HEALTH AND FITNESS PROGRAM

The PDHPE KLA is offering a health and fitness program for students in Years 7, 8 & 9 to participate in physical fitness sessions every Tuesday in Term 2.

The sessions will focus on: improving physical fitness; strength and conditioning; high intensity and interval training; flexibility training; cardiovascular and muscular endurance; diet and nutrition; speed agility; games and obstacle course challenges.

The program addresses research that shows physical activity is beneficial in reducing stress and anxiety in teenagers and that it improves self-esteem and confidence. Through the implementation of this tailor made program, LaSalle Catholic College is empowering our students to become engaged, motivated, active and healthy learners.

To encourage the students throughout the course, an external professional who is an Exercise Physiologist, and ex-student of the College and who also won Personal Trainer of the Year (2015) will speak to the students, conduct basic pre-screening fitness testing and run through a session emphasising the importance of exercise on their health currently and for the future.

Miss Natalie Di Benedetto (PDHPE Teacher) & Mr Adam Westwood (PDHPE Co-ordinator)

YEAR 11 BIOLOGY & SENIOR SCIENCE EXCURSION:

In the early hours of Monday morning, Year 11 Biology and Senior Science classes, along with a few cups of coffee, travelled to Mt Keira.

In the midst of the student chatter were themes of mystery and wonder. Fears of blood sucking leeches and other creepy crawlies were topics of discussion.

We were greeted by two tour guides who quickly quenched our fears. The views were cinematic, the sub-tropical rainforest was lush and the sounds of the local wildlife were majestic.

As students gazed into the sunrise it quickly came to fruition the impact that humans have on the environment. A once affluent rainforest, extending throughout the entire coastal plain from the ridgeline to the coast can now only be seen as isolated patches beneath the escarpments.

The ecosystem viewed contained different communities with a unique set of organisms, unique biological, chemical and physical conditions and unique interactions between living and non-living components.

Students were able to draw on existing knowledge of their own local area and expand on their understanding of biological concepts that can be identified through careful analysis of these living and non-living components.

I would personally like to thank the team from AUSECO for their time and effort as well as Mr Stephen Manning for his assistance during the excursion.

Gino Valore | Science Co-ordinator
YEAR 12 CONSTRUCTION VET STUDENTS

Year 12 Construction VET students have planned and are currently installing the new privacy screens in the dressing sheds on the bottom oval. The students, along with Ms Robyn Prasser, College Business Manager, conducted a walk through as she communicated what was needed for the dressing sheds. Students took notes and completed the necessary documentation to start the quoting process.

The project covers competencies in the course that the students must address throughout the project. The students have been working very hard to complete a quality project which is a permanent fixture to the dressing sheds. The students are gaining quality skills in the correct use of machinery and tools and the proper planning of projects before commencing work. At the moment the screens are on their way to a successful completion. Well done so far. Below are images of the students at work.

INDUSTRY BASED LEARNING ORIENTATION DAY

This term, the new Year 11 Industry Based Learning Class had an 'Orientation Day', at Cronulla Beach as many students come to LaSalle from other schools in Year 11.

The students undertook and were treated to a surf school lesson by the Cronulla Surf School Academy. Cronulla Surfing Academy currently offers a number of schools ‘Learn to Surf programs’, as part of their sports and pastoral programs.

The professional qualified staff tailored the class to suit our school’s Orientation Day needs by conducting fun team-bonding activities on the beach. The school program also includes beach awareness and ocean safety.

The day was organised by Mr Eagles who is an experienced surfer. Mrs Pegum, Mr Barrett, Miss Stephanie Assad - our Lasallian Youth Minister and Sam Cohen, our Year 12 Saint Yon Captain, also supported students on the day and joined in the activities.

The day finished off beautifully with a beach barbecue and was enjoyed by all.
YEARS 9 & 10 INFORMATION & SOFTWARE TECHNOLOGY EXCURSION

On Friday 18th March 2016, Year 9 & 10 Information and Software Technology (IST) students attended a robotics excursion held at the Sports Centre, Sydney Olympic Park.

The excursion included watching the FIRST robotics competition, which is a global event, where teams are made up of participants competing from all over the world.

In particular students were involved with:

- An introduction to FIRST Robotics
- A "Careers of the Future" talk by Google
- Meeting and interacting with Macquarie University students and researchers
- A tour of the "pits" and the opportunity to meet the robotics teams
- The opportunity to watch the robotics competition and provide input in the competition

This excursion provided students with an opportunity that could prove to be very difficult to replicate in the classroom and was an invaluable experience that has aided their learning of Robotics.

Next term Robotics and Automated Systems is being planned for students to study in IST. Therefore with the experience gained in this excursion they will have great ideas for building and programming their own robots.

Mrs V Thapaliya & Mr A Varrica
ST FELIX NEWS:

Parents and Friends are invited to the Opening of The Centenary Historical Display which will take place after the St Patrick's Mass at 7.00pm on Thursday, 17th March and remain open till 9.00pm that evening in the Presbytery Meeting Room.

Then opening times will be as follows:

**Sunday March 27th from 8.45am to 12.00noon.**

**NOTE:** The Display will not open during Holy Week until Easter Sunday Morning.

The Display will then close until the week before the Centenary Mass and reopen on Saturday 14th May 2016.

Official Centenary Mass is being held on Sunday, 22nd May 12.00pm Mass followed by celebrations, food and drink.

felix.centenary@outlook.com  www.facebook.com/StFelix100

SNAPSHOTS OF STUDENTS VISITING THE CENTENARY HISTORICAL DISPLAY OF ST FELIX DE VALOIS CHURCH, BANKSTOWN
Holy Week Mass Times

St Felix deValois Parish Bankstown
Holy Thursday: 7.30pm Mass with prayers continuing until midnight.

Good Friday:
10.30am Stations of the Cross, Youth re-enactment
3.00pm The Lord’s Passion

Easter Saturday: 7.00pm Easter Vigil Mass
Easter Sunday: 8.00am, 10.00am & 6.00pm

Christ the King Parish Bass Hill
Holy Thursday: 7.30pm Last Supper Mass
8.30 to 9.30pm Holy Hour with the Lord
Good Friday: 10.00am Stations of the Cross
3.00pm Veneration of the Cross

Easter Saturday: 7.30pm Easter Vigil Mass
Easter Sunday: 8.00am & 10.00am

St Brendan’s Parish Central Bankstown
Holy Thursday: Mass of the Lord’s Supper
5.30pm Vietnamese
7.00pm English

Good Friday: Stations of the Cross
8.00am Vietnamese
10.00am English
3.00pm The Lord’s Passion—English
5.30pm The Lord’s Passion—Vietnamese

Easter Saturday: Easter Vigil
5.30pm English

St Mary’s Queen of Heaven Georges Hall
Holy Thursday: Last Supper
5.00pm Vietnamese
7.00pm English with the washing of feet

Good Friday: Stations of the Cross
10.00am English Stations of the Cross
3.00pm Adoration of the Cross
5.00pm Vietnamese Stations of the Cross

Easter Saturday:
10.30am Sacrament of Reconciliation
11.00am Blessing of the Food
5.00pm Easter Vigil English

Easter Sunday: 8.00am, 10.00am English Mass
5.00pm English Mass

St John Vianney & Thomas More Parish Greenacre
Holy Thursday: 7.30pm Mass

Good Friday:
10.00am Stations of the Cross
3.00pm The Lord’s Passion

Easter Saturday: 6.00pm Easter Vigil Mass
Easter Sunday: 7.30am & 9.30am only

He is risen!
Easter Sunday