



Important Dates

Parish & College
 Mass

Wednesday 1 March 2023

Swimming Carnival -
 Adelaide Aquatic
 Centre

Friday 3 March 2023

Year 7 LifeChanger
 Workshop

Friday 3 March 2023

Year 9 LifeChange
 Workshop

Friday 3 March 2023

Student Free Day

Friday 10 March 2023

Adelaide Cup Public
 Holiday

Monday 13 March 2023

College Athletics
 Carnival

Friday 17 March 2023

College Board
 Nomination Close

Friday 17 March 2023

Harmony Day

Tuesday 21 March 2023

Athletics Carnival -
 Bridgestone
 Athletics Centre
 Salisbury

Monday 27 March 2023

Parent/Student/Home
 Group Teacher
 Conversations

Wednesday 29 March 2023

College Board -
 Annual General
 Meeting

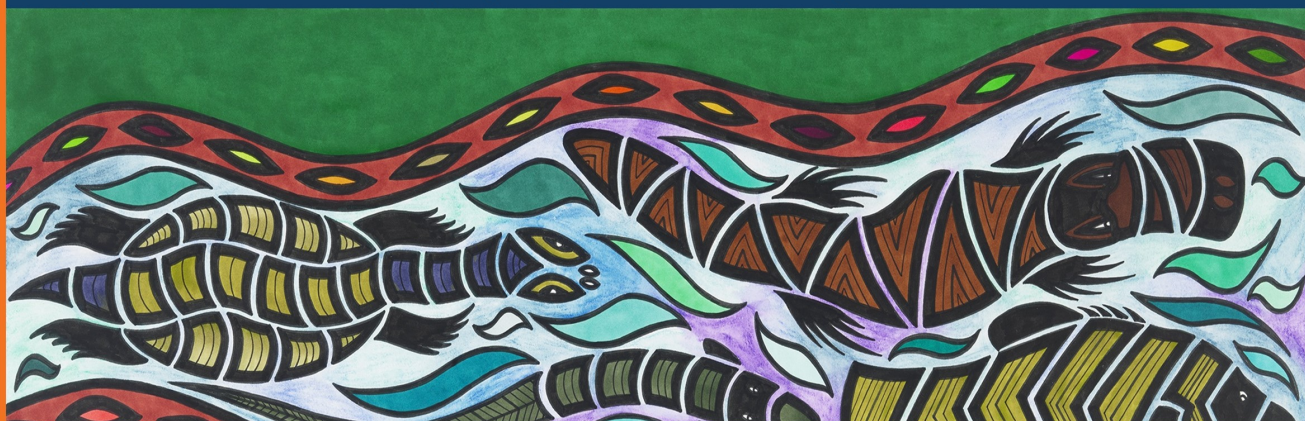
Wednesday 29 March 2023

REMEMBER If you are reading this newsletter from your email don't forget to click 'read more' to expand your view and access all of our feature photos!

Acknowledgment of Country

Acknowledgement of Country

We acknowledge that we meet today on Meru Country, and recognise the Erawirung and Ngintait peoples as the Traditional Custodians of this land. We recognise their continuing connection to the earth and waters, and thank them for protecting this land and its ecosystems since time immemorial. We pay our respects to Elders past, present, and emerging and extend that respect to all First Nation peoples present here today.



From the Principal

Ash Wednesday

The Season of Lent begins on Ash Wednesday, 22 February. Ash Wednesday is a time for us to think about our lives and try to make changes for the better. Lent is a time for spiritual reflection and growth, during which Catholics are encouraged to focus on the themes of prayer, fasting and almsgiving. Students participated in an Ash Wednesday liturgy led by Miss Camporeale's Year 7 RE class. During the liturgy, students received ashes on their foreheads in the shape of a cross. We believe that participating in these liturgies is a meaningful way for them to begin the Lenten season.

Ash Wednesday Gospel Reading: Matthew 6:1-6, 16-18

Jesus said to his disciples 'Be careful not to parade your good deeds before people to attract their notice; by doing this you will lose all reward from your Father in heaven. So, when you give alms, do not have it trumpeted before you; this is what the hypocrites do in the synagogues and in the streets to win people's admiration. I tell you solemnly, they have had their reward. But when you give alms, your left hand must not know what your right is doing; your almsgiving must be secret, and your Father who sees all that is done in secret will reward you.

And when you pray, do not imitate the hypocrites: they love to say their prayers standing up in the synagogues and at the street corners

for people to see them. I tell you solemnly, they have had their reward. But when you pray, go to your private room and, when you have shut your door, pray to your Father who is in that secret place, and our God who sees all that is done in secret will reward you.

'When you fast do not put on a gloomy look as the hypocrites do: they pull long faces to let people know they are fasting. I tell you solemnly, they have had their reward. But when you fast, put oil on your head and wash your face, so that no one will know you are fasting except your Father who sees all that is done in secret; and your Father who sees all that is done in secret will reward you.'

On Ash Wednesday, the ashes used were made from branches once used in praise and celebration after Jesus' triumphal entry into Jerusalem. We are reminded also that another crowd later gathered and called for his death on a cross.

Ashes on our foreheads mark the beginning of our journey through Lent. Unlike Palm Sunday's loud and more visible signs of celebration, Ash Wednesday leads us into a quieter time of reflection. It's a time to think about Jesus' life and suffering and the ways he continually showed compassion and forgiveness to those around him, even those who treated him badly. It's also a time to think about our own lives and the ways we need to seek and share compassion and forgiveness with others too.

Fasting, almsgiving and prayer can help us do this. As Jesus says in the Ash Wednesday Gospel reading, they're things to be done quietly, not for show or personal gain but out of a heart that wants to love God and care for others.

Growing our Gifts Together During Lent and Project Compassion

Compassion is contagious and creates a ripple effect of kindness and prosperity. During Lent I encourage students to focus on the gifts they can offer others and as such, to be the pebble that enables Caritas Australia to create the ripples that will improve the livelihoods of vulnerable communities in our global community, supporting them to flourish and create opportunities for future generations to live to their full potential and thrive. Supporting Project Compassion is a way we can proclaim the faith that is in our hearts and help our brothers and sisters in need by sharing the gifts we ourselves possess. During Lent, we are invited to take up the call to fast, pray and give alms - in solidarity as a global community. Put simply, our commitment to marginalised people is a direct response to the Christian call to 'act justly, love mercifully, and walk humbly with our God'

School Board Family Night

Thank you to the parents, students and College staff who attended our School Board Family Night on Saturday February 18th. It was terrific to see families from across the Riverland socialising, and new connections being made between students and families.

There is a great deal of evidence supporting educational outcomes for students and the level of parent engagement to the school, and their child's learning.

This year we will continue to build on opportunities for parents and families to engage with their child's learning, and to the broader school community.

Annual General Meeting

The next School Board Meeting, will be the Annual General Meeting, held on Wednesday March 29th, starting at 7pm in the Collaboration Centre (Year 7 – 9 teaching building). While our current School Board members are entering into their second year of the set two-year term, there are openings for positions if there are parents interested in nominating to be an elected member.

If you would like to nominate for a position as an elected member on the School Board, please contact Claire Smith (Board Secretary) at the College on 8595 4500. Nominations close on Friday March 17th.

Nathan Hayes, Principal

Leader of Learning

NAPLAN

The National Assessment Program - Literacy and Numeracy (NAPLAN) 2023 for Years 7 and 9 students will be held this term between 15 and 21 March 2023. NAPLAN tests assess student knowledge and skills in writing, reading, language conventions (spelling, grammar and punctuation) and numeracy.

The results of the test provide information for students, parents, teachers and principals which can be used to improve student achievement.

In preparation for NAPLAN, our school will participate in practice tests on the 28 February. This practice test will be a trial run and is a key preparation activity for NAPLAN in March. It is not an assessment of student ability, and the tests are not marked.

Excessive preparation for NAPLAN is not recommended. Students can use the public demonstration site to familiarise themselves with the types of questions and tools available in NAPLAN.

<https://www.nap.edu.au/online-assessment/public-demonstration-site>

Participation by all students is expected; however, in certain circumstances students may be withdrawn from the testing program by their parent/carer. This is a matter for consideration by parents and carers in consultation with myself, the Leader of Learning. If, after consultation, you decide to withdraw your child, you must sign a withdrawal form.

Later in the year you will receive your child's personal NAPLAN report. The report will describe your child's particular skills in reading, writing, language conventions (spelling, grammar and punctuation) and numeracy. The report will also show how your child performed in relation to national minimum standards. These describe the minimum acceptable standards for students across Australia.

If you have any questions about NAPLAN, please contact the college.

SEQTA Engage

SEQTA Engage is the learning management system used at the college. It is designed for parents and caregivers to have an overview of their child's learning, assessments and academic progress.

It offers the opportunity to engage with the daily learning of the students, enabling greater collaboration and enhanced learning outcomes as parents and caregivers are provided a lens into what has been covered in the classroom each day.

Each student's parent/caregiver has their own SEQTA Engage account linked to their own unique email address. SEQTA Engage is available in web browsers, as well as an iOS and Android App.

With SEQTA Engage, you can:

1. Receive and send Direqt Messages

We use Direqt Messages to share important information with you, so please ensure you have this function enabled.

2. Setup the dashboard

You can view the dashboard and select different options to view. This includes your child's homework, unresolved absences and timetable.

3. View your child's timetable

You can see your child's timetable anytime and use Direqt Message or email to communicate with their teacher if/as needed.

4. Read Notices

You can view Notices anytime for information.

5. View your child's assessment details.

You can see your child's feedback and grades for assessment tasks for each subject.

Natalie Meuret, Leader of Learning

College Community Wellbeing

House Formation

During the first two weeks of term each house finalised their House Credo and Responsibilities. The credo is a statement for each House member to stand by, and is aligned to the House purpose. The responsibilities were developed to identify what students value most in their actions and words as a member of their House team.

A reminder that if you have any concerns or questions or information to share regarding your child's wellbeing or academics, please contact their home group teacher in the first instance via email or through the College phone number, (08) 8595 4500.

Home Group	Teachers	Email
IGNIS	Mr. Luke Cotter Mrs. Amber Burgess	luke.cotter@assisi.catholic.edu.au amber.burgess@assisi.catholic.edu.au

TERRA	Mr. Fraser Sampson Miss Mae Camporeale	fraser.sampson@assisi.catholic.edu.au mae.camporeale@assisi.catholic.edu.au
VENTUS	Mrs Isabella Trudgian Mr. Nathan Hayes	isabella.linnett@assisi.catholic.edu.au nathan.hayes@assisi.catholic.edu.au
AQUA	Mr. John Lyons Mrs. Natalie Meuret	john.lyons@assisi.catholic.edu.au natalie.meuret@assisi.catholic.edu.au

House Credos and Responsibilities



Just like the river that never stops,
We forge our futures.

We rise up.
We can't be caught.
We are Aqua.

To be cooperative.
To be respectful of others.
To be organised.
To be selfless.
To be persistent.



CREDO



RESPONSIBILITIES





With the strength of fire, we come back
stronger, burning brighter.

We are fearless.
We are strong.
We are Ignis.

To be respectful.
To be welcoming.
To be kind.
To be fearless in our learning.
To have fun.




CREDO



RESPONSIBILITIES







Just like the Sturt Desert Pea,
we brave the worst of days.

We are unbreakable.
We are one.
We are Terra.


To work hard.
To show team spirit.
To show integrity.
To be organised.
To try my best.




CREDO



RESPONSIBILITIES







We grow tall like the ghost gum,
Standing up for what's right.

Using the wind to our advantage,
We fly together as one.
We are Ventus.


To be organised.
To work together.
To be encouraging.
To be responsible.
To be inclusive.



CREDO



RESPONSIBILITIES



Student Leadership

On Wednesday, we formally blessed and inducted our student leaders to their roles for 2023 with support from Fr. Hau during the Ash Wednesday Liturgy.

	
Cloe Doecke	Sebastian Coote
Kaelen Greenhalgh	Denver Kimberley
Ryan Prokopec	Brodie Hunt
	
Madeline Warren	William Stokes
Aleesha Crosby	Sierra Broughton
Noah Burgess	Riley Broad



Expressions of Interest - Laudato Si' Action Group



Laudato Si' Action Group

If any students are interested in joining the Laudato Si' Action Group, please complete this form using the bar code above. Or link <https://forms.office.com/r/ZGAc3cmvX2>

Wellbeing Focus Article

The Resilience Project: Recognising your childhood and the power of modelling

Last edition, we shared an article focussed on the power of modelling and the effect this has on your children. To follow this and provide you all as parents and carers with more tools, we share an episode from the Imperfects Podcast with Lael Stone.

Lael Stone, parenting expert, author and presenter, tells us we need to practise emotional literacy, and look at our reactions and big emotions with curiosity. Ask things like “why did I react like that?”, or, “why does that person annoy me so much?” Is it because we are

not getting our own needs met at this time?

Lael explains that it is very hard to be a calm, connected individual when we are tired, stressed etc. We need to look after ourselves before we can look after others.

Listen here: <https://theresilienceproject.com.au/at-home/podcasts/s4-bonus-ep-lael-stone/>

“Resilience is the happy knack of being able to bungy jump through the pitfalls of life – to rise above adversity and obstacles.”

-Andrew Fuller

Luke Cotter, Leader of Wellbeing

College Rowing Program

Our rowing program is back in full swing!

At the end of Term 4 we set up a range of new strength and conditioning equipment in the Multipurpose Room. This will be valuable in supporting student development in the sport. We are very lucky to have the assistance of new ESO, Molly Gibbons, who is also a qualified Personal Trainer. Molly has conducted strength testing with students and from this, developed a new S&C Program to help progress students further. We will re-test to track individual strength progress throughout the term.

This week also saw students undertake their 3rd round of ergo testing. We tested out the technology by connecting the machines together to simulate a race environment. A great tool to create a bit of friendly competition. They each completed a 2000m distance at a set stroke rate. The purpose of this test is to measure improvements in efficiency on the erg and cardiovascular endurance. I am so impressed that all 13 students produced PB's. A great result and credit to the hard work they have been putting into training sessions.

Our most exciting advancement is that we are now able to be back on the water! Students performed well and it is clear that they have developed a good understanding of the rowing stroke, through their many sessions on the erg. From Week 6, students will train on the water twice a week, with one session at school. Those that are able to commit to all 3 sessions will no doubt continue to show great improvement this term.

This weekend we are off to Adelaide to volunteer at the Rowing SA State Championships. A wonderful opportunity for students to experience a regatta before we start competing next season.

Enjoy this short: [Rowing video](#)

Stephanie Turnbull, Rowing Coach



What's Cooking?



We have had a busy start to the school year and students have been working away on their assessments along with building their culinary skills.

Year 8 Food Technology has had a cultural focus where Year 9 Food Technology students are looking at food trends and food suitable for catering.

Some of the delicious food made so far includes: Blueberry Scrolls, Sausage Rolls, Pavlova, Pasta Bolognese and Cold Rolls.

Mrs Burgess, Food Technology

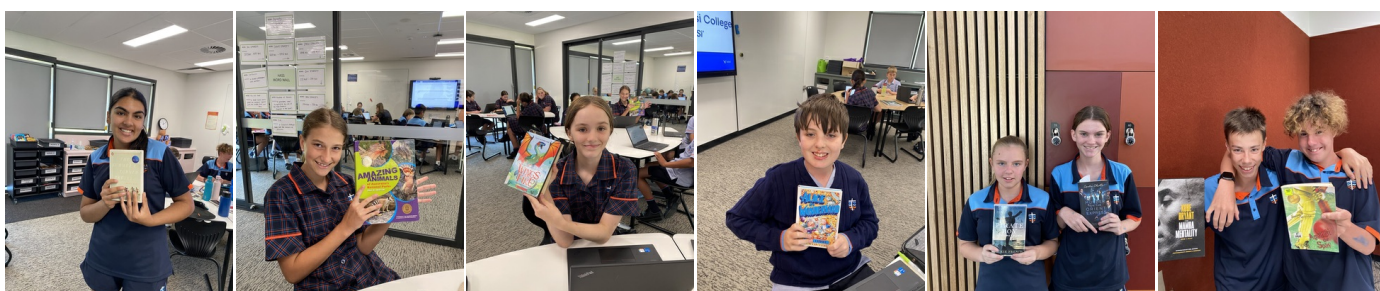
Premier's Reading Challenge

This year all students (Years 7,8,9) are participating in the Premier's Reading Challenge. For some students this is familiar to them from primary school, whilst for others it is their first year competing in the challenge. The Premier's Reading Challenge is a literacy engagement program that was introduced by the Premier in 2004 to encourage students to read more books and enjoy reading and improve overall literacy levels. The Challenge requires students to read 12 books between the beginning of the school year and early September. There is also an additional challenge this year to celebrate 20 years of the Premier's Reading Challenge, which is to read 20 books by early September.

Mrs Trugian, Miss Camporeale and Miss Graney have been pleased with the commitment and excitement that students have shown so far!

If you would like further information or to see the 6-9 reading list please see the link below:

[The Challenge | Premiers Reading Challenge SA](#)



Student Free Day - Friday 10th March

WEEK 6

**STUDENT
FREE
DAY**

**FRIDAY MARCH
10TH**

★ **FIGHT** *the* **BITE** ★

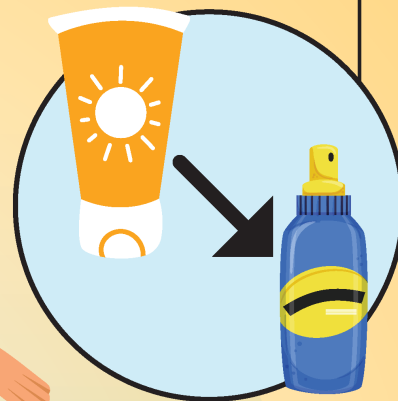
HOW TO CORRECTLY APPLY MOZZIE REPELLENT



**FOR THE BEST PROTECTION, USE A
REPELLENT CONTAINING EITHER DEET,
PICARIDIN OR PMD.**

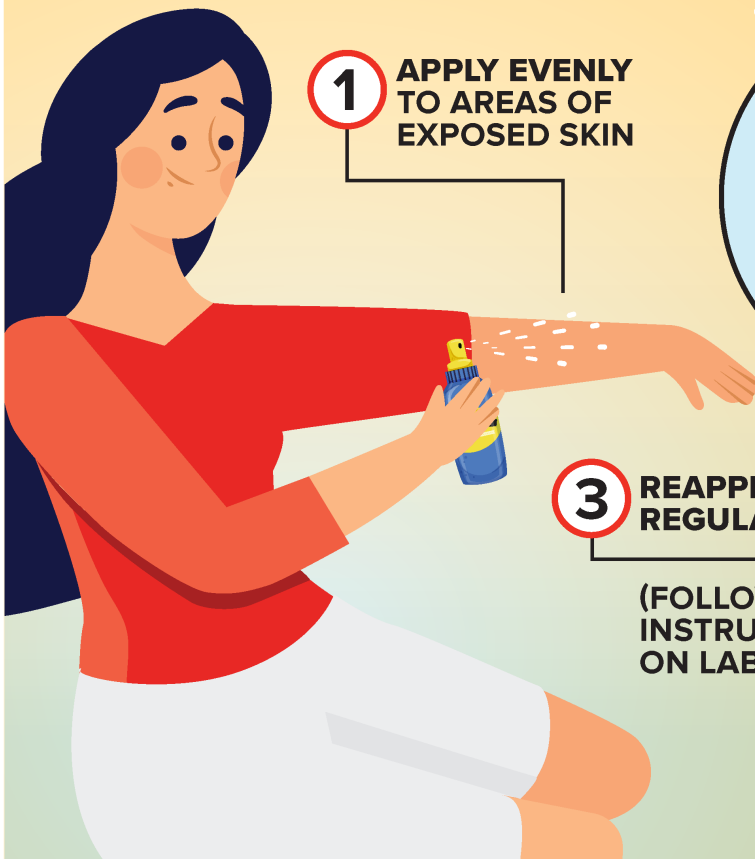
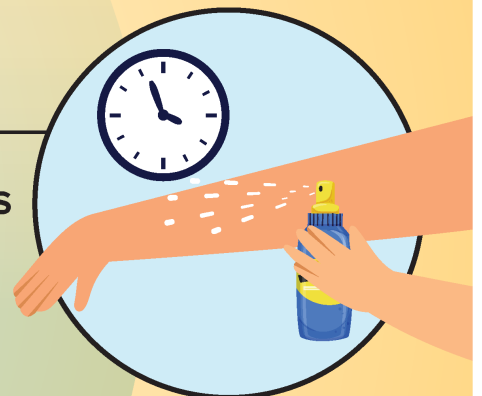
2 APPLY AFTER
SUNSCREEN

1 APPLY EVENLY
TO AREAS OF
EXPOSED SKIN



3 REAPPLY
REGULARLY

(FOLLOW
INSTRUCTIONS
ON LABEL)



**FOR MORE INFORMATION,
VISIT WWW.SAHEALTH.SA.GOV.AU/FIGHTTHEBITE**

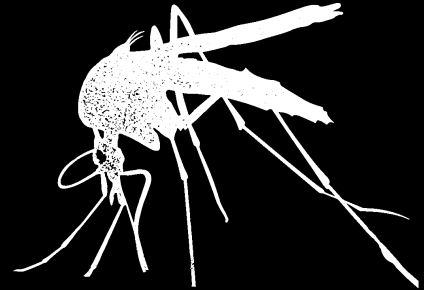


Government
of South Australia

SA Health

★ FIGHT *the* BITE ★

PROTECT YOURSELF AND YOUR FAMILY FROM MOSQUITOES



Mosquito bites can cause serious diseases that can make **you very sick**.

Do these things to prevent mosquito bites:



Wear long, loose-fitting, light-coloured clothing.



Use an insect repellent containing the chemical DEET, Picaridin or Oil of Lemon Eucalyptus (PMD).



Remove water around your house to stop mosquitoes breeding.

FOR MORE INFORMATION,
VISIT WWW.SAHEALTH.SA.GOV.AU/FIGHTTHEBITE



THE ALLY PROJECT



Join us for the first stage of The Ally Project. We are hosting two online chats to change our world (and our schools). These chats are open to queer young people aged 14-19 (currently in high-school or recent school-leavers) to discuss what makes a good ally and how we can recognise and celebrate good allies in Riverland schools. Nothing to prepare, just bring yourself and be ready to chat.

Session 1

Thursday February 23,
5pm – 6.30pm

Session 2

Thursday March 9,
5pm – 6.30pm



Come to one or both sessions. Email alysa@ryt.org.au for the Zoom link.

Illustrations by Devin Crowhurst

TERM 1 WEEKLY CLASSES AT RIVERLAND YOUTH THEATRE

MONDAY

PRE-SCHOOL MUSIC AND MOVEMENT IN RENMARK
Renmark Institute, 9am-9.45am, Gold Coin donation

12-120 YRS CRAFTAFTERNOON DROP INS IN RENMARK
Renmark Institute, 3.30pm-5pm, Gold Coin Donation

10-13 YRS DUNGEONS & DRAGONS WITH DAGZ
Renmark Institute, 4.15-6.30pm, \$55 for 8-week campaign

TUESDAY

12-16 YRS TEEN ENSEMBLE IN BERRI: *GAME SHOW THEATRE*
Berri Town Hall, 4pm-5.30pm, FREE thanks to Our Town Berri and Wellbeing SA. Showing: March 30

WEDNESDAY

12-15 YRS ART THERAPY WITH RELATIONSHIPS AUSTRALIA
Coping with anxiety
Renmark Institute, 4.30pm-6pm, FREE

13-18 YRS ONLINE CREATIVE CLUB
Online through Discord, 5.15pm - 6.45pm, FREE

THURSDAY

6-10 YRS TASTE TESTERS IN RENMARK: *FROM RESIN ART TO VIRTUAL REALITY, LET'S TEST IT ALL!*
Renmark Institute, 4pm-5pm, \$50 per term.

10-13 YRS TWEENS IN BARMERA: *MOVIE MAKING*
Bonney Theatre, 4pm-5.30pm, \$75 per term. Showing March 30

FRIDAY

14-19 YRS DUNGEONS & DRAGONS: *CURSE OF STRAHD*
Renmark Institute, 4pm-6pm, \$100 per term.

AND THE FORTNIGHTLY ONES

3RD PLACE: 12-18 YRS *JUST A CHILL HANG*
Renmark Institute, every 2nd Friday, 6pm-8pm, FREE
February 10, February 24, March 10, March 24 and April 14

PONDI: 8-16 YRS *CONNECTION TO CULTURE, WORKSHOPS WITH ELDERS AND ARTISTS, A SAFE SPACE FOR ABORIGINAL CHILDREN.*
Renmark Institute, every 2nd Sunday, 4pm-6pm, FREE
February 5, February 19, March 5, March 19, April 2 and April 16

MAKING CLASSES POSSIBLE THIS TERM:



RIVERLAND
YOUTH THEATRE



2023

REGISTRATION DAY

& Sausage Sizzle!

Sunday 26th February

10am - 2pm

Glassey Park Turf, Berri

All new and returning players and families are invited to come along and join in the fun as we prepare for another great season of hockey!

Hockey is a sport for all ages, skill levels, and genders - a true family sport!

Come down to Glassey Park to register for the upcoming season, have a hit of the ball, and enjoy some social time at the sausage sizzle!

For more information, please contact us at renmarkhc@gmail.com

 Find us on Facebook!

<https://www.facebook.com/RenmarkHockeyClub/>





603 SQUADRON RECRUITING NOW

13-16 YEARS | TUESDAY 6PM - 9.30PM
8 FOREMAN ROAD, BERRI

Apply now for Feb 2023 Intake



8582 2874



603 Squadron

SIGN UP @ www.airforcecadets.gov.au

2023 Youth Environment Council - Applications Open



2023 Youth Environment Council - Applications Open

South Australian students in Years 7 to 11 who are passionate about sustainability are invited to apply to be in the Youth Environment Council.

Eligible students, in both regional and metropolitan South Australia, are invited to apply.

Why join the Youth Environment Council?

- To share your passion for the environment and sustainability with other like-minded students across the state.
- To develop leadership, team building and public speaking skills at camps, workshops and forums.
- To take action for the environment and make a difference,
- To share your views and actions with government.

Applications are now open. Places strictly limited. Applications close week 5, Thursday March 2.

For more information, email info@yecsa.net.au or visit the [YEC website](#).

STEP BY STEP TOGETHER.

A DANCE THEATRE COMMUNITY PROJECT

5, 6, 7, 8...
READY, SET, GO...

EXPLORING COMMUNITY,
RELATIONSHIPS AND WHAT DANCE IS TO YOU AND
YOUR LOVED ONES



8 FREE
COMMUNITY WORKSHOPS
MONDAY ARVO/EVENING
FROM
FEB 6TH 2023

Future paid
employment
opportunities



Join us at the info session to find out more
@ Eternal Yoga, 6B Drabsch St
5th feb 2.30pm



ALL AGES AND EXPERIENCES WELCOME



FOR MORE INFO CALL SUE ELLEN - 0404389098 OR CLAIRE - 0407716105

FOLLOW US ON SOCIALS - @STEP.BY.STEP.TOGETHER.2023
@STEP BY STEP TOGETHER



This initiative is supported by Federal Government's Regional Arts Fund and Country Arts SA and kindly Auspiced by Loxton Rotary

5, 6, 7, 8... Ready, Set, Go....

Local Riverland creatives in Loxton have been awarded \$29k to fund a dance theatre project in the community.

This initiative is supported by Federal Government's Regional Arts Fund and Country Arts SA and kindly Auspiced by Loxton Rotary.

Step by Step Together is a dance theatre project that will be led by Sue-Ellen Shepherdson and Claire Dalzell, who are local creative artists and educators. Sue-Ellen and Claire have a shared passion; to provide quality arts programs and performances while focussing on creating positive wellbeing and opportunities for the youth within their community.

The project will explore what dance means to our community members, questioning where, why and how people dance, including how technology impacts people and their relationships. With an in depth look at how dance, in today's technological age, can be used to create connections and deepen relationships, Sue-Ellen and Claire are eager to reach and include all interested community members, irrespective of age or skill and is free to all participants

This exciting opportunity involves 8 FREE community workshops starting on Mon 6th Feb 2023, that will explore what dance means to the everyday person. The workshops will include getting to know one another, discussion topics and opportunities to participate in dance activities if you wish. You can attend as many or little, of the workshops, as you like.

Please visit our social media sites for more info @

Step By Step Together | Facebook

Step By Step Together (@step.by.step.together.2023) • Instagram photos and videos

Or contact Sue-Ellen Shepherdson 0404389098 and Claire Dalzell 0407716105

or attend our info session 2.30pm on Sunday the 5th of Feb at Eternal Yoga Studio, 6B Drabsch St, Loxton.



RENMARK FIRE STATION

Open Day

SATURDAY 11TH MARCH 2023

11AM—3PM

JOIN US AND OTHER LOCAL EMERGENCY
SERVICES AT 129 18TH STREET, RENMARK FOR:

CLOSE UP LOOK AT EMERGENCY VEHICLES

CHAT TO LOCAL EMERGENCY SERVICES WORKERS

DEMONSTRATIONS SAUSAGE SIZZLE

See You There!



Carers SA

Renmark Carers Peer Group

Meet with other Carers for a “Coffee and Chat” Sessions. These sessions are facilitated opportunities to share experiences, focus on different topics aimed at connecting, supporting & empowering you in your everyday life.

We will cover the workshop content below, have guest speakers and the occasional café session.

Renmark Carers: Peer Support Group

Dates: 3rd Monday of the Month

Time: 10am – 11am

Where: Renmark Club

RSVP - Hannah Birch Carer Connector Riverland

Mobile: 0490 102 795

Email: hannah.birch@carerssa.com.au

Carers SA: 1800 422 737 www.carerssa.com.au

Carer Gateway: www.carergateway.gov.au

Workshop Content

Session 1: Connection

Session 2: Finding Community

Session 3: Making Meaning of Now

Session 4: Finding Purpose

Additional Sessions:

Session 5: Where to from here?

Future needs of the group, including ongoing support, will be determined by the group in session 5.

