



LIFE TO THE FULL

Emmanuel
College



College Newsletter

From the desk of

15 MAY 2026

Janine Biggin

The Principal

As we move further into Term 2, there continues to be a wonderful sense of energy, connection and community across Emmanuel College.

Earlier this month, we were delighted to celebrate our annual Mother's Day Masses and Breakfasts across both campuses. These occasions remain an important part of our College calendar, bringing together families, staff and students in celebration and gratitude for the significant women in our lives. Each gathering provided an opportunity for our community to come together in prayer through Mass celebrated by one of our local parish priests, before sharing breakfast together in a warm and welcoming atmosphere. We thank all mothers, grandmothers and special women who joined us and contributed to the spirit of these meaningful events.

Our commitment to co-curricular participation and sporting excellence is also on show this term, with students proudly representing Emmanuel College across both ACC and SACCSS competitions. Students have been actively involved in Soccer, Volleyball, Futsal and Football, demonstrating outstanding teamwork, resilience and sportsmanship. We also look forward to the upcoming ACC Chess Competition later this month and wish all participating students every success.

This week also marks the culmination of many months of hard work, dedication and creativity as our students prepare to present the College Musical Production, *Encore! A Musical Revue*. We warmly invite all families and members of the Emmanuel community to attend performances on Wednesday or Thursday evening this week at St Paul's Campus. Our talented students will showcase theatrical moments from much-loved musicals including *Les Misérables*, *The Sound of Music*, *Grease*, *Annie*, *School of Rock* and many more. We thank the staff, students and families whose countless hours of preparation have brought this wonderful production to life.

As we continue through the term together, may we remain grounded in our shared College theme for 2026: *Peace Be With You*.

Let us pray:

Loving God,

May your peace guide our words, our actions and our relationships.

Help us to be people who bring kindness, understanding and hope to those around us.

Strengthen our Emmanuel community so that we may continue to learn, grow and flourish together in faith and compassion.

May we always be reminded of Christ's words:

"Peace be with you."

Amen.

'Peace be with you'

John - 20:19

Student Wellbeing

From the desk of the

Deputy Principals

Mothers' Day Mass

On Friday, our community came together to celebrate Mother's Day with a beautiful Mass and shared breakfast. The Mass was a special opportunity to give thanks for the mothers, grandmothers, and mother figures who bring love, guidance, and care to our families and parish communities. Following the service, everyone enjoyed a wonderful breakfast and the chance to spend time together in a warm and welcoming atmosphere. Thank you to all the volunteers who helped prepare and serve the breakfast and to everyone who joined us to make the morning so memorable.

Supporting Student Engagement and Learning

To support student engagement and minimise interruptions to learning, we are encouraging those students who don't bring a drink bottle to school, to start developing the habit of bringing one each day. We have noticed an increase in students leaving lessons to get a drink, which can impact both their learning and the learning of others through unnecessary movement around the College. By having a drink bottle readily available in class, students can remain focused and engaged in their lessons while still staying hydrated throughout the day. Students should ensure that drink bottles are appropriate for school use, clearly labelled, and contain water only during class time. Glass bottles and energy drinks are not permitted at school. We appreciate the support of families in helping reinforce this important practice.

Resources for Parents and Carers

The Black Dog Institute and Hobsons Bay Council have some upcoming webinars to support families with teenage children. Please see below for further information:

Black Dog Institute:

Join our free Teen Mental Health Matters webinar to gain practical tools for starting supportive conversations about mental health with your teen.

Only two dates left:

- [Tuesday 26 May at 7:00 pm AEST - Book Now](#)
- [Tuesday 25 June at 7:00 pm AEST - Book Now](#)

Hobsons Bay Council:

Understanding and responding to teenage stress and anxiety:

The session will cover:

- A simple framework for understanding teen stress
- The core needs of teens
- How adults can support stressed and anxious teens

There will also be an opportunity for Q&A.

<https://www.hobsonsbay.vic.gov.au/Community/Whats-on/YS-Understanding-and-responding-to-teenage-stress-and-anxiety>

'Peace be with you'

John - 20:19

Student Wellbeing

Mobile Phone Policy Reminder

Families are reminded that students are not permitted to use mobile phones when making purchases at the canteen. This is a breach of our mobile phone policy and students will be issued with a consequence. We appreciate your cooperation in adhering to this rule.

Winter Uniform Requirements

A reminder that the winter uniform is now compulsory. Ties are mandatory, and blazers must be worn as the outer garment when arriving at and departing from school. Please ensure your child is appropriately dressed for the cooler weather. Uniform 'blitzes' will be occurring throughout Term 2.

Surrounding College Streets and Safety

Please encourage your child to use the pedestrian crossing and/or traffic lights when crossing busy roads around the College. The surrounding streets are very busy during drop-off and collection times. Students crossing the road outside of these areas are risking their safety, especially with limited visibility of the road if multiple buses are parked outside the College.

Viewing ACC and SACCS Sport Events

A reminder that any family member visiting the campus to watch their son or daughter participate in weekly sport is required to sign in at reception. This is a Child Safe and OH&S requirement. Thank you for your support with this matter.

Denis Palanci and Anita Duhig

Deputy Principal - Student Wellbeing and Acting Deputy Principal - Student Wellbeing

Peace be with you

John - 20:19

Mission Integration

From the desk of the

Deputy Principal

A Feast of the Ascension

On Thursday 14th May we paused to remember the bodily ascension of the Risen Christ into heaven, 40 days after his resurrection. This event marked the conclusion of Jesus's earthly ministry and his empowerment of the disciples, through the Holy Spirit, to spread the gospel and bring about God's kingdom.

Winter Appeal

This term students are invited to donate winter clothing and canned food to our St Vinnies Winter Appeal, which supplies them with much needed goods to support those experiencing homelessness and financial hardship. On Friday 19th June, we will have our annual Winter Sleep Out at school to raise funds and in an act of solidarity with those who suffer.

Indigenous Immersion Experience

Over the winter holidays staff and students will attend our Indigenous immersion trips in Queensland and South Australia. The group in Queensland will spend four days on an Indigenous-run farm sharing wisdom and building relationships with elders. In South Australia they will spend time with the Dusty Feet Mob, tour the Flinders Ranges with an Indigenous guide and share wisdom with elders. This is part of the process of reconciliation Emmanuel College commits herself to, through our FIRE Carrier Covenant.

Promoting Catholic Identity

Since the commencement of this year the College has installed two spectacular sculptures of Jesus. The first was given to the College by the Marianist Order in America: 'Risen Macramé Christ' was created by Brother Mel Meyer, S.M. and donated by the Marianist Province of the U.S.A. as part of our 60th year celebration in 2025.

The second piece was installed as part of the Callahan renovation at Notre Dame Campus. It is a metal sculpture designed by artist Mark Niglia. Jesus walking towards us with arms outstretched symbolises his willingness to come close to us and his invitation for us to come close to him. He invites us to bring all of our joys, sorrows, hopes and challenges. To come as we are.

As we stand around the Jesus sculpture we see each other through Jesus. This symbolises our Christian calling to see Jesus in all other people regardless of their race, religion, gender, age or any other feature that can act to separate us. This sculpture echoes Jesus two commandments, to love God and one another.

Peace and blessings,

Mark Sciberras

Deputy Principal - Mission Integration



Peace be with you

John - 20:19

McCoy House Report

After a busy start to Term 1 and the school year, we welcomed the return of the McCoy students to Term 2. This term is off to a fast pace, with students quickly adjusting back into their school routines with a focus on their academic studies, and building on their achievements from Term 1.

It was most pleasing to meet many parents during the scheduled Parent Teacher Interviews. For a student to gain the maximum from their engagement in both the academic and the co-curricular offerings of the school, it is important for the school and families to work together to support our students. I encourage you to reach out to us at any time to discuss your son's progress, engagement or wellbeing.

As parents it is important for you to encourage your son to develop a nightly 'study routine', which encompasses a commitment to revision of school work, note taking, the completion of assessment tasks and studying. The completion of homework across all year levels is an essential routine each night, it provides students with the opportunity to extend their cognitive development, as well as establishing good time management skills.

Students in Year 12 should be spending between 2 to 3 hours per night, revising and preparing for upcoming assessments and SACs. They should be working with their subject teachers to ensure all work is completed and submitted to ensure a Year 12 certificate is attained at the end of the year.

Students should be able to differentiate between set homework tasks and the need for studying. It is an expectation of the College that all students follow the homework guidelines: Suggested study time each night:

Years 7 to 9: 1 to 1 ½ hours, Years 10: 1 ½ - 2 hours, Year 11: 2 to 3 hours

Establishing the habits of reading each night: is an important skill which develops comprehension and understanding as well as broadening vocabulary. I encourage all parents/guardians to check in with their sons about their school work and their academic progress regularly. Semester 2 is the time for examinations and timed assessments, organisation is paramount.

In addition to the routines of school work, the importance of eating breakfast at the start of the school day is another important element in a student's overall development and wellbeing.

The importance of eating breakfast: Encouraging students to eat breakfast.

Reference:

<https://theconversation.com/how-to-get-your-kid-to-eat-breakfast-before-school-and-yes-its-ok-to-have-dinner-leftovers-or-a-sandwich-186572>

What can you do?

1. Allow enough time

- This will come as no surprise: parents need to make sure kids have enough time to eat breakfast.
- This means getting up early enough and having a routine in the morning that makes time for breakfast.
- Breakfast is more useful than sleeping in 20 minutes beyond your alarm.

2. Be prepared

- To save time and make it easier, set the breakfast table the night before.
- Put out the foods that won't spoil overnight such as wholegrain cereal, spreads for toast and wholegrain bread.

'Peace be with you'

John - 20:19

McCoy House Report

3. Have a selection of food choices

- This can be traditional breakfast options like wholegrain breads and breakfast cereals, fruit toast, yoghurt and cut up or frozen fruit.
- Porridge, particularly in winter, is great as it can cook itself in the microwave.
- Offering smoothies with fruit, yoghurt, milk and oats also a useful option. Get your parents to help.
- Think outside the (cereal) box
- There are no rules around what sort of healthy foods can be eaten at breakfast. The important thing is that they are from the Australian Dietary guidelines.
- Some may find healthy leftovers from dinner appealing, or even a sandwich with avocado and salad fillings, or cold meats like chicken or tuna. Of course, a cooked breakfast with wholegrain toast, eggs and veggies (avocado, mushrooms, tomatoes, spinach) is excellent, but this is not a quick option!

4. Get rid of distractions

- Remove TVs, devices, or books during breakfast. There is plenty of time for that later.

Marianist Day

I would like to thank the McCoy Homeroom Teachers for their support of the activities that took place on the day. I would also like to thank the McCoy House Leaders, in particular Mason Holzer Year 11 Laver who worked tirelessly on the McCoy House Stall, selling doughnuts, and encouraging student participation in house activities. A great day was had by all.

Congratulations:

Ayden and Lawson McCleish on their recent Men's Under 17 Netball National Competition in Perth during the Term 1 holidays. The students represented Victoria in the competition which consisted of a series of round robin tournament against other states, culminating a final series, playing a total of 7 games throughout the week. Victoria played in the grand final against Queensland, winning convincingly.

Following the campaign both Ayden and Lawson have been chosen to participate in the 17 years and under Australian Selection Camp, in Sydney mid-May. We wish them all the very best for their trials and upcoming selection. Congratulations to Ethan Ezernieks Year 7 Barton and George Tsombanopoulos Year 7 Melba on their appointment as Year 7 leaders for Term 2.

Ayden



Lawson



Jennifer Molloy
McCoy House Leader - SPC

Peace be with you

John - 20:19

Academic Leaders

The Vision for Instruction at Emmanuel College is centred on a two-pronged approach: building teacher capacity to deliver high-quality, effective lessons, and improving student outcomes across all academic areas.

Mary, Head of Pedagogy NDC, and Susy, Head of Pedagogy SPC, are working alongside our highly experienced coaching staff to develop and embed the Vision for Instruction using StepLab. StepLab provides a range of explicit teaching and modelling strategies that support both teachers and students in the classroom.

At Emmanuel College, the universal pedagogical approach is grounded in the gradual release model: "I do, we do, you do." Teachers collaboratively plan lessons using this framework to ensure consistency and clarity in teaching and learning. Lessons include clearly defined learning intentions, success criteria, retrieval practice, explicit instruction, collaborative learning tasks, independent activities, and opportunities for reflection.

In addition to Learning Tasks, lesson plans are accessible to students and parents/carers through Compass, strengthening communication and supporting learning partnerships between school and home.

Learning Leaders continue to play a vital role in supporting staff and driving the ongoing development and implementation of the Vision for Instruction across all teams.

Mary Mika and Susy Sutherland
Academic Leaders

'Peace be with you'

John - 20:19

Badminton

On Monday 11th May a team of 21 students from Emmanuel College competed in the Open SAACCS Badminton Competition at Eagle Stadium. As usual we did extremely well, and most teams made finals. This year however we took out the top division in both senior girls' and boys' events. This is an incredible feat and shows our depth of talent. Congratulations to Fideline and Dew and to Marcus and Odellon who pretty much came from the jaws of defeat several times to claim great victories. This is a huge testament to their ethic for success. All players did our school proud, and a huge thanks to Jo and Bec and their team at SAACCS for organising another great event.

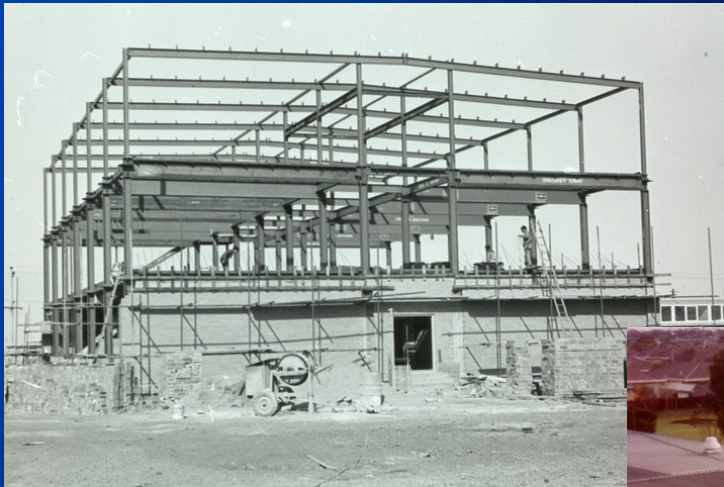


Tim Kelleher
Coach

'Peace be with you'

John - 20:19

Building at Emmanuel - Then and Now



c. 1964 - SPC Jubilee Building

1979 - SPC Chapel



2025 - NDC Callahan Building

2010 - SPC McMahon Centre



Penny Cook
College Archivist

Peace be with you

John - 20:19

Calendar Term 2, Weeks 5A AND 6B

18 May	SACCSS Inter Futsal Division 2
19 May	ACC Yr. 10 Football – EMM v MAZ, Yr. 10 Soccer – PAR v EMM, Yr. 9 Soccer – SJG v EMM SACCSS Senior Volleyball/AFL Round 4
20 May	ACC Senior Football – EMM v SMC, Senior Soccer – SBM v EMM College Musical Matinee and Evening Performance
21 May	College Musical Matinee and Evening Performance SACCSS - Yr. 7 Premier League Round 4 ACC Yr. 8 Football – SMC v EMM, Yr. 8 Soccer – PAR v EMM, Yr. 7 Football – EMM v SBE ACC Yr. 7 Soccer – EMM v FTG
25 May	SACCSS Golf
26 May	ACC Yr. 10 Football – PAR v EMM, Yr. 10 Soccer – EMM v SBE, Yr. 9 Soccer – EMM v PAR SACCSS - Senior Volleyball / AFL Round 5
27 May	ACC Senior Football – MAZ v EMM Senior Soccer – EMM v SBE SACCSS - Junior Girls AFL
28 May	NDC Athletics Day SACCSS - Yr. 7 Premier League Round 5
29 May	ACC Intermediate Chess Tournament

'Peace be with you'

John - 20:19

