

COLLIG

100

17th August, 2020

Issue 23

Marian College

Kildare Education Ministries School in the Brigidine tradition

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Pancakes William Chapman Year 7 Home Economics

IN MY WORDS

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CAREERS

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Dear Parents, Carers, Friends and Students of Marian College,

- ✤ We encourage excellence and perseverance in learning,
 - ✤ We strive for continuous improvement

This return to Remote/Flexible learning reminds us of the possibilities that exist when we must improvise or reimagine what we have always known.

Over the last week it has been quite exciting to see many of our students thinking outside the box and working to be creative in this new space. We have done this once, but this time we understand the flexibility of learning a little better as students and parents interpret the lessons according to resources and need. As author and artist Bruce Garrabradt suggests, "Creativity doesn't wait for that perfect moment. It fashions its own perfect moments out of ordinary ones."

God teach me to steward well the talents entrusted to me. Let me not be like the one who buried his talents; show me instead how to multiply them and bless others. (Based on Matthew 25: 14-30).

Students need to think creatively about how to remain engaged as the weeks pass. We know from Remote 1.0 that around Week four some students struggled to stay focused at home. This was more obvious in the younger years but not entirely. One solution is to find the passion in what you are doing and be creative. We know all students have talents to nurture and develop; they just need the confidence and support to have a go. There is a sense of pride in creating something unique, to a high standard, and personalised. We know that intrinsic motivation is often far more powerful than any external rewards or consequences although each has a role, especially when the desire to learn is not at first present.

As Hendelong J, Lepper MR (The effects of praise of children's intrinsic motivation: a review and synthesis, Psychol Bull, 2002) suggest, for example, `...offering positive praise and feedback when people do something better in comparison to others can improve intrinsic motivation'. On the other hand, `... if parents (or teachers) `...heap lavish praise on their child every time he (or she) completes a simple task, he (or she) will become less intrinsically motivated to perform that task in the future. The message is to praise effort and perseverance and the result that stems from this effort. Use praise when it is earned for the effort not for some pre-existing knowledge for which the student has worked little. Students need to see that success often comes in staged moves of possibly failing, adjustment, some creativity and perseverance. Encouragement to keep going and to think outside the box can help.

Student Wellbeing

Under the leadership of Ms Stephanie Saravanja (Head of Wellbeing), the College Wellbeing team have put together a terrific online Wellbeing Hub to assist students, staff and parents at this difficult time. These resources are intended to offer a variety of options to suit individual interests and needs. The Hub also offers details about our College Wellbeing and Positive Education programs embedded across the College. See the meditation and physiotherapy session, the 30 minute health and fitness sessions or videos on the Art of Happiness and Positive Education. Thank you to Steph and the Wellbeing team who continue to support our students so well. See website: https://sites.google. com/mcararat.catholic.edu.au/ mariancollegewellbeing/home

Subject Selection

Subject Selections were due last Friday 14th August. We now begin the process of timetable development, taking student preferences into consideration. We offer a broad range of subjects across the College to meet individual needs and interests. If you have any further questions please do not hesitate to contact your child's Teacher Advisor.

VCE VET Students

The Victorian Curriculum and Assessment Authority forwarded an update to all VCE VET students undertaking a 3-4 subject this year. The exams and GAT will continue as previously advised. 'The Victorian Curriculum and Assessment Authority (VCAA) will introduce a new 'Consideration of Educational Disadvantage' process to calculate VCE scores, taking into account disruptions to learning this year.

To calculate scores, the VCAA will consider a range of data provided by schools, together with each student's exam results.

The data will include:

- the ranked order of students prior to and following the impact of coronavirus (COVID-19)
- a student's indicative grades prior to and following the impact of coronavirus (COVID-19)
- school assessments completed prior to remote and flexible learning
- the General Achievement Test (GAT)
- a range of statistical analyses used to calculate final results'.

It is most important that students continue to work hard to achieve the best they can throughout this time. Prior learning and achievement levels before COVID-19 are important to this process, together with a student's performance on the GAT and final exams. Further details will be forwarded as they become available.

Have a wonderful week,

Carmel.





From the Head of Wellbeing

Coping in challenging situations.

In difficult circumstances, like the ones Victorians find themselves in currently, it helps to have discussion around selfcare and wellbeing. When we are faced with things that are beyond our control, we sometimes struggle to accept what is and find ourselves wishing things were somehow different - this wishful thinking sometimes does nothing more than hurt our sense of wellbeing further as what we wish for may not be possible right now - like a sudden return to normal or for a vaccine to suddenly appear. Psychologist Audra DeNicola argues that acceptance of one's circumstances doesn't equate with approval, but rather allows us the ability to discover what we can control which in turn allows us to access more comforts and supports through adaptive thoughts.

Some ways to cope with the reality of Covid might be to:

Set daily goals - We can acknowledge that the future might seem more uncertain right now but chose to focus more on the present moment instead of worrying about what may or may not happen down the track. We can set ourselves daily goals (academic/work/ personal) and feel good about meeting them. Take life day by day.

Do enjoyable things - We often schedule work or appointments into our calendar but what if we also scheduled in fun or relaxation into our days? It would give us something to look forward to each day. What are some things you enjoy doing that you could do each day or at least a few times a week?

Look after yourself - Seek out ways to nurture yourself each day. If you take care of yourself, you are more able to take care of others. Exercise might be your way to unwind or maybe a relaxing walk may do the trick. You could hop on our Community Wellbeing Hub and access a free yoga session or fitness tutorial or one of our mindful stretching routines (see link below)

https://sites.google.com/mcararat. catholic.edu.au/mariancollegewellbeing/ home



Common Unhelpful Thoughts	How you may feel	Alternate Helpful thoughts	How you may feel
Things will never be the same again	Scared Regretful Hopeless	Feeling really bad usually doesn't last forever. Thinking like this makes it hard to plan for the future. Not everything will be like it was before. But some things are the same now. Even though things may never be the same, I can grow from what is happening and adapt to changing life circumstances.	Open to the future Hopeful Accepting
I have no control over anything. I have to stay home all the time. This is a huge setback	Helpless Not caring or giving up Confused Frustrated	I can control some decisions about my future. Doing things gives me some control. There are many things I can do, so I will focus on those things instead of what is beyond my control. There have been set backs but focusing on them is only getting in the way of my bigger priorities. I can use this time to strengthen my faith, values, practice.	As though you have a purpose Hopeful, capable Able to set goals or take steps Less helpless





Wellbeing Opportunities: Resilient Ararat



Scan the QR code for dates and session times or visit https://rb.gy/adxxd2

Stay Tuned: Community Wellbeing Hub



MEAGAN WARD - will be running an introduction to mindfulness for our Marian College community. Might be just the thing we all need right now! More details coming soon.





IN MY WORDS with Melissa Connarty



back around to the front. Another hiccup along the road was a very sad death in the family of our dear dog 'Robby' who passed away about 2-3 years ago. We had him for about 8-9 years. He was a big part of my life and still is to this very day.

I will forever be grateful for the friends that I have made along the way in high school and all of the teachers that I have had who have made me into who I am today.

These students



and teachers have boosted my confidence throughout Year 11 and 12. Thank you guys for everything, done it on my own.

On the 18th of August 2002 Susan and Neale Connarty welcomed their second child into the world. Mum to this very day says that "I came out sunny side up and that I cracked her hips", sorry Mum. They had me two years after having their first child, Danielle who is the oldest child. Ten years after I was born they decided to welcome another child into the world named Jemma who is apparently like a younger me. I always knew I was the favourite due to being the one who looks most like Mum.

When I was younger I went to the exact same kindergarten (Jack and Jill) and primary school (Ararat West) and also high school (Marian College) as my older sister. I have met some amazing people along the way who I became close with and are still friends with till this very day. If I could be very honest I am very grateful for all the people who have came into my life and changed it for the better. All the way from basically kindergarten to maybe about the Year 10 I was never the confident, popular or talkative person. Now I am really just my own person. I quess you can say I am sort of confident, I have now realised you have to be your own person to survive in the world.

I guess you could say I have been through my own fair share of pain. When I was in Grade 3 I had a bit of an accident where I fell off the trampoline onto a table and then the concrete with my arm behind my back. My Dad said that he saw the whole thing and of course he had to do the lovely honours of twisting my arm







IN MY WORDS with Miranda Holden



On September 15, 2002 in Carlton Melbourne a little blonde girl with bright blue eyes was born, Miranda Rose Holden. I was the third daughter to Donna Holden, first daughter to Anthony Holden. I have two sisters Rebecca and Keearna and two brothers Dylan and Caleb. I have 4 nephews and a niece from my older two siblings and I love them all so much, they are a very big part of my life. When I see them all they are always running up yelling "RANDAAAAAA" and it gives so much joy to hear them calling for me and say that I'm the best auntie (my sisters already know this).

So basically my childhood started when I opened my eyes because my older brothers and my older sister would always be carrying me around trying to make me walk and playing peek a boo. I started my educational career at Cooinda Preschool in Stawell. I remember using one of those double hand held whisks to make bubbles in a tub of water. I remember making fake food in the kitchen with my baby doll and eating and drinking the food. I then left preschool and went to St. Pat's Primary School, Stawell. I started my primary school life with the most amazing people, some friends left and moved away but the most important one stayed and we all made the most amazing memories together. After I had graduated primary school I started at Marian College with the best of friends. The most important friend that graduated with me was Melanie Dent. We had known each other since the first orientation day of primary school.

My whole life I've lived in the same house in Stawell. In about 2009 my family and I went for a trip around Australia.

We visited Wolf Creek crater, the pink Roadhouse OODNADATTA, swam in Dalhousie, visited Mount Dare Hotel (where I left my most favourite teddy bear). We crossed into the Northern Territory, Western Australia, then travelled to Alice Springs, Bell Gorge and many more places.

My most memorable and biggest memories are of my big trips around Australia. The first trip was in Northern Territory and Western Australia. On the second trip we drove up the coast line from Victoria all the way up to Queensland. On this trip we ran into a family that we ended up travelling with all the way up to the very tip top of Queensland. I became very good friends with two girls and a boy, Catherine, Abbie and Nathaniel. Once we got to the tip top of Queensland they left to go home and when we headed home we stopped into their house for a night.

Then in 2018 I got selected to play for Victoria in footy over in Tassie. I had the best experience ever! I made the most amazing friendships that I will never forget. In April 2019 my family and I drove up to Uluru and my God was it amazing. I got to climb Ayers Rock with my family. We also travelled up with my auntie and uncle because we are a part of a 4WD club. Then in August we went up to Uluru again. This time we went up with some friends from home because they have never been up there before.

In the 17 years I have been in this world, I have had many injuries, from broken bones, skinned knees, and a fork into my back from my loving little sister. My sister, brother and myself always had mum and dad on their toes and also having many visits to the doctors or the hospital. Over the years I have broken and chipped both wrists, broken a few fingers and toes but the worst one was doing the muscles in my neck and ending up in a neck brace for a few weeks. Since about 2014 I started to play netball at Swifts NFC and I have come to love the sport. In 2016 I started to play football with Ararat Storm Youth Girls Football Club. I played with them for three years and won two premierships with them. Last year we couldn't get a team together so I played for Stawell Warriors Girls Football Club. This year I'm back to Storm because it's my last year in U18's.

Throughout my life I have had so many





Since starting high school I have made some amazing memories that I will cherish forever. Thank you to all my friends who have made my high school journey so amazing. I would not change them for anything! I'm gonna miss being at school doing swimming sports and athletics. I always had so much fun doing these with my school (I hated swimming except for this year because I could dress up and not have to worry about what I did haha). I think if I kept all the money that I spent at the canteen I'd be rich.

Thank you to Mum and Dad for supporting me and helping me through my whole school life. Without them who knows where I would be today.

Good luck to all other Year 12s and I hope all goes well for your future.

Love from Randa x



NEWS



FROM YOUR HOUSE LEADER

Hello, everyone. I am in such a different place this time around with remote learning. I know we will get through it.

Firstly, we have been given our subject selections for 2021. Mr. Parker sent this out to you. I am still waiting on some students to complete their preferences. Please remember you MUST put your preferences in order of your personal choice.

Year 8s going into 9 choose from the electives.

Year 9s going into 10 choose from the electives or in some cases one or two VCE subjects.

Year 11 and 12s choose VCE, VCAL OR VET pathways.

Thank-you to our Faculty leaders, Mr. Summers and Mr. Parker for all the work you have put in so that students could complete the process online.

Secondly, for all VCE students this is your time to complete all course work and get ready for exams. Our VCAL and VET students need to utilize this time to get your projects finished or paperwork finalized.

Finally, to all other year levels enjoy the freedom remote learning gives you. It allows you to be flexible with your own timetable. I am sure many of you have enjoyed working in your PJs, I know I have. Please make the most of your teachers, ask questions, seek clarification and appreciate the feedback.

Thank-you to one of our Kelly captains Freya Hart for implementing a well-being newsletter for us all to benefit from during these unusual times. You have been an amazing leader but an even better young lady.

I do miss your happy faces. Let's hope we can get back into the classroom soon. Until then, please keep safe.

Donna Spalding

HOME ECONOMICS



Paige Davies Year 7





If your child is ill or has an appointment and is unable to attend online learning for the day or for part of the day please notify the office on 5352 3861 or via email: tmason@mcararat.catholic.edu.au; or mbowen@mcararat.catholic.edu.au



Zoe Buckingham Year 8





Wednesday 12 August 2020

University applications open

You are now able to apply for university and TAFE courses across Australia. For most courses, you apply via state-based Tertiary Admission Centres. Below are the weblinks for each state:

Victoria: Victoria Tertiary Admissions Centre www.vtac.edu.au

NSW/ACT: Universities Admissions Centre www.uac.edu.au

SA/NT: South Australia Tertiary Admissions Centre www.satac.edu.au

Queensland: Queensland Tertiary Admissions Centre www.qtac.edu.au

Western Australia: Tertiary Institutions Service Centre

www.tisc.edu.au

Tasmania: apply directly to the University of Tasmania www.utas.edu.au

You will need access to a computer or smart phone, your student ID number, and a PayPal account or credit/debit card.

You will be able to apply for special consideration, some access and equity scholarships and some early entry/guaranteed programs via the Tertiary Admission Centres.

Get help with the VTAC application process

VTAC are running the following two online events for year 12 students and their parents. The webinars cover various aspects of the application process and are presented live so that students and parents can ask questions throughout.

Applying for tertiary courses (and understanding the ATAR): Monday 17 August, 6.30pm

Understanding special consideration (SEAS) and scholarships: Tuesday 18 August, 6.30pm

For information and to register for any of the above sessions, visit https://bit.ly/2EIAvkT

Early admission programs

August closing dates for some early admission programs include

University of Wollongong Early Entry Friday 14 August, https://bit.ly/2wvqljF

Swinburne University Early Entry Program 28 August (Round 1), https://bit.ly/2WiPub5

La Trobe University Aspire Program Monday 31 August, http://bit.ly/2v9WOLN

Charles Sturt University Charles Sturt Advantage Monday 31 August, https://bit.ly/2UmOlgT

Virtual open day dates

The following are upcoming dates for several Victorian based institutes.

Swinburne University Wednesday 12 August, http://bit.ly/2lmxYvr

CQUniversity Saturday 15 August, https://bit.ly/32g5b6U

JMC Academy Saturday 15 August, https://bit.ly/2ChRI3R

I CI Melbourne Saturday 15 August, https://bit.ly/2DFFKBm

Deakin University

Sunday 16 August, https://bit.ly/33icNpW Federation University Sunday 16 August, https://bit.ly/31bhBul

Academy of Interactive Entertainment Sunday 16 August, https://bit.ly/2Dzluka

Marcus Oldham Sunday 16 August, https://bit.ly/2ChNfOt

The Hotel School Melbourne 18 – 20 August, https://bit.ly/3jsocZN

La Trobe University Regional campuses Sunday 23 August, http://bit.ly/3chXyPA

Federation University news

Take a virtual campus tour

If you're considering studying at Federation University, you can take a virtual tour of the campuses at this link - https://bit.ly/3iyHrzL

Bachelor of Nursing / Bachelor of Midwifery

From 2021, the Bachelor of Nursing / Bachelor of Midwifery double degree will be offered at the Gippsland campus, https://bit.ly/3afw7FR

Engineering - new pathway course

From 2021, applicants who don't meet the entry requirements for Engineering degrees at Federation University will be able to apply for the Diploma of University Studies (Engineering). This course will facilitate entry into second year of an engineering degree at the university, https://bit.ly/33Ov6TK



Transdev Apprenticeship Program

apprenticeships will open on the 1st of September. Students can register for an information webinar running on Monday 31 August, https://bit.ly/30LSy2j

If you're thinking of undertaking a preapprenticeship, apprenticeship or other construction-related training, there are scholarships available to provide financial assistance.

funds are split into two:

form, contact foundation@mbav.com.auor call (03) 9411 4555.

> Dates: Tuesday 25 - Thursday 27 August Information and RSVP:https://bit.ly/3oQbDQZ

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Apprenticeships

Applications for heavy vehicle mechanic

Careers in Construction

Scholarships available from the Master Builders Victoria Foundation

The Early Career Scholarship is valued at \$2,200 and

\$1,200 towards approved course fees \$1,000 towards quality tools relevant to your trade

For more information or to request an application

Recorded Career Webinars

https://bit.ly/30NGJsq

https://bit.ly/3irvVGc

https://bit.ly/2DyKvNz

https://bit.ly/3afEdhv

news

CareersEvent.com have a series of recorded webinars that students can watch based on their career or course interest areas. Go to

Australian Catholic University

Free HSC and VCE revision lectures

Australian Catholic University is running a series of free HSC and VCE revision lectures. You can access dates and register for sessions at this link -

Excel in a career in Global Studies and International Development

Make an impact on the world stage with a career in international development or global studies. Our students gain a greater understanding of complex international issues, the impacts of globalisation, and a changing society through the lens of an informed global perspective.

Here are some stories of our students and how they are making a world of difference:

For many it would be intimidating to keep Foreign Minister Julie Bishop and Princess Mary of Denmark in the loop about your work.But for human rights advocate and ACU law and global studies student Sheneli Dona, it's just part of the deal,

Since graduating from ACU, Bachelor of Arts and Bachelor of Global Studies graduate Catherine Middleton has seen firsthand how strong communities can build strong children in Myanmar,

Search Global Studies and International Development courses at www.acu.edu.au

Upcoming virtual events

Year13 - Future of Work Expo

Year13 are running another amazing expo for students! The theme for this expo is 'Future of Work'. You can go into the running to win huge prizes by participating in webinars and there is an impressive line-up of guest speakers such as

> Dr Alan Finkel (Australia's Chief Scientist) Janine Allis (the founder of Boost Juice) Stephen Scheeler (the former CEO of Facebook Australia and New Zealand)

This is an event not to be missed!

Upcoming virtual events

Federation University - Your Fed Future

Federation University is running the following online webinar for prospective students:

August

13	Environmental & Conservation Science
17	Apply to Federation University
19	Bachelor of Biotechnology
26	Bachelor of Geoscience

Information and RSVP - https://bit.ly/2WfWfLo

Monash University – Online Information Seminars

Monash is running the following online seminars for prospective students:

August

12	Engineering
13	Music
19	Information Technology
20	Science
26	Debate: autonomous cars are better
	than human drivers
27	Law

Information and RSVP - https://bit.ly/2LaE3fA

Australian Catholic University - Talk with Industry series

Australian Catholic University is running the following online seminar for prospective students:

August

18 Talk with Arts graduates

Visit - https://bit.ly/2XwbkYr

Careers in engineering webinar

Join Careers with STEM co-founder and journalist Heather Catchpole in an interactive careers webinar as we speed test the latest edition of Careers with STEM: Engineering.

Meet engineers working on fascinating challenges and learn about how they got involved in their exciting careers

Date: 21 August 2020, 12pm - 1pm Info and RSVP: https://bit.ly/2ZGxpFY

VTAC APPLICANTS



Step 1 – create your **VTAC** account

Watch this video for information https://bit.lv/30DQh96

Steps to create your account

- 1. Go to www.vtac.edu.au
- Click on 'Create an account' 2.
- Work through the steps. You will З. need your VCAA/NESA ID number.

Note: if you are planning to add TAFE courses into your preference list, you will need to add in a USI number www.usi.gov.au



Step 4 – apply for special consideration

Work out your eligibility for any of the four categories by exploring the VTAC SEAS (Special Entry Access Scheme) sitehttps://bit.ly/3a7Ro41

Application process

- 1. Login to your VTAC Account
- 2 Click on the Special Consideration (SEAS) link
- З. Apply for any of the 4 categories that you are eligible for by Friday 9 October (5pm).

Evidence

Organise supporting statements and any other required documentation and post them with the SEAS document cover letter to VTAC by 9 October or upload directly to the 'Submit SEAS /Scholarships Documents' portal.



Step 2 – Complete a course application

Watch this video for information https://bit.ly/2EWNRKj

How to apply

- 1. Login to your VTAC account with your ID and pin
- 2. Select the course application link
- Work through the steps З. Try and complete this by 4.
- Wednesday 30 September (5pm)

Note: You can change your preferences as many times as you like until Monday 4 January (12pm) (for most courses).



Step 5 - apply for scholarships

Read about the scholarship application process and required evidence herehttps://bit.ly/345Jnvg

Application process

- 1. Login to your VTAC Account
- 2. Click on the scholarships link
- 3. Work through the steps.
- Copy and paste information from 4. SEAS in the medical/disability and/or difficult circumstances sections (if relevant)
- 5. Complete application by Friday 9 October (5pm).

Evidence

Organise supporting statements and any other required documentation and post them with the Scholarship document cover letter to VTAC by 9 October or upload directly to the 'Submit SEAS/Scholarships Documents' portal.



Step 3 – pay the VTAC processing fee

If you complete your application before Wednesday 30 September, the fee will be \$41.

If you complete a course application after this date, there will be a late fee.

Steps to pay

- 1. Login to your VTAC Account
- Select the payment link 2.
- 3. Pay the one-off processing fee by Tuesday 17 December (4pm).



Early course closing dates

The following courses can't be added to preferences lists after Wednesday 30 September (5pm)

Monash University

All undergraduate medicine courses

The University of Melbourne

Fine Arts (Film and Television) Fine Arts (Music Theatre) Fine Arts (Production) Fine Arts (Screenwriting)



Step 1 – Complete a course application

How to apply

- 1. Go to www.uac.edu.au
- 2. Under the 'Apply or Login' tab, scroll down and click on 'Undergraduate Application'.
- 3. Click on 'start your application'.
- 4 Fill out each section. The four-digit pin is the first four digits of your birthdate
- 5. Download and print off the confirmation application package this will list your UAC number.

To avoid a higher fee, try and complete this by Wednesday 30 September.



Step 2 – pay the UAC processing fee

Steps to pay

- the option of paying online. 2. If you would like to pay later, you

For a list of offer rounds and closing dates to pay fees, go to https://bit.ly/2LR5vjN



Step 3 – apply for special consideration

Work out if you are eligible for any categories by exploring the Educational Access Schemes sitewww.uac.edu.au/eas/

Application process

- 1. Download and print the 2020 Educational Access Schemes Booklet
- 2. Login to your UAC account and click on the EAS tab
- 3. Apply for any categories you may be eligible for via the online portal and organise the evidence needed. 4. Complete this by Friday 25
- December. Evidence

Upload evidence required to UAC by Friday 25 December or post to UAC using the correct cover sheet/s.

Application process 1. Hover your mouse over the 'Apply or Login' button then click on

scholarships

- 'Start your Application'. 2. Work through each step and click submit
- 3. Complete this by Tuesday 12 January.

Evidence

Download the confirmation package, which will list any evidence you are required to provide and post to UAC using the correct cover sheets or upload to the website.

UAC APPLICANTS



1. Once you complete your course application in Step 1, you will have can select BPay or Bill Pay and download an invoice with your confirmation application package. 3. You can pay the processing fee at the post office or via BPay.





Step 4 – apply for equity

Read about the scholarship application process and required evidence herewww.uac.edu.au/equity/

'Equity Scholarships', then click



Step 5 – apply for early entry

Read about the Schools Recommendation Schemes (SRS) here -- https://bit.ly/34Xldkl

Application process

- 1. Hover your mouse over the 'Apply or Login' button then click on 'Schools Recommendation Schemes
- 2. Work through each step and click submit
- You will need to upload your Year 3 11 Statement of Results
- 4 Complete this by Sunday 20 September.

School Recommendation

Your school will complete the recommendation for you by 30 September.

August 2020

Monday	Tuesday	Wednesday	Thursday	Friday
17	18	19	20	21
24	25	26	27	28
27	25	20	27	20
31				

September 2020

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4