



CHANEL COLLEGE

news



17 February 2016

Term 1 Week 4

VOLUME 49

"To act justly, to love tenderly and walk humbly with your God"

From the Principal

As we journey through the season of Lent we are often challenged to "give something up". In this *Year of Mercy* perhaps this Lent it could be about "taking something up". In *The Optimist's Creed* below there are some ideas ...

To be so strong that nothing can disturb your peace of mind.

To talk health, happiness and prosperity to every person you meet.

To make all your friends feel that there is something in them.

To look at the sunny side of everything and make your optimism come true.

To think only of the best, to work only for the best, and to expect only the best.

To be just as enthusiastic about the success of others as you are about your own.

To forget the mistakes of the past and press on to the greater achievements of the future.

To wear a cheerful countenance at all times and give every creature you meet a smile.

To give so much time to the improvement of yourself that you have not time to criticize others.

To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble. (From A Canopy of Stars – Some Reflections for the Journey by Christopher Gleeson SJ).

Swimming Carnival

There was a brilliant atmosphere at our swimming carnival last Friday. Congratulations to Futuna on winning Champion House. Well done also to Stella Maris who took out the House Spirit. A huge thank you to Miss Kickbusch for coordinating the day and thank you also to the staff who assisted with the various tasks. For more details regarding the carnival please see the report in the Sports section.

P and F Meeting

A reminder that our first P and F meeting is on tonight in the College Office. An informal meet and greet with wine and cheese will commence at 5.00 pm with the meeting taking place from 5.30–6.30 pm. Please come along!

Phone: 07 4973 4700

Fax: 07 4973 4799

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

website: www.chanelcollege.qld.edu.au

Student Absentee Hotline: 4973 4791

Student Free Day

A reminder that tomorrow, **Thursday 18 February**, is a student free day due to the Bishop's In-service Day. This important annual event provides the opportunity for the staff from Chanel to join with the staff from Star of the Sea, St John's, St Francis and the Parish. Please note that the College Office will be closed on this day.

Year 11 and 12 Study Day

Monday 22 February will be a study day for Year 11 and 12 students, as many of our staff will be attending Panel Meetings in Rockhampton. Teachers will be setting work for students to complete and this is an excellent opportunity for students to use the time wisely to work on assignments and revision.

Staff Update

Welcome back to Ms Jess Ryan who has returned from leave.

Computer Network Gladstone Catholic High School

Newsletter Vol 18 no 3 12 February 1985
Gladstone Catholic High School took a quantum leap into the technological age during January 1985, with the purchase of sixteen BBC micro-computers which are networked together.

The school now possesses a superb facility for helping our students gain familiarity with computer technology, as well as helping them to learn more effectively in all their school subjects. The computer can be a powerful means of educating.

Within a few weeks, we will be offering to parents an opportunity to participate in an introductory program to allow them to find out what computers are, and how their students will be using the new machines. The program will run over one or two evenings if there is sufficient interest.

God bless

S. M. Nop

Sharon Volp





Good News

Kath Hore - Mission & RE Support Officer

Project Compassion

Project Compassion began last week. As well as raising awareness to the work of Caritas, each Pastoral Care Group contributes financially to Project Compassion and we are very successful as a whole community in supporting this. Please encourage your child to contribute to this Appeal which supports aid and development programs around the world and helps to build a better life for the poorest of the poor. In **2016**, we are aiming to raise **\$3000.00. Let's work together to reach this total!**



First Week of Lent – Project Compassion – Doney's story

Malawi in East Africa is one of the poorest countries in the world. Most people rely on farming small plots of land to produce food to feed their families. But many, like Doney and her family, have often gone months without enough food to eat.

Yet, when Caritas Australia and the local Caritas, CADECOM (the Catholic Development Commission in Malawi), began working in Doney's remote village, they saw beyond the community's challenges. Together they identified the community's strengths, and each family created their vision for a healthier, more sustainable future.

CADECOM worked with Doney's community to harness their natural resources. Families were trained in new farming techniques, and already they're producing more plentiful crops. "The problem of malnutrition in my household is an old song now," says Doney. CADECOM also worked with the community to install a borehole so Doney and her family now have access to clean water, dramatically improving their health.

***The village is developing... I would like to thank the people of Australia. The support you provide to us is going to the right people, and is helping us.* - Doney**

Year 7 Retreat

Year 7 Students will be attending a Retreat Day at St Patrick's Catholic Church, Calliope during Week 5. The retreat gives students an opportunity to reflect on changes and constants in their life as they transition to high school.

Year 9 Retreat

Year 9 Students will be attending their retreat at Riverside Retreat near Bundaberg during Week 6 and letters with permission forms were distributed to students last week. Please ensure the permission notes are returned by **Friday 19 February**. This retreat is in a 'bush' setting and students will participate in group activities as they learn new skills and some 'bush' crafts.

Prayer Support

Thank you to the many people who have offered prayer support for our Year 12 Students. Senior students appreciate prayers offered for them during their final year of schooling, which can be a stressful time for them. Thank you once again and this week you should receive your letter of introduction from your nominated student.

Second Hand Uniform Outlet

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.

Thursday Mass

Thursday 18 February – NO MASS DUE TO BISHOP'S INSERVICE DAY

Thursday 25 February - Ms Dyer's Year 12 SOR Class

Mass is celebrated at 10.40 am in the Library (while the Chapel is being renovated).

PARENTS/CARERS are WELCOME!

Please Pray for ...

- Civilians in Middle Eastern countries as the political unrest escalates causing pain and suffering to many.
- People to be open and generous to Project Compassion.
- Our Year 7 students as they participate in their retreat days next week.
- People from our community who are unwell or recovering from recent surgery.

Praise and Thanks for...

- Civilians and defence personnel working to rebuild lives and to bring peace, unity and justice in many parts of the world.
- People who volunteered to be a prayer support person/family for our Year 12 students.
- Students who so willingly volunteer to step up to help others.
- A successful and enjoyable swimming carnival last Friday.

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

It's not okay to be away ...nor to be late to school

Parenting *ideas*
INSIGHTS

WORDS Michael Grose

When kids miss school, not only is their academic progress impeded, forcing them to catch up on missed work (which some never do), they often miss important interactions with their peers which can compound issues of social isolation and low self-esteem.

One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day—and gets there on time. It sounds simple, but it's true. The correlation between school attendance and children's achievement levels is well established. The more time kids spend at school, the more likely they are to experience school success.

That's not a reason to be away!

It's now commonplace for children to stay away from school for reasons that would have been unheard of just twenty years ago. These include staying away to celebrate their own or a sibling's birthday; being absent because they stayed up too late watching television; going shopping for clothes; an extended long weekend; and kids not wanting to take part in a sports day or special school event.

This type of absenteeism sends a strong message to kids that parents don't really value learning or their children's school experiences. Australian kids only spend 15% of their total time at school. They spend more time asleep than

they do at school. So we need to maximise every day to get full value. That means turning up to school every day, on time.

Being late is not okay either

Missing a few minutes each day may not seem like a big deal but your child may be missing more than you realise if he or she is continually late.

Current research shows that mornings for most children are the most productive time of the day, with 10.00 am the peak period for productivity. When children arrive late and take time to settle as they inevitably do, valuable learning time is lost.

It takes strong parenting ...

As a parent myself I know how persuasive children of all ages can be when it comes to taking a day off school. It takes a strong will to resist the persistent pressure that kids can bring to bear, particularly if

they play the guilt card with comments such as "It's not fair that I have to go school today because Aunty is coming to visit!" Nice try. But the answer should be "No!".

As parents we need to make a commitment that our kids make the most of their precious time at school. That means that we send them to school every day, on time and ready to make the most of the school day. Of course, there will be times, such as illness or genuinely extenuating family circumstances, when kids should be away. But these need to be a rarity rather than the norm.

It's reassuring to know that you increase their chances of future success just by making sure they turn up to school every day. And of course regular school attendance also helps kids prepare for the workforce, where it will be expected that they turn up each day work-ready.

The real world is unforgiving of those who stay away with NO EXCUSE.



Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's NEW Parentingideas Club today at parentingideasclub.com.au. You'll be so glad you did.



parentingideas.com.au



A Crucial Night for Parents

Presenter

David Kobler

Raising Teens in a Hyper-Sexualized Society

Teens are Facing REAL ISSUES. Parents need answers.

Parents this seminar is very informative, you will NOT be disappointed.

For more information please visit the College website at www.chanelcollege.qld.edu.au or look over the links below.

<http://yourchoicez.com.au/parents/>

<http://yourchoicez.com.au/parent-seminar/>

<http://yourchoicez.com.au/feedback/>

<http://yourchoicez.com.au/blog/>

YOURCHOICEZ
Students Parents Teachers



**Thursday
25 February**

6:30 pm - 8.00 pm

Marian Centre

RSVP: Monday 22 February 2016

Vicki Crick 4973 4700

Vicki_Crick@rok.catholic.edu.au

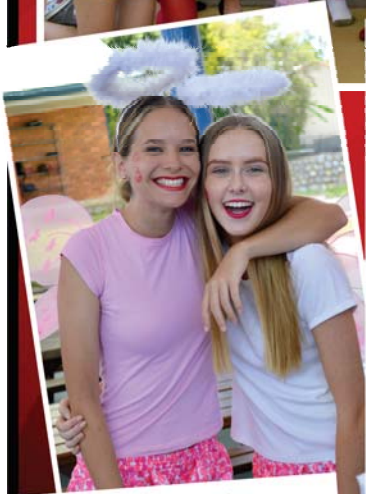
Chanel College Office



Valentines Day

CELEBRATIONS

Love was certainly in the air on Monday as we celebrated Valentine's Day. It was great to see the Year 12 embracing the Valentine's Day spirit in their wonderful costumes, and even better to see all the students smiling faces as they received their Valentine's Day gifts. The event was a great success with many roses, cards and chocolates given out and a wonderful selection of love songs playing throughout Lavalla Court. Thanks to all the Students who participated on the day and who gave up their time out of school to make this year's Valentine's Day so enjoyable!
Student Leadership Team



National Youth Science Forum

I am Isabella Aitkenhead and I am in Year 12. I previously attended Session A of the National Youth Science Forum (NYSF) in February 2016 in Canberra. NYSF was a memorable and advantageous experience which not only greatly impacted me as a person, but as a student. NYSF was a way to improve my people skills and further my education involving STEM (Science Technology Engineering Math). There were approximately 200 students who attended session A. This



allowed the social skills of each student to improve drastically. I experienced a trip to parliament house, lab visits to CSIRO, wore waders and took water samples in the lake at the University of Canberra. I was able to experience living as a University student on the campus of the Australian National University. I have made strong connections with many other like-minded students across Australia and have networked with several of Australia's leading scientists. The highlight of the forum was being able to socialize with these experienced scientists and attend the lectures which they presented. The National Youth Science Forum was an experience from which I have gained a lot of key life skills and one that I will never forget.



Café
CHANEL

Wednesday 2 March
Open 9.30 am to 2.00 pm
in A105

**Bring your friends and share
Morning Tea or Lunch**
Book a table by emailing-
susan_going@rok.catholic.edu.au

Welcome to Café Chanel

During 2016 the Senior Hospitality students will be running a café for a day. This café will be held in A105 from 9.30 am to 2.00 pm on the 2 March. The idea behind this venture is to provide the students with authentic industry experience while at school. The students will prepare and serve food and beverages to customers, which hopefully will be you. For our first venture (as there will be other cafés during the year) we are limiting the menu to cakes, slices, brownies for snacks and small selection of dishes such as chicken filo and salad for lunch. The menu is still in the design process. Tea, espresso coffees and a cold beverage will be available for purchase. So if you meet with girlfriends or mates for morning tea or wish to have lunch with your partner or colleagues book a table at the Café Chanel because the students need customers for this project to work. Book by 26 February by emailing Susan_going@rok.catholic.edu.au

LENTEN RICE DAY SOCIAL JUSTICE ACTIVITY

Well done to the students of Marcellin 3 and Futuna 5 who gave of their time and effort to organise the Lenten Rice Day Social Justice Activity. These students cooked the rice and helped serve throughout the day. Thank you to students, staff and parents who donated the rice for the day. The leftover rice will be donated to the Gladstone Women's Shelter. The amount raised for Project Compassion on the day was \$300. Just as important as the money raised was the symbolism of solidarity with the poorest peoples of the world shown by those who participated to limit their food choice to rice on the day. We thank the students for their positive support.

Miss Going (Futuna 5) and Mr Davis (Marcellin 3)



SWIMMING CARNIVAL

Being the first Interhouse carnival of the year, the Swimming Carnival provides the benchmark for the Interhouse rivalry that will continue throughout the sporting year. And this year did not disappoint. The staff and management of the Gladstone Pool were impressed by our students, particularly for the way they enthusiastically performed their war-cries, their participation races and cheering their competitors. The 2016 Seniors rendition of the 'College War Cry' was by far their favourite of all.

The format for the 50 m events changed this year (no heats, each race was a final with the quickest time overall in each age division being awarded top points), which ensured races were tight and hotly contested. Five individual records were broken – **Joel Rickard (Stella Maris) breaking all 12 Year Old Boy swimming records by at least 4 seconds** (Freestyle – 36.60, Breaststroke – 52.75, Backstroke – 44.84 & Butterfly – 52.31). **Lachlan Pacheco (Stella Maris)**, for the second year in a row, broke the butterfly record for his age (**15 Boys Butterfly – 27.78**). The **Stella Maris 12 year old mixed relay team** (relay teams

for this age division were mixed gender due to numbers) set a new record time of **3.07.75**.




All houses fielded teams in all age divisions for the relay events – this is the first time for a couple of years this has occurred and is a credit to the Delegates for organising the teams and for the students wanting to do the best for their House. It is in the relay events that House spirit and passion is seen and heard (and boy did they make some noise!!!!). The cheering was deafening and provided encouragement that lifted teams over the line during the last lap. Once again the participation races for the 50 m events saw huge numbers of students in the pool enjoying time with their friends. In the end, it was the numbers in the participation events that had the biggest influence on House Champions.

The teachers couldn't let the students have all the fun on the day, so they put the challenge to the students for Teachers V Students novelty 'pass-the-ball' race. 15 on 15 and pride was on the line, the quickest team to get the ball from one end to the other and back was declared the winner. There was no score keeping, but I am sure the teachers won 2-1!!!

The senior students had their Houses primed and eager to be louder, tougher and again louder than the other four Houses. The House War-Cry challenges were tough to judge – congratulations to Stella Maris and Futuna for each taking a win in the War-Cry Challenge.

Age Champions:




Girls 12 Years

1. Tamika Burge - 
2. Georgia Ware - 
3. Milayna Mann - 

Boys 12 Years

1. Joel Rickard - 
2. Luke Lilley - 
3. William Devlin - 




Girls 13 Years

1. Abby Dendle - 
2. Bella King - 
3. Sophie Duff - 




Boys 13 Years

1. Tom Cullen - 
2. Matt Long - 
3. Callum Fitzsimmons - 




Girls 14 Years

1. Lilly Peachy - 
2. Lucy Devlin - 
3. Katie Skinner - 




Boys 14 Years

1. Lachlan Blake - 
2. Ryan Lilley - 
3. Dylan Walz - 




Girls 15 Years

1. Grace Graham - 
1. Amber Isenbert - 
3. Ainsley Graham - 




Boys 15 Years

1. Lachlan Pacheco - 
2. Kai Nugent - 
3. Ben Doherty - 




Girls 16 Years

1. Alex Botica - 
2. Sidney Blake - 
3. Lavina Turner - 




Boys 16 Years

1. Mitchell Haigh - 
2. Bailey Hoare - 
3. Troy Wright - 

Open

1. Alex Lennon - 
2. Rhomany Bowden - 
2. Rhiannon Baxter - 

Open

1. Jaiden Eddy - 
2. David Shaw - 
3. Connor Kenny - 

Overall House Champions:



1st - Futuna



2nd - Stella Maris



3rd - McAuley



4th - MacKillop

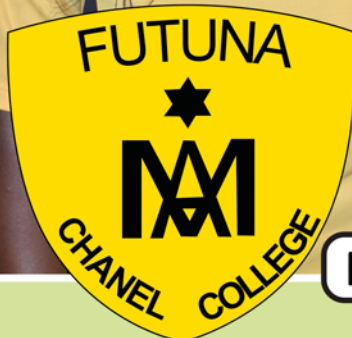


5th - Marcellin

House Spirit: Stella Maris



Thanks to the wonderful College staff for their assistance and help on the day. I could not have run such a fantastic and enjoyable carnival without their help timing, recording, supervising and just having fun. Your efforts are truly appreciated. Congratulations to all students on the way you participated at the carnival and on your exceptional behaviour and attitude. House spirit was definitely on display and you made the carnival the success that it was. Congratulations also to those students who achieved Age Champions for the carnival, great swimming. For the first time in four years we have a new Champion House – congratulations to Futuna House on a fantastic carnival and for being crowned Interhouse Swimming Champions for 2016. House Spirit was awarded to Stella Maris – based on their war-cries, sun safety throughout the day, participation numbers and positive spirit displayed across the day.



Futuna - Overall House Champions



Stella Maris - House Spirit



12 YEAR



13 YEAR



14 YEAR



15 YEAR



16 YEAR



OPEN



Age Champions

Notices

Kin Kora Intersection Upgrade

Work on the footpaths, signage, and landscaping across the project footprint are progressing well and road surfacing works started last night.

This type of work will be ongoing until the completion of the project and will mainly occur at night.

School Fees

Last week the school fees were sent out either by email or post. Please contact the finance office if you did not receive your statement or you are having any difficulties in paying your account.

Fees are due on 20 March

Our preferred payment option is BPay with weekly, fortnightly or monthly payments. These can be set up through your bank account.

Finance Officer: Leigh Clarke

Phone: **4973 4711**

Email:

finance@chanelcollege.qld.edu.au

upcoming events

Week 5

Mon 22 February

- Year 11 & 12 Study Day
- Year 7 Retreat - Group B

Tue 23 February

- Year 12 Marine Study Camp
- Year 7 Retreat - Group A

Wed 24 February

- Year 12 Marine Study Camp
- Year 7 Retreat - Group C

Thur 25 February

- David Kobler Yr 10 Presentation
- David Kobler
Parent Night 6.30 - 8.00 pm
- Year 12 Marine Study Camp

Fri 26 February

- Year 12 Marine Study Camp

Week 6

Mon 29 February

- Year 9 Retreat

Tue 1 March

- Year 9 Retreat

Wed 2 March

- Year 9 Retreat
- Café Hospitality (Chanel)
- Board Meeting 5.30 pm

Thur 3 March

- Year 9 Retreat

Fri 4 March

- Year 9 Retreat
- National Ride to School Day
- Schools Clean Up Day
- Student Representative Meeting (First Break)

Week 7

Mon 7 March

- Combined Schools Musical

Tue 8 March

- Combined Schools Musical

Wed 9 March

- Combined Schools Musical

Thur 10 March

- Combined Schools Musical

Fri 11 March

- Combined Schools Musical

IMMUNISATION NEWS

Year 7 & 8 Immunisation

Wednesday 16 March



Note: All Year 7 & 8 to wear sports uniform this day.

STUDENT ACCESS CENTRE

Do you need help with
Assignments? Homework? Careers?

Available for you are:

Resources & Support Material, Friendly Faces.

HOMEWORK ASSIGNMENT HELP

Monday, Tuesday, Thursday & Friday at 8.00 am.

Also First Break everyday except Thursdays.

Contact Chanel College's:

Inclusive Curriculum Coordinator: Mrs Robyn Jurd **4973 4739**

Career Officer: Ms Cale on **4973 4738**