



CAROLINE CHISHOLM COLLEGE

NEWSLETTER



Term 3 Week 2 Issue 10 2014

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FROM THE PRINCIPAL

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

Following on from the highly successful Parent teacher day at the end of Term 2, Term 3 has begun with great enthusiasm. Parent teacher interviews are such an important part of your daughter's learning as you can be given very clear strategies to help your daughter to improve her learning outcomes. It is a time to see what had been achieved and to work towards further improvement so the support of family is critical.

Students also wrote report reflections – which give them a chance to think about their work to date and to articulate a goal for the coming term. At this stage some of the goals are still too “big” eg “I will do better in English” – too big because it is not specific enough and so runs the risk of not being achieved. During this term, teachers will be working with your daughter to further refine her reflections to develop SMART goals – goals that are Specific, Measurable, Achievable, Realistic and timely – within a time limit eg 5 weeks so that by the end of the year their “bigger goal” may be realised.

On the first day of this term, the staff were involved in the initial steps of articulating a charism for our school. Most catholic schools were founded by a religious order with a particular charism – a charism is the lens through which you view the Good News of Jesus and it does colour the way in which you work and where you put your energies.

We looked at Caroline Chisholm's story and how her commitment to the poor was already manifest in our school, through our extensive social outreach initiatives. More importantly we focused on Caroline's faith and how this was the impetus for her work. We imagined that she would have pondered Mathew's words in Matthew 25:31 - 45: “... for I was hungry and you gave me food, I was thirsty, and you gave me something to drink ... I was a stranger and you welcomed me...” We imagined that she would have reflected on the verse: “Just as you did it to one of the least of those who are members of my family, you did it to me ...”

Fr Robert Riedling Parish Priest Padre Pio Parish Glenmore Park, led us through an analysis of this scripture passage from the perspective of when it was written and how it still applies to us at our college. We were asked to think about who the poor and the hungry are - not just those who are materially poor or literally hungry – what do our young people hunger for in their lives?... and what's our mission as part of the staff of a Catholic school to feed that hunger? The day ended with a staff prepared celebration of the Eucharist. My thanks to **Ms Bernadette Murray** and to **Fr Robert** for their collaboration and preparation for what was a very successful day.

This term, as you know is the final term for Year 12 students. Many students will present major works for examination this term and performance in music and drama also take place this term and we have almost finalised uniform fitting for our soon to be Year 7 students for 2015.

Our first parent listening forum for this term will be on **Monday 11th August at 1.30 pm** and again at 6.00 pm PLEASE note the change of date .We will be in the West Wing. You are most welcome. We will be working together on making communication between home and school more effective.

Website: www.cccglenmorepark.catholic.edu.au

Email: carolinechisholm@parra.catholic.edu.au

Faith Courage Tolerance



My thanks to **Mr Greg King** who acted in my place while I was on leave at the end of last term and to **Ms Debbie White** and **Mr Steven McIlveen** who stepped up to fill other roles at the time. It is indicative of the very capable and professional staff that exists at our school.

During my leave I was fortunate enough to visit Assisi – the place associated with St Francis – the peacemaker.

As a nation we keep in our prayers the family of the victims of the Malaysian Airline shot down over the Ukraine. As Sydney Bishop Comensoli said in his homily at a special mass at St Mary's cathedral "...this is not an accident but the end of a trail of evil..."

We pray with Pope Francis in calling for an end to the hostilities in the Gaza region where the death toll - especially of civilians – is escalating.

We thank God that our nation is blessed with peace.

We pray for peace – a peace that must begin and dwell within each person.

God bless you and your loved ones in the coming weeks.

Mrs Mary Leask
Principal



FROM THE ASSISTANT PRINCIPAL

Year 10 and 11 Dinner Dance

Next Tuesday, 29 July, Year 10 and 11 girls will be attending the annual Dinner Dance at St Dominic's College. This has been a most successful evening for the past few years. Tickets are on sale at lunchtime this week. As there is catering involved, tickets will not be sold at the door and must be bought this week so we can confirm numbers with St Dominic's. Students are asked to dress appropriately to the nature of this event. It's an opportunity for students from both schools to dress up a little. This has been very well done by students in past years. Students are reminded that they still need to abide by the guidelines for non-uniform activities which can be found on the college website or they can check with their Year Leader. Numbers need to be finalised by this Friday morning.

Blazers

Generally, I have been pleased with the way students have been wearing their uniform at the start of this term. Students are reminded that it is still compulsory to wear the college blazer to and from school each day (other than sport uniform days).

"Doing the Right Thing Awards"

Students who help with clean up and litter are eligible for a "Doing the Right Thing Award". Congratulations to **Isabella Morlin** (7 Wright), **Rachelle Ellis** (7 MacKillop), **Shannon Bailie** (7 MacKillop) and **Emily Perring** (9 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 handed in over the last fortnight: **Agau Madit Biar Kuek** (8 Kenny), **Hannah Macinante** (8 Wright) and **Shayley Hackenberg** (12 Jackson),

Mr Greg King - Assistant Principal



FROM THE LEADER OF INNOVATION & LEARNING IMPROVEMENT

Year 12 Trial HSC Exams

Our Year 12 students will commence their Trial HSC Examinations this coming Monday 28th July. It is important that all students use any free time in their timetable to study diligently and prepare to the best of their ability.

A few reminders about exam procedures:

- All morning exams commence at 8.30am. All afternoon exams commence at 12.30pm. Students need to be at school **at least 20 minutes** before the listed starting time of all exams. Full school uniform is to be worn.
- If you are sick or some other serious misadventure occurs, you **MUST** call the school and inform Miss White of the absence. A **doctor's certificate** or other documentation proving misadventure will need to be brought in on the day you return. An illness/misadventure form must also be completed. Failure to do this on the day of return will result in a zero mark being awarded. Any exam that has been missed will need to be completed at the next available timeslot.
- **No mobile phones** are permitted in the exam room. If you bring your phone you must secure it in your locker or at the front office.

We wish every student all the very best as they prepare and complete these important assessments.

Subject Selection Interviews (Year 11, 2015)

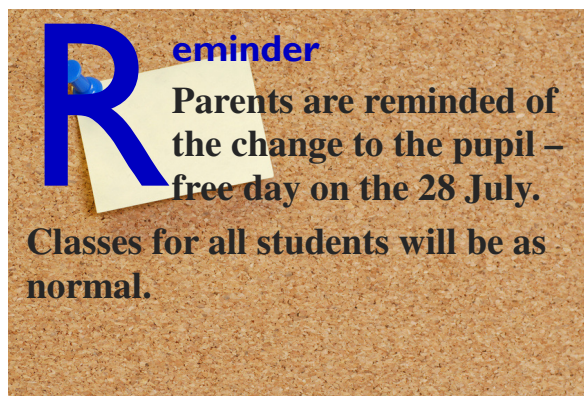
All Year 10 students and their parents will be involved with the Subject Selection Interviews to discuss final study choices for 2015 on **Tuesday 5th August**. An email containing information about the day and how to book an interview time will be sent out shortly. This will be an opportunity for you and your daughter to discuss their future pathway with an experienced member of staff so that the best possible subject choices are made. All students will receive the final subject lines at the end of next week so they can be best prepared for the interview.

Elective Study Choices (Year 9, 2015)

Next Thursday, students in Year 8 will hear a presentation about elective choices for 2015. An electronic copy of the Elective Subject Handbook will be uploaded onto Moodle at this time and I ask that parents and students consult this together before making final selections. This is an exciting time for our Year 8 students as they start to make serious decisions about their path of study for Stage 5 of their education. The final choices will be made online and an email outlining how to do this will also be sent out next Thursday. If Year 8 Parents have any questions about this aspect of their daughter's learning, please feel free to contact me at the College.

We wish all our students well as they discern which pattern of study to undertake.

Mr Stephen Casni - Leader of Innovation & Learning Improvement





RELAXATION AND MEDITATION MADE EASY

For decades we've been hearing about the wide range of benefits of practicing relaxation, meditation and mindfulness. Some of these include lowered heart rate, blood pressure and cortisol levels (stress hormone), improved sleeping patterns, strengthened immune system, and an improved capacity to focus, sustain attention, regulate emotions and manage stress. These benefits of relaxation are not just felt by those who may be experiencing difficulty with a mental health issue, but rather can benefit everyone. Relaxation could be thought of as a 'vaccination' for everyday stressors. This article outlines some relaxation techniques and strategies so that we all get the opportunity to benefit from relaxation outcomes. The following is a short list of different strategies and techniques so that you have a 'toolkit'

of go to strategies and are able to try different things until you find one that suits you. These are not intended to replace or substitute for appropriate intervention and treatment where necessary.

Progressive muscle relaxation (PMR):

This is an exercise that involves tensing and releasing each muscle group one by one, feeling the muscle relax as you release the tension, whilst breathing evenly throughout the exercise. This exercise is particularly useful for insomnia sufferers as it can be easily practiced while lying in bed trying to fall asleep. Fact sheet: https://au.reachout.com/~media/pdf/mental%20fitness/reachout_a4factsheet_relaxationtrainingprogressivemusclerelaxation.ashx

Breathing exercise:

Sit comfortably. Tune into your breath, follow the sensation of inhaling from your nose to abdomen and exhaling out again. Let tension go with each exhalation. When you notice your mind wandering (and it will), return to your breath. Try to sit focused on your breathing for a minimum of 10 minutes.

MP3 guided breathing exercise: http://sydney.edu.au/current_students/counselling/download-docs/breathing-exercises.mp3

Guided imagery:

Use your imagination to visualise a relaxing scene, experiencing the situation with all of your senses (what you see, smell, hear etc). Allow your other thoughts to float by, observing them, but not engaging with them. MP3 guided imagery: http://sydney.edu.au/current_students/counselling/download-docs/visualization-for-relaxation.mp3

Mindfulness:

This is a form of self-awareness adapted from Buddhist mediation practices. It focuses on being in the present moment and accepting things for what they are (non-judgementally). Mindfulness can be practiced in the most everyday and routine of our activities such as eating, showering, listening to music or walking. MP3 guided mindfulness: http://www.uws.edu.au/_data/assets/file/0007/169801/Mindfulness_Relaxation_Exercise_8_mins_-_MP3.mp3

For more MP3 guided relaxation exercises refer to:

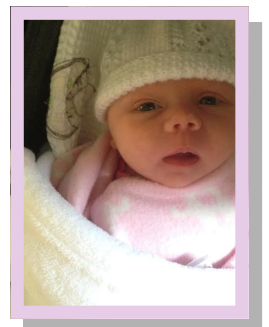
http://www.uws.edu.au/currentstudents/current_students/services_and_facilities/counselling_services/stress_and_your_wellbeing/relaxation_recordings

There are many more forms of relaxation, and a wide variety of podcasts, Youtube videos and apps, which you may find helpful. For any further information please don't hesitate to contact me at jaustin4@parra.catholic.edu.au

Mrs Jessica Austin - School Counsellor



Congratulations to Mrs Vicki Dodson and her husband Nick on the birth of their first child, Layla born on 2 July 2014.



PDSSSC SOCCER GALA DAY

On Monday 23rd June the Under 15s Caroline Chisholm soccer team competed in the PDSSSC Soccer Gala Day at Jamison Park. We played two games in our Pool A group. In our first game we came up against Cerdon where we couldn't find the back of the net and lost 1-0. Unfortunately we also lost the second round 2-0 to a very strong McCarthy team. Due to this we didn't go through to the semi finals but played against the other third placing teams. In our third game, against St Marks, we put two goals away to win 2-0 and we got better from there. In our fourth game we faced St Clare's and won 4-0 with an impressive hat trick from **Rheannon Cleghorn**.



Thank you and well done to all the girls for their efforts. A big thank you to **Mr McIlveen** for the time and effort he put into picking and training our team with the help of **Tanya Borazio** as well as to the parents there on the day for their support.

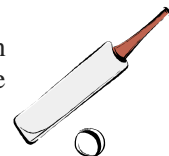
Written by Isabella La Malfa - Captain



SPORTING ACHIEVEMENTS

Lauren Dahl recently swam at the Metropolitan Swimming Championships. She came first in the 50 metres women's backstroke. She also swam a PB in this event, with a time of 29.24. Congratulations on your success **Lauren**.

Samantha Arnold recently represented Australia in the U18's Girls OZTAG side in June and her team won the competition. **Samantha** is also part of the NSW U20's Women's Indoor Cricket side playing at the Australian Open Championships in Victoria this week, we wish her the best of luck.



Archery Success

Chloe Young of Year 8 recently competed at the Australian Indoor Archery Championships. She achieved 2nd in NSW and placed 3rd in Australia.

Chloe shot an impressive 1020/1200 basically shooting at a "10" ring the size of a 5 cent piece at 18 meters.

She is now working hard to prepare for the Australian Youth Championships to be held at Penrith in April 2015 where Chloe will compete against Australia's best juniors at outdoor archery.

Congratulations Chloe, what a great achievement.

Miss Jessica Camilleri - Sports Coordinator



NEWS FROM THE LIBRARY



Welcome back to Term 3. All the Library and IT staff are here to help meet your resource and learning needs. Feel free to come and ask us any questions or for help. The Libraries of today are a little different from

those we grew up with. They are no longer silent, but vibrant work spaces where learning occurs in many ways. The Reading Room in the Library is now designated as a silent work space where students can work individually or read without interruption.

All students received an email reminding them of procedures for booking and use of Library Spaces. Please read this and use it to guide you when you wish to book a place to work. It's a good time to remember to keep your print credits topped up before you have assignments due. To do this, bring \$5 to the desk, fill in an envelope with your details and we'll organise that for you. When borrowing items, you are responsible for their care and return in good condition. Damaged books and equipment will need to be replaced.



Congratulations to **Rebecca Borg**, **Angel Jojo** and **Madelyn Kroon** who have recently completed the Premier's Reading Challenge. Also, well done to **Elizabeth Ajopour**, **Lily-Rose Saliba**, **Alina Wakeling** and **Chloe Douglas** who are over halfway through reading the required number of books. Remember, all students who are participating in the Challenge must have the books they have read entered online by 22nd August.

Students can also enter the MS Read-a-thon if they are interested, and are allowed to use the same books as read for the PRC. Check out this link for more details. msreadathon.org.au

Mrs Teresa O'Keefe - Teacher Librarian

DIARY DATES

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

Tuesday 22	PDSSSC Netball Gala Day Year 8 Japanese Language Day
Wednesday 23	HSC Drama Showcase - 6.30 pm
Friday 25	Year 12 Study Day Year 11 Christian Churches Excursion Year 10 Reflection Day - Mt Schoenstatt Year 9 Reflection Day - Lutunda Yarramundi Year 8 Reflection Day - School Year 7 Reflection Day - School
Monday 28	HSC Trial Examinations - AM - English Standard and Advanced Paper 1 PM - Music 1 and VET Retail
Tuesday 29	HSC Trial Examinations AM - English Standard and Advanced Paper 2 PM - Drama 2014 ICAS English Skills Exams Years 10, 11 and 12 Dinner Dance at St Dominic's
Wednesday 30	HSC Trial Examinations AM - Visual Arts and Legal Studies PM - Textiles & Design and Agriculture Year 7 Sydney Wildlife Display Incursion
Thursday 31	HSC Trial Examinations AM - Mathematics PM - Business Studies and Entertainment Elective Study Choices Year 9 (2015)
Friday 1	HSC Trial Examinations AM - Chemistry PM - Ancient History, Software Design & Development Year 7 Archibald Prize Art Gallery of NSW Excursion
Tuesday 5	Subject Selection Interviews Year 11 (2015)