



# NEWSLETTER

## *Catholic College Sale*

AUGUST 26 2022

ISSUE FOUR



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# Principal's Report



## **Marist Sesquicentenary Prayer**

*God of love*

*Your Spirit ignited the heart of  
Saint Marcellin Champagnat  
with a burning passion for God  
and deep compassion for all people.  
You called him and the early Marists*

*to bring this message of God's tender  
and all-embracing love to the young  
and especially to those most in need.  
Generations have been inspired*

*by his example of humility, simplicity  
and audacious courage to form  
good Christians and citizens through*

*the Catholic education of young people.  
We pray with Mary*

*our guide and Good Mother  
that you continue to bless us  
and all committed to Marist education  
with Saint Marcellin's spirit and heart that knew no bounds.  
May it renew the whole Church in its mission*

*to make Jesus Christ known and loved, in Mary's way,  
through spreading Your compassion and love to the ends of  
the earth.  
Amen.*

# Principal's Report

## Dear Community

On Wednesday our school community came together to celebrate 'Founders Day' in our College. We took the time to celebrate St Marcellin Champagnat and his formation of the Marist Brothers – to make Jesus known and loved – and provide education for young people in southern France and today throughout the world. We also took time to celebrate Theodore and Alphonse Ratisbonne and their vision of bringing different faiths together, especially the Jewish and Christian faiths. Their formation of the Sisters of 'Our Lady of Sion' led again to providing young people throughout the world with an education grounded in tolerance, acceptance and care for others.

We were very fortunate to have the presence of Fr Francis to celebrate our Mass and engage our students in practical examples of our faith in action and, as always, in song. Fr Francis's encouragement of active participation in our liturgical celebrations is a real blessing to our students.

Recently I and three other members of the College Leadership team, Cindy Foat, Rachael Bown and Jeff Hobbs, had the privilege of joining with Marist School Communities from around Australia at the Biennial Marist Conference in Brisbane. Again the message from Br Peter Carroll, Br David Hall and many other guest speakers and workshop facilitators was: "Known and Loved: Dignity for All". How do we as Marist Schools reach out to the disadvantaged and marginalized, how do we practice inclusion for all, and how do we ensure we are doing our very best for each of the students attending our schools?

The Sion community at their virtual conference to be held later in the year will focus on 'Educating for Hope.' How do we ensure our students see God's gift of Hope and Joy in a world challenged by poor decision-making and how do we empower each individual to make a difference in their own lives and to recognise their impact on others.

We have a tremendous amount to celebrate in our Marist and Sion Charism communities and we are so lucky that our school was chosen as the place to spread the Good News.

The new Catholic College Sale Limited Board has now met twice and is well and truly immersed in the process of governing the College. The new Board

will meet twice per term to ensure governance issues are attended to promptly and efficiently. The Board initially has five members and hopes to expand to seven members by the end of this year and possibly nine members by the end of 2023. Employees of the College are not eligible to be members of the Board and the Principal and Business Manager are in attendance to provide reports and clarifications if required. The Board will initially have two sub-committees: 'Finance and Risk Committee' and 'Child Safe Committee.' As more members become available there may be a 'Faith and Mission Committee' and a 'Master Planning Committee.' Committees are chaired by a Board Member and relevant staff, as well as members of our community with particular expertise in a given area, may serve on the committee.

The College is indeed in an exciting stage of evolution as the Bishop of Sale and the Marist Provincial work to ensure their commitment to Catholic Education in Sale for another 100+ years.

A big Thank You to the College Learning Development Team led by Cindy Foat for organizing a brilliant and informative Pathways evening earlier this term. It is sincerely hoped that the information evening has provided clarity and assistance as students and families as they plot an education road to the future. The College has received many positive comments from the evening. These events always take an extra effort and expertise from individuals and I would be remiss if I did not thank Kristine Morrison, Ken Holmes, Jim Kelliher, Kristen Robbins, our teaching staff, administrative staff and maintenance staff for their 'above and beyond' approach to service to our community.

The College is currently preparing for:- our Performing Arts Festival led by our Music Learning Area and House Captains, our Junior Production to be performed early Term 4, and our Change of Student Leadership programme starting with College Captains, House Captains and the Student Voice representatives.

Thank you for your continued support of the College and the high standards we encourage of our students.

Stay safe and well.

God Bless.

**Chris Randell**

*Principal*



# Learning and Teaching

## Pathways Evening – Subject Selection 2023

On the 26th of July the College hosted the annual Pathways Expo. This evening is designed to expose students to as much information as possible to make informed decisions regarding future career pathways and 2023 subject selections that would support this.

All students have made their 2023 subject selections at this time. The College will now develop a 2023 timetable around student choices. All students will roll into 2023 subjects at the beginning of Headstart on Monday 21st of November. If you have any concerns about your child progress and readiness to move into the next year please contact our Directors of Engagement Mr Jim Sutton Year 10-12 or Rachael Bown Year 7-9.

In the past four weeks our students have shone inside and outside the college. With the support of our amazing staff students have represented the college in academic, music and sporting pursuits. Learning in the classroom is very important however these extracurricular opportunities are a great way for students to develop and grow. At Catholic College Sale we believe in celebrating diversity and personalised learning. Don't forget to join our [CCS Facebook](#) community to keep up with regular updates on what is going on in the college. I have had it explained to me that our Facebook is like having the 'golden ticket' to the chocolate factory!

It is very important to continue to foster a positive partnership with home and the College. I believe it sets good foundations for students to build confidence around their learning and feel supported. As teachers and parents share the responsibility of encouraging, modelling and reinforcing appropriate behaviour:

## We ask parents to collaborate with us and support their child and the College by:

- Demonstrating a positive attitude at home about school, teachers and the importance of education;
- Keeping open communication with their child's teacher, Pastoral Teacher and House Leader. Communicating any concerns directly with the College. This helps to address any difficulties, and maintains a positive learning and social environment;
- Monitoring homework and assignments to make sure they are completed well and on time, and encouraging your child to work to the best of their potential, academically and socially;
- Demonstrating respect and good manners towards others in the school community; including teaching staff, administration and other staff working in the school in person and via emails;
- Making themselves aware of their child's performance at school and be open to a mutual sharing of concerns; and
- Being a positive role model when visiting the school.

Please see our [Parent-School Relationships Code of Conduct](#) for further details.



# Learning and Teaching

In 2022 The General Achievement Test (GAT) will take place Wednesday 7 September in two parts: **Section A** assesses skills in literacy (reading and writing). **Section B** assesses general knowledge and skills in mathematics, science, technology, the arts and humanities. This is a new format compared to previous years.

The 2022 VCE and VCAL results release date is Monday 12 December. For further details and to stay up to date in this fluid climate please refer to the [VCAA website](#).

As a part of their preparation for end of year exams, trial examinations will be held for students during the second week of the upcoming school holidays. These exams

will be held at St. Mary's Hall and will be supervised by VCAA Supervisors. They will provide a valuable learning and preparatory experience for students. In addition, it will enable them to focus on any areas that need improvement for the extremely short amount of time available in Term 4. An exam timetable will be released to students in the coming weeks.

I would strongly recommend any Unit 3/4 students to register for the ACU online revision workshops. Please refer to the flyer on page 19 for more details.

**Cindy Foat**  
*Assistant Principal Learning and Teaching*





# Learning and Wellbeing

As we approach mid-term, the College community have been active across many different areas including their academic pursuits and selecting subjects for 2023, representing the College in performing arts and the sporting arena, along with planning for the up-and-coming Performing Arts Festival. The Performing Arts Festival will bring a long-standing celebration of the Arts, enabling all students throughout the College to be involved. This is a new opportunity for all Year 7-9 students to embrace this long-standing tradition for the first time since their commencement at the College.

The College continues to be committed to offering our students with guidance and learning towards increasing the resilience of each individual through their participation with The Resilience Project program, to understand gratitude, empathy, mindfulness and emotional literacy and how these can contribute to positive mental health and wellbeing. Our Year 7 & 8 students attended a live performance from Brainstorm Productions this Term which involved an interactive production demonstrating the impact of risk-taking behaviours, substance use, resilience, mental health and choices.

The College continues to work toward identifying school-wide expectations via the Whole School Approach to Positive Behaviour in schools program (WSAPBS). The Whole School Approach Team presented to all staff at the commencement of the term in preparation to share and develop understanding within the student cohort pertaining to school-wide expectations. All students and staff were surveyed at the commencement of term 3 to identify school-wide expectations to be implemented towards 2023. The College Whole School Approach Team will now prepare a similar survey for parents to undertake to contribute their views towards forming school-wide expectations for 2023.

As our Year 12 students focus on their studies and final exams over the coming months, the College was pleased to provide Year 11 students with the opportunity to apply for the following positions of Leadership within the Student Leadership Team.

- College Captains (2 positions)
- House Captains ( 2 positions per House)
- Student Voice Cabinet (1 representative from each Pastoral Group - 18 positions within the Years 10-12 Pastoral Groups. Year 7-9 Student Voice Cabinet will be provided details later this term).

The College has appreciated the way the 2022 College Captains, House Captains and SVC members have served our community and embraced their roles within the College.

**Tim Morrison**

*Deputy Principal Student Learning and Wellbeing*

## **Brainstorm Productions - The Hurting Game - Years 7 & 8**

Our Year 7 and 8 students were fortunate to experience the Brainstorm Productions "Hurting Game" performance on the 20th of July. Stephanie and Tobin, both experienced actors, performed a play for the students to help them understand some of the causes and effects of issues such as body image, alcohol and drug abuse, cyber safety and bullying. Our students enjoyed the performance and completed follow-up activities in their Wednesday SEED lesson, where they discussed their own experiences of online safety and developed ideas about how to be positive when interacting with others online. The students learned that resilience, respect, self-compassion and authentic friendships are important aspects that contribute to their mental health and wellbeing. CCS has a long-standing association with Brainstorm Productions, and we look forward to working with them again in the future.



# Learning and Wellbeing

## Counselling report



Mrs Mary McNally

Lateshia Locker

Megan Stanbridge

### Update:

We now have three student counsellors available at school. Mrs McNally and Lateshia are available Monday - Friday. Megan is available Monday, Tuesday, Thursday and Friday.

### What is counselling?

We provide a safe, non-judgmental place to express your emotions, strategies to help manage your emotions, and facilitate conversations with other students or teachers around issues affecting you at school.

### How book an appointment

**Online:** Click on '[Student Counselling Appointments](#)' in SIMON. This will send the counsellor an email to book in a time

**In person:** Talk to reception at the student services office in the Allman Centre

### For parents:

If you have any concerns in relation to your child's wellbeing, you can contact student services and discuss these with a counsellor. Contact the school on 5143 9700 and dial '1' to be transferred to the student services office.

### Grounding activity

This activity can be useful to calm your mind and be mindful of what is happening in the world around you. List:

- 5 things you can see**
- 4 things you can feel**
- 3 things you can hear**
- 2 things you can smell**
- 1 thing you can taste**



## Champagnat Day Mass

Our celebration of Champagnat Day had been delayed by a few weeks due to weather but we finally managed to gather together to celebrate the life of St Marcellin Champagnat during the final week of last term. Our choir led the students in an expression of hope in thanks for the 150 years of Marist Brothers in Australia.

We also acknowledged their presence in Sale for the past 100 years. Fr Francis was, again, able to speak about the life of Marcellin and his relevance to our lives today with an energy which was appreciated by the entire congregation. His contribution to the liturgies of the College this year have brought new energy to the community after two years of distancing and lock downs.





# Catholic Identity

## Our Sion Heritage

The school played host to Mr Mark Walsh, from the Sion Formation Team, recently. Mark is part of a new team founded by the Sisters of Our Lady of Sion to ensure the continuation of the Sion Charism at the three Sion schools in Victoria. We were able to show him the way we celebrate our Sion heritage through the Charism Garden, our history wall, the Notre Dame de Sion

Library, the Ratisbonne Centre as well as a number of areas round the school named after significant Sisters from our history. Even though we have left the Sion Campus we will always hold the stories of the Sisters and their approach to life as an important part of how we celebrate life around the school.





# Catholic Identity

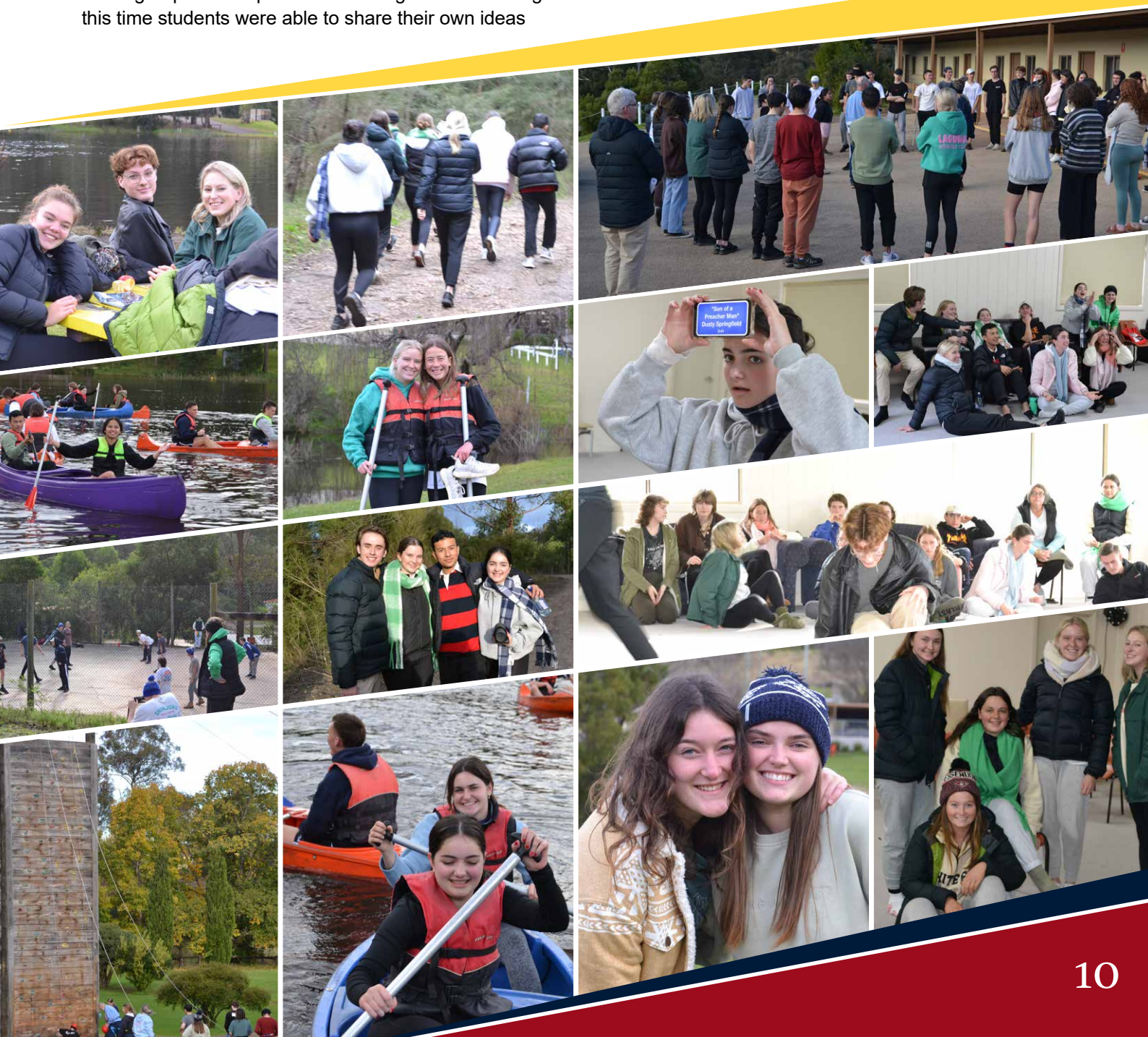
## Year 12 Retreat

To start Semester Two, the Year 12s attended their annual retreat at Karoonda Park and Coonawarra Resort. The students explored their understanding of themselves as part of their own family, as a part of the world community and their understanding and growing sense of how God might be a part of their own journey through life. Students were able to grow closer to their own class members through a series of activities led by their teachers as well as through the challenges offered during free time.

Small groups are a special time during retreats. During this time students were able to share their own ideas

about family, the world and God in a way which allowed them to express their own and listen to each other's ideas. Moments of prayer and reflection were held during the retreat and the students found a way to consider their understanding of life in different ways.

Retreats are a great time for students to take a break from study, family and work and consider how they might see themselves in a bigger picture. Their ability to contribute to the retreats in an open and thoughtful manner is commendable.





## Careers:

The year is moving quickly, particularly for our Year 12's, who are working very hard in their last full term of school.

VTAC preferences went live on the 1st of August. All Year 12 students are encouraged to activate their account and begin the process early. Students can have up to eight courses listed making sure to put their "dream" course as their number 1 preference. Students were given a presentation on the application process in last week's career class. A copy of this is available on the VTAC website for students or parents to revisit.

<https://www.vtac.edu.au/careers/demos.html>

### Here are some KEY DATES for applications:

**Aug 01:** Registration and course applications open

**Aug 01:** SEAS applications open

**Aug 01:** Scholarship applications open

**Sep 29:** Timely course applications close

**Oct 7:** SEAS and scholarship applications close

## Updated Pathways Website

We have a new look Pathways Website and parents and students in all year levels are encouraged to have a look at it. It contains information relevant to Year 12's: This includes University Open days, Gap Year opportunities, ADF applications and current vacancies including traineeships at the ATO in Traralgon and part time work.

<https://www.catholiccollegesalecareers.com/>

I would encourage all Year 11 and 12 students interested in going to university to check out the University Open Days some of these are on campus and some are Virtual.

## Casper Test

Students applying for courses in Education need to sit the Casper Test on- line further information can be found on this link [https://studyworkgrow.com.au/2022/05/04/casper-test-2023-admissions/?utm\\_source=newsletter&utm\\_medium=email&utm\\_campaign=your\\_free\\_weekly\\_careers\\_newsletter\\_19&utm\\_term=2022-05-09](https://studyworkgrow.com.au/2022/05/04/casper-test-2023-admissions/?utm_source=newsletter&utm_medium=email&utm_campaign=your_free_weekly_careers_newsletter_19&utm_term=2022-05-09)

## Years 9– 11

Our Pathways Evening was very well attended and students and parents were able to talk to the different subject faculty's members and outside providers to help them with their decision making for subject selections for 2023.

## Year 10 Careers.

All Year 10 students have finished their subject selection and are currently working on the Careers unit Preparation for Work. This unit includes the preparation of Resumes, Cover Letters and looking at Interview Techniques.

If any further help is needed on any of the above, please contact me by phone or email or make use of the Book Appointment facility on the Pathways Website.

**Johanna Clancy**

*Pathways Coordinator*



## SSV State Cross Country

Five students from Catholic College Sale have recently competed at the School Sport Victoria (SSV) Cross Country State Finals. Held at the Yarra Valley Racing Club on Thursday July 14, the event saw five students from the College compete on a three or five-kilometre track against the best across Victoria. Students qualified for this event after placing inside the top 12 of their age category at the recent SSV Gippsland finals at Lardiner Park.

Students should be pleased with their efforts, especially when you consider there are state rankings:

- **Harry Bartlett** – 12-13 Years Boys – Finished 20th
- **Charlotte Armstrong** – 14 Years Girls – Finished 79th
- **Natalie Begovic** – 14 Years Girls – Finished 80th
- **Laura Coleman** – 16 Years Girls – Finished 75th
- **Chris Dwyer** – 17-20 Years Boys – Finished 35th

**Acacia Sutton** (Year 9) also qualified for the event, but was unable to complete.

## Clay Target Shooting

Wednesday June 15th saw a strong contingent of CCS students participate in the 2022 Howard & Schuback Interschool Championships. Hosted by Sale Field & Game, the event was a wonderful success, with students from as far as Orbost and Warragul competing in a wonderful day's competition. There were a number of CCS students who registered some pleasing results:

In the team standings, the CCS line-up of Ashton Wright, Jack Cantwell, Jackson Foat, Matt Murphy and Will Cook placed 3rd overall, shooting 74 out of 100 targets for the day.

After an exciting shoot-off for second place, Taelan Miller finished 3rd in the U15 Boys category, shooting 23 out of 29 targets.

Finally, Jess Murphy and Morgan Visser capped off a great day for the College, as they placed 2nd and 3rd in the Junior Girls Division

A special thanks to all the people who assisted with the refereeing, scoring, office, kitchen and armoury. Also, to H&S Firearms and Winchester Australia for their tremendous support for this fantastic event.

## CCS Intermediate and Senior Girls Netball team qualify for State Championships

Catholic College Sale's Intermediate 'A' Netball team has won through to the State Finals of the Netball Victoria Schools Championships after a fantastic outing at the qualifying day on June 23. In more great news, our Senior Girls team have also won a place at State Finals, after finishing in the top two from their age category.

Our Intermediate 'B' team are also to be highly commended, pushing their opponents in every game and ensuring that every school in the Intermediate division had a challenging encounter whenever they saw CCS as their opponent.

A massive thank you to Kirralee Carstairs and Sarah Gardiner for their coaching and mentoring of these teams. State Finals are set for Tuesday August 30 at the State Netball & Hockey Centre, Parkville.







Intermediate Girls Basketball



Senior Girls Netball





## SSV Basketball – Senior Boys progress to Region finals

We had some terrific results at the Wellington SSV Basketball.

Senior boys had a successful day going through undefeated. A highlight of the day was a buzzer beater against SEDA College which drew the match, but would later ensure we progressed through on percentage.

Our Senior girls played consistent team basketball and won comfortably against SEDA college but unfortunately lost by 1 point to Kurnai.

The Intermediate girls won two games very convincingly playing well structured and skilled basketball.

Unfortunately, early in the final game a player was injured and the girls came from behind to lose in an intense game by 2 points.

Intermediate boys played awesome team basketball all day winning their pool games convincingly. In a very close final with the lead changing numerous times the boys lost by 2 points in a great display of skilled basketball.

Well done to everyone involved and thank you to Kelly Burgiel, Chris Smart and Ron Crawford for their mentoring and coaching of these teams.

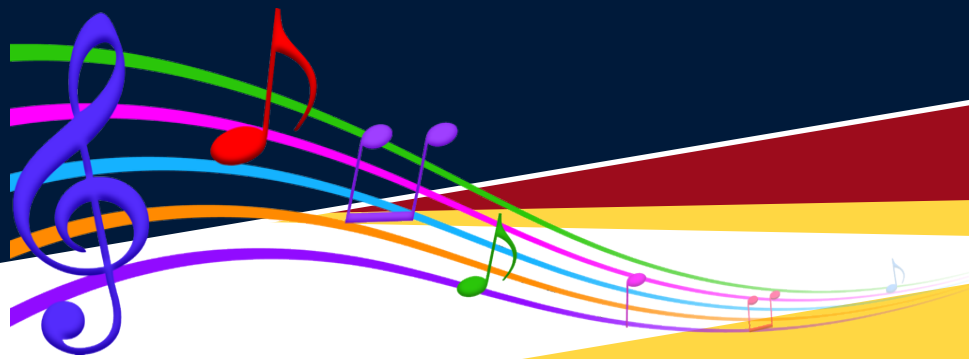


Intermediate Boys Basketball



Senior Boys Basketball





## Music News

We had some terrific results at the Yarram Eisteddfod on Thursday 4 and Friday 5 August.

*Congratulations to the following students;*

### Secondary School section:

- 1st - CCS MVC (our male voices win again!)
- 2nd (equal) - Sion Singers with Grammar

### Open section:

- 1st (equal) - CCS Show Choir with Grammar

### Instrumental/Percussion Ensemble:

- 1st - CCS Concert Band
- 2nd - CCS Strings

### Rock Band:

- 2nd - CCS Year 8 band
- 3rd - CCS Year 7 band

### Woodwind Solo 12 & under:

- 1st - Matilda Cleland

### Novice Instrumental Solo 15 & under:

- 1st - Riley Arndt
- 2nd - Jasmine Lazzaro

### Brass Solo 15 & under:

- 1st - Riley Arndt

### Woodwind Solo 15 & under:

- 1st - Riley Arndt





# Every Student Every Day

## Homelessness Week

Over the last few weeks, Year 11 RESA students have focused on raising awareness for homelessness in Australia in light of Homelessness week August 1 -7. They encouraged staff & students to donate blankets

and jackets that they no longer use. The response was amazing and much needed donations were passed on to Uniting Care. They also held a hot chocolate and milo day to raise much needed funds for St Vinnies.





# Every Student Every Day

## Year 8 English

Students in Year 8 are currently comparing two texts: *The Lorax* and *Truax*. Both texts explore different responses to ecological issues which arise from the forest industry and the reader's sense of responsibility in understanding the links between our consumerism and its effects on the environment. To consider how these issues are discussed in a different forum, some of our students attended the Gippsland Gallery to view the *Fragile Earth: Extinction* exhibition. The students were able to see how local artists have understood our impact on the environment and consider how the issue is still relevant to our world today, 51 years after *The Lorax* was first written.



## Year 9B History Class Sale Signal Box visit

On the 21st of July, the Year 9B History class visited the Sale Rail Signal Box museum. The students were studying the Industrial Revolution and the Signal Box Museum gave them a first-hand experience of rail transport during that time. The students used the Signal Box as inspiration in writing a source analysis, as it gave

them an insight into the development of rail transport in Gippsland, and particularly in Sale when the train line was new. The Signal Box was erected in 1888 and remains relatively the same as when it was built. The students were interested in the images and artefacts found in the museum and it was a great opportunity for an interactive educational experience.



# Every Student Every Day

## Year 10 Spaghetti Machine Contest

On Thursday the 4th of August, 5 of us participated for the first time, in Melbourne University's Spaghetti Machine competition. Which is a science competition available to all year 10s across Victoria. The Spaghetti machine competition requires students like us to use engineering skills to to achieve a simple task in an over complicated way. For this years competition the goal was to "create a buzz", an open-ended prompt that our team of 8, (Niamh Kelly, Matilda Berns, Will Manning, Emmet Hobbs, Grace Johns, Molly Aeschliman, Zac Mezenburg, Cooper Clutterbuck), developed a mechanism for, over 5 months.

Our design and team came back successfully with an award in "technical excellence" which was based off the ingenuity, flow and performance of the machine.

We couldn't have done it without all the assistance we got; and everyone's management, creative thinking and teamwork skills.

Our team would like to thank Mr. Nash for organising the competition, all of his help and insight on the matter, he was an awesome support, supervisor and bus driver, even going the extra mile with out of school, management. We would also like to thank Ms Haskew for attending the day with us, Melbourne University for the competition and all the people who provided resources and ideas.

On the day we all agreed that seeing our fellow competitor's interpretations of the project was inspiring. We all appreciated the opportunity to see Melbourne University's Campus and had a lot of fun running and presenting our Spaghetti Machine.

From the planning to the construction and finally the competition, the Spaghetti Machine Contest was a lot of fun and we recommend it for any upcoming Year 10s.

**Matilda Berns**  
Year 10





# Revision Workshops



## VCE online revision workshops



Want to improve your VCE results? Need help revising?  
Are you looking for study tips?

### WHAT

Join us for our free online revision workshops. During these workshops, you will be guided through Unit 4 subject specific revision as well as advice for upcoming exams.

Workshops are delivered by highly experienced teachers with an in-depth knowledge of the curriculum. All presentations allow you to ask questions regarding content covered.

### FREE ONLINE EVENT

These workshops are available to eligible schools through ACU's Widening Participation initiatives. Teachers are more than welcome to attend as part of their professional development. Registrations are required to attend.

### WHEN

#### English

Monday 19 September: 10am – 12pm

#### English as an Additional Language

Monday 19 September: 1pm – 3pm

#### Further Maths

Tuesday 20 September: 10am – 12pm

#### Maths Methods

Tuesday 20 September: 1pm – 3pm

#### Biology

Wednesday 21 September: 10am – 12pm

#### Physical Education

Wednesday 21 September: 1pm – 3pm

If you have any additional questions, please contact [wp.vic@acu.edu.au](mailto:wp.vic@acu.edu.au)

To register, visit [acu.edu.au/y12workshops](http://acu.edu.au/y12workshops)

CRICOS registered provider: 00004G

*Disclaimer (July 2022): Information correct at time of printing. The university reserves the right to amend, cancel or otherwise modify the content without notice.*

# Important Information



## BODY CONFIDENT CHILDREN & TEENS WEBINAR

**SUPPORTING BODY CONFIDENCE AND  
HEALTHY RELATIONSHIPS WITH FOOD AND  
EXERCISE IN YOUNG PEOPLE**

**MON, 12 SEPT 2022**

**7PM – 8.15PM**

**VIA ZOOM**

**Live – No Recording  
Available**



**AUDIENCE**  
Parents &  
Community



**SESSION LENGTH**  
1 hr 15mins



**COST**  
FREE

**BOOK NOW**



This relaxed and informative seminar for carers of primary and secondary age children gives practical tips to help you better understand and promote positive body image in the home. Delivered by the Butterfly Foundation, Australia's largest not-for-profit for eating disorders and body image concerns.

In this session you will cover:

- Overview of body image and the importance of prevention
- The spectrum of body and eating issues
- Key influence on body image, including social media
- The impact of diet culture and weight stigma
- Busting common myths around eating disorders
- Reducing appearance talk and how to respond when a child expresses negativity towards themselves/others
- The power of role modelling positive body image and behaviours
- Understanding warning signs and the importance of early intervention
- What to do if you are concerned about a child.

### TESTIMONIALS

"So glad I came. There is so much pressure on kids these days, it's hard to know what to do. This has given me lots of practical ideas." **Parent WA**

**Contact:**

E: [education@butterfly.org.au](mailto:education@butterfly.org.au)

T: 02 8456 3908

[www.butterfly.org.au](http://www.butterfly.org.au)





# Important Information



## BODY IMAGE AND BOYS FOR PARENTS

**SUPPORTING BODY CONFIDENCE AND HEALTHY RELATIONSHIPS WITH FOOD AND EXERCISE IN YOUNG PEOPLE**

**WEDS, 31 AUG 2022**

**7PM – 8.15PM**

**VIA ZOOM**

**Live – No Recording Available**



**AUDIENCE**  
Parents & Community



**SESSION LENGTH**  
1 hr 15mins



**COST**  
FREE

**BOOK NOW**



This session explores the particular challenges facing pre-teen and adolescent boys and practical strategies for parents to support the development of healthy body image and associated behaviours. Delivered by the Butterfly Foundation, Australia's largest not-for-profit for eating disorders and body image concerns.

In this session you will cover:

- Overview of body image and the importance of prevention.
- The spectrum of body and eating issues
- Common concerns for boys
- Males at higher risk
- How stereotypes, social media, diet culture and the health and fitness industries drive male appearance ideals
- Muscle dysmorphia and the mask of wellness
- The power of role modelling positive body image and healthy behaviours
- Understanding early warning signs; when training, exercise or eating behaviours become problematic.
- The importance of early intervention
- Referral and support information, including Butterfly's National Helpline

### TESTIMONIALS

"So glad I came. There is so much pressure on kids these days, it's hard to know what to do. This has given me lots of practical ideas." Parent WA

**Contact:**

E: [education@butterfly.org.au](mailto:education@butterfly.org.au)

T: 02 8456 3908

[www.butterfly.org.au](http://www.butterfly.org.au)



# Important Information



## STUDENT SUSTAINABILITY TEAM

The Year 12s are currently looking for students who are interested in improving sustainable practices here at CCS. Any students across all year levels are welcome to join. Check out student notices for more information.



## Catholic College Sale 2022 PERFORMING ARTS FESTIVAL

Wednesday 31 August



CCS NEWS AND EVENTS

[CLICK HERE](#) 



# Contact Us

[Catholic College Sale Teaching Staff Email Directory.](#)

## Term Dates 2022

**Term 1** Wednesday 2nd February (Year 7 & 12)/  
Thursday 3rd February (other years) – Friday 8th April

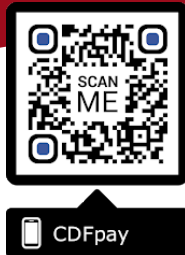
**Term 2** Tuesday 26th April – Friday 24th June

**Term 3** Tuesday 12th July – Friday 16th September

**Term 4** Monday 3rd October – Tuesday 6th December

## Canteen

The Canteen Menu and price list is available through CDF Pay by scanning the logo. To pay for items, please ensure your Student Card has money on it (this can be done by either bringing cash to the canteen at recess or through [CDF pay](#)).



## Uniform Shop



The Uniform Shop is currently running online. For any enquiries please use the request [form](#).

Blazers and hats are purchased directly through the College. Items must be paid for at the time of purchase and cannot be charged to school accounts.

Clothing is not sold on consignment but purchased by the College Uniform Shop, however, only items in good order will be accepted for sale. Blazers and winter skirts left for sale must be dry-cleaned.



## Catholic College Sale

51-53 Desailly St, Sale, VIC 3850

PO Box 594, Sale, VIC 3853

03 5143 9700

Student Absences 03 5143 9721

Email: [contactus@ccsale.catholic.edu.au](mailto:contactus@ccsale.catholic.edu.au)

Website: [www.ccsale.catholic.edu.au](http://www.ccsale.catholic.edu.au)