# Nourishing the mind, body and soul at St Aloysius

**By Elle Cecil**

St Aloysius College has a strong focus on building and maintaining a young person's growth mindset.

Offering a variety of additional wellbeing support through the college psychologist to guide parents and students, the community as a whole will work together through your child's education to help them deal with setbacks and strive through challenges.

One such example is the school's Nourish Program, developed by year level leaders and the school's psychologist, Eden Foster. This pastoral care program is for students in Years 7 to 12 and is designed to support the wellbeing of the whole student. Aligned with the school's Mercy Education values, it covers a wide range of topics such as wellbeing, study habits, learning behaviours, time management, cyber safety, growth mindset and nutrition.

The college also runs a mindfulness session during the first five minutes of Period 5 classes. This gives students an opportunity to take a few moments to calm and centre themselves after their lunchtime break and to prepare for the final two classes of the day.

Additionally, the school will commence its new coeducational status next year when it welcomes a cohort of Year Seven boys. This change is backed by two years of research through Mercy Education Ltd and Catholic Education Melbourne, with St Aloysius College becoming the City of Melbourne's first Catholic coeducational secondary school.

St Aloysius would also like to congratulate its Year 12 Class of 2021. 50 percent of Year 12 VCE students scored ATARs of 80 or above.

"These results are extraordinary and truly do reflect the commitment and hard work of our teachers, students and leadership team, not only across 2021, but throughout the educational journey of this cohort," says college principal, Mary Farah.

The college also wishes to acknowledge the fantastic performance of VCE Dux of St Aloysius for 2021, Amelie Milazzi, who achieved an incredible ATAR of 97.95. Excellent results were also achieved by Elise Ho, with an ATAR of 97.5, and April Sawan, who achieved an ATAR of 97.1.

St Aloysius College is located at 31 Curran Street, North Melbourne. For more information, visit www.aloysius.vic.edu.au or phone (03) 9325 9200.

Students are supported by a variety of holistic wellbeing programs at St Aloysius College. (Supplied)

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The future belongs to the Curious

Enrolments now open for 2024 and beyond

We invite you to join us for a tour of St Aloysius College to discover our inspirational environment, meet our leadership team and learn more about the exciting transition to co-education from Year 7, 2023.

Book your tour today

www.aloysius.vic.edu.au
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