



CAROLINE CHISHOLM COLLEGE NEWSLETTER

Term 1 Week 5 Issue 2 2017



Faith Courage Tolerance

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FROM THE PRINCIPAL

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

Last Friday was Caroline Chisholm Day. On this day each year we stop to thank God for the gift of the college and to celebrate our identity and community with Mass in the morning and a carnival all afternoon. I am grateful to the many parents who could join us at Padre Pio Church for Mass and the blessing of catechists, new staff and new students. There were a few tears of joy as our Year 7s led us out of the church while singing our college song 'Together'. We also welcomed our new Parish administrator, Fr Suresh Kumar, who later joined us for the carnival. We hope and pray that Fr Suresh's time in our community will be richly blessed. Over the course of a very hot and muggy afternoon, the student led stalls and activities raised over \$10,000 for Project Compassion, Caritas' annual Lenten appeal. This is an extraordinary sum, and we are teaching our students that this generosity is part of their intentional discipleship as followers of Jesus. My thanks to **Ms Morley**, **Ms Murray** and the small army of helpers who ensure Caroline Chisholm Day is such an unforgettable experience for our community.



Being a teenager can be tough! As adults, we know that friendships grow and change, and sometimes end. For our daughters, this can be a very challenging time. We want to work with our parents and carers to help students at Caroline Chisholm College make sense of their relationships and negotiate changes in a healthy and positive way.

Join us for a Parent Forum to hear from a psychologist and school leaders about giving young people the tools to grow healthy relationships, and to manage changes in their friendship groups. This will be followed by table discussions about the reality of parenting teenagers through this complex maze of adolescence. As you know, when these things go well, everything else seems so much easier!

If you would like to attend, please RSVP to rwilson2@parra.catholic.edu.au by Friday February 24.



The week prior we welcomed back our HSC High Achievers from 2016. We recognised the many students who scored marks over 90 and who achieved ATARs over 90. We also were honoured by the presence of our Federal Member for Lindsay, **Ms Emma Husar**, who presented our Lindsay winners for 2016. **Maddison Farrugia** from Year 12 2016 received the Lindsay Award for her success and her grace in the face of adversity. Having lived with cystic fibrosis since she was a child, Maddison did extremely well in the HSC and was an example of determination and generosity. We also congratulated **Mrs Rebecca Zammit** who won the Lindsay Award for her dedication and creativity as an early career teacher. Our guest speaker, **Professor Katherine Holmes**, from Western Sydney University, inspired the students to prepare for a future where science, maths and technology will be central to every career path. She encouraged the girls to seek out stories of women who have made such stunning contributions to science and technology, but are rarely recognised as leaders in their field.



In our first newsletter for the year, I wrote to you describing our concerns about attendance, and I stressed that every day counts for every student. As I write this newsletter, we are already below our attendance goal for the year. We are aiming to achieve 90% attendance or more for 90% of our students. We are sitting on 84.6%. Of the absences so far, 287 days have been for leave granted for various reasons, which represents 37% of our absences to date. That's 287 days away from school in just a few weeks. Meanwhile, there are entire Home Rooms where they are working together to achieve 100% attendance, celebrating every day that no student is away. I am looking forward to seeing a general improvement in our attendance level over the coming weeks and months, and I appreciate the support of our parents in achieving this. If you have any concerns or questions about attendance or leave, please contact your daughter's Home Room teacher.

I want to invite you all to our first Parent Forum for 2017 on March 13 at 6:00pm. We will be focussing on how to support our young people to develop healthy relationships and navigate the complexity of the adolescent social world. We want you to join us for some input and conversation so we can work together to teach our girls to be stronger, happier and healthier. I sincerely hope to see you there.

Finally, I leave you with a prayer that acknowledges the work done by the young women in our college, and by women around the world to address poverty and injustice. Let us pray together:

Lord, we honour and are humbled by the strength of women around the world who work faithfully, in overwhelmingly challenging circumstances, to provide for their families and build resilient communities.

May we, your Church in Australia, work as courageously and as tirelessly as advocates for their rights and opportunities.

We give thanks for the many who have already lifted themselves out of poverty. And we pray that the glimpses of a tomorrow we see now in part, may soon become the glorious whole.

Amen.

Mr Greg Elliott
Principal

*Lord, we HONOUR and are
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women around the world who work
FAITHFULLY, in overwhelmingly
challenging circumstances*





FROM THE ASSISTANT PRINCIPAL

Personal Goals for 2017

As students start their academic year, I would like to draw to their attention (and to their parents' attention), an idea shared with me by another teacher about the 'one-percenters'. This is the idea that we improve not by setting grand goals with no idea of how to get there but by setting goals and identifying a SMALL change (a 1% change) that would enable us to reach that goal. Sometimes the 1% difference may be unexpected. In one example, the world champion British cycling team identified hygienic handwashing as 1% change. That may seem unconnected to world-class cycling performance but the connection is the need for full health for that level of performance – even a minor cold can impact on performance. I would challenge all students to identify a 1% change that could make a difference to their academic performance. Having identified the change, the challenge is to put it into action and see if it works. If it doesn't, discard it and find another 1% change that might work. If it does work, keep doing it. Then find the NEXT 1% change that will be another step towards your goal.

This year we are introducing to the students, staff and parents the concept of positive psychology and you will hear a lot more about this over the next few months. The 'one-percenters' idea fits in well with this concept because one of the features of having a positive psychology approach is for students to identify their strengths and work from that to improvement. This also fits in with the complementary idea of growth mindsets which has been spoken about at the college for a few years now. I would like to see students identifying their strengths and using a one-percent model to make practical changes to achieve goals – as part of a process of constant improvement.

Personal Fundraising

At Caroline Chisholm College, we have a strong focus on social justice and raising the consciousness of students to those in less fortunate situations. However, there is a limit to the amount of fundraising we can reasonably ask the college community to participate in. As a college, we have decided on priorities for fundraising over the whole year. In Lent our particular focus is raising money for Caritas projects. Throughout the rest of the year, the six house groups have allocated weeks to raise money and educate students about their particular charitable causes. Each year we have many requests from organisations and students to raise money for other causes. While they are very worthwhile, we have a general policy of not allowing fundraising other than for those causes officially supported by the college.

However, we do have a policy which supports individual students' commitments to causes which are compatible with our ethos as a Catholic school and to which they would have some strong personal connection. Consequently, if students wish to undertake individual fundraising, they would need to apply in writing to Mr Elliott or myself, outlining the reason for the fundraising, the nature of the fundraising and the duration of the fundraising. In practice, I would expect this type of personal fundraising for a charity to occur in the college for no more than one week. It would also be something undertaken by the individual students or their friends, for example selling cakes. We would not, for example, run a whole-school mufti day for an individual student's cause. There would also need to be an educational component whereby the student used the occasion to inform students about the nature of the cause which is being supported. We would also need to take into account how many individual fundraising efforts were happening at a particular time. In particular, we would need to avoid clashes with official fundraising times for Caritas (in Lent) and the House initiatives, at various times in the year. It should be noted that personal fundraising would only be approved for a charitable cause not, for example, for a dance school, sporting team or similar thing.

Doing the Right Thing

Congratulations to **Isabella Soriano** (7 MacKillop), **Maddison Said** (8 Wright), **Isabella Morlin** (9 Wirght) and **Ally Wells** (12 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: **Isabella Soriano** (7 MacKillop), **Anique Pantazakos** (7 Wright), **Olivia Nand** (7 Wright), **Maddison Said** (8 Wright) and **Chelsea Tran** (9 Gilmore).

Mr Greg King - Assistant Principal



FROM THE LEADER OF RELIGIOUS EDUCATION

Our Formation Goal for 2017

This year we have adopted the following goal in relation to religious formation within our community: to create a culture of discipleship among students which links social justice and other aspects of religious education to intentional discipleship. To be a disciple is to follow Christ; to be an intentional disciple is to follow Christ in a deliberate and focused way.

One way we can do this is by connecting the many works of mercy that students participate in through our social justice program known as Caroline's Footsteps.

These works of mercy include the Corporal Works of Mercy which are:

- | | |
|---------------------------------|----------------------------|
| 1. To feed the hungry | 5. to visit the sick |
| 2. To give drink to the thirsty | 6. to visit the imprisoned |
| 3. To clothe the naked | 7. to bury the dead |
| 4. to give welcome to strangers | |

The work of the Social Justice committee and the Caroline Footsteps program here at the College offers a variety of ways in which students can get involved and be the face of mercy to others. This term our focus for social justice is on supporting the work of Caritas Australia through Project Compassion. Students in their homeroom initiatives have been learning about the Catholic Social Teaching Principles and making connections between their fundraising activity and the reason why we are committed to this program. This week we are focusing of the Catholic Social Teaching around SOLIDARITY. Solidarity reminds us that everyone belongs to one human family, regardless of their national, religious, ethnic, economic, political and ideological differences. Everyone has an obligation to promote the rights and development of all peoples across communities, nations, and the world, irrespective of national boundaries. Caritas Australia expresses solidarity by reaching out to those who are most marginalised. We are committed to long-term engagement and sustainability.

When we speak about solidarity we look at power structures within communities and governments. What is power? What is authentic power? Does everyone in our community, in our country and in the world have the ability to have a say in what affects them in their lives. How do our actions affect other people in the world? How can something so simple as purchasing items that are made in countries where the workers receive fair wages and children are not used as labour. Do the clothes you purchase come from ethical sources? Does the food you eat come from ethical sources? An example of this would be to look at how much of the food you eat or the cosmetics you use contain palm oil? Much of the palm oil used in the making of goods comes from poor countries that cut down forests destroying habitats for native animals in order to plant palm oil plantations for overseas companies making huge profits.

In total, tens of millions of tons of palm oil is produced annually, accounting for over 30% of the world's vegetable oil production. This single vegetable oil is found in approximately 40-50% of household products in many developed countries like Australia. Palm oil can be present in a wide variety of products, including baked goods, confectionery, shampoo, cosmetics, cleaning agents, washing detergents and toothpaste.

Lent

On Wednesday 1st March Lent commences. This year Caritas (the Catholic agency for international aid and development) has taken as its theme "Love Your Neighbour". We are asked to help empower our most vulnerable neighbours worldwide to build a better future for their communities and families. Each homeroom at the college will be involved in an activity to raise money to support the work of Project Compassion. This includes the homerooms from Years 10-12 who were involved in activities celebrating Caroline Chisholm Day on 16th February.

A few other reminders about Lent.

Wednesday marks the beginning of the Lenten Season for the Catholic Church. This is a time of **almsgiving, penance and fasting**. During the 40 days of Lent we are asked to search for ways to change our lives and make ourselves better people. This can be done through **charitable works** such as contributing to Project Compassion, through **attending the sacraments** especially the sacrament of Reconciliation and by giving up items of food as a **sacrifice or penance**. In Lent it is traditional to fast and abstain from eating meat on Ash Wednesday. To fast means to go without, so Catholics are reminded to try to limit their food intake on days of fasting. To abstain means to not eat meat. The days of fasting and abstinence from meat are Ash Wednesday and Good Friday. However, it is traditional in the Catholic Church for people not to eat meat on any Friday in Lent.

Here at Caroline Chisholm College we observe this Lenten abstinence by not serving meat products at the canteen on Ash Wednesday or on any Friday during Lent.

Lent is also a time of prayer, a time for deepening one's relationship with God. It is a time of personal reflection, of searching deep within oneself to find ways in which we can change to become more Christ-like, more focused on others rather than on oneself.

Pope Francis says "Education is an act of hope".

Ms Bernadette Murray - Leader of Religious Education



FROM THE LEADER OF INNOVATION & LEARNING

Year 7 and 8 Assessment Plans

The Year 7 and 8 Assessment Plans have now been published on our college website. They are designed to provide students and parents with information to assist their understanding of assessment and reporting approaches for Stage 4.

Please click on the following link to access the Assessment Plans:

<http://www.cccglenmorepark.catholic.edu.au/Learning-and-Teaching/Assessment>

Learning across Year 7 and 8 is ongoing and incorporates a range of class activities and tasks used to assess student knowledge and skills. Assessment of this learning contributes to the grades allocated to students in the reporting period. Key elements of Year 7 and 8 assessment include:

- Student performance expressed as A-E grades
- All tasks, activities and homework can potentially be assessed to gauge student performance
- Students continually have the opportunity to earn and improve on their grades
- A common task will occur each term or semester according to the subject

This approach to learning and assessment **places students at the centre of the assessment process**. It allows them to receive **feedback and advice** throughout their learning that will aid them in future tasks. It promotes an environment where students have a **greater understanding how to develop** their skills and knowledge.

Academic achievement is best served by a **growth mindset** that is at the centre of our approach to learning at the College. Students who see their learning as ongoing challenges and view failures as learning opportunities are better placed to increase their achievement. **Ongoing feedback, and the chance to act on it, allows students develop a growth mindset rather than remain fixed in their attitude towards their learning.**

Therefore, students are encouraged to:

- Be punctual and in attendance at all times
- Focus on all aspects of their learning at all times
- Complete all tasks and activities to the best of their ability
- Monitor the grades their teacher shares with them to check for improvement
- Look at the next level of skill of achievement and what is needed to get there
- Regularly discuss their progress and needs with their teacher as part of a growth mindset approach

If any student or parent/carer requires further information regarding their or their child's learning and assessment they should direct their enquiries in the first instance to the relevant subject teacher, and then if required to a KLA Leader of Learning, Mrs Lans or myself.

Year 9-12 Assessment Handbooks and Calendars

All Year 9-12 Assessment Handbooks and Calendars are now available on the college website. The handbooks contain important information about our Year 9-12 Assessment Policy and the Procedures, and what students need to do if they are absent on the day of a formal assessment task. Please take some time to look over these handbooks together and to plot



our important days into your calendars at home. The handbooks and calendars can be located at <http://www.cccglenmorepark.catholic.edu.au/Learning-and-Teaching/Assessment> and should be referred to regularly over the course of the year.

Year 12 Half Yearly Exam Timetable

The Year 12 Half Yearly exam timetable will be made available to all Year 12 students over the course of the next week. Students are asked to take some time to plan out their revision program in the lead up to the exams so that they allow equal amounts of study time for each of the courses they are studying.

Teachers will soon be distributing the Exam Notification sheet for each course to outline to students what they specifically need to prepare for in each subject. I encourage all students to ask their teachers questions to clarify their understanding of key concepts that have been taught in the lead up to the exams, and take the opportunity to complete past questions as one way of preparing. **Be sure to apply the feedback provided by teachers and peers when reviewing and studying for each course.**

We wish all our Year 12 students the best as they continue to learn and prepare in the lead up to this assessment period.

Mr Stephen Casni - Leader of Innovation & Learning

BROOKE VINCENT'S HSC WORK AT ARTEXPRESS EXHIBITION

On Friday 10th February, the ARTEXPRESS exhibition at Hazelhurst Regional Gallery was opened. Brooke Vincent's Photomedia work, Great Western Graphic, was selected for this exhibition. Her work looks at the ways ordinary structures in our local suburban area are juxtaposed against spectacular skies. Her final submission was of six large images accompanied by 5 pairs of images selected from over 6,000 shots taken from many early morning shoots looking for the perfect skies and sites. Brooke's commitment and hard work have been rewarded in her excellent HSC final results and her selection for ARTEXPRESS.

In the coming weeks, other Visual Arts students from the class of 2016 will have their works exhibited in other ARTEXPRESS exhibitions. **Claudia Beghetto** and **Gabriella Mulock's** ceramic forms will be shown at the Armory Gallery at Sydney Olympic Park for early March to April. **Nicoletta Bellino** and **Tara Dangerfield's** ceramic forms will be shown first at Campbelltown Art Gallery. **Brodie Deigan's** ceramic forms will be shown at the Moree Regional gallery.

It is a great honour for these six girls to have their HSC works selected as there are only around 200 works selected from 9,500 works submitted for Visual Arts HSC examination. Details about the exhibitions are available on this site <http://artexpress.artsunit.nsw.edu.au/>

Mrs Karen King - Leader of Learning Creative Arts





Caroline Chisholm
COLLEGE

Faith, Courage, Tolerance

2018 ENROLMENTS

FOR GIRLS YEARS 7-12

Open night: Monday 6th March 2017 (6 - 8:30pm)

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Come along and see for yourself why girls are so happy to learn at Caroline Chisholm College. Information sessions:
.....

6:30 to 7pm - 7:30 to 8pm
Tours of College Facilities

Further information can be obtained on our website www.cccglenmorepark.nsw.edu.au
90 - 98 The Lakes Drive Glenmore Park
Enrolment packages can be obtained by contacting the college on **4737 5500**

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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 22 Feb	All Schools Triathlon Championships Year 12 Work Placement	Tuesday 28 Feb	Year 10 Vietnam Veterans Incursion Parent Forum - 6.00 pm
Thursday 23 Feb	All Schools Triathlon Championships Year 12 Work Placement Year 11 Biology - Blue Hills Wetlands	Wednesday 1 Mar	Ash Wednesday Liturgies Premier's Reading Challenge begins
Friday 24 Feb	Year 12 Work Placement Year 8 Medieval Incursion Year 7 Welcome Barbecue - 6.00 pm Student Leadership Training	Thursday 2 Mar	Year 8 Passover Incursion Year 9 Powerhouse Museum Excursion
Monday 27 Feb	STAFF DEVELOPMENT DAY PDSSSC Opens Basketball Gala Day	Friday 3 Mar	Year 11 Biology Blue Hills Wetland Incursion Public Speaking - Round 1 Evening
		Monday 6 Mar	Open Night for 2018 Enrolments
		Wednesday 8 Mar	College Swimming Carnival
		Friday 10 Mar	Public Speaking - Zone Evening

**STAFF DEVELOPMENT DAY - MONDAY 27 FEBRUARY**

Next Monday 27 February is a pupil-free professional learning day for staff.

SENIOR STUDY SKILLS SESSIONS

This week Dr Prue Salter from Enhanced Learning Educational Services (www.enhanced-learning.net) ran a study skills session with Year 11. The session built on the work done with the girls last year and focused on helping students identify changes and improvements they could make to their approach to their studies in order to maximise their results in their final years of school. The main areas covered with Year 11 were setting up an effective home study environment, managing resources for school (both paper and digital), working effectively at home and dealing with distractions, managing time efficiently, using the diary as a planning tool, making brain-friendly study notes and using a wide variety of active study techniques to suit individual learning styles. Parents are encouraged to review the handout from the session with students and discuss the main areas identified where changes need to be made. Parents can also find extra study skills tips on the following website: <http://studyskillstoptipsparents.com/>. Year 10 students also attended an introductory study skills session with Prue as well as a session with Rocky Biasi from Human Connections (www.humanconnections.com.au). Prue's session with Year 10 focused on the importance of using this year as a training period to prepare for senior studies. Rocky's session was titled "Getting Your Head Right for the HSC". In this session students learned how to go past fear based motivation and look for deeper a motivation to engage with learning in the senior school. They also looked at how to manage their mental and emotional states with a range of strategies and overcome procrastination by developing a growth mindset that has a focus on continual improvement. All secondary students at our school also have access to a great study skills website to help students develop their skills. Go to www.studyskillshandbook.com.au and enter the username: **forcconly** and the password: **55results** and start improving your results today!

Mr Ian Fuller - Leader of Learning Year 11

STUDY SAMURAI

Five keys to unlock personal academic performance



Free Online Presentation

How To Support Your Students Through High School

Presented by two experts in Peak Performance Psychology and Learning.

In this new and exclusive webinar parents and teachers of high school students will learn:

- 1) Why high school is creating more stress and anxiety in our children and their families and how to overcome it.
- 2) How to support your child with technology use.
- 3) How to establish a success mindset.



Rocky Biasi
Human Connections



Dr Prue Salter
Enhanced Learning
Educational Services

<http://studysamurai.com/webinar>

Distinguished Achievers' Assembly



Caroline Chisholm Day



Caroline Chisholm Day

