

CAROLINE CHISHOLM COLLEGE NEWSLETTER

Term 4 Week 6 Issue 18 2017



Faith

Courage

Tolerance

College Phone Numbers:

General Information Ph: 4737 5500 School Fees Ph: 4737 5520 Enrolment Enquiries Ph: 4737 5506 Uniform Shop Ph: 4737 5522

Email: carolinechisholm@parra.catholic.edu.au Website: www.cccglenmorepark.catholic.edu.au

Caroline Chisholm College 90-98 The Lakes Drive Glenmore Park NSW 2745







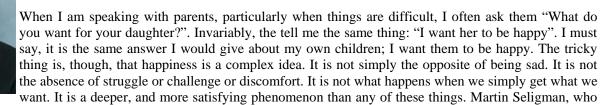
34-38 William Howell Dr Glenmore Park NSW 2745 Ph: 4737 9735 Fax: 4733 8245

Padre Pio Parish

Email: parish@padrepioglenmmorepark.org.au

FROM THE PRINCIPAL

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



is a psychologist and author, says that "curing the negatives does not create the positives". He also says that we choose how we think, and this determines how we feel about our experiences. Caroline Chisholm College has, this year, adopted Seligman's Positive Psychology framework as a way of teaching the students that happiness is the result of positive habits and thoughts and achievements based on our strengths. Seligman says that there are five ingredients of authentic happiness, and we try to employ these in the way we support the students' growth. This is known as the **PERMA Model**. As parents, you may find that this model is useful when you are supporting your daughter through the inevitable tough times of adolescence.



Positive Emotions - This is perhaps the most obvious of the five elements. When develop the habit of optimism and reframing our thinking in positive ways, it affects our happiness.

Engagement - By becoming involved activities that are healthy and that make us feel involved and useful, we shift our emotions towards happiness. It also brings us into contact with people who are having similar positive experience. This could be a team sport, a hobby, classroom learning or service work.

Relationships - A wise person said that if you want to see your

future self, look at the values and attitudes of your friends. By relating with positive, healthy people we are more likely to become positive and healthy ourselves.

Meaning - This aspect of the model can link directly to our Christian faith. By reflecting on our purpose as people with something to contribute, by seeing ourselves as being valuable, and slowly discovering how we can make a difference to the world, we build our happiness.

Accomplishments - We are at our happiest when we are working towards and achieving goals. Feeling aimless and unsuccessful is a very unhappy state to be in. Even small goals, when they are achieved, are the building blocks of happy habits and attitudes.

We will be offering opportunities in the new year for parents to learn more about supporting their daughter's wellbeing with tools like this.

We have just finished a period of intense work and assessment in all year groups at the college. It is that time of year when students work hard to demonstrate what they have achieved in their learning over the year, and most of them will be looking forward to very positive reports from their teachers. Other students may have some regrets about not achieving the results they would have liked, and may reflect on what they could have done differently to have come closer to their learning goals. This week we celebrate the great work of our Year 11 students who have completed their Preliminary studies for the HSC. These learning goals and achievements should be seen in the light of the PERMA model. Now is the time for students to set the next goals in their learning journey.

We have had many things to celebrate over the past fortnight. **Abby Slaughter** (Year 11) was named athlete of the month in our local media for her achievements in swimming, **Micquella Grima** (Year 9) received a commendation for her Bishop Vincent Social Justice Essay. Next week **Sian Johnson** (Year 12) will receive the John Lincoln Youth Community Service Award from the NSW Governor at Government House, Sydney. **Elizabeth Azzopardi** (Year 12) has had her HSC Textiles Major Work selected for exhibition in 2018. Every day at Caroline Chisholm, students achieve wonderful things in their learning and in their contribution to the community. I am very proud to be associated with them.



Finally, as we watch the refugees and asylum seekers on Manus Island struggle with incredible hardship and uncertainty caused by our government, I challenge this community to have a conversation about how we have so lost our way. The UN Declaration of Human Rights explicitly states what we believe as Christians, that we are all created equally and have equal rights. The UN High Commission for Refugees has again and again condemned the decisions that have left these people wallowing in desperate conditions. What does the second verse of our national anthem mean, when we say "For those who've come across the seas, we've boundless plains to share"? Prayer is important, but so is action.

Speak to people, including your daughters, about what we owe to all humans, especially those in desperate need. Bishop Vincent has called on us to walk with refugees this year, and our college intends to do just that, by teaching students about the dignity gifted to us by our creator.

Let us pray:

Loving God,
We pray for the world's refugees,
They have experienced trauma beyond our imagining.
God of healing, bring them healing.
They endure the most trying of circumstances.
God of strength, bring them strength.
They face an uncertain future.
God of hope, bring them hope.

We pray for asylum seekers detained on Manus Island & Nauru
They are experiencing great pain
God of healing, bring them healing.
They live in harsh and difficult conditions
God of strength, bring them strength.
They are losing hope.
God of hope, bring them hope.

We pray for our nation
We have hardened our hearts against refugees
God of healing, bring us healing
We have grown weary of caring
God of strength, give us strength
We need to find a better way forward,
God of hope, bring us hope.

Amen.

Mr Greg Elliott Principal





FROM THE ASSISTANT PRINCIPAL

College Policies

From time to time we highlight in the newsletter aspects of college policies which we are required to remind parents of. Today I would like to draw your attention to:

1. Supervision and dropping off and picking up students

Caroline Chisholm College provides supervision of students in designated areas in the playground from 8.00 am in the morning, through recess and lunch breaks and until 3.00 pm. From 3.00 pm to 3.15 pm, supervision is provided at the front of the school only for the last scheduled buses.

Parents are to use the drop-off zone outside the college in accordance with the signage. Parents using the drop-off zone are asked to move forward to allow cars behind or to move to spaces in front of already stopped cars. The drop-off zone is officially designated "No Parking". This means people can:

- Pick up or drop off only
- Park for under 2 minutes only
- Must remain within 3 metres of the vehicle

Do not park across the driveway entrance which are designated "No Stopping". No cars, other than staff cars, are to enter or leave the school grounds (including the bus bay) between 8.00 and 8.25 am. No cars are to enter or leave the school grounds (including the bus bay) between 2.40 pm and 3.00 pm.

Students walking home and crossing to the north side of The Lakes Drive are to do so at the pedestrian crossing outside the college.

Students needing to leave school early must have a note signed by a parent and presented to the homeroom teacher in the morning for signing. They will be met and signed out by a parent or authorised person at the appointed time. Students who become ill during the day are to have their diary signed by a teacher before proceeding to the student office and being admitted to sick bay. An office staff member will contact the student's parent/carer and arrange for the student to be taken home. Students are not to phone parents directly to arrange for collection when sick.

2. Corporal Punishment

Any form of corporal punishment is explicitly and without reservation banned as part of any student management at the college.

3. Procedural Fairness

Caroline Chisholm College is committed to ensuring procedural fairness in all situations. Procedural fairness refers to what are sometimes described as the 'hearing rule' and the 'right to an unbiased decision'.

The 'hearing rule' includes the right of the person against whom an allegation has been made to:

- know the allegations related to a specific matter and any other information which
- will be taken into account in considering the matter
- know the process by which the matter will be considered
- respond to the allegations
- know how to seek a review of the decision made in response to the allegations.

The 'right to an unbiased decision' includes the right to:

- impartiality in an investigation and decision-making
- an absence of bias by a decision-maker.

Procedural fairness includes making available to students and parents or caregivers the policies and procedures under which disciplinary action is taken. At Caroline Chisholm College, these policies are contained in the Student Diary, Information Handbooks issued to students and their parents/carers and on the college website.

Doing the Right Thing

Congratulations to **Olivia Nand** (7 Wright), **Olivia Bennett** (7 Wright) and **Monique Buksh** (8 Wright). They have been selected to receive a \$5 canteen voucher for college service.



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: **Paige Krone** (7 Wright) and **Vivien Toth** (8 Gilmore).

Mr Greg King - Assistant Principal



UNIFORM SHOP

A reminder that current Year 9 Students will be moving into Senior uniform in 2018. They will need a Senior blouse, jumper and blazer. Orders are now being taken.

The Uniform Shop hours are Monday 8.00 - 10.45 am and Thursday 12.15 - 3.00 pm. Please note extended uniform shop opening hours for January are as follows:

- Monday 22nd January to Thursday 25th January 8.00 am 3.00 pm
- Monday 29th January 8.00 am 3.00 pm

Any enquiries please contact Tanya Barnes from The School Locker on 4737 5522, during uniform shop hours or email carolinechisholmc@theschoollocker.com.au

DIARY DATES						
Year 7 Items, Year 8 Items, Year 9 Items, Year 10 Items, Year 11 Items and Year 12 Items, Whole School Items						
Fri 17 Nov	Year 12 Formal	Fri 24 Nov	Year 11 Business Studies Excursion to IKEA			
	Year 10 Developing a Growth Mindset		Years 7 & 8 HTA NSW History Mastermind Comp			
Mon 20 Nov	Year 7 (2018) Parents' Orientation Meeting 6.30pm		Drama Showcase - 6.30 pm			
	Kenny House Initiative Week	Sat 25 Nov	Walk Against Domestic Violence 5.00 - 7.30 pm			



Caroline Chisholm College Skoolbag App

This is a reminder that Caroline Chisholm College has a school app. The Caroline Chisholm app is custom built to service the needs of our school community, by improving communication between the school and our families and making it easier to stay up to date with all school information and events.



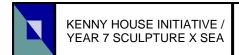
Facebook - http://www.facebook.com/pages/Caroline-Chisholm-College

Face book is a social media platform that many people use every day. Why not harness this for the benefit of college communication? Keep informed of the wonderful things the college community is involved in and check out photos of many special occasions and events within the college. Official college notices will also be shared this way.



Twitter - https://twitter.com/CCCGlenmorePark

Twitter is the fastest growing social media site in the world at present. Limited to 280 characters, each tweet can provide a short but sweet link to very valuable information about the college community and things happening at Caroline Chisholm College.



KENNY HOUSE INITIATIVE: RAISING AWARENESS ABOUT DOMESTIC VIOLENCE

As its house initiative, Kenny House is raising awareness concerning domestic violence and intends to raise money in support of those in our community affected by this serious issue. One in five in our community is affected by domestic violence, and this effect could be in the form of physical or emotional abuse.

Our initiative will be running during Weeks 6 and 7 of Term 4 and all the money raised will go towards funding 'welcome packs' we intend to donate to The Haven. The Haven is a women's shelter in the Nepean region that assists and offers refuge for women who are victims of domestic violence within our own region. The welcome packs will be given to these women upon arrival at the shelter and will include various resources, such as a toothbrush, hairbrush and sanitary products.

Among a number of activities and events, on Saturday 25 November the White Ribbon Foundation is holding a Twilight River Walk. The river walk begins at the Weir Reserve at 5:30pm and ends at Tench Reserve. The walk is a significant event in Penrith that highlights this serious issue and shows that we all, as one community, support those affected by domestic violence. With the support of Mr Elliott, we as a college would like to see many of our students participating in the event. Students who do attend the walk are asked to wear their school sports uniform. I'd love to see many of the girls from our college there. St Dominic's College will also have a group of students at the walk to show their support for the cause.

Georgia Wood - Kenny House Leader

YEAR 7 SCULPTURE BY THE SEA EXCURSION

On Tuesday 31st October, Year 7 students walked from Bronte to Bondi to see the annual Sculpture by the Sea exhibition. In their Year 7 Visual Arts classes, students will study this exhibition as part of their *Shorelines* unit. They will look at the ways artists have made artworks that respond to this site. They have also used images from this site and other coastal sites as a basis for their designs for their ceramic works.

The girls really enjoyed walking amongst the 100 or more works dotted along the coastline.



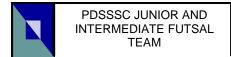












PDSSSC JUNIOR AND INTERMEDIATE FUTSAL TEAM

On Monday 30th October, students from Years 7 to 10 represented the college at the PDSSSC Futsal Gala Day. The event was held at the Penrith Sports Stadium, Cambridge Park, with each of the students participating to the best of their abilities.

In the Junior team round one was played against Cerdon College, sadly losing two-one but they had an amazing victory against St Clare's in round Two winning 4-2. By this time, we had learnt how to play as a team and learnt each other's strengths and weaknesses. Round Three was an incredibly competitive match against St Columba's with our team unfortunately losing 4-3, followed by another loss against Cerdon.

In the play-off finals, we played St Clare's in the fight for 3rd place. Our team was full of energy and inspired to take the win. At full-time, we were faced with a tie, one-all. The referee added five more minutes to the clock as we continued to play. Even after that, we were still at one-all, so we were led to penalty shootouts. In the end the Junior team won from the penalty shootout, giving Caroline Chisholm College third place.

The Junior Futsal team consisted of: Isabelle Padjen, Kulaia Trindall, Ashleigh Gill, Lauren Preston, Brigita Kulas, Kaitlyn White and Courtney Skelly.

The Senior team round one made a slow start adjusting to the conditions, going down to Cerdon College in an action packed opening match. In the second game, we came up against a well drilled Nagle College side and were narrowly defeated, demonstrating a new found groove to our playing style. In the third round match, we were quite competitive and were in the lead against St Columba's College. Unfortunately a few errors and some rough play led to a narrow defeat. Our final match was against St Clare College team. At last we found our groove and were able to win this match by a margin of 3 goals to 1.

Unfortunately our team did not make the finals. However, the students can feel proud of the way in which they conducted themselves throughout the tournament, in particular, their competitive spirit, team-based approach and sportswoman ship to the other competitors made me feel proud as their Manager. Congratulations to all members of the 2017 Intermediate Futsal team.

The Intermediate Futsal team consisted of: Isabella Bruce, Erin Stinten, Emma Buckley, Zara Elsner, Emily Davies, Isabelle Brown, Caitlyn Pearson, Caylie Wallace and Shannon Bailie.

A huge thank you to **Mr McIlveen, Mr Caws** and all of the parents who were able to support the team and **Mrs Buckley** for her outstanding efforts in refereeing throughout the day.

Mr Richard Caws and Courtney Skelly - Year 8 Student





YEAR 12 VISUAL ARTS WORKS NOMINATED FOR ARTEXPRESS

We were notified recently that 8 students from the Year 12 Visual Arts class have had their Body of Work retained by NESA for possible selection for the prestigious ArtExpress exhibitions held early in 2018 at venues such as the NSW Art Gallery. Visual Arts students submit for their artmaking component of their HSC examination a body of work, a selection of artworks that illustrate their artmaking practice. These works are marked over a month in October at the NESA marking centre. One of the criteria for inclusion in the selection pool is that the works generally need to have received marks that are at the very top of the 'A' range.

We congratulate the following students

Ashleigh Bridge Murrayarra, ngaanha, winhangarra (Speak, See, Hear), Ceramics

Roisin Cairney Foveaux St, Ceramics **Nadyne Kemister** Suburban Reclaim, Drawing

Tia MaddenOmne ignotum pro magnifico (every unknown thing appears magnificent), Drawing

Ceren Narli Kayip Kuzey (The Lost North), Printmaking

Isabella Richardson *Kisetsu (The Seasons)*, Ceramics

Arabella Steele-Allen The Marvellous Adventures of Adelaide: A Day with Graham, Drawing

Sierra Vail Une Afrique a Motifs (A patterned Africa), Ceramics

It also reflects the overall high standard of work from all of the Year 12 Visual Arts students in the 2017 Visual Arts classes and it is very exciting that these HSC Visual Arts students have achieved this honour.

Year 12 teachers, **Mrs King** and **Ms Wood** are very grateful for the support from **Ms Eyles** and **Ms Cusack**. All of the teachers put in many hours of extra time during the school day and after school, on weekends and in their holidays. The girls have been very fortunate to have teachers who have given so much to assist them to achieve their goals and this high standard.

During November, the exhibitions of about 200 works are selected from the pool of works and the girls will be notified in early December.

Mrs Karen King - Leader of Learning Creative Arts



Isabella Richardson, Kisetsu, Ceramics





Ceren Narli, Printmaking



Ashleigh Bridge, Ceramics



Tia Madden, Drawing



Sierra Vail, Ceramics



Roisin Cairney, Ceramics





Nadyne Kemister, Drawing



Arabella Steele-Allen, Drawing

PENRITH ENVIRONMENTAL PHOTOGRAPHY COMPETITION

Year 10 Photography and Digital Media student, Jessica Kinsella, was recently awarded third place in the Youth section of the Penrith Environmental Photography Competition. Over 120 entries were received for this competition with the theme of *Water – the heart of our community*. Special guest judge was wildlife photographer, Mark Fuller.

Her work, *Serenity*, was taken in Glenmore Park and focused on the simple beauty of the water in the early evening. In addition to attending a prizewinners' ceremony at the Penrith City Council chambers, Jessica's work was exhibited at the recent REAL festival in a special display of the winning works. Our congratulations go to Jessica for her efforts to enter this competition and for her success in achieving this honour.



Jessica Kinsella, Year 10. Serenity

Mrs Karen King - Leader of Learning Creative Arts

YEAR 10 PHOTOGRAPHY STUDENTS ENTER THE ACU PIXEL PRIZE COMPETITION

Photography and Digital Media students entered works in the Australian Catholic University Pixel Prize. **Jessica Murray's** work, *Girl in the Water* was selected for the exhibition of the Pixel Prize at the McGlade Gallery on the Strathfield campus from over 300 entries. Jessica was awarded a Highly Commended, Best Image - Composition for her work.

Expert judge, photographer and curator Sandy Edwards praised Jessica's work and noted how she had cleverly posed her subject in the bath from above, making reference to *The Death of Ophelia*, a painting by Sir John Milais. Jessica's modern reinterpretation with her subject gazing at magazine images of women raises questions about how young women view themselves and the effects of the expectations presented in media images.

Year 10 students, **Sonya Grabez** and **Rachel Van Dijk** also entered the competition and received certificates acknowledging their participation.

Mrs Karen King - Leader of Learning Creative Arts







An action-packed day of family fun and entertainment including:

- ► Live stage entertainment inc. Justice Crew. Isaiah Firebrace & Amber Lawrence
- ▶ Dream Rides for people with an intellectual disability
- ► Hot laps in a Formula Ford
- ▶ Dance Spectacular
- ► Amusement rides for the kids

FREE ENTRY!

- ▶ Petting Zoo with live animals
- ▶Sports demonstrations by Special Olympics Athletes
- ► Helicopter rides
- ▶ Entertainment by Rob and Tahir (Here Come the Habibs!)
- ► Market stalls
- ▶CEO Billycart Race

Visit www.soarandroar.com.au

Sunday 26 November 2017, 9.30am – 5.30pm Sydney Motorsport Park, Ferrers Rd, Eastern Creek (Parking: enter via Gate B on Peter Brock Drive)

Proudly supported by









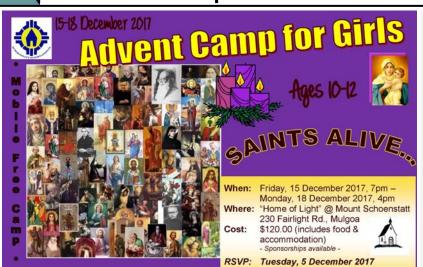














When: Friday, 15 December 2017, 7pm—
Monday, 18 December 2017, 4pm
Where: "Home of Light" 230 Fairlight Rd. Mulgot
Cost: \$120.00 (includes food & accomm.)
Deposit: \$40.00 non-refundable - Please pay eith
through CHEQUE; CASH; DIRECT DEPOSIT
(BSB 082 589, Account 090/2861 Schoenstatt Sisters of

messaration from to: Sr. M. Luka Junemann, 230 Fairlight Rd., Mulgoa NSW 2745 (mob) 0435 537 843 / (email) <u>sr.m.luka@bigpond.com</u> / (fax) (02) 4773 8530

CAMP CHECK LIS

- Bed sheet to cover the mattress (essential)
- Pillow case
 Townle & toils

Registration will close when all places are taken.

- Towels & toiletnes
 Munchies to share
- > Water bottle, Insect
- Swimmers & sunscreen, i case we go swimming
- Pocket money for Ou
- ➤ Mobile Phone
 ➤ iPod/iPad/any electronic
- > ANY VALUABLES

you won't need it!

Forthcoming E

25/11/17 Women's Reflection Day 26/11/17 Advent Retreat for Familie 3/12/17 Advent Journey for Young Adult 9-12/1/2018 Ages 17-25 Girfs' Cam 15-17/1/2018 Ages 13-16 Girls' Cam

SCHOENSTATT GIRLS CAMP REGISTRATION FORM: 15-18 December 2017

First Name:	Surname:		Date of Birth://
Postal Address:			
		State:	Postcode:
Name of parent:			
Email:			
Telephone:		Mobile:	
I give permission for my child will be led by a team of youth		at Mount Schoenstatt. I understand the nature	of the camp and agree that my chil
Transport during the camp: Driver's License OR by public		child is allowed to travel in a car driven by yo	outh or adult leaders who hold a NSV
Swimming Permission: I giv sunscreen)	e my daughter permission	to take part in swimming activities. (Please	ensure your daughter has appropriat
		ny child, captured during the camp through ph blications, and agree that they will not be enti	
Medical Information: Does the participant regula Details:	rly take any prescribed n	nedication? Yes If yes, please give	details of medication. No
	ny allergies (e.g. peanut	t butter, bee stings, dairy)? Yes N	
Does the participant have a If yes, please specify:		? Yes No	
ii yes, piease specify			
Consent to medical attention		ant medical details required. In the case of a m range for my child and to receive such medical	
Consent to medical attention Schoenstatt Camp personnel in necessary. Emergency Contact: Address:	providing first aid and/or an	range for my child and to receive such medical	treatment as may deemed
Consent to medical attention Schoenstatt Camp personnel necessary.	providing first aid and/or an	range for my child and to receive such medical	treatment as may deemed

Summer Camp for Girls @ Mount Schoenstatt: 15-17 January 2018

Girls aged 13-16 are invited to a three-day camp experience at Mount Schoenstatt, Mulgoa. Our theme will be: Forever firm, free and faithful. So we'll explore what it means to be a Catholic young woman today. The program will also include prayer, craft and fun activities.

Time: from 2pm on 15 Jan to 7pm on 17 Jan

Venue: "Home of Light," Mt Schoenstatt, 230 Fairlight Road, Mulgoa.

Cost: \$95 (includes food and accommodation).

RSVP: Friday 5 Jan 2018

(registration form and deposit required).

Inquiries: Sr M Luka: (mobile) 0439 537 843 / (email) sr.m.luka@bigpond.com



Delivering the NDIS in your community



You're invited to a family fun day in the Hawkesbury

Come and celebrate International Day of People with Disability and Social Inclusion week.

On 1st July 2016, the National Disability Insurance Scheme (NDIS) was introduced in Nepean Blue Mountains by Uniting and the National Disability Insurance Agency. The NDIS is the new way people with disability receive help and it means a new era of lifestyle and service choices for you and your family.

Join us on Saturday 2nd Decem

- Non-stop entertainment, food, music and fu
- An interactive expo of local businesses, organisations and service providers
- Roving magicians, face painters, fairies ar entertainers
- Donate a gift to charity at our Wishing Tre

There will be an event program available on the day so you don't miss a thing. Note the date in your diary, and feel free to contact us.

When: Saturday 2nd December 2017 10am to 4pm

Where: Hawkesbury Showground 40 Racecourse Road

Contact: Heather or Vanessa 0429 192 467

0429 192 467 vbayley@uniting.org

Register: vbayley@uniting.org

ndis.gov.au



NSW SCHOOL VACCINATION PROGRAM 2018

Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.

Parent Information Kits that include an information sheet, consent form and privacy statement will be sent home to parents/guardians at the beginning of 2018.

In 2018 the following vaccine will be offered FREE to Year 10 and 11 students:

Meningococcal ACWY vaccine as a single dose

To consent to the vaccination of their child, parents/guardians are advised to:

- · read all the information provided
- complete the consent form, including signing their name next to the vaccine/s they would like their child to receive
- return the completed consent form to their child's school as soon as possible

To improve vaccination completion, students will be opportunistically offered any missed doses throughout 2018 where possible.

Parents/guardians who wish to withdraw their consent for any reason may do so by writing to the school Principal or phoning the school. The Procedure for Withdrawal of Consent is available on the NSW Health website at: www.health.nsw.gov.au/immunisation.

- Ensure that your child eats breakfast on the day of the school vaccination clinic.
- A Record of Vaccination will be provided to each student vaccinated at the clinic as a physical card.



Nepean Blue Mountains Local Health District ABN 31 910 677 424 PO Box 63, Penrith NSW 2751

Tel (02) 4734 2000

www.nbmlhd.health.nsw.gov.au