Dear Parents, Students and Friends

This is my first opportunity to address the broader school community in my new role as Development and Communications Leader.

I joined the staff at Trinity College after various roles in industry which included media, marketing and public relations, sports administration and financial services. I am very grateful to Tim and Cheryl in particular for giving me an opportunity to join the Leadership Team and draw together a variety of skills and direct those towards the promotion of the school and the great work of our students and staff.

My wife Jill is an Old Collegian, our eldest daughter Ruby graduated in 2016 and we have Bella in Year 8. I was a member of the College Board prior to taking up this role and, between all that, I felt I knew quite a bit about the school – that is, until I joined the team.

I think from the outside the school system is a little like the duck on the pond – serene and graceful above water, but kicking like mad below the surface. That is how I would describe Term 1. While I was trying to find my feet having started a couple of weeks into the term, the school was running full throttle to complete its agenda prior to Easter. I have no doubt that both students and staff appreciate the term breaks to recharge and reset and we are now well and truly into the flow of Term 2.

From the outset I have been impressed by the dedication, professionalism and obvious care of the teaching and support staff. They have been extremely welcoming to me and I am enjoying working with them to better understand the goals and needs of each area of the school.

Similarly, I have been extremely impressed by the students and their willingness to take on duties within and outside the school. It has been a long time since I was in a secondary school environment, but this group of students understands and embraces leadership and responsibility far better than I could have expected. They are great ambassadors for Trinity College and, in my short time, I have seen that displayed in a host of environments. The range of opportunities and possibilities they receive through their schooling here is endless and I am sure the two go hand in hand.

Schools are for learning and I feel that I have gone back to school in a real sense as I learn new ways of utilising my skills and adding value in different ways. I am enjoying that challenge and also the support that comes from the people around me.
My role sees me heavily involved in communications, both internally and externally, and at any one time we have several projects on the move, along with the regular activities, camps, excursions and special occasions which we want to record and share.

The amount of information created, shared and stored in a school environment is vast and part of the challenge is using the communication channels available to us to keep our families and networks informed and connected. We are constantly reviewing how we do this and you will hopefully see improvements as the year progresses. I am always open to feedback and ideas so please contact me at any stage.

Have a great week.
Mr Steve O’Dowd
Development and Communications Leader

The quote above from Pope Francis touches on a particular focus of mine, which is a belief that we can all get distracted by the amount of information readily available at our fingertips through TV, devices or phones.

I’m sure we’ve all witnessed comical scenes of couples or families dining together, but apart in a real sense because some or all of the group are fixed on their mobiles.

I’m not sure how much information a young mind can absorb in a day but it is being pushed to the limit with 24-hour access to social media and Pope Francis nails it when he says we have a great challenge to re-learn some very basic skills.

Our Wellbeing team is screening an award-winning documentary next week – SCREENAGERS – which touches on this very topic and the challenges for parents and students in managing screen time. I would encourage you to come along if you can. See the article below for more information.

ADMINISTRATION MATTERS

ROAD SAFETY
With the great amount of movement on the roads around Trinity College and Sacred Heart, particularly at the end of the day, we appeal to all parents and students to please ensure they adhere to road safety rules and expectations to ensure we keep our young people safe and prevent tragic consequences.

Of particular importance is that students must only cross roads at the designated road crossings. We ask that parents support this expectation and ensure that their children are following these road rules.

Thank you for your support in keeping our students safe.

FRIDAY AFTER SCHOOL - STUDY TIME!!
This is a happy reminder that that library is open after school ON FRIDAYS TOO!

Come smash out your homework and go home with that great sense of achievement.

Open until 5.05pm. See you there!
DONATE TO ST. VINCENT DE PAUL SOCIETY
Donating to Vinnies will always be fashionable! Your good quality clothes will get a new life, support those doing it tough and reduce landfill. Do your part for our planet and give your clothes a second life by donating to Vinnies.

You can drop off your thoughtful donations of good quality clothes to our Vinnies donation bin located near the carpark exit.
Mr Daniel O’Shea
Teacher

CURRICULUM MATTERS
YEAR 7 & 8 MATHS PATHWAYS PARENT INFORMATION NIGHT
Staff in the Mathematics Learning Area invite parents to a Maths Pathways Parent Information Evening. As you are aware, Trinity College teaches Maths with an individualised approach, which enables us to tailor your child’s learning in Mathematics to a far greater extent than ever before.

Parents now have continuous feedback on your child’s progress in maths via the Parent Portal throughout the year. This is accessible through your child’s online login by clicking the “parents” link at the bottom right corner of the home screen. You’re also able to register for email updates to get the results of your child’s latest test delivered to your inbox.

We will be holding a Parent Information Night at the school on Thursday, 3rd May at 7:30pm, when we will discuss your child’s maths learning in further detail and answer any questions that you might have about the use of the programme. We will also show you how to use the data in the Parent Portal to check in on your child’s progress and discuss how you can support your child in their maths learning.

Details for this event are as follows:

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<tr>
<th>Date:</th>
<th>Thursday, 3rd May 2018</th>
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<tr>
<td>Time:</td>
<td>7:30pm</td>
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<tr>
<td>Location:</td>
<td>Jubilee Centre</td>
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*Please bring your child’s device with you so that you can log in to the Parent Portal on our school network during the event.*

In the meantime, if you are concerned about your child’s progress in Maths, please contact your child’s teacher to discuss this with them.

Mr Patrick McCann
Learning Area Facilitator: Mathematics

TANZANIA - 2018
A group of Year 11 and 12 students recently met with Gemma Sisia, the founder of the School of St Jude in Tanzania.

The students were lucky enough to have a private meeting with Gemma and learnt about the origins of the school and the free education the school provides to over 1,800 of the poorest but brightest children in Arusha.

Last year’s immersion group spent a week at the school and donated stationery goods and sporting equipment purchased in Geelong and Colac, using money raised by the Trinity community, as well as the wider Colac-Otway community, including donations from St Mary's Parish and the Rotary Club of Colac West.

This year’s immersion group, the Year 12 students present in the accompanying photo, will be returning to the School of St Jude in November.

Mr Rodway is holding up a small photo that was donated as a ‘thank you’ to Trinity for our support of the School of St Jude.
YEAR 11 VCAL – EXCURSION TO MELBOURNE

The Year 11 VCAL class went to Melbourne recently to learn about social enterprise. We were taken on a tour of three different businesses. They were Thankyou, Charcoal Lane and HoMie.

At Thankyou we learnt that their business is about selling water and body products. The profits from their business go to providing water and sanitation to third world countries. When you buy a product from Thankyou, you can keep track of where your money is going by looking up the individual code on the product.

Secondly, we visited Charcoal Lane for lunch, a fine dining restaurant in Fitzroy specialising in Australian native food like kangaroo and barramundi. This enterprise provides training and guidance in hospitality to aboriginal and refugee people. They train up to 30 people each year.

Our last destination was HoMie, which is a retail clothing store that invests 100% of their profits into VIP days where homeless people get to choose five items of new clothing as well as a personal makeover: haircuts, manicures and beauty treatment. In addition, the business offers recognised training for young homeless people and assist them into employment with one of their partners. Training is funded by Ladder. Every AFL player contributes $30 per week which gets distributed to social enterprises.

This experience broadened our knowledge of homelessness, unemployment, poverty and inequality. The social enterprises we visited are responding in a positive way to these issues. They are all making a difference.

YEAR 11 VCAL Class

YEAR 11 BLACK SATURDAY EXCURSION

On Monday, 23rd April a group of 22 students, comprising of Unit 1 Geography and Physics students, travelled to Marysville overnight to conduct a fieldwork inquiry into the impact of bushfires in the Central Highlands.

We first visited the Ash Wednesday Bushfire Centre in Cockatoo to hear from the former CFA chief, Graeme Simpson, who lead the local brigade in fighting the fire that wiped out their town in 1983.

We then travelled to Lake Mountain Resort and heard from environmental officer Sue Parry, who lead students through a tour that focussed on the ongoing impacts of Black Saturday and the recovery effort. We then travelled to the picturesque Marysville to set up camp for the night.

The following morning, we heard of the personal experiences from Marysville locals while taking a walking tour around the town. The tour concluded at the Black Saturday Education Centre which included many artefacts that showed us how intense the fires actually were on the day. The final stop was the Toolangi Forest Centre where Steve Meacher spoke to us about the impacts of Black Saturday from an environmental perspective.

The camp was an eye-opening experience which enabled us to truly understand the toll such disasters can have on small communities such as Marysville. I would like to thank Mr Adam Karpala and Ms Libby Ryan for their assistance on the camp as well as the wonderful students who attended.

Mr Patrick Seal
Teacher

ANZAC Day Ceremony 2018
BEECHY RAIL TRAIL
On Tuesday, 17th April, group 1 of the Year 9 cohort embarked on the perilous journey that is the Old Beechy Rail Trail.

On the first day we walked a total of 19km, but before we began our walk we had the task of setting up the tents. Although most of us were successful in doing this, many of the tents fell down with the people inside and, due to this mishap, we ended up leaving for our walk at midday. With Ethan Schroeder leading the way and the front group pumping the “Good” tunes, we walked our breezy 19km. Terry Woodcroft rode along beside us as we strolled, as he attempted to motivate everyone that the end was nearby. As we were approaching what we assumed was the caravan park, everyone sprinted... but it just ended up being a large patch of green grass and we still had another 2km to go. After that last misleading 2km, we were finally back at the caravan park and everyone collapsed in front of their tents.

That evening proved to be a challenge to everyone as we had to prepare and cook our own dinners. Everyone either had too little or too much, but luckily the people with too much generously shared. After a night of good food and some good chats around the campfire, we all went to bed.

At the early time of 6:30, we were woken up by the teachers banging on the flaps of our tents. We crawled out of our beds and began to make ourselves some sort of breakfast. As we ate our pancakes, burnt hash browns, Fruit Loops and our bacon and eggs, we packed our bags and put them on a tarp to be transported back to Trinity College. From there, we headed off on our second day of walking, beginning the 27km trek home. At around the 10km mark, we were all a tad disappointed to see that Ethan had hitched a ride with Mr Trevaskis in the car, but we really couldn’t blame him. At every stop, we had Miss Andres rejecting every request for a lift in the car due to there being “no room” in the 7-seater car.

As we began to see the edge of town, we had the longest stop of the two days, due to a group of unnamed students and a teacher getting lost! When we reached the cemetery, we made our last stop of the trip. But when Mr Trevaskis said we could go it was as if nobody had walked at all today we were moving so fast.

We ended our journey in the front of the school where we took photos and everyone forced their parents to carry their bags for them because we were all too tired to do so ourselves. Overall, this was an eye-opening camp: we walked, we cooked feasts and we walked and walked some more. Ignoring the pain people felt when we got back, everyone had a lot of fun on this camp.

Saul Kavenagh and Bridie Murphy
Year 9 students

CAREERS NEWS

YEAR 10 WORK EXPERIENCE PROGRAM
This will take place in the last week of Term 2 from Monday, 26th June until Friday, 30th June 2017. Information packs were given to students at the Year 10 Information Evening last term. Students should now be considering their placement and organising this with employers. Students and Parents/Guardians are welcome to see me to discuss the work experience program. I can be contacted on 52339237 or jdemasi@tcc.vic.edu.au.

Mrs Julie Demasi
Careers Officer
TRINITY SPIRIT AWARDS

We congratulate the following student on recently exemplifying Trinity Spirit consistent with the Trinity College Core Value of Community:

Jack Holland, 11E, GLEESON
Lily Eldridge, 11B, RICE

Jesse Anderton 12B, GLEESON

For care towards fellow students

For showing honesty. Jesse handed in money that was accidentally left in the Easter raffle hamper that he won

Aiden Crowther 12D, RICE

For showing initiative, kindness and care with Year 7 students

Abbie–Lee Pellegrino, 7D, McAuley

For showing genuine care and support for a fellow Year 7 student and taking action to help

Hugh Daffy, 8B, GLEESON

Elijah Reid, Year 9, GLEESON

For his amazing music contribution during the visits to Mercy Place and also his participation in the ANZAC ceremony

For the leadership he displayed on camp through continually helping where needed, often without being asked

SPORTS NEWS

CLAY TARGET SHOOTING

On Thursday, 26th April, 13 students from Years 7 – 10 participated in the Annual Colac Schools Clay Target Shooting competition which was held at the Colac Gun Club. Participating in this competition was a first for a couple of Year 7 students and all students performed well during the day. There was a total of 141 shooters for the day.

For the fourth year in a row, Trinity College won the overall Best School Performance which is awarded to the school with the highest aggregate score based on the individual scores of the best five shooters. Our winning team shot 71/100 and the team included Daniel Hawtin, Adam McCarney, Dominic Roe, Jack Sanders and Michael Demasi. Well done boys!

Our best performers for the day included Jack Sanders, who shot 17/20 resulting in Jack coming first in the Junior Boys section. Michael Demasi was involved in the shoot off for second place in junior boys. He successfully shot 5/5 in the shot out and then unfortunately wasn’t able hit the next five, resulting him in coming third in the Junior Boys. What a fantastic effort from these two boys.

Our winning team shot 71/100 and the team included Daniel Hawtin, Adam McCarney, Dominic Roe, Jack Sanders and Michael Demasi. Well done boys!

Well done to all shooters on their behaviour and improvement in the shots throughout the day. I would again like to thank Mr Rob Halliday for his assistance with the transportation of guns and the guidance he provides our students.

Congratulations to all students involved and well done on your efforts.
Miss Naomi O’Loughlin
Teacher
REVISING FOR YOUR BRAIN

Another component of Self Determination Theory (SDT) is relatedness, the feeling you are connected to those around you.

As we learned from Building Brain Pathways:
- the brain thrives on deliberate practice and looking for patterns to build strong and fast brain pathways
- after students have taken notes in class, it is essential for them to review and revise them nightly for five minutes (this is often called memory coding).

When students regularly train for sport and practise their musical instruments their skills and capabilities develop, reviewing and revising learning is no different. Thinking tools and idea maps are effective and fun ways to organise learning visibly in the brain.

Facts relating to how much the brain retains:
- should notes not be reviewed within 24 hours, 60% to 80% of the learnt material is forgotten
- after a month with no reviews, only 3% to 4% is remembered
- the brain pathways which were created wither and die
- when 50 minutes of learning is not reviewed regularly, it takes 30 to 40 minutes to relearn it

Why learn it in the first place?
As renowned Polish pianist, Ignace Paderewski, once said, “If I miss one day’s practice, I notice it. If I miss two days’ practice, the critics notice. If I miss three days’ practice, the audience notices it.”

“I’m a great believer in luck; I find the harder I work the more of it I have.” Woodrow Wilson

TERM TWO FOCUS TECHNOLOGY: SIGNS OF PROBLEMATIC INTERNET USE

Whilst internet addiction is not currently a diagnosable disorder, studies have shown psychologic and physiologic patterns like those exhibited by an individual with a drug addiction can be evident. For instance, studies of the brains of people engaged in excessive video game use look very similar to those addicted to drugs like cocaine.

The following is a list, exhaustive by no means, of the emotional and physical signs that may be indicative of problematic internet use.

### EMOTIONAL SIGNS

<table>
<thead>
<tr>
<th>• Feelings of guilt</th>
<th>• Anxiety</th>
<th>• Depression</th>
<th>• Dishonesty</th>
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<tr>
<td>• No sense of time</td>
<td>• Isolation</td>
<td>• Defensiveness</td>
<td>• Unable to keep schedules</td>
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<tr>
<td>• Avoid doing work</td>
<td>• Agitation</td>
<td>• Euphoric feelings when in front of screen</td>
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### PHYSICAL SIGNS

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<thead>
<tr>
<th>• Backache</th>
<th>• Headache</th>
<th>• Weight loss/gain</th>
<th>• Carpel tunnel syndrome</th>
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<td>• Sleep disturbance</td>
<td>• Neck pain</td>
<td>• Blurred/strained vision</td>
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Other indicators of online addiction can include
- **Continued use despite negative consequences** – problems with relationships, work, school, plus more.
- **Tolerance** – requiring increased use of internet to the same affect
- **Withdrawal** – feelings of anxiousness, and physical symptoms and more when away
- **Inability to stop** – serious difficulties in reducing or stopping use.

Marsha and Kate
Wellbeing Officers
Save the date: You are invited to “Screenagers”

On Thursday, 10th May, Trinity College will be showing an award-winning documentary that really is a ‘must-see’ for parents of teenagers and teenagers themselves living in a digital world.

SCREENAGERS is the first feature documentary to explore the impact of screen technology on kids and offer parents and families proven solutions that work. What started out as a personal story for one person has grown into an international movement, helping millions of teens and their families navigate growing up in a world with instant access to screens.

Physician and filmmaker, Delaney Ruston, decided to make SCREENAGERS when she found herself constantly struggling with her two kids about screen time. Ruston felt guilty and confused, not sure what limits were best, especially around mobile phones, social media, gaming and how to monitor online homework. Hearing repeatedly how other parents were equally overwhelmed, she realized this is one of the biggest, unexplored parenting issues of our time.

As a director, Ruston turned the camera on her own family and others—revealing stories of messy struggles over social media, video games, academics and internet addiction. We meet Hannah, a 14-year old victim of social media bullying who struggled trying to hide her social media use from her mom. And Andrew, whose love of video games turned into an addiction taking him from earning straight A’s to flunking out of college.

SCREENAGERS goes far beyond exposing the risks of screen time: it reveals multiple approaches on how parents and educators can work with kids to help them achieve a healthy amount of screen time.

The documentary touches on:
- Use of screens in school
- Boys and video games
- Girls and social media
- Risk of addiction

Statistics reveal the problem that we all face as parents, educators and teenagers:
- Kids spend on average 6.5 hours a day on screens and that doesn’t include classroom or homework screen time.
- Boys spend on average the equivalent of 1.5 days on video games every week.
- Some recent studies show us that screen time increases dopamine production and causes behaviour that mimics addiction.

Screenagers will be shown at 7pm on Thursday, 10th May in the Jubilee Centre and will be followed by a panel discussion. This is a free event. Please book your tickets online via Trybooking or through the following link: https://www.trybooking.com/VCRV

**EVENTS**

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<tr>
<td>Saturday 5th May</td>
<td>Feast of Blessed Edmund Rice</td>
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<td>Wednesday, 9th May</td>
<td>Junior Footy Herald Sun Shield</td>
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<td>Sunday, 13th May</td>
<td>Mothers Day</td>
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<td>Tuesday, 15th May – Thursday, 17th May</td>
<td>NAPLAN, Years 7 &amp; 9</td>
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<td>Tuesday, 15th May</td>
<td>Senior Footy Herald Sun Shield</td>
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<td>Wednesday, 16th May</td>
<td>TCC Cross Country</td>
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<td>Friday, 18th May</td>
<td>Year 10 Social</td>
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<td>Sunday, 20th May</td>
<td>Pentecost Sunday</td>
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P & F CAR RAFFLE – STREET SELLING ROSTER
HELPERS NEEDED!!

Our “Annual Car Raffle” (the major fundraiser for the College) will be launched in May. Tickets will be mailed out early May to all current and past families, staff and students. Street selling will commence on Wednesday, 23rd May.

To have a successful raffle, we would appreciate the following support:
1. All families to sell their five raffle tickets.
2. Families to make themselves available for street selling. This is now relatively easy as the community is used to us selling tickets for the raffle.

This year the lucky winner will be able to take home a Toyota Corolla Ascent 1.8L Petrol CVT 5 Door Hatch.

For further information about this fundraiser or to offer support with selling tickets at your workplace, please contact Michelle Jamieson on 0408 994 224. Please contact Jenny Weller on 0458 149 261 if you have any queries regarding the street selling roster.

It would be appreciated if you gave this form priority and returned the following slip by Wednesday, 9th May 2018 to College Reception. You may also email jweller@tcc.vic.edu.au with your preferred day and time.

Thank you for your support.

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Street Selling will be from Wednesday, 23rd May until Wednesday, 20th June 2018. PLEASE CIRCLE BELOW YOUR PREFERRED DAY(S) and TIME THAT YOU WILL BE ABLE TO HELP.

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Are you willing to be included on the roster on more than one occasion if required?
☐ Yes  ☐ No

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<th>Name</th>
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Signed
This 6 week Academy will be delivered by AFL Barwon for students in year 7 & up, all genders and backgrounds, learn or enhance your skills in conflict management, decision making, and time management. Get paid to officiate local games, by becoming a qualified umpire.

Starting: Tuesday 8\textsuperscript{th} May

Time: 3.20pm – 4.30pm

Cost: $12 (Accreditation online course component)

This is a recognised National Umpire Accreditation Course (Introductory – Level 1) and will allow you to umpire anywhere in Australia, the Academy is aimed at all students who are interested in becoming an AFL Umpire.

Contact: Mr. Michael Tomkins (mtomkins@tcc.vic.edu.au)

Or

Jock Hillgrove (jock@aflbarwon.com.au) for more information.
THE CLASSES OF ‘MUSIC IN THE MODERN WORLD’ AND ‘MUSIC FOR LIFE’ PRESENTS

MAY 14TH

Trinity Bands Festival 2018

FEATURING
BANDS & ENSEMBLES FROM TRINITY COLLEGE
WITH SPECIAL GUESTS FROM LORNE P-12 COLLEGE

MUSIC FROM 7PM

JUBILEE CENTER AUDITORIUM
TRINITY COLLEGE COLAC : 119 HART STREET