



# CAROLINE CHISHOLM COLLEGE NEWSLETTER

Term 2 Week 2 Issue 6 2015



**Faith Courage Tolerance**

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## FROM THE PRINCIPAL

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

Last weekend our church celebrated Good Shepherd Sunday and the gospel for the day was that very familiar one of the shepherd who lays down his life for his sheep.

On Saturday, as a nation we also remembered the thousands of men and women who paid the ultimate price of securing our freedom and those who are still fighting to secure peace around the world.

Both of these events draw us to reflect on our core values in particular the value, of self-sacrifice.

The shepherd has a responsibility to care for his sheep – and does so against all of the natural forces (like wolves!) that are pitted against him. The life of a shepherd was certainly not glamorous - it was very hard work ensuring the flock was well fed and safe from predators and perhaps even thieves. In our Christian tradition, Jesus is described as the Good Shepherd who ultimately laid down his life so that we could have eternal life. The public life of Jesus was filled with examples of self-sacrifice and of Jesus teaching his disciples to follow his example of service to others before self.

In a profound way our young men and women who fought (and who are still deployed in war zones) also exhibit the value of self-sacrifice – of thinking of the other before self, of being of service that others might have peace.

Last Friday in a moving assembly at school, each girl was given the name of an individual soldier or nurse from our local area who had served in World War I. They were asked to think about the individual and his or her family left behind and the sacrifice he or she made in going to war. They were asked to think about the thousands who did not return and those who did return scarred with either physical or emotional wounds.

In our society where the individual seems more important than the other and service and sacrifice can sometimes seem like the exception rather than the rule, last weekend provided an opportunity to readjust our value base, to remember and honour the sacrifice of so many in wars past and present and the sacrifice of Jesus who won for us eternal life.

My thanks to the staff and students who accompanied me in the Warragamba Anzac Day March last Saturday and to **Ms Junelle Dunne** who organised our involvement in such a moving ceremony and to **Mrs Jane Wilson** who coordinated our thoughtful assembly at school.

Let there be peace on earth and let it begin with me.

Lest we forget.

Yours sincerely,

**Mrs Mary Leask**  
Principal





## SEMESTER 1 PRINCIPAL'S AWARD

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

We congratulate the following recipients of the Principal's Awards for Semester 1 for Year 12.

Anam Ahmed	Victoria Henry	Paris Reedy
Komal Ahmed	Maddison Horne	Tasha Reynolds
Katrina Aldama	Tayla Hui	Sarah Richter
Emily Allen	Ebony Humphrey	Layla Rizk
Samantha Arnold	Jodi Izzett	Sarah Ruddick
Robyn Bailey	Alecia John	Melanie Ruse
Alyce Baldacchino	Katelyn Jones	Ashleigh Ryan
Elizabeth Banicek	Simran Kang	Samantha Santiago
Nicola Barton	Eileen Kenny	Chloe Sheridan
Aimee Beriotto	Olivia Kohlenberg	Claire Shirvington
Madison Burns	Bianca Kraljevic	Emily Sivric
Daniela Ceccattini	Kathryn Kroon	Emily Smith
Nicole Chandra	Rohini Kumari	Jordan Sookee
Allana Connelly	Jessica Lenferna	Emma Steltenpool
Taryn Cooper	Alexandra Lucas-Smith	Lani Stone
Jessica Cortis	Savannah Luke	Tazmaine Sultana
Madeline Cortis	Brianna Lumtin	Georgina Sutcliffe
Anne-Marie Cremona	Aprill Manders	Cassandra Swat
Erica D'Mello	Jennifer McDonald	Kristy Tebbutt
Lauren Dahl	Shae McLaughlin	Grace Tehan
Clare Devlin	Chloe McLeod	Alana Thomas
Bianca Dibou	Dayna Moore	Starr Thomas
Diana Djerke	Holly Moran	Ashlee Thompson
Megan Dunkley	Caitlin Morgan	Rachel Thomson
Rachel Freeburn	Sophie Morrison	Emma Thornton
Victoria Fryer	Jasmine Neal	Sarah Toan
Madisyn Gale	Chloe Neilly	Ria Varghese
Shianne Garner	Megan O'Connor	Roisin Ward
Anya Govender	Cara Pemble	Kristina Whba
Eliza Harris	Rhiannon Philp	Michelle Xerri
Sydney Harris	Olivia-Natalia Plucinski	

## DIARY DATES

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

Wednesday 29 April	Yrs 11 & 12 Parent/Student/Teacher Night	Monday 11 May	Photo Day follow up
Friday 1 May	Stage 4 Mass - 9.00 am Padre Pio		Soccer Gala Day
	Student Leaders' Development afternoon	Tuesdays 12 May	Year 7 & 9 NAPLAN
Monday 4 May	Photo Day	Wednesday 13 May	Year 7 & 9 NAPLAN
	NSWCCC Swimming	Thursday 14 May	Year 7 & 9 NAPLAN
Tuesday 5 May	PDSSSC Cross Country	Friday 15 May	Year 7 & 9 NAPLAN Catch up day
Thursday 7 May	Year 11 Legal Studies Excursion		
	Year 10 Sound Sessions Workshop		



## FROM THE ASSISTANT PRINCIPAL

### Notes to justify absences

We continue to have an issue with parents not returning notes explaining and justifying student absence from school. As was explained in a number of newsletters last term, the new electronic roll taking system which all Catholic Education, Diocese of Parramatta schools must use does not currently allow us to send SMS texts when students are absent and consequently does not allow parents to reply to the text to justify/explain a student absence. All absences require a written explanation to be given to the homeroom teacher within one week of the absence. At this stage we have a significant number of students who have unexplained absences and this will be reflected in the student's semester report.

### Winter Uniform – blazers and stockings

Parents and students are again reminded that blazers are to be worn while travelling **to and from** school **every day** from now on until the end of Term 3 or otherwise advised. They are never to wear the jumper (without a blazer) or the sports jacket to and from school. Sports jackets are not to be worn other than on Wednesdays with the sport uniform (or in a PDPHE class).

The blazer is an essential part of the college uniform and it is important that it is part of the public face of the college. Parents have chosen to send their daughters to Caroline Chisholm for a variety of reasons. One of these is the uniform standard. This means we as a college need to ensure students are meeting the uniform requirements, whether it be the length of skirts, the type of shoes, type of jewellery – or the wearing of blazers.

If a student cannot wear the blazer for a **temporary** reason, she must have a parental note. If any student still does not have a blazer, she or her parents need to contact her Year Leader as soon as possible to make arrangements.

### School Photographs

School photographs will be taken in Weeks 3 and 4. **Please note the change of time for the photos from Tuesday 28 April to Monday 4 May.** The backup photo day for absentees and some group photos is now Monday 11 May.

On Monday 4 May, all students will have an individual photograph taken. 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 conform 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 and away from their faces**. Students in Years 10-12 may have their hair out but they will be asked to have it behind their shoulders to allow the photos to be used for identification purposes.

Parents are very welcome to purchase these photos as mementos and envelopes for this purpose have been sent home. 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. It is also possible to purchase the photos online before the photo day (see instructions in the photo envelope). If money is not brought in on the day or a decision is later taken to purchase the individual photo, this can be done by contacting Advanced Photography directly. There is a re-order fee for photos purchased after the day.

On **Monday 11 May**, photographs for some special groups will be taken, including the Year 12 group photos. These too will be available for purchase but this does not have to be done until the proofs are returned to school later next term. It is possible for sisters to have family groups taken at recess time on this day. Students who are absent on Monday 4 May and are present on this day will have their individual photos taken, too.

The photographs will be taken by Advanced Photographers. They can be contacted on (02) 9905-6688 if you have questions for them.

Please note that individual and group photos taken on these two days are also used for the year group pages. As the year group photo pages are prepared by the photography company, students who do not have their photos taken on these two days will not appear in the photos with their year group, although they will be named.

### “Doing the Right Thing Awards”

Students who help with clean up and litter are eligible for a “Doing the Right Thing Award”. Congratulations to **Abby Drinkwater** (7 Macarthur), **Emma Cutts** (7 Gilmore), **Emma Buckley** (7 Gilmore) and **Isabella Morlin** (8 Wright) who receive vouchers for the canteen for being the students drawn from the box. All students who put in award slips will have points credited to their house.

### Appreciation of Honesty

Students at Caroline Chisholm College regularly display outstanding honesty in returning items they find on the college grounds. Often these can be of quite substantial value. Students handing in found items receive a certificate of appreciation. I would like to congratulate the following students who have handing items in over the last fortnight: **Andrea Tassone** (7 Jackson), **Sophie Hooker** (7 Kenny) and **Teah Seychelles** (7 Kenny).

*Mr Greg King - Assistant Principal*



## FROM THE LEADER OF RELIGIOUS EDUCATION

### May - The Month Dedicated to Mary

In the tradition of the Catholic Church the practice of dedicating the Month of May to Our Lady started around the 1880's when Pope Leo XIII wrote the Rosary Encyclicals. It is suggested that May was the month selected as it represented the season of new life and fertility in the Northern Hemisphere. This then became linked to the concept of motherhood ... hence the celebration of Mother's Day in many cultures is also in May. Mary as the Mother of God and our Mother is hence remembered in the Month of May.

Here at Caroline Chisholm College it has become a tradition for us to pray the rosary in all religious education classes during the month of May. Students use rosary beads made for us by the Rosary Bead Makers based at Bathurst. We recite a decade of the rosary each lesson, learning this traditional, meditative and powerful prayer of the Catholic Church.

In all there are Four Rosarys that are recited comprising 20 mysteries that depict significant events from Mary and Jesus' lives.

### The Five Joyful Mysteries

Monday and Saturday

- I The Annunciation: Humility
- II The Visitation: Charity
- III The Birth of Our Lord: Poverty, or detachment from the world
- IV The Presentation of Our Lord: Purity of heart, obedience
- V The Finding of Our Lord in the Temple: Piety

### The Five Sorrowful Mysteries

Tuesday and Friday

- I The Agony in the Garden: Contrition for our sins
- II The Scourging at the Pillar: Mortification of our senses
- III The Crowning with Thorns: Interior mortification
- IV The Carrying of the Cross: Patience under crosses
- V The Crucifixion and Death of Our Lord: That we may die to ourselves

### The Five Glorious Mysteries

Wednesday and Sunday

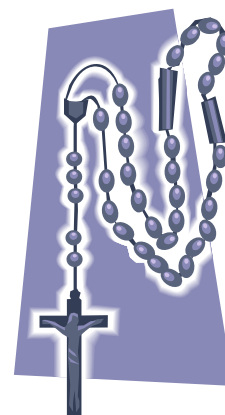
- I The Resurrection: Conversion of heart
- II The Ascension: A desire for heaven
- III The Coming of the Holy Ghost: The Gifts of the Holy Ghost
- IV The Assumption of our Blessed Mother into Heaven: Devotion to Mary
- V The Coronation of our Blessed Mother: Eternal happiness

### The Five Luminous Mysteries

Thursday

- I The Baptism in the Jordan
- II The Wedding at Cana
- III The Proclamation of the Kingdom
- IV The Transfiguration
- V The Institution of the Eucharist

*Ms Bernadette Murray - Leader of Religious Education*





## FROM THE LEADER OF INNOVATION & LEARNING

Welcome to Term 2! I hope you and your daughters had a peaceful and relaxing Easter break and had some quality family time together. It was wonderful seeing all our students re-energised and ready to go last week in relation to their learning. We have a very busy and exciting term ahead of us and I remind all students of the importance of being prepared and punctual to all classes to ensure they get the most out of all learning experiences.

### Email Communication

I ask parents to remind their daughters to check their school email daily as important information from teachers will be sent out through this means of communication. Students in Year 10-12 should be checking their email for messages from BOSTES relating to important RoSA and HSC information. Parents are also reminded to check the personal email provided to the College as important updates and information are communicated in this way.

### Google Drive – Organising your Learning

All students at the College have unlimited storage space in their Google Drive accounts. Students are encouraged to set up a folder in “My Drive” for each subject/course so they can systematically organise any work that is shared by teachers or completed by students. Assistance will be provided in classes to do this over the course of this term.

### ICT Support Sessions

A new system has been implemented at the College to provide your daughters with individualised ICT support when necessary. Students are reminded that they are to book an ICT Support Session via **Learning@CCC** ⇒ **Library** ⇒

**ICT Support Sessions**. These sessions run at recess and lunchtime and will allow the ICT team to help your daughter with any issues they may have with their device.

### Year 11 and 12 Parent/Student/Teacher Interviews

This week we had the opportunity to meet with Year 11 and 12 students and their parents to discuss their progress and learning engagement so far. If you were unable to attend the interviews please contact your daughter’s subject teachers to organise an alternative interview time.

### Year 7 and 9 NAPLAN

The five NAPLAN tests will take place on the following days:

Tuesday 12 May	Wednesday 13 May	Thursday 14 May	Friday 15 May
<i>Language Conventions Writing</i>	<i>Reading</i>	<i>Numeracy (Calculator/ Non-Calculator)</i>	<i>Last day for catch-up tests</i>

### Year 10 Half Yearly Exams

All students in Year 10 should now be preparing and revising for their Half Yearly Examinations. A copy of the timetable has been provided below to help you assist your daughters in their preparation for this important assessment period.

Students will also receive an Exam Notification Sheet for every course they have an exam in. Please ask your daughter to use the information on these notifications to prepare their study notes and complete revision.

During Year 10 iPlan classes over the next few weeks, teachers will recapping important points from Prue Salter’s study skills presentation and reminding your daughter to use the resources provided from this presentation to aid their study and revision.

### Illness or Misadventure Procedure

If your daughter is sick or cannot attend an examination due to misadventure, you must ring the school by 8.35am and leave a message for Mr MacNamara and the subject teacher of that exam. On the day your daughter returns to school, a DOCTOR’S CERTIFICATE and an Assessment Appeal Form (Year 9-12) must be presented to Mr MacNamara. An alternative time will be organised for your child to complete the exam. She should be ready to complete the missed exam on the day she returns. Please refer to the College Assessment Policy (Year 9-12) on the College Website for any clarification. This can be found under **News & Events** ⇒ **Student Notes** ⇒ **Year 10**.





We thank you for your cooperation with this and wish all Year 10's the very best as they prepare for their exams.

**Formal Assessment Tasks – Term 2, Weeks 2-5**

Year Group Term/Week Due	Term 2, Week 2	Term 2, Week 3	Term 2, Week 4	Term 2, Week 5
<b>Year 7</b>	Music Visual Arts	PDHPE Technology Visual Arts	<b>NAPLAN</b>	Connected Learning Mathematics Visual Arts
<b>Year 8</b>	Visual Arts	PDHPE Technology Music	English Geography Science	Mathematics Visual Arts
<b>Year 9</b>	Religious Education Dance Visual Arts	PDHPE PDM	<b>NAPLAN</b> Geography Agriculture PASS Textiles Technology	English Science Commerce Food Technology History Elective IST Japanese Music
<b>Year 10</b>	Nil	Drama	Music	<b>Half Yearly Examinations (Tuesday - Friday)</b>
<b>Year 11</b>	Visual Arts Legal Studies	Biology Senior Science Design & Technology CAFS	Nil	Modern History Society & Culture
<b>Year 12</b>	Nil	Drama Textiles & Design English EXT 2	Mathematics 2 Unit General Maths 1 General Maths 2 Legal Studies Music Studies of RE 1 Unit	Catholic Studies English Studies English Standard English Advanced Senior Science Chemistry

**SAVE THE DATE – Monday 25 May, 2015 (Term 2, Week 6)**

**Year 11 (2016) Subject Information Evening – 6.30pm in the West Wing**

**All students in Year 10 are expected to attend this compulsory information evening with at least one parent/carer to receive important information about subject selections for Preliminary & HSC courses.**

**Please save this important date in your diaries.**

*Mr Stephen Casni - Leader of Innovation & Learning*

## ENGLISH OVERVIEW

The English department have had a busy start to the school year with the implementation of the National Curriculum across all of Stages 4 and 5, as well as the new prescriptions for the HSC. While such changes require a great amount of reflection, outcome mapping, and planning the modes of delivery, the results mean that your daughter is given the best opportunity for an engaging, rich and contemporary English education.

### Literature Circles

**‘Reading and writing float on a sea of talk.’ James Britton**

Over the last two years, the English faculty have transitioned from teaching a set novel to students in the junior school and we have set the trend for other schools in the diocese. Research tells us that a differentiated novel approach is the best way to engage students in the reading process and that choice and personal motivation are significant factors which influence learning.

Literature Circles is a structured and collaborative approach to reading that allows a significant degree of student choice and self-direction. The girls form small groups based on their novel selection (or reading ability) and undertake a structured discussion based on the lesson’s reading and their specific role for the day. An activity such as this gives students experience in sharing opinions and conducting discussions in person and online, and helps build personal expression, critical reading skills, and interpersonal skills. At CCC we also have students reflect on the process and record their responses to their reading in their journal or English book.



### Year 8 Picture Books

This term’s focus is on **visual literacy**, specifically, the way that picture books use language and visual techniques to convey meaning. Your daughter’s study will focus on a variety of texts, including an analysis of two books by Anthony Browne. Additionally, interested students will have the opportunity to extend their learning and get involved in a lunchtime initiative where they will work in teams to create a picture book for some of the patients at Westmead Childrens Hospital. Further details will be made available to the students at their year assembly next week.

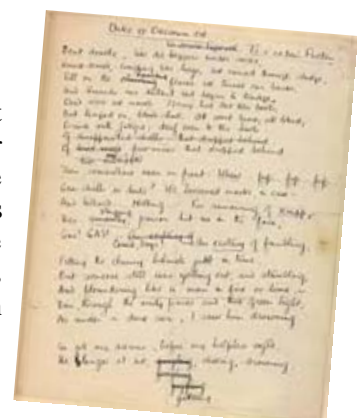


### Year 9 PBL – Miss Represented

Our Year 9 students have just begun their PBL and have established the *Need to Knows* for their project. They are working on a digital campaign which addresses the focus question – *How are women represented in contemporary film, television, advertising and other media?* Working in small groups, the girls will explore the stereotyped representations of women, analyse the way these images are created, and then devise a campaign which deconstructs these images and presents a message to promote critical viewing and consuming to their target audience.

### Year 10 Poetry

Our Year Ten students have begun investigating Wilfred Owen and the historical context which framed his writing. Many students have been able to make connections with their learning in class to their wider experience with the ANZAC commemorations over the past week. The students will explore the ways that Owen used form and language features to convey his ideas about attitudes to war, his battlefield experiences, and the consequences as a result war. To extend their understanding of the concept, the students will also conduct research to investigate the ways that perspectives about war have been represented in other text types.



### Senior Studies

The HSC students are now half-way through their courses and are actively engaged in the study of their penultimate module. They have all been given detailed feedback on their progress to date and many are in the process of applying the feedback to refine their writing as they work towards their Trial examination and, ultimately, the HSC.

Students in both Standard and Advanced will have the opportunity, later in the term, to attend a performance of the play that they're currently studying. Further details will be provided in coming weeks.

Our Preliminary students are also studying dramatic texts this term; Standard are exploring *A Streetcar Named Desire* while Advanced are studying *Othello*. The approach taken with these texts establishes the groundwork for your daughter's study in Year 12.



### Public Speaking

This term we will hold the annual **CCC Public Speaking Competition**. This competition is an integral part of the English curriculum and is compulsory for all students in years 7-10. Students choose a topic from an available selection and compose a speech, firstly for their English class, then a representative of each class will deliver her speech to her year assembly and finally, each year winner will speak at the College assembly. I have to say that each year I am most impressed by the quality of speeches, the students' ability to thoughtfully engage their peers, and the way that many overcome their nerves to deliver their speeches with such confidence and clarity.

### Writing Competitions

As an extension to the writing opportunities offered in class, the girls are also invited to participate in external competitions. Any student who has a flair for creative and/or critical writing is encouraged to take this opportunity as the experience is often confidence building and provides a way to connect their learning with a real-world context. For further details, students can visit the library and there they'll find the *Writing Competitions* display table. In addition, Enrichment students are also encouraged to participate in the ICAS competitions, which are regularly advertised via the daily notices. Any further inquiries can be directed to **Mrs Leanne Portelli** or **Mrs Louise Wakeling**.

*Mrs Ana Dudley - Leader of Learning English*

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## GOOD FRIDAY WALK

Friday the 3<sup>rd</sup> April saw many youth, teachers and priests walk from St Patrick's Church Blacktown to St Patrick's Cathedral Parramatta in participation in the annual Good Friday Walk.

Girls from Years 10 and 12 volunteered and joined the youth from our Parramatta Diocese in a symbolic, pilgrimage walk reflecting on the events which occurred on Good Friday. Starting at 10pm and walking until 7am in the morning, the girls gathered a deeper understanding and purpose and connection to the significance of Good Friday.

Run by the youth ambassadors and coordinators of each parish, the night consisted of personal, motivating and unique displays of the Stations of the Cross where song and dance, acting and technology played a part in the presentations. With uplifting songs and personal intentions, each participant was given the opportunity to reflect on current situations in the world. All were asked to think of someone they know or of who needs some help and guidance, maybe is struggling to get back on their feet or have encountered a difficult situation. With their names carried in our hearts and thoughts, we reflected at each station with them in mind. The importance of living out your own faith in order to live a better life was demonstrated throughout the night where participants were able to see how their actions can affect others.

With beautiful choirs and hymns the night turned into morning as we finished our journey at St Patrick's Cathedral. A youth forum open to friendly discussions and World Youth Day Promoters, all participants were greeted with perfectly cooked pancakes.

Although the weather did get the better of us, raining the entire journey, I can say, and I'm sure along with all the other girls who participated, that involvement in the Good Friday Walk was a rewarding and worthwhile experience, one I would encourage many students to participate in next Easter season.

*Written by Samantha Arnold - College Captain*





## FAMILY SEPARATION

According to the Australian Bureau of Statistics every third marriage in Australia ends in divorce. Of these relationship break-ups, around 48% involve children under 18 years of age. The way parents manage the situation with each other and their children can make a significant difference to the long-term impact this can have on young people.

Kids Helpline have reported that family separation, custody issue or blended family living arrangement were some of the most common issues that children and young people sought their support around.

Many children or young people talked about witnessing high levels of conflict between their parents, were feeling confused about what might happen in the future, or blamed themselves for the conflict. Young people also expressed feeling distress about criticism from one parent towards another or seeking information about the other parent from the young person. They also report that young people frequently report finding it difficult to adjust to their parent being in a new relationship and adjusting to a step-parent dynamic within the home.

The most positive shared care experiences involve parents who have a cooperative relationship and are child-focused and flexible. These parents make an effort to maintain good communication with each other and avoid exposing their children to parental conflict.

Kids Helpline have offered the following tips to help minimise the possible negative effects break-ups can have on children:

- ◇ Reassure them that the break-up was not their fault.
- ◇ Tell your child/ young person what is going on (make sure this is age-appropriate).
- ◇ Explain why you have decided to stop living together and what is going to happen.
- ◇ Emphasise that both parents still love and care for them.
- ◇ Ensure that parental conflict is handled maturely and in private.
- ◇ If you don't live with your child, keep in regular contact with them.
- ◇ If the child lives between two homes, give them their own space in each home so they can feel comfortable wherever they are.
- ◇ Listen to your child, consider their needs and wishes and include their views where possible.
- ◇ Be consistent and predictable in your care giving so they feel safe and secure.
- ◇ Be responsive and flexible with schedules and about issues that may emerge due to the new living arrangements.
- ◇ Separate parenting issues from relationship issues.
- ◇ Work together with the other parent. Avoid placing your child in the middle of disputes or having them communicate with the other parent on your behalf.
- ◇ Encourage your child to talk to someone they trust.
- ◇ Seek family or individual counselling if required.

Kids Helpline is available 24/7 to offer children and young people help and support about any situation. Call 1800 55 1800 or visit <http://www.kidshelp.com.au>

There are two upcoming workshops for adults going through a separation offered by Catholic Care. Please see the flyers within the newsletter or email me for further information on [jaustin4@parra.catholic.edu.au](mailto:jaustin4@parra.catholic.edu.au)

*Mrs Jessica Austin - School Counsellor*

## Caroline Chisholm Interesting Facts

Caroline Chisholm Interesting Facts



**Born Caroline Jones, 30 May 1808, Northampton, United Kingdom  
to William and Caroline Jones.**



## NEWS FROM THE LIBRARY

Both the Premier's Reading Challenge and the Senior Reading Challenge are underway and it's great to see so many students involved. Both these initiatives challenge our students to develop and maintain reading for leisure. Reading quality literature by choice not only improves their literacy skills for school work but can lead to lifelong reading habits. Congratulations to **Micquella Grima, Sanjana Sidhu** and **Rebecca Borg** who are over halfway through the PRC, and especially to **Angelique Minas, Eilis Scott** and **Isabella Nardi** who are our first students to complete the 2015 PRC. Well done girls! If any students would like to know more about participating in either challenge, please ask Library staff for details or check the Library webpage.



We encourage responsible readership at the College and this includes borrowing and returning items on time and in suitable condition for others to use. Each term, overdue reminders are given to students to ensure they return or renew items in their name. We ask that parents support us in developing this responsibility in your daughter, and hope you will understand that if books are lost or damaged, a replacement will be requested.

The catalogues for the latest issue of Book Club are now available in the Library or can be viewed online at <http://www.scholastic.com.au/schools/bookclub/>. This is a great way to buy books at good prices for your daughter or as gifts. Orders are due to be handed in at the Library desk by Thursday 7th May.

Happy reading!

*Mrs Teresa O'Keeffe - Teacher/Librarian*

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## ENHANCING LEARNING IN YEAR 10

In Week 10 (Term 1) **Prue Salter** from Enhanced Learning Educational Services ([www.enhanced-learning.net](http://www.enhanced-learning.net)) ran a study skills session with our Year 10 students.

The students covered the importance of using this year as a training period to prepare for senior studies. The need to learn how to work effectively at home, manage distractions, make brain-friendly study notes and work out which study techniques work best for them was again highlighted. Year 10 students are encouraged to review the self-evaluation quiz at the back of their handout to give them an indication of what areas they need to work on.

Parents are encouraged to review and discuss the handout from the session with students and identify practical changes they can make to improve the home study environment and support system.

The Study Skills Tips for Parents website (<http://studyskillstoptipsparents.com/>) provides additional advice for parents needing more information.

Students also attended a session with Rocky Biasi from Human Connections ([www.humanconnections.com.au](http://www.humanconnections.com.au)). The session aimed to help get students into the best mental and emotional state for peak performance. Students were presented with a range of techniques and strategies to help them manage stress and feeling overwhelmed, learn how to refocus on priorities and minimise mental focus on disappointments and set-backs. Techniques for accessing motivation and dealing with procrastination were also covered. The students also constructed a vision for success and implemented core "success" principles by using the 4 step process to set and achieve goals.

All secondary students at our school also have access to a great study skills website to help students develop their skills. Go to [www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au) and enter the username: **forcconly** and the password: **55results** and start improving your results today!

*Mr Adam MacNamara - Leader of Learning Year 10*

**PEER SUPPORT 2015**

*Peer Support* is a peer-led program which aims to foster the mental, social and physical wellbeing of the youngest and newest members of our community. The program ran throughout Term 1 and involved 36 trained Year 10 Peer Support leaders working with groups of 11-12 Year 7 students. These sessions were aimed at providing the Year 7 students with a supportive environment in which to develop their skills, understandings, attitudes and strategies essential to assisting them to adapt to the high school environment.

The program finished on the last week of Term 1 with fun and games and a barbecue. The leaders were acknowledged in front of the whole group and thanked for their generosity of time, leadership and friendship. The loud applause and cheering certainly demonstrated the success of the program!

I would like to take this opportunity to thank and congratulate our hardworking and talented Peer Support leaders for 2015:

**Caitlin Goddard, Leia Townsley, Jasmine Altman, Siobhan McGettigan, Arabella Steele-Allen, Jessica Greniewicz, Amarjit Kang, Ceren Narli, Kiani Denoord, Manisha Narayan, Elizabeth Azzopardi, Madeline Haydon, Nandita Jagota, Teah Whiley, Lillian Neal, Tia Madden, Eliza-May Vickers, Lily Popovich, Lauren Micallef, Savannah Carroll, Sian Johnson, Tiana Watts, Ashleigh Camenzuli, Courtney Barnes, Ashleigh Bridge, Madison Ellul, Georgia Borland, Kara Thompson, Ella Drinkwater, Emily Dillon, Farkhanda Russell, Nadia Abram, Alfi Pant, Eliora Tagudin, Paris Garner and Riley Hayward.**



*What I enjoyed about peer support was seeing the girls' personalities change through the term from the first meeting when they were all shy and quiet to the last when we could hardly control them.*

**Eliza Vickers, Year 10**

*I really enjoyed peer support this year as I got to make friends with people I had never met before. We shared lots of laughs, jokes and many stories.*

**Monique Rice, Year 7**

*My Peer Support experience was great! It is a spectacular way to meet new people, make new friends, to get advice from older students on how to plan and balance between homework, studying, personal time etc. My Peer Support leaders gave great advice that I am definitely going to use. I'm glad we got to participate in the Peer Support program as it has helped me to have a better high school experience.*

**Maddison O'Connor, Year 7**

*During peer support this year I have gained social skills and made some friends along the way. Our peer support leaders have been so supportive as at the beginning of the year I was quite nervous so overall I have majorly enjoyed peer support.*

**Micaela Bettay, Year 7**

*My experience in peer support this year was a great experience with great leaders. I had a great time in peer support as we got heaps of advice about homework managing time and so much more. I also enjoyed peer support as we were able to meet new people and play fun games as well as eating lollies.*

**Nadine Abi-Oula, Year 7**

**Mrs Wendy Merriman - Peer Support Co-ordinator**







# ANZAC DAY MARCH





## FROM THE STUDENT LEADERS

Last term saw the leadership team succeed in the promotion and development of many new initiatives. With a specific focus on fundraising for Project Compassion, the entire school conducted homeroom fundraising activities that contributed to the funds which will pay for seedlings for female farmers in developing countries.

Initiatives involving City of Plenty, Earth Hour and a whole School Easter Egg Hunt allowed the students to give back to the local, global and college community. With donations purely from the Year 12 2015 year group, students were surprised on the last day of term with Easter eggs of all flavours and sizes scattered around the corridors and outside eating areas. A light hearted and festive initiative allowed the Year 12 year group to give back to the college community as their gift to the school for their last ever school Easter. Additionally, the environment committee's earth hour initiative was successful in promoting a greener world and raised funds which were donated to the World Wildlife Foundation, through the selling of glow sticks on the day. Last term, the Student Wellbeing Committee also showcased their leadership abilities when they ran Year 7 games on the oval every Wednesday at lunchtime. This was an opportunity for the Year 7 students to branch out of their comfort zones and form new friendships whilst engaging in a fun activity.

Students have developed their own leadership skills and this has been recognised through many students coming up with proposals for school initiatives and presenting these ideas to both the student leaders and **Mrs Leask**. Whether this be for fundraising or awareness of an issue or event, students are encouraged to continue to develop their leadership skills in taking the initiative to start a proposal.

Generally students would develop their idea and then present it to Mrs Leask, gain approval and then have the initiative happen. However, a stronger connection between the students and student leadership team is what we would like to be developed. Students are now asked to get their proposal form from the front office where they will write their name down to then attend the fortnightly Leaders meeting. After proposing their idea to the committee, a fellow leader can accompany the student when presenting their idea to Mrs Leask.

We encourage and support any student who would like to make a change in the school or propose a new idea to come and speak to their student leaders and with communication and cooperation, the students can improve their College life.

The leadership team are thoroughly excited about their initiatives for this term. There are numerous opportunities for every student to get involved in both house and committee initiatives and we strongly encourage all students to get on board with these activities.

*Written by Samantha Arnold, College Captain, Jennifer McDonald and Sarah Toan, College Vice Captains.*

## PALM SUNDAY WALK

On the 29<sup>th</sup> March, students from Years 10-12 attended the Palm Sunday Youth Celebration in Parramatta. The event brought together a large array of schools, church groups and other members of the public to mark the beginning of the holiest week in the Church's calendar. A crowd of participants gathered in front of Parramatta Town Hall and travelled through Church St. The Parramatta CBD was brought to a grinding halt, with onlookers scattered through the central street to watch the procession of youth and adults alike. Plenty of songs were sung and photos were taken with one rule that had to be followed; if a cameraman came up to you for a photo, you had to share the love and hug someone nearby.



The procession ended at St Patrick's Cathedral and the participants of the Walk celebrated together in a Palm Sunday Mass. Upon the conclusion of the Mass, the launch of World Youth Day 2016 began. Palm Sunday has traditionally been celebrated as the International World Youth Day celebration from 1985 by Saint John Paul II. The event began with a celebratory barbecue, presentation of the Australian trailer for World Youth Day and the announcement of the different pilgrimages for WYD to Krakow, Poland. The experience of participating in the Palm Sunday Youth Walk alongside fellow Caroline Chisholm College students was enlightening and allowed us to connect to our faith on a much deeper level. Connecting with other students and church groups also assisted in this process. The evening itself was entertaining and was a fantastic experience that many other students should participate in.

*Written by Kathleen Sta. Ana*

# 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**

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

## Post-Separation Recovery Program

A series of seven workshops which help you begin to

- deal with intense emotions
- face & accept your changed life-situation,
- attend to your grief,
- learn lessons from the past
- redefine yourself
- forgive and let go
- set new goals & rebuild on a strong foundation

### The Program

Each Session led by trained Facilitators follows a set agenda including Video Input, Personal Reflection, Journaling, Large & Small Group Sharing,

Non Exploitative

Non Directive

Non Judgemental

**Venue:** Presbyterian Church Hall  
150 Macquarie Rd  
Springwood NSW 2777

**Time:** 7.30pm – 9.45 pm  
Including Supper break

**Dates:** Seven Wednesdays  
6<sup>th</sup> May – 17<sup>th</sup> June, 2015

**Fee:** \$80.00



Bookings essential.

Solo Parent Services  
Ph. 02 9933 0205  
soloparentservices@ccss.org.au

CCSS PARRAMATTA DIOCESE  
SOLO PARENT SERVICES - CATHOLIC TRIBUNAL OFFICE

## Understanding the Process of Annulment of a Marriage within the Catholic Church Seminar

**Date:** Tues 05th May 2015

**Time:** 7.30pm – 9.30pm

**Venue:** Mamre House 181 Mamre Rd, Orchard Hills

Marriage breakdown is usually a traumatic experience for all concerned.

The Church reaches out in support of those whose marriage has broken down, while upholding the permanence of a true Christian marriage.

Many separated and divorced people and their families wonder about their status within the Catholic Church, and begin to ask such questions as ...

What is the basis for an annulment?

How does an annulment differ from a divorce?

How long does it take?

Are children of a marriage declared null considered illegitimate?

On this Information Night you will have the opportunity to have these and other such questions clearly answered.

### PRESENTERS

Canon Lawyers

From the  
Catholic Tribunal Office  
Parramatta

### REGISTRATION

Solo Parent Services  
Ph. 9933 0205  
or  
soloparentservices@ccss.org.au



## 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 13<sup>th</sup> May to 17<sup>th</sup> June

**Contact:** Narelle Smith, Family Worker, 0409 986 121 or 4721 8520,

[Narelle@nepeancommunity.org.au](mailto:Narelle@nepeancommunity.org.au)