Munchin's Family Fun Night where the Lumen Christi Choir, Senior Concert Band, Swing Band and AcaLumen vocal ensemble will be performing! There will be food, games, face painting and lots of great entertainment.

Performances start at 5:15pm at St Munchin's Primary School, Gosnells.

Jessica Del Borrello

Matrix News

Over the last few weeks, I have been overwhelmed by the generosity of our community. Recently, I have been putting a call out in our newsletters for donations of various items to take with us on our upcoming Matrix Immersion. The response has been fantastic, with so many families donating stationery items, clothing, sheets etc. Your generosity has been greatly appreciated and will be warmly accepted by our Matrix family.

We are now on the downhill run in our preparation for our Immersion which is a little over a month and a half away. Although it's a busy time in our preparation, our Matrix family are preparing even more so, by getting ready for our arrival, and the boys are already counting down the days until we get there. It is sure to be an amazing Immersion, as always, that changes the lives of not only our students, but our Matrix family too!

Keely Trouchet

Head of Religious Education



Thank you – Totally Work Wear

On behalf of myself, the College and the Matrix Mission, I would like to warmly thank Mr and Mrs Tilby, parents at Lumen Christi College and owners of [Totally Work Wear](#) (TWW) for their generous donation of items of clothing for our Matrix Brothers as well as the wider Matrix Community. Totally Work Wear's support is sincerely appreciated. Thank you!

Keely Trouchet

Head of Religious Education



Vinnies Christmas Appeal - Donations Wanted

Each Homeroom has been allocated a local family for the Vinnies Christmas Appeal, and is requested to make a Christmas hamper which will be delivered to the family via St Vincent de Paul.

Christmas Hamper donation ideas:

- | | | | |
|---------------------|--------------------|------------------------|--------------|
| • Christmas pudding | • Dried fruit | • Christmas napkins | • Vegemite |
| • Custard | • Fruit mince pies | • Christmas tablecloth | • Soft drink |
| • Tinned fruit | • Sweet biscuits | • Extras | • Cordial |
| • Bon bons | • Savory biscuits | • Pancake mix | |
| • Tea | • Candy canes | • Tinned vegetables | |
| • Coffee | • Jelly | • Confectionery | |
| • Milo | • Jams | • Muesli bars | |
| • Long life milk | • Long life juice | • Pasta | |
| • Cereal | • Christmas cake | • Pasta sauce | |



Tiana Competes in National Cheerleading Championships

Good luck to Year 8 MacKillop student, Tiana Goddard, who is off to Brisbane to compete in a national cheerleading competition for her team, Peppermint Dance. Best of luck, Tiana!



Annual General Meeting

Lumen Christi College Board and Parents & Friends Association

The Lumen Christi College Community are invited to attend the College's Annual General meeting on Wednesday, 5 December 2018, commencing at 6:30pm in the Michael Devine Library.

Invitations are extended to

- Parents of current and/or former students
- Alumni over the age of 18yrs
- Members of local Parishes over the age of 18yrs
- Current College Staff
- Current College Board Members

Items of Business

- Election of Board Members (as required)
- Annual Report from the Board Chair
- Annual Report from the College Principal
- Annual Report from the PnF Chair
- Presentation of the 2019 Budget

Members of the College Community interested in nominating to the College Board are requested to do so in writing to:

Mr Linc Morton

Chairperson Lumen Christi College Board

C/- Lumen Christi College

PO Box 223

Gosnells WA 6990

Lumen Events

Monday 26 November

Lower School Presentation Evening

Tuesday 27 November

Upper School Presentation Evening

Wednesday 28 November

Year 10 Outdoor Education Camp
Hackathon STEM Challenge

Thursday 29 November

Year 10 Outdoor Education Camp
Community Mass C4L & C4U
Year 7-12 AIME

Friday 30 November

Year 10 Outdoor Education Camp
SLT Fun Friday (Salvado House)
Lower School Social
St Munchin's Family Fun Evening
Year 9 GATS Cyber Security
Excursion

Sunday 2 December

First Sunday of Advent

Monday 3 December

Year 7 Zoo Excursion

Tuesday 4 December

Year 8 Eco Excursion

Wednesday 5 December

Annual General Meeting

Friday 7 December

End of Term 4 for Year 7-10 students
Farewell Assembly

Monday 10 December

SLT 2019 Camp

Tuesday 11 December

SLT 2019 Camp

Wednesday 12 December

SLT 2019 Camp concludes



Year 7 2019 Orientation Day



Lumen Legs

Three members of the Lumen Christi College staff will be putting their best foot forward in aid of Ronald McDonald House on Saturday, 1 December. The event 'Up All Night' which starts at 8pm from Elizabeth Quay, requires participants to walk 42km around the Swan River. Lea-Anne Gaffney, Caroline Watson and Pennie Stewart will be helping to raise vital funds for this wonderful organisation. If you wish to know more about the charity or wish to support the staff on their journey, [please click on this link](#).



Health Care Card Tuition Fee Discount & Secondary Assistance Scheme

2019 application forms are now available

Parents holding a current Family Health Care Card or Pensioner Concession Card with the code PPS are eligible to apply for the Health Care Card Tuition Fee Discount Scheme sponsored by Catholic Education of WA. Please contact our Finance Department via email accounts@lumen.wa.edu.au or visit the College Administration Office to collect the application forms. Parents must complete and return the application forms along with a copy of the current concession card to the College Administration Office by Friday, 12 April 2019.

Permapleat Uniform Shop

The on-site Uniform Shop at Lumen Christi College is operated by Perm-a-Pleat School Wear. Located in the E Centre Precinct, the Uniform Shop provides parents and students with access to the full range of uniform requirements all year round.

The Uniform Shop operates on a part-time basis with support from volunteer parents. It is open twice weekly during Term time. Normal Trading hours (during school terms only) are Mondays 12-4pm, and Wednesdays 8am-1pm.

To arrange a uniform fitting or for any queries regarding uniform, please contact the Uniform Shop Manager on 9394 9349 or email lumenchristi.uniforms@permapleat.com.au

SUMMER HOLIDAYS EXTENDED OPENING HOURS

The Uniform Shop will operate extended opening hours to accommodate fittings for new students commencing at the College in 2019, as well as for existing students who require new uniform items. The hours are as follows:

Monday, 14 January to Wednesday 16 January - 8am-4pm

Monday, 21 January to Wednesday 23 January - 8am-4pm

Monday, 4 February - 8am-1pm

Tuesday, 5 February - 8am-1pm

Normal trading hours will resume from Wednesday, 6 February.

****Please note appointments run for a 30 minute period. Uniform fitting appointments for new students commencing in 2019 [must be booked online via this link](#).**



Lumen Christi College

Parents & Friends Group



COMMITTEE MEMBERS WANTED!

The Lumen Christi College Parents and Friends (PnF) group exists to engage Lumen Christi parents and friends in the College Community.

We aim to offer care and support for Lumen students, families and staff, and look to create community building opportunities that allow us to foster the community spirit that Lumen Christi College is so well known for.

The key areas of focus for the PnF are:

- Working with College staff to explore and help fund new or improved College programs, events or facilities
- Providing more opportunities for the **engagement of parents in College life**. This includes attending or helping at various College events including Mothers' or Fathers' Day celebrations, Parent Information Evenings, College Tours, Quiz Nights and Performing Arts Shows
- Encouraging parents to take an active interest in teaching and learning through participation in forums with the Principal and other College staff, including **monthly PnF meetings**
- Working with College staff to promote opportunities for parents and children to **engage in the learning journey together**
- Further enhancing links with Partner Parishes



All Lumen Christi College parents are invited to join the Lumen PnF. This may be on an occasional or an ongoing basis. Whether you would like to be involved in the PnF every month, or can only offer your time for **one hour per year**, any and all help is appreciated!

You might like to help in any of the following ways:

- As a Committee member (approx. 1 hour per month)
- Fundraising Management (approx. 1 hour per month)
- Hospitality at the annual Community Mass (approx. 2 hours per year)
- Hospitality at Arts events (approx. 1 hour per event)
- Hospitality at College tours (approx. 2 hours per tour)
- Hospitality before Parent Information evenings (approx. half an hour per evening)
- Bingo/Quiz Night organisation and/or prize gathering (when required)

If you would like to be part of the Lumen PnF, please email us at pnf@lumen.wa.edu.au or sign up at <http://web.lumen.wa.edu.au/life-at-lumen/pnf>



Follow us on Facebook! Find us at facebook.com/LumenPnF

08 9394 9300

| 81 Station Street, Martin

| lumen.wa.edu.au



Cyber Safety Advice

The school holidays are quickly approaching, and with holidays come plenty of free time for students, which often means increased screen-time. It is important that we keep our children safe online, manage their screen time and help them to maintain good online habits. Children should have routines and limitations, they should be monitored, and have boundaries to follow to help guide their understanding of appropriate online behaviour. From time to time, they may do the wrong thing and need to be redirected back on track. Disciplinary action is not necessarily about being punitive; it is about upskilling and supporting them to be safe online.

It is important that you help your child when they are online to:

- Be kind: Use images and videos to make a positive impact, and think carefully about the impact on others before you share something online.
- Be a critical thinker: Seeing is not believing. When you see something online take a moment to see and think about the full picture.
- Be you: Think about what your images and videos say about you. Are you happy with they are saying? Don't be pressured into doing something online that you don't feel comfortable with.
- Be a good friend: Look about for your friends and report anything you see online which is offensive, upsetting or inappropriate. Speak to a trusted adult if something worries you.
- Be the change: Use the positive power of images and videos to help create a better internet.

Here are some basic rules to help you be the change:



Keep accounts & profiles private



Don't post pics in school uniform



Don't talk to or accept requests from strangers



Don't send or post inappropriate pics



Don't enable location services on apps



No bullying or trolling



No devices one hour before bedtime



No secrets from parents



No social or chat during study time



No adult material or pornography



No ghost accounts or fake profiles



No taking photos of other people without their permission



Don't physically meet people you met online



No secret messaging

Community News

Graduate to Independent Travel!

With 2018 drawing to a close, parents with students transitioning to high school begin to consider how they are going to get to school in 2019. For many students this means using public transport independently for the first time.

The [Get On Board website](#) has been designed to answer all the questions parents, teachers, and students have about using Transperth, and to help make that transition as easy and safe as possible.

“With my own child graduating, I know that this is a busy time for any parent with a transitioning child” says Louise Madden from Transperth Education.

“We know that sending a child off on the bus or train for the first time can be daunting, but the best way to overcome this is through preparation. For this reason, we’ve created a dedicated parents’ section containing all the resources they need to get ready for the new school year. We’ve even developed an interactive game students can play to learn about using Transperth.”

The Get On Board website is full of terrific resources, so share it with your students and parents in the lead up to the end of the school year.

Helpful Tip For Parents:

Changes take place across the network over January. Plan your journey to your new high school no earlier than two weeks’ before the start of school.

WAAPA Summer School 2018/2019

This Summer, WAAPA at ECU, Mt Lawley is offering an exciting performing arts program for students from Years 1 to 12. The Summer School includes classes in RAP, Acting, Dance, Drama, Screen Performance, Music Theatre and of course, how to perform Shakespeare. For information about the fantastic courses on offer please visit WAAPA Summer School or contact Gabrielle Metcalf at g.metcalf@ecu.edu.au

School Drug Education and Road Aware Upcoming Events

Talking Drugs

SDERA is offering FREE information sessions for parents of students in all year levels. Parents will learn how to start conversations about drugs and drug use with their children. [See upcoming dates here.](#)

Upcoming Events at The University of Notre Dame

Twilight Tour

6 December, 6.00pm

Ever wondered about the history of Freo’s West End?

Explore our town university on a personalised twilight tour. You can find out about the secrets of times past and discover our historic buildings which are now home to Australia’s #1 university for quality of educational experience.

1-on-1 Advice Sessions

26 November to 6 December

Considering your uni options but unsure of the right degree for you?

Meet 1-on-1 with our advisors, who can introduce you to a range of programs, pathways and study options that align with your strengths and interests.

Register today at www.notredame.edu.au/events

For further information, contact Notre Dame on future@nd.edu.au or 9433 0533

Savvy Tips for the Holidays

Christine West, ex-Lumen Christi science teacher and author of “Think Savvy, Revise Smart: Boost your exam results with science-based revision strategies”, shares some tips for finishing the year well and setting yourself up for success for next year.

FOR STUDENTS GOING INTO YEAR 11

If you are currently finishing Year 10, Year 11 will be an exciting and challenging time for you. You have chosen your academic pathway (General or ATAR) and your subjects. The ‘real you’ is starting to have a voice.

To prepare for next year:

- Relax and enjoy your holiday. Spending time with family and friends, and enjoying healthy past-times is good for your body and mind. Balance this with helping out at home – your parents have supported you during the year and could do with a break themselves.
- Try some new physical activities. Exercising a few times a week will help keep you healthy, cope with stress and learn at your best next year. Use the holidays to see what you enjoy and could commit to.
- Set up your study area. Science indicates that you learn best in a distraction free environment. If your study area is well organised from the start, you will be able to use your time more efficiently.

FOR STUDENTS GOING INTO YEAR 12

If you are currently finishing Year 11 – congratulations! Year 11 can be a big step up from Year 10. Getting through to the end of the year can sometimes be a challenge.

To prepare for next year:

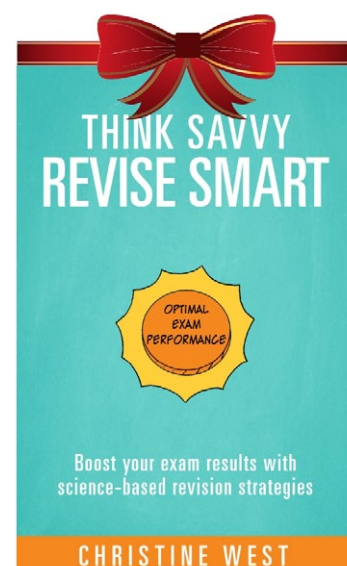
- Find your gaps and fix them. Some areas of the Year 12 syllabus rely on you having mastered the Year 11 syllabus. Talk to your teachers to identify which areas you may need to work on during the Christmas break. This does not sound like fun, but it will set you up for greater success next year.
- Learn some study skills. You can achieve much more than you think possible, if you use the right study and revision strategies. Make time during the holidays to learn these strategies, so you can ‘hit the ground running’ in Year 12.
- Relax and enjoy your holiday. Spending time with family and friends, and enjoying healthy past-times is good for your body and mind. Balance this with helping out at home – your parents have supported you during the year and could do with a break themselves.
- Try some new physical activities. Exercise helps you stay healthy and learn at your best. If you have not used regular exercise as part of your study strategy for Year 11, use the holidays to find an activity you can commit to, that will help keep you healthy and cope with the demands of Year 12.
- Set some goals. Education is an investment in your future self. Use some time over the holidays to do some ‘big picture thinking’ about what you would like to achieve next year. If possible, put a plan in place to achieve your goals.



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“Think Savvy, Revise Smart”

FOR PARENTS

Many students do not achieve at their best because they do not have the necessary study skills and strategies to help them succeed. Consider giving your teenager the gift of learning this Christmas. “Think Savvy, Revise Smart” is available for purchase at www.thinksavvylearning.com. This book is as suitable for parents, as it is for students – the perfect stocking filler.



A Vulnerable Girl



A CHRISTMAS CONCERT
IN WORD AND MUSIC

A beautiful and inspiring evening
of readings and sacred music with
Lumina (choir),
Dominic Perissinotto (organ),
and Paul Wright (violin).



THURSDAY, 6 DECEMBER 2018

7.00PM - 8.30PM

(PRE-RECITAL OF CHRISTMAS MUSIC FROM 6.30PM)

ST PATRICK'S BASILICA
47 ADELAIDE ST, FREMANTLE

Adults: \$30

Concession: \$20; 12yrs and under: FREE

For Tickets visit: <https://www.trybooking.com/YZWN>

For more information or to purchase a ticket for an extra \$10 for
a refugee or asylum seeker to accompany you,
e-mail Francis on director.cm@perthcatholic.org.au,
or phone 0419 958 140.

Proceeds to go towards Catholic Mission's work supporting
Girl-Child education and protection projects in Myanmar, Uganda, and Ethiopia.

Sponsored by:



THE UNIVERSITY OF
NOTRE DAME
AUSTRALIA





ACADEMIC TASK FORCE
Achieve Success at School

January Head Start Program

Start 2019 with Confidence

Start the new year on the right foot with a Head Start program that will boost your child's confidence, enhance their learning skills and guide their transition into the new school year.



ATAR HEAD START PROGRAM

For students going into Years 11 & 12

The program will provide students with:

- > An overview of the ATAR syllabus for their courses of study.
- > Expert teaching by ATAR subject specialists.
- > Preview important concepts.
- > Build confidence and get an academic boost for the year ahead.

We offer a wide-range of ATAR subjects as well as our popular Study Skills and Essay Writing Programs. Please visit our website to view the timetable.

YEAR 7-10 HEAD START PROGRAM

For students going into Years 7,8,9 & 10

Academic Task Force paves the way for academic success, our Head Start Program gives students the opportunity to equip themselves with the academic skills needed to develop their confidence, study habits and subject familiarity.

Courses available in:

- > NAPLAN Preparation
- > Learning Skills
- > Essay Writing
- > Maths and English, and
- > GATE & Scholarship Exam Preparation.

January 17th - January 30th 2019

Enrol Online Today: www.academicgroup.com.au

1. Go to Our Programs - Select Year Level
2. Click on Head Start Programs
3. Select the Enrol Today button.

Each subject is 6 hours, 3 hours each day over 2 consecutive days

Venues: Churchlands SHS (NOR) and Rossmoyne SHS (SOR)

Cost: \$200 per course.

10% discount for all enrolments received and paid for by 17th December 2018.