

YEAR 12 SEMINAR DAYS

On Wednesday February 5 and Thursday February 6, the Year 12's had the opportunity to participate in seminar days provided by Dr Finn and Scott Darlow, respectively. On these days, we as Year 12's, had the chance to understand each other more as a year level, as well as reflect on who we are, and how we want our year to run. Dr Finn had presented to us about community and kindness, and how we should all get to know each other and other people, and to understand how we are all different. This allowed us to reflect on who we have been and how we can work on that in the future. Scott Darlow had presented to us about how to treat others and how view and value ourselves. Scott had talked about how we shouldn't misjudge someone without getting to know their story and how they are as a person. Scott also talked about how we should view our worth, and that each person is perfect in their own ways, and each person has their own gifts.

The Year 12 seminar days took place on the 5th and 6th of February and the whole year level came together to listen to Dr Finn and Scott Darlow for a day each. We did a lot of journaling and looking at goal setting for our year ahead. We learnt a lot about community and how we can implement community values and how we can implement them every day at school and in our everyday lives. We also learnt about how we need to be selfish in caring for ourselves so that we are able to be the best versions of ourselves.

The days were an inspiring experience where we were challenged to really describe ourselves and talk about what we want for our future which at times can be a scary topic to think about. The day allowed us to bond with old and new friends and start an exciting year journey with each other where we accept everyone's differences and support each other's journey along the way.

The first day was spent with Dr Finn who spoke about the sense of self and our hopes and dreams for the future. It was spent with a heavy focus on our well-being as individuals and as a group. Throughout the day, the year 12's would be split up into a number of groups consisting of people whom we most likely have not had a chance to talk to often. We participated in a number of activities that encouraged us to reflect on ourselves, the people we aspire to be, our hopes and dreams. Along with the self-reflection, we were able to write a letter to our future selves which will be delivered back to us later this year at the Yr 12 Retreat to Anglesea. And as a number of staff and students would have noticed, we also participated in a trust activity that involved most of the people in our separate groups to be blindfolded and all holding onto a rope by which they would be lead around college grounds by a single clear-sighted person in the lead. This activity was really challenging for some, whilst others were racing to climb up and down as many stairs as they were able.

Ultimately, it was a team building activity and a total icebreaker too. The second day was spent with Melbourne singer, songwriter, guitarist, didgeridoo player and public speaker Scott Darlow. Scott was a guest speaker who we met and spent a day with two years ago during our Year 10 Seminar Days and there was certainly a lot of excited faces to see him again. Scott addressed the room with a big focus on our sense of self, the people we aim to be. Much of the day was spent talking about our talents and passions and brainstorming possible career paths, if we were to combine the two.

Scott is a person who is truly passionate about people and his country. The immense pride and respect that he holds for his country is evident in the many discussions we had about the past that made Australia what it is today and the people who shaped our nation. We were also able to watch the singer-songwriter (who has met with quite a number of successes in the last few years) perform a number of his original songs, all of which showed the deep respect, pride, joy, sorrow and regret for this country, its history and its people.

On the whole, the two days spent up in M11 was quite successful and fulfilling. Not only were we able to focus on our individual wellbeing, but we also had the chance to connect with our peers who will undoubtedly be our greatest support throughout this coming year. And for making these two days such a great one, a huge thankyou must be extended to the staff members for the organisation of the days, to our presenters Dr. Finn and Scott and (especially) the canteen staff for catering to all the hungry stomachs (with really good food too).

YEAR 11 SEMINAR DAYS

Over the course of 2 days the Year 11's including my self-participated in the RE program seminar days hosted by Chris Doyle. Over the course of these days we took part in group bonding activities that aided us to develop self-confidence, comradery and to build a stronger connection with our peers.

Chris communicated to us that we are so blessed to be here and that we shouldn't take life for granted and to live life to the fullest, yes we will have regrets but this is a learning experience. So don't dwell on the past or the negatives but to focus on your bright future and reach for the stars.

Chris had us write letters to our future year 12 selves, I absolutely treasured this activity, it not only got you to think in depth about what the year ahead holds for us, but got us to certainly focus on our confidence, inner faith and what we wished to see from ourselves in the future year of SJC.

Overall I cherished this experience, and I couldn't be more thankful to Chris for teaching us new ways to look at life, the life lessons, guidance and how to be so much more thankful for what god has blessed us with.

Thank-you from the bottom of my heart Chris, it was a magical experience that I will cherish every day!

YEAR 10 SEMINAR DAY

The Year 10 Seminar day was really fun, Scott was a great role model and told us about different things like how Australian history affected him, through his life. Scott told us about his personal life experiences and gave us advice about living a happier life.

The Seminar Day was interesting because Scott talked a lot about Australia's history, he talked a lot about things that I did not know and many of these things surprised me. The seminar day was good and helped get my mind back on track, helping me with my social life, my mental health and my school work.

The day started with us being introduced to Scott by him performing a song and then greeting us. He showed us a different take to music as he would use his guitar, sing and then play the didgeridoo. During the day he talked to us about the lives that the previous Indigenous Australians lived and how that has affected their future generations. He made us feel very grateful that we were born into a good household and showed us that the things we think are bad or difficult are manageable.

YEAR 9 SEMINAR DAY

Seminar day was a very fun experience for us Year 9 students. As a whole, we worked through activities that made us realise the importance of love. Each activity guided us to find the importance in caring for everyone around us and the importance of being grateful for all we have. We also got to support one another, making each other feel welcomed and cared about. It was a great day, Chris Doyle was so humorous and hospitable towards everyone and gave us a very new perspective of life. Thank you Chris and the school who organised Seminar day.

On Friday the 7th of January Year 9's spent the day at the mercy campus together as a year level and experienced an information day with a twist. Throughout the day we joined in on some singing, dancing but then throughout all the fun stuff we did have some serious discussion about love and stewardship. overall I think everyone enjoyed themselves in the day.

On Friday the 7th of February, the Year Nines had a seminar day at the Mercy Campus. The day consisted of Chris, telling jokes, playing his guitar and getting people up to sing. Although we had fun he also taught us the importance of cherishing the things we have, he told us that just because we have something doesn't mean everybody else does. While it was a very informative/intriguing session we also had a lot of fun, with Chris getting people to sing songs, and some people to strut the runway and make poses. Overall, the day was a lot of fun and very interesting.