

CAROLINE CHISHOLM COLLEGE NEWSLETTER

Term 2 Week 10 Issue 10 2015



Faith

Courage

Tolerance

College Phone Numbers:

General Information Ph: 4737 5500 School Fees Ph: 4737 5520 Enrolment Enquiries Ph: 4737 5506 Uniform Shop Ph: 4737 5522

Email: carolinechisholm@parra.catholic.edu.au Website: www.cccglenmorepark.catholic.edu.au

Caroline Chisholm College 90-98 The Lakes Drive Glenmore Park NSW 2745







Padre Pio Parish 34-38 William Howell Dr Glenmore Park NSW 2745 Ph: 4737 9735 Fax: 4733 8245

Email: parish@padrepioglenmmorepark.org.au

FROM THE PRINCIPAL

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

As the term draws to a close it is good to take stock and review all that has been accomplished so far.

As a community of Faith we have celebrated Stage 5 and Stage 6 masses and have been part of the Baptism of four of our students and the first Holy Communion of a number of our students.

As a college the students have run, jumped and thrown at our Athletics Carnival. Students have planned and rehearsed and danced and sung at Glee. They have visited the theatre, learnt about driver awareness, and visited a courtroom. They have marched on Anzac Day with the community at Warragamba and celebrated our rich indigenous culture for NAIDOC Week. They have been have been able to take time out to reflect on their journey with God and prepare for life beyond our school community.

Our parents have discussed subjects and Stage 6 Learning and our Listening forum focused on their suggestions about our merit system.

Staff have prepared lessons and assessments and carefully put together significant feedback to each student. They have written reports and been present for all-important parent teacher meetings.

All of these individual and collective events (which are only a snapshot of all that has happened this term) have, as their fundamental purpose, to improve the learning outcomes for all students.

As you can see, everyone is involved: parents/teachers/priests and students.

Wishing you a safe holiday break. School for students resumes Tuesday 14th July.

Mrs Mary Leask 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			
Thursday 16 July	Year 12 Drama Belvoir Street Theatre		PDSSSC Girls Netball Gala Day
Friday 17 July	NSW All Schools Cross Country	Friday 24 July	Year 12 Study Day
	HSC Dance Showcase - 7.00 pm		Reflection Days Year 7 to 10
			Year 11 Christian Churches Excursion

FROM THE ASSISTANT PRINCIPAL

CAROLINE CHISHOLM COLLEGE



FROM THE ASSISTANT PRINCIPAL

Changes to parking rules at front of school

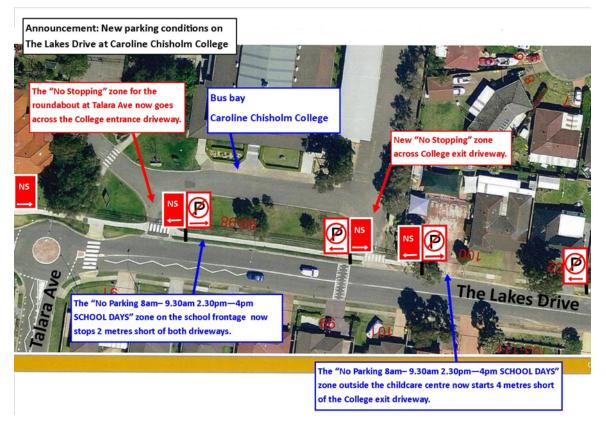
We have been advised by Penrith council that there will be some changes to the parking rules outside the college. They are mainly to improve the safety of buses entering and leaving the grounds and involve extending "No Stopping" zones. Please note that it is expected that the signage will be erected during the school holidays which means the new rules will apply from the start of next term.

The Road Safety Officer from Penrith Council has asked me to convey the follow points to the community:

New "No Stopping" zones at the College driveways on The Lakes Drive

- Bus access is very important in the College driveways on The Lakes Drive.
- "No Stopping" zones will now be installed across both the entrance and exit driveways.
- Both driveways must remain clear of vehicles at all times even momentarily. You can be booked if you stop and drop a student off, even if the process only takes seconds.
- This change was requested by Busways and has been approved by Council.
- The existing "No Parking" and "Drop off" zones are still in place, but no longer cover the driveways. They are also a few metres shorter than they used to be. For these reasons, parents are requested to always move as far as possible to the end of the drop off zone before allowing their daughters to leave the vehicle.
- Drivers are welcome to stop for <u>under 2 minutes</u> to pick up or drop off students, and drivers must <u>remain within 3 metres</u> of the vehicle.
- Thank you to all drivers for driving and parking legally and carefully near the College.
- It is fantastic that so many students travel by bus.
- Bus travel is safe, is efficient for travelling to busy locations, and saves pollution and petrol.
- Bus travel is a great way to include exercise in the daily travel routine, due to the walk from home to the bus stop.

The new parking restrictions are shown in the diagram below.





Regular lateness to school

In the last newsletter, Mrs Austin, the college counsellor, made some very important points about the importance of regular attendance at school. I would like to add a specific message to the students who regularly arrive late to school, missing most or all of homeroom. Ironically, it most often involves students who live closest to school and walk or who get dropped off. There will always be a very occasional good reason why a student might arrive late. Some students, however, are consistently late and they need to address the situation. If they walk, they need to make sure they leave home in plenty of time to be <u>in</u> homeroom by 8.23 am. If they are dropped off but the parent struggles to make it on time because of other commitments, the student should consider other ways of getting to school, such as by school bus.

Regular lateness is recorded as a partial absence – it doesn't matter if it's only seconds late. If a student is not in homeroom by the time the 8.23 bell sounds, they are partially absent. Regular lateness is not something that looks good when a potential employer looks at a report – whether it is for a part time or full time job. Furthermore, it makes it very hard for a student to get fully involved in the life of the college. All the information about the huge variety of activities on offer at the college is communicated through homeroom. Some students are missing valuable cultural and sporting opportunities by not being in homeroom on time to receive the information. If your daughter is regularly late (and you can see it on the report she would have just received in Years 7-10), please take the holidays to think of setting up processes to make sure she is here on time every day.

School socks

In order to clarify issues of what is an ankle sock and to complete the neat appearance of the uniform, we will be having school socks as a compulsory part of the school uniform from the start of 2016. We have decided on a style, a high-quality new-style sock with padding, which can be worn for normal wear as well as for sport. It will have the college colours as a band on the top. We are currently negotiating a price with the preferred supplier and we will let you know early next term when this has been finalised. The socks will be available for purchase and can be worn from the start of Term 4 this year (when students no longer have to wear stockings) but will not be compulsory until the start of 2016. Like other small items such as stockings, tote bags and scarves, they will be available to purchase any day from the student office. Watch for pricing and availability details in next term's newsletters.

"Doing the Right Thing Awards"

Students who provide service to the college for a variety of reasons are eligible for a "Doing the Right Thing Award". Congratulations to **Cassie Tripodi** (7 Kenny) **Lilian Edwards** (7 MacKillop), **Emily Gilmore** (12 Gilmore) and **Emma Thornton** (12 Kenny) 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: **Andrea Tassone** (7 Jackson), **Cassie Tripodi** (7 Kenny), **Lillian Edwards** (7 Mackillop) and **Sasha Eid** (11 Macarthur).

Mr Greg King - Assistant Principal



Caroline Chisholm Interesting Facts Caroline Chisholm Interesting Facts

Caroline was 22 in 1830 when she married Archibald Chisholm, a Roman Catholic ten years her senior, serving with East India Company Army.



SEMESTER 1 PRINCIPAL'S AWARD

The College Principal's Award is given to students who have demonstrated outstanding commitment in all areas of their learning. It encourages all girls to strive for excellence in their work.

We congratulate the following recipients of the Principal's Awards for Semester 1 for Year 7, Year 8, Year 9 and Year 10

Year 7

Nadine Abi-Oula Peyton Field Jordan Flynn Areeba Ahmed Kayley Alliston-Hail Alison Gallen Elena Azzopardi Kirsten Gearin Tiana Azzopardi Georgia Gorringe Rhiannon Barbara Maddison Greniewicz Ashley Barrett Micquella Grima Skyla Begnell Alannah Hader Bavkiran Beryar Jenny Hai Sarah Blaikie Rebecca Hocking Rachel Borg Taylor Hodgson Carly Bowen Olivia Hooker Isabella Bruce Nevine Idris Emma Buckley Javaria Irfan Nilisha Buksh Jade Irwin Abbey-Jane Camilleri Jannelle Issa Mia Campbell Sunita Jayachandran Nicola Casis Carissa Jones Samantha Cheam Sara Joy Karla Kemister Keisha Chilmaid Molly Kemp Faith Clark Brooklyn Kitchener Georgia Clark Erinn Cleghorn Lorilei Knight Paige Colgate Melissa Knowles Thalia Coomber Alyssa LaMalfa Emma Cooney Felicity Lambourn Megan Cooper Jamie Lara Alison Coutinho Maddison Law Alana Curry Abbey Leis Emma Cutts Jessica Libreri Tammin Danby Kirralea Lindbeck Erin Dargan Amelia Loos **Emily Davies** Ruby Lowe Liana De Oliva Samantha Madraiat Arnica Mahanga Larissa Dimech Emilie Donohoe-Thompson Ariba Mahmood Abby Drinkwalter Violet-Mae Manansala

Rebecca Dunn Georgiannie Maron Ella Marxsen Alyssa Dunworth Chloe Eggleton Kiara Mashiri Yaconi Alanah Eisenhuth Felicity Mayer Elissa Evans Holly McLaughlin Hayley Faber Neelima Menakath Tahlia Faint Kate Messina Chloe Farlow Molly Mitchell Alexie Fasitsas **Grace Morrissey** Claudia Fava Isabella Nardi Felicity Favotto Jade O'Hara Tegan Fenech Libby Okello

Olivia Panuccio

McKenzie Ferguson

Tiarna Parkinson Hannah Parsons Laura Patterson **Brooklyn Pearce** Chloe Pelle Jordan Power Jemma Pracy Alyssa Procter Monique Rice Amy Richardson Jasmine Ridding Natasha Robinson Brooke Robson Isabella Samoluk Audrey Sanchez **Brodie Santas** Jorja Saywell Brooklyn Scurfield Olivia Searle Sanjana Sidhu Saakshi Singh Holly Smith Talira Smith Amelia Smoth Claudia Stewart Madison Stewart Erin Stinten Kunja Subedi Molly Summerhayes Annika Svensson Yzabel Tallada Aimah Tareen Andrea Tassone Emily Terlikar

Lauren Paolini

Bella'Rose Van der Steen Imogen Van-Stolk Madeleine Vella Caela Vernon-Wright Zoe Walther Laila Wasid Charlotte Williams Lauren Wolsey

Eleftheria-Ellie Tsahtarlis

Arianne Thomas

Olivia Tongia

Chelsea Tran

Sancia Turner

Ella Woods



Year 8

Kiara Ailao Elizabeth Ajopour Channie Arancon Isabelle Attard Kaitlyn Attard Shannon Bailie Sarrah Bashar Lauren Betts Rebecca Borg Jessica Buttigieg Crystal-Rose Camilleri Kiara Case Lauren Cockings Sophie Connell Kaitlyn Cooney Maddison Craig Chloe Cunningham Chloe Daley Holly Desmond Claudia Dixon Casey Douglas-Torrie Jada Edwards Rachelle Ellis Jade Ellison Victoria Ellul Rida Faridy Katelyn Fenech Samantha Feneck

Lily Franich Sophie Garde Ellen Gibbons Mary Go Sonya Grabez Caitlin Grech Hayley Gudgeon Chloe Haes Kate Hanigan Claudia Harvey Kristy Hayward Mercedes Heiler Brooke Hoban Abigail Howse Maddison Hughes Caitlin Karlsen Myra Khan Johanna Kroon Amy Lampard Niamh Le Breton Catalina Lecaros Tamara Licastro Ellie Loughman Belle Lucas-Smith Ashleigh Macerola Danielle MacKay Lily Marmont Yarra Masad Siobhan McDowall

Isabella Meekings Angelique Minas Madison Morgan Isabella Morlin Samantha Morrison Sarah Mundy Jessica Murray Brooke Naicori Briannan Nand Alexia Nicholopoulos Hannah Norrie Prapti Palma Erica Pannone Abbie Pant Laura Parker Jade Parkes Emma Parrish Carla Penza **Brooke Perkins** Chloe Petterson Monique Quirk Emma Racz Ruby Ritchie Alicia Robinson Rafaela Safadi Egg Lilly-Rose Saliba Sukhamrit Sandhu **Breah Sands** Kiara Saxby

Caitlin Sheridan Jessica Shillito Abbie Simmons Rhiannon Smart Dana Smith Simone Spisiak Shakunthala Subramanian Rita Tamer Chloe Taylor Renee Taylor Harmony Terepai Mikayla Thorpe Heather Townsley Ashleigh Trehy Mikayla Troy Alyssa Turner Rachel Van Dijck Brittany Van Doorn Eliza Vella Sophie Walker Keira Wall Caylie Wallace Georgia Waters Casey Watts Tanner Wilson Georgia Zeaiter

Eilis Scott

Year 9

Alisha Ford

Courtney Aiken Gabrielle Alexander Alissa Anastasio Daniella Apap Jacinta Aquilina Adriana Azzopardi Ashleigh Ballantyne Ella Berryman Courtney Beukers Ashlin Biju Chloe Bowen Leslie Buadromo Georgia Burgess Jenny Byun Sally Byun Courtney Camenzuli Justine Chaghouri Shania Clark Jordyn Cochran **Courtney Collins** Rochelle Connell Chloe-Anne Cortes Anna Cullen Victoria Cutts

Madison D'angelis Lily Danby Olivia De La Mare Claire Doherty Cheyne Easthorpe Bianca Esterhuizen Sarah Finlay Nicola Frugtniet Tyra Gae'e Anna Genovese Kaitlin Glass Chloe Green Rachael Harlock Maddison Harvey Catherine Hedger Claire Henen Indianna Hutchinson Angel Jojo **Brittany Jones** Vanessa Khouri Isabelle Kitchener Jessa Laguna Stefany Latty Hannah Macinante

Kenyana Martin Ava Matia Brooklyn McAdam Hannah McCrorie Kiara McDonald Tahnae McLaughlan Brooke McLeod Caitlin Micallef Natasha Mills Victoria Moldez Kaylee Moorfield Hannah Morgan Rachel Munday Bethany Neal Ashley O'Malley **Brooke Parkinson** Kaitlin Patterson Maddison Pepperell Ashleigh Pratsch Tremea Puruto Jacinta Rastegorac Tamara Reid Claudine Rule Kayla Sycz

Lucy Shaw Cassandra Sidhom Nadera Slaibi **Emily Smith** Danielle Snyder Kellie Stanley Naveena Stephen Abbey Tricot Madeleine Tucker Jayde Vincent Alina Wakeling Elizabeth Wakeling Katherine Wakeling Mairead Ward Shaylan Whatman Jacinta Wheelahan Zoe Whiley Jessica Willmette Georgia Wood Lily Xiberras Chloe Young

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CAROLINE CHISHOLM COLLEGE

Zoe Penson Lisa Pham

Rhiannon Pitt

Year 10

Jasmine Altman Phoebe Anderson Chantelle Arancon Elizabeth Azzopardi Hannah Azzopardi Courtney Barnes Rachel Bartolo Jessie Beckhaus Amber Berthaly Ashleigh Bridge Roisin Cairney Ashleigh Camenzuli Savannah Carroll Grace Chapman Shumi Chauhan Jade Dangerfield Mikaylee Dawson Kiani Denoord Amy Di Cristoforo **Emily Dillon** Emma Dimech Chandler Doucette Sophie Douglas-Torrie Chloe Douglass Ella Drinkwalter Madison Ellul Brooke Farrell Madison Fazio Paris Garner Manreet Gill Caitlin Goddard

Jodie Hall Teagan Hall Lucy Harris Madeline Haydon Rilev Havward Angela Hocking Melanie Hooper Kaitlyn Horne Nandita Jagota Maddison Jeffreys Sian Johnson Amarjit Kang Nadyne Kemister Nadia Khouri Madelyn Kroon Tara Lawson Emma Lonard Alison Lucantonio Tara-Rose Lucas-Smith Tia Madden Annabelle Mammone Keeley McCahon Siobhan McGettigan Tatum McKee Lauren Micallef Arooj Mushtaq Manisha Narayan Ceren Narli Lillian Neal Orielle Nielsen Alfi Pant Abby Parkes Kiara Pearce

Lily Popovich **Emily Ouirk** Ashlee Rando Isabella Richardson Claire Roberson Olivia Robinson Brianna Saunders Clare Sheridan Jessica Skelly Arabella Steele-Allen Jessica Steen Anastasia Stinten Emma Thomas Portia Thomas Danielle Todd Leia Townsley Skye Tranfa Electra Tselepis Priya Upadhyaya Michelle Van Mullekom Eliza-May Vickers Katelyn Warburton Tiana Watts Ally Wells Teah Whiley Ashleigh Whitbread Jordan Winter-Clinch Katarina Yelavich

PLANT A TREE DAY

Jessica Greniewicz

Sarah Hackenberg

Plant a tree day at Caroline Chisholm College, Wednesday 22nd July at 12.20pm.

Meet at the College oval with a pair of gardening gloves.

Our aim of the afternoon is to plant some citrus trees on the College grounds to enable the College to become more sustainable in the future.



Parents and friends of the college are most welcome. Please sign in at the front office prior to making your way to the College oval.

Mr Stephen McIlveen – Environment Committee Facilitator



Raising Resilience

Resilience would have to be one of the most valuable character traits that we can instill in our children to give them the best opportunity for a successful future and healthy overall wellbeing. A resilient person is someone who is able to be confronted by adversity, stressors (big or small) and new situations, yet manage these events so that they don't experience negative effects to their wellbeing, and potentially actually feel stronger for having overcome the situation. All young people can build personal skills to develop resilience. However, parents and carers are essential to this process through role modeling, encouragement, support and guidance.

There are currently a number of <u>evidence-based free programs</u> available online for parents and carers who want to learn more about resilience and how they can foster it within their children. These programs both come from highly reputable organisations within the field of adolescent health and wellbeing so it is such a great opportunity to access their programs for no cost.

The details are below and both flyers are included with this newsletter.

• 'Building Resilience in Young People' by The Black Dog Institute www.blackdoglms.com

Black Dog Institute also offer a program for parents/carers of young people experiencing depression, available from the same website.

• 'Raising Resilient Teenagers' by Monash University (12 – 15 year olds) www.parentingstrategies.net/depression.brief.intervention

Mrs Jessica Austin - School Counsellor



WORLD YOUTH DAY RAFFLE TICKETS

World Youth Day 2016 is fast approaching. As a school community we are anticipating to send students to represent our College community over in Krakow, Poland next year.

One of the many fundraisers we have undertaken in order to be able to support the students who are attending is participating in the Parramatta Diocesan Raffle Ticket Fundraiser.

Prizes include

1st Prize - a Toyota Yaris

2nd Prize - a European tour for 2 (to the value of \$6,000)

3rd Prize - an apple IPAD mini

4th Prize - \$500 cash

5th Prize - an Apple Watch

Tickets cost only \$2 each.

Students have volunteered to sell the tickets so ask your daughter if she has bought any or is helping to sell the tickets.

Your support on this will be greatly appreciated.

Miss Julia Liska

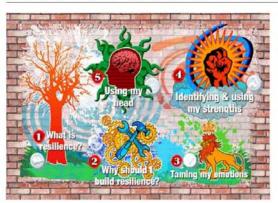




Building good mental health in young people

Interactive online learning courses for parents developed by the Black Dog Institute

BUILDING RESILIENCE IN YOUNG PEOPLE



This course includes five short, interactive, and engaging modules that will help you understand what resilience is and the role you can play building resilience in the young people you care for.

You will learn about:

- what resilience is in the context of mental health and how it helps
- useful strategies for building resilience in young people including how to control emotions, identifying personal strengths and a step by step process for problem solving.

NAVIGATING TEENAGE DEPRESSION



This course includes five short, interactive, and engaging modules that will help you understand depression and bipolar disorder in the context of adolescence.

You will learn about:

- the causes and signs and symptoms of depression and bipolar disorder
- useful strategies for supporting a young person you care about
- · help and support services available

Access the courses at: www.BLACKDOGLMS.com More information at: www.HEADSTRONG.org.au

This initiative is proudly supported by:





NAIDOC ASSEMBLY

Last Friday, 19th June, the college held its first NAIDOC Assembly. NAIDOC stands for the National Aboriginal and Islander Day Observance Committee and takes place every year in July.

The assembly commenced with a traditional smoking ceremony by Uncle Steve Williams, a member of the Wiradjuri nation of Central NSW, who explained the significance of the ceremony as a spiritually cleansing ritual. Olivia Searle in Year 7, and a member of the Darug nation, delivered the Welcome to Country.

The students presented two dances, an Aboriginal dance called Gegabe, which is a woman's fruit picking dance showing the importance of women in the community and a Torres Strait Island dance called Pa Uma ('Uma' in the Torres Strait Island language meaning mother), which is dedicated to mums, aunties and grandmothers. The girls were taught these dances in the lead up to the assembly by Majeda Mo Beatty, a performer who helps to run workshops on Indigenous dance.

Our guest speaker for the assembly was Jacqueline Cornforth who is a member of both the Wuthathi nation of Cape York and Badu Island in the Torres Strait.

Jacqueline is a dancer who completed a Certificate 4 in Careers in Dance from NAISDA Dance College and a Bachelor of Fine Arts (Dance) with Distinction at QUT in Brisbane. She spoke of her very similar experiences at a Catholic girls' school in Canberra. She drew parallels between the journey that continues to be on to develop her understanding of her culture and the journeys of the Indigenous students at Caroline Chisholm as they embark upon theirs.

The girls were incredibly proud to present their culture to the members of the Caroline Chisholm community and are excited about future events at the College.

I would like to thank all of the girls who were involved in the assembly, as well as Uncle Steve Williams, Jacqueline Cornforth and Majeda Mo Beatty for sharing their culture with us. A special thanks goes to Mr Jarred Hodges from the UWS Student Engagement Unit who instigated the idea of having a NAIDOC Assembly at the College and brought it to fruition by organising our special guests.

Mrs Kimberley O'Brien - Leader of Learning Support







ATHLETICS CARNIVAL

CAROLINE CHISHOLM COLLEGE

CAROLINE CHISHOLM COLLEGE ATHLETICS CARNIVAL 2015

On Wednesday 10th June the Caroline Chisholm College Athletics Carnival was held. Unfortunately the weather was on its worst behaviour at Blacktown Olympic Park Stadium as it was on the original scheduled day of first day back in term 2. It was a particularly cold day, with periods of drizzle and sometimes rain in the morning. After some time in the grandstand and quiet prayers from the PE staff, the rain cleared up and the day went ahead without incident. Due to the wet weather, it was too dangerous to conduct high jump so that was called off for the day.

The day began with the early competitors taking to the track with some good times in the 200m, 400m and 1500m races. The rest of the school soon followed. Despite the rain and fairly miserable weather conditions we were extremely impressed with the house spirit that most girls across all year groups displayed. The colourful costumes, mascots, cheering and participation made this day worthwhile and memorable. Credit to the house leaders who were all dressed up and really did everything humanly possible to encourage their houses to have a go and cheer and dance for extra house points. We would also like to thank those teachers and PASS students who were often out in the rain in the morning ensuring the smooth running of this school event.

We would like to make particular mention of the Year 12 girls who appeared to have such a great day. It was so pleasing to see you make your last College Athletics Carnival such a fun-filled, dance-filled and overall memory-filled day.

Congratulations to the following students who achieved the highest points across all events and achieved Age Champions:

12 Years

1st place: Mia Gleeson (46 points) 2nd place: Megan Cooper (40 points) 3rd place: Adelle Brett (24 points)

13 Years

1st place: Sarah Blaike (28 points) 2nd place: Alison Gallen (20 points) 3rd place: Nevine Idris (18 points)

14 Years

1st place: Monique Quirk (54 points) 2nd place: Ashleigh Macerola (22 points)

=3rd place: Alisha Ford & Hannah Norrie (10 points)

15 Years

1st place: Georgia Wood (46 points) 2nd place: Tatiana Elisara (16 points) 3rd place: Maria Blears (14 points)

16 Years

1st place: Keeley McCahon (48 points) 2nd place: Emily Perring (38 points) 3rd place: Kara Thompson (16 points)

17+ Years

1st place: Melanie Ruse (42 points) 2nd place: Emma Steltenpool (36 points) 3rd place: Rachel Thomson (26 points)



HOUSE POINTS

1st place: Kenny (821 points) 2nd place: Wright (524 points) 3rd place: Macarthur (507 points) 4th place: Gilmore (505 points) 5th place: Jackson (457 points) 6th place: Mackillop (415 points)

Two long standing records were broken on the day. Congratulations to **Monique Quirk** who broke the 14 years 100m record with a time of 12.85 sec and **Mia Gleeson** who broke the 12 years discus record with a throw of 28.23 metres.

Congratulations KENNY on another fantastic result!

PDHPE Faculty















Athletics Carnival









X

CAROLINE CHISHOLM COLLEGE







Glee





