



CHANEL COLLEGE

news

4 June 2015
TERM 2 WEEK 7
ISSUE 48

"To act justly, to love tenderly and walk humbly with your God" Micah 6:8

From the Principal

In 1644, a child was born. He lived to be 93 at a time in history when the average life span was only about 35 years. He taught himself his trade and began his working life. He often worked alone with simple tools, but his aim every day was to put the best he had into his work. This man made violins. He laboured over each and every process and step to ensure that he had autographed them with excellence and the best that was in him. He created his own personal standard of excellence for his craft, and he actually signed his name on each instrument that passed the test.

Today, three hundred years later, the name of this craftsman who was so committed to excellence is the benchmark for the best in musical instruments. His name? Antonio Stradivari. His Stradivarius violins sell for hundreds of thousands, even millions of dollars because they are the best that have ever been made.

When Stradivari laboured, he did not know the legacy he was creating or the treasures he was creating. He was doing his best, day in and day out, to reach his dream of making the best violin he was capable of. He didn't spend the extra time and care to get praise from others or to please them. He did it because excellence was part of him and he put his heart and soul into his work.

It is easy to be motivated to do your best work when someone is watching or when you need a good mark. But the real test of your excellence is what you do when no one is looking. Stradivarius worked every day to do his best. He never did a poor job. He never thought to himself that he could cut corners or do less than his finest work. Every violin he made was a masterpiece and his name will live for as long as people play his wonderful instruments.

We are not all Antonia Stradivari but your life is your violin.

What do you expect from yourself? What do you want for yourself? What do you want your legacy to be? What are you doing to make your life as fine and beautiful and precious as a Stradivarius violin? (Acknowledgement: source unknown).



Bishop Michael's Pastoral Letter

Please find accompanying this newsletter a pastoral letter from Bishop Michael that was read at Parish Masses last weekend.

Year 7 2016 Interview Day

The Year 7 2016 Interview Day is on **Saturday 13 June**. If any students can assist with directing families to their interview room and conduct tours of Chanel, can you please collect a letter from the College Office.



God bless
S.M. Nap
Sharon Volp

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E-mail: the.secretary@chanelcollege.qld.edu.au

website: www.chanelcollege.qld.edu.au

Student Absentee Hotline: 4973 4791



Good News

Kath Hore - Mission & RE Support Officer

Year 11 Leadership Retreat

This week Year 11 students received Parent Letters and forms for their Leadership Retreat in Week 2 of Term 3. These forms need to be returned by **12 June** and as this is a busy time for the students with exam preparations could you please encourage your child to return their completed forms ASAP? Thank you for your assistance.

Reaching out – Winter Appeal

As the cold weather has set in, our Chanel community lead by McAuley House, are collecting warm clothing and non-perishable food for St Vincent de Paul's Winter Appeal. The collection is underway and will continue until **Friday 12 June**. So, as you are sorting out your winter woollies, if you have any that are still in good condition but you no longer need, Vinnies would appreciate receiving them. As well as clothes - blankets, doonas or flannelette sheets are also needed.



June 6 – Feast Day St Marcellin Champagnat (1789-1840)

On Friday, Marcellin House will celebrate Marcellin Champagnat Feast Day with a Liturgy and sausage sizzle lunch. Students will also have the opportunity to make a financial donation to support the ongoing construction of Aleita School in East Timor. Marcellin House has supported Aleita School for many years, as they follow the example of St Marcellin Champagnat in assisting with education for disadvantaged children.

Second Hand Uniform Outlet

We have in stock many junior uniforms, especially boy's shirts and shorts in bigger sizes, all in good condition. Formal uniforms sell for \$10 per item, sports uniforms - \$5 per item and jackets - \$25 each.

The Second Hand Uniform 'outlet' is open each Wednesday in the RE Resource Room during the first break.

If you have uniforms your child no longer requires - all donations are gratefully accepted and many thanks to those who have already sent in donations.



CHERISH LIFE at THE MOUNT LARCOM SHOW

20 - 21 June 2015

The Gladstone branch of Cherish Life Queensland will be holding a stall at this year's Mt Larcom Show. We ***need***

the help of supporters to make this a great success!

If you are able to help out in any of the following ways: with your time (either before the day/s or even at the show), lend our group a canopy (3mx3m), folding tables x 2, large white table cloth, plastic/folding chairs, a display board, provide transport for these items to and from the show or a monetary donation to help us with associated costs, then please contact

Colina on 0422 111 321 or email via gladstone@cherishlife.org.au

Please Pray for ...

- People in our community who are unwell or recovering from illness.
- For unity amongst all Christians bringing peace and justice to our world.
- Generous donations to help the people in our community who are cold and hungry.

Praise and Thanks for...

- All people, especially past students of Chanel, who are working in our world to ensure that justice and peace prevail.
- People who work in the health industry providing the pastoral care of our young people.
- The model of Christian living set by Marcellin Champagnat in following dreams of the heart.

If you have any requests for either of the above prayers, please leave your request at the Office.

Thursday Mass

Ms Davis' Year 10 SOR Class – 11 June

Mass is celebrated in the College Chapel at 10.40 am each Thursday. **ALL WELCOME**

Wisdom Words

"I was hungry and you fed me, thirsty and you gave me a drink;... naked and you clothed me." Matthew 25:35-36

**STUDENT ABSENTEE
HOTLINE 4973 4791**

Message from the Assistant Principal Pastoral Care - Alison Wales

The
ROGUE
& Rouge
foundation



Last Thursday Nicole Gibson from the Rogue & Rouge Foundation visited our College to encourage our Year 11 and 12 students to reverse the stigmatisation of mental health. As the Foundation's Chief Executive Officer, Nicole's dream is for every teenager to look in the mirror and smile. The Rogue & Rouge Foundation's dream is to have an Australia that is free from mental Health stigma.

Nicole is committed to making a positive difference in the lives of young people by combating an epidemic of mental health challenges, through education and awareness. After overcoming mental health challenges as a young person, Nicole is channelling her energy into motivating other young people to be the best they can be.

Nicole was a finalist for Young Australian of the Year in 2014, voted as one of Australia's top 100 most influential women, was appointed onto the National Mental Health Commission as the youngest ever commissioner, was named one of Australia's 2012 Young Social Pioneers and won The Pride of Australia Inspiration Medal in 2014. Chanel College was very fortunate to have Nicole address our students especially as we were the only high school she visited in Gladstone.

Nicole encouraged our students to follow their dreams, be grateful for opportunities, break down the stigma to mental health and importantly, be themselves.



from the

Mathematics Learning Area

Linda Rippingale
Mathematics Curriculum Leader

Earlier this term I threw out the challenge and placed "A problem of the Week" in this Newsletter. I have only had one response and this was beautifully solved and communicated. Congratulations to Aish Chandrasekara who presented a very pleasing solution.



Aish Chandrasekara

A problem for this week (more for Middle School Students)



At what time is it 40% into a week starting from 9.00 am Monday?

CHESS TOURNAMENT

Chanel was well represented at the second round of the Interschool Chess Competition on Wednesday 27 May with 26 students from year 7 to year 12 attending. 1st, 2nd and 3rd place in the individual competition went to Chanel students Kyle Stevens, Aish Chandrasekara and Thasindu Chandrasekara. With Camen McMillan, these boys also took out the teams' competition. Hugh Bradley Woods, Camen McMillan and Zac Good earned Merit Awards for their efforts. There were many intense games and friendly rivalry throughout the day. Congratulations to all the students who participated with such great spirit during the tournament.



Mrs Staunton



CATHOLIC EDUCATION WEEK 2015 STUDENT VIDEO CLIP ACTIVITY

Show us how your school community is

**Engaging Minds.
Igniting Hearts.
Serving Others.**



All suitable videos will be uploaded to CEW YouTube channel and Facebook page



CREATE A 1 MINUTE (UP TO) SHORT FILM, PHOTO MONTAGE OR ANIMATION... *it's up to you*

SUBMISSIONS NOW OPEN

and no later than Friday 26 June



CATHOLIC EDUCATION WEEK • 26 JULY - 1 AUGUST 2015
ENGAGING MINDS. IGNITING HEARTS. SERVING OTHERS.



Please see Ms Dyer to submit all entries

BEEF AUSTRALIA 2015

4-9 MAY 2015

ROCKHAMPTON



The Year 11 and 12 Hospitality students travelled to Rockhampton in early May to experience beef from the paddock to the plate at the triennial Beef Week. While there, the students observed farming techniques, machinery and the source of beef as a meat. They also had the opportunity to see celebrity chefs in action, beef as a gourmet food and the latest trends in food production. Although it was a hot day the students enjoyed the overall experience of this opportunity to extend their hospitality knowledge on a whole different level.

Counselling Services

Philomena Burke

P: 4973 4706 (Monday – Thursday)

E: Philomena_Burke@rok.catholic.edu.au

Stress-less during Assessment Times

As we come towards the half-way mark in the year and assignment due dates and exams are inevitable many students' anxiety and stress levels increase. Their solution to this is to stay up late trying to complete work or study the term's work in a week. In order to remain awake they drink more caffeinated drinks and eat more sugary, processed food. These "solutions" often end up backfiring with parents dealing with tired, cranky and frustrated children who are beyond listening to reason.

As parents we cannot learn the work for our children but we can support them in a number of important ways.

Healthy Eating

Encouraging healthy eating will improve children's ability to stay focussed, feel in control of their lives and remain positive in their thinking. Try to have a variety of healthy foods at eye level in the fridge. Cut carrots, celery etc. into sticks and have dips available. Avoid stocking up on sugary snacks at least for the next few weeks as teens will eat what is available when hungry.

Having a couple of evenings each week where you sit down as a family to a meal and focus more on what positives are happening in each person's life. This is not a time for nagging or arguing.

An Australian study involving 7000 adolescents (Dr. Felice Jacka, 2009) found a link between dieting, processed foods and depression. Adolescents who eat mostly processed foods are almost 80% more likely to suffer depression than those who eat a healthy diet.

Organisation

Help your child make a weekly study plan and prioritise what work needs to be done first each evening. Display the plan you and your child have agreed on and review and adjust it at the end of the week. It's important that your teen is involved in creating this plan so he/she cannot argue that it isn't working. Cross off items when they are completed and celebrate this with your child.

Encourage your child to really focus for 30-45 minutes at a time and then have a 5 minute break to hydrate with water or snack on fruit, yoghurt or nuts- all brain foods.

Sufficient sleep

When we sleep many parts of our brains are even more active than during the day. Our brains need sleep to sort through all the events of the day, to make connections between old and new learning and to build stronger and deeper pathways for the new learning that has taken place. Start to reinforce some rules around sleep if these have been forgotten.

- All technology needs to be off at least 30 minutes before bedtime. The blue light on computer screens keeps the brain alert so it takes longer for us to wind down in bed.
- Younger students should hand over all their technology to be charged overnight in the kitchen rather than in their bedrooms as they will often stay up chatting on line to friends when they hear a message alert.
- Help your child establish a routine around bedtime- shower, lights dimmed, warm milk...
- Going to bed and resting is still more beneficial than staying up late because they can't get to sleep.
- If a child needs to get an assignment complete suggest they make a list of dot points before they go to bed and then wake them an hour earlier in the morning. They will be more effective and alert after a good night's sleep.

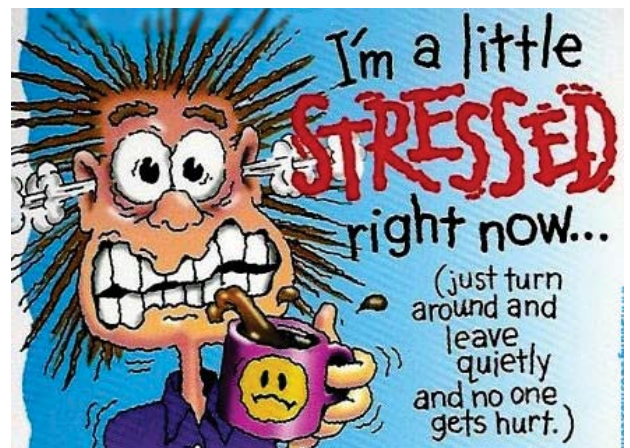
Being Mindful

Mindfulness breathing has been proven to reduce stress and improve focus. Mindfulness simply means sitting still for a minimum of 10 minutes each day and listening to your breath. This is "the best medicine" for stress / anxiety and has a host of well researched benefits. There are many free apps for mindfulness and teenagers love technology. You might like to suggest downloading the **Smiling Mind app** on their phone or access you tube.

(Empowering people to live to their full potential

e: unleashingpersonalpotential@gmail.com

w: www.unleashingpersonalpotential.com.au)



sport news

Kylie Kickbusch
Sports Program Leader

Capricornia Representatives

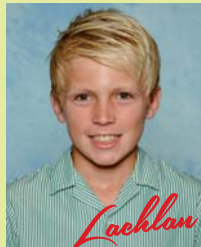
Cross Country

On Monday the Capricornia Cross Country trials were held in Rockhampton. Thank you to Mr Davis for taking the Chanel College students as part of the Port Curtis team. 5 students from the College performed fantastically well and earned themselves selection in the Capricornia Cross Country team to compete at the State Titles on the Gold Coast on **19 and 20 July**. Congratulations to all the Chanel runners who competed at the trials and to the following five Capricornia competitors:

- Will Mathison – 3rd 13 Boys**
- Lachlan Blake – 5th 13 Boys**
- Tom Smith - 5th 16 Boys**
- Emily Nahrung – 1st 18 Girls**
- Jacobbe McBride – 3rd 18 Boys**



Will



Lachlan



Tom



Emily



Jacobbe

Morgan and Rhiannon make QLD Hockey Team

Congratulations to Morgan Mathison and Rhiannon Baxter who have been selected in the QLD Under 16 Girls Hockey team. These girls were part of the Capricornia Hockey team that recently competed at the State Titles, and played amazing hockey over the four days of competition. Their hard work, dedication to their sport and hours of training have once again paid off. It is a fantastic achievement to represent your State in any sport and these girls have balanced their love of Hockey and school for many years. This is a fantastic achievement and we wish them all the very best for Nationals, congratulations again Morgan and Rhiannon.



Morgan



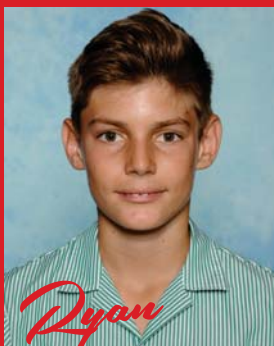
Rhiannon

Inter-House Track and Field

As we near the end of the term, this can only mean one thing.....it's Athletics Carnival time!!!! All students will compete in the 2 day carnival – including the 12 year old students, who will not need to attend Primary School Zone trials as they would have last year in Primary school. To make it easier for teachers and students, arm bands for each 'Year of Birth' will be handed out and worn over the two days. This is to make sure students compete in the correct age group for all events and for teachers to easily identify the age group of the students. Nominations for Track events will be done via Google Forms in week eight. All students are automatically nominated for ALL Field events (High/Long/Triple Jump, Javelin, Shot Put and Discus). If students do not wish to compete in these events, they are to see the teacher in charge and have their names crossed off. I look forward to two days of exciting and entertaining athletics – **25 and 26 June**.

Australian Golf Champions

Congratulations to Ryan Stitt and Morgan Lewis who recently won the Australian junior age Division Golf Championships and won them the right to travel to California to compete in the Junior Olympic Games. An absolutely fantastic achievement for both students. Morgan will not be travelling to California due to school commitments but we congratulate her on this outstanding result. Good luck Ryan and we look forward to hearing your results when you return.



Ryan



Morgan

National Gymnastics

Madelyn Weatherall competed at the National Gymnastic titles last week in Melbourne for her Gladstone Club. They performed outstanding over the 4 days of competition and placed 4th in the Country. Awesome result Maddi, 4th at Nationals is such a fantastic achievement.



Madelyn

Careers Expo

Careers Expo

The Gladstone Careers and Tertiary Expo was held this week at the Basketball Stadium at the PCYC. Our Year 10 and Year 12 students were given the opportunity to meet future employers, and ask questions of potential universities. There were a variety of stall holders, including the Defence Force, Gladstone Regional Council, GAGAL, MRAEL Group, Boyne Smelter, NRG, Queensland Police, and the Queensland Fire and Rescue Service. The students enjoyed the day, and returned to the College full of inspiration for their futures.

Year 10 Structured Workplace Learning

The Year 10 Structured Workplace Learning forms are due back to Ms Cale in the Careers Office by **Wednesday 17 June**. **Late applications will not be accepted**. It is vital that you follow ALL instructions, and return your completed forms in a timely fashion.

Year 11 and 12 VET Structured Workplace Learning

All Year 11 and 12 students studying Certificate I in Engineering, Certificate II in Business, Certificate II in Hospitality, and Certificate II in Tourism will have their work experience forms returned to them during Week 8. Once students have received their Work Experience Pack, all three coloured copies of the contract must be signed by the student; parents/guardians; host employer, then returned to the College for Ms Volp to sign. Only then is the Work Experience placement covered by insurance. The Royal Pines trip is the SWL for Year 12 Hospitality and Tourism students.

Holiday Vocational Placements

Holiday Vocational Placement applications have **now closed**. All work experience paperwork will be given back to the students via the rolls over the next week.



ROADWORKS UPDATE

Shamrock Civil has been corresponding with Chanel College to keep us up to date regarding the development of the KinKora Roundabout. Please find below their most recent update for your information.

The construction activities expected to occur this week are:

- Ongoing storm water/drainage installation on Philip Street on both sides of the road.
- The left in access to Stockland on Philip Street to be closed on Tuesday and possible Wednesday nights with the left in access further along Philip Street remaining open.
- The Windmill Shopping Centre access to be closed on Tuesday and maybe Wednesday night.
- Removal of trees and other vegetation in the road reserve alongside Lions Park to make way for the new left turn lane.
- Clearing of vegetation at the McDonalds and Lions Park boundary for drainage works.
- Removal of the concrete median strips on Philip Street and the Dawson Highway north and south directions.

Remember to take care around the road works and follow signage at all times, safety on the job is our number one priority.

upcoming events

Week 8

Mon 8 June

- Queen's Birthday Public Holiday

Tue 9 June

- Student Representative Council Meeting - First Break

Sat 13 June

- Year 7 for 2016 Interview Day

Week 9

EXAM WEEK

Yrs 7-12

Week 10

Thur 25 June

- Interhouse Track & Field Carnival

Fri 26 June

- Interhouse Track & Field Carnival

TERM 2 CONCLUDES



Senior Play



Where: Drama Room
Chanel College

When: Thursday and
Friday night this week.

Cost: Family passes \$20
for 2 X adults + 3 x kids
or \$5 a seat.

Supper will be served at
interval, gold coin
donation in aid of the
Winter Appeal.





CATHOLIC DIOCESE OF ROCKHAMPTON

29 May 2015

My dear People of the Diocese of Rockhampton

I am writing to you on the first anniversary of becoming Bishop of Rockhampton. It is hard to believe that it was only twelve months ago when I first arrived in the Diocese of Rockhampton and experienced the warmth of your welcome and I continue to be inspired by your prayerful support.

Throughout this last year I have endeavoured to visit every parish of this geographically vast Diocese and wish to convey my deep appreciation to you all for helping me to feel at home within your communities. Indeed, the Diocese in all its diversity is rich in blessings of faith-filled parish communities where despite challenges, people supported by their priests, continue to give daily witness to the Gospel message.

I have witnessed the work of the many ministries operating within our Diocese. I thank especially those involved in the works of Centacare, Financial Services, Pastoral Services and Catholic Education for their dedication and their support for God's mission.

As you are aware, recent months have been challenging for many especially for those who shared their experiences during the Public Hearing of the Royal Commission into Institutional Responses to Child Sexual Abuse. I continue to give my wholehearted support to the Royal Commission and to convey my personal and heartfelt apology to those who have been abused by Church personnel.

I attended the entire Royal Commission Public Hearing into St Joseph's Home, Neerkol and had the privilege to hear from and meet the survivors. I admired their bravery and I was deeply moved by their courage as I listened with a very heavy heart.

Hearing firsthand the reflections of the survivors of child sexual abuse has only served to deepen my awareness of sexual abuse experienced by the most vulnerable, children and young people, who sought from the Church security and care. I am sorry for the pain they endured and the suffering that continues for them still. I renew my apology for the abuse that took place at St Joseph's Home, Neerkol and also for the failure to respond appropriately. I give you my commitment that I will do all I can to ensure that the mistakes of the past are not repeated.

I am reminded of the words of Pope Francis as he said to all of us, "Families need to know that the Church is making every effort to protect their children. They should also know that they have every right to turn to the Church with full confidence, for it is a safe and secure home." (Pope Francis 2 February 2015).

... 2 /

I remain fully committed to supporting the journey of reconciliation and healing for those whose lives were damaged by sexual abuse and to ensuring that child protection in our Diocese is a major priority during my time as your Bishop and I seek your assistance with this commitment.

In our Diocesan ministries, we have put in place training programs, structures and policies to ensure that our Parishes provide safe and secure environments for all, especially children and vulnerable adults. It is also important that we have appropriate structures in place to receive and respond to all allegations and complaints against Church personnel.

I have appointed a Diocesan Response Coordinator- Melissa Davey 1800 830 113 who works closely with me to respond to allegations and complaints of abuse against Church personnel. If you feel the need for pastoral support and counselling, Melissa is available to assist.

I wish to advise that I will be holding a series of Pastoral Listening sessions throughout the Diocese to provide an opportunity to come together and to reflect on the personal impacts of sexual abuse by Church personnel. Details of these Pastoral Listening sessions and their format will be publicised through parish newsletters in the coming weeks and I warmly invite you to attend one of these gatherings.

Finally, I humbly seek your prayerful support for me as I do my best to fulfill my duties and responsibilities as your Bishop. I assure you of my prayers as together we seek to know where God is calling us to be as the Diocese of Rockhampton.

May Mary our Mother and St Joseph, our patron, pray for us.....

Yours sincerely

A handwritten signature in black ink, appearing to read "Michael McCarthy".

Most Rev Michael McCarthy
Bishop of Rockhampton