These Seminar Days aim to give students the opportunity to commence the year at St Joseph’s College as year level groups, with time to reflect on the key beliefs and practices of the Catholic Tradition, the Values of our College and students’ personal values in regard to relationships and a range of issues. These days provide a chance to build a sense of community within the year level groups and to ensure that 2019 is a time of mutual support and respect for each other. Students were given the opportunity to further develop their knowledge and understanding of the Catholic vision of social justice and the challenge that this brings to us as a community and as individuals.

The Seminar Days were an excellent opportunity for all of the different year levels to commence 2019 as a group, building a sense of community and support that will be of enormous value over the year. All students participated in the Seminar Days with a positive attitude and a willingness to make the most of the experience it provided time for personal reflection and group interaction.

Some key messages from the different presenters were:

- the FLUTE (Forgiveness, Love, Understanding, Tolerance and Empathy),
- Loving yourself,
- Having a wonderful life,
- Gratitude (being able to identify 2 million items that you are grateful for being turning 38),
- Goal setting,
- Identifying strengths and challenges’, and
- Supporting each other and the importance of positive relationships.

For individual student review please read more:

**Year 12 Seminar Days**

On February 6 and 7 the Year 12 students were fortunate to participate in two Seminar Days. Wednesday consisted of Dr Finn taking us through a range of activities about trust, being ourselves and a few tips for the year ahead. We joined in activities; such as passing balloons with our knees and blindfolded adventures around the College. These activities fostered a bond and trust that we will now have between all of us that wasn’t there before.

On Thursday we were fortunate enough to have Scott Darlow; singer, songwriter, guitarist, didgeridoo player and an Indigenous Australian. With Scott, we shared many laughs, but we also learnt about the history of Australia and some all-round life tips. Scott was amazing to listen to, we all loved his messages, so much so that one of his songs ‘Runaway’ is now our end-of-day bell.

On behalf of the Year 12 students, we really appreciate everyone that helped organise and make the days run as smoothly as they did, especially Miss Cox and Dr Finn. Both days provided us with many opportunities and experiences, but one thing in common that we all now know is how close we have become in just two days and that we can’t wait for the year ahead, where our shared journey will continue.

Allexandra Littore
Year 12
Recently, our Year 12 cohort participated in two Seminar Days, aiming to bring us together as a group and to prepare us for the crucial, and rewarding year to come. Our first day involved Dr Tony Finn conducting a seminar. Throughout the day, Dr Finn gave us valuable tips and tricks on how to conserve our sanity as the year goes on, but also helped open our minds in relation to bonding together as a group. The day was very inspirational and we were very grateful for the opportunity Dr Finn and Miss Cox gave us.

On the second day, we were lucky enough to have Mr Scott Darlow, singer songwriter and public speaker from Melbourne run the sessions. Scott was very entertaining and blended well with our age group. He provided us with a relief from the already stressful first week we had all experienced with funny jokes, beautiful songs and personal stories. We all felt very lucky to have Scott come to Mildura for us, so much-so that we decided to change the end-of-day bell to his very own song “Runaway”.

The Seminar Days we had were very entertaining and also very informative. I’m sure I can speak for our whole Year 12 group and say that we are extremely grateful for both of the days.

Zach Hickey
Year 12

Year 11 Seminar Days

The Year 11’s were involved in two day Seminar Day, down at the Mercy Campus on the 6th and 7th of February with Mr Chris Doyle, who has been conducting these at St Joseph’s College for many years. It was two days filled with music, singing, dancing and many fun team building activities whilst discussing topics such as self-confidence and current social issues. The days were aimed at preparing the Year 11’s for the busy two years ahead of them.

The Holland Room was the venue of choice for these particular Seminar Days which were educational, entertaining and very successful. Overall the Seminar Days were a fantastic experience and in high praise amongst the Year 11 cohort.

Pathama Wankhuan and Jack Helms
Year 11

Year 10 Seminar Day

On the 8th of March, the Year 10 students of St Joseph’s College were privileged with the company of Scott Darlow who ran our Seminar Day. The event was based on the students learning about how to live a better life, and how we should respect everyone for who they are.

The day started off with a few songs sung by Scott, followed by a brief introduction of who he was. He is a musician who writes and performs his own songs live, and a public speaker from Melbourne. His knowledge comes from his personal experiences, and perception of being a school teacher.
The key message that he was trying to get across was how to make yourself live a happier life, and that it can be done by following a simple acronym, FLUTE. FLUTE stands for: Forgiveness, Love, Understanding, Tolerance and Empathy. This was achieved by comedy and funny personal stories he had that engaged the audience, and made it more interesting to listen in what he had to say. Another key message was that he wanted people to know that we should respect everyone’s personal background, and that we are all different.

All up, the Seminar Day was a really enjoyable event to participate in, and I believe that most people took away a lot from this day.

Samuel McErvale
Year 10

Year 9 Seminar Day

The day started off with us getting into groups and doing some activities as a group like making sculptures together. We did a two choice activity where we had to go to a side of the room depending on what you like. Mr Chris Doyle spoke to us on a serious note about how to treat each other and ourselves.

Chris opened up my eyes and made everyone think about what we were grateful for. He was teaching us to be selfless. Chris got lots of us up to sing, dance and even do a cat walk.

Maya Marasco
Year 9

The Year 9 Seminar day was held at the Mercy Campus. It was very educational, both physically and mentally. Everyone learnt how to be respectful to themselves and others. The speaker Mr Chris Doyle organised many activities for us Year 9 students; like group constructions, whole year level games and more. By the end of the day everyone in the year level had bonded and formed new friendships.

Ella Lanteri
Year 9