



CAROLINE CHISHOLM COLLEGE NEWSLETTER

Term 1 Week 5 Issue 2 2016



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@padrepioglenmorepark.org.au



FROM THE PRINCIPAL

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

It is so important for young people to know that they are part of something bigger than themselves and that they belong. As adolescents grow and develop, being a part of a community which nurtures them and helps them shape their identity is vital for them to understand their place in the world. On Tuesday 16 February, we celebrated Caroline Chisholm Day, and what a day it was. Our Mass with Father Chris and Father Francis at Padre Pio Parish Church was a joyful celebration of God's abundant blessings on our college. Father Chris, in his homily, reminded us of the important mission we share to be people of faith, courage and tolerance. In this Jubilee Year of Mercy, Father Chris challenged us to show 'Mercy Without Limits' - which is to be our theme for 2016. We blessed and commissioned our new Year 7 students, our new staff and the 52 catechists who will be sharing the Good News of God's love at Glenmore Park Primary School each week. After Mass, we gathered in the garden at the front of the college with Year 7 to witness Father Chris bless the new sculpture of Caroline Chisholm. This beautiful statue will greet all who enter our gates and remind each of us to live up to the promises we have made to be people of compassion, dignity and justice, just as Caroline Chisholm was.



The rest of the day was given over to the festival: food galore, games, dodgem cars, fairy-floss, music and dancing. I was delighted and moved by a number of things I observed during the day. Every person, staff and students, appeared to be involved in some way, and nobody was reluctant to get in and have a go. Homerooms from Year 10 to 12 organised the many stalls and attractions, teachers 'volunteered' to be the stars of the sponge throw and lip-sync battle, students cooked, served, led and encouraged each other all day. There was a sense of joy throughout the college. At the end of the day, on the way to buses, students thanked me for a wonderful day. Of course, credit should go to the students and teachers who made the day possible. Many students asked "What did you think of your first Caroline Chisholm Day?". They were keen to hear what I thought because they were so very proud to have contributed to the celebration

and they knew this is something special that I should appreciate. Our students are so obviously proud to belong to this special place and are prepared to contribute in order to keep it special.

The other purpose of the day was to support the work of Caritas through the Project Compassion Appeal. In all, we raised over \$8700 to help the work of our Church around the world, again reminding the girls that they belong to and contribute to a community much bigger than themselves. I would like to thank, in a special way, Miss Bernadette Murray and Mr Greg King for their leadership of Caroline Chisholm Day. I am already looking forward to our next one!

Meanwhile, students have settled well into the routine of learning and challenging themselves. Our Year 11 students had a visit from our study skills specialist who shared valuable tips for study and preparation for assessment. She also made no secret of the fact that being challenged and working hard are essential for success in learning (or anything!). We know that this is a conversation that takes place at home - about working hard, facing challenges, picking ourselves up after disappointment. We will continue to support the girls and show them how rewarding it is to see hard work result in improvement and growth. Nothing worthwhile is easy. It is when we challenge ourselves that we grow. Our college is a safe place within which our students can really stretch themselves without fear of failure or negative consequences.

**WE DON'T GROW WHEN
THINGS ARE *easy***
**WE GROW WHEN WE
FACE *challenges***

CAROLINE CHISHOLM COLLEGE

As we continue our Lenten journey, we draw strength from the Scriptures at Mass this weekend, the Transfiguration of Jesus, where his friends are in awe as they see the full glory of Jesus for the first time. In the Psalm, we are given encouragement to continue to work for God's Kingdom in the face of challenges:



The Lord is my light and my salvation; whom shall I fear?
The Lord is the stronghold of my life; of whom shall I be afraid?
Hear, O Lord, when I cry aloud, be gracious to me and answer me!
You have said, "Seek my face." My heart says to you, "Your face, Lord,
do I seek."

Do not hide your face from me.
Turn not your servant away in anger, you who have been my help.
Do not cast me off, forsake me not, O God of my salvation!
I believe that I shall see the goodness of the Lord in the land of the living!
Wait for the Lord; be strong, and let your heart take courage;
Yes, wait for the LORD!

Mr Greg Elliott
Principal



STAFF DEVELOPMENT DAY
THURSDAY 25 FEBRUARY
NO STUDENT CLASSES ON THIS DAY.

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 23 Feb	Year 8 Religious Education Incursion	Tuesday 1 Mar	Year 10 UTS Big Day in Broadway
Wednesday 24 Feb	Year 11 SOR II Central Synagogue	Wednesday 2 Mar	All Schools Triathlon Penrith
Thursday 25 Feb	STAFF DEVELOPMENT DAY	Thursday 3 Mar	All Schools Triathlon Penrith
Monday 29 Feb	PDSSC Girls Basketball Penrith	Friday 4 Mar	Years 10 & 11 Textiles Stitches & Craft Show
Tuesday 1 Mar	Year 10 Penrith Regional Gallery Excursion	Monday 7 Mar	Open Night for 2017 Enrolments – 6.00 pm



FROM THE ASSISTANT PRINCIPAL

Parent/Student Contact During the Day

This message was in the first newsletter but I need to repeat it as we continue to have problems in this area. As students should not have mobile phones on in class time, I would ask that there is no communication between parents and daughters except in break time. Students should not be contacted directly between 8.23-10.15, 10.40-12.20 and 1.00-2.40. Any emergency contact should be made via the college.

A particular problem is students contacting their parents directly if they are feeling ill then getting the parent to contact the school. If a girl becomes ill during the day she should notify her class teacher who will send her to the sick bay. If a student is ill enough to go home, she should not be sitting in a classroom waiting for her parent to contact the school. When she reports for sick bay, the office staff will contact the parent and organise for the girl to speak to the parent if this is necessary and make arrangements for her to be picked up. Her reporting to the sick bay will be properly logged so we have a record. It is part of our duty of care that we are informed immediately a student feels unwell or needs to go home. We need to liaise with parents to make the best arrangements for the student's immediate welfare.

Blazers

Students are reminded that on colder days, the college blazer must be worn to and from school, not the college jumper or Year 12 cardigan. The jumper can be worn under for additional warmth but the blazer must be the first item of warmth worn. At this stage of the year, it is optional for students to wear a blazer – the decision would be made on the weather on the day. If a student has not yet purchased a blazer, this should be attended to as soon as possible or their Year Leader contacted to explain when this will happen as it will be compulsory to wear them to and from school each day from the start of Term 2. A student waiting to purchase a blazer may wear a jumper on a temporary basis, with a note from a parent. They are never to wear sports jackets, other than on Wednesday with the full sports uniform.

Personal Fundraising

At Caroline Chisholm College, we have a strong focus on social justice and raising the consciousness of students to those in less fortunate situations. However, there is a limit to the amount of fundraising we can reasonably ask the college community to participate in. As a college, we have decided on priorities for fundraising over the whole year. In Lent our particular focus is raising money for Caritas projects. Throughout the rest of the year, the six house groups have allocated weeks to raise money and educate students about their particular charitable causes. Each year we have many requests from organisations and students to raise money for other causes. While they are very worthwhile, we have a general policy of not allowing fundraising other than for those causes officially supported by the college.

However, we do have a policy which supports individual students' commitments to causes which are compatible with our ethos as a Catholic school and to which they would have some strong personal connection. Consequently, if students wish to undertake individual fundraising, they would need to apply in writing to Mr Elliott or myself, outlining the reason for the fundraising, the nature of the fundraising and the duration of the fundraising. In practice, I would expect this type of personal fundraising for a charity to occur in the college for no more than one week. It would also be something undertaken by the individual students or their friends, for example selling cakes. We would not, for example, run a whole-school mufti day for an individual student's cause. There would also need to be an educational component whereby the student used the occasion to inform students about the nature of the cause which is being supported. We would also need to take into account how many individual fundraising efforts were happening at a particular time. It should be noted that personal fundraising would only be approved for a charitable cause, not, for example, for a dance school, sporting team or similar thing.

Doing the Right Thing

Congratulations to **Isabella Fava** (7 Wright), **Thalia Coomber** (8 MacKillop), **Claudia Fava** (8 Macarthur) and **Brittany Jones** (10 Macarthur). 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: **Hannah Joy** (7 MacKillop), **Isabella Fava** (7 Wright), **Emma Buckley** (8 Gilmore), **Thalia Coomber** (8 MacKillop), **Tegan Tripodi** (9Kenny), **Hayley Gudgeon** (9Wright), **Skye Tranfa** (11 MacKillop) and **Orielle Nielsen** (11 MacKillop).

Mr Greg King - Assistant Principal



FROM THE LEADER OF RELIGIOUS EDUCATION

Why we do the things we do here at Caroline Chisholm College

Opening School Mass and Blessing of the Statue of Caroline Chisholm

Last week our college community came together to the beginning of the school year, the 42nd year since the foundation of Caroline Chisholm College, Glenmore Park. At this Mass we commissioned our new Principal **Mr Greg Elliott**, the 6th Principal of Caroline Chisholm College and welcomed all new staff and students to the college. At the conclusion of Mass we blessed the new statue of Caroline Chisholm at the front of the college. This ceremony was attended by our special guests and Year 7 who represented the student body.



We were privileged to have with us for this occasion our principal's parents, **Mrs Jenny** and **Mr Vince Elliott**, our former principal **Mrs Mary Leask**, two Schoenstatt sisters, **Sr Myrna** the first Religious Education Coordinator here at the college and **Sr Elizabeth** who was a founding teacher here at the college. We also welcomed **Mr Rodney Stinson**, an author and historian and Australia's leading authority on the person of Caroline Chisholm.



Charism Development

As part of our formation here at Caroline Chisholm College we have taken as our focus for 2015-2016 the development of a charism based on our founder, Caroline Chisholm. Caroline Chisholm was a woman of great strength and determine She inspires us to be people who make a difference in our world. The values of faith, courage, tolerance, dignity, compassion and justice that she displayed throughout her life have been adopted by us as part of our identity. The way we try to display these values is in our dealings with each other and through service. Our Social Justice program here at the college is named for this remarkable woman. It is called "Caroline's Footsteps."

Year of Jubilee

Also in this extraordinary Year of Jubilee we are called to be people of mercy. We can take up this challenge by people being people of service. Hence our theme for 2016 is "Mercy without Limits". As part of Caroline's Footsteps, Years 10 and 11 Catechists were given their badges and were blessed as part of our ceremony at the end of Mass. Their commissioning as young teachers of the faith in our local primary schools is one way in which students do service and show mercy towards others.



Social Justice

Students are also called to show "Mercy Without Limits" throughout Lent in their almsgiving and treatment of one another. The Catholic church encourages us to take the 40 days of Lent to do penance, to reflect on ways we can deepen our relationship with God and take up the challenge to be merciful and forgiving in our relationships with others.

Each homeroom here at the college is involved in an initiative of advocacy and almsgiving, raising money for the Catholic aid agency Caritas who this year have taken the theme "Leaning More, Creating Change".

This week the Social Justice committee is highlighting the Catholic Social Teachings of solidarity and subsidiarity. These are two of the teachings developed by the Catholic Church on matters of **social** justice, involving issues of poverty and wealth, economics, **social** organization and the role of the state. It explains why we raise money for those in areas of the world and within Australia who don't have an equal share in the resources or economic success found in many affluent communities.

I encourage all girls to participate in these homeroom initiatives and to walk in Caroline's footsteps by being generous with their time and with their fundraising.

Ms Bernadette Murray - Leader of Religious Education



Ash Wednesday





FROM THE LEADER OF INNOVATION & LEARNING

Reflection - *WHY are you learning this?*

Over the past week, my colleagues and I have once again had the pleasure of visiting a whole range of classes during our Learning Walks to talk to the students about what they are learning and how they are going. This year, as we speak to the girls, we are asking them to tell us “**WHY**” they are learning and what they are engaging with in each of their courses.

The reason we have included this important question is to allow each learner to articulate the **purpose** of what they are doing and how what they are learning relates to the **real world**. It also helps to strengthen their skill in **thinking critically** about the learning they are engaged with and allows them to further **challenge themselves** and broaden their knowledge and skills in a particular area of study.

As you engage in conversations with your daughter/s about what they have been learning, perhaps you too may like to ask them – **WHY do you think your teachers are asking you to learn this?** This will enable the conversations we are having at school to become part of the learning culture at home also and give the girls more confidence in answering the question.

We look forward to continuing these positive learning conversations with all of our students over the course of the year.

Year 7-12 Assessment Handbooks and Calendars

All Assessment Handbooks and Calendars are now available on the college website. Students in Years 8-10 have accessed these via their iPlan classes, and Year 7 CoLe teachers have taken each of their classes through the booklets.

Please take some time to look over these handbooks together and to plot our important days into your calendars at home.

The handbooks and calendars can be located at the link below and should be referred to regularly over the course of the year.

<http://cccglenmorepark.catholic.edu.au/assessment-information>

Year 12 Half Yearly Exam Timetable

The Year 12 Half Yearly exam timetable will be made available to all Year 12 students by the end of this week. Students are asked to take some time to plan out their revision program in the lead up to the exams so that they allow equal amounts of study time for each of the courses they are studying.

Teachers will soon be distributing the Exam Notification sheet for each course to outline to students what they specifically need to prepare for in each subject. I encourage all students to ask their teachers questions to clarify their understanding of key concepts that have been taught in the lead up to the exams, and take the opportunity to complete past questions as one way of preparing.

We wish all our students the best as they continue to learn and prepare in the lead up to this assessment period.

Mr Stephen Casni - Leader of Innovation & Learning

STAYING IN TOUCH



Caroline Chisholm College Skoolbag App

This is a reminder that Caroline Chisholm College has a school app. The Caroline Chisholm app is custom built to service the needs of our school community, by improving communication between the school and our families and making it easier to stay up to date with all school information and events.



Facebook - <http://www.facebook.com/pages/Caroline-Chisholm-College>

Face book is a social media platform that most people use for hours every day, and teenagers practically live on it. Why not harness this for the benefit of college communication? Keep informed of the wonderful things the college community is involved in and check out photos of many special occasions and events within the college.



Twitter - <https://twitter.com/CCCGlenmorePark>

Twitter is the fastest growing social media site in the world at present. Limited to 140 characters, each tweet can provide a short but sweet link to very valuable information about the college community and things happening at Caroline Chisholm College.



THE SLEEP NEEDS OF YOUR TEENAGER

The sleep needs of our bodies continue to be one of the most neglected aspects of personal wellbeing and health. This is particularly the case for adolescents, who require more sleep (8.5 – 9.5 hours) than children and adults, yet have so many competing demands that detract from their prioritisation of sleep, and physiologically they find it harder to fall asleep earlier in the evening due to their natural circadian rhythm.

The negative side effects of sleep deprivation are significant, and fall into four categories: physiological (our bodies' health), psychological (emotional and mental health), psychosocial (relating with peers and family) and cognitive (memory and focus). The combination of these effects have a detrimental impact on an adolescent in many ways as they find themselves falling behind at school, having difficulties with friends, and more easily feeling overwhelmed and irritable.

If you have concerns about your teenager's sleep patterns it is important that you raise the issue with them, and try to work with them on improving it. The first place to begin may be asking about whether there is anything getting in the way of them getting to sleep, or things/worries waking them up at night. If they identify any issues problem solve a solution with them to minimise its impact on their sleep. Some adolescents may not perceive their sleeping patterns as problematic as they have lived with sleep deprivation for so long that they feel fully functional, so it may be helpful to have a conversation with them about what they notice about themselves at school and with friends when they are tired, compared to when they are well rested. If you can find a goal that they agree on (ie. going to bed earlier, getting better quality sleep, feeling less tired etc.) then start there and work in small steps towards larger long-term goals that improve their sleep and overall functioning and wellbeing.

Some general tips about sleep for adolescents (and parents too!):

- Try to have a regular bedtime and wake time as much as possible, even on weekends and school holidays
- Reduce all caffeinated beverages and rich meals in the late afternoons and evenings
- Try to reduce any other activities in bed (such as studying, socialising on the phone/computer or watching television) so that your body associates the bed with sleeping
- Avoid any 'screen time' for an hour before bed (including mobiles, iPads, television and laptops) so that your brain is not receiving incorrect light cues and therefore delaying melatonin production (the hormone that induces sleepiness)
- If you wake during the night and can't easily fall back asleep (within 15 minutes), get up and read in a low light or do something else relaxing for 15 minutes and then try again to fall back asleep. Don't remain in bed getting frustrated that you can't sleep as this will perpetuate the problem.

If you need any more information about sleep, or any other issues that impact adolescent wellbeing please contact me on jaustin4@parra.catholic.edu.au or by calling the front office.

Mrs Jessica Austin - School Counsellor

"ONSTAGE" SHOWCASE OF EXEMPLARY DRAMA WORKS FROM THE 2015 HSC



On Monday 8th February the Year 11 and Year 12 Drama students travelled to the Seymour Centre for an evening of theatre. This was an invaluable experience for the senior Drama students as it gave them a deeper understanding of the standard of the exemplary works in the Individual Projects and Group Performance core study for the Drama HSC. Our students came back to school buzzing about the variety of performance styles and techniques used in the performances on the night and excited about their own works this year and ahead in 2017.

I wish the Drama girls all the best for their future endeavours in the study of theatre at CCC.

Mrs Sarah Fernando - Drama Teacher

SOCIETY AND CULTURE AWARDS

On Friday 19th February the Society and Culture Awards were held at the State Library of NSW. These awards recognise students who have achieved outstanding HSC results. **Jessica Cortis** Year 12 2015, was honoured with a High Distinction for her Personal Interest Project. The Society and Culture Association, with support of the Board of Studies, presents awards to students who have excelled in the research for their PIP. Jessica was one of only 8 students awarded a High Distinction from 4600 candidates. Jessica was presented with a medal on the evening and her PIP will be accessioned by the State Library of NSW and become part of the library's permanent collection.



The awards night honoured the top students in the subject and it was wonderful to hear each student passionately discuss the impact studying Society and Culture has had on their worldview. Jessica spoke eloquently on the inspiration of her PIP topic entitled *Digital Jesus: An Investigation into the Influence of Communication Technologies on Religious Belief Systems* that looked at the impact communication technologies are having on religious beliefs systems. Jessica received an ATAR of 95.5 and received a Deans Scholarship to study a Bachelor of Communications at Western Sydney

University.



CAROLINE CHISHOLM COLLEGE

Come along to our Open Night
to find out more about our college.
Enrolling now for 2017.

TOURS
DISPLAYS
PERFORMANCES
INFORMATION SESSION

For more information call
02 4737 5506

MARCH 7 @ 6:00PM



Caroline Chisholm Day



MUSIC AT CAROLINE CHISHOLM COLLEGE

There are several performance groups that rehearse regularly at Caroline Chisholm College.

The College Choir is one group that rehearses every Monday afternoon from 3pm till 4pm. All students are welcome to attend these rehearsals and participate in singing activities with the choir. The College choir performs at liturgies, masses, assemblies, showcases, special occasions and local Eisteddfods.

MusicWorks is a group of interested instrumentalists from the college who rehearse every Thursday afternoon from 3pm till 3.30pm in the music rooms at CCC. All students who play a musical instrument at the college are encouraged to join this performance group. Musicworks performs in school musicals, showcases and special occasions.

StringWorks - Rehearses at Lunch in the Music rooms every Wednesday. This group is for all violin, viola, cello or double bass players at the college.

Individual or small group instrumental lessons are available at the college in Drums, Singing, Guitar and keyboard. These lessons are available upon request, please contact your daughter's Music teacher for a permission note as conditions apply.

The collection of fees and terms of payment for these lessons are the responsibility of the private tutor. Please refer to the permission note for the terms and conditions of these lessons.

Looking forward to another successful musical year,

Mr Richard Caws and Mr Darren Navan - Music Teachers

HSC MUSIC PERFORMANCES OF THE STATE FOR 2015

Year 11 and 12 music classes travelled to the Sydney Opera House on Tuesday 22 February where they experienced the top 25 HSC music performances of the State for 2015. Both daunted and inspired by the pure talent of the students, they enjoyed every aspect of the experience. With a range of performances stretching from just vocals, right through to brilliant compositions and even a striking performance of Master of Puppets by Metallica.

The Encore concert provided us with an opportunity to acquaint ourselves with what is potentially involved in presenting a HSC performance work. We found that a lot of the pieces were performed by talented students who will be continuing their music studies both nationally and internationally at prestigious colleges such as Berkeley College of Music in Boston.

Written by Year 11 and 12 Music Class

