

CAROLINE CHISHOLM COLLEGE NEWSLETTER

TERM 4 WEEK 11

ISSUE 20
2013



FROM THE PRINCIPAL

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

In the first reading last Sunday we heard a very familiar passage from Isaiah in which we are called to "Be strong; do not fear! Here is your God" (Is 36:4).

The season of Advent is a time of waiting – a time to prepare for the birth of Jesus at Christmas. The liturgical colour of this season is mirrored in many of our flowers at this time – particularly the jacaranda flowers and the purple agapanthus – also known as the Star of Bethlehem or Lily of the Nile. Their beauty can be visual reminders to us of the significance of this season.

One way to mark this season is through spending some time in either individual or family prayer. This year resources for lectio divina are available as a free app for your mobile device. You can locate it in the app store by searching for "lectio divina". Alternatively you can access them on line at www.dbb.org.au. As we enter the final weeks of Advent, you may wish to share the following prayer together.

Heavenly Father, we come with thanksgiving for the lives You have given us, for the lives You have sustained through Word and Sacrament, for the lives You have redeemed through Jesus Christ. Send now Your Spirit to guide us as we pray in Advent and every day. Come, Lord Jesus.

Come into our hearts, repair the brokenness of sin, heal the wounds of mind and spirit, comfort the sick and grieving, warm the cold-hearted, fill the lonely and empty.

Come into our homes, make them grace places, places of forgiveness, of safety, of joy, of peace.

Come to our children, babies, teenagers, adult children and all the ages in between, protect them from anything that would harm them, guide their learning and increase their wisdom as well as knowledge. Let them know love from those around them and the perfect love from You.

Come to our parents, new parents, stepparents, single parents, foster parents, grandparents, and to all who do, did or would care for others. Give them wisdom, courage and the assurance that You are with them every minute as they nurture the lives entrusted to them.

Come to our loved ones, our extended families, our church family, our friends and our neighbours. Thank You for the blessing they are to us and let them experience and extend Your grace into their homes, to their children and their parents.

Come to all hearts and homes, in every country and culture. We ask for their families all the blessings we seek for our own, especially the gift of Your grace.

Come, Lord Jesus, come. Amen.

Caroline Chisholm College
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Glenmore Park NSW 2745

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Student Absences
Ph: 4737 5555

School Fees
Ph: 4737 5520

Enrolment Enquiries
Ph: 4737 5506

Uniform Shop
Ph: 4737 5522

General Information
Ph: 4737 5500

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carolinechisholm@parra.catholic.edu.au

LOG ON TO OUR WEBSITE
www.cccglenmorepark.catholic.edu.au

TO VIEW THE FOLLOWING ARTICLES:

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**Thank You**

As 2013 ends we bid farewell to two permanent members of staff:

Ms Lisa-Maree Browning joined Caroline Chisholm College as HSIE Coordinator in 2003 and then in 2007 assumed her current role as Leader of Learning and Teaching. In both these roles she has shared her passion for ongoing learning and her commitment to helping students and staff achieve their best. **Ms Browning** has effectively led the introduction of many new approaches to learning. She has made an impressive contribution to the Caroline Chisholm College community as a teacher of Studies of Religion, Ancient and Modern History, Extension History and junior HSIE classes and a highly valued member of the Senior Leadership Team. We wish her well as she begins the next stage of her career as an Assistant Principal.

Mr Kevin Corke has accepted a position as a Mathematics Coordinator in 2014. **Mr Corke** has contributed as a committed Mathematics teacher, and has been enthusiastically involved in the co-curricular life of the school in many areas.

Miss Bernadette Dowling, Mrs Kelly Gillogly, Ms Susan Nguyen and Mrs Tenniel Todd all complete their temporary contracts this week.

We thank all these staff for their commitment to the students of Caroline Chisholm College and wish them well in their future careers.

Presentation Ceremonies

Over the last weeks we have held ceremonies to celebrate some of the achievements of our students.

Congratulation to all who received awards. Thank you very much to **Ms Browning** who coordinated the preparation of these awards, the Year Leaders and their assistants, **Miss Morley** who prepared the liturgy and particularly the support staff and student helpers.

Catholic Youth Festival, Melbourne

Seven Year 10 students and **Miss Clare Grantham** recently attended this festival and found it to be very engaging – as shown in their report on page 16. Thank you very much to **Miss Grantham** for her generosity in accompanying our students.

Congratulations

Congratulations to **Keely McCahon** who successfully auditioned for a role in a production of *Annie*, starring theatre favourite Amanda Muggleton, showing at Riverside Theatres in Parramatta, February 2014.

CCC Clips

Congratulations to **Cristin Warda**, our College Captain and the Student Leaders on this initiative. After much deliberation the judges determined the following prize winners:

Winners: The General Tragedy - **Divya Lotliker, Elle Leo, Laura Hellmold, Ariane Ragaza, Meaghan Lonard** (and **Mr Gerlach**)

Finalists: Students Exposed - **Chloe Baldacchino, Tara Xiberras, Ellen Brown**

To Clean or Not to Clean- **Marina Tamer, Kaityln Hooker, Meghan Warda, Cristin Warda, Emily Kraljevic**

- **Renee Hutcheon, Atheen Mapooth, Anita Lopez, Mahrukh Khan, Shehzil Sharif**, (and **Mr MacNamara, Mrs O’Keeffe**)

Words Hurt, Think Before you Say - **Emma Dimech, Caitlin Palombo, Claire Roberson, Sian Johnson.**

All these students shared in the prizes for this inaugural competition. Their entries will be posted on Moodle next year.

**Farewell**

Caroline Chisholm College is an outstanding Catholic school because of the personal qualities of all the people who belong to our community, our students and their families, our staff and our pastors. Your personal commitment to both your faith and ongoing learning and your willingness to work so collaboratively together are inspiring.

This year we have continued to grow as a faith-filled community who reverently stop to pray many times throughout the day. Our liturgies are always thought-provoking and help us to connect with and deepen our relationship with God. We put our faith into action in countless ways throughout the year.

Over the last 12 years, these changes in our prayer life and social justice actions have occurred because we have a shared sense of purpose within our community. I am so proud of our commitment in these areas and know that these will continue to be a feature of each of your lives.

I also truly believe that within our college community we have created a culture that is committed to learning improvement. We are not satisfied with maintaining the “status quo” – we want to push the boundaries and achieve way beyond what others might expect. Why? Simply because we each share a commitment to personal excellence and being “the best that we can be” – in the words of our school song.

I believe that we have done this in every possible area of life – and we have done this **together** as a Catholic community. In particular I wish to acknowledge the contributions of our Leaders of Learning and our Student Leaders in achieving these outcomes. I also wish to acknowledge the important role that our support staff carry out each day in our school. In particular, I wish to acknowledge **Mrs Robyn Wilson** who has worked with me for many years – even before I started as Principal at Caroline Chisholm College. In so many ways our support staff keep the school running so effectively and I thank them for their generosity and commitment.

I wish to thank our parents for your ongoing support, trust and honesty as we have shared our responsibilities for educating your daughters. Education at Caroline Chisholm College truly is a partnership between parents, carers, staff and our students.

In conclusion I wish to acknowledge my appreciation of the contributions of the other members of the College Executive: **Mr King** our Assistant Principal, **Mrs Cathy Moran** our Business Manager, **Ms Lisa-Maree Browning**, our Leader of Learning and Teaching and **Miss Bernadette Murray**, our College Leader of Religious Education.

Together we have all been privileged to lead this excellent Catholic community with the strong support of **Father Robert Riedling**.

I have been challenged to grow through my experiences here and I hope that each of you will continue to grow as people of faith, courage and tolerance.

Thank you for all that you have given to me. May God continue to bless your lives and may you particularly experience great joy throughout the Christmas season.

Yours sincerely

Ms Christine Howe
Principal



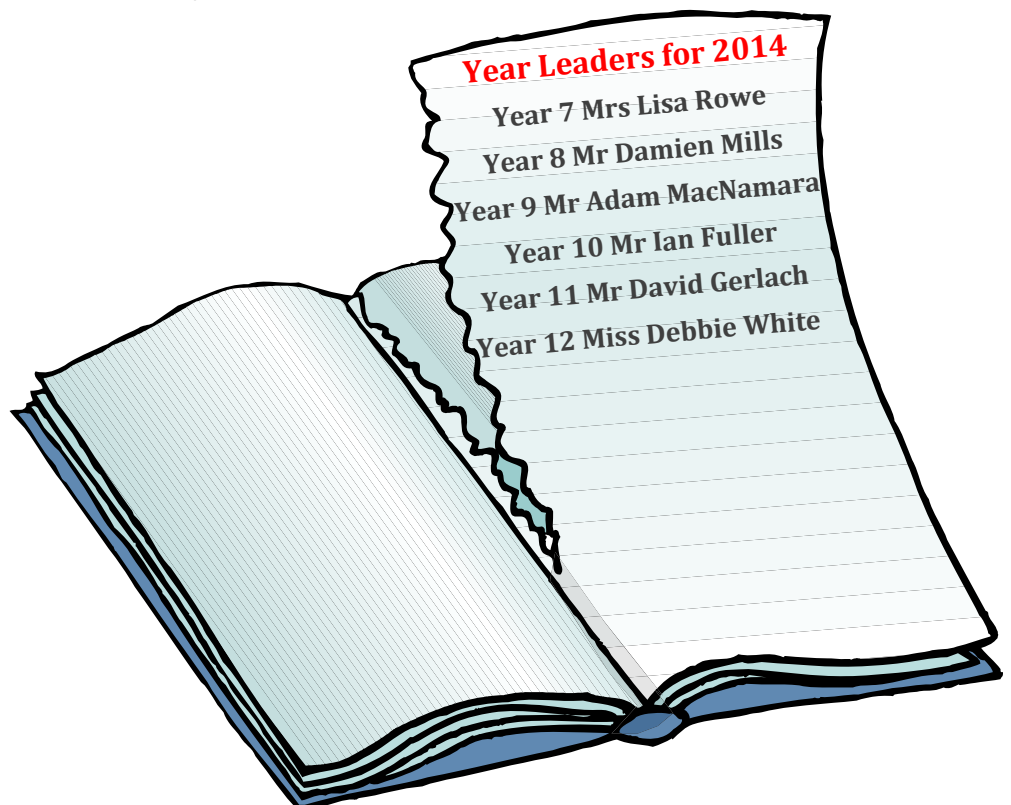
YEAR 9 SEMESTER 2 PRINCIPAL'S AWARDS

Congratulations to each of these students:

Emily Alexander
Chantelle Al Khouri
Sophie Arnold
Sarina Attard
Astley Baker
Tara Bennett
Isabella Bird
Tanya Borazio
Jessica Bowe
Tori Campbell
Jemima Chaghouri
Briony Clay
Chantelle Cobol
Hannah Cornish
Eloise Corona
Lauren Cottilli
Shania Coutinho
Ciara Cullen
Tara Dangerfield
Brodie Deigan
Tara Duguid
Piper Dunn
Yasmin Egan
Shaniah Ellul
Julia Facciol
Maddison Farrugia
Amber Fazon
Laura Feeney
Victoria Fenech
Emma Finlay
Shanai Fornari

Madison Garde
Sophie Gianatti
Sarah Gibbons
Laura Gillis
Sarah Glynn
Jordon Godfrey
Abbey Goode
Melissa Hampton
Ashleigh Hermann
Montana Hill
Racquel Holmes
Claire Hughes
Elise Izzard
Faria Kazi
Isabella La Malfa
Abby Lee
Anita Lopez
Zeinab Madrajat
Jordyn Main
Madulika Malwenna
Samantha Mamo
Atheen Mapooth
Brianna McCarthy
Lauren McIlveen
Shawnea Micallef
Reena Mukherjee
Sian Muller
Tara Mulligan
Gabriella Mulock
Tara Myles
Aman Nagra

Breanna Noble
Taylor Oberman
Emma O'Brien
Elise Ohanessian
Gabriella Osmetti
Elizabeth Paluzzano
Gabrielle Patchell
Kirsten Pennings
Claire Pletkan
Mary Pulikkal
Sarah Quigley
Isha Rana
Sarah Rickells
Sarah Samuel
Emily Saunders
Angela Sciacchitano
Jessica Seeley
Shehzil Sharif
Kathleen Sta Ana
Brianna Stephens
Mireille Tamer
Kiara Tesoriero
Caitlyn Vernem
Brooke Vincent
Skylah White
Chloe Williams
Laura Wonson





YEAR 10 SEMESTER 2 PRINCIPAL'S AWARDS

Congratulations to each of these students:

Antonia Aguilera Campusano	Eliza Harris	Tasha Reynolds
Anam Ahmed	Sydney Harris	Sarah Richter
Komal Ahmed	Victoria Henry	Layla Rizk
Emily Allen	Courtney Hooper	Sarah Ruddick
Samantha Arnold	Maddison Horne	Melanie Ruse
Robyn Bailey	Ebony Humphrey	Ashleigh Ryan
Alyce Baldacchino	Jodi Izzett	Kiara Sams
Aimee Beriotto	Alecia John	Angela Sangalang
Whitney Borg	Katelyn Jones	Samantha Santiago
Madeleine Bridge	Simran Kang	Anabelle Sciberras
Lauren Butler	Simran Kaur	Chloe Sheridan
Kathleen Cairney	Eileen Kenny	Claire Shirvington
Jordan Cass	Olivia Kohlenberg	Emily Smith
Caitlin Cavanagh	Bianca Kraljevic	Ashleigh Stanshall
Nicole Chandra	Brooke Lee	Emma Steltenpool
Iesha Choy Vong	Jessica Lenferna	Lani Stone
Michaela Clarke	Savannha Luke	Tazmaine Sultana
Charmaine Cobol	Brianna Lumtin	Cassandra Swat
Allana Connelly	Victoria Lusk	Lauren Tawadros
Jessica Cortis	Isla Mahoney	Kristy Tebbutt
Madeline Cortis	Aprill Manders	Grace Tehan
Anne Marie Cremona	Jennifer McDonald	Alana Thomas
Erica D'Mello	Shae McLaughlin	Starr Thomas
Lauren Dahl	Chloe McLeod	Ashlee Thompson
Clare Devlin	Courtney Minney	Rachel Thomson
Emma Di Cristoforo	Dayna Moore	Emma Thornton
Annastasia Diaczok	Caitlin Morgan	Sarah Toan
Danielle Dinaro	Sophie Morrison	Ria Varghese
Diana Djerke	Sarah Muszynski	Hannah Vella
Olivia Douglass	Jasmine Neal	Kaitlyn Vella
Megan Dunkley	Chloe Neilly	Roisin Ward
Katrina Dunn	Jennifer Neilsen	Caitlin Wheele
Naomi Felton	Kelsey Neumann	Michelle Xerri
Rachel Freeburn	Maddie O'Connor	
Victoria Fryer	Rhiannon Parkes	
Madisyn Gale	Rhiannon Philp	
Shianne Garner	Olivia Natalia Plucinski	
Anyu Govender	Bridget Quigley	
Sarah Halicek	Paris Reedy	

St Nicholas of Myra - Penrith
326 High Street

Tuesday 24 December 6:00 pm Family Mass
Christmas Eve 9:00 pm Mass
11:30 pm Carols
Midnight Mass

Wednesday 25 December Masses at:
Christmas Day 7:00 am, 8:30 am
10:00 am, 6:00 pm

St Joseph's Parish, Kingswood

Tuesday 24 December 6.00pm
Christmas Eve Midnight Mass

Wednesday 25 December 9.00 am
Christmas Day (Polish Mass) 11.00 am

PADRE PIO PARISH

Christmas Masses

Christmas Eve Tuesday 24th December 2013

Christmas Carols - 6.30 pm
Vigil/Children's Mass - 7.00 pm
(Children are invited to come dressed as shepherds, angels)

Christmas Carols - 9.00 pm
Christmas Mass - 9.30 pm
Christmas Carols - 11.30 pm
Midnight Mass

Christmas Day Wednesday 25th December 2013

Christmas Carols - 9.00 am
Mass - 9.30am

**Sacred Heart Parish, Luddenham/
Warragamba**
Christmas Mass Times

Tuesday 24 December - Christmas Eve

6.00pm at Holy Family Church, Luddenham
11.30pm Carols at Holy Family Church, Luddenham
Midnight Mass at Holy Family Church, Luddenham

Wednesday 25 December - Christmas Day

8:00am at Sacred Heart Church, Warragamba
9:30am at Holy Family Church, Luddenham

Our Lady of the Way Parish
Christmas Mass Times

Tuesday 24 December

6.00 pm Vigil Mass - Carols, begins at 5.30 pm
Midnight Mass - Carols begin 11:30 pm

Wednesday 25 December

9:30 am Mass

Corpus Christi
Christmas Mass Times

Tuesday 24 December

6:00pm, 8:30pm and Midnight Mass
Midnight Mass - Carols begin 11:30pm

Wednesday 25 December

9:30am Mass



FROM THE ASSISTANT PRINCIPAL

Happy Christmas

I would like to take the opportunity to wish all members of the Caroline Chisholm College community a safe, relaxing and Christ-filled Christmas. Thank you for all your support this year and for the trust you put in us to look after your daughters. I look forward to continue to work with the whole community, students, parents, teachers and ancillary staff, to make Caroline Chisholm College a place where all students can learn in a safe, supportive and Christian environment.

Uniforms

Please check over the holidays to make sure your daughter's uniform meets requirements. It is a strong expectation of the parent body of Caroline Chisholm College that uniform standards are maintained.

In particular, every girl must start the year with her skirt worn to the bottom of the knee. If this is not the case, please arrange for the hem to be taken down or a new skirt bought. Please check also that the skirts fit properly around the waist. Some girls have skirts which are too loose. Their solution is to roll it at the top, making it a little tighter around the waist. The problem then is that a skirt which appears to be the right length when purchased becomes too short.

The normal uniform shop hours are Tuesday 8.00 am to 10.30 am and Thursday 2.00 pm to 3.30 pm. **It is also open on Tuesday 21 January to Wednesday 23 January during the week before school starts back from 10.00 am to 2.00 pm.** In the first week of school, on Tuesday 28 January, the hours are extended from 8.30 am to 2.00 pm and it is additionally opened on Wednesday 29 January from 8.00 am to 11.00, as well as normal opening hours on Thursday 30 January. You might also like to check the availability of second-hand skirts. These (along with second-hand books) are sold privately through the college website. Follow the links to find details of available clothing and contact details for the sellers.

Shoes must be black, polishable, leather and lace-up. This is both a uniform requirement and a WHS requirement. Please do not buy an expensive but incorrect pair of shoes as you will be required to purchase a new pair. If a store does not have the correct type, try a different store. Local shoe stores have been advised about Caroline Chisholm College shoe requirements. I would also advise not leaving it to the week before school starts as they are often in short supply by that time.

We are absolutely committed to maintaining the uniform standard. Given the warnings that have been made, both generally and individually, throughout this term there is no reason for a girl not starting 2014 without the correct uniform. **Students who do not have the correct uniform at the start of next year may be asked to remain at home until this is remedied.**

Please assist us in starting the year with all girls in perfect uniform so we can present a strong and proud image of the college and allow staff to focus on the teaching of your daughters.

Mr Greg King - Assistant Principal



Uniform Shop

A reminder that current Year 9 Students will be moving into Senior uniform in 2014. They will need a Senior blouse, jumper and blazer.

Orders are now being taken.

Any enquiries please contact Karen Chester on 4737 5522.



FROM THE LEADER OF RELIGIOUS EDUCATION

“God has done Great Things for Us”

As a Catholic community the staff and students at Caroline Chisholm College gathered together to celebrate the end of year with a Thanksgiving Mass.

The Mass or Eucharistic Celebration is firstly the sacrifice of the cross taking place on the altar. It is a memorial of Jesus' death, resurrection and ascension. It is a sacred banquet in which the food we receive is Jesus himself. The word Eucharist, which is the term we use to refer to Christ fully present under the appearance of bread and wine, means thanksgiving.

At our thanksgiving Mass we also celebrated the contribution of our Principal **Ms Christine Howe** as the leader of our school community for the last 12 years and one term. She has been an inspiration to so many staff and students past and present through her diligent leadership and her gentle guiding care.

We also recognised the collective and individual achievements of our College members over 2013. These achievements include those from the fields of academia, sport, art, music and dance, Religious Education, pastoral care and social justice. All who have participated to the best of their ability in their studies and have contributed in any way to the extra-curricula activities on offer have much to be proud of and to be thankful for.

At this time I would like to acknowledge and give thanks for the work of all those involved in the Religious dimension here at the College. In particular I would like to recognize the contribution of **Ms Jacqueline Morley**, the Assistant Leader of Religious Education for all the work she has done in preparing liturgies throughout the year and in guiding and mentoring the liturgy Committee. I would also like to thank **Mr Nick Carozza** for his assistance in mentoring the Social Justice committee throughout the year and **Ms Kristina Hollis** for her work in guiding the Social Justice committee in their work organizing the Christmas hampers. Thank you to all families who contributed so generously to these hampers enabling many families to experience a happy Christmas. A number of our students assisted the St Vincent de Paul in delivering these hampers to needy families last Saturday and we thank them for giving their time so generously.

Throughout the year many staff and students have been involved in social justice initiatives, becoming advocates for the voiceless and marginalized in our society. Their initiatives raised awareness of many issues and also in many cases raised funds to assist charities in the vital work that they do in looking after the vulnerable in our local and global communities. The projects we have undertaken this year include Project Compassion, Wrap With Love, Congo Aid, the NSW Breast Cancer Council, the MacKillop Foundation, the Mamre Foundation working with disabled persons, the Jesuit Refugee service, the Penrith Domestic Violence Unit (associated with St Vincent de Paul), the Penrith Kitchen, Nepean Food Services, Glenmore Park St Vincent de Paul Chapter, Caritas and fundraising for victims of the recent bushfires. Thank you to all for your continued generosity.

Mr John Corrigan assists at Masses by undertaking the role of Senior Server and has been assisted throughout the year by **Reena Mukherjee** and **Shania Coulbro**. We thank them for their contributions. I would also like to recognize and thank the Religious Education teachers who do so much each day to develop and enhance the faith life of all students within our community.

Finally, thank you to **Fr Robert Riedling** Parish Priest at Padre Pio for his continued generosity and support here at the College. His celebration of our Masses and his readiness to facilitate the First Rite of Reconciliation here at the College helps to enliven the faith of all at the College.

I wish you all a holy and safe Christmas season and a happy New Year.

Ms Bernadette Murray - Leader of Religious Education



FROM THE LEADER OF LEARNING AND TEACHING

This is my last newsletter for Caroline Chisholm College and as I write I do so with some sadness but an overwhelming pride in having been part of Caroline Chisholm College community for the past 11 years. On a recent walk through the school - (prior to the demolition beginning!) I indulged myself in a little reminiscing of the changes that have taken place since my arrival.

In 2003 there was no air conditioning, the west wing was a car park no space, the library had white walls and lots of desks, there were two computer labs and the COLA was an uneven expanse of concrete exposed on all sides. We now have beautiful learning spaces, laptops in most rooms and from

2014 1-1 technology with online texts for Years 7-9. There have been many changes; perhaps that is to be expected over a decade but it is what hadn't changed that really struck me.

The generosity of staff in ensuring that each and every student is provided with the opportunity to achieve and the wonderful spirit that makes Caroline Chisholm College a vibrant caring community is what is at the heart of this great school and no doubt this will never change. The college has a well deserved reputation for academic excellence and inclusivity. It is a faith community that proudly serves local charities and actively seeks ways to contribute. I am humbled to have played a role in the ongoing story of Caroline Chisholm College.

Ms Howe has worked tirelessly to ensure that the students are able to attend an outstanding school that actively supports learning. It has been an immense privilege to work with her and the Leadership Team to ensure that Caroline Chisholm College is the best place for girls to learn. I thank **Ms Howe** and the Leadership Team for their unfailing focus on faith and learning.

It was wonderful to acknowledge the achievements of our students at the Presentation Ceremonies over the past week. Congratulations to all who received awards. I would encourage all students over the break to look carefully at their reports and reflections. It is through this that you will be able to set yourself goals for 2014 and beyond. Together with the goal, consider what you will need to do to achieve it and what help if any may be required.

As my journey here ends, I would like to thank all students and their families for their ongoing support. I would also like to thank the College staff for their commitment to ensuring that we continue to provide a Catholic learning environment of excellence.

Ms Lisa-Maree Browning - Leader of Learning and Teaching

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 18 December	HSC Results Available Last Day for Students Parent/Teacher Interviews 1.00 - 4.00 pm
Thursday 19/Friday 20 December	Staff Development Days
Monday 20 January	School Office reopens
Tuesday 21 January	Uniform Shop Open 10.00 am till 2.00 pm
Wednesday 22 January	Uniform Shop Open 10.00 am till 2.00 pm
Thursday 23 January	Uniform Shop Open 10.00 am till 2.00 pm
Tuesday 28 January	Uniform Shop Open 8.30 am till 2.00 pm
Wednesday 29 January	Uniform Shop Open 8.00 am till 11.00 am Years 7, 8, and 9 Return to School Year 10 Peer Support Leader Return
Thursday 30 January	Years 10, 11 and 12 Return to school





Thanksgiving Mass





SCHOOL HOLIDAY PLANNING

With school holidays just days away I wanted to share some resources that can be helpful for adolescents and their families during holiday periods.

The first is a holiday plan that can be used to make goals for the holiday time and also a plan for self-care.

The following is a list of links to articles on the Reach Out website on a range of topics that are particularly relevant to this time of year:

Starting at a new school (*Fact sheet*)

<http://au.reachout.com/Starting-at-a-new-school>

9 things you can do now that exams are over (*Comic*)

<http://au.reachout.com/9-things-you-can-do-now-that-exams-are-over>

11 ways to avoid feeling bored (*Fact sheet*)

<http://au.reachout.com/11-ways-to-avoid-boredom-this-long-weekend>

Summer Survival Kit (*Fact sheet*)

<http://au.reachout.com/Summer-survival-kit>

Creativity in every day (*Story*)

<http://au.reachout.com/creativity-in-every-day>

Safe partying (*Fact sheet*)

<http://au.reachout.com/Safe-partying>

The family and Christmas (*Fact sheet*)

<http://au.reachout.com/The-family-and-Christmas>

Having a hard time with friends (*Fact sheet*)

<http://au.reachout.com/Having-a-hard-time-with-friends>

Making friends (*Video*)

<http://au.reachout.com/making-friends>

Avoiding social situations (*Fact sheet*)

<http://au.reachout.com/Avoiding-social-situations>

Overwhelming freedom (*Story*)

<http://au.reachout.com/Overwhelming-freedom>

Tips for meeting new people (*Fact sheet*)

<http://au.reachout.com/Tips-for-meeting-new-people>

Feeling sad (*Fact sheet*)

<http://au.reachout.com/Feeling-sad-without-knowing-why>

I just wanted to take the time to thank all the students, parents and staff of Caroline Chisholm College for welcoming me into the community this year. I have gained so much professionally and personally from commencing my role here earlier this year and look forward to working with you all again in 2014. Have a very safe and Merry Christmas.

Mrs Jessica Austin - School Counsellor

MAKING THE DAY WORK FOR ME

This page is to help you plan for the holidays and keep your well-being in check.
The plan covers activities you will enjoy, self care and someone to call if you get stuck.

THIS HOLIDAY I WOULD LIKE TO GO TO/

TRY:

- ☐ Activity:
☐ Event:
☐ Class:
☐ Movies:
☐ Volunteer:
☐ Beach:
☐ Join an online forum eg reachout.com
☐ Other:

I KNOW IF I GET STRESSED, I CAN CALL:

Name: Ph:
 Name: Ph:
 Name: Ph:

THE THINGS I CAN DO TO COPE WHEN FEELING STRESSED

ARE: (eg meditation, stress management skills)

.....

I WOULD LIKE MY DAILY ROUTINE TO INCLUDE:

.....



Copyright: Health South, School Link and CAPS

School-Link

NSW Health
Sydney Local Health District



SPORT UPDATE

PDSSSC Softball Gala Day- WINNERS!!!

On Wednesday 4th December, Caroline Chisholm College competed in the annual PDSSSC Softball Gala Day held at Surveyors Creek. The students played against teams from Catherine McAuley, Cerdon, Xavier and St Columba's. Caroline Chisholm won the overall competition, beating Catherine McAuley in a close game.

Congratulations to all the students involved. It was wonderful to see such talent and all students playing in the spirit of the game. Well done!

A big thank you goes to Thomas Cass (brother of Jordan Cass) for volunteering to umpire on the day.

Krysta Gregory	(Year 11)
Rachelle Gutteridge	(Year 11)
Emily Gibson	(Year 11)
Robyn Bailey	(Year 10)
Jordan Cass	(Year 10)
Elise Izzard	(Year 9)
Devan Brown	(Year 9)
Shaylan Whatman	(Year 7)
Cheyne Easthorpe	(Year 7)
Brittany Jones	(Year 7)

Congratulations to **Rachelle Gutteridge** and **Robyn Bailey** who were selected at the recent trials to represent PDSSSC. Good luck with your training and competition early in 2014.

Miss Kate Nowland - Sports Coordinator

SEIEN GIRLS HIGH SCHOOL STUDENTS AT CAROLINE CHISHOLM COLLEGE

We were very fortunate to have a second opportunity in 2013 to host some students from Japan. Yuzuki, Maya, Asami, Riko, Momoka, Kanae and Hinako, from Seien Girls High School, joined our school community in Weeks 8 and 9.

The girls participated in English language lessons and experienced a number of excursions. They spent most lunchtimes and recess times with their CCC buddies and joined in a number of classes at CCC in History, Japanese, Agriculture, Mathematics, Drama, Sport and TAS subjects.

They impressed the whole College community with their confident self introductions at the College Assembly and we all loved their cute "sailor style" school uniforms!



Thank you to all of the teachers who willingly allowed the Seien students into their classrooms. Thank you to the buddies: Abbey Goode, Jordon Godfrey, Anita Lopez, Savannah Carroll, Orielle Nielsen, Sophie Douglas-Torrie, Rachel Bartolo, Ashleigh Whitbread, Hannah Riles, Amber Berthaly, Jennifer Neilsen, Brook Oberman & Maddison Pepperell.

Finally, a special thank you to the Carroll family who generously hosted Asami and Riko.

Mrs Wendy Merriman - Leader of Learning, LOTE

**CREATIVE ARTS NEWS****Five students accepted for ArtExpress Exhibitions**

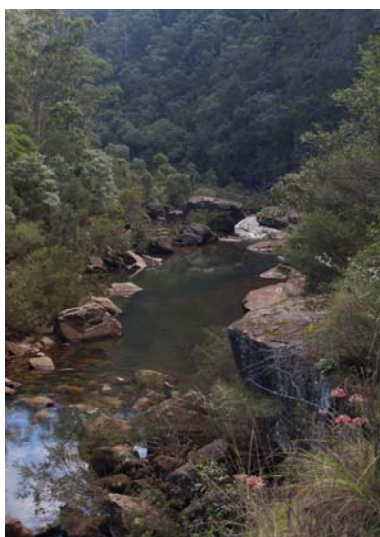
We received the exciting news this week that five of the twelve students nominated for the selection pool had been selected for the prestigious ArtExpress exhibitions. Around 400 students from over 9,500 students were held for the selection pool so it is an honour even to be nominated. We congratulate these girls on their achievement.

Danica Bird	<i>Botanica</i> , Printmaking Tweed River Art Gallery
Rachel Curmi	<i>Suburban Tales</i> , Photomedia McGlade Gallery, Australian Catholic University, Glasshouse Regional Gallery, Port Macquarie
Erinn Gallagher	<i>Defiance</i> , Ceramics McGlade Gallery, Australian Catholic University
Marisa Piccirilli	<i>Il Viaggio a Casa (The Journey Home)</i> , Ceramics Art Gallery of New South Wales, Maitland Regional Art Gallery
Anastasia Wang	<i>Shadow Stories</i> , Photomedia Art Gallery of New South Wales, Maitland Regional Art Gallery, Margaret Whitlam Gallery, University of Western Sydney

“LOCAL WATER, LOCAL LIFE” PHOTOGRAPHIC COMPETITION

Two Year 10 Photographic and Digital Media students, **Kathleen Cairney** and **Cassandra Swat** were in the top 3 students in the Youth category for the “Local Water, Local Life” photographic competition. Kathleen was awarded 2nd place and Cassandra was awarded 3rd place and both girls received gift vouchers for photographic equipment. The competition, sponsored by Penrith City Council, asks adult and youth photographers to create images of Penrith’s local waterways or the plants and animals that rely on them. The photos will be used to highlight National Water Week and Biodiversity Month to promote the need to protect our natural waterways for the plants and animals living in them.

Mrs Karen King - Leader of Learning - Creative Arts



Cassandra Swat



Kathleen Cairney



"PIZZAZZ" CREATIVE ARTS DAY

On the 22nd November, students from St Nicholas of Myra School, Mary MacKillop, Corpus Christi, Our Lady of the Way, St Joseph's, Holy Family and Bethany Primary School, attended Creative Arts workshops here at the College. Students from years 3, 4, 5 and 6 were nominated to be in either Drama, Music, Dance or Visual Arts/Photography and Drawing workshop.

Students in the Drama workshop explored improvisation and playbuilding skills culminating in their own devised presentation. It was a great success with students taking on production and acting roles and presenting their piece for parents in the afternoon showcase.

Dancers demonstrated their jazz skills in a workshop focusing on Musical Theatre. Students learned about the storyline of the High School Musical series and showed their enthusiasm and significant acting, singing and dancing ability in the performance of 'Now or Never'.

Music students focused on rhythmic games and the students' skills on their own individual instruments. The second workshop enabled students to learn the song 'Counting Stars' by One Republic, which was performed, along with several solos in the final concert.

Visual Arts students developed their drawing and design skills and created 'Feral Flora' plant drawings. In the darkroom, students used found objects to create imaginary creatures to create a photogram on light sensitive photographic paper for exhibition. The quality of the work produced was particularly high and the audiences' comments were extremely positive.

In the afternoon, students presented a Showcase for family and friends from each workshop. The standard was excellent and the performances were highly entertaining. The College would like to thank all students who assisted with the workshops on the day and the following teachers for running the engaging and professional sessions; **Mrs Fernando** for the Drama Workshop, **Ms Jodie Cusack** for Visual Arts, **Mrs Brooke Hughes** for Dance and **Mr Richard Caws** for Music with the assistance of **Mrs Christine Lewis** and Practicum teacher **Mr David Walker**. We would also like to thank **Mrs Karen King**, our Leader of Learning for Creative Arts and our Principal **Ms Howe**, Assistant Principal **Mr Greg King** and Leader of Teaching and Learning **Ms Lisa-Maree Browning** for their support for the day.

We look forward to running the workshops again in 2014, which will be advertised through the local primary schools.

Mrs Brooke Hughes (Leader of Learning – Performing Arts)

FROM THE LIBRARY

Thank you to all the students who have returned their books for the end of the year. If you still have outstanding books, please come and see us in the Senior Study or return them to the box outside.

2014 Text Book Orders – Current Year 10 and Year 11 students need to make sure that text book orders are placed either online or by returning the order form to Student Services as soon as possible if you want your books delivered to the school next year.

Thank you to all students and staff who have supported and visited the Library this year. Have a safe and happy holiday, read lots of great books and we'll see you next year in our newly refurbished Library.

Mrs O'Keefe, Mrs Clifton and Ms Hollis



YEAR 11 HOSPITALITY STUDENTS SHINE AT LOCAL CATERING EVENT

Last week, Year 11 Hospitality students were involved in catering for the 'Thank You' Morning Tea at Our Lady of the Way Primary School, Emu Plains. This catering opportunity involved a lengthy process of organisation including discussing the requirements of the day with the Year 2 Co-ordinator from OLOW, **Mrs Bernadette Curry**. Planning involved organising the menu by finding suitable recipes, ordering and purchasing the ingredients, and making, plating and serving the foods to the crowd of hungry guests!

It started with a busy day of food preparation on Thursday 12th December. Both Hospitality classes joined together to prepare and pack all the food items ready for Friday's morning tea.

On Friday 13th December, **Mrs Rita Papalia**, the Year 11 Catering Team and I travelled to Our Lady of the Way, Emu Plains to set up the hall, plate up the platters and serve the food to the parents. We arrived at the school and were greeted by Mrs Curry who briefed us on what we were required to do as caterers for the event. Then it was time to serve all the delicious foods! Some of the foods were Smoked Salmon Party Bites, Creamy Avocado Canapé Cups with Salsa, Ginger Chicken Meatballs, Cherry Ripe Slice, Triple Choc Brownies and Lemon Meringue Tartlets.

Being involved in catering events such as this are particularly useful in developing the practical skills of the students and exposing them to genuine learning experiences required in the following units offered in the Hospitality course:

- *Work with Colleagues and Customers*
- *Work in a Socially Diverse Environment*
- *Follow Health Safety and Security Procedures*
- *Follow Workplace Hygiene Procedures*
- *Organise and Prepare Food*
- *Prepare Sandwiches*
- *Prepare Appetisers and Salads*
- *Present Food*

Overall, it was a fantastic day with lots of laughs and fun memories. This day provided us with an excellent opportunity to experience aspects of the food service and catering industry. It was definitely worthwhile and allowed us to see how much time, effort and energy is involved in planning an event!

I would like to particularly thank **Mrs Maureen Stanley** for assisting with the menu planning, and all the food ordering and shopping for such a big event. Thank you also to **Mr Chris Williams** for driving us to and from the venue on the day.

A VERY SPECIAL thank you is needed for the Catering Team of nine students who effectively worked together and demonstrated outstanding food preparation and service skills on the day. I was so proud of all their efforts and could not have asked for a more dedicated, mature and enthusiastic team to lead on the day. Girls – you did yourselves and our College proud!

Mrs Melanie McKee - Teacher - TAS/VET



The Year 11 Catering Team:

(L-R) Lauren Berry, Rochelle Burr, Madison Pirrone, Sarah Simmons, Shayley Hackenberg, Danielle Greening, Mikayla Howell, Shannen Lobo and Ciara Morgan



CATHOLIC YOUTH FESTIVAL, MELBOURNE

During early December, seven Year 10 students were fortunate enough to attend the Australian Catholic Youth Festival which was held in Melbourne. For days leading up to the festival many of us were nervous though we were also very excited to be part of this amazing opportunity.



Although the trip down was long, it was definitely worthwhile. We started the festival off with mass in which the youth of the Parramatta Diocese combined for the first time.

We then followed this by attending some sessions at the festival held at Melbourne Australian Catholic University. There were a variety of sessions held on each day of the festival allowing us to decide which ones best suited us. Some of the sessions included praise and worship, which was extremely fun and heartfelt. There were also social justice workshops. For Catholic Mission we did a detention session to end child detention, which really opened our eyes and positively influenced our empathy towards others in our country.

Each day we experienced a plenary session where about 3000 people from all different areas of Australia gathered together and celebrated being the young church of Australia.

In these sessions many of us met lots of new friends and learnt more about our faith and ourselves. Many bands and singers also performed in this event, which increased the enjoyment of our experience and allowed us to become closer to God.

I would like to thank the Priests of our Diocese for coming down to Melbourne with us for the festival and also to **Miss Grantham** for all the hard work and effort she put in to allow this event to be such a wonderful experience. Overall, we can't wait for the next Australian Catholic Youth Festival to be announced.

Written by Jennifer McDonald, Year 10 Student





CAROLINE CHISHOLM
COLLEGE