



# CAROLINE CHISHOLM COLLEGE NEWSLETTER

Term 4 Week 2 Issue 16 2015



**Faith Courage Tolerance**

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## FROM THE PRINCIPAL

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

Our new term has begun with great gusto.

Year 11 students are currently on **retreat**. Retreat is meant as time away from everything else, a time for quiet, a time for close listening “with the ear of the heart”, an opportunity to discern again God’s purpose for our lives. Retreat is an important part of the school’s holistic religious education programme aimed at drawing students closer to God. Please pray for our Year 11 students and the staff who are facilitating the retreat.

**HSC examinations** have also begun. Our girls have been very well prepared by their teachers and many girls took up the opportunity for holiday emails and feedback on practice essays and the like. We started the exams yesterday as we always begin important things at our school - with prayer.

This prayer reminded all present about the context into which the HSC needs to be viewed.

### Prayer before Examinations

Dear Lord, as we take these exams, we thank you that our value is not based on our performance, but on your great love for us.

Come into our hearts so that we can walk through this time together.

Help us, not only with these tests, but the many tests of life that are sure to come our way.

As we take these exams, bring back to our minds everything we have studied and be gracious with what we have overlooked.

Help us to remain focussed and calm, confident in the facts and in our ability, and firm in the knowledge that no matter what happens today you are there with us. Amen

*Adapted from a prayer of the Salesians of Don Bosco, Ireland*

### Great News!

Just before the end of term we received the outstanding news that a number of our students’ practical work in Dance and Drama have been nominated for Callback and Encore, which recognise “outstanding performances”

### In Dance - our congratulations to

**Michaela Clarke** – Core Performance

**Michaela Clarke** – Major Study Performance

**Tayla Hui** – Major Study performance

**Tysha Parashko** – Major Study Composition

### In Drama - our congratulations to

**Tysha Parashko** – Individual Project – Performance

This accolade is also worthy recognition of the outstanding work of **Ms Sarah Fernandes** (Drama) and **Ms Brooke Hughes** (Dance).

May each of you always remember that “no matter what happens today God is there with us”.

**Mrs Mary Leask**  
Principal



## FROM THE ASSISTANT PRINCIPAL

### Years 7 and 8 Disco

Years 7 and 8 students are invited to the college disco held in conjunction with St Dominic's College on Tuesday 27 October in the St Dominic's Hall. The disco runs from 6.30 pm to 9.30 pm. I would like to emphasise a couple of points about this disco. First, please collect students promptly at 9.30 from St Dominic's, not from Hungry Jack's. Students are not allowed to make their own way to Hungry Jack's unless accompanied by a parent. Second, please make sure students are properly dressed in accordance with the college non-uniform activity policy which can be found on the college website.

### Uniforms – shoes

It's the time of year when I need to remind students and parents that students must wear black leather-covered laced polishable shoes that cover the top of the foot. This is both a uniform and a WHS requirement. Please note that black leather gym style shoes (like Converse) are not acceptable, nor are completely flat shoes without any moulding on the sole. If shoes need to be replaced before next year, please make sure they conform to this requirement as it will be expensive if a newly-purchased pair has to be replaced. If a particular store is out of stock with this type of shoe, try another. If there is still a problem, contact me before buying any shoes.

### Uniforms – skirt length

Another reminder as Term 4 starts, that a few students who have had growth spurts really need to see about letting their skirts down or purchasing new skirts. All students whose skirts are not to the bottom of the knee need to do something about it over the next few weeks. As this term progresses, all students whose skirts are too short will get reminder notices with the expectation they do something about it immediately, whether it is getting a hem let down or purchasing a new skirt. As the same skirt is worn by all year groups, skirts can be purchased at any time during the year with the expectation that reasonable wear will be had from any purchase.

If a new skirt is needed, it makes sense to purchase it in Term 4 when there aren't quite so many demands on money as there are at the start of a year. Just make sure the new skirt has plenty of length to accommodate future growth. Given the time they spend in the skirts, the \$50 cost will be one of the more cost-efficient clothing purchases you make for your daughter.

The college uniform shop is open Tuesdays from 8.00 am to 11.30 am. If that time is not convenient, there are some alternatives for parents. Students can be measured for uniforms when the shop is open. Payment can then be made by phoning the uniform shop during its opening hours or phoning the reception at any time and quoting an invoice number from the uniform shop.

### Doing the Right Thing

Congratulations to **Amy Snyder** (7 Gilmore), **Sanjana Sidhu** (7 Gilmore), **Kirsten Gearin** (7 Gilmore) and **Nikita Benton** (8 Macarthur). They have been selected to receive a \$5 canteen voucher for college service.

*Mr Greg King - Assistant Principal*

## DIARY DATES

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

Tuesday 13 Oct	HSC Examinations Year 11 Retreat Group A Year 11 Studies of Religion Mosque	Monday 19 Oct	HSC Examinations
Wednesday 14 Oct	HSC Examinations Year 11 Retreat Group A/B	Tuesday 20 Oct	HSC Examinations Parent Listening Forums
Thursday 15 Oct	HSC Examinations Year 11 Studies of Religion Mosque Group A Year 11 Retreat Group B	Wednesday 21 Oct	HSC Examinations
Friday 16 Oct	HSC Examinations Year 11 English Incursion Group A Year 11 Retreat Group B	Thursday 22 Oct	HSC Examinations
		Friday 23 Oct	HSC Examinations Student Leadership Conference Dance Showcase at St Dominic's –7.00pm
		Monday 26 Oct	Year 9 Examinations Commence
		Tuesday 27 Oct	Year 9 Examinations Years 7 & 8 Disco

**MENTAL HEALTH MONTH**

You may have already heard that October is Mental Health Month – a month designed to help reduce the stigma of mental health issues and also raise awareness of the needs for all people to be actively doing things to ensure they have optimum mental health. The theme of mental health month this year is ‘**value your mind**’, a theme that promotes our reflection on how we can make mental health a priority in our busy lives.

The Mental Health Association of NSW has produced a booklet with extensive information on how we can better ‘value our minds’ that you can access through their website [www.mentalhealth.asn.au](http://www.mentalhealth.asn.au) However, below is a summary of the key messages that can be incorporated into a busy life.

**Sleep** - Getting adequate sleep is one of the most important factors for maintaining our overall wellbeing. Adults should be aiming for 8 hours sleep, while teenagers should be aiming for 9.

**Positive self-talk** – unfortunately during times of high stress we can often fall into negative self-evaluations. Being aware of this and working to change it can improve our mental wellbeing.

**Taking time out** – being aware of when we have taken on too much, and ensuring that we take the time for ourselves to do things we enjoy and are relaxing for us has a positive influence on our mood and motivation.

**Make connections** – when stresses in life are starting to overwhelm you, or you notice this happening to someone you are close to, start a conversation. Making this connection can help you strategise ways to improve the situation and reduce the sense of isolation.

The ABC has been running a variety of programs related to mental health and wellbeing (available through iView), and has a wealth of information available on their website <http://www.abc.net.au/mentalias/> if you wanted to read more.

If you have concerns about the mental health of yourself or someone you are close to it is important to seek help. The first step could be speaking with your GP, a helpline (Lifeline - 13 11 14, Kids Help Line - 1800 551 800, Mensline Australia - 1300 789 978) or if it concerns a young person contacting the school to make a time to speak with the school counsellor.

*Mrs Jessica Austin - School Counsellor*





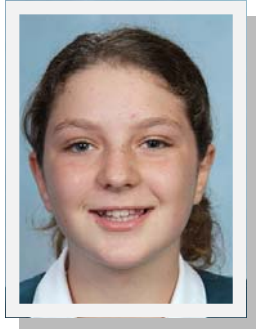
## NSWCCC ATHLETICS CARNIVAL 2015

Congratulations to **Mia Gleeson**, **Monique Quirk** and **Melanie Ruse** who represented our College and the Parramatta Diocese at the NSWCCC Athletics Championships on 11<sup>th</sup> September. The girls had some great achievements on the day. They were as follows –

**Mia Gleeson** (12 Yrs.) – 2<sup>nd</sup> in the discus, 6<sup>th</sup> in the high jump and 1<sup>st</sup> in the javelin.

**Monique Quirk** (14 Yrs.) – 3<sup>rd</sup> in the 100m, 7<sup>th</sup> in the 200m and 6<sup>th</sup> in the 400m.

**Melanie Ruse** (17+ Yrs.) – 9<sup>th</sup> in the 100m, 3<sup>rd</sup> in the long jump and 1<sup>st</sup> in the triple jump.



Mia Gleeson



Monique Quirk



Melanie Ruse

Thank you for all of your efforts and for representing Caroline Chisholm College with enthusiasm and pride.

*Mr Stephen McIlveen - Sports Co-Ordinator*

## IMPORTANT DATES

Final Parent Listening Forum for 2015: 20th October at 1.30 and 6.00pm. Please rsvp to [rwilson2@parra.catholic.edu.au](mailto:rwilson2@parra.catholic.edu.au)

Staff Formation Day 13th November. There will be no scheduled classes on this day.



## Caroline Chisholm Interesting Facts

Caroline Chisholm Interesting Facts

Caroline originally set up a home in Sydney for the young women and organised other homes in several rural centre's. During the seven years Caroline was in Australia she placed over 11,000 people in homes and jobs.

Her 'home' - the Female Immigrant Home helped over 40,000 people in its 38 year lifespan.



**YEAR 12 STUDENT ALANA THOMAS AT THE SYDNEY ARCHITECTURE FESTIVAL**

On Saturday 3<sup>rd</sup> October, Year 12 Visual Arts and Design and Technology student, **Alana Thomas**, was invited to present her ideas as a panelist for one of the series of talks for the 2015 Sydney Architecture Festival. The talk was part of the a full day of festival activities on the newly launched Goods Line precinct that runs from the University of Technology to the Powerhouse Museum. The “Space at the Yellow Table” series of talks were held throughout the day with panels of expert architects and designers and invited guests. Alana spoke with Lisa Cahill, Associate Director of the Australian Design Centre who chaired the panel. She was joined by other two other panelists, Toby Pickett, a fellow high school student and Gillian Hopkins, an architect and lecturer at the University of Technology.

Alana spoke about ideas for spaces for kids as well as her ideas for design education and the role of young people in the design of spaces in our communities. She talked about the work she has done as part of the Visual Arts programs at Caroline Chisholm College such as the *River Voices* project and the ways that this project based learning project has provided her and the classes involved with opportunities to contribute to the development of planning projects in Penrith including the new Green pedestrian bridge, stakeholder consultations on the Nepean River masterplan and other public art projects. She also spoke about her love of the challenge of designing and producing works in both Visual Arts and Design and Technology subjects at the College.

Alana was praised by the organisers and the president of the NSW chapter of Architects, Shaun Carter, for her articulate and considered answers and the poised, confident manner with which she presented her points of view.

You can see further information and a gallery of photos from the festival on <http://www.sydneymarchitecturefestival.org/events/october-3-thegoods/space-at-the-yellow-table/588-space-for-kids>





## PHOTOGRAPHY STUDENTS HAVE THEIR WORK IN THE PIXEL PRIZE COMPETITION

Photography and Digital Media students entered works in the Australian Catholic University Pixel Prize. Three students, **Roisin Cairney** in Year 10 and **Jaimee Finnie** and **Danielle Synder** in Year 9, have been selected for the exhibition of the Pixel Prize at the McGlade Gallery on the Strathfield campus from over 300 entries. **Jaimee Finnie** was awarded a Highly Commended, Most Original Photograph for her entry and **Danielle Synder** was awarded a Highly Commended, Best Image - Composition for her work.



**Jaimee Finnie**





**Danielle Synder**



**Danielle Synder**

*Mrs Karen King - Leader of Learning Creative Arts*

**JAPANESE STUDY TOUR**

In the September school holidays, Mrs Blakers and myself took nine Stage 5 students to Japan on a study tour. During the trip we visited many historical sites in Kyoto, the ancient capital, and participated in a traditional tea ceremony and also learnt how to do traditional yuzen dyeing. Following Kyoto, we travelled to Hiroshima where we attended Mass at the Peace Cathedral and also visited the moving Peace Museum. The most significant part of the visit involved us offering our one thousand paper cranes, made at CCC, at Sadako's Children's Memorial.

We enjoyed some time in the countryside visiting the beautiful castle and samurai bridge at Iwakuni, followed by the stunning Itsukushima Shrine in Miyajima.

We returned to the more hedonistic Tokyo where we enjoyed a fun night at Disneyland. The final four days were possibly the most memorable as the students stayed with host families and attended our sister school, Tokyo Junshin.

I am sure the girls will be absorbing and remembering their experiences for many years to come. We'd also like to thank all members of the school community who contributed paper cranes.

***Mrs Wendy Merriman - Leader of Learning LOTE***



Taking part in a two-week-long trip to another country is a daunting task in itself, especially when the native language is not your own. However, my visit to Japan is an experience that I will not regret. When it finally sunk in that I was on a plane to Japan, a country full of beauty and culture, I realised I was in for a once in a life time trip and although I would be away from my normal life for a while I couldn't help but feel excited. I spent time getting to know the other girls on the trip and learning about the country with them was amazing. Everyday was fulfilling and even the smallest things, such as ordering food or asking people to pet their dogs or take photos of them, was exciting. Being able to visit old castles, shrines, temples or even just walking and seeing the gorgeous scenery and learning about the history (especially about the Edo-period and Nijo Castle) was amazing despite the constant minor complaints I kept nagging to the poor teachers about (I'm tired, I'm thirsty, How much longer? etc.) While everything we did was amazing the best part, for me, was staying with my host family and going to Tokyo Junshin. Getting to know these people, who were just as eager to learn English as we were to learn Japanese, is my highlight of the trip. Simple things such as my buddies assisting me in class or the teachers making an attempt to help me understand the content and my host family welcoming me into their home with such kindness is why this was the most valuable part of the trip for me. I learnt so much from them (which I hope to apply in my Japanese classes) and am so glad that I came back home with new friends on the other side of the globe. Of course now that I'm back I keep secretly saying itadakimasu before meals, missing all the vending machines and purikura booths and wondering why I have no Crunky (chocolate).

***Rachael Harlock, Year 9***

Landing in Japan was very emotional, as many of us were grumpy from little sleep. But once we got sight of Japan and the landscape, our moods were instantly lifted. Japan has such beautiful scenery and is definitely the most amazing country in the world. The experience is a once in a lifetime and was very enjoyable. The people were so kind and lovely, and were always willing to guide you and help in anyway. I was able to talk to random people on the streets and have a normal conversation about life, and how we were going. My favourite moment was the shock and excitement Japanese people felt when we spoke to them in the little Japanese we knew. They cherish all the little things in life and don't take much for granted. The part I'll miss most is when we were bike riding, and that feeling I felt of being free with the wind blowing through my hair and the adrenaline of riding with the cars on the roads.

***Tiana Watts, Year 10***



It's one thing having to sacrifice a couple of days of precious school holiday time, and it's another to have to leave behind your friends and family for almost two weeks to spend time in Japan with two amazing teachers, my best friend, and my senpai - the Year 10 girls. But I don't regret it. Not one bit. Japan was the most amazing, beautiful, hilarious experience I've ever been through, and I don't think I can choose my favourite part. Each day had something to offer and something new to experience, and of course, something to complain about ('how long is the train, sensei?', 'Sensei, do we get off at this stop?', 'Sensei, I'm tired!!!' Etc etc), if I had to choose some of my favourite parts ... going bike riding around the bamboo groves and then around town. Or trying Kyo-Yuuzen for the first time. Or getting lost in Disneyland and having to stay with the teachers and go on the teacups or climb a treehouse with them, or explore It's a Small World, which was a lot of fun to sing along and clap to. Going to Harujuku and crossing something off my bucket list - trying purikura, the photo booths - with everyone. And then, staying with my host family for a short four days, spending time with my host sister at our sister school - Tokyo Junshin - and meeting the most lovable people in my classes. And of course, ending up whispering to my buddies beside me because it's all in Japanese. Not to mention buying so much Pocky and chocolate to last me a week back home. How can one possibly choose the best experience of them all? Japan has been such a valuable experience, I've learnt so much more about myself and others, and of course, cannot forget the chopsticks and the 'itadakimasu!' and 'gochisousamadeshita!' at the dinner table now. I wouldn't mind building a time machine just so I can relive it all again and again. If you can go - then go. Just don't be surprised when you suddenly turn into a fully-fledged Japanese person back at school, like I did.

**Kaylee Moorfield, Year 9**

During the past holidays eight other students and I currently studying Japanese had the amazing opportunity to travel overseas to Japan to help us learn more about the culture and language we were studying. We only saw a small amount of what Japan had to offer but it was an experience none of us will soon forget. One of the highlights of the trip, for me, was visiting the many temples, in particular, one called Kinkakuji or the Golden Pavilion. It is a breathtaking temple covered in gold and surrounded by beautiful zen gardens. I learnt many things from my trip to Japan and won't forget the kindness of my host family or the students and teachers at our sister school in Japan. I would encourage anyone who wants to study Japanese to take advantage of this opportunity if given the chance because it is a life changing experience that I am thankful to have been a part of.

**Katelyn Warburton, Year 10**

