



CAROLINE CHISHOLM COLLEGE NEWSLETTER

Term 1 Week 3 Issue 1 2016



Faith Courage Tolerance

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FROM THE PRINCIPAL

Dear Parents, Friends, Staff and Students of Caroline Chisholm College,

Welcome to another exciting year of learning at Caroline Chisholm College. I am so grateful for the opportunity to serve this community that has been producing amazing graduates for over four decades. In the short time I have been here the teachers, staff and students have made me very welcome, and so many people have assured me that I am going to love it here, and that this is a very special place.

The quality of Caroline Chisholm College was on display last Friday at our Distinguished Achievers' Assembly, where we were able to celebrate the excellent achievement of the HSC Class of 2015. Along with the twelve students who received university entrance ranks over 90 and the 38 students who together received 66 marks in the 90s, we also acknowledged some particularly exciting distinctions. **Jasmine Neal** came third in NSW in General Mathematics, **Sarah Richter** was placed fourth in NSW in Primary Industry Studies and **Jessica Cortis** had her social research project in Society and Culture judged to be one of the eight best papers in NSW. In Visual Arts, six students were nominated and four selected for exhibition in ARTEXPRESS, and we also had students represented at Call Back for Dance and OnStage for Drama. We congratulate all of these terrific ambassadors for learning at Caroline Chisholm. As **Nicole Chandra**, our Dux for 2015, reminded us in her address, success grows out of effort and careful planning. It is an intentional and deliberate approach to life at school. Nicole also acknowledged the importance of feedback, of sticking to commitments and of seeking support from friends, teachers, family and God.

successful people
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Nicole reminds all of us that successful people aren't just gifted, they work hard and then succeed on purpose.



I have already had the pleasure of meeting many of the parents of our new Year 7 students on Friday night at our Welcoming Barbecue. They reported that their daughters, although tired, are having a wonderful time making themselves at home in this learning community. I reminded the parents that entering high school is a little like Alice in Wonderland going down the rabbit hole. That is the title of the first topic in the Year 7 Visual Arts program. It must seem quite surreal to our girls to have suddenly become a part of this vibrant, complex community. Rest assured, Mrs Cocks and the Year 7 Homeroom team are working to support the girls through this sometimes bewildering transition.

As we enter the season of Lent in this Year of Mercy, I will be asking the students to respond to the challenge of the Scriptures to "feed the hungry, clothe the naked, visit the sick". Project Compassion is the annual appeal of Caritas - the Catholic Aid Agency. A community like ours is in a privileged position to be able to make a real difference in the lives of others. We will launch Project Compassion this week with our Ash Wednesday ceremony.

Finally, thank you so much for the warm welcome I have already received in this community. I am committed to working with you to continue the excellent experience students have at Caroline Chisholm College.

Ash Wednesday Prayer

Lord, I know there is darkness
within me and around me.
Bless these Lenten days with your Word.
Let your Light shine in the darkness.
Help me long for that Light
until we celebrate it at Easter six weeks from now.
And most of all Lord,
help me to honor this day with the ashes
on my forehead.
They help me remember where I have come from
and where I am going.
May I acknowledge to you my sins
and my deep need for your
loving forgiveness and grace.
I pray that this Lenten season
will make me so much more aware
of how much I need your healing in my life.

Mr Greg Elliott
Principal

DIARY DATES

Year 7 Items, Year 8 Items, Year 9 Items, Year 10 Items, Year 11 Items and Year 12 Items, Whole School Items

Tuesday 9 Feb	Year 12 Major Projects Meeting - 6.30 pm Library Year 11 Information Evening - 6.30 pm West Wing	Monday 15 Feb	VET Work Placement all week - Year 12 Hospitality, Business and Entertainment Year 11 Study Skills Refresher West Wing
Wednesday 10 Feb	ASH WEDNESDAY Year Group Liturgies Year 11 Visual Arts Excursion	Tuesday 16 Feb	Opening School Mass - 9.00 am Padre Pio Church Caroline Chisholm Day
Thursday 11 Feb	Year 7 Vaccination No.1 Year 11 & 12 Dance Call back Excursion Seymour Centre	Tuesday 23 Feb	Year 8 RE Incursion
		Wednesday 24 Feb	Year 12 SOR II Central Synagogue Excursion
Friday 12 Feb	Year 9 Science Forensics Incursion West Wing	Thursday 25 Feb	STAFF DEVELOPMENT DAY

Distinguished Achievers' Assembly





FROM THE ASSISTANT PRINCIPAL

From the Assistant Principal

I'd like to welcome all the students and parents back for the year. I need to start the year by giving some generic information that I need to say at this time each year so there is no later confusion. While most of this information is similar to last year, I would ask all parents to read it carefully, as it is very important information and there are a few slight changes from previous years.

Vaccinations

Vaccinations for Year 7 will occur this year. Year 7 students will have three vaccinations, covering HPV, hepatitis B and chickenpox. The first vaccination for Year 7 students will be on this **Thursday 11 February**. Students in Years 7 have received a permission form for the vaccinations. If any student has not yet returned their form they should be returned immediately. They can come in on the day of the vaccinations but we would prefer them before that for organisational purposes. It is important that students come to school on the day, even if they are a little unwell, as long as they don't have a fever. If they are unwell it is possible for them to be brought to school for the vaccine then go home. Vaccinations start at around 9.00 am. The other dates for Year 7 vaccinations are Thursday 7 April and Thursday 1 September. As some of the vaccinations have two or three doses, it is important for students to be at school for all the vaccination days.

Uniform

As usual, I am impressed by the appearance of the students at the start of the year and I'd like to thank the students and the parents for their support. Students are looking particularly smart in the new College socks. We are a uniform school and it is the strong wish of the parent body that we enforce our uniform requirements. All students and parents, on enrolling at the college, also signed an agreement to abide by the college's uniform expectations.

If you are ever in any doubt if an item conforms to the college expectations, particularly if there is a cost involved, such as school shoes, please check with me or your daughter's Year Leader. The college uniform requirements are clearly spelt out in the student diaries and on the website. While the vast majority of students adhere really well to the expectations, some students push the limits. Three particular areas we will continue to enforce strongly are that the skirts must reach the bottom of the knees and that there are to be no piercings other than up to 2 in each ear (and no expanders – only simple studs or sleepers). In particular, there is to be no jewellery in noses or lips – including plastic studs – and that nail polish rules are followed. This has always been the college policy. Students with unacceptable jewellery or nail art or non-compliant nail polish will be asked to remove it immediately. (The rules for nail polish for senior and junior students can be found in the college diary.) Students are also reminded that the only neck wear allowed is a simple chain and cross.

All students from Years 7-12 must have the College backpack. Students in Years 7-9 must use the backpack each day, although they may use the blue tote bags with the college name for **additional** equipment. Only students in Years 10-12 may, if they only have a few books to bring on a particular day, bring the blue college carry bag only. Please note, though, that the carry bags are not designed for carrying substantial loads, either in terms of their durability or their ergonomics.

Students should have all their equipment including uniform items, clearly labelled. Students at the College are very honest and many lost items are handed in. It is very frustrating when the owner cannot be traced because there is no name on the item.

All students in Years 7-9 are required to have their hair tied back. Senior students, only, may have their hair out, but they must tie it back in classes with WHS requirements.

Any parent whose daughter has a problem meeting the uniform requirements immediately needs to contact her Year Leader or me to talk over the issues. Where there is an issue of genuine hardship and a uniform item cannot be purchased, parents and carers are asked to contact Mr Elliott or me, confidentially.

Caroline Chisholm Day

Students will be receiving information about Caroline Chisholm Day closer to the event but as this is the last newsletter until the day itself, I would like to draw parents' attention to a few matters:

- This is a significant college event and all students are expected to attend. Absences from this event will be noted on the semester report.
- The day consists of a full college mass at Padre Pio church followed by a fun afternoon, with games, rides and food.



- Students who wish to use the professional rides can buy a wristband for \$20. There are many other activities which are free or have a small cost which goes towards Project Compassion.
- Students are to wear their full uniform to the church. They can change into mufti on their return to school and go home in mufti. Mufti wear must be appropriate and confirm to the guidelines for non-uniform activities (on the webpage)
- Students who do not attend the mass will not be allowed to take part in the afternoon fun activities. Students who come to school after the mass will be supervised in the library for the remainder of the day.
- The activities are for current Caroline Chisholm students only. No relations, friends or ex-students are allowed.
- Students can bring their own food, order from the canteen as usual or take their luck with other hot food stalls. Students will not be allowed to order food in or have take-away food dropped off to them. The canteen will only sell ordered food on the day.

Parent/Student Contact During the Day

As students should not have mobile phones on in class time, I would ask that any communication between parents and daughters happen in break time. I understand that there may be times when simple messages regarding domestic arrangements are sent this way.

However, in the case of a student needing to leave school unexpectedly or a potentially upsetting message needing to conveyed, I would ask parents to use the school office as the channel of communication. If you need to take your daughter from school unexpectedly, please contact the school rather than your daughter directly. Similarly, if a girl becomes ill during the day she should notify her class teacher who will send her to the sick bay. The office staff will contact the parent and organise for the girl to speak to the parent if this is necessary and make arrangements for her to be picked up. Girls should not be contacting parents directly to ask to be picked up when they are ill. It is part of our duty of care that we are informed immediately a student feels unwell or needs to go home. We need to liaise with parents to make the best arrangements for the student's welfare.

Absences

- If a student is away from school, she must provide an acceptable **written explanation** signed by her parent or carer or a doctor's certificate within five school days (one week) of her return to school after absence.
- If a note is not returned by that date she will officially be recorded as "Absence is not explained or justified". Even if a note subsequently comes in, the official recording will remain "Absence is not explained or justified" and appear that way on the semester report, although the note will be stored in the student's file.
- Parents need to apply for leave from the principal if their daughter will be absent for more than 10 days (other than for illness). This application must be done using the form on the college website (in the news and events section). This is a NSW government regulation.
- If a student is not in a homeroom at 8.23 am she will be marked absent. Students arriving after this time must sign in at the front office and have their late note signed by a parent or carer. Students on a late bus still need to sign in as the roll will have been taken in their homeroom. However, a late bus arrival will not be recorded as a partial absence.

As explained last year, the Catholic Education Office Diocese of Parramatta has moved all schools to a central roll taking program and the facility to send SMS messages is still being developed. We are now able to send SMS messages notifying parents of a student's absence from the homeroom roll taking. However, at this stage parents still cannot explain a student's absence by a text message, although we may be able to do this again soon. Until the capacity to reply to an SMS is operating, all justifications for absence must be on a written note given to the homeroom teacher within five school days of the absence.

Lockers

All students are provided with locker access, at no cost, unlike the case in some schools. Due to reconfigurations to the buildings, there is no longer room for a locker for each student. There are still plans to purchase new lockers but it will require the building of structures to house them and there is no timeline at this stage. Years 10, 11 and 12 students share lockers. At this stage, Years 7-9 still have an individual locker. This is a privilege which comes with a few expectations. The first is that each student provides a secure lock for the locker. Students will not be allowed to use a locker if they do not provide a lock. Their items and school bags will be stored at the front office and they will have to go the office each time they need something.

Locks should be adequate for the job. Many cheap locks purchased by students are not secure and can easily be opened by other keys. There are a significant number of students who do not have locks on their lockers, yet use them to store

items of value. We cannot guarantee the safekeeping of any item in a locker, even if it does have a lock on it. Lockers are primarily designed for the storage of books and such, not as secure places to store valuables. Items of value, such as wallets, iPads, and phones (switched off) should generally be kept on the student's person. Furthermore, if there was no lock, the loss of an item from a locker will not be investigated. It is recommended that large amounts of money are brought to school by parents, not students. If a student has an item of value which must be brought to school, it should be left in the office for safe keeping.

Care for the environment

As part of our collective responsibility for the College environment, students will from time to time be asked to help pick up rubbish. Even as I pick up rubbish which is not mine, I would expect a student to co-operate with a staff member when asked to pick up rubbish, even if it was not theirs. Students have access to plastic gloves where this is appropriate or necessary.

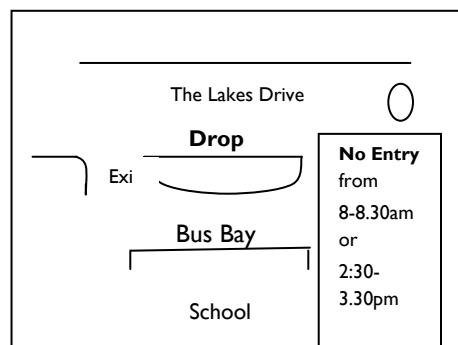
Detentions

While relatively few students receive afternoon detentions, detentions are an important part of the college student management structure. All students and parents, on enrolling at the college, signed an agreement to abide by and support the college's student management policies, including possible afternoon detentions. The normal detention is for one hour. This may be for a serious offence or for an accumulation of 6 diary warnings for minor infringements. (Students receive a lunch detention after 3 warnings.) Any student who does not attend a scheduled afternoon detention without a valid reason will receive a two hour detention at the next available opportunity. This will comprise a one hour detention for the original offence and an additional hour for failing to attend without a reason. Notice of afternoon detentions is always posted to the parent/carer and requires a signed response. Please note that after school detentions will be held on **Wednesdays** (from 2.45 pm to 3.45 pm.).

Traffic Arrangements

A drop off zone on The Lakes Drive enables students to be dropped off in the morning and picked up in the afternoon outside the College gates. Due to the high pedestrian and bus activity in the mornings and afternoons **parents are not to enter the college grounds to drop off or pick up their daughters at these times**. There is **no access for non-staff vehicles** into the College grounds between 8.00am and 8.30 am or between 2.30pm and 3.00pm. Vehicles already on the premises may not exit between 2.30pm and 3.00pm.

Parents and students are advised that the speed hump outside the front western gate is not a pedestrian crossing. There is a pedestrian crossing and safety zone for crossing near the roundabout. Students are to enter the college grounds only through the pedestrian gate, not either of the vehicular entrances. The rear gate of the College is opened for pedestrian access only in the afternoon for students walking home and should not be a pick up point for vehicles. Please note also a number of NO Stopping Zones near the College driveways, you are not permitted to stop in these areas even momentarily to drop your daughter off.



Mr Greg King - Assistant Principal



CAROLINE CHISHOLM COLLEGE

Come along to our Open Night
to find out more about our college.
Enrolling now for 2017.

TOURS
DISPLAYS
PERFORMANCES
INFORMATION SESSION

For more information call
02 4737 5506

OPEN NIGHT 2016

MARCH 7 @ 6:00PM



FROM THE LEADER OF RELIGIOUS EDUCATION

Welcome to 2016. What a busy year it has been and will continue to be both here at the College and in the wider Catholic Church. Last year Pope Francis established an Extraordinary Year of Jubilee, *Misericordiae Vultus* (The Face of Mercy).

The year of mercy is a special time for the whole people of God to remember the gift of mercy that comes to us from God and to consider the manner in which we are the face of mercy to those we come into contact with each day.

Here at Caroline Chisholm College we continue to make this a focus in every aspect of daily life. This is done by treating each other with respect and dignity, showing consideration for each other in our thoughts and in our deeds and finding ways to carry out the works of mercy associated with service in our community.

These works of mercy include the Corporal Works of Mercy which are:

1. To feed the hungry
2. To give drink to the thirsty
3. To clothe the naked
4. to give welcome to strangers
5. to visit the sick
6. to visit the imprisoned
7. to bury the dead

The work of the Social Justice committee and the Caroline Footsteps program here at the College offer a variety of ways in which students can get involved and be the face of mercy to others. This Term our focus for social justice is on supporting the work of Caritas Australia through Project Compassion.

On Wednesday 10th February Lent commences. This year Caritas (the Catholic agency for international aid and development) has taken as its theme "Learning more, creating change". Bishop Greg O'Kelly, SJ AM Chairman of Caritas Australia says:

"... This year Project Compassion celebrates the power of learning and the many ways in which Caritas Australia is working with local partners around the world to provide vital learning and renewed hope to children, women and men most vulnerable to extreme poverty and injustice ..."

Each homeroom at the college will be involved in an activity to raise money to support the work of Project Compassion. This includes the homerooms from Years 10-12 who will be involved in activities celebrating Caroline Chisholm Day on 16th February.

A few other reminders about Lent.

Wednesday marks the beginning of the Lenten Season for the Catholic Church. This is a time of **almsgiving, penance and fasting**. During the 40 days of Lent we are asked to search for ways to change our lives and make ourselves better people. This can be done through **charitable works** such as contributing to Project Compassion, through **attending the sacraments** especially the sacrament of Reconciliation and by giving up items of food as a **sacrifice or penance**. In Lent it is traditional to fast and abstain from eating meat on Ash Wednesday. To fast means to go without, so Catholics are reminded to try to limit their food intake on days of fasting. To abstain means to not eat meat. The days of fasting and abstinence from meat are Ash Wednesday and Good Friday. However, it is traditional in the Catholic Church for people not to eat meat on any Friday in Lent.

Here at Caroline Chisholm College we observe this Lenten abstinence by not serving meat products at the canteen on Ash Wednesday or on any Friday during Lent.

Lent is also a time of prayer. A time for deepening one's relationship with God. It is a time of personal reflection, of searching deep within oneself to find ways in which we can change to become more Christlike, more focused on others rather than on oneself.

Pope Francis says "Education is an act of hope"

Next week the we celebrate Mass to mark the commencement of the school year and to commemorate the 42nd year of the college community. We are named after Caroline Chisholm, the emigrants' friend, whose tireless work on behalf of

immigrants, women and struggling families in the early days of the Australian colony continues to remind and inspire us to act as people of courage who stand up for the voiceless and assist those most in need within our local and global communities.

For 2016 our College formation goal is “that by the end of 2016 the values of compassion, dignity and justice, articulated in the Caroline Chisholm charism be known, understood and embedded across the whole community”.

Ms Bernadette Murray - Leader of Religious Education



FROM THE LEADER OF INNOVATION & LEARNING

Happy New Year one and all and welcome back for another exciting year of learning!

The year has begun with all students returning from holidays refreshed and raring to take on the learning challenges presented to them. It was exciting seeing our new Year 7 students smiling on their first day ready to start their high school journey with a sense of excitement and anticipation of what lies ahead. Our senior students were just as excited and we were impressed with the positive way they have engaged in their classes over the past week.

Students have had the opportunity to meet most of their teachers and have started to settle into their new classes, and have been asked to set **SMART goals** in each of their courses as a way of planning their learning journey for this year. Teachers will regularly ask their students to reflect on their goals and work with your daughters to help them achieve these throughout the year as a way of focusing on **individual learning improvement**.

Students have been reminded that when entering their classes they must be **punctual** and **prepared** with all relevant equipment needed for each subject, and to enter being ready to be “**actively engaged**” in all learning tasks. Your daughters have been reminded to focus on the **feedback** provided by their teachers, and to “**actively apply**” this feedback to improve their learning in each subject.

On Friday 5 February, we had the pleasure of welcoming back our **Distinguished Achievers** from the HSC Class of 2015. We had the opportunity to celebrate their learning successes and were privileged to hear some words of wisdom from our college Dux, Nicole Chandra, who stated that one of the key elements to quality learning is motivation:

*“The biggest battle I personally found throughout the year was keeping myself **motivated to always do my best**. Especially because I had no idea of what I wanted to do after school and at times when the HSC became excessive, I was left wondering why I even bothered working so hard. As a result I wasted time, and soon realised that the HSC was a major mental battle. Hence, it was extremely important to **set myself goals**.*

You need to ask yourself questions such as:

- ***What motivates me to go to school?***
- ***What are my future goals and aspirations?***
- ***And for Year 11 and 12, why am I doing the HSC?***



*These questions are vital in **realising your true motivation**. Applying these to my learning really helped me **maximise my potential**. I discovered that for me it was wanting to be the best, wanting to open myself to the most amount of opportunities I could and wanting to make my parents proud that really motivated me. **The earlier you ask yourselves these questions, the more motivated you will become to achieve your goals.**”*

(Nicole Chandra, College Dux – Class of 2015)

I hope that all our learners were inspired by the achievers of 2015 and strive to be the best they can be, and take on all learning challenges by setting clear goals that will help them to maximise their potential. I wish every student the best with their learning in 2016!

Year 7-12 Assessment Handbooks and Calendars

All Assessment Handbooks and Calendars will be available on the college website over the course of this week. The handbooks contain important information about our assessment policy and the procedures students need to follow if they are absent on the day of a formal assessment task. Please take some time to look over these handbooks together and to plot our important days into your calendars at home. The handbooks and calendars can be located at <http://www.cccglenmorepark.catholic.edu.au/home> and should be referred to regularly over the course of the year.

BYOD Setup Sessions

During the last week of Term 4 and the first week of Term 1 our students and their parents visited the College to have their new technological devices setup in preparation for their learning in 2016. This year our Year 7s had the option of purchasing a Surface Pro 3, MacBook, Chromebook or any laptop that met the minimum specifications as their learning device. The Bring Your Own Device (BYOD) setup sessions were a great success and I thank Mr Beatty, Mr Portelli and Mr Manalang for assisting students and parents through this process and for the hours of work preparing for these sessions. Thanks also to the Connect Learning teachers who led the ICT Bootcamp to help Year 7 navigate their device and find out how it will be used for learning.

I would like to remind any student who has not had their device set up to see the IT department to book a setup session over the next few days. The IT department is located in the College Library. Bookings can be made via the Library computers.

Students in Years 9-11 should still be using their iPads in all classes. Please note that if your iPad needs to be replaced, we ask that you replace it with a laptop device that meets the minimum specifications. Information for this can be found on our BYOD Portal at <http://byod.carolinechisholm.nsw.edu.au/>

A reminder that all devices are to be fully charged the night before and brought to school ready for learning purposes.

Year 7-10 e-Textbooks

Thank you to all families who have purchased the required e-Textbooks for Mathematics, HSIE and Science through Campion Education. Students in Year 7 should now be able to access their e-Textbooks as the cost of these was included in school fees. Families in Years 8-10 who have not been able to purchase the required books need to do so as soon as possible as these are already being utilised in classes.

Information on how to purchase the e-Textbooks can be accessed at:

<http://byod.carolinechisholm.nsw.edu.au/years-8-10/>

Any families who may not be able to afford the payment are to contact the Business Manager, Mrs Cathy Moran or myself as soon as possible.

Email Communication

I ask parents to remind their daughters to check their school email daily as important information from teachers will be sent out through this means of communication. Students in Year 10-12 should be checking their email for messages from BOSTES relating to important RoSA and HSC information. Similarly, important emails are often sent to parents via the email addresses provided to the college. Please check these regularly and feel free to use this as a way of communication with your daughter's teachers.

Year 11 Parent Information Evening

The Year 11 Parent Information evening will take place this Tuesday 9 February at 6.30pm in the West Wing. Important information about the HSC, assessment and expectations around senior studies will be presented so it is important that at least one parent/carer attends with their daughter. You will also have the opportunity to meet your daughter's homeroom teacher at this evening.

We look forward to seeing everyone there!

Mr Stephen Casni - Leader of Innovation & Learning



CAROLINE CHISHOLM SKOOLBAG APP

Our school has a new mobile phone app. This application that sits on your phone or tablet will give you instant access to our school information when you click on it, 24/7.



The app is going to give parents the ability to instantly access newsletters and current events without going to the website. Please download the app to your smartphone by going to either the Apple App Store or Android Google Play Market and search for **Caroline Chisholm Skoolbag**. Once you have found it press install or download.

Mr Mathew Beatty - ICT Manager



ROLE OF THE SCHOOL COUNSELLOR

First, welcome back to all our students returning in 2016 and all our new students commencing at Caroline Chisholm College in Year 7 and other grades. I wanted to take the opportunity to explain the school counsellor role here at Caroline Chisholm College and how I may be able to offer assistance and support to you or your young person.

Aside from the occasional off-site meeting, I am generally available from 8am to 4pm each day. On average, I would see about six students each day who have self-referred, or who have been referred by their teachers or parents. Students submit requests to see the counsellor by filling in the form on Moodle under 'Student Wellbeing' – 'Make an appointment to see the counsellor'. After the referral is submitted the student will either receive an appointment slip in their homeroom folder in the following days, or a runner will be sent for them.

Students choose to see a school counsellor about a wide range of issues including mental health difficulties such as anxiety, depression and stress, study skills and time management strategies, and friendship and relationship difficulties. I can offer assessment, strategies discussion, short-term counselling, and referral to external agencies where necessary. In the school counsellor role I need to be accessible to all students within the school, so I am unable to offer longer-term therapeutic counselling. If I believe that the student would benefit from more intensive counselling I recommend this to the student and/or their parents and can discuss a range of options for this.

Students over the age of 14 do not require parent permission to make an appointment with the school counsellor. However, given the age and developmental stage of the young person at times it is necessary to contact parents about the issue that the young person may be struggling with. Other limits to confidentiality are based on risk of harm and mandatory reporting requirements. This is discussed with the young person from the onset so that they are very clear about this. In addition, it may be that some issues are better managed with the support of parents and/or teachers and this would be discussed and such consent encouraged with the young person. I also welcome contact from external professionals who may be involved with the young person such as private psychology and counselling services as this allows us to coordinate how to best support the student at school.

I am always happy to provide consultation and discussion with parents on issues that are impacting on their young person. Due to the regularity of appointments it can sometimes be difficult for me to take calls during school hours. However, there is a voice message facility available and I will return your call as promptly as possible. Please let the front office know, however, if the matter you need to speak about has a degree of urgency so that I can speak with you as soon as possible. Similarly, it is recommended that you make an appointment if a meeting is desired so that I can ensure that I am available. I endeavour to provide information each fortnight through the school newsletter and welcome any suggestions for topics that may be of interest and support to you.

The YouTube clip below may be helpful for you or your young person to better understand the role of the school counsellor: <http://www.youtube.com/watch?v=ijl6CFBXtmE>

Wishing you all a great year ahead.

Mrs Jessica Austin - School Counsellor

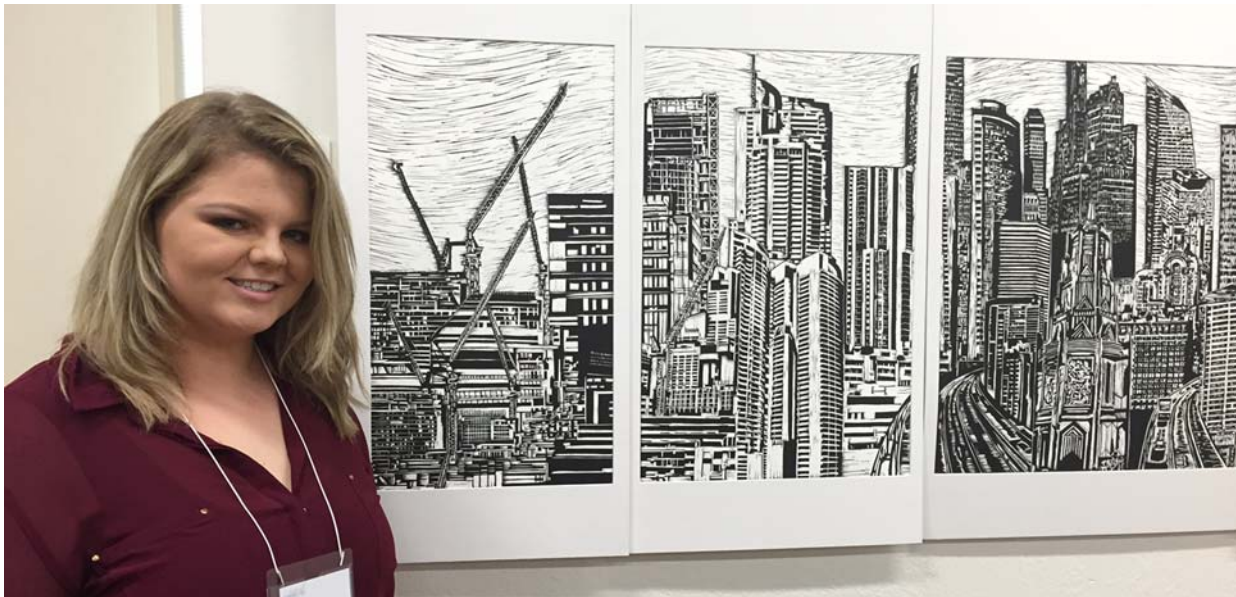


SCHOOL FEES

Term 1 School fees were posted to families by the Catholic Education Office last week. You may receive a Flexible Payment Plan Option to complete and return to CEO (Weekly, Fortnightly, Monthly or by Term) Direct Debit or BPay. If you select BPay you are required to return the paperwork and set up via your netbanking. Term 1 Fees are due Monday 7th March 2016.

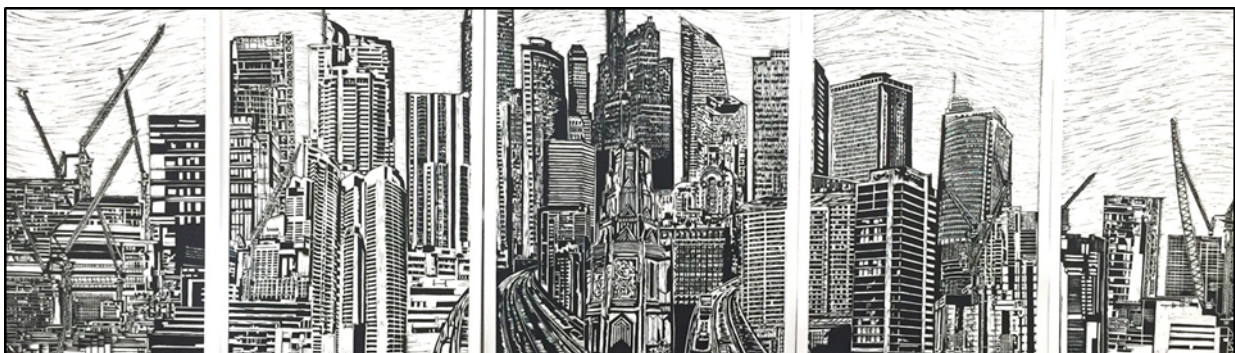
If you wish to discuss your fees or to make an alternate arrangement, please contact Mrs Slaughter via email wslaughter@parra.catholic.edu.au and she will be more than happy to help.

Mrs Wendy Slaughter - School Fee Officer

YEAR 12 VISUAL ARTS WORK EXHIBITED AT ARTEXPRESS AT THE MARGARET WHITLAM GALLERY AT WESTERN SYDNEY UNIVERSITY

Year 12 2015 student, **Cara Pemble**, attended the opening of the ARTEXPRESS exhibition at the Margaret Whitlam Gallery at Western Sydney University. Her HSC Body of Work, submitted for the 2015 HSC Visual Arts examination, was one of the 200 works selected for Arterxpress exhibitions from 9,500 artworks that were submitted for the HSC. The works selected are some of the very best in the state and students needed to achieve a top A range mark to even be considered for this exhibition

Cara's lino print series titled *Megapolis* were a collaged composition of her photos of skyscrapers taken in Sydney and New York and comments on the manic growth of modern cities. Her work was skilfully executed and printed to form a panorama of a congested and expanding modern city. Cara and her family acknowledged the value of the support and advice she received from the Year 12 teachers **Mrs King** and **Ms Wood** and the rest of the Visual Arts staff, **Ms Cusack** and **Miss Eyles** in being able to achieve this standard of work in her submission.



ARTEXPRESS is at this gallery (until 6 May 2016) the Three other students, **Kayla Galea**, **Brooke Tavares** and **Kristy Tebbut** from the class of 2015 were also selected for ARTEXPRESS at other exhibition venues that will open later in the year at the Hazelhurst Regional Gallery, The Armory in Sydney Olympic Park and the Blue Mountain Cultural Centre. Six Visual Arts students were nominated for ARTEXPRESS and the majority of the group achieved marks in the mid to high A range for their Body of Work.

Mrs Karen King - Leader of Learning Creative Arts



ATARS 2015 HSC

Many of you may have been reading the ongoing discussion on the 2015 HSC and the ATARs used for university entry this year.

It paints an extremely complicated system with no accurate guideline as to the actual mark needed to enter a particular university course. This is true to a point but what remains is the basic rule all hopeful entrants to university should use.

The rule is simple: ALWAYS put the course and university you wish to do first, second third etc without worrying about the ATAR needed. The system will either make you an offer for one of your most desired courses or go onto look at your next choice. The students have up to 9 options they may enter for and this will often mean students will enter for 5 or more courses.

By the end of your choices have one or more courses that are published lower ATAR options so you have a “fallback” option or two.

The published ATARS do not include various bonus points such as regional, subject, disadvantaged or partnership bonus points. These will be dealt with in Year 11 Skills for Living classes so that by Year 12 students should have a clear understanding of the possibility of entry below the published ATARs.

With the various pathway courses universities are offering, plus the bonus point systems, the vast majority of our students receive a university offer. They should keep this in mind when they are perhaps stressing about Year 11/12.

Students should firstly ask me career questions via email (mpetit@parra.catholic.edu.au) but may also look at my timetable on my office door and email me a time when we seem to be both off class to arrange a meeting.

All Years 10/11/12 should ensure their @parrastu email is working as important communications will be sent via that medium.

Mr Marc Petit - Careers Advisor

ENHANCING LEARNING IN YEAR 10

In Week 10 (Term 1) Prue Salter from Enhanced Learning Educational Services (www.enhanced-learning.net) ran a study skills session with our Year 10 students.

The students covered the importance of using the this year as a training period to prepare for senior studies. The need to learn how to work effectively at home, manage distractions, make brain-friendly study notes and work out which study techniques work best for them was again highlighted. Year 10 students are encouraged to review the self-evaluation quiz at the back of their handout to give them an indication of what areas they need to work on.

Parents are encouraged to review and discuss the handout from the session with students and identify practical changes they can make to improve the home study environment and support system.

The Study Skills Tips for Parents website (<http://studyskillstoptipsparents.com/>) provides additional advice for parents needing more information.

Students also attended a session with Rocky Biasi from Human Connections (www.humanconnections.com.au). The session aimed to help get students into the best mental and emotional state for peak performance. Students were presented with a range of techniques and strategies to help them manage stress and feeling overwhelmed, learn how to refocus on priorities and minimise mental focus on disappointments and set-backs. Techniques for accessing motivation and dealing with procrastination were also covered. The students also constructed a vision for success and implemented core "success" principles by using the 4 step process to set and achieve goals.

All secondary students at our school also have access to a great study skills website to help students develop their skills. Go to www.studyskillshandbook.com.au and enter the username: **forecconly** and the password: **55results** and start improving your results today!

Mr Ian Fuller - Leader of Learning Year 10

FIELDS OF DREAMS: ABORIGINAL AND TORRES STRAIT ISLANDER ASPIRATIONS PROGRAM

On Friday 5th February nine students from Years 9 to 12 attended Fields of Dreams: Aboriginal and Torres Strait Islander Aspirations Program, which is run by Western Sydney University in conjunction with the Elevation Foundation.

The girls commenced the day with an address from keynote speakers Auntie Jean and Shirley Gilbert who are members of the Western Sydney University Faculty and Jasmine, a medical student. All three women spoke to the girls about the importance of receiving an education and the many ways to achieve your goals.

The girls then branched off into groups based on year groups. Our Year Nine students experienced academic workshops from the Faculties of Law, Business and Nursing to start them thinking about the area they would like to enter post-school. Years 11 and 12 participated in a project focusing upon the skills of collaboration, lateral thinking and teamwork; all essential skills for university success.

The final session of the day saw the Year 9 students take part in different workshops educating them about local indigenous plants and their uses; storytelling; wood carving and cooking. The girls who were lucky enough to experience the cooking workshop were able to sample kangaroo cooked with traditional spices. Our senior students also appreciated a cultural experience with Auntie Pearl and Women's Business with Auntie Shirley.

The girls had a very rewarding day and are looking forward to future opportunities with Western Sydney University.

Mrs Kim O'Brien - Leader of Learning, Learning Support



Blessed are
THE MERCIFUL
for they
shall obtain mercy
(Mt 5:7)

WORLD YOUTH DAY RAFFLE

Raffle tickets have been distributed to students. The proceeds from these raffle tickets will go directly to our school and parish to support pilgrims going to World Youth Day in Poland 2016. Students with any tickets these need to be returned by next week.

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