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

It's school camp season! Our Year 7s have just returned from Sport and Recreation Camp at Pittwater and our Year 10s have headed off to The Great Aussie Bush Camp in Tea Gardens. I had so much fun on Year 7 camp, especially the abseiling: watching the students challenge themselves to go over the edge of the 10 metre tower, seeing them cheering and encouraging each other. Not as much fun was the sound of the dining room with 190 very loud and excited young people! These experiences, camps, retreats and excursions, are the things our students will remember long after they have graduated. It is where friendships are forged, fears are faced and memories are made. They are only possible because our teachers (and Lana our counsellor) give up their time with family and friends to support these activities. They are not paid any extra, or overtime, but they do receive the gratitude of tired and happy girls at the end of the trip. I am especially grateful to Ms Clare Thompson (Year 7 Leader of Learning) and Mrs Jeanette Cocks (Year 10 Leader of Learning) for all of the detailed organisation and management of our camps. Have a look at some of the photos in this week's newsletter if you missed them on Facebook.

Camps are just one of those learning experiences where we intentionally challenge students and allow them to 'wobble' a little bit so that they can develop resilience and an understanding of what they can achieve when faced with uncertainty or obstacles. Next Tuesday night we are hosting our first Parent Forum for the year which focuses on the role parents play in providing support for our daughters' mental health. Our presenter is Jane Armstrong, an experienced Mental Health First Aid trainer and Lifeline counsellor. You can RSVP on Facebook via our event, or email rwilson2@parra.catholic.edu.au. In a recent Mission Australia survey of thousands of young Australians, they ranked mental health as their number one concern, with ratings doubling since 2016. As parents and teachers, we play a vital role in creating the environment where healthy mental habits and practices can flourish. At our Parent Forum you will hear about the importance of the simple actions that can make a difference, such as showing affection, taking the time to talk (without distraction), knowing how to respond to strong emotions and sensitive topics. We will also look at establishing boundaries and rules for safe behaviour. It may be uncomfortable to address some of these things, particularly in the busyness of our lives, but our daughters need us, not as friends, but as reliable, loving, present adults.

Building Update

Things are progressing a little slowly due to the rain and the mud! Our builders are working hard to keep the impact of their work to a minimum, but it has been particularly noisy around the science labs and some classrooms last week. The good news is that, once the slabs are poured, we will have less demolition noise, and just be living with construction noise. The old buildings that we knocked down were hiding a few secrets, especially where the water pipes were hidden. We have had the water accidentally interrupted a few times when pipes were drilled through, but we have managed with just a bit of inconvenience.

Our uniform shop, which is currently in a small room near the art rooms, will be demolished in the next stage of building and will not be replaced. We are working with School Locker to find a solution. Until the company establishes a shop front in the local area, supplying uniforms to the 16 Catholic schools they have under contract, we may need to move to online shopping for our Chisholm uniforms. We would have onsite fittings in January and October (new students) with samples in each size available at the college throughout the year. If you would object to this model, please send me an email with your concerns so we can better ensure we meet parents' needs during this transition.

Congratulations to Bailey Hayward from Year 8 who made it through to the grand final of the CSDA Public Speaking competition. Although she didn't win, she made it to the final 12 out of 700 contestants and spoke with confidence and character.
As we enter the second half of the season of Lent, the weekend Scriptures are calling us to be people of justice in an unjust world. Our homerooms in Years 7 to 9 have been doing a stunning job raising awareness and money each day in some very creative ways. This week has seen a competition to guess the teacher from the baby photo and ‘Choc Pong’ - bouncing ping-pong balls into cups to win a chocolate! With the money already raised we have been able to make a substantial contribution to Caritas’ appeal for the devastating cyclone in Mozambique. Our contribution is helping provide 1,500 tarps that will go to the Beira as soon as possible. Chisholm girls make a real difference.

Let us pray for the victims of this disaster which could be the worst natural disaster to hit the region in a decade.

We pray,
For those who are uprooted by the cyclone in Mozambique, for those grieving the loss of family, friends, livelihoods and the familiarity of life and home, may their sense of trust and belonging grow strong again as they work to restore a secure and hopeful future.
Lord hear us.
Lord, hear our prayer.

Mr Greg Elliott
Principal

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<th>DIARY DATES</th>
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<td><strong>Year 7 Items, Year 8 Items, Year 9 Items, Year 10 Items, Year 11 Items and Year 12 Items, Whole School Items</strong></td>
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<tr>
<td>Thur 28 Mar</td>
<td>Year 10 Great Aussie Bush Camp</td>
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<td>Fri 29 Mar</td>
<td>Year 10 Great Aussie Bush Camp</td>
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<td>PDSSSC Swimming - SOPAC</td>
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<td>Sun 31 Mar</td>
<td>Japanese Exchange Students depart</td>
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<td>Tues 2 Apr</td>
<td>Year 12 FT Australian Food Industry Excursion</td>
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<td>Parent Forum - Library - 6.00 pm</td>
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<td>Wed 3 Apr</td>
<td>Year 9VA/9PDM Cockatoo Island Excursion</td>
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<td>PDSSSC Soccer Gala Day (Opens) , Jamison Park</td>
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<td>Thurs 4 Apr</td>
<td>Year 11 Agr Camden Show Excursion</td>
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<td>Fri 5 Apr</td>
<td>Year 9/12 Agr Camden Dairy Competition</td>
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<td>Mixed Touch Football Challenge (Yr11/12) State Finals</td>
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<td>NSWCCCC Swimming Championships, SOPAC</td>
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<td>Mon 8 Apr</td>
<td>Year 12 Work Placement Week</td>
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<td>Tues 9 Apr</td>
<td>Year 12 Work Placement Week</td>
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<td>Penrith Paceway Student ANZAC Service</td>
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<td>Wed 10 Apr</td>
<td>Year 12 Work Placement Week</td>
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<td><strong>College Cross Country Carnival</strong></td>
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<td>FIAT Youth Group Afternoon 3.00pm– 4.30pm</td>
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<td>Thur 11 Apr</td>
<td>Year 12 Work Placement Week</td>
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<td>Fri 12 Apr</td>
<td>Last Day of Term 1</td>
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<td>Year 12 Work Placement Week</td>
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<td>Year 10 Agr Royal Easter Show Excursion</td>
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FROM THE ASSISTANT PRINCIPAL

HPV Vaccination Information
Many students this year and in past years have received HPV vaccinations. Nepean Blue Mountains Local Area Health have directed us to some information about this vaccine which parents might find interesting. It can be found at: www.hpvregister.org.au/site/DefaultSite/filesystem/documents/SKAI_HPVVaccines.pdf

Reminder of school absence procedures for extended leave
For absences of up to five days, parents must notify the school principal by mail or email (written). For absences of more than five days, parents must complete and submit the Application for Extended Leave form (available on the college website) OR apply for extended leave in writing to the principal directly, prior to commencing leave. Each case will be considered on its merits by the principal. If approved, the principal issues a Certificate of Extended Leave. Please note that in the past this type of extended leave was noted as an exemption from attending school. This type of extended absence is now noted as absent with justification. If the Principal declines to approve the leave, the absence is noted as absent without notification. There are limited circumstances in which leave will be granted during term time.

Wearing of blazers
From the start of Term 2 until at or near the end of Term 3 it will be compulsory for blazers to be worn to and from the college every day other than Wednesday. If students do not have a blazer these must be ordered as a matter of urgency, so they are ready to be worn at the start of Term 2 which is only a few weeks away.

The college uniform shop is open Mondays from 8.00 am to 10.45am and Thursdays from 12.15 pm to 3.00 pm. If that time is not convenient, there are some alternatives for parents. Uniform items can be ordered online. Go to the college website and you will find a link to the Uniform Shop under the Enrolment pull-down menu. Follow the links to place your order. For a small price, the item can be delivered to a home address. You can also go to theschoollocker.com.au and search for Caroline Chisholm. Alternatively, if the item is in stock at the school, it will be given to the student on the next day the uniform shop is open.

Navy blue stockings
This is an early reminder that at the start of next term, all girls will be required to wear navy stockings as part of their uniform. It may be time to check whether you daughter still has navy stockings and, if not, organise to purchase them from any store.

Piercings
I would like to remind students and parents that the only facial jewellery allowed at the college is in the ears (up to 2 earrings in each year, small hoops or studs). In particular, there is to be no nose or lip jewellery, nor can students wear plastic studs or cover nose jewellery over. I mention this before the holidays as this is a time when a number of students seem to think there is time for a piercing to heal before returning to school. This is not the case over a two week break and there will be no tolerance or allowance of time for a new piercing to heal once the students return to school. There is categorically no facial jewellery (including plastic studs) to be worn by any student in any year, from Year 7 to Year 12. Students who refuse to remove non-uniform jewellery, in addition to receiving warnings leading to detentions, will be removed from class and not allowed to return until the jewellery is gone. These uniform provisions have been consistent since any current student enrolled at the college and it would be greatly appreciated for parents to support us by discouraging these piercings while their daughter is a student at the college.

“Doing the Right Thing Awards”
Students who help with clean up and litter are eligible for a “Doing the Right Thing Award”. Congratulations to Alawyn Drewry (8 MacKillop), Sarah Bartolo (8 Gilmore) and Katie Sloan (8 MacKillop) who receive vouchers for the canteen for being the students drawn from the box. All students who put in award slips will have points credited to their house.

Appreciation of Honesty
Students at Caroline Chisholm College regularly display outstanding honesty in returning items they find on the college grounds. Often these can be of quite substantial value. Students handing in found items receive a certificate of appreciation. I would like to congratulate the following students who have handing items in over the last fortnight: Kaitlyn Hatcher (8 Gilmore)

Mr Greg King - Assistant Principal
Assessment Tasks – Years 10-12
As we move into the later part of the term students are finding themselves in a heavy assessment period. It is worth noting some of the important points in the College’s Year 10-12 Assessment Policy.

- Students must make a genuine effort to complete all assessment tasks to the best of their ability.
- All assessment tasks should be completed on time.
- If students are not able to complete a task on time they must complete an Illness / Misadventure form. These are available on the website and at student services. A Medical Certificate is required if a student misses a task due to illness.
- Students who are absent the day before a task is due must also complete an Illness / Misadventure form and attach appropriate documentation.
- Students who miss a task due to illness or misadventure must be ready to complete the task on the day they return to school. It is the student’s responsibility to liaise with their teacher to reschedule the missed task.
- Hand in tasks must be submitted to the class teacher or KLA Leader by recess on the day of return to school.
- Students should keep a copy of all tasks, preferably in Google Drive – technological failure is not an acceptable reason for non-submission.
- Applications for leave must be approved by the Principal. Any tasks missed due to leave that has not been approved will be given a mark of zero and an ‘N’ warning letter will be issued.
- The purpose of these procedures is to ensure the assessment process is fair for all students.

NAPLAN Online 2019 - Information from NESA
NAPLAN assesses literacy and numeracy – important skills that each child needs to succeed in school and life. The NAPLAN tests are designed to help us make sure students are on track with their literacy and numeracy development. Students in Years 3, 5, 7 and 9 participate in NAPLAN tests for reading, writing, conventions of language (spelling, grammar and punctuation) and numeracy.

Between Tuesday 14 May and Friday 24 May, our school will participate in NAPLAN Online. Students do not need to be computer experts to take the NAPLAN test online. Making sure students have computer skills is part of our school curriculum, and our teachers will ensure your child is familiar with the online format. To see the types of questions and interactive features of NAPLAN Online, visit the public demonstration site.

If you have any questions about NAPLAN Online, please contact Mrs Lans or Ms Scollard.

- For more information:
- How to support your child during NAPLAN
- information for parents and carers
- Watch a video that explains NAPLAN Online
- Subscribe to ACARA’s monthly parent newsletter, Parent Update

Food for thought
Subject: Mathematics/English
Would you prefer a world without numbers or a world without words?

Email your thoughts to:
Simone Spisiak: sspisiak@parrastu.catholic.edu.au
Ellie Loughman: eloughman@parrastu.catholic.edu.au
Leaders of the Learning Committee

Mrs Deborah Scollard - Assistant Principal
Next week marks the 4th Sunday of Lent. The Lenten Season begins with Ash Wednesday and concludes on Holy Saturday 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 mean 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. 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.

One of the ways we can engage in acts of charity is by contributing to various appeals that are taking place for the people of Africa who have been so affected by the recent cyclone Idai. The information below has been taken from the Caritas webpage:

“23 million people are currently on the brink of famine in South Sudan and other areas of Africa and Yemen. Your urgent donation will help Caritas Australia deliver life-saving food and water to countries most in need including South Sudan, Kenya and Malawi.

Urgent assistance is needed now to respond in South Sudan, and neighbouring countries experiencing severe drought and food insecurity, including Ethiopia, Kenya, Malawi, Somalia and Sudan. This crisis may be the worst food crisis globally since the Ethiopian famine of 1984.

In South Sudan:
- almost two million people are on the brink of starvation and an estimated six million people will face extreme food insecurity over the coming weeks
- women and children are most at risk, where one million children are acutely malnourished and 270,000 children at imminent risk of death.

In Somalia:
- the crisis has escalated over recent months, with 6.7 million people now in need of humanitarian assistance.

Your support will help us to reach out to thousands of people.
This major crisis has been driven by large scale droughts, compounded by climate change, inflation and ongoing conflict in some countries. Millions are now without water and sustainable livelihoods. Though South Sudan has been officially declared famine free by the United Nations (as of June 21), the situation facing the country and the other parts of Africa, is critical.

If you would like further information on how to donate to this appeal please go to https://www.caritas.org.au/donate/online-donation?DonationCode=AAFR

Ms Bernadette Murray - Leader of Religious Education
On Friday 22nd March 2019, Year 10 English classes were excited to journey to Bella Vista to attend Sport for Jove's latest stage production of Arthur Miller's play, *The Crucible*. Performed in the period-appropriate rustic sheep-sheds at Bella Vista Farm, we were able to experience an authentic atmosphere akin to that of Salem in 1692. Sitting merely centimetres from the actors on stage, it was difficult to draw our eyes away from the gripping scenes taking place before us; we felt always in the palm of their hands and watched with enthusiasm the ever-pious Salem being swept into hysteria.

All in all, it was an academically and culturally enriching day that enlightened us to the delights of theatre production and enhanced our understanding of the course material in a fresh and exciting way. Year 10 would like to thank our English teachers for their efforts in organising this invaluable learning experience.

*Written by Monique Buksh, 10.2 English*
TOUCH PDSSSC GALA DAY

On Wednesday the 5th March Students from Caroline Chisholm competed in the Touch PDSSSC Gala day. The college entered both a senior and junior team and the following students represented the college.

**Junior Team**
- Abby Ridding
- Sam Gallen
- Maddison Krahe
- Lauren Preston
- Taylah Hufton
- Ashleigh Gill
- Chloe Gill
- Ella Grennell
- Jessica Gallen
- Jessica Preston
- Milaya Cleary
- Emily Edwards

**Senior Team**
- Kailah Stapleton
- Tayla Gallen
- Bridie Witjes
- Shae Healey
- Brielle Daines
- Jasmine Ridding
- Zoe Walther
- Emilie Donohoe Thompson
- Gabbi Edwards
- Tenealle Bijoux
- Savannah Roberts

Both teams performed very well on the day. However, both narrowly missed out on the final play offs with the Seniors placing second overall in their pool and the Juniors third. All players are to be commended for the positive attitude they displayed both on and off the field.

A big thank you to Samantha Gallen for organising our two referees for the day and a special congratulations to Tayla Gallen for making it through to the senior PDSSSC Touch team. All of us at the College wish you the best of luck for the next tournament.

*Mrs Hodges (Junior coach) and Mrs Peters (Senior coach)*
Year 7 Camp

To view more camp photo’s please visit our Caroline Chisholm College Facebook page.