



CAROLINE CHISHOLM COLLEGE NEWSLETTER

Term 1 Week 7 Issue 3 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



Padre Pio Parish

34-38 William Howell Dr

Glenmore Park NSW 2745

Ph: 4737 9735 Fax: 4733 8245

Email: parish@padrepioglenmorepark.org.au



FROM THE PRINCIPAL

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

Every family in our community has deliberately chosen an all-girls' environment for their daughter's education. As we celebrate International Day of Women this week, I have been reflecting on the vital role that Caroline Chisholm College plays in giving these girls and young women the skills and vision to make a difference in their world. The word 'empowerment' has become a little overused lately, but the belief in a woman's right to determine the course of her life is a relatively recent

breakthrough, brought about through the sacrifice of women and men who were determined to give women and girls the same opportunities and access to the wealth of community as men. Caroline Chisholm, in her own way, sought to give the women she served the courage and support to establish healthy lives for themselves. We continue that work every day at the college. I am constantly impressed and humbled by the growth I see in our students every day - girls and young women who are prepared to stand and fight for what is right, to lift others up, to resist and refuse to advance themselves at someone else's cost. The collaboration, shared creativity and constant encouragement is a gift that I think is best shared in an all-girls' environment.



**International
Women's Day**



On Tuesday March 7, as part of the celebrations, I accompanied 20 students and **Ms Mabon** and **Ms Murray** to hear Dr Kakenya Ntaiya from the Maasai people of Kenya speak about how, as a child, she agreed to go through the ritual of genital mutilation in exchange for being allowed to continue her education. She has now established schools for girls to free them from the cycle of poverty and cultural abuse, and has transformed her community. She challenged the girls to consider what they will do with the privilege of education they have received. She said girls and women **MUST** improve their communities to make the world a better place. Our



students returned from the talk inspired, energised and ready to use their gifts and talents to bring about positive change. If you would like to hear Dr Ntaiya, she has presented at TED (https://www.ted.com/speakers/kakenya_ntaiya).

On Monday night we welcomed about 900 visitors for our annual Open Night. Although the purpose of the event is to promote enrolments for 2018, many of our visitors were current families, former students, even interested neighbours. All came away with the impression that this is a warm, welcoming and vibrant community, filled with generous and confident students proud to share their school with visitors. About half of all the students in the college worked on the night as guides, chefs, demonstrators, curators, farm hands, musicians and buskers, dancers, actors and so on! I was delighted by the pride with which our students showed off their school, even the Year 7 girls who have been here for all of five weeks!



I want to repeat my invitation to you to attend our parent forum next Monday evening at 6:00pm. Most, if not all of the parents I speak to, would find something useful in a session about how to help our daughters manage their sometimes complex relationships. Please email rwilson2@parra.catholic.edu.au to register.



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 March 10.

As we move more deeply into the season of Lent, our Homerooms are continuing their work for Project Compassion. This week's prayer focuses on the women around the world who work for justice and peace.

Today we pray for the women of all times and all places:

- Women of courage.
- Women of hope.
- Women suffering
- Women mourning.
- Women living fully.
- Women experiencing joy.
- Women delighting in life.
- Women knowing the interconnectedness of the human family.
- Women honoring the sacredness of relationships.
- Women quietly tending the garden of human flourishing.
- Women boldly leading the transformation of unjust global structures.
- Women seeking Wisdom.
- Women sharing Wisdom.
- Women receiving Love.
- Women giving Love.
- Women: life-giving.
- Women: the image of God.

Loving God, we celebrate your faithfulness and love. On this day we commit ourselves to the promotion of the full humanity of all women everywhere.

We know that whatever denies, diminishes, or distorts the full humanity of women is not of God.

Amen.

Mr Greg Elliott
Principal



FROM THE ASSISTANT PRINCIPAL

Delivery of food to school

I request that parents not drop off fast food to students and their friends at lunch time. If a student has forgotten lunch, it is fine to drop off a prepared lunch (sandwich etc). Alternatively, they can buy lunch from the canteen. If they have forgotten lunch and have no money, they can see their Year Leader who will arrange for a sandwich to be provided on credit. If any items need to be given to students during the day, they should be given to the front office to be passed on, not given directly to students through the fence. It is important we are aware of and regulating student contact with outside people during the school day.

No entry to the bus bay in the morning or afternoon

Below is detailed information about dropping students off at school. I would, though, like to emphasise the point that parents are not to enter the school bus bay area in the morning to drop off students. School buses use that area all morning. Please use the drop-off zone outside the school. In regards to the drop-off zone, I would ask parents using it to move as far up to the western (exit) gate as possible before dropping off their daughter, even if this requires the student walking 30 metres back to the gate. There can be a very quick bank up back to the roundabout even in the short time it takes a student to get out of a car when cars stop just past the eastern (entrance) gate when there is nothing in front.

Wearing of blazers

Parents and students are reminded of the uniform requirements regarding what to wear to and from school on cooler days. At any time of the year, this must be a school blazer, not a jumper or Year 12 cardigan (or a sports jacket, which is only worn on Wednesday, with sports uniform). In Terms 1 and 4 wearing the blazer is optional, to be worn if the weather is cooler. From the start of Term 2 (unless informed otherwise because of unseasonable hot weather) until at or near the end of Term 3 it will be compulsory for blazers to be worn to and from the college. If students have not yet ordered school blazers this should be done as soon as possible. Uniform shop opening hours are Tuesdays from 8.00 am to 11.30 am. Students can get fittings during this time and the payment can be made over the phone if a parent or carer is not able to come in during those hours.

Parent/Student Contact During the Day

Parents are reminded not to contact students directly by mobile, other than for simple domestic arrangements. In situations of illness or serious information that might impact on a student emotionally, it is important that this information goes through the channels at school. It is important for our capacity to carry out our duty of care to our students to be aware of illness or potentially upsetting situations. We continue to find students coming down to the office because arrangements to leave school have been made directly and on the spot between parents and students. Students who need to leave school unexpectedly through illness or the like need to go to the front office for the school to make contact with parents. When it is known a student needs to leave school early, please send a note to the school to be given to the student's homeroom teacher. You will see below that this is a college policy which is part of today's annual reminder of various college policies. Your co-operation in doing this will be appreciated and help us care for students better.

"Doing the Right Thing Awards"

Students who help with clean up and litter are eligible for a "Doing the Right Thing Award". Congratulations to **Kaiyen Biasi** (7 Jackson), **Kailah Stapleton** (8 Kenny), **Jordan Harvey** (8 Wright) and **Elena Azzopardi** (9 Jackson) who receive vouchers for the canteen for being the students drawn from the box. All students who put in award slips will have points credited to their house.

College Policies

From time to time we will highlight in the newsletter aspects of college policies which we are required to remind parents of. Today we will highlight:

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. No cars, other than staff cars, are to enter or leave the school grounds between 8.00 and 8.25 am. Please note that the No Stopping signs between the



driveways means you cannot even stop momentarily to let a student out. You may be booked for stopping at all. No cars are to enter or leave the school grounds 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.

Mr Greg King - Assistant Principal

DIARY DATES

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

Wednesday 8 Mar	Catholic Schools Week College Swimming Carnival ACU School Visit Year 10 Visual Arts Excursion	Wednesday 15 Mar	Year 10 Camp - Tea Gardens Year 7 Wildlife Display Incursion
Thursday 9 Mar	Catholic Schools Week	Thursday 16 Mar	Year 10 Camp Year 12 Exams Commence Year 7 Wildlife Display Incursion
Friday 10 Mar	Catholic Schools Week Public Speaking - Zone Evening	Friday 17 Mar	Year 10 Camp Year 12 Exams
Monday 13 Mar	Year 11 D&T SHAPE Student Seminar Parent Forum - 6.00 pm	Monday 20 Mar	Year 11 VA Excursion ARTEXPRESS/White Rabbit Year 12 Exams all week
Tuesday 14 Mar	Year 7 Wildlife Display Incursion	Wednesday 22 Mar	Year 7 Camp



FROM THE LEADER OF RELIGIOUS EDUCATION

Lent

The Catholic Church encourages us to take the 40 days of Lent to do penance, to reflect on ways we can deepen our relationship with God and take up the challenge to be merciful and forgiving in our relationships with others.

Each homeroom here at the college is involved in an initiative of advocacy and almsgiving, raising money for the Catholic aid agency Caritas who this year have taken the theme "Love Thy Neighbour".

Over the past two weeks the Social Justice committee highlighted the Catholic Social Teachings of solidarity and subsidiarity. These are two of the teachings developed by the Catholic Church on matters of social justice, involving issues of poverty and wealth, economics, social organization and the role of the state. It explains why we raise money for those in areas of the world and within Australia who don't have an equal share in the resources or economic success found in many affluent communities.

I encourage all girls to participate in these homeroom initiatives and to walk in Caroline's footsteps by being generous with their time and with their fundraising. Over the coming weeks we will outline with the school community the values "The Dignity of the Human Person" and "The Common Good".

The Dignity of the Human Person refers to the concept of dignity and how it is upheld for ALL people independent of ethnicity, creed, gender, sexuality, age or ability; it is the foundation of Catholic Social Teaching. No human being should have their dignity or freedom compromised. Poverty, hunger, oppression and injustice make it impossible to live a life commensurate with this dignity. People should never be treated as commodities nor as mere recipients of aid.

The Common Good looks at what makes a 'true community'? The common good is reached when we work together to improve the wellbeing of people in our society and the wider world. The rights of the individual to personal possessions and community resources must be balanced with the needs of the disadvantaged and dispossessed. Priority should be given to development programs which involve collaboration with all relevant sectors of the community to promote the common good.

I encourage all girls to participate in these homeroom initiatives and to walk in Caroline's footsteps by being generous with their time and with their fundraising.

Passover Meal

Last week as part of their learning in the unit on Easter (and in preparation for the unit to be studied next term titled "People of the Covenant") the students in Year 8 attended a Passover Meal run for them by Jeanie Kitchener from the Board of Jewish Education. This meal highlights the events of the Passover, a time when the Jews who were slaves in Egypt, were led to freedom and the Promised Land by Moses.

Jesus, himself a Jew, was celebrating the Passover the night before he died. This meal he shared became for us Christians the Last Supper and The First Eucharist.

I thank Ms Kitchener from BJE and the teachers who attended the incursion, and congratulated the girls on their involvement and participation.



Breakfast with the Bishop

This week four of our senior students took up the invitation to have breakfast with the Bishop of Parramatta and a number of other young people from across the Diocese. The Bishop extended the invitation in order to meet with and listen to the needs and concerns of young people in the diocese. Congratulations to **Sophie Douglas-Torrie, Angela Hocking, Rachel Bartolo** and **Sian Johnson** who were joined at their table by Bishop Vincent for breakfast.

Ms Bernadette Murray - Leader of Religious Education





STUDY SKILLS HANDBOOK - BUILDING CONCENTRATION SKILLS

Many students find it difficult to concentrate and stay focused when they are doing their schoolwork at home. So what can we do to improve concentration levels? Try these top tips:

1. **IMPROVE THE ENVIRONMENT:** Have a good hard look at the environment you are trying to concentrate in. Is it noisy? Are there more exciting things happening around you? Is it too hot? Too cold? Are you uncomfortable? Too comfortable? What can you do to make the space more conducive to concentration?
2. **BLOCKS OF TIME:** If you are someone who finds it difficult to concentrate at home don't try and study for too long at a time. Instead tell yourself you will work for 20-30 minutes then you can have a break. If you know it is only 20-30 minutes it is much easier to concentrate than if it was for an indefinite period of time.
3. **ANCHOR TO THE PRESENT:** Create a focus word that brings you back on task. We all daydream. The key is to start to pay more attention to when you are doing it and then immediately take action. If your key word for example was 'orange' when you notice you are day-dreaming say 'orange orange orange' to refocus your attention to your work.
4. **RESET THE BRAIN:** Sometimes you just need a time-out from what you are doing in order to be able to concentrate again. If your attention is constantly wandering, then get up and have a drink, walk outside, kick a ball – just take 5 to 10 minutes to clear your head so you can come back fresh to your work.
5. **WORK OUT PEAK TIMES:** Start to pay attention to what time of the day you are most focused. That's when you need to do the harder work or the work that requires greatest concentration. If you know you get tired after dinner don't leave the difficult work until then.

You can learn more about how to be a more effective student at www.studyskillshandbook.com.au by logging in with the details below and working through some of the units. There are also lots of useful grids and planners at the bottom of the Things to Print page.

Username: **forccconly**

Password: **55results**

SWIMMING CARNIVAL PHOTOS

Results to follow in the next newsletter.





NEWS FROM THE LIBRARY

It's been a busy start to the year, with the Library literally being the coolest place in the school this summer. Many students have joined us to catch up on work, research, study or work together and simply to enjoy the comfortable environment and take time to read.

Congratulations to the students who chose to be involved in the Executive Director's Summer Reading Challenge – **Courtney Hamilton, Christine Muscat, Lily Marmont** and particularly to **Paige Colgate** who was chosen as a winner! Paige will receive her iPad mini at a special presentation on Thursday afternoon in Parramatta. All these girls will be recognised at our College assembly on Friday 10th March.



It is time to get involved in this year's Premier's Reading Challenge (Years 7-9) and CCC Senior Reading Challenge (Years 9-12). Both have just commenced and all students have received emails with details and to invite them to participate. Information is also available on the College Library webpage.

<http://library.carolinechisholm.nsw.edu.au/books--reading.html> Any questions on either challenge can be directed to Library staff in person or by email to me at tokeeffe@parra.catholic.edu.au

Happy reading!

Mrs O'Keeffe - Teacher / Librarian

TRIATHLON NEWS

On Thursday 23rd February, 21 students from Caroline Chisholm College competed in the All Schools Triathlon individual and teams' event at the International Regatta Centre, Penrith. Over the days there were over 2500 students participating from across the state, with many schools showing their strength in the sheer numbers of teams they entered. All the Caroline Chisholm students who participated were exceptionally well behaved and represented the school with great pride. They were competitive and diligent in their individual races and performed to the very best of their abilities over the day. The school entered seven teams. The teams entered were spread across the junior and senior sections. On average competitors had to swim 400 metres, ride 10 kms and run 4 kms.

Our results were as follows –

- Junior teams – 28th, 31st, 43rd and 44th in the Catholic Schools category
- Intermediate teams – 27th, 38th and 39th in the Catholic Schools category

The complete Caroline Chisholm triathlon team was as follows – **Keisha Chilmaid, Monique Quirk, Alyssa Proctor, Laura Patterson, Lauren Wolsey, Alison Gallen, Tayla Gallen, Lila Anderton, Ashleigh Macerola, Ebene Montgomery, Montanna Clifford, Olivia Bennett, Elise Ginger, Ashleigh Gill, Anique Pantazakos, Sam Gallen, Kailah Stapleton, Ainslie Baxter, Kasey Troy, Lauren Preston and Nevine Idris.**

Thank you to the parents and supporters who attended on the day. I look forward to future successes next year in the 2018 triathlon.

Mr Stephen McIlveen - Sport Co Ordinator

YEAR 9 ELECTIVE HISTORY EXCURSION

Our Year 9 Elective History students are currently studying mummification in ancient societies and were thrilled to be able to enjoy the ancient Egyptian mummies that are currently being exhibited in the Powerhouse Museum, on loan from the British Museum. The spectacular use of new technology to see into the still-wrapped mummies was fascinating and we learned a great deal about how and why this ancient society undertook this process. We thoroughly enjoyed this opportunity to see for ourselves some evidence of the lives of people from five thousand years ago.

Mrs Natalie Vella - Leader of Learning HSIE

Year 8 Medieval Day



Open Night

