



CAROLINE CHISHOLM COLLEGE NEWSLETTER

Term 3 Week 6 Issue 13 2018



Faith Courage Tolerance

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FROM THE PRINCIPAL

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

Saying “I can’t” just means “I don’t want to”. That was how **Dr Justin Coulson** concluded his presentation to teachers at our combined Chisholm - Bethany professional learning meeting on Monday afternoon. You may have seen him on TV or read his book *10 Things Every Parent Should Know*. Dr Coulson was helping us develop a deeper understanding of the mindsets that students bring to their learning, and how a **fixed** mindset is a serious obstacle to learning. A fixed mindset is the belief that intelligence and ability are fixed and can’t really be changed - so why bother? I have written on this topic in previous newsletters. Our teachers are becoming more expert in challenging this thinking and encouraging a **growth** mindset which sees ability as something that develops with focused practice and effort, for everyone. This applies to our most talented students as much as it applies to those who struggle. For our high achieving students with a fixed mindset, they carry the dangerous belief that they are a failure if they have to work hard, or if they get something wrong. We want them to see these moments as opportunities for growth. Parents are massively influential in shaping the way their daughters think of their learning. If we praise results, we encourage a fixed mindset. If we encourage and praise effort and focused practice, we help them develop a growth mindset. It’s never about the grades - it’s about the learning.

In recent days our girls have been demonstrating a growth mindset as they have accepted challenges and been victorious in a wide range of pursuits representing Caroline Chisholm College. Our dance companies have once again enjoyed success at PDSSSC Dance and the Hills Dance Spectacular. Thanks to our choreographer extraordinaire **Mrs Brooke Hughes** and her team. We presented three teams and three robots for the NSW RoboCup Challenge, under the guidance of **Mr Ian Fuller** (although the truth is the girls do all the work!). **Mr Geoff Clerke**, **Mrs Amanda Moore** and **Mrs Vicki Dodson** supported our Agriculture Team at the Penrith Show. The team enjoyed great success with a swathe of ribbons, Grand Champion for Dairy Steer and 2nd place in our Learning Display on the topic of farm technology, featuring drones, hydroponics, robots and a wind farm. I think our redeveloped farm and Environmental Learning Centre has inspired our budding agricultural scientists! Photos of the brand-new facility will be in our next newsletter, and a video will soon be on YouTube. On Sunday, our five Tournament of Minds teams competed in the regional finals of the competition at Western Sydney University. Our Arts team were awarded ‘Highly Commended’ for the musical they wrote and performed, and our STEM team and Social Sciences team were both champions and will progress to the state final. Thank you to **Mrs Louise Wakeling** who does so much to encourage and prepare our students, as well as being a key member of the Tournament of Minds organising committee. It was also lovely to see so many ex-students volunteering as judges for the competition.

As I mentioned in the last newsletter, we are reaching out to the community in West Wyalong to support them as they contend with the worst drought in memory. Some of our agriculture students are heading out there for exchange next week and, while they are there they will host a community lunch for students and their families. The principal, **Mr Sheens** has agreed to use our fundraising to support particular families who are struggling with the many consequences of drought. In this way, our efforts will make a real effort to young people and their families in that community.

Our Year 12s are back in class and working on the final preparations for their HSC exams. Already, our Japanese, Dance and Drama students have completed the practical components of their HSC examinations and have done very well. I want to encourage all Year 12 students to make preparation for their HSC a top priority over the coming two months. A few months of very hard work is a reasonable sacrifice when, at this stage, it leads to increased choices for our girls with a better HSC or ATAR. If your daughter needs advice, guidance or support, please encourage her to approach her teachers. **Mr Fuller** is generously providing study supervision every Tuesday until 7:30pm in the college library, and I would love to see many students accept this support.

As we watch our nation's leaders focus on themselves instead of their public service, we are preparing to bless and invest our new College leaders for 2018 - 2019 at Mass with **Bishop Vincent** next Tuesday at 11.00am. I am deeply honoured that **Bishop Vincent** accepted our invitation to celebrate Mass with us and bless our leaders. Please pray for them. The details of the new leadership team can be found in the following pages.

God of love,
You showed us, in Jesus, that servant leadership is hard.
Breathe into these young leaders
your spirit of wisdom
your spirit of courage
your spirit of faith.
May their leadership cause others to flourish,
and come to know you;
the source of all life.

We ask this through Christ our Lord,
Amen.

Mr Greg Elliott
Principal



FROM THE ASSISTANT PRINCIPAL

About a week ago, I came across a phrase, "Be an island of mercy in a sea of indifference". It was the subject line of an email I got from Caritas. The phrase stuck with me and I found myself thinking about it a lot over the next few days and even sharing it with people. I was curious as to where it came from so I did a bit of online searching. I was delighted to find that the phrase that had resonated with me was actually a slight adaptation of a line from Pope Francis in his 2015 Lenten Message, where he said:

"Dear brothers and sisters, how greatly I desire that all those places where the Church is present, especially our parishes and our communities, may become islands of mercy in the midst of the sea of indifference!"

There were a number of aspects of the phrase that appealed to me. As I first read it, I took it as a personal message, a challenge to me, to what I stood for and what I did. In its true context, I realised it had an even greater significance. Pope Francis is appealing to our practices and actions as members of communities where the Church is present. This is exactly what we are at Caroline Chisholm College. We are a community where the Church is present and where our actions are determined by our Christian values, particularly mercy.

I was also taken by the phrase "the sea of indifference". It suggests to me that it's almost worse to take no position than to take a position, whether it's popular or unpopular. There is something very insidious about indifference. It means we stop even caring or even having feelings. The Pope's use of the image of the sea of indifference suggests a huge immovable mass. In our Christian practices, we can resist it; we can literally stand out from it. We can and should be those islands characterised by mercy.

"Doing the Right Thing Awards"

Students who help with clean up and litter are eligible for a "Doing the Right Thing Award". Congratulations to **Sandy Chagouri** (7 Gilmore), **Hayley Ross** (7 Wright) and **Achala Athum** (7 Gilmore) 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 student who handed in an item over the last fortnight: **Brooklyn Scurfield** (10 MacKillop)

Mr Greg King - Assistant Principal



FROM THE ASSISTANT PRINCIPAL

Welcome Back Year 12

Last week we welcomed our Year 12 students back to normal classes after the completion of their Trial Higher School Certificate Examinations. Year 12 students still have almost two months left before their Higher School Certificate Examinations. Two months is a long time and with application much can be achieved in this time frame.

The most important aspect of the Trial examinations is not the mark the students will receive but the feedback their teachers provide. I know that the staff at Caroline Chisholm have spent a significant amount of time providing feedback on the trial examinations. Feedback, however, is only valuable if it is acted upon and consequently I encourage all students to rewrite their examination responses, attending to the feedback provided. These responses can then be given to teachers for further feedback.

Working as a team is key to success. The students who achieve significant growth do not try to improve their results individually, rather they work with their peers and create small learning communities to keep one another motivated and to share their learnings.

Study smart!

Knowing how to study effectively is an important skill. Here are some tips for effective study.

1. Develop a positive study mindset

Researchers have found that **how** you approach something matters almost as much as what you do. Being in the right mindset is important if you want to study smart. Here are some ways to improve your study mindset:

- *Aim to think positively when you study, and remind yourself of your skills and abilities.*
- *Avoid catastrophic thinking. Instead of thinking, "I'm a mess, I'll never have enough time to study for this exam," look at it like, "I may be a little late to study as much as I'd like, but since I'm doing it now, I'll get most of it done."*
- *Avoid absolute thinking. Instead of thinking "I always mess things up," the more objective view is, "I didn't do so well that time, what can I do to improve?"*
- *Avoid comparing yourself with others, because you usually just end up feeling bad about yourself. Your skills and abilities are unique to you, and you alone.*

2. Be organised.

Plan your time and be organised. Make a study schedule and set specific goals for each study session. Be specific about what you are going to do and when you are going to do it. Stick to your study schedule.

3. Avoid distractions.

There are lots of distractions - phones, social media and friends, to name a few. Be aware of what distracts you when you are studying and avoid these things! Turn off your phone and social media and concentrate on your work.

4. Designate a study area.

The best place is one that is quiet and well-lit. Make sure you have a clear workspace to study. Find a spot that works for you – and then use it!

5. Study in short bursts.

For every 30 minutes you study, take a short 10 minute break to recharge. Short study sessions are more effective and help you make the most of your study time.

6. Simplify your study notes.

Studying is a process of condensing notes from class. Study notes should be constantly rewritten and each time they are rewritten they should get shorter. Your final study notes should be short lists, memory joggers, mind-maps, visual summaries and key words.

7. Sometimes it is a good idea to study with a group.

This gives you a chance to test your knowledge and engage in conversation about your work – this makes it much more interesting.

8. Past papers.

If you are studying for an exam, complete as many past papers as possible. This will help you develop your exam skills and help you apply your knowledge to the questions you will asked in a test.

Ms Deborah Scollard - Assistant Principal

COLLEGE LEADERS FOR 2018 - 2019

Congratulations to the students in the new leadership team for 2018-2019.

Chloe Cunningham	12	Captain	Paige Colgate	11	Chanel Cunningham	9
Claudia Dixon	12	Vice-Captain	Alison Coutinho	11	Anique Pantazakos	9
Lilly-Rose Saliba	12	Vice-Captain	Emma Cutts	11	Meg Whittaker	9
Kaitlyn Attard	12	Liturgy	Alanah Eisenhuth	11	Brooke Young	9
Chloe Daley	12	Liturgy	Claudia Fava	11	Abby Affleck	8
Lily Marmont	12	Social Justice	Peyton Field	11	Bailey Hayward	8
Carla Penza	12	Social Justice	Alannah Hader	11	Stefania Saliba	8
Ellie Loughman	12	Student Learning	Lorilei Knight	11	Hannah Selby	8
Simone Spisiak	12	Student Learning	Saakshi Singh	11		
Channie Arancon	12	Wellbeing	Imogen Van-Stolk	11		
Lauren Betts	12	Wellbeing	Ammaleah Astruc	10		
Victoria Ellul	12	Gilmore	Annlin Biju	10		
Brooke Hoban	12	Jackson	Kate Charlton	10		
Maddison Craig	12	Kenny	Amber Dempsey	10		
Tanner Wilson	12	Macarthur	Maddison McCarry	10		
Breah Sands	12	MacKillop	Bridie Witjes	10		
Jade Ellison	12	Wright				

DIARY DATES

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

Wed 29 Aug	Year 11 Work Placement HSC Drama Practical Exams Year 7 Vaccinations	Tues 4 Sep	Penrith Secondary Students' Rural Experience Program Leaders' Commissioning Mass – 11.00 am – 12.30 pm Years 9 & 10 Disco at St Dominic's College
Thurs 30 Aug	Year 11 Work Placement NSW Science & Engineering Super Challenge Year 7 & 9 NAPLAN Online Readiness HSC Body of Work Exhibition 4.30-6.30 pm	Wed 5 Sep	Penrith Secondary Students' Rural Experience Program
Fri 31 Aug	Year 11 Work Placement PDSSSC Athletics Carnival Blacktown	Thur 6 Sep	Penrith Secondary Students' Rural Experience Program
Sun 2 Sep	Penrith Secondary Students' Rural Experience Program	Fri 7 Sep	Penrith Secondary Students' Rural Experience Program Literature Dress Up Day
Mon 3 Sep	Penrith Secondary Students' Rural Experience Program	Sat 8 Sep	Diocesan SRE Mass & Presentation - Good Shepherd Parish Closing Ceremony Uni School Steer Competition
		Mon 10 Sep	Penrith Secondary Students' Rural Experience Program PDSSSC OzTag Gala Day - The Kingsway
		Tue 11 Sep	UTS Young Women in STEM Day
		Wed 12 Sep	Year 12 Chemistry Maritime Museum Excursion

SCHOOL FEES

The Catholic Education Office at Parramatta facilitates the billing of all school fees and levies.
Term 3 fees are now due.

As Year 12 students are in their final weeks and not wanting to unnecessarily delay their sign out process, all fees for Year 12 need to be paid in full by 12 September.

Please contact Mrs Wendy Slaughter should you need to discuss arrangements on 4737 5500.



FROM THE LEADER OF RELIGIOUS EDUCATION

The Dignity of the Human Person

Over the last twelve months as a school community we have focused our formation and mission activities on one of our six core values from our College Charism, Dignity.

The person of Jesus Christ is at the centre of all we do and strive to achieve at Caroline Chisholm College.

The word Charism simply means gift and we acknowledge the God-given gifts that Caroline Chisholm recognised and lived throughout her life.

“On the Easter Sunday, I was enabled, at the altar of our Lord, to make an offering of my talents to the God who gave them. I promised to know neither country or creed, but to try and serve all justly and impartially...”

(Chisholm, 1852, 4, Female Immigration).

Caroline Chisholm was a model for living a lay Christian life. She advocated for and strove to improve the lives of the marginalised people of her time (Matthew 25:35-40), especially showing God’s love for new emigrants, women and families (Matthew 7:12). She challenged existing social norms through advocacy and she led social reform (Matthew 5:1-17).

Her unique combination of gifts is encapsulated in the values of faith, courage, tolerance, dignity, compassion and justice. She lived these six values through **service**: so our scriptural mandate is lived here at the college through service. We, the Caroline Chisholm College community, are **called to be Jesus’ “disciples” and serve God by “loving one another”** (John 13: 34-35).

This week and next week the Social Justice committee in tandem with the TAS/Agriculture faculty have been looking at ways we can be of service to our country brothers and sisters who are facing difficult times due to the ongoing drought. Students in Years 7-10 have been writing letters in their Religious Education classes to offer support and prayers to students at West Wyalong High School, a school approximately 450 km east of here. We currently have a partnership with West Wyalong through Rotary and three of our students will be visiting the community and school next week as part of an exchange program. These girls will take the letters written by our students and have them distributed next week. In addition, on Tuesday we will be having a gold coin donation to raise funds to assist the school in West Wyalong to host a lunch for their students and their families to help raise moral and to provide some support within their own community. We acknowledge the 10.1 History class who are assisting Rotary in holding a barbecue at Bunnings this coming weekend. Go along and purchase a sausage sandwich to help support the people of West Wyalong. Also a big well done to **Mr Mill’s** Year 7 Jackson homeroom who will be holding a cake stall, **Miss Sidhom’s** Year 7 Kenny homeroom who will be having a chocolate drive and any other individuals and groups who have helped in any way to bring dignity to the people in need.



Ms Bernadette Murray - Leader of Religious Education



YEAR 7 - "MARKETING A HEALTHY LUNCH" PDHPE TASK

On Wednesday 8th August, the finalists from the six year 7 PDHPE classes presented their Healthy Lunch Project to the rest of the year group. The task entailed

- Researching and creating a healthy lunch option that could be sold in the canteen
- Consideration of the nutrient content
- Consideration of the cost and
- Considering the length of time, it would take to prepare the meal.

The standard across the year group was very high. However, there was only one representative from each class chosen to present in the final. We were extremely fortunate to have two expert judges on the day to choose the ultimate winner. Thank you to **Mrs Lydia Bianchi** (Canteen Manager) and **Mr Greg King** (Assistant Principal) for their judging and presentation of the first-place award.

Congratulations to all of our finalists and big congratulations to our winning group from 7 Jackson who created Speedy Fried Rice. The group members were **Monique Heidtmann** and **Zoe Morris**. The finalists were as follows –

- 7 Gilmore – No meat nachos. **Brianna Azas, Lina Kim and Ashleigh Thompson**
- 7 Jackson – Speedy fried rice. **Monique Heidtmann and Zoe Morris**
- 7 Kenny – Fruit smoothies. **Shanelka Perera, Lily Paul and Lana Burke**
- 7 Macarthur – Yoghurt crumble. **Terina Edwards, Bella Cunningham and Tayla Wall**
- 7 Mackillop – Sushi. **Abby Affleck, Ella Carroll and Abby White**
- 7 Wright – Stuffed sweet potato. **Caitlin Jackson, Holly Gibson and Abbey Perkins**

Thank you to all the students of Year 7 and their teachers.

Mr Stephen McIlveen - PDHPE teacher



YEAR 7 REFLECTION DAY

On Friday 3rd August, we had the opportunity to come together for our reflection day. The day was centred on the girls' Journey - thinking about their growth and how they want their future to look. The girls participated in various activities, the favourite for many was making the Eye of God. Most appreciated the efforts of **Miss Sidhom** and **Miss Ward**, our "new students" with their heavy bricks in their backpacks. The "new inventors" activity showed off the creativity of the girls. We finished the day with a liturgy together with some great singing.

It was a special day, I hope the girls will remember. Taking time out to think about themselves, their relationship with God and others is helpful for future growth. Thank you to all the girls for their participation and the dedicated teachers for guiding the reflection activities.

Below is a reflection on the day from **Abby** and **Stefania**.

Mrs Frances McCauley - Leader of Learning Year 7

Our Reflection Day

The Year 7 Reflection day on Friday 3rd August was an amazing day to reflect on what we have worked on and achieved. It was a great time to meet new people as we got put with two other houses. New friendships were formed, as well as becoming closer to our friends. We participated in many activities throughout the day, such as a liturgy, making arts and crafts and having picnics with our friends. Not only were these activities lots of fun, they gave us a chance to form a stronger bond with God, the teachers and our peers. The Reflection Day gave us a rare opportunity to reflect on our lives in a fun and engaging way - it was a day that all girls in Year 7 enjoyed.

By Abby Affleck and Stefania Saliba - 7 Mackillop

