



# CAROLINE CHISHOLM COLLEGE NEWSLETTER

Term 2 Week 4 Issue 7 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](mailto:carolinechisholm@parra.catholic.edu.au)

Website: [www.cccglenmorepark.catholic.edu.au](http://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](mailto:parish@padrepioglenmorepark.org.au)



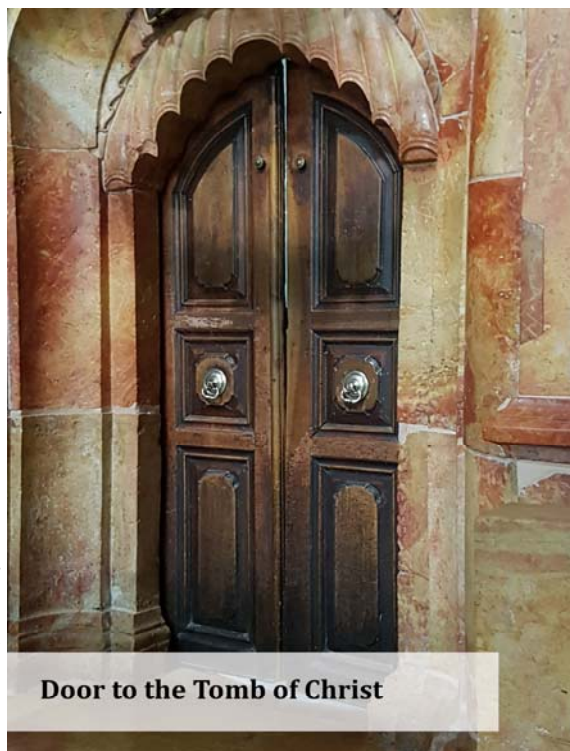
## FROM THE PRINCIPAL

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

I have been into the empty tomb. I can barely believe that I visited the Holy Land and walked in the footsteps of Jesus, yet for three precious weeks, **Ms Murray** and I travelled with **Bishop Vincent** of Parramatta and other leaders to the most sacred sites in Christianity in Israel, Palestine and Italy.

Whilst in the midst of these awesome prayer experiences, **Ms Murray** and I would often reflect on how difficult it would be, upon our return, to share the feelings of awe and gratitude we experienced in these most holy places. It is impossible to express how it felt to share Eucharist whilst on a boat in the middle of the Sea of Galilee, or to chant with the monks at the tomb of Christ in Jerusalem. I can assure you, however, that this community of Caroline Chisholm was very much in our prayers as we travelled. We prayed in gratitude for the gifts of this community, and we sought God's grace for those who are struggling with the burdens of illness or hardship.

As part of the pilgrimage, we visited the Holy Child school for students with special needs in Bethlehem, in the West Bank. This Catholic school, with very few resources, cares for the most vulnerable children, both Christian and Muslim, who otherwise would receive no education at all. We took to them incredibly thoughtful gifts made by our Year 9 students, as well as 22 second-hand iPads to assist with their learning. It is important for our girls to know that their generosity has a real and joyful impact even on young people on the other side of the world.



Door to the Tomb of Christ

I am very appreciative of the work of **Mr King**, who stepped in as Acting Principal, and **Mr Casni**, who was Acting Assistant Principal. **Mrs Araya** worked as Acting REC in **Ms Murray's** absence. Even though it was only two short weeks of school time, a great deal of work was done to ensure our students continue to receive the very best learning and care.

We are still working hard to improve the overall attendance of our students from 7 – 12. I was disappointed to learn, upon my return, that some students in Years 10 and 11 have fallen below the acceptable standard for attendance. Year 10 is currently on 72.5% and Year 11 is on 76.6%. Our goal is 90% across the college. We have consistently said that every day of learning is important and **unless there is a serious medical or family reason, students must be at school each day of term**. If you need our support to get your daughter to school, please contact her Homeroom teacher.

Congratulations to **Courtney Hamilton** of Year 7 who competed in the Rostrum Voice of Youth Public Speaking semi finals on Monday at Tara Anglican School for Girls. We are so proud of Courtney's achievements in this competition. Congratulations, also, to **Sophie Douglas-Torrie** of Year 12 who was honoured at a dinner hosted by our Penrith Rotary Club for her community service and leadership. She is an asset to the college and, I am sure, a source of pride to her family.

## CAROLINE CHISHOLM COLLEGE

It is assessment season for our junior students. This means serious preparation for examinations and other tasks. It would be typical for parents to see their daughters working harder and for longer periods of time at home, consolidating their learning and practising by doing tests and quizzes. Despite some of the misguided commentary in the media, we know that growth in learning requires hard work, beyond the limits of the school day. Our girls are expected to be doing homework and study most nights of the week to ensure they are actively working towards their goals. Once again, if you have concerns about this, please speak with your daughter's subject teacher.

Finally, a very happy Mothers' Day to all our mums and grandmothers. Our Christian faith has always treasured mothers as partners with God in creation and as the first people who taught us to be faithful as children. I am grateful to my own mum who instilled in me a love of God and a strong sense of justice. May God richly bless all our mothers.



A Prayer for all Mothers,

Thank you, Lord, that you fill a mother's heart with love,  
That you have instilled in her very being the need to  
protect and defend her children,  
Thank you for giving her the gift of nurturing her children,  
of teaching them, of comforting them,  
for feeding them and making a safe place for them.

For guiding them to be all that God has created them to be.  
Fill every mother with love, wisdom and endurance,  
with strength and patience and joy.  
Give them ability to forgive again and again.  
Enable her to rely on You and call upon You, because  
You will give her all she needs.  
In Your precious and all powerful name,

Amen

**Mr Greg Elliott  
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 17 May	Year 12 Day with St Dominic's	Tuesday 23 May	Year 10 Exams
Thursday 18 May	NSW Schools Cup Netball	Wednesday 24 May	Year 10 Exams
	Year 11 LST Excursion to Parramatta Court		Year 11 Back Off Seminar
	Year 12 English Studies to Taronga Zoo	Thursday 25 May	Year 10 Exams
	Year 9 Visual Arts & Photography to Cockatoo Island		Year 11 Reflection Day
Friday 19 May	Year Stage 5 & 6 Mass	Friday 26 May	Year 10 Exams
Monday 22 May	Year 10 Exams		Year 12 Biology Excursion to Australian Museum
	PDSSC Year 7-9 Football Gala Day	Tuesday 30 May	Year 11 (2018) Information Evening 6.00pm
	Year 7 (2018) Interviews 3.00-6.00 pm	Wednesday 31 May	Year 11 (2018) Subject Talks (CA and TAS)
		Thursday 1 June	Year 11 Aboriginal Spirituality Incursion



## FROM THE ASSISTANT PRINCIPAL

### Courtney Hamilton

Congratulations to **Courtney Hamilton** of Year 7 who competed in the the Rostrum Voice of Youth Regional Final, held at Tara Anglican Girls' School on Monday 15 May. Courtney won her district final a few weeks previously to move on to the regional final. Courtney spoke outstandingly in both her prepared speech, for six minutes, on who we should really value as heroes and, just as impressively, spoke for three minutes (after only 15 minutes preparation) on how we should maintain a sense of perspective when we complain about not being given a fair go.

Courtney spoke eloquently, passionately and thoughtfully and was a great ambassador for the college values. She also delivered her speeches with flair and aplomb, using a range of rhetorical and oratorical effects to engage her audience. Courtney's achievement is particularly notable as she was speaking against students up to Year 9. Only the first two place-getters were named on the night and, while Courtney was not one of them, both Mr Elliott and I thought she could not have been far off one of those top two places.



### Hannah Azzopardi



Our College captain, **Hannah Azzopardi**, was recognised, along with other student leaders in the Penrith area, at a mayoral reception on 3 May. It is a fitting acknowledgement of the fine and selfless work Hannah does in leading the student body.

### "Doing the Right Thing Awards"

Students who provide service to the college for a variety of reasons are eligible for a "Doing the Right Thing Award". Congratulations to **Emily Montgomery** (7 MacKillop), **Ellie Tsahtarlis** (9 Jackson), **Jemma O'Hara** (10 Jackson) and **Naveena Stephen** (11 Jackson) (well done, 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.

### 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: **Tara Langford** (8 Gilmore), **Sarah Vella** (8 Jackson) and **Zahlie Vidler** (8 Macarthur).

*Mr Greg King - Assistant Principal*

## 2017 ROTARY YOUTH SERVICE AWARD

Congratulations to Year 12 student, and MacKillop House Captain, **Sophie Douglas-Torrie** who was presented with a very special award for her service to the Caroline Chisholm and wider community on Tuesday 15 May. Sophie was one of a select number of students in the local area who received a 2017 Rotary Youth Service Award.

Sophie is a shining example of servant leadership. She leads by putting the needs of others first, with compassion, selflessness and humility. The service Sophie gives freely and wholeheartedly to the Caroline Chisholm community - and the wider community - exemplifies her model of leadership, which is by example and action. In 2016-2017, she has kindly given nearly 70 hours of her own time in service. 50 of these hours were in 2016! Sophie is a wonderful role model for our community and is to be congratulated for her dedication and her generous contribution to our College and local community.

*Mr Adam MacNamara - Leader of Learning Year 12*







## FROM THE LEADER OF RELIGIOUS EDUCATION

### The Rosary

May - The Month Dedicated to Mary

In the tradition of the Catholic Church the practice of dedicating the Month of May to Our Lady started around the 1880s when Pope Leo XIII wrote the Rosary Encyclicals. In more modern times the Rosary was prayed for the whole month of May to counteract infidelity and immorality among students attending Jesuit Colleges in Rome. It is suggested that May was the month selected as it represented the season of new life and fertility in the Northern Hemisphere. This then became linked to the concept of motherhood ... hence the celebration of Mother's Day in many cultures is also in May. Mary as the Mother of God and our Mother is hence remembered in the Month of May.

Here at Caroline Chisholm College it has become a tradition for us to pray the rosary in all religious education classes during the month of May. Students use rosary beads made for us by the Rosary Bead Makers based at Bathurst. We recite a decade of the rosary each lesson, learning this traditional, meditative and powerful prayer of the Catholic Church.

In all there are Four Rosaries that are recited, comprising 20 mysteries that depict events from Mary and Jesus' lives. These Rosaries and mysteries are:

### The Five Joyful Mysteries

Monday & Saturday

- I. The Annunciation: Humility
- II. The Visitation: Charity
- III. The Birth of Our Lord: Poverty, or detachment from the world
- IV. The Presentation of Our Lord: Purity of heart, obedience
- V. The Finding of Our Lord in the Temple: Piety



### The Five Sorrowful Mysteries

Tuesday & Friday

- I. The Agony in the Garden: Contrition for our sins
- II. The Scourging at the Pillar: Mortification of our senses
- III. The Crowning with Thorns: Interior mortification
- IV. The Carrying of the Cross: Patience under crosses
- V. The Crucifixion and Death of Our Lord: That we may die to ourselves



### The Five Glorious Mysteries

Wednesday & Sunday

- I. The Resurrection: Conversion of heart
- II. The Ascension: A desire for heaven
- III. The Coming of the Holy Spirit: The Gifts of the Holy Spirit
- IV. The Assumption of our Blessed Mother into Heaven: Devotion to Mary
- V. The Coronation of our Blessed Mother: Eternal happiness



### The Five Luminous Mysteries

Thursday

- I. The Baptism in the Jordan
- II. The Wedding at Cana
- III. The Proclamation of the Kingdom
- IV. The Transfiguration
- V. The Institution of the Eucharist



### Stage Masses

This Friday 19<sup>th</sup> May, Years 9, 10, 11 and 12 will be celebrating Mass at Padre Pio church at 8.45am. All parents and friends are welcome to join us in this celebration of the Mass. We will be joining the Padre Pio Community for their normal morning mass.

### Reflection Day

On Thursday 25<sup>th</sup> May Year 11 will be participating in a Reflection Day to be held at Mt Schoenstatt. The theme of this day is “Your Treasure is Where Your Heart Is” based on the scripture reading Lk 12: 13-24.

*Someone in the crowd said to him, “Teacher, tell my brother to divide the family inheritance with me.”<sup>14</sup> But he said to him, “Friend, who set me to be a judge or arbitrator over you?”<sup>15</sup> And he said to them, “Take care! Be on your guard against all kinds of greed; for one’s life does not consist in the abundance of possessions.”<sup>16</sup> Then he told them a parable: “The land of a rich man produced abundantly.<sup>17</sup> And he thought to himself, ‘What should I do, for I have no place to store my crops?’<sup>18</sup> Then he said, ‘I will do this: I will pull down my barns and build larger ones, and there I will store all my grain and my goods.<sup>19</sup> And I will say to my soul, Soul, you have ample goods laid up for many years; relax, eat, drink, be merry.’<sup>20</sup> But God said to him, ‘You fool! This very night your life is being demanded of you. And the things you have prepared, whose will they be?’<sup>21</sup> So it is with those who store up treasures for themselves but are not rich toward God.”<sup>22</sup> He said to his disciples, “Therefore I tell you, do not worry about your life, what you will eat, or about your body, what you will wear.<sup>23</sup> For life is more than food, and the body more than clothing.<sup>24</sup> Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds!*

For Year 11 students this is an important day. Most students speak of the reflection days and the Senior Retreat as the most memorable times of their schooling. It is a valuable time for personal reflection as well as building community. We look forward to seeing all the girls there.

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

### PDSSSC CROSS COUNTRY

On Tuesday 2<sup>nd</sup> May, 31 Caroline Chisholm students attended the PDSSSC Cross Country carnival held at the Sydney Motorsport Park, Eastern Creek. All of the girls competed extremely well and represented the College with great pride.

The following girls represented our College at the carnival:

Emily Youngman, Lauren Preston, Anique Pantazakos, Alicia Langford, Ashleigh Gill, Haylee Vella, Emily O’Bereigner, Kaitlyn Mingramm, Tahlia Rando, Holly Jarvis, Summer Northey, Courtney Sibbald, Tayla Gallen, Lila Anderton, Alannah Hader, Tara Langford, Azahlia Stevenson, Keisha Chilmaid, Isabella Bruce, Rebecca Hocking, Lauren Wolsey, Monique Quirk, Catalina Lecaros, Maddison Craig, Ellen Gibbons, Rachelle Ellis, Jessica Murray, Katherine Wakeling, Elizabeth Wakeling, Rachael Joy and Laura Green.

We had multiple placings in the top ten of each year group:

12 Years	14 Years	15 Years	17 Years
Emily Youngman (4 <sup>th</sup> ) Lauren Preston (6 <sup>th</sup> ) Anique Pantazakos (10 <sup>th</sup> )	Tayla Gallen (2 <sup>nd</sup> )	Keisha Chilmaid (9 <sup>th</sup> )	Katherine Wakeling (equal 10 <sup>th</sup> ) Elizabeth Wakeling (equal 10 <sup>th</sup> )

We are extremely lucky to have three girls (**Emily Youngman, Lauren Preston and Tayla Gallen**) moving on to compete at the next level, the Combined Catholic Colleges Cross Country on the 16<sup>th</sup> June (top 6 from each age group were eligible).

Thank you to **Ms Jodie Cusack** (Team Manager), the parents and supporters who attended on the day. I look forward to continued success next year in the 2018 PDSSSC Cross Country.

**Mrs Brooke Hughes**





## PDSSSC TOUCH GALA DAY

On Wednesday the 26<sup>th</sup> April Students from Caroline Chisholm competed in the PDSSSC Touch Gala day. The college entered both a senior and junior team and the following student students represented the college.

### Senior Touch Team

Elise Pelle	Britney Jackson	Zoe Hardy	Emily Perring
Savannah Roberts	Georgia Wood	Caitlin Micallef	Jessica Williams (Ref)
Georgia Burgess	Elle Cruzado	Rachel Munday	
Tenealle Bijoux	Brooke Parkinson	Courtney Tavares	

### Junior Touch Team

Alison Gallen	Abby Ridding	Kianna Webster	Maddison Krahe (Ref)
Brielle Daines	Jasmine Ridding	Aaliyah McKenzie	
Kaliah Stapleton	Tayla Gallen	Gabbi Edwards	
Bridie Witjes	Samantha Gallen	Zoe Walther	

The Junior side had a very successful day winning all matches in their Pool except for one which they drew with St Columba's. However, due to a higher for and against Caroline Chisholm went through to the Final. While the girls played some exceptional touch a final victory wasn't to be and they went down to OLMC 4/2 in the Final. While it was a little disappointing for the girls not to come away with the win their efforts and attitude on and off the field are to be commended.

The Senior team faced some tough competition against the other teams in their pool. Despite this, they significantly improved their performance and strategies with each game. The scoreboard does not accurately reflect the talent and effort shown by the Senior Team on the day. A special mention to the outstanding sportsmanship showed by the girls throughout the day, representing the college with pride.

A special thank you to **Maddison Krahe** and **Jessica Williams** for taking on referee and managerial duties for the day.

A big congratulations to **Alison Gallen**, **Taylah Gallen**, **Georgia Wood** and **Emily Perring** for making it through to the PDSSSC representative Team. Good luck with the next tournament, girls.

*Mrs Desley Hodges (Junior Coach) and Miss Alara Cassells-Forward (Senior Coach)*



## THE NETFLIX SERIES *13 REASONS WHY*

Part of my role as the school counsellor is to raise awareness around issues that may be impacting our students at Caroline Chisholm College. In that respect, I'd like to provide some information around the Netflix TV drama *13 Reasons Why*, based on the young adult novel by Jay Asher and released March 31<sup>st</sup> this year. This popular series is about the story of a teenage girl in high school and events leading up to her suicide. The show presents some confronting and graphic imagery around suicide method and means.

Leading mental health organisations, including Headspace and Mindframe, have issued warnings about the show, following growing concerns from schools, parents and young people in Australia. Key concerns include that the show does not encourage help-seeking and unsafely portrays suicide as a possible option to young people who may be vulnerable.

In light of these concerns, I think it's important to clarify a few points about suicide. Talking openly and honestly about emotional distress and suicide is okay – it will not make a person more suicidal or put the idea of suicide in their mind. If you are concerned about someone, ask them about it in a non-judgemental way and offer to support them in getting help.

It is also important to acknowledge that the portrayal of a serious treatment failure by the guidance counsellor in *13 Reasons Why* is neither typical nor appropriate. School counsellors are trained mental health professionals and are trusted sources of help. There are also many other non-school based support options for people who have experienced life challenges, distress and mental illness and may be having suicidal thoughts.

Suicide affects communities and everyone can do something to help if they see or hear warning signs that may suggest someone is at risk of suicide. For young people at school, it's important that these concerns are discussed with a trusted teacher or school counsellor, who would ensure that appropriate action was then taken to keep the relevant person safe.

I think it's really important that, as a school community, we have a healthy dialogue about suicide in a way that raises awareness and promotes the support options available to young people. Therefore, I've included a few online resources from Headspace that may be helpful for parents and carers in having a conversation with their daughters about *13 Reasons Why*.

Managing social media following suicide:

<https://www.headspace.org.au/assets/Uploads/Corporate/Managing-social-media-following-a-suicide-web.pdf>

Grief - how a young person might respond to suicide:

<https://www.headspace.org.au/assets/Uploads/Corporate/Grief-How-young-people-might-respond-to-a-suicide-web.pdf>

How to talk about suicide with a young person:

<https://www.headspace.org.au/assets/School-Support/How-to-talk-about-suicide-with-young-people.pdf>

If you require further information, please contact me by phone (02) 4737 5500 or email [jmccoy@parra.catholic.edu.au](mailto:jmccoy@parra.catholic.edu.au).

*Miss Jacquelyn McCoy - School Counsellor*

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## SNOWY MOUNTAINS INTERSCHOOL EQUESTRIAN COMPETITION



**Olivia McCully** (8 Macarthur) represented the college at the Snowy Mountains Interschool Equestrian Competition on the 27 April to 30 April. Over the four-day event Olivia and her horse Ralph competed in 15 events. Olivia achieved some excellent results, which are a testament to her hard work and commitment.

Overall Olivia placed 12<sup>th</sup> (out of 60 competitors) in the interschool Challenge. She also achieved 21<sup>st</sup> position in the stock horse challenge, 12<sup>th</sup> place in the One Day Event, 10<sup>th</sup> and 15<sup>th</sup> place in the dressage events, 8<sup>th</sup> place in the 70 to 85cm jumping event and 1<sup>st</sup> place in the rider class.

We wish Olivia every success in future competitions.

*Mrs Jeanette Cocks - Leader of Learning Year 8*