



A WORLD OF OPPORTUNITIES FOR YOUNG MEN

No. 6 31 March 2021



From the Principal

This is the last *Newsletter* for the term. Classes conclude at 3.15pm tomorrow (Thursday) and resume on Monday 19 April.

One of the ritual practices of the Catholic community I find enriching on a hushed and sombre Good Friday is to pray the Stations of the Cross. My parish participates with other Christian Denominations and walks through the neighbourhood through fourteen suburban sites recording Jesus' journey stumbling towards Calvary. In celebrating our 150th Anniversary, we have been focusing on our historical artefacts.



One of our treasured items is the 12th Station of the Cross from the Brother's Chapel, Victoria Parade, East Melbourne. One of the founders of the College and a former principal, Br Regis Hughes, after whom one of our Houses is named, died suddenly in the Chapel at Parade on 7 October 1913, at this twelfth Station of the Cross. Regis Hughes was a gifted singer and actor, he would have liked the drama in that! This station is a reminder to us that the Jesus story doesn't end with his death. We are not a Good Friday people, we are an Easter people. Hope is central to our identity. The last year has been hard for most of us, bleak for some of us. We look forward with hope, and commit to our role in improving our world.

One of the great moments of hope for me has been the return of music classes. I am looking forward to our first in person live concert in over a year on Tuesday 27 April at 7.00pm in the Rivergum Theatre. Preparations are well underway also for one of our most significant events for our 150th anniversaries, the Parade College 150th Celebration Concert at Hamer Hall on Monday 30 August at 7.00 pm.



Last Sunday was Open Day across both campuses. Delayed because of the brief lockdown in February, it was a great opportunity for the College to market itself to the next generation of Paradians. Despite the weather, numbers were very strong, it was affirming to meet so many families wanting a Parade education for their sons.

Mid-semester reports are available on the College Portal, *PAM*. The arrival of the mid-semester report is a significant opportunity to commend your son for his good work and application. Thank you for taking the opportunity to discuss any areas of concern at the interviews and ensure that a plan of action is established to redress any short-comings.

Our Lenten Fundraising Program was very successful this term and it was affirming to see so many Tutor Groups plan awareness and fund-raising activities in support of MacKillop Family Services and their program within the organisation called *Paw Pals*, which is a canine-assisted learning program. MacKillop has great success with using therapy dogs with students in foster care and residential care homes who are disengaged from mainstream education (due to trauma-related issues).

We experienced success in our ACC Sport Teams. Our senior Tennis team finished third, as did both our senior Volleyball teams. Our First XI Cricket team enjoyed great success this year prevailing over St Joseph's College, Ferntree Gully in the Final. This is the third senior division one premiership the College has achieved in a row – after a drought of some thirty years.

Training has been rigorous for our team for the ACC Swimming Carnival tonight at MSAC. We wish the team every success and we are proud of them. There is a practice match against St Bernard's this afternoon for our 1st XI Football Team on our new Waterford Pitch at 1.30pm. There is also a practice game for our 1st XVIII AFL Football team tomorrow at 4.00pm.



As part of our 150th celebrations, the 2021 1st XVIII will play against members of the 2020 1st XVIII team. This will be the first match on the new Waterford Oval. Our 2020 team will wear heritage jumpers. Following this match there will be the first two Football (Soccer) games under lights (5.30pm and

7.30pm) on the Waterford Pitch: two Melbourne City Academy teams will play off against two Melbourne Victory Academy teams.

I wish our students a safe and refreshing term break and I wish all our families a very happy and holy Easter.

Tenete Traditiones

Mr Andy Kuppe
Principal



2020 Paradian Collection

Copies of the 2020 Paradian have been distributed through Tutor Groups to 2021 Year 8 to 12 students.



Any 2020 Year 12 students who want to collect their copy of the Paradian can do so from the NLC. Any younger brothers of 2020 Year 12 students may collect their brother's copy of the Paradian, but should know his name, Tutor Group and student number.

Mrs Adele Fernando-Swart
Paradian Editor



Saturday 24th April
@5:30pm

LEGENDS MATCH

BEN'S LEGACY

The Old Paradians Football Club, the Ivanhoe Amateur Football Club & the Vincent Family would like to invite you to the Garvey Oval attend the Legends Game in memory of Ben Vincent. The match will be followed by a Past Players function in the Frank Mount Rooms, with all supporters, players and family welcome.

\$60 for Players

(\$30 donated to charity)
Membership to OP Past Players

Conditions

Over 35 years of age

Contact

Simon Vincent
0466 925 777

Dion Ciavola
0435 966 957

oldparadiansafc@gmail.com

Whether you have a run around with some past legends, or simply come to catch up with some old friends, your attendance would be appreciated as we pay tribute to Ben

Online Bookings: www.trybooking.com/BPWPK

More Information: oldparadiansafc.com



From the Assistant Principal - Teaching & Learning

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

Mid-Semester reports are available via PAM. Year 9 ExCEL reports for Extended Learning Project 1 will be released online on Thursday 1 April at 4.00pm.

There is one final opportunity for parents to meet with teachers in this round of Student Progress Interviews:

Wednesday April 21
3.43pm to 5.59pm and 6.44pm to 9.00pm

Interviews will again be conducted remotely via MS Teams. When booking appointments, your son needs to be home as his device and MS Teams account are required to join the meetings that teachers will schedule.

Teachers will be mindful to keep interviews to the times designated. Bookings for this session close at 4.00pm on Tuesday 20 April .

NAPLAN Testing 2021 – Year 7 and Year 9

The National Assessment Program – Literacy and Numeracy (NAPLAN) tests for Year 7 and Year 9 students, will be held on Tuesday 11, Wednesday 12 and Thursday 13 May.

Please avoid making appointments for your son on these days.

Please note the following:

- NAPLAN testing for 2021 at Parade will be in the paper format.
- Year 7 and 9 students are required to bring a basic scientific calculator to the Numeracy test on Thursday 13 May. Please make sure your son has his calculator on that date.
- Classes will run as normal when students are not involved in NAPLAN testing.

On Wednesday 12 May, Year 9 Students are to attend, as per normal, the campus that they are timetabled to attend for ExCEL. After the completion of the NAPLAN, Year 9 students will be participating in the Morrisby Career analysis as part of their ExCEL class and then continue with ExCEL.

For more information about the tests, please visit the NAPLAN (<https://www.nap.edu.au>) or VCAA websites (<https://www.vcaa.vic.edu.au>).

Please contact Mr Maurice Petruccelli (Dean of Learning Years 7 to 9) or Ms Scarlett Faulkner (Curriculum Convenor – Preston Campus) if you have any questions.

Tutor Learning Program

The 2020 school year was an extraordinary and challenging one for every school community. Many Victorian students spent much of 2020 learning remotely and the Parade College community has made an exceptional effort to provide continuity of teaching and learning to our students during this time.

However, we understand that the remote learning experience was different for every student, and while some students thrived, some students may not have engaged as fully with their learning.

In response to the Victorian Government Tutor Learning Initiative, Parade has engaged four additional teachers as tutors in 2021 to support students who have been identified as requiring extra assistance with Literacy and Numeracy. Tutors will be attending selected Maths and English classes at both the Bundoora and Preston Campuses.

Initially their support will focus on Year 9 and Year 7 and then the other year levels throughout the year. While in class, Tutors will work with the subject teacher to support students in either a small group setting, or by working with students one on one directly in the classroom.

Further support for Year 12 students will also be provided in the Wednesday morning Study Halls. Tutors will also be available throughout the year to provide support to all students across both campuses at Homework Club on Tuesdays and Wednesdays afternoons in the NLC (Bundoora) and the CCLC (Preston).

We are very pleased to be able to support learning in this way. We believe that our program will ensure that students will receive additional support in a way that avoids disruptions to other learning or school activities.

Nano Nagle Tutoring Program – Free tutoring

The VCE Study Centre is open after school Monday to Thursday from 3.30pm to 5.30pm. Each night there is an opportunity for students to receive free tutoring from recent high achieving Old Paradian students. Different subjects are available each night with a focus on Maths tutoring on a Tuesday and Wednesday after school. Other subjects will be advertised in the Student Bulletin weekly.

The VCE Study Centre is also available at this time for students who wish to study in small groups, or simply complete their homework straight after school in the school setting.

Mr Geoff Caulfield
Assistant Principal - Teaching and Learning

Parade College
A Catholic School in the
Edmund Rice Tradition

Liberating
Education

Gospel
Spirituality

Inclusive
Community

Justice and
Solidarity

PARADE COLLEGE
PARADE
TENETE TRADITIONS

EDMUND RICE EDUCATION
AUSTRALIA



Free Online Lectures for VCE and Year 10 Students

From 12 April to 17 April 2021, an external company - ATAR Notes - is running free live-streamed study lectures for students in Victoria.

These lectures are completely free, and there are dozens of lecture subjects (Year 10 to Year 12) for students to attend in order to gain study momentum through Term 2.

Thousands of students have benefitted from ATAR Notes Lectures, with sessions delivered by high-achieving graduates.

Students can enrol for as many lecture subjects as they like, but must register in order to gain access to the live lecture stream.

Parade students are encouraged to take every advantage they can and these lectures look like an ideal opportunity to get that valuable edge in your studies.

More information is available at: https://atarnoteslectures.com/vic?mc_cid=f18ebdc7ba&mc_eid=da3c2ca3d5

Mr Paul Fahey
Dean of Learning Years 10 to 12

Parade College Beanies

College Beanies are available to purchase at Academy Uniforms Thomastown store, or from Reception at both Preston and Bundoora

The beanie is priced at \$25, with \$5 from each purchase being donated to Mackillop Family Services





Parade Sesquicentenary Micro Story

Have you ever wanted to try your hand at a micro story? A snapshot of an event or tiny story?

If yes, you are invited to submit your own original piece of writing to the Parade Sesquicentenary Micro Story Competition.

Parade College staff and students will find their MS competition entry forms in regular Bulletins (SIMON).

For adults in the Parade community who are linked to Parade or who are Old Paradians, competition details are below:

Email your entry to

literacygroup@parade.vic.edu.au

Entry Dates

From Friday 26 March to Friday 28 May, 2021

When you email, please give details of your name, contact email, and association/connection with Parade.

Competition Details

- Create an original micro story on Parade, or an aspect of life at Parade.
- Write 100-150 words - no more than 150 words including the title
- The piece will be independently-written by one person (you)
- Winners / runners up will be published, and by entering, you give your permission for publication on Parade platforms/communication, including your name.
- Judges' decision is final

The Parade micro story could be prose, a letter, diary page, verse poetry, poetry – any writing form, as long as it is original and independently constructed by the writer – you.

It could even include a line from the school song, school colours, a play on the word Parade...stories, memories about Houses/friends/sports/Parade life, history, or Parade now.

Prizes

Winner for each category

\$50 voucher (choice available)

Runners up for each category

\$20 voucher (choice available)

We look forward to receiving entries from our students' families, Old Paradians, and those with a link to Parade College!

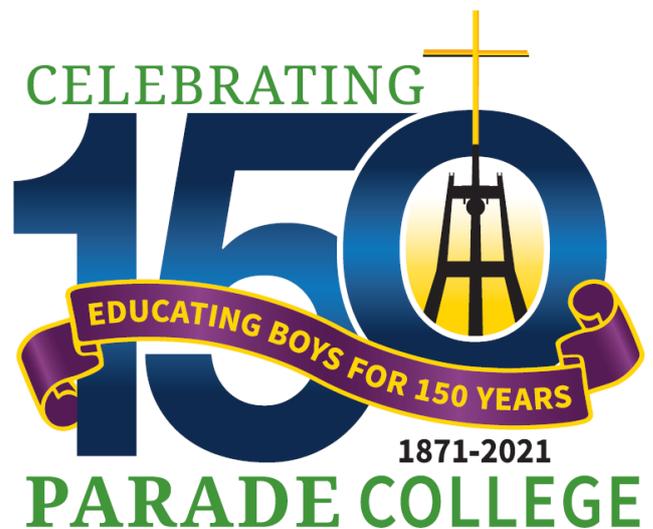
Remember, the entry sent to

literacygroup@parade.vic.edu.au is for the category: Adults (18 years and older).

We look forward to reading the many stories of Parade!

Mr David Moore

Literacy Leader





From the Assistant Principal - Student Wellbeing

Uniform

Just a reminder that at the start of Term 2 students will begin wearing their winter uniform. This will continue for Term 3 as well. Please see below the expectations for the winter uniform. We ask if there are any questions or concerns please contact your sons Tutor Teacher or House Leader/ Wellbeing Leader.

- Parade Blazer.
- Grey Trousers or grey dress shorts with belt loops – no elastic or drawstring waists.
- Black Belt – compulsory for Terms 2 and 3.
- Grey Socks; above the ankle – no ankle or “tennis” socks.
- Black, polishable, hard leather school shoes – no street shoes or urban wear, – no black runners, either canvas or leather.
- College Bag (Back Pack).
- White Shirt – long-sleeved, buttoned to the collar, business collar, tucked in.
- Parade Tie for Years 7 to 10, Senior Tie for Years 11 to 12.

Thank you for your support of your sons and of the College and I would like to take this opportunity to wish all families a very happy, restful and safe Easter break and we look forward to seeing all of our young men on the first day back next term.

Understanding Teen Boys’ Anger

In a previous *Newsletter* we shared thoughts from Michael Grose around the traits we should be developing in our young men. This *Newsletter* we continue to look at our theme of raising young men. We all experience anger and frustration and this manifests in a number of different ways however our young people and especially our young men sometimes do not know how to work through their feelings or even identify them.

This *Newsletter* we share an article from Maggie Dent that looks at the emotion of anger which our young men often struggle to control. As we face a society where male violence is on the rise this article looks at what causes anger in our

young men and what strategies we can use to assist them as they move into manhood.

Understanding Teen Boys’ Anger by Maggie Dent



Let’s be honest. We all get angry at times and that is because it is a normal human emotion — not bad, just normal.

When our precious sons and their mates begin crossing that long bridge to manhood, many can struggle more with anger. It is important to keep in mind that anger is not the problem — it is a symptom of a deeper problem or challenge. When we have a deeper understanding of the things that contribute to an escalation of anger, particularly spontaneous or irrational anger for our teen boys, we can better support them during this tumultuous, confusing time of their lives.

Given that any change triggers stress we need to be mindful that adolescence is a time of change on so many levels – physical, hormonal, cognitive, emotional, social and psychological. All teens experience heightened stress simply because of so much change!

The first thing to understand is that many of today’s teen boys have still been conditioned deeply by the ‘man box’. One of the key messages of the man box, is that real men don’t show vulnerable feelings and anger is an acceptable emotion for men to express. Another key message that is closely linked to this is that men must remain stoic and strong and “take it on the chin”.

Early adolescence sees a significant growth in the limbic brain, the emotional brain.

The impact on both our teen girls and boys, is that they feel things even more intensely than they did before puberty. This partly explains both the spontaneity and volatility of the anger that can occur.

Much of a teen's responses to their world and experiences are coming from the least developed part of the brain. The slowly developing pre-frontal lobe affects the ability of young adolescents to manage emotional states such as anger, frustration, fear, boredom, shame and feelings of worthlessness. Their way of thinking – if they are thinking at all – can often allow them to catastrophise rather than accurately assess the current situation. Self-talk especially of the inner critic also becomes louder once puberty has begun.

The teen brain and anger

It takes the development of the pre-frontal lobe in an individual's brain for them to have the capacity to make a different, more mature choice, although their automatic impulsive response will always be the most likely first choice. Many of us will know that when confronted by a threatening situation – and often this can be a perceived threat not a real threat – the primitive brain tends to respond automatically in one of three ways:

Flight – wanting to run away.

Freeze – suppressing emotions.

Fight – physical or verbal conflict.

The amygdala, which is like the threat centre of the brain, is larger in boys and with the emotional intensity amped up, it's easy to see why irrational anger can be linked to this automatic impulse to protect one's survival. When you add the surges of testosterone that flood through our tween/teen boys you can understand how things can get really volatile really quickly.

In the adolescent journey the biological need to belong becomes stronger and one of the reasons for many seemingly irrational outbursts of anger from our teen boys, is the perception that their belonging (particularly but not always, with a male group of friends) is threatened.

This can happen easily over a poorly received attempt at banter, or when physical connection like a punch or a shove goes badly, or when someone laughs at you. The embarrassment that follows often turns quickly into anger.

One example of this which I saw when I was teaching was a Year 9 boy who was 'dacked' (had his shorts pulled down from behind) by a mate in the school quadrangle. The crushing shame for the boy turned quickly into aggression and full-blown violence. It had been meant as a joke.

I have seen this happen many times and for some teen boys rather than fight with anger, they swallow the anger and it builds an enormous resentment towards the perpetrator. Much later that can come out as an even stronger rage.

Many teen boys will have been struggling with the forced changes that have come from COVID-19. Being prevented from school, sport or the freedom to catch up with mates in real time has no-doubt seen some huge outbursts of frustration and anger. While this is totally understandable, it can be difficult for parents to know what to do.

When the synaptic pruning takes place in early adolescence, it often increases forgetfulness, poor organisation and an inability to manage moods. Many boys can struggle with remembering things even before the brain does its pruning! So, for a teen boy who forgets his orthodontic appointment, accidentally leaves his backpack on the bus and loses his football boots – again, he can feel that there is something wrong with him.

When this happens frequently, and he seems to be endlessly getting into trouble for his forgetfulness and being disorganised, is it any wonder he is going to experience significant angry moments?

On top of that many boys lose the capacity to speak articulately and start the mumbling, "yep", "nup" or 'dunno.' This can trigger embarrassment for our boys especially when people make fun of it and well-meaning grown-ups tell them to open their mouths!

It's not his mouth that is the problem, it is the brain pruning that is the problem and he doesn't even know that it has happened!

Sleep debt is another contributor to the heightened tension in a teen boy's nervous system. Poor sleep especially, when it becomes chronic, is a major contributor towards an increase in anxiety, emotional outbursts, more aggressive behaviour and is a major factor in adolescent depression.

Hopefully by now you have a better understanding of how many of the adolescent changes are underneath why our teen boys often find their world frustrating and damn annoying.

How men and women process emotion differently

Michael Gurian writes about how males and females tend to process emotion differently in the brain. Females tend to quickly shift emotions from the brain's limbic system to the word centres of the brain, which means they're able to verbalise very quickly when they are upset.

It is quite different for our boys and indeed many men. Gurian writes that males tend to move emotions very quickly from their brains into their bodies. So often boys at any age when they're really upset will kick or hit or shove or run away. They often need to physically discharge the excess cortisol and this needs to be respected and understood. This can partly explain the vigorous physicality that can occur when a boy becomes overwhelmed with anger.

As I write in my forthcoming book:

“Emotions can also continue to exist within our nervous system long after an event that has triggered them. Anyone who has lost a loved one will know that grief and sadness, and sometimes anger, can last a very long time. Many boys are carrying deep shame from their early childhood that just keeps festering in their nervous system. Blocked, stuck or repressed emotions can stay buried in our nervous system and sometimes this can be problematic for individuals in adolescence and adulthood.” — Maggie Dent, *From Boys to Men* (2020)

Sadly, there is a lot of anger in adolescence especially for those boys who have been conditioned to perceive that anger is OK – and feeling sad or frightened is not. Many boys damage relationships with explosive angry outbursts and many struggle to repair those relationships. Often, following such outbursts our teen boys then have a tendency to attack themselves, inwardly. This creates even more emotional tension and angst that increases the likelihood of a teen boy reaching his tipping point even sooner.

Feeling like a failure or feeling excluded triggers big, ugly feelings that can often drown a boy, and often he responds by becoming angry and then he expresses that through aggression. The increasing numbers of boys being suspended and expelled in our high schools is problematic.

Over the many years I have worked with teen boys, I have noticed that some anger is a cover for significant anxiety and their way of managing heightened levels of stress. For other teen boys, anger has definitely covered deep grief, loneliness and a damaged sense of pride. Anger can hide and mask so many things, which is why it needs to be seen as a symptom rather than the core problem.

Toddlers on steroids

Toddlers are well-known for their tantrums and meltdowns and it is well-accepted that these are developmentally appropriate. In a way, we need to reframe how we see teen boys' anger because it is also developmentally appropriate given the unique changes that are happening for them on so many levels.

In a way, teens can be seen as toddlers on steroids because they are bigger and louder!

It is important to remember that no matter how nonsensical and frustrating our teen's feelings may seem to us, they are real and important to our teen and discharging emotions safely, especially anger, can be helpful to our teen boys.

Shutting it down and making it wrong can simply make it worse later. Even worse is when parents get angry at their teen boys being angry!

Many parents want their teen son to stop being angry because they see the anger as the problem. The parent does not understand that anger is a response, and is often a reaction to feeling rejected, disappointed, confused, scared, unloved, misunderstood, disconnected, full of grief, sad, ugly, embarrassed, ashamed, useless, powerless or out of control.

We need to keep in mind that most boys have been conditioned to believe that anger is an acceptable warrior emotion – it is a 'manly emotion'.

So, keep in mind the metaphor of an iceberg – and know that under the anger you may be witnessing – will be so many other emotions plus anxiety.

Helping our teen boys manage their anger

There is no question that the most significant balm for our tween/teen boys is knowing they are loved, valued and

respected by the people who matter most to them.

Relationships – especially ones that can hold a place of unconditional love for our boys, during this incredibly emotionally volatile window of their lives – are the secret to helping them feel safe in their confusing world. This window does not last forever, just a few years, however it can seem like a very long time.

It can be helpful to have a conversation with a teen boy about what can work for him in defusing anger when he is not angry or upset. Never try to talk to him when he is dysregulated!

We need to talk to our tween and teen boys about strategies to safely physically discharge enormous emotional distress. To be honest any significant physical activity, especially if it gets their heart rate up quite high, will help them stay calmer throughout the day.

Today's teen boys living in this digital world have much higher levels of passivity than previous generations of teen boys. Indeed, some gaming behaviour is quite obviously increasing our boys' emotional intensity and anger, especially when their parents want to implement more healthy boundaries around their digital world! Techno tantrums for teen boys is a relatively new phenomenon.

Here are a few ideas and activities for your son to manage anger and process excess cortisol:

- using a boxing bag at home
- running, climbing, skating, swimming, surfing, sport
- taking a walk in nature, fishing
- spending time with the family dog
- listening to or playing music
- cooking
- hanging out with friends
- practising mindfulness (there are so many great apps to help!)
- learning some breathing exercises, such as the 4-2-4 breathing pattern
- spending alone time in their bedrooms without being interrupted.

NB: Just jumping into gaming will distract a tween/teen boy BUT his energy is likely to escalate and he could reach his tipping point even quicker very soon after – often over something tiny.

Frustration is not anger

We need to help our boys understand that feeling frustrated or upset because you can't do what you want, or have something you desire is normal. Often boys feel frustrated when they feel misunderstood. Sometimes they get frustrated when a task they've set themselves is harder than they originally thought. Or perhaps they have not been given an opportunity to do something the way they want – so they feel a lack of autonomy and independence. Frustration can quickly become anger and we need to help boys work out how to manage these big ugly emotions without hurting themselves, others or the world around them.

When they do make a poor choice, rather than correcting them through shouting, shaming or punishing our boys, we can break the cycle of just further fuelling more shame and anger by instead guiding them through loving connection, quiet coaching and teaching them accountability. Again, it's important for any coaching and talk of consequences to be done AFTER everything has calmed down.

If your teen boys' anger becomes a real worry or you have concerns that his moods may be beyond the normal ups and downs of adolescence, please consider seeking support.

Hopefully by now you may have a better understanding of some of the things that contribute to our boys and the inability to manage their anger. It can be really helpful for them to understand the unique changes that are happening to them as well. Many times, when I was working with adolescents there was a palpable sense of relief when a room full of teen boys realised that many of the things that were contributing to their confusion, were things they had little control over and they were happening to all their mates as well.

Try not to take your son's anger personally as it is more about him than you. Please find some compassion for young, often confused lads as they certainly need it during especially the early part of crossing that long bridge to manhood.

For the full article or others in the series please go to: <https://www.maggiedent.com/blog/understanding-teen-boys-anger/>

Maggie Dent is an author, educator, and parenting and resilience specialist with a particular interest in the early years and adolescence. Commonly known as the “queen of common sense” she is also an undisputed ‘boy champion’.

Maggie’s experience includes teaching, counselling, and working in palliative care/funeral services and suicide prevention. She is an advocate for the healthy, common-sense raising of children in order to strengthen families and communities. She is a passionate, positive voice for children of all ages.

Maggie is the author of seven major books, plus several e-books and other resources for parents, adolescents, teachers and early childhood educators, and others who are interested in quietly improving their lives. She is the mother of four sons and a very grateful grandmother.

Ms Sarah Pyle
Assistant Principal - Student Wellbeing



From the Registrar

Parent Contact Details

Parents are reminded that it is vital for the College to have up-to-date personal details for parents, guardians and emergency contacts. Please take a moment to visit your PAM profile and if any contact detail (emails, phone, address) requires revising, despite your changes to PAM being successfully undertaken, it is important that an email be sent to registrar@parade.vic.edu.au alerting to the change request.

The Registrar’s office will then ensure the main College database is updated.

Future Students

Applications are now being accepted for all levels 2022 and beyond, with Year 7 2023 enrolments closing Friday 20 August 2021.

It is important to note that if you are a family with younger sibling in Year 5 2021 intending to commence Year 7 in 2023, it is a requirement that an application be submitted in accordance to the enrolment process and within the key dates.

To obtain an enrolment application please contact the Registrar office direct on 9468-3304 or email registrar@parade.vic.edu.au, alternatively you can download the application enrolment direct from the Parade webpage https://www.parade.vic.edu.au/Enrolment_Process.aspx

Academy Uniforms

The uniform shop on each campus will reopened in Term 2 with store trade hours as follows:

Preston

Tuesday 10:30am to 11.00am

Bundoora

Tuesday 12:30pm to 2.00pm

Friday 8.00am to 9.00am

The Thomastown store is also open with normal trading hours. Of course, if you prefer, orders continue to be accepted online.

Photo Orders

We are expecting receipt of Student Photo Orders in week 2 of Term 2 to be then distributed during their Tutor Group.

To prevent damage to images, there will be no offer to mail out photos.

Mrs Roslyn Tabacco
Registrar





Community Action Report

St Alban's Tutoring Program

The St Albans Tutoring Program has been a longstanding opportunity to ask students to give back and to learn in return. Through Term 1 a number of students have taken up this opportunity and have enjoyed the experience.

Students from Year 9 to 12 are encouraged to participate. The program runs every Monday afternoon. Students and staff travel to St Albans at 3.15pm and return to the College at approximately 5.45pm.

Students can get more information at any recess or lunch time from the Community Action Centre.

My experience at the St Alban's Tutoring Program



St Albans Tutoring is a great program. It's great to go to St Albans Community Centre each week and see the kids and build a friendship with them.

Since I started it's been fun, not only for me but the kids I tutor also. It's rewarding to have a laugh with them and check on how they've been doing, whilst helping them complete their homework, giving them advice and making sure they enjoy learning and are okay.

St Albans tutoring is more than about 'helping with homework' in my opinion, I've realised it's about building a rapport with the kids and realising that the hour and a half we spend there is about making sure that the kids we work with can always leave each tutoring session with a smile on their face after a fun time playing table soccer or even Uno, the same way we leave the session smiling hoping we've made their day even a little bit better.

Edward Christou, Year 12 H03

The Parade Shared Table Initiative

After a long hiatus due to last year's COVID restrictions we were once again able to open our Shared Table to the community this term.

On Wednesday 24 March the second Parade Shared Table Dinner was held when we hosted residents and staff from Ruckers Hill Aged Care Facility, Northcote.

This collaboration between VET Hospitality and Community Action sees students working together to welcome and host community groups at the College.

The hospitality students, under the guidance of Christine McAllister, cooked a delicious three course meal. Matthew Warke (Yr10 H05), and Julian Raic (Yr9 L11) volunteered as hosts and made our diners feel very welcome. The residents enjoyed chatting with Matthew and Julian over dinner and learning more about their lives as Parade students.

By the end of the evening our guests left with full stomachs, big smiles and rated their experience as five star!

My experience at the Shared Table Dinner



Being a part of the Shared Table Dinner was an amazing experience and gave me the opportunity to meet and have great conversations with seven members from Ruckers Hill Aged Care. We ate amazing food prepared by Parade's VET Hospitality students, which gave them the chance to practice their amazing cooking skills.

Our elderly guests were keen to share stories about when they were young and would have really loved to stay all night and chat.

I recommend the experience to other Year 10 students who might be looking for an opportunity to earn Service Learning volunteer hours.

Matthew Warke, Year 10 H05

The Bluestone Café

The Bluestone Café is a space at Parade where students and teachers can buy a latte or cappuccino or a hot chocolate before school and at recess.

My experience at the Shared Table Dinner



The Café is a Community Action initiative and it is very popular, especially with the Parade staff. I volunteer at the café making coffee and hot chocolates, and as well as learning how to be the perfect Barista, I really enjoy the social aspect. I enjoy chatting with the customers and learning how they like their coffee.

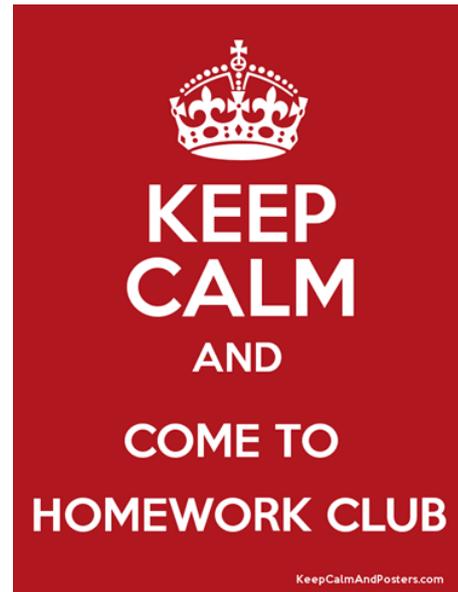
The freshly brewed coffee is a favourite amongst the teachers and the hot chocolate is most student's preferred drink of choice. We are responsible for setting up the café each morning and for looking after our coffee machine. We encourage the use of reusable cups and we are looking at ways to be more sustainable in our service.

A number of students volunteer each day and we have been learning how to make the perfect cup. Early next term we will receive accredited training in 'Preparing and serving espresso coffee' and in 'Use hygiene practices for food safety'. We are all excited to start our training so that we can improve our barista skills and make the perfect cup.

Julian Raic, Year 9 L11

If any student would like to get involved in these programs, or find out what other programs we offer, they can come to the Community Action Centre during recess or lunchtime.

Ms Anne-Marie Morello
Community Action Convenor



Tuesdays and Wednesdays
at the Resource Centres
3.15pm to 4.30pm

Delivery of Messages and Unplanned Departure of Students

Parents and Guardians are reminded that timely delivery of messages and/or personal items is not possible due to constant student movement in a Secondary School.

Whilst every reasonable attempt will be made to deliver ***important messages only***, parents are advised that we cannot guarantee timely delivery.

Parents/Guardians arriving unexpectedly requesting to collect students for urgent appointments may face a delay of up to 45 minutes. Please ensure you allow sufficient time prior to the appointment.



Preston Campus welcomes the return of the Cast and Crew of 'How to Stay Married'

It was 'lights, camera, action!' at Preston Campus last week for filming of the third series of 'How to Stay Married'.

Our students had the opportunity to see the work involved in the film industry and the different types of work required in the creation of episodes.

Two Year 9 students Andrew Vimba and Zane Di Natale (*both pictured to the right*), were fortunate to be able to follow behind the scenes and speak with some of the staff involved in producing the show.

Andrew Vimba commented, 'It was interesting to see how many takes it needs to get one scene right with different camera angles.' Andrew says he particularly enjoyed being with the production crew and listening to the audio for the set up of scenes.

The crew were very complimentary on the respectful behaviour and generosity of our students as filming of 'St Priscilla's College' took place in locker areas, Reception and in the yard.

Some of our boys enquired if a walk on part was possible for any scenes if students were needed!

We all learned that an enormous amount of preparation and skill goes into making the final product, that a scene lasting seconds can take much more time to produce and patience is definitely required!

The location fee for the production is being donated to a refuge supporting women who have been involved in domestic violence.

Mrs Sally Ryan
Director of Preston Campus



*Behind the scenes of H2SM
above, Zane Di Natale, and below, Andrew Vimba*





Open Day at Preston Campus

There really were four seasons of Melbourne weather on show throughout Open Day! The rain did not deter the fine efforts of both students and staff, as they highlighted the array of learning opportunities offered through Parade's curriculum and extra-curricular activities.

The Dowling Centre - our new strength and conditioning facility - was on display to guests for the very first time. Both staff and students from the College's Sport Institute program were actively demonstrating all that the program has to offer - a great facility available to be enjoyed by all on campus.

Author and Illustrator Andrew Plant was inspiring, sharing his passion for literacy and picture books with students and guests. Andrew generously shared insights into his artwork, giving tips to student on how to get started with their own creative writing. During term two, Andrew will be presenting workshops for our ExperienceParade@Preston program, extending future student's skills in writing and illustrating. This ongoing program invites primary school students to get a glimpse of what secondary school life is like with various activities on offer.

There was a great buzz as our visitors were taken on a tour around the campus, seeing the various displays and demonstrations of our Preston campus in action. It was rewarding to see how our students, at all year levels, worked together to provide an insight into the dynamic learning environment Parade has to offer.

The mix of rain and sunshine so far this year has been great for both the Indigenous and vegetable gardens. These ongoing student-led projects continue to grow and flourish each year at Preston. Some artwork has been added to the Indigenous garden at the front of the campus and another design is currently in production. The vegetable garden has been in need of a reticulation system and Open Day was the perfect opportunity for this to be set up by our students. We have already started to indulge in some of the fresh



Above: Year 7 students working out in the new Dowling Centre - Jonathan Watt T20, Sathwik Vaithyanathan L20, Cooper McCreery B21 and Thomas Horton H2



Above: Practicing drawing skills in the CCLC - Orlando Pettinella Yr7 T20, Logan Eyles Yr9 L21, and Ryan Kulasooriya Yr7 H20

produce the garden has produced and look forward to the produce that is still to grow.

Many thanks to the Parade staff, parents, and students who helped in so many different ways to help create a fantastic atmosphere on Open Day.

Ms Scarlett Faulkner
Convenor of Curriculum - Preston Campus



Careers @ Parade

Year 10 Mock Interviews

Two hundred and ninety Year 10 students took part in the Mock Interviews event on Thursday 18 March as part of the Careers program at Bundoora. This event provided students with a valuable educational experience that they will be able to successfully apply to their life outside of when school when applying for part time work or jobs in the future. In the lead up to the event, students prepared a Cover Letter and Resume and participated in interview skills role plays. They were then able to apply their knowledge and skills to a real-life job interview experience. The feedback from both students and interviewers was extremely positive and our students were commended for their preparation and overall professional demeanour.

I would like to express my gratitude to the twenty-five interviewers who generously offered their time to conduct the Mock interviews and support our students. Their contribution is valued and greatly appreciated.

Year 9 Morrisby Online Career Assessment

In 2019, the Victorian Government introduced a suite of new initiatives to transform career education in schools. The aim of these was to allow students to have the skills and capabilities to navigate multiple careers and meet the challenges of the rapidly changing world of work. Supporting young people through the process of choosing study options and a future career is not an easy task. Some teenagers have a set idea of what they want to do after school, but it is also very common for them to feel unsure of what the future holds and lack direction.

In line with these government initiatives, all Year 9 students at both Bundoora and Preston Campuses will be completing the Morrisby Online Career Assessment on Wednesday 12 May 2021. It is important to stress that this is not a test – there is no pass or fail, but rather a series of interactive activities where students explore their strengths and career interests. The Morrisby Online Career Assessment will provide students and families with a detailed report which will then be used to inform the subject selection process and



Year 10 students David Tomaino B08 and Sebastian Cannizzaro H05 participating in a Mock Interview role play in preparation for the Mock Interviews

provide valuable information for the exploration of future career options.

The Morrisby online assessment is an integral part of the career development journey of Parade College students and strengthens the partnership between students, families and the school in Careers and Pathways. Students undertake the assessment in Year 9 but will be able to log in again and complete elements of the assessment throughout Years 11 and 12, as well as after they finish school. Parade College purchases a lifetime login for each student and this demonstrates our commitment to lifelong career development support for our students.

Year 12 Tertiary Applications

The Careers team has begun meeting with Year 12 students to discuss tertiary study options for 2022. The following key dates have been published by VTAC:

Applications open for Courses, SEAS and Scholarships

Monday 2 August 2021

Timely Course Applications close

Thursday 30 September 2021

SEAS and Scholarships Applications close

Friday 8 October 2021

Ms Vivian Sipsas
Careers Convenor



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HEAD OF FOOTBALL

DION CIAVOLA (0435 966 957)

PRESIDENT

CHRIS BIBBY (0422 522 382)



From the Director of Music

As we reach the end of Term One in the Music Department, we would like to thank all students and parents for their hard work and support during a very busy start to the year. It is wonderful to hear the music studios full of sound and life once again.

Open Day

I would like to thank the Instrumental Music Staff and students from a variety of College ensembles, including the Concert Band, Big Band, Saxophone Ensemble, Drumline and Rock Band, as well as the Preston music students and Piano students for sharing their music with us at Open Day.

I also extend my heartfelt thanks to the parents and guardians who braced the wet weather and joined us to support their sons during their first live performance in well over a year.



Top row: Liam Baird Yr7 B12, Nandun Fernando Yr10 T20, Nathan Reddick Yr 7 B17. Front row: Julian Alonso Yr7 B11, Francis Cooray Yr7 B18, Blake Turnbull Yr7 T18

You can find some footage from this event at our new [Music Website](#) along with other videos and information about the Music Department, including our newest members of the College Drumline.

Autumn Music Concert

We are now busily preparing for the Autumn Music Concert to be held on Tuesday 27 April at 7.00pm in the Rivergum Theatre. This will be our first live in person concert since our Carols concert at the end of 2019, so we are very excited to be back on stage once more.



Due to popular demand we have reached capacity in the Rivergum Theatre for the Autumn Music Concert, there is a waitlist available through the Trybooking link for families to register their interest - <https://www.trybooking.com/BPSZY>

We request that if families no longer require their booking or are able to release some tickets so that other families may attend, please contact us at music@parade.vic.edu.au

Due to the latest easing of COVID-19 restrictions from the Victorian Government, patrons will no longer be required to wear a mask for the duration of the performance. However, patrons are welcome to do so if they wish and physical distancing is still strongly recommended. Parents and guardians of students who are performing on the night should have received an email with all required information. It promises to be a wonderful night to celebrate the musical talent of our students at Parade College and to come together in person as a Music community for the first time in over a year.

We look forward to seeing you there!

Battle of the Bands

Battle of the Bands is back in 2021 and is going to be bigger and better than ever!

An information session was recently held for all interested students containing all required information about the competition and how to sign up. Any students who were unable to attend, or have any further questions about the competition, are asked to email music@parade.vic.edu.au or speak with Mr Linton, Ms Calia or any other member of the Music staff.

In the meantime, we ask all families to save the date - Monday 24 May at 7.00pm in the Rivergum Theatre - for this special event.

Meet the Teacher

Richard Linton

Richard has over fourteen years of experience teaching both in a classroom and instrumental music setting. Primarily a trumpet player, he has been an active member of the music scene for over twenty years, having performed in live theatre, television, recording sessions, corporate events in Melbourne and abroad as well as numerous jazz and Latin-American ensembles.



As well as his performing commitments, Richard composes and arranges music extensively. He has a number of works published by Brolga Music Publishing and completed the arrangements for the upcoming Adelaide Fringe Festival show *'Billie and the Outback Dinosaurs'* written by Tim Fergusen and Craig Thompson.

Ensemble Attendance and Rehearsal Etiquette

As part of the terms and conditions of your son's enrolment in the Instrumental Music Program, he is required to participate in one of the many College ensembles.

Students are allocated to an ensemble based on their instrument, the length of time they have been playing and other factors such as student ensemble numbers, instrumentation requirements and rehearsal days and times.

All of the College ensembles rehearse during school time, with the sole exception of Big Band which rehearses after school on Tuesdays.

Ensemble participation is an important part of your son's musical education as it teaches him valuable group playing skills, which in turn assists his overall development as a musician. It provides him with an opportunity to work towards performing with other musicians, making new friends, and developing new skills often not taught in an individual music lesson.

In order for the ensemble to be successful, it is important that students attend their weekly ensemble rehearsals much like they would commit to their sports training and matches. Much like a sports team, we work toward a common goal and when members of the team simply don't attend it makes it difficult to achieve that and is unfair to the ensemble director and other members of the team who attend regularly.

Students and parents are sent non-attendance emails when students do not attend lessons or rehearsals and are asked as a matter of courtesy to reply to the email with a reason for the absence. We would like students to be accountable for their attendance, and for parents to encourage and support us and your son in this.

The College is often asked to provide musicians at events such as assemblies, ACC events, Open Day and our very exciting 150th Anniversary performance to be held at Hamer Hall later this year and we pride ourselves on being able to provide a high standard of music. However, this high standard only comes with hard work and commitment from everyone involved.

If you have any questions about ensemble requirements and attendance, please contact the Music Department via email at music@parade.vic.edu.au or your son's instrumental teacher.

All students are welcome to join an ensemble (even if you are not enrolled in lessons) and you can find out more by visiting the Music website [here](#).

Ms Melissa Calia
Director of Music



Parents of Parade (POP)

Parade Open Day

A very big thankyou to the merry band of helpers who mixed, kneaded and cooked up over 560 scones, for visiting families to sample on our open day, at both Preston and Bundoora Campuses. We had a fantastic group of thirteen parents who volunteered their Saturday morning, many of whom made scones for the very first time! We all had a fun morning meeting new parents and getting to know each other and celebrating our efforts with a scrumptious morning tea.



A number of those parents then volunteered again, along with many other new parents on Sunday at Open Day, to help warm up and jam and cream the scones and or BBQ the 1000 sausages. It was a fantastic effort by all our parent helpers and very much appreciated, albeit a little different, due to COVID regulations. Across both days, thirty-five helpers from both Preston and Bundoora Campuses, came together to make it a special memorable event. Thank you for your kind contribution.

Thank you also to Maria (a Parade mum,) from Maria D's Traditional Jams and Preserves in Brunswick, who generously donated the delicious strawberry jam for our scones on Open Day.



Our Scone Recipe – for those who would like to try them at home:

4 cups SR Flour
300 ml Cream
1 cup Lemonade

Sift flour into a bowl, pour in cream and lemonade. Mix with a flat bladed knife until mixture forms a soft dough. Turn out onto a floured surface and knead lightly. Pat dough into a 2cm thick round. Use a round cutter to cut out scones. Place on a paper lined baking tray and bake at 180C, 12 to 15 minutes. Good Luck!!

Upcoming Events - 2021 Mega Raffle

Please keep your eye out for our Mega Fundraising Raffle, where you could win your child's school fees for 2022! More details of how you can purchase tickets, will be available after Easter.

POP Meeting - Wednesday 31 March @ 7.30pm

Our next meeting for 2021 will be held tonight, Wednesday 31 March, via Zoom at 7.30pm, which should make it easier for parents to attend. If you wish to join us, please email me at pop@parade.vic.au to share the link.

New parents are always welcome at our monthly meetings. Our goal is to develop strong partnerships with 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. It is also a fantastic way to meet other parents and make new and lasting friendships.

We wish all families a happy and safe Easter. Enjoy your break.

Flavio Cosmelli

President - Parents of Parade

0452 626 867

pop@parade.vic.edu.au

TOGETHER!
WE CAN DO GREAT THINGS!



From The Old Paradians

Old Paradians Give Back to Parade's Year 10s

A group of Old Paradians have returned to the Bundoora Campus to offer their knowledge and expertise in simulated employment interviews with current Year 10 students.

Dino Rebellato (1978) and Andrew Bennett (2000) were amongst the 25 interviewers of 302 students in 10-minute blocks in the Greening Auditorium. Dino is pictured here in the auditorium with Parade's Systems Accountant Krishnantham Rajendran, who was also involved.



"The most important thing I told students who had braces on their teeth is that their parents have invested a lot of money in a great smile . . . so pay back that investment," said Dino, now semi-retired after a 40-year career in financial services.

"First impressions, whether in mock interviews or in the service industry, are absolutely important. The people interviewed must create that first impression and that comes with a bright, smiling face."

Dino, whose older brother Ennio (1977) and sons Daniel (2012) and Adrian Rebellato (2015) are all Old Paradians, recalled being first interviewed for an employment position "and I suspect I botched every interview in which I was part until I got enough experience to realise there were other ways of doing it."



"So I was quite happy to provide my experience to the boys," Dino said, "and I try to give back where I can . . . it makes for a better world hopefully."

Andrew Bennett, a Principal Consultant – Technical and Operations for Veritas Recruitment, backed up Dino's observation regarding first impressions.

"My advice to all students being interviewed for future employment is that you need to stand out," said Andrew, pictured above at the auditorium with Parade College Deputy Principal Mark Aiello.

"Regardless of the job, and whether it's your first ever role or otherwise, wear a suit and tie. You can always underdress, but never overdress.

"Always have a copy of you CV and make sure it's clear and not overloaded - and make sure you prepare for the interview. As much as you're being interviewed you want to know more about the organization you want to work for."



In closing, Andrew commended the College and its Careers Coordinator Vivian Sipsas. As he said: "I was impressed with the quality of the students and the (College's) overall investment in the actual process . . . the students were well-prepared".

Vivian acknowledged that the feedback from both the interviewers and interviewees was positive.

"The mock interviews provide our students with the opportunity to write a cover letter, create a resumé and participate in an interview in a safe and secure learning environment," Vivian said.

"The interviews provide students with an authentic experience that they can then apply to their lives outside of the school."

Those Old Paradians involved in the interview process were Yin Van Beek (2020), Andrew Bennett (2000), Ray Bongiorno (1971), Rylie Cadd (2019), Peter Hudson (1970), Ben Major (2020), Nick O'Kearney (2014), Chris McCue (1994), Jack Nicolo (2020), Dino Rebellato (1978) and Che Watson (2019) (*Che, Ryle and Yin are pictured on the opposite page, bottom left*).

Mr Tony De Bolfo

Old Paradians' Association CEO



Do all the good you can, by all the means you can,
in all the ways you can, in all the places you can,
at all the times you can, for all the people you can,
as long as you ever can.

BUSINESS DIRECTORY

Connecting The Parade Community
in Business and Trade



Old Paradians Business Network
www.oldparadians.com.au/directory



ST Margaret Mary's Primary

2021 OPEN DAYS

Thursday 18th March 9-11am & 4-6pm

Thursday 29th April 9-11am

Thursday 3rd June 9-11am

47-49 Mitchell St, Brunswick North
Ph: (03) 9383 6699

www.smmbrunswicknth.catholic.edu.au



Calendar

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

31 March	* ACC Swimming Carnival, MSAC * POP Committee Meeting * Ministry Retreat #6
1 April	* Holy Thursday * Ministry Retreat #6 * Term 1 Concludes * School Dental Program Concludes
2 April	* Good Friday
3 April	* Easter Saturday
4 April	* Easter Sunday * Daylight Savings Ends
5 April	* Easter Monday
12 April	* Board Meeting
14 April	* OPA Luncheon * 1970 Reunion
19 April	* Term 2 Commences * Year 7 Elective Changeover * OPA Executive Meeting
20 April	* Year 9/10 Sport * Homework Club
21 April	* Student Progress Interviews 3 * Senior Sport Round 1 * Homework Club * Bedford Madden Shield @ St Bernards College
22 April	* Year 7/8 Sport
23 April	* Year 11 Anzac Day Wreath Laying Service * Class of 1990/91 Reunion * Strategic Planning Committee Meeting
25 April	* Anzac Day
26 April	Finance Committee Meeting

27 April	* Year 9/10 Sport * ACC Intermediate Badminton Tournament @ MSAC * Preston Family Tour * Autumn Music Concert 7pm Rivergum Theatre
28 April	* Ministry Retreat #7 * Bundoora Family Tour * Bundoora Year 7 Immunisations * Senior Sport * ACC Veterans Round * Veterans 1970 50+ Year Luncheon * Senior Badminton Tournament @ MSAC * Shared Table Dinner
29 April	* Ministry Retreat #7 * Year 7/8 Sport * ACC Junior Badminton Tournament @ MSAC
30 April	* College Assembly

**NATIVE PLANT
& BOOK SALE**

24th April 10am - 4pm

**Eltham Community & Reception
Centre
801 Main Road, Eltham**

Organised by Australian Plants Society Yarra Yarra Group
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