

CAROLINE CHISHOLM COLLEGE NEWSLETTER



Term 3 Week 6 Issue 12 2014

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



Of the many things that a principal is involved with in a school, is the process of interviewing prospective student leaders.

At Caroline Chisholm the process we use is quite exacting. We begin by speaking with year groups about the qualities our leaders should have.

Our leaders need to have a strong commitment - in word and deed - to the school and its core values of Faith, Tolerance and Courage. They need to be well organised to be able to balance their studies and their Leadership commitments. They need to be young women of integrity who are able to see the 'bigger picture' and make hard and sometimes not the most popular decisions. They need to see leadership as service to others.

After this, year groups are invited to nominate who they believe would be the best student leaders for the College from among their peers. From this nomination process, which also includes staff, girls are selected for an interview with a member of the College Leadership Team and their Year coordinator.

Our Year 11 students who were selected for interview were then asked to prepare a formal letter accepting the nomination and outlining their suitability for a role in student leadership. They also had to submit an initiative that they would like to lead in 2015 if they were successful in achieving a position.

The formal interview takes place and the girls have to think on their feet so to speak to answer the questions asked. Final decisions are then made.

I wanted to explain our process to not only reflect to you how demanding our process is but much more importantly for you to reflect on just how confident and talented our young women are that they can go through this very real world process and do themselves very proud.

They are young women of faith, who are articulate and determined, who are well organised and enthusiastic, who love their school and want to see it become an even greater school.

It gives me great pleasure to announce to the wider College community our Student Leadership Team for 2015.

Mrs Mary Leask Principal



L-R Sarah Toan, Vice Captain, Samantha Arnold, Captain Jennifer MacDonald, Vice Captain

Website: www.cccglenmorepark.catholic.edu.au

Email: carolinechisholm@parra.catholic.edu.au



Courage

Tolerance



STUDENT LEADERS 2014/1015

Captain: Samantha Arnold

Vice Captains: Jennifer MacDonald (House Leader) Sarah Toan (Committees Leader)

House Leaders: Gilmore: Sophie Morrison Jackson: Grace Tehan Kenny: Emma Thornton Macarthur: Shae McLaughlin MacKillop: Elizabeth Banicek Wright: Jodi Izzett

Year 7 Shannon Bailie Victoria Ellul Brooke Hoban Lily-Rose Saliba Year 8 Jordyn Cochran Lily Danby Jacinta Rastegorac Claudine Rule **Liturgy Committee Leaders**: Jessica Cortis Tasha Reynolds

CAROLINE CHISHOLM

COLLEGE

Social Justice Leaders: Nicole Chandra Madeline Cortis

Environment Committee Leaders: Ebony Humphrey Alecia John

Student Wellbeing Committee Leaders: Kathryn Kroon Alyce Baldacchino

Year 9 Hannah Azzopardi Rachel Bartolo Mikaylee Dawson Sophie Douglas-Torrie Brianna Saunders Katelyn Warburton Year 10 Emily Alexander Chantelle Al-Khouri Mireille Tamer Angela Sciacchitano Tara Bennett Shania Coutinho



FROM THE ASSISTANT PRINCIPAL

Whole School Photograph

As a memento of the 40th anniversary of Caroline Chisholm College, we will be having a whole-school photograph next Thursday 28 August. Students are asked to be in full winter uniform, with blazers and stockings. Year 7 students will need to wear their normal uniform to school that day and change for sport later in the day.

Doing the Right Thing

Congratulations to **Carla Penza** (7 Wright), **Natalie Achampong** (9 Gilmore), **Grace Chapman** (9 Gilmore) and **Hannah Cornish** (10 MacKillop). They have been selected to receive a \$5 canteen voucher for college service.

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: **Amarjit Kang** (9 Kenny), **Nabriah Butt** (8 Macarthur), **Jacquilin Tarau-Mudge** (8 Macarthur) and **Shehzil Sharif** (10 Wright).

Mr Greg King - Assistant Principal

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Tolerance

Faith Courage





FROM THE LEADER OF INNOVATION & LEARNING IMPROVEMENT

Year 11 Preliminary Exams

The Year 11 Preliminary Examination block commences on Friday 5th September and concludes on Friday 12th September. All students should now have received an exam timetable outlining when each of their exams will take place.

Over the next week students will also receive an exam notification sheet for every subject that will detail how best to prepare for the exam and what outcomes and content will be assessed. Students should use the advice provided in these notifications and that by their teachers to organise a study plan

leading up to the exams if they have not done so already.

It is important that your child uses their class time effectively at all times to ensure that they can use their time at home to best prepare for the exams. Finding a quiet place to study to avoid distractions is a good starting point, and using tools such as past questions and study notes can help students familiarise themselves with the nature of exams.

A reminder that if your daughter is absent on the day of an exam, a phone message must be left for the teacher of that subject and for Mr Gerlach informing them of the absence. A doctor's certificate and illness/misadventure form must be submitted to Mr Gerlach on the day your daughter returns to school.

We wish every student in Year 11 the very best in the preparation for this important assessment period.

Mr Stephen Casni - Leader of Innovation & Learning Improvement

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 21	Year Assemblies - Public Speaking
Friday 22	HSC Drama Exam
	2015 Student Leaders' Training Day
Monday 25	Year 10 HSIE Vietnam Veterans Presentation
Tuesday 26	Leaders' Commissioning Mass - 9.00am Padre Pio
	Ex- Student Meeting at 6.30pm
Wednesday 27	Year 7 World of Maths Day
Friday 29	Literature Dress Up Day
Friday 29	Literature Dress Up Day Year 10 Agriculture Penrith Show
Friday 29 Saturday 30	1 2
-	Year 10 Agriculture Penrith Show
Saturday 30	Year 10 Agriculture Penrith Show Year 10 Agriculture Penrith Show
Saturday 30 Sunday 31	Year 10 Agriculture Penrith Show Year 10 Agriculture Penrith Show Year 10 Agriculture Penrith Show
Saturday 30 Sunday 31 Monday 1	Year 10 Agriculture Penrith Show Year 10 Agriculture Penrith Show Year 10 Agriculture Penrith Show PDSSSC Oz Tag Gala Day

CatholicCare Social Services Diocese of Parramatta

BEREAVEMENT SUPPORT PROGRAM - SPRINGWOOD

CCSS Solo Parent Ministry will be running an eight session Bereavement Support Program in Springwood for men or women who have suffered the death of their spouse or long term partner. Sessions held on every second Wednesday commencing 3rd Sept from 10.30am 12.30pm at the Baptist Church Hall, 313 Macquarie Rd Springwood. Each fortnight a different aspect of grief will be discussed, with some input, reflection and sharing about how grief is affecting you and how you are working through it. The first topic is "The Physical Effects of

Grief". Details and Registration: soloparentministry@ccss.org.au or Ph. 99330205

SUPPORT GROUP FOR YOUNGER WIDOWED PEOPLE

In response to requests and inquiries the CCSS Solo Parent Ministry will be starting a new Monthly Support Group for younger widowed people. We will trial this group for 12 months, and it will be held on the 2nd Tuesday of each month beginning Tuesday 9th September. Venue: CCSS Centre, 51-59 Allawah St Blacktown. Time: 10.30am-12.30pm Cost: \$5.00. Details and Registration: PH: 9933 0205 or Email: soloparentministry@ccss.org.au

STEPPING BEYOND: SUPPORT FOR THOSE SEPARATED OR DIVORCED

If you have been separated or divorced and would benefit from regular shared discussion evenings with others who are in a similar situation to you, come along to STEPPING BEYOND on the last Tuesday of each month at CCSS Centre, 51-59 Allawah St, Blacktown, at 7.30pm.

Venue: CCSS centre 51-59 Allawah St, Blacktown. Time: 7.30 - 9.30. Cost: \$5.00. Registration: soloparentministry@ccss.org.au or Ph. 99330205

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Faith

Courage

Tolerance



FRIENDSHIP FALLOUTS

Over the course of your daughter's 6 years of High School it is quite likely that she will change 'best friends', friendship groups, and peers that she sits with in class several times. Just as your daughter personally evolves and develops during these fundamental 6 years, so to do her friendships, reflecting what she values in friends at that particular point in her adolescence.

So, with the fluidity of friendships over 6 years at Caroline Chisholm one of the goals of the Year Leaders Team and myself is to educate girls on how to resolve friendship disagreements with minimum tension and no acrimonious behavior so that the girls involved can move through this process without difficulty and continue to feel supported within the cohort of their grade.

The principles of how to best resolve a friendship breakdown is important for parents to be aware of as the value and potential influence of the conversations that parents have with their children at home about these issues cannot be underestimated, and it is least confusing for the adolescents if the message is consistent.

Some simple principles for adolescents include:

- Avoid using social media to air the issues in the friendships, either explicitly or implicitly, as it will only exacerbate the existing issues. Even if your daughter is no longer 'friends' online with the person she posts about it is very likely that a screenshot will be shown to the other student. Parents should monitor what their teens are posting, and regularly have conversations with them about consistent responsible internet use, even when their judgment may be clouded by anger and disappointment.
- If you are aware of disagreements within your daughter's group of friends, discuss with your daughter the destructive role of the 'messenger'. Whether they are well meaning or oblivious to the harm caused, girls who become messengers between other students directly involved in the issue are implicating themselves and often exacerbate the disagreement.
- The most peaceful resolutions between two girls in a disagreement occurs when each respects the other's privacy, does not speak about the other behind their back, and they refocus on something else until the issue is either resolved, or both decide to no longer pursue the friendship due to irreconcilable differences.
- If the friendship is not salvageable ideally the two agree that they're no longer suited as friends, and treat each other just as they would treat any other acquaintance within their grade.
- If you become aware that the behavior of any students involved in the friendship breakdown becomes bullying in nature (repeated behavior and the misuse of power to intimidate and threaten) report it to the school so that we can resolve the issue here.
- While friendship breakdowns are a natural aspect of adolescence and a learning experience, they are still a painful process for your teenager to go through so they will need their parents support, non-judgmental listening and care throughout.

Mrs Jessica Austin - School Counsellor

NSWCCC NETBALL CHAMPIONSHIPS

On Wednesday 14th August, Caroline Chisholm College participated in the NSWCCC Netball Championships at Jamison Park, Penrith.

The carnival is a competition between Catholic high schools from throughout NSW so the competition is very tough. While none of our teams progressed to the final, the girls should be very proud of their efforts. They showed great sportsmanship on the day and tried their very hardest.

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A huge thank you to our three umpires for the day, **Teah Whiley**, **Sorrene**

Thompson and Emily Smith and to Ms Ashleigh Burke and Mrs Frances McCauley for their assistance leading up to the carnival and on the day of the carnival.

Miss Jessica Camilleri - Sport Co-ordinator





Music Showcase





PDSSSC DANCE COMPETITION

On Friday 15th August the Caroline Chisholm College Dance Company competed at the annual PDSSSC Dance Competition held at Joan Sutherland Centre, Penrith.

It turned out to be an exciting day for all students involved.

Emma Lonnard (Year 9) placed 1st in the Junior Solo, **Tayla Hui** (Year 11) placed 3rd in the Senior Solo, Hip Hop Troupe placed 1st in the Hip Hop section, with Caroline Chisholm College placing 3rd overall for the day. Although our Contemporary Troupe did not place on the day, they learnt much to help them improve.

A big thank you to the Year 11 helpers and **Miss Alara Cassells-Forward** for the organization on the day while I was away HSC marking for Dance.

Mrs Brooke Hughes - Creative Arts Dance





MULGOA SENIOR SCHOOL CAPTAINS LEADERSHIP FORUM

Our recent visit to Parliament House in Sydney was an opportunity to represent the College. It also provided us with a greater understanding of leadership in which we can now implement into the school community. On Wednesday the 13th August, we made our way to Sydney for the Mulgoa Senior School Captains Leadership Forum hosted by our local Member of Parliament for Mulgoa, Tanya Davies. We arrived at Parliament House with great excitement where **Mrs Davies** greeted us and introduced us to the other School Captains from the Mulgoa area. The day began with a leadership forum with Government Ministers - **Tanya Davies**, the Speaker of the Legislative Assembly, **Shelly Hancock** and Minister for Resources and Energy, **Anthony Roberts**. After the presentation we were taken on a tour of Parliament House with **Mrs Davies**. We were given an exclusive tour of the upper and lower houses of Parliament. Following this was question time at 2:15pm in the Legislative Assembly. Here we saw the members of Parliament in action. Overall, the day gave us new insights into the future for leadership roles within the local community and equipped us with knowledge to make great leaders, which we hope to pass on to the upcoming College Leaders for 2015.

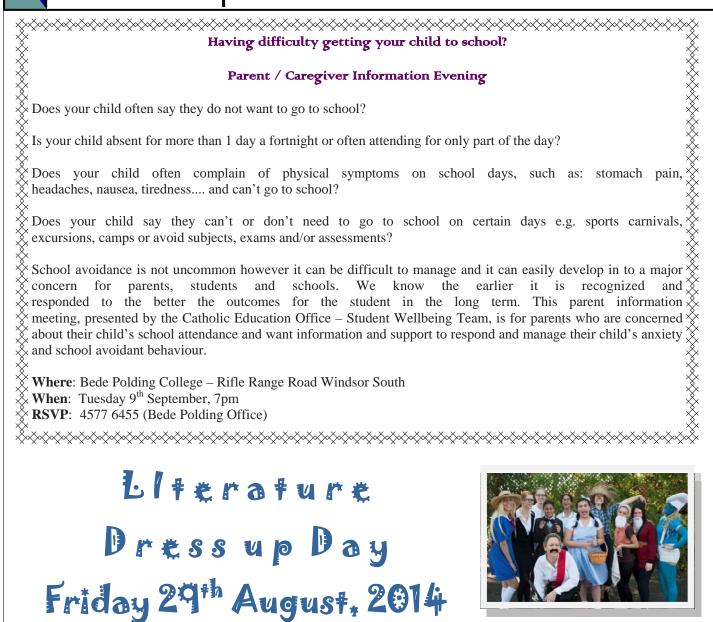
We would like to thank you to **Ms White** and **Mrs Leask** for giving us the opportunity to be able to participate in the experience. Thank you to **Mrs Davies** for hosting the day. We hope to share your enthusiasm and promote leadership particularly her passion for women in parliament within our College Community.

Written by Lauren Bozic and Chloe Baldacchino - Year 12









This is the day where we can all dress up as a character from literature, movies, comics or television shows. It is a fun day where we have the chance to bring characters from literature to life.

Come as the character you would like to be for the day. All students are welcome to arrive and stay in costume for the duration of the day.

There will be year assemblies on the day so that you can see the costumes in your year group. Be prepared to be 'chosen' and given the chance to explain who you are. **There will also be prizes for each year group**.







JAPANESE EXCHANGE STUDENTS

Once again, tears have been shed as we said goodbye to 16 lovely exchange students from our sister school in Japan, Tokyo Junshin Girls High School. Families from our school community have hosted the students, a teacher and the tour guide for two weeks, bringing strangers into their homes and making a life long connection.

I would like to thank the following families from our school community for their generosity in living out the Gospel of Matthew 25:36. The personal connections made and cultural knowledge exchanged will have far-reaching benefits for years to come.

Brittany Arfmann's family who hosted Mio, Amber Berthaly's family who hosted Hikari; Olivia and Pheobe Burgin's family who hosted Mayu; Eloise Corona's family who hosted Yurina; Amie Farrell's family who hosted Maya O; Caitlin Karlsen's family who hosted Maya M; Anita and Lopez' family who hosted Rena; Tia Madden's family who hosted Fuka; Yarra Massad's family who hosted Chiaki; Madison Morgan's family who hosted Yae; Alexandra Novak's family who hosted Rumi; Ellen and Laura Parker's family who hosted Miho; Kirsten and Xanthe Pennings' family who hosted Miwa; Katelyn Warburton's family who hosted Mayu and Orielle Nielsen's family who hosted Ayaka.

From our teaching staff, **Mrs Leanne Smith**, hosted **Ayumi** who was also buddied at school by **Caitlin Grech**. **Mr and Mrs King** hosted the tour guide, **Ms Miyuki Sugiura** and my family enjoyed very much hosting the teacher from Tokyo Junshin, **Ms Shino Arakaki**. In addition, I would like thank **Mrs Julie Hall**, mother of **Taylah**, **Jodie** and **Teagan**, who co-ordinated the whole visit with great success.

As a school, we enjoyed sharing our school life and the exchange students participated in a range of activities including bush dancing, photographic art, Japanese classes, Zumba, Yoga, Boot Camp, a Commerce class, an English class, wood working, agriculture, making bush foods, music classes and the all-important visit to the school farm. At the farewell party, the Junshin girls performed some dances and stunned us all with beautiful renditions of Ave Maria and the Hallelujah Chorus in perfect harmony.

We look forward to hosting students again next year. In addition, a number of our Japanese language students will have the opportunity of visiting Tokyo Junshin in 2015.

Mrs Wendy Merriman (Merriman Sensei) Leader of Learning LOTE















STUDENT REFLECTIONS ON HOSTING STUDENTS FROM TOKYO JUNSHIN

Throughout home stay they were very funny and laughed at things that weren't that funny. They didn't smile too much but when they did they were extremely happy. We experienced some very funny and weird things such as when Mio and I were on the bus she would sleep the whole time and the same on the way to training. It was fun but difficult at times to communicate but when we got Mio speaking she wouldn't stop. During the last couple of days at home we did pronunciation practise and she had a lot of fun and was always willing to give a word a go. Overall I had a great experience. Thank you for giving us all a go at hosting.

Brittany Arfmann, 7 Macarthur

I had the great opportunity to host one of the 16 Japanese exchange students, Yae. It was amazing!

Yae had minimal English skills which at first made communication difficult. Luckily we all were able to laugh about the mistakes we were making.

We showed Yae the many sights of Sydney which she enjoyed and the memories will last her a lifetime. The most surprising thing for me was to see how she reacted to my dog (a poodle). Yae had never touched a dog before and was terrified. But in the end Johnny (our dog) and Yae were best friends. My time with Yae will be something I will never forget and we will remain in contact which will last forever.

Madison Morgan, 7 Kenny

I had the opportunity to host a student from Japan for two weeks. Her name was Fuka Kawashima, she was fourteen years old. The students came from Tokyo Junshin, and experienced Australian life with us. My family and I took Fuka to the treetops course in Yarramundi, which enabled Fuka to fly through the Australian gum trees. We also took Fuka to Sydney, and Luna Park with her friend Rumi. Every night after school, Fuka preferred to write in her diary, although we played many games including UNO and Memory. Having Fuka stay with us helped us to learn some cultural aspects about Japan, including their origami and use of chopsticks. I had an amazing experience with Fuka, and I had so much fun learning Japanese from her and teaching her english. This experience, being my third time hosting, I definitely will do again next year. *Tia Madden, 9 Japanese*

This year I was lucky enough to host a student from our sister school in Japan, Tokyo Junshin. I hosted Mayu Hatori and it was a little awkward at first getting to know her with difficulty communicating but it was fun. I learnt many new words from her and it was fun to share my life with her. As soon as it got easier to talk with her she had to go back to Japan which was sad but I still talk to her every week.

Katelyn Warburton, 9 Japanese

Hosting was an enjoyable experience and really opened my eyes how hard it might be to go to another country and speak another language. By hosting $(\mathcal{D}/\mathcal{D} * \mathcal{D})$ (Hikari) it really helped me with Japanese as I used it to communicate more with her and to learn more about her culture. My family and myself would love to host again as it was a fun time. *Amber Berthaly, 9 Japanese*

Being a host to a Japanese student for the first time was an amazing experience, made that much better by my recent trip to Japan on the study tour held by the school last year. Being able to host a student from Japan and share the way we live in Australia with someone who has an almost completely different way of living provides an amazing experience to see that the student you are hosting is enjoying themselves.

We did many things during the two weeks that we were hosting Ayaka, including taking her on the Sydney Harbour Bridge climb, and when the students had to finally go home, it was a very sad moment. *Orielle Nielsen, 9 Japanese*









EXCURSION TO TANKEN CENTRE – YEAR 9 JAPANESE

On Thursday 14th our Year 9 Japanese class went on an excursion to the Tanken Centre in Kirrawee. As soon as we got there the hosts Yoshi and Mieko did not speak any English only Japanese. It was a bit of a shock but we all managed to understand and have a very fun day. We played lots of games that helped us learn new words and sentences in Japanese. We were also provided with an obento lunch which was delicious. I really liked this excursion and want to go back again. *Katelyn Warburton*

The Tanken Centre excursion was a very educational and fun experience for us all. We started the day all bundled up in our jumpers and blazers as the cold morning air chilled us to the bone, although it didn't last for too long as we departed at about 7:50am. We were all welcomed by Yoshi-Sensei and Mieko-Sensei, the two instructors, and began our morning activities which included interviews, exploring the house and a photo shoot. After those activities we had a short break for recess which was very tasty. We returned to our scheduled programs which included a stand and answer game, a calendar game, mystery stars and a daily routines relay. Our obento lunches were very delicious and featured boiled rice, sushi, chicken, potato/cauliflower and beans. We then concluded the day with a restaurant activity, a quiz Grand Prix, a kendama battle and the giving of certificates. All in all it was a very enjoyable experience and I would love to be able to

experience it again. My favourite activities were the mystery star game and the photo shoot.

Madison Fazio

Our trip to Kirrawee was enjoyable. During our time we spent at Tanken Centre we played quiz games which helped us review our knowledge of the language. They were fun to participate in. The Tanken Centre was a Japanese styled building which I found interesting, and our hosts made us feel welcome almost immediately. Not only was it a knowledge building experience, but also one where we all had fun, and that is why the day is memorable.

Priya Uppadhaya

The Tanken Centre, one long Disney song filled ride to Kirrawee High School. The Tanken Centre was a great and challenging experience. One is faced with the challenges of getting out of your shoes and into the brown slipper things without touching the floor along with the dreaded challenge of using chopsticks to eat rice DUN DUHHHHHH. That was one pretty tasty obento though. But the

day wasn't all fun and games (even though there was a large quantity of games) the games orientated themselves around teaching us about the objects and lifestyle of someone living in a traditional Japanese house. We learnt about the various items one might find within the household and the Japanese appropriate words for these items. All in all the day was a fun one, with two bus rides of Disney Songs and a whole day of learning about the lives of those within a Traditional Japanese House along with some extra Japanese language goodies. The Tanken Centre was a great experience I would recommend to anyone.

Nadyne Kemister

On 14th August, my Japanese class had the opportunity to visit the Tanken Centre at Kirrawee High School. The Tanken Centre was a small Japanese style house located in the high school, with traditional Japanese aspects of the house, including tatami mats. As done in traditional Japan, we sat on small cushions at small, knee high tables. The room also had the traditional rice paper walls, which looked beautiful with the morning sunlight creeping in. At the Tanken Centre, we played many games that taught us new japanese language skills, and tested the skills we already had. For example, one game we played was Mystery Stars, a game where we had to ask questions in Japanese to guess the celebrity. We had to use words that we already knew, and words we had only just learnt to enjoy a fun and exciting game. Finally, we also were able to try a traditional 'obento' box using chopsticks, which made lunch very interesting for some! In conclusion, our excursion to the Tanken Centre not only tested our language abilities, but taught us new language skills and the way of traditional Japanese life. *Tia Madden*











TERM 3, PRC PRESENTATION: ANXIETY & CHILDREN -MON 1 SEPTEMBER 2014

- St Patrick's Primary School
- 51 Allawah Road, Blacktown

Anxiety and Children

Dr Andrew Martin is a well respected and experienced presenter who was very popular at the recent Catholic Schools Parents Conference held in Parramatta in 2013.

An important area of interest for many parents and families.

The presentation commences at 7pm (Doors open 6.30pm)

Book Now! prcparraevents@hotmail.com

Contact: Parents Representative Council, Parramatta Diocese **Email**: prcparraevents@hotmail.com



Dr Andrew Martin

Anxiety and Children



Date: Monday 1 September 2014 Time: 7pm (Doors open 6.30pm) Venue: St Patrick's Primary School 51-59 Allawah Street, Blacktown

RSVPs essential to prcparrevents@hotmail.com



Loads of fantastic prizes up for grabs including lucky door, silent auction and raffles plus heads & tails, whisky bottle coin toss and lucky number .





