



# CAROLINE CHISHOLM COLLEGE

## NEWSLETTER



Term 2 Week 4 Issue 7 2014

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### FROM THE PRINCIPAL

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



I have just finished reading the reports for each girl in Year 11. I have been impressed not just by what they have already achieved in their Stage 6 studies but by the way in which they are purposefully directing their learning. Many staff have complimented them for submitting drafts prior to a due date and for taking on board the feedback provided to improve their final submission. Some teachers have complimented them on the way in which the students participate actively in class discussions as a way to clarify their own understanding and often generating curiosity and greater interest within the class. I was also impressed by the number of students who were complimented for their focus and determination to do well.

In speaking with the girls last week I encouraged them to think about feedback about their learning as something that leads them forward – that is feedback to feed forward. It should form the basis of their specific and action focused goal setting in the coming months. So the goal goes from being too broad, for example “I am going to improve in Maths” to “I need to improve my ability to solve word problems in Maths SO my plan will be to ask my teacher for extra word problems and complete at least two per week seeking feedback if I get stuck”.

Last week I hosted two parent listening forums. I wanted to be able to listen to parents around three core questions- What is going well at the College? What things could we be doing better? and How as parents, would you like to be involved in the life of the college? The forum provided some excellent feedback. There was great enthusiasm from the parents present about wanting to become more involved in the learning of their daughter. Another forum is being planned for next term and the topic we will be covering will be communication:

How do we communicate what's important to each other? What are the processes and how can we make them even better?

### DWF – faith @work

Within this newsletter you will find a letter about the Diocesan Works Fund and their faith@work appeal. Usually this is an appeal made through our parishes during the course of the year, but as is explained the need becomes greater and greater each year to support the works of the fund. I commend the letter to you. On Monday 26 May your daughter will bring home an appeal envelope for your consideration. All envelopes will need to be returned to school by Friday 30 May. Many thanks for your generosity.

Great news! We congratulate the Tamer family, **Marina** (Year 12), **Mireille** (Year 10) and **Rita** (Year 7) on the recent arrival of Daniella.

May you feel the unconditional love of God in your life during the coming week.

God bless,

**Mrs Mary Leask**  
**Principal**



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**Faith Courage Tolerance**



## YEAR 11 SEMESTER 1 PRINCIPAL'S AWARD

The College Principal's Award is given to students who have achieved considerable excellence in one or more 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 11.

Antonia Aguilera Campusano	Tayla Hui	Sarah Ruddick
Anam Ahmed	Ebony Humphrey	Melanie Ruse
Komal Ahmed	Jodi Izzett	Ashleigh Ryan
Katrina Aldama	Alecia John	Kiara Sams
Emily Allen	Katelyn Jones	Angela Sangalang
Samantha Arnold	Simran Kang	Samantha Santiago
Caitlin Bailey	Eileen Kenny	Chloe Sheridan
Alyce Baldacchino	Olivia Kohlenberg	Taylah Sherlock
Elizabeth Banicek	Bianca Kraljevic	Claire Shirvington
Daniela Ceccattini	Kathryn Kroon	Emily Smith
Nicole Chandra	Rohini Kumari	Jordan Sookee
Michaela Clarke	Aprill Manders	Emma Steltenpool
Allana Connelly	Jennifer McDonald	Lani Stone
Jessica Cortis	Shae McLaughlin	Tazmaine Sultana
Madeline Cortis	Chloe McLeod	Georgina Sutcliffe
Anne Marie Cremona	Dayna Moore	Cassandra Swat
Erica D'Mello	Caitlin Morgan	Brooke Tavares
Lauren Dahl	Sophie Morrison	Lauren Tawadros
Clare Devlin	Jasmine Neal	Grace Tehan
Emma Di Cristoforo	Chloe Neilly	Alana Thomas
Naomi Felton	Jennifer Neilsen	Starr Thomas
Rachel Freeburn	Kelsey Neumann	Ashlee Thompson
Victoria Fryer	Maddie O'Connor	Rachel Thomson
Madisyn Gale	Tysha Parashko	Emma Thornton
Emily Gilmore	Rhiannon Philp	Sarah Toan
Anya Govender	Bridget Quigley	Ria Varghese
Sarah Halicek	Rebecca Racz	Hannah Vella
Eliza Harris	Paris Reedy	Roisin Ward
Sydney Harris	Tasha Reynolds	Michelle Xerri
Victoria Henry	Sarah Richter	
Maddison Horne	Layla Rizk	



## FROM THE ASSISTANT PRINCIPAL

### Wearing of Blazers

Thank you to all the girls who have been turning up so smartly in their blazers and stockings. They look very impressive and are wearing the uniform well. They are great ambassadors for the college in the local area. Students are expected to wear the blazer to and from school each day. They can wear a jumper under the blazer and can remove the blazer at school if they wish but it must be worn from leaving home to entering the school grounds and the opposite on the way home.

At this stage, all students who do not currently own a blazer should have made contact with their Year Leaders to sort out arrangements for purchasing one. Students who have not spoken to their Year Leader and are not wearing blazers will receive diary warnings for being out of uniform. The uniform shop is open Thursdays from 2.00 - 3.30 pm and Tuesdays from 8.00 - 10.30 am. Stockings can be purchased at any time from the student office for \$9.

As of today, 9 junior and 5 senior blazers in a range of sizes are available through the second-hand site on the webpage (accessed from the uniform section of the college website). From the site you make direct contact with the seller to arrange purchasing and transfer of payment and purchases.

### “Doing the Right Thing Awards”

Students who provide service to the college for a variety of reasons are eligible for a “Doing the Right Thing Award”. Congratulations to **Sophie Connell** (7 Gilmore), **Alexia Nicholopolous** (7 Gilmore), **Tara Lawson** (9 Gilmore) and **Marina Tamer** (12 MacKillop) 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: **Kestra Catley-Bond** (7 Macarthur) and **Chelsea Skrypka** (7 Macarthur)

*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

Thursday 22	Year 10 Examinations Year 11 Reflection Day Year 7 Sydney Symphony Concert Excursion
Friday 23	Year 10 Examinations Year 12 Standard English Figtree Theatre Excursion
Monday 26	Year 9 Visual Arts and Year 11 Photo & Digital Media Cockatoo Island Excursion Year 11 (2015) Information Evening - 6.30 pm
Tuesday 27	Year 11 (2015) Subject Information Day
Friday 30	Caroline Chisholm 40th Anniversary Mass
Tuesday 3	Year 12 Reflection Day Year 11 Aboriginal Spirituality Incursion



## ENGAGING ADOLESCENTS™ PARENT COURSE

Parenting skills for resolving teenage behaviour problems

A **three-session** program for parents and carers at the  
Western Area Adolescent Team (WAAT)  
Burton Close, Mount Druitt, NSW 2770

**Monday 10:30am till 12:30pm:**  
7<sup>th</sup> of July, 14<sup>th</sup> of July, & the 21<sup>st</sup> of July  
(must attend all 3 sessions)

#### Things you will learn:

- ✓ Things parents have in common
- ✓ New understandings of your teenager and what to expect from them
- ✓ Know how to talk and make decisions with your teenager
- ✓ Building relationship with your teenager
- ✓ Skills for tough conversations for handling those problems you just can't ignore

#### Registration Fee

This course is free

Afternoon Tea included.

To register for this course, contact Sarah-Jane at WAAT on 9881-1230 by the Wednesday the 30<sup>th</sup> of June

#### What parents have said...

A step dad recalled an incident at the weekend with his 12 year old step daughter. He said that the input he had received the previous week from the course helped him keep his cool and brought a more favourable outcome.

A single Mum who had presented as quite anxious on the first night told the group in week 2 that she had made an appointment with her 15 year old son during the week and had

had a far more favourable discussion with him than would previously have been the case.

#### Who's running it?

Sarah-Jane, and Paula will be facilitating. They have completed Parentshop's Engaging Adolescents training.

For more information contact Sarah-Jane on 9881-1230



• An end to the arguing and yelling! • It saved our lives • Simple, sane, effective •



## FROM THE LEADER OF RELIGIOUS EDUCATION

In **Year 8 Religious Education** classes students are currently learning about The Beatitudes, the Commandment of Love and The Golden Rule, fundamental teachings of Christ that instruct us on how we should treat one another.

### The Beatitudes

These statements are at the core of Jesus' teaching. They describe the way each Christian person is called to act and the rewards that they will be given as a consequence. They are an integral part of what is known as the Sermon on the Mount. They are:

Blessed are the poor in spirit, for theirs is the kingdom of heaven.  
Blessed are the meek, for they shall possess the earth.  
Blessed are they who mourn, for they shall be comforted.  
Blessed are they who hunger and thirst for justice, for they shall be satisfied.  
Blessed are the merciful, for they shall obtain mercy.  
Blessed are the clean of heart, for they shall see God.  
Blessed are the peacemakers, for they shall be called children of God.  
Blessed are they who suffer persecution for justice' sake, for theirs is the kingdom of heaven.  
Blessed are you when men reproach you, and persecute you, and speaking falsely, say all manner of evil against you, for My sake.  
Mt 5:3-12

Jesus showed special concern for the poor. In Mt 25:34-40 he outlines the various ways in which his followers could obtain grace and ultimately, salvation and eternal life. He stated that **"just as you did it to one of the least of these who are members of my family, you did it to me"**. These actions and practices are often referred to as the **Corporal Works of Mercy**. This means that they are Christian acts of charity for the physical or bodily needs of others. The Corporal Works of Mercy are:

- To feed the hungry;
- To give drink to the thirsty;
- To clothe the naked;
- To shelter the homeless;
- To visit the sick;
- To ransom the captive;
- To help give dignified burial to the dead.

### The Commandment of Love (Mt 22:37-40, Mk 12:28-34).

**"You shall love the Lord your God with all your heart, and with all your soul, and with all your mind"** - this is the great and foremost commandment, and there is a second like it, **"You shall love your neighbour as yourself"**. The whole Law and Prophets hang on these two commands".

### Golden Rule (Matt. 7:12; Luke 6:31)

**"Do unto others what you would have them do unto you"**

### Social Justice

The Catechism of the Catholic Church clearly outlines our Christian responsibility to our neighbour. Our neighbour is not just the person who lives next door. They are our fellow human beings... the people in both our local and our global communities. They include the poor, the needy, the homeless, the disabled, the widows and orphans, the sick, the elderly, the refugees, the lonely etc.

**"The duty of making oneself a neighbour to others and actively serving them becomes even more urgent when it involves the disadvantaged, in whatever area this may be. "As you did it to one of the least of these my brethren, you did it to me." CCC 1932**

**"This same duty extends to those who think or act differently from us. The teaching of Christ goes so far as to require the forgiveness of offenses. He extends the commandment of love, which is that of the New Law, to all enemies.<sup>39</sup> Liberation in the spirit of the Gospel is incompatible with hatred of one's enemy as a person, but not with hatred of the evil that he does as an enemy." CCC1933**



The United Nations also clearly identifies the importance of each of us taking social responsibility for others.

*Social justice is an underlying principle for peaceful and prosperous coexistence within and among nations. We uphold the principles of social justice when we promote gender equality or the rights of indigenous peoples and migrants. We advance social justice when we remove barriers that people face because of gender, age, race, ethnicity, religion, culture or disability.* <http://www.un.org>

Here at Caroline Chisholm College we encourage all members of our community to become actively engaged in social justice activities. A few of the initiatives that have occurred this term include:

#### **Aged Care Visitation**

Each week students from Year 10 volunteer to go to Nepean Food Services to assist in a program they run for elderly residents from the Nepean District. The students spend time talking to the elderly, playing games such as dominoes, bingo and uno as well as assisting in the distribution of morning tea.

#### **Mamre Activities Day**

This year students from Year 9 and Year 10 have been assisting at Mamre Puppetry experience and Mamre Magic Fun Days working with people with a disability. The students' role is to join in the activities as buddies so that the people with a disability have models to follow in the activity. The participants with a disability include people of varied ages with a range of disabilities with most having some level of intellectual disability.

#### **Vinnies Van**

Staff and students are participating in the St Vincent de Paul initiative, Vinnies Van. This involves them going to the site at Merrylands, making sandwiches and preparing necessary items for the making of hot drinks and snacks, loading the van and taking the van out to the homeless at sites in both Penrith and Parramatta. At both venues the staff and students distribute food and hot drinks and engage in conversation with the homeless men and women attending the van that evening. This is an evening activity which commences around 7pm and finished around 11pm. On cold nights the clients of the Vinnies Van really appreciate their efforts.

#### **"Biggest Morning Tea" For the Cancer Council**

Students from Year 11 and 12 are hosting a "Biggest Morning Tea" event on Friday 30<sup>th</sup> May as part of our celebration of "40 years of Girls Education at Caroline Chisholm College". This initiative will be another example of ways in which we can "give back" to the community and make a difference in other peoples lives.

#### **Winter Appeal**

Our social justice committee launched their winter appeal this term on behalf of the St Vincent de Paul. This initiative aims to collect personal hygiene items for the many needy clients of St Vincent de Paul in the Penrith region. We aim to collect soap, hand sanitising lotion, sanitary pads, toothpaste, toothbrushes, combs, tissues and wipes to make into toiletry packs for distribution through the St Vincent de Paul.

#### **House initiatives**

Also launched this term are our House social justice initiatives. These are:

<b>Gilmore</b>	Mamre (assisting initiatives with disabled persons, refugees)
<b>Jackson</b>	Congo Aid (assisting a school and associated orphanage in the Congo)
<b>Kenny</b>	Penrith Domestic Violence Hostel (C/O St Vincent de Paul)
<b>Macarthur</b>	Jesuit Refugee Service of Columbian Mission Institute
<b>MacKillop</b>	The Sisters of St Joseph
<b>Wright</b>	National Breast Cancer Foundation

Students in each house will be involved throughout the year in activities that raise awareness of some of the issues faced by people in our society and promote the work of their allocated charity either through advocacy and/or fundraising.

In addition, students from Year 11 recently volunteered their time on Sunday 18<sup>th</sup> May to do face painting as an activity at the St Mary MacKillop School Fete.

Congratulations to all those who so generously give of their time for the benefit of others in any way. Thank you and well done.

**Ms Bernadette Murray - Leader of Religious Education**











## USEFUL APPS TO ENHANCE MENTAL HEALTH AND WELLBEING

Technology has transformed many aspects of our day-to-day lives, in particular education, information gathering and also socialising. However technology has also influenced the field of mental health and wellbeing, in particular through the use of apps on smart phones and tablets to gain information, learn strategies, and monitor.

While there are an abundance of apps available in this field I will outline a few of the most relevant for Australian young people. I hope that you take a moment to have a look at some of these apps, and see which ones may be suitable or helpful for someone in your family.

These suggestions are not intended to replace or substitute for appropriate intervention and treatment where necessary. In addition, they may not meet the needs of every user, hence the options provided with regard to meditation and mindfulness opportunities.

<b>Breathe 2 Relax</b> Price: FREE	This is a portable stress management tool, which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill of diaphragmatic breathing. Breathing exercises have been documented to decrease the body's 'fight-or-flight' (stress) response and help with mood stabilisation, anger control and anxiety management.
<b>MyCalmBeat</b> Price: FREE 	A Brain Exercise by MyBrainSolutions.com that helps improve your ability to manage stress through slow breathing. Your breathing rate affects your heart rate patterns, which affects how your brain deals with stress. And all these processes are tightly interconnected. While it's difficult to directly control your heart rate, or your brain function, you can control your breathing rate.
<b>Smiling Mind</b> Price: FREE 	Smiling Mind is modern meditation for young people. It's a simple tool that gives a sense of calm, clarity and contentment. It has been developed by a team of psychologists, with expertise in youth and adolescent therapy, Mindfulness Meditation and web-based wellness programs. In recent years, Mindfulness Meditation has surged in popularity for use in the treatment of stress, resilience, anxiety, depression and other physical and mental illnesses.
<b>Deep Sleep</b> Price: \$3.79 	This application is a guided meditation intended to help you overcome insomnia and get to sleep.
<b>Headspace</b> Price: FREE 	Headspace is a meditation app that contains bite-sized techniques to help you sleep better, focus more and get some relief from a busy mind.
<b>Unstuck</b> Price: FREE 	This is a problem-solving app for adolescents. It conceptualises the problems in our lives as feeling 'stuck'. It aims to help the user to be aware of how they are feeling, thinking and doing. It then analyses the data and generates possible solutions. Tends to be more suited to older adolescents.

Appreciate a Mate Price: FREE 	Appreciate a Mate lets you create beautiful inspirational quotes and share them via Instagram, Tumblr, Facebook, Twitter or however you like. Appreciate a Mate is a fun app that instantly generates messages of appreciation. A fabulous way for young people to share positivity.
Happify Price: Free 	Boost your happiness and feel better about your life: Developed with leading scientists, Happify empowers you to live a happier, more fulfilling life through a set of personalized activities based on research from psychologists and neuroscientists.
Talking Anxiety Price: \$2.99 	This app aims to help you to learn to manage anxiety. It includes videos, a comprehensive range of topics, quizzes to test your own progress, and an optional Daily Tip sent to your iPad or iPhone. Produced by RealTime Health in association with mental health charity SANE Australia.

*Mrs Jessica Austin - School Counsellor*



### CONGRATULATIONS LAUREN!!

Lauren Dahl, of Year 11, competed in the NSW All Schools Swimming carnival on Monday 5<sup>th</sup> May.

She placed 3<sup>rd</sup> in the 100m backstroke, with a time of 1.07.08.

Congratulations on your achievements Lauren!!

*Miss Jessica Camilleri – Sport Coordinator*



### PDSSSC CROSS COUNTRY

On the 9<sup>th</sup> May 2014, 24 Caroline Chisholm students made the journey up to St Columbas' at Springwood to compete in the PDSSSC Cross Country Carnival. The mountainous track proved very challenging on the day as it was mountainous and a little rocky in places. However, all of the girls competed extremely well and represented the College with great pride.

The following girls represented our College at the Carnival: **Nikita Benton, Bianca Kramer, Stephanie Scott, Monique Quirk, Alexia Nicholopoalos, Georgia Wood, Rachael Joy, Ashley O'Malley, Abbey Tricot, Keeley McCahon, Isabella La Malfa, Rachel Thomson, Brodie Deigan, Louise Bartolo, Atheen Mapooth, Siobhan Hamilton, Samantha Arnold, Emma Steltenpool, Emily Kraljevic, Cristin Warda, Megan Cottilli, Aman Chol, Abbey Lee and Marina Tamer.**

Thankyou to the parents and supporters who attended on the day. I look forward to continued success next year in the 2015 PDSSSC Cross Country.

*Mr Stephen McIlveen - PDHPE teacher*





## Diocesan Works Fund Appeal - May 2014

### Gift Envelopes

During the month of May, we will be joining all schools and parishes in the Diocese of Parramatta to help support the Diocesan Works Fund. Over the coming weeks we will learn about some of the ministries and people it supports. Also known as *faith @work* this fund reaches out to people in our local church that are not supported by regular parish contributions.

On Monday 26 we will send out envelopes and letter to parents about the Appeal.

Bishop Anthony Fisher has written his letter on the back of the Giving Envelope to you and other members of the Catholic community across Western Sydney to ask for everyone's support. Please give through the school envelope if you have not done so at the parish appeal.

The *faith@work* appeal gives us the opportunity to act together as one Church family to support ministries and services that no individual parish or school can offer. Of particular interest is Blacktown Neighbour Aid service, which assists the frail, aged, people with a disability and their carers in our community; and the Confraternity of Christian Doctrine (CCD) which trains religious education teachers who give witness to their faith in public schools in Western Sydney.

Your contribution enables services such as Blacktown Neighbour Aid, CCD and Catherine Villa (supporting homeless women aged 16-25) to reach out to more people in need.

Over the coming weeks, as we will learn more about the important contribution we make as a Church, I encourage you to consider your support.

### Did you know?

Did you know that CatholicCare responds to more than 20,000 calls for help each year? Many request relationship or gambling counselling or are dealing with a disability, mental ill health or ageing.

Did you know that DWF supports the 14 seminarians in training and more that 1000 Catechists working in state schools in Western Sydney?

Did you know that DWF supports Youth ministry and Faith Education in Western Sydney too!

Your donations either through school or your parish will be put to good work!

## GRACE'S STORY



Grace went to a primary public school in the Blue Mountains and looked forward each week to the religion class on Tuesday morning.

When she went on to a Catholic High School and in Year 11 Grace was invited to be a catechist in the local public school once a fortnight. Grace remembered her early years and volunteered to be trained as a Special Religious Educator. Grace deepened her faith through the sacraments, study, fellowship and leadership development and found that this assisted her in her teaching.

Grace went on to University to train as a school teacher and reflected on the valuable experience as a catechist. She now has the confidence and skills to live out her faith, and is excited about what people her age can do to help make the world a better place.

Your gift to the Diocesan Works Fund will make a big difference to other young people like Grace and older SRE teachers working in public schools as part of Catholic Catechists (CCD)

**Please show you care about sharing faith with children in public schools with a gift using the DWF envelope or**

**Visit [www.parra.catholic.org.au](http://www.parra.catholic.org.au) to show your support.**

## TIM'S STORY (CATHOLICCARE)



Tim is a 19 year old university student. He enjoyed a close relationship to his own grandfather who passed away two years ago and always encouraged him to "better himself". Tim decided to look into the **Blacktown Neighbour Aid** and became a friend to Norman. Norman is a 70 year old widower, who lives alone.

Although he has a daughter, her work and young family mean he sees her rarely, so Norman looks forward to his fortnightly visit and cup of tea with Tim.

"It's wonderful that he visits me. It gives me companionship" says Norman. "We enjoy each other's company" says Tim and "It gives me a really good feeling, I think my grandfather would be proud".

Blacktown Neighbour Aid is run by CatholicCare Social Services and has existed for around 20 years. They currently have around 70 clients and 30 volunteers but they would like to double their client base and triple their volunteers.

Your gift to the Diocesan Works Fund will make a difference to the life of Norman and thousands more who participate in the programs and services offered by the Church's social outreach agency, CatholicCare Social Services. It is faith at Work!

**Please show you care with a gift to the Diocesan Works Fund.**

CatholicCare makes a critical difference in the lives of for tens of thousands of women, men and children across Western Sydney through practical and compassionate support to the elderly, unemployed, bereaved, homeless, people living with disabilities and mental illness, young people and families in crises. **Donate via the gift envelope or on line via [www.parra.catholic.org.au](http://www.parra.catholic.org.au)**

**ATHLETICS CARNIVAL**

On Monday 28<sup>th</sup> April Caroline Chisholm College held its annual Athletics Carnival at Blacktown Olympic Park. The weather conditions were outstanding throughout the course of the day. This allowed all students to partake in all activities and give it their best go.

The early events commenced in the early morning as usual. Multiple students were brave enough to compete in the 200m, 400m and 1500m running events. Later on, students arrived on the buses bringing with them a whole lot of colour, costumes and positive attitudes for the day ahead.

Both Year 9 and 10 PASS students assisted with catering, timekeeping, and collecting of results all throughout the day. Many members of staff took part in running and supervising events, which led to the successful outcome of the day. All members of the CCC community are to be congratulated for their effort and participation.

**Mr MacNamara** did a superb job in keeping the carnival entertaining and keeping students high on house spirit. Due to his spontaneous taste in music, students were able to break out their dance moves and compete with the other houses for points. All participants of the carnival were kept up to date with house points and the leading scores due to the organised and committed efforts of the staff in the recorder's box. The enthusiastic house leaders are to be congratulated for their efforts in encouraging the members of their house to fill the park with uplifting chants contributing to the spectacular energy shown by students through the day.

A huge congratulations goes out to Kenny who were the overall winners of the Athletics Carnival for 2014. With a huge score of 1018 they smashed their last year's score of 793 points.

The day was concluded with the very exciting relay races. All six houses took the track in a 4 x 100m relay event. Competitors in this event included the junior, intermediate and senior students.

Year 12 house leaders should be very proud of their efforts in leading the carnival prior to and during the carnival. Without their enthusiasm and inspiration the atmosphere would not have been as powerful as it was. Congratulations for making it one of the best athletics carnivals for themselves and the college.

Overall, everyone should be proud of their participation throughout the day. Without the cooperation of staff members and peers working together the day would not have run as smoothly as it did. A great sense of community was displayed throughout the day and was on show for the parents and families who came and visited. Thank you to everyone including students, teachers and parent helpers for your efforts on the day of the carnival.

**Age Champions of the day****12 years**

1<sup>st</sup>: Renee Taylor  
2<sup>nd</sup>: Kiera Wall  
3<sup>rd</sup>: Pheobe Burgin

**14 years**

1<sup>st</sup>: Georgia Wood  
2<sup>nd</sup>: Kailey Rushton  
3<sup>rd</sup>: Jessica Williams

**16 years**

1<sup>st</sup>: Melanie Ruse  
2<sup>nd</sup>: Kayla Zakrajcek  
3<sup>rd</sup>: Cassandra Swat

**13 years**

1<sup>st</sup>: Monique Quirk  
2<sup>nd</sup>: Emma Ward  
3<sup>rd</sup>: Hannah Norrie

**15 years**

1<sup>st</sup>: Tanya Borazio  
2<sup>nd</sup>: Emily Perring  
2<sup>nd</sup>: Keeley McCahon  
3<sup>rd</sup>: Ashleigh Whitbread  
3<sup>rd</sup>: Casey O'Sullivan

**17+ years**

1<sup>st</sup>: Emma Steltenpool  
2<sup>nd</sup>: Chloe Neilly  
3<sup>rd</sup>: Samantha Arnold  
3<sup>rd</sup>: Shannon Lobo

*Written by Claire Pletkan and Gabby Patchell - Year 10 PASS*



# *Athletics Carnival*



**NEWS FROM THE LIBRARY**

**NSW Premier's Reading Challenge** - 6 students are over half way through the Premier's Reading Challenge and have recently received merit awards for their efforts. Congratulations to **Shannon Bailie, Rebecca Borg, Eilis Scott, Catherine Hedger, Kenya Martin** and **Tatum McKee**. I would love to see more students reaching this milestone and heading for the finish.

With exams approaching, here are some tips to get you started. Remember we are always here in the Library to help you.

*Mrs O'Keeffe - Teacher Librarian*

**TEN TIPS - STUDYING**

Make studying a part of your everyday school routine and don't be limited to 'cramming' for exams and tests.

**Establish a routine**

Set aside a particular time each day for study and revision and stick to it.

**Create a study environment**

This should be away from interruptions and household noise, such as the television. Ensure there is adequate lighting and ventilation, a comfortable chair and appropriate desk.

**Set a timetable**

With a timetable you can plan to cover all your subjects in an organised way, allotting the appropriate time for each without becoming overwhelmed.

**Look after yourself**

Drink plenty of fluids, especially water, and eat healthy foods. Keep sugary foods to a minimum. Make sure you get enough sleep each night. Regular physical exercise makes you feel great, boosts your energy and helps you relax. So try to keep up regular sporting activities or at least fit in some regular exercise as often as you can.

**Reward yourself for studying**

Watch your favourite television program, spend time with your friends, walk to the park and play sport throughout the week.

**Have variety in your study program**

Study different subjects each day and do different types of work and revision in each study session.

**Avoid interrupting your concentration**

Have all the appropriate materials with you before you start a session of study to minimise distractions.

**Test yourself on what you have studied**

Ask your parents or family members to quiz you on what you have learnt, use draft questions from books, past assessments or major exam papers.

**Don't panic at exam time**

If you have followed a study routine and have been revising your class work, there should be no need to worry. Try to keep yourself calm, positive and confident.

**Ask your teachers for guidance**

Especially if you're having trouble - whether it's grasping a new concept or understanding something you learnt earlier in the year. They will be happy to help.



## AN AGMAZING TIME

Over three days in April, **Tara Bennett** and I joined 18 passionate Year 10 students from Caroline Chisholm College, Menai High School, Hurlstone Ag High, St Greg's College, Cherrybrook Technology High School, Gosford High School, Colo High School, Tuggerah Lakes Secondary College and Bede Polding College at a camp run by the University of Western Sydney (UWS) Hawkesbury Campus and the Royal Agricultural Society (RAS).

We were allocated to teams of 3, loaned an iPad and engaged in tutorials on using the iPad and iMovie app. After some fun and bonding, we learnt about new innovations in farming and refined our video skills prior to boarding a bus for the Sydney Royal Easter Show. We experienced the Carriers Expo to gain inspiration to create a unique and creative iMovie in order to promote agriculture to teenagers visiting the Sydney Royal Easter Show and in schools. Developing the idea and concepts for our video concepts was quite challenging and thought provoking. On the second day it was an early 5.30am start, so that we could get to the Show in time to have a Google Hang Out with New York which was put on YouTube, have a look! [https://www.youtube.com/watch?v=JjH\\_jgRzfjc](https://www.youtube.com/watch?v=JjH_jgRzfjc)



The experience was pretty cool, we heard firsthand about the agriculture initiatives that were happening in New York and we had a chance to share what was happening in Australian agriculture. Following breakfast, we went to the technology section of the Woolworths Dome to learn about new technologies in agriculture such as the Felix Weber's Swinglet flying wing camera that can fly for 30 minutes and return to its launch point without aid (it is computer controlled). The unit weighs 500 grams with an airframe made of Styrofoam. It's battery powered and carries a 150-gram NIR (near infra red) capable camera. The time had now arrived to engage in our planning/filming activity before moving to a chocolate workshop. We didn't just eat chocolate, we learnt about how chocolate is made, where it comes from, what ingredients does or should go into chocolates and how the cacao beans are farmed, and yes we did get to eat the chocolate but we went through some steps to access the chocolate. Day three started with the final editing of our iMovie's ready for presentation to our peers, April Browne and Chris Vella (the USW supervisors for the camp) and our parents. When the camp was over and we had to say goodbye, I was sad and wanted the camp to never end but I knew that I had friends for life.



To see the videos that our groups produced follow these links. <http://www.youtube.com/watch?v=XtZ7yKCeOlk>  
<http://www.youtube.com/watch?v=UMKIHIH2ytk>

*Written by Laura Feeney Year 10 Student*



## # Game On

## How much is too much?

FREE GROUP providing guidelines for parents of primary & high school aged children who love gaming and social media.

This group will discuss:

- Benefits of gaming for brain development and socialisation
- Analysis of violent video games
  - Online Addictions
- Setting boundaries for online activities
- Apps enhancing youth mental health
  - Social media and self worth

## BOOKING ESSENTIAL

This group will be facilitated for RCSI by Collett Smart, Director of "Family Smart" - Psychotherapist with 20 years experience counselling children and parents in private practice.

Wednesday 25th June 2014  
7pm -9pm at

Richmond Neighbourhood Centre  
20 West Market Street  
Richmond NSW 2753

To book call 4588 3501  
Monday—Thursday  
or email: [admin@rcsi.ngo.org.au](mailto:admin@rcsi.ngo.org.au)



## Upcoming Events

## PRC Event - Most Reverend Bishop Anthony Fisher OP

Diocesan Assembly Centre - Cnr Flushcombe Rd & Marion Street, Blacktown  
2/6/2014 07:00 PM

## Term 2, 2014 General Meeting - The Most Reverend Bishop Anthony Fisher - Mon 2 June 2014

Diocesan Assembly Centre, Cnr Flushcombe Rd and Marion St, Blacktown  
2/6/2014 07:00 PM

## 2014 CAPTIVATE Showcase - Dance

Nagle College 58A Orwell St Blacktown South  
12/6/2014 07:00 PM until 12/6/2014 09:00 PM

## 2014 CAPTIVATE Showcase - Drama

St Andrew's College, Breakfast Rd Marayong  
13/6/2014 until 15/6/2014

## 2014 CAPTIVATE Showcase - Primary Music

Nagle College 58A Orwell St Blacktown South  
16/6/2014 07:00 PM until 17/6/2014 09:00 PM

## PRC Event - Senior Subjects and UAC Selection Guidance for Years 10 to 12

Loyola Senior High School & Trade Training Centre - 91 North Parade, Mt Druit  
17/6/2014 07:00 PM

## Term 2, PRC Presentation: Senior Subjects &amp; UAC Choice Selections - Help for Senior Students - Tues 17 Jun 2014

Loyola Senior High School & Trade Training Centre, 91 North Pde, Mt Druit  
17/6/2014 07:00 PM

## 2014 CAPTIVATE Showcase - Combined Schools' Band

Nagle College 58A Orwell St Blacktown South  
19/6/2014 07:00 PM until 19/6/2014 09:00 PM

## ULTIMATE HANDBALL COMPETITION

Throughout the past term the college community has been introduced to a new challenge, the Ultimate Handball Competition! The competition took place every Wednesday at lunch for 5 weeks with the final week being the grand final. The competition involved 7 teams ranging from Year 7 to Year 12 and also included a teacher's team. Each week 4 people from different years, including teachers, battled it out on the court, playing handball for a chance to win the competition.

With the competition being fierce all teams had to play at maximum efforts to gain the points needed to qualify for the grand final. The teachers played a strong game of handball, which led them to the grand final as well as Year 12, Year 10 and Year 7. For the chance to win a custom built trophy it was hard not to want to play hard to win! The grand final was a tight match, Year 7 just took the win by one point with a score of 23 closely followed by the teacher's on 22 and Year 12 scoring a total of 18. Thank-you to all teams for participating and being so involved! Thanks also to **Mr Mills** for helping with the supply of wood for the trophy!

*Written by Lauren Bozic - Year 12*



## PARISH DINNER DANCE

SATURDAY, 21 JUNE 2014

7:00PM-12:00MIDNIGHT

**Penrith RSL Club**

**7:00pm - 12:00midnight**

The Social Committee invites you to purchase tickets for our annual parish fundraising / dinner event to be held at Penrith RSL Club.

Tickets are \$70 each for a three-course meal. Drinks are not included.

Please contact the Parish office on 4737 9735 to reserve your tickets.

SOCIALISE WITH  
YOUR CHURCH  
FAMILY

HELP US TO RAISE  
FUNDS FOR OUR  
CHURCH

FUNDRAISING  
RAFFLES

THREE-COURSE  
MEAL  
DJ AND DANCING

PAYMENT FOR  
TICKETS

Payment may be made  
by cash, cheque or credit  
card to the Parish Office.  
BPAY facilities are also  
available at

[www.padrepioglenmore.org.au](http://www.padrepioglenmore.org.au)

Please choose the  
"SOCIAL EVENTS"  
Billir Code when paying.

## Our Lady of the Way - Emu Plains



## School Fete



Sunday, 1st June 2014 10am - 4pm

Our Lady of the Way School  
Cnr Troy and Forbes Street, Emu Plains 2750

- Amusement Rides
- Visit from Penrith Panthers
- Chocolate Wheel
- Sausage Sizzle
- Gourmet Burgers
- Cake Stall
- Chocolate Toss
- Face painting
- Coloured Hair & Nails
- Raffles
- Lucky Dips
- Crazy Creations
- Slot cars
- Dunking Booth
- Market Stalls
- Show Bags
- Entertainment
- Coffee
- Pony Rides
- And Much More....



## SCHOOL FEES



The Catholic Education Office at Parramatta facilitates the billing of all school fees and levies. School Fees were posted on the 7th May 2014 and the due date is Wednesday 4th June 2014.

A number of parents use one of the means available to make part payments or automatic deduction.

If you are experiencing difficulty in making this payment please contact Mrs Wendy Slaughter, School Fees Officer, on 4737 5520 to make an arrangement.