



CAROLINE CHISHOLM COLLEGE NEWSLETTER

Term 1 Week 10 Issue 5 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@padrepioglenmorepark.org.au



FROM THE PRINCIPAL

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

As we finish off the first school term of 2015, we can enter fully into the holiest of weeks for the Christian community.

This week, beginning with Palm Sunday last weekend, we recall the events of that first Holy Week. We enter into Jerusalem with Christ, we walk the road to Golgotha, we die and we are born to new life in and through Christ. Biblical scholars verify that a man named Jesus was in fact crucified and then was buried. Only the New Testament writers refer to the resurrection. Yet it is this event which marks us and unites us as Christians – regardless of our denomination. All Christians believe in the resurrection of Jesus.

It is a very powerful story we share and against which the events of the world are often juxtaposed. It is a story of hope amid hopelessness; of life being victorious over death; of a God who so loved the world that he sent his only Son into the world so that we may have life eternal.

It is a story that urges all Christians to pray in solidarity for peoples everywhere oppressed because they dare to say Jesus lives!

Goodbye and Good luck

We farewell **Mrs Vanessa Brown** and **Ms Ashleigh Burke** who leave us temporarily, to await the arrival of their babies.

BE INSPIRED

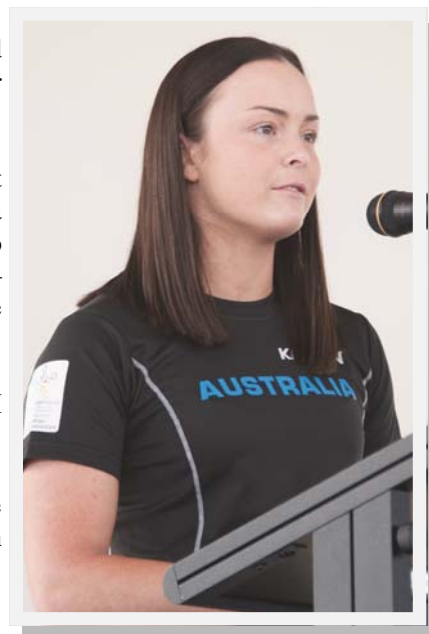
Last Friday at our college assembly we acknowledged the wonderful efforts and performance of our young sportswomen- particularly our swimmers and our cross country competitors.

We were also inspired by our guest speaker **Renee McElduff** (an ex-student 2009) of the college who this became only the sixth Australian Woman to win a World Cup aerial skiing event. She spoke with great passion about her journey to this point including her disappointments and frustrations. She inspired all of us – staff and students - to always put in our best effort to reach our goals and to use failure as a way to improve – no excuses or feeling sorry for yourself allowed.

Renee has now set her sights on representing Australia at the 2018 Olympics. I have attached her speech for you to also be inspired by this fine young woman.

May I take this opportunity to wish each of you a most holy Easter time. I hope that you will make the most of the opportunities to participate in your own parishes during the Easter Triduum.

Mrs Mary Leask
Principal





FROM THE ASSISTANT PRINCIPAL

Uniform for Term 2

Students are reminded that it is compulsory for all students to wear blazers to and from school every day during Terms 2 and 3. Students also need to wear navy stockings every day so make sure you stock up on these in the holidays. They can also be bought from the uniform shop on Tuesday mornings or any day from the student office. There will be a 2 week grace period at the start of term in case the weather is warmer but from Week 3 students not wearing blazers to and from school or not wearing navy stockings will be considered out of uniform. Students who are not able to wear stockings for medical reasons need to have supporting

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

Support for Leukaemia Victims

Some weeks ago, three girls in the school approached **Mrs Leask** about making a public statement at school for their support for the Leukaemia Foundation. **Hannah Parsons** (Year 7), **Rafaela Safadi Egg** (Year 8) and **Ellen Parker** (Year 10) all raised at least \$300 each before making their gesture of support. **Hannah** had her long hair cut, **Rafaela** had hers shaved to a very short all-over cut and **Ellen** dyed her hair blue. Congratulations to the girls for their fundraising efforts and for their support of this cause. We would also like to thank **Charlene Said** of Christiane's Hair Design at Glenmore Park who generously donated her time to cut and shave **Hannah** and **Rafaela**, an event witnessed by a huge number of girls at lunch yesterday in the COLA.



Charlene Said, Hannah Parsons & Rafaela Safadi Egg



Ellen Parker

Notes for absences

There seems to be a little confusion for some parents over what information needs to be sent back to the school when students are away and also miss an assessment task. Parents are sending doctors' certificates back with the missed assessment task forms, which is the correct procedure. However, they also still need to send back a separate note to the homeroom teacher explaining the absence. The note to the homeroom teacher can either be a parent written note or a copy of the doctor's certificate (if there is one) with a brief note and the parent or carer's signature added to the certificate.



School Photographs

School photographs will be taken in Week 3 of next term. On Monday 4 May, all students will have an individual photograph taken. (Please note that this is a change from the day advertised in the college calendar.) These photos are used within the school for identification purposes and for the year book. Consequently, all students must be in full school uniform. This includes a blazer. All students must confirm to the grooming and jewellery requirements of their year group. This means students in Years 7-9 with hair longer than their shoulders must have it tied back. All students will need to have hair away from their faces, as these photos have an identification purpose.

Parents are very welcome to purchase these photos as mementos and envelopes for this purpose will be sent home shortly. Money is to be brought to school in the envelope **on the day** and handed straight to the photographer. Please note that if



the money is brought on the day, it must be the **exact money** as the college is not able to give change. Please ensure that each student returns her **own envelope** even if payment is made in the eldest child's envelope.

Monday 11 May is the backup day for students who are absent on 4 May to have their photographs taken. It is possible for sisters to have family groups taken at lunch time on this day. Family group photos do not need to be pre-ordered. They can be purchased when the proofs come back to the school.

The photographs will be taken by Advanced Photographers. They can be contacted on (02) 9905-6688 if you have questions for them. It is possible to order directly from Advanced Photography after the photos are taken but bringing money on the day is the most convenient procedure.

Vaccination information for Year 8 students who missed a vaccination last year

The NSW School immunisation Program includes catching up students in Year 8, who commenced their HPV vaccination course in Year 7 but did not complete all three vaccinations. In order to achieve this, the School Immunisation Nurses will provide catch up HPV vaccinations to Year 8 students (who require it), at each scheduled school clinic. The Immunisation Nurses will have the signed consent cards of each student who requires catch up vaccinations and will bring these to the school clinics. Catch up vaccinations will be offered to these girls at our next two scheduled vaccination days, Wednesday 22 April (week one, next term) and Wednesday 19 August. If your daughter has to catch up an HPV vaccination, please note those dates in your calendars.

“Doing the Right Thing Awards”

Students who help with clean up and litter are eligible for a “Doing the Right Thing Award”. Congratulations to **Sarrah Bashar** (8 Gilmore), **Rochelle Connell** (9 Gilmore), **Claire Roberson** (10 Gilmore) and **Brooke Tavares** (12 Gilmore) who receive vouchers for the canteen for being the students drawn from the box. (Well done, Gilmore Girls!) 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: **Rachelle Ellis** (8 MacKillop), **Maddison Ware** (8 Gilmore), **Elis Scott** (8 Macarthur) and **Erika Palagyi** (8 Jackson).

Mr Greg King - Assistant Principal

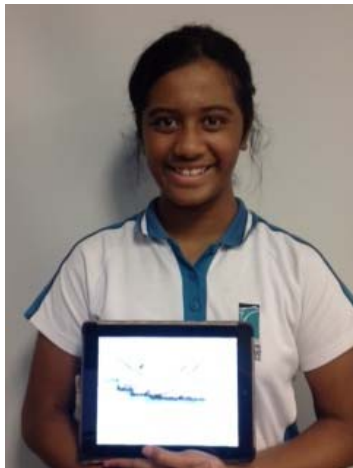
DIARY DATES

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

Monday 20 April	Term 2 Commences College Athletics Carnival	Monday 27 April	Year 12 Day with St Dominic's
Tuesday 21 April	Penrith RSL School's Anzac Service	Wednesday 29 April	Years 11 & 12 Parent/Student Teacher Night
Wednesday 22 April	Year 7 Vaccination #2 Years 11 & 12 MMR Catch up Vaccination	Thursday 30 April	Year 8 Science Warragamba Dam Excursion
Thursday 23 April	NSWCCC Basketball Year 12 Biology & Senior Science Excursion	Friday 1 May	Stage 4 Mass - Padre Pio 9am Student Leaders' Development Afternoon
Friday 24 April	NSWCCC Basketball	Monday 4 May	Photo Day NSWCCC Swimming Carnival
		Tuesday 5 May	PDSSC Cross Country

THE GREAT WAR AND ME

A number of students across Years 8 to 10 have taken up an opportunity to learn about Australian perspectives of World War I by entering a competition to commemorate the 100 year anniversary of the Great War. In Year 8 Harmony Terepai was interviewed by the Penrith Press about her digital artwork about the naval aspect of the war. Many students are creating entries, including reimagined accounts of the personal stories of Australian soldiers. Entries will be finalised by April 11 for this competition.



The Great War and Me

The Great War and Me Schools Competition is now open with over \$20,000 in cash prizes to be won.



Kaitlyn Cooney and Isabella Meekings of Year 8 put together a display in the library on the ANZAC 100 year anniversary.



Students from a number of year groups have begun preparations for the ANZAC assembly to be held at the end of Week 1 in Term 2 – they are making poppies for the display on the COLA.



Model United Nations

Three Year 11 students are learning about international relations through their keen preparation for the Model United Nations Assembly in May. Reena Mukherjee, Mireille Tamer and Kathleen Sta Ana have been allocated the country of Afghanistan for the Rotary event. They have been researching the political, social and economic aspects of Afghanistan and will prepare arguments to debate issues such as nuclear proliferation, conflict over fresh water, international peace and genetically modified plants. We are grateful that Nepean Rotary has generously sponsored this team for the Assembly,



Visiting archaeologists

Some Year 7, 11 and 12 students were fortunate learn about the academic study of history and the practice of archaeology from two previous Caroline Chisholm College students, Laura Patterson and Laura Signorelli (2012 HSC year). Both girls are studying History courses at the University of Sydney and were able to share with our students the fascinating field of archaeology, with Laura P having participated in an archaeological dig in Zagora in Greece last year. We thank Laura P and Laura S for their enthusiasm and generosity in returning to Caroline Chisholm to share their experiences.

**Mock Trial**

Year 11 Legal Studies students have learnt about how a courtroom case operates through their first successful case in the Mock Trial Competition. They won this case against Glenmore Park High, proving that the accused did in fact kill the victim by giving her a cup of poisoned coffee. Ironically, in this case the victim was the administrator of the Mock Trial Competition and the accused was an irate teacher who was upset over his team's loss in the competition! Congratulations to team members **Samantha Mamo, Reena Mukherjee, Carla Tamer, Lauren Cotilli, Julia Facciol and Faria Kazi.**

Legal Eagle

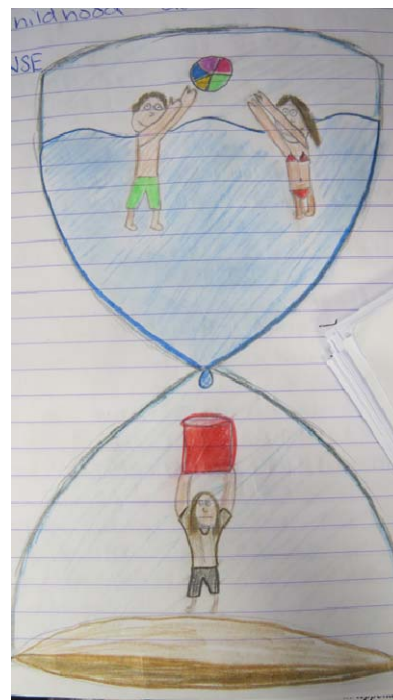
Year 12 Legal Studies students have been able to learn from the experience of one of our 2014 HSC students, **Agrima Shrestha**, who kindly visited to give study tips and insights to this year's HSC candidates. Sharing her secrets to success, **Agrima** motivated the students to be proactive and take advantage of the resources at the College, including the teachers!



Global Inequalities

Year 8 students have been learning about inequalities between different countries in terms of access to food, water, health, shelter and education. The injustice that they have read about has touched many students and is obvious in many of their responses. Daniel McKay has shared the drawing she created in response to this issue.

Mrs Natalie Vella - Leader of Learning HSIC



PDSSSC TOUCH GALA DAY

On the 18th March 11 girls from Year 7-9 participated in the PDSSSC Touch Gala Day at The Kingsway in St Marys. The junior team played well during the pool rounds. However we were unlucky to fall short in making the finals losing our deciding game against St Columba's 3-0. In spite of this the girls were resilient, and I wish to congratulate all team members, **Gabby Edwards, Alison Gallen, Sarah Blaikie, Harmomy Mathews Hau, Monique Quirk, Emelie Heinemann, Savannah Roberts, Tenealle Bijoux, Jessica Williams, Georgia Wood** and **Tyra Gae'e**. I would also like to send my congratulations and the best of luck for the girls selected for the PDSSSC squad (**Harmomy Mathews Hau, Georgia Wood, Jessica Williams** and **Tenealle Bijoux**) for both our junior team.

The senior team started off well against Emmaus, winning 4-0. We then played Loyola, once again winning 4-2. Coming into our third game against St Columba's the girls put up a great fight but unfortunately losing 3-1. Our next game was against St Patrick's College. Yet again, we lost 4-0. Our last game was full of positivity and we came home with a win 4-0 against Nagle. Congratulations to all the girls on their efforts on the day **Melanie Or, Sarina Attard, Caitlin Urweiss, Ainslee Saywell, Isabella Bird, Emily Perring, Keeley McCahon, Casey O'Sullivan, Kennedy Geyer, Jade Culey, Ashleigh Jones** and **Madeline Haydon**.

A big thank you to **Mrs Hodges** and **Miss Liska** for all their hard work on the day.

Written by **Georgia Wood (Junior Captan)** and **Isabella Bird (Senior Captain)**





TEENAGERS AND BODY IMAGE

Last week Year 9 and 10 attended presentations by The Butterfly Foundation on body image and confidence. These presentations were amusing, insightful and informative, with many thought provoking issues raised and reflective questions asked.

Body image is something of great significance to the students of this school. It refers to the perceptions, feelings and beliefs that a person has about their body, including how they believe the outside world views their body and how they believe their body fits with what is considered 'normal'. Many things influence a person's interpretation of their appearance, such as size, build, skin, appearance, gender, fashion, religious identity and culture. The risk of developing a negative body image is particularly significant for teenage girls as the changes resulting from puberty can contribute to self-consciousness and an awkwardness within their own bodies, at a time when appearance and fitting in is highly valued amongst their peer group. An unhealthy body image contributes to lowered self-esteem and increased risk of mental health issues.

While the media has definitely contributed to the rise of body image issues that our society has witnessed over the last few decades, the most powerful messages that children receive about their bodies, body image and eating are from the families that they grow up in.

Studies have found that the five most protective factors that promote a young person's resilience to body image are:

- **Family and peer support** - examples and values set by parents and role models from early childhood influence a young person's actions
- **Gender role satisfaction**
- **Physical self-esteem** - physical activity and overall fitness
- **Coping strategies and critical thinking skills** - life skills broaden a young person's outlook and critical thinking helps them analyse and make educated decisions
- **Holistic wellness and life balance** - able to define themselves through other interests such as hobbies, sport, spirituality and personal values.

Some practical tips for fostering healthy body image in your children include:

- Being a good **role model**, being aware of your own behaviours, conversations and attitudes towards weight, appearance, food and exercise
- Give **affirming messages** to your teenagers about their skills, attributes, achievements, and personality, so that their sense of self-worth is based on more than their appearance
- As a family develop a **balanced diet and healthy eating habits** (such as family meal times and shared cooking responsibilities)
- Encourage **physical activity**, role model the varied ways that exercise can be incorporated into the week, and should be prioritised
- **Reassure** your child that everyone develops at different rates during puberty
- Engage your children in **open conversations** about the portrayal of body image in the media
- **Avoid teasing** your child about anything related to their appearance as it can be taken more personally than ever intended.

For more information on this topic see:

<http://www.kidshelp.com.au/grownups/news-research/hot-topics/body-image.php>

http://raisingchildren.net.au/articles/body_image.html

<http://thebutterflyfoundation.org.au/>

Mrs Jessica Austin - School Counsellor



YEAR 9 DESIGN & TECHNOLOGY EXCURSION

On Monday 23 March 2015, students from Year 9 Design and Technology attended an excursion to the Powerhouse Museum, Ultimo. The day was an opportunity to learn about how designers utilise their knowledge and skills to realise the best possible product. In particular, the designTECH exhibition was amazing, displaying outstanding projects completed by students from last years NSW HSC Design and Technology course.

Other museum displays provided students with valuable research that will be used in the upcoming units. This includes making a wooden 3D clock, creating and preparing a signature dish for a food establishment and designing and constructing a jewellery accessories using resin or other polymers.

Mr Damien Mills - Design & Technology Teacher

NEWS FROM THE LIBRARY



Over the Christmas holidays we had 15 students enter the **Executive Director's Summer Reading Challenge** and most also entered the **CCC Principal's Summer Reading Challenge**. Combined, these students read over 150 books across a variety of themes and genres. The winner of the CCC Principal's Summer Reading Challenge prize is **Abby Drinkwalter** from 7 Macarthur. Congratulations Abby! Enjoy your new iPod touch!

Both the new **CCC Senior Reading Challenge** and **Premier's Reading Challenge** are underway. These provide an opportunity for all students in Years 7 to 12 to be challenged to read for pleasure and to be recognised for their efforts. Reading is the best way for students to improve their writing skills, as they get to read good examples of writing and can gain ideas and skills to be transferred into their own writing pieces. I would urge all students to take part in these challenges. Details have been sent to students via email, but are also available on the Library webpage or in the Library.

As the term draws to an end, overdue notices have been sent by email to the relevant students. We ask you to encourage your daughter to return any outstanding books in good condition, as a way of developing further responsibility. Happy reading!

Mrs Teresa O'Keeffe - Teacher /Librarian

KOORI KIDS FUTURES (HEALTH INSPIRATIONS)

Recently, one of our Year 10 students, Lily Popovich, took part in a one-week work experience program called Koori Kids Futures (Health Inspirations). This was organised by Nepean Blue Mountains Local Health District for Aboriginal and Torres Strait Islander students who are interested in a career in the area of Health. It aimed to show them that there is more to a career in Health than being a nurse or a doctor. As you will read, Lily certainly got a taste of what a career in health can be.



Lily Popovich (Year 10)

My experience at Koori Kids Future was a week I won't forget. It was filled with interesting and fun activities that helped to teach me more about Aboriginal health and professions within the health workforce. We got to go through the hospital to see behind the scenes work. On the second day I got to go through the hospital and see what they did. My group got to see a procedure being done on a woman's arm and I got to find a baby's heartbeat on an ultrasound. It was an interesting experience and I would do it again if I got the chance.

I would like to congratulate Lily on completing this work experience and thank the awesome people from Nepean Blue Mountains Local Health District for organising such an amazing experience.

Mrs Kimberley O'Brien - Learning Support Teacher



ANNUAL ATHLETICS CARNIVAL - MONDAY 20TH APRIL 2015

Our Annual Athletics Carnival will be held on Monday 20th April 2015 at Blacktown Olympic Park, Rooty Hill. The carnival is **COMPULSORY** for all students from Years 7 to 12 at Caroline Chisholm College.



Transport and Time:

It is expected that students come to school on the morning of the carnival and will travel to the venue by bus. All students will attend homeroom and at 8:45am will board the buses. The carnival will start at approximately 9:45am. Parents are more than welcome to attend. Students will be catching buses back to school, arriving at 2.20pm, in time to catch the afternoon buses from school. If parents / guardians wish to pick their daughter up from the carnival **AFTER THE RELAYS** in the afternoon, this is acceptable as long as the students **and** their parent/guardian sees her homeroom teacher during roll call before she leaves. All parents / guardians collecting students directly from the carnival **MUST pick their daughter up by 1.45pm**. At 2pm, Pearce Coaches will transport students back to school which means there will be no teacher supervision from 2pm. **If a parent / guardian has not picked their daughter up by 2pm they will travel back to school on the bus.**

Students are strongly encouraged to dress up in their house colour to generate house and community spirit. House points will be awarded for the best dressed house. (No streamers). Otherwise, students wear their College shorts or tracksuit pants along with their house colour t-shirt, polo shirt and / or jumper to and from school. Students **CANNOT** wear singlet or mid drift tops. If attire does contain writing, it must be inconspicuous and appropriate.

Early Competitors:

The following events will be run at 8:00am on the day: 1500m, 200m & 400m. Students competing in these events needed to have their permission note returned to the front office by Monday 30th March 2015. There is a maximum of 21 seats on the bus so the first 21 students who return notes will be guaranteed a seat on the mini bus. A reminder to students catching the college mini bus for the early events, the bus will leave the college at 7.30 am sharp. All other early competitors must be at the venue by 7.50am. Students were asked to indicate method of transport on the permission note.

Events:

High Jump, 100m sprint, Discus, Shot Put and Long Jump will be run on the day. It is important for students to be sun smart on the day. Sunscreen, hats, sunglasses and long sleeve shirts are recommended to protect your daughter from the sun. Students are advised to bring **plenty of water and healthy food**. A canteen will operate on the day selling lunch, chips, drinks and snacks. The carnival will only be cancelled in the event of excessive rain. If this is the case, students are to come to **school for normal Day 1 lessons**. The Athletics Carnival is an opportunity for the school community to develop house spirit and sportswomanship. If any parents have any queries please contact Mrs McElroy or Mr McIlveen at the school on 02 4737 5500. or email Mrs McElroy cmcelroy@parra.catholic.edu.au

Looking forward to a great day.

Mrs Caroline McElroy - Leader of Learning - PDHPE

UNIFORM SHOP CHANGE OF HOURS

Commencing Term 2 April 21st the uniform shop will be changing its hours, Tuesday mornings 8 am to 11.30 am.

In addition we will also be opening one day in the April, July and September school holidays. These dates will be advertised closer to the holiday period via the school newsletter and the website. Easter holiday break the uniform shop will be open Friday 17 April 9.30-2.30 pm.

Orders for uniforms can now be processed via email. Any order received before 9.30 am on a Tuesday will be dispatched the same day (provided stock is available). Orders received after 9.30 am will be processed the following week. Orders can be emailed to **Karen Chester** at kchester@parra.catholic.edu.au.

Orders can also be processed over the phone on 4737 5522 on Tuesdays between 8.30-11.00am.

Mrs Karen Chester - Uniform Shop Manager

PDSSSC SWIMMING CARNIVAL

On the 24th March, 13 students represented the College at the PDSSSC Swimming Carnival at Sydney Olympic Park Aquatic Centre. The girls performed outstandingly well on the day, with 10 of them progressing on to represent the diocese at the NSWCCC carnival in May.

Well done to the following girls for representing the college with pride and sportsmanship, and for giving their best efforts on the day: **Keisha Chilmaid** (Year 7), **Megan Cooper** (Year 7), **Alyssa Proctor** (Year 7), **Lauren Wolsey** (Year 7), **Georgia Burgess** (Year 9), **Jennifer Cooper** (Year 9), **Hannah McCrorie** (Year 9), **Abbey Slaughter** (Year 9), **Lucy Harris** (Year 10), **Taryn Cooper** (Year 12), **Lauren Dahl** (Year 12), **Sydney Harris** (Year 12) & **Rhiannon Philp** (Year 12).



Our Relay teams were outstanding on the day, with the following results:

- **Hannah McCrorie, Jennifer Cooper, Lauren Wolsey and Megan Cooper** won the Junior 4x50metre Freestyle Relay and broke the record for this event.
- **Lauren Dahl, Rhiannon Philp, Sydney Harris and Taryn Cooper** won the Senior 4x50metre Freestyle Relay.
- **Megan Cooper, Hannah McCrorie, Lucy Harris, Lauren Wolsey, Abbey Slaughter and Lauren Dahl** won the 12-18 Years 6x50metre Freestyle Relay and broke the record for this event by almost 6 seconds.
- **Lauren Dahl, Rhiannon Philp, Taryn Cooper and Sydney Harris** won the 200metre Senior Medley Relay.
- **Jennifer Cooper, Hannah McCrorie, Alyssa Proctor and Megan Cooper** won the 200metre Junior Medley Relay and broke the record for this event.



Individual results are as follows:

- **Megan Cooper** won the 12 Years 100metre Freestyle & 50metre Breaststroke. She also won the 12 Years 50metre Freestyle, 50metre Butterfly and 50metre backstroke and broke the record for these three events. She also placed 3rd in the 200metre Junior Freestyle Relay and the 100metre Backstroke.
- **Alyssa Proctor** came 3rd in the 13 years 50metre Breaststroke.
- **Lauren Wolsey** placed 3rd in the 13 Years 50metre Freestyle, 100metre Freestyle and 50metre Backstroke.
- **Hannah McCrorie** placed 3rd in the Junior 100metre Breaststroke and 14 Years 50metre Butterfly and 100metre Freestyle. She also placed 2nd in the 14 Years 50metre Freestyle and 50metre Breaststroke.
- **Abbey Slaughter** won the 15 Years 50metre Freestyle, 200metre Freestyle and 100metre Freestyle. She came 2nd in the 50metre Butterfly and placed 3rd in the 100metre Butterfly and 50metre Breaststroke.
- **Lucy Harris** won the 16 Years 100metre Freestyle and 50metre Freestyle and broke the record for these events. She also came first in the 50metre Butterfly and 100metre Butterfly for her age group. Lucy also placed 2nd in the 200metre Freestyle and the 50metre Backstroke.
- **Lauren Dahl** placed first in the Opens 100metre Breaststroke, 100metre Backstroke, 50metre Breaststroke, 50metre Backstroke, 100metre Butterfly and 200metre Individual Medley. She also placed 2nd in the Senior 200metre Freestyle, 50metre Butterfly and 50metre Freestyle and 3rd in the 100metre Freestyle.

We would like to say thank you to the parents who came on the day. Your support and assistance is greatly appreciated.

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

Mrs Caroline McElroy and Miss Jessica Camilleri

**COLLEGE CROSS COUNTRY CARNIVAL 2015**

The College Country Carnival took place on Wednesday, 25th March at Glenmore Park Ovals. The event was successful and the weather, although warm, was great. The competitors displayed their very best efforts and some fine performances. Whilst the walkers also seemed to enjoy themselves!! Thank you to the PDHPE faculty for organising and running the carnival.

The age champions resulting from the carnival are:

12 Years

1st: Megan Cooper
2nd: Emily Davies
3rd: Alannah Hader

13 Years

1st: Keisha Chilmaid
2nd: Alison Gallen
3rd: Sarah Blaikie

14 Years

1st: Alexia Nicholopoulos
2nd: Alisha Ford
3rd: Monique Quirk

15 Years

1st: Georgia Wood
2nd: Rachel Joy
3rd: Ashley O'Malley

16 Years

Equal 1st:
Siobhan McGettigan and Leilani
Homann

17 Years

1st: Rachel Thompson
2nd: Shaniah Ellul
Equal 3rd: Paige Ward and Kayla
Zakrajcek

18 Years

1st: Samantha Arnold
2nd: Jennifer McDonald
3rd: Lauren Dahl



Congratulations to all these girls on the excellent efforts.

Mrs Suzanne Muscat - PE Department



Year 7 Camp

On Wednesday 18th March 2015, one hundred and eighty two students and nine teachers set off from Caroline Chisholm College bound for the Sydney Academy of Sport and Recreation centre at Narrabeen.

The three day and two night camp is an opportunity for students to grow friendships, promote team work and develop skills that encourage positive risk taking and enhance resilience.

We arrived at the venue at 10:30am and after a brief camp orientation talk, participated in the first session. The range of activities included ab-seiling, archery & initiatives, canoe & kayaking and high ropes. Each student was given the opportunity to participant in all the activities over the four sessions and encouraged to, without pressure, challenge herself to overcome the task at hand. I was amazed at the determination shown by many and the support given by members in their group. It was pleasing to see the satisfaction and happiness on the faces of those girls who confronted and overcame their apprehensions.

The first night involved the students participating in a number of fun tabloid activities on the basketball court. Whilst the second was an opportunity for the groups to recall their knowledge when answering a range of trivia questions from a diverse range of categories. Many laughs were had with a friendly, yet highly competitive environment.

We returned home on Friday 20th March 2015 at 3:30pm, a little more tired than we had left, enriched by the experiences, skill development and friendships over this period of time.

Mr Damien Mills - Leader of Learning Year 7



**“THE TERM IN SPORT” - TERM 1 2015**

Term one saw an introduction to sport for the year at Caroline Chisholm College. Students were involved in sport at both a school level and also a representative level.

At the College level, Years 7 to 10 were involved in the following sports / activities

- Softball
- Self defence
- Bootcamp
- Zumba
- Cricket
- Volleyball
- YMCA
- Hip hop dance

Our representative teams have experienced great success throughout the term. They have followed the Sporting code of conduct and participated to the best of their abilities in their pursuits. The following sports have had representatives from our College.

- Triathlon
- Touch football
- Cricket
- Softball
- Basketball
- Swimming
- Oz tag

A special mention to the following –

- Junior basketball team who won the PDSSSC carnival. Congratulations to the team and to their coach Mr Mills.
- The following swimmers / teams who broke a total of 8 records at the PDSSSC Swimming Carnival at Homebush.

Megan Cooper – 50m backstroke record, 50 freestyle record and 50m butterfly record

Lucy Harris – 100m freestyle record, 50m freestyle record

Junior 4x50m freestyle relay record (**Hannah McCrorie, Jennifer Cooper, Megan Cooper** and **Lauren Wolsey**)

Junior 4x50m medley relay record (**Hannah McCrorie, Jennifer Cooper, Megan Cooper** and **Alyssa Proctor**)

6x50m 12-18yrs freestyle relay record (**Hannah McCrorie, Megan Cooper, Lauren Wolsey, Abbey Slaughter, Lucy Harris** and **Lauren Dahl**)

A number of our talented students have made representative teams and participated successfully at higher levels in their chosen sports. We are very proud of the following students who have excelled and displayed great qualities.

- **Samantha Arnold** – NSWCCC and NSW All schools cricket representative
- **Shaylan Whatman** – NSWCCC and NSW All schools softball representative
- **Sarah Blaikie** – NSW Oz tag representative
- **Jessica Williams** - NSW Oz tag representative

Many thanks to the coaches and parents who have given up their time to assist with our teams this term. These sports would not have been possible without your efforts .

A big thankyou to the following Caroline Chisholm staff who have taken the following -

Mr Damien Mill – basketball

Miss Julia Liska – Touch football

Mrs Caroline McElroy – Swimming

Mr Ian Fuller – basketball

Mrs Desley Hodges – Touch football

Mrs Michelle Cook – basketball

Miss Jessica Camilleri – Swimming

It has been an enjoyable and successful start to the year. Keep an eye on future announcements for up and coming sporting opportunities at Caroline Chisholm.

Stephen McIlveen - Sport Coordinator

GUEST SPEAKER RENEE MCELDUFF

Hi. Thank you so much for having me here today. I haven't done any public speaking before so I apologise but I'm a little nervous. A couple of weeks ago I was asked to speak at this assembly about my experience as an Australian aerial skier. My initial thought was why? Why is my story interesting? What do I have to share with you? I gave these questions some thought and came up with this.

6 years ago, at the age of 17, I had never seen snow. I had been on one plane, and I had never heard of aerial skiing. Now at 23, I have travelled to 16 different countries; I have boarded 233 different aeroplanes and made history as only the 6th Australian aerial skier to ever win a World Cup event. I've had the opportunity to shake hands with the Prince of Norway, broadcast live commentary for the 2015 World Championships in Austria and to ski in China's Bird's Nest, home stadium of the 2008 Summer Olympic Games.

The road to becoming a World title holder was never easy though. At 17, I had my sights set on the 2014 Winter Olympic Games. At 22 the dream of becoming an Olympian and winning gold for my country was well within my reach. With a stress fracture in my lower back, I was fighting for a spot on the Australian Olympic team against reigning Olympic champion Lydia Lassila, and a team of far more experienced aerial skiers than myself. On the 19th January 2014, I was notified that although I had qualified for the Olympic Games, I was to be the first reserve member of the team and I would not be travelling to or competing at the 2014 Winter Olympic Games. To say I was devastated was an understatement. Instead of achieving my lifelong dream of becoming an Olympian, I sat in my lounge room and watched my peers achieve theirs.

The next 6 months were hard. I was unmotivated and lazy. I wanted to quit aerial skiing altogether. I had lost all faith I could be a great skier and I was so afraid of failing again. I was embarrassed. During the 6 months after the Olympics, I was forced to take a good look at my past performance. I wasn't happy with what I saw. I knew I could have worked harder, and I knew I could have been better. I had let myself get comfortable in being a good aerial skier and had lost sight of fighting to becoming the best one. After a dozen bottles of coke and way too much chocolate, I re-evaluated what I wanted my future to look like. It had to have aerial skiing in it. At first I was terrified to want to ski again. I was so afraid of failing again, but I knew my future had to have the Olympics in it. As an elite athlete I have done many years of mental training. I have never needed it more than I did when trying to convince myself I could go to the 2018 Winter Olympic Games. I convinced myself that I hadn't failed. I had fallen down on the journey, sure, but my journey wasn't over. If I was serious about becoming an Olympian I needed to act like one. I needed to get back up and work harder than I had last time. I needed to work harder than anyone else so in four years' time I wasn't beaten again.

Every day for the past 8 months I have reminded myself of this. I've reminded myself that in order to be the best I need to be better than the best. I need to train harder than the best train, be tougher than the best are. I need to pick myself back up when the best can't. Every day for the past 8 months, I've worked harder than I did the day before. And every day I got a little better.

On the 30th January 2015, almost exactly one year after I failed to make the Olympic team, I won my first ever World Cup event title. On that day, one year later, I was the best in the world. That feeling, the feeling of greatness and of all your dreams beginning to come true, was well worth having to deal with feelings of failure and disappointment. Would I like to go back to the day I didn't make the Olympic team?? Absolutely not, but without having failed, I wouldn't have found what I needed to succeed. I wouldn't have changed the way I trained, I wouldn't have been better, and I would never have won a the title.

Now if you have been sitting there on Facebook or half asleep, or managing to do both, that's ok, I remember doing the exact same thing when I was here. But if I can convince you to listen to anything it's this. Failing isn't failure. It's how you handle failing that decides what becomes of it. Let failing crush and demotivate you, let it convince you you're not good enough to achieve the task at hand, and it is right. It will win every time. Think of failing as a learning tool, and it will continue to motivate you to better yourself, to one up yourself in what you're trying to achieve. If you get a bad score on a Math test, you can do two things. You can think you're awful at Maths and give up trying, or you can learn how to solve the problems you got wrong and improve your result next time. You can choose to be better.

6 years ago, I was a student at this school, just like you. Now I may not have chosen to be better at anything academic - that wasn't for me, but I chose to be the best aerial skier I could be, and now I have a successful athletic career because of it. I get to spend 10 months of the year travelling the world, and work for a job I love doing. Think about what it is you love doing and what you want to achieve. Think about the possibilities that could come from being better at what you do. Whether it is big or small, do everything you can do to make that happen. If at first you don't succeed, re-evaluate, discover what you can do better and improve on it. Continue improving, little by little you will see change, and the little changes will eventually turn into big dreams. I promise you, you won't regret it.



HOLY WEEK CEREMONIES AND EASTER MASS TIMES IN THE CATHOLIC DIOCESE OF PARRAMATTA

**Mass of the Holy Chrism on Wednesday 1 April at 7.30pm,
St Patrick's Cathedral, 1 Marist Place, Parramatta**

Everyone is invited to celebrate the Chrism Mass with Bishop Emeritus Kevin Manning, the priests, deacons and faithful. Bishop Kevin will bless the Oil of the Catechumens and the Oil of the Sick, and consecrate the Oil of Chrism. Bishop Kevin and the priests will renew their commitment to priestly service.

Good Friday Walk from Blacktown to Parramatta on 3-4 April

The Good Friday Walk is an annual pilgrimage where young people reflect on the journey Jesus Christ made to His crucifixion. During the walk, there will be prayer and reflection in churches at Blacktown, Seven Hills, Toongabbie, Wentworthville, Westmead and Parramatta. The walk starts at 10pm at St Patrick's Church, 51-59 Allawah Street, Blacktown, and finishes at approximately 7.30am at St Patrick's Cathedral, 1 Marist Place, Parramatta.

Contact James Camden, Director, Catholic Youth Parramatta on (02) 8838 3428,
jcamden@parra.catholic.org.au or on [f catholicyouthparra](https://www.facebook.com/catholicyouthparra)



Holy Week Ceremonies and Easter Mass Times for parishes across the Catholic Diocese of Parramatta are listed at: www.parra.catholic.org.au



Cranebrook Parish - Corpus Christi

86-92 Andromeda Dr, Cranebrook, tel (02) 4730 1249
Holy Thursday: 7.30pm
Good Friday Stations of the Cross: 10am
Good Friday Celebrations of the Lord's Passion: 3pm
Easter Vigil Mass: 7pm
Easter Sunday Mass: 7.30am & 9.30am

Emu Plains Parish - Our Lady of the Way

Our Lady of the Way Church, 19 Troy St, Emu Plains
Holy Thursday: 7.30pm
Good Friday Stations of the Cross: 10am
Good Friday Celebrations of the Lord's Passion: 3pm
Easter Vigil Mass: 7pm
Easter Sunday Mass: 8am & 9.30am

Glenbrook Parish - St Finbar's

St Finbar's Church, 46 Levy St, Glenbrook
Holy Thursday: 7.30pm followed by Adoration at Altar of Repose until 10pm
Good Friday Stations of the Cross: 10am
Good Friday: Celebrations of the Lord's Passion 3pm; Reflection on the Passion - Music of JS Bach & Sacred Readings 7.30pm
Easter Vigil Mass: 6pm
Easter Sunday Mass: 7.30am & 9.30am

Glenmore Park Parish - Padre Pio

Padre Pio Church, 34-38 William Howell Dr, Glenmore Park
Holy Thursday: 7pm
Good Friday Stations of the Cross: 10am
Good Friday Celebrations of the Lord's Passion: 3pm
Holy Saturday Waiting at the Tomb: 10.30am
Easter Vigil Mass: 7.30pm
Easter Sunday Mass: 7.30am & 9.30am

Kingswood Parish - St Joseph's

St Joseph's Church, cnr Joseph & Richmond Rd, Kingswood
Holy Thursday: 7pm
Good Friday Stations of the Cross: 10am
Good Friday Celebrations of the Lord's Passion: 3pm
Easter Vigil Mass: 8pm
Easter Sunday Mass: 8.30am & 10am, noon Polish

Luddenham-Warragamba Parish - Sacred Heart

Holy Family Centre, Lot 32 Willowdene Ave, Luddenham
Sacred Heart Church: 16-18 Weir Rd, Warragamba
Holy Thursday: 7pm (Luddenham)
Good Friday Stations of the Cross: 10am (Warragamba)
Good Friday Celebrations of the Lord's Passion: 3pm (Luddenham)
Easter Vigil Mass: 7pm (Luddenham)
Easter Sunday Mass: 8am (Warragamba) & 9.30am (Luddenham)

Penrith Parish - St Nicholas of Myra

St Nicholas of Myra Church, 326 High St, Penrith
Holy Thursday: 7pm followed by Exposition of the Blessed Sacrament till 10.30pm
Good Friday Stations of the Cross: 10am
Good Friday Celebrations of the Lord's Passion: 3pm
Easter Vigil Mass: 7pm
Easter Sunday Mass: 7am, 8.30am, 10am & 6pm

Springwood Parish - St Thomas Aquinas

St Thomas Aquinas Church, 168 Hawkesbury Rd, Springwood
Holy Thursday: 7pm
Good Friday Stations of the Cross: 10am
Good Friday Celebrations of the Lord's Passion: 3pm
Easter Vigil Mass: 6pm
Easter Sunday Mass: 9.45am

Taken from the Penrith Press, Friday March 27 2015

Managing the Bull

A course for bullied teenagers

(This group for years 7, 8 & 9 students)



All forms of bullying can cause serious emotional harm to children and teenagers that can last throughout their life, this impacts upon their future life goals and relationships.

*Managing the Bull is a 6 week course, that builds resilience and self esteem in bullied teens through games, activities and discussions. The course is held in a safe and supportive environment.


Participants will learn to:

Recognise Bullying
Discover inner strengths
Build self esteem
Communicate effectively
Deal with cyber-bullying
Build support networks
Use personal protection plans



For more information or to book into the course please phone

(02) 4721 5331

 Diocese of Parramatta CATHOLIC CARE Social Services	When:	April 30, May 7, 14, 21, 28 & June 4, 2015
	Time:	3.45pm—5.45pm
	Where:	CatholicCare Penrith Family Support, 326 High St, Penrith (Behind St Nicholas of Myra Church, Parking via Higgins St)
	Cost:	\$20.00 (if you have financial difficulties please phone)
	Facilitators:	Annette McKinley and Karen Drake

Colour Fest 2015



National Youth Week
IT STARTS WITH US
10-19 April 2015

JAMISON PARK
(behind the netball courts)
Monday 13th April
1pm-3pm

Become a human rainbow with coloured powder and slime, obstacle games, prizes to be won, free BBQ and much much more!
(Wear old clothes as you're going to get messy!)

Contact Lynsey at Wesley on 4723 9278 for any more info!

 **PENRITH**
CITY COUNCIL

TEEN POSITIVE PARENTING PROGRAM

Triple P (Positive Parenting Program) is a program that assists parents by developing their 'toolbox' of strategies and knowledge to make parenting more enjoyable and less stressful, and builds strong and positive relationships within the family.

Triple P groups traditionally focus on parenting of younger children. However, Nepean Community and Neighbourhood Services are now offering a Triple P group with a specific focus on parenting teenagers.

Where: South Penrith Neighbourhood Centre

When: Wednesdays, 11am – 1:15pm, 6 sessions from 13th May to 17th June

Contact: Narelle Smith, Family Worker, 0409 986 121 or 4721 8520, Narelle@nepeancommunity.org.au