



A WORLD OF OPPORTUNITIES FOR YOUNG MEN

No. 16 8 September 2021



## From the Principal

My Franciscan calendar reminds me that today is the Feast of the Nativity of Mary, Mother of God. The Church has celebrated Mary's birth since at least the sixth century. The calendar description explains that a September birth was chosen because the Eastern Church begins its Church year with September. The 8 September date helped determine the date for the feast of the Immaculate Conception on 8 December.

Scripture does not give an account of Mary's birth. However, the apocryphal *Protoevangelium of James* fills in the gap. Whilst this work has no historical value, it does reflect the development of Christian piety. According to this account, Anna and Joachim (Mary's parents) are infertile but pray for a child. They receive the promise of a child who will advance God's plan of salvation for the world. Such a story, like many biblical counterparts, stresses the special presence of God in Mary's life from the beginning.

Saint Augustine connects Mary's birth with Jesus' saving work. He tells the earth to rejoice and shine forth in the light of her birth. "*She is the flower of the field from whom bloomed the precious lily of the valley. Through her birth the nature inherited from our first parents is changed.*"

We can see every human birth as a call for new hope in the world. Each new child has the potential to be a channel of



**Turkish Airlines crew members pose with newly born Afghan baby girl Havva, (which translates as Eve in English), during a flight between Dubai and Birmingham**

God's love and peace to the world. Who was not moved by the story of the baby girl, Havva, born on an evacuation flight from Kabul, Afghanistan to the UK? Appropriately, her parents named her *Havva*, which translates to *Eve* in English, and she was at least the fourth baby known to have been born to Afghan mothers who went into labour on evacuation flights.

The Church teaches that Eve and Mary are the only two women born without original sin. Eve, the first woman in Scripture from the Hebrew *Hawwah* and commonly translates as '*living one*' or '*source of life*'. Don't we need more miracles like this in times of pandemic? Don't we need more *sources of life* to balance tales of doom and gloom?

As this is the last newsletter for Term 3, I wish every Parade family the blessing of Mary and Eve for the term break.

**Mr Andy Kuppe**  
**Principal**



## From the Assistant Principal - Student Wellbeing

### 'This totally sucks!' Teens, COVID and the Lockdown Lifestyle – tips from Andrew Fuller

With the continuation of remote learning we wanted to again take the opportunity to support our families through this time. Andrew Fuller looks openly and honestly about lockdown and life for our teens.

Our teenagers have been doing it hard in the pandemic. Leading adolescent psychologist Andrew Fuller offers them some advice and tips on how to get through it.

If you are feeling 'over it', fed up, tetchy, grumpy, and not your usual sweet, lovely, agreeable self, it is completely understandable. This sucks. Totally.

We are all just a little tired of the 'just breathe deeply, be mindful, just think about what you have to be grateful for, we are all in this together and don't worry we'll be through this soon' advice being dolled out. We don't believe it because... this totally sucks.

Getting through this is tough but it isn't impossible.

### We're on the COVID-rollercoaster

The first thing to know is that our feelings and moods are as up and down as a roller coaster.

Some days you'll be fine, others you'll feel like your get up and go has got up and gone, some you'll be jittery, wired, and edgy, others you'll feel all revved up with nowhere to go. That's just normal for these times. On really 'special' days you'll probably go through the COVID-rollercoaster of all these feelings in the one day.

It's hard to find anyone whose mental health hasn't been negatively impacted during these times.

The one good thing is that whatever you're feeling right now won't be how you are feeling tomorrow. An important lesson is don't base too many decisions or actions on your feelings.

### Step back in time

Think about what it was like being a little kid. It's kind of like that now - you don't go out much, you hang around home a lot and muck around doing a lot of things by yourself. It is likely the largest group of people you mixed with were when you were in a classroom.

Maybe it is time to embrace our inner child a bit. Find things you used to do that were fun and comforting and do some of them. Favourite story books, building Lego models and television shows you loved as a younger kid. This helps a lot of days when you are on the COVID rollercoaster.

### Access your Inner Norwegian

In winter in Norway, people spend long periods of time snowed in and unable to go out. We can learn a bit from young Norwegians about how to cope with this time. The first thing they do even if it is freezing outside, is to spend some time outdoors most days.

Luckily, we don't have anywhere near their freezing temperatures, so getting out and getting some sunshine is easier here. Celebrate the small moments when you can feel the warmth of the sun on your shoulders.

Start a project or two. Access your inner creative genius. Learn to cook a meal that would knock anyone's socks off. Write an imaginative story (who knows, the world may need your latest screenplay to stream to millions of viewers). Do some drawing or artwork. Perfect a dance or sports movement. Learn a new language. Pick up a musical instrument. Get some lessons from YouTube if you want.

### Dark Times don't have to equal Dark Moods

There can be a beauty in even really dark times. Mooching about, listening to soothing music, eating comfort foods, and searching for videos that make you or your friends laugh is fine.

Create two playlists of at least five fave songs each. The first should be sappy, miserable, someone-done-me-wrong-and I'll-never-get-over-it songs. This playlist is useful for those moments when you want to remind yourself that someone else in this crazy world has felt as miserable and lousy as you do (and they decided to make some money from it by writing a song about it). The second playlist of

songs should be full of pep-you-up, 'belters' that make you want to sing along loudly and move your body.

You might also decide to start the day well. Access your inner creative genius and make a breakfast that is worth posting on social media. If this idea tempts you, consider running a competition with your friends for who can come up with the most delicious breakfast.

### **Build a Bridge of Hope**

It is unlikely that you will look back at 2021 as the best year of your life. Life won't always feel like this. A century ago, the Spanish influenza virus devastated the world and then was controlled. The same occurred for smallpox, measles, poliomyelitis and the same will most likely occur for COVID.

### **Apply CPR to your life**

CPR refers to the three big factors found to promote resilience – connect, protect, and respect – and right now is a good time to administer a bit of CPR to your own life.

#### **Connect**

The average number of close friends most people have is two. So, if you think most people are out and about being popular, think again. During lockdown, reach out to a few people who make you feel lighter and more positive.

There are some people who are 'stress super-spreaders' and merchants of misery. If you spend too much time with them, you feel worse. Some of these people may want to spend time discussing their fears with you. Try to help out as best you can but limit their time with you. Realise that people are not their usual selves so little differences can become major friendship drama pretty easily. If a good friend seems out of sorts or annoyed with you, the best thing to ask, 'is everything all right for you?'

As well as connecting to other people, get in touch with yourself. Have a good long hard look at yourself. What are you good at? Find out your learning strengths at [www.mylearningstrengths.com](http://www.mylearningstrengths.com). Make a commitment to develop your skills, talents and abilities as much as you can.

#### **Protect**

If you live in fairly crowded circumstances with little privacy, you will need to protect your own sense of calm. Try to establish some 'freedom zones'. These are places at home

where if you sit in a particular place the signal should be 'leave me alone please and try not to bug me.' In order to protect yourself a de-stress try to:

- Spend some time outdoors everyday
- Find people, shows, books, films and situations that make you laugh and surround yourself with them
- Find something beautiful to focus on each day such as a garden, painting or piece of music
- Learn something new and interesting everyday.

#### **Respect**

If you've been living in your bedroom, logging in to school wearing your pyjamas and the room is getting a bit skanky and rank, it might be time to do a spruce and spritz. Hibernation is good for bears but not so good for people. Doing a quick clean up, washing yourself and putting on some slick clothes may actually help you to feel better. Behind that diminished image of a human being that you have been presenting to the world there is actually a smart person with their own unique mix of learning strengths and a wonderful personality to contribute to the world.

#### **But what about the learning?**

There has been a lot of talk about young people's learning falling behind due to lockdown. Of course, every other student is pretty much in the same position so don't stress too much about this. If you do want to do something about this don't just stress yourself, read my How to Use Uncertain Times to Surge Ahead Academically.

For the full article please go to: <https://theparentswebsite.com.au/this-totally-sucks-teens-covid-and-the-lockdown-lifestyle-tips-from-andrew-fuller/>

#### **About Andrew Fuller**

Andrew is a clinical psychologist specialising in the wellbeing of young people and their families. Stay in touch with Andrew on Facebook, on LinkedIn, through his website and on the My Learning Strengths website. His most recent book is The A-Z of Feelings published by Bad Apple Press. Tricky Behaviours is also published by Bad Apple Press. Previous books include Your Best Life At Any Age and Unlocking your Child's Genius.

**Ms Sarah Pyle**  
**Assistant Principal - Student Wellbeing**



## From the Assistant Principal - Teaching & Learning

### Term 3 Mid-Semester Reports/Student Progress Interviews – Years 7 to 12

Mid-Semester reports are now available on PAM. Student Progress Interviews will be conducted on MS Teams, on:

**Thursday 9 and Monday 13 September.  
5.03pm to 6.15pm and 7.00pm to 8.30pm**

Bookings via the parent portal are now open and will close at 6.00pm on both evenings prior. Your cooperation in making yourself and your son available on Teams at the scheduled times is appreciated. As you can imagine, this will be important for teachers to be able to connect with you at the appointed times.

Teachers are being heavily booked for interviews. Parents who have been unable to book interviews with teachers should make contact with them directly via email to make alternative arrangements to discuss their son's academic progress, either by email or phone.

### General Achievement Test

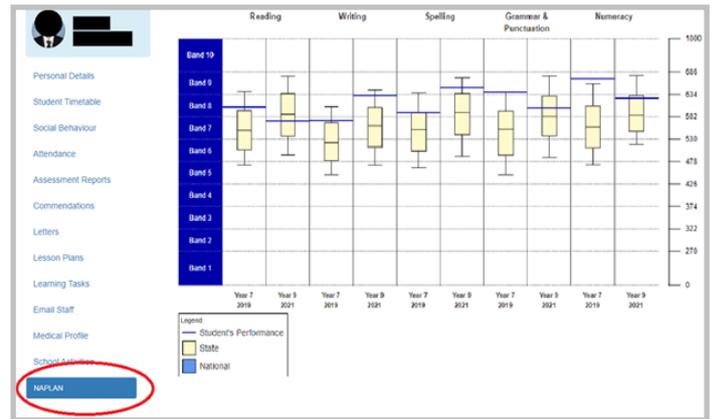
As advised to families via email, the GAT has been moved to Tuesday 5 October. This test is for ALL students completing a Unit 3 and Unit 4 study in 2021 and is planned to take place in the Greening Auditorium and some surrounding rooms (in accordance with current government regulations regarding the gathering of large groups in our current climate).

Students will be advised of the logistical details closer to the date.

### 2021 NAPLAN - Year 7 and Year 9 Student Results

The College has received the results of this year's NAPLAN tests and families should soon receive a hard copy of their son's 2021 NAPLAN results sent in the mail.

Your son's NAPLAN results are also able to be viewed by parents and guardians on PAM (*screen capture top right*).



### NAPLAN Online – School Readiness Test – October 25 Year 7 and Year 9

The College will be completing NAPLAN online in 2022. In order to prepare for this, all schools making the transition to online testing are required to complete the NAPLAN Schools Readiness Test in Term 4 of this year. The School Readiness Test is designed to test the College's network ability to perform online testing for both year levels at the same time. Student data is **not** recorded, and student performance is **not** measured.

As part of the School Readiness Test process, all current 2021 Year 7 and 9 students will be required to participate in two separate online tests using their school laptops on Monday 25 October. All students will need to bring headphones that connect to their school laptop on this date in order to complete each test.

### 2022 JacPLUS - Jacaranda e-Textbook Bundle for Years 8 to 10 in 2022

In 2022, Parade College will continue to use Jacaranda's \$110 Digital Bundle as its digital textbook/educational resource provider for students in Years 7 to 10. To ensure that you receive your son's 2022 school year text books and resources, you are asked to order and pay the \$110 (plus \$5 booking fee) online via Jacaranda's payment portal by 15 October 2021. It will be available from 13 September.

Year 10 Edmund Rice Pathways Program (ERPP) students at Preston in 2022 are not required to purchase the Jacaranda Bundle.

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



## National Child Protection Week 2021

Sunday 5 September marks the commencement of National Protection Week. This awareness week runs from 5 to 11 September 2021. Child Protection week is celebrated annually to raise awareness of the rights of children. The theme this year is

***Every child, in every community, needs a fair go.  
To treat all of Australia's children fairly, we need to make sure every family and community has what kids need to thrive and be healthy***



During National Child Protection Week, the eSafety Commission is running free webinars for parents and carers of young people aged 13 to 18 on Tuesday 7 and Thursday 9 September from 12.30pm to 1.30pm. The webinar will assist parents and carers to understand online sexual harassment and image-based abuse, (non-consensual sharing of intimate images) and will cover:

- the difference between online sexual harassment and image-based abuse
- how to report online sexual harassment to social media companies
- how to report image-based abuse to eSafety and when to report to police
- where to get support if you feel upset or worried about something that has happened online.

You can choose to attend the webinar with your son or share resources with him afterwards from the webinar package.

The website link to these free webinars is <https://www.esafety.gov.au/parents/webinars>

**Mrs Paola Fornito**  
**Dean of Child Safety**



## Careers @ Parade

### Online Resources

Students and families have access to up-to-date, timely and helpful careers resources on the Parade College Careers website.

Please visit us at [www.paradecollegecareers.com.au](http://www.paradecollegecareers.com.au) for information about Careers, tertiary study, VTAC applications, useful links, presentations, activities and resources for both students and parents.

### Year 12 Students - Important VTAC Update

A reminder to year 12 students that timely VTAC applications close on 30 September (5.00pm) and cost \$42. All Year 12 students are encouraged to create their VTAC account and list their course preferences for tertiary study in 2022 prior to this date. For more information and to create a VTAC account, please visit [www.vtac.edu.au](http://www.vtac.edu.au)

VTAC has advised that Year 12 results and ATARs will be released on Thursday 16 December at 7.00am. Change of preference for the first offer round will be open until Monday 20 December at 4.00pm. Revised offer dates are as follows: 14 January 2022, 1 February 2022, 8 February 2022, 14 February 2022 and 18 February 2022.

**Ms Vivian Sipsas**  
**Careers Convenor**





## Community Service Request from Victoria Police

In recent weeks police have seen an increase in youths on bicycles congregating in large numbers at Rosanna Parklands, Ivanhoe East Primary School grounds, St George's Anglican Church (Ivanhoe East), Mother of God Catholic Church (Ivanhoe East), Chatsworth Park and Eaglemont Tennis Club dirt bike jumps.

Often the youths are not wearing helmets, and in some instances they are travelling on motorised (illegal) bicycles, which are of particular concern as they are a danger to the rider and to others nearby. Some of these youths have been involved in multiple acts of deliberate vandalism. The youths have been putting themselves and others at serious risk of injury by their riding actions.

Members of the public have contacted police and made complaints about the anti-social behaviour because the youths have been intimidating members of the public, including young children.

One member of the public said they were 'spat at' whilst walking by. Other parents are telling us their little children are being intimidated, laughed at and teased as they ride by. The youths involved are disrespectful to police members and members of the public and it is of real concern.

The anti-social behaviour has included the disruption of a funeral.

We want the anti-social behaviour of these youths to stop and we believe the parents and teachers are our best hope of this behaviour stopping.

The youths are in breach of the COVID-19 directions. Police ask that parents and carers remind the children of the current COVID-19 restrictions, and ensure they are not engaging in these types of behaviour, which is having a significant negative impact on the community.

Police request that parents and carers have knowledge about their children's whereabouts, and actively dissuade their children from associating in large groups.

Police will conduct increased patrols of these areas to ensure members of the public feel safe and to identify the youths involved in this behaviour.

Police will be issuing infringement notices and putting children before the courts for offending. Police encourage any parents or carers to contact First Constable West 43225 via email of [vp43225@police.vic.gov.au](mailto:vp43225@police.vic.gov.au) if parents or carers have information or would like advice about this matter.

Likewise if you witness this behaviour we encourage you to call 000 if urgent or phone the Heidelberg Police Station 9450-8000 to advise what you witnessed.

**Libby West**

**First Constable 43225**

**Youth Resource Officer - Heidelberg Police Station**

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

Liberating  
Education

Gospel  
Spirituality

Inclusive  
Community

Justice and  
Solidarity

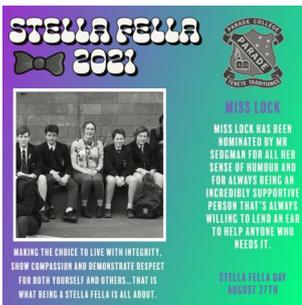
EDMUND RICE EDUCATION  
AUSTRALIA



## From the Director of Ministry

### Stella Fella Day

Despite not being at school to celebrate the day several activities leading into the event were organised and supported by staff and parents.



The PowerPoints of photos sent in by parents, and the nominations for students and staff posted on the College social media platforms, provided vehicles to acknowledge a wide range of people.



L-R students William Grenier Yr8 L21 and Kade Johnstone-Malone Yr7 L21 wearing their bow-ties for 2021 Stella Fella Day

### RUOK Day

This event is held on Thursday 9 September and this year is perhaps a more significant reminder of the mental health status of all of us than has been necessary in the past. Ms Kavenagh organised a reminder for each day of the week leading into Thursday.

The RUOK website <https://www.ruok.org.au/join-r-u-ok-day> has plenty of material if you are interested in accessing some more information.

### Solidarity Week/Walk/Activities

Until the formal announcement of the lockdown extension there was some hope, however faint, that the walk might take place. This is clearly not going to happen. However, while the walk/activities day cannot be a whole school event, your son/s might like to undertake a walk close to home, and send in any photos of them so doing.

If it is possible to do so, your family might like to make a donation to on the Mackillop site. <https://www.mackillop.org.au/solidaritywalk>

At the time of writing, families had donated **\$1,345.72** which is much appreciated by Mackillop.

The link will be active until Sunday 19 September, and I will be able to publish a final sum in a College Newsletter after that point.

Depending on what happens in Term 4, we might be in a position to undertake some kind of final fundraiser but until there is much greater clarity around what is happening regarding a return to school, that is a hope, rather than a determined pathway.

**Ms Anne McLachlan**  
Director of Ministry

*In a world  
where you can  
be anything  
be kind*

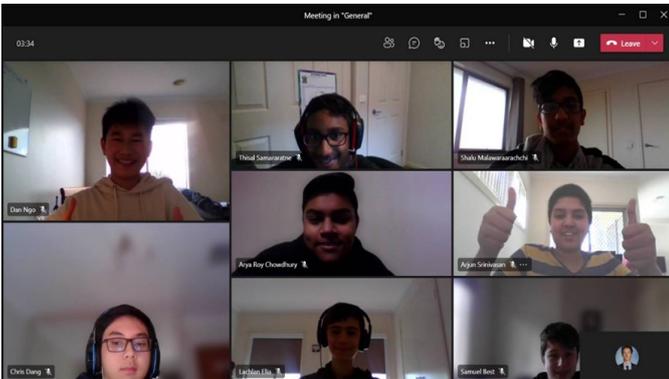


## Year 8 MAV Maths Games Day

On Wednesday 25 August, two teams of year 8s from Preston and Bundoora campus competed in the annual Mathematical Association of Victoria Maths Games Day.

Originally the event would have taken place at Penleigh and Essendon Grammar School but due to the recent lockdown restrictions it was shifted to an online format with forty-three schools, most with two teams competing.

Our A team had a mixture of Bundoora and Preston campus students, while the B team had an all-Bundoora group.



The eight Year 8 competing students were Lachlan Elia H15, Chris Dang L21, Arya Roy Chowdhury T16, Thisal Samararatne H16, Arjun Srinivasan B18, Shalu Malawaraarchchi B13, Samuel Best B16, and myself.

In a series of four rounds, the two separate teams of four underwent fun, engaging and challenging maths-related puzzles.

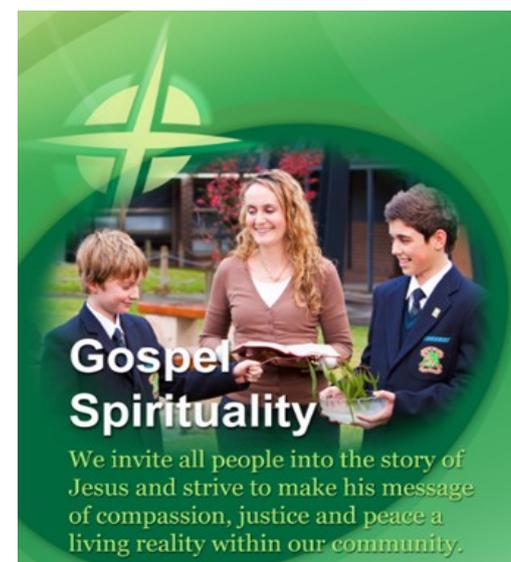
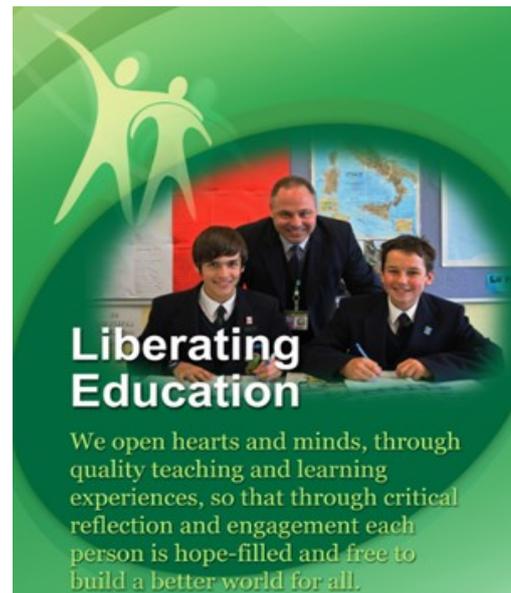
The games took most of the day and involved problems and puzzles that required the entire team to cooperate in order to complete them.

At the end of the day, our two teams were placed well among the rankings with the B team coming 28<sup>th</sup> with 173 points and the A team placing 12<sup>th</sup> with 222 points (narrowly missing the top 10 placing by only 6 points).

We were proud of the joint efforts by the team members. Hopefully we will climb a few notches in future competitions.

The games definitely generated camaraderie amongst our two campuses with Chris and I forming friendships with some of the Bundoora boys.

**Dan Ngo**  
**Year 8 L21**







## From the Director of Music

### 150. Past. Present. Parade. - Postponement

While we were disappointed that our planned 150. Past. Present. Parade. Event was unable to take place on its original date, we are now looking forward to our new date 21 February 2022 to present our hard work.

As we await on government advice on what our restrictions will be moving forward, the production team has been busily revising the rehearsal schedule for Term 4 and the first weeks back in 2022.

We would like to thank the students and parents for their support in what has been at times a challenging process, but we are excited to be able to present our years' work to an audience in 2022.

As soon as we are able to confirm the rehearsal process moving forward, students and families will be contacted with this information.



### Instrumental Soiree

It is our hope that that our Instrumental Music Soiree which has been calendared for 7.00pm Wednesday 6 October at the Bundoora Campus will be able to proceed with an audience.

However, if we cannot stage this event in person, we are enacting a contingency plan to present this event virtually in the hope that this will provide an opportunity for students and families to gather with their Instrument Group and share our many musical achievements in 2021.

Should we not be able to proceed with the intended in person event, we will confirm the dates for these virtual soiree events at a later time.

In preparation for a virtual soiree, we will require students to submit a video performance for downloading and editing by **Friday 17 September 2021**.

Students, Parents and Carers have been emailed information regarding the filming requirements and where to upload these videos. Should you have any questions please email your child's Instrumental Music Teacher or [music@parade.vic.edu.au](mailto:music@parade.vic.edu.au)

### Instrumental Music Lessons 2022

The Parade College Music Department has a longstanding history of providing students with a large variety of musical experiences, and our music programme is renowned for the wide range of opportunities it offers students, both in private tuition and in various ensembles.

We openly encourage all students to achieve excellence through their participation in the Instrumental Music Program and in a wide range of musical activities. It is a delight to have our campus filled with the sounds of students learning, practising and mastering their instruments of choice, strongly supported by our experienced educators and musician classroom and instrumental music staff. Our boys develop self-confidence, responsibility, teamwork, self-esteem, and above all, an enjoyment of lifelong musical appreciation.

Beyond the pride students feel from learning an instrument, the Parade Music Programme fosters engagement, creativity, artistry, perseverance and the joyful experience of playing alongside fellow students in an out of the school setting, and promotes the College within the wider community through its involvement in local and wider community events throughout the year.

For information regarding the Music Programme and Instrumental Music Band Classes at Parade, including; lessons and ensemble rehearsals, exam preparation, instrumental lesson structure, fees, instrument hire and locker hire, please click on the following links. You can find our more, watch instrument demonstrations and meet the teacher videos.



<https://www.parade.vic.edu.au/Music.aspx>  
[https://www.parade.vic.edu.au/Forms/Instrumental\\_Lesson\\_Booking\\_Form.aspx](https://www.parade.vic.edu.au/Forms/Instrumental_Lesson_Booking_Form.aspx)  
[Parade College Music Website](#)

We currently offer lessons in:

- Electric Guitar \*
- Bass Guitar \*
- Alto Saxophone
- Tenor Saxophone
- Baritone Saxophone
- Clarinet
- Flute
- Trumpet
- French Horn
- Trombone
- Euphonium
- Tuba
- Piano \*
- Drum Kit \*
- Voice \*
- Music Theory (AMEB or VCE syllabuses)

(\* indicates Individual lessons only - no groups)

**Ms Melissa Calia**  
**Director of Music**



## 9 Law in Operation

Over the past few weeks the year 9 Law in Operation class has been learning about the functioning of political parties in Australia. They have learned how parties develop platforms, appeal to citizens and campaign for votes. The students were asked to complete an assignment that required them to create and publish websites that included detailed information about a party of their creation – a fantastic opportunity for them to show not only their design and creativity skills but also invited them to think carefully about political issues that mattered to them. Below are reflections from Marcus Nardella and Steven Donato describing their experiences.

*“During remote learning, we have been learning about Political Parties and their role in society. As a class, we have learnt the foundations of political parties and have been taught how exactly these parties are elected and formed. We have learnt the fundamentals of forming a government and how political parties can formulate contain different policies, that can affect the public and have a positive and negative impact on our lives. One of our most sacred and important parts of living in Australia is how safe and fair our democracy is and the way our people can have trust in our system. My political party was the “Australian Conservative Party” which stands for traditional family values whilst also standing up for constitutional rights.”*

**Marcus Nardella Year 9 H11**

*“This unit was really engaging and interesting and I was always learning something new with each lesson. The assessment for this unit involved us creating our own political parties. Our parties had to have policies, views, and values and we also had to create advertising campaigns and a logo. This assessment really brought out my creative side and I had an amazing time creating my political party.”*

**Steven Donato Year 9 B11**

**Mr Jon Astbury**  
**Learning Area Leader - Commerce**



## Reading at Parade

The following article is adapted from [the piece by Dr. Margaret Kristin Merga](#) (a literacy expert from University of Newcastle and Edith Cowan University) which appeared in *The Conversation* on August 9, 2021:

Parents at a loss to find activities for their children during COVID lockdowns can encourage them to escape into a book. [New research](#) shows how reading books can help young people escape from their sources of stress, find role models in characters and develop empathy. Given the recent [surge in COVID-19 cases](#) and lockdowns in Australia, parents and educators may look to connect young people with enjoyable activities that also support both their well-being and learning. A lot has been written about the role of regular reading in [building literacy skills](#). Findings suggest books can not only be a great escape during this challenging time, but also offer further well-being benefits.

### Escaping from a world of stress

We know that adults who are avid readers enjoy being able to [escape into their books](#). Reading for pleasure can [reduce psychological distress](#) and has been related to [mental well-being](#). Reading-based interventions have been used successfully to support children who have [experienced trauma](#). In a [recent study](#), around 60% of young people agreed reading during lockdown helped them to feel better. My research project confirms young people can use books and reading to escape the pressures of their lives. As one student said:

*"If you don't know what to do, or if you're sad, or if you're angry, or whatever the case is, you can just read, and it feels like you're just escaping the world. And you're going into the world of the book, and you're just there."*

### Connecting with role models in characters

If you enjoy reading, there's a good chance you have favourite characters who hold a place in your heart. The project found young people can find role models in books to look up to and emulate, which can help to build their resilience. [A student described](#) her experience reading the

autobiography of young Pakistani activist and Nobel laureate Malala Yousafzai:

*"I thought it was incredible how no matter what happened to her, even after her horrific injury, she just came back and kept fighting for what she believed in."*

Young people also celebrate their [affection for book characters](#) in social networking spaces such as TikTok, where they share their enjoyment of the book journey with favourite characters.

### Developing empathy through reading

Research supports the idea that reading books builds empathy. Reading fiction can improve social cognition, which helps us to connect with others across our lives. My previous work with adult readers found some people read for the pleasure they get from developing insight into other perspectives, to "see the world through other people's eyes". In challenging times, many parents are looking for an activity that supports their children's well-being. And as reading is also linked to strong literacy benefits, connecting them with books is a smart way to go.

### Accessing Parade's digital reading resources from home

Reading is possible with the many digital resources available through the College's Learning Centres. To access the digital resources, students should locate the Learning Centres subheading under School Links on SIMON.

- E-Books are available on MyOn, SORA, and Wheelers.
- Audiobooks are available on BorrowBox and Wheelers.

### Accessing hard copy (printed) books during lockdown

Many retailers are offering Click and Collect. For instance, Robinsons Bookshop offers Click and Collect at their Greensborough and Northland stores. Most local libraries are also offering Click and Collect services.

We encourage you to discuss reading with your son, and assist him in establishing a regular and consistent reading routine at home.

**Mr James Fogarty**  
**Learning Area Leader - English**



**PARADE  
COLLEGE**

Year 11  
in 2022

# SPORT ACADEMY PROGRAM

**“A career in sport awaits.  
Enrol, dream, achieve,  
inspire and motivate”**

Sport at Parade College provides students with the opportunity to develop the physical, social and emotional aspects of their life.

The focus of sport at all levels is to:

1. Promote the pursuit of personal excellence.
2. Develop an awareness, understanding and acceptance of individuals.
3. Be respectful of teammates, officials and fellow competitors.

**Direct entry into University Undergraduate Programs at La Trobe University.**

- Bachelor of Health Sciences
- Bachelor of Business
- Bachelor of Business (Accounting)
- Bachelor of Business (Sports Management)
- Bachelor of Business (Event Management)
- Bachelor of Media and Communication (Sport Journalism)

For any additional information, please do not hesitate to contact:

**Sport Academy Coordinator:** 9468 3243 [ricky.dyson@parade.vic.edu.au](mailto:ricky.dyson@parade.vic.edu.au) or  
**Director of High Performance:** 9468 3380 [paul.groves@parade.vic.edu.au](mailto:paul.groves@parade.vic.edu.au)

Parade  
College  
Partners





## Parents of Parade (POP)

### To our new Families of 2020 and 2021

Being a parent of a child who starts in a new school is so very daunting. The anxiety you feel, wondering, hoping, that you have made the right decision for your child, is simmering below the surface of a smile, as you wave your son off on his first day.

For the child it is scary. The school is huge, compared to primary school. New rules, new teachers, new class structures, new friends to make, all whilst trying to remember how to navigate their way around their new surrounds and keep up with homework commitments. Their anxiety level is through the roof!

Usually, in pre-COVID times, 'the good old days,' there would be numerous occasions for face-to-face contact with tutor teachers, subject teachers and with other parents and sons, through our organised activities. All of which would reassure you, that your son is in the best place for him. Where he is going to meet new friends, learn and grow with new knowledge and experiences and above all, survive.

Unfortunately, you have not been able to experience any sort of welcome, that you would normally have received. It's not for the want of trying, simply and sadly, the pandemic has put paid to any organised events. Hopefully next year, all of that will change and you can at last feel the warmth of a welcome and feel part of the Parade family....and finally learn how to navigate your own way around the school!

### Our Mega Raffle is Getting Closer

Keep an eye out in the upcoming newsletters in Term 4 for further information!

### Leave your Mark on Parade

Please see the paver order form in this newsletter, if you would like to purchase a paver to commemorate your family or your sons' time here at Parade College. Fill it in and return it to our email: [pop@parade.vic.edu.au](mailto:pop@parade.vic.edu.au). The paver will be laid in the gardens around the College campuses.

### POP Meeting

Our next meeting will be held: on Wednesday 6 October at 7.30pm. At this stage we have planned for the meeting to be online via Zoom, unless restrictions are eased.

All parents and carers within the Parade community are invited and would be very welcome to attend. If you would like to attend please email me for the link.

*Flavio Cosmelli*

*President - Parents of Parade*

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



## Parents of Parade Meeting

**7.30pm Wednesday 6 October via Zoom**

**This is a wonderful opportunity to see and chat with other parents and carers**

**Please email me to receive a link if you would like to join us**

*Flavio Cosmelli*

*President - Parents of Parade*

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







A WORLD OF OPPORTUNITIES FOR YOUNG MEN

## Calendar

***In light of current Lockdown Restrictions, please note that a number of planned events have had to be postponed or cancelled. Future newsletters will advise rescheduled dates once they are known. Where we are yet to cancel an event it is included below as 'To Be Confirmed'***

- |                 |   |                                              |
|-----------------|---|----------------------------------------------|
| 9 September     | * | RUOK Day                                     |
|                 | * | Student Progress Interviews                  |
| 10 September    | * | 1.05pm Finish - All Staff and Students       |
| 13-17 September | * | Solidarity Action Week                       |
|                 | * | VCE Arts/Technology Exhibition Online        |
| 13 September    | * | Student Progress Interviews                  |
| 17 September    | * | Strategic Planning Meeting                   |
|                 | * | College Assembly Online                      |
|                 | * | End Term 3                                   |
| 20 September    | * | OPA Executive Meeting                        |
| 27 September    | * | Finance Committee Meeting                    |
| 3 October       | * | Daylight Savings Starts                      |
| 4 October       | * | Student Free Day                             |
|                 | * | Staff Formation Professional Development Day |
|                 | * | School Advisory Council Meeting              |
| 5 October       | * | Term 4 Commences                             |
|                 | * | General Achievement Test                     |



**Monday 4 October  
is a Student Free Day**



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