Dear Parents, Friends, Staff and Students,

If only it was as simple as the old advertisement for the chocolate bar that a Mars a day will help you with WORK, REST and PLAY. A respected colleague recently reminded me that finding the correct balance for a young student to work, rest and play is a challenge for both the young individual and the people who are supporting them. The government recently started the push for all Australians to take ownership for our youth's welfare and announced in 2004 that $116 million was to be placed to deal with the declining physical activity and poor eating habits of Australian children. Below are some facts and ideas for our community to assist and ensure that our boys do not add to the 20-25% of Australian students aged from 2-15 who are overweight or obese. The boys of Marcellin are generally good advocates for this Building a Healthy Active Australia campaign, but it is important to note two of the recommendations for children and youth from the government:

1. Children and youth should participate in at least 60 minutes of moderate to vigorous intensity physical activity everyday.
2. Children and youth should not spend more than 2 hours per day using electronic media for entertainment (eg: computer games, Internet) particularly in daylight hours.

The key to the above points is to encourage our youth to build healthy habits for life. Active children do learn better. Active children do become healthy and active adults. A steady program of exercise will allow a student to be productive with their studies.

Studies have found that those who are healthier are more likely to gain employment and progress more rapidly in their selected career than those who live sedentary lifestyles. A great example of finding this balance can be seen from Luke Northey (class of 2005) who achieved an outstanding HSC result and continued an active surfing program each day after school. Finding their activity/niche be it as an individual or with teams/groups is essential for our boys.

Providing our boys with opportunities to enhance this equilibrium within their lives is the crucial factor. Encouraging active participation in real sport rather than the IT sport games young people can become obsessed with is worth promoting. This is a challenge for both the parent of today and the school community.

Participation does not have to be competitive, in fact establishing healthy lifestyle practices that are non competitive are more likely to become part of your everyday routine. Participation that provides a feeling of success and therefore confidence building can contribute to what psychologists call "islands of confidence". These are episodes in our life that we can call upon and return to reinforce our confidence and belief in ourselves. Life can be very much like diving into an endless ocean. It can seem like we are swimming a marathon at times in trying to successfully find a balance between study, work, social responsibilities and personal commitments. In the midst of the hectic life that we lead, we all need to find that place where we can re-energise and boost our sense of personal success. Participating in physical activity is an excellent way to help us achieve this.

Success can be felt by simply having a positive group of friends who count on you to meet at the local park on Friday afternoons to kick a ball around. Physically active experiences that are also socially fun are more likely to help individuals find a balance in their lives. Those students who ultimately achieve their potential at school do so by being able to work, rest and play.

With best wishes

MR DAVID FORRESTER
Sports Co-ordinator
I congratulate the following boys who were appointed as our College Leaders for the year ahead. I wish them well as they take on these important roles at Marcellin.

**COLLEGE LEADERS 2007**

<table>
<thead>
<tr>
<th>Student Executive</th>
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<tbody>
<tr>
<td><strong>Captain</strong></td>
<td>Nathan Hill</td>
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<tr>
<td><strong>Vice Captain</strong></td>
<td>Daniel D’Ambrosio</td>
</tr>
<tr>
<td><strong>Sports Captain</strong></td>
<td>Christopher O’Brien</td>
</tr>
<tr>
<td><strong>Prefect Responsible for Student Welfare</strong></td>
<td>Peter Zarzour</td>
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**STUDENT COUNCIL**

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<tr>
<th>House Captains</th>
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<tr>
<td><strong>Anselm</strong></td>
<td>Brendan Thompson</td>
</tr>
<tr>
<td><strong>Champagnat</strong></td>
<td>Thomas Holland</td>
</tr>
<tr>
<td><strong>Fallon</strong></td>
<td>Jason Clark</td>
</tr>
<tr>
<td><strong>Ignatius</strong></td>
<td>Tyrone Blake</td>
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**Prefects**

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<tbody>
<tr>
<td>Mark Lee</td>
<td>Michael Skolarikis</td>
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<tr>
<td>Sean Harris</td>
<td>Zac McIntyre</td>
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Congratulations to the following Year 11 boys who received these awards at the Preliminary Prizegiving last week:

**Nathan Hill**  
Year 11  
Headmaster’s Award  
Contribution to the School Community

**Sean Harris**  
Year 11  
Headmaster’s Award  
Contribution to the School Community

**Mark Lee**  
Year 11  
Service to the Community

**Laurent Lahey**  
Year 11  
Outstanding Sportsman

**Christopher O’Brien**  
Year 11  
Christian Leadership

**Peter Zarzour**  
Year 11  
Academic Excellence

**Daniel D’Ambrosio**  
Year 11  
Cultural Contribution
Thank You
Thanks to the 70 parents who joined us last week at our special Parents in Touch night. It was an opportunity to provide feedback on our College priorities and initiatives for 2006. I appreciate very much the positive and constructive feedback.

Reminder
Parents are reminded to return Student Verification forms to the College as soon as possible. It is essential to complete BOTH sides of this form, giving details of siblings attending Catholic schools as this determines the fee billing for the forthcoming year. If you fail to inform us that you have other children at Catholic schools, your son will be charged at 'first child' rate otherwise. If you have returned your form and not completed these details regarding siblings, please contact the College so the information can be changed.

Randwick Youth Ministry News
• Next Youth Mass is on Sunday, Nov 19 2006, 6pm.
• Crave - Adoration - 6pm Wednesdays @ OLSH Church
• Eastern Region Catholic Youth presents... Activ8 - Journey to WYD 2008 St Mary’s Cathedral Hall, Friday Nov 24 2006 7pm-10pm Special Guest Speaker, Live Music, Testimonies Drama, Prayer, Reconciliation
For more info, contact Tristan on 0416 017 014 tristanhaber@yahoo.com

<table>
<thead>
<tr>
<th>Upcoming Events</th>
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<tr>
<td>Monday 13\textsuperscript{th} November</td>
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<td>Wednesday 15\textsuperscript{th} November</td>
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<tr>
<td>Friday 17\textsuperscript{th} November</td>
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<tr>
<td>Monday 20\textsuperscript{th} November</td>
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**MCC Summer Sports 2006/07**
- Week 4: November 9\textsuperscript{th} Round 2 v Pagewood
- Week 5: November 16\textsuperscript{th} Round 3 v Wahroonga
- Week 6: November 23\textsuperscript{rd} Round 4 v Kogarah
- Week 7: November 30\textsuperscript{th} Round 5 v Lewisham

Amir Yasaman
Year 8
Winner U/14 Soccer Grand final

Sakis Triantos
Year 8
Winner U/14 Soccer Grand final

James Voulgaris
Year 8
Winner U/14 Soccer Grand final

Rhys Fisher-Bell
Year 8
Winner U/14 Soccer Grand final

Ned Macgregor
Year 7
Winner U/14 Soccer Grand final

Thomas Bracken
Year 10
Awarded the 2006 Defence Force Award for Leadership and Teamwork

Christopher O’Brien
Year 11
Awarded the 2006 Defence Force Award for Leadership and Teamwork

Sam Bartlett
Year 12
Selected in the U15 CCC Cricket Squad to compete in the All Schools Competition in December

James McKenzie
Year 8
Selected in the U15 CCC Cricket Squad to compete in the All Schools Competition in December

Angus Robson
Year 9
Selected in the U15 CCC Cricket Squad to compete in the All Schools Competition in December
Congratulations must go to all members of the FALLON house who were successful in winning the SPIRIT CUP for 2006. Points were awarded throughout the year for:

- Cross country swimming and athletics carnivals
- Students listed on the special achievement board
- Academic prize winners,
- Thursday afternoon sports results
- Representatives of the school over a variety of fields
- Gold Award winners.

The Fallon house began slowly but marched home strongly to take the prize. After term one the Ignatius House had the lead with Fallon being in last position but only a mere 33 points separated them. A strong effort in term 2 with many MCC representatives from the Fallon House followed by many winners of academic prizes after the half yearly exams the Fallon house were then never headed. All members of the winning house will receive a BBQ later in the term.

The final points tally was as follows:

<table>
<thead>
<tr>
<th>House</th>
<th>Points</th>
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<tbody>
<tr>
<td>Fallon</td>
<td>1185</td>
</tr>
<tr>
<td>Ignatius</td>
<td>1063</td>
</tr>
<tr>
<td>Anselm</td>
<td>1016</td>
</tr>
<tr>
<td>Champagnat</td>
<td>975</td>
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Year 7 camp took place in the Colo Valley at Camp Somerset from 18th-20th of October. The idyllic bushland setting allowed the boys to move out of their comfort zone and experience the fun and challenges of outdoor recreation. Over the course of a few days, the boys were encouraged to participate in a range of activities including bushwalking, canoeing, abseiling, obstacle and rope courses as well as opportunities to prepare and cook their own gourmet meals on the campfire. The boys responded in a very positive manner to the whole experience. They exhibited a strong sense of cooperation and teamwork and have hopefully renewed their sense of appreciation for the comforts of home.

Thanks to the wonderful people working at Camp Somerset and to our own teaching staff who accompanied Year 7 - Miss Dove, Miss Marsden, Miss Thompson, Mr Maoudis, Mr O Connell, Mr Ursino, Mr Leary, Miss Moore, Miss Taddio and Mrs Ververis. Thanks to their help the camp was a great success!

Mr. Paul Daley, Year 7 Coordinator