



CAROLINE CHISHOLM COLLEGE NEWSLETTER



Term 1 Week 11 Issue 5 2019

Faith Courage Tolerance

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FROM THE PRINCIPAL

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

One of the great challenges for us as a school is how can we best support the well-being and mental health of our students. We know that the number of young women living with mental health concerns, or a diagnosed mental health condition is growing, with almost 1 in 4 girls likely to need support between the ages of 12 and 24. The state government recently increased funding for school counsellors in state schools and the federal government has promised dramatic increases to funding for mental health support programs, such as Headspace. Students at Caroline Chisholm College present with these concerns at about the same rate as girls and young women across Australia, which is why we have developed a pastoral care program based on Positive Psychology and a strengths based approach to well-being. Every student and teacher in the school has completed the VIA Character Strengths inventory which is used to identify the character strengths that we are more adept at using. As an exercise, ask your daughter what her top five strengths are. They should be written in the front of her college diary.



wisdom

Creativity
Curiosity
Judgement
Love of Learning
Perspective



courage

Bravery
Persistence
Honesty
Zest



humanity

Love
Kindness
Social intelligence



transcendence

Appreciation of Beauty
Gratitude
Hope
Humour
Spirituality



justice

Teamwork
Fairness
Leadership



moderation

Forgiveness
Humility
Prudence
Self-regulation

Last week we hosted about 70 parents for our Parent Forum on Mental Health First Aid for parents. The session was facilitated by Jane Armstrong, an experienced Mental Health trainer, Lifeline counsellor and suicide prevention community trainer. Jane encouraged our parents to model the behaviours that will help keep our daughters strong and well such as self-regulation, self-care and respectful dialogue. I informed our parents that the college will provide the full Mental Health First Aid course at no cost for 30 parents who can commit to the three sessions. More details and dates will follow shortly.

Some strategies you might like to consider when supporting your daughter exhibiting mental health concerns:

1. Is she becoming over-reliant on me? Do I really need to step in? Does she need rescuing? Am I struggling because she is struggling? What will happen if I don't rescue her this time?
2. When she exhibits strong feelings, validate the feelings by saying "It sounds like you're really angry (or sad, frustrated, etc.). Do you want to talk about that?"
3. When things look headed for a fight, model self-regulation by saying "We're getting pretty upset about this. How about we take a five minute break and talk later?"

4. Never focus on your daughter's appearance or size.
5. With reference to school work, praise her efforts and her persistence, rather than her 'intelligence'.
6. Develop a relationship where there is no topic that is too difficult to discuss.

For more ideas, this document from Beyond Blue is very helpful: http://www.parentingstrategies.net/depression/media/pdf/Teen_Guidelines.pdf

We understand that academic success is reliant upon strong mental health, which is why the college has invested so deeply in systems and professional learning to support your daughters flourish emotionally, intellectually, physically and spiritually.

The season of Lent is headed towards its climax in the commemoration of Holy Week and Easter. We are invited, every year, to re-enter the mystery of those events 2000 years ago that changed the course of history forever. We are invited to reflect on Jesus' suffering, his crucifixion and his perfection in resurrected form on Easter Sunday. It is a time to be reminded that our Baptism makes us Easter people, commissioned by Jesus to tell the Good News that God lives and is with us, and that the Kingdom of God is so close that all we need to do is look through eyes of love to see it. I pray that this Easter season will be a time of hope and renewal for you and for your family. May the school holidays bring rest and refreshment to our students, teachers and support staff.

Lord God,
You loved this world so much,
That you gave your one and only Son,
That we might be called your children too.
Lord, help us to live in the gladness and grace
Of Easter Sunday, everyday.
Let us have hearts of thankfulness
For your sacrifice.
Let us have eyes that look upon
Your grace and rejoice in our salvation.
Help us to walk in that mighty grace
And tell your good news to the world.
All for your glory do we pray, Lord, Amen.

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

Thurs 11 Apr	Year 12 Work Placement	Tue 30 Apr	Year 9, 10, 11 & 12 Music WSU Piano Burning Lecture
Fri 12 Apr	Year 12 Work Placement Year 10 Agr Royal Easter Show Excursion Term 1 Concludes	Wed 1 May	Year 12 Work Placement Year 11 & 12 Primary Industries Excursion
Thurs 25 Apr	ANZAC Commemoration Service, Warragamba	Thur 2 May	Year 12 Work Placement PDSSSC Cross Country, Eastern Creek
Mon 29 Apr	Term 2 Commences Year 12 Work Placement Week College Athletics Carnival	Fri 3 May	Year 12 Work Placement Year 9 Agr WSU School Steer Ballot & Novice Training Day PDSSSC Cross Country, Eastern Creek



FROM THE ASSISTANT PRINCIPAL

Uniform for Term 2

Students are reminded that it is compulsory for all students to wear blazers to and from school every day during Terms 3 & 4. Students also need to wear navy stockings every day so make sure you stock up on these in the holidays. They can also be bought from the uniform shop. Students not wearing blazers to and from school or not wearing navy stockings will be considered out of uniform and will receive diary warnings, possibly leading to detentions.

I'd also remind students that any items worn under shirts for additional warmth should be white and should be tucked in so they do not protrude lower than the shirts and may only be worn under jumpers or blazers, not so they are visible below the sleeves of the shirt. Students may also choose to wear plain navy scarf on cold days. They can be purchased from the uniform shop or any store. Please see the college website or previous newsletters for how to purchase from the college uniform shop.

School Photographs

School photographs will be taken in Week 2 of next term. On Friday 10 May, all students will have an individual photograph taken. These photos are used within the school for identification purposes and for the year book. Consequently, all students must be in full school uniform. This includes a blazer. All students must confirm to the grooming and jewellery requirements of their year group. This means students in Years 7-9 with hair longer than their shoulders must have it tied back and off their face, as the photos have an identification purpose.

Parents are very welcome to purchase these photos as mementos and envelopes for this purpose will be sent home shortly. Money is to be brought to school in the envelope **on the day** and handed straight to the photographer. Please note that if the money is brought on the day, it must be the **exact money** as the college is not able to give change. Please ensure that each student returns her **own envelope** even if payment is made in the eldest child's envelope. You will see from the information with the envelope that it is also possible to order the student photos online with the company, Advanced Photographers, both before and after the day of photographing.

Monday 13 May is the backup day for students who are absent on 10 May to have their photographs taken. It is possible for sisters to have family groups taken at lunch time on this day. Family group photos do not need to be pre-ordered. They can be purchased when the proofs come back to the school.

The photographs will be taken by Advanced Photographers. They can be contacted on (02) 9905-6688 if you have questions for them.

Vaccinations Round 2

The second round of vaccinations take place in Week 2, Term 2 on Tuesday, 7 May. It is mainly for Year 10 students plus catch up vaccinations for some Years 7 and 8 students.

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.

"Doing the Right Thing Awards"

Students who help with clean up and litter are eligible for a "Doing the Right Thing Award". Congratulations to **Madison Cooney** (7 Jackson), **Olivia Eilersen** (8 Macarthur) and **Chloe Gill** (8 Wright) 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: **Madison Cooney** (7 Jackson), **Kaitlyn Hatcher** (8 Gilmore), **Evangelina Papalia** (8 Gilmore) and **Lauren Preston** (9 Jackson).

Mr Greg King - Assistant Principal



FROM THE ASSISTANT PRINCIPAL

Home learning

The following information about home learning is found in the College Policies Handbook.

Rationale

Home learning is a part of school life. It aids learning and requires a partnership between parents and teachers.

Statement

Teachers at Caroline Chisholm may set home learning activities for students across all year levels. The home learning will be purposeful, linked to class learning, achievable, differentiated and engaging. Teachers will follow up to see if homework has been completed or if the home learning requires clarification or further development.

Home learning should be:

- completed in a reasonable timeframe
- rigorous
- set as required to support class learning
- linked to the syllabus outcomes
- connected to classroom learning
- challenging, engaging and achievable
- completed seriously and with effort.

When completing home learning activities, students should endeavour to complete tasks and should persist with difficult problems. Students should seek support and clarification from their teachers when they are unable to complete home learning tasks.

The following times are a **guide** to the amount of homework students should complete:

- Years 7-8 Approximately ½ hour per night
- Years 9-10 Up to 1 hour per night
- Years 11-12 Sufficient time for completion of assigned tasks, assessment tasks and regular review of course content and skills

Procedures

In secondary school, students must learn how to balance their time after school hours between homework, sport, part-time work and cultural commitments, family life, friends and other social activities. Students should record all homework in their diary or google calendar. If a student is experiencing difficulties fulfilling homework requirements, they should be encouraged to speak to their class teacher before the work is due and make appropriate arrangements. **If there are any concerns, parents are encouraged to contact the relevant subject teacher in the first instance.**

Food for thought

Subject: History

If you had the opportunity to live in past era with the knowledge you have today, would you take it and which era would you go to?

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



YEAR 9 VISUAL ARTS AND PHOTOGRAPHY EXCURSION TO COCKATOO ISLAND

On Wednesday 3rd April, Year 9 Visual Arts and Photography students travelled to Cockatoo Island to take photos for their next units of work. We caught the ferry from Sydney Olympic Park wharf and, once on the island, we visited the various precincts on the island including the convict areas and the machinery buildings associated with the ship building areas on the island.

The girls had a wonderful day using their photographic skills to capture many aspects of the island ready for their work on paintings and photo essays and montages back in class.

Ms Jodie Cusack - VA Teacher

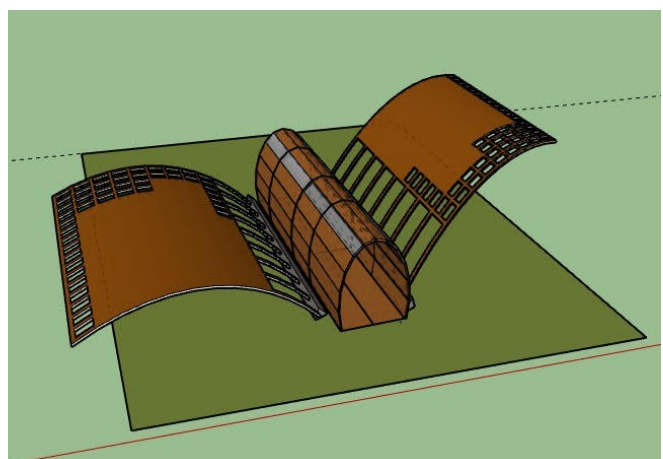
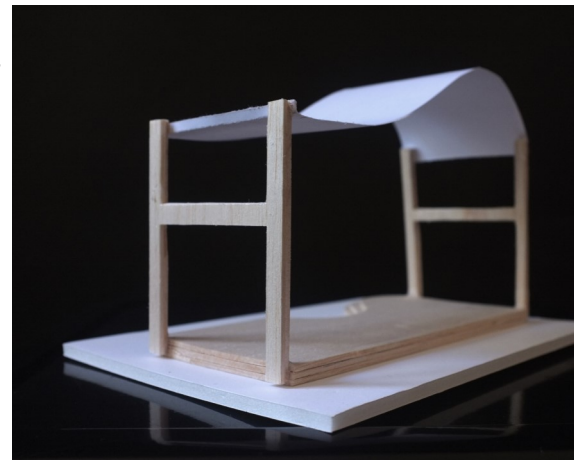


YEAR 10 VISUAL DESIGN

In Visual Design Year 10 have been exploring architectural design in public spaces and have worked closely with architect, Georgia Forbes-Smith. We were chosen as one of 6 Sydney schools to work in partnership with the NSW Architects Registration Board, a key authority working with architects. The ARB, as they are known, set the broad boundaries of the challenge and connected us with our architect, Georgia Forbes Smith, who works with architecture firm, *Scale Architecture*.

Students were presented with the challenge of redesigning a space within the college to be more sustainable, creative and accessible to members of the college community. They worked in groups to develop their solutions and have produced these as presentation package of developed architectural drawings, 3D models and Sketchup Designs. Our next step will be to present these designs to representatives of the ARB, architects and to members of the public as a final showcase of this project.

Ms Sarah Eyles - VA Teacher



PENRITH RELAY FOR LIFE

This year Caroline Chisholm will have a team at the Cancer Council Penrith Relay for Life on Saturday 4 May 2019. Relay for Life raises funds for cancer research, prevention and provides numerous support services.

The event runs over a 24 hour period and there are a few ways that you can participate.

1. Your daughter, yourself, family and friends can register as a member of the Caroline Chisholm team. This involves a \$25 registration fee prior to the event. On the day you will receive a Relay for Life shirt to wear.
2. Have your daughter register via the Relay for Life google form and turn up on the day at the Caroline Chisholm tent. Attendance hours will be considered as a Community Service event up to a maximum of 3 hours.
3. Volunteer some time in the Caroline Chisholm tent - We need to provide adult supervision throughout the 24 hour event. Any assistance would be appreciated from students, teachers and parents.
4. Donate some water or soft drinks that can be sold on the day.
5. Donate a gift or voucher that can be used in a raffle.



More information about the event can be found at:

<https://www.cancercouncil.org.au/relayforlife/events/it0000804/>

<https://www.facebook.com/penrithrelayforlife/>

Contacting our Parent Team Captain - Belinda at bk11973@hotmail.com

INTO THE DEEP
LEADING FOR MISSION

“Do not be afraid”
LUKE 5:10

Parent
Retreat
Day

DATE
MAY 1 2019

TIME
9.30 – 2.30

VENUE
ST JOSEPHS
RETREAT
CENTRE
33 BARINA
DOWNS RD,
BAULKHAM
HILLS

CLICK TO
REGISTER

Join parents from the Parramatta Diocese in a day of personal TRANSFORMATION as you nurture faith through reflection, small group discussion and creative activities.

Explore the concept of WITNESS as you interact with Scripture, God, Self and Others.

FOR MORE INFORMATION:
Donna Dempsey • 0407597426 • ddempsey1@parra.catholic.edu.au



PDSSSC OPENS FOOTBALL GALA DAY

On Wednesday 3 March, 15 girls along with the coach, **Mr King**, attended the PDSSSC Opens Football (Soccer) Gala Day held at Jamison Park, where we played various school teams from the Parramatta diocese. Throughout the day we participated in three games in our pool. We were beaten in our first game by Marian College, Kenthurst, who ended up losing the grand final in a penalty shootout. We started to gel as a team in our second game against Nagle College, winning 3-0. We lost our third game but that was to a team made up of players trialling for the rep team whose schools did not enter the competition. Although not all games were won and as a team we did not leave victorious, the gala day allowed us to represent the school in a fun, active and social environment where we were able to improve our teamwork on the field. The girls from Years 10, 11 and 12, many of whom did not know each other before selection in the team, played to their best ability and with a great spirit, being very supportive of each other. While it's hard to single out individual players, special mention should be made of **Taylah Vitetta** of Year 12. Taylah has captained the side in her last two years at school and has represented the college in football each year since she was in Year 7.



Written by Maddison Hughes, Year 12

PDSSSC SWIMMING CARNIVAL

On Friday 29th March, nine students represented the College at the PDSSSC Swimming Carnival at Sydney Olympic Park Aquatic Centre. The girls performed outstandingly well on the day, with five of them progressing on to represent the diocese at the NSWCCC carnival.

Well done to the following girls for representing the college with pride and great sportsmanship, and for giving their best efforts on the day: **Arianne Thomas** (Year 11), **Keisha Chilmaid** (Year 11), **Alyssa Proctor** (Year 11), **Jordan Amies** (Year 9), **Tahlia Fog** (Year 9), **Teagan Hinds** (Year 7), **Lily Morgan** (Year 9), **Anique Pantazakos** (Year 9) and **Samantha Tornatore** (Year 7).



PDSSSC representatives at NSWCCC – **Anique Pantazakos, Jordan Amies, Teagan Hinds, Lily Morgan and Arianne Thomas.**

There were many great results on the day. The following were our highlights –

- Caroline Chisholm College were placed third in the Girls Champion School section
- **Jordan Amies** was the 15-year old Girl Champion

Thank you to the parents and supporters who were at the carnival on the day. Your support and assistance was greatly appreciated.

Congratulations again to all of the students that represented the College, and good luck to the girls who are progressing to the next level. We look forward to hearing about your successes.

Mr Stephen McIlveen - Sport Coordinator